

## VISION

Empower our girls and women for a strong society. Each one has the right to live in the society with dignity and respect. There should not be any space for any discrimination.

## MISSION

To educate, empower and inspire underprivileged girls and women through education, skill development, health awareness and ensure a life of dignity. We focus on girls and women to realize their rights, avail opportunities and resources and build a better future for themselves.

## OBJECTIVES

- To support education, knowledge at all levels and protect them from illiteracy and exploitation.
- To provide support for health awareness, nutrition for girls and women.
- To provide opportunities for vocational training and skill development.
- To help them to develop their hidden potential and talent, to earn a decent livelihood.
- To work for their upliftment, betterment and overall development of their personality.

# Happy New Year 2025 CALENDAR



**Ms. Neelam Bowade**

**Founder Manaswini Foundation**

PHONE : 9860264860,  
EMAIL ID : Info@manaswinifoundation.in

**For More Details :  
<http://manaswinifoundation.in>**

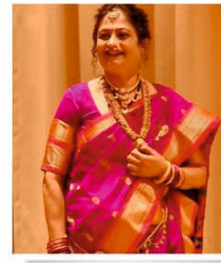
## Manaswini Calendar 2025

# “Indian Heritage Sarees”

Our members proudly promote India's rich craftsmanship through these sarees. This initiative aims to celebrate the artistry of our talented weavers and ensure the preservation of this beautiful tradition. By wearing sarees, we hope to continue honoring and sustaining our cultural heritage. Indian traditional sarees reflect India's rich cultural legacy, showcasing exquisite craftsmanship, regional diversity, and artistic brilliance. These sarees are more than garments—they tell stories of tradition and artistry. Let's learn more about them: Banarasi Saree (Uttar Pradesh): Luxurious silk with intricate gold or silver brocade, ideal for weddings. Kanjeevaram Saree (Tamil Nadu): Vibrant, durable silk sarees with temple and peacock motifs. Chanderi Saree (Madhya Pradesh): Lightweight with delicate zari and floral or geometric patterns. Patola Saree (Gujarat): Vibrant double ikat designs with intricate patterns. Phulkari Saree (Punjab): Rustic charm with colorful floral embroidery. Baluchari Saree (West Bengal): Mythological depictions on intricate pallus and borders. Paithani Saree (Maharashtra): Gold zari borders with elegant peacock motifs. Each saree is a timeless treasure, celebrating India's diverse traditions and artistry.



January



February



March



April



May



June



July



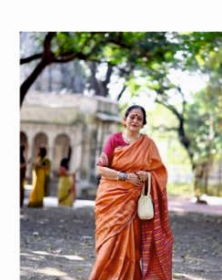
August



September



October



November



December





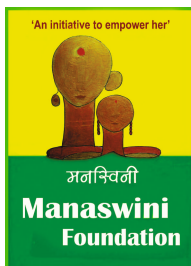






# JANUARY

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	



When You See A Woman Happy Working Hard On Her Goals ,  
And Become The Best Version Of Herself, Please Don't Interrupt Her Process  
Unless You Are Genuinely Going To Add Value To Her.



## “Print Craft: The Art of Block Printing”.

In a significant step toward empowering micro-entrepreneurship and fostering economic independence among underprivileged girls, the Manaswini Foundation organized a Block Printing Workshop at Bhide Girls' School & Junior College, Nagpur. The workshop aimed to equip participants, particularly girls, with essential skills in block printing—a traditional art form with contemporary applications. From designing intricate patterns to mastering the printing process, participants were introduced to every aspect of this creative craft.

### **Collaborative Effort for Empowerment**

This initiative was organized in collaboration with the Textile Department of L.A.D College, Nagpur, with expert guidance provided by Dr. Vandana Menon and Ms. Rakshata Mankar. Their support enriched the learning experience, ensuring the participants gained both technical expertise and artistic inspiration. The workshop aligns with Manaswini Foundation's mission to promote sustainable livelihoods and economic self-sufficiency in marginalized communities.

