



# DIVINE SHAKTI FOUNDATION

*Spring, 2015 to Spring, 2016*









# OUR MISSION

*The goal of the Divine Shakti Foundation is to holistically provide for the well-being of women, their children, and orphaned and abandoned children. DSF is working to identify needs and design and implement programs to support women and children (especially orphaned and abandoned children) to be socially and financially self-sustaining, as well as raise awareness of the problems facing women and children through education and mass communication.*

## OUR PURPOSE

### PROVIDING BASIC NEEDS

- Provide comprehensive needs of poor and widowed women and orphaned/abandoned children.
- Establish programs and infrastructure to meet the physical, psychological, and spiritual needs of expectant mothers who have little or no family or social support.
- Establish homes for unwanted children.
- Provide immediate and long term needs of women and children affected by natural disasters.
- Support other organizations involved with similar goals and objectives as this Trust.

### SPIRITUAL & CULTURAL

- Plan activities and instructional programs designed for spiritual development and growth.
- Design programs to preserve cultural and family values.
- Teach and promote effective parenting skills. Establish parenting training centers for mothers and expectant mothers.





#### EDUCATION & DEVELOPMENT

- Provide and promote educational advancement with children's schools, adult educational services, computer training, scholarship funds, etc.
- Promote vocational training and provide equipment for general training centers, cottage industry training, day care centers, etc.
- Promote and support rural developmental training for women.

#### HEALTH

- Provide programs for holistic healthcare. Support research intended for advancement of women and children's healthcare concerns, particularly debilitating diseases such as HIV, AIDS, breast cancer, etc. Support other organizations involved with holistic healthcare and research designed primarily for women and children.
- Support programs for public health maintenance including preventative holistic health, basic hygiene instruction, nutritional counseling, Ayurvedic cooking instruction, etc.

#### ENVIRONMENTAL AWARENESS & PROTECTION

- Protection and preservation of all life including animals with a commitment to prevent animal killing and cruelty wherever possible.



# *Our Programmes*

## CHILDREN'S EDUCATION

Poverty, illiteracy and lack of training are tragically common in Northern India. With increasing population, basic education and marketable skills have become absolute necessities in order to subsist in even the smallest communities. Hence, those who lack this education and training go to sleep hungry each night.

The Divine Shakti Foundation runs numerous free children's schools in which impoverished children receive a free, quality education in order to provide them with the best chance possible to live a life free from destitution. Basic school supplies are provided to all, along with uniforms, sweaters, etc. in most of the schools.

Divine Shakti Foundation runs and sponsors free schools in Rishikesh and environs, throughout the Himalayan foothills and also in the Himalayan mountains (including new programs after the tragic flooding of June 2013 wiped out many schools), South India (sponsored and built after the tragic tsunami of 2004). More than 3000 children receive free education in schools being run/sponsored by Divine Shakti Foundation. Of those, more than 800 are residential.

DSF also sponsors the education for many girls and boys (but mostly girls) all the way from primary up through intercollege and college, advanced studies and vocational training.







# VOCATIONAL TRAINING

- **RURAL UTTARAKHAND** - In rural Uttarakhand, where 40% of the population already lives below the poverty line, survivors of the disastrous floods of 2013 are sinking into despair. Many have lost their jobs, businesses, farms, homes and precious loved ones. Now, they yearn to simply earn a wage, so that they can put food on the table.

Without work or economic opportunity, many people are feeling forced, out of necessity, to migrate to distant cities. Sadly, in some cases, such migrant families may find themselves living in the claustrophobic squalor of urban slums, in even deeper poverty.

- **CENTRES IN RISHIKESH, THE HIMALAYAN FOOTHILLS & ACROSS INDIA** - Divine Shakti Foundation runs 5 vocational training centers in Rishikesh, where approximately 1,100 young girls and women receive free training in such fields as sewing, handicrafts, tailoring and fashion design. Additionally, we sponsor a computer center in Uttarkashi where more than 1000 boys, girls and ladies receive free computer education.

Additionally, Divine Shakti Foundation has built and sponsored the construction of vocational training centers for impoverished women and girls in Tamil Nadu, South India, Gaya, Lucknow, and villages in the Himalayan foothills.



