

SHAKTI

— BY SARVAM FOUNDATION —

A summary of Shakti by Sarvam Foundation for the year 2021



Educate a girl
Educate a community

Unleash a girl
Unleash Shakti

How would you recognize a Sarvam Shakti girl? We have come to believe that **leadership** comes so naturally to a Shakti girl as does the **excellence of a skill** and the level of her **compassion** for others.

Despite the harshness of the second wave of the COVID 19 pandemic, our **240 Shakti girls** have thrived and demonstrated that the light is within. And one candle can light a hundred others without diminishing in its own strength.

PERFORMING & VISUAL ARTS EDUCATION

Professional training in Indian Classical, Folk, and Visual Arts has continued. New Kathak Gurus from the Aditi Mangaldas Dance Company have joined. The Shakti girls have been brought closer to the global culture through Professional training in Contemporary dance and ballet.

100 girls are now training in professional Classical Dance.

NUTRITION AND HEALTH

Our Shakti special juice recipe contains over 20+ ingredients from Gooseberry to Beetroot. Here is a [short video clip](#) on nutrition at Shakti that is so vital to the immunity of Shakti girls. Boiled egg as a protein source is a daily addition to the juice and banana provided at Shakti every single day.

YOGIC SCIENCES

The 8 fold path of Yoga has the immense potential to bring about an internal and external transformation in the world. At Shakti rhythmic Yoga is just one part of a process of moral and ethical education through the principles of the science that is Yoga.

Shakti goes to college

Our seniormost Shakti is now 18 and in college!

Rinky Sahoo has secured admission in Delhi Government's Skill & Development University in Applied Arts. She is also interning as a paid fine arts intern in Culture Chauraha run by artist Ritu Sangal. Here is a link to some of Rinky's [art work](#).



The Durga within- by Rinky Sahoo

Reading & Speaking English

Hear from two of our Shaktis on their experiences at Sarvam with the remedial academics program, especially in English- the lingua franca of the modern world of work. The Sarvam Library of books and educational material at the Gurgaon Centre is another beautiful refuge of learning.



REMEDIAL ACADEMICS

At Shakti, interns from schools and colleges across the country teach all academic subjects from Grade 3-12 to Shakti girls free of cost. Some teach online and some offline. Shaktis benefit but what is amazing to watch is the transformation in the volunteer teachers!

EMOTIONAL LITERACY

Inner work shaping our girls to be holistic human beings is the need of the hour. Emotional literacy classes based on Buddhist principles, Vedas, Patanjali's Yoga Sutras, and the teachings of SEE learning by Emory University are just some of the tools we use at Shakti.



Aah what I have learnt from Sarvam Shakti is the profound joy of volunteering my time and heart. I love sharing now

-Kanishkaa, grade 10 intern

'My silhouette and me'

-Akansha Kamat

DIGITAL EDUCATION FOR ALL

17 brand new computers have been added to the Shakti Gurgaon Centre to train our girls aged 13 and above in basic computer literacy. A course in collaboration with NIIT will begin in 2022 subject to Covid guidelines.



Over 150 phones were donated to Sarvam Shakti during the pandemic that have enabled us to deliver our curriculum virtually. We are grateful to the Jio network for making internet data accessible for all.

BOARD OF DIRECTORS

Sarvam Shakti now has an amazing Board of Directors to guide its program and direction starting 2022. The Board is international, culturally diverse and spans over 8 different professions.



CARGILL SHOWCASE ON SHAKTI

A short film on our work made by Cargill India on International Women's Day 2021. In this film you will see performances of rhythmic Yoga, Dance, our academic and nutritional program and more.



HEAR A SHAKTI

Pammi and her two sisters are with us at Shakti. She writes this poem to express how she feels about Sarvam Shakti.



SHAKTIS LEAD

Leadership comes naturally to Shakti girls. Whether during conducting outdoor games or holding an impromptu performance on stage or while winning medals and laurels, the confidence gained at Sarvam Shakti is precious and a much needed skill.



WATCH

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