



SARTHAK WELFARE FOUNDATION

: Education : Skill Development : Health : Mentoring :



**:Education: Health:
:Skill Development: Mentoring**

Making Life Meaningful

www.sarthakwelfarefoundation.org



Our Mission..

“to create a small and sustainable positive change in society by reaching out to every individual, every day and making a meaningful and worthwhile contribution to the positive and progressive human development with collective efforts”



We Believe..



Development is a human process. The energy and aspiration of people who seek development forms the motive force that drives development and people's awareness may decide the direction of development.

Development is the outer realization of latent inner potentials.

***Development is a process of social change,
not merely a set of policies !***

Our Approach *Empowering minds!*

Empowerment: *the capacity of individuals, groups or communities to take control of their circumstances, exercise power and achieve their own goals, and the process by which, individually and collectively, they can help themselves and others to maximize the quality of their lives.*





Education: The greatest tool of development

Education is empowerment. The success of any country depends upon education of its citizens. Education that aims at total development of individual's personality. Which also means giving equal chance to every individual for the development of his capacity and equity in opportunity.

Tools of Empowerment!

Teach Discover Develop Empower





Life Skill is a part of our growing up and as essential for every student as any academic skill. Life skills contribute to a cultured and mature growth of an individual. Sarthak focuses on developing these skills with adolescents to help them get a different perceptive and thought process



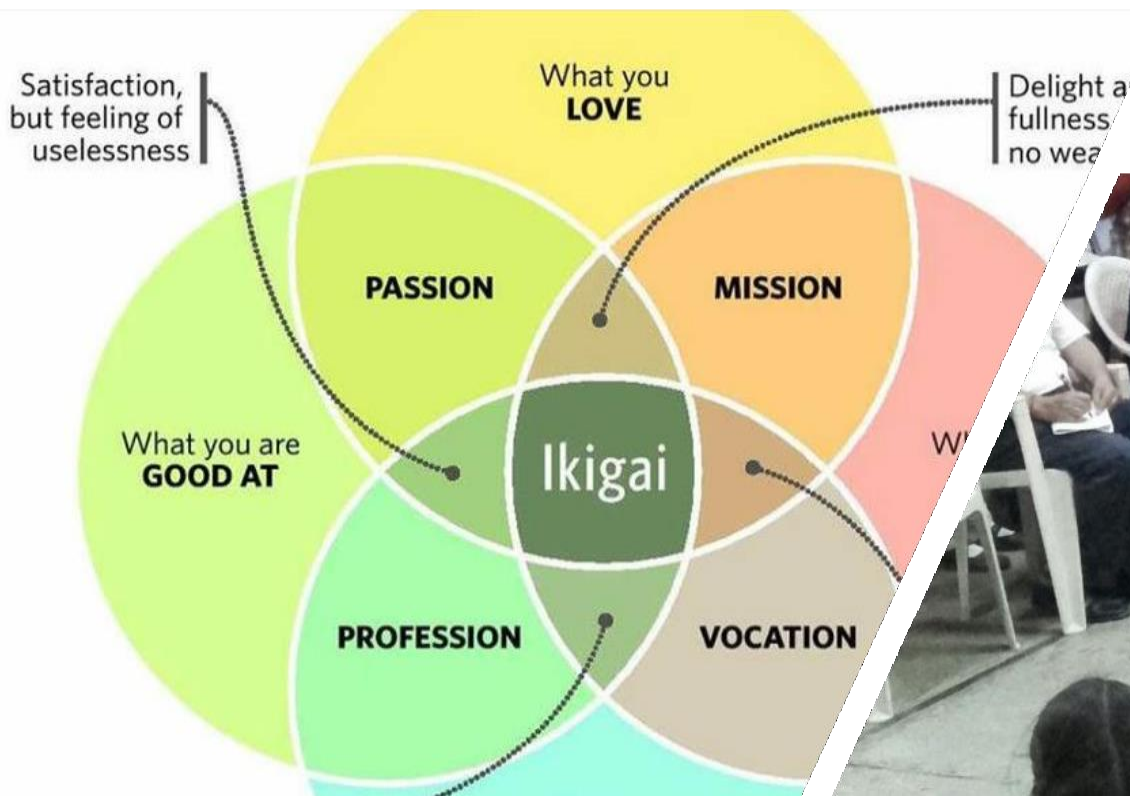
**24 Essential Life Skill Workshops@
Schools
for age group 10 to 16**







