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Sarvam Shakti Newsletter 1 (Pandemic Response)

3 messages

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2 January 2021 at 09:09

Art as a symbol of Resilience

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RESILIENCE THROUGH ARTS

Healing the Shakti way in lockdown

The holistic creative education at Sarvam Shakti has proven in 2020 what we always believed to be true. Children need to express themselves, especially marginalized economically deprived girls. Creativity and spiritual education at Sarvam Foundation has become a symbol of resilience for these girls and how!



Performing & Visual Arts Education

Professional training in Indian Classical, Folk and Visual Arts are the soul of Shakti. They never reach the marginalized children, but here they do! And now, through technology as well. [Watch a lockdown video.](#)



Nutrition & Health

All 200 families of Sarvam Shakti have received wholesome rations through 2020. Shakti girls are also given our special vegetable juice regularly. [Read our recipe here.](#)



Yogic Sciences

Yoga at Shakti is taught with an aim to follow the 8 limbs of the holistic science. External and internal health are the focus. Through classes with social distancing & videos, this helped in the toughest times. [Watch a video](#) of one of our Shaktis teach her friends.



Computer Lab, a Library and a Remedial Academic Tuition space

We are shaping our girls to be holistic human beings with a balanced IQ and EQ. We provide spoken [English lessons](#), basic [Computer literacy](#), and opportunities for bettering their academia.



Unleash a Girl. Unleash SHAKTI

Digital Education for All



Shakti Girls Share



Senior Shaktis Lead



Shakti Creates



Shakti wins laurels



Be Shakti Collaboration



Sarvam Foundation
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Gurgaon- 122002

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2 January 2021 at 09:13

Thanks for sharing! Love you