



SEVA MANDAL EDUCATION SOCIETY'S

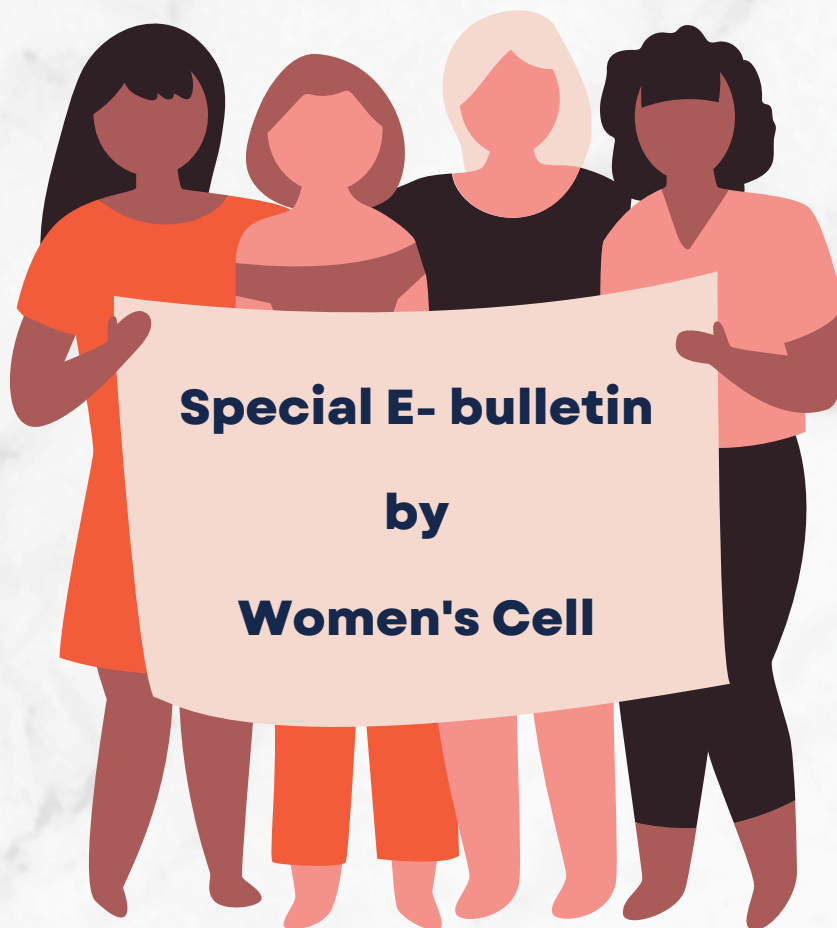
**Dr. Bhanuben Mahendra Nanavati College
of Home Science (Autonomous)**

NAAC Re-accredited 'A+' Grade with CGPA 3.69/ 4

UGC Status: College with Potential for Excellence

Best College (2016 - 2017) adjudged by S.N.D.T. Women's University

Selected under "Enhancing Quality and Excellence in Select Autonomous
Colleges Scheme" by Rashtriya Uchchatar Shiksha Abhiyan (RUSA)



