



Student Helping Hands

**Mission Sathi: Empowering Underprivileged
Students for a Sustainable Future...**

STUDENT RESOURCE CENTRE



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INTRODUCTION

Students Helping Hands is a well-established NGO dedicated to supporting underprivileged students from rural Maharashtra studying in Pune. Many of these students face severe financial hardships, with families reliant on daily wages or farming. Our research indicates that a significant number of students lack access to food, educational resources, career guidance, and healthcare.

Providing food scholarships has been a temporary solution, but a sustainable approach is needed. To address these long-term challenges, we propose the establishment of a Student Resource Centre, a dedicated facility to support students with education, career development, resources, and healthcare assistance.

Empowering Underprivileged Students: A Sustainable Solution

Student Helping Hands is a social initiative dedicated to empowering students from marginalized backgrounds who migrate to Pune for education. A significant number of students in Maharashtra, particularly from rural areas, face severe economic hardships. Their families, primarily farmers and daily-wage laborers, struggle to support their children's education, making it difficult for these students to sustain themselves in urban centers.

Since its inception, Student Helping Hands has provided food scholarships, financial aid, and academic resources to thousands of students. However, we recognize that food assistance alone is not a sustainable solution. A long-term approach is required to ensure students not only survive but thrive, securing stable careers and contributing meaningfully to society.

To bridge this gap, we propose the establishment of a Student Resource Centre, a comprehensive support system that addresses the educational, career, financial, and health needs of students. This initiative will transform passive aid into active empowerment, equipping students with the tools, knowledge, and networks necessary to achieve self-sufficiency and long-term success.

Understanding the Need for a Student Resource Centre

- **Economic Hardships:** Many students come from financially weak backgrounds, where paying for rent, food, and academic resources is an ongoing struggle.
- **Food Insecurity:** Surveys reveal that 75% of students under this initiative have skipped meals due to financial constraints. While food scholarships have provided temporary relief, a more structured approach is required to ensure nutritional stability.
- **Career Struggles:** First-generation learners often lack guidance on career choices, job placements, or higher education pathways. Many students struggle with writing resumes, preparing for

interviews, and accessing professional networks. Without mentorship, they find it difficult to navigate corporate job markets or competitive entrance exams.

- **Limited Educational Resources:**

Many students cannot afford books, research materials, or paid academic tools.

Libraries and study spaces are often overcrowded or inaccessible for economically disadvantaged students.

- **Health Issues:**

A high percentage of students suffer from malnutrition, anemia, and vitamin deficiencies.

Female students face additional hygiene and healthcare challenges that are rarely addressed.

The Student Resource Centre will provide structured support across these domains, ensuring students receive guidance, mentorship, and sustainable solutions to break the cycle of poverty and achieve long-term success.

The Need for a Resource Centre:

- **75% of students** reported skipping meals due to **financial constraints**.
- **41% of female students and 23% of male students** suffer from **anaemia**.
- **Many first-generation learners** lack career guidance, higher education mentorship, and job opportunities.
- **Limited access** to books, digital tools, and learning resources.
- **Health issues** like **malnutrition, poor hygiene, and stress-related disorders** affect academic performance.

What the Student Resource Centre Aims to Achieve:

- ✓ **Financial Stability:** Move beyond temporary aid by equipping students with job-ready skills and career mentorship, allowing them to become self-reliant.
- ✓ **Access to Education:** Ensure that first-generation learners receive the training, resources, and scholarships necessary to compete in top-tier universities and secure well-paying careers.
- ✓ **Health & Nutrition Support:** Provide nutritional assistance, medical check-ups, and health awareness programs to ensure students can focus on their studies without health-related setbacks.
- ✓ **Sustainable Career Development:** Help students build professional skills, access job opportunities, and prepare for higher education entrance exams, ensuring long-term growth.

This initiative is not just about helping students survive—it is about ensuring they flourish in an increasingly competitive world. By addressing core challenges at multiple levels, the Student Resource Centre will serve as a catalyst for student empowerment, making education accessible, sustainable, and transformative.

2. STRATEGIC OBJECTIVES & KEY PROGRAMS

The **Student Resource Centre** is built on a structured framework designed to provide **long-term, sustainable solutions** for students facing financial, academic, and career challenges. Instead of offering temporary aid, our focus is on **empowering students with skills, knowledge, and opportunities** to secure their future.

This initiative comprises **four key programs**, each addressing a critical area of student support:

1. **Bridge Program – Career Support** (*Employment & Professional Growth*)
2. **Connect Program – Higher Education Assistance** (*University & Scholarship Access*)
3. **Mitra Program – Academic Resource Hub** (*Books, Digital Tools, & Study Spaces*)
4. **Health & Wellness Program** (*Nutrition, Healthcare, & Well-being*)

Each program is designed to address **a specific challenge** that students face, ensuring **holistic development** and **self-sufficiency**.

