



MANASWINI FOUNDATION



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: 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 protects them from illiteracy & exploitation.

To provide support under health awareness, nutrition services 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 the upliftment and better for the all-round development of their personality.



ACTIVITIES

INAUGURATION

Education brings opportunity...Education brings life...Educate her..Education empowers girls to become economically independent. They will be able to stand for their rights."Donate



GIRL EDUCATION

"Donate EDUCATION for underprivileged girl children."

Education brings opportunity...Education brings life..Educate her..Education empowers girls to become economically independent. They will be able to stand for their rights."Donate Education" project supports good education to these needy girls by paying the school tuition fees ,books, notebook, education material, school bags, uniforms etc. Due to poverty girls are forcefully victim of domestic servants, early marriages and sexual harassment. Girls education would have positive impact on economy and society. Manaswini is providing educational support to few meritorious underprivileged girl, we wish to reach the maximum girls in near future.



SOLES FOR SOULS

Many needy and under privileged are short of basic things. One of the useful item is footwear.

MANASWINI has recently donated more than 100 pairs of footwear to needy women at futala slum area. A small gesture of our team brings happiness & provides comforts during the cruel hot summer season. We wish to bring smiles to hundreds of girls & women in slum areas.

LUNCH BOXES FOR SCHOOL GIRLS...

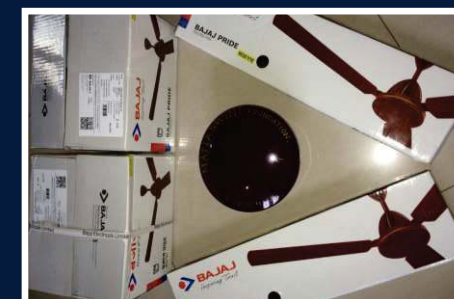
Distributing good quality children's lunch boxes to protect them from various diseases is an important hygiene issue which was tackled well by this event. The good quality, airtight, leakproof lunch boxes provide fresher, safer foods which take care of girls' health & hygiene. After all today's girls are the future mothers of the nation.

"Go Green Grow Green "

"Manaswini " has recently organized "Monsoon Magic" an event on 'Go Green Grow Green' tag line. Monsoon is believed to be the best time for plantation. To keep that in mind various activities were organized to create awareness about the plantation and environment. Manaswini held a competition on "Benefits of tree plantation ", a slogan contest on "save environment " and "Go Green this Monsoon". The names of award winner are - 1) competition on "Importance of tree plantation":a)Darpan Negi 1st winner b)Priyal Shah 2nd winner . 2)Slogan contest on " Save environment" a)Shilpa Rahate 1st winner b)Sadhana Rashamwar 2nd winner. 3)"Go Green this Monsoon" a)Vinita Nadekar 1st winner,b)Rani Poshettiwar 2nd winner. This NGO distributed the Tulsi saplings to all it's members and asked them to plant the same at their residences.Tulsi plant has a lot of health benefits and it holds a significance in Hindu tradition. Sapling distribution is a step towards encouraging members to take care of the surrounding environment and help them to understand the importance of planting trees. Manaswini would like to continue such initiatives that will make our society greener and healthier.



Handicraft skills workshop



Manaswini has organized a workshop on 'Learning of handicraft skills.' It was conducted by Mrs Suman Dass, a well known handicraft expert. She taught various types of artificial flowers, decorative torans,gift wrappings, gift envelops, garlands & decorative items. These lovely items decorate our special occasion & festivities. They can be used as one of the best decor items to ornate our homes. The main object of the workshop was to promote handicraft skill development among teenage girls so that they can take it as a hobby & over a period of time it can be transform into a rewarding career option too. On this event a couple of ceiling fans were donated to school for its newly constructed rooms.

Get your dream smile & care you deserve ...!!!

Manaswini foundation has organised a 'Dental check up & health awareness camp' for the benefit of less privileged girl students of Maharashtra addhayan mandir, Gandhi nagar Nagpur on 26.11.16. Proper oral health instructions were given by Dr Purva poshattiwar, Dr Praful Shudhalwar & Dr. Poonam Hudiya. Apart from the dentists general physicians created health awareness among girls students. Dr kamini Moundekar & Dr Devyani Zade guided the students. The camp was a huge success in raising awareness about oral & general health. Almost 200 girl students took the advantage & free dental care kits were distributed by Colgate on this occasion. Manaswini foundation aims to continue the noble cause in future too.



Splash of colours

A drawing contest on 'Mera Nagpur' was organised recently by Manaswini at Kapil nagar Hindi uchcha prathamik / madhyamik shala , mahanagar palika , Nagpur. Total 305 girl students participated in the contest & displayed their talents. Two groups of students from 3rd to 6th & 7th to 9th took part in it. Name of winners are .. A) high school group - 1st prize Pranjali Godbole, 8th A, 2nd prize Amrita Gajbiye ,9th A . 3 prize Divya Nitrawane 7th C. B) Middle school group - 1st prize Mandeep Kaur 6 th B. 2nd prize Aarti Choudhary 5th A. 3 rd prize Laxmi Rahate 4th B. 2 Surprise prizes were also given to girl students for their drawing related knowledge. The winners got mementoes, certificates ,gift hampers & all participants received the participants certificates, along with chocolates .The drawing contest was held under the guidance of Team Manaswini .



"My Dreams" an essay competition...

MANASWINI foundation has been active and is known for its various kind of activities, program & events. It's aim is to empower the girl children & provide opportunities to the underprivileged girls & bring smiles on the dejected faces .This time they contributed for the girl students of Balabhau peth Hindi Uchch Prathamik Shala , mahanagar Palika, kamaal chok Nagpur. Manaswini has organized an essay competition on " My Dreams" for the girl students, more than 100 students have participated in this competition. Total 6 prizes were given in two categories. In middle school category Vaishali D. Samundre got the 1st prize, Kashish S. Verma got the 2nd prize & Nisha Munnalal brahamane got the 3rd prize respectively. In High school category , the first prize winner is Yogita L. Gupta, second prize winner is Nutan M. Neemkar & third prize winner is Bharati M. Raghuvanshi. All the winners got the cash prizes & mementoes .Participation certificates & sweets were distributed to all the students. Manaswini would like to make the dreams of thousands of girls come true in the near future.

Smile please ...!!!

An oral health & hygiene awareness camp followed by dental check up at Shri Sai Sanskar vidyaniketan & junior Collage.. Hudkeshwar ..Nagpur. Dr Purva Possatiwar highlighted the health risk associated with bad eating habits & lifestyle .Many students from economically weaker background took the advantage Thanks a lot to Dr Purva Poshattiwar for her valuable time, support & co operation, without her support this noble cause wouldn't have been possible.



Reduce, Reuse, Recycle - Best out of waste

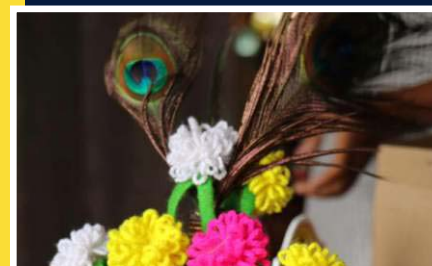
To reduce, reuse, recycle the old waste material & contributing in the environment protection is the main object of organising the 'Best out of waste' competition. It's a great way to show participants talent, creativity & innovative ideas. Recently Manaswini foundation has organised the 'best out of waste' competition for the girl students at Kapil nagar Hindi uchcha prathamik, madhyamik shaala. Almost 250 girl students have participated in the above competition. Right from the broken glasses, plastic bottles, ice cream spoons, egg shells, broken crockeries, bangles, wheat dough to waste old news papers were used to make creative awesome great stuff, crafts, decorative, home interiors & other useful items. Prizes were given in 2 categories .. High school level

- 1) Renu Ramshankar Yadav, class 9th, 1st prize winner.
- 2) Sairis Khanam, class 10th, -2nd prize winner
- 3) Neha Dinesh Shipai, class 9th, -3rd prize winner

Middle school level

- 1) Mahek Galgad, class 7th -1st prize winner.
- 2) Riya Biharilal Sahu, class 7th - 2nd prize winner.
- 3) Aari Choudhary, class 6th - 3rd prize winner.

All the winners received mementoes, certificates, gift vouchers & chocolates were distributed among all The girl students.



Empowering her !

Competitions provide a great platform to display talent, knowledge & skills. It is essential to motivate members to perform & excel. To keep that in mind, Manaswini has organised an essay competition on "Educate the girls to empower the nation". The competition got a huge response. Members expressed their views very effectively & broadened the thinking horizon of others. They said that education is important for everyone whether a boy or a girl, it is sad that some people still discriminate for the education of their girl child. Women literacy rate is lower than men's in our country. The main cause of many social evils is illiteracy. Education can bring positive change in society. Education helps girls & women to know their rights & be financial independent. Dr Meenal Nimbalkar got the 1st prize, Dr Shraddha Prashant got 2nd prize, & Ms Abha Dhobale got 3rd prize respectively. Manaswini inspires its members to be a positive and active person. It helps members to showcase their hidden talents and make their own identity. The healthy atmosphere supports and connects women of various ages with each other and encourages them for their overall development.



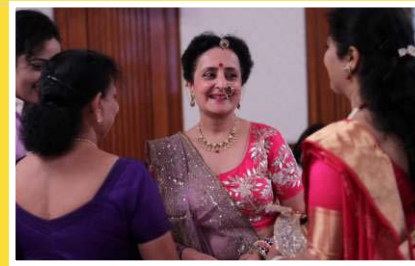
Go for paper bag ! Stop plastic bag ..!!

