



# Yashogāthā

A saga of success

January - March 2023 Vol 20 Issue 4

A Newsletter of RUDSETI Institute

**Rural Development and Self - Employment Training Institute**

**Sponsors : Sri Dharmasthala Manjunatheshwara Educational Trust and Canara Bank**

## SUCCESS STORIES



**Name:** Mrs Ramya Ayyadurai

**Address:** 149, Rayapalayam, Thirumangalam Taluk, Madurai District, Tamil Nadu State

**Educational Qualification:** Graduation

**Training Course:** Vastra Chitra Kala Udyami

**Period of Training:** 06.04.2022 to 09.05.2022

**Background:** Born in a middle class family. After marriage, she wanted to improve the income of family by undertaking self-employment venture in designer blouse, as she had fair knowledge about tailoring. Came to know about **RUDSETI, Madurai** through social media and applied for Vastra Chitra Kala Udyami training. The technical skill, behavioural, managerial and financial aspects boosted her confidence and helped to run "**A R Designers**" successfully.

**Investment:** Rs 9,50,000/-

**Bank Loan:** Rs 7,50,000/- (Canara Bank)

**Income per month:** Rs 50,000/-

**Name:** Mrs Rathnamma

**Address:** Thippapura, Doddaballapura Taluk, Bengaluru Rural District, Karnataka State

**Educational Qualification:** 10<sup>th</sup> Standard

**Training Course:** EDP to Persons with Disability

**Period of Training:** 24.02.2020 to 04.03.2020

**Background:** Born in an agriculture family. After marriage, she wanted to improve the income of the family through self-employment. As she was good in cooking, she wanted to take



up self-employment venture in mess and catering lines. At this juncture, her friend informed her to approach **RUDSETI, Bengaluru** for suitable training. She immediately visited the Institute and applied for EDP training. Behavioural games, competencies, communication, human relation and marketing infused self-confidence and enabled her to run "**Shri Lakshmi Mess & Catering**" profitably.

**Investment:** Rs 3,75,000/-

**Income per month:** Rs 29,000/-

**Name:** Mrs Tribeni Biswal

**Address:** Dolamundai, Dasasahi, Badambaadi, Buxi Bazaar, Cuttack, Odisha State

**Educational Qualification:** Graduation

**Training Course:** Beauty Parlour Management

**Period of Training:** 21.08.2018 to 20.09.2018

**Background:** Born in a middle class family. Her husband



was a distributor of cosmetics in Cuttack. She wanted to make use of this opportunity by doing business related to cosmetics. Came to know about **RUDSETI, Bhubaneswar** through an ex-trainee and applied for Beauty Parlour Management training. Apart from the technical aspects of Beauty Parlour, sessions on competencies, marketing and communication skills boosted her self-confidence and enabled to run **"Touch-Up Beauty Parlour"** efficiently. She is also engaged in distribution of cosmetics and imparting training to unprivileged women in the locality.

**Investment:** Rs 5,00,000/-

**Income per month:** Rs 30,000/-

**Name:** **Mr Prabithlal A M**

**Address:** Aiyattumeethal, Kongannur, Atholi, Quilandy, Kozhikode District, Kerala State

**Educational Qualification:** 10<sup>th</sup> Standard

**Training Course:** Two Wheeler Mechanic

**Period of Training:** 05.05.2022 to 03.06.2022



**Background:** Born in a lower middle class family. His parents are daily wage earners. After 10<sup>th</sup> Standard, he tried different jobs. Not satisfied with the work culture, he left and worked in the garage as an assistant. As owner not shared his knowledge with him, he left the garage and searched for training institute to update knowledge on Two wheelers. Came to know about **RUDSETI, Kannur** through an advertisement and applied for Two Wheeler Mechanic training. The training and exercises in skills of entrepreneurship, business plan preparation, communication skills, marketing etc. boosted self-confidence and enable him to run **"Double Hand Garage"** successfully.

**Investment:** Rs 1,50,000/-

**Bank Loan:** Rs 1,00,000/- (Federal Bank)

**Income per month:** Rs 30,000/-

**Name:** **Mrs Deekshitha Kumari C H**

**Address:** W/o Girish Kumar N K, Chattody House, Nettanige Mudnuru, Post: Karnuru, Puttur Taluk, D K District, Karnataka State

**Educational Qualification:** Graduation



**Training Course:** Computer Hardware & Networking

**Period of Training:** 10.10.2019 to 23.11.2019

**Background:** Born in a middle class family. After graduation, she worked as a computer teacher in the school. After marriage, she was assisting her husband in the computer shop. He suggested her to approach **RUDSETI, Ujire** for training. She immediately visited the Institute and applied for Computer Hardware & Networking training. Along with the technical aspects, soft skills like competencies, goal setting, customer relation, marketing etc. changed her completely and enabled to run **"Jai Hanuman Computers"** profitably.

