



Shubham Charitable Association

ANNUAL REPORT

2023-24

Prepared By :

PAYAL BAJAJ



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About Shubham

The sole objective of Shubham Charitable Association is to promote women's health and socio-economic empowerment through sensitivity and prosperity. Since 1998, Shubham has made thousands of women in Meghalaya's capital Shillong and its surrounding rural areas self-reliant by training them in various fields through skill development.

Another major initiative of Shubham is: “Mission Zero Waste Period”

Promotion of sanitary pads and panties made from natural and reusable fabrics for period hygiene and comfort.

Through this scheme, Shubham is not only protecting the environment but also providing a medium to a large number of women to achieve economic independence. Along with this, the scheme is also playing an important role in promoting respect and inclusion of women in the Indian society.

Through this project Shubham has paved the way for prosperity and economic upliftment for health and socially poor women in the society.

Shubham's resolution is to eradicate 500 crore waste generated from menstrual trash by 2030, which will be a huge achievement not only for Indian women, but for the entire society.



Divine Blessing



Shubham was founded under the divine blessings of Shree Shree Thakur Anukul Chandra of Satsang, Deoghar, and operates under the spiritual guidance of Rev. Acharya Dev of Satsang.

Guided by the profound words of Shree Shree Thakur, "Know this for certain: you are responsible for the present and future—of yourself, your family, your environment, and your country."

Shubham's mission is deeply rooted in these principles. We are committed to upholding these values in all our social endeavors, striving to make a positive impact on society.



Editorial

Like every year, this year too we get the opportunity to publish our report concluding another excellent year with Shubham Charitable Association. During this year, we reviewed the policies of the society, stepped on the path of growth, and showed resolve for prosperity and upliftment for every member of the community.

Our Annual Report book is certainly a symbol of our gratitude and respect for the efforts and support of every member of our community. Here, we have focused on broad topics, such as access to health services, environmental protection, and women empowerment. Apart from this, we have conducted many researches and studies on various topics, which provide us new avenues to bring positive change in the society.

Through our commitment, we lay the foundation for a strong community that is strong socially, economically, and environmentally. In this journey, we have faced many challenges, but through our strength and organizational ability we have overcome them.

From this experience, we have seen once again that the power of a community coming together is unmatched. As we move forward, we hope our partners and supporters will join us, so that together we can move toward even for a greater change.
With thanks and best wishes,

Payal Bajaj
Editor

"Service is the universal currency of humanity. It transcends language, culture, and creed, enriching both the giver and the receiver."



From the desk of President

It is with great pride and gratitude that I congratulate and provide best wishes to all my colleagues on the occasion of the presentation of the annual report of our organization Shubham Charitable Association. This publication of ours is a proof of our team's unwavering commitment towards collective efforts for social work.

Through our organization Shubham Charitable Association, which has been dedicatedly working for the development of women in Meghalaya, Assam and other states of India for the last 25 years, since 1998. We have opened more than 10 training centers for the skill development and more than 25,000 women had the opportunity of free training.

In a special initiative, we have manufactured reusable sanitary pads and panties from advanced fabrics for the first time in North East India. This effort is for the lakhs of sisters and daughters living in rural areas, who even today use clothes during menstruation and are not able to get easy access to clean and hygienic clothes. It is also for all those women who prefer to use this new and eco-conscious product instead of traditional use and throw sanitary pads. We have named our product "Fresh Pad" and dedicated it to our mother earth so that we can avoid the mess of monthly waste by our product and keep our earth pure.

This effort of ours covers both social and environmental aspects and new employment opportunities will also be available for the women who join this effort.

We have prepared the upcoming year 2024-2025 to be the beginning of a big campaign as we have pledged to keep our nation's land pure from 500 crore menstrual waste by 2030 under our campaign "Zero Waste Period". For this we will need to reach our "Fresh Pads" to 5 lakh women. It is a matter of joy that we have a team of enlightened women from 15 states of India with us to help us reach our goal. I congratulate and welcome them all.

While we strive to achieve our goals, we are committed to maintaining high standards and taking special care to ensure that the quality of our "Fresh Pads" is maintained. At the same time, we are committed to ensuring that there is no deterioration in the quality of our product and that it will be used consistently in the areas we reach.

We will continue to improve the quality of our pads based on the experiences of women who use "Fresh Pads".

We have moved forward with the goal of providing employment to thousands of women along with protecting our environment. We hope that we will get support from all social, business and government organizations and we will be able to reach our goal.

Thank you

Pushpa Bajaj
Chairperson

From the desk of Secretary



Dear Members and all, as we know Shubham Charitable Association was established in the year 1998 by Mrs. Pushpa Bajaj from a small room, today reached to a national identity by spreading its activities to 15 states of India.

As the secretary of the Shubham Charitable Association, it is my privilege to extend my warmest greetings to you all as we come together to commemorate another year of remarkable achievements and unwavering dedication to our cause.

This annual book stands as a testament to the collective efforts and tireless commitment of our association's members, volunteers, and supporters. Within its pages, you will find stories of compassion, resilience, and hope that serve as a reminder of the profound impact we have made in the lives of those we serve.

Throughout the past year, our association has continued to uphold its mission of serving the community with compassion and dignity. From providing essential services and support to advocating for positive change in our communities, each of us has played a vital role in advancing our shared vision of a more equitable and inclusive society.

I am continually inspired by the dedication and generosity displayed by our members and partners, whose unwavering commitment has been instrumental in our success. It is through your selfless contributions and tireless efforts that we can make a tangible difference in the lives of others, and for that, we are deeply grateful.

As we reflect on the past year's accomplishments, Shubham has conducted Skill Development Training Programs in various courses like Wood Shaping and Handicraft, Tally and GST, Beauty and Wellness, Tailoring and Embroidery, Mehendi Arts, etc. Apart from Shillong, these trainings were being conducted in our rural training centers of Meghalaya and Assam. These training centers includes Mawlyngbna, Pynursla, Kongthong, Jalaphet,, Tyrsad Umkseh and others from Meghalaya and Udalguri in Assam. We trained a number of 700 beneficiaries in total for all the trades and for which we received a sponsorship for 120 candidates from MSSDS under the Project of Skills Meghalaya for Wood Shaping (30 candidates) and Tally & GST (90 candidates).

We conducted various health awareness and medical camps in rural areas in collaboration with NEIAH, Cleaning drives in collaboration with OCU, EDP programs for the beneficiaries, Kids Camp for Child Welfare, Employment Generation and Entrepreneurship, etc.

I am thrilled to share with you our dream project, Mission Zero Waste Period, a groundbreaking initiative aimed at revolutionizing menstrual hygiene practices, promoting economical menstruation, and safeguarding our environment.

Our vision for Mission Zero Waste Period is simple yet profound: to create a lasting impact on menstrual hygiene, economic empowerment, and environmental sustainability. By introducing our innovative reusable sanitary pads and panties, aptly named "Fresh Pad," we are taking a bold step towards making our country free from period waste.

Through this mission, Shubham Charitable Association resolves to eradicate waste of 500 crores of traditional use-and-throw sanitary pads, paving the way for a cleaner, healthier India. By manufacturing and promoting Fresh Pad, we are not only providing women with a sustainable and cost-effective alternative for periods but also providing employment to numerous females across the country championing environmental conservation and waste reduction efforts. With Mission Zero Waste Period, we aspire to empower women with the knowledge, resources, and tools they need to manage their menstrual health in a sustainable and environmentally conscious manner. By promoting the use of reusable sanitary products, we aim to foster a culture of menstrual hygiene that is inclusive, accessible, and environmentally responsible.

But our mission doesn't end here. We recognize that achieving zero-waste period requires a collective effort and a commitment to education, advocacy, and action. That's why we are calling on individuals, communities, and other associations to join us in our quest to make India cleaner, greener, and more sustainable for future generations.

I would also like to express my gratitude to our dedicated team of members and staff, whose hard work and dedication have been instrumental in the success of our association's initiatives. Your passion, commitment, and unwavering spirit of service are an inspiration to us all, and I am honored to work alongside each of you.

As we present this year's annual book, may it serve as a reminder of the incredible impact we have made together and inspire us to continue working towards our shared goals with renewed vigor and determination.

Thank you once again for your continued support, dedication, and commitment to the mission of Shubham Charitable Association. Together, we can create a brighter and more compassionate future for all.

With regards,
Smt. Sumitra Chandgothia
Secretary



From the desk of Treasurer

As the treasurer of the Shubham Charitable Association, it is my privilege to extend my heartfelt greetings to you all as we gather to commemorate another year of impactful initiatives and unwavering dedication to our cause.

I am humbled by the trust and confidence that people have placed in our organization, and I am proud to report that all the contributions, donations, and financial support have been instrumental in advancing our mission of compassion, service, and upliftment.

Throughout the past year, we have worked diligently to ensure that every rupee entrusted to us is utilized efficiently and effectively to maximize its impact. Whether it be through providing essential services and support to those in need or investing in sustainable and innovative solutions to address pressing social challenges, we remain steadfast in our commitment to fiscal responsibility and transparency.

I am pleased to report that, thanks to your generous contributions and the dedication of our team, we have been able to achieve significant milestones and make a meaningful difference in the lives of countless individuals and communities.

With regards,
Smt. Sushila Gupta
Treasurer



SHUBHAM AGARWALA & Associates

To whom it may concern

Certificate

This is to certify that Shubham Charitable Association having its registration office at Kench's Trace, Rilbong, Shillong – 793004, has the following financial for last 3 year, as per the audited financial statements:

Sl. No.	Financial Year	Annual Turnover (Rs.)	Net Worth (Rs.)	Revenue from Fee-Based programs (Rs.)
1	2021-22	₹ 5122778.00	₹ 6818401.33	₹ 4472713.00
2	2022-23	₹ 3960249.94	₹ 6851100.66	₹ 3033482.93
3	2023-24	₹ 3194134.00	₹ 6901201.69	₹ 2026796.00

Note : The Amount of FY 2023-24 is unaudited, since auditing data is still under processing.

Place : Shillong

Date : 15/06/2024

For Shubham Agarwala & Associates

Chartered Accountants



CA Shubham Agarwala
(Membership No : 307240)

Meet Our Team



KANAK GOYAL
CHIEF CONVENOR

It is with great pleasure and humility that I address you all as the Chief Convenor of Shubham Charitable Association. As we navigate the dynamic landscape of philanthropy, I am reminded of the profound impact that each one of us can make when we unite under a common vision of compassion and service.



MEENAKSHI BAJORIA
HEAD : PROJECT IMPLEMENTATION

As the Head of Project Implementation, I have had the privilege of witnessing firsthand the transformative power of humility in action. From our dedicated members and staffs who work tirelessly behind the scenes to our beneficiaries who demonstrate resilience in the face of adversity, it is the humility of each individual involved that fuels our collective impact.



SILKY BAJAJ
HEAD : PROJECT PREPARING

As the Project Preparing Head of Shubham Charitable Association, I am honored to share with you the spirit of anticipation and determination that defines our approach to creating a brighter tomorrow. In every endeavor we undertake, we are driven by a deep-seated commitment to proactive planning and strategic foresight, ensuring that our projects are not only impactful but sustainable for the long term.



PAYAL BAJAJ
HEAD : MANAGEMENT OF FINANCE

At Shubham Charitable Association, we believe in the transformative power of empowerment—the notion that every individual, regardless of their background or circumstance, has the potential to effect positive change in their lives and communities. As Management and Finance Head, I am committed to upholding this principle in all aspects of our work, from decision-making processes to resource allocation strategies.

Designation	Key Roles
President/Vice President	• Long-range, strategic planning. • Develop, enforce and re-evaluate Organization policies and procedures. • Analyze budgets and financial reports regularly.
Secretary/Joint Secretary	• Role of disseminating information to all members and stakeholders. • Giving proper notice of any meetings. • Timely distribution of materials such as agendas and meeting minutes.
Treasurer	• Funding, fundraising and sales. • Financial planning and budgeting. • Financial reporting. • Banking, book-keeping and record-keeping. • Control of fixed assets and stock.
Head of Administration	• Setting up of our skill Centre and its maintenance. • Resource Mobilization and its utilization. • Arranging Workshop of all kinds.
Head of Management	• Finalization of Accounts. • Oversee Placement Activities of skilling Projects. • Managing print & social Media.
Manager MIS	• Responsible for Project implementation plan. • Coordinating with all external parties. • Directing all computer-related activities.



HR Policy



**Corruption and anti
bribery**



Sexual Harassment Policy



Procurement Policy



Whistle Blower Policy



**Financial Management
Policy**

Vision And Mission

Vision

- Our Vision is to develop a world free from all discrimination where everyone has the opportunity to realize their potential and can deliver the most in terms of development.