We all know the benefits of paper bags. They are much safer for environment, made from renewable resources & highly recycled. Paper bags are the best option to replace polythene bags. A Paper bag making workshop was organized by Manaswini foundation at M.A.K. Azad Urdu school, Teka Nagpur. Mrs Suman Dass & Chanda Mukase guided the girl students about how to make various type of bags out of old Newspapers & craft papers. Around 200 girls took part in this workshop. Major objective of organizing this workshop was to create awareness about our environment & effective utilization of easily available materials for economic development. This project helped unskilled & economically disabled girl students of the society to establish micro enterprise and helped them to earn a substantial income to support their families.



Women's day celebration 2019

Manaswini has celebrated international women's day recently. Maximum members wore different shades of purple. Purple symbolizes "Dignity & justice". Our organization's mission is to empower the girls & women through education, skill development, health awareness & sanitation. At present it is providing educational support to 11 underprivileged girls. The aim is to provide support to 21 needy girl students by the end of next year. Various competitions were organised on this occasion. Competitions encourage members to show their hidden talent & develop their ideas and skills. An essay competition on "Celebrating myself" was held to celebrate this special day. Generally ladies ignore themselves, while taking care of their family & other responsibilities, they forget to take care of themselves. The name of winners of essay competition were 1) Dr Sonal Dhabekar 2) Dr Shraddha Prashant 3) Sangeeta Kukade. Another competition was "Show your creativity & talent". Winners were 1) Shikha Khare - dance, 2) Pooja Patil - Poetry. Next competition was "Creative Hands" in which members had displayed various items prepared by themselves. Winners were 1) Shilpa Rahate - Ceramic painting, 2) Bhavana Chapke - Doll cake based on women's day theme. The last competition was "women's day queen". All participants had to introduce themselves in poetic manner, then general question answers to judge their talent & confidence. The winners were 1) Priya Gawai 2) Vandana Vyas 3) Priti Prayagi. Apart from competitions, theme based games were organised to entertain the members. Vandana Paul, Sangeeta Kukade, Indrajeet Kaur, Dr Shraddha Prashant were the winners. Annual awards were presented to 4 active members of the group. Indrani Roychoudhary for maximum projects, Aruna Rahate for membership drive, Shilpa Rahate for innovation & Priti Dharpure for supporting the needy girls. Dr Usha Sakure and Suman Tiwari judged the event. Program was attended by large number of members & followed by high tea.



Cake baking & decorating workshop

Cupcakes, birthday cakes, chocolate cakes & brownies... Bake something for every occasion. Baking a cake is as simple as measuring ingredients, mixing them in right order & remembering to take the cake out of the oven at the right time. Manaswini has organized a "Cake baking & decorating" workshop as a part of its skill development program. Ms Bhavana Chapke a well known bakery expert guided the members. She taught chocolate cake, vanilla cake, Ganache cake, doll cake, cup cakes, Rum balls, nan Khatai etc... Almost 35 members took part in the workshop. Some of the needy girls also learnt the art of baking, as it can be used as a way of livelihood or earning source. Baking can be a good career option for those women and girls with an interest in artistic skills, creativity & interest in cooking. The livelihood community development projects aim to develop life skills of communities and empower them in overcoming social and economic challenges. Apart from a career option it can be used as a hobby too. Baking is a good skill which can boost one's creativity and confidence.



Shloka for wisdom..

A shloka recitation competition was successfully organised by Manaswini foundation at D.D. convent, gopal nagar nagpur. Almost 50 young students had participated in it. They were between the age group of 3 to 5 years. Manaswini's goal in organising this competition was to not only encourage the children to learn shlokas and understand their meaning, but also to ignite the young minds, develop the rich knowledge and wisdom hidden in sankrit shlokas. Names of winners are Somya masram 1st prize winner, Silva bindra 2nd prize, & Hershita katre 3rd prize. A special prize was given to school topper Anjali Rai. Prizes were given to winners & sweets were distributed to all the students.



Skill development workshop

Diwali means light, brightness, happiness, sharing & goodness. This festival of lights is all about decorating & adding a festive touch to our home. People look for innovative & new way of decorating their surrounding to indulge in this festive season. Manaswini has organised a diwali special skill development workshop for the underprivileged girls at Sonogao area. 50 girls & women took advantage of this workshop. Activities like toran, rangoli, diya, & lantern making were taught by the expert faculties. Objective of this workshop was to provide skill development & employment opportunities to needy girls, so that they can be financially independent. Ms. Suman Dass & Chanda Mukase are well known handicraft expert, they worked hard for this workshop.



School Stuff Donation.

Education is one thing no one can take away from you. If you educate a man, you educate an individual. But if you educate a woman, you educate a nation. When girls are educated, our country becomes stronger and more prosperous. Pay & manaswini foundation jointly organised school stuff donation program at bhide girls School. School bags, shoes & books were distributed to 40 underprivileged girl students. Mr Devnath Bhojar HOD elect. dept Reliance power plant , & Mr Sandeep Borade GM Reliance power plant butibori were chief guest & guest of honour respectively. PAY is a group of young engineers works for the betterment of the society & Manaswini's objective is to provide education, skill development, health aweress support to needy girls & women. Members of both the NGO were present on this occasion.



Creative Writing !

Manaswini has organised essay competition at Vanita Vilas vidyalaya, & kanishtha mahavidyalaya, Nandanvan, Nagpur. Almost 200 girls students from class first to 12 had participated in the competition. Each class got different topic for essay writing. Topics were :- Mother, kite, butterfly, My best friend, My school, Swachhhta abhyan, Ban on mobile & celebrate the birth of girl child. The names of the winners are 1)Vaishali murlidhar 2)Sharavani Banait , 3)Akshara raut 3rd.(1to4th class). 1)Darshana borkar 2)Samuksha nagose, 3)Utkarsha myneshwar.(5th to 7th). 1)Bhavika shendre 2)Rina gate 3)Prachi mood (8th to 10th). 1)Shubhangi Karve 2)Gayatri shashtri 3)Pallavi shendre (11to 12class). These essay writing competition are organised for developing knowledge and motivating the girl students to explore their thoughts & imagination.



Vocational Course at Mahila Vasati Gruha



Learn & Earn by Making Homemade Herbal Soaps..

Manaswini foundation organises various vocational courses regularly. We conduct quality livelihood & training seminars for underprivileged girls & women. We provide knowledge on starting the enterprise at home with low capital. Recently manaswini has organised "Organic herbal soap making workshop" at Bhide higher secondary girls school, sitaburdi nagpur. Ms Bhavana chapke a well known faculty from Bhawana's kitchen guided the students about soap making process & techniques. She taught more than 15 different herbal soaps. Home made soaps are in great demand nowadays. She provided practical knowledge on adding natural ingredients in soap. Learning to make your own herbal soap is a big boon for the people who are reluctant to use the commonly available soaps in market with harmful chemicals in them. They can now make the soap according to their personal needs. Such workshops are useful for the needy girl students as it helps them to earn for themselves during their academic time.



Celebration of Womanhood !!!

On the occasion of IWD Manaswani foundation & Lions club of Nagpur dist 323 H1, jointly celebrated Women's day on 8th March 2017 at Udyamita hall, 1st floor Udyog bhavan , civil lines Nagpur .MJF Rani Yashodhara Raje Bhosale ,1st lady of the Dist. As a Chief guest & Dr. Parineeta Fukey , corporator as a Guest of honor graced the function. We have organized various competition on1)Poetry/ slogan/speech competition on ' Women empowerment & upliftment. 2)Fancy dress competition on 'Great women of India'.3)'Best out of waste' competition.Manaswini had felicitated few 'Manaswini members' 'for their special contribution through out the year . name of winners in various competition : 1)poetry/slogan/ speech competition 1st Anju Dewase , 2nd Shraddha Prashant. 2)Fancy dress , 1st Suman Dass,2nd maya mandane ,3)Best out of waste ,1st Aarti Motghare ,2nd Papiya Roy . Manaswini annual award 1) contributor of the year award -Rani possatiwar .2) skill provider award -Suman Dass 3)Active member award -Rajeshree Babar 4) Special contribution award -Lata Andhare. The programme was conducted by Aparna Goverdhan & Asha Pandey & vote of thanks was praposed by Shraddha Purohit. The program was attended by a large number of members.



Chocolate Making Workshop

Almost everyone likes chocolates, & we are passionate about it & want to share our obsession, knowledge with others.Manaswini has organised an educational skill development workshop for girls students.Ms.Anjali Gupta a well known faculty, guided the students about various types of chocolate making methods & how to gift wrap these chocolates for various occasions. The objective of this workshop is to engage these girls in skill development & productive activities that are both educational & fun.



Empowering the Disabled with Skill Development...

As part of its efforts to promote sustainable community development, Manaswini organises a variety of skill development programs. It's always better to make people financially independent rather than providing them some money. On account of women's day the ngo organised paper bags making workshop at shaskiya mahila vasati gruha, katol road nagpur.The objective of the program was empowering the disabled women with the skills to build a better future.Mrs Suman Dass & Chanda Mukase guided the participants about various types of paper bags,enevelops ,paper flowers for decoration etc.Almost 65 women participated in the workshop. Free materials were provided to all participants & the organisation promised to sell their products in the market, so that those women could earn some personal income & build their self confidence. Vocational training for the disabled can be a big help in dealing with them, not only these courses help them make the most of their abilities,but they also provide a stepping stone towards a stable life. Snacks boxes were distributed to all the women & team manaswini celebrated women's day with a noble cause.



Visit to Specially abled Students...

We all individuals are different in many ways. We act different than our best friends. We all learn differently, some people learn things quickly while others need more time. It is important to remember that our differences don't make us weird. They just make us a unique individual. Just like other kids, mentally retarded kids need to develop their skills to the best of their abilities.Team manaswini has visited "Swavlambi matimund mula mulinchi niwasi shala" It was a heart melting experience. We went there to share their joy & happiness with us & offer them food boxes.As a responsible citizen of society it's our duty to make time out of our busy schedule & visit these kids.

