



DIVINE SHAKTI  
FOUNDATION

# DSF ANNUAL REPORT

2023 - 2024





The Divine Shakti Foundation (DSF), guided by Sadhvi Bhagawati Saraswatiji, Ph.D, is deeply committed to fostering the holistic well-being of women, children, and Mother Earth. Rooted in a vision of empowerment and sustainability, DSF has undertaken numerous initiatives aimed at uplifting communities and promoting a more harmonious world. By integrating these diverse efforts, DSF continues to create meaningful, lasting change, nurturing both individuals and the planet for a more just and sustainable future.



SADHVI BHAGAWATI SARASWATI, PH.D  
President, DSF

### **Education and Schools:**

The DSF (Divine Shakti Foundation) operates and financially supports free schools in Rishikesh and nearby regions, dedicated to providing quality education to underprivileged children. These schools serve as a vital lifeline for students who otherwise might not have access to formal education due to financial hardships.



Beyond academics, DSF ensures that students receive essential resources such as school uniforms, books, stationery, and other necessary supplies. By addressing these fundamental needs, the foundation removes significant barriers to education, allowing children to focus on their studies without the burden of financial constraints.



Moreover, these schools foster a nurturing environment that encourages holistic development, equipping students with knowledge, skills, and confidence for a brighter future. Through its commitment, DSF not only empowers young minds but also contributes to breaking the cycle of poverty, helping children grow into self-reliant and educated individuals.





## Vocational Training :

DSF is deeply committed to empowering women by fostering financial independence and self-sufficiency. To achieve this, DSF operates vocational training centers in Rishikesh and other regions, equipping women with practical skills that enable them to build sustainable livelihoods. These centers offer comprehensive training in sewing, handicrafts, tailoring, and fashion design, providing women with the expertise needed to start their own businesses or secure stable employment. By creating these opportunities, DSF not only enhances economic empowerment but also boosts the confidence and self-worth of the women it supports.



## Health Initiatives :

In addition to economic empowerment, healthcare remains a core focus of DSF's mission. The foundation runs holistic healthcare programs designed to address the medical needs of underserved communities. These programs include regular health check-ups, eye-care services, dental-care camps, deworming treatments, and vitamin A distribution to improve overall well-being.



Recognizing the critical link between health and education, DSF also conducts awareness campaigns and provides logistical support for improved sanitation, health and hygiene. This includes menstrual hygiene education, breast cancer awareness, etc., ensuring that women and girls have access to essential knowledge and resources to manage their health with dignity.





## **Environmental Awareness and Protection:**

Environmental conservation is another pillar of DSF's work, with a strong emphasis on raising mass awareness about the protection of water resources and the natural environment. The foundation actively engages in initiatives aimed at reducing carbon and water footprints, promoting sustainable practices that benefit both people and the planet.

A key aspect of this effort is the empowerment of women and children as Green Ambassadors within their communities. By equipping them with knowledge and leadership skills, DSF encourages grassroots activism, inspiring individuals to adopt and advocate for eco-friendly habits, such as waste reduction, water conservation, and tree planting.

Through these multifaceted initiatives, DSF continues to drive positive change, ensuring a healthier, more empowered, and environmentally responsible future for all.





## **Advocacy and Upliftment :**

The Divine Shakti Foundation (DSF) actively engages in advocacy and empowerment initiatives to uplift women and create meaningful societal change. Through large-scale events, conferences, and workshops, DSF provides a global platform to inspire and support women in overcoming socio-economic challenges.

DSF's advocacy efforts extend to high-level forums, where it works alongside policymakers, educators, and activists to champion gender equality, quality education, WASH (Water, Sanitation, and Hygiene), and environmental conservation. By addressing these critical issues, DSF promotes systemic change, ensuring that individuals and communities receive the resources and opportunities they need to thrive.



The Divine Shakti Foundation (DSF) has been actively engaged in numerous initiatives from April 2023 to March 2024. Below is a chronological summary of key activities during this period:

### **April, 2023**

#### Women of Parmarth Naari Shakti Kendra Create Eco-Friendly Bags

Many underprivileged women in Parmarth Naari Shakti Kendra Vocational Training Centre learn sewing, beautician training, computer education, English language, Karate and much more which help them achieve a decent livelihood.

