



# SHAKTI

— BY SARVAM FOUNDATION —

## Quarterly Report QI '19 April-June'20

**Educate a girl. Educate a community.**  
**Unleash a girl. Unleash Shakti.**



(Made by Sakshi, Bharatanatyam danseuse at Shakti)



## **Shakti during Lockdown**

On 24 March 2020, the [Government of India](#), ordered a nationwide [lockdown](#) for 21 days, limiting movement of the entire nation as a preventive measure against the [COVID-19 pandemic in India](#). As the end of the first lockdown period approached, state governments and other advisory committees recommended extending the lockdown till 3<sup>rd</sup> May. On 1 May, the [Government of India](#) extended the nationwide lockdown further by two weeks until 17 May. The Government divided all the districts into three zones based on the spread of the virus—green, red and orange—with relaxations applied accordingly. On 17 May, the lockdown was further extended till 31 May by the [National Disaster Management Authority](#).

On 30 May, it was announced that lockdown restrictions were to be lifted from then onwards, while the ongoing lockdown would be further extended till 30 June for only the containment zones. Services would be resumed in a phased manner starting from 8 June. It was termed as "Unlock 1.0".

This means that kids, who typically spend between three and seven hours in a structured learning environment away from home, are now stuck indoors for weeks. Schools were shut. All out-of-home activities and social interactions have stopped, too. Initial few days were a joyful ride for all as no one imagined the seriousness of the pandemic but as the time went on, everyone started realising that this is not going to end soon.

**But Our Shaktis did not let the spirit vanish in them, they not only kept themselves busy but also involved their families and siblings involved with the mindful activities so that they can deal with the challenges of Pandemic positively. They have participated in various webinars both locally and internationally, engaged in online learning, helped each other with both academics and non-academic subjects, made new friends via volunteer programs and a lot more. In such times, keeping kids engaged with creative activities that they find interesting is tough but Sarvam Shakti has been able to manage it all with the support of generous donors and the family members of the beneficiaries.**

**Our Shaktis are a power house of talent and are unstoppable in their confidence, Self-Worth and talents. They have utilised the lockdown time to the fullest and nurtured their inner abilities to outshine in every field.**

Practice has been a constant companion in the life of a Dancer- the saying stands true for all our Shakti's. During the time of Pandemic too, our children never let the dance practice hamper. They remained in constant touch with their Gurus be it Bharatnatyam, Kuchipudi, Odhissi or Kathak and the learning was happening.

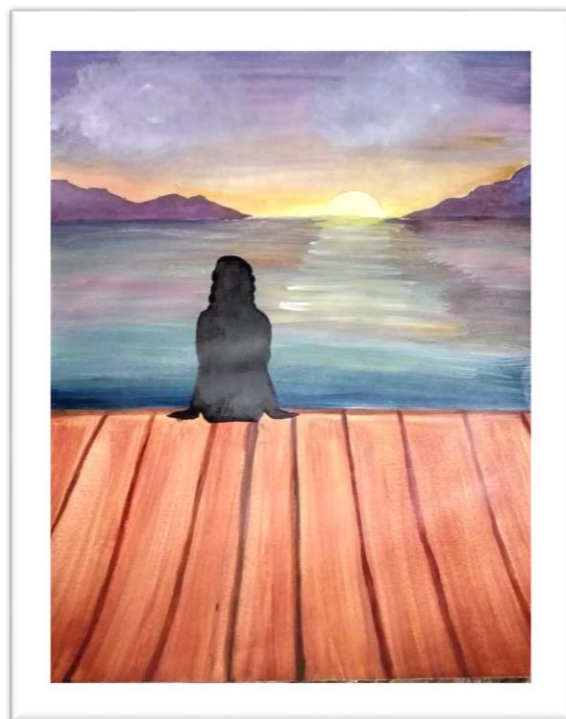
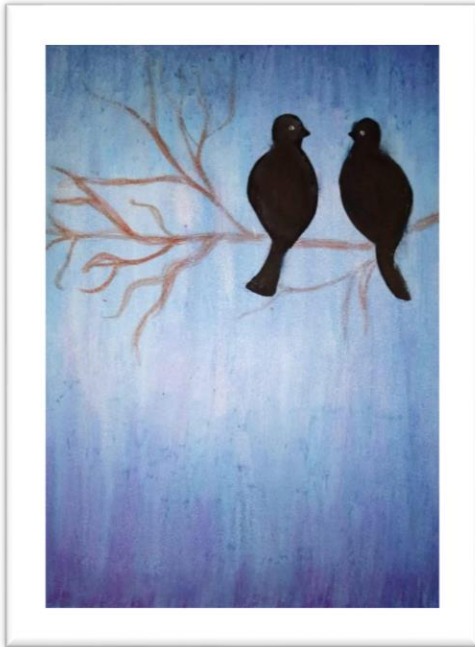






## FINE ARTS

Children explored painting as a medium for coping with the stress of being at home. They painted beautiful sketches and pictures. A few samples truly depict their talent as young painters. Many of them never even explored this dimension earlier.





Through art – in any form, painting, music, sculpture, drams, dance one can express the most difficult emotions easily. One of the Alumni of Shakti referred two very talented girls who are studying in Heritage School Vasant kunj (under EWS) namely **Rinky and Rishita**. These girls are very good at drawing and fine arts. Infact their teachers and school authorities also requested Sarvam to enrol them under Shakti Project. So, a new vertical of Shakti was explored and these children were admitted to the art Classes of an eminent artist Ritu Sangal. Now, both the girls are doing amazingly well and learning fine arts professionally.

The screenshot shows a PowerPoint presentation on a mobile device. The slide is titled "STEP 2" and contains the following instructions:

1. Open your design book to page 21 & 22.
2. Draw or trace 1 or 2 different types of leaves from these pages all over the 1<sup>st</sup> rectangle
3. Once the design is complete, trace it in the other 2 rectangles.
4. The design on the right is only indicative.
5. Paint each rectangle in a Tetradic colour scheme.
6. Leave a fine white line between any two colours.

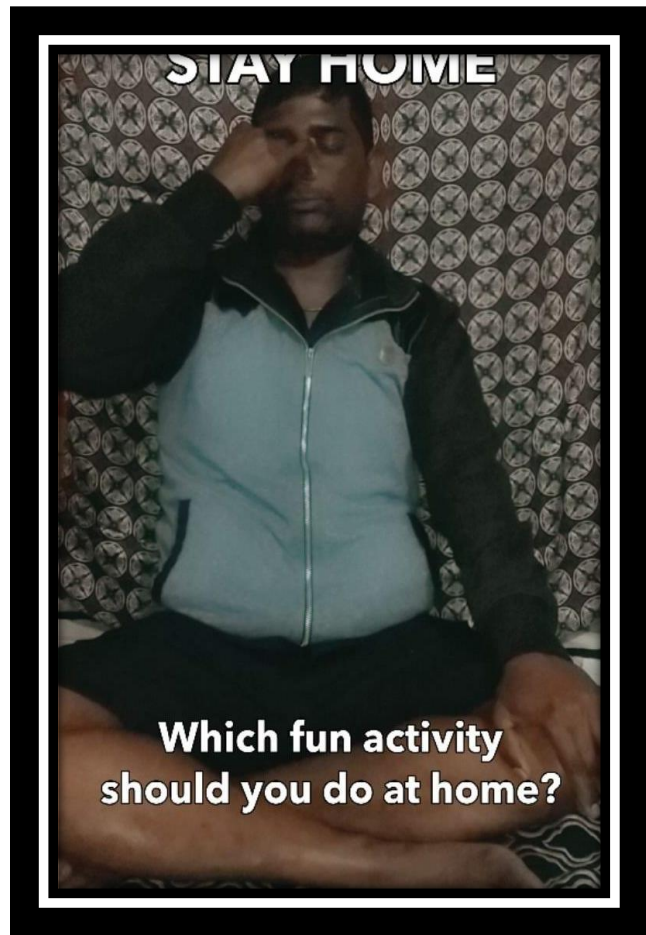
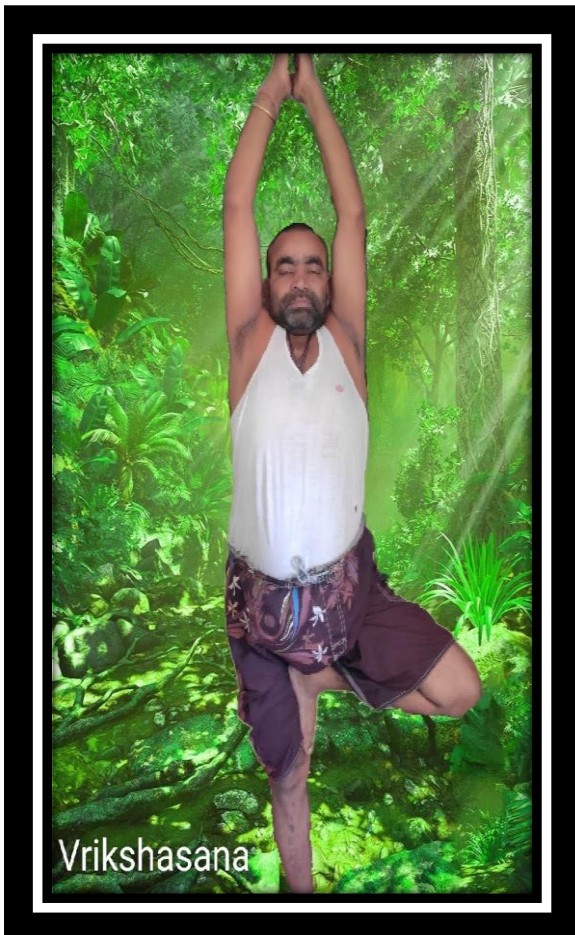
To the right of the text is a grid of 12 star-like shapes, each within a rectangular frame. In the bottom right corner of the screen, there is a small video feed of a person with the label "You".





## YOGA

Shakti girls not only practice yoga asanas themselves but also involved their community and family members and took completed advantage of lockdown period.



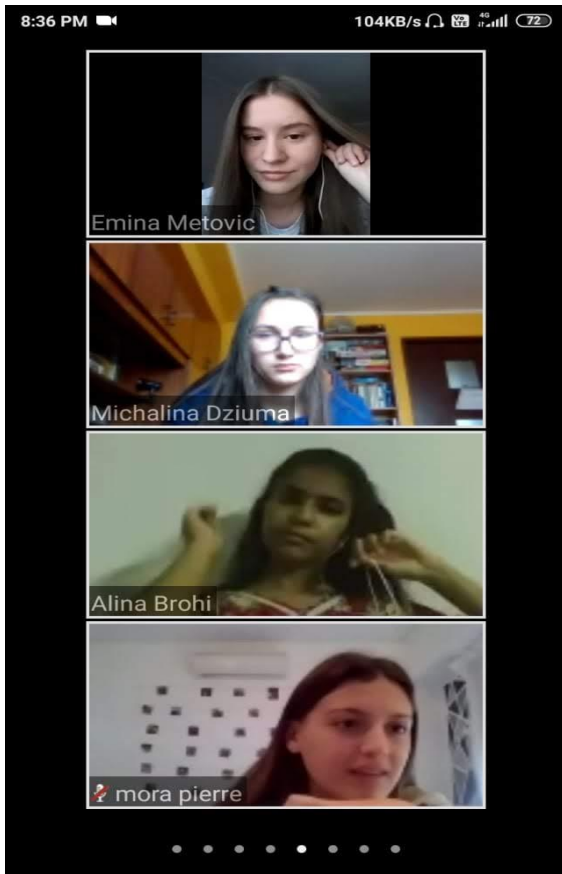


## INTERNATIONAL ENGAGEMENTS

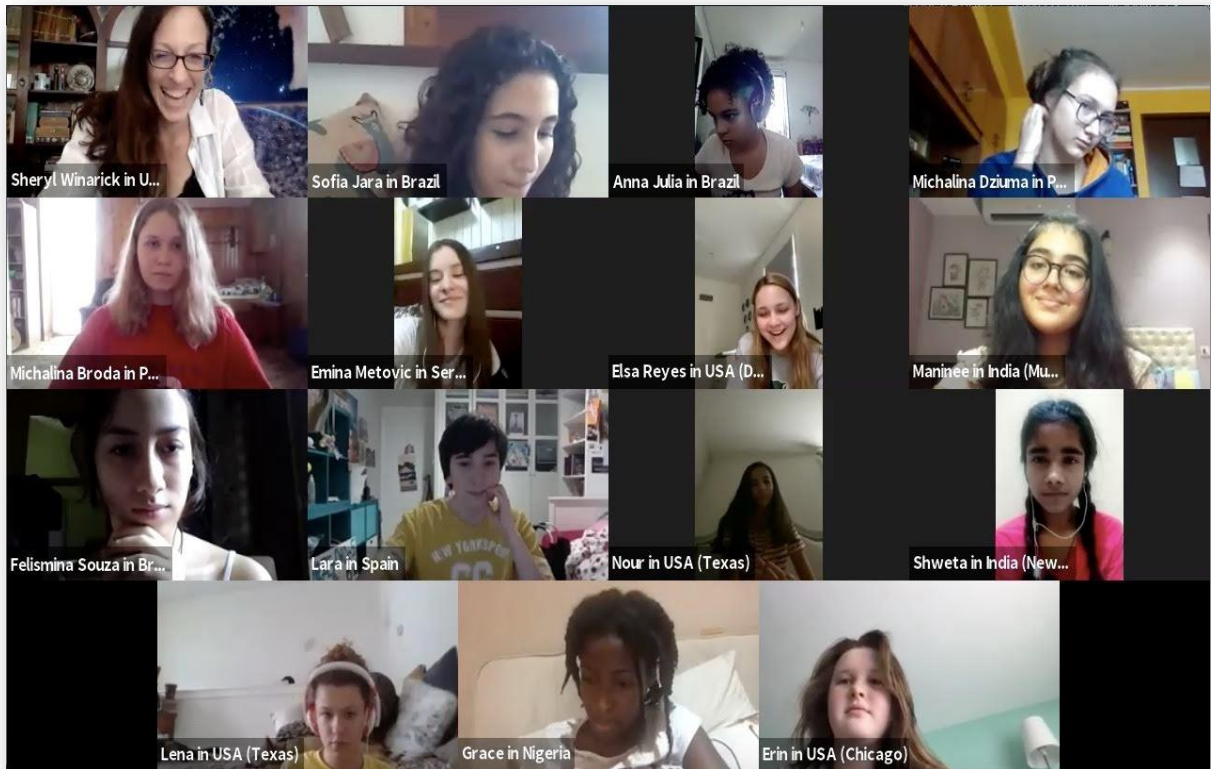
Brave Kids International **Climate Conference on Earth**- It is an International organisation which conducts Arts festivals every year in Poland. For the past few years Sarvam Shakti children have been participating in it. This year too, it was planned in the month of June, but due to the Pandemic it got cancelled. So, an online conference took place on the role of kids for Earth – young people and their role in climate and social transformation. Shakti children actively participated in the event and like always won hearts globally. They have also been speaking with friends they are going to meet at Brave Kids next year when the project starts.

Our Shakti girls are a part of **Global Girls Project**. This project aims to give children a platform globally to connect with each other. Children of same age group from 12 different countries meet virtually and exchange ideas. The meetings are facilitated by Sheryl Winarick based in Texas who is based in Washington DC. It is always a focussed group discussion on topics such as conflict resolution, Artistry etc. The biggest achievement of this project till date is that our girls are best friends with girls from Pakistan! Something that probably in normal course of time in their lives would not happen!

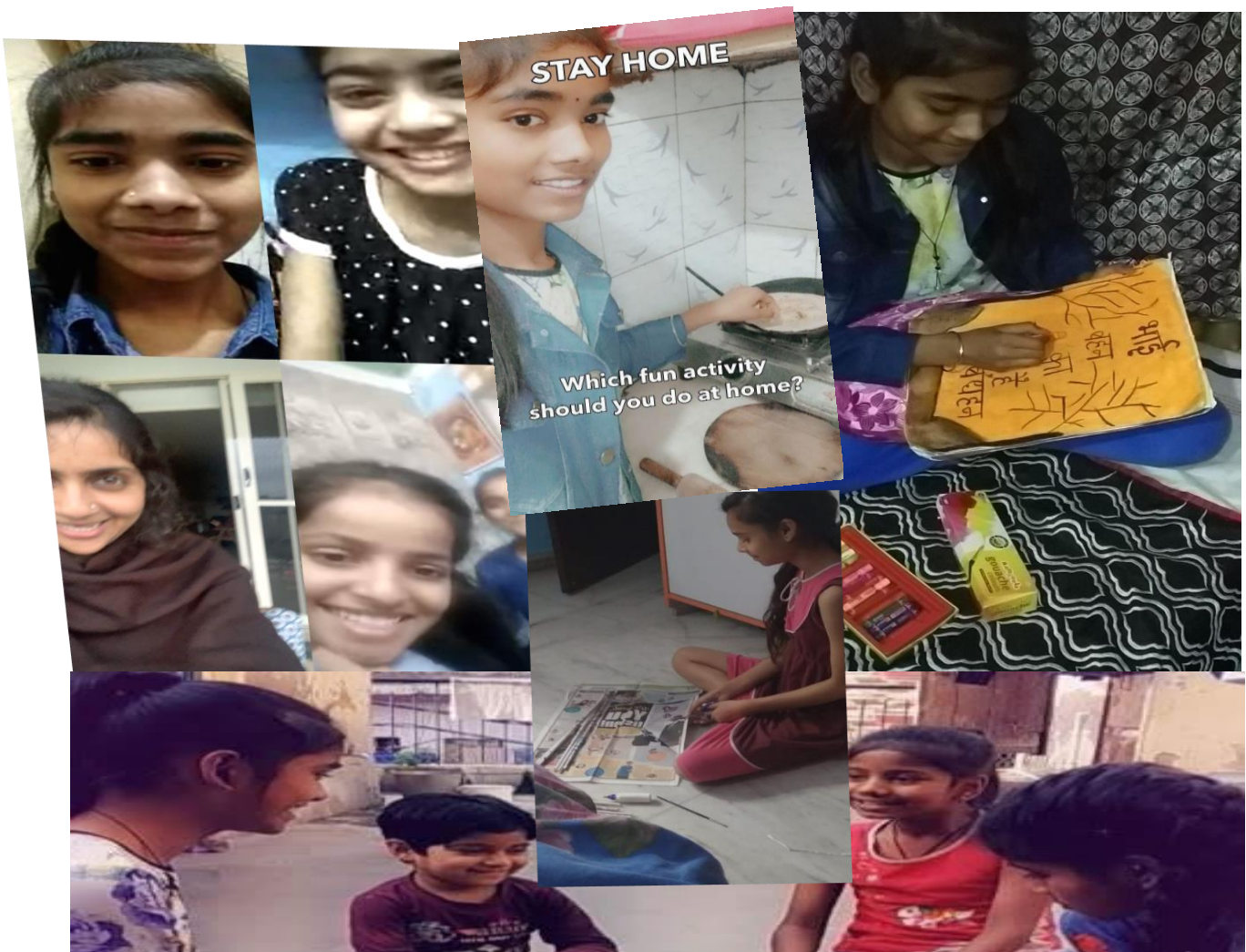








## Leisure time activities





Shakti beneficiaries were distributed Board games, colouring books and crafts kits to keep them busy and engaged during lockdown. Weekly webinars on fun activities to do at home, online parties with their teachers and various opportunities to keep them mentally and emotionally healthy.

## Earth Day celebration

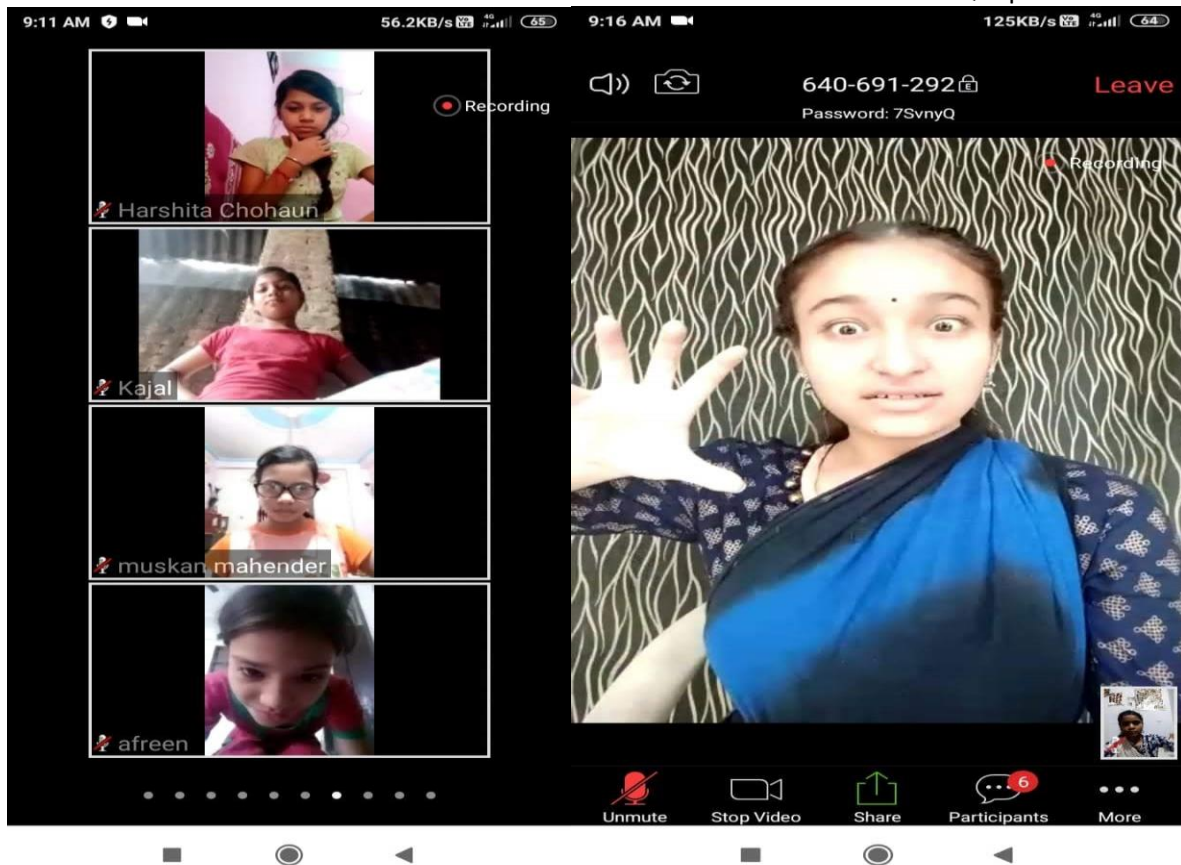
An online Art festival was organised on 21-04-20 on the occasion of Earth Day. Despite of challenges at ground level many children participated and expressed their gratitude towards mother Earth.



## From Students to Mentors

Teach for India asked Shakti girls to teach online Bharatanatyam workshops for government schools. Virtual empowerment by Sarvam Shakti girls through Bharatanatyam and Folk dance workshops then took place. One of the girls Lakshmi was teaching children from her own school! A proud moment indeed for Shakti.



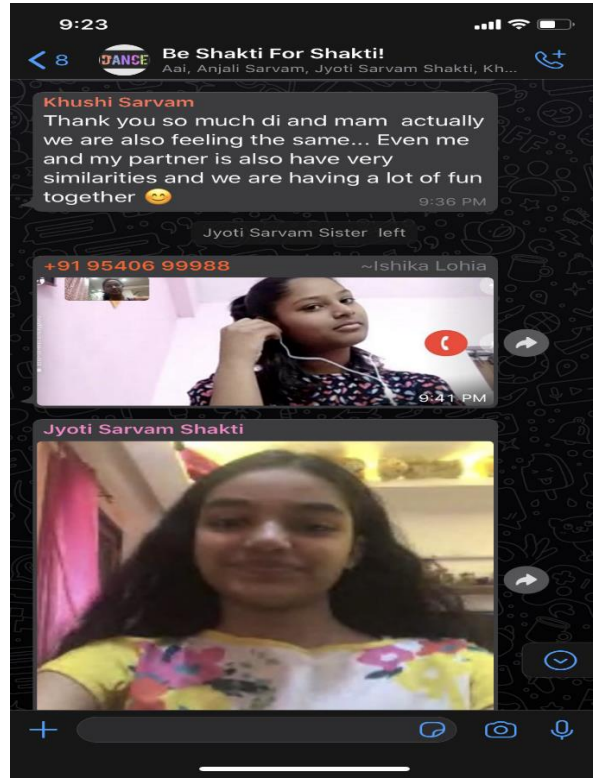
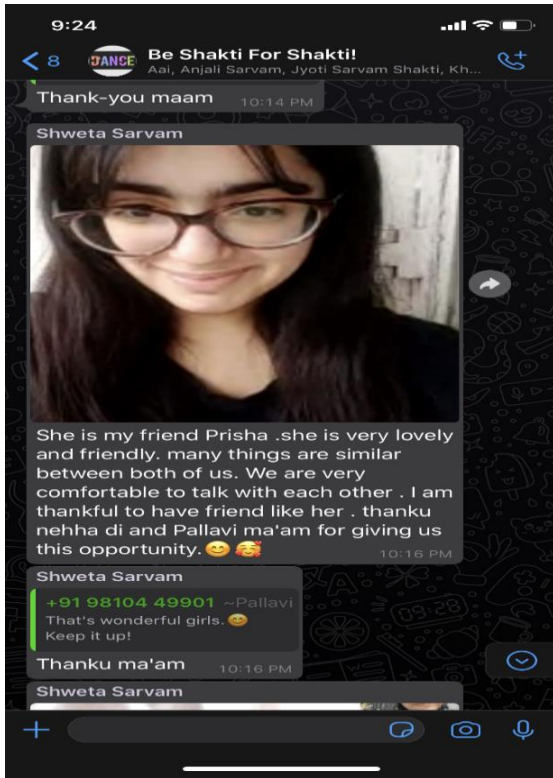


## Be Shakti Friendship Project

An attempt by Sarvam Shakti to shatter artificial boundaries created by society, Heritage School Vasant Kunj started a Volunteering Program with Sarvam Foundation. One of the project was **Be Shakti Dance Project**, where children of Class 11<sup>th</sup> & 12<sup>th</sup> met Shakti girls virtually. They got to know each other personally - join hearts- dance---- deep down we are all the same. Curated and ideated by Founder Nehha Bhatnagar, this project has been a one of its kind experience for girls on both sides! The girls made an amazing video of various dance forms they learnt from each other.









### Health Awareness Sessions

Right nutrition intake always been a matter of great concern for Shakti girls. As they all practicing one or the other form of performing arts, they need good physical strength and at the same time they are all in a crucial growth phase of adolescence. Weekly online sessions are held with Sarvam children where they share their food dairies, eating habits and presence of any health issue (if any). A lot of peer learning takes place in the sessions.



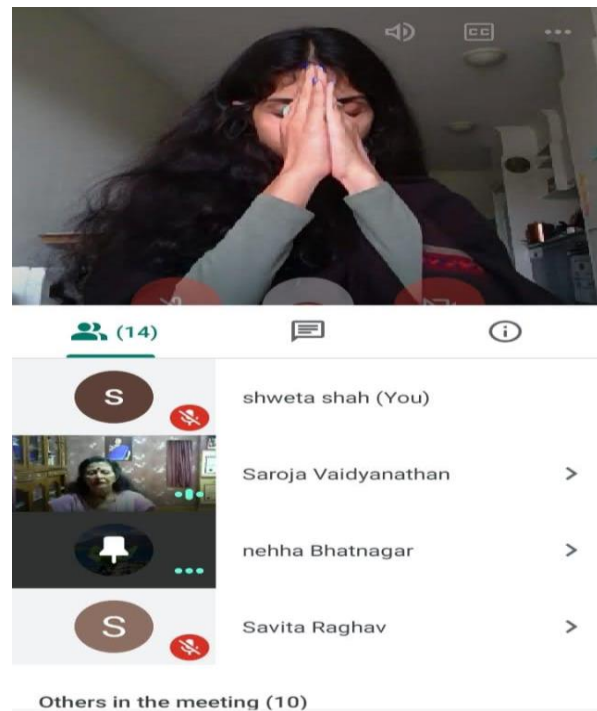
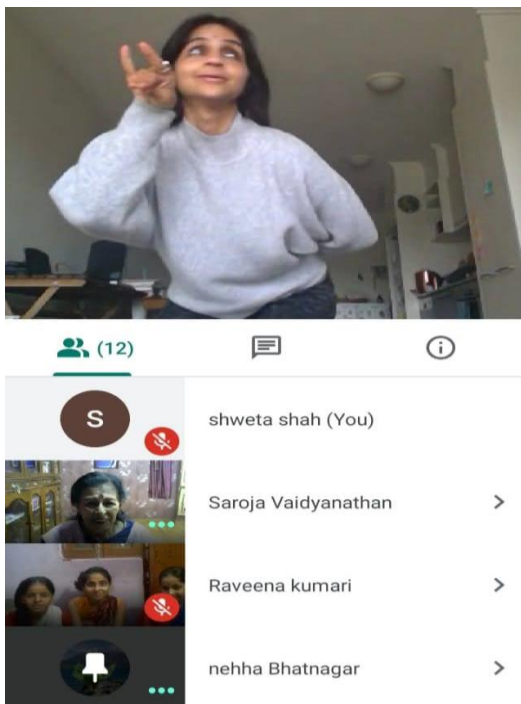
Raveena and karishma



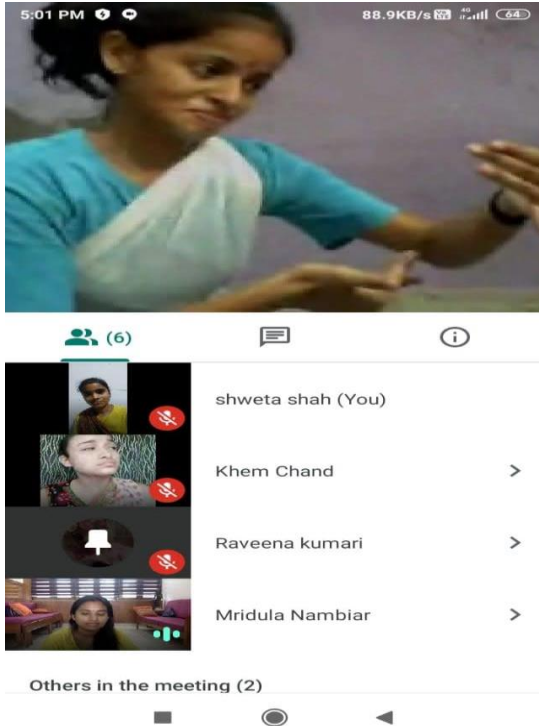
## Abhinaya

Abhinaya, the integral aspect of mimetic art of communicating emotion in Indian performing arts has always been an integral part of it. The aspect requires comprehension of literature, music, and rhythm. The concept of Abhinaya, derived from Bharata Muni's *Natya Shastra*, is used as an integral part of all Indian classical dance styles. Abhinaya denotes the movements of angas like head, hands, waist and face. Pratyangas like shoulder, shoulder arm's, thighs, knees and elbows and upangas like eyes, eyelid, cheeks, nose, lips and teeth. Additional hastas (hand gestures) have always played a significant role in conveyance of the emotion and through of a soul. Many of the natural gestures are found common to mankind and their meaning easily understood.

Recently the senior Shakti girls are being trained by the founder of the Organisation herself **Nehha Bhatnagar** on the Abhinaya. The children are undergoing online sessions to fine tune their dancing skills.







## Distribution of Dry ration

The flip side of the lockdown cannot be ignored, the underprivileged population hit the hardest. The suffering endured to the families because of the lockdown cannot be ignored. Families were struggling for rations, medical supplies, and other daily requirements. The families were struggling for daily meals, the situation worsen with each passing day. But with the grace of God and our supporters. Shakti distributed dry ration packets to the families of our beneficiaries, to help them overcome crises. A big thanks to all the supporters and volunteers who showed their faith in us and help our children survive during tough time. Dry ration was distributed to the families of our beneficiaries (150 families approx.) Six times during the first quarter (April- June'20).

The lockdown period has been a period of mixed emotions too. It effected everyone's emotional wellbeing- be it child, adult or elderly. But the most challenging part was to stay strong and not give away themselves to the life challenges. Shakti stood as a family and each one of Shakti- staff, children and their families stood by each other and help each other to not let this Pandemic affect their emotional wellbeing. Our mentors, Trustees, volunteers, teachers, support staff made themselves available. All of them were involved with the beneficiaries throughout to overcome crises situations aroused due to corona Virus.



Sarvam Shakti During Lockdown  
Q1-April- June'20