Dream & the best way to achieve it...

An evening well spent by our NGO Manaswini foundation team at Shaskiya Mahila Vasati Grah. A room full of energetic and enthusiastic children left us speechless, it was filled with energy as we spoke. The children were happy to see this as we visit them often and help them as much as we can. Simran Vig founder of Absolu Elle, a well known pageant training and personality development academy in Mumbai was introduced to them. She spoke on Dreams and the best way to achieve it through dedication, determination and discipline, she also spoke on personal hygiene in few words. Special thanks to Trupati Apreja for providing food packs to these young girls. Tanaya Bowade, winner of Miss India Pacific 2019 not only distributed food packets to them but also did a ramp walk on children's insistence. She spread a layer of joy and happiness in the room by her most innocent and positive approach. Special thanks to Trupati Apreja for sponsoring the food packets to all the children. There were many team members of Manaswini Foundation who were there to help these children understand that to be better citizens of tomorrow, we must help our country to become a better place to live in.

Bleed proudly -an initiative to provide sanitary pad vending ...

To promote female health care & educate young school going girls about menstrual hygiene, MANASWINI foundation & KEC international CWA-KAV RE have jointly organised a project At Kapil Nagar hindi upper primary school, Nagpur. Sanitary pad vending machine & incineration machine were donated to school. A demonstration was given to girls about the functioning of the machine. Menstruation is a natural, physiological function lot of women grow up being ashamed of their bodies. A large section of society considers women 'Impure' during menstruation. In our country about 21% of girls drop out of school when they start menstruating. Underprivileged women & girls use old dirty clothes, Newspapers & even mud during menstruation. Sanitary pads are expensive & about 70% of women can not afford them. These machine will help those girls who start menstruation for the first time & do not have fixed menstrual cycle. After the usage of sanitary pads, the next step is to educate the girls about the importance of sanitary pads disposal properly. Improper disposal leads to various problems bacteria infections, unhygienic environment or blocked drainage system. Easy & best way to dispose of used pads is Incineration. Proper disposal of pads would help them to maintain a clean, safe & healthy environment. On account of world's environment day our team has planted few plants at school premises. It will create awareness among students to save their environment.



Competitions on "Nature's role in maintaining good health" ..

Manaswini foundation has organized an essay, drawing, slogan & general knowledge competition on "Nature's role in maintaining good health" at Ramnagar Bharat vidyalaya, Nagpur. Total 100 girls have participated in the above competitions. Essay competition's winners are, 1st prize Suhani Siram, 2nd Aanchal Kumbhare, 3rd Rani Salame. Drawing competition winners name 1st Yamini Turkar 2nd Marjeena Rustum 3rd Akansha Humane. Slogan contest winners name 1st Twinkle Gayakwad 2nd Sakshi Thakur General knowledge winners names are Nisha Bondhare, Twinkle Gayakwad, Aanchal Kumbhare, Bharti Meshram, Nidhi Kherde, Sakshi Vandhare, Vaishnavi Nanewadekar, Vishakha, Payal & Yamini. Manaswini is a vibrant ngo, which is committed to providing education, skill development, health awareness to underprivileged girls & women. Objective of organising the competition is to promote creativity, educational, culture & social interest among girl students from disadvantaged society. It provides the platform to the girl students to express their hidden talent, knowledge & creative minds. Neelam Bowade, Shilpa Rahate, Aruna Rahate, Indrani Roychoudhary, suman Dass & Dr Sonal Dhabeekar were present on the occasion.

Drawing competition & drawing material distribution program...

"Give her wings to fly, not the pain to cry & die." The regular decrease in sex ratio of female due to heinous crimes against women has created a fear in people's minds. It has become the need of the hour to save girls and maintain a healthy sex ratio rather than a crippling one in our country. "Save girls" is an awareness campaign to ensure their safety, as well as to stop the crime against girls specially violence, rape, female foeticide, acid attack, gender inequality and more. Manaswini has organized a drawing competition & drawing material distribution at Ramnagar Bharat Vidyalaya, Nagpur. Around 100 participants have taken part in the competition on "Save Girls." The winners were Payal Sidam 1st prize, Gunjan Pandhare 2nd, & Simran Singh 3rd. During the program few young girls shared safety tips & inspired other girls to support each other. The motive for organizing this event was to enhance the creativity of young talent and to create much needed awareness about girls safety.

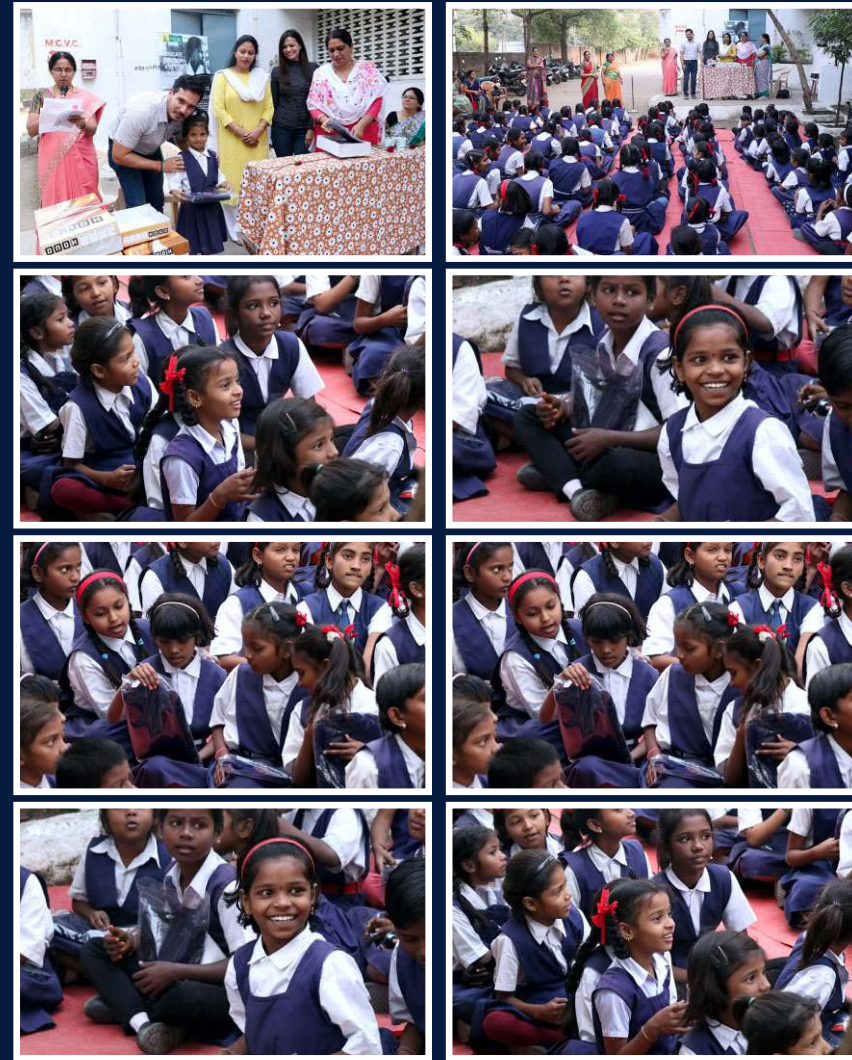


Share the warmth.. woollen distribution drive..

Many girl students & their families lack the resources to fulfil their basic requirements, one of which is possessing woollen clothing for the winters. We have observed that children belonging to poor backgrounds avoid going to school in winters as they don't have the woollens to safeguard them from the scorching cold. To address this problem, Manaswini foundation organized sweaters distribution drive at various schools. Recently the event was organized at Bharat Ram nagar school, Nagpur and Mr Raman Daayama had donated more than 100 sweaters to underprivileged girl students of that school. After receiving these sweaters as gifts, the girls were happy beyond words, as they could now cover themselves with a warm sweater & get some relief from the cold.

An initiative to empower her..

Manaswini foundation supports the underprivileged women & girls to be financially independent. The objective of our livelihood program is to create goods & services that are needed in any community, which help to earn a decent livelihood, & give dignity, self respect to the underprivileged women & girls of our society. We are trying to save Mother Earth & fellow human beings as well. Our products are eco- friendly & prepared from waste materials. If you like our crafts & wish to purchase them, it would be a great help to the needy women. Do help us to create awareness about our environment & give the needy women an opportunity to live their life with respect & dignity.



NGO Market Place

Many women from our NGO make beautiful handmade products rights from paper bags to herbal soaps but their talent is often restricted to limited people only. To showcase their talent to maximum people Manaswini participated in a 2 day exhibition "NGO marketplace" at Chitanavis centre on 21.02.2020. The aim of which was to market products produced by their beneficiaries.



"Women's day" 2020

Women play multiple roles at a time, she is a wife, a mother, a daughter in law and so on. She has to balance personal life and work life simultaneously. While balancing all this, she generally forgets about herself. Taking some time out to care for oneself isn't selfish, but rather necessary. Doing something you enjoy doing is bound to make you feel good, improve your mood and lower down stress levels. Keeping this in mind, Manaswini Foundation has organized Women's day by conducting a fun get-together packed with various talent contests for its members. The prizes were as follows. Share the experience on "She inspired me.." 1st prize Sangeeta kukade, 2nd Dr.Sonal Dhabhekar. Slogan competition on "I'm proud of being a women.." Priti Dharpure and Bhawana Thorat were 1st, 2nd prize winners respectively. A talent show was organized to enhance the creativity of its members, names of the winners were Priya Gawai, Kalpana Thakre Vandana Paul and Mala Chatterjee. Members were decked up in retro theme. Best dressed prizes were given to 1st Trupati Apreja, 2nd Rekha Patil, 3rd Shalini Mishra and consultation Priya Shah. On this Occasion annual awards for working the most dedicatedly for the NGO were given to best performing members of the Group. "Best performance" Bhawana Chapke, "Skill provider" Manjusha Mukase & "Best Supporter" Dr.Sonal Dhabhekar. Prizes were sponsored by Mayuraksham crafts and Bhawana's kitchen. These items were prepared by underprivileged women from best out of waste & ecofriendly materials. Purchasing these products not only provides them employment but also monetary support.