- **REBUILDING SCHOOLS IN DISASTER STRUCK AREAS** - Divine Shakti Foundation is rebuilding schools that were damaged or destroyed during the June 2013 floods in Uttarakhand. The Brightland International School in Rudra Prayag was rebuilt and inaugurated in May last year and now provides English Medium education to over 100 boys and girls. A hostel and meditation centre were also recently inaugurated, as a joint initiative between DSF and the Swaminarayan Sansthan, this year. One more school, which will be an intercollege, in Uttarakashi is underway and plans for its inauguration are underway.
- **NECTAR OF HOPE PROGRAMME** - Through the Nectar of Hope Programme, impoverished survivors have been taught skills so that they may learn how to also earn a living from their new animals, such as how to produce and market natural medicine and improved milk.

They will also learn organic gardening techniques that will be accentuated by the fertilizer naturally provided by their cows. In such a way, family incomes can be earned and healthy food can be put on the table for growing children.

# MEDICAL CARE

The lack of availability of proper medical facilities, health practitioners and health education in the Himalayan regions fuels and motivates Divine Shakti Foundation volunteers to serve tirelessly in improving the overall well-being of the Himalayan people, as well as serving the under-served and needy population.

Unfortunately for many, quality medical care is simply not available. People living in Himalayan villages often have to walk kilometres just to reach the main road, then must travel by shared jeep long distances to visit doctors or get medicine. All this why suffering from illness, wounds or even broken bones.

As a part of an ongoing “Project Give Back” Initiative, Divine Shakti Foundation and Parmarth Niketan host free medical camps weekly in the surrounding villages where they travel for diagnosis, treatment and preventative care. Dedicated doctors provide primary healthcare services and distribute much-needed medicines to those who would otherwise not have access and/or availability of these services. These teams of doctors are often joined by other health professionals, such as physiotherapists, Ayurvedic practitioners, and more.

The doctors and volunteers inform villagers of the various and regular specialty camps held and organized at the Swami Shukdevanand Trust (Parmarth Niketan) Charitable Clinic so that they can receive quality secondary care. They also educate and empower the villagers on how to inculcate better Water, Sanitation and Hygiene habits, as well as take steps to prevent illness and live healthier, happier lives.

These medical camps have already had positive effects on the villages, as DSF is now being requested by Gram Panchayats and Pradhans from villages near and far.

Some of the villages DSF is working in are only accessible by foot, and often there are no proper rooms to examine patients, electricity is unavailable, and there are no toilets. When facilities are not available, medical camps are held under the shades of a tree or near the river bank. Yet, even with these conditions, hundreds of people come from all around to receive quality medical care.



# EMPOWERING WOMEN & CHILDEN

The Divine Shakti Foundation organizes and hosts numerous festivals, conferences, talks and other events to inspire and empower women all over the world.

DSF also sponsors numerous children throughout their education. In addition to those in their schools, they also sponsor over 20 children of volunteers who are performing selfless service at Parmarth Niketan Ashram, the DSF headquarters.

## UPLIFTMENT



Hundreds of people come every day to the Divine Shakti Foundation headquarters on the banks of Mother Ganga in the lap of the Himalayas at Parmarth Niketan (Rishikesh). After the uplifting and unforgettable experience of the evening lighting ceremony, (Ganga Aarti), they have the opportunity to have the darshan and blessings of DSF Founder, Pujya Swami Chidanand Saraswatiji and to ask questions and seek answers in a very personal and touching interaction with the President of DSF, Sadhvi Bhagawati Saraswatiji.

A majority of these questions are spiritual inquires whilst others range from questions about service initiatives and ways to contribute. Every night, hundreds of people are touched and transformed with their interaction and their answers, especially with the simple yet unique style of Sadhvi Bhagawati's answers, which are filled with love and compassion but also deeply rooted in scientific assessment and psychological analysis.

Each pilgrim, many women and seekers from all over the world, take this time back with them as a seed of hope and of healing, lovingly planting it in their hearts, watering it with the memories of their time on the banks of Mother Ganga and nurturing it with the light of truth and peace that they experience in the presence of Pujya Swamiji, Founder of the Divine Shakti Foundation, and Sadhvi Bhagawati, President of the DSF.







# ANIMAL CARE

Recognizing that the Divine does not just lie within our temples and our other holy places, but also in the Creation itself, Divine Shakti Foundation is dedicated to providing care and shelter to all of Mother Nature.

## HELPING THE STREET DOGS OF RISHIKESH

- THE SITUATION - It's a problem seen throughout India: overly-skinny dogs, bones protruding, suffering from the plagues of fleas, mange, worms and wounds. In many areas these dogs are not welcome, often due to a fear of being bitten and rabies, so these dogs are yelled at, beaten, hit with stones and more. They rarely receive any medical treatment for the illnesses and injuries they face, and often face slow, painful deaths without so much as any food.

