

A QUARTERLY STUDENT NEWSLETTER

Connect **HUB**

The FFE Navigator - Your Guide to Thriving and Excelling



Hey Future Innovators and Healers,

The demands of student life can feel like a constant balancing act. Juggling coursework, lab work, and the ever-present pressure of exams is a shared experience. This newsletter is your dedicated resource, crafted to help you navigate these unique challenges with confidence and clarity.

At FFE, we believe that education is a transformative force, unlocking potential and reshaping futures. We've witnessed firsthand the incredible resilience and brilliance of the students we support – individuals who, despite facing significant obstacles, pursue their dreams with unwavering dedication. FFE is more than an organization; it's a lifeline of hope, providing scholarships, mentorship, and guidance to ensure your ambitions are never limited by circumstance.

The tips and insights shared in this newsletter are rooted in the real experiences of your peers and mentors. They showcase how education, coupled with the right support system, can turn adversity into success. We are here to empower you to thrive academically, grow personally, and prepare for a future filled with opportunity.

Inside this issue, you'll find:

- Practical strategies for mastering your studies and managing stress.
- Invaluable advice and encouragement from experienced students.
- Updates on FFE programs and resources designed to support you.

Our goal is to be your partner in success. Let's work together to make the most of your time as an FFE scholar!

1. Thriving Academically: Mastering Your Studies

This section is your toolkit for academic excellence, moving beyond "study hard" to provide concrete strategies for effective learning.

Effective Learning Techniques:

Discover the learning methods that resonate with you and your subjects. Don't just stick to one way of studying!

Experiment with visual aids like diagrams and charts, engage in auditory learning through discussions and recordings of lectures, and try kinaesthetic methods such as creating mind maps or using physical flashcards.



Hear FFE Scholar- Nivedika R., a 4th-year scholar from R Government College of Technology, Coimbatore, Tamil Nadu, who has secured an internship at Carnegie Mellon University! She's currently awaiting her visa and will soon embark on her exciting journey to the US. "Flashcards and

reviewing previous exam papers have worked best for me. Flashcards help reinforce key concepts, while going through past exam papers helps familiarize me with the exam pattern and manage my time effectively during the actual exams." Take her advice and see what works best for you!

Time Management & Organization:

Take control of your schedule and boost your productivity. The Eisenhower Matrix helps you distinguish between urgent and important tasks, allowing you to focus on what truly matters.

Break down overwhelming assignments into smaller, manageable steps to make progress feel less daunting. Explore digital tools like Google Calendar or To-do-list or stick to physical planners to keep track of deadlines and commitments. Master effective note-taking by focusing on key concepts and summarizing in your own words.

To effectively overcome procrastination, set achievable goals, employ the Pomodoro Technique—short periods of focused work followed by breaks, as recommended by Kritika V—and reward yourself upon completing tasks. Aishwarya N. points out, taking breaks, getting proper sleep, and including physical activity are crucial for a refreshed mind.



Words of Wisdom! Hear from FFE Alumnus Dr. Naveen Kumar Nallamolu, a specialist at Sri Sai Maruthi Super Specialty Hospital, as he shares his expertise and valuable perspectives. "Luck favours a prepared mind. Hard work and perseverance are your true

friends, while slumber and laziness are your enemies. Believe in your hard work and strategize throughout the year to ace your exams."