**Investment:** Rs 5,00,000/-

**Income per month:** Rs 25,000/-

**Name:** **Mrs Varsha Kumari**

**Address:** Choti Yusufpur, Hajipur, Vaishali District, Bihar State

**Educational Qualification:** Graduation

**Training Course:** Beauty Parlour Management

**Period of Training:** 27.11.2017 to 26.12.2017

**Background:** Born in a middle class family. Since her childhood, it was her dream to become beautician. Married at an early age. After few years, she came out of husband's house and started living separately. It was a very tough





time for her. She thought that her dream was not easy to accomplish. In spite of that, she completed graduation. She searched for a suitable job, but could not get it. At this juncture, came to know about **RUDSETI, Hajipur** through a friend and applied for Beauty Parlour Management training. Technical sessions on Beauty Parlour helped to enhance her skill. Behavioural and sessions on Personality development boosted her confidence and business skills. Today she is running “**Miss India Salon**” efficiently.

**Investment:** Rs 3,00,000/-

**Bank Loan:** Rs 2,00,000/- (Canara Bank)

**Income per month:** Rs 23,000/-

**Name:** **Mrs Neelam Rahul Bate**

**Address:** Ketkawale, Saswad Taluk, Pune District, Maharashtra State

**Educational Qualification:** 8<sup>th</sup> Standard

**Training Course:** Poultry

**Period of Training:** 08.04.2019 to 17.04.2019



**Background:** Born in an agriculture family. As the income from agriculture was not sufficient to meet the family needs, she worked in a private firm. Not satisfied with the salary, she left the job and wanted to make use of land through Poultry. Came to know about **RUDSETI, Pune** through an Awareness programme and applied for Poultry training. The latest information about management of Poultry, various aspects of behavioural and managerial inputs helped her to manage poultry farm successfully.

**Investment:** Rs 1,20,000/-

**Bank Loan:** Rs 70,000/- (HDFC Bank)

**Income per month:** Rs 25,000/-

**Name:** **Ms Anjali**

**Address:** D/o Prashanth, 289, Chip Board Colony, Ashraya Yojane, Ashrama Road, Hinkal, Mysuru, Karnataka State

**Educational Qualification:** MBA

**Training Course:** Photography & Videography



**Period of Training:** 23.12.2019 to 21.01.2020

**Background:** Born in a middle class family. Her father was an advocate. She completed MBA in spite of her father's death. She worked in private organizations to support the family. But due to personal problem, she left the job. While she decided to take up self-employment, her friend suggested her to approach **RUDSETI, Mysuru** for suitable training. She immediately visited the Institute and applied for Photography & Videography training. The various aspects of Photography & Videography and sessions on risk taking, confidence building, quality control, marketing etc. changed her outlook and enabled her to run “**Adriti Media**” profitably. She received “**Women Achiever Award**” from Karnataka Women Photographer's Welfare Association, “**Business Brilliance Award in Photography**” from RED FM, Mysuru, “**Inspiring Business Women Award**” from Global Triumph Solutions, Bengaluru and “**Karnataka Chayarithna Award**” from KVPA & Buy Sell Interactions Pvt. Ltd., Bengaluru.

**Investment:** Rs 5,00,000/-

**Income per month:** Rs 24,000/-

**Name:** **Mrs Mekala Bala Saraswathi**

**Address:** Main Road, Besthavari Peta, Prakasam District, Andhra Pradesh State

**Educational Qualification:** BSc Nursing





**Training Course:** Vastra Chitra Kala Udyami

**Period of Training:** 16.09.2022 to 15.10.2022

**Background:** Born in a middle class family. Her husband was working in the private firm. Since, she had passion towards stitching and maggam work, she decided to take up maggam as self-employment activity to improve the income of the family. Came to know about **RUDSETI, Ongole** through Social media and applied for Vastra Chitra Kala Udyami training. The technical aspects of Embroidery & Fabric Painting, sessions on behavioural aspects, communication skills and personality development infused confidence and enabled her to do maggam work efficiently.

**Investment:** Rs 2,00,000/-

**Bank Loan:** Rs 50,000/- (Andhra Pradesh Gramin Bank)

**Income per month:** Rs 25,000/-

**Name:** Mrs Agomoni Dutta

**Address:** 67/19/14, Kanta Nagar Road, Cossim Bazaar, Murshidabad District, West Bengal State

**Educational Qualification:** Graduation

**Training Course:** Beauty Parlour Management

**Period of Training:** 23.11.2019 to 22.12.2019



**Background:** Born in a middle class family. Her husband was working in a private job. After few years, she realized that she is losing her identity. She decided to take up self-employment venture by utilising the leisure time. Came to know about **RUDSETI, Berhampore** through an ex-trainee and applied for Beauty Parlour Management training. Technical skills on beauty parlour, sessions on competencies, marketing and communication skills developed her personality and enabled to run “**Titili Ladies Beauty Parlour**” successfully.

**Investment:** Rs 10,00,000/-

**Income per month:** Rs 25,000/-



**Name:** Mr Manjunath Sharanappa Kolakar

**Address:** Donur, Basavana Bagewadi Taluk, Vijayapura District, Karnataka State

**Educational Qualification:** BSc

**Training Course:** Photography & Videography

**Period of Training:** 18.01.2022 to 16.02.2022

**Background:** Hails from a middle class family. After graduation, he tried for a suitable job, but could not get it. He decided to take up self-employment activity to shoulder the responsibility of the family. Came to know about **RUDSETI, Vijayapura** through an Awareness programme and applied for Photography & Videography training. Apart from the technical inputs, sessions on entrepreneurial competencies, marketing, communication skills and launching formalities boosted self-confidence and enabled him to run Studio profitably.