The dog population in Rishikesh continues to grow, yet there is not enough food and space to go around. Because there is not enough food, and because dogs are territorial creatures by nature, fights often ensue, leading to wounds which become infected and even death. This is complicated even more when breeding season comes, as males compete for females and fights increase. Female dogs are constantly becoming pregnant, delivering litter after litter of puppies. Most puppies born do not make it through their first year, and the continuous strain of pregnancy and motherhood greatly drains and shortens the lives of these dogs.

- OUR WORK - A new program is being started by the Divine Shakti Foundation to bring "ABC" (Animal Birth Control) or "family planning" options – spaying and neutering – to the dogs in the Rishikesh area, a service which until now has been wholly unavailable for the dogs here. In addition to providing "family planning" procedures for these dogs, we will also be vaccinating all the dogs against rabies and treating the dogs for any other medical issues they come in with, whether that be mange, worms, or even broken bones.
- THE BENEFITS:
  - Slows down the constant tragic cycle of birth and death of new litters
  - Greatly improves the health and longevity of all the dogs immediately by stabilizing the population of dogs in the Rishikesh area
  - This means there will be more space and more food available for each dog, and thus less fights which lead to infected wounds and even death.
  - Without the constant strain of breeding, pregnancy, and motherhood, female dogs will live easier, healthier lives.
  - The increased aggressiveness associated with breeding in male dogs – which leads to fights – will end.
  - Diseases which greatly affect stray dog populations, such as the sexually-transmitted Transmissible Venereal Tumor (TVT), will cease to be spread.
  - Eradicates the risk and spread of rabies through dogs.











# *Our Activities*

## 5 April 2015: DSF's Project Give Back Medical Camp at Kimsa Valley

- The medical team traveled to Kimsa Valley, a distance of 39 km from Parmarth. The camp was held at Gram Panchayat building.
- 90% of the patients who came to the medical camp were elderly, and they all suffered from arthritis – predominantly knee joint pain. Knee caps and pain killer gel were freely given to those needing it.
- Skin allergies among children, acidity, indigestion and diabetes were common, along with other diseases treated the volunteers treated.
- Volunteers also conducted handwashing and hygiene demonstrations to educate the children.

## 12 April 2015: DSF's Project Give Back Medical Camp at Kaali Ki Dal

- DSF's free medical camp team went to Kaali Ki Dhal, located 8 km from Parmarth, in Rishikesh Township.
- Most patients were mothers and their children, with complaints such as: high blood pressure, diabetes among the adult, eye and ear diseases, joint pain, skin allergies, poor posture among children, acidity problems, and thyroid issues.
- The volunteers were able to give out medicines for the various issues people were having, as well as show yoga movements and massage patients with thyroid problems joint pain and posture issues.

## 19 April 2015: DSF's Project Give Back Medical Camp at Kunau

- DSF volunteers travelled 10kms from Parmarth to the village of Kunau for a free medical camp. Access to free, quality healthcare is difficult to come by in these areas.
- The medical team treat the common complaints such as acidity, joint pain, ear infections, high blood pressure, and cough, as seen so often in these weekly camps. They also advised the locals on the efficacy of their local herb which is good for cough.
- In addition to this, volunteers helped those with postural problems by demonstrating some yoga postures to help improve their condition, and massages were also given to those patients who complained of knee pain. Another volunteer demonstrated a proper handwashing lesson to the children, who were all keen to participate. Volunteers were also able at this camp to distribute clothing which had been donated.



## 21 April 2015: DSF Restores Hearing to Meena

Meena hails from the village of Mala, 39 km from Parmarth. Meena's lack of hearing came to our knowledge when she came to one of DSF and Parmarth's weekly free medical camps and was unable to communicate her health problem.

- Meena had had no hearing problem till 8 years previously when she had an ear infection that did not get treated due to unavailability of medical facilities in her village of Mala.
- Audiology tests confirmed that Meena's hearing was impaired. DSF thus arranged an appointment for Meena with Dr. SS Bist, Professor and Head of ENT Dept. at Himalayan Institute Hospital Trust (Dehradun).
- After trying different models, we finally settled on Aries 675 BTE Digital Hearing Aid. This means that Meena can by switch of a button adjust to the different sounds, enabling her to hear beautiful music, the voices of her loved-ones and so much more.