### **Block Printing: A Gateway to Economic Independence**

Block printing offers immense potential for micro-entrepreneurship, enabling individuals to create and market their unique products. By imparting these skills, the workshop aims to unleash the creative potential of participants, empowering them to start small businesses and earn a living from the comfort of their homes. At Manaswini Foundation, we believe that skill development is the cornerstone of economic empowerment. This workshop is a step toward providing individuals with the knowledge and tools they need to thrive in the evolving field of block printing.

### **A Brighter Future through Creativity**

Manaswini Foundation remains committed to empowering individuals through skill development, promoting sustainable livelihoods, and building a future where economic independence is within everyone's reach.



---

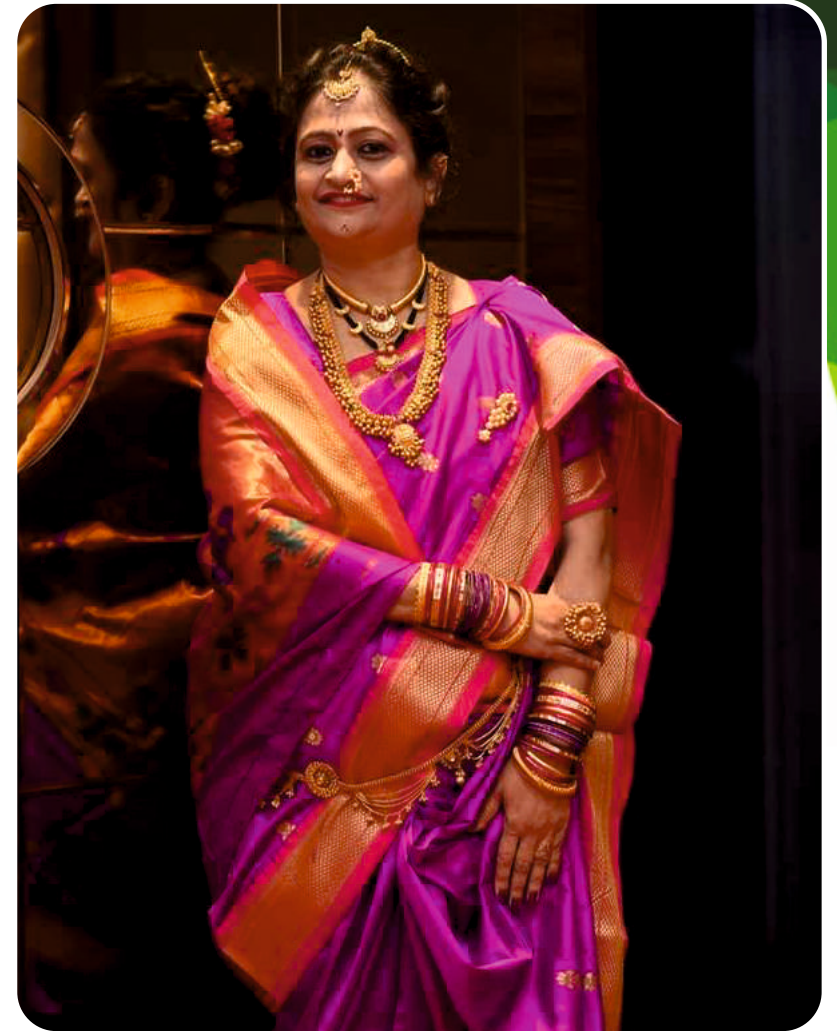
---

---



# FEBRUARY

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	



The success of every woman should be the inspiration to another.  
We should raise each other up.

