



# Shakti





# Shakti

A National Movement for Women

## ABOUT

SHAKTI – A National Movement for Women, was established in Kochi (Kerala) in the year 2003, by the inspiration of Vijnana Bharati, a Swadeshi Science Movement, the motto of which is 'Science and Technology for Social Harmony'. SHAKTI was formed with the vision to unite the women of India for social, intellectual, cultural and economic development of women in particular and Bharat in general. SHAKTI works for women with Science and Technology as a tool. SHAKTI works on the sacred concept of 'Ardhanareeshwar', acknowledging the complementary role of men and women in the progress and development of our Nation.

## VISION

To strengthen the Social, Cultural, Intellectual and Economic growth of women for constructive leadership in leading the Nation.

## MISSION

Empowering and enriching women through Science and Technological interventions by associating with Scientific, Government and Non-Government Organisations, Academicians, Self Help Groups, Philanthropists and the Youth.

## OBJECTIVES

- To motivate women in reaching their full potential in the service of society
- To scale up the social, intellectual, economic and cultural status of women
- To create awareness on the advancements in Science and Technology through training programs, workshops, orientation programs, and seminars
- To conduct programs for educating women on environment, energy & water conservation, education, health and hygiene, and sustainable development
- To assess the impact of the changing social and economic scenario through scientific surveys
- To strategize the social, financial, psychological, and physical health of women
- To undertake research projects concerning women's welfare
- To collaborate with Government, Non-Government, Scientific organisations for SHAKTI activities
- To organise science fairs, exhibitions or competitions for the youth to instill scientific temper
- Youth being the Country's greatest dividend, programmes are specially designed for upscaling the technological expertise of young women for the dynamic future and economic prosperity of the Nation
- To identify and honour Women in Science and Technology, for their transformational contribution to the society and Nation.
- To support underprivileged girl students with interest to pursue science and technology as a career.
- To publish newsletters, books and periodicals for women

## SPECIAL MOVEMENTS



SHAKTI - Rashtreeya Abhyas Varga 2019



National Conference  
Women Health-Challenges and Solutions 2015



National Conference: We Meet 2010



National Conference: Utkarsh 2018



National Conference



Yuva Shakti Abhiyan

Village Adoption Program



Environment Protection Rally



National Science Day Program:  
Prize distribution for  
project competition



Eco Friendly Ganesh Idol  
Making Workshop



Supplying Bio-Bins for depositing  
bio-waste in the Primary Health  
Centre, Kothad (Kerala)



## NATIONAL PROGRAMS

### Abhyas Varg

Rashtriya Abhyas Varg is an orientation Program conducted once in two years for the state executive team

### Conferences

National Seminars and Workshops are conducted every two years to deliberate, debate, discuss and disseminate scientific progress and innovations

### Samarpan Diwas (28th October)

On the occasion of Bhagini Nivedita's Birth Anniversary, various activities and programs are organized every year in schools during 13-28 October, in acknowledgement of her 'Service to Society' motto. Bhagini Nivedita's dedication, untiring efforts and active contribution in sowing the seeds of Indian Culture and Values and her resolute efforts in the field of Science and Technology specially in bringing out the research work of Jagdish Chandra Bose on global platform are commemorated.

### Science Festival (11-28 February)

Coinciding with the Day for Women and Girls in Science (11 February) and National Science Day (28 February), science activities such as science fairs, showcasing innovations, competitions, deliberations, debates for the students and interactions with eminent Scientists as a motivation for girl students to pursue science as career, are conducted.

### Shakti Sthapana Diwas (22 March)

Foundation Day of Shakti is celebrated as "Shakti Sthapana Diwas" on 22nd March every year by all the units of SHAKTI. On this occasion the special guests and the organisations working for women welfare are invited. The local unit activities and the National Shakti activities are showcased in the event. "Shakti Sthapana Diwas" is celebrated by Conferring 'SHAKTI Prerana Samman' to a woman scientist for her social contribution, and 'Swa-SHAKTI Sahayog' to a talented girl student who is interested in pursuing Science or innovations.

### Prabodhini

PRABODHINI means Refined Sense, Self-Knowledge or Individual Consciousness to Collective Consciousness. The aim of Prabodhini is to strengthen the inner self in a scientific way for rational introspection. Discourses by prominent intellectuals are conducted regularly in this context.

### Publication

'PRAMA' is an Annual National Magazine publishing on issues related to social and science advancements, from 2011 onwards.