**Invest in Women:
Accelerate Progress!**



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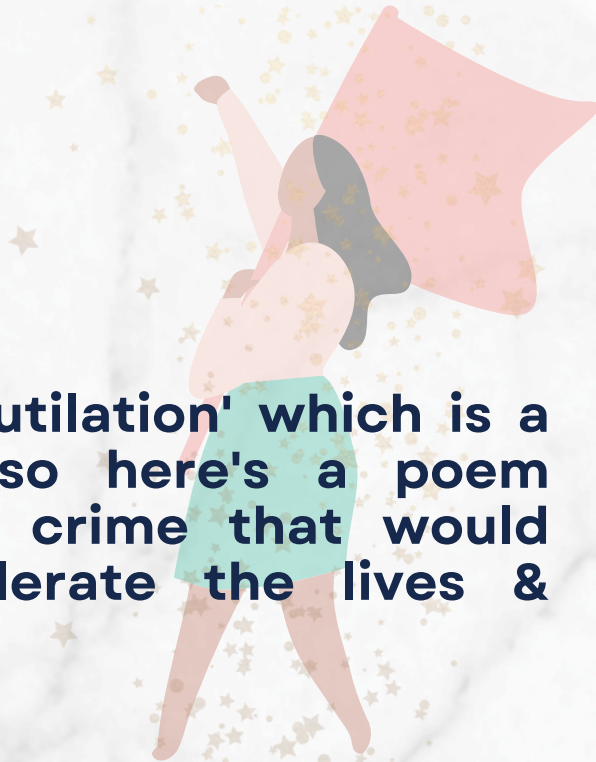
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[Matunga, Mumbai, Maharashtra](#)



There's a term 'female genital mutilation' which is a heinous and inhumane crime; so here's a poem requesting strict laws for such crime that would eventually safeguard and accelerate the lives & futures of teenage girls.

**"Age-old misogyny still continues;
What tradition is this, which is
remorseless & tears her genital tissue?
Out of pain, she bleeds and weeps,
Not just physical pain but this haunts
her even in her sleep,
Worsened mental health and evil
practice's monarchy,
Thousands of lives we destroy; just out
of the shackles of our patriarchy,
High time it is to stop all this and make
our girls educated,
Let's staunchly pledge that along with
strict laws,
all these inhumane practices will be
eradicated."**



**KIMAYA GHARAT,
SYBCA**





नारी मैं खुद में पूरी हूँ!

जननी हूँ, जीवन भी मैं!
जज्बाती पे मेरा जोर नहीं,
सशक्त हूँ व साकार भी हूँ मैं।
नारी हूँ, कमजोर नहीं।

दरपन हूँ व अम्स भी मैं,
जुका सके मुझे वो शख्स भी नहीं,
स्वाभीमानी हूँ व आत्म निर्भर भी मैं,
टूट के बिखर भब वो वक्त नहीं।

नहीं समझना आधी अधूरी,
नहीं अधूरी मैं खुद में पूरी।
साथ चलना हो तो हाथ बढ़ाना,
पछि हटना मुझे मंजूर नहीं।

**By: Manisha Diwakar
FYBsc (RM)**



UNSTOPPABLE WOMEN

नारी!

एक नारी सब पे भारी
ऐसे ही नहीं कहती यह दुनिया सारी,
सर्वगुण सम्पन्न यह पहचान है तेरी,
देवी का स्वरूप, शक्तियों का सार है तू नारी।
खुशी की लहर, साहस का सागर हैं तू
संसार का सबसे महत्वपूर्ण हिस्सा हैं तू।
तू हल है हर मुक्तिल की,
तू कल है इस दुननया का,
तुझसे है यह जगत,
तुझ बीन सब अधूरा सा।
लोग क्या कहेंगे... इससे अपने परो को मत काट,
खुद के सपन का गला मत घोट,
पींजरे में खुद की ख्वाइशो को कैद मत कर,
साहस के सागर को बंजर मत कर।
अपने आसमान में हक से अपने परो को फैला,
ख्वाइश के इस पींजरे को इस गोल धरती की सैर करा,
कर दे आज वह हर चीज मुम्किन जिस में दुनिया ने तुझे रोका,
नारी क्या ह ती है आज इस संसार के हर मनुष्य क समझा।

By:
Virti Shah ,TYND





INVEST IN WOMEN: ACCELERATE PROGRESS

The empowerment of women is the beat of change in the composition of progress. The saying, “Invest in women, accelerate progress”, is not just a timeless proverb but also an apt one that has stood the test of time. The rich artwork of Indian history contains stories of remarkable women who broke with social conventions and left a lasting impact on civilization. Their tales, which range from the bravery of Rani Padmini to the insight of Gargi Vachaknavi, resound with the tenacity and fortitude that characterize femininity.