1. BRIDGE PROGRAM: CAREER SUPPORT

For many students, education alone does not guarantee employment. Without the right guidance, skills, and industry exposure, students—especially those from underprivileged backgrounds—struggle to secure meaningful jobs.

The Bridge Program is designed to eliminate this gap by providing students with the necessary career guidance, professional skill development, and direct job opportunities. This program serves as a link between education and employment, ensuring that students are not only qualified academically but also prepared for the modern job market.

For many students, education alone is not enough—they need the right skills, guidance, and connections to transition from academics to employment successfully. The Bridge Program serves as a career accelerator, helping students navigate the job market, develop professional skills, and secure meaningful employment opportunities.

Why is this important?

- First-generation learners lack career awareness and struggle to find the right job opportunities.
- Many students do not have professional networks, making it difficult to secure internships or job placements.
- A large percentage of students lack skills in interviewing, resume writing, and corporate communication, which limits their job prospects.
- Without financial independence, students remain trapped in a cycle of economic instability, unable to support themselves or their families.

The Bridge Program acts as a direct link between students and the professional world, ensuring they are well-equipped, confident, and prepared to enter the workforce.

Why is the Bridge Program Essential?

- **First-Generation Learners Lack Career Awareness:**
Many students come from rural and economically disadvantaged backgrounds, where their families have no experience with corporate careers. Without proper career guidance, these students remain unaware of high-paying, sustainable job opportunities.

- **Job Market is Highly Competitive:**

In today's world, companies look for practical skills, communication abilities, and industry knowledge—not just degrees. Without professional training, students struggle to compete with urban and well-connected peers.

- **Lack of Professional Networks & Mentors:**

Unlike students from financially stable families, underprivileged students do not have access to industry professionals, corporate mentors, or alumni networks. This limits their ability to find internships, recommendations, and job placements.

- **No Exposure to Resume Writing & Interview Skills:**

Most students do not know how to write an effective resume, answer interview questions, or present themselves professionally. This significantly reduces their chances of getting hired.

- **Financial Independence is Crucial:**

For students struggling with basic expenses like food, rent, and education fees, securing a job is not a luxury—it is a necessity. The Bridge Program is designed to equip students with the right tools to achieve financial independence and break the cycle of poverty.

Key Focus Areas of the Bridge Program:

The Bridge Program provides step-by-step career support, ensuring students gain essential job market skills and secure sustainable employment.

1. Career Guidance & Mentorship

Many students do not know which career path to choose or how to enter their desired industry. The Bridge Program offers:

- **One-on-One Career Counselling:** Each student gets a personalized career roadmap, helping them identify their strengths, interests, and best career options.
- **Industry Awareness & Job Market Trends:** Students learn about emerging career fields, high-paying industries, and skill-based job markets.
- **Professional Mentorship:** Students are connected with successful professionals from various fields who provide career advice, real-world insights, and networking opportunities.
- **Corporate Interaction & Exposure:** Through guest lectures, industry visits, and networking events, students engage with CEOs, HR managers, and recruiters, gaining valuable insights into the professional world.

2. Employment Readiness & Skill Development

A degree alone is not enough—students need practical skills to secure jobs. The Bridge Program provides:

✓ **Resume & CV Writing Workshops:** Students learn how to create a professional, impactful resume that highlights their skills and experiences.

✓ **Mock Interview Training:** Students undergo real-life interview practice with HR professionals and hiring managers, improving their confidence and communication skills.

✓ **Soft Skills & Workplace Communication:**

- Public speaking and presentation skills
- Email writing and professional communication
- Leadership, teamwork, and problem-solving skills

✓ **Job-Specific Certifications & Training:** Students receive certified training in high-demand fields such as:

- Digital Marketing
- Data Analysis & IT Skills
- Finance & Business Management
- Entrepreneurship & Freelancing

These certifications help students enhance their profiles and stand out in the job market.

3. Internship & Job Placement Assistance

The ultimate goal of the Bridge Program is to help students secure real employment opportunities.

✓ **Internship & Apprenticeship Programs:**

- Students are connected with corporate internship programs that provide hands-on work experience.
- Companies are encouraged to hire students from the Bridge Program, ensuring real-world learning and practical exposure.

✓ **Job Placement Support:**

- Partnerships with companies and recruiters ensure that students get job offers in their desired fields.
- On-campus placement drives and career fairs are organized for students to interact with hiring companies directly.