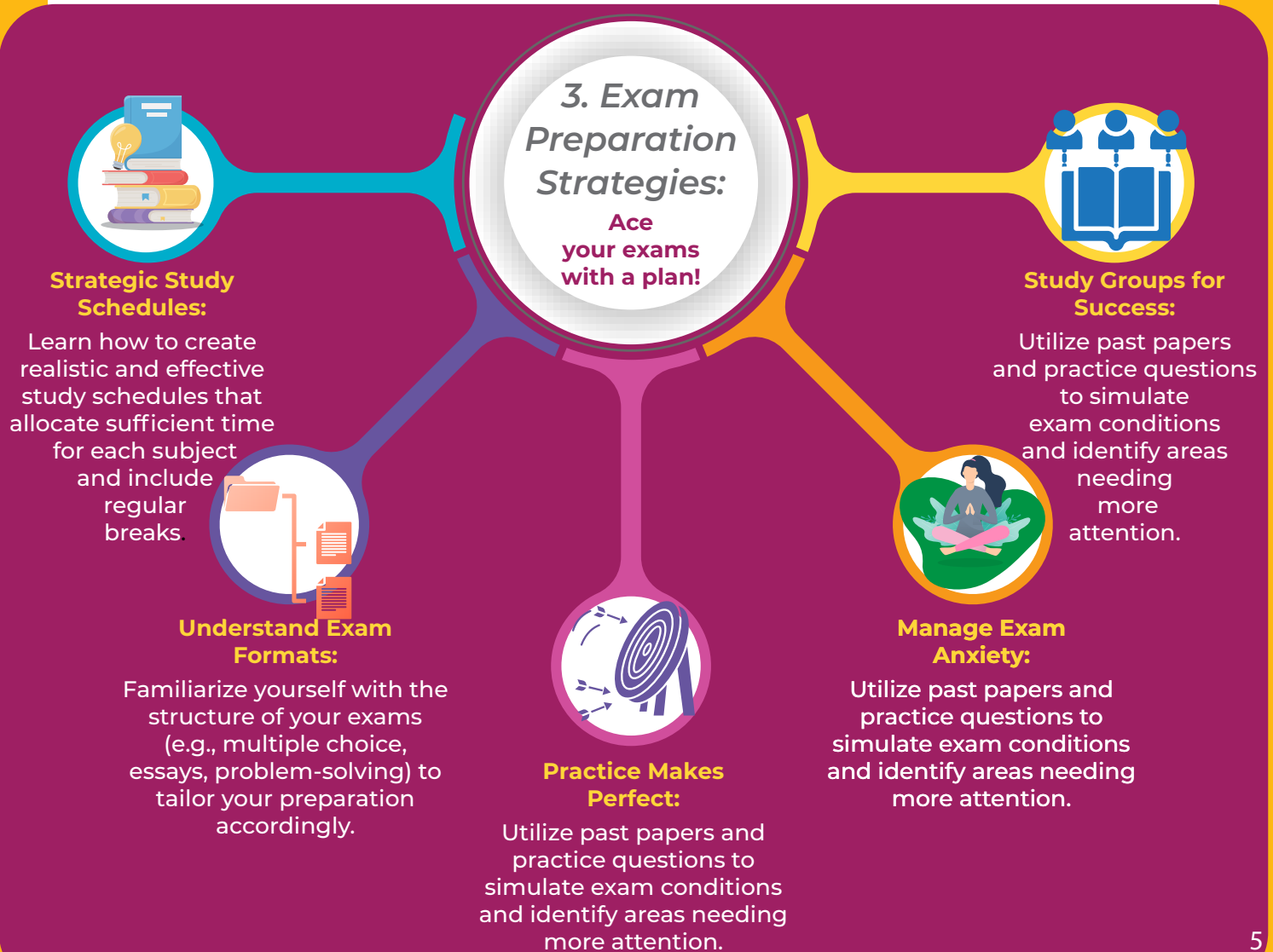


FFE Scholar-Krittika V, a final year student from Kumaraguru College of Technology who has secured internship in Netapp says, "I follow the Pomodoro technique, take regular walks, and avoid over-studying late into the night."

Hear FFE Scholar-Aishwarya N., a final-year student from BNM Institute of Technology, who's crushing her internship at Lenovo and has secured a placement at Oracle! "Time management involves allocating specific slots for studying, breaks, and revision. I ensure adequate sleep and regular exercise to



maintain mental well-being. Avoiding last-minute cramming and practicing mindfulness techniques helped manage stress and anxiety during the intense exam period."