Lockdown to unlock the best version of yourself.."

Time to make lemonade out of life's lemons. We have almost one month lockdown period, let's take this period as an opportunity to do some productive work, learn new skills, explore hobbies & do things you have always wanted to. Due to lockdown we are getting enough time & how to utilize the time & kill boredom is a challenge for us. So we have decided to upgrade our skills. Manaswini foundation has started an initiative "Let your creativity flow" for its members. We have started to organize lots of webinars, because our learners are at home and free to attend, while we have access to amazing resource persons, who are now relatively available at home. We have included various interesting topics handwash & herbal soaps making, cooking, baking, icing, mocktails & icecream making, health & nutrition, Style & beauty, Arts & crafts, Green living, Miniature gardening, Flower decoration, Fitness & exercise, Meditation etc. Online learnings are engaging & interactive. These are useful for us, specially during the lockdown period, when people generally feel low & depressed. It is the best opportunity to utilize the free time in some productive work. We generally complain about not having time to pursue a hobby, now it is time to invest in yourself. Focus all your energy into the positive direction & you will be surprised to see how fast this time will pass. "You are in lockdown to unlock the best version of yourself."



Food Boxes Distribution During Covid 19

"We can't help everyone, but everyone can help someone." Surviving a pandemic is difficult, but more so when your daily income source is taken away, it is in fact difficult to get food. Some of us are privileged but many aren't. Food is the most basic necessity for survival. Manaswini foundation has decided to lend a helping hand to provide food for the needy people. This is being done by supplying food boxes to them on a daily basis. Special thanks to well known businessman Mr. Raja Tuli for providing food boxes to the needy on daily basis for 2 months. Apart from that Help age India volunteers supported us to deliver the food boxes at various areas of Nagpur, Khamala, Babukheda, Ramteke Nagar, Manish Nagar etc.



Mask making and distribution drive

It is rightly said that keep distance with humans and not with humanity. Staying safe and helping the needy is everyone's responsibility. After noticing several people, who can not afford to buy face mask to protect themselves from Coronavirus, two volunteers from Manaswini foundation, Manjusha Mukase and Suman Dass decided to stitch masks & distribute them to as many people as they can. They stitched around 50 to 60 mask every day. They have learnt stitching years back, as a hobby and never expected this skill would be used for a good purpose. Good quality cloth was purchased for making these masks. These are washable & reusable. While maintaining social distance Manjusha & Suman are teaching this mask-making skill to these needy women, so that they can reach upto maximum people who cannot afford them. They have distributed around 1000 mask till now. Some other volunteers are supporting them in mask distribution along with other essential items. Manjusha said "After seeing how the government is striving hard to stop the spread of this deadly disease, we felt as a responsible citizen we should do something good for society."



Every act counts.. no matter how small !!!



Little by little, a little becomes a lot ! Ration kit distribution to more than 100 families at a construction site at manish nagar. This is the real time when we can support them. Each ration kit contains Wheat powder, rice, sugar, mirchi powder, haldi powder, coriander powder, tea powder, oil, salt. Special thanks to Manaswini's dedicated volunteers mayur chapate, Vaishali shirsagar, Bhumi ramani, priti dharpure, Vandana vyas, Aparna Goverdhan, Amarja fale, sangeeta kukade for the cooperation & support, without you it wouldn't have been possible.



Institute of Fashion Technology

Objective of Manaswini foundation is to provide educational support to underprivileged girls, so that they can continue their studies. We have provided our small support to students of IFT(Institute of fashion Technology)Nagpur. Let's appreciate the efforts of budding fashion designers & future entrepreneurs.

| | | |
|--|---|---|
|  <p>Yukta Katariya Fashion Designer, IFT Nagpur</p> <p>Orange Fashion Reboot 21</p> <p>Lets appreciate the efforts of budding Fashion Designers and future Entrepreneurs</p> <p>Empower girls and women for a strong society. Each one has a right to live in society with dignity and respect. There should not be any space for any discrimination.</p> <p>मनसिन्धी Manaswini Foundation</p> |  <p>Anjali Raut Fashion Designer, IFT Nagpur</p> <p>Orange Fashion Reboot 21</p> <p>Lets appreciate the efforts of budding Fashion Designers and future Entrepreneurs</p> <p>Empower girls and women for a strong society. Each one has a right to live in society with dignity and respect. There should not be any space for any discrimination.</p> <p>मनसिन्धी Manaswini Foundation</p> |  <p>Deepshika Subba Fashion Designer, IFT Nagpur</p> <p>Orange Fashion Reboot 21</p> <p>Lets appreciate the efforts of budding Fashion Designers and future Entrepreneurs</p> <p>Empower girls and women for a strong society. Each one has a right to live in society with dignity and respect. There should not be any space for any discrimination.</p> <p>मनसिन्धी Manaswini Foundation</p> |
|--|---|---|

Joy of Sharing....

"We make living by what we get and we make life by what we give" We have celebrated the birthday of one of the member by giving treat to little ones at an at shashkiya mahila vasati gurkha,Nagpur.More than 100 members enjoyed and had great fun. One of the talented girl won everyone's heart by her mesmerizing voice, she beautifully sang the song "aye mere humsafar ek jara..."



Noble Gesture Amid Covid Pandemic

Corona virus has changed life of every individual. Looking at the situation lockdown was very much required to fight the pandemic but it has also lead to numerous problems, especially for the underprivileged section of the society, who live on hand to mouth situation. Many people have lost their jobs & struggling financially. With all these challenges ahead of us, we at manaswini foundation are doing our bit through a number of activities such as free meal boxes distribution, ration kits distribution, mask and sanitizer distribution to help the needy. Due to surge in covid 19 cases many people are not getting beds, oxygen cylinders, so with the support of Guru Nanak Darbar committee we are supporting the needy. This is just a small gesture in the ongoing battle against corona that we are fighting, but we believe that no action big or small goes waste.



Artificial Flower & Modak Making Workshop

Flowers are beautiful & they enhance the beauty of a dull corner. No decoration is complete without flowers. As we know Ganesh Chaturthi is round the corner & we are looking for innovative ways to decorate around our Ganesha.Keeping that in mind Manaswini foundation has organized workshops on "Artificial flower & modak making.Suman Dass , Manjusha mokase from Decocraft guided the members.Priti Dharpure from palash conducted modak making workshop.



Blood Donation Camp

Blood donation is an act of saving life.It is one of the most significant contribution that a person can make towards the societ.It is not harmful for a healthy adult person to donate blood.The body of the donor can regenerated the blood within few days so donate blood and save lives.



Food Boxes & Study Material Distribution

We idolise our devis but what about our girls.. We put one on a pedestal but murder the other.. Ask one for blessings & think of other as a burden .. This Navratri, let's pledge to treat our women & girls with respect & dignity. Our Durga deserves better than to be aborted.. Our Saraswati deserves to get an education.. Our Laxmi deserves to be financially independent.. our Parvati & kali deserve to be loved whole heartedly the way they are...

Donated study material and food boxes to 95 girls at an orphanage centre at katol road Nagpur. Support Manaswini in protecting & nurturing our girls.



EVENTS

Adding More To Life

'Manaswini' means self sufficient woman. It's a Sanskrit word and another name of Goddess Durga, which symbolizes inner strength, positive energy and self esteem. We believe in supporting underprivileged women at all stages of their life through education, skill development and health awareness. Apart from that we promote mission harmony and togetherness in which we organize community get together, festival celebrations and team outing. We support and connect women of all ages for their development. They can associate with us as volunteers, trainers, or as donors. Manaswini gives them the opportunity to explore their talent, new friends and a sense of fulfilment.

Blast Before Fast



Bollywood Retro Theme Party



'unity In Diversity' The Colours Of India

As the month of August is known for Independence Day & friendship day .. Manaswini has organised a theme party cum lunch get together on 12 th August . The theme of the party was "Unity in Diversity - the colours of India" . The members have dressed up according to various costumes of the different states of India. Trupati Govind Rathi got 1st prize in Rajasthani attire, Suman dass got 2nd prize in north east costume & Vartika Oberoy got 3 rd prize in Bengali costume. A Slogan contest on 'unity in diversity 'was also held on this occasion. Anita Rao & Dr. Shraddha Prashant got first & second prize respectively .Suman Dass presented a poetry on ' positive thoughts for my proud nation' .A game based on Indian history & Independence Day was enjoyed by all the members .Housie, fun filled activities, yummy food & ladies chit chat were main attraction of the event.



Wedding Theme Party Sawarne Lagi Mai ...

Manaswini foundation is a well known NGO of orange city . It's a group of young & dynamic ladies, who want to do something creative for the underprivileged section of the society. The main object of this group is to empower the girls & women through education, skill development, Heath awareness & sanitation. Apart from organising the social activities for needy girls/ women, we organise ladies get together for members on quarterly basis. It provides them opportunities to showcase their hidden talent via various competitions. It's a good networking platform for professionals, budding entrepreneurs & home makers .This time the theme of the event was 'Wedding theme 'sawarne lagi Mai .. Basically the motive of the event is to .. Love yourself ...encourage yourself ... Believe in yourself ... Never doubt who you are ...happiness means loving yourself & being the less concerned about others approval .