**Investment:** Rs 7,00,000/-

**Income per month:** Rs 22,000/-

**Name:** Mrs Chandni

**Address:** Jamalpur, Pataudi Tehsil, Gurugram District, Haryana State

**Educational Qualification:** 12<sup>th</sup> Standard

**Training Course:** Jute Products Udyami

**Period of Training:** 19.12.2022 to 31.12.2022

**Background:** Hails from a lower middle class family. Her





husband was working in a private firm. As the salary was meager and not sufficient to meet the family requirements, she decided to take up self-employment to support the family. Came to know about **RUDSETI Gurugram** through an Awareness programme and applied for Jute Products Udyami training. Besides theoretical and practical knowledge on Jute products, sessions on marketing, communication skills and skills of entrepreneurship boosted self-confidence and enabled her to run "**Khandewal Jute Products**" efficiently.

**Investment:** Rs 1,00,000/-

**Bank Loan:** Rs 50,000/- (Canara Bank)

**Income per month:** Rs 21,000/-

**Name:** **Mr Husensab Gagojikoppa**

**Address:** Shahin Electricals, Main Road, Savadatti, Belagavi District, Karnataka State

**Educational Qualification:** Diploma in Electricals

**Training Course:** Electric Motor Rewinding & Repair Service

**Period of Training:** 16.08.2022 to 14.09.2022



**Background:** Born in a middle class family. His father was working as a driver. After Diploma, he worked as an assistant in electric shop and engaged in house wiring activities. Even though he worked for few years, he was not satisfied and wanted to fine tune his skills. At this juncture, came to know about **RUDSETI, Dharwad** through Bank Manager and applied for Electric Motor Rewinding & Repair Service training. His past experience helped him to learn the technical skills easily. The behavioural and managerial sessions instilled necessary confidence and helped him to run "**Shahin Electricals**" successfully.

**Investment:** Rs 3,00,000/-

**Bank Loan:** Rs 2,00,000/- (Canara Bank)

**Income per month:** Rs 20,000/-

**Name:** **Mr Dileepa**

**Address:** S/o Huchappa Ramapanavar, Heeladahalli, Ranebennur Taluk, Haveri District, Karnataka State

**Educational Qualification:** 12<sup>th</sup> Standard



**Training Course:** Electric Motor Rewinding & Repair Service

**Period of Training:** 13.09.2021 to 12.10.2021

**Background:** Born in an agriculture family. His father was an agricultural labour. After 12<sup>th</sup> Standard, he worked in the factory. Due to personal problem, he came to native place and worked in the electric shop as an assistant. He observed that villagers are facing the problem of servicing and repair of starters. While searching for a suitable training, his friend suggested him to approach **RUDSETI, Chitradurga** for training. He immediately visited the Institute and applied for Electric Motor Rewinding & Repair Service training. His eagerness to learn the technical skills helped him to well acquaint with Motor rewinding. The behavioural and managerial sessions added extra confidence and resulted in running "**Rajeshwari Electricals**" profitably.

**Investment:** Rs 1,75,000/-

**Income per month:** Rs 20,000/-

**Name:** **Mr Mohammad Irfan**

**Address:** S/o Mohammad Haneef, Mangrol, Baran District, Rajasthan State

**Educational Qualification:** 12<sup>th</sup> Standard

**Training Course:** Refrigeration and Air-conditioning

**Period of Training:** 16.09.2022 to 15.10.2022



**Background:** Born in a middle class family. His father was doing small business. As the income was not sufficient, he decided to take up self-employment activity to support the family. Came to know about **RUDSETI, Baran** through an ex-



trainee and applied for Refrigeration and Air-conditioning training. Technical sessions on Refrigeration and Air-conditioning helped to enhance his skill. Behavioural and sessions on Personality development boosted his confidence and business skills. Now, he is doing repair of refrigerator and AC efficiently.

**Investment:** Rs 1,00,000/-

**Bank Loan:** Rs 50,000/- (State Bank of India)

**Income per month:** Rs 20,000/-

**Name:** Mr Ritesh Barkhane

**Address:** S/o Imrat Lal Barkhane, Banya, Rehti Tehsil, Sehore District, Madhya Pradesh State

**Educational Qualification:** Graduation

**Training Course:** Computer Hardware & Networking

**Period of Training:** 06.07.2022 to 19.08.2022



**Background:** Born in an agriculture family. His father was engaged in agriculture. As the income from agriculture was not sufficient to meet the family requirements, he decided to take up self-employment activity. Came to know about **RUDSETI, Bhopal** through social media and applied for Computer Hardware & Networking training. The training which covered competencies, human relations, effective communication, risk taking and marketing infused a new confidence in him and prompted to run "**Arya Computers**" successfully.