FFE Scholar-Aishwarya N. added her opinion on strategies “My go-to strategies involve breaking down the syllabus into manageable topics and creating a study schedule. I prioritize understanding core concepts through active reading and note-taking. Regular practice with solved examples and past papers helps solidify knowledge and identify areas needing more focus.”

Understanding Course Material:

Go beyond memorization! Succeeding in your studies goes far beyond simply memorizing facts and figures. True academic mastery comes from a deep and meaningful understanding of the course material. This section provides strategies to help you move beyond rote learning and truly engage with the concepts you are studying.



Active Reading:

Learn techniques for actively engaging with texts, such as highlighting key points, asking questions, and summarizing paragraphs



Identify Key Concepts:

Learn to discern the most important ideas and principles within a topic.



Engaging with Complexity:

Develop strategies for tackling challenging readings and concepts, such as breaking down complex ideas, seeking additional resources, and discussing them with peers or instructors.



Asking Effective Questions:

Understand the art of asking clear and insightful questions in class to clarify doubts and deepen your understanding.

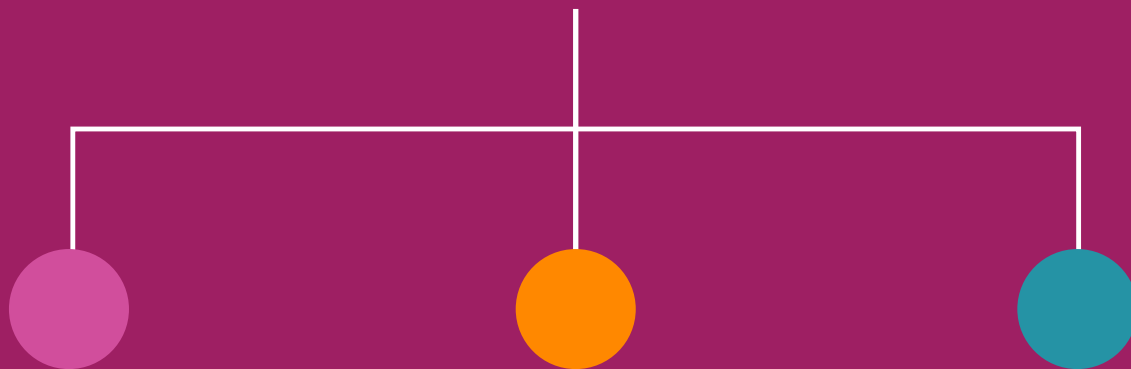
FFE Scholar-Pranali Jadhav, a 4th yr student in University Visvesvaraya College of Engineering is interning at Lenovo India Pvt Ltd shares, “First Outline the preparation, what need to be studied and then collect respective notes. Don't just mug up the things, try to understand it which will help in your bright future.”





Critical Thinking and Problem Solving:

Beyond absorbing information, your university journey is about developing the powerful skills of critical thinking and problem-solving. These abilities are not just crucial for academic success but are highly valued in any profession and in navigating the complexities of life.



Developing Mental Toughness:

Learn strategies for staying focused, persistent, and motivated in the face of setbacks.

Enhancing Problem-Solving Abilities:

Explore strategies for approaching problems systematically, generating solutions, and evaluating their effectiveness.

Engaging in Thought Experiments:

Practice critical thinking through engaging activities.

By actively cultivating your analytical skills, developing mental toughness, and honing your problem-solving abilities, you will not only excel in your academic pursuits but also equip yourself with essential tools for navigating the complexities of your future personal and professional life. These skills empower you to think independently, approach challenges with confidence, and become a more effective and resilient individual.

FFE Scholar-Nivedhika R added “College taught me how to adapt to new situations, work with people from diverse backgrounds, and handle responsibilities independently. It helped me develop resilience, improve my communication skills, and learn the value of discipline and time management. These experiences played a crucial role in shaping me not just academically but also personally and professionally.”

