

ANNUAL REPORT FULL CIRCLE 2024-2025



Sukhmani Kaur ,
B Tech Cmptr Sc & AI,
Plaksha University



Sanjana Kumari ,
MBBS, GMC , Faridkot

Message from Mr Sarpal Singh, Patron

Dear Friends,

I am happy to see another year of remarkable achievements and I am filled with immense pride and gratitude for the collective efforts that have fuelled our mission to empower young girls through education. Our commitment to providing scholarships to deserving girls from financially disadvantaged backgrounds has never been stronger, and this year, we have seen the tangible impact of the work Full Circle does-all due to your generosity and the teams commitment.

Education is a powerful tool for change. It transforms lives, uplifts communities, and creates opportunities where there were none. The young women we support have shown great promise are not just scholars; they are future leaders, innovators, and agents of change. As we look ahead, our resolve remains firm. We will continue to strive for excellence to expand our programs, and to reach even more girls in need.

I complement the Board, Mentors and trainers who have worked with single minded devotion. I wish them greater success in years to follow

Mr Sarpal Singh, Dronacharya Awardee
Patron

Message from Managing Trustee

Dear Trustees, Donors, Mentors, Trainers and Supporters,

This year we have reason to be proud as our fellows have really started showing excellent signs of progress.

We have expanded our reach, enabling even more bright young minds to pursue their dreams without the burden of financial constraints. We have witnessed stories of resilience,

determination, and extraordinary achievements from our scholars, many of whom have overcome significant obstacles to excel academically and personally. Their success indicates that sincere and systematic effort always brings success. None of this would have been possible without the unwavering support of our donors, partners, and volunteers. Each scholarship represents more than just financial assistance—it is an investment in the future, a beacon of hope, and a step towards breaking the cycle of poverty. Your belief in our cause and your generous contributions have allowed us to continue our mission and make a lasting difference in the lives of these young women. As we look ahead, our resolve remains firm. We will continue to strive for excellence, to expand our programs, and to reach even more girls in need. We know that the road ahead will not always be easy, but with your continued support, we are confident that we can overcome any challenge. Thank you for believing in us in this journey. Together, we are not just changing lives—we are shaping a brighter, more equitable future for all. We have no word enough to appreciate your support and convey our profound gratitude

Gen Surat Sandhu
Founder & Managing Trustee

In Brief

Full Circle has been making steady progress over the years. We started with 45 fellows as on 01 Apr 2024 and we now stand at 60. Our second batch fellows who joined us in 2019 are graduating this year. Our results are getting better each year. The monthly workshops are making a major impact on the fellows and this was very apparent at every successive workshop. The mentors have made a great change in the outlook of our fellows.

New Fellows.

15 new fellows, all from Government Senior Secondary Schools at Phase 3 B1 of Mohali and at Kharar were added. Our standard selection protocol was followed and deserving students were selected. These new students were absorbed smoothly.

Achievement

We are proud to share that Full Circle Fellow Sukhmani Kaur was selected for admission to PLAKSHA University for B Tech Computer Science Engineering and AI with 100 % scholarship, including hostel fee.

Likewise Sanjana Kumari has joined the MBBS course at Government Medical College at Faridkot.

We are preparing a number of fellows for better futures and expect more such successes.

Mentors

The mentors are the ones who have made a big impact on our fellows. Their role in shaping and upbringing the fellows is very important and they have addressed this diligently. Full Circle added 6 new mentors during the year. Regular interactions, at least 3 per month and sometimes more between the mentors and fellows had taken place and this had a positive impact on fellows. In addition fellows now have confidence to call up their mentors whenever they need advice/guidance. In all there are now 21 mentors. There is regular interaction by the board with the mentors.

We have also appointed a few senior fellows to be 'mentor didis' to fresh fellows.

Monthly Workshops

- These are the most interesting part of the Full Circle Scholarship Program. Keeping the need in mind the aim of these is to build their Communication Skills, Confidence, Leadership, and Personality Development. This is an important tool for transforming girls. These workshops are conducted by experts and are totally practical and interactive. All workshops are conducted on one Sunday of a month.
- Full Circle's entire effort is to strengthen our fellows to enable them to achieve their goals, change their lives and be ready to face the real world.
- There is a Quiz test conducted on general knowledge on every workshop.
- Lunch is provided to fellows at the end of the workshop.
- A snap shot of the workshops is given below.

Workshop Schedule 2024–2025 (Fellows: 63)

- **Sunday 21 Apr** – Sessions: “ How to Initiate a Conversations” by Prof. Prince Brainerd, Plaksha University. This was a very important session as fellows were generally shy.
- This made them more confident to reach out to people. The fellows were given practical training and did role play which gave them confidence.
- Grammar master, Prof. Nirmal Dutt was very effective in making fellows understand various nuances of grammar and how to make it easy. Through simple steps he made them understand the important aspects of writing and speaking English. The practices were interesting and useful.
- **Sunday 19 May** – Goal-setting & Roadmap exercise. This was redone as most fellows still needed guidance for their respective goals. This session made them think well ahead to be prepared for any eventuality. Goals selected by fellows were practical and as realistic as possible yet challenging. Fellows learnt how to break big dreams into achievable milestones, helping them visualize progress. Importantly they were made to work on their respective roadmaps. This ensure they cover all bases and not leave out any important aspect of readiness.



Professor Brainerd in Action

- **Sunday 23 Jun** – “Know Yourself” workshop: SWOT analysis. A detailed exercise was conducted by Prof Savneet, Head Department of Psychology of Khalsa College. Knowing strength and weakness was not enough. Must know how to use strengths and obviate weakness, This was discussed with examples.
- Case studies were shared and each aspect was analysed by the fellows themselves and presented. Adequate emphasis was laid on thinking in English and speaking it out. All fellows were given opportunity to speak.