**Investment:** Rs 1,50,000/-

**Income per month:** Rs 20,000/-

**Name:** Mr Pushpendra Kumar

**Address:** S/o Raj Pal Singh, Etamadpur, Agra District, Uttar Pradesh State

**Educational Qualification:** 10<sup>th</sup> Standard

**Training Course:** Cell Phone Repairs and Service

**Period of Training:** 03.02.2020 to 03.03.2020

**Background:** Born in a lower middle class family. His father was a labourer. As the income was not sufficient to



meet the family requirements, he decided to take up self-employment activity. Came to know about **RUDSETI, Agra** through an ex-trainee and applied for Cell Phone Repairs and Service training. Apart from the technical inputs, sessions on entrepreneurial competencies, marketing, launching and managing an enterprise changed him completely. Today, he is running "**Pushpa Raj Communications**" profitably.

**Investment:** Rs 1,50,000/-

**Income per month:** Rs 20,000/-

**Name:** Mrs Rohit Komalben Nirajbhai

**Address:** Manjiupra, Thasra Taluk, Kheda District, Gujarat State

**Educational Qualification:** MSW

**Training Course:** Bank Mitra

**Period of Training:** 06.07.2022 to 11.07.2022

**Background:** Hails from an agriculture family. Her husband was engaged in agriculture. She was very active and enthusiastic lady. She has taken all the relevant information about Government Schemes and started a Sakhi Mandal named "Jagruti Sewa Sahay Juth". DRDA, Nadiad sponsored her for training and sent to **RUDSETI, Nadiad** for Bank Mitra training. The training which covered competencies, human relations, personality development and banking, infused new confidence and enabled her to do the activity efficiently. Recently, she has been honoured by **Shri Raghavjibhai Patel**, Hon'ble Minister for Agriculture,





Animal Husbandry, Cow-Breeding, Fisheries, Rural Housing and Rural Development, Govt of Gujarat for her active participation in Government Schemes.

**Investment:** Rs 70,000/-

**Bank Loan:** Rs 50,000/- (Bank of Baroda)

**Income per month:** Rs 16,000/-

**Name:** Mr Iktedar Ahamad

**Address:** S/o Naim Ahamad, Garhmukteshwer, Hapur District, Uttar Pradesh State

**Educational Qualification:** 12<sup>th</sup> Standard

**Training Course:** Cell Phone Repairs and Service

**Period of Training:** 29.08.2022 to 27.09.2022



**Background:** Born in a middle class family. His father was doing small business. He wanted to take up self-employment activity to support the family. Came to know about **RUDSETI Ghaziabad** through an ex-trainee and applied for Cell Phone Repairs and Service training. The practical learning in Cell phones, entrepreneurship development modules, communication and personality development inputs boosted his confidence and enabled to run “**Bharat Telecom**” successfully.

**Investment:** Rs 1,00,000/-

**Income per month:** Rs 20,000/-

**Name:** Mrs H Mahalakshmi

**Address:** W/o H Ramesh, Mandhalapalli, Gudibanda Mandal, Ananthapuramu District, Andhra Pradesh State

**Educational Qualification:** 10<sup>th</sup> Standard

**Training Course:** General EDP

**Period of Training:** 04.01.2023 to 09.01.2023

**Background:** Hails from a middle class family. Could not continue study after 10<sup>th</sup> Standard due to financial constraints. In order to improve the income of the family, she wanted to take up self-employment activity. Came to know about **RUDSETI, Ananthapuramu** through Social media and applied for General EDP training. Sessions on behavioural aspects, marketing and communication skills



developed her personality and boosted self-confidence. Today, she is doing cloth business profitably.

**Investment:** Rs 5,00,000/-

**Bank Loan:** Rs 4,75,000/- (Canara Bank)

**Income per month:** Rs 20,000/-

**Name:** Mr Prince

**Address:** Suchi Pind, Jalandhar, Punjab State

**Educational Qualification:** 12<sup>th</sup> Standard

**Training Course:** Refrigeration and Air-conditioning

**Period of Training:** 25.04.2022 to 24.05.2022



**Background:** Hails from middle class family. His father was doing labour work. As the income was not sufficient, he decided to take up self-employment activity to support the family. Came to know about **RUDSETI, Jalandhar** through his friend and applied for Refrigeration and Air-conditioning training. The exposure to technical inputs, entrepreneurial competencies, behavioural games and marketing developed confidence in him and enabled to run “**Prince Refrigeration & Air-conditions**” efficiently.

**Investment:** Rs 60,000/-

**Income per month:** Rs 18,000/-

**Name:** Mrs Reetu

**Address:** Hasampur, Neem Ka Thana Tehsil, Sikar District, Rajasthan State

**Educational Qualification:** 10<sup>th</sup> Standard

**Training Course:** Beauty Parlour Management





**Period of Training:** 12.09.2022 to 11.10.2022

**Background:** Born in a middle class family. Her husband was working in a private job. In order to improve the income of the family, she decided to take up self-employment. Came to know about **RUDSETI, Jaipur** through an ex-trainee and applied for Beauty Parlour Management training. Along with technical aspects, inputs on competencies, communication and customer relation boosted her self-confidence and enabled to run Beauty parlour successfully.

