

**Enabling
Achievement**



**Transforming
Lives**

A Life-time Opportunity for Bright **Girl Students**
from Economically Backward Sections

PU Education & Training for Medical Entrance
A **Free** Residential Program

Saadhana is a transformational initiative exclusively for the needy sections of the society. Saadhana offers free PU education and training for NEET.

The Socio-Economic Transformation

India's strength for the future is its youth population. For the balanced growth of a diverse country like India, both at the macro and the micro-levels, it is important to empower the girl child through quality education. Especially in the economically challenged sections of the society, today's girl children will become tomorrow's knowledge leaders and leaders at the societal level and mothers at the family level. Higher education thus enables them to create economic growth and rapid socio-economic transformation at the grassroots levels. Education can also strongly overcome the prevalent social issues like early marriage and economic insecurity among women in rural and urban India.

Saadhana: Reaching the unreached

Saadhana enables higher learning for the brightest, highly talented and meritorious girls from needy, under-served and underprivileged sections of rural and remote corners of Karnataka. It provides free PU education and training for NEET medical entrance exam to help them realize their dreams of becoming doctors.

Saadhana is a nation-building endeavour towards the cause of higher education for the girl children. Initiated in 2012 by Rashtrottana Parishat and BASE, Saadhana offers Free PU Education and NEET Entrance Training to all its selected students.

Thus, education becomes a powerful weapon to drive the growth of the individual, society and nation. This is the foundation on which Saadhana has been created.

Total Care: Wholesome Food & Excellent Hostel

Saadhana students are housed in a safe and comfortable hostel in a custom-designed building. The architecture provides for innovative "learning spaces". Well planned, wholesome vegetarian food offered free to students, is designed to keep them well-nourished and at the same time, alert in their academic endeavours.

Biology Laboratory



Infrastructure

The classrooms, laboratories and the library are well designed and equipped to inspire hard work and excellence. The play and recreational facilities ensure that the young minds have healthy bodies too.

Saadhana: Reaching the Unreached

The Daily Schedule

The students wake up at 4.30 AM. The schedule starts with a refreshing yoga and pranayam sessions and includes time for 7 hours at college and 3 hours play time.

The students follow a systematic schedule with little room for digressions. Every student at Saadhana spends at least 5 hours a day for studies apart from college time. On Sundays and other holidays, they are encouraged to study for at least 10 hours, apart from taking care of their personal needs.

Saadhana Builds Life Skills

To help succeed in tomorrow's competitive world, Saadhana nurtures students' inter-personal communication, structured thinking and creative problem solving skills.

Discipline

Discipline is given top priority. Rashtrottana believes that discipline is important to align individual's actions with societal goals. Discipline brings order in individual thinking.

Great Peer Group

Since Saadhana brings the best students in the state under one umbrella, they are able to exchange thoughts and ideas for more effective problem solving.

Communication

Since most Saadhana students have rural background, communication is given importance. Regular debates and talk sessions are conducted. Dramatic improvement in communication skills can be seen in most Saadhana students during their 2 years here.

Classroom





Chemistry Laboratory



The multi-level selection process for Saadhana

No.	Eligibility	Criteria	Step
1	Academic eligibility	Students must have scored > 80% in 9th Std.	To write the Saadhana entrance test
2	Economic eligibility	Family income < Rs.1.5 lakhs per annum	
3	Academic verification	Performance in the written entrance exam on 25th December every year	Step 1: First list of selected students is published
4	Economic verification	House visits by Saadhana officials to every selected student's house	Step 2: Second list of selected students is published
5	Cognitive ability and Emotional endurance	10-day residential final selection camp at Bangalore away from family and intensive daily lessons and tests at the end of each day	Step 3: Final list of selected students is published
Final selection is based on performance and fulfilling all the above mentioned criteria.			

Voices from 2017-19 Batch ...

Vidyashree M. Y. Saadhana was the golden opportunity that I got in my life. In Saadhana, I learnt how to take the right decision at the right time and how to make use of my time fruitfully. I want to make a mark in the society, contribute to my country and repay the debt of my motherland.

