



HOLY SPIRIT INSTITUTE OF NURSING EDUCATION

HOLY SPIRIT HOSPITAL, MAHAKALI CAVES ROAD, ANDHERI EAST, MUMBAI -93

NAAC ACCREDITED 'B++' GRADE

**STUDENT
WELFARE
ACTIVITY REPORT
2024-2025**



HOLY SPIRIT INSTITUTE OF NURSING EDUCATION

HOLY SPIRIT HOSPITAL, MAHAKALI CAVES ROAD, ANDHERI EAST, MUMBAI -93

DRUG FREE INDIA CAMPAIGN

NASHA MUKTH BHARAT ABHIYAN 2024

Theme: 'Viksit Bharat ka Mantra, Bharat ho Nasha se Swatantra'

POSTER MAKING COMPETITION ON THE THEME



12/08/2024



INSTRUCTIONS/RUBICS:

- ❖ Each participant should submit only one
- ❖ Poster should be made on A3 or A4 size with margins of 0.5 inches
- ❖ Use short sentences and simple words and bullets to illustrate your points
- ❖ Organize ideas and key points using headings

**POSTER TO BE MADE AND SUBMITTED ON 13/08/2024
BEFORE 4PM TO MS. JENEVIA PASANNA**

ALL THE BEST!



HOLY SPIRIT INSTITUTE OF NURSING EDUCATION

HOLY SPIRIT HOSPITAL, MAHAKALI CAVES ROAD, ANDHERI EAST, MUMBAI -93

Name of the Program: DRUG FREE INDIA CAMPAIGN

SR. NO.	PROGRAM SUMMARY	DETAILS
1	Activity	<ul style="list-style-type: none">• Recitation of pledge given by NMBA,• Projection of video on Drug Free India• Poster Competition
2	Organized by	HSINE Student Council
3	Venue/Date	12/08/2024 – 14/08/24
4	Nature of participant	Staff & Students of HSINE
5	Number of participants	115 Students
6	Student coordinator	Ms. Ann Roy, 4 th Yr. B.Sc. (N)
7	Faculty coordinator	Ms. Jenevia Pasanna, Ms. Anu Abraham

Brief Summary of the Activity/Event

1. OBJECTIVES-

- Promote Holistic Development
- Encourage Participation
- Foster Innovation
- Promote Awareness and Social Responsibility
- Support Mental and Physical Well-being

2. DESCRIPTION-

Holy Spirit Institute of Nursing Education Participates in Nasha Mukta Bharat Abhiyan

The staff and students of Holy Spirit Institute of Nursing Education enthusiastically participated in the Nasha Mukta Bharat Abhiyan (NMBA), a nationwide campaign to create awareness about the ill effects of substance abuse. The event, which centered around the theme "Viksit Bharat ka Mantra, Bharat ho Nashe se Swatantra" (The Mantra for a Developed India is India Free from Drugs), featured a series of engaging activities designed to educate and inspire the participants.

ACTIVITIES CONDUCTED

1. National Pledge Against Drug Abuse: Participants took a solemn pledge to abstain from drugs and work towards a drug-free India.

2. Awareness on Drug Free India Campaign: Informative sessions were held to educate the attendees about the dangers of substance abuse and the importance of maintaining a drug-free lifestyle.

3. Video Screening on Ill Effects of Drugs: A powerful video showcasing the devastating consequences of drug addiction was screened, serving as a stark reminder of the need for action.

4. Poster Competition: Participants showcased their creativity and commitment to the cause by creating posters based on the event's theme.

Through these activities, the HSINE aimed to spread the message of a drug-free India and inspire the youth to take a stand against substance abuse. The event was a resounding success, with the staff and students demonstrating their dedication to creating a healthier, more vibrant society.

3. OUTCOMES

- Active and immense participation was seen by staff and students.
- Fostered Innovative ideas.
- Promoted holistic development and awareness of social responsibility.