Rainbow Theme Party



7 My FM 94.3 Event



Karwa Chouth Celebration



Outing At Shivthirth Water Park On 24.11.2019



Picnic



Sports Day



MEDIA

महिलाओं को सक्षम बनाएगी 'मनस्विनी'

महिलाओं को सक्षम बनाने के लिए मनस्विनी फाउंडेशन की पहल में महिला सशक्तिकरण कार्यक्रम का आयोजन किया गया। कार्यक्रम में महिलाओं को सक्षम बनाने के लिए मनस्विनी फाउंडेशन की पहल में महिला सशक्तिकरण कार्यक्रम का आयोजन किया गया।

महिला सक्षमोत्थानसाठी 'मनस्विनी' पुढाकार

महिला सक्षमोत्थानसाठी 'मनस्विनी' पुढाकार। महिला सक्षमोत्थानसाठी 'मनस्विनी' पुढाकार। महिला सक्षमोत्थानसाठी 'मनस्विनी' पुढाकार।

महिला सबलीकरण के लिए मनस्विनी फाउंडेशन की स्थापना

महिला सबलीकरण के लिए मनस्विनी फाउंडेशन की स्थापना। महिला सबलीकरण के लिए मनस्विनी फाउंडेशन की स्थापना। महिला सबलीकरण के लिए मनस्विनी फाउंडेशन की स्थापना।

900 जोड़ी फुटवेयर वितरित मनस्विनी का अनूठा आयोजन

900 जोड़ी फुटवेयर वितरित मनस्विनी का अनूठा आयोजन। 900 जोड़ी फुटवेयर वितरित मनस्विनी का अनूठा आयोजन। 900 जोड़ी फुटवेयर वितरित मनस्विनी का अनूठा आयोजन।

छात्राओं को लंच बॉक्स वितरित

छात्राओं को लंच बॉक्स वितरित। छात्राओं को लंच बॉक्स वितरित। छात्राओं को लंच बॉक्स वितरित।

सफल रही मनस्विनी की कार्यशाला

सफल रही मनस्विनी की कार्यशाला। सफल रही मनस्विनी की कार्यशाला। सफल रही मनस्विनी की कार्यशाला।

गरीब छात्राओं को शिक्षा सहयोग

गरीब छात्राओं को शिक्षा सहयोग। गरीब छात्राओं को शिक्षा सहयोग। गरीब छात्राओं को शिक्षा सहयोग।

Good response to Manaswini Foundation's dental check-up, health awareness camp

Good response to Manaswini Foundation's dental check-up, health awareness camp। Good response to Manaswini Foundation's dental check-up, health awareness camp।

मनस्विनी का सामाजिक उपक्रम

मनस्विनी का सामाजिक उपक्रम। मनस्विनी का सामाजिक उपक्रम। मनस्विनी का सामाजिक उपक्रम।

वंचित छात्राओं के लिए दंत चिकित्सा शिविर

वंचित छात्राओं के लिए दंत चिकित्सा शिविर। वंचित छात्राओं के लिए दंत चिकित्सा शिविर। वंचित छात्राओं के लिए दंत चिकित्सा शिविर।

नवभारत छात्राओं के लिए निबंध स्पर्धा

नवभारत छात्राओं के लिए निबंध स्पर्धा। नवभारत छात्राओं के लिए निबंध स्पर्धा। नवभारत छात्राओं के लिए निबंध स्पर्धा।

किया कला का प्रदर्शन

किया कला का प्रदर्शन। किया कला का प्रदर्शन। किया कला का प्रदर्शन।

नागपुर, लायन्स क्लब डिस्ट्रिक्ट 323 एच व मनस्विनी फाउंडेशन के संयुक्त तत्ववधान में महिला दिवस मनाया गया

नागपुर, लायन्स क्लब डिस्ट्रिक्ट 323 एच व मनस्विनी फाउंडेशन के संयुक्त तत्ववधान में महिला दिवस मनाया गया। नागपुर, लायन्स क्लब डिस्ट्रिक्ट 323 एच व मनस्विनी फाउंडेशन के संयुक्त तत्ववधान में महिला दिवस मनाया गया।

ड्राइंग कम्पिटिशन आयोजित

ड्राइंग कम्पिटिशन आयोजित। ड्राइंग कम्पिटिशन आयोजित। ड्राइंग कम्पिटिशन आयोजित।

Manaswini Foundation's drawing contest Mera Nagpur evokes good response

Manaswini Foundation's drawing contest Mera Nagpur evokes good response। Manaswini Foundation's drawing contest Mera Nagpur evokes good response।

मनस्विनी फाउंडेशन उद्घाटित

मनस्विनी फाउंडेशन उद्घाटित। मनस्विनी फाउंडेशन उद्घाटित। मनस्विनी फाउंडेशन उद्घाटित।

मनस्विनी करण महिलांचे सक्षमोत्थान : नीलम बोवाडे

मनस्विनी करण महिलांचे सक्षमोत्थान : नीलम बोवाडे। मनस्विनी करण महिलांचे सक्षमोत्थान : नीलम बोवाडे।

सुगंधम Manaswini Foundation organises workshop on paper bag-making

सुगंधम Manaswini Foundation organises workshop on paper bag-making। सुगंधम Manaswini Foundation organises workshop on paper bag-making।

सुपरहिट रहा मनस्विनी का 'मानसून मैजिक'

सुपरहिट रहा मनस्विनी का 'मानसून मैजिक'। सुपरहिट रहा मनस्विनी का 'मानसून मैजिक'। सुपरहिट रहा मनस्विनी का 'मानसून मैजिक'।

बच्चों ने सीखे फोटोग्राफी के गुर

बच्चों ने सीखे फोटोग्राफी के गुर। बच्चों ने सीखे फोटोग्राफी के गुर। बच्चों ने सीखे फोटोग्राफी के गुर।

मनस्विनी फाउंडेशन का उद्घाटन हेमंत लोहा, डा. रूपक कुलकर्णी व नारायणी नौलिमा बाबने के हस्ते हुआ

मनस्विनी फाउंडेशन का उद्घाटन हेमंत लोहा, डा. रूपक कुलकर्णी व नारायणी नौलिमा बाबने के हस्ते हुआ। मनस्विनी फाउंडेशन का उद्घाटन हेमंत लोहा, डा. रूपक कुलकर्णी व नारायणी नौलिमा बाबने के हस्ते हुआ।

संवाददाता नागपुर महिलाएं एक समय में कई भूमिकाएं निभाती हैं

संवाददाता नागपुर महिलाएं एक समय में कई भूमिकाएं निभाती हैं। संवाददाता नागपुर महिलाएं एक समय में कई भूमिकाएं निभाती हैं।

महिला दिवस पर हुई स्पर्धाएं मनस्विनी का सफल आयोजन

महिला दिवस पर हुई स्पर्धाएं मनस्विनी का सफल आयोजन। महिला दिवस पर हुई स्पर्धाएं मनस्विनी का सफल आयोजन।

Manaswini foundation, Lions Club of Nagpur celebrate Women's Day

Manaswini foundation, Lions Club of Nagpur celebrate Women's Day। Manaswini foundation, Lions Club of Nagpur celebrate Women's Day।

छात्रों को बताया सफाई का महत्व

छात्रों को बताया सफाई का महत्व। छात्रों को बताया सफाई का महत्व। छात्रों को बताया सफाई का महत्व।

Go green, grow green...

Go green, grow green...। Go green, grow green...। Go green, grow green...।

Manaswini Foundation distributes ration kits

Manaswini Foundation distributes ration kits। Manaswini Foundation distributes ration kits।

स्त्री शिक्षा पर निबंध प्रतियोगिता आयोजित

स्त्री शिक्षा पर निबंध प्रतियोगिता आयोजित। स्त्री शिक्षा पर निबंध प्रतियोगिता आयोजित।

Manaswini Foundation holds essay competition

Manaswini Foundation holds essay competition। Manaswini Foundation holds essay competition।

Manaswini Foundation distributes ration kits

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Manaswini Foundation distributes ration kits। Manaswini Foundation distributes ration kits।

MEMBERS ARTICLE



Neelam Bowade Founder Manaswini foundation, Entrepreneur

"Dream and dedication are a powerful combination that makes a woman, They are born multi talented and can achieve anything, once they decided for it" said Neelam Bowade. She is an entrepreneur, social activist. Beauty pageant winner, model, a mother of Tanya and wife of Jayprakash. She has done MBA in HR and diploma in Women Empowerment. She has won Mrs India Apasara 2019 and Mrs Elegance at Mumbai. She has done few modeling assignments and judged many fashion shows and beauty pageants. She is founder of most vibrant NGO of Nagpur Manaswini Foundation, which has a mission to empower the underprivileged girls and women through education, skill development and health awareness. The NGO has more than 150 volunteers now. Sexual harassment of women at work place is a major problem, that makes Neelam selflessly work as a external member in

the panel of Internal complaint committee to look into the complaints of sexual harassment of women at workplace of the following central government's organisations: A) Office of the Commissioner (AUDIT-1) Custom, Central Excise & Service Tax Nagpur. B) Office of Principal Commissioner, Custom, Central Excise & Service Tax Nagpur. C) Office of Commissioner Customs, Central Excise & Service Tax Nagpur -2. D) Directorate General of GST Intelligence.

She is instrumental in starting a variety of projects to guide the women to start some independent economic activities. She is an entrepreneur, so she knows how to balance between social, entrepreneur and personal life. "With dream and desire woman can achieve anything in life. One must not mix one assignment with the other. Keeping balance with different type of work, dedicating proper time to the task in hand," is the mantra of success, shared by Neelam Bowade, who is Director of The Dharampeth Mahila Multi State Co operative Society for last 11 years. She has successfully worked for bank insurance vertical for 4 years there. She is owner of NB Enterprises, the firm which deals in industrial material trading business, and partner in Sanskruti - beyond boundaries, an export import firm. The firm deals in herbal cosmetics, Indian handycraft, organic food items. She firmly believes in the quote of George Bernard Shaw, " life isn't about finding yourself it but about creating what you desire."