**Investment:** Rs 75,000/-

**Income per month:** Rs 17,000/-

**Name:** Mrs Nandini Acharya

**Address:** W/o Raghavendra Acharya, Near Water Tank, Gangolli, Kundapura Taluk, Udupi District, Karnataka State

**Educational Qualification:** 7<sup>th</sup> Standard

**Training Course:** Women's Tailor

**Period of Training:** 21.02.2022 to 22.03.2022

**Background:** Born in an agriculture family. Her father was engaged in agriculture. After marriage, she worked in a tailoring shop to improve the income of the family, as her husband was working in the garage. Due to personal problem, she left it and wanted to take up tailoring as self-employment activity. Came to know about **RUDSETI, Brahmapura** through News Paper and applied for Women's Tailor training. Her past experience helped to learn the



technical skills easily. Sessions on general management of enterprise boosted self-confidence and enabled her to do tailoring profitably.

**Investment:** Rs 70,000/-

**Bank Loan:** Rs 50,000/- (Canara Bank)

**Income per month:** Rs 15,000/-

**Name:** Mrs Sanju Devi

**Address:** Geta Paroli, Bhilwara District, Rajasthan State

**Educational Qualification:** 12<sup>th</sup> Standard

**Training Course:** Beauty Parlour Management

**Period of Training:** 03.11.2022 to 02.12.2022



**Background:** Hails from a lower middle class family. Could not continue study due to financial constraints. She decided to take up self-employment venture to shoulder the responsibility of the family. Came to know about **RUDSETI, Bhilwara** through an Awareness programme and applied for Beauty Parlour Management training. Technical sessions on Beauty parlour, soft skills and managerial inputs enriched her experience and infused self-confidence. Today, she is running "**Khushi Beauty Parlour**" efficiently.

**Investment:** Rs 75,000/-

**Income per month:** Rs 15,000/-

**Name:** Mrs Jesmina Khatun

**Address:** Borghat, Nagaon District, Assam State

**Educational Qualification:** 9<sup>th</sup> Standard

**Training Course:** Dairy Farming and Vermi Compost Making

**Period of Training:** 19.12.2022 to 28.12.2022

**Background:** Born in a lower middle class family. Could not continue study due to financial problem. She wanted to take up self-employment activity to shoulder the responsibility of the family. She came to know about **RUDSETI, Nagaon** through an Awareness programme and applied for Dairy Farming and Vermi Compost Making training. The sessions on the advanced management of Dairy and preparation of vermicompost along with behavioural and managerial skills





helped her to manage Dairy farm successfully.

**Investment:** Rs 2,00,000/-

**Bank Loan:** Rs 50,000/- (Assam Gramin Vikash Bank)

**Income per month:** Rs 15,000/-

**Name:** Mrs Sunita Devi

**Address:** Chirudih, Tamar Block, Ranchi District, Jharkhand State

**Educational Qualification:** 12<sup>th</sup> Standard

**Training Course:** Bank Mitra

**Period of Training:** 09.03.2022 to 14.03.2022



**Background:** Born in an agriculture family. Assisted her husband in agriculture work. As the income from agriculture was not sufficient to meet the family needs, she decided to take up self-employment to support the family. Came to know about **RUDSETI, Ranchi** through Government Department and applied for Bank Mitra training. The training which covered entrepreneurial competencies, human relationship, personality development and banking infused new confidence and enabled her to do the activity profitably.

**Investment:** Rs 1,50,000/-

**Bank Loan:** Rs 1,00,000/- (State Bank of India)

**Income per month:** Rs 15,000/-

**Name:** Mr Biswajit Debbarma

**Address:** Madhab Para, Harbang, Mandai, West Tripura District, Tripura State

**Educational Qualification:** 10<sup>th</sup> Standard

## Training Course: Piggery

**Period of Training:** 08.02.2021 to 17.02.2021



**Background:** Born in a lower middle class family. He was doing labour work. In order to improve the income of the family, he decided to take up self-employment venture. Came to know about **RUDSETI, Agartala** through an Awareness programme and applied for Piggery training. The scientific management of piggery and entrepreneurship development inputs boosted self-confidence and enabled him to run Piggery efficiently.

**Investment:** Rs 70,000/-

**Income per month:** Rs 13,000/-

## NEW PROGRAMMES

**Community Resource Person Enterprise Promotion  
RUDSETI, Madurai**



## JAIL INMATES

**Dairy Farming & Vermi Compost Making**

**RUDSETI, Vijayapura**

**RUDSETI, Hajipur**





**RECOGNITION**

**Shri Ram Nath Kovind**, Hon'ble President of India giving "**Nari Shakti Samman 2022 Award**" to **Mrs Pooja Sharma**, Trainee, RUDSETI, Gurugram ↓



**Ms Nagalakshmi S**, IAS, District Collector & Magistrate, Ananthapuramu giving "**Best Performer Award**" to RUDSETI, Ananthapuramu on the eve of Republic Day ↓



"**Sushma Swaraj Award**" - **Mrs Poonam Sharma**, Trainee, RUDSETI, Gurugram ↓



"**Best Pig Farmer Award**" - **Shri Kamaleshwar Bordoloi**, Trainee, RUDSETI, Nagaon ↓