4. ACTIVITY / EVENT PHOTOGRAPHS

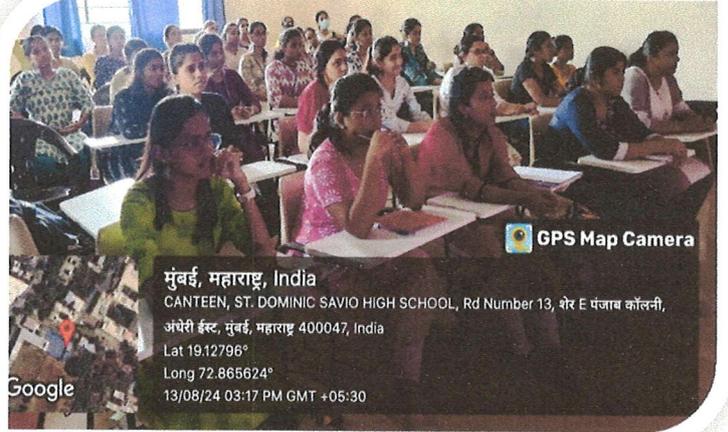


PLEDGE

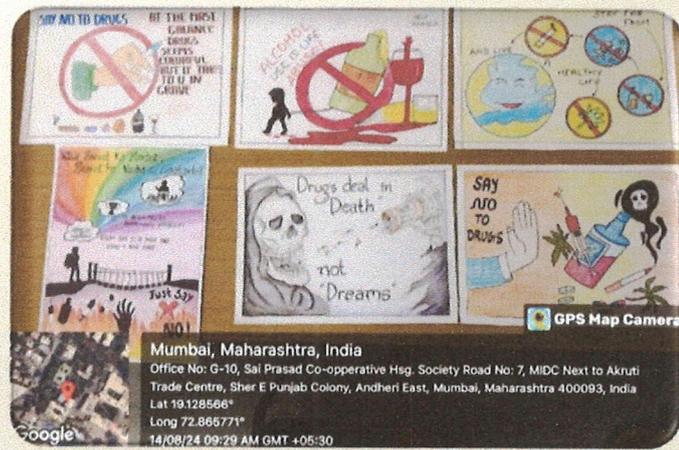
VIDEO PROJECTION



मुंबई, महाराष्ट्र, India
 CANTEEN, ST. DOMINIC SAVIO HIGH SCHOOL, Rd Number 13, शेर E पंजाब कॉलनी,
 अंधेरी ईस्ट, मुंबई, महाराष्ट्र 400047, India
 Lat 19.127916°
 Long 72.865652°
 13/08/24 03:16 PM GMT +05:30



मुंबई, महाराष्ट्र, India
 CANTEEN, ST. DOMINIC SAVIO HIGH SCHOOL, Rd Number 13, शेर E पंजाब कॉलनी,
 अंधेरी ईस्ट, मुंबई, महाराष्ट्र 400047, India
 Lat 19.12796°
 Long 72.865624°
 13/08/24 03:17 PM GMT +05:30

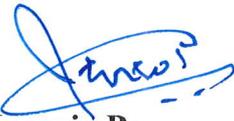


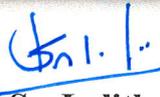
Mumbai, Maharashtra, India
 Office No: G-10, Sai Prasad Co-operative Hsg. Society Road No: 7, MIDC Next to Akruti
 Trade Centre, Sher E Punjab Colony, Andheri East, Mumbai, Maharashtra 400093, India
 Lat 19.128566°
 Long 72.865771°
 14/08/24 09:29 AM GMT +05:30

POSTER COMPETITION



Mumbai, Maharashtra, India
 Office No: G-10, Sai Prasad Co-operative Hsg. Society Road No: 7, MIDC Next to Akruti
 Trade Centre, Sher E Punjab Colony, Andheri East, Mumbai, Maharashtra 400093, India
 Lat 19.128566°
 Long 72.865773°
 14/08/24 09:28 AM GMT +05:30


Ms. Jenevia Pasanna
 Student welfare Co-ordinator


Dr. Sr. Lalitha Rosali
 Principal

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 Holy Spirit Hospital,
 Mahakali Road, Andheri (East),
 Mumbai - 400 093.



