

**INSPIRE | SUPPORT
GROW | SUCCEED
THRIVE | EMPOWER**



For Women....by Women



Naari Samajik Sanstha, a non-government organization based in Dadar, Mumbai, has been giving underprivileged, under-skilled women an opportunity to train and find placement in non-traditional areas such as Beauty, Ayurved, Cosmetics, Hair & Skin Care and, to transform not only their own lives but those of their families too. Started in 2012, Naari Samajik Sanstha is run by a group of ladies who are passionate about empowering economically and socially underprivileged girls and women and giving them hope for a better future. Change, modify or course correct - Naari Samajik Sanstha does whatever it takes to stay relevant in this fast-changing world.



VISION

To enhance the socio-economic status of young, underprivileged women by empowering them with self-confidence and the required skills to enable them to become independent and contribute to family and society.

MISSION

- 1) Provide required skills through vocational training in non-traditional areas of employment.
- 2) Facilitate holistic development and enhance employability by imparting life-skill training.
- 3) Provide the necessary resources and infrastructure to ensure the training provided is relevant and impactful.

- 4) Create avenues for employment by increasing awareness about Naari Samajik Sanstha and its programs amongst prospective employers.

START LIFE NAARI

Naari Samajik Sanstha offers **FREE** training and placements to economically challenged women in the following areas:
Beauty | Ayurved | Cosmetics | Hair & Skin Care
So, we are looking for your association to help economically challenged women to enhance the socio-economic status by empowering them with self-confidence and the required skills to enable them to become independent and contribute to family and society.



INSPIRE | SUPPORT
GROW | SUCCEED
THRIVE | EMPOWER

For Women....by Women

We are looking for your association to help economically challenged women to enhance the socio-economic status by empowering them with self-confidence and the required skills to enable them to become independent and contribute to family and society. Please join hands for following projects:



HEALTHCARE PROGRAM

1. SUVARNA PRASHAN:- For 0 to 16 year old children's
2. GENERAL HEALTH CHECK UP CAMPS:- For all age group
3. MEDICAL CAMP FOR WOMEN ONLY:- For Gynecological disorders

YES SHE CAN

1. BASIC BEAUTY & HAIR INTRODUCTION
2. BASIC BEAUTY & HAIR ADVANCED

Naari Samajik Sanstha offers **FREE** training and placements to economically challenged women in the following areas:

Beauty
Ayurved
Cosmetics
Hair & Skin Care

WONDER WOMAN

In this program we will discuss the success stories of women who is doing something great for our society and that will be published on Youtube & other social media for awarness & to motivate the womens of our society.



Suvarna Prashan sanskar is one of the 16 essential rituals described in Ayurveda for children. The process in which Suvarna Bhasma (purified ash of gold) is administered with fortified ghee prepared with herbal extracts, and honey in liquid or semisolid form.

Whom to Administer : Suvarna Prashan can be given to age group of 0-16 yrs.

Time of Administration : Suvarna Prashan can be done daily early in the morning, or at least on every Pushya Nakshatra- an auspicious day- which happens to come after every 27 days, given on this day it bestows excellent benefits.

Benefits of Suvarna Prashan :

Suvarna Prashan increases immunity power and develops resistance against common infections, thus prevents children from falling ill very oftenly. It builds physical strength in children and enhances physical activities, and also improves stamina for the same.

DAYS OF PUSHYANAKSHTRA IN 2018

3 rd Jan	31 st Jan	27 th Feb
27 th Mar	23 rd Apr	20 th May
16 th Jun	14 th Jul	10 th Aug
06 th Sep	04 th Oct	31 st Oct
28 th Nov	25 th Dec	

- Regular doses of Suvarna Prashan improves child's intellect, grasping power, sharpness, analysis power, memory recalling in an unique manner.
- It kindles digestive fire, improves digestion and decreases related complaints. Suvarna Prashan also improves child's appetite.
- It helps to nurture early physical and mental development.
- It develops an inbuilt strong defence mechanism in kids which acts as a safety shield against diseases and complaints occurring due to seasonal change and other prevailing infections.