## 26 Apr 2015: DSF's Project Give Back Medical Camp at Kodia

- Amongst the patients seen by the team, diseases and illnesses treated included cases of diarrhea and vomiting, constipation, lucorrehea, worms in children, posture problems, skin allergies, joint/shoulder/knee issues, and sciatic pain. Both adults and children presented dental problems, and there were cases of ear infection among children. In addition, several patients came just to confer with the medical team on medication and treatment they had been prescribed elsewhere.
- Volunteers helped ease knee, shoulder and sciatica problems with massages and yoga postures.
- A handwashing session was conducted to teach the children proper handwashing skills. After holding hygiene sessions volunteers distributed free toothbrushes to the participating children. In addition to their medical services, the volunteers were also able to distribute donated crocheted baby blankets to mothers with babies.

## 30 April 2015: DSF's Livelihood Centre Launched

- DSF has joined together with Mandakini Women Weavers of Garhwal in partnership with the Government of Uttarakhand, and Panchachuli Women Weavers of Kumaon to engage and reach out to 300 families in the Kedarnath Valley. The Triyuginarayan Centre is located 25 kms from Kedarnath, the sacred site hit by the Uttarakhand floods in 2013. The flood took the lives of many men in the community leaving behind widowed unskilled women.
- The Centre is now training 100 families from the region to spin and weave shawls, knit sweaters, as well as produce many more marketable textile products for a global market. DSF envisions expanding a strong network for ensuring the buy-back of all the goods and products produced by the women of Uttarakhand.



## 3 May 2015: DSF's Project Give Back Medical Camp at Mala Kundi

- This medical camp was hosted in the village of Mala Kundi, Uttarakhand.
- Even before setting up camp, as volunteers unloaded the car, two out of town young men needed some medical attention. One of them had sprained his ankle and was in need of pain killer gel, crepe bandage and painkiller pills.
- Diseases treated during the camp ranged from skin disease and acidity among the adults, diarrhea among children, cough and cold, boil on the back of a young boy, and asthma. Volunteers were also able to educate patients who smoked and were suffering from asthma about the repercussions of the habit.
- Volunteers were able to lead those suffering from joint pain in healing massage and were taught yoga to stretch and loosen their joints. The children too were taught simple yoga stretches.
- Volunteers also took time to conduct hygiene sessions – hand washing and teeth brushing to the children and to the mothers of the children. Donated clothes were also displayed for the villagers to help themselves.





## 10 May 2015: DSF's Project Give Back Medical Camp at Gujjar Basti

- Volunteers saw predominantly mothers and their children, and 90% of the mothers and children had diarrhea. Thus, the volunteers emphasized the importance of hygiene throughout the camp and to the headman, and encouraged and showed the children how to properly wash their hands. The children were very keen to wash their hands and even after the session was over, the children keep coming up to the bucket to wash their hands! They were happy to show off their clean hands and nails.
- Much of the health problems of the village could be attributed to the lack of two basic needs: no proper drinking water, and no bathrooms/toilets.
- Other diseases treated were skin allergies, anemia among pregnant mothers, high blood pressure, acidity and indigestion; cough, cold and fever among babies.
- Free baby blankets were given to mothers while cotton cloth bags were given to them for distribution to the villagers.

## 17 May 2015: DSF's Project Give Back Medical Camp at Khanda Dal

- An impromptu medical camp was held at Khanda Dal, where Parmarth and DSF volunteers had stopped by chance to ask directions. The camp was set up in a small shop front and patients were consulted in the best possible way.
- Most patients who were seen were children and mothers, and diseases ranged from diarrhea and vomiting to abdominal pain, skin diseases, and chest pain due to smoking. One patient had cataracts in both eyes and was advised to come to Parmarth's upcoming free eye camp.
- Following this camp in Khanda Dal village, volunteers stopped at a nearby construction site to offer their medical services to the laborers.
- Most of the men were treated for pain, fever, bodily abscesses, and severe headaches, often the result of the extreme working conditions they labor in, working with hot tar, dust and dirt with no masks or boots. They seem to drink very little water in the heat consequentially they exhibited conditions due to dehydration.

## 17 May 2015: DSF's Project Give Back Medical Camp at Diyogi Village

- The medical volunteer team, including Neurosurgeon Dr. Shweta Kedia and Neuro intensivist Keshav Goyal from AIIMS Hospital, New Delhi, travelled to a new village called Diyogi about 45 km from DSF's headquarters.
- Diseases treated geriatric illnesses in the elderly such as arthritis, spine problems, and cataract; eye infections and diarrhea in children; skin issues and menstrual issues in young females; respiratory issues due











to long-term bidi smoking and tobacco chewing; and constipation.

