

#### 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



CALENDAR



**Ms. Neelam Bowade**

Founder Manaswini Foundation

Phone : 9860264860

Email Id : Info@manaswinifoundation.in  
For More Details : <http://manaswinifoundation.in>

## MANASWINI CALENDAR 2026

### "Different Drapes, Same Elegance"

Each drape whispers of a woman's strength, grace, and ever-evolving spirit. From timeless tradition to fusion and Indo-Western expressions, the saree becomes a canvas—where personality flows, confidence shines, and elegance rises from within.

Through Manaswini's calendar, we celebrate women who wear not just a saree, but their soul. A sari is not just clothing; it is a feeling. It is a masterpiece of Indian culture and a beautiful lesson in sustainability. With no waste and endless possibilities, one sari can be worn in many ways and loved for many years. Even after use, it can be reused to create new items, making it one of the best examples of sustainable living. It grows old with us, is passed from mother to daughter, and carries memories in its folds. Behind every sari are skilled weavers whose hard work and love keep our traditions alive and give them a livelihood. Let's promote wearing saris to preserve our culture for the next generation.



January



February



March



April



May



June



July



August



September



October



November

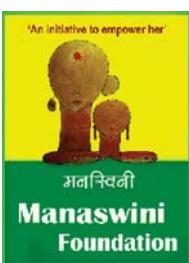


December



## 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



### Neelam Bowade

Women empowerment, empowering with care,  
A heart for social causes, always aware.  
Entrepreneur, founder of Manaswini Foundation,  
Walking the ramp with vision and fashion's inspiration.  
Passion and purpose walking side by side.

01 January



### CELEBRATING NEW YEAR WITH A SPECIAL CAKE BAKING WORKSHOP FOR UNDERPRIVILEGED GIRLS

Manaswini Foundation proudly organized a Cake Baking Workshop for underprivileged school girls at Bhide School, celebrating the joy of the New Year.

Led by skilled chef Bhawana Chapke of Bhawana's Kitchen, the workshop offered hands-on training in baking, icing, decoration, and crafting delicious chocolate balls. This initiative aimed to empower the girls by equipping them with practical skills while nurturing their creativity during the festive season.

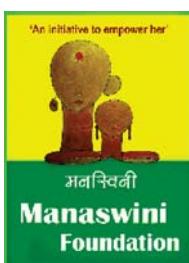
This thoughtful effort underscores Manaswini Foundation's commitment to skill development within underprivileged communities. By engaging students in such creative and enjoyable activities, the foundation hopes to build their confidence and inspire them toward a brighter future.

Nearly 60 students participated enthusiastically in the workshop. Manaswini Foundation extends heartfelt gratitude to Bhawana Chapke for her dedicated mentorship and to Bhide School for their generous support in hosting the event.



## 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



### Indrani Roychowdhury

Where colors meet compassion true,  
Artist, painter, and Manaswini NGO Volunteer too.  
Creativity that serves a noble cause,  
Every stroke reflects humanity's laws.

02 February



### COFFEE PAINTING WORKSHOP BY NEHA MUNJE AT HADAS CBSE SCHOOL

Manaswini Foundation organized a unique Coffee Painting Workshop for students at Hadas CBSE School, led by renowned artist Neha Munje from Artistika. This workshop offered students an innovative artistic experience, where artworks were created using coffee powder as a medium. As the paintings took shape, the aroma of coffee filled the room, creating an ambiance reminiscent of a cozy café and making the creative process even more enjoyable.

Students enthusiastically explored their creativity, imagination, and attention to detail under Neha Munje's expert guidance. She demonstrated techniques, textures, and artistic effects that could be achieved with coffee, inspiring students to experiment and produce stunning, aromatic artworks.

The workshop not only introduced students to an unconventional form of art but also encouraged patience, precision, and innovative thinking. It provided a memorable, multisensory experience that combined the joy of painting with the soothing presence of coffee aroma, leaving students both inspired and motivated.