✓ **Entrepreneurship & Freelancing Opportunities:**

- Students who wish to start their own businesses or work as freelancers are provided with mentorship and funding assistance.
- Special workshops on self-employment, online business models, and freelancing platforms are conducted.

Expected Impact of the Bridge Program

✦ **Higher Employability:** Students will be equipped with market-relevant skills, making them highly employable in leading industries.

✦ **Reduced Financial Dependency:** Students will gain financial independence, reducing reliance on scholarships and external aid.

✦ **Stronger Professional Networks:** Students will have mentors, industry connections, and access to hiring managers, increasing their chances of getting job offers.

✦ **Confidence & Career Readiness:** Students will develop confidence, workplace professionalism, and leadership qualities necessary for career growth.

Moving Towards Sustainable Change,

The Bridge Program is not just about finding jobs—it is about creating a self-sufficient generation of professionals who can support themselves, their families, and contribute to society.

Through structured career counselling, skill-based training, and direct job placements, the Bridge Program ensures that students transition smoothly from education to employment, breaking financial barriers and achieving long-term success.

This is how we empower students for a brighter, more secure future.

2. CONNECT PROGRAM: HIGHER EDUCATION OPPORTUNITIES

For thousands of students from rural Maharashtra, pursuing higher education at top universities remains an unattainable dream due to financial limitations, lack of awareness, and inadequate preparation for competitive exams. Many first-generation learners face systemic disadvantages—they do not have access to career counsellors, coaching centres, or financial aid information that could help them secure admissions and scholarships at prestigious institutions.

The Connect Program is designed to bridge this gap by providing students with structured guidance, entrance exam preparation, financial aid assistance, and access to top-tier higher education opportunities in both national and international universities.

◆ Why is the Connect Program Important?

1. Lack of Awareness about Higher Education Pathways:

Many students are unaware of **top institutions, government scholarships, and financial aid options** that could help them **pursue higher education at elite universities** like IIT, TISS, IISc, APU, or **international institutions**.

2. Competitive Exams are a Major Barrier:

Admission to **leading universities** requires **rigorous entrance exam preparation**. However, many underprivileged students **cannot afford coaching programs**, making it difficult for them to **compete with well-prepared peers**.

3. Financial Constraints Limit Higher Education Access:

Even students who qualify for admission **struggle with tuition fees, hostel costs, and study materials**. Without **proper financial planning and scholarship assistance**, they often **drop out or settle for lower-tier institutions**.

4. Government Scholarships & Schemes are Underutilized:

Many students **do not apply** for government schemes like **Sarathi, BARTI, Mahajyoti**, simply because **they don't know how or lack proper documentation and guidance**.

5. No Structured Support for International Education:

Students who wish to **study abroad** often **lack mentorship, application guidance, and scholarship access**, making it nearly impossible for them to explore **global education opportunities**.

The **Connect Program** is a **direct intervention** that ensures **students receive the necessary resources, preparation, and financial aid support** to **gain admission into top universities and secure their future**.

Key Focus Areas of the Connect Program:

The **Connect Program** provides a **structured roadmap** to help students **prepare, apply, and secure funding** for higher education opportunities.

1. University & College Admission Guidance

Many students **do not know where to start** when applying for higher education. The Connect Program offers:

✓ One-on-One Counselling Sessions:

- Students receive **personalized guidance** on **choosing the right course, university, and career path** based on their **skills, interests, and financial situation**.

✓ University Application Assistance:

- Step-by-step support for filling out applications for **IITs, TISS, IISER, APU, and other top universities**.
- Helping students apply to **state universities, private institutions, and international colleges**.

✓ Documentation & Application Support:

- Assistance with **statement of purpose (SOP) writing, letter of recommendation (LOR) requests, and CV preparation** for college applications.
- Help with **visa applications and standardized test registration** for students aiming for **international universities**.

2. Competitive Entrance Exam Preparation

Most **top universities** require students to pass **entrance exams**—but underprivileged students often **cannot afford coaching classes**. The Connect Program provides:

✓ Free & Subsidized Coaching for Competitive Exams

- Preparation support for **JEE, NEET, CLAT, UPSC, TISSNET, CAT, GRE, GMAT, and IELTS/TOEFL**.
- **Mock tests and study materials** for students **applying to engineering, medical, law, management, and humanities programs**.

✓ Partnerships with Coaching Institutes & Online Learning Platforms

- Students get access to **free or subsidized online courses, test series, and exam mentors**.

✓ Study Groups & Peer Mentorship

- Students form **peer-led study circles** to support each other in **exam preparation and application processes**.