Investing in women's careers is becoming more than simply a choice - it is a need as we stand at a turning point in human history. Several studies demonstrate the indisputable effect that women's economic engagement has on the GDP of the world. Economies prosper when women are successful. It's an overarching impact that penetrates society's growth and transcends numbers.

Financial support to women is overwhelming, but also a social dedication to shattering stereotypes and creating an atmosphere in which all women may thrive. Societies grow closer to a better future when they provide equal opportunity, healthcare, and education to women.

Yet, her journey isn't without challenges. The shadows of gender bias still loom large, inhibiting the full potential of women. It's a call to action, urging societies and businesses to shatter glass ceilings and create pathways for women to ascend and lead.





The stories of triumph over adversity, like those of Phoolan Devi or Kalpana Chawla, exemplify the resilience that lies within every woman. Their narratives serve as beacons, illuminating the path for future generations and reinforcing the importance of investing in women. Their stories act as arrows, pointing the way forward for coming generations and highlighting the value of supporting women at every stage.



Providing resources to women is essentially investing in a future in which equality is a reality rather than an idea. It's a driving force for advancement that touches people's hearts and minds in addition to economic metrics. Let's keep in mind the ancient wisdom that acknowledged women's power as we set out on this trip, as their advancement can accelerate the story of the entire world as a whole.

- SAKSHI GUPTA, SYBCA



Title: Chetna Sinha: Empowering Rural Women Through Financial Inclusion



‘Empowering women isn't just about giving them resources; it's about giving them the tools and opportunities to shape their own destinies.’

In the rural heartland of Maharashtra, Chetna Sinha is pioneering a movement to empower women through financial inclusion. Born and raised in a small village, Chetna Sinha experienced firsthand the economic challenges faced by rural women. Determined to make a difference, she founded the Mann Deshi Foundation, a grassroots organization dedicated to supporting women entrepreneurs and farmers.

One of Mann Deshi's flagship initiatives is the creation of women's cooperatives, where rural women come together to access financial services, receive business training, and share knowledge and resources. Through these cooperatives, women are breaking free from the cycle of poverty, starting their own businesses, and becoming financially independent. Chetna Sinha also established the Mann Deshi Bank, India's first bank for and by rural women. The bank provides loans, savings accounts, and insurance products tailored to the needs of women, empowering them to invest in their businesses, educate their children, and secure their futures.

Under Chetna Sinha's leadership, thousands of women have transformed their lives and communities. They are running successful businesses, sending their children to school, and challenging traditional gender roles. Chetna Sinha's vision of economic empowerment is not only lifting women out of poverty but also driving social change and creating a more equitable society.

Through her tireless advocacy and innovative approach, Chetna Sinha is proving that when women are given the tools and opportunities to succeed, they can become powerful agents of change. Her work is not only transforming the lives of rural women in India but also inspiring similar initiatives around the world.

**By,
AASTHA SHAH, SYBCA**



The Rush-Hour War



She walks into the metro, excited to begin the day.
The rain doesn't bother her, though she wishes it was May.
The train's door closes and seals her fate,
She doesn't know how the trip will be but she knows
she won't be late.

She moves to take a seat but is pushed aside
By newly-weds, a skinny husband and his beautiful bride.
She grunts in response but they pay no heed,
She thinks their PDA is unnecessary indeed.

She proceeds to grab the pole to steady herself,
But the woman in front of it won't budge nor help-
She is busy on her phone, as she fires her son,
Guess this mom will be going home and teaching him a
lesson.

She waits in her spot, trying not to fall over
When the next stop arrives and a 'BING' opens the door,
The crowd rushes in and pushes her to the back,
They are unwilling to cut anyone some slack.

Her stop is coming up soon and if she wants to get out,
She has to put up a fight or scream and shout,
But everyone is busy with their texting and lives.
They don't seem to mind her pushing them aside.