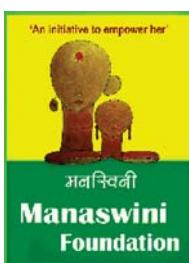
Neha Munje, known for her innovative approach in art education, said, "The enthusiasm and imagination of the students brought each artwork to life. Coffee painting is more than just creating images—it's about evoking emotions and experiences."

Through this initiative, Manaswini Foundation and the management of Hadas CBSE School reaffirmed their commitment to fostering holistic development, creativity, and artistic expression among students.



## MARCH

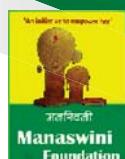
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				



### Deepa Dhawan

Homemaker by heart, editor by role,  
Living through dance, music, and soul.  
Club Editor, IWC Nagpur East, her guiding light,  
Joyful spirit shining ever bright.

03 March



### MANASWINI CELEBRATED WOMEN'S DAY BY HONOURING WOMEN'S ACHIEVEMENTS

Manaswini, a vibrant NGO based in Nagpur dedicated to women's empowerment, proudly celebrated International Women's Day 2025 with a special event themed "Empowered Women, Empowering the Future." This event reflected Manaswini's commitment to fostering a society where women thrive across all spheres of life.

The celebration featured the felicitation of outstanding women achievers who have made significant contributions in their respective fields, alongside entertainment, fun games, and singing.

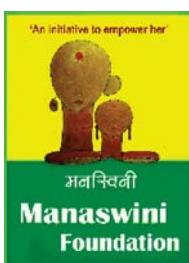
Ms. Suman Dass was honored for her exemplary work in social service, while Ms. Neha Munje, a renowned artist, received recognition for her remarkable contributions to painting and art. Both inspiring speakers encouraged attendees to embrace their unique identities and strive for productivity and success.

Speaking about the event, Neelam Bowade remarked, "Women's Day is not just a celebration but a reminder of the incredible strength, resilience, and potential of women. Through this event, Manaswini aims to inspire and empower more women to break barriers and create a lasting impact."



## 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		



### Dr. Rashmi Trivedi Mishra

Shaping futures with knowledge bright,  
Dean – Training & Placement, Professor in sight.  
At Smt. Kishoritai Bhoyar College of Pharmacy, Kamptee, Nagpur, she inspires,  
Igniting young minds with educational fires.

04 April



### FREE DENTAL CHECK-UP & X-RAY SCALING CAMP BY DR. KHUSHBU AGRAWAL GUPTA

Free Dental Check-up & X-Ray Scaling Camp by Dr. Khushbu Agrawal Gupta of "Dentica" for Manaswini Foundation Members. In a commendable effort to promote oral health and well-being, Dr. Khushbu Agrawal Gupta from "Dentica" has organized a free dental check-up and X-ray scaling camp exclusively for the members of Manaswini Foundation.

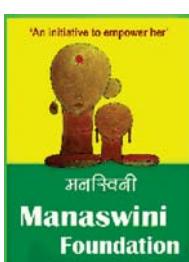
This initiative aims to raise awareness about dental hygiene and provide essential oral care services to the community. Members of the foundation are receiving expert consultations, preventive dental check-ups, and professional scaling to ensure healthy and radiant smiles. Speaking about the event, Dr. Khushbu Agrawal Gupta emphasized the importance of regular dental check-ups in maintaining overall health and preventing oral diseases. "A healthy smile is a reflection of good health. Through this camp, we want to ensure that everyone has access to quality dental care and understands the importance of oral hygiene," she said.

Manaswini Foundation, known for its commitment to women's empowerment and social welfare, expressed gratitude for this thoughtful initiative, which aligns with its mission of holistic well-being for its members.



## 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						



### Dr. Shruti Sanghavi

Healing eyes, transforming sight,  
Cornea, Cataract & Refractive Surgeon of might.  
Director of Eye Bank – SMHRC, Nagpur,  
Changing lives with care so sure.