3. scholarship & Financial Aid Assistance

Many students **give up on higher education** due to **financial constraints**—even though **scholarships, grants, and government schemes** exist. The Connect Program ensures that:

✓ Students Receive Full Information on Scholarship Opportunities

- Guidance on **national, state, and international scholarships**, including:
 - **Sarathi, BARTI, Mahajyoti, UGC & AICTE Scholarships**
 - **National & Private Trust Scholarships (J.N. Tata Endowment, Inlaks, etc.)**
 - **International Scholarships (Commonwealth, Chevening, Fulbright, DAAD, etc.)**

✓ Financial Planning & Budgeting for Higher Education

- Counselling on **education loans, fee waivers, and financial aid packages**.
- Assistance in filling out **loan applications and managing financial documents**.

✓ Help in Securing Hostel & Accommodation Support

- Students receive guidance on **affordable housing and campus accommodations** to ensure they can **live and study in a stable environment**.

4. Preparing Students for International Education

Many students **aspire to study abroad** but **lack the necessary guidance and financial resources**. The Connect Program offers:

✓ International Admission & Scholarship Guidance

- Helping students apply to **universities in the US, UK, Canada, Germany, and Australia**.
- Assistance with **IELTS, TOEFL, GRE, GMAT, and SAT preparation**.

✓ Sponsorship & Funding Support

- Assistance in securing **grants, research assistantships, and financial sponsorships** for overseas education.

✓ Visa & Documentation Support

- Step-by-step guidance on **student visa applications, accommodation, and work permits**.

◆ Expected Impact of the Connect Program

- **Higher Admission Rates in Top Universities**
Students from **underprivileged backgrounds** will gain **equal opportunities** to study at **India's and the world's best universities**.
- **Increased Scholarship Access & Financial Independence**
Students will learn how to **apply for and secure scholarships**, reducing their **financial burden**.
- **Better Exam Performance & University Placement Rates**
With **structured coaching, study materials, and mentorship**, students will have a **higher success rate in entrance exams**.
- **More First-Generation Students in Higher Education**
The program will **increase the number of first-generation students pursuing degrees** beyond high school.
- **Stronger Representation in International Education**
More students from **economically weaker backgrounds** will be able to **study abroad, earn global degrees, and bring back knowledge to uplift their communities**.

◆ Moving Towards a Future of Educational Equity

The **Connect Program** is more than just a mentorship initiative—it is a **systematic, structured, and strategic approach** to ensuring that **every student, regardless of financial background, has the opportunity to receive quality higher education**.

By eliminating financial barriers, providing top-tier coaching, and ensuring access to global learning opportunities, we are building a generation of well-educated, skilled professionals who can lead change in their communities and beyond.

3. MITRA PROGRAM: ACADEMIC RESOURCE ACCESS

Building a Strong Foundation for Learning & Research

Access to quality educational resources is a fundamental right, yet many students from underprivileged backgrounds struggle to find the books, digital tools, and study spaces necessary for their academic success. The Mitra Program is designed to bridge this gap by providing students with a well-equipped library, access to paid academic resources, and a structured learning environment where they can study, conduct research, and prepare for exams without financial or logistical constraints.

This program is not just about providing books—it is about creating a culture of learning, self-improvement, and academic excellence where students can maximize their potential and succeed in competitive environments.

◆ Why is the Mitra Program Important?

- **Many Students Cannot Afford Books & Study Materials:** Textbooks, reference materials, and competitive exam guides are expensive, making them inaccessible to economically disadvantaged students.
- **Lack of Access to Paid Digital Tools & Research Platforms :** Students from privileged backgrounds can access premium learning tools, online courses, and research databases, while underprivileged students are left behind.
- **No Dedicated Study Spaces for Underprivileged Students:** Many students live in small rented rooms or shared hostels, making it difficult to study in a focused and distraction-free environment.
- **Competitive Exams Require Extensive Learning Resources:** Students preparing for exams like JEE, NEET, UPSC, TISSNET, CAT, GRE, and IELTS/TOEFL need high-quality study materials, mock tests, and guidance, which are often costly.
- **Limited Access to Career-Oriented Learning Materials:** Beyond university coursework, students need access to books and training materials for skill development, career growth, and entrepreneurship.

The Mitra Program solves these challenges by establishing a comprehensive academic resource center that provides free access to books, digital learning platforms, and a peaceful study environment.

Key Focus Areas of the Mitra Program

The Mitra Program is designed to provide structured academic support to students through three core areas:

- **A Well-Equipped Library with Books & Study Materials**
- **Access to Paid Digital Learning Tools & Research Platforms**
- **Dedicated Study Spaces for Focused Learning**

1 Library Setup: Providing Books & Study Materials

✓ **Academic Textbooks & Reference Books:** A library with coursebooks for undergraduate and postgraduate students in fields like science, engineering, humanities, law, and management.