Her work through her NGO Manaswini Foundation, during the lockdown 'unlock yourself, during the lockdown' was inspirational and most of the Manaswini's shared their talents with each other and gained new skills. She has been appreciated for "Outstanding contribution to the society" by Kingsway hospital on women's day 2020. 4. Rotary club of Nagpur 'orange city' recognised her efforts in the field of women entrepreneurship by giving her 'The Recognition of your achievements' in 2013. 5. Awarded for the 'Excellence work in the field of entrepreneurship development' by JCI green city Nagpur in 2010. 6. Awarded 'The best performance of the year' by VIA Lady entrepreneurs wing in 2006. She believes 'The purpose of life is not just to be happy but it is to be useful. Our little efforts may add difference in the life of others.'



Dr Anjali Dakhole

Consultant in Obstetrics & Gynecology

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"HEY WOMAN KNOW THYSELF "

Being a woman means playing multiple roles and wearing many different hats. From being daddy's little princess, to evolving as a care-giver, contributor, home-maker, partner, and whatnot. She has to shoulder a number of responsibilities and perform numerous duties. Finding time to take care of self can be difficult, but it will always be of great value to know about various health issues, and body conditions that are a part of female lives.

The common health problems of an adolescent girl include irregular periods, pimple and hair growth on the body. These complaints should not be ignored by the parents because it may be due to hormonal disorder known as polycystic ovarian syndrome (PCOS). The hormonal imbalance seen in PCOS can be corrected by adopting healthy lifestyle such as daily exercise, yoga and avoiding junk foods. The need of the hour is to create awareness of PCOS among adolescent and parents so that they consult the doctor. This would help to initiate the treatment early and avoid long term complications such as high blood pressure, diabetes, sleep apnea and cancer of the uterus (womb).

Gynaecological disease such as fibroids, endometriosis and pelvic inflammatory disease are common during the reproductive phase of life. Such diseases usually manifest as heavy menstrual bleeding, painful menses and abdominal pain. Therefore, regular health check-up is important during this phase of life.

Pregnancy is a precious moment for a woman and her family. Therefore, utmost medical care is important during this phase of life. It is very common in India that pregnant women suffer from the problem of high blood pressure, raise blood glucose level which put the mother and fetus at risk. Routine antenatal visit and care is important to identify such high-risk cases. A woman should talk to the doctor regarding vaccination during pregnancy (Tdap & influenza) that will protect both the mother and child.

Post-pregnancy the woman should visit the doctor for nutrition advice, exercise, correct breastfeeding practice and contraception advice. A minimum 2 to 3 years interval between two pregnancies should be kept.

Cancer which are common in female are related to reproductive organs i.e., cervix, ovary, uterus and breast. There are screening methods available which help to detect these cancers at an early stage. The common screening test available are Pap smear for cervical cancer, mammography for breast cancer and CA-125 for ovarian cancer.



Fehmida Haider
Artist _ entrepreneur

My journey as an artist- MY STORY

My name is Fehmida Haider from India, the land of incredible beauty, culture and traditions, I live in Maharashtra Nagpur which is the central part of India. From childhood I was inclined towards arts and was surrounded by the people who were skilled, creative and very fond of creating embroideries and paintings and this was a great source of inspiration for me ,this creativity I suppose crept inside me. But to choose art as my career I could not imagine of that in those days. At times, it may seem to us, that we are facing failures, but what is really happening is our life being guided in a certain direction which is not in our control. And that's how we grow. Despite my life as a housewife and looking after my twins I kept on going, trying new things, until I decided that I can become an artist and considered it as my career at the age of 24. I started with decorative stain glass panels, mirrors, glass partitions and all types of decorative glass needed for the home decor this was widely accepted and appreciated by all and the orders started

pouring in. This boosted my confidence by leaps and bounds Thus, began my art career. My Art today can be seen anywhere & everywhere. I run a small company named Fehmi's Art where together we learn, teach, enjoy, create and sell art. We specialize in all forms of glass art and different innovative framed wall art. Involved in the field of arts and crafts since last 30 years, we have created unique form of wall art the Thread painting. This technique is solely developed by Fehmi's inspired by the age old art of embroidery as to revive it so we innovated and instead of sewing we glue the threads. This is achieved through years of research and dedication offering a new dimension to the world of art. We at FEHMI'S ART believe that retail should be a delightful and inspirational experience. That when you walk out of a store, you should go back with not just a product but also ideas and inspiration. We design, make, curate, ship, whatever it takes to get that interesting, beautiful product to you - because we know that products designed and crafted thoughtfully can nourish the soul. We take customised orders also My name is Fehmida Haider from India, the land of incredible beauty, culture and traditions, I live in Maharashtra Nagpur which is the central part of India. From childhood I was inclined towards arts and was surrounded by the people who were skilled, creative and very fond of creating embroideries and paintings and this was a great source of inspiration for me ,this creativity I suppose crept inside me. But to choose art as my career I could not imagine of that in those days. At times, it may seem to us, that we are facing failures, but what is really happening is our life being guided in a certain direction which is not in our control. And that's how we grow. Despite my life as a housewife and looking after my twins I kept on going, trying new things, until I decided that I can become an artist and considered it as my career at the age of 24. I started with decorative stain glass panels, mirrors, glass partitions and all types of decorative glass needed for the home decor this was widely accepted and appreciated by all and the orders started pouring in. This boosted my confidence by leaps and bounds Thus, began my art career. My Art today can be seen anywhere & everywhere. I run a small company named Fehmi's Art where together we learn, teach, enjoy, create and sell art. We specialize in all forms of glass art and different innovative framed wall art. Involved in the field of arts and crafts since last 30 years, we have created unique form of wall art the Thread painting. This technique is solely developed by Fehmi's inspired by the age old art of embroidery as to revive it so we innovated and instead of sewing we glue the threads. This is achieved through years of research and dedication offering a new dimension to the world of art. We at FEHMI'S ART believe that retail should be a delightful and inspirational experience. That when you walk out of a store, you should go back with not just a product but also ideas and inspiration. We design, make, curate, ship, whatever it takes to get that interesting, beautiful product to you - because we know that products designed and crafted thoughtfully can nourish the soul. We take customised orders also The pieces are all handcrafted. We make handmade pieces and keep the quality of utmost standards. We are always open to experiment and grow, and would love to hear for any feedback. It is my dream that I teach this skill of threadpainting to the underprivileged so that they can earn their livelihood. My art form should live after me. I have participated in many shows in India as well as abroad with an overwhelming response. This exclusive and unique art form the Thread paintings is highly appreciated for which I have been invited to many shows nationally and internationally I am a registered craft person with:

Office of Development Commissioner Handicrafts, [Ministry of Textile] MSSIDC - Maharashtra Small Scale Industries Development Corporation. NSIC - National Small Industries Corporation. MSME - Micro Small Medium Enterprise. I am an Executive Member of Vidarbha Industries Association's, Lady Entrepreneur Wing. Today I am satisfied as my work is highly appreciated in India as well as abroad. There is great support of my family and Friends in running this venture of mine.

My shows and exhibitions...

1-udyojika in 2013,2015 A project by V.I.A LEW wing

2-GendaPhool pool trunk show in 2015.

3- Indian trade fair Dubai in2013 ..tremendous response.

4-International indian trade fair Moscow, Russia...highly appreciated.

5-indian international shopping festival ,Singapore ,very good response in 2015.

6-International Fleet Review Vishakhapatnam in 2016 was invited by SCZCC received a very good response.

7-MOS 49th international trade fair Celje. Slovenia

To me every work of art gives the viewer a glimpse of the spirit that resides in the heart of the Artist.

Fehmida Haider

Dr. Priti Ganjare Consultant Pediatrician

Pandemic and Stress in Children

We all were living our lives happily, engrossed in our work and other activities and children were part of this. Suddenly an unexpected pandemic knocked our doors and our lives changed. COVID 19 is a communicable Infection disease which spreads very fast and taken a toll of dozens of lives. We were helpless and had to curtail our outdoor activities mostly people started work from home, online classes and all options opened up. It was stressful for all of us. To accept a new lifestyle and bindings and fear of this dreadful virus was all very stressful. But have we ever thought about our children, from which they must be going through or what they must be facing, with us they also have changed their world. Online classes are something new to them which do not include outdoor games, their friends. At all level we need to share our thoughts with someone; children also do that with their friends. They keep an eye on us indirectly. They too understand the stress at home, which can be office pressure or a helpless mother without domestic help. They too need our time which I think we could not give because of multiple responsibilities and multi-dimensional working. We handed them T.V. remotes and Tablets and mobiles, in which they started finding their own world. It is one way trafficking of thoughts and not bilateral sharing which any human being needs and children are one of them. Open grounds & gardens were part of their lives, which leads to physical activity and kept their hormonal balance normal and also made them stress free and now all of them also closed, for social distancing and we avoid them due to fear of COVID 19. I recommend to parents please play a role of friend, a teacher, a sibling for your child. Give them time, talk to them apart from studies. Share with them what we used to do in our childhood, when no social media existed. There was no T.V., Mobiles, Tablets, Internet and still we were happy in our world. Share them your childhood but don't compare them with you. Every individual is different no one likes comparison. Tell them your stories by showing your old photos. Engage them with your work whatever like cooking, dusting, gardening. Make them your companion. Your daughter or son may cook better than you, and you may be unaware of it. Make them write on paper what they feel and how they feel at the end of the day, and you too follow the same as kids always follow us, so that they can express them out. I can understand situation at every home is tense but this is time we should stand like rock and our children will do the same. This time will also go and everything will normalise as before. We need to imbibe this positive thinking in our children, given them creative task that can even be minor repairs at home, but that will keep them away from T.V. for some time. A smile on your child face is worth million dollars and you can only earn it by a company which your child is missing, so just be with them.