## NATIONAL PROJECTS

**Shlok Gathividhi:** To practice and continue the traditional recitations, Mangalwar pathan activity is taken up by each unit in turns. It is relevant in present day context and deliberated for the benefit of members.

**Yuva Shakti Abhiyan:** It is specially designed for adolescent girl students through individual sessions for a bright future. This program is a seven-day workshop for creating an overall awareness among young girls regarding studies, ethics and values, etiquette, self-grooming, health and hygiene, legal aspects, social responsibilities, skill enhancement and career guidance

**Mother's Kitchen:** This project works on the premise that kitchen is the pharma of the household. Unhealthy food habits in the present globalised generation invites unforeseen health disorders underlining the need for sensitizing households towards the country's traditional culinary which is a rich source of nutrients and immunity boosters for the general wellbeing. A compilation of such much forgotten traditional recipes from all States of India has been completed to be made available to the public.

**e-SHAKTI:** SHAKTI has taken an initiative to enhance technical proficiency among the women for promoting digital literacy in the country. Region-wise training programmes are designed based on a detailed need analysis for each group of young and old women from both rural and urban background

**Gram Pari:** Skilling rural women for self-sustenance is the objective of this project. It aims to make the grass root women folk aware of modern Science and Technology. Projects are being carried out for women in the villages to identify the resources in their locality for their sustainable livelihood. This is achieved through village units of Shakti, collaborating with a representative named Gram Pari from each village. Shakti is also reaching out to MSME and other institutions for providing these training programmes.



## COMPLEMENTARY PROGRAMS

### **Vigyan Samvad & Vigyanika**

This program is an informal interaction by eminent scientists for knowledge sharing with participants.

### **Women Health Activities**

Programs related to the status of physical, mental, social, nutritional and spiritual health of women are held regularly.

### **National Surveys**

Surveys related to women's issues are taken up periodically by the state units.

### **Cultural activities**

The pride on our traditional identity is promoted through cultural events specific to the region.

### **Environmental Protection**

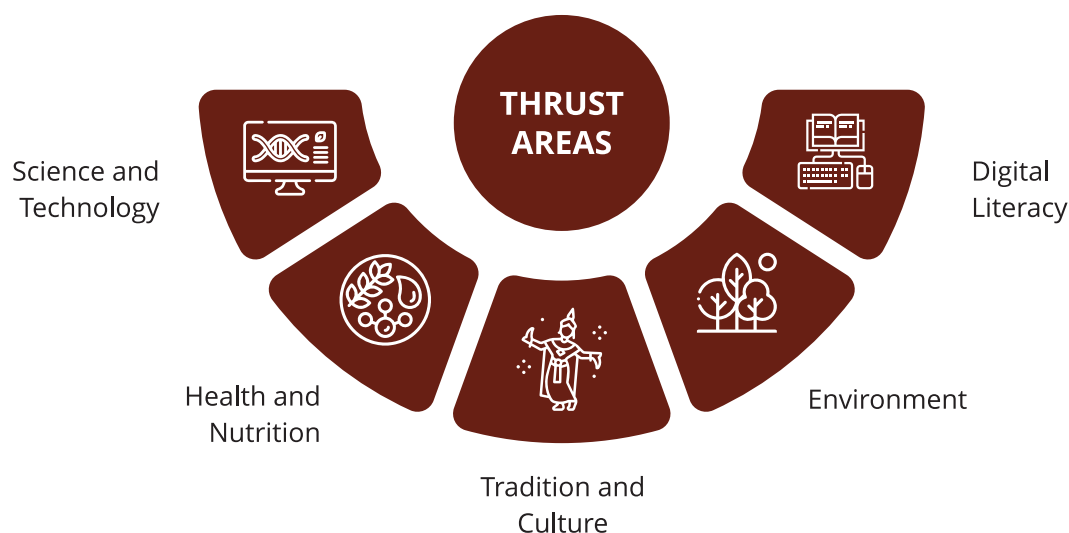
Spreads awareness on ecological restoration and Nature-friendly practices.

### **Traditional Knowledge and Heritage**

Activities to popularise the scientific legacy in ancient texts and literature for posterity, is envisioned in this program.

### **Research and Analyses**

Training programs are proposed to young women with socio-scientific aptitude, in identifying the thrust areas of research, for ethical project proposals and publications.



