

# ANNUAL REPORT



2021-2022





# About Shakti Shalini

## A Brief Story About Us

Shakti Shalini established as a healing process for two women, Shahjahan Begum and Satyarani Chadha, who had lost their daughters to a horrifying death by their respective in-laws on the pretext of insufficient dowry. The violent loss of their daughters galvanised them to join hands and commit their lives to fighting gender/ sexual violence.

In 1987 they established Shakti Shalini and it became a pioneer of grassroots gender equality work, specifically, during the second wave of feminism in the 1970s and 80s. The organization played a leading role in advocacy for the Anti-Dowry and Domestic Violence laws currently prevailing on the land, it established the first shelter home for women in distress in the city of Delhi, and supported countless individuals (most women) in navigating varied forms of violence and discrimination toward a life lived on their independent terms and choices.



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# Vision

Shakti Shalini envisions a world with zero tolerance to violence, where each individual is free to exercise their agency and the integrity, dignity and individual identity of a person is accepted.

To actualise our vision, we work in partnership and solidarity with local, national, and global networks and alliances dedicated to mitigating systemic patriarchy and creating a gender equal world.

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# Mission

Shakti Shalini's mission is to play a leading role in championing a world that is gender-equal, safe for children and adults across the gender spectrum, free from systemic and discursive gender/ sexual violence, and founded on a deep regard for the freedoms, choices, agency, and dignity of the individual. Shakti Shalini aspires to play a pioneering role in supporting adult and child survivors of gender/ sexual violence, in preventing gender/ sexual violence and discrimination at the grassroots community level, in educating and training youth to become gender equality champions, activating the digital media space for large scale gender awareness and sensitization, and setting up a unit dedicated to interdisciplinary and intersectional gender-based research and knowledge generation. Shakti Shalini aims to be an organization that acts toward gender equality through a lens that is intersectional and inclusive, democratic and participatory, scientific and research based, empathetic and sensitive.



# RESPONSE PROGRAM

Shakti Shalini's Response Program has been active since 1987 and it refers to the support services we offer to survivors of gender and sexual violence. It focuses on providing holistic, sensitive, and informed support to survivors of gender and sexual violence so as to promote an attitude of zero tolerance to violence, individual choice and agency, safety, dignity, and gender equality.

Shakti Shalini's primary response services come into play after gender/sexual violence has taken place and the survivor requires support, aid, assistance, and resources. Shakti Shalini's primary response mechanism provides support and counseling to clients irrespective of their gender and sexual orientation who have experienced abuse, physical, emotional, psychological, or sexual and are undergoing a crisis.

The following three projects make up the response program:

- Crisis Intervention and Counselling Centre
- Pehchan, shelter home for women in distress
- Child Protection Unit