2. Well-being and Personal Growth

Your overall well-being is fundamental to your success. This section focuses on nurturing your mental, emotional, and physical health. The section includes advice on managing stress by using to-do lists and taking personal time, as well as a reminder that college involves managing various aspects of life and encouraging open communication and stepping out of one's comfort zone.

Build inner strength by developing toughness, bounce back from setbacks, and adopting a growth mindset.

Developing Mental Toughness: Learn strategies for staying focused, persistent, and motivated in the face of setbacks.

RESILIENCE

Bouncing Back from Setbacks: Understand how to learn from failures and view them as opportunities for growth.

Developing a Growth Mindset: Embrace challenges, believe in your ability to learn and improve, and see effort as a path to mastery.

Congratulations to Final Year FFE students who have landed internships in leading corporates! Read their views

“From College to Career! An FFE Alumni reflects on their journey: “Transitioning from college to the career world felt overwhelming at first but getting my first internship offer made everything worth it. It was a huge relief, not just for me, but for my family too, knowing all the hard work was paying off.” Motivation from the Heart!

An FFE Alumni shares what kept him going, “Whenever things got tough, I reminded myself of my parents’ sacrifices and the dreams they held for me. That love and belief pushed me forward, every single time.”

Mindfulness and Mental Health:

Prioritize your mental well-being by following below tips:



A recently placed FFE Scholar-Final Year student shares his secret to staying calm and focused “I take breaks, get proper sleep, and make time for physical activity—it helps refresh the mind. Talking to friends or going for a short walk keeps me calm and grounded.”

Introducing Mindfulness Practices: Explore simple mindfulness exercises like deep breathing and meditation to reduce stress and enhance focus.

Understanding Mental Health Challenges: Raise awareness about common mental health issues faced by students, such as anxiety and depression.

Available Support Systems: Seek help campus counselling services, mental health resources, if required.

Building Healthy Habits:

Fuel your body and mind with nutritious food, regular exercise, and prioritized sleep.

FFE Scholar-Aishwarya N added her views “Time management involves not just allocating specific slots for studying but also breaks, and revision. I ensure adequate sleep and regular exercise to maintain mental well-being. Avoiding last-minute cramming and practicing mindfulness techniques helped manage stress and anxiety during the intense exam period.”



Nutrition for Success: Make healthy food choices that support energy levels and cognitive function. Reduce junk and fast food, instead have fruits, vegetables and whole meals.

The Importance of Exercise: Include physical activity for both physical and mental well-being. You can also continue favourite sports of your choice to unwind yourself.

Prioritizing Sleep Hygiene: Focus on maintain sleep patterns and a conducive sleep environment for academic performance and overall health.

Developing Emotional Intelligence: Enhance your ability to understand and manage your own emotions and those of others.

Self-Awareness: Learn to recognize and understand your own emotions and their impact.

Empathy: Develop the ability to understand and share the feelings of others.

Effective Communication Skills: Improve your ability to express yourself clearly and respectfully, and to build strong relationships.

3. Exploring Career Pathways

The journey through your academic studies is laying the foundation for your future career. By actively engaging in career exploration, mastering interview skills, and building a strong professional network, you are equipping yourself with the essential tools to navigate the world of work with confidence and purpose. This section of the newsletter will continue to provide you with resources and insights to empower you on your career journey.

Mastering Interview Skills:

Presenting Your Best Self

The interview process, whether for an internship, a research opportunity, or your first full-time job, is a critical gateway to your professional aspirations. Excelling in interviews requires more than just academic knowledge; it demands effective communication, confidence, and the ability to articulate your value proposition. This subsection will equip you with the essential skills to shine during these crucial interactions. We will cover:

Answering Common Interview Questions:

Providing strategies and examples for tackling frequently asked questions like "Tell me about yourself," "Why are you interested in this role/company?", "What are your strengths and weaknesses?", and behavioural questions that assess your past experiences.

Understanding Body Language:

Emphasizing the importance of non-verbal cues, such as maintaining eye contact, having a confident posture, using appropriate hand gestures, and conveying enthusiasm.