Mission

- The Prime Mission of Shubham Charitable Association is to empower people and communities in situation of poverty, illiteracy, disease and social injustice.
- Our intended aim is to achieve large scale of positive changes through skill, economic and social programs that enable, especially women to realize their inbuilt potentials.

VALUE

- “If I am not for myself, who am I?
- When I am only for myself, what am I?
- And if not now,
- When?

"Unlocking Opportunities: Shubham's Free Tally and GST Training Empowers Meghalaya's Youth"

In a world increasingly driven by digital technologies and evolving business landscapes, acquiring specialized skills is more crucial than ever, particularly for the youth seeking avenues for sustainable livelihoods. Recognizing this need, a transformative initiative spearheaded by Shubham has emerged, offering free training in Tally and GST to over 100 enthusiastic youths in Meghalaya. This initiative not only equips the participants with invaluable skills but also opens up a plethora of opportunities in the job sector, heralding a new era of empowerment and prosperity for the youth in the region.



Meghalaya, known for its breathtaking landscapes and vibrant culture, has long grappled with challenges related to unemployment and under employment, especially among its youth demographics. However, the tide is turning with initiatives like Shubham's Tally and GST training program, which acts as a catalyst for socioeconomic transformation. By providing specialized training in two of the most essential areas of modern accounting and taxation, this initiative empowers the youth to become skilled professionals capable of contributing meaningfully to the workforce and economy.

The significance of Tally and GST proficiency in today's job market cannot be overstated. Tally, a widely used accounting software, streamlines financial operations for businesses of all sizes, while GST (Goods and Services Tax) is a cornerstone of India's taxation system, requiring expertise for compliance and optimization. Mastery of these tools not only enhances employability but also empowers individuals to pursue entrepreneurial ventures with confidence, driving economic growth from the grassroots level.



Shubham's initiative goes beyond mere skill-building; it embodies a commitment to inclusive development and community upliftment. By offering free training to the youth of Meghalaya, regardless of their socioeconomic backgrounds, barriers to access are dismantled, and doors to opportunity swing wide open. The program fosters a culture of learning and collaboration, fostering a supportive ecosystem where participants can thrive and grow.

The impact of this initiative reverberates far beyond the confines of the training sessions. As trainees of the program enter the job market armed with newfound skills and knowledge, they become agents of change within their communities. Their success stories inspire others to pursue similar paths, creating a ripple effect that catalyzes positive change on a larger scale. Moreover, the infusion of skilled professionals into the workforce enhances productivity and competitiveness, positioning Meghalaya as a hub of innovation and dynamism.

Furthermore, the partnership between Shubham and the youth of Meghalaya exemplifies the power of grassroots initiatives in addressing pressing societal issues. By harnessing local talent and resources, sustainable solutions are crafted from within, ensuring long-term impact and resilience. This bottom-up approach fosters ownership and empowerment, nurturing a sense of pride and self-reliance among participants as they chart their own paths to success.

Looking ahead, the success of Shubham's Tally and GST training program serves as a beacon of hope and inspiration for other communities grappling with similar challenges. It underscores the transformative potential of education and skill development in unlocking opportunities and fostering inclusive growth. As more stakeholders rally behind such initiatives, the horizon of possibilities expands, paving the way for a brighter, more prosperous future for the youth of Meghalaya and beyond.

In conclusion, the journey of empowerment embarked upon by Shubham and the youth of Meghalaya through the Tally and GST training program is a testament to the power of education, entrepreneurship, and community collaboration. By investing in human capital and fostering a conducive environment for skill development, we are not only shaping individual destinies but also charting a course towards a more equitable and vibrant society. As the torchbearers of change, we illuminate the path towards a future where opportunities abound, and dreams know no bounds.



Empowering Youth: Shubham's Free Wood Shaping Training Opens Doors to New Opportunities in Meghalaya

In a world where craftsmanship and creativity converge, the art of wood shaping stands as a timeless testament to human ingenuity and skill. Recognizing the immense potential within this traditional craft, Shubham has embarked on a transformative journey to empower the youth of Meghalaya by offering specialized training in wood shaping. Through this initiative, more than 50 enthusiastic young individuals have been provided with free training, paving the way for new opportunities and sustainable livelihoods in the region.

Meghalaya, known for its rich cultural heritage and natural beauty, has long been a treasure trove of traditional crafts and artisanal skills. However, in the face of modernization and shifting economic landscapes, many of these age-old crafts have faced the threat of obsolescence. Yet, amidst these challenges, lies an opportunity for revival and reinvention, and wood shaping emerges as a beacon of hope for the youth seeking avenues for self-empowerment and economic independence.

Shubham's wood shaping training program represents a holistic approach to skill development, encompassing both traditional techniques and modern innovations. Participants are introduced to the fundamentals of woodworking, including carving, sculpting, and finishing, under the guidance of seasoned artisans and craftsmen. Through hands-on learning experiences and practical demonstrations, they gain a deeper understanding of the craft and acquire the technical proficiency needed to excel in this field.

The significance of wood shaping in today's job market cannot be overstated. From furniture making to artisanal handicrafts, there exists a growing demand for skilled woodworkers capable of producing high-quality, bespoke creations.



Moreover, with the rise of sustainable and eco-friendly practices, there is an increased appreciation for handcrafted wooden goods crafted with care and attention to detail. By equipping the youth with the necessary skills and knowledge, Shubham's training program not only enhances their employability but also positions them as torchbearers of a rich cultural legacy.

The impact of Shubham's wood shaping training extends far beyond the confines of the workshop. As trainees of the program enter the job market or embark on entrepreneurial ventures, they become agents of change within their communities. Armed with newfound skills and confidence, they contribute to the preservation of traditional crafts and promote economic growth at the grassroots level. Moreover, by fostering a culture of entrepreneurship and innovation, Shubham empowers individuals to create their own opportunities and shape their own destinies.

The success of Shubham's wood shaping training program serves as a testament to the transformative power of education and skill development. By investing in the youth of Meghalaya and providing them with the tools they need to succeed, Shubham is not only unlocking doors to new opportunities but also building a brighter future for generations to come. As these young woodworkers harness their talents and passion, they not only carve out beautiful creations from wood but also carve out a path towards prosperity and self-reliance.

In conclusion, Shubham's wood shaping training initiative represents a beacon of hope for the youth of Meghalaya, offering them the chance to explore their creativity, hone their skills, and chart their own course towards success. Through this program, Shubham is not just shaping wood; it is shaping futures, empowering individuals, and transforming communities. As the echoes of this initiative reverberate throughout Meghalaya, they serve as a reminder of the boundless potential that lies within each individual and the transformative impact that can be achieved through education, empowerment, and opportunity.



EMPOWERING YOUTH THROUGH FREE BEAUTY AND WELLNESS TRAINING: SHUBHAM'S IMPACT IN MEGHALAYA



In Meghalaya, the youth are finding new avenues for employment and livelihood through a unique initiative spearheaded by Shubham. Recognizing the immense opportunities in the beauty and wellness sector, Shubham has provided specialized training to over 100 young individuals, offering them skills and prospects for sustainable careers.

The Importance of Beauty and Wellness Training: The beauty and wellness industry is experiencing remarkable growth globally, driven by increasing consumer awareness and demand for self-care and grooming services. In Meghalaya, as elsewhere, this sector presents a promising opportunity for economic empowerment, particularly for youth seeking meaningful employment opportunities.

Shubham's Initiative: Understanding the potential of the beauty and wellness sector, Shubham has taken proactive steps to empower the youth of Meghalaya. Through his initiative, Shubham has organized free training sessions covering various aspects of beauty and wellness, including hairstyling, skincare, makeup, and other beauty services. By providing hands-on training and theoretical knowledge, Shubham aims to equip participants with the necessary skills to thrive in this dynamic industry.

Impact on Youth: The impact of Shubham's training initiative has been profound. Over 100 young individuals from diverse backgrounds have benefited from the program, gaining valuable expertise and confidence to pursue careers in beauty and wellness. For many, this training has been a gateway to economic independence and self-sufficiency, as they now possess marketable skills sought after by salons, parlours, and wellness centers.



Opportunities for Livelihood: With their newly acquired skills, the trained youth of Meghalaya are poised to capitalize on the burgeoning opportunities in the beauty and wellness sector. From opening their own beauty parlors to securing positions in established salons, the avenues for employment and entrepreneurship are vast. Moreover, the demand for skilled beauty professionals extends beyond local markets, offering the possibility of regional and national employment opportunities.

Community Development: Beyond individual empowerment, Shubham's initiative contributes to the overall development of the community. By nurturing a pool of skilled professionals, the initiative supports the growth of local businesses and stimulates economic activity in Meghalaya. Additionally, the positive ripple effects of this empowerment extend to families and communities, fostering a culture of self-reliance and prosperity.

Conclusion: Shubham's dedication to empowering the youth of Meghalaya through free beauty and wellness training reflects a commitment to sustainable development and inclusive growth. By equipping young individuals with marketable skills and opportunities for livelihood, Shubham not only transforms individual lives but also contributes to the socioeconomic progress of the region. As more youth embrace careers in beauty and wellness, the ripple effects of this initiative will continue to shape a brighter future for Meghalaya.

"UNLOCKING ECONOMIC POTENTIAL: EMPOWERING MEGHALAYA'S YOUTH THROUGH FREE TAILORING AND EMBROIDERY TRAINING"



In Meghalaya, the youth face a landscape rich with potential in the tailoring and embroidery job sector. Recognizing this, Shubham has taken proactive steps to provide specialized training to over 250 young individuals, paving the way for new livelihood opportunities.

Exploring Tailoring as a Career Path: The Tailoring and Garment making industry represents a burgeoning field with diverse career avenues. From stitching and cutting to designing new garments and embroidery artistry,

this sector offers a spectrum of opportunities for individuals seeking meaningful employment and entrepreneurship. Shubham's Training Initiative: Driven by a commitment to youth empowerment, Shubham has initiated a program offering free training in tailoring and embroidery. Through hands-on workshops and theoretical instruction, participants are equipped with the skills and knowledge necessary to excel in this dynamic industry.

Impact on Meghalaya's Youth: The impact of Shubham's training initiative extends far beyond skill acquisition. For the youth of Meghalaya, this program represents a gateway to economic independence and self-sufficiency. Armed with newfound expertise, they are empowered to pursue careers that align with their passions and aspirations.

Creating Pathways to Livelihood: The training provided by Shubham opens doors to a multitude of livelihood opportunities for Meghalaya's youth. Whether they choose to establish their own tailoring ventures, seek employment in established shops, or explore freelance opportunities, the skills acquired enable them to thrive in a competitive market.

Fostering Community Development: Shubham's initiative not only transforms individual lives but also contributes to the socioeconomic development of Meghalaya. By nurturing a skilled workforce, the program stimulates local economies, encourages entrepreneurship, and fosters a sense of community pride and resilience.

Conclusion: Shubham's commitment to empowering Meghalaya's youth through free tailoring and embroidery training underscores the transformative power of education and skill development. As participants embark on their professional journeys, they carry with them the tools and confidence to shape their futures and contribute to the prosperity of their communities. Through initiatives like this, the potential for inclusive growth and sustainable development in Meghalaya is truly boundless.

**EMPOWERING RURAL WOMEN: SHUBHAM CHARITABLE ASSOCIATION'S
CERTIFICATION PROGRAM IN TYRSAD VILLAGE, EAST KHASI HILLS, MEGHALAYA**

On February 13, 2024, the Tyrsad Umkseh village witnessed a landmark event as the Shubham Charitable Association conducted a certification program for tailoring and hand embroidery batches. This initiative, aimed at empowering rural women, reflects Shubham's commitment to skill development and socio-economic upliftment in marginalized communities.

Skill Training Center Initiative: Shubham Charitable Association established a skill training center in Tyrsad Umkseh village the previous year, with a vision to equip rural women with valuable skills for sustainable livelihoods. Over the course of the training program, candidates received comprehensive instruction in tailoring and hand embroidery, paving the way for their professional growth and economic independence.

Certification Ceremony: The certification ceremony, graced by esteemed dignitaries including Mr. Dabit Khasain, Rangbah Shnong of Tyrsad Umkseh, Mr. Approlin Dohling (Project Coordinator of Shubham), Mrs. Sushila Gupta (Treasurer, Shubham Charitable Association), and Mrs. Pushpa Bajaj (Chairperson of Shubham Charitable Association). They all celebrated the accomplishments of the trainees.



CELEBRATING SUCCESS: LILIDA KHARKONGOR HONORED WITH SKILL ICON AWARD FOR ENTREPRENEURSHIP IN GARDENING SECTOR

We are thrilled to announce that our student, Ms. Lilida Kharkongor, has been awarded the prestigious Skill Icon Award by the Chief Minister of Meghalaya as part of the Skillerate Program of MSSDS. Ms. Kharkongor was recognized for her exceptional entrepreneurship in the field of gardening, a testament to her talent, dedication, and hard work.

