

OUR JOB IS NOT  
TO PREPARE STUDENTS FOR SOMETHING.  
OUR JOB IS TO HELP STUDENTS PREPARE  
THEMSELVES FOR EVERYTHING!



# According to our Research & Blogs

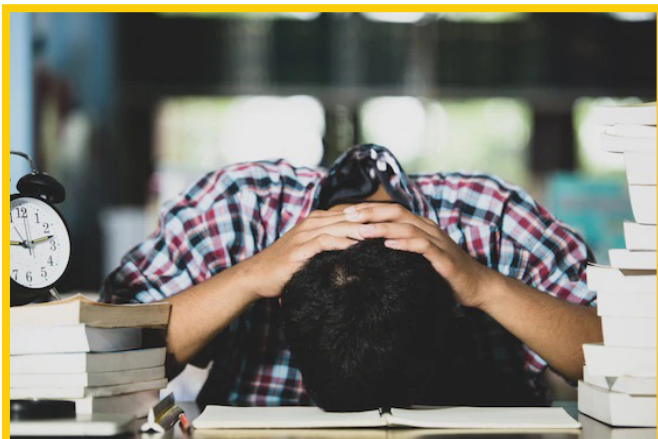


## Problems with effective study management

Different Students have varying capacities and abilities to learn and understand things. They are not taught how to manage their time effectively.

## Depression and Stress

Being irritable all the time, losing concentration, drinking, drugs, regular fights, and other symptoms indicate that they are in poor psychological and physical health. Academic stress leads to significant burnout.



## Exam Stress

Students are frequently pushed into careers in which they are uninterested. This makes them feel incompetent. Students in India face a number of issues, the solutions to which have yet to be implemented.

# According to our Research & Blogs



## Distractions of Various Kinds

Without proper guidance, students end up hanging out with the wrong people and making decisions that serve as nothing more than a diversion from becoming their true selves.

## Inadequate Career Guidance

Students do not always have access to the right people at the right time to help them pave their way to a successful academic and professional life.



## Feelings of Hopelessness

Students have a single goal in college: to achieve a high CGPA in exams. Once this is done, figuring out that real life is even challenging students cannot help themselves cope as they are not equipped with the skills to do so.



**WE ASKED SOME  
RECENT GRADUATES WHAT THEIR  
ACADEMIC LIVES LACKED.  
THE RESPONSES MADE US THINK...**

**ROHAN B.**

I WISH THERE WAS MORE GUIDANCE DURING MY STUDENT DAYS ON HOW TO SURVIVE IN THE COMPETITIVE WORLD RATHER THAN JUST STUDYING THEORY AND SCORING MARKS.

**KRISHA S.**

AS A STUDENT, THERE WAS MORE EMPHASIS ON ROTE LEARNING AND FOLLOWING HERD MENTALITY. I WISH SOMEONE HAD SHOWN ME HOW TO REALLY FOLLOW MY PASSION AND EXCEL IN DOING SOMETHING I GENUINELY LIKED.

**NEERAJ S.**

SCHOOLING WAS VERY DIFFERENT FROM THE DEMANDS OF THE REAL WORLD. IT WOULD HAVE BEEN BENEFICIAL IF I WAS TAUGHT HOW TO MANAGE MY TIME EFFECTIVELY AND HOW TO COPE WITH MY ANXIETIES BETTER.

**TAKING ALL OF THIS INTO CONSIDERATION, WE CREATED  
'SARTHAK' AN INITIATIVE AND A HUMBLE ATTEMPT TO ASSIST  
IN CREATING MEANINGFUL STUDENT LIFE.**

**AT SARTHAK, OUR GOAL IS TO IGNITE THE FLAME IN THE HEARTS OF  
STUDENTS AND MOTIVATE THEM TO PURSUE EXCELLENCE.  
EVERY STUDENT HAS THE ABILITY TO SUCCEED IN THEIR CHOSEN  
FIELD, AND WE WORK WITH THEM TO SHOWCASE HOW.**



# WHY **SARTHAK** IS THE CURRENT NEED OF THE EDUCATING NATION?

Our bright future needs bright minds.

The world is getting more competitive with every passing day. To keep up with this we need not just people who score high grades but ones who also engage in critical thinking.

We need to stop making Mental Wellness a taboo subject.

With the added stresses of the competitive world, it is important for one to learn to manage their emotions and anxieties to avoid getting burnt out or overwhelmed. It is important to start the conversation on these topics and Sarthak is here every step of the way.

Need for an exclusive wellness center for students.

A dedicated program for students in which their academic problems are addressed and shown that they can achieve anything regardless of their background is essential.



## Our Mission

Our mission is to reach 50,000 students in Maharashtra's various schools and educational institutes, guiding them in the right direction and igniting the flame of success in them. The journey ahead will be difficult. It necessitates hard work, perseverance, and sincere efforts at every stage.

## Our Vision

At Sarthak, we envision providing students with the right motivation, at the right age, to make them aware of the vast power that the human mind possesses, which has the ability to transform the impossible into the possible. As students reach the end of their academic careers, it is critical for both students and parents to provide them with a meaningful life.



