



SHAKTI[®]
BY SARVAM FOUNDATION

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April
to
June

2025

THE TIMES OF SHAKTI

SARVAM

FOUNDATION

Empowering Every Step: Stories of Growth, Grit & Grace from the Shaktis of Sarvam

Table of Contents

03 A message from Founder

04 Sarvam Shakti Overview

05 Education & Beyond |
Preparing for Life

08 Empowerment Through
Workshops

10 Partnerships

12 Shaktis ON Stage



14 Creativity In Every Corner

15 Learning Through
Leadership

16 Celebrating Hemangi
Bhatnagar, our CEO

17 Support That Speaks

18 More About Us - Information



A message from the founder

I came across a wise thought the other day on giving. Live with an open hand- here is an open fist- take everything that i know that can help you cross the ocean of samsara -Take it . I need nothing but your salvation. Because when we live only for yourself, we will never grow. But if we begin to live for the welfare of those around us, we will grow to our full stature. I reflected that this is true of our work at Sarvam Shakti at the Headquarters.



The Gurgaon centre is NEVER closed, not even at night if some girl needs shelter- she can stay safely. 365 days a year, since the past many years.

We are attempting to teach them everything we possibly know that can help them uncover the Shakti within. The Shakti Saksham project this summer was a testament to that- where whole days were spent in a learning atmosphere along with high-quality nutrition and social support.

As the third batch of Shaktis begin their paid internships and study at The Heritage School and the second batch at Marriott, Westin and Aloft hotels, we could not be more grateful to God for making us messengers of His divine work, allowing us to live for others too. May we all recognise the Shakti within. May we also uncover it, one helping hand at a time.

My warm regards to our extended family- all of you Shakti Saathis!

Nehha B

NEHHA BHATNAGAR
Founder and Managing Trustee
Sarovam Foundation

Sarvam Shakti Overview

Sarvam Shakti is a unique grassroots movement of the Sarvam Foundation that works to liberate and empower marginalised girls through a HOLISTIC education. Through the 5S curriculum, the emotional intelligence quotient is balanced with the intellectual quotient. Every Shakti emerges physically, mentally, emotionally, and spiritually powerful.



Vision

An India where underprivileged girls have access to holistic education, to become confident, successful, healthy and joyful women

Mission

We empower girls from marginalised backgrounds in a holistic education curriculum, through scientific ancient skills, job-ready languages, and supplementary nutrition.

THE OBJECTIVE OF OUR "LIFE SKILLS" BASED CURRICULUM

At Sarvam Shakti, our life skills-based curriculum, fosters holistic growth by empowering girls to unlock their inner potential and navigate life's challenges with confidence and resilience.



Self Awareness



Empathy



Critical Thinking



Creative Thinking



Decision Making



Problem Solving



Effective Communication



Interpersonal Relationship



Coping with Stress



Coping with Emotion

Saksham Shakti Project

This quarter, we launched the Saksham Shakti Project; **an intensive 3-month training program to bridge the final gap between aspiration and readiness for our senior Shaktis.**

While Sarvam has always nurtured the all-round development of every Shakti, the need for continuity, discipline, and real-world exposure became evident as our girls neared adulthood. Many face daily challenges household responsibilities, financial burdens, caregiving duties and yet show up with undeterred resilience. Saksham Shakti was born to give them focused time and space to **sharpen their skills** and rediscover their inner power. This project **fine-tune the holistic growth of our girls** and prepare them for life beyond school.

Over **12 girls from Delhi and Gurgaon chapters** immersed themselves in a full-day schedule that included:

2 hours of spoken English: Focused on confidence-building, speech practice, grammar, vocabulary and conversation-building activities.

2 hours of intensive yoga: Not just physical practice but also theory breath alignment, and awareness of the body-mind connection.

2 hours of computer training: Typing, MS Office, data management, internet basics.

Daily Nutrition Support: Seasonal fruits, chana, gud, and a light nutritious meal as part of the Shakti Sanjeevani program.



Saksham Shakti Project

Transformative Growth:

Girls who once found it hard to sit for an hour were now **managing full-day sessions** with dedication. Many shared how their mindset shifted; how junk food was replaced by **mindful eating**, how yoga began to **shape their daily life**.

Each girl carried a different story. From Pooja who learned to sync her **asanas with breath**, to Manisha who **overcame** her **hesitation to speak English**, to Aishka who found her rhythm in life through **punctuality and structure**; the transformation has been nothing short of profound.

They now speak with confidence, and **type with speed & precision**. More importantly, they believe in their futures. From being nervous about long hours, travel, and back-to-back learning, they grew into young women **ready to step into professional spaces**.

“Earlier, I had no routine, no hunger, and no energy. I skipped breakfast and meals. But when I started this program, I learned how important food is for the brain and body. I now understand that discipline isn’t punishment, it’s the beginning of real growth.”

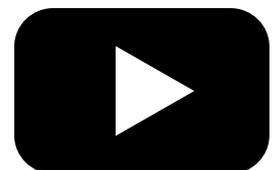
– Aishka, Delhi Chapter



“I’ve learned computers, and I’ve become punctual, because Sarvam taught me that these hours I invest now, are for my future.”

–Kritika, Gurgaon Chapter

Watch how this Project sparked real transformation in their own words.



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SARVAM FOUNDATION- Q1,2025 | 06

Saksham Shakti Project

Moving Forward with Confidence:

At the close of the program, our senior Shaktis are now stepping into the world with purpose:

- 7 girls from Gurgaon; *Kritika, Chhoti, Gudiya, Manisha, Khushi, Viveka, and Soni* have been placed for **internships at Marriott Hotel**, a 3-year on-the-job learning program, with growing stipends, they also sponsoring their Bachelor's degrees in tourism at IGNOU. This degree is equivalent to an iChamp certification.
- 2 girls, *Pooja and Aishka*, have joined **Heritage School as teacher interns**.
- Others like *Aaina, Oindrilla, and Tanisha* used their **summer break to gain skills** instead of traditional tuitions truly valuing skill over syllabus.

For girls like Aaina, still in school, Saksham Shakti became a launchpad for the next two years of focused growth.



"It's not about doing everything, it's about doing the right thing with focus. This summer was the best decision I made."

– Aaina, Class 11, Gurgaon



In a world where many marginalized girls drop out of learning spaces due to lack of guidance, resources, or confidence, Saksham Shakti becomes more than a program. This Project stands as a testament to what **focused intervention, structured learning, and consistent mentoring** can achieve.

Over the past quarter, we witnessed **our senior Shaktis evolve**; not only in skill but in confidence, discipline, and self-belief.

Through this initiative, they have bridged the gap between aspiration and action. Whether stepping into internships, continuing their education, or simply managing their lives with greater clarity and strength, these young women are now equipped to make meaningful contributions to society

"Women Unlocked" with DSV Group Charitable Trust

On **June 26**, we had the honor of hosting DSV Group for a transformational session focused on **self-discovery and inner growth**.

The day began with a heart-touching welcome by the Shaktis, who presented soulful classical dance and yoga demonstrations. The **DSV-led workshop covered:**

- Rediscovering Your True Self
- Confidence from Within
- Heart-Centered Relationships
- Moving from Dreams to Action



Read More



The girls left **inspired, introspective, and motivated**. As a symbolic gesture, our Shakti Sanjeevani team shared vegetable juice and traditional "gud-chana" to promote mindful nourishment. DSV, in turn, gifted mangoes to all the girls – a sweet reminder of kindness and partnership.



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Climate Dance Workshop by Neelambaree Prasad

On **April 10**, Odissi dancer and eco-activist *Neelambaree ji* connected classical dance with climate awareness in a unique and moving session. Her message: **Let movement be a medium for advocacy.** The girls explored how dance can tell stories, awaken compassion, and mobilize change.



Read
More



Self-Expression with Danicca Bajaj



Watch here



On **May 29 and 30**, student leader *Danicca Bajaj* conducted sessions on **confidence, communication, and visual storytelling.** Through candid conversations and narrative writing, our Shaktis examined peer dynamics, developed creative skills, and built self-worth.

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IFBN x Sarvam Shakti

On **6th June 2025**, our Shaktis at the Delhi and Gurgaon centres were provided with a warm, **wholesome meal** lovingly prepared under the guidance of our CEO, Hemangi Bhatnagar, **in collaboration with the IFBN Foundation**. The plates that day were full of purpose: **Steamed rice, Protein-rich masoor dal, A nutritious banana-coconut-jaggery dessert, and salad.**



Over the past years, IFBN Foundation has consistently **supported the ration** needs of girls across our Delhi, Gurgaon, and recently our Bangalore centre. To the IFBN team; thank you, we are deeply grateful.



Sarvam Health Camp 2025

Sarvam organized a **3-day Health Camp** this quarter for all its students across Delhi and Gurgaon chapters **in collaboration with Maanas Dispensary**.

Partnering with top diagnostics and eye care providers, **the camp included:**

- Vitamin B12 & D3 Testing
- Complete Blood Count (CBC)
- Eye Screening
- Blood Group Testing

From understanding the signs of fatigue, to addressing bone health and vision care; our girls were given a complete health check-up with dignity and care. For many, it was their first medical screening ever.

Why this matters:

Many marginalized girls go years without proper medical assessment. By prioritizing their health today, we help them build a stronger, healthier future. A special thanks to our hardworking health professionals and volunteers for making this possible.



Click to see the full
Health Camp gallery



Watch the Health
Camp Highlights

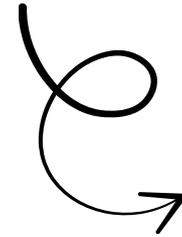


World Earth Day | April 22

Our **Gurgaon 14 Shaktis** celebrated **Earth Day** Through expressive classical dance pieces like "Na Kato Mujhe," they became **voices for the voiceless trees and nature itself**. Anamika and Arpita opened with impactful speeches, and the heartfelt performance left the audience both moved and mindful. Their message: *the planet isn't just a place we live, it's a home we must protect.*



Watch on Instagram

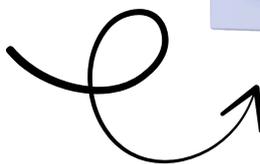


Bhumi Pujan Performance | April 30

With over **23 girls performing**, the powerful rendition of "**Ganayaka**" created an atmosphere of reverence and divine energy at **Daultabad Stadium**, invoking blessings for a **new beginning** at the venue. With speeches by Tanisha and Ujala, our girls embodied both grace and gratitude.



Click here to watch.



Leadership Program | May 18 | Leela Hotel

Another soulful rendition of Ganayaka, where the girls brought **discipline, grace, and cultural pride** to a corporate leadership gathering, the girls held the audience in admiration.



Mother's Day Celebration | May 11

On this special day, the Shaktis **expressed gratitude to their second mothers**- our CEO, founder, and teachers. Through songs like "Aisa Kyun Maa" and classical fusion pieces, the Shaktis **expressed their love for the maternal figures** in their lives. Poems, dances, and thank-you cards made the day emotional and memorable. Two of our Shaktis shared speeches; offering their gratitude **to the women who have stood by them.**



Click here to listen.



International Yoga Day | June 21 | Gurgaon & Delhi Parks

Our Shaktis from Gurgaon and Vasant Kunj gathered at sharp **6:30am to celebrate International Yoga Day** with grace and discipline. The session began with **Surya Namaskars**, where each asana was **performed** and its **benefits explained**, making it an **educational session**. This was followed by **standing asanas, seated asanas, breathing exercises**, and ended with **mantra chanting** for peace and well-being. It was a powerful reminder that **yoga is more than exercise**; it's a way of life.

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SARVAM FOUNDATION- Q1,2025 | 13

Click here to watch.

International Yoga Day 2025

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Art, DIY, and Learning Through the Summer

Glue, paper, buttons, old newspapers; what looked like waste **turned into wonders in our DIY competition!** Our girls used their hands and hearts to create pen stands, wall hangings, and **useful crafts**. For many, this was their first time making something entirely on their own and they beamed with pride. It wasn't just art; it was ownership, **imagination, and joy in creating.**



Our centers buzzed with **color and imagination** as the Shaktis picked up crayons, pencils, and paints to express their inner world. **Themes like “Sharing Happiness”, “Nature”, and “Kindness”** brought out heartfelt and powerful art. The competition wasn't just about winning. **It was about Expression.** And the **confidence to create.**



Click here to watch.

Across our Delhi, Gurgaon, and Bangalore centers, the summer vacation was made purposeful. We conducted:

- Mantra learning sessions: helping girls connect with discipline and stillness.
- Moral storytelling circles: sharing tales of courage, kindness, and truth.
- Yoga practice: led by peers, strengthening the body and focusing the mind.
- English revision & song sessions: through joyful repetition and performance.



Tap to view the highlights

Pre-Text Classes

This summer, **our intern Shaktis; Inderjeet, Simran, and Neelam**, teacher intern at Heritage School, stepped into the role of young facilitators as **they led Pre-Text sessions for the junior and middle batches at Sarvam.**

Pre-Text is a powerful teaching method developed at Harvard University, combining drama, reading, art, and reflection to boost language fluency and expression.



“I have been trained in Pre-Text for the past few months and the results are incredible. It’s helped the younger Shaktis gain confidence and communicate freely in English. I look forward to taking more such sessions.”

-Inderjeet, Gurgaon Chapter



These peer-led sessions not only built skills in the younger girls, but also **strengthened leadership and confidence** in our interns; a **full-circle** moment of **growth.**

Our 10th & 12th Grade Shaktis Soar

We celebrated the success of our Class 10 & 12 stars who **passed with flying colors!** A day filled with joy, laughter, and delicious **nutritious treats** like sprouted masoor dal bondas, dahi vadas, rice, millet halwa with jaggery & coconut. We also **gifted** them purses and handbags to show **our love and belief in them.**

All girls from the **graduating batch** are now placed **in paid internships** while **continuing their degrees through IGNOU.** From hospitality internships at top hotel chains like Marriott, to teaching roles at Heritage School, these girls are now stepping into their next chapter with skills, confidence, and a deep sense of purpose. **ith immense pride and love.**



Click here to watch

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SARVAM FOUNDATION- Q1,2025 | 15

Celebrating the Woman Who Gave Shaktis' Wings



At Sarvam Shakti, birthdays aren't just about cake and candles they're about gratitude. And on **April 16, 2025**, the air at our center was filled with just that: deep, **sincere gratitude for Hemangi Bhatnagar Ma'am**, our Chief Empowerment Officer, who has consistently nurtured the growth of every Shakti.

The **celebration** was more than a birthday; it was a **mirror of how far our girls have come**, and how much of that **journey has been shaped** by her presence. In a beautifully organic way, **the Shaktis expressed their learning** through graceful yoga, powerful classical dance, and heartfelt speeches in English that left not just Hemangi Ma'am, but all of us, deeply moved.

For many of these girls, speaking confidently in English was once unimaginable. But that day, they stood tall, articulating. They spoke of how Sarvam became their space to grow, **how Hemangi Ma'am's guidance** made them feel **seen, safe, and supported**, and how the small, daily acts of care added up to something life-changing.



The day was a living example of what happens when young girls are trusted, empowered, and guided with patience and belief. Their voices weren't rehearsed; they were real. Their dances weren't just movements; they were offerings.

You may never ask for the spotlight, but in our hearts

you are the stage!

-From All Shaktis

Support That Speaks



Dear Hemangi Mam

At the outset, allow me to take this opportunity to congratulate you, your daughter - Nehha, the Bengali Mam & your incredible team for doing such an exceptional and amazing work by polishing these raw diamonds, uplifting the lives of girl child and making them charismatic, confident & competent in the society where they also feel they should belong to and with "PRIDE".

I didn't have had an idea nor was I briefed about such an engagement I would come across which was simply so beautiful, engaging in such a meaningful affair which I experienced during our visit to your NGO, SARVAM Foundation on 6th of June 2025. Watching them performing with such zeal and energy, my emotions ran high, and my eyes were full of happy tears which were beyond my control. I was mesmerized by the passion & sincerity with each one of them were performing without any fear or sign of nervousness. That was the beautiful moment of the day.

I have been interacting with many NGO's but had the pleasure & privilege of this as a firsthand experience with your NGO. Honestly, I was blown away by the simplicity of the students you have nurtured and the degree of performance they could execute with finesse was commendable. I could see the radiance in their eyes, the level of confidence which was oozing out of every girl child there as I could gather as they stood in front of us while narrating or performing was a feast for our eyes. This speaks volume about you & your team's hard work, sincere, tireless effort and honesty with which you drive this passion to elevate individual child and make them a successful citizen in time to come.

Another best part of the visit was that, I could get a chance to share a meal with these lovely, beautiful, pious & budding souls seating on the floor after ages. Innocence was at its peak, I could feel amongst the children.

I would sincerely wish & pray for their wellbeing, great success, a healthy and meaningful life ahead for each one of them. Under great leaders and coaches like you, may each one of them bloom to their full potential & set a precedence in society for others to follow.

God bless you all and keep you all healthy, happy, peaceful always.

I look forward to another engaging session with you all soon to re-live my first experience which I would cherish for the whole of my lifetime.

*-Chittaranjan Kar, Head of Admin
Nagarro Software Pvt Ltd*

APRIL TO JUNE, 2025

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THANK YOU FOR BEING PART OF HER STORY

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