Ms. Kharkongor's journey to success is a shining example of the transformative power of skills development and vocational training. As a trainee of Shubham under the Skills Meghalaya project of MSSDS, she embarked on a course in gardening cum nursery raising, where she honed her skills and discovered her passion for entrepreneurship in the gardening sector.

Throughout her training, Ms. Kharkongor exhibited exemplary commitment and enthusiasm, embracing every opportunity to learn and grow. Armed with newfound knowledge and skills, she ventured into the world of entrepreneurship with determination and vision, establishing herself as a leader in the gardening industry.

The Skill Icon Award is a well-deserved recognition of Ms. Kharkongor's accomplishments and contributions to the field. Her innovative approach, creativity, and dedication have not only propelled her own success but have also inspired others in the community to pursue their entrepreneurial dreams.

We extend our heartfelt congratulations to Ms. Lilida Kharkongor on this remarkable achievement. Her journey serves as an inspiration to us all, reminding us of the transformative power of skills development in unlocking individual potential and driving economic growth.



CULTIVATING SELF-RELIANCE: SHUBHAM'S PICKLE MAKING WORKSHOP SPARKS ENTREPRENEURSHIP



In the journey towards self-reliance and economic empowerment, grassroots initiatives play a pivotal role in nurturing skills, fostering entrepreneurship, and creating opportunities for sustainable livelihoods. Shubham, a trailblazer in this regard, has carved out an indelible mark in the realm of self-reliance through innovative workshops and skill-building endeavors. One such endeavor, led by members Sumitra Chandgothia and Urmila Singhania, recently unfolded as they imparted invaluable knowledge on the art of making raw mango pickle. This workshop not only served as a platform for learning but also illuminated the path towards a burgeoning pickle-making industry, offering a viable avenue for employment and entrepreneurship.

In contemporary times, pickle-making has transcended its traditional roots to emerge as a burgeoning business opportunity. With an increasing demand for artisanal and homemade products, the pickle industry presents a fertile ground for aspiring entrepreneurs seeking avenues for self-employment and financial stability. The workshop facilitated by Sumitra Chandgothia and Urmila Singhania served as a gateway for participants to delve into this lucrative field, equipping them with the necessary skills and know-how to embark on their entrepreneurial journeys.

The significance of pickle-making as a viable business venture cannot be overstated. Beyond its culinary appeal, pickles hold cultural significance and are integral to Indian cuisine, finding a place on dining tables across the nation. With the growing trend towards organic, locally sourced, and homemade products, there exists a niche market for high-quality pickles crafted with care and expertise. By imparting the art of pickle-making to eager learners, Shubham's workshop not only preserves culinary traditions but also catalyzes economic growth at the grassroots level.

The enthusiasm and eagerness displayed by the workshop participants underscored the profound impact of hands-on learning experiences. As Sumitra Chandgothia and Urmila Singhanian shared their expertise, the room brimmed with excitement and camaraderie, fostering a conducive environment for skill acquisition and knowledge exchange. Each step of the pickle-making process, from selecting the freshest raw mangoes to mastering the art of seasoning and preserving, was met with curiosity and zeal, reflecting a genuine desire to learn and excel in this age-old craft.

Beyond the practical skills imparted, the workshop served as a catalyst for community-building and collaboration. Participants bonded over shared experiences and aspirations, forming networks of support and camaraderie that extend beyond the confines of the workshop. This sense of community is integral to the success of budding entrepreneurs, providing them with encouragement, guidance, and a support system to navigate the challenges of starting a new venture.

Moreover, the distribution of induction to all participants symbolizes the commitment to inclusivity and empowerment espoused by Shubham. By providing essential equipment and resources to aspiring entrepreneurs, barriers to entry are dismantled, and opportunities for success are democratized. This gesture not only instills a sense of ownership and pride among the participants but also underscores the organization's dedication to nurturing talent and fostering self-reliance.

Looking ahead, the ripple effects of Shubham's pickle-making workshop are poised to reverberate far and wide, transforming lives and communities in profound ways. As participants harness their newfound skills to embark on entrepreneurial ventures, they become agents of change within their communities, driving economic growth and prosperity from the grassroots level. The journey towards self-reliance is a collective endeavor, and initiatives like this serve as beacons of hope, illuminating the path towards a future where opportunities abound, and dreams are within reach for all.

In conclusion, Shubham's pickle-making workshop stands as a shining example of the transformative power of knowledge, entrepreneurship, and community engagement. By imparting essential skills, fostering a spirit of innovation, and nurturing a sense of community, it paves the way towards a more inclusive and self-reliant society. As participants embark on their entrepreneurial journeys, armed with newfound knowledge and determination,

they embody the resilience and resourcefulness that define the spirit of self-reliance. Through collaborative efforts and unwavering commitment, they sow the seeds of prosperity and empowerment, ushering in a brighter, more vibrant future for themselves and their communities.



LIFE SAVED FAMILY SAVED



Shubham Charitable Association has organized various Free Medical and Health Camps in collaboration with North Eastern Institute of Ayurveda and Homeopathy (NEIAH).

The camps were organized in Rural areas like Mawlyngbna, East Khasi Hills.

Dr. Banshakbok Kharmujai, Homeopathy and Dr. Litwee Sangma, Ayurveda along with their interns and pharmacist were present at the medical camps.

SHUBHAM'S ACTIVE INVOLVEMENT IN THE GREAT CLEAN-UP INITIATIVE AT UMKALIAR RIVER

Reviving Umkaliar River: Shubham Charitable Association Joins Forces with Operation Clean Up

In the heart of Demsheniong, nestled amidst the verdant landscape, flows the Umkaliar River—a once pristine source of water that has sadly fallen victim to pollution and neglect. Recognizing the urgent need for action, the Shubham Charitable Association has joined hands with Operation Clean Up (OCU) to breathe new life into this vital water stream.



Led by the indomitable spirit of Padmashri Patricia Mukhim, the captain of Operation Clean Up, and supported by dedicated OCU members and enthusiastic volunteers and Administrator of Shubham Mr. Raghav Bajaj, this Cleaning Drive Initiative is undertaking a magnificent endeavor to restore the glory of Umkaliar River and revitalize the surrounding ecosystem.

The collaboration between Shubham and OCU marks a significant milestone in the collective effort to combat environmental degradation and safeguard the health and well-being of our communities. Together, we are not merely cleaning a river; we are reclaiming a symbol of life and sustenance for generations to come. The Shubham Charitable Association recognizes Operation Clean Up as more than just a campaign; it is a moral imperative for every member of society. Under the visionary leadership of Smt. Patricia Mukhim, OCU has galvanized individuals from all walks of life to take ownership of their environment and work towards a cleaner, greener future.

As proud members of Operation Clean Up, Shubham stands shoulder to shoulder with Smt. Patricia Mukhim and her team, committed to the noble cause of environmental stewardship. Together, we are not only cleaning the city of Shillong and its outskirts; we are igniting a movement of change that resonates far beyond our immediate surroundings.

SHUBHAM'S ACTIVE INVOLVEMENT IN THE GREAT CLEAN-UP INITIATIVE AT NONGMYNSHONG-UMPLING, SHILLONG

The serene landscape of Nongmynshong-Umpling area, Shillong cherished by locals and visitors alike, recently received a revitalizing touch through the collective efforts of the Local Community Union, OCU and its partner organizations. Amidst this commendable initiative, Shubham once again demonstrated its unwavering commitment to environmental stewardship and



community welfare by actively participating in the Great Clean-Up Initiative. Joining hands with OCU Captain Padma Shri Patricia Mukhim and other member organizations, Shubham's Administrator Raghav Bajaj stood as a symbol of the organization's dedication to fostering a cleaner and healthier environment for all.

The Great Clean-Up Initiative, spearheaded by the OCU, epitomizes the spirit of grassroots mobilization and collaborative action in addressing pressing environmental challenges. Nongmynshong-Umpling area, with its scenic beauty and ecological significance, served as the focal point for this endeavor, drawing attention to the need for concerted efforts in preserving and protecting natural habitats. Shubham's active involvement in this initiative underscores its recognition of the vital role played by local communities and organizations in safeguarding the environment for present and future generations.

The presence of Shubham's Administrator, Raghav Bajaj, alongside OCU Captain Patricia Mukhim, further exemplifies the organization's commitment to hands-on engagement and leadership in community initiatives. As a respected figure within Shubham, Raghav Bajaj's participation serves as a catalyst for greater involvement and inspires others to take proactive steps towards environmental conservation. By leading by example, Shubham reaffirms its ethos of social responsibility and sets a precedent for other organizations to follow suit.



Pushpa Bajaj, Chairperson of Shubham Charitable, and Sumitra Chandgothia, Secretary, Project Zero Waste Period Officers Meenakshi Bajoria and Payal Bajaj met with the Honorable President of India, Smt. Draupadi Murmu and shared the key goals, impacts and experiences of Shubham's Zero Waste Period Project. Through this project, an effort is being made to make cycling during menstruation realistic and eco-friendly, which increases our responsibility towards the environment and provides health related facilities to women.

During the meeting, Draupadi Murmu ji appreciated the efforts of Shubham and assured us of her support. She expressed her sympathy and support for this project and wished us all the best for going forward.

This meeting was an important moment for Shubham Charitable, which plays a vital role in providing support and encouragement to our efforts. This was another key step that will help drive the successful launch of this project, as well as encourage social and environmental change in society.



Chairperson of Shubham Charitable, Pushpa Bajaj, and Secretary Sumitra Chandgothia, Project Zero Waste Period Officers Meenakshi Bajoria and Payal Bajaj met with The Honourable Chief Minister of Meghalaya, Shri Conrad K Sangma and Deputy Chief Minister of Meghalaya Shri Sniawbhalang Dhar, informed them about the Mission Zero Waste Period and requested for cooperation.



Shubham Chairperson Pushpa Bajaj, Project Officer Payal Bajaj and students of Shubham thanking His Excellency Governor of Meghalaya Mr. Phagu Chauhan for giving special grant from Raj Bhavan Meghalaya for Shubham's Mission Zero Waste Period.



Shri Rajeev Chandrasekhar ji, Minister of State for Skill Development and Entrepreneurship, Govt., Shubham's Chairperson Pushpa Bajaj, Project Officer Payal Bajaj shared Shubham's activities and projects with him.



Shubham’s Chairperson Pushpa Bajaj and Project Officer Payal Bajaj discussing the importance of Mission Zero Waste Period with Shri Marcuise N Marak, Minister of Soil and Water Conservation, Govt. of Meghalaya



Shubham’s Chairperson Pushpa Bajaj and Project Officer Payal Bajaj discussing the importance of Mission Zero Waste Period with Shri Rakkam A Sangma, Education Minister, Govt. of Meghalaya



Pushpa Bajaj, Chairperson of Shubham discussing the activities with Shri Jayanta Malla Baruah, Minister of Skill Development and Entrepreneurship, Govt. of Assam



Pushpa Bajaj, Chairperson of Shubham meeting with Smt. Delina Khongdup, Member of National Commission for Women, India



Shubham Project Convenor Payal Bajaj engaged in a constructive dialogue with Dr. Daljit Singh Sethi, a distinguished personality renowned for his unwavering dedication to social welfare. During their discussion, Payal emphasized the importance of sustainable menstrual hygiene practices, particularly the use of reusable pads, as a key component of the Zero Waste Period Project. Dr. Sethi, known for his active involvement in social work, expressed keen interest in the initiative and pledged his support towards promoting eco-friendly solutions for menstrual health. Their exchange highlighted the collaborative effort required to effect positive change in society and underscored the vital role of informed advocacy in addressing pressing social and environmental issues.



**Payal Bajaj, Project
Convenor of Shubham
discussing the
importance of Reusable
Pads and Mission Zero
Waste Period with Joint
Superintendent of Civil
Hospital, Shillong**



Pushpa Bajaj, Chairperson of Shubham, demonstrated her dedication to menstrual hygiene and women's health by providing fresh pads to Mrs. War, Head of the Department of Health Services (DHS), in Shillong, Meghalaya. This gesture underscored Shubham's commitment to collaborating with government authorities and healthcare professionals to ensure access to essential menstrual hygiene products for women in the community.

By working together with leaders like Mrs. War, Shubham aims to address the critical issue of menstrual hygiene and promote the well-being of women across Meghalaya.