SHRI VILE PARLE KELAVANI MANDAL'S
MITHIBAI COLLEGE OF ARTS, CHAUHAN INSTITUTE OF SCIENCE
& AMRUTBEN JIVANLAL COLLEGE OF COMMERCE AND
ECONOMICS
(EMPOWERED AUTONOMOUS)



NAAC REACCREDITED 'A' GRADE, CGPA:3.57 (FEBRUARY 2016)



To,
The Principal,
Holy Spirit Institute Of Nursing Education

Subject: Invitation to Kshitij`24: The Arcade Warehouse, Cultural Festival of Mithibai College (Autonomous)

Dear Sir/Ma'am,

Shri Vile Parle Kelavani Mandal's Mithibai College of Arts, Chauhan Institute of Science, and Amrutben Jivanlal College of Commerce and Economics (Autonomous) is envisaged as a destination for the most talented and promising students, and our courses cater to the need of several professions in the industry. NAAC Re-accredited an 'A' Grade to the college (CGPA 3.57) in 2016. Mithibai College was awarded Best College of the University of Mumbai for the academic year 2016-17. The college was also awarded the 3rd place (AIR under college category), 3rd place (AIR under private autonomous colleges) and 2nd place (State Level Maharashtra under Private Autonomous college) by 'Education World 2024'. The efforts of the college have gained accolades as being 14th ranker in Arts Faculty, 19th ranker in Science Faculty and 15th ranker in Commerce Faculty (AIR) by 'India Today' in 2024.

Kshitij, which began as a local college festival, has thrived over the past 17 years, staying true to its motto, 'Soaring Higher and Higher,' and gaining international recognition. With over 50 events organised in areas such as Performing Arts, Fine Arts, Literary Arts, Gaming & Sports, Photography, Business, and Informals, Kshitij has built a strong reputation for the quality of its participants and the opportunities it offers. The festival has continued to attract an increasing number of colleges worldwide. Additionally, the festival has hosted A-lister Pronite artists like Amit Trivedi, Sachin-Jigar, Sunidhi Chauhan, KK, Vishal-Shekhar, and Farhan Akhtar over the years. Kshitij`24 is set to be even bigger and better, aiming to exceed all expectations.

We warmly welcome all the students to showcase and celebrate their talent and take immense pleasure in inviting you to join us for its 18th edition; **Kshitij`24: The Arcade Warehouse** which will be taking place on **8th, 9th, 10th and 11th January, 2025**.

Kshitij is awarding its winners this year with enticing cash prizes worth **Rs. 3,00,000** and gifts worth **Rs. 75,00,000**. For our presents and awards in the past, we have collaborated with brands like Puma, Jack & Jones, Sugar Cosmetics, HDFC Life and Ergo, Book My Show, etc., adding to the festival's splendid prestige.

For more details, kindly attend our Contingent Leaders' Meet, where we will explain this year's events in detail, scheduled on:

Date: 30th November, 2024

Time: 11:00 am onwards

Venue: Mukesh Patel Auditorium, Vile Parle

Regards,


Mr. Dhruv Agarwal
(Chairperson, Kshitij`24)


Dr. Papiya Deb
(Convenor, Cultural Committee)


Prof. Meenakshi Vaidya
(Vice Principal)


Prof. Krutika Desai
(Principal)



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Mumbai - 400 093.



kshiti 24

soaring beyond horizon

THE ARCADE WARE-HOUSE

Registration Form

Name of the College: HOLY SPIRIT INSTITUTE OF NURSING EDUCATION

Address of the College: HOLY SPIRIT INSTITUTE OF NURSING EDUCATION, HOLY SPIRIT HOSPITAL, MAHAKALI CAVES ROAD, ANDHERI (E) - 93.

Name of the Teacher In-Charge: MS. JENEVIA PASANNA

Contact of the Teacher In-Charge: 8454835543

Details of the Contingent Leader

	Name	Contact	Email ID
Contingent Leader	MS. SHRUTI RAJAN DHOLAM	7410732697	shrutidholam26@gmail.com
Assistant Contingent	MS. MANSHREE GHANSHYAM KAMBLE	9867763602	kamblemanasvi2004@gmail.com
Assistant Contingent Leader 2			
Assistant Contingent Leader 3			

*Registration form should be submitted on Contingent Leaders' Meet.