After International Yoga Festival 2023, where our DSF women participated to exhibit their talent, they united together to complete a new order of 230 cloth bags for a private firm in order to use as an alternative for plastic bags. This gives them not just a job, but also an opportunity to work for the betterment of Mother Nature!



### **May 2023**

#### Workshop on Menstrual Health for School Girls on Menstrual Hygiene Day.

Information on menstrual hygiene and health were provided to 30 school girls from near by communities so that changes can be brought about at the grassroots level. Along with the customs and taboos prevalent in the society related to menstruation, the materials used during menstruation, their availability, suitable facilities for menstrual hygiene in homes and schools were also openly discussed. The girls were informed that adopting unsafe and unhygienic options during menstruation has an adverse effect on their health.





**June 2023**

### Two-Day Dental Camp:

On June 12, 2023, the Divine Shakti Foundation (DSF), in collaboration with Parmarth Niketan and Dental IQ of Chandigarh, organized a two-day free dental camp at Parmarth Niketan aiming at providing essential oral healthcare services to the local community. The camp was inaugurated with great reverence by His Holiness Pujya Swami Chidanand Saraswatiji, Pujya Sadhvi Bhagawati Saraswati ji, esteemed doctors and volunteers team emphasizing the importance of holistic well-being and access to quality healthcare for all.

A dedicated team of dental professionals, led by Dr. Vivek Rana from Dental IQ, provided thorough check-ups and necessary treatments to over 55 patients. These treatments included root canal procedures, dental fillings, and interventions for tooth decay, addressing both preventive and restorative dental health needs. This initiative not only alleviated the suffering of those with dental ailments but also raised awareness about the significance of oral hygiene and preventive care.





## August 2023

### International Youth Day:

On August 12, 2023, the Divine Shakti Foundation (DSF) celebrated International Youth Day with great enthusiasm at its Shakti Vikas Kendra, a free tuition center in Rishikesh dedicated to providing quality education and academic support to underprivileged children.

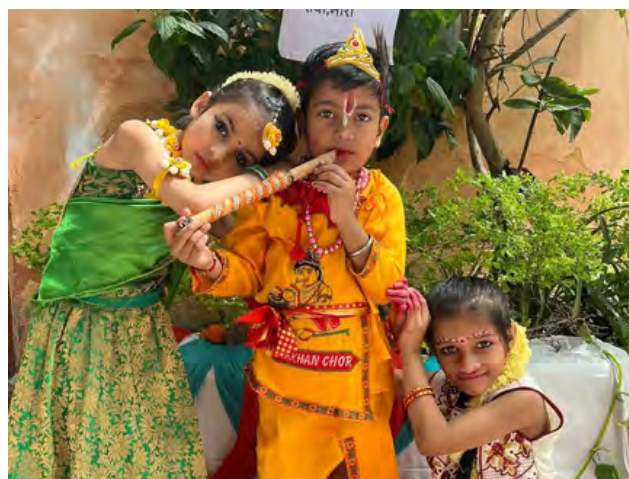
The celebration began with a traditional pooja (prayer ceremony), which was followed by energetic and joyful dance performances by the children, and ended with the distribution of study kits, which included essential educational materials such as notebooks, pens, pencils, and other supplies. By equipping students with the necessary tools for their studies, DSF reaffirmed its commitment to supporting the academic growth and aspirations of young learners.



## September 2023

### Krishna Janmashtami Celebrations:

DSF organized joyous celebrations for Krishna Janmashtami on 9th of September, 2023 at Parmarth Vidya Mandir. The festivities included cultural programs and were graced by the presence of Pujya Swamiji and Sadhvi Bhagawatiji, enhancing the spiritual experience for students and attendees.



### Ganga Pakhwada:

DSF participated in the "Ganga Pakhwada" event conducted by Indian Government in the schools to raise awareness about river Ganga among students.