Mrs. Sumitra Chandgothia, Secretary of Shubham and Meenakshi Bajoria, Silky Bajaj, Payal Bajaj, Project Heads of Zero Waste Period demonstrated their commitment to menstrual hygiene and social welfare by distributing fresh pads to the inmates of Shillong Jail. This initiative aimed to ensure that even in challenging circumstances,

women have access to essential menstrual hygiene products to maintain their health and dignity. By providing these pads, Shubham not only addressed a practical need but also showed compassion and solidarity with marginalized communities.

Shubham Charitable Association Supports Ganesh Das Hospital: Providing Essential Protective Gear for Medical Staff in Shillong

In a heartfelt gesture of solidarity and support, Shubham Charitable Association recently extended a helping hand to the dedicated medical staff of Ganesh Das Hospital in Shillong. Recognizing the critical need for protective gear, our organization took action to distribute doctors' gowns and masks to the frontline heroes tirelessly serving our community.

Ganesh Das Hospital, a vital healthcare institution in Shillong, plays a pivotal role in providing essential medical services to the local population.

Moved by the dedication and determination of these healthcare professionals, Shubham Charitable Association mobilized its resources to procure and distribute doctors' gowns and masks to the medical staff of Ganesh Das Hospital. These essential supplies not only provide much-needed protection against infectious diseases but also serve as a symbol of our gratitude and appreciation for their tireless efforts on the frontlines of healthcare.



**"EMPOWERING WOMEN: SHUBHAM CHARITABLE ASSOCIATION
ADVOCATES FOR SUSTAINABLE MENSTRUAL HYGIENE AT MARTIN
LUTHER CHRISTIAN UNIVERSITY"**



Shubham Charitable Association takes pride in raising awareness about the FRESH PAD, a reusable sanitary pad, at Martin Luther Christian University (MLCU) in Shillong. On the 17th of October 2023, the organization had the privilege of sharing its mission with the university community, thanks to the gracious platform provided by Padmashri Patricia Mukhim, an esteemed member of the Board of Governors at MLCU.

Highlighting the Mission: The mission of Shubham Charitable Association revolves around promoting healthy menstruation and advocating for sustainable menstrual hygiene practices. The introduction of the FRESH PAD, a reusable sanitary pad, aligns with the organization's commitment to reducing environmental impact and promoting women's health and well-being.

Gratitude to Smt. Patricia Mukhim: Smt. Patricia Mukhim's support and endorsement of Shubham's cause have been instrumental in raising awareness about sustainable menstrual hygiene at MLCU. As an honorable member of the Board of Governors, her advocacy has provided a valuable platform for advancing this important mission.

Acknowledgment to MLCU Team: The entire MLCU team deserves recognition for their support and collaboration in organizing the awareness event. Their kind invitation enabled Shubham to engage with the university community, share vital information about sustainable menstrual hygiene, and foster discussions on creating a cleaner environment and promoting zero-waste periods.

Impact of the Initiative: By introducing the FRESH PAD and raising awareness about sustainable menstrual hygiene practices, Shubham aims to empower women and girls with access to affordable and eco-friendly menstrual products. Additionally, the initiative contributes to broader efforts in environmental sustainability and waste reduction, aligning with global goals for a greener, more equitable future.

Conclusion: The collaboration between Shubham and Martin Luther Christian University represents a significant step towards promoting sustainable menstrual hygiene practices and empowering women in the community. Through advocacy, education, and the introduction of innovative solutions like the FRESH PAD, the organizations strive to create a world where menstruation is not only healthy and dignified but also environmentally responsible. Together, we exemplify the power of partnership and collective action in addressing critical social and environmental challenges.



Empowering Educators: Shubham's Initiative to Promote Menstrual Hygiene in Shillong

In a significant stride towards advancing menstrual hygiene awareness, Shubham embarked on a pioneering initiative to equip educators in Shillong with essential resources. One hundred teachers were the recipients of fresh pads, meticulously distributed with the intent of catalyzing a transformative ripple effect within their respective educational spheres. With a shared commitment to the 'Zero Waste Period' mission, these educators are poised to play a pivotal role in instilling menstrual hygiene practices among their students, thereby fostering a culture of health and sustainability.

Shubham's decision to provide fresh pads to educators underscores a multifaceted approach to addressing menstrual health challenges. By empowering teachers with the tools and knowledge needed to champion menstrual hygiene, Shubham not only extends support to the educators themselves but also extends the reach of its mission to a broader audience. As influential figures in the lives of young students, these educators hold the potential to effect meaningful change by promoting menstrual health awareness and dispelling stigma surrounding menstruation.



The distribution of fresh pads serves as a tangible manifestation of Shubham's commitment to promoting sustainable menstrual practices. Reusable Sanitary Pads, provided by Shubham, represent a high-quality, eco-friendly alternative that aligns with the ethos of the 'Zero Waste Period' Mission. By encouraging the use of reusable pads, Shubham not only addresses immediate menstrual hygiene needs but also contributes to the reduction of menstrual waste, thereby fostering environmental sustainability.

As these educators integrate fresh pads into their menstrual hygiene initiatives, they embody the spirit of community-driven change advocated by Shubham. Through their efforts, a generation of young students will be empowered with the knowledge and resources necessary to embrace healthy menstrual practices and contribute to a more sustainable future. Shubham's initiative underscores the transformative power of collective action in driving positive change and advancing menstrual health equity in Shillong and beyond.



Empowering Women's Health: Shubham Charitable Association's Fresh Pads Initiative at Ganesh Das Hospital

In our ongoing commitment to supporting women's health and well-being, the Shubham Charitable Association is proud to conduct the monthly project, the distribution of reusable sanitary pads, affectionately known as Fresh Pads, to the patients of Ganesh Das Hospital.

Every month, we have the privilege of extending a helping hand to women in need, providing them with access to essential menstrual hygiene products that are not only sustainable but also promote their health and dignity. Our collaboration with Ganesh Das Hospital allows us to reach women from diverse backgrounds, ensuring that no one is left behind in their time of need.



SHUBHAM CHARITABLE ASSOCIATION EXPANDS REACH: LAUNCHES ASSAM STATE UNIT FOR MISSION ZERO WASTE PERIOD IN GUWAHATI

Shubham Charitable Association, which has been dedicated to the economic and social empowerment of women, provided services in the rural areas of the Udalguri district of Assam, including Meghalaya, and other parts of India for the past 25 years, draws its inspiration from Shree Shree Thakur Anukul Chandra Ji. Shubham has positively impacted over 25,000 women through its skill development training programs aimed at enhancing women's livelihoods.

The Assam unit of Shubham Charitable Association has recently launched "Mission Zero Waste Period" as the national initiative. A fresh team has been formed for the "Zero Waste Period" campaign in Assam. On August 6th, 2023, the launch event for the Mission Zero Waste Period in Assam unit took place in the presence of the Association's Founder President and Chairperson, Mrs. Pushpa Bajaj, and Vice President, Mrs. Neeta Sharma (Director, Dream House Music and Film Academy).

The team for the Mission Zero Waste Period in Assam comprises esteemed individuals such as Mrs. Manjeet Kaur (Vice Chancellor, CMJ College), Mrs. Sumitra Pradhan (Former Principal), Mrs. Saroj Jalan (Former Secretary, Northeastern Pradesh Marwari Women's Conference and Member of Kalyan Ashram, and Marwari Hindi Library), Mrs. Sarita Pandey (Former President of Punjabi Sabha, Shillong), Mrs. Pushpa Khemka (President, Vanvasi Kalyan Ashram Women's Branch, Matri-Pitri Seva Family and Former Treasurer, Marwari Conference Women's Branch), Mrs. Anju Sahu (Senior Teacher, DPS), Mrs. Hemlata Golcha (Teacher, Holy Child School), Mrs. Anita Bargohai (Lecturer, Abhigyan Group of Institute), Mrs. Pratibha Bhuiyan (Advocate), Mrs. Neelam Bawri (Provincial President, All India Marwari Women's Conference), Mrs. Sarita Sikariya (Former Chairperson, FICCI, FL, Northeast), Mrs. Suman Jain (President, All India Marwari Women's Conference, Guwahati Branch), Mrs. Leela Gupta (Former Chairperson, Inner Wheel Club), and Mrs. Bithika Barua (Executive Member, Bharatiya Janata Party).

Mrs. Payal Bajaj, the Project Head of the Skill Development Programme at Shubham Charitable Association, expressed gratitude to all the members for their support and contributions to the Mission Zero Waste Period. The unit designated Mrs. Saroj Jalan as the Chief Coordinator for the Assam Unit of Mission Zero Waste Period.



SHUBHAM LAUNCHES SUSTAINABLE MENSTRUAL HYGIENE INITIATIVE WITH FRESH PAD UNDER THE OUR DREAM PROJECT OF ZERO WASTE PERIOD IN SHILLONG

Shubham Charitable Association which has been working for livelihood skill development and environment for women for the last 25 years, has launched the Sanitary Pad, “Fresh Pad” made of reusable clothes made by the trainees of its organization on June 1, 2023, at Boulevard Hotel, Shillong. On this occasion, along with the members of Shubham, respected women of Marwari Mahila Samiti, All India Marwari Mahila Sammelan, JCI, Innerwheel, Punjabi Sabha, Sindhi Sabha, Bengali and Nepali society were present. On this occasion, The Centennial District Chairman of District 324 at International Inner Wheel, Mrs. Geeta Sarin and Shillong's famous gynecologist Dr. Meena Sachdev also expressed their views and added on the need of reusable sanitary pads for the environment. Shubham's Secretary Mrs. Sumitra Chandgothia welcomed all the guests. Head of the Project, Meenakshi Bajoria and Silky Bajaj handled the entire work prominently.



Shubham's Livelihood and Skill Head Mrs. Payal Bajaj explained in detail to everyone the need and use of the pads. The pads made by Shubham, last for 6 to 8 hours of use. This pad has been certified for its high quality and can be washed up to 80 times. The reusable sanitary pads made by our organization promotes menstrual hygiene and are also eco-friendly as they can be washed and reused, reducing waste compared to disposable options.



There are five types of benefits that this reusable fresh pad or panty is sure to provide:

First benefit: Financial savings: Women have to use more than five thousand sanitary pads in their lifetime, for which they have to buy around nine hundred packets of sanitary pads. Even if we talk about low cost sanitary pads, their price is around forty to fifty thousand rupees, whereas if a woman uses reusable fresh pads or panties made by Shubham, then it have to be purchased only eleven or twelve times, whose cost is around five thousand rupees in its entire life time.

Second benefit: Employment generation: To make this reusable fresh pad or panty, thousands of women will be required. Due to which they will get employment and they will get financial strength. With this they will be able to make their family more sustained.

Third benefit: Marketing: Thousands of our daughters and sisters are sitting unemployed at home, they will get a good market to sell these reusable fresh pads or panties and they will also get financial strength.

Fourth benefit: Protection of the environment: The biggest benefit will be to our environment. Our rivers, our roads, and our streets are all plagued with this unwanted waste today. They can remain clean by this Mission of Zero Waste Period. Our food, water bodies, rivers, and air will become pure because the water seeping from these wastes goes into our fields and rivers and pollutes our food and water. Due to this various types of infections are coming into our homes.

Fifth benefit: Freedom from unwanted diseases caused by touching the waste of sanitary pads while collecting garbage by the poor children: Have we ever thought that we remove the dirt from our houses, but the dirt in our house creates heaps of garbage outside? The waste of sanitary pads are found in large quantities there. Poor helpless children weave these wastes with their bare hands for their livelihood. The waste from these sanitary pads acts as a poison in their hands, they get dangerous infections due to the waste from these sanitary pads, for which no cure is possible. Whether we want to or not, we become responsible for such diseases of poor helpless children.

In June 2023, members and staff of Shubham Charitable Association embarked on a meaningful journey to the remote village of Kurikhal, East Khasi Hills. Their mission: to provide support and education to women of menstruating age, an often-overlooked demographic in rural communities. During their visit, Shubham distributed Reusable Sanitary Pads, known as Fresh Pads, to the women in the village. This initiative aimed not only to address the immediate need for menstrual hygiene products but also to promote sustainability and environmental consciousness through the use of reusable pads.

However, the visit was not just about distributing pads; it was also about empowerment through education. Alongside the distribution, Shubham conducted awareness sessions on menstrual health and hygiene. These sessions were vital in debunking myths, breaking taboos, and promoting healthy practices surrounding menstruation. By providing accurate information and fostering open dialogue, Shubham aimed to empower women to take charge of their menstrual health confidently.

Moreover, the awareness sessions extended beyond individual health to encompass environmental care and waste management. Participants were educated on the importance of proper waste disposal, especially concerning menstrual waste, to maintain a clean and hygienic environment. By emphasizing the link between personal health, environmental responsibility, and community well-being, Shubham aimed to instill a holistic approach to menstrual hygiene management.