- The villagers were taught about hygiene and lifestyle modifications. The females were educated about the importance of healthy eating habits both in the prenatal and antenatal period with a special emphasis on folic acid and iron tablet supplementation. The need to incorporate yoga exercise in their daily life was repeatedly told by each member of the team at various stages of examination, and a yoga demonstration engaged the children who came to the camp. However, despite all this, the doctors observed that in general the villagers enjoyed good health.
- Villagers were informed about the upcoming eye camp at Parmarth, as well the almost monthly visits by the team around the area to make it convenient for them to follow up.

## 31 May 2015: Inauguration of the DSF-Supported Brightland International School

- Brightland International School, which was completely destroyed in the floods of 2013, was rebuilt by Divine Shakti Foundation and Parmarth Niketan, Rishikesh, led, guided, blessed and inspired by Pujya Swami Chidanand Saraswatiji.
- The new, eco-friendly campus was inaugurated by Hon'ble Chief Minister of Uttarakhand, Shri Harish Rawatji, Hon'ble Minister of Drinking Water and Education, Uttarakhand, Shri Mantri Prasad Naithaniji, with Pujya Swamiji and other dignitaries and guests. The newly-rebuilt school will serve hundreds of children within its beautiful campus.
- Among the unique features of the school are eco-friendly bio-toilets and WHO-approved bio-sand filters for clean water. This project in addition to basic academic education, will also provide:
  - Bio-Toilet Sanitation Facilities: to provide adequate sanitation with an eco-friendly technology that can help preserve and protect our environment;
  - WASH Education and Awareness Programmes: highlighting the importance of maintaining and improving clean water, sanitation and hygiene facilities not only in schools but in all communities throughout the Himalayan state as well as throughout India;
  - Green Education Programmes and Activities such as regular tree plantation drives during the monsoons, adequate solid waste management, trash segregation and recycling and awareness campaigns;
  - Livelihoods skills training programmes utilizing the school space in the afternoon, after the school day, so that women of the local communities are empowered;
  - Encouraging renewable energy utilization by exploring and providing solar panel and other feasible green technologies to sustain daily energy needs;
  - Promoting Yoga and Holistic Well-being in all schools as well as ensuring that a majority of the food available to the children is fresh and organic;
  - Additionally, there was the presentation of the Water, Sanitation and Hygiene (WASH) programmes, including fruit tree plantations, being implemented by Divine Shakti Foundation, the Global Interfaith



WASH Alliance and Ganga Action Parivar in 11 other schools of the Rudra Prayag region.

- Hon'ble Minister of Education and Drinking Water, Shri Mantri Prasad Naithaniji, personally visited the actual campus and commended and supported the efforts. He was enthusiastic to work with Divine Shakti Foundation and Global Interfaith WASH Alliance to implement WASH education and awareness in all schools.
- Divine Shakti Foundation's project of building the Brightland School was generously supported by Mahavir Seva Sadan, Kolkata and was implemented locally by SEEDS, India, led by Shri Manu Gupta, Director of SEEDS and his team. Divine Shakti Foundation's sister organizations Global Interfaith WASH Alliance and Ganga Action Parivar will work hand in hand to implement and sustain the green programmes and activities mentioned above.

## 1 June 2015: Visit to DSF's Triyuginarayan Livelihood Centre

- Just 25 kilometres from Kedarnath, the sacred spiritual pilgrimage site which was the centre of the Uttarakhand floods last year, Divine Shakti Foundation has constructed a new vocational training/ livelihoods centre. The centre will train 100 families from the region to spin and weave shawls, knit sweaters as well as other skills which will be marketable in the textile industry.
- Additionally, Divine Shakti Foundation is partnering with institutions and companies to create buy-back programmes so that the women's products are ensured a market in which to be sold, which in turn will guarantee them a steady income to sustain their families.
- DSF is also planning to build three additional livelihoods centres in the flood affected regions, benefiting some 500 families. It will also be working to create Centres of Excellence for the trained women to gain further skills in the industry so that they can not only survive but thrive.

## 4 June 2015: Agustyamuni Village Training Centre

- DSF was invited by Smt. Shaila Rani Rawatji, Hon'ble MLA of Kedarnath, to visit a newly opened training and employment centre in Agustyamuni, Rudraprayag. Upon seeing the centre and meeting the women, DSF announced plans to scale up and standardize the services to meet international standards as well as improve the training with the help and support of Bharat Mitra and his Organic India team playing a major part in training and development of the centre.