**RUDSETI BAZAAR**

Inauguration by **Shri Janab Abu Taher Khan**, Hon'ble MP, Murshidabad - **RUDSETI Bazaar, Berhampore** ↓



Visit of **Shri Shrawan Kumar**, Hon'ble Minister for Rural Development & Parliamentary Affairs, Government of Bihar, **Shri Balamurugan D**, IAS, Secretary, Rural Development Department, Govt of Bihar and **Shri Rahul Kumar**, IAS, CEO, JEEVIKA, Govt of Bihar - **RUDSETI Bazaar, Hajipur**



Visit of **Smt Veenu Gupta**, IAS, Additional Chief Secretary, MSME Department, Govt of Rajasthan and **Shri Purshottam Chand**, GM, Canara Bank, CO, Jaipur ↓

**RUDSETI Bazaar, Jaipur** ↓



Inauguration by **Shri Saswat Mishra**, IAS, Principal Secretary, MSME Department, Govt of Odisha

**RUDSETI Bazaar, Bhubaneswar** ↓





Inauguration by **Shri Rajesh Kumar Singh**, GM, Canara Bank, CO, Pune. **Shri Rajiv Kumar Sinha**, AGM, Canara Bank, RO, Pune is also present - **RUDSETI Bazaar, Pune** ↓



**RUDSETI Bazaar, Ujire** ↓ **RUDSETI Bazaar, Chitradurga**



**RUDSETI Bazaar, Bengaluru**

**RUDSETI Bazaar, Agra** ↓



## RUDSETI STALLS

**RUDSETI Stall, Brahmapura** **RUDSETI Stall, Mysuru** ↓



**RUDSETI Stall, Vijayapura** **RUDSETI Stall, Bengaluru** ↓



**RUDSETI Stall, Bhopal** ↓ **RUDSETI Stall, Hajipur** ↓



## OTHER ACTIVITIES

### SILVER JUBILEE CELEBRATION OF RUDSETI, PUNE

**Shri Rajesh Kumar Singh**, GM, Canara Bank, CO, Pune addressing the participants. **Mrs Supriya Shinde**, CEO, Talegaon Dabhade Municipal Corporation, **Shri Sunil Kasture**, SDR, Maharashtra State, **Shri Shrikant Karegaonkar**, LDCM, Bank of Maharashtra, Pune, **Shri Sunil Shelke**, MLA, Maval Taluka, **Shri Giridhar Kallapur**, ED, RUDSETIs, **Shri Vishal Jadhav**, Mission Manager, MSRLM, Maharashtra, **Shri Ashok Chauhan**, SDR, Maharashtra State and **Shri Rajiv Kumar Sinha**, AGM, Canara Bank, RO, Pune are present on the occasion. ↓



### SHIFTING TO NEW BUILDING - RUDSETI, Hajipur

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## CREDIT CAMPS

**Shri Udhayanidhi Stalin**, Hon'ble Minister for Youth Welfare and Sports Development, Govt of Tamil Nadu distributing loan certificate to trainee, RUDSETI, Madurai. **Shri P Moorthy**, Hon'ble Minister for Commercial Taxes &





Registration, Govt of Tamil Nadu, **Shri Palanivel Thiaga Rajan**, Hon'ble Minister for Finance & Human Resources Management, Govt of Tamil Nadu, **Dr S Aneesh Sekhar**, IAS, District Collector, Madurai, **Smt S Divyadharshini**, IAS, MD, Tamil Nadu Corporation for Development of Women, Chennai are also present.

RUDSETI, Brahmapura

RUDSETI, Berhampore



### FINANCIAL LITERACY WEEK

RUDSETI, Ujire

RUDSETI, Dharwad



RUDSETI, Kannur

RUDSETI, Ghaziabad



RUDSETI, Brahmapura

RUDSETI, Mysuru



RUDSETI, Bengaluru

RUDSETI, Pune



RUDSETI, Berhampore

RUDSETI, Hajipur



### CELEBRATION OF INTERNATIONAL WOMEN'S DAY

RUDSETI, Ujire

RUDSETI, Dharwad



RUDSETI, Gurugram

RUDSETI, Kannur



RUDSETI, Ghaziabad

RUDSETI, Madurai



RUDSETI, Chitradurga

RUDSETI, Ongole



RUDSETI, Mysuru

RUDSETI, Vijayapura



RUDSETI, Bengaluru

RUDSETI, Pune



RUDSETI, Jaipur

RUDSETI, Bhubaneswar





RUDSETI, Jalandhar



RUDSETI, Baran



RUDSETI, Berhampore



RUDSETI, Nagaon



RUDSETI, Hajipur

**FREE MOBILE SERVICING CAMPS**

RUDSETI, Bhopal



RUDSETI, Bengaluru



RUDSETI, Nadiad

**WORKSHOPS**

“Swa Nidhi Se Samrudhi” - RUDSETI, Vijayapura



“Mera Kaushal Meri Pehchan” - RUDSETI, Hajipur



“Agri Investment Promotion Policy” - RUDSETI, Hajipur



These programmes received appreciation from the public.