Access to reference books, research journals, and encyclopedias for in-depth learning.

✓ **Competitive Exam Books & Study Guides:** A dedicated section for JEE, NEET, UPSC, TISSNET, CAT, GRE, GMAT, IELTS/TOEFL preparation. Mock test papers, previous years' question banks, and strategy guides for students preparing for competitive exams.

✓ **Books on Career Development & Entrepreneurship:** Guides on resume writing, job interviews, corporate communication, and leadership skills. Books on freelancing, digital marketing, finance, and entrepreneurship to help students explore alternative career opportunities.

✓ **Language & Skill Development Books:** Books on English language proficiency, public speaking, and professional writing. Resources for learning coding, AI, machine learning, and industry-specific skills.

✓ **Special Section for Inspirational & Biographical Reads:** Books about leaders, innovators, and social reformers to inspire students towards personal growth and leadership.

2 Access to Paid Digital Learning & Research Tools

✓ **Online Learning Platforms & Paid Course Access:** Students will get free access to premium learning platforms like Coursera, Udemy, Khan Academy, and LinkedIn Learning. Special focus on courses related to data science, AI, finance, business management, and emerging technologies.

✓ **Digital Research & E-Library Subscriptions:** Access to JSTOR, IEEE Xplore, ScienceDirect, Springer, and other research databases to support higher education and academic research. Students can use online academic journals, e-books, and research publications to enhance their learning.

✓ **AI-Based Learning Tools & Educational Apps:** Free access to AI-driven learning apps that offer personalized study plans, skill assessments, and interactive learning modules. Subscription to AI-powered writing tools that help students improve their academic writing, SOPs, and research papers.

✓ **Recorded Lectures & Webinars from Industry Experts:** A database of expert lectures, TED Talks, and university webinars to provide insights on various academic and career-oriented topics.

3 Dedicated Study Spaces & Learning Environment

✓ **A Quiet & Well-Equipped Study Center:** A dedicated, distraction-free study space for students who lack proper study environments at home or hostels. Comfortable reading corners, discussion rooms, and individual study desks.

✓ **Group Study & Peer Learning Sessions:** Students can form study groups and conduct peer-led discussions on various subjects. Special mentorship circles, where senior students can guide and support juniors in their academic journey.

✓ **Access to Laptops & Learning Devices:** Students who cannot afford personal laptops will have access to shared computers and tablets for research, assignments, and online courses.

✓ **Workshops & Academic Support Sessions:** Special workshops on research methodology, thesis writing, and academic publishing. Sessions on time management, study techniques, and exam strategies.

◆ Expected Impact of the Mitra Program

✦ Enhanced Learning Opportunities for Underprivileged Students

Students will have equal access to high-quality books, digital resources, and learning tools, ensuring they can compete with their privileged peers.

✦ Improved Exam Performance & Academic Excellence

Students will be able to prepare more effectively for university exams and competitive entrance tests, leading to higher success rates.

✦ Stronger Research & Innovation Capabilities

Access to e-libraries, research tools, and academic journals will encourage innovative thinking and knowledge expansion.

✦ Increased Career Readiness & Self-Learning Abilities

Students will develop independent learning skills, making them better equipped for higher education, jobs, and entrepreneurship.

✦ A Community of Scholars & Thought Leaders

The study center and mentorship program will foster a culture of knowledge-sharing, creating a strong network of learners and future leaders.

◆ Moving Towards Academic Empowerment

The Mitra Program is not just a library—it is a transformative learning hub that ensures every student, regardless of their financial background, has access to the knowledge, tools, and environment needed to succeed.

By providing free access to books, research tools, digital learning platforms, and study spaces, we are ensuring that no student is left behind in their pursuit of knowledge and excellence.

This program will create a generation of informed, educated, and skilled individuals who can lead India's future in academics, research, and innovation.

4. PRAYAS HEALTH INITIATIVE

Ensuring a Healthy Mind and Body for Academic Success

Good health is essential for academic success, yet many students from underprivileged backgrounds suffer from malnutrition, anaemia, and other preventable health conditions due to poor diet, lack of medical care, and financial struggles. Female students, in particular, face nutritional deficiencies and hygiene-related challenges that impact their well-being.

The Prayas Health Initiative is designed to address these critical health issues by providing free medical check-ups, nutritional support, hygiene awareness, and mental health counselling. Our goal is to ensure that every student has access to essential healthcare, proper nutrition, and wellness resources, enabling them to focus on their education without health-related obstacles.