- It helps body to recover early in case of any illness.
- It guards children from various allergies.
- It protects children from ailments occurring during teething phase.
- Tones up skin colour.
- Overall it makes child healthier.
- Children taking Suvarna Prashan doses regularly can be easily distinguished from their remarkably outstanding physical and mental Performance



YES SHE CAN

At NSS, we offer an exciting range of courses in Beauty, Make up, and Hair-Dressing which are held in vibrant environment of our associated partners own salons, where our clients receive their treatments from our candidates during their courses, and there is no better way than this for both technique and confidence. We run part-time, weekend and intensive beauty training courses and all our classes are in small batch this means you benefit from excellent student tutor ratio.

We also rotate the timings of our beauty training courses so you do not miss out on any class.

BASIC BEAUTY & HAIR INTRODUCTION



Every child is unique, they need to be understood well and as parents we need to have the best of our patience & support to help them become a part of the society. It is all possible provided you allow yourselves to make the transformations towards positive affirmations. The children need not go through any pain or medication process. This can simply be achieved by just a willingness that we require to shift.



We NSS offering introductory courses of basic beauty & hair for the following:

- 1) To build up the confidence
- 2) To develop mirror image
- 3) To understand the importance of hygiene
- 4) To create face smile
- 5) For the overall development

BEAUTY & HARE CARE ADVANCED

1. Diploma in Basic Beauty (2 month)
2. Diploma in Basic Hair Dressing (2 months)
3. Diploma in General Aesthetics (3 months)
4. Diploma in Laser Technician (3 months)
5. Diploma in Advanced Hair Dressing (6 months)
6. Diploma in Bridal Makeover (6 months)
7. Diploma in Nail Technician (2 months)



SHORT COURSES



- 1) Spa Therapist (Hair)
- 2) Spa Therapist (Body)
- 3) Japanese Rebounding
- 4) Perming
- 5) Saree Draping
- 6) Ear Lobe Repair
- 7) Ward Removing
- 8) Air Art
- 9) Ear Piercing
- 10) Dandruff Treatment
- 11) Hair Falling Treatment
- 12) Protein Wash
- 13) Mahogany Technique

-: ONE DAY WORKSHOP :-

EVERY MONDAY 10.00 AM TO 02.00 PM

General Health Check Up Camps: For all age group



Doctor's consultation on following disorders:

1. Hypertension 2. Diabetes 3. Obesity 4. Dyslipidemia 5. Insomnia 6. Stress, etc.

Bone disorders

1. Osteoporosis 2. Cervical spondylitis 3. Lumbago 4. Osteoarthritis
5. Rheumatoid arthritis

In this medical camp we will conduct following tests:

1. Blood Pressure 2. Blood Sugar Level (BSL) 3. Body Mass Index (BMI)
4. Pap smear test (for Cervical Cancer) 5. Mammography (for Breast Cancer)
6. Bone marrow density (BMD) 7. ECG

Gynecological Disorders

1. Dysmenorrhoea 2. Menorrhagia 3. Leucorrhoea
4. Poly Cystic Ovarian Disease (PCOD) 5. Female Infertility

Gastro- Intestinal Disorders

1. Constipation 2. Hyper Acidity 3. Irritable bowel Syndrome

Ano- Rectal Disorder

1. Piles 2. Fissure 3. Fistula

Pulmonary Disorders

1. Cough & cold 2. Bronchitis 3. Asthma

Skin Disorders

1. Psoriasis 2. Eczema, 3. Dermatitis 4. Urticaria 5. Scabies 6. Leucoderma





WONDER WOMAN

NSS salutes the women of our society who can be a successful family life and have a professional career at the same time. In this program we will discuss the success stories of women who are doing something great work of our society.



Inauguration day (8th March 2014): NSS (Naari Samajik Sanstha) Started with the vision to help economically challenged women to enhance the socio-economic status by empowering them with self-confidence and the required skills.