Naagaveena Katti We used to have weekly and monthly tests based on the portions covered. This helped me to get a grip on the topics as soon as they were covered and also to keep myself updated with the topics covered. We used to have a NEET exam of 720 marks at the end of the month. This helped me to manage time of three hours and how to manage time per subject. This also helped me to come to know my strengths and weaknesses

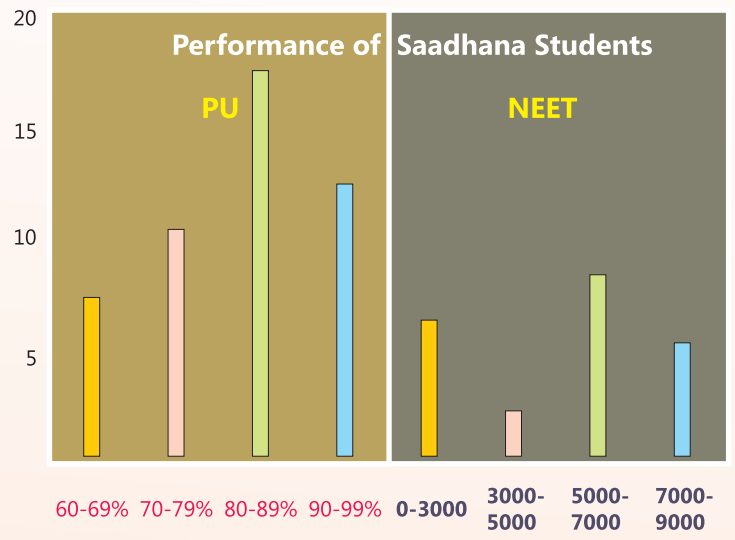
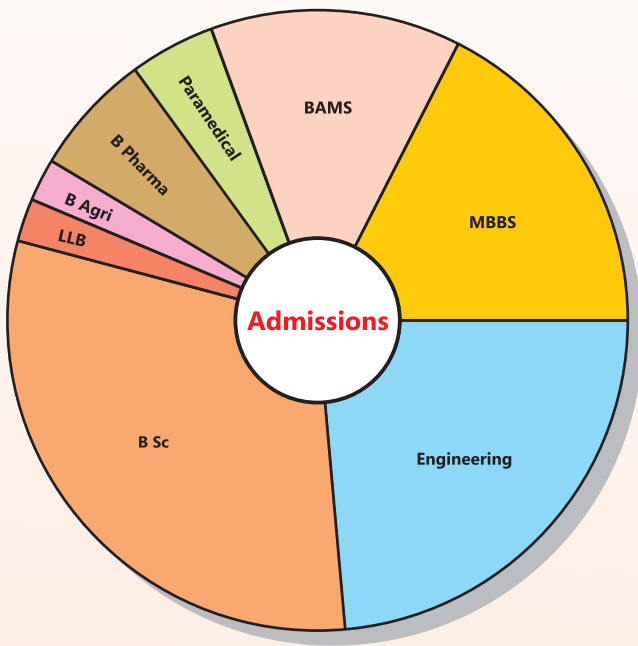
of the subject and also to correct my mistakes. These exams helped me a lot which preparing for NEET and board exams too.

Lekhana R In Saadhana, I learnt to manage my academic stress through Pranayama. I am able to stay away from distractions around me and my consciousness always works towards success due to the discipline inculcated in me in Saadhana.

Usha K. N. Saadhana is a residential program. College and the hostel are in the same premises, thus saving a lot of time for us. The time table is an ideal time table for a student preparing for NEET exams. I realised the importance of Saadhana's structured, disciplined and protective environment.



Visit to students' homes →



Saadhana Top Achievers



Usha K N – Now at Bangalore Medical College. NEET AIR 4128 and state rank 94. PU 96.33% and CET Rank 727.

Usha's father is a farmer and her mother is a home maker. She hails from Kommanahalli village in Hassan taluk, a very remote village with minimum or negligible facilities.

Vidyashree M Y – Now at Mysore Medical College. NEET AIR 8617 and state rank 184. PU 95.33% and CET Rank 957.

She lost her father at a very young age and her mother also does not have any means of income. She hails from Madihalli village in Tumkur district and studied in the village Morarji school.



A Rashtrrothana Parishat Initiative with Complete Academic Support from BASE



Rashtrrothana Parishat was established in 1965 with the objective of rendering service to the society through promoting social service, mass awareness and education. The activities of Rashtrrothana Parishat are in the realms of Nation building, Health, Education, Mass-Awareness through it's far-reaching Publications and Services programs in slums. It has 66 educational institutions in all parts of Karnataka including 6 CBSE schools, providing quality education to about 17,000 students.

Established in 1991 by Dr. H.S. Nagaraja, an eminent educationist, **BASE** is the leader in student training that prepares students to take on highly competitive exams like JEE (Main & Advanced), NEET, CET, KVPY and various medical entrance examinations conducted by top medical institutions in the country. Till date, more students have succeeded in various competitive exams like JEE, Medical Entrance and CET, from BASE than from all other training organizations in Karnataka.



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