In a momentous occasion marked by the auspicious presence of Padmashri Patricia Mukhim, the esteemed captain of the Operation Clean Up (OCU) platform, alongside other OCU members and participants, Shubham Charitable Association proudly unveiled its Mission Zero Waste Period initiative. This significant event unfolded within the collaborative spirit of the OCU platform.

During the launch, Mrs. Payal Bajaj, Executive member of Shubham, took the opportunity to elucidate the paramount importance of Reusable Sanitary Pads. She eloquently underscored their dual role in environmental protection and fostering a healthy menstruation process. Mrs. Bajaj's insights shed light on Shubham's unwavering commitment to promoting sustainable menstrual hygiene practices for the betterment of both women's health and the environment.

Expressions of gratitude resonated from the leadership of Shubham Charitable Association. Mrs. Pushpa Bajaj, the Chairperson, together with Mr. Raghav Bajaj, the Administrator, extended heartfelt thanks to the OCU platform for their invaluable collaboration. Special recognition was bestowed upon Padmashri Patricia Mukhim, whose steadfast dedication and unwavering support significantly contributed to the realization of Mission Zero Waste Period.

As a tangible demonstration of their commitment to the cause, Shubham distributed Reusable Sanitary Pads, affectionately referred to as "Fresh Pads," to all female participants of the OCU cleaning drive. Notably, the recipients predominantly comprised school-going girls, emphasizing the initiative's impact in reaching and empowering young women at a crucial stage of their lives.

The launch of Mission Zero Waste Period within the Operation Clean Up platform symbolizes a collective stride towards environmental sustainability and women's health. It exemplifies the transformative power of collaboration, underscoring the potential for positive change when organizations unite with a shared vision. Shubham Charitable Association and Operation Clean Up stand as beacons of hope, dedicated to nurturing a future where menstruation is hygienic, sustainable, and empowering for all women, especially the youth.



In a proactive effort to promote menstrual hygiene and sustainable practices, Shubham Charitable Association undertook a significant initiative in the rural community of Steplakrai Village, located in the East Khasi Hills District of Meghalaya, under its Mission Zero Waste Period campaign. Partnering with the Akhil Bharatiya Marwari Mahila Sammelan and the village authority of Steplakrai, Shubham embarked on a mission to empower rural females, including school-going girls, with the distribution of FRESH PAD, reusable sanitary pads, and panties.

On this impactful day, Shubham facilitated awareness sessions on menstrual hygiene and waste management, addressing crucial issues often overlooked in rural settings. Emphasizing the importance of adopting reusable pads for the well-being of both women and the environment, Shubham provided guidance to the rural females. By highlighting the economic benefits and environmental significance of using reusable pads, Shubham aimed to instill a sense of responsibility towards sustainable menstruation practices.

The collaboration between Shubham Charitable Association, Akhil Bharatiya Marwari Mahila Sammelan, and the village authority of Steplakrai signifies a unified effort towards creating positive change within the community. Through collective action and education, the partners worked hand in hand to raise awareness and empower women and girls with the knowledge and resources necessary for healthy menstrual hygiene practices.

With this transformative campaign, Shubham is paving the way for Steplakrai Village to become a shining example of a Zero Waste Period locality. By collaborating closely with the local village administration, Shubham aims to establish sustainable menstrual hygiene practices as an integral part of community life. Together, they are forging a path towards a future where menstruation is not only hygienic and dignified but also environmentally sustainable, setting a precedent for other communities to follow suit.



In a bid to promote menstrual hygiene and sustainability, Shubham Charitable Association undertook a significant initiative in the rural community of Mawlyngbna Village, nestled within the picturesque landscapes of the East Khasi Hills District of Meghalaya. This endeavor aimed to empower rural females with the distribution of FRESH PAD, reusable sanitary pads designed to enhance both hygiene and environmental stewardship.

The distribution of FRESH PAD marked not only a provision of tangible resources but also a symbolic gesture of care and empowerment towards the rural female population. These reusable sanitary pads not only ensure better menstrual hygiene practices but also contribute to reducing environmental waste, aligning with Shubham's commitment to sustainability and eco-consciousness.

Through this initiative, Shubham aimed to raise awareness about the importance of menstrual hygiene and encourage the adoption of sustainable practices among rural communities. By equipping women and girls with FRESH PAD, Shubham strives to promote dignity, health, and environmental responsibility in Mawlyngbna Village and beyond.

The collaborative efforts between Shubham Charitable Association and the local community of Mawlyngbna Village exemplify the power of collective action in addressing crucial social and environmental challenges. Together, they are fostering a culture of empowerment, health, and sustainability, laying the foundation for a brighter and more equitable future for all.



New Smart Center inaugurated in Shillong by Shubham Charitable Association

Shubham Charitable Association proudly added another milestone in its illustrious journey by inaugurating its new office and Smart Training Center on Thursday, 9 November 2023.

As a reputed society registered under the Societies Registration Act of Meghalaya, Shubham has recently celebrated its 25th anniversary demonstrating commendable service in skill development, community development, rural welfare, health and hygiene, and reusable sanitary pads. With a remarkable reach of 25,000 beneficiaries and counting, Shubham continues to make a positive impact.

The inauguration ceremony of Lower Jail Road Office and Training Center began with the ribbon cutting ceremony by Mrs. Jethi Devi, senior member of Shubham, followed by lighting of the lamp, Guru Vandana and lively performance of songs and dances.



Miani D Shira, Honorable MLA of Ampati, Garo Hills was present as the Chief Guest on this occasion. Shubham President and Senior Member Smt. Tara Devi Deora welcomed her with respect. Chairperson Smt. Pushpa Bajaj shared inspiring words on the organization's dedication towards community upliftment and social services, which was followed by the address of the Chief Guest.

While managing the program, Shubham's executive member Meenakshi Bajoria highlighted the service work done by Shubham. On this occasion, Shubham's Secretary Sumitra Chandgothia and Treasurer Sushila Gupta along with other members of Shubham and respected women of the society were present.

On this occasion, the Shubham Charitable Association provided certificates on completion of training to its trainees with Diwali wishes and distributed Pehchan Cards to the handicraft artisans under DC Handicrafts.

The program concluded with expressions of appreciation from both members and students, followed by a shared lunch for all present. Shubham Charitable Association is committed to its mission of bringing meaningful change in the community.



Shubham Charitable Association organizes three-day free KIDS CAMP : Badhte Kadam

The first camp of three-day Sanskar Varg organized by Shubham Charitable Association, Shillong, targeting 500 local children, from 4th to 6th December, 2023 concluded successfully. The responsibility of this first camp was taken by Shubham's Chief Patron Shri Ramavatar Bajaj.

Fifty children from ordinary families participated in this three-day free camp. In the beginning, the first thing children were given refreshments, then starting with the national anthem, prayer, and then with songs of patriotism. In the camp all the children participated wholeheartedly. The camp comprises of Entertaining yet inspirational and educational programs, self defence classes including Taekwondo, Arts & crafts, Drawing, and Sports games. Important awareness-related things were explained to the children like when and what to do in case of sudden injury, cold, and other emergencies, personal hygiene, behavioral attitude, etc. Many sensitive inspirational pictures were shown to make the children realize their responsibilities towards their parents and elders in the house. Children were specially made aware about the increasing use of drugs and other evils in the society. Various fruits and different types of delicious food were served to the children on all three days.



Under the supervision of Shubham's executive members Silky Bajaj and Payal Bajaj, the role of other staffs along with Dr. Sheena Gupta, Anju Sharma, Shreoshi Dey, Ranjita Sarkar, Purnima Sarkar, Grimchi M Sangma was very commendable.

The families of Shubham's secretary Sumitra Chandgothia, executive member Damayanti Tharad, Pinky Chachan, Meenakshi Bajoria and Asha Mewada came forward to cooperating for the second free camp that was organized in the month of January, 2024.

In view of the condition of broken families and the spread of other evils in the society, extensive programs are organized to impart values to children at the stage of early young age.

Shubham's secretary Sumitra Chandgothia said that 8 more camps will be organized in the upcoming financial year to reach the target of 500 children, 50 children will be included per camp. These camps will be organized not only in Shillong but also in the neighboring villages.



Celebrating National Days By Shubham Charitable Association in its Training Centers

Shubham Charitable Association, steadfast in its commitment to holistic community development, celebrated significant national days with fervor and enthusiasm across its diverse array of rural and urban training centers. Among these notable occasions were Independence Day and Republic Day, which served as poignant reminders of India's rich cultural heritage, unity, and progress.

With a spirit of patriotism and unity, Shubham Charitable Association organized vibrant celebrations at its training centers, engaging community members, students, staff, and volunteers alike. These celebrations were marked by a plethora of activities and events designed to instill a sense of pride, belonging, and national identity among participants.

Independence Day, commemorating the historic day when India gained freedom from colonial rule, was celebrated with flag hoisting ceremonies, cultural performances, and patriotic speeches. The occasion served as an opportunity to reflect on the sacrifices made by freedom fighters and to renew the commitment to uphold the values of liberty, equality, and justice.

Similarly, Republic Day, which signifies the adoption of the Indian Constitution and the establishment of India as a sovereign democratic republic, was celebrated with equal gusto. The day was marked by flag hoisting ceremonies, march pasts, and cultural presentations showcasing the diverse cultural tapestry of India.

Through these celebrations, Shubham Charitable Association not only honored the legacy of India's freedom struggle but also reinforced the importance of civic responsibility, democracy, and unity in diversity.



Making and Packaging of FRESH PAD by the trainees of Shubham

FRESH PAD, the innovative reusable pads and panties crafted by the skilled trainees of Shubham Charitable Association, represents a breakthrough in menstrual hygiene solutions. More than just a product, FRESH PAD is a testament to Shubham's commitment to environmental sustainability, health, and economic empowerment.

Crafted with precision by trained tailors under the meticulous supervision of Shubham Charitable Association, FRESH PAD embodies a hygienic and eco-friendly approach to menstruation. These pads undergo rigorous testing and certification from reputable laboratories, ensuring their quality and safety for users.

The introduction of FRESH PAD marks a significant milestone in Shubham's Mission Zero Waste Period campaign, a national initiative aimed at revolutionizing menstrual hygiene practices across India. With a vision to eliminate menstrual waste and promote sustainable menstruation, Shubham has already expanded its reach to include 15 states in its transformative journey.

Not only does FRESH PAD offer a sustainable alternative to disposable menstrual products, but it also promotes healthy and hygienic menstruation while being economically viable. By empowering women with access to FRESH PAD, Shubham Charitable Association is not only reducing environmental impact but also fostering a culture of dignity, health, and economic independence among women and girls nationwide.

As Shubham Charitable Association continues to champion the cause of menstrual hygiene and environmental sustainability, FRESH PAD stands as a beacon of innovation and progress in the journey towards a cleaner, healthier, and more equitable future for all. Through collaborative efforts and unwavering dedication, Shubham remains steadfast in its mission to make India free from menstrual waste.



Making and Packaging of FRESH PAD by the trainees of Shubham

The making and packaging of fresh pads by the trainees of Shubham mark a significant step forward in the organization's Zero Waste Period mission. Through hands-on training and skill development, these trainees are not only contributing to the production of eco-friendly menstrual hygiene products but also empowering themselves and their communities.

Under the guidance of experienced mentors, the trainees learn the art of crafting fresh pads using sustainable materials that minimize environmental impact. From selecting high-quality fabrics to mastering sewing techniques, they gain valuable knowledge and expertise in every aspect of the production process.

Once the fresh pads are meticulously crafted, the trainees proceed to package them with care and attention to detail. Each pad is thoughtfully wrapped to maintain its cleanliness and integrity, ensuring that it reaches the end user in pristine condition.

The packaging process also provides an opportunity for trainees to exercise creativity and innovation, as they design labels and branding materials that reflect the values of the Zero Waste Period mission. By infusing their packaging with messages of empowerment and environmental stewardship, they amplify the impact of their work and inspire others to join the cause.

Through their involvement in the making and packaging of fresh pads, the trainees of Shubham become agents of change in their communities. They not only contribute to reducing menstrual waste but also play a vital role in promoting menstrual hygiene awareness and accessibility.

As they continue to hone their skills and expand their reach, these trainees exemplify the spirit of empowerment and collaboration that defines the Zero Waste Period mission. Together, they are paving the way for a more sustainable and equitable future, one fresh pad at a time.



PROMOTING FRESH PAD BY SHUBHAM TRAINEES AT WORLD YOUTH SKILLS DAY, 2023 ORGANIZED BY MSSDS

Shubham Charitable Association proudly showcased its innovative FRESH PAD, reusable sanitary pads, at the World Youth Skills Day 2023, organized by the Meghalaya State Skill Development Society (MSSDS). This momentous event provided a platform for highlighting the importance of skill development and innovation in addressing global challenges, with a particular focus on empowering youth.