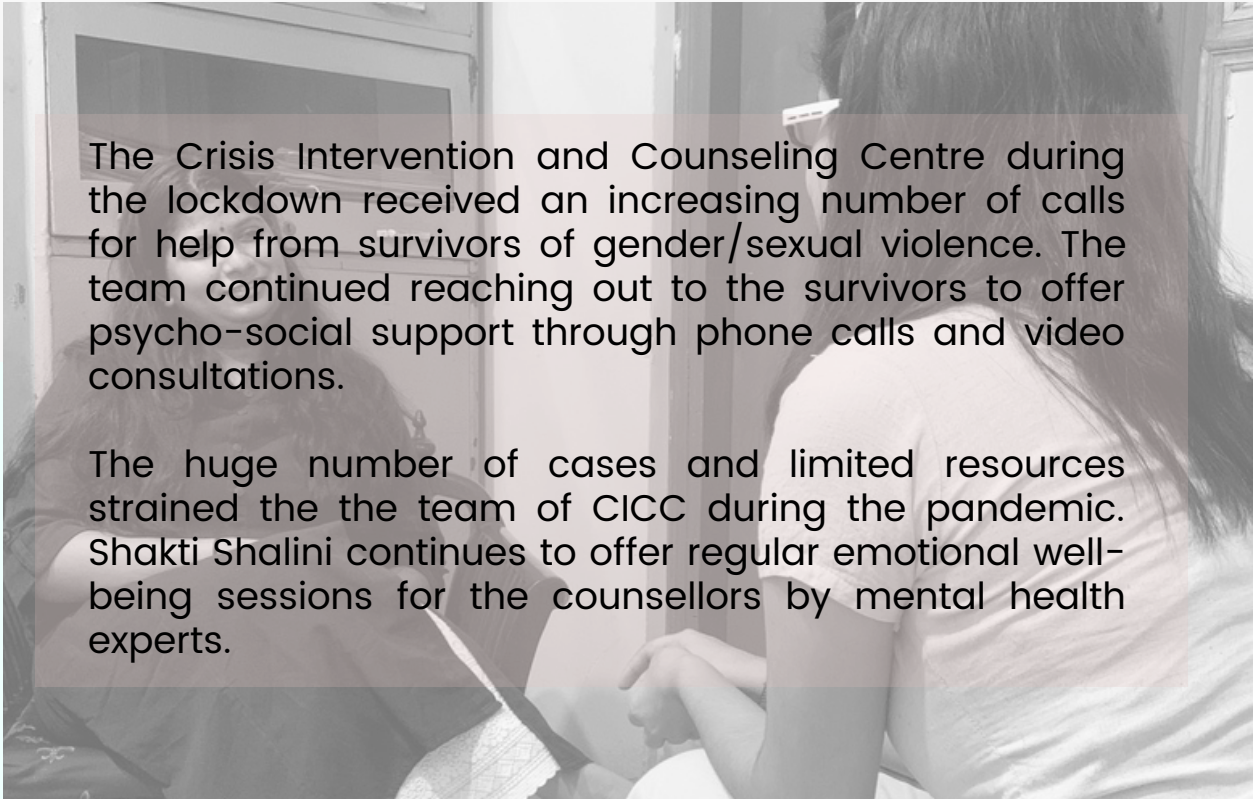




# CRISIS INTERVENTION AND COUNSELLING CENTRE

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Shakti Shalini provides pro-bono support to survivors residing across India including refugees. The time duration, combination of services, and methodology is personalised to the needs of the survivor with a minimum of one year of follow-up. The entire counseling, intervention, rehabilitation/ reintegration, and follow-up process is carried out placing the choices, preferences, independent agency, and self-determination of the survivor at the centre.



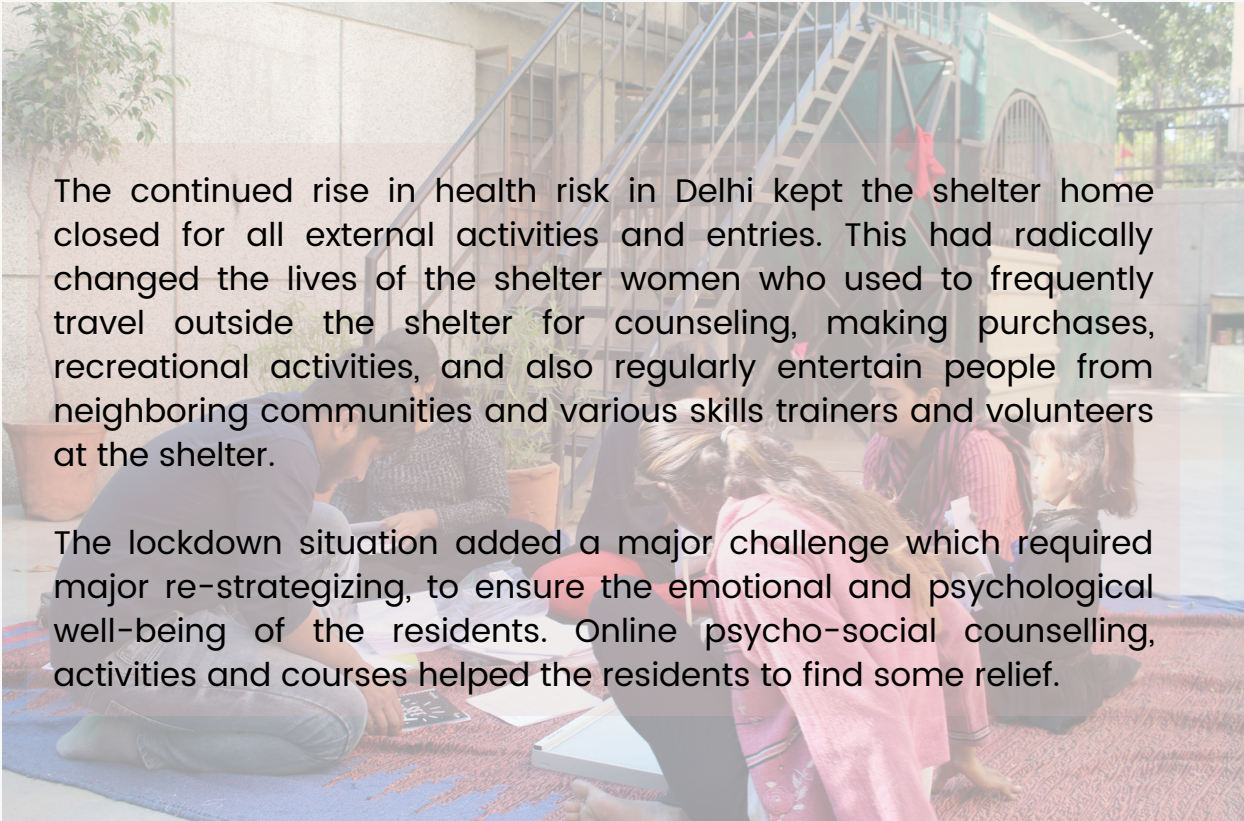
The Crisis Intervention and Counseling Centre during the lockdown received an increasing number of calls for help from survivors of gender/sexual violence. The team continued reaching out to the survivors to offer psycho-social support through phone calls and video consultations.