Effective Communication:

Focusing on clear, concise, and articulate responses, active listening skills, and the ability to ask thoughtful and insightful questions.

Professionalism:

Attention to appropriate attire, punctuality, preparation, and follow-up etiquette.



Vekariya Kashyap Mukundbha from Pandit Deendayal Energy University, says "I come from a regular college with limited exposure to international opportunities. Getting selected for a research internship at Carnegie Mellon University (CMU), USA was not easy. I faced many rejections and doubts. But I stayed consistent — kept learning, building projects, applying to opportunities, and improving my resume. Slowly, things started working out." He added "I try to follow a to-do list. If I miss something, I don't stress — I shift it to the next day. I always keep time for myself, even if it's just 30 minutes."

The Power of Networking:



Building Your Professional Ecosystem

Your professional journey won't happen in isolation. Building a strong network of connections is crucial for gaining insights, discovering opportunities, and receiving support throughout your career. Networking is about establishing genuine relationships with individuals who can offer guidance, mentorship, and potential pathways to your goals. This subsection will illuminate the importance of networking and provide you with effective strategies:

Leveraging Your University Network:

Encouraging you to connect with professors (who often have extensive industry contacts), alumni (who can offer firsthand career advice and potential entry points), and fellow students (who may become future colleagues and collaborators).

Utilizing Online Professional Platforms:

Demonstrating how to build a strong professional profile on platforms like LinkedIn, connect with individuals in your field, and engage in relevant discussions.

Nurturing Your Connections:

Emphasizing the importance of following up after meeting someone, staying in touch, and offering value to your network.

By actively building and nurturing your professional web, you will create a supportive ecosystem that can provide invaluable insights, open doors to hidden opportunities, and contribute significantly to your long-term career success.

FFE Scholar-Kritika V. adds, "One major challenge was self-doubt when I started—wondering if I was truly good enough. I overcame it by surrounding myself with a supportive peer group, learning from my failures, and consistently putting in effort without comparing myself to others. In the end she realised, Networking and mentorship can open as many doors as academic performance."

4. Leveraging Campus Resources



Your university campus is far more than just lecture halls and libraries; it's a dynamic ecosystem designed to support your holistic development – academically, professionally, and personally.

Think of it as a comprehensive support network readily available to help you thrive. Don't navigate your university journey in isolation; understanding and utilizing the wealth of resources available can significantly enhance your learning, well-being, and prospects.

Academic Support Services:

Your university is invested in your academic excellence and provides various services to help you reach your full potential. Utilize writing centres, tutoring programs, and academic advisors to enhance your learning.

Career Counselling:

Planning for your future career can feel overwhelming, but your university's career counselling services must be there to guide you. Get guidance on career exploration, resume building, and job searching. Try and attend the workshops, if any.

Student Organizations:

Getting involved in student clubs and organizations can significantly enrich your university experience beyond the classroom. Connect with peers, develop skills, and explore your interests and passion.

A FFE Scholar-Final Year graduate adds, “BTech is a rollercoaster ride—it’s not just about studies, but also about managing friendships, extracurriculars, and health. Don’t stress too much about everything, take it step by step, and don’t be afraid to talk to people or step out of your comfort zone. Also, joining multiple clubs and committees helped me build strong connections with seniors and peers. That network became a great support system and guided me through many things I was clueless about. It’s paid off in so many ways!”

5. FFE's Special Programs:

Investing in Your Future

FFE is committed to your holistic development through our comprehensive Training & Mentorship Program.

Empowering You Through Training

Enhance crucial skills beyond your curriculum, including effective communication, personality development, career guidance, employability skills, and leadership development. FFE's training modules are crafted to enhance crucial skills that go beyond your academic curriculum. These sessions often cover areas such as:

Effective Communication:

Mastering the art of clear and impactful verbal and written communication, essential for academic presentations, group discussions, and future professional interactions.

Personality Development:

Cultivating self-awareness, building confidence, and refining interpersonal skills to navigate personal and professional relationships effectively.