When her stop is at hand, she is pleased to be out,
The rush-hour was a war her morning could do without.

Her hair is disheveled and she feels faint.
Her clothes are a mess and so is her nail-paint.

As she walks to her office, she wears a smile,
At least she is on time and nothing can go wrong for a while,
But as she walks steadily reaching her lane,
The heavens open up and down pours the rain.



By:
Ms Manali Chavan
Faculty, Dept of Foundational
Courses



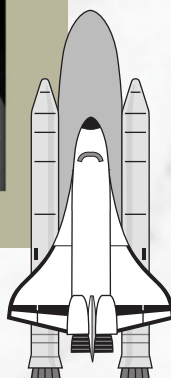
Women's spectacular achievements in various fields

Emmy Nominated Actor Shefali Shah's Rise to the Top: Shefali Shah, an Indian entertainment luminary, received international acclaim in 2023 with an International Emmy Award nomination for her work in "Delhi Crime 2." Her path from television to the silver film was defined by skill and perseverance. Embracing the digital world, her performance in "Delhi Crime" garnered international recognition, earning her a coveted Emmy nomination. Her narrative, as a source of talent and inspiration, offers a better, more inclusive future for Indian cinema in the world arena.



RITU KARIDHAL

Senior Scientist,
ISRO



Ritu Karidhal the Women Scientist behind Mission Chandrayaan-3: On July 14, 2023, at 2:35 p.m., ISRO launched Chandrayaan-3, India's third lunar exploration rocket, headed by Dr. Ritu Karidhal Srivastava. A team of 54 female scientists participated in the trip. Following Chandrayaan-2 failures, ISRO's GSLV Mark 3 LVM-3 rocket completed the mission. The achievement not only promotes lunar exploration but also highlights the important role of women in space science.



Women's spectacular achievements in various fields



First Woman Commanding Officer appointed by the Indian Navy: Chief Admiral R Hari Kumar announced the appointment of the Indian Navy's first female commanding officer of a naval ship, marking a historic milestone. The Navy already has over 1,000 female Agniveers thanks to its adherence to the 'all roles-all ranks' concept. Admiral R Hari Kumar praised the last year's extraordinary achievements across planes, ships, and submarines, sustaining a high operational tempo in missions involving law enforcement, diplomacy, and military operations



Disha Naik, India's First Female Airport Firefighter: Disha Naik became India's first female airport fireman, breaking down gender boundaries in the aviation industry. Her adventure began when she joined the Aerodrome recovery and Firefighting unit in Mopa, Goa, and culminated in her accreditation as the first woman to operate a Crash Fire Tender for aircraft recovery. This landmark not only represents a change in conventional roles, but also demonstrates GGIAL's dedication to diversity and fair opportunity. Disha Naik's pioneering career serves as an example for women in aviation, demonstrating the possibility of breaking down boundaries in unusual jobs.





Art Gallery!