# 02 February



## Sanitary Pads Distribution Event at Bhide Girls' School

Manaswini Foundation organized a Sanitary Pads Distribution Event at Bhide Girls' School, Nagpur, to promote menstrual hygiene and awareness among young girls. The event was aimed at addressing a critical aspect of health and well-being for adolescent girls and fostering conversations around menstruation, often considered a taboo topic. Ms. Suman Dass led the session with an engaging talk on the importance of hygiene and care during menstruation. She highlighted essential practices to ensure health and comfort during menstrual cycles and emphasized the need to break societal stigmas associated with menstruation.

Sanitary pads were distributed to all the girl students, ensuring access to basic hygiene products. This initiative reflects Manaswini Foundation's commitment to empowering young girls through education and support for their overall well-being.

The school staff, led by Principal Ms. Archana Gadikar, actively participated in the event, reinforcing the importance of creating an open and supportive environment for students to discuss such critical health topics.

Manaswini Foundation continues to champion initiatives that promote health, hygiene, and empowerment for girls and women in our community.



---

---

---



## MARCH

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					



Don't be a woman with just a pretty face. Be a woman with everything - beauty, brain, money.  
Be a successful, independent woman that people can't mess with.

# 03 March



## Manaswini Foundation Celebrates Women's Day with Enthusiasm and Empowerment

Manaswini Foundation Celebrates Women's Day with Enthusiasm and Empowerment Manaswini Foundation, a vibrant NGO based in Nagpur, proudly celebrated Women's Day, bringing together members of the organization and the community to honor the remarkable contributions of women across all spheres of life. The event was marked by enthusiastic participation and a variety of engaging activities designed to inspire and celebrate womanhood. Highlights of the Celebration:

### Empowering Talks:

Esteemed speakers shared valuable insights on women's empowerment, leadership, and breaking barriers in diverse fields. These discussions encouraged attendees to embrace their strengths and explore their full potential.

### Artistic Performances:

Attendees were captivated by the creative expressions of talented women artists, whose performances added vibrancy and depth to the celebration.

### Networking Opportunities:

The event served as a platform to connect like-minded individuals and professionals, fostering meaningful collaborations and building a supportive community.

### Competitions and Recognition Ceremony:

Arrange of competitions brought out the participants' creativity and talents:

Dress Theme Winners: Rashmi Aatey and Vrushali Kadu

Show Your Talent Winners: Bhumi Ramani and Noopur Cheterjee

Fun Games Winners: Deepa Dhawan and Deepa Agrawal

Paper Creativity Winner: Priti Dharpure

The Recognition Ceremony honored these talented individuals and acknowledged the contributions of outstanding women from the community.

### Fundraising for a Cause:

Members showcased homemade products, raising funds to donate sanitary pads to underprivileged girl students, demonstrating the foundation's commitment to addressing social challenges.

### Interactive Workshops:

Workshops focusing on personal development, health, and well-being empowered women to prioritize their holistic growth.

