

Think big

BREAD

Basic Research, Education And
Development Society

& beyond.

Be an

example.

**SCHOLAR'S
NOTEPAD**

FOREWORD

Most of the BREAD scholars hail from rural areas and are not exposed to the modern world. It was therefore felt that these scholars need guidance. This Notepad is a small attempt in this direction. BREAD hopes that the scholars will understand and follow the underlying message of this Notepad and benefit from it.

BREAD Society

Objective / goal

" ढ्यैयुडु "

Set yourself an objective, as aimless pursuance leads no where. Be pragmatic in setting yourself a goal. Take the advice of people such as your teachers, parents and others in whom you have confidence. Finally, take a decision keeping in view your aptitude, skills etc.

Having decided what you want to achieve, draw a plan of action and take the first step to implement it immediately. Things do not always work out according to our plans. So, you must learn to accept any unforeseen developments with equanimity, to make mid-course corrections to your plans and to proceed with the same vigour and intensity.

Cultivate the habit of enjoying what you do.

Hard work

" కృషితో నాస్తి దుర్భిక్షం "

There is no substitute for hard work. Mere intelligence will not take you far. It is the combination of intelligence and hard work that will help you achieve your objective.

There are no shortcuts to learning. You have to be thorough with the fundamentals. If necessary, you have to go back to build your knowledge base on a firm foundation. Being sound in the basics, you will grasp what is taught in the classroom, if you are attentive. This coupled with hard work will lead you to your goal.

Dare to seek

" దైర్యసాహసే లక్ష్మి "

What we know is very little as compared to what we do not know. When we go to a new place, we will not hesitate to ask a stranger for the directions to reach our destination. So also, we should not hesitate to get our doubts cleared, be it in the classroom or in a seminar or in a discussion with friends. So, do not be inhibited and dare to seek.

Discipline

" క్రమశిక్షణ "

Discipline leads to a well-regulated life. A well-regulated life results in efficient management of time and resources. This in turn leads to systematic planning for your studies and career. This paves the way for the fulfillment of your objective.

Determination

" పట్టుదల "

Determination gives you the resolve to keep you going in spite of the roadblocks that lie before you. If you are determined, there is nothing that you cannot achieve.

It was the determination of Sri A.P.J. Abdul Kalam that has taken him from a very humble beginning to being a renowned scientist and the President of India.

Time management -

" సమయ పాలన "

Time and tide wait for no one. Managing time wisely is important for the students. Efficient time management is to:

1. Prepare a "to do list". Set your priorities in the order of importance.
2. Rewrite the prepared list in the order you propose to execute.
3. Allot specific amount of time for each task.
4. Complete the task in the allotted time.

As you are students and your primary task is to study, **block your study time**. Schedule it for a time when you are full of energy. The other tasks should be done in the remaining time.

It is easier to find something to do with extra time than to find extra time to do something.

Professionalism

" వృత్తి పట్ల నిబద్ధత "

Cultivate a professional attitude of doing the work assigned to you to the best of your ability and without any bias.

Scientific temperament

" శాస్త్రీయ దృక్పథం "

Always verify the information irrespective of the source. This approach leads to developing scientific temperament.

Think Big and Beyond

Dare to dream and work to achieve. Always aim for excellence whole-heartedly. Never resort to half measures. Ultimately, you should set an example to others to follow.

Failures

" అపజయాలు "

Failure to achieve your objective should make you more determined to attain your goal. Treat failure as nothing but a stepping stone to success. Always analyze the reasons for failures. Learn from the mistakes committed and try not to repeat the same mistakes.

Be truthful always

" సత్యమేవ జయతే "

Truth is virtue. Being truthful, you develop your character and integrity. Such a person will be respected in society. Telling lies may give you a sense of benefit immediately but in the long run you will only lose. Lies perpetuate lies. Always state the facts.

The most common excuse we hear is that one is not able to write a letter due to other preoccupations. In reality, it is only the lazy who find such excuses, while the really busy people find time to write letters just as they find time to attend to all other activities.