Brightland International School



## 5 June 2015: Rural Village in Rudra Prayag, Uttarakhand to Receive Aid

- DSF visited a small village by the name of Jyuri (block Agyustamuni, district Rudra Prayag), high in the mountains from Rudra Prayag which is a typical, exquisite yet impoverished mountain village with Hon'ble MLA Kedarnath, Shaila Rani Ravatji.
- Medicinal herbs, roots, fruit and vegetables grew plentifully and organically. They poured their hearts out to DSF about their challenges and concerns as well as the great, great need for proper education as well as access to higher education in their communities.
- Pujya Swamiji and Sadhviji, deeply touched and saddened by the challenges that the community faced, promised their support and plan to engage companies like Organic India and Ruchi Soya to scale up these efforts. Divine Shakti Foundation also plans to engage its partner organizations, the Global Interfaith WASH Alliance and Ganga Action Parivar, to ensure that the plans for this village and its neighbouring villages include adequate and improved WASH.

## 28 June 2015: DSF's Project Give Back's Holistic Medical Camp at Kali Ki Dhal

- The Project Give Back Medical Camp organized by the DSF team headed to Kali Ki Dhal, an impoverished village near Rishikesh.
- During the camp one hundred patients were attended to, most of whom were mothers and their children with complaints such as: high blood pressure, eye and ear disease, joint pain, skin allergy, poor posture among children, acidity & constipation problem, urinary problems, common cold & fever, diarrhea & vomiting and worms. Nearly 40% of the women and children had diarrhea.
- The volunteers emphasized the importance of clean water, sanitation and hygiene to the mothers. They lined up all the children and encouraged them to wash their hands.
- A 10 year old girl had an issue with thyroid. Her mother too suffered from this disorder. The young patient was given thyroid medicine as well as shown some yoga asanas and kriyas to help improve their condition.
- The other most common diseases treated were ear infection – ear drops were put into these patients as well as given the vial to self-administer. For those who complained of knee joint pain were treated to a massage and given knee caps.
- A patient who appeared to have had a paralysis, struggled his way to the clinic and was treated by Dr. Priya, one of the lead coordinators of the DSF's medical camps, shown how to do simple finger exercises to regain mobility in his fingers.
- Yoga asana, kirtan & short meditation was also led.







## 12 July 2015 – DSF's Project Give Back Medical Camp at Mala Kundi

- Project Give Back Medical Camp organized by the Parmarth Niketan team – Divine Shakti Foundation and Global Interfaith WASH alliance, headed to Mala Kundi. The rural village is 40 km away from Rishikesh and located in a hilly-forest area in the laps of the Himalayas. With a total population of 900 people, their provision of basic supplies nearby is very much limited. Due to the absence of hospitals or medical shops in the village, patients have to travel 40 km to Rishikesh in case of a medical treatment.
- Patients were treated and medicated for problems such as high blood pressure, lower back pain, worms, anemia, skin allergy, ear & eye disease, joint pain, acidity, constipation, common cold and fever, etc.
- Two of our volunteers, Allison and Pallavi emphasized the importance of clean water, sanitation and hygiene to the children and their mothers. Moreover, they instructed the correct way of hand washing and brushing their teeth. They also trimmed the children's nails.
- Swechhya took the blood pressure of the patients while Jyotiji registered the patients by recording their name and age. Beste who is a yoga instructor, taught few exercises and yoga poses to some of the elderly patients according to their diseases. She also massaged and put crepe bandage around patients with joint problems.

## 5 July 2015: DSF's Project Give Back Medical Camp at Ramjiwala Village

- Project Give Back Medical Camp organized by the Parmarth Niketan team – Divine Shakti Foundation and IHRE, headed to Ramjiwala Village. The rural village is 40 km away from Rishikesh and up in the mountains of Uttarakhand. Due to the absence of hospitals or medical shops in the village, the patients have to travel 40 km to Rishikesh in case of a medical treatment.
- The medical camp was a great relief to so many of the villagers as it brought quality healthcare, free medicines and loving care directly to their homes. During the medical camp process, nearly 100 patients, most of whom were from an old age group attended and were medicated for high blood pressure, diabetes, lower back pain, worms, anemia, skin allergy, eye & ear disease, joint pain, acidity, constipation, urinary infection, common cold, fever, leucorrhoea, etc.
- Two of our beautiful volunteers (Swechhya and Allison) emphasized the importance of clean water, sanitation and hygiene to the children and their mothers. They taught them the correct way of brushing their teeth and washing their hands. Jyotiji helped the children trimming their nails.
- Susan and Raeann diligently took the patients' blood pressure and weight while Ankit and Dinesh carefully registered the patients by recording their name and age. Jyotiji, a music and dance teacher, taught the children couple of fun dance steps along with counting the beats in English. Pallavi demonstrated yoga positions, she taught them how to do Surya Namaskar and Sukshmvayam in particular. She also made some of the elderly patients practice asanas in accordance to their diseases. As for those patients who had joint pain in their knees, she put crepe bandage and massaged their knee caps.