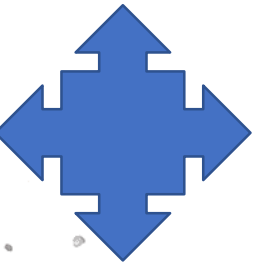
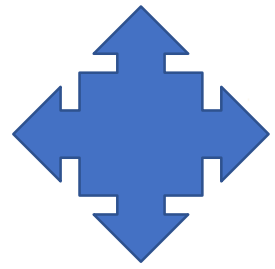
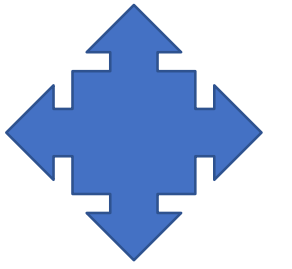
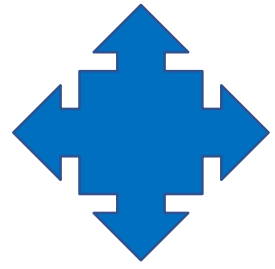
Career Awareness Sessions
& Career Counselling Sessions
for 10th Students





Career Awareness Sessions in Schools





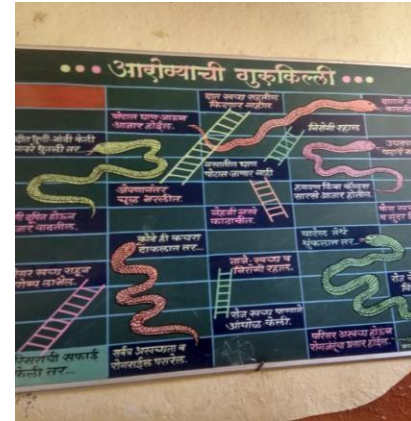




Holistic Health

Physical -Psychological -Emotional

We attempt to bridge the gap between physical & mental health by creating awareness and by extending a helping hand towards suffering from mental & physical illness. We aim to make people aware of their overall wellbeing.





Healthy Food & Nutrition Program in Mulshi District with Samavedana

Health Workshops for Students



Good Touch-Bad Touch
Food- Nutrition- Hygiene
Cleanliness- Personal Hygiene
**Understanding Sexuality-
“SUNDAR MI HONAR”**
Love- Attraction- Friendship



PCDF & Sarthak आरोग्यसंवादमालिका



डॉ. विनय कुलकर्णी यांचे प्रतिपादन

जे : जाहिरात आणि माहिती यातील सीमारेषा
वपणन शास्त्रातील तज्ज्ञांनी हुशारीने
मिठविल्यामुळे सर्वसामान्य नागरिक त्वचा आणि
गोरेपणाशी संबंधित जाहिरातींच्या भूलथापांना बळी
पडतात. जाहिरातींच्या प्रदुषणामुळेच त्वचेचे जास्त
नुकसान होते, असे मत ज्येष्ठ त्वचा तज्ज्ञ डॉ.
विनय कुलकर्णी यांनी व्यक्त केले. पीसीडीएफ
अर्थात पुणे सिटीजन डॉक्टर्स फोरम आणि सार्थक



■ गोरेपणाच्या क्रीममुळे तात्पुरत्या
स्वरूपातील फायदा आणि कायमचा
तोटा होते असतो. आपल्या देशात जे
ऋतुमान आहे, त्यानुसार खोबरेल तेल
आणि तिळाचे तेल हे दोन महत्त्वाचे
त्वचा संवर्धक आहेत. आंघोळीनंतर
ओल्या अंगावर योग्य प्रमाणित
खोबरेल तेल लावणे चांगले असते.
त्वचा हा अवयव सहज उपलब्ध
असल्याने कोणाच्याही सांगण्यावरून
त्यावर पाहिजे ते प्रयोग करणे
अयोग्य आहे



NARI SHAKTI - Awareness Sessions with women

Self worth, Legal Rights, Health, Hygiene & Nutrition









Soft Skills- Entrepreneurship Skill
Development Sessions
with ITI













Home Visits





Wai –Mahabaleshwar Community Development Project









Verticals	Topics/Sessions	Schools	Benificiary
Education	Life Skill- SWOT, Study skills	50 schools	15000 students
Skill Development	I T I School- SWOT & Goal setting, Entrapreunership, work culture & sefety, professional skills, financial management, stress management etc.	9 ITI's around Pune	1000 students
	Career Sessions, Testing & counseling	Pune city school- 30, wai-10, JCB, Gujar foundation-Bhor-career melava, with Jankalyan samiti ,sarthak mentee-350(ma.ta. & all csr project	15000 studens
Health	Health Camp-& medicine distribution-	pimpari-pune, Chakan- Donde gaon, Nigade, Navlakh umbre,	
	School Health Check up camp	10 schools in Mulshi Taluka	2000 students
	Sarthak-samvedana- Health & Nutrition awareness-session	Mulshi Talkua- 25-school	5000 students
	Sarthak-samvedana- First Aid & Disaster Management- Sessions	Mulashi Talkua- 25-school	5000 students
	PCDF - Monthly -1 year -डेंगी-समज- गैरसमज, जाहिरातीच्या ा प्रदूषणात त्वचेची हिगा,स्मार्टफोिच्या हिळख्यात मुले,ताणतणािाींचे हियमि, प्रथमोपचार- मािहसक आरोग्याचा इत्यादी.	Pune city	1000 citizens