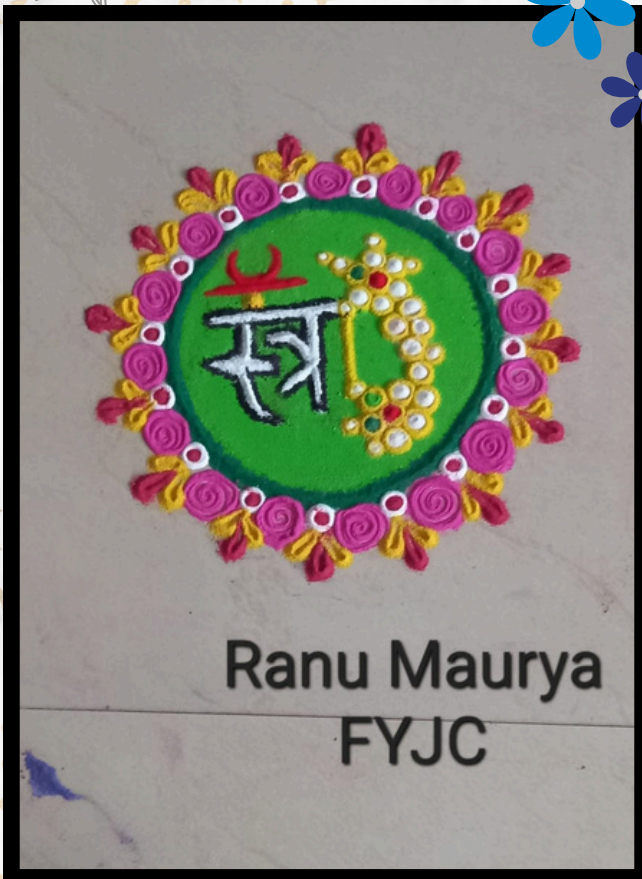
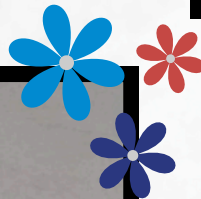