05 May



### JEWELLERY MAKING WORKSHOP AND GUIDANCE ON CAREER OPPORTUNITIES IN FASHION DESIGNING

Manaswini Foundation Conducts Jewellery Making Workshop at Bhide Girls' School & Junior College, Nagpur In association with the Department of Fashion Designing, LAD College, Nagpur

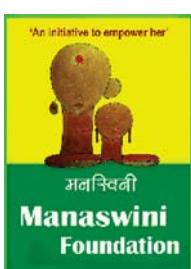
Nagpur, August 7, 2025 – Manaswini Foundation, in collaboration with the Department of Fashion Designing, LAD College, Nagpur, successfully conducted an engaging and inspiring Jewellery Making Workshop at Bhide Girls' School & Junior College, Nagpur. The workshop was led by Dr. Vandana Menon and Ms. Rakshata Mankar, who guided the students through the fundamentals of jewellery making, creativity, and design thinking. The session emphasized the importance of hobbies and creative expression, especially during the formative school years.

A key highlight of the workshop was the concept of 'Best Out of Waste', where students crafted beautiful jewellery pieces using commonly available household and recyclable materials, promoting sustainability in design. The facilitators also introduced the students to various career opportunities in fashion designing, inspiring them to explore creative fields with confidence and vision.



## JUNE

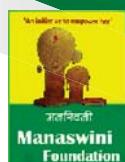
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				



### Aabha Assudani

From law to art, her journey flies,  
Master's in Law (Intellectual Property), Kathak Visharad ties.  
Award-winning performer, giving to causes near,  
Her works in The Hitavada, Nagpur, are held dear.  
Creativity found its true calling in her heart,  
Merging law and art, a masterpiece of every part.

06 June



### SCHOOL BAG DISTRIBUTION DRIVE FOR UNDERPRIVILEGED STUDENTS

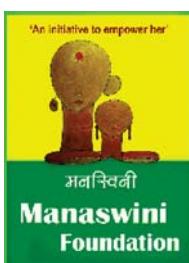
Manaswini Foundation has been dedicated to serving the underprivileged sections of society for the past 10 years, executing over 500 impactful projects across various areas of Nagpur. With a strong commitment to education and social welfare, the foundation continues to create meaningful change at the grassroots level. As part of this ongoing mission, Manaswini Foundation, organized a School Bag Distribution Program at Bhide Girls' School and Junior College, Nagpur.

This thoughtful initiative aimed to support students from economically disadvantaged backgrounds by providing them with basic educational necessities. Over 100 students received school bags, helping to ease their academic journey and inspire continued learning. The program was graced by the presence of Neelam Bowade Yogita Deshmukh, Milind Sathe, Dr. Renuka Swami, Principal Archana Gadikar, Vinod Chikate Supervisor Neeta Kukde, along with dedicated teaching and non-teaching staff. The event was seamlessly anchored by Hema Barhanpure, whose warm and engaging presentation added charm and structure to the program.



## JULY

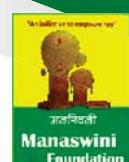
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	



### Dr. Shilpa Rahate

Naturopathy Doctor, Fashion Designer, Artist, and Social Activist, From expressing emotions through art to healing through naturopathy, And empowering others through fashion, her spirit persists. A journey guided by passion, purpose, and service to society.

07 July



### DRAWING COMPETITION ON THE THEME OF PATRIOTISM FOR SCHOOL CHILDREN

Manaswini Foundation, in collaboration with KDS, organized a drawing competition on the theme of Patriotism for school children. The competition witnessed enthusiastic participation from students across various age groups, who expressed their creativity and love for the nation through art.