◆ Why is the Prayas Health Initiative Important?

✦ High Rates of Anemia & Malnutrition Among Students

- A large number of students, especially **female students**, suffer from **iron, calcium, and vitamin deficiencies**, leading to **fatigue, low concentration, and poor academic performance**.

✦ Lack of Access to Basic Medical Check-Ups & Preventive Care

- Many students **cannot afford medical treatment**, which results in **undetected illnesses and long-term health complications**.

✦ Poor Hygiene & Sanitation Awareness Among Students

- Many students **lack awareness of hygiene practices, leading to infections and preventable diseases**. Female students face **challenges related to menstrual health management**.

✦ Mental Health Challenges Affect Academic Performance

- Financial stress, academic pressure, and **isolation in urban environments** lead to **depression, anxiety, and stress-related disorders** among students.

✦ Food Insecurity & Nutritional Deficiencies Impact Learning

- Many students **skip meals due to financial hardships**, leading to **poor nutrition, low energy levels, and weakened immunity**.

The **Prayas Health Initiative** ensures that students receive **comprehensive healthcare support, nutritional assistance, and mental wellness resources** to **maintain a healthy lifestyle and succeed in their studies**.

◆ Key Focus Areas of the Prayas Health Initiative

The **Prayas Health Initiative** consists of **four core areas** to support student well-being:

- 1 Medical Check-Ups & Preventive Healthcare
- 2 Nutritional Assistance & Meal Support
- 3 Menstrual & Personal Hygiene Awareness
- 4 Mental Health Support & Counselling Services

1. Medical Check-Ups & Preventive Healthcare:

✓ Regular Health Screenings for Students:

- Free medical check-ups every **six months** for all registered students.
- **Screening for anaemia, calcium & vitamin deficiencies, eye check-ups, and general health assessments.**

✓ Collaboration with Local Hospitals & Clinics:

- Partnerships with **doctors, hospitals, and medical NGOs** to provide **discounted or free treatment** for students.

✓ Vaccination & Immunization Camps:

- Organizing **vaccination drives** for students to prevent **common infections and seasonal illnesses.**

✓ Basic First-Aid & Emergency Support:

- Establishing **first-aid stations** at study centres and hostels for **immediate medical assistance.**

2. Nutritional Assistance & Meal Support:

✓ Providing Nutritional Supplements & Healthy Meals:

- Distribution of **iron, calcium, and multivitamin supplements** to address **nutritional deficiencies.**
- Providing **subsidized or free nutritious meals** to students facing **food insecurity.**

✓ Diet & Wellness Awareness Campaigns:

- **Workshops on healthy eating habits, balanced diets, and affordable nutritious food options.**

- Educating students on **how to maintain good nutrition on a low budget.**

✓ **Food Assistance Program for Economically Struggling Students:**

- Partnership with **local food banks and community kitchens** to provide **free meals to students in need.**

3. **Menstrual & Personal Hygiene Awareness:**

✓ **Free Distribution of Sanitary Kits:**

- Providing **free sanitary napkins, soaps, and hygiene kits** to female students.
- Setting up **sanitary product dispensers** at study centres and student hostels.

✓ **Workshops on Menstrual Health & Hygiene Practices:**

- Educating female students on **menstrual health, reproductive health, and hygiene.**
- Addressing **myths and taboos** surrounding menstruation and personal care.

✓ **Improving Hygiene Facilities in Student Residences:**

- Ensuring **clean washrooms, drinking water facilities, and sanitation access** at student hostels and community centres.

4. **Mental Health Support & Counselling Services:**

✓ **Counselling & Stress Management Sessions:**

- Free access to **trained psychologists and mental health professionals** for students.
- Special **sessions on handling academic stress, career anxiety, and emotional well-being.**

✓ **Helpline for Mental Health & Student Support:**

- Setting up a **24/7 student support helpline** for those struggling with **mental health challenges.**
- Confidential **counselling for students dealing with stress, depression, or family issues.**

✓ **Yoga, Meditation & Wellness Workshops:**

- Weekly **yoga and meditation sessions** to help students **relax, focus, and improve mental well-being**.
- Training in **breathing exercises, mindfulness techniques, and positive thinking**.

◆ Expected Impact of the Prayas Health Initiative:

✦ Improved Overall Student Health & Wellness

- Regular **health check-ups and medical assistance** will ensure students remain **physically fit and active**.

✦ Reduction in Anemia & Nutritional Deficiencies

- Providing **healthy meals and supplements** will lead to **better focus, higher energy levels, and improved academic performance**.