Amidst a vibrant atmosphere buzzing with creativity and enthusiasm, Shubham Charitable Association took center stage to promote FRESH PAD as a symbol of ingenuity and sustainability in menstrual hygiene solutions. As the world grapples with the twin challenges of menstrual waste and access to affordable hygiene products, FRESH PAD emerged as a game-changer, offering a viable and eco-friendly alternative.

The showcase of FRESH PAD at the World Youth Skills Day underscored Shubham's commitment to harnessing the power of skill development for social impact. Crafted with precision by skilled artisans trained under Shubham's programs, FRESH PAD exemplifies the fusion of traditional craftsmanship with modern innovation, resulting in a product that is both effective and environmentally conscious.



SHUBHAM'S NATIONAL CAMPAIGNING : PILOT PROJECT OF ZERO WASTE PERIOD WAS SUCCESSFULLY COMPLETED UNDER THE LEADERSHIP OF AMBIKA HEDA, PRESIDENT OF FLYING BIRDS SOCIETY, RAJASTHAN

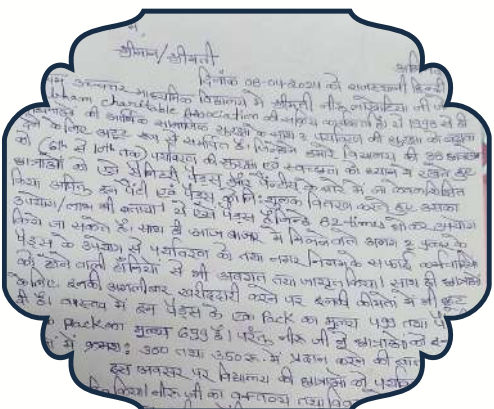
Shubham, a renowned non-profit organization committed to women's empowerment, is pleased to announce the successful completion of its national campaign's pilot project, Zero Waste Period, in Ajmer, Rajasthan. Under the exceptional leadership of Ambika Heda, President of Flying Birds Society, Rajasthan, this initiative aimed to revolutionize menstrual hygiene management and promote environmental sustainability.

The project, driven by the vision of introducing sustainable menstrual practices, witnessed the distribution of eco-friendly reusable sanitary pads, FRESH PAD among the women of Ajmer. These products, crafted from environmentally friendly materials, not only promote better menstrual hygiene but also contribute to minimizing waste generation, aligning with the principles of environmental conservation.

Ambika Heda's exemplary leadership and unwavering commitment have been instrumental in the success of this initiative. Through her guidance, the project was executed seamlessly, creating awareness about the importance of sustainable menstrual practices among the community in Ajmer.

The completion of this pilot project marks a significant milestone in the journey towards promoting menstrual health and environmental sustainability in Rajasthan. It underscores the importance of collaborative efforts in bringing about positive change in society.

As the project concludes, Shubham reaffirms its commitment to continue working towards promoting women's health and well-being while safeguarding the environment.



SHUBHAM'S NATIONAL CAMPAIGNING : PILOT PROJECT OF ZERO WASTE PERIOD WAS SUCCESSFULLY COMPLETED IN CUTTACK DISTRICT, ODISHA UNDER THE LEADERSHIP OF MRS CHANDA SANTUKA AND MRS. PRATIBHA JAIN.

Introduction: Shubham's National Campaigning : Pilot project of **Zero waste Period** was successfully conducted at Joharimal High School, Cuttack, Odisha under the leadership of Chanda Santuka and Secretary Pratibha Jain.

Zero Waste Period Campaign: This session focused on 'Zero Waste Period' campaign, a flagship initiative of Shubham Charitable Association, which aims to promote sustainable menstrual hygiene practices. Through this campaign, distribution, and education about reusable pads took center stage, offering a solution to both menstrual challenges and environmental concerns.

Educational Outreach: Sixteen teachers and sixty-six female students of Class 6 participated in the session and were provided with free reusable pads, FRESH PAD. Under the guidance of Chanda Santuka and with the help of Secretary Pratibha Jain, detailed information about reusable pads was provided. The session included demonstrations on how to use, care and maintain the pads, as well as YouTube videos shown through a projector to enhance understanding.

Engagement and Feedback: Pratibha Jain led the session, ensuring that all participants were fully informed about the initiative. Following the educational component, attendees were encouraged to share their thoughts, experiences and any challenges they encountered in using reusable pads. This interactive approach fostered engagement and allowed valuable feedback to be collected.

Impact and Reflection: Johrimal High School's session is an important step towards raising awareness about sustainable menstrual hygiene practices and environmental stewardship. By empowering girls with knowledge and access to reusable pads, Shubham aims to promote dignity, health and sustainability among women and girls in Odisha.



Zero waste Period Pilot Project Jharkhand

SHUBHAM'S NATIONAL CAMPAIGNING : PILOT PROJECT OF ZERO WASTE PERIOD WAS SUCCESSFULLY COMPLETED IN JAMSHEDPUR, JHARKHAND UNDER THE LEADERSHIP OF MANJU KHANDELWAL

Introduction: The pilot project of Shubham Charitable Association's National Campaign **Zero Waste Period**, was conducted by a collaborative effort of All India Marwari Mahila Sammelan Jharkhand Pradesh and Marwari Mahila Manch Jamshedpur branch under the leadership of Mrs. Manju Khandelwal, at the Adult Education Center in Nirmal Basti Sonari. The distribution campaign of pads was organized by Marwari Mahila Manch Jamshedpur branch. The initiative aimed to address menstrual hygiene challenges while advocating environmental sustainability.

Zero Waste Sanitary Pads: The sanitary pads delivered are revolutionary in their design, providing a sustainable solution to menstrual hygiene. Reusable for up to three years, these pads significantly reduce waste compared to traditional disposable pads. The initiative is aligned with the vision of promoting eco-friendly practices while ensuring the health and dignity of women.

Educational Outreach: Gynecologist Dr. Renuka Chaudhary played a key role in the event, providing valuable information to women and girls on the use and reusability of zero waste pads. Her insights empowered attendees with the knowledge needed to make informed choices about their menstrual health, which contributes to overall well-being.

Successful Program and Community Support: The program witnessed the distribution of 40 zero waste sanitary pads among girls and women at the Adult Education Centre. The success of the program grew out of the collaborative efforts of the Jharkhand state government and Marwari Mahila Manch Jamshedpur branch, which highlighted the importance of community support in such initiatives.

Community engagement and distinguished presence: The presence of esteemed dignitaries including Provincial President Smt. Manju Khandelwal, Jamshedpur Branch President Bina Agarwal, Former National President Smt. Lata Agarwal and other prominent members of the community underlined the importance of the initiative. Their participation reaffirmed the collective commitment to promoting women's health



SHUBHAM'S NATIONAL CAMPAIGNING : PILOT PROJECT OF ZERO WASTE PERIOD
WAS SUCCESSFULLY COMPLETED AT BANKIMOGRA, CHATTISGARH UNDER THE
LEADERSHIP OF SANTOSH AGARWAL

Introduction: Shubham's National campaigning initiative recently launched a pilot project aimed at implementing zero waste period practices at Sunshine Higher Secondary School in Bankimogra, Chattisgarh. Led by the visionary leadership of Santosh Agarwal, the project aimed to raise awareness about sustainable menstruation practices and promote environmental conservation.

Implementation Strategy: Under Santosh Agarwal's guidance, the implementation strategy focused on several key components:

Education and Awareness: The project commenced with comprehensive educational sessions conducted by experts in menstrual health and hygiene. Students were educated about the environmental impact of traditional menstrual products and introduced to eco-friendly alternatives of reusable pads.

Participants were provided with specialized training on managing menstrual waste and promoting sustainable menstruation practices. This ensured a holistic approach to implementing the project within the community.

Student Engagement: Students played a central role in the project implementation process. They were actively involved in awareness campaigns, workshops, and discussions aimed at breaking the stigma surrounding menstruation and promoting eco-conscious behaviors.

Monitoring and Evaluation: Regular monitoring and evaluation mechanisms were established to track the progress of the project. Feedback from students, teachers, and community members will be collected to assess the effectiveness of interventions and identify areas for improvement.

- **Achievements: The successful completion of the zero waste period pilot project at Bankimogra yielded several notable achievements:**
- Adoption of Sustainable Practices: Students and staff embraced eco-friendly menstrual products and waste management practices, significantly reducing the environmental footprint associated with menstruation.
- Behavioral Change: The project led to a positive shift in attitudes and behaviors related to menstruation and waste management. Students became advocates for sustainable menstruation within their families and communities, contributing to broader social change.
- Community Impact: Beyond the school premises, the project generated awareness and sparked conversations about menstrual health and environmental sustainability in the surrounding community. It served as a model for replication in other educational institutions and communities across Chattisgarh.



SHUBHAM'S NATIONAL CAMPAIGNING : PILOT PROJECT OF ZERO WASTE PERIOD WAS SUCCESSFULLY COMPLETED IN AT AT NATIONAL HINDI/ENGLISH HIGH SCHOOL, NARKELDANGA, KOLKATA, WEST BENGAL UNDER THE LEADERSHIP OF MRS BABITA BAGADIA

Shubham's national Campaigning: Pilot project of Zero waste Period was completed in the National Hindi/English High School in Narkeldanga, Kolkata, West Bengal under the leadership of Mrs Babita Bagadia. This initiative brought together students and teachers alike to delve into the significance and objectives of adopting a 'Zero Waste Period' approach. The event witnessed enthusiastic participation from the entire school community, with special support extended by the sisters of the local committee of the Akhil Bhartiya Marwari Mahila Sammelan, emphasizing the importance of menstrual hygiene protection and environmental awareness for women.

During the program, attendees were treated to an enlightening discourse on the utility and purpose of the 'Zero Waste Period' initiative. Through detailed explanations and engaging discussions, students and teachers gained profound insights into the benefits and importance of embracing sustainable menstrual practices. This collaborative effort not only raised awareness about women's health but also fostered a deeper understanding of environmental stewardship within the school community.

The success of the program was underscored by the newfound awareness among students and teachers regarding the merits of the 'Zero Waste Period' approach. Through hands-on participation and informative sessions, individuals grasped the significance of adopting eco-friendly menstrual hygiene solutions, thereby contributing to both personal well-being and environmental conservation. As a tangible gesture of commitment to sustainability, Shubham distributed reusable sanitary pads and plant pots, encouraging the adoption of environmentally friendly alternatives.

In essence, the 'Zero Waste Period' program organized by Shubham's West Bengal unit in Kolkata stands as a testament to the collective efforts towards promoting sustainable menstrual practices and environmental consciousness. Through collaborative partnerships and community engagement, this initiative paves the way for a healthier, more environmentally sustainable future for all.



SHUBHAM'S NATIONAL CAMPAIGNING : PILOT PROJECT OF ZERO WASTE PERIOD WAS SUCCESSFULLY COMPLETED IN AT GOVERNMENT INDUSTRIAL TRAINING WOMEN KARNAL, HARYANA UNDER THE LEADERSHIP OF MRS GAUTAM JAIN

Under the dynamic leadership of Mrs. Gautam Jain, a pioneering initiative was undertaken at the Government Industrial Training Institute for Women in Karnal, Haryana. The project, titled "Zero Waste Period," aimed to address menstrual hygiene management and environmental sustainability.

The project, conceptualized by Shubham, a prominent non-profit organization dedicated to women's empowerment, was executed with the objective of promoting sustainable menstrual practices and reducing environmental impact. Through innovative strategies and community engagement, the project sought to empower women and promote eco-friendly alternatives for menstrual hygiene.

The completion of the pilot project marks a significant milestone in the journey towards menstrual hygiene awareness and environmental conservation. Mrs. Gautam Jain's exemplary leadership and dedication have played a crucial role in the success of this initiative.

During the project, advanced Reusable sanitary pads made from sustainable materials were distributed to the women at the institute. These eco-friendly pads not only ensure better menstrual hygiene but also contribute to minimizing waste and protecting the environment.

Mrs. Gautam Jain expressed her gratitude towards all members involved in making this project a success. She emphasized the importance of collaborative efforts in driving positive change and urged continued support for such initiatives aimed at women's welfare and environmental sustainability.

This pilot project sets a precedent for future endeavors in promoting menstrual hygiene and environmental consciousness. It serves as a shining example of how grassroots initiatives can make a tangible difference in the lives of women and the planet.