Free Health Check Up Camp: NSS has organized Full Body Analyzing camp in Rajur, Maharashtra on 24th Aug 2015 to promote health awareness & personal hygiene specially for Adolescence girls, Pregnant & Lactating Women in rural area



Motivational Idea (Skill & Knowledge): NSS has Successfully Organized Motivational Idea Program for the Development of Women on the Occasion of Jyoti's 10th anniversary 2012. In this program we got ideas from Dr. Jyoti Satpute (President), Nirmali Sawant (Marathi Actress), Prachi Pisat (Marathi Actress), Sara Shrivastav (Marathi Actress)

Health Check Up Camp: NSS has organised free health check up camp at Pantaloons, High Street Phoenix, Lower Parel, on 8th March 2016 on the occasion of Women's Day

Celebrated "1st International Day of Yoga" at Jyovis SKIM Clinique on 21 June, 2016



NSS Celebrating 1st International day of Yoga, 21st June 2016 with Dr. Jyoti Satpute (President-NSS), Dr. Vishnu Bawne (Member-Maharashtra Council of Indian Medicine), Ms. Bhargavi Chirmule (Marathi Actress)



NSS President Dr. Jyoti Satpute Felicitating Yogi Mr. Uday Deshpande (Shree Samartha Vyayam Mandir, Keluskar Road (S), Shivaji Park, Dadar West)



Navratri Celebration: On the occasion of Navratri 2016, NSS has organised "Wander Women Program". In this program we got a motivation & guidance from Yogita Prabhu (Director- Phondaghat Pharmacy)



Naari's Achiever Womens Program: NSS has organised Achiever Womens program on the occasion of Navratri in 2016



Super Women Program: NSS has successfully organised Super Women program on the occasion of Navratri 2016



Super Women: NSS has organised Super Waman program in Navratri 2016 with India's First Lady Detective Rojani Pandit & Dr. Jyoti Satpute (President)



Diwali Celebration: NSS Volunteers making Diwali Ubtan & Lamps for the economically challenged families to spread happiness in the festive season 2016



Naari Cancer Dr. Mane : NSS has successfully organised Cancer detection & awareness camp to promote healthy life with Dr. Jyoti Satpute (President), Nirmiti Sawant (Marathi Actress)



Women's Day Celebration 8th March 2017: NSS President Dr. Jyoti Satpute delivering speech on the occasion of International Women's Day



Haldi Kumkum Celebration: NSS has celebrated Haldi Kumkum on the occasion of Navratri in 2017 at Jyotis Skin Clinique



Independence Day Celebration: NSS President Dr. Jyoti Satpute with volunteers celebrated 15th Aug 2017 with free health check up camp & distributed books & notebooks to the school children's of Vangani School.



Prasar Shikshanacha Uddhar Dejhyacho: NSS President Dr. Jyoti Satpute with volunteers celebrated 15th Aug 2017 with free health check up camp & distributed books & notebooks to the school children's at Dharuk School.



On the occasion of navratri mahotsav NAARI Samajik Sanstha has facilitated real mothers of our life (Nurses) at Wadia Hospital, Parel, Mumbai



NAARI Samajik Sanstha has organised free medical camp at Mumbai Education Trust (MET), Bandra, Mumbai



NAARI Samajik Sanstha has organised free training program of hand made Ayurvedic Ubtan, Hand made herbal soaps, candles, Cosmetic products, Deeps etc to the underprivileged women's to empower them at Jyovis Institute, Dadar, Mumbai



For Women...by Women



NSS Celebrated Children's Day at National & Asian Resource Centre for Inclusion, Bandra West





For Women....by Women

This NGO is registered under Income Tax Act 1961 and donor will be eligible for deduction as per eligibility criteria of section 80G of Income Tax Act
Reg No : F- 60013, Mumbai, Pan No : AACTN1327P

3rd Floor, Shardashram Vidyamandir, Dr. Bhavani Shankar Road, Dadar (W), Mumbai-28
nsamajiksanstha@gmail.com | www.naarisamajiksanstha.org | +91 9821156363 | 9819664225 | 9769295323