Woman Empowerment (Nari Shakti)	sessions-माहिंसक सक्षमीकरण, आरोग्य आर, work-life balance, कायदेहिषयक सवा ि जागृती, इत्यादी	Talegaon area -14 villages,SOS balgram, Mahabalshwar panchayat Samiti, Wai, Brinton co., Bharat Electronic, Ashtang Aayurved college, pune city- various ward & vasiti	1000 women
	Covid period- pune -PCMC-Mahila Bal kalyan Vibhag-Bola Manatle-Online Healpline-sarthak counselor	Pune city	500 girls and women
	Covid period- Medicine Distribution-	Khilare vasti-pune, Rajapur-Dhavalgaon -OPUS	500 families
	Covid help- Grocery distribution	Shrigonda Taluka 5 gaon, 350 mentee,	1000 families
	महिलींसाठी रोजगार पुस्तिका - उद्योजकतेचा मूलमीत्र	In collaboration with PMC	Distributed to almost 5000 women
Mentoring	Sponsorship, Exposure vists, session of motivational speakers ,Diwali Camps, Personality Development program,Heritage walk,	500 Students(10th and above)	500 students



Our Associates

Lady Bamford Charitable Trust (JCB-Talegaon MIDC)	SKF Sports Academy
Mercedes Benz	Sahyadri Samavedana
Tata Power	Pune Municipal Corporation
Kalyani Techno Forge Limited	Opus Software Solutions
Tenneco Clean Air India Private Limited	Emerson Process Management
Uday Gujar Foundation	Rotary Club
SOS Balgram	Brinton Carpets



Sarthak – Project Vidya in association with Kalyani Technoforge Limited
Scholarship program for deserving girl students





Sarthak – Project Shiksha in association with Opus Rural Foundation
Scholarship program for deserving students





Sarthak – Project Saksham in association with Emerson Electric Co. (India) Pvt. Ltd.
Scholarship program for deserving students

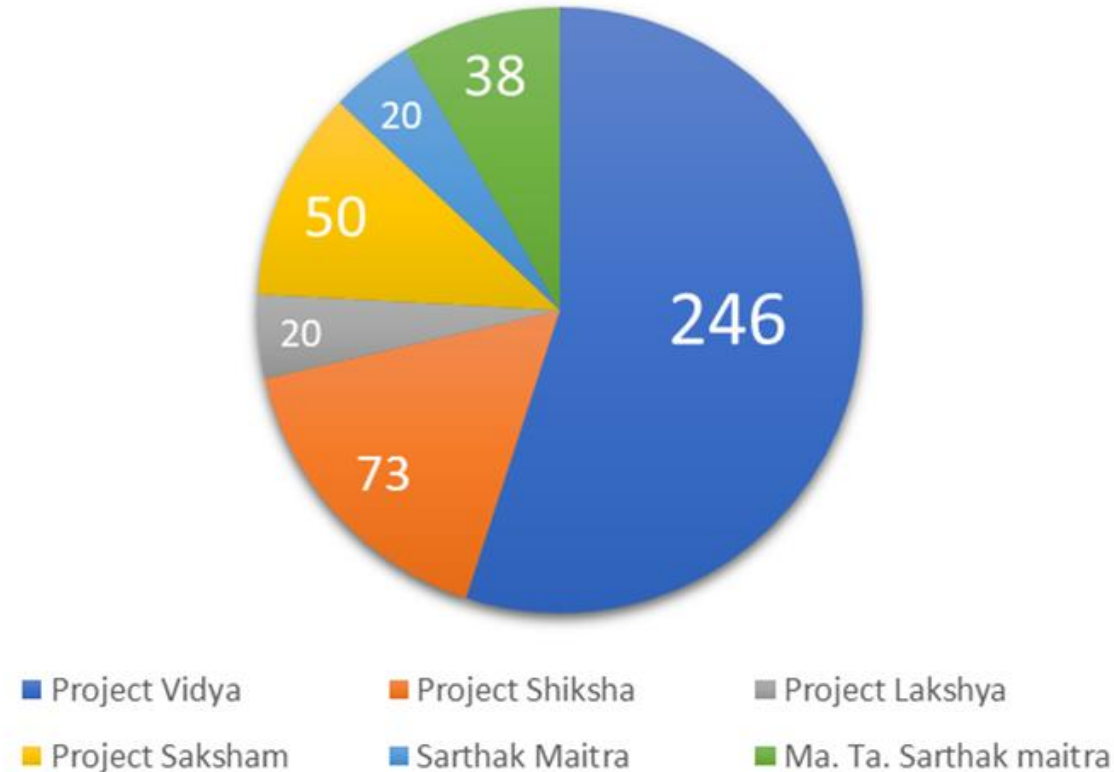


Sarthak – Project Lakshya in association with Tenneco
Scholarship program for deserving students



Mentoring Projects

Total No. of Students : 447



Geographical Distribution

Project Vidya: Khed, Chakan, Jejuri, Baramati, Ranjangav, Mundva, Rajasthan.