Career Guidance:

Exploring diverse career pathways aligned with your field of study, understanding industry trends and making informed decisions about your future.

Investing in Your Future

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Employability Skills:

Developing practical skills sought by employers, including resume building, interview techniques, time management, and problem-solving.

Leadership Development:

Fostering leadership qualities, encouraging initiative, and empowering you to become effective contributors in any setting.

These training sessions provide you with practical tools and insights, helping you bridge the gap between academic knowledge and real-world application. Look out for upcoming workshops!

The following testimonials are from students who have benefited from FFE's Special Programs. This initiative empowers students through training, mentorship, and holistic growth opportunities. Here's what our alumni have to say about their experience:



With dreams taking flight, FFE Scholar-Vijai Suria, a 4th-year Madras Institute of Technology student, soaring high as intern with Zscaler and placed at LinkedIn shares his heartfelt thanks:

"FFE has truly transformed my life and engineering journey. From financial support and career guidance to mentoring and placement opportunities, FFE has played a pivotal role at every step. I am deeply grateful and honoured to be an FFE Scholar, and I will always cherish the impact FFE has had on my life."

FFE Scholar-Kritika V.: "FFE's mentoring program gave me a sense of direction at a time when I was still figuring things out. My mentor shared valuable insights, helped me set realistic goals, and encouraged me to aim higher. The Aspirational and Wellness programs broadened my perspective, taught me the importance of holistic growth, and helped me build confidence beyond academics. They played a big role in shaping my mindset and approach to challenges."

FFE Scholar-Nivedhika R.: "FFE's mentoring program was pivotal in helping me grow professionally and understand myself better. It helped me identify my strengths and areas for improvement. Additionally, the aspirational and wellness programs provided valuable insights across various fields. The courses offered by FFE were essential in honing the skills necessary for my career, contributing significantly to my success."

FFE Scholar 4th Year Student.: "FFE's mentorship and wellness programs were like guiding lights during tough times. They helped me stay focused, motivated, and balanced, ensuring I stayed on track with my goals while managing stress and maintaining a healthy mindset."

Training & Placement update:



The Baseline Assessment for 3477 1st year Scholars going on. In the 2nd year cohort (2024-25) supported by MSDF, 1242 scholars are attending the Aptitude program by Ethnus.

In the current 3rd year cohort (2023-24) supported by Capgemini and MSDF, 787 scholars attending the advanced Hi touch English program by eAge tutors, and 1935 scholars are in the Technical Skilling program by Coursera. 2889 scholars in this cohort are in the Mock Interview program by SHL.

The Pharma and Law scholars are also in the Coursera program that started in December 2024.



From the 2023-24 graduating cohort with 1508 Engineering students, 1398 (93%) are placed; 1113 have secured jobs and 285 have opted for higher studies. The remaining are attending off-campus recruitments.

From the 2024-25 graduating cohort, out of the 2594 Engineering students, 1413 (55%) are placed; 1050 students have secured jobs and 369 are opting for Higher studies. The remaining are attending campus and off-campus recruitment.

FFE is thankful to its corporate partners Wabtec, Geberit Plumbing Technology India Private Limited, Tavant Technologies, Linde India, O9 Solutions, and Altimetrik India Pvt. Capgemini Technology Services India Limited, Juniper Networks, KPMG Assurance, and Consulting Services LLP, Tesco, Trane Technologies, Tavant Technologies, Ingersoll Rand, Thomson Reuters, and Thoughtworks for offering Placement opportunities to FFE's batch of 2019-20, 2020-21, 2021-22, 2022-23, 2023-24 & 2024-25.

Other Skilling Initiatives:



FLY

A 12-day workshop that started in 2021. 24 batches were conducted in March 2024-March 2025, 891 Scholars having participated in the program so far. The workshop is conducted by CMI - Competitive Mindset Institute Inc. and is designed to teach noncognitive skills for students' personality and character development.

NPTEL:

166 Scholars enrolled in the month of Jan 2025. NPTEL is a certified online technical training program initiated by Gov of India, which ends in June 2025.