Jenavia Pasanna

(Teacher In-Charge)



(Principal)



Vile Parle(W), Mumbai 400056. Tel No:02242339000. WhatsApp: 9769097906


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HOLY SPIRIT INSTITUTE OF NURSING EDUCATION

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Name of the Event: Mithibai Kshitij 2024

Sr. No.	Program Summary	Details
1	Program	Bollywood Deewane
2	Organized by	Mithibai College of Arts , Chauhan Institute of Science and Amrutben Jivanlal College of Commerce and Economics
3	Venue/Date	JVPD Ground, Vile Parle (East)
4	Nature of participant	Students from all over the colleges in Mumbai
5	Number of participants	12 groups
6	Student coordinator	Ms. Shruti Dholam
7	Faculty coordinator	Ms. Jenevia Pasanna
8	Judge	Mr. Rupesh Bane , Mr. Yash

Brief Summary of the Activity/Event

1. **OBJECTIVES:**

- Encouraging creative expression, creativity and fostering innovation in performing arts.
- Representing the institution on external platforms showcases its commitment to cultural excellence.
- Overall personal and professional growth of students.

2. **DESCRIPTION:**

A meet up of the Contingent Leaders were held for KSHITIJ 2024 and were attended by Ms Shruti Dholam and Ms. Manshree Kamble on 30th November 2024. The event was organized by the Kshitij 2024 Core Committee under the leadership of Chairperson Mr. Dhruv Agarwal and Deputy Chairperson Ms. Bhumi Shah, aimed to guide and inform CLs and ACLs in preparation for the upcoming cultural festival.

Key Highlights Are:

- The core committee provided an in-depth explanation of the festival structure, shedding light on the events planned during the fest.
- To foster a sense of inclusion, invitation cards were distributed to all CLs and ACLs of the respective teams.
- Special acknowledgement was given to the sponsors who made the event possible, ensuring the success of both the meet and the upcoming festival.
- The 'Contingent Leader Meet' for Kshitij 2024 served as a pivotal interaction between the core committee and the event representatives, establishing a clear roadmap for the festival.

The students of Holy Spirit Institute of Nursing Education had participated in Kshitij 24, Bollywood Deewane (Group Dance) an Inter-college competition held on 8th January 2025, at JVPD Ground, Vile Parle (East). The following students participated as a team from our institute Ms. Shruti, Ms. Daya, Ms. Princia, Ms. Manashree, Ms. Anna, Ms. Alvisha, Ms. Alisha and Ms. Renuka. The other competitions in performing arts were 7 to smoke, Take 1 action, Bollywood raga, cypher clash, bear street warehouse, western waves, jugalbandi, scorch the floor, Bollywood Deewane, classic kali, panache, wedding icon, Awaaz-e-nuked, Jodi no.1 which was held over for four consecutive days from 8th to 11th January 2025.

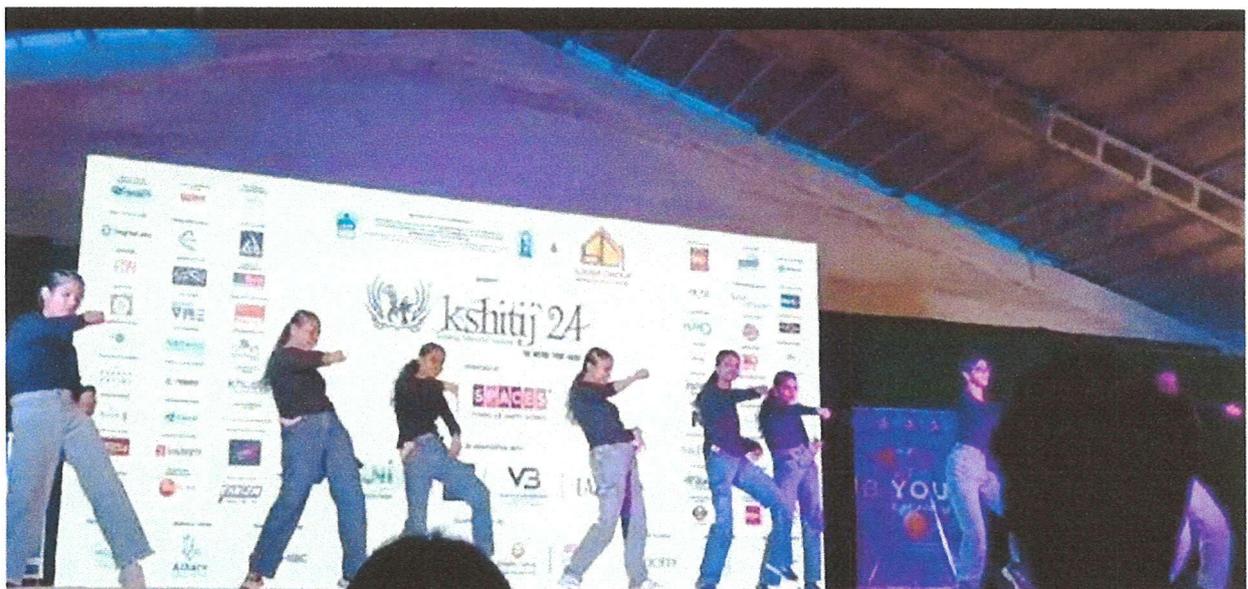
3. OUTCOMES:

The journey was filled with valuable lessons, unforgettable memories, and personal growth. Throughout the event, we had the opportunity to interact with students from various colleges, observe diverse perspectives, and gain insight into different problem-solving approaches. Walk with something meaningful: experience, motivation, and a clearer vision for the future. This competition has only strengthened our resolve to continue learning and growing.

4. SUMMARY:

Students from Holy Spirit Institute of Nursing Education participated in Kshitiij 2024, an inter-college cultural festival held from 8th to 11th January 2025 at JVPD Ground, Vile Parle East. They competed in the "Bollywood Deewane". The competition included a wide range of performing arts events, promoting creativity and cultural expression among students from across Mumbai. The experience helped participants grow personally and professionally, offering valuable exposure, motivation, and a renewed commitment to learning and artistic excellence.

5. PHOTOGRAPHS:



Annvian

Ms. Annvian Joji
SNA Secretary

Jenevia

Ms. Jenevia Pasanna
SNA Advisor

Lalitha

Dr. Sr. Lalitha Rosali
Principal

भारत सरकार
गृह मंत्रालय
आंतरिक सुरक्षा विभाग
कार्यालय क्षेत्रीय निदेशक
स्वापक नियंत्रण ब्यूरो
मुंबई क्षेत्रीय इकाई
बल्लार्ड एस्टेट
मुंबई - ४००००१.



Government of India
Ministry of Home Affairs
Department of Internal Security
Office of the Zonal Director
Narcotics Control Bureau
Mumbai Zonal Unit
Ballard Estate
Mumbai - 400 001

F. No.II/24(7)/NCB/MZU/Awareness/Estt-2024 | 1876

Date: 13.06.2025

To,

The Vice Chancellor,
Maharashtra University of Health Sciences,
Nashik. Email : vc@muhs.ac.in

**Subject: Request for Collaboration in "Nasha Mukht Bharat Pakhwada"
Awareness Campaign (12-26 June 2025) - reg.**

Sir/Madam,

In December 1987, the United Nations General Assembly designated 26th June as the "International Day against Drug Abuse and Illicit Trafficking." Under the Government of India's "Nasha Mukht Bharat Pakhwada," the Narcotics Control Bureau (NCB) will conduct a nationwide awareness drive from 12th to 26th June 2025. College students represent a critical demographic in this effort, as they are both vulnerable to peer pressure and powerful agents of change.

2. We respectfully request your esteemed institution to support the following initiatives during the campaign period:

- **Host Interactive Awareness Workshops:** Invite NCB officials to conduct 45-60-minute interactive sessions covering the physical, social, and legal repercussions of drug abuse, coping strategies, and an overview of the MANAS Helpline (1933). The MANAS website <https://www.ncbmanas.gov.in/> (posters and all other details are available here), may also be popularized among students and staff.

- **Display Visual Outreach Materials:** Place campaign posters, digital displays, and banners highlighting anti-drug messages and the MANAS Helpline in high-traffic areas such as libraries, cafeterias, and student lounges. These serve as constant reminders and encourage help-seeking.

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HOLY SPIRIT INSTITUTE OF NURSING EDUCATION

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NAAC ACCREDITED 'B++' GRADE

Name of the Program: Nasha Mukta Bharat Report

SR. NO.	PROGRAM SUMMARY	DETAILS
1	Activity	<ul style="list-style-type: none">• E Poster and E Banner making competition,
2	Organized by	<ul style="list-style-type: none">• HSINE Student Council.
3	Venue/Date	<ul style="list-style-type: none">• HSINE on 25.06.25
4	Nature of participant	<ul style="list-style-type: none">• HSINE Students.
5	Number of participants	<ul style="list-style-type: none">• 196 Participants
6	Student coordinator	<ul style="list-style-type: none">• Ms Ann Mariya and Ms Lancy
7	Faculty coordinator	Mrs. Riya Kaur Gill

Brief Summary of the Activity/Event

Introduction:

As part of the nationwide "Nasha Mukta Bharat Abhiyaan" (Drug-Free India Campaign), our institution actively participated in spreading awareness about the harmful effects of substance abuse. Recognizing the importance of youth involvement in promoting a healthy, addiction-free society, we organized creative competitions and awareness activities to engage students and staff alike.

Objectives:

- To raise awareness about drug abuse and its consequences.
- To engage youth in creative expression against substance abuse.
- To disseminate anti-drug messages within the hospital and public premises.
- To support the Government of India's mission for a drug-free society.

Activities Conducted:

1. **E-Poster Competition:** Students submitted digital posters highlighting the theme "Say No to Drugs" and promoting healthy alternatives. The entries were evaluated on creativity, relevance to the theme, and message clarity.
2. **E-Banner Competition:** Digital banners were designed to emphasize the importance of a drug-free lifestyle. The best entries were selected for public display.

3. **Display of Winning Posters and Banners:** The top entries from both competitions were printed and displayed prominently at the hospital gate and in various locations within the premises. These displays served as continuous visual reminders for patients, staff, and visitors to stay away from substance abuse.

Outcome:

- Increased visibility of anti-drug messages among the public.
- Active participation from students and healthcare workers.
- Enhanced awareness and sensitivity towards the issue of substance abuse.
- Positive feedback from hospital visitors and staff.

Conclusion:

The activities under the **Nasha Mukta Bharat Abhiyaan** successfully engaged our institution in the national mission against drug abuse. Through creative expression and strategic public display, we contributed to spreading the message of a drug-free India. We aim to continue such awareness initiatives in collaboration with health and community agencies.

Sr. No.	Activity
1	E-Poster and E-Banner making competition.
2	Organized by
3	Venue/Date
4	Number of participants
5	Number of winners
6	Student coordinator • Ms Ann Marya and Ms Lancy
7	Faculty coordinator Mrs. Riya Kanu Gill

Kulika

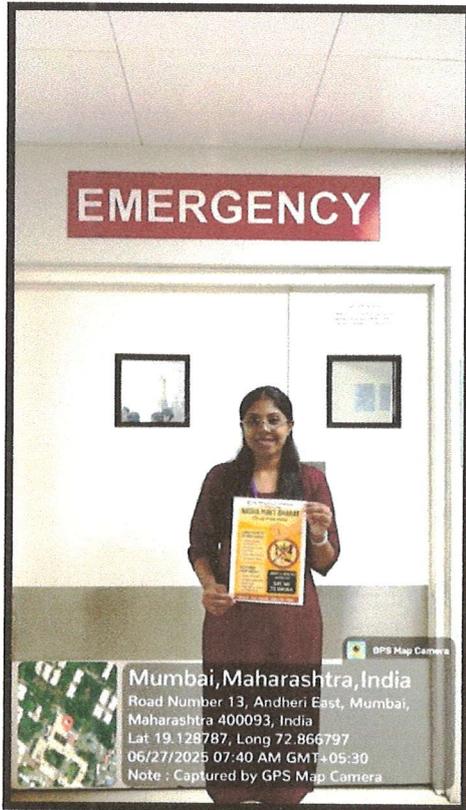
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PHOTOGRAPH



Katili

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‘नेत्रो मुक्त भारत’ ~ E-Poster & E-Banner Competition

	E-Poster	E-Banner
1 st prize	Ms. Angel [GreenH.]	Ms. Scarlett [BlueH.] Ms. Reshma [BlueH.]
2 nd prize	Ms. Sherin [BlueH.] Ms. Punali [BlueH.]	Ms. Roselin P. [YellowH.]
3 rd prize	Ms. Sian [GreenH.]	Ms. Jeba [YellowH.]

Congratulations !!!

Anjali

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SAY NO TO DRUGS, YES TO LIFE!

NASHA MUKT BHARAT - A STEP TOWARDS A HEALTHIER NATION

Life is a beautiful gift - don't let addiction destroy its magic!

- Let's build a NASHA MUKT BHARAT by saying no to addiction
- Choose health, dreams, and a bright future
- Be the voice of change, spread awareness in your community

JOIN THE MOVEMENT - EDUCATE, SUPPORT, AND EMPOWER!

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NASHA MUKT BHARAT PAKHWADA

"Say NO To Drugs, Say YES To Life."

"A Drug-Free Nation is a Healthy Nation."

"Drugs Steal Dreams-- Stay Focused, Stay Clean."

#NashaMuktBharat
#DrugFreeIndia
#SayNoToDrugs

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NASHA MUKT BHARAT

"A Step towards strength"

Addiction ends where awareness begins

Let's create nasha mukt Bharat

SAY NO TO DRUGS

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"DON'T LET DRUGS WRITE YOUR STORY--GRAB THE PEN, SHAPE YOUR DESTINY!"

NASHA MUKT BHARAT

"I will not be a victim. I will be a victor."

"I will not be forgotten. I will be remembered."

"I will not be destroyed. I will rise."

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SAY NO TO DRUGS!

MAKE LIVES OF PROGRESS, NOT THE ONES THAT RUIN LIVES.

choice is yours.

alcohol use is life abuse"

"ZEHAR NASHI, ZIBAN CHALTI"

FIGHT DRUG ABUSE WITH KNOWLEDGE

- ★ LEARN THE RISKS OF DRUG USE
- ★ SEEK SUPPORT FROM FRIENDS AND FAMILY
- ★ FIND HEALTHY WAYS TO COPE UP WITH PROBLEMS
- ★ EDUCATE OTHERS AROUND YOU.

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NASHA MUKT BHARAT (Drug-Free India)

CONSEQUENCES OF DRUG ABUSE

- Adverse impact on health
- Mental and social problems
- Financial instability
- Increase in crime

STAY AWAY FROM DRUGS

- Develop life skills
- Increase awareness about drugs
- Seek help for stress and major issues

ADOPT A HEALTHY LIFESTYLE

SAY NO TO DRUGS

BREAK THE CHAIN, END THE PAIN

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"BE SMART, DON'T START! CHOOSE WISELY!"

Depression

Suicide

Anxiety

Think before you try

DRUG ABUSE

DRUG FREE WORLD

Say NO to drugs

Meditation

Seek Professional help

Toll free number

14446

DRUG FREE INDIA

Ankita

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RISE ABOVE THE "NASHA MUKT BHARAT" INFLUENCE

CHOOSE LIFE, NOT DRUGS!

SAY NO TO DRUGS

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#Nasha Mukht Bharat

SAY NO TO DRUGS

Get Addicted to Passion. Not Poison!

- Educate
- Resist
- Communicate
- Maintain

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NASHA MUKT BHARAT

Don't let drugs destroy your life

SAY NO TO DRUGS

Avoid drugs, adopt healthy habits.
Be aware, be safe, be drug-free.

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SAY NO TO DRUGS

Peer pressure, Stress, Drug experimentation

STATISTICS

DRUG USE / DEATH RATE IN INDIA

Opioids	2.1%
Cocaine	0.9%
Substance	0.5%
Cocaine	0.1%

STEPS FOR NOT FALLING IN DRUGS

- 1. Learn about risk
- 2. Build a supportive network
- 3. Take Care
- 4. Explore healthy ways
- 5. Establish personal boundaries
- 6. Seek support

"DON'T LET DRUGS BE THE AUTHOR OF YOUR OWN SUCCESS"

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thought I was in control, until I wasn't
former user, 19 yrs, mumbai

scan for help, rehab centres and more

SCAN ME

THIS ISN'T JUST A SYRINGE IT IS SLOW DEATH

Over 50% of injecting drug users in India share needles- risking HIV and hepatitis with every dose.

850,000+ injection drugs-nearly half on heroin and prescription opioid.

Need Help? Reach out - help is just a call away
Nasha Mukht Bharat National Toll-free Helpline: 14444

NASHA MUKT BHARAT

Jenevia
Mrs Jenevia Pasanna
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Lalitha
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