**VISIT OF IMPORTANT DIGNITARIES**

**Dr D Veerendra Heggade**, President, RUDSET Institutes, Dharmasthala

RUDSETI, Ujire



RUDSETI, Mysuru



**Dr Suresh Itnal**, IAS, CEO, ZP, Dharwad

RUDSETI, Dharwad



**Shri M S Divakara**, IAS, CEO, ZP, Chitradurga

RUDSETI, Chitradurga





**Shri Narendra Gupta**, IAS, District Collector & Magistrate, Baran  
- **RUDSETI, Baran** ↓



**Shri B Yogish Acharya**, GM, Canara Bank, CIBM, Manipal  
**RUDSETI, Brahmapura** ↓



**Visit of Foreign Delegates**  
**RUDSETI, Mysuru** ↓



### VISITORS VIEW

**RUDSETI, Brahmapura**

“Indeed blessed to visit the Institute which is Temple of Learning. The Institute is rendering yeoman service to young unemployed youth. All the best”.

- **Shri B Yogish Acharya**, GM, Canara Bank, CIBM, Manipal

**RUDSETI, Mysuru**

“Nice and good surroundings. Well maintained. Neat and tidy courteous staff”.

- **Shri A Muralikrishna**, GM, Canara Bank, FI Wing, HO, Bengaluru

“RUDSET Institute is a model that serves as a bridge between the public and the Government for creation and entrepreneurship development of the rural youth. The model has mitigated rural-urban migration as well as

creating wealth and job employment opportunities for the rural youth”.

- **Shri David Aiyenigba**, Assistant Director, Ministry of Industry, Trade & Investment, Nigeria

**RUDSETI, Baran**

“It was pleasure to hear from the trainees about the successful completion of training. I wish all trainees successful future and expect RUDSETI to organize good courses for the future trainees”.

- **Shri Narendra Gupta**, IAS, District Collector & Magistrate, Baran

### POSITIVE THINKING AND NEGATIVE THINKING

Attitude is the first quality that makes the successful man. If he has a positive attitude and a positive thinker, who likes challenges and difficult situations, then he has half his success achieved.

The difference between those who are successful and those who are unsuccessful in life is: Lives of successful persons are governed and controlled by the thoughts of their best hour, their greatest optimism and their most triumphant experience. Unsuccessful people on the other hand, are guided and controlled by their past failures and doubt.

#### Health Benefits of Positive Thinking

**1. Increases Your Life Span:** A positive outlook on our life can influence our mood and how we react to other people and situations.

**2. Supercharges Your Energy:** Negative emotions can feel like mental gymnastics without you even noticing it and impact your energy levels for worse. Positive people feel less suppressed by negative thoughts that weigh heavy on their mind. A positive outlook channels your thoughts into a ‘can do mentality’ to help achieve your goals.

**3. Feel More Confident:** Our thoughts determine how we feel about ourselves which impact our feelings which affect our behaviour and how we act. Positive people often come across confidently due to having strong self-belief. Choosing to be more optimistic will help improve your confidence levels.

**4. Improve Your Quality of Sleep:** Sleeping patterns often become unpredictable when negativity becomes the dominant thought. Become more grateful can help reduce work-life stress and improve your quality of sleep. Each morning, wake up and get into the habit of self-talk, remind yourself of 3 things you are truly grateful for to help re-wire your brain to think more positively.

**5. Lower's Depression Levels:** Focusing on what you can do rather than worrying about what has happened can



dramatically change your life for the better. Depression can form due to the mind wondering, overthinking and allowing your mind to drift can be toxic. Create a habit of focusing on the solution rather than the problem and you will improve your life starting from today.

**6. Become More Resilient:** Positive emotions often lead to emotional resilience. The purpose of positive emotions is to help the body recover from the ill effects of persistent negative emotions and adversity. Building positivity over time can help us become more resilient to help us bounce back for difficult moments in life.

## NEGATIVE THINKING

Negative thoughts result in a negative person is bound by his own negative circumstances. When a person always looks for and finds the negative things in life, it becomes a habit that is hard to overcome. When a positive opportunity presents itself, the negative person can't see it and will never seize it. He will see every circumstance as a series of obstacles.

### Causes of Negative Thinking

There can be multiple causes of negative thinking in individuals. However, some of the common causes are listed below:

- ▶ Fear of the Future
- ▶ Over-analysis of the Present
- ▶ Overthinking Past Incidents
- ▶ Lack of Self-confidence
- ▶ Catastrophizing

### Effects of Negative Thinking

The effects of negative thinking can be immense on your mental health. While initially, it might seem harmless, its manifestation can be dangerous.

**1. Feelings of Depression:** Depression is probably one of the most common mental health issues. It largely affects individuals' mental state, making them lose faith in life. As a result, they get de-motivated and withdrawn, which can also generate the possibility of suicidal thoughts and tendencies.

**2. Anxiety & Panic Attacks:** Anxiety and panic are common mental health issues, where individuals feel extreme fear and paranoia about certain situations and incidents. They start feeling tense and restless, fearing the worst that can happen to them.