# What We Will Be Exactly Doing At **Sarthak?**



## Mind Power Techniques

Using time-tested techniques with a high success rate to help students realize their full potential.

## Time Management and Experiential Learning

Learning by doing is something we believe in.

## Motivational Seminars And Creative Career Talks

To help you realize your dreams are attainable.

## Modern Concentration Management Methods

Taught by our experienced team of professionals who have all worked in this industry for a number of years.

## Parenting Sessions In Harmony

A conversation with parents to help them understand.

# Our Modules for a **Meaningful Student Life**



## Belief and Success

History is written by those who dared to succeed. We instill confidence in student's abilities to succeed by teaching them about the power of the subconscious mind. They can achieve all of their objectives by understanding the subconscious mind.

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## An Adventure Into Morning Mastery

Waking up earlier ahead of others means getting a head start and a couple of hours of more time to be productive. Starting the mornings right also paves the way for a day of the same momentum. In the mornings there is peace and quiet which helps focus on goals.

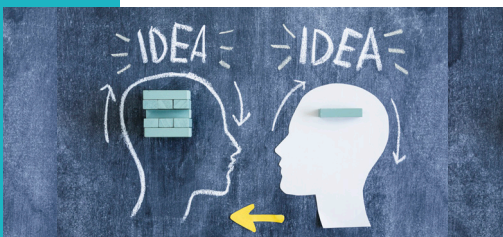
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## Learn To Stack Your Day

It is a well-known fact that how you spend your days determines your chances of success. We teach students how to create a daily system and prioritize their tasks. There is less anxiety about the amount of work needed when there is a set schedule and the mind does not have time to wander.

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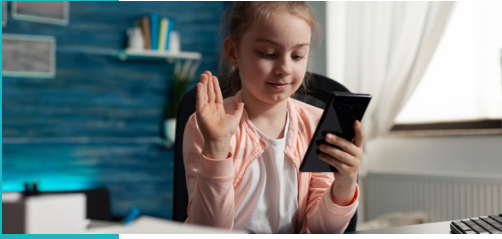


## Power of Habits / Habit Installation Protocol

Positive or negative habits shape a man. Developing healthy habits is the key to living a fulfilling life. We teach students that developing habits is as simple as developing muscles, with daily practice and dedication. Setting up habit systems allows us to make incremental progress and trains our minds to prepare.

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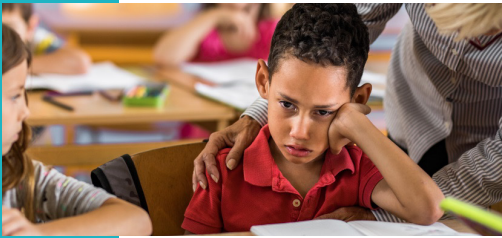




## Freedom From Distraction

There are plenty of entertaining distractions that provide quick dopamine hits. The ability to push through these distractions determines one's potential for success. We teach techniques for defeating the distraction devil and staying focused on what matters. We help students understand how distractions waste their time and do not benefit them in the long run.

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## Handle Negative Emotions

Defeat and failure are inevitable parts of life; the child who learns to deal with these negative emotions in a healthy way, rather than allowing them to affect him or her, grows up to be an emotionally healthy adult, and only an emotionally healthy adult can survive in today's world, where people are so quick to criticize. We teach students how to deal with negativity when it arises and cope with it in a healthy way.

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## Develop A Steadfast Willpower

We believe that willpower is simply a brain muscle that can be developed with consistent effort and practice, as well as the desire to change.

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## Art Of Becoming A Genius

We help students become lifelong geniuses by developing a curious mindset and constantly striving for excellence, allowing them to become experts in all of their endeavors.

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## Academic Success Principles

We provide a set of rules that a student should always follow in order to have a happy, fulfilling, and balanced student life. Attend Class at the Same Times Every Day, Front Row Seating, Ask Questions, Make Use of Technology, Wisely Take Care of Your Body and Avoid Cramming Examine Your Note

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## The 4 Focuses Of History Makers

We believe in setting a good example. We share the life stories of famous people throughout history who achieved their goals through their unwavering passions in this module, and we hope to instill the same spirit in the students.

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## Learn The Fundamentals Of Sleep And Physical Activity

Physical and mental health are intertwined, so maintaining a healthy sleep schedule and engaging in physical activity on a daily basis leads to a healthy body & a healthy mind. We teach students healthy sleeping and exercise habits because we believe in holistic development.

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## Health And Nutrition

Having the right diet, especially during times of high stress, helps the body avoid shutting down. We have licensed nutritionists who create diet plans for our students based on their specific needs. We sit down and talk about the problems the child is having, figure out what deficiency is causing the problem, and then recommend diet and supplements.

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## Elite Performance In Two Cycles

Work and sleep are like two sides of the same coin. Elite performance without deep recovery depletes our productive assets. Rest is not a luxury; it is a requirement for growth and the full expression of our gifts and talents. We teach students the value of balancing their studies and leisure time.

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