The event was divided into five categories:

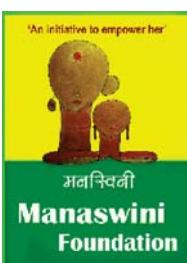
- Group A (Below 6 years) – My Flag, My Pride: Kaavya Sulabhe, Devrisha Bhuale, Siddhi Radhan
- Group B (6–9 years, Std. I–III) – India is My Home: Geetanshi Taywade, Shruti Panch, Prathamesh Bahadure
- Group C (10–13 years, Std. IV–VII) – Salute Our Real Heroes: Tijuya Sulabhe, Aarohi Lal, Roli Bombate
- Group D (14–16 years, Std. VIII–X) – India Through My Eyes: Aaradhya Brahme, Anant Chade, Apoorva Bonde
- Group E (17+ years) – My India in 2030: Atharva Gawande, Atul Choudhary, Rugved Chepe

All 15 winners were awarded useful prizes including school bags and exam boards. The judges appreciated the creativity and patriotic spirit of the participants. The event was successfully organized under the guidance of team members, whose efforts made the competition a grand success.



## AUGUST

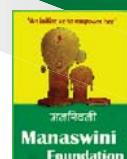
S	M	T	W	T	F	S
				1		
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					



### Yogita Deshmukh

Chairperson of VIA Lady Entrepreneurs Wing,  
Guiding women with vision and zing.  
With a heart for social work at Manaswini NGO, and others,  
Empowering lives wherever she may go.

08 August



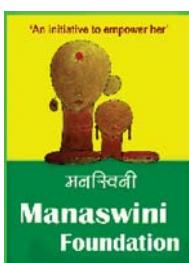
### HEALTHY SMILES, BRIGHT FUTURES: DENTAL CAMP

Manaswini Foundation in association with Dr. Khushbu Agrawal and Dr. Shruti Chouragade successfully organized a Dental Check-up Camp at Hadas CBSE School. Around 100 students were examined during the camp, where the doctors provided necessary guidance and prescriptions for maintaining good oral hygiene. The initiative highlighted the importance of oral health among school students, as early awareness and preventive care play a vital role in ensuring strong teeth, healthy gums, and overall well-being. Regular dental check-ups not only help in identifying issues at an early stage but also encourage children to adopt healthy habits from a young age. We extend our heartfelt gratitude to the school authorities for their support and cooperation in making this initiative a success.



## 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			



### Dr. Meghana Kumare

Dietitian, Lecturer, Author, and inspiration in every way,  
Balancing knowledge, care, and creativity every day.  
Enjoys music, dance, and home decoration,  
Turning her passions into an artful part.

09 September



### VOICES OF EXPRESSION - POETRY COMPETITION

Manaswini Foundation in collaboration with Vanita Vikas Vidyalaya, successfully organised a vibrant and inspiring Poetry Competition. The objective of this event was to encourage creativity and confidence among students of various age groups. Students from Nursery to Class 10 participated enthusiastically. After wonderful performances, the following students were declared winners in their respective groups:

#### List of Winners:

1. Group A	(Nursery)	– Preesha Badghare
2. Group B	(KG-1)	– Kartiki Diwate
3. Group C	(KG-2)	– Aditi Khobragade
4. Group D	(Class 1 & 2)	– Shivangi Lal
5. Group E	(Class 3 & 4)	– Ayush Waghade
6. Group F	(Class 5 & 6)	– Avani Randhye
7. Group G	(Class 7 & 8)	– Apoorva Bondre
8. Group H	(Class 9 & 10)	– Gayatri Sahare

The event received full support from Dr. Meenal Khedkar and the dedicated staff of the school. The competition was judged by Dr. Leena Nikam and Neelam Bowade, who appreciated the creativity and confidence of the participants.

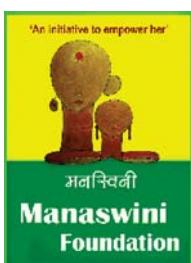
Rani Poshettivir sponsored the prizes for the children and also distributed snacks to the young students.

Manaswini Foundation expressed gratitude to the school, sponsors, teachers, and parents for their significant contribution in making the event a success. The aim of this initiative is to promote literary interest among children and inspire them to express themselves through poetry.