By: AKSHA SHAIKH - SYHD, BSC





**NSS Unit organised
Rangoli competition
on the theme
'Beti Bachao Beti Padhao'
on 7th March 2024**





I AM
Strong

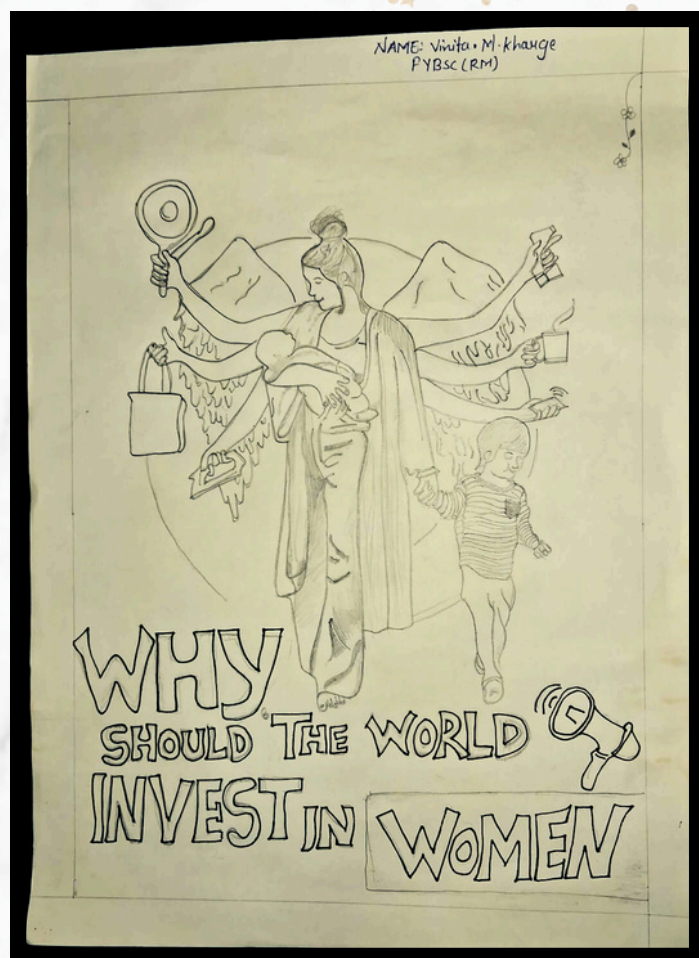
Beautiful

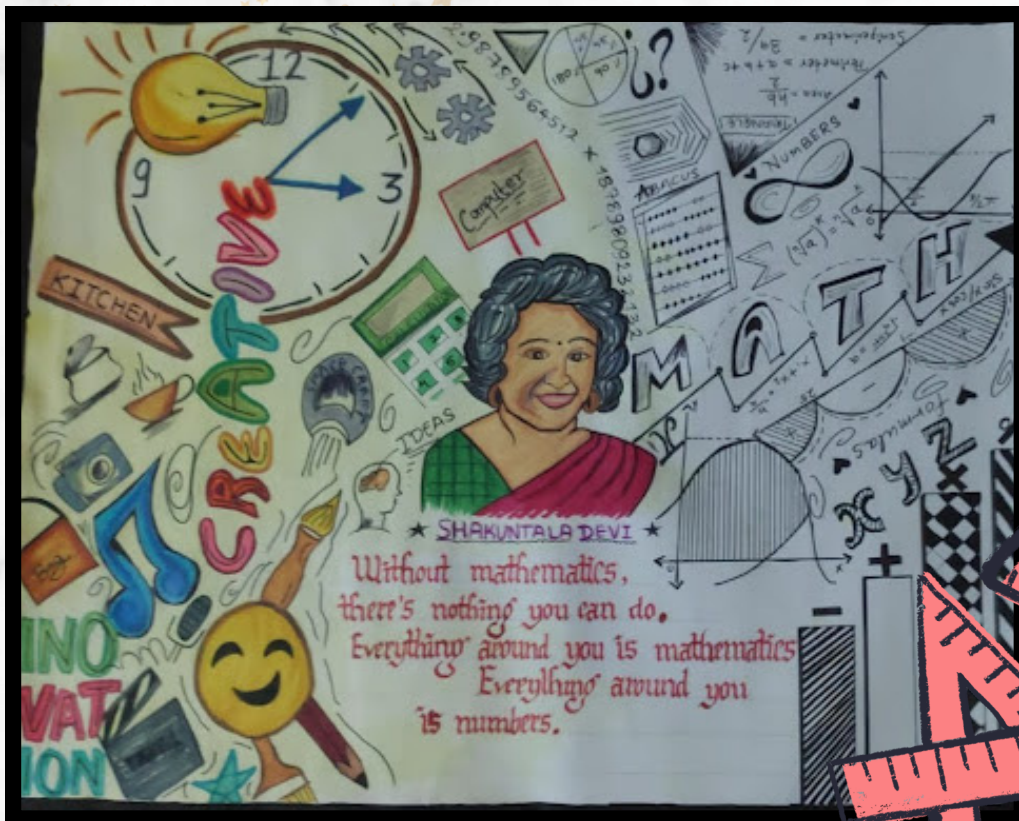


**Celebrate the
strength and beauty
of women everyday!!**

By:
Ms. Sargam Parulekar
FYBsc(RM)

By:
Ms. Vinata Kharge
FYBsc(RM)