✦ Better Awareness of Personal Hygiene & Sanitation

- Hygiene workshops will **educate students on maintaining cleanliness**, leading to a **healthier student community**.

✦ Increased Female Student Retention & Participation

- Free **menstrual health support** will ensure that **female students do not miss classes due to period-related challenges**.

✦ Stronger Mental Health & Emotional Well-Being

- Access to **counselling, stress management, and emotional support** will help students **overcome personal and academic struggles**.

◆ Moving Towards a Healthy & Empowered Student Community

The **Prayas Health Initiative is not just a healthcare program**—it is a **lifeline** for students who struggle with **illness, malnutrition, stress, and hygiene challenges**. Our mission is to **ensure that no student's education suffers due to preventable health issues**.

By providing regular medical check-ups, nutritious food, mental health support, and hygiene awareness, we are creating a healthier, more confident, and academically successful generation of students.

This initiative will **empower students to focus on their education without worrying about their health, ensuring that they have the strength, energy, and support to achieve their dreams**.

5. IMPLEMENTATION ROADMAP

Building a Sustainable and Scalable Model for Long-Term Student Support

The **Student Resource Centre** is designed to be a **self-sustaining initiative** that evolves over time, ensuring **continuous support** for students from economically disadvantaged backgrounds. The implementation roadmap focuses on a **structured, phased approach** to ensure that **each program is effectively launched, monitored, and expanded** based on student needs and impact assessments.

◆ PHASE 1: ESTABLISHMENT & FOUNDATION (0-2 Months)

Objective: Secure infrastructure, funding, and partnerships for the **initial setup** of the Student Resource Centre.

✦ Key Actions:

- ✓ **Secure Location for the Resource Centre** (Rental/Donated space in Pune).
- ✓ **Set Up Library, Digital Learning Hub & Study Spaces** (Books, devices, subscriptions).
- ✓ **Form Partnerships with Medical & Career Mentorship Organizations.**
- ✓ **Recruit Expert Faculty, Trainers, and Mentors.**
- ✓ **Start Fundraising via Corporate Sponsorships, NGOs & Government Schemes.**

✦ Expected Outcomes:

- Establishment of a **fully operational resource center.**
 - Enrollment of **first batch of students** in the **Bridge, Connect, Mitra, and Prayas programs.**
 - Securing **partnerships with universities, companies, and healthcare providers.**
-

◆ PHASE 2: PROGRAM ROLLOUT & OPERATIONS (2- 6 Months)

Objective: Ensure **full-scale implementation** of all four core programs, **monitor student progress, and refine program strategies.**

✦ Key Actions:

- ✓ **Launch the Career Support (Bridge) Program** with workshops, resume training & job placement support.
 - ✓ **Initiate Higher Education Coaching (Connect) Program** with entrance exam coaching & scholarship assistance.
-

✓ **Expand Library & Digital Resource Access (Mitra Program)** with paid learning platforms and research tools.

✓ **Begin Health & Wellness Support (Prayas Health Initiative)** with **health check-ups, nutritional aid & counseling**.

✓ **Develop Data Tracking System** for student progress monitoring.

✦ **Expected Outcomes:**

✓ Students receive **career guidance, job placements, entrance exam support, and study resources**.

✓ Improved **physical and mental health** of students through the Prayas Health Initiative.

✓ Creation of **strong industry-academia partnerships** for employment and scholarship programs.

◆ **PHASE 3: SCALING & EXPANSION (6-8 Months)**

Objective: Expand the **reach, resources, and impact** of the Student Resource Centre to benefit more students.

✦ **Key Actions:**

✓ **Increase student enrollment** to accommodate **more beneficiaries**.

✓ **Expand partnerships with international universities** for **scholarship opportunities**.

✓ **Enhance career placements** by establishing **direct hiring partnerships with corporates**.

✓ **Develop Alumni & Mentorship Networks** to **sustain long-term student support**.

✓ **Launch Mobile Learning & Healthcare Units** to **reach students in remote areas**.

✦ **Expected Outcomes:**

✓ **Scalability and sustainability** of programs with increased funding.

✓ **Higher student success rates** in employment and university admissions.

✓ A **strong ecosystem of alumni, mentors, and industry collaborations** ensuring the **long-term success of underprivileged students**.