प्राथमिकता के आधार पर सूचीबद्ध है।

सूचीबद्ध की गई महिलाओं के नाम, मोबाइल नंबर और पता सूचीबद्ध है।

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252.	Shruti Gupta (IR.P.)	9810011000
253.	Shruti Gupta (IS.P.)	9810011000
254.	Shruti Gupta (IT.P.)	9810011000
255.	Shruti Gupta (IU.P.)	9810011000
256.	Shruti Gupta (IV.P.)	9810011000
257.	Shruti Gupta (IW.P.)	9810011000
258.	Shruti Gupta (IX.P.)	9810011000
259.	Shruti Gupta (IY.P.)	9810011000
260.	Shruti Gupta (IZ.P.)	9810011000
261.	Shruti Gupta (JA.P.)	9810011000
262.	Shruti Gupta (JB.P.)	9810011000
263.	Shruti Gupta (JC.P.)	9810011000
264.	Shruti Gupta (JD.P.)	9810011000
265.	Shruti Gupta (JE.P.)	9810011000
266.	Shruti Gupta (JF.P.)	9810011000
267.	Shruti Gupta (JG.P.)	9810011000
268.	Shruti Gupta (JH.P.)	9810011000
269.	Shruti Gupta (JI.P.)	9810011000
270.	Shruti Gupta (JJ.P.)	9810011000
271.	Shruti Gupta (JK.P.)	9810011000
272.	Shruti Gupta (JL.P.)	9810011000
273.	Shruti Gupta (JM.P.)	9810011000
274.	Shruti Gupta (JN.P.)	9810011000
275.	Shruti Gupta (JO.P.)	9810011000
276.	Shruti Gupta (JP.P.)	9810011000
277.	Shruti Gupta (JQ.P.)	9810011000
278.	Shruti Gupta (JR.P.)	9810011000
279.	Shruti Gupta (JS.P.)	9810011000
280.	Shruti Gupta (JT.P.)	9810011000
281.	Shruti Gupta (JU.P.)	9810011000
282.	Shruti Gupta (JV.P.)	9810011000
283.	Shruti Gupta (JW.P.)	9810011000
284.	Shruti Gupta (JX.P.)	9810011000
285.	Shruti Gupta (JY.P.)	9810011000
286.	Shruti Gupta (JZ.P.)	9810011000
287.	Shruti Gupta (KA.P.)	9810011000
288.	Shruti Gupta (KB.P.)	9810011000
289.	Shruti Gupta (KC.P.)	9810011000
290.	Shruti Gupta (KD.P.)	9810011000
291.	Shruti Gupta (KE.P.)	9810011000
292.	Shruti Gupta (KF.P.)	9810011000
293.	Shruti Gupta (KG.P.)	9810

SHUBHAM'S NATIONAL CAMPAIGNING : PILOT PROJECT OF ZERO WASTE PERIOD WAS SUCCESSFULLY COMPLETED IN HINDI VIDYALAYA HIGH SCHOOL, VIJAYAVADA, ANDHRA PRADESH UNDER THE LEADERSHIP OF MRS NEERU LAKHOTIA

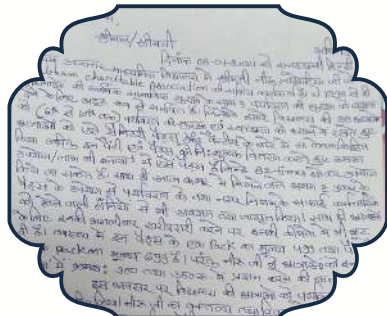
An important initiative under the leadership of Neeru Ji was successfully completed in Hindi Vidyalaya High School, Vijayawada. The objective of this project was to encourage zero waste practices and promote environmental protection during the period of menstruation.

Shubham, a leading non-profit organization dedicated to women empowerment, organized this project. Through this pilot project, the concept of cleanliness was promoted and environmental protection was made an important stream.

At the successful completion of this project, Reusable sanitary pads made of advanced materials were distributed to the students of the School. These do not harm the environment and also improve women's health.

Neeru ji played an important role in making this initiative successful. Considering social participation as important, she gave a leading position to this project.

This project is an inspiration to increase menstrual hygiene and environmental sensitivity in the future. This is an example of environment friendly menstruation process to make our society free from the period wastes and to preserve women's lives and the earth.



SHUBHAM'S NATIONAL CAMPAIGNING : PILOT PROJECT OF ZERO WASTE PERIOD SUCCESSFULLY INITIATED IN MADHYA PRADESH UNDER THE LEADERSHIP OF MRS MAYA SINGHAL

Shubham's National Campaign Zero Waste Period Pilot Project initiated in Madhya Pradesh under the Leadership of Maya Singhal.

Shubham, a leading non-profit organization committed to women's empowerment, has initiated a groundbreaking project in Madhya Pradesh aimed at promoting sustainable menstrual practices.

Under the leadership of Maya Singhal, this pilot project of Zero Waste Period has commenced with the goal of revolutionizing menstrual hygiene management and environmental sustainability.

The project seeks to address the challenges surrounding menstrual hygiene by introducing eco-friendly alternatives and reducing waste generation. Maya Singhal, with her visionary leadership, is spearheading this initiative to empower women and promote a cleaner, greener environment.

The launch of this pilot project marks a significant step towards creating awareness about menstrual hygiene and fostering environmental consciousness among communities in Madhya Pradesh. By providing access to sustainable menstrual products and promoting waste reduction strategies, the project aims to improve the well-being of women while minimizing environmental impact.

Maya Singhal's dedication and leadership are instrumental in driving this project forward. Her commitment to women's empowerment and environmental conservation serves as an inspiration to all.

As the project unfolds, it is expected to set a precedent for similar initiatives across the nation, highlighting the importance of integrating sustainable practices into menstrual hygiene management.



SHUBHAM'S NATIONAL CAMPAIGNING : PILOT PROJECT OF ZERO WASTE PERIOD HAS SUCCESSFULLY COMPLETED IN THE STATE OF BIHAR UNDER THE LEADERSHIP OF MRS NISHA SARAF

Shubham's National Campaign Zero Waste Period Pilot Project successfully organized at Daffodils School, Nayabazar, Bhagalpur, Bihar under the Leadership of Mrs. Nisha Saraf.

Shubham Charitable Association has included another milestone in its journey towards the Mission Zero Waste Period by successfully completing its project in the state of Bihar under the leadership of Mrs. Nisha Saraf.

This pilot project of Zero Waste Period has the goal of revolutionizing menstrual hygiene management and environmental sustainability by promoting reusable sanitary pads, FRESH PAD.

At the successful completion of this project, Reusable sanitary pads made of advanced materials were distributed to the students of Daffodils School, Nayabazar, Bhagalpur, Bihar.

Almost 45 students were provided with the reusable pads along with 2 females teachers also were provided with the same. These do not harm the environment and also maintain women's hygiene.

Nisha Saraf ji played an important role in making this initiative successful. Considering social participation as important, she gave a leading position to this project.

This project is an inspiration to increase menstrual hygiene and environmental sensitivity in the future. This is an example of environment friendly menstruation process to make our society free from the period wastes and to preserve women's lives and the earth.

These reusable pads are easy to wash and are environment friendly as well as economical to the females.



SHUBHAM'S NATIONAL CAMPAIGNING : PILOT PROJECT OF ZERO WASTE PERIOD WAS SUCCESSFULLY COMPLETED IN JOURNALISTS UNION OF SIKKIM OFFICE, UNDER THE LEADERSHIP OF SHOBHNA JI

Under the dynamic leadership of Shobhna Ji, Shubham's pioneering initiative, the Zero Waste Period pilot project, has achieved successful completion at the Journalists Union of Sikkim Office. This project aimed to revolutionize menstrual hygiene management and promote environmental sustainability.

Shubham, a renowned non-profit organization dedicated to women's empowerment, undertook this initiative with the vision of introducing sustainable menstrual practices and reducing environmental impact. The project was meticulously executed under the guidance of Shobhna Ji, who provided insightful leadership throughout.

During the project, eco-friendly reusable sanitary pads were introduced and distributed among the members of the Journalists Union of Sikkim Office. These products not only promote better menstrual hygiene but also contribute to minimizing waste generation, aligning with the principles of environmental conservation.

Shobhna Ji's unwavering dedication and visionary leadership have been instrumental in the success of this initiative. Her commitment to women's empowerment and environmental sustainability has inspired positive change within the community.

The completion of this pilot project signifies a significant milestone in the journey towards promoting sustainable menstrual practices and fostering environmental consciousness. It serves as a shining example of how collaborative efforts can bring about meaningful change in society.

As the project concludes, Shubham looks forward to further initiatives aimed at promoting women's health and well-being while safeguarding the environment.



JASWANT GAUTAM & SARAYANIPRAHDAN
GANGTOK, April 22: On the occasion of World Earth Day, Jaswant Gautam & Sarayanipradhan initiated a significant step towards sustainable menstrual hygiene by launching reusable pads. This collaboration with the Journalists Union of Sikkim aims to promote environmental sustainability and women's economic empowerment by creating job opportunities in the manufacturing of reusable pads. The reusable pads and panties feature self-contained pads, providing a convenient and comfortable solution for menstrual hygiene. Manufactured in Shillong by women, these products not only promote environmental sustainability but also contribute to women's economic empowerment by creating job opportunities in the manufacturing of reusable pads. Additionally, the employment opportunities provided to women in manufacturing contribute to their economic development and empowerment. The initiative also aims to raise awareness about sustainable menstrual practices and environmental pollution. The project is a collaborative effort between Shubham and the Journalists Union of Sikkim.

SHUBHAM'S NATIONAL CAMPAIGNING: PILOT PROJECT OF ZERO WASTE PERIOD WAS SUCCESSFULLY COMPLETED IN KASHMIR UNDER THE LEADERSHIP OF NAFEEJA SABIR

Shubham's national campaigning initiative recently accomplished a significant milestone with the successful completion of a pilot project on Zero Waste Period in Kashmir. The project was held at Syed Ali Memorial Institute of Education, Breewa, Budgam.

Led by the dynamic leadership of Nafeeja Sabir, the project aimed to revolutionize menstrual hygiene practices in the region while advocating for environmental sustainability.

The project commenced with extensive community engagement efforts aimed at raising awareness about the importance of sustainable menstrual practices and their impact on the environment. Other women's groups and associations were actively present in the project.

Nafeeja Sabir conducted awareness sessions to empower women and girls with knowledge about menstrual health and hygiene. Participants were educated about eco-friendly menstrual products and taught proper waste management techniques.

Efforts were made to ensure access to affordable and sustainable menstrual products for women and girls in Kashmir. This involved the distribution of reusable cloth pads and panties, FRESH PAD.

Collaborating with local authorities, the project facilitated the establishment of infrastructure to support zero-waste period practices.

These initiatives aimed to challenge menstrual taboos, promote gender equality and inspire behavioral change towards sustainable menstruation practices.

The successful completion of the zero waste period pilot project in Kashmir resulted in a noteworthy achievement for Shubham to work in a large scale in the upcoming future.



SHUBHAM'S NATIONAL CAMPAIGNING: PILOT PROJECT OF ZERO WASTE PERIOD WAS SUCCESSFULLY COMPLETED IN ASSAM UNDER THE LEADERSHIP OF MRS SAROJ JALAN AND PUSHPA LOHIA

In the heart of Assam, a beacon of hope shines brightly as Shubham's national campaigning initiative achieves a monumental milestone. Under the dedicated leadership of Mrs. Saroj Jalan and Pushpa Lohia, the pilot project on Zero Waste Period has successfully concluded, leaving a trail of empowerment and environmental stewardship in its wake.

The project, hosted at the esteemed Kaliram Barua Girls High School in Guwahati, Assam, stands as a testament to the power of grassroots activism and community collaboration. It aimed not only to address the pressing environmental concerns posed by menstrual waste but also to empower women and girls with knowledge and agency over their own health and well-being.

At the helm of this transformative endeavor were Mrs. Saroj Jalan and Pushpa Lohia, two visionary leaders committed to driving positive change in their community. Their unwavering dedication and tireless efforts laid the foundation for the success of the project, inspiring participants and stakeholders alike to embrace a more sustainable approach to menstruation.

Throughout the duration of the pilot project, Mrs. Jalan and Mrs. Lohia spearheaded a series of engaging workshops, educational sessions, and practical demonstrations. These activities not only shed light on the environmental impact of conventional menstrual products but also introduced participants to eco-friendly alternatives such as reusable cloth pads and panties.

By empowering women and girls with knowledge about sustainable menstruation practices,

Mrs. Saroj Jalan and Pushpa Lohia paved the way for a brighter, greener future in Assam. They fostered a sense of environmental stewardship and social responsibility, empowering individuals to make informed choices that benefit both themselves and the planet.



SHUBHAM'S NATIONAL CAMPAIGNING: PILOT PROJECT OF ZERO WASTE PERIOD WAS SUCCESSFULLY INITIATED IN DIMAPUR, NAGALAND UNDER THE LEADERSHIP OF SEEMA BHOWAL, PRESIDENT JCI

The Zero Waste Period campaign, spearheaded by Shubham Charitable Association, aims to revolutionize menstrual health management by promoting the use of sustainable and reusable menstrual products. This initiative not only addresses the pressing issue of menstrual waste but also empowers women by providing them with employment and entrepreneurial opportunities.