## 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



### Deepa Agrawal

A homemaker and Doctor of Acupressure,  
Proud achiever in the Limca Book of Records and the Asia Book of Records.  
Passionate about art, painting, cooking, and making new friends,  
Currently embracing the personal journey of learning the Bhagwat Geeta.  
A woman of dedication, creativity, and continuous learning.

10 October



### ART WITH PURPOSE: JUTE BAG DECORATION

Jute Bag Painting & Decoration Workshop Held at Vanita Vikas Vidyalaya Manaswini Foundation, in association with Shree Sai Pratap Sewa Sansthan, successfully organised a creative and skill-enhancing Jute Bag Painting and Decoration Workshop at Vanita Vikas Vidyalaya. The workshop was conducted by well-known handicraft experts Ms. Suman Dass and Ms. Manjusha Mokase. The workshop aimed to promote creativity, artistic expression, and environmental awareness among students. Participants were encouraged to use waste and recycled materials to decorate their jute bags, highlighting the importance of sustainability and eco-friendly practices. Around 30–32 students enthusiastically participated and took full advantage of this opportunity. Under the expert guidance of Ms. Dass and Ms. Mokase, they learned innovative painting styles, embellishment techniques, and creative ways to transform waste items into beautiful decorative elements. The workshop not only enhanced their artistic skills but also inspired them to adopt environmentally responsible habits in their daily lives. Manaswini Foundation and Shree Sai Pratap Sewa Sansthan extend their gratitude to the school management and the resource persons for making the workshop a great success.

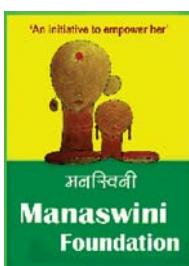


## NOVEMBER

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					



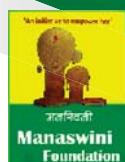
**Mrs. Suman Dass**



Master's in Foods & Nutrition Bright,  
Founder of Decokraft – Event Décor Company, bringing events to light.  
Diploma in Painting from J.J. School of Art, Mumbai,  
Professional Course in Beauty & Wellness, Nirmala Niketan, her journey's art.  
Recipient of Women of Substance Award 2024 (Army Sub Area, Nagpur),  
A heart so giving, a soul so pure.  
Motto: अपने लिए जिए तो क्या जिए, तू जी ऐ दिल ज़माने के लिए।

**11 November**

### WARLI PAINTING WORKSHOP



When Art Becomes a Voice of Hope...

Manaswini Foundation organized a Warli Painting Workshop at Bhide School & Junior College for Girls, where traditional art met young creativity. For many students, it was their first experience of Warli painting—an art form that beautifully tells stories of life, nature, and togetherness.

With the kind guidance of Ms. Priya Sinha, the girls learned how simple lines and dots can express deep feelings and meaningful stories. Every student took part with great enthusiasm, confidence, and happiness.

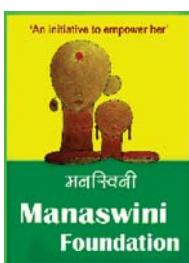
All the art materials, including colors and envelopes, were generously provided by renowned fine artist Ms. Suman Dass, making sure every girl could participate freely. This workshop was not just about painting. It was about self-expression, building confidence, and inspiring creative dreams in young minds.

Because when girls are given opportunities, they don't just learn — they shine.



## 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 far in a woman when he is a man.



12 December



### Birthday Celebration with School Girls

Birthday Filled with Smiles, Songs, and Kindness... Some birthdays are not just about cakes and candles, but about sharing love and happiness.

Ms. Yogita Deshmukh celebrated her birthday in a truly meaningful way by spending the day with the school girls who participated in the workshop. The girls sang a special birthday song for her, filling the atmosphere with joy and warmth.

The students relished a tasty, freshly prepared lunch along with a variety of sweets, lovingly arranged by Yogita. Laughter, smiles, and gratitude could be seen on every face.

For the girls, it was more than food — it was a feeling of care, togetherness, and being valued.

For Yogita, it was a reminder that true happiness lies in giving and sharing.