- **21 Jul** – Confidence-building session. Did a debate to make fellows think pros and cons of common subjects and share their views in their groups and to the whole class.
- **Topics of general interest were shared on the spot for the fellows to speak on for 3 minutes.**
- Backpacks were distributed along with a water bottle and a geometry box
- **18 Aug** – 8 fellows graduated and 16 new fellows joined (strength: 63).
- Workshop on Personality Development by Mr Manish, a corporate trainer. The topic was comprehensively covered and finally he gave tips for further improvement.
- **22 Sep** – A session on “Happy Life” by Ms. Alka Aggarwal. Starting with thoughts and how these manifest in life in a positive manner were communicated. This was a very empowering experience for all fellows.

Another session on “Communication & Body Language” by Prof Savneet gave a clear indication of importance of body language and how fellows ought to conduct themselves to improve.

27 Oct – Two Sessions “Personality Development” (Ms Alpa Sexana HR Nabha Power) & “Harnessing Power of the Mind” (Col CP Singh) were conducted. Both these sessions were enjoyed and very well received by the fellows. Gave a good insight of all the important things that a fellow needs to observe



Tutorial discussion in workshop

- **24 Nov** – To speak well it is important to have knowledge and for this a session on “Habit of Reading” by Prof. Nirmal Dutt.
- Full Circle bought a few books and started our own library with Nishtha as the librarian. These books are being used extensively.
- A competition on Public speaking was conducted which showed marked improvement in the fellows ability to convey their ideas.
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- **22 Dec** – Fun workshop: *Faultless English the Easy Way* by Prof. Nirmal Dutt. With his long years of teaching English, he was just excellent and made the fellows speak and shared important aspects of the topic contained in his books. We achieved 100% fellows speaking English freely. Role plays were very useful to build further confidence.

- **Jan 2025** – Due to inclement weather this workshop was postponed.
- **23 Feb 2025** – We had made fellows to apply for Malabar Gold and Diamond scholarships and 15 of our fellows got Rs 8000 to 10,000.

Prof Prince Brainerd took a session on “Personality Development”. It is conducted by him with breakout sessions in 5 groups and with 5 tutors organized by him wherein they interact with each fellow, enabling them to clearly understand the subject and speaking their mind. This enabled all fellows to be closely involved and promoted interaction.

30 March. This was the last workshop of the year 2024-25. Gen Sandhu gave a Presentation cum discussion on Motivation titled “Udan-Believe, Learn & Rise”. Shared numerous case studies how disadvantaged girls have risen to great heights. Fellows were told that “Your story is awaiting to be written.

The workshops were held in the Auditorium of Doon International School in Sector 69 Mohali

Quiz

All workshops started with a Quiz to instil in fellows the need to be abreast with the current affairs and sharpen their skills in general aptitude. Although the results were just about good mainly due to the lack of access to newspapers and a good library nearby their places of stay. More continuous efforts are being made to overcome this inadequacy. A small library with common usage books has been created.

Accounts.

The accounts have been audited and details submitted to the Income Tax Office. A sum of Rs 7,49,601 was raised in the year. Scholarship paid to fellows was Rs 5,01,819 and Rs 1,36,543 was spent on students welfare during workshops. Balance held as on 31 Mar 2024 was Rs 4,92,894.

LCD Projector. The LCD projector was extensively used to better communicate and engage our fellows.

Website

Full Circle website is live at www.Fullcircle-Punjab.org. This is continuously updated and brings out exactly what we do.

Kits

Keeping the acute winter all fellows were given a woollen track suit. This was extensively used by all and gave the fellows a distinctive look. Besides all fellows were given a pair of Jeans, T Shirt with logo, a baxk0pack, a pair of jogging shoes and stationery.

Fundraising. Special thanks to all our donors who have very spontaneously supported our work. Most have visited to see what we do and meet our fellows at our workshops. We are thankful to all donors and Full Circle wishes to particularly mention Mr Sarpal Singh, Mr & Mrs Tejinder Singh Saraon, Col & Mrs ABS Sidhu, Mr Jeet Singh, Col and Mrs JS Virk, Mrs

Timmie Kumar, Mr KK Malhan and Col & Mrs BPS Bains. There are many more with their supporting gifts which are greatly valued.
Many among them have volunteered to be mentors to our fellows.

Trustees

A special thanks to all our Trustees who have done extremely well for the cause of Girls Education. A special thanks to trustees particularly Mr Tejbir Singh Sawhney and Mr Rupinder Singh for their whole hearted involvement in the running of Full Circle. The Trustees have so very painstakingly given us the direction and their valuable time.

Our Gratitude

Full Circle has to profusely thank our supporters. In fact every one approached very gladly supported our needs. In particular we thank:

- Doon International School Sector 69 for regular use of their auditorium
- Coordinator Ms Renu of Government Senior Secondary School, Phase 3 B 1
- Coordinator Ms Prabdeep Kaur of Government Senior Secondary School Kharar,
- Mr Harkirat Singh who has painstakingly helped in setting up and updating our website at www.fullcircle-punjab.org
- Boston Bites at Phase 10 Mohali- who have helped with refreshments for our fellows at our workshops.
- SP Foods, Sector 82, Mohali-for being generous in giving gifts to our fellows.

Going Ahead.

Full Circle plans to expand into neighbouring district of Patiala where we have identified good persons to anchor the program and this should happen in 2025-26. This will of course need more support from friends.

Our Pledge.

We pledge to continue the work done so far by adding more deserving girls from government schools.