## 26 July 2015: DSF provides Holistic Healthcare in Himalayan Village of Nayal

- Our team of volunteers of the Divine Shakti Foundation headed to Nayal Village on a warm sunny afternoon. The rural village is about 40 km away from Rishikesh and located in a picturesque and abundant hilly-forests area in the mountains of in the Himalayas. With a total population of 250 members, their need access of basic medical supplies nearby is very much limited. Due to the absence of hospitals or medical shops in the village, patients have to travel 40 km to Rishikesh in case of a medical treatment.
- Our medical team diligently saw all the patients, most patients of whom were in the age range of 60-80 years old. Upon reaching the village, a number of elderly female patients had been patiently waiting for Dr. Priya. A majority of the patients were treated and medicated for problems such as low and high blood pressure, knee & joint pain, worms, anemia, skin allergy, ear & eye infections, acidity, constipation, common cold and fever, etc.
- Raeann took each patient's blood pressure. Three of our volunteers, Allison, Pallavi, Swechhya, spent time with the children throughout the day and emphasized the importance of clean water, sanitation and hygiene (WASH) to them. Moreover, they instructed the correct way of hand washing and brushing their teeth and were later given new tooth brushes.
- Jyotiji, a doctorate in music and dance instructor, was excited to teach the children fun dance moves with their new dolls as well as registering patients by recording their name and age. Martina and Vipul, both of whom are both yoga instructors, taught helpful breathing exercises and yoga poses to some of the elderly patients, in according accordance to their body aches and pains. Martina also spent time massaging patients with pain ointment and placing crepe bandage around patients with joint problems.

## 22 August 2015: The International Festival of Buddhist Heritage of Ladakh

- DSF participated actively in this cross-cultural festival
- Sadhvi Bhagawati Saraswatiji, President of DSF, gave an inspiring talk, stating, "It is crucial that when we speak about empowerment we are clear on what we mean by empowerment. Empowerment is not merely material wealth and tangible financial assets but rather it is the investment of these monetary and material assets into the sharing and spreading our true wealth, our spiritual-cultural and natural heritage. Therefore, let us remember 3C's of culture, connection and compassion."

## 9 September 2015: Himalaya Day – Pledge by 2,000 girls to protect Himalayas

- More than two thousand young girls were inspired to pledge for the conservation of the Himalayas on the auspicious occasion of World Himalaya Day at the Government Girls Inter-college, Rishikesh.



Pujya Swamiji shared that the River Ganga's preservation and protection is crucial and fundamental to the conservation of the Himalayas.

- He also shared with the students about GIWA, DSF and GAP's commitment to the 3G (Gau, Ganga, Gauri) Programme, serving to bring stray cows of the streets into Gaushalas, restoring the banks of Mother Ganga and Her tributaries as well as preservation of the divine feminine through women's empowerment programmes.
- DSF the students to plant and grow at least one tree in their communities in honour of their pledge to protect the Himalayas. Pujya Swamiji also pledged GIWA, DSF and GIWA's full support to build adequate sanitation facilities, a bio-digester toilet complex, for the girls on the school campus.

## 12 September 2015: Free Eye Camps

- A three-day eye camp was held at Shukdevanand Charitable Hospital, Parmarth Niketan. Over 250 people registered for free cataract operations, done during the camp free of cost. In line with Pujya Swamiji's vision for a clean and green environment, the doctors presented the patients each with a tree sapling, so that they may commemorate and continue the gift they had received.





## 21 September 2015: Shakti aur Prakriti: Planting a Tree in Honour of the Girl Child

- The IDPL, Rishikesh Campus saw the first historical event of its kind in which trees were planted in the name of all newly born baby girls in Rishikesh. The event was jointly organized by the Global Interfaith WASH Alliance, Divine Shakti Foundation and Ganga Action Parivar as well as the Environment Conservation Society, Rotary Club, Rotaract, Plant a Tree India, and Social and Education Society. Pujya Swamiji inspired and blessed this unique initiative.
- Pujya Swamiji addressed those gathered by saying that creation needed the divine feminine energy and the environment needs trees for its survival. Both are crucial for a sustainable and secure future. He said that Uttarakhand, having some of the largest forest cover in the world, is a source of oxygen and life to the world. While the divine feminine, in the form of the girl child, gives life and energy to the world, he added that daughters are never problems but solutions; wherever they give warmth, nourishment and life. Similarly, trees also provide shade and fruits. Pujya Swamiji said that to celebrate and rejoice in the birth of the girl child, we should all plant at least one tree and honour the life and love that they bring to our world.