The pilot project in Dimapur is led by Seema Bhowal, a dynamic and dedicated leader who has been instrumental in mobilizing community support and resources. Under her guidance, the project has garnered overwhelming enthusiasm from local women and community leaders, setting a precedent for future expansions.

The primary objective of the Zero Waste Period campaign is to create a ripple effect of positive change across the nation. By advocating for the use of reusable menstrual products, the campaign aims to significantly reduce the environmental impact of disposable sanitary products. Additionally, it provides a platform for women to gain financial independence through the production and distribution of these eco-friendly alternatives.

The success of the pilot project in Dimapur is a testament to the power of community collaboration. Local women have actively participated in the training sessions, learning the skills needed to produce reusable menstrual products. This not only empowers them with employment but also fosters a sense of pride and ownership in contributing to a cleaner and healthier environment.

Building on the success of the Dimapur pilot, Shubham Charitable Association plans to expand the Zero Waste Period campaign to other regions. The ultimate goal is to create a nationwide network of empowered women who are not only champions of sustainable menstruation but also leaders in their communities.

Seema Bhowal, President of JCI, shared her excitement about the project's success, stating, "The initiation of the Zero Waste Period campaign in Dimapur is a significant step towards achieving our vision of sustainable menstruation and women's empowerment. We are proud of the dedication and enthusiasm shown by the women of Dimapur and look forward to replicating this success across the nation."



Old Memories



"Life is an eternal journey, and our search for heaven is the path to our true progress."

OCU, Shubham Charitable Association team up in unique venture

By Our Reporter

SHILLONG, Oct 2: On Gandhi Jayanti, the Operation Clean-up (OCU), of which the Shubham Charitable Association (SCA), is a partner which has been involved in cleaning rivers since 2019, launched the project "Fresh Pads", an environment friendly sanitary pad which is the use-and-throw variety often lands up in rivers and pollutes it because there is blood discharge in the throwaway pads.

Pushpa Bajaj, the founder and president of SCA, said, "This sanitary pad is eco-friendly and economical because the pads after being used can be washed, dried and reused. They are made with the best fabric and can last for at least five years."

Pushpa has already intro-



duced these pads in several villages and the women in those villages have been trained to stitch these pads which can be easily carried by girls/women in their hand bags/school bags.

On Monday, the OCU team met for their usual

cleaning drive at Umkialar where the pads were distributed to girl students present there.

Students from KC Secondary School, Martin Luther Christian University (MLCU) and other women volunteers were given a pack-

et each of the Fresh Pads. They were told to carry the message far and wide and to encourage their fellow students and friends to purchase these reusable sanitary pads. Pushpa said the pads will soon be available in the local pharmacies too.



Named the "Mission Awake", Shubham as an organisation realised that the discarded sanitary pads are non-biodegradable and as per research, each woman uses at least 5,000 pads in her lifetime. If that number is multiplied by the number of

women in Meghalaya alone it adds up to a large number that degrades the nature around us especially the water bodies. "It is Shubham's commitment to help nurture and heal the environment by introducing 'Fresh Pads' which also creates jobs for those who produce this product locally," Pushpa said adding that some of the trainees in Shubham have already learnt to make them.

It may be mentioned that OCU comprises the Jiva Cares group led by Jivat Vaswani, KC Secondary School led by Brian Wahlang, MLCU led by Evan Diengdoh, SCA, Colonel Sishupal Security Company (CSSC), the Shillong Municipal Board and an eclectic group of individuals comprising retired diplomat RV Warji, some business persons such as Malcolm Najjar (who often lends his

(Contd on P-4)

दैनिक पूर्वोत्तर

टायसाईड उमक्से के सिलाई एवं हाथ कढ़ाई बैचों के लिए प्रमाणन कार्यक्रम



शिलांग, 13 फरवरी (वि.सं.)। शुभम चैरिटेबल एसोसिएशन ने टायसाईड उमक्से के सिलाई और हाथ कढ़ाई बैचों के लिए प्रमाणन कार्यक्रम आयोजित किया है। शुभम चैरिटेबल एसोसिएशन ने पिछले साल टायसाईड उमक्से गांव में कोशल प्रशिक्षण केंद्र शुरू किया और ग्रामीण महिला उम्मीदवारों के लिए प्रशिक्षण सफलतापूर्वक पूरा किया।

दिलित खासिन, टायसाईड उमक्से के रंगबाहू स्नीग, एप्रेशन डोहलिंग, शुभम के परियोजना समन्वयक, सुनोला गुना, कोणाव्यस, शुभम चैरिटेबल एसोसिएशन और गुना बजाज, शुभम चैरिटेबल एसोसिएशन की संस्थापक एवं अध्यक्ष ने अपनी उपस्थिति से प्रमाणन समारोह की शोभा बढ़ाई।

शिलांग में पुनः प्रयोग में आने वाले सैनिटरी पैड लॉन्च



OCU, Shubham Charitable Association... (Contd from P-1) JCB to clear the garbage from the river) Constantine Thma, Jashir Singh, Sambraling Dengdoh, and Malka Dora Thangkhuem, among others. The group has grown over time and it is involved in tree plantation in different parts of East Khasi Hills and Ri-Bhoi districts. The OCU team also feels gratified that other groups have also responded to the call for cleaning rivers. On October 1, the staff of Customs & GST Shillong also cleaned up the Umkialar river.

स्टेपलरकलाई गांव को मिली मासिक कचरे से मुक्ति

शिलांग, 17 मार्च (वि.सं.)। कोशल गांव में 13 नए सफाई कचरे हैं और मासिक कचरे को उचित रूप से नष्ट करने के लिए शुभम चैरिटेबल एसोसिएशन और अग्रिम पर्यावरण संचालन समिति, कोशल गांव में, द्वारा आयोजित कार्यक्रम में 25 छात्रों ने मासिक कचरे को सफाई करने के लिए 40 मी की लंबी कचरा डिब्बा लगाई।



NGO contributes gowns, masks to city hospital

SHILLONG, Feb 15: Shubham Charitable Association, which has been providing relief to the students of Umkialar Hospital since 2019, has contributed 200 gowns and 200 masks to the hospital on Friday. The association has been made by the students and members of Shubham Charitable Association, who are providing relief to the students of Umkialar Hospital through their annual fund. The founder and president of Shubham Charitable Association, Pushpa Bajaj, mentioned that the students and the members of Shubham Charitable Association have contributed to the students and the staff of Umkialar Hospital to keep them safe while providing medical services. She also mentioned that the students and the members of Shubham Charitable Association have been providing relief to the students of Umkialar Hospital since 2019. This contribution is a small step towards a healthy and safe society, but it is a step in the right direction. She also mentioned that the students and the members of Shubham Charitable Association have been providing relief to the students of Umkialar Hospital since 2019.

Push for reusable sanitary pads

By Our Reporter

SHILLONG, Feb 24: As tribute to women members of Raj Bhavan Welfare Society of Raj Bhavan, Meghalaya, an awareness programme on reusable sanitary pads was organised under Shubham Charitable Association's 'Zero Waste Period Mission'.

Under this programme, 'Zero Waste Period' officer, Kanak Goyal informed all the women about the need for reusable period pads and panties. Association president, Pushpa Bajaj, its executive member, Urmila Singhania, and outgoing secretary, Ritu Aggarwal also participated in the programme.

Aggarwal expressed her gratitude to all the women present at the programme. It may be noted that the president of the NGO, Pushpa Bajaj expressed gratitude for organising the programme with the inspiration of Commissioner and Secretary, Raj Bhavan. Shillong, BDR



Participants at an awareness programme on reusable sanitary pads organised under Shubham Charitable Association's 'Zero Waste Period Mission', on Saturday.

Triwari, and the special role of Roshan Bhandari, president of Raj Bhavan Welfare Society. During the function, tea and refreshments were arranged by Raj Bhavan Welfare Society for all the attendees. Zero Waste Period Mission is an important initiative which is working to spread awareness about women's health and hygiene as well as environmental protection. The objective of this initiative is to provide important health-related information to women and increase discussion on this topic in the society.

EKH village gets rid of menstruation waste



Locals attend a programme under the Zero Waste Period Campaign organised by Shubham Charitable Association in collaboration with Akhil Bhartiya Marwari Mahila Sammelan, Meghalaya, at Steplakrai village in East Khasi Hills.

By Our Reporter

SHILLONG, Feb 28: Steplakrai village in East Khasi Hills has taken an important step and achieved freedom from menstruation waste. The credit for this achievement goes to Shubham Charitable Association and Akhil Bhartiya Marwari Mahila Sammelan, Meghalaya, with whose cooperation, reusable sanitary pads and panties made by the association were distributed free of cost among all women of the village aged between 9 years to 40 years under the Zero Waste Period Campaign held on February 17.

In this bold move, Steplakrai village, in the presence of Marshal Khongkhe, Headman of Steplakrai village, Appurson Dohling, Shubham Coordinator, Madanabha Kharkongor and Dananbha Nongkhliam, School teachers of the Steplakrai village school, has pledged to reduce menstruation waste and usage of disposable sanitary pads and promote environmental protection. The Zero Waste Period campaign has inspired all the women of the village to use reusable sanitary pads and panties.

have also involved to use self-made reusable sanitary pads.

Need for Zero Waste Period campaign

Waste accumulated from sanitary pads stands as a serious problem. Only in India, more than 50 crore women use billions of sanitary pads every year and throw them in rivers and landfills. The waste generated due to this does not dissolve in the soil for hundreds of years. And due to its toxic side-effects, the rivers and reservoirs are getting contaminated. This is also a reason why countless incurable diseases are increasing.

To get rid of this problem, Shubham Charitable Association, which has been dedicatedly working for the welfare of women in Meghalaya and Assam for the last 25 years, has taken a special initiative in Northeast by making reusable sanitary pads and panties which are made from improved fabrics. For the reusable sanitary pads and panties manufacturing, the association, high quality fabric has been used from which women can

their menstruation. Reusable sanitary pads and panties manufactured by Shubham named 'Reusable Fresh Pads and Fresh Panty', has received certification from certified labs from the Ministry of Textiles. These pads and panties have been used by more than 2,000 women, and there has been no incident of any kind of rash or infection.

Any woman can use this reusable fresh pad or panty for 6 to 8 hours during menstruation, and can use it again after cleaning it thoroughly with soap in clean running water, drying it in the sun or shade. Women can wash this pad more than 80 times.

The Zero Waste Period campaign started by Shubham Charitable Association has received special recognition and recognition by Padma Shri Patricia Mukhin, who herself is serious and sensitive about the cleanliness of the environment. Operation Clean Up campaign under her captainship has been running in Meghalaya for several years now. Her suggestions and guidance have been of special gain

शुभम चैरिटेबल एसोसिएशन और ओसीयू का गणेश दास अस्पताल में पुनः प्रयोज्य फ्रेश पैड वितरण संपन्न

बार्चल प्रहरी कार्यालय संवाददाता गलांग: शुभम चैरिटेबल एसोसिएशन, ओसीयू के सहयोग गणेश दास अस्पताल, शिलांग ग्रामीण रोगियों को पुनः प्रयोज्य फ्रेश पैड वितरित करने की अपनी सक्रिय परियोजना के सफल पान की घोषणा की। 26 अप्रैल, 4 को, गणेश दास अस्पताल रिष्ठ कर्मचारियों की उपस्थिति में, शुभम सचिव श्रीमती सुमित्रा चंदगोठिया, और वरिष्ठ सदस्य उर्मिला सिंघानिया, समर्पित स्वयंसेवकों नीतू शर्मा, सिल्की बजाज और पायल बजाज के साथ, वितरण कार्यक्रम को सुविधाजनक बनाया। शुभम चैरिटेबल एसोसिएशन की सचिव श्रीमती सुमित्रा चंदगोठिया ने स्थायी समाधानों के माध्यम से ग्रामीण

समुदायों का समर्थन करने और महिलाओं को सशक्त बनाने के लिए संगठन की प्रतिबद्धता पर जोर दिया। शुभम की संस्थापक और अध्यक्ष पुष्पा बजाज ने आपरेशन क्लीन अप की कप्तान पद्मश्री पेट्टीसिया मुखिम और ओसीयू मंच को उनके अटूट समर्थन और सहयोग के लिए हार्दिक आभार व्यक्त किया।

शुभम चैरिटेबल एसोसिएशन और ओसीयू का गणेश दास अस्पताल में पुनः प्रयोज्य फ्रेश पैड वितरण संपन्न



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