Dr. Priti Gajare

Aureus Institute of medical science



Suman Dass & Manjusha mokase Handycraft Expert

My journey of doing Social Service started from the army days . As army wives we have Welfare Centre's where we were responsible to uplift the wives of the Jawans and their kids. From teaching them Hygiene to training them in different skills, it was a continuous program. It was a journey of hard work, dedication. But always missed my handicraft, Decided to continue it by taking flower making classes Although once my kids grew up and my husband retired I wanted to continue the social services and that's when I joined VIA and met the Founder of Manaswani Mrs. Neelam Bowade.

I opened a boutique of exclusive sarees and pearl jewellery in 1995 at Poonam chambers, held so many exhibitions at Pune,, Indore, Chandrapur, Jabalpur, Raipur, Akola and Amravati. Developed my hobby

immensely by learning the modern way of making flowers in such a way where I could pluck a flower and make it to my satisfaction It was just learning of a small course in flower making in Assam in 1973 that I grew to leaps and bounds along with my partner Mrs. Manjusha Mukase. During my course of conducting classes came across Mrs Manjusha Mokase, now my partner in Decokraft. We both have same hobbies and working together for Manaswini has been an exhilarating experience. We conduct many workshops teaching specially abled children and downtrodden. We also own a company called Decokraft and take orders for small events like Baby Showers, Mehndi ceremony, religious ceremonies and birthday parties.

Our products include Bouquets, Diya's, Torans, Aasans and Floral jewellery etc. My dream is to part my knowledge to as many as possible before I leave this world



Sushma Hedao Makeup Artist



"Whatever you do, be different!" this advice given by my mother has seen me grow into a successful entrepreneur. I Sushma Hedao have donned many hats on the pursuit of my passions. After completing my B.sc, M.sc, B.Lib M.Lib (Bachelor's and Masters degree in library and Information science), I worked as a Librarian in Government engineering college, Ujjain. Marriage and then with two sons changed my priorities and responsibilities, but even then I did IATA (International travel and tourism course), became a certified Yoga Trainer from Janardan Swami Yogabhyasi Mandal, and Reiki Master. As the years rolled by, I got associated with many NGOs like Rotary Club of Nagpur, Jaycees, Manaswini Foundation, Member of Beauty Association, The Rising Entrepreneurs, Women's TV Channel etc. My tryst with the fashion industry saw me participating in the Gladrags Mrs India, and Mrs

Khushsoorat, where I was awarded with the most photogenic personality. Fashion has always been an integral part of my life and so when my boys were grown up, I decided to follow my heart, wholeheartedly. With much more time at my disposal, I became certified in Makeup Artistry and Hairstyling, learning under the tutelage of Atul Chauhan, Richa Fave, Aman Yadav, Amit Sir, Abhishek Tiwari, Samira Wallani, Sunita Thulkar Kamble, Shabana Motlani and many more, and now own the successful SUSHMAKEOVERS.

It was always my dream to make my own identity and be independent. Initially My family thought it was just a passing fancy and were not appreciative, but as I started making inroads into success, My family specially my husband and kids became very supportive. I have been very lucky to have made my passion into My profession. And this journey taught me that no work is too big or too small, it is only our thinking that makes it so.

Sushma Hedao



Vandana Vyas International classical dancer

प्यारी सी मुस्कान लिए मैं वंदना व्यास.....

“जियो और जीने दो” गांधी जी के इन्हीं सिद्धांतों पर अमल करते हुए मैं स्वयं खुश रहकर औरों की जिंदगी में भी खुशियां बांटना चाहती हूँ

मैंने अपनी शादीशुदा जिंदगी की शुरुआत १८ वें बसंत से की व एक बेटे की माँ बनने सौभाग्य प्राप्त हुआ। इन्हीं उतार चढ़ाव के साथ जिंदगी का सफर यूँ ही चलता चला जा रहा था। लेकिन मेरे कानों में घुंघरु की आवाज, तालियों की गडगडाहट व आसमान को छूने की चाहत, यह वा सपने, जो मैं बचपन से देखती थी. यह सपने जो मुझे भुलाए नहीं भूलते थे। वह कहते हैं ना, कि किसी चीज की चाहत दिल से रखो तो पूरी कायनात उसे तुमसे मिलाने में लग जाती है। असंभव, कुछ भी ना था क्योंकि जा गिरने से डरते हैं वह कभी उड़ान नहीं भर सकते हैं।

“दिल की उमंगों के पंख लगा कर खुले आकाश में उड़ना चाहती हूँ, लहरों की सवारी कर साहिल को अपना बनाना चाहती हूँ ए खुदा हिम्मत दे मुझे लड़ने की, इतना आसान नहीं मेरा सफर, क्योंकि मे। पत्थर को मोम और मोम को पत्थर बनाना चाहती हूँ”। नृत्य मेरे जीवन का एक अभिन्न अंग है। कला व नृत्य के क्षेत्र में एक अनजाने शहर में आगे बढ़ना मेरे लिए चुनौतियों से कम नहीं था। कोशिश करने वालों की कभी हार नहीं होती है। मैंने अपने आत्मविश्वास और मेहनत के बल पर अपनी राह खुद बनाई। और मेरे जीवन में भी नया दिन आया नई सोच नई ताकत और नया उजाला लिए हुए। नृत्य के क्षेत्र में मैंने Dr. Subramaniam National Award, Natya Mayukam Puraskar विदर्भ भूषण, विदर्भ प्राइड अवार्ड, कला रत्न पुरस्कार, इंदिरा गांधी प्रियदर्शनी अवार्ड, Women's Excellence Award, Women's Pride Award, Inspire Women's Award मिसेस बहु रानी, Mrs. खुबसूरत मम्मी ऑफ द ईयर, जिला स्तरीय, राष्ट्र स्तरीय एवं अंतरराष्ट्रीय स्तर पर १८ बार भाग लेकर विजयी बनी। इनके अलावा कई और महत्वपूर्ण उपलब्धियां हासिल कर शहर, अपना और अपने परिवार का नाम रोशन किया। लक्ष न ओझल होने पाए कदम मिलाकर चल, अफलता तेरे कदम चूमेगी आज नहीं तो कल। समर्पण दृढ़ विश्वास व कदम कदम पर मिलने वाले, परिवार व दोस्तों के साथ ने मेरा मनोबल बनाए रखा।

सफलता की पहली सीढ़ी है, परिवार का साथ, मेरे परिवार ने मेरा भरपूर साथ देते हुए मुझे कामयाबी की मंजिल की और बढ़ाया व हर मुश्किल की घड़ी में मेरा साथ दिया। नृत्य कला के क्षेत्र में उपलब्धियां, स्मृति पर सदैव अंकित रहने वाली यादगार यादें बन गयी। और इसी तरह मैं सफलता की सीढ़ी चढ़ती चली गई। जो भी उपलब्धियां पाई ईश्वर के आशिर्वाद व आप सभी के सहयोग और सहभागिता के कारण ही पाया जिसके लिए मैं आप सभी का तहे दिल से आभार प्रकट करती हूँ और अपने शब्दों को यही विराम देती हूँ।

दिल से बहुत बहुत शुक्रिया व ढेरो प्यार।



Priti Dharpure
Entrepreneur



“Age is just a number when it comes to following your dreams.”

I have always loved to cook food. I never missed "Sanjeev Kapoor's Khana Khazana" cooking show on TV. This inspired me to join Nestle's cooking club. I received many recipe books from this club which helped me a lot. I also sent a letter stating the recipe of pineapple ice cream to Bhopal TV through which I was given the opportunity to cook on a cooking show on TV. I completed my B.A., M.A(sociology) and honours diploma in advanced system management from ICS(Bhopal). Soon after that I got married and shifted to Abu Dhabi (UAE) in 2001. After the birth of my son in the same city, my priorities changed and I was unable to continue my hobbies. Though at weekends I and my friends tried to cook new dishes that neither of us had cooked. This helped me improve more

at cooking. After a long time then I restarted my hobbies and conducted tuition, abacus and cooking classes. In 2014 I moved back to India for further studies of my son. Since ordering food from outside didn't seem healthy in India, I started to cook new recipes at home for my son. His encouragement of my recipes reignited my passion for cooking. I started watching TV shows of chefs like Ranveer Brar, Kunal Kapoor, Sanjeev Kapoor and Neerja Jain which kept me motivated to cook new recipes. I joined MANASWINI FOUNDATION in 2016 which gave me more exposure to competitions and workshops. I competed in MasterChef Nagpur S3 and attended many cooking workshops locally. This abled me to cook a variety of cuisines like Italian, Chinese, Arabic, Indian. During 2020 I have conducted many online cooking classes. I have always preferred to cook "saatvik" food. Recently I have started a pickle and pre-mix masala business named PALASH ENTERPRISES. This business is just the starting of my journey towards achieving my dream of opening a restaurant.