## 22 September 2015: Green Drive at Delhi Public School

- DSF participated actively in a tree planting drive at the Delhi Public School in RK Puram. The programme started with a large-scale tree-plantation on the school campus.
- A campaign to support plantation of fruit trees in over 70 other schools was also launched which DPS will coordinate and support in the planting of fruit trees on their school campuses.

## 31 October 2015:DSF's Artificial Limb and Prosthetic Camp

- An artificial limb and prosthetic camp was organized at Parmarth Niketan for those who are differently-abled, (lacking one or more of their limbs). Seventy two people with disabilities were provided with artificial limbs and calipers free of cost. These newly-abled people found great joy in exploring and utilizing their new hands and/or legs. Those who were previously unable to walk or use their limbs felt overwhelmed when they were fitted with devices that allowed them to be mobile on their own.



## 14 November 2015: National Children's Day – Shaping a green future

- National Children's Day, jointly organized by DSF, Parmarth Niketan (Rishikesh), Ganga Action Parivar and Planetskool, brought together our global family with the local school children as one team with one theme: to raise awareness on the crucial and critical need to protect our planet.
- School children from Divya Prem Sewa, Vidya Bharti students and Parmarth Niketan Gurukul students performed thought-provoking pieces on Swachh Bharat and Namami Gange. Internationally acclaimed Estonian band, Bom Billaz, performed the "Planetskool" theme song along with other riveting numbers that fused Indian classical mantras with reggae.
- Famous child performer, Balshree Awardee Hansavi Tonk performed a classical Indian dance piece. Pujya Swamiji and Sadhvi Bhagawatiji, the Goodwill Ambassadors of Planetskool, shared words of inspiration and lauded Planetskool's founder and Technovite's CEO, Shri Suneet Singh Mausil, for his incredible initiative that brings the world closer and enriches students across the globe with positive human values. They gifted a beautiful Rudraksh sapling to Shri Bharat Chandra Saha of the Water Resources Investigation & Development Department, Government of West Bengal; Respected Vice Chancellor of Sanskrit, Mahavidyala Professor Mahavir Agrawal; and the Cultural Attache of Yemen, Dr. Mazan Al Jifri.

## 8 December 2015 to 30 January 2016: Rishikesh Animal Rescue Project

- The Rishikesh Animal Rescue Project is being carried out at Parmarth Niketan (Rishikesh), from 8 December-30 January, bringing together trained veterinarians from Russia, hosted and supported by the Divine Shakti Foundation (DSF) and coordinated by Animal Liberty organization based in Siberia, with involvement of volunteers from Parmarth and the local community.

## 27 February 2016: DSF's Project Give Back Initiative Free Eye Camp

- A three-day Free Eye Camp was organized at Parmarth Niketan's Charitable Hospital under the Divine Shakti Foundation's Project Give Back initiative, to provide quality and free medical care to under-served populations. The camp saw more than 240 patients, providing free cataract surgeries to 107 of these patients.







## 13 May 2016: Shakti Kumbh at Kumbh Mela

- DSF participated actively in this special 2 1/2 day Vaicharik Mahakumbha Event by the Government of India and Government of Madhya Pradesh in Ujjain at the Simhasth Kumbh Mahaparv 2016 during the session on Shakti Kumbha. The event was gracefully and fantastically organized by Shri Shivraj Singh Chouhan, the Hon'ble Chief Minister of Madhya Pradesh, Shri Anil Madhav Dave, MP, and their entire teams. Narendra Modii, the Hon'ble Prime Minister spoke in the concluding session and Pujya Swami Chidanand Saraswatiji spoke in the session on Swachhta aur Sarita (Cleanliness and Rivers). Sadhviji shared the stage with Hon'ble Shivraj Singh Chouhanji, Param Pujya Didi Maa Sadhvi Ritambhara Ji, Hon'ble Governor of Goa, Smt. Mridula Sinha ji, Swamini Vimalanandaji, Chinmaya Mission, Nivedita Bhideji, Vice President, Vivekanand Kendra and Gita Gunde Ji, President, All India Mahila Samanvay. The theme was on Shakti and it was a truly inspiring and beautiful event.

## 30 May 2016: Chunari Mahotsava Shakti celebration

- A beautiful Chunari Mahotsava was celebrated at Parmarth Niketan. The group also took part in a special water blessing ceremony and pledged to bring awareness in their communities to end open defecation and any type of pollution to our sacred rivers.











## **DIVINE SHAKTI FOUNDATION**

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