6. FINANCIAL REQUIREMENTS

BUDGET:

Expense Category	Estimated Cost (INR)	Duration	Adjustments Made
Infrastructure Setup (Library, Study Spaces, Basic Health Facilities)	₹7,00,000	One-time	Smaller space, fewer furniture & low-cost setup
Library & Digital Resources (Books, Online Learning, Research Tools)	₹3,00,000	Annual	Limited book collection, selected online learning platforms
Career Support Program (Bridge Program)	₹4,00,000	Annual	Focus on essential career training & online workshops instead of large-scale events
Higher Education Support (Connect Program)	₹3,50,000	Annual	Scholarships & entrance coaching for limited students initially
Health & Wellness (Prayas Initiative)	₹5,00,000	Annual	Focus on basic health check-ups, hygiene kits & nutrition awareness instead of full medical facilities
Staff Salaries & Operations	₹4,50,000	Annual	Hiring fewer full-time staff , relying on volunteers & part-time professionals
Workshops & Career Fairs (Job Placements, Health Awareness, Entrance Exam Guidance)	₹2,50,000	Annual	Conducting low-cost events through partnerships & free community venues

Emergency & Student Welfare Fund	₹2,50,000	Annual	Reserved for critical student needs like medical emergencies, additional scholarships, or hostel aid
Total Budget (Year 1)	₹30,00,000	Optimized for Maximum Impact	

STRATEGIC ADJUSTMENTS TO FIT BUDGET:

- **1 Leverage Free & Low-Cost Spaces** – Partner with **universities, community halls & NGOs** to **avoid high rental costs** for study spaces.
- **2 Digital Learning Instead of Physical Resources** – Focus on **affordable e-books, online courses & webinars** instead of **physical books & paid training programs**.
- **3 Volunteer & Alumni Network for Career Training** – Reduce dependency on **hiring career counsellors** by involving **corporate mentors, alumni & volunteers**.
- **4 Medical & Health Support via Partnerships** – Work with **local hospitals, doctors, and NGOs** to **offer free health check-ups & nutritional support** instead of setting up **in-house clinics**.
- **5 Targeted Approach for Scholarships & Coaching** – Instead of **covering all students**, we prioritize **students who show the highest need & potential for impact**.

7. CONCLUSION: EXPECTED IMPACT

Program	Impact Metrics	Target Outcomes (Year 1)
Career Support (Bridge Program)	Students placed in jobs & internships	500+ students
Higher Education (Connect Program)	Students securing university admissions & scholarships	250+ students
Library & Digital Learning (Mitra Program)	Students accessing books, research tools & e-learning	3000+ students
Health & Wellness (Prayas Initiative)	Students benefiting from health support & awareness	2000+ students

IMPACT ASSESSMENT & SUCCESS METRICS

To measure the effectiveness of the Student Resource Centre, we will track key impact metrics across **four main areas**:

Program	Impact Metrics	Target Outcomes (Year 1)
Career Support (Bridge Program)	Students placed in jobs & internships	1000+ students
Higher Education (Connect Program)	Students securing university admissions & scholarships	500+ students
Library & Learning (Mitra Program)	Access to books, online courses & digital tools	5000+ students
Health & Wellness (Prayas Initiative)	Students benefiting from health programs	3000+ students

★ **Long-Term Goals (5-Year Vision):**

- ✓ Support **15,000+ students** with career training, university scholarships & study resources.
- ✓ Ensure **at least 80% employment success rate** among trained students.
- ✓ Establish a **self-sustaining funding model** through **CSR, government grants & donor networks**.

CONCLUSION: MAXIMUM IMPACT WITH MINIMUM COST

- ✓ The **core programs** (Career Support, Higher Education, Academic Resources & Health) **remain active**.
- ✓ Strategic **cost reductions** do not compromise the **quality of services**.
- ✓ **Strong partnerships** with **universities, companies & NGOs** allow **low-cost or free resources** to enhance impact.
- ✓ **Long-term sustainability** is maintained through **volunteer-driven models**.

★ Beyond Temporary Aid, Towards Long-Term Empowerment

The **Student Resource Centre** is not just a **charitable initiative**—it is a **transformational movement** that will **break economic barriers, provide educational opportunities, and ensure long-term career success** for thousands of students.

✦ A Holistic Approach for Maximum Impact

Through **career guidance, educational resources, health support, and scholarships**, we are **creating an ecosystem** where underprivileged students can **thrive, not just survive**.

✦ A Call to Action for Partners & Donors

We **invite corporate sponsors, government bodies, and philanthropic donors** to join us in this **mission to empower the next generation**. Your **support** will help students **achieve financial independence, pursue higher education, and build successful careers**.

✦ **Together, We Can Create a Future Where Every Student, Regardless of Their Background, Has the Opportunity to Succeed.**

📞 **Contact Us for Collaborations & Donations:**

📞 **Phone:** +91 96897 94776

✉ **Email:** studenthelpinghands25@gmail.com

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✦ Join us in shaping the future of India's underprivileged students—because education should be a right, not a privilege.