English Training Programs:

Access to the English Bolo and Simply English training applications has been provided for 1,923 second-year scholars and. The program includes AI and app-based learning along with teacher-led classes and scholars completed the program.

Crio technical training:

From July 2024, 19 Scholars participated in 6 months Software Development training. & 7 Scholars completed the training along with assessments and projects.

AWS Cloud Practitioner program:

Zoho Supported Embedded Technology Course- 23 scholars selected for the AWS Cloud Practitioner program. Program started from Nov 4th, 2024. 21 completed and got the certificate.

Amazon Boot Camp:

Amazon Boot camp Started on March 7th- 79 Scholars are taking the technical skills training.

Medical webinar

2 medical webinars conducted from Jan 2025 onwards:

Feb 9th, 2025- Future Ready Medicine; The Robotic revolution where Gynae meets Tech. By Dr. Aishwarya- 522 Scholars participated

16th March 2025 Pathways to Primary Care: Exploring Career Opportunities in Family Medicine by Dr. Krithika, MBBS, DNB (Family Medicine), 405 Scholars participated.

May 11th 2025- The Champion Within – Navigating Your Success in the Field by Dr. Samir Parikh where he addressed 188 scholars and explained how students can harness mental strength to succeed in high-pressure environments.

Financial literacy session:

2 Financial Literacy webinar conducted from Jan 2025 for final years, pre final years and graduated scholars, one on Feb 13th by Mr. Manoj Gupta. 240 Scholars joined and another one on 16th April by Preeti 200 Scholars joined

JTF webinar:

On 10th April 2025 webinar conducted by Nanu Swamy (B tech, M S, IIT Madras) on the topic Borderless Engineering: Transforming Talent into Global Innovation Leaders, 300 Scholars joined.

Mental Wellness Program

Over the past 1 year, FFE has effectively implemented the Wellness program for all its beneficiaries, aiming to raise awareness and knowledge of comprehensive mental health services. FFE is delighted to collaborate with Mpower Minds for this initiative, aimed at providing a positive mental health environment and eliminating the stigma associated with mental illness. This year-long program involves onboarding students in batches for weekly workshops on Mental Health. Beneficiaries will have access to a 24*7 Helpline number to seek support whenever needed. Additionally, the one-to-one counseling sessions will be conducted as required. From Dec 2024- till date 496 students have participated in the workshops, gaining insights into identifying mental health issues and learning strategies to take remedial action.



We are excited to announce that registrations for FFE's Mentorship Program 25-26 is now open. If you are a 3rd year engineering scholar- register for the program!

Program Timeline: Begins June/July 2025

Registrations open until: 30th June 2025

Orientation Session: Scheduled for June 2025 – attendance is mandatory for all interested students

This programme is specially designed for students entering their 3rd year of engineering. This includes all current 2nd year students who will be progressing to 3rd year in the upcoming academic cycle. This unique program provides a great opportunity for you to connect one-on-one with Industrial experts who can offer you insight, advice, guidance and opportunity towards Job-Readiness– and help you navigate the next stage/s of your internships and career.

The mentors are working professionals with over 5 years of experience from top-notch corporates such as Google, Microsoft, Capgemini, Wabtec, Amazon, and Accenture, etc. who generously volunteer their time to guide the next generation of leaders for their better career ahead.

Be a part of the most impactful session and unlock your potential with expert guidance. With your mentor's support, you can expect:

Career Guidance: Develop the skills and confidence to excel in your career

Personal Development: Enhance soft skills, build confidence, and navigate personal growth

Networking Opportunities: Expand your professional network and unlock future possibilities

To know the impact of this program on scholars, kindly click the below mentioned link <https://youtu.be/kY1ozUh2ylo>.

You can also read more about this program here- <https://ffe.org/mentorship-program/>.

Stay connected with FFE Team for more updates and opportunities designed to help you thrive. Your journey is important, and FFE is here to support you every step of the way.