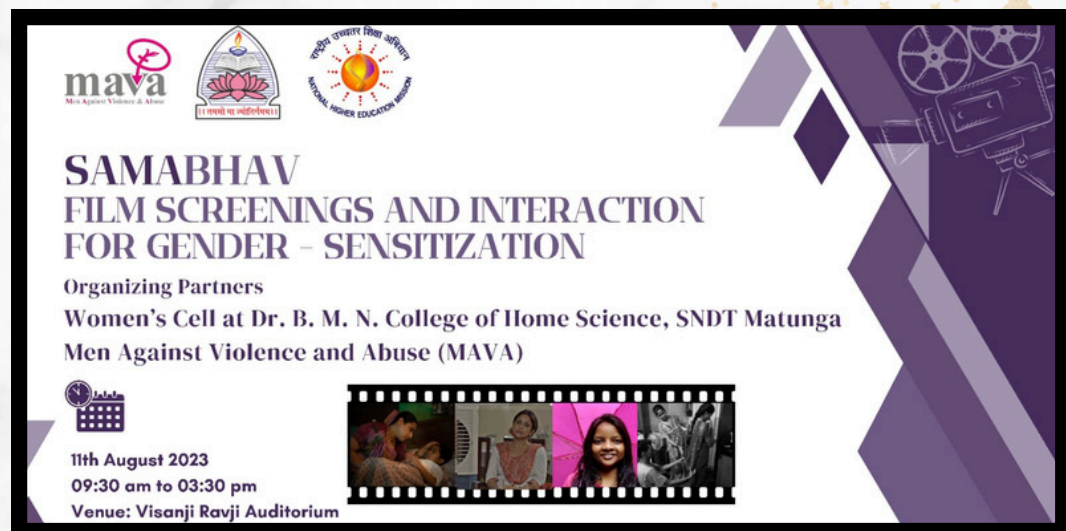
PRIYANKA CHILE, TYBCA

Dr. BMN College of Home Science



Activities at Glance.....

**MAVA Film Screening
was
organised on
11th August
2023**

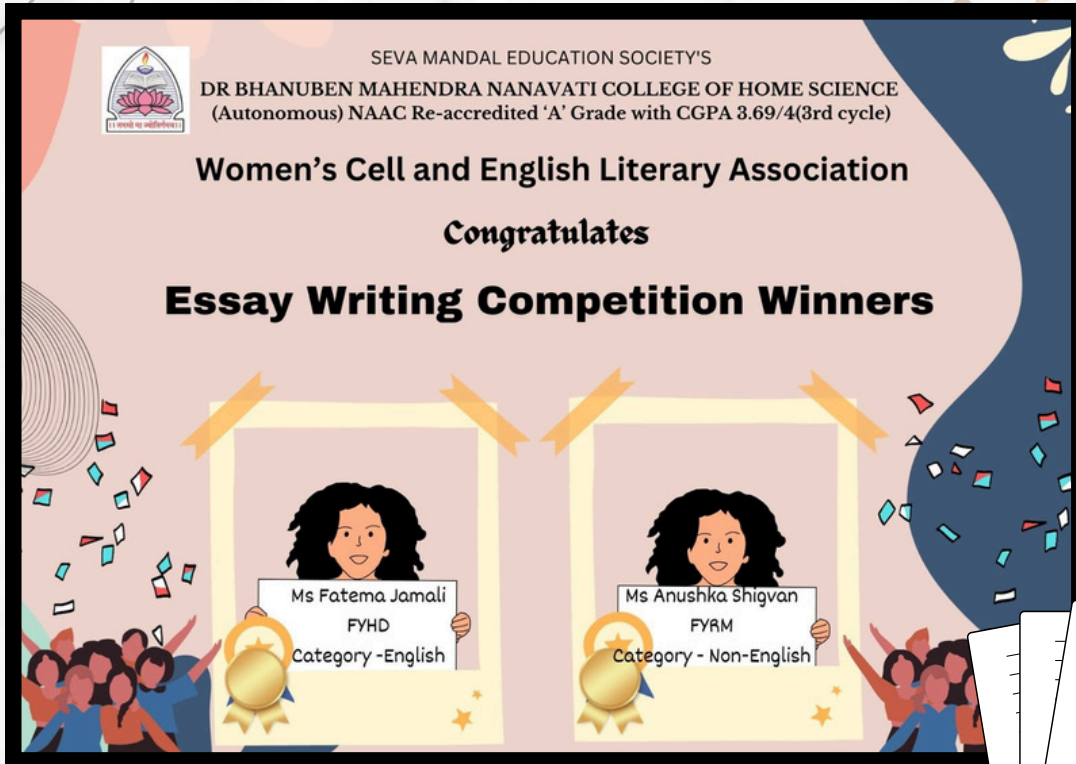


**A glimpse of
Debate
Competition
conducted
for FYBSc
students was
organised on 01st
February 2024**

**Winner Of
Gender
Champion Award
- Ms Aastha Shah,
SYBCA**



Activities at Glance.....



Essay Writing
Competition was
organised on 02nd
February 2024



Activities at Glance.....



A session in collaboration with Rotary Club of Bombay East was organised on 17th February 2024



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This Bulletin is brought to you by members of
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