Students participated in the events such as :

- \* Ganga Cleanliness Campaign around Chandreshwar Nagar, Rishikesh
- \* Planting trees on the banks of the Ganges
- \* Importance of Ganga Speech Competition, Dance drama, Poem Recitation, Art competition, Puppet Show, Marathon, Debate Competition.
- \* Pure environmental yoga practice on the banks of the Ganges.
- \* Maa Ganga Cleanliness Oath

The events began on the 2nd September and lasted till 17th September. Our schools Parmarth Vidya Mandir, Parmarth Nari Shakti Kendra (PNSK), Chandreshwar Nagar, Dehradun and Parmarth Gurukul, Rishikesh, Kotdwar and Uttarakashi participated in this event.





## October 2023

### Vipassana Meditation Training:

In October 2023, Parmarth Vidya Mandir organized its inaugural Vipassana Meditation Training session, specifically designed for students aged 12 to 14. This initiative was introduced with the objective of familiarizing young learners with the principles of **mindfulness** and **self-awareness**. The training aimed to equip them with essential tools to manage stress, improve focus in their studies, and cultivate a sense of inner peace.



## November, 2023

### World Toilet Day

The Divine Shakti Foundation (DSF), in collaboration with the Global Interfaith WASH Alliance (GIWA), organized an impactful educational event in partnership with Harpic World Toilet College for the students of Parmarth Vidya Mandir (one of the DSF's free school and women's center in Rishikesh). This initiative aimed to raise awareness about the importance of hygiene, sanitation, and proper toilet usage among young learners, reinforcing the significance of maintaining cleanliness for a healthier future.



**December 2023**

Annual Festival Program:

On December 23, 2023, the Divine Shakti Foundation (DSF) hosted the Annual Festival at Parmarth Vidya Mandir, marking a joyous occasion filled with cultural and spiritual significance. The event was particularly special as it coincided with Gita Jayanti, the sacred day commemorating the divine revelation of the Bhagavad Gita to Arjuna by Lord Krishna on the battlefield of Kurukshetra.

The celebration was graced by the esteemed presence of Pujya Swami Chidanand Saraswatiji, Sadhvi Bhagawati Saraswatiji, and distinguished guests from around the world. Their presence added to the spiritual atmosphere, inspiring students and attendees alike.

A key highlight of the event was a series of vibrant cultural performances by the talented students of Parmarth Vidya Mandir. These performances included traditional dances, devotional songs, skits, and recitations that reflected the profound teachings of the Bhagavad Gita, along with themes of peace, harmony, and Indian cultural heritage. The students showcased their artistic talents with enthusiasm, leaving the audience deeply moved.





## February 2024

### Vasant Utsav:

On February 13, 2024, the Divine Shakti Foundation (DSF) hosted a vibrant Vasant Utsav at its free school 'Parmarth Vidya Mandir School' and its vocational training center 'Parmarth Naari Shakti Kendra', marking the joyous arrival of spring. This auspicious festival, celebrated with great enthusiasm and devotion, was graced by the presence of HH Pujya Swami Chidanand Saraswatiji and DSF's President, Pujya Sadhvi Bhagawati Saraswati Ji, along with esteemed guests from around the world.

The event was dedicated to honoring Maa Saraswati, the goddess of wisdom, knowledge, and learning, as Vasant Panchami is traditionally observed as her divine festival. The students and participants paid homage through prayers, chanting, and offerings, invoking blessings for wisdom and enlightenment in their academic and personal pursuits.



## March 2024

### Medical Camp with Medanta Hospital

From March 17, 2024, the Divine Shakti Foundation (DSF), in collaboration with Medanta Hospital, organized a three-day medical camp at Parmarth Niketan's Swami Shukdevanand Charitable Hospital. This initiative aimed to provide essential healthcare services to the local community, ensuring access to quality medical care for those in need.



### International Yoga Festival Participation:

On March 8, 2024, the Divine Shakti Foundation (DSF) proudly showcased the talents of its vocational training students at the International Yoga Festival, held at Parmarth Niketan. A key highlight of the showcase was the intricate henna art, where students demonstrated their artistic expertise by adorning attendees with beautiful and detailed mehendi (henna) designs.

Additionally, the students showcased their proficiency in therapeutic body massage services, offering festival attendees a chance to experience the relaxation and wellness benefits of their training. This demonstration highlighted their knowledge of holistic healing techniques, which align with the principles of yoga, well-being, and self-care promoted during the festival.