**3. Reduced Self-confidence:** Negative thinking comes out of self-confidence, but it can also affect the already-

built confidence of individuals. It constantly makes you feel incapable of anything, diverting your mind to your weaknesses rather than focusing on strengths and opportunities.

**4. Increased Stress:** Stress is a common ingredient to mental illnesses and can be a common effect of negative thinking on the brain. Negative thinking is likely to cause a massive amount of stress. Feelings of possible failure and dissatisfaction keep a common feeling of fear and stress alive in the individuals' minds, which negatively affects their mental health.

**5. Effects on Relationships:** Mental health is a major asset when it comes to maintaining relationships and social life. However, with negative thinking, you might struggle to do so. It makes you feel you are not good enough for the relationship or your partner. Even though these fears and thoughts are pointless, they affect your relationships badly.

**6. Reduced Self-esteem:** Negative thinking makes you think low of yourself, affecting your self-worth. As a result, you feel like you are not capable of anything. Negative thinking convinces you of your possible failures. Your self-esteem therefore crashes, and you fail to do something bigger.

**7. Lower Energy and Productivity:** Mental disturbances can reduce your productivity as you lose motivation. You are likely to fear the possibility of making mistakes and gaining lousy feedback at work or in academics. As a result, you might start losing motivation. It will prevent you from giving your best, thereby reducing your productivity.

**8. Rapid Mood Shifts:** Rapid shifts in mood can be signs of mental health issues, which might develop because of negative thinking. The mood shifts are not quite as drastic as in some severe mental health disorders. It is another symptom of depression.

**9. Leading to OCD:** Obsessive-compulsive disorder (OCD) refers to repeated and persistent thoughts and images, often becoming an obsession. These are usually related to complete cleanliness and other ways to gain perfection. They might generate negative thinking, as individuals tend to improve their activities and are hardly ever satisfied. It will affect your way of thinking and intrude on your daily activities, forcing you to think about the same almost all day.

**10. Possibilities of Addiction:** Disappointment and depression occurs from negative thinking generates a chronic feeling of dissatisfaction with everything in life. As a result, people turn to depression. It can cause them to start consuming alcohol and illegal substances if they fail to receive proper treatment.

## Identification of Negative Thinking

- ▶ **Filtering:** You magnify the negative aspects of a situation and filter out all the positive ones. For example, you had a great day at work. You completed your tasks ahead of time and were complimented for doing a speedy and thorough job. That evening, you focus only on your plan to do even more tasks and forget about the compliments you received.
- ▶ **Personalizing:** When something bad occurs, you automatically blame yourself. For example, you hear that an evening out with friends is canceled, and you assume that the change in plans is because no one wanted to be around you.
- ▶ **Catastrophizing:** You automatically anticipate the worst without facts that the worse will happen. The drive-through coffee shop gets your order wrong, and then you think that the rest of your day will be a disaster.
- ▶ **Blaming:** You try to say someone else is responsible for what happened to you instead of yourself. You avoid being responsible for your thoughts and feelings.
- ▶ **Saying you “should” do something:** You think of all the things you think you should do and blame yourself for not doing them.
- ▶ **Magnifying:** You make a big deal out of minor problems.
- ▶ **Perfectionism:** Keeping impossible standards and trying to be more perfect sets yourself up for failure.
- ▶ **Polarizing:** You see things only as either good or bad. There is no middle ground

## 10 TIPS TO OVERCOME NEGATIVE THOUGHTS

1. Meditate or do yoga.
2. Smile.
3. Surround yourself with positive people.
4. Change the tone of your thoughts from negative to positive.
5. Don't play the victim. You create your life—take responsibility.
6. Help someone.
7. Remember that no one is perfect and let yourself move forward.
8. Sing.
9. List five things that you are grateful for right now.
10. Read positive quotes.

## GOALS

In order to achieve success, a person needs to develop goals. Success is the progressive realization of a worthwhile, predetermined goal. It allows you to tailor success to your personal values and vision. Without defined goals, success is unattainable, because success is actually the attainment of those goals. Goals do even more than just identify the desired end result. Goals are measurable milestones along the road to success. Their value is tremendous.

## NECESSITY OF GOALS

- ▶ Goals motivate us
- ▶ Goals give us purpose
- ▶ Goals add value to work
- ▶ Goals keep our priorities straight
- ▶ Goals channel and maximize our potential
- ▶ Goals give us power to live in the present
- ▶ Goals help us communicate
- ▶ Goals promote enthusiasm in an organization
- ▶ Goals help us evaluate progress
- ▶ Goals force us to plan ahead
- ▶ Goals shift our emphasis from activity to output

## SETTING OF GOALS

- ▶ Identify your vision and your starting place
- ▶ Develop a clear statement of purpose
- ▶ Translate purpose into memorable goals
- ▶ Head into action
- ▶ Evaluate your plans periodically
- ▶ Celebrate accomplishments

### BOOK LOOK:

Corporate Chanakya

- Radhakrishnan Pillai

Rs. 224/-

Before You Start Up: How to Prepare to Make Your Startup Dream a Reality

- Pankaj Goyal

Rs. 169/-

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