Project Shiksha: Shriginda Taluka- Rajapur , Dhavalgaon, Yevati, Pimpalgaon, Arangaon, Mase

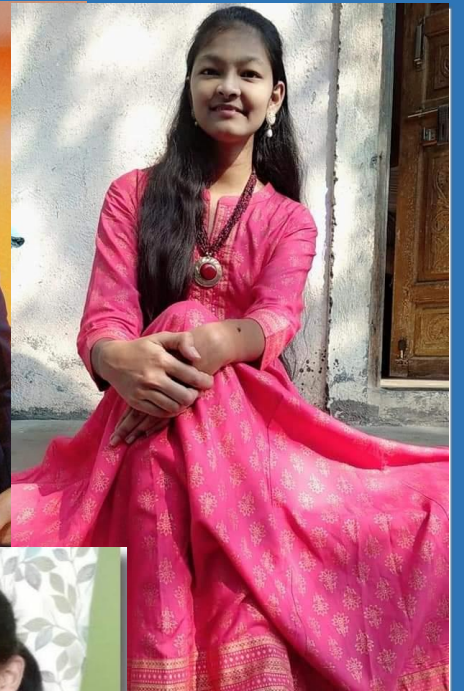
Project Lakshya: Khed and Chakan

Sarthak Maitra: Pune Rural and Urban



Mentoring is an unconditional acceptance of a student while guiding them on the journey of growth and development. A mentor aims to help his mentee develop goals and guide him to help him in the path. Mentoring echoes and reinstates the positive values and cultural heritage being taught.

Interact Understand Empathize Guide



Let's make life meaningful



Santosh Pawar - Santosh is very hardworking student. He is fascinated about the Computers so he completed Diploma from Gov. Polytechnic. After that he has completed Cyber Security Course and placed in Securview company. While working he has completed 2nd year of BSc. Computer from MMC.



Rohit Chavan - Rohit is very bright student and connected with Sarthak since he was doing 12th Commerce. He has completed B.com from BMCC. While doing it he was pursuing CA Course. He has completed CA group 1 with good scoring and now he is doing article ship with that he is preparing for CA group 2



Sanket Maindarkar – Sanket is from rural district of Usmanabad. He is very ambitious for his career and ready to work hard to achieve his dreams. He has completed his B.Com from MMCC. He had also completed LLB, LLM from ILS Pune university. He likes to read books. He has also cleared Net and Set .

Currently he is working as professor in Ruparel College Mumbai. This boy has also cleared his judiciary 1st level and now preparing for 2nd level.

We are glad to share that he has become socially responsible and have offered support to other mentees who are financially underprivileged.

Let's make life meaningful



Prajakta Malpote - Prajakta is very bright and meritorious. She is connected with Sarthak since 2017. Completed her engineering from PVPIT. Her CGPA score was 9.5 Right now she is planning to pursue her MBA in Finance.



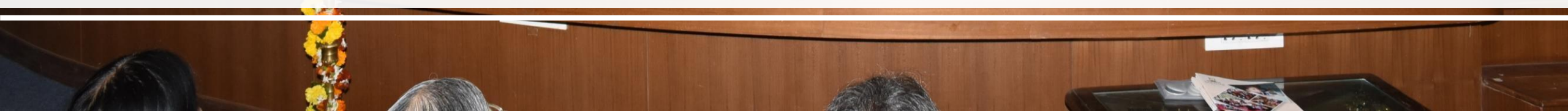
Sayali Mankar - Sayali is very hardworking wanted to support her family. She has completed her graduation from Sidhivinayak College. She was working while perusing her degree. After completing her B.com now she is working in event management company with that she is doing MBA.



Ankita Jadhav - Ankita is associated with Sarthak since 2017. She is bright student and wanted to be financially independent as early as possible. She has completed Diploma in Computer Engineering from Cummins College of Engineering for Women. She had scored distinction in 1st year, 2nd year and 3rd year. After completing 3rd year she got placement at Adverb from college placement. This placement is in Delhi. Ankita was very confident about joining at Adverb. She is very happy and satisfied in her job.



Let's make life meaningful





THANK YOU!!!