**NATIONAL PRESIDENT**

**Dr. SudhaTiwari**

**NATIONAL GENERAL SECRETARY**

**Vaidya Leena Bavadekar**

**NATIONAL COORDINATOR**

**Smt. Bindu Suraj**

**NATIONAL VICE PRESIDENTS**

**Prof. Dr. Rama Jayasundar**

**Prof. Ankita Bohare**

**Dr. Reeta Bhattacharya**

**NATIONAL SECRETARIES**

**Dr. Smita Sharma**

**Smt. Varsha Tatwawadi**

**Dr. Padmavathi Vanapalli**

**NATIONAL TREASURER**

**Smt. Manisha Kulkarni**

**UNIT PRESIDENTS**

Kerala SHAKTI, Kochi

**Dr. Prema A.K.**

+91 94464 69337 • premaak1954@gmail.com

Sharada SHAKTI, Pune - Paschim Maharashtra

**Dr. Sangeeta Kale**

+91 98504 97712 • sangeetakale2004@gmail.com

SHAKTI Mahila Vigyan Bharati Samiti,  
Raipur - Chhattisgarh

**Prof. Swarnlata Saraf**

+91 94255 22945 • swarnlatasaraf@gmail.com

Malwanchal SHAKTI - Indore

**Vaidya Priti Tambat**

+91 96994 74979 • dr.priti.tambat@gmail.com

Pradnya SHAKTI - Goa

**Prof. Purnakala Samant**

+91 93261 42001 • samantpurnakala@gmail.com

Mahakoushal SHAKTI - Jabalpur

**Dr. Meera Ramrakhyani**

+91 94251 63357 • mramrakhiani@hotmail.com

Nivedita SHAKTI - Kolkata

**Prof. Sampa Das**

+91 98302 68013 • sampadpb@gmail.com

Pratibha SHAKTI - Nagpur, Vidarbha

**Smt. Varsha Tatwawadi**

+91 99750 55418 • vstngp@gmail.com

Nanda SHAKTI - Uttarakhand

**Mrs. Rajani Sinha**

+91 97600 91997 • rajani.sinha908@gmail.com

**UNIT COORDINATORS**

Andhra SHAKTI - Rajamahendravaram

**Dr. Padmavathi Vanapalli**

+91 99896 62947 • pvtammisetti@gmail.com

Luit SHAKTI - Assam

**Dr. Rumi Dias**

+91 70022 64873 • drumi2757@gmail.com

Awadh SHAKTI - Lucknow

**Dr. Shilpa Pandey**

+91 81277 67930 • shilpa.bsip@gmail.com

Indraprasth SHAKTI - Delhi

**Dr. Uma Kumar**

+91 98682 17040 • umaakumar@yahoo.co.in

Jaipur SHAKTI

**Dr. Madhu Shrivastava**

+91 99501 91661 • madhuanand2607@gmail.com

Kashika SHAKTI - Kashi

**Dr. Neelam Gupta**

+91 94156 24840 • neelam\_ims1@yahoo.co.in

Kanpur SHAKTI

**Dr. Sunita Verma**

+91 94154 79748 • sunitaverma2k11@gmail.com

Manipur SHAKTI

**Dr. Asha Gupta**

+91 93663 51545 • ashaguptamu@gmail.com



## WOMEN SCIENTISTS OF INDIA



Shakuntala Devi



Bibha Chaudhary



Darshan Ranganathan



Asima Chatterjee



Sanghamitra Bandyopadhyay



Janaki Ammal



Archana Bhattacharyya



Mangala Narlikar



Anna Mani



Sunita Narain



Neena Gupta



Bushra Ateeq

शिवः शक्त्या युक्तो यदि भवति शक्तः  
प्रभवितुं न चेदेवं देवे न अलु कुशलः  
स्पन्दितुमपि ।  
- सौन्दर्यलहरी

This Shloka is a Great Example of Oneness of "Shiva & Shakti." Lord Shiva is capable of the Creation & the Destruction of this Universe combined with Shakti only to His Sovereignty. Lord Shiva can not stir or vibrate if He is not combined with Shakti.



**HEADQUARTERS** 4<sup>th</sup> Floor, Mather Square, Town Railway Station Road,  
Kochi - 682 018, Kerala. Ph: 0484 2393 242, Fax: 0484 2393 256

**WORKING OFFICE** 1261, Kashinivas, Shukravar Peth, Subhash Nagar,  
Lane No 6, Opposite Wadia Hospital, Pune - 411 002  
Ph: 0202 4474 295, 997 5055 418, 758 7776 754, 998 9662 947

E-mail: shaktibharat2003@gmail.com • Website: www.shaktibharat.org.in