The huge number of cases and limited resources strained the the team of CICC during the pandemic. Shakti Shalini continues to offer regular emotional well-being sessions for the counsellors by mental health experts.



# PEHCHAN: SHELTER HOME FOR WOMEN IN DISTRESS

“Pehchan”, connoting “identity”, is Shakti Shalini’s shelter home for women in distress provides women (only) and their children a safe, hygienic, and emotionally enriching environment to take shelter for the duration of their need until the survivor is ready – psychologically and economically – for rehabilitation and reintegration. Pehchan supports a maximum of 10 women plus children at a given point in time. However, it does not refuse any woman seeking shelter post sunset or in a state of emergency. Pehchan Shelter Home is an enriching space where each survivor receives exposure to a range of skills development classes including computers, cutting and tailoring, beauty culture, English language, life-skills classes, that have a dual aim of generating economic empowerment as well as combating violence. Further, all residents of Pehchan, receive exposure to forms of art and performance such as theatre, dance, photography, painting and sketching, poetry, and literature which facilitate therapeutic expression and critical analysis.



The continued rise in health risk in Delhi kept the shelter home closed for all external activities and entries. This had radically changed the lives of the shelter women who used to frequently travel outside the shelter for counseling, making purchases, recreational activities, and also regularly entertain people from neighboring communities and various skills trainers and volunteers at the shelter.

The lockdown situation added a major challenge which required major re-strategizing, to ensure the emotional and psychological well-being of the residents. Online psycho-social counselling, activities and courses helped the residents to find some relief.



# CHILD PROTECTION UNIT

The Child Protection Unit of Shakti Shalini was launched on 26th of March, 2022. The launch was graced by the Supreme Court Justice (Retd.) Madan B. Lokur as the Chief Guest and Justice Rajiv Shakdher, Judge, Delhi High Court, as the guest of honor.

The launch was supported by Salasar Techno Engineering Ltd. The Child Protection unit is also supported by Salasar Techno Engineering Ltd.

Along with the Chief guest and Guest of honor address the launch was also addressed by the Chairperson Ms. Sudha Tiwari and honorary secretary of Shakti Shalini, Dr. Bharti Sharma followed by the research presentation by Shakti Shalini and Ms. Tripti Gupta the Director of Salasar Techno Engineering also addressed the audience.

The Child Protection Unit has partnered with various child rights organisations, individual child rights workers, child mental health facilities and child psychologists, and child rights lawyers in order to meet its goals.





# PREVENTION PROGRAM

Shakti Shalini's preventive program, began in 2014 and is focused on addressing everyday forms of gender/ sexual violence and discrimination across five socio-economically marginalised communities in South-East Delhi. It aims at facilitating a cultural and ideological unlearning and questioning of patriarchal and gendered codes that form the foