



THE TIMES OF SHAKTI

Quarter 4 | Jan-Mar 2026

Transforming Potential into Purpose:
A Season of Growth and New Horizons



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Prepared by SARVAM FOUNDATION

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Perspectives from the Project Desk.



In the space of social impact, it is easy to chase the optics of scale. We measure success by how many lives we touch superficially. But if my time on the ground at Sarvam Foundation has taught me anything, it is that true transformation cannot be mass-produced. It must be engineered, block by block, person by person.

As Project Manager, my daily view looks past the grand stages and deep into the unglamorous mechanics of sustainable change. Behind every initiative at Sarvam Shakti is a rigorous blueprint of quality.

The quality we strive for is our highest form of respect for the women and girls we serve. We hold ourselves to an uncompromising standard because we know that the environment we create is the mirror in which our Shaktis see themselves. If we are sloppy, we teach them they are "small." If we are meticulous, if we ensure the choreography is precise, the syllabus is modern, and the environment is dignified, we teach them that they are worthy of the very best.

Behind every milestone mentioned in this newsletter, is a series of deliberate choices. We choose to push harder. We choose to demand more of ourselves so that our Shaktis can demand more of their world.

Let me give you a glimpse of the math behind our heart: when we deeply invest in a core cohort of 50 mothers, we aren't just educating 50 individuals. Through behavioral ripples, peer-to-peer accountability, those 50 women become the geometric anchors for 500 more lives within their ecosystem. This is the compound interest of social change. Massive shifts don't require mass numbers; they require an uncompromising focus on the quality of the seed.

To our Supporters- Thank you for enabling us to invest in the cognitive, emotional, and cultural education of our girls and mothers.

With gratitude and resolve,

ANUSHA VERMA

PROJECT MANAGER | SHAKTI

About Super Shakti Project

On **January 6th, 2026**, we began a new initiative- Super Shakti because we realized that at the heart of every underserved home is a **woman with infinite potential**, often waiting for nothing more than the "right space" to breathe and the right guidance to grow.

Why did we start this? Because a mother is the anchor. When she is trapped in a cycle of poor health, lack of identity, and limited skill, her entire family remains anchored in that same place. We saw mothers battling hypertension and exhaustion but we also saw them battling a **lack of self-worth**. Super Shakti was born to change the narrative: that a mother's wellbeing is the non-negotiable foundation for a resilient India.



The Power of Opportunity: Beyond the Kitchen

We believe that a woman has the power to do anything; she simply needs the environment to realize it. This quarter, that power took the form of Crochet. It has been nothing short of amazing to watch these women master the craft in just a few months. They're now showcasing their finished work, they are **reclaiming their identity**. They are no longer "just homemakers; they are artisans. **This skill is a bridge to dignified employment.**



Podcast with
Karan Kapoor
about
super shaktis

Healing the Body, Feeding the Soul

While their hands are busy with crochet, we are nourishing them. Our daily ritual is simple yet transformative:

Daily Yoga and daily glass of fresh vegetable juice and a banana- small acts of rebellion against the cycle of refined oils and chronic acidity. We are **educating them about nutrition**. These mothers are glowing because they finally understand how their bodies and minds work. They are reducing the oil, choosing the greens, and most importantly they are leading their families by example. Their husbands and sons are eating better because the "queen of the kitchen" has been empowered.



The Ripple of Impact

When we look at the progress since January, we don't just see "numbers" or "beneficiaries." We see a mother **who knows her worth**. When one mother begins to eat right, move with intention, and earn with dignity, we aren't just changing one life. We are building healthier generations. We are proving that when you give a woman the right space, she doesn't just survive- she soars. Super Shakti is more than a project; *it is the unfolding of the Indian mother's true strength.*

Hear from Our Shakti Mothers:-



Gurgaon Branch Update:

Our commitment to giving our Shaktis a competitive edge in the digital world has taken some massive leaps forward this quarter. Here is a look at how your support is transforming lives on the ground in Gurgaon and Bangalore.

Gurgaon Lab: A Complete Makeover & Growing Impact

We are thrilled to share that our Gurgaon Computer Lab has been completely renovated! This quarter, we created- an inviting, bright learning environment where our girls can study.

Our girls are following a highly structured syllabus that prioritizes **hands-on experience over dry theory.**

What they are mastering: Our Shaktis are actively learning MS Paint, Word, PowerPoint, and Excel. We've also introduced them to **modern AI tools**, preparing them for the actual future of technology.

Smart Board & Certification: Through our wonderful partnership with the **Computer Shiksha** organization, our lab now utilizes smart board teaching tools that make complex concepts visual and fun. Best of all, as the girls complete each module, they undergo a rigorous certification process, earning a credential that builds immense pride.

The Visible Impact: The change in our Gurgaon girls is palpable. We aren't just seeing better technical skills; we are seeing a massive surge in their confidence and problem-solving abilities.



Before



After

Bangalore: The Next Digital Frontier

As our **Nagarbhavi chapter in Bangalore celebrates its milestone 2-year anniversary with 100 bright Shaktis on roll**, we are ready to bring this exact digital magic to the south. Living in India's proud IT hub, our Bangalore girls are incredibly hungry for quality computer education. They see the tech world thriving all around them and are eager to be a part of it. We have already taken the first big step: **the dedicated computer room is fully set up** with all the necessary furniture and layout, ready to go.

How We Can Cross the Finish Line Together

To get this center fully operational and bridge the digital gap for these girls, we need to fill the room with hardware. We are currently seeking donations of **new or gently used computers**. If you or your networks have systems to spare, your contribution will directly unlock a self-reliant future for a young girl in Bangalore. We are so close to opening these doors, and we would be deeply grateful for any support to help us bring this lab to life.



Words of
Appreciation from
AK Nagpal sir



Beyond the Classroom: Our Shaktis Take the Stage

If you want to measure the impact of the "Power of Opportunity," you only have to look at our girls when they step onto a stage. This quarter has been a whirlwind of performances, cultural exposure, and corporate interactions. Every single event has been a stepping stone, building a deep sense of self-worth within our Shaktis and proving to them that they can break any barrier.

Rooted in the Community: Sharing Our Spirit

Our celebrations began on **Republic Day**, where our girls took their energy directly to the community. They performed at various resident societies, including **Beverly Park, Pioneer Park, Belmonte, and F-Block**. The warmth from the audience was overwhelming. The kind of local support gives our Shaktis to build their foundational confidence.



 **Beverly Park**



 **Pioneer Park**



Standing Ovations & Proud Moments: Gurgaon's Shaktis Shine

A particularly moving moment unfolded at **Second Innings (DLF Phase 1)**.

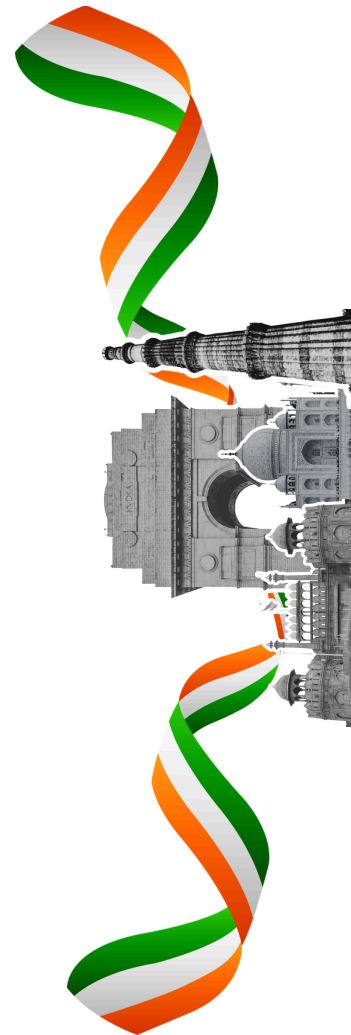
Our Gurgaon girls performed a beautiful mix of classical and contemporary dance for the senior citizens there. The emotional resonance in the room was magical, culminating in a roaring **standing ovation** that left our girls beaming with pride.



Belmonte



F-Block



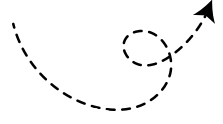
Click here!



📍 Le Méridien, Gurgaon



Republic day performances



The Grace of Discipline: Classical Showcases

At Sarvam, we treat classical dance as a form of mindfulness. It teaches the girls intense focus, discipline, and a deeper understanding of themselves.

Saraswati Puja Mastery: Our Vasant Kunj and Gurgaon girls completely stole hearts with a massive **45-minute non-stop performance.** They even pushed their artistic boundaries by choreographing and performing a completely new genre of Bengali dance.

Prestigious Platforms: The sheer talent of our Shaktis was on full display at the **IWC Conference** through a stunning classical performance at **The Leela, Chanakyapuri.**



The Leela, Chanakyapuri



IWC Conference



Bicycles, Dignitaries, and Empowerment

Shaktis performed for PM of Canada

One of the ultimate highlights of this quarter was being chosen to welcome the **Canadian Prime Minister - Mark Carney** during their visit to India.

Our girls stood tall as cultural ambassadors, welcoming the guests with a flawless Bharatanatyam performance at The Leela Hotel.

Soon after, at the **Rotary and Orane Conventions**, our girls channeled their inner strength by dancing to the fierce, empowering theme of *Mardani*. The performance left a lasting impact, and we are overflowing with gratitude to **Rotary** for their incredible gesture-gifting our girls bicycles. These system-free sets of wheels represent something invaluable to our Shaktis: mobility, independence, and the freedom to pursue their education safely.



Young Shaktis performed for Rotary



Shattering Glass Ceilings: Dreaming Bigger

To celebrate **Women's Week**, our girls experienced a true moment of glamour and confidence, participating in an incredible **ramp walk at the Le Méridien Hotel**. Stepping out in front of the cameras and a distinguished crowd, they carried themselves with absolute grace and dignity.

But perhaps the most transformative experiences happen when our girls step into the corporate world. This quarter, we had a wonderful collaborative workshop with **DTDL**, alongside a special visit and performance at **Michael Page**.



When our girls walk through the doors of corporate offices like these, something shifts inside them. Their world suddenly grows bigger. They look at the glass boardrooms, the professional environments, and the people working there, and they realize:

“I can be here too.” This exposure is everything. It plants the seed of ambition, giving them the unshakeable confidence that they are equal to anyone, and that they have every right to break through the barriers and reach the exact same heights as you and me.

A Note of Gratitude to Our Partners:

To every society, hotel, corporate partner, and individual who opened their doors to our Shaktis this quarter- thank you. You didn't just give them a stage; you gave them a mirror that reflects their true worth.

A Spark of Inspiration: Hosting Vivek Saihgal Sir

This quarter, Sarvam Foundation was deeply privileged to host **Shri. (Capt) Vivek Saihgal Sir**. He brought an entirely unique skill set to our Shaktis. His interaction with our Shaktis was deeply moving; he brought decades of real-world leadership wisdom straight to our girls, encouraging them to think bigger, shatter limitations, and step forward with absolute confidence. We are immensely grateful to Vivek Sir for giving his time and heart to empower our Shaktis to **dream, grow, and lead.**



Our Super Shaktis



Dr. Shylaja's Health Consultations

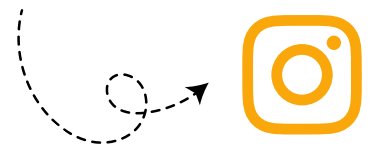
At Sarvam Shakti, we believe a girl can only truly thrive when she is healthy in body and mind. This quarter, our Bangalore Shaktis received something truly special: **personal, one-on-one health consultations** with our very own **Board Member, Dr. Shylaja**.

A **qualified Unani and allopathic doctor**, Dr. Shylaja didn't just examine our girls, she sat with them and their parents, patiently explaining each condition in a language they could understand. No rushing, no fees, no barriers. Just genuine care.

Our health camps go beyond diagnosis. Each Shakti also benefits from a holistic wellness curriculum that includes Yoga, Dance, Theatre, and Nutrition, alongside necessary supplements because we treat the whole child, not just the symptom. For many of our families, this is the first time a doctor has ever taken this kind of time with them. That alone speaks volumes.



Watch this out!



Sustaining the Architecture

To transform a community, you do not need to scatter resources thinly. You just need to invest deeply in the right catalyst.

Your capital doesn't fund a fleeting moment of relief. It funds a precise, high-quality engine of leadership. **Partner with us to sustain this momentum. Help us secure the depth, precision, and dignity that our Shaktis deserve**

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