### The Event's Essence:

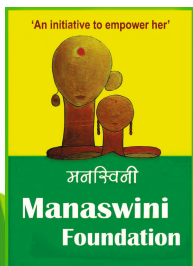
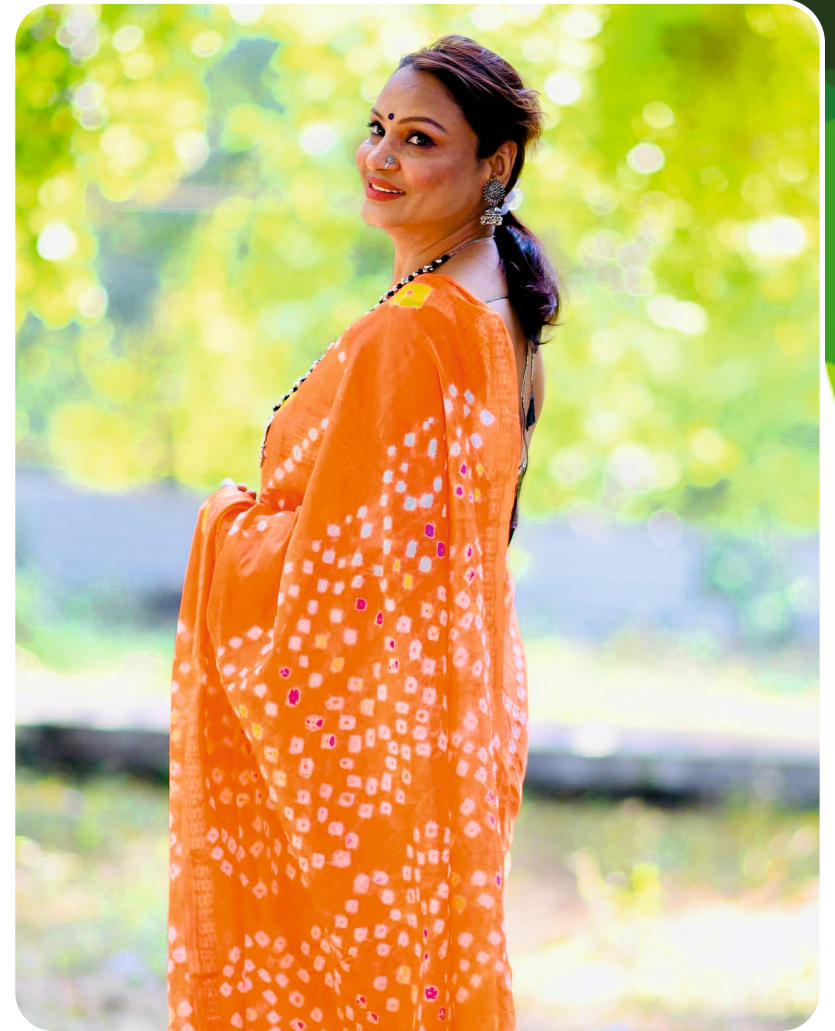
The celebration amplified the voices of women, acknowledged their achievements, and advocated for gender equality. Women from diverse backgrounds came together, sharing experiences and reinforcing the foundation's mission to foster an inclusive environment where women can thrive. Collective efforts of members made the event a grand success. Manaswini Foundation remains committed to supporting, honouring, empowering, and celebrating women, not just on this special occasion but every day. Together, we can strive for a more equitable and inclusive future for all.





# APRIL

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			



Educate yourself  
Dress well,  
Make money & work smart.



## Health Awareness Workshop

Manaswini Foundation, a dynamic NGO based in Nagpur, organized a Health Awareness Workshop at Bharat Vidyalaya, Ram Nagar, Nagpur. The workshop was attended by over 100 students who benefited from the engaging and educational sessions.

### Focus on Oral Health

Dr. Khushbu Agrawal, MDS Orthodontist and Owner of Niramay Orthodontic and Multispeciality Dental Clinic, Nagpur, led the session on oral hygiene and its importance. She educated the children on common dental issues such as cavities, gum disease, and bad breath, emphasizing early intervention to prevent serious problems in the future.

Dr. Agrawal highlighted the connection between oral health and overall well-being, explaining how poor oral hygiene can lead to infections that may affect other parts of the body. She also underscored how good oral health contributes to self-esteem, confidence, and academic focus, as dental pain can hinder students' ability to concentrate on their studies.

The students actively participated in the session, and many won prizes during the health-related quiz, making the workshop both informative and interactive.

### Menstrual Health Awareness

In addition to oral health, the workshop also addressed the critical topic of menstrual health education. The session aimed to:

- Provide young girls with essential knowledge about menstruation, dispelling myths and reducing stigma.
- Emphasize the importance of access to sanitary products, which ensures proper hygiene and prevents infections.

- Highlight how a lack of sanitary products often leads to school absenteeism during periods and how providing these essentials helps improve attendance and educational continuity.

The workshop distributed sanitary pads to the girls, empowering them to manage their periods with dignity and confidence. This initiative reflects the foundation's commitment to holistic health and its mission to create a supportive environment for young girls.

### Impact of the Workshop

The workshop aimed to improve the students' overall health and well-being, ensuring they grow up informed and healthy. By raising awareness about oral and menstrual health, the initiative also fostered informed attitudes within the broader community.

Manaswini Foundation remains dedicated to organizing such impactful programs, contributing to the physical health, educational success, and self-confidence of young individuals, ultimately shaping a brighter future for the next generation.



---

---

---



# MAY

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31



When women participate in the economy, everyone benefits.

# 05 May



## Manaswini Foundation Visits Fashion and Lifestyle exhibition Diva Style Stories

Even the smallest ideas can spark inspiration and motivation, reminding us of the saying, "If she can, why can't I?" The Manaswini Foundation members recently had the privilege of visiting Diva Style Stories, an incredible event showcasing the latest trends and creations from talented women entrepreneurs.

### A Celebration of Talent and Creativity

The event provided a platform for women entrepreneurs to present their innovative products and designs under one roof, offering visitors a delightful experience filled with creativity and inspiration. Seeing so many women turn their ideas into successful ventures was both empowering and motivating for everyone present.

### Workshops and Learning Opportunities

In addition to the diverse product displays, Diva Style Stories featured a range of insightful workshops covering topics like:

- The latest makeup trends
- Fashion styling
- Dressing etiquette

These sessions offered valuable learning opportunities and encouraged attendees to explore their creative potential while embracing new ideas in fashion and personal styling.

### Congratulations to the Organizers

Heartfelt congratulations to Alpana and Team Diva for organizing such a fantastic exhibition! It was the perfect blend of creativity, learning, and networking, leaving everyone inspired and motivated to pursue their passions.

Manaswini Foundation is proud to support and celebrate platforms like Diva Style Stories that encourage women to dream big, take bold steps, and create a lasting impact in their fields.



---

---

---



# JUNE

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					



Never wait for the perfect moment,  
Take the moment and make it perfect .

## School Uniforms Distribution to Girl Students

Continuing its tradition of uplifting underprivileged communities, Manaswini Foundation successfully organized the distribution of school uniforms to underprivileged girl students from marginalized sections of society. This initiative aims to empower young girls by providing them with the necessary attire to attend school with confidence, dignity, and a sense of belonging.

The distribution event was held at Bhide Girls School & Junior College, Nagpur, where over 50 deserving students received school uniforms. This project is an integral part of Manaswini Foundation's mission to enhance educational opportunities and reduce barriers for children in need.

### Empowering Education Through Support

At the event, the foundation emphasized the importance of ensuring every child has the opportunity to pursue their education without obstacles. Speaking about the initiative, the team shared, "Providing school uniforms not only fosters a sense of pride and inclusivity among the students but also motivates them to attend school regularly."

### Community Contributions

The success of this event was made possible by the generous contributions of donors and the dedicated efforts of the foundation's volunteers. Their support ensures that these young girls can continue their education with renewed enthusiasm and confidence.

### Gratitude and Commitment

The Manaswini Foundation extends heartfelt gratitude to everyone who supported this initiative and contributed to making a positive impact on the lives of these students. Such efforts reaffirm the foundation's commitment to building a brighter future through education and empowerment.

By addressing the basic needs of underprivileged children, Manaswini Foundation continues to break down barriers to education and inspire young minds to dream and achieve.



---

---

---



# JULY

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		



Be Patient ,  
Some Things Take Time.

07 July



### Handicraft Workshop for school girls.

Our NGO, Manaswini Foundation, recently organized a Handicraft Workshop at Bharat vidyalaya Ram Nagar School to promote arts and crafts among schoolgirls. This initiative aimed to nurture creativity, enhance problem-solving skills, and develop fine motor abilities in young minds. The workshop not only encouraged students to explore their artistic potential but also instilled a sense of accomplishment and confidence as they created beautiful crafts. Such activities are instrumental in fostering focus, patience, and teamwork, contributing to their holistic growth and development. Rani Poshettiwar guided the students and demonstrated various ways to make beautiful craft items. Manaswini foundation is committed to empowering young minds through such meaningful initiatives and look forward to organizing more workshops in the future.



---

---

---



# AUGUST

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						



Take your financial life very seriously,  
this world is very cruel to poor women.

# 08 August



## Rakhi-Making Workshop and Competition

In celebration of the joyous Rakhi festival, Manaswini Foundation organized a Rakhi-Making Workshop and Competition at Bharat Vidyalaya, Ram Nagar, Nagpur. The event was designed to encourage creativity among students while fostering cultural and environmental awareness.

### Creative Guidance and Participation

Under the expert guidance of Ranjana Bende and Rani Poshettiwar, students enthusiastically participated in crafting their own unique Rakhis. Rakhi-making materials were distributed to all participants, enabling them to explore their creativity and showcase their craftsmanship.

### Environmental Awareness Initiative

In addition to celebrating the festival, the event included an environmental awareness activity. Students crafted a large Rakhi, which was symbolically tied to a tree, emphasizing the importance of tree conservation and environmental protection. This thoughtful gesture underscored the bond not only between siblings but also with nature.

### Celebrating with Joy

The program concluded on a happy note with the distribution of snacks, bringing smiles to the faces of all the children.

### Instilling Values through Celebration

This event successfully blended tradition with education, instilling values of creativity, healthy competition, and environmental consciousness in young minds. By celebrating Raksha Bandhan in such a meaningful way, Manaswini Foundation reinforced its commitment to nurturing the holistic development of students and fostering a sense of responsibility towards the environment.

---

---

---





# SEPTEMBER

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				



Be proud of sharing your sunshine with those who need it,  
even when you need it most.  
Not everyone does that.



## **Manaswini Foundation Donates Leggings to Underprivileged School Girls**

As part of its mission to support and uplift underprivileged children, Manaswini Foundation recently donated a significant number of leggings to school girls in need. This initiative aims to ensure that these young girls have access to comfortable and durable clothing for school, enabling them to attend classes with dignity and focus on their education.

### **Addressing Practical Needs for a Better Education**

Proper clothing not only ensures comfort but also provides protection against seasonal challenges like mosquito bites during outbreaks of viral fever. This simple yet impactful gesture helps the girls stay healthier and more focused on their studies, free from distractions caused by inadequate clothing.

“We believe that every child deserves the basic necessities to attend school with confidence and dignity,” shared the foundation, emphasizing its dedication to enhancing the well-being and education of young girls in the community.

### **Distribution at Bharat Vidyalaya, Ram Nagar**

The leggings were distributed to students at Bharat Vidyalaya, Ram Nagar, where many children come from low-income families. This initiative reflects the foundation's commitment to reducing barriers to education and creating a supportive environment for underprivileged students.

### **A Collective Effort for Empowerment**

This donation was made possible through the generous contributions of Manaswini Foundation's supporters and partners, who share its vision of fostering education and empowerment for all children.

### **Gratitude and Future Goals**

Manaswini Foundation extends heartfelt gratitude to everyone who contributed to this cause. The organization remains steadfast in its mission to support education and empower young girls, ensuring they have the resources and opportunities to thrive. By addressing basic needs, Manaswini Foundation continues to make a tangible difference in the lives of children, paving the way for a brighter and more equitable future.



---

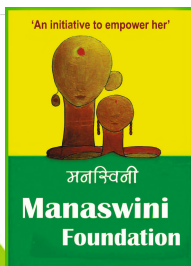
---

---



# OCTOBER

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	



You need to hang out with people who inspire you and force you to level up.



# 10 October



## Pre-Karwa Chauth Celebration and Felicitation of Outstanding Members

Manaswini Foundation recently organized a vibrant Pre-Karwa Chauth celebration, bringing together members for a day of joy, traditions, and togetherness. The event was a grand success, filled with laughter, music, and memorable moments that strengthened the bonds among participants.

### Celebrating Achievements

A special highlight of the event was the felicitation of two outstanding members for their remarkable achievements in entrepreneurship:

Ms. Bhawana Chapke from Bhawana's Kitchen, recognized for her excellence in culinary ventures.

Ms. Alpana Rai from Diva: Style Stories, celebrated for her leadership and innovation in the fashion industry.

These exceptional women were honored for their dedication, vision, and success in their respective fields, serving as an inspiration for others to pursue their entrepreneurial dreams.

### Festive Highlights

The celebration was steeped in the spirit of Karwa Chauth with:

Traditional rituals and customs

Energetic music and engaging games

Delicious refreshments that delighted everyone

The lively atmosphere made the day truly unforgettable, leaving participants with cherished memories.

### Gratitude and Togetherness

Foundation extends heartfelt thanks to all members and guests who contributed to the event's success. By celebrating traditions and achievements, we continue to foster a sense of community, support, and empowerment.

Together, we honor not only our culture but also the success and potential of women to shine in all aspects of life.



---

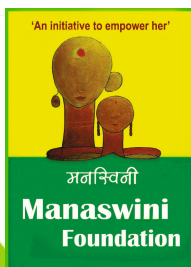
---

---



# NOVEMBER

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
6	17	18	19	20	21	22
3	24	25	26	27	28	29
0						



If the plan doesn't work, change the plan, but never the goal.

# 11 November



## Pre-Diwali celebration at Bharat Vidyalaya

Manaswini Foundation organized a Pre-Diwali celebration at Bharat Vidyalaya, Ram Nagar, aimed at spreading joy and festive cheer among children. As part of our initiative, we provided tasty hot lunch boxes and dry snacks to the students, ensuring they enjoyed a nutritious and delicious meal ahead of the Diwali festival. This initiative is a small gesture of love and care towards the young minds of our community. Diwali, the festival of lights, symbolizes joy, togetherness, and sharing, and we believe in extending these values to the children by making this festival a little more special for them. The distribution took place a couple of days before Diwali, with over 100 children receiving freshly prepared hot meals and packets of dry snacks. We thank the staff of Bharat Vidyalaya and our dedicated team members, Ms. Suman Dass, Ms. Pushpa Chhajed and Chanda Mokase for their support in organizing this event. We hope this gesture brings smiles to the faces of the children and adds to the festive spirit of the season.



---

---

---



# DECEMBER

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			



Be a strong woman, so your daughter will have a role model and your son will know, what to look for in a woman when he is a man.

# 12 December



## The Multifaceted Role of Working in a Women-Oriented NGO

Working in a women-oriented NGO that focuses on empowering women encompasses a wide array of roles and responsibilities. One significant aspect of this work is serving as an IC (Internal Complaints) Committee member, addressing issues related to sexual harassment at the workplace. Representation as an IC Committee Member for Sexual Harassment at Workplace

As an IC Committee member, the primary goal is to ensure a safe, respectful, and inclusive environment for all employees.

### This role involves:

- Promoting awareness of the Prevention of Sexual Harassment (POSH) Act and educating employees about their rights and responsibilities.

- Providing a confidential and unbiased platform for employees to report their concerns and seek guidance.

- Conducting thorough investigations and ensuring fair, impartial, and timely resolutions of reported cases.

- Advocating for regular training and sensitization programs to cultivate a culture rooted in mutual respect, dignity, and equality at the workplace.

By fulfilling these responsibilities, the NGO not only empowers women but also contributes to building a healthier, safer, and more productive organizational environment, ensuring every individual's right to work without fear of harassment. The Multifaceted Role of Working in a Women-Oriented NGO.