PRITI DHARPURE



Dr. Purva A. Deshmukh
Consultant

ORAL HEALTH AND CARDIOVASCULAR DISEASES

Maintaining oral health is extremely important to maintain overall good health. You should brush your teeth twice daily and use floss regularly. There is some evidence to suggest a link between dental hygiene and cardiovascular diseases. If you have diabetes and a poor dental hygiene, it may affect your heart adversely. What are the benefits of proper oral care? You can reduce the chances of developing dental decay, inflammation of the gums and oral infections such as abscess formation by taking good care of your teeth and gums. Optimal dental care includes making sure dentures fit properly, regularly flossing your teeth, brushing your teeth twice daily and seeking professional dental care every six months. Will taking care of my teeth prevent heart diseases ? There is some relation between oral health and heart disease, though more research is necessary. However studies have shown that gum

disease that is periodontitis is associated with an increased incidence of heart disease. Poor dental hygiene increases the risk of bacterial infection in the blood stream which can affect the heart valves. If you have artificial heart valve, then you need to be extra careful. This is known as bacterial endocarditis. Tooth loss patterns are also connected to coronary artery disease. What about diabetes , cardiovascular disease and dental hygiene ? There is a strong connection between diabetes and cardiovascular disease. People with diabetes are known to benefit from periodontal treatment. Why would cardiovascular disease and poor oral health be connected ? Though antibiotics are not proven to reduce cardiovascular risk , infection of the gums and teeth are known to trigger a cascade of vascular damage throughout the blood vessels of the body including the heart and the brain. It is the body's immune response responsible for this Besides cardiovascular disease, is there any other association ? The relationship between overall health and dental hygiene may not be limited to only cardiovascular disease. Studies have linked periodontal disorders and Rheumatoid arthritis. A study in 2016 found an association between pancreatic cancer and periodontal diseases. However as in cardiovascular disease and dental hygiene an association does not mean a causation. If the association is speculative then what is the advantage of good oral hygiene ? Whether the link is direct , indirect or coincidence, a healthy mouth and to keep it that way by not chewing tobacco, paan and betel nuts and avoiding smoking can help you to keep your teeth intact. That perhaps is a valid reason to keep your mouth healthy. Perhaps it may help you to have other benefits though it remains speculative as of today. What about the study presented at the American Heart association in Chicago indicates ?

A person's tooth brushing habits are associated with their risk of heart attack or dying from stroke or heart attack. Those who brush less than twice a day or for less than two minutes had a three fold increased risk compared to those who said that they brushed at least twice daily for two minutes. It is possible that people who are very attentive to their oral health are also very attentive to other aspects of their health. What about gum health and inflammation ? Science supports a potential relationship between gum health and cardiovascular disease . In gum disease the body may be in a continuous state of inflammation and this may be a very powerful predictor of cardiovascular disease. What precautions you need to take before you undergo dental treatment in case you have diabetes or hypertension or cardiovascular diseases ?

Make sure that you carry all the records with you. Blood thinners like Aspirin, Clopidogrel or oral anticoagulants may be advised to be discontinued before dental extraction. A close coordination between the patient, dentist and the treating doctor for diabetes, hypertension and cardiovascular diseases is suggested. Some drugs for hypertension or angina may cause swelling of the gums. Make sure that your blood glucose and blood pressure are under control if you are undergoing dental care. Can dental infection be a risk factor for acute myocardial infarction ? A study published in European Heart Journal has revealed an association between dental infections , acute myocardial infarction and chronic coronary heart disease. A large epidemiological survey revealed an association between missing teeth and coronary artery disease. Severity of dental infections correlated with extent of coronary atherosclerosis. The mechanism behind the association between dental infections and coronary disease could be the effect of bacteria on the cells taking part in the pathogenesis of atherosclerosis and arterial thrombosis. Brushing your teeth at least twice daily for minimum 2 minutes each and a regular use of floss and a visit to your dentist twice a year fo a routine checkup is advisable. Controlling your weight, blood pressure, blood sugars and avoiding tobacco in all forms and regular exercises will help you to prevent heart diseases.

Dr. Purva A. Deshmukh - Consult Dental Surgeon



Adv. Kavita Moharkar Advocate

“ औरत - तेरी कहानी ”

शिक्षा के माध्यम से आज हर क्षेत्र में हमे कामयाबी हासील हुई है। दिल और दिमाग को हमने अच्छे से इस्तेमाल कर के खुद को मजबुत बनाने की कोशिश भी कि, फिर भी पता नही ऐसा क्या हुआ की हमे हरपल, हर वक्त क्यों मजबुर होना पडा।

कही पढते पढते मे रुक गयी..... सोचते रहीत्र क्या हम यह कहानी बदल सकते है। स्वतंत्र भारत की नींद रखने में हमारी भी कोशिश थी। इतिहास साक्षी है महिलाओं की विरता और श्रुता के लिए। फिर क्या हुआ आहज भी हमे इस कदर मजबुर होना पडा, रोना पडा, मरना पडा।

इस देश की संविधान ने हमे बहुत कुछ दिया है, आजदी/स्वतंत्रता, स्वाभिमान, शिक्षा और कानून। आज देश में महिला सेफ्टी के बारे में अनेक कानून बनाये गये है। महिलाओं को शारिरीक, मानसिक, भावनिक और आर्थिक रूपसे निर्भर बनाने के लिए शासन स्तरपर काफी प्रयास किये गये, बहोत जगह पर हमे आरक्षण भी दिया गया। क्या यह सब के बावजूद भी हमे कुछ स्थैर्य और सम्मान प्राप्त हुआं है।

वुमन प्रोटेक्शन और वुमन सेफ्टी के इतने सारे LAWS (कानून) बनाये गये, फिर भी समाज व्यवस्था कि सोच नेर, आचार विचार क्यो नही बदल पायी ?

ऐसा कहा जाता है की, “स्त्री”-भगवान की खुबसुरत निर्मिती है।

पर अक्षर में कामसे लेट रात घरमे बाहर निकलती हूँ तो मेरेही मुलूख में, मेरे ही गाँव में, मेरे ही समाज मे, मेरे ही देश में मुझे अलग सा डर क्यो लगता है। पढी लिखी महिलाओं को आज भी क्यो मजबुर होना पडता है मरने के लिए। क्यो ‘आत्महत्या’ जैसे विकल्प को अपनाना पडता है।

हजारो सवाल तो दिलमे तब आते है जब महिला अपने खुदके घरमे भी सुरक्षित नही है। “घरेलु हिंसा से महिला सुरक्षा कायदा” – २००५ का अधिनियम अस्तित्व में लाया गया।

घरेलु हिंसा-महिला सुरक्षा कायदा सही मायने में महिलाओं के लिए सुरक्षा कवच है। इसके तहत महिलाओंको संरक्षण, पोटगी, नुकसान भरपाई, वैद्यकिय सुविधा, घरभाडा, रहनेकी व्यवस्था सह सब कुछ मिलेगा। क्या यह कानून महिलाओंको प्यार अपनापन और आत्मसन्मान दे पायेगा ? क्या यह कानून पुरुषी पानसिकता को बदल पायेगा ? क्या यह कानून महिलाओंको स्थिरता दे पाएगा।

कानून समाज में कुटूंब मेंसुख सुविधा और शांतता बनाये हेतु बनाये जाते है किंतु उसका सही इस्तेमाल ना होनेपर फायदा कम और नुकसान जादा होता है।

“औरत ने तो जनम दिया मर्दोको,
मर्दो ने उसे बाजार दिया ।,
जब भी चाहा धुत्कार दिया
बदनाम किया इसकी शालीनता को...
औरत के जिंदा जलानेको ।”

इसलिए कानून और शिक्षा जब तक दिल और दिमाग में अच्छे विचार, अच्छे संस्कार का निर्माण नही कर सकता तब तक परिस्थिती को हम बदल नही सकते। नर-मादी की भावना और पुरुषी वासना जब समाज से हदपार होगी तब सही मायने में बदलाव आयेगा इस समाज में।

अॅड. कविता मोहरकर



Divya Dutta Entrepreneur

Chocolate is something not many people can resist, isn't it! This sweet delicacy slowly melts in the mouth, giving us a wonderful feeling of content. "A balanced diet is chocolate in both hands" . Chocolate is preparation of roasted and ground cacao seeds that is made in the form of a liquid, paste or in a block which may also be used as a flavoring ingredient. "Dark chocolates are rich and dark without a dark side."

As a child I fantasized of a wonderland where rivers, gardens, mountains and fountains are all made of chocolates. And even now, chocolates hold a special place in my heart. So this love of mine for chocolates led to the initiation of my 'SHREEABHA CHOCOLATAIRES'. Join me as I play in the mesmerizing world of chocolates and follow the world's best chocolatiers and we will try our hands on all the new flavors of chocolates. Contact me for different types of handmade chocolates,

Choco-bouquets and gift boxes full of passion, variety and flavors... We take orders for marriages, birthday return gifts ,customized gifting, corporate gifting.

"SHREEABHA CHOCOLATAIRES"

Shreeabhaevents@gmail.com

DIVYASHREE DAS

8800425253



Aparna Goverdhan Entrepreneur

I did my Bcom and started taking spoken english classes when I was in my 2nd year of graduation in the year 1998, I worked as a research assistant with my Dad in his paints and chemicals industry further to become a director of the same. My father saw that I had a creative side too so I started a music and dance Academy in the name of Aparna's Music and Dance Academy in the year 2002 My father encouraged me at the age of 20 that I should pursue my talent along with my industry work. We did kids dance shows too and through our academy donated an amount of 11500k to Tsunami victims. Then I had my first child in 2005 and then took a break as then my priorities had changed. Then I started with dance Aerobics in the year 2007 through which patients having high BP problem got rid of it and some could control it through aerobics. I conducted this successfully and Spoken English for Kids and

Ladies which I continued till 2012. Then I had my second baby and as my father was ailing and needed care I couldn't continue working. Now again I started this year with online Spoken English classes again for Ladies and Kids and would soon plan to start my Dance Aerobics classes again. My husband was never a typical husband and supported me throughout this journey whether its work or anything.

Aparna Goverdhan

Entrepreneur