Disposition

" సౌమ్యత "

Cultivate a friendly disposition. This will stand you in good stead in life. The most common of the traits one should try to possess are respect for elders and loving-kindness to all. Be soft spoken, cool in your attitude and do not panic in difficult situations.

Hygiene

" పాలిశుభ్యం "

Being hygienic leads to good health and sound mind. Personal hygiene such as daily bathing, wearing clean clothes, keeping your hands and feet always clean, having clean toilet habits like washing hands with soap after every visit to the toilet etc. are a few examples. You must keep your environment also clean. For example, spitting in public places is a bad habit, which should be discouraged. Similarly, there should be no stagnant water, garbage etc. around your home. You should also try to educate your neighbours and friends about personal and social hygiene.

Communication skills

" భావ ప్రకటన "

Mere knowledge will not suffice. It is essential that you should be in a position to communicate both verbally and in writing effectively.

The main purpose of advising you to write to the donor is to develop and improve your writing skills. Also, you should not have any inhibitions to speak to your teachers or strangers. You should also participate in essay writing, debates and seminars. These will enhance your skills.

In order to make others know about your capabilities, it is necessary to acquire the skill to express yourself with clarity.

English language skills

" ఆంగ్లభాష ప్రావీణ్యత "

Most scholars find it hard to write or speak in English. In order to improve your English language skills, you need to cultivate the habit of speaking in English with your classmates, friends and teachers, explaining to them in advance your purpose. This will help your friends and classmates also. You are advised to improve your English language because that is the language used in the work place mostly. But do not neglect your mother tongue, as it is equally important.

You should read English language newspaper regularly. You should note down at least five difficult words every day and look up for their meanings in the dictionary. You will then understand the meaning of these words with reference to the context in which they were used. You will remember these words because of the special effort put in by you. Your vocabulary will improve immensely if you continue this routine.

Write letters

" ఉత్తర ప్రత్యుత్తరాలు "

Write to the donor and BREAD regularly. It will be a good gesture on your part to convey your gratitude to the donors who have helped you to overcome the difficulties that you were facing. It gives them immense satisfaction to receive letters from you. They will feel that their effort has been truly rewarded.

Write to them about yourself, your family, village, friends, education, hobbies, your objective in life or any other topic. Write to them at least once in three months. The letters may be routed through BREAD who will send them across to the donors by e-mail and the replies will be communicated to you. If you have e-mail and wish to write directly to the donors, we can provide you with their e-mail Identities.

Reading habit

" గ్రంథ పఠనం "

Books are your best friends. They impart a great amount of knowledge. Knowledge is power. In your spare time visit the library and read books on topics that interest you. Note down points that impress you so that you can refer to them any time later.

All round abilities

" సకల రంగ ప్రావీణ్యత "

You should have varied interests in life apart from studies. You should play some outdoor game or other and remain physically fit. Similarly, you can have a hobby and utilize your spare time to cultivate it. This will lead to the relaxation of the mind and the body. Also, playing games will help you to be a team person, which is essential in any field of activity.

Social service

" మానవసేవయే మాధవసేవ "

Having come in to this world, each one of us should make a mark and leave an imprint behind. This can be easily achieved by being useful to the society in many ways. Swami Vivekananda said, 'Service to humanity is the highest form of worship'.

Grow a tree

"వృక్షో రక్షతి రక్షతః"

Plant at least one seedling and nurture it by watering regularly. It will be a BREAD Tree by the time you complete your education. It will start giving shade and / or fruit by then, just like you would grow into a useful citizen. Also, keep BREAD informed of the growth of the tree periodically.

Values and Ethics

" విలువలు "

These are some of the core values and ethics that form a part and parcel of your character. Make this your 'Dharma' and live by it.

Help BREAD

" చదవండి, చదవింఁచండి "

When you settle down in life after completing your education, please help at least two scholars like you through BREAD. This will have a multiplier effect and many more underprivileged students like you will be benefited.

Vision

" దూరదృష్టి "

The long-term objective of BREAD is to ensure that its scholars like you take it over and conduct its activities. This is the way to make BREAD Society live for ever in the service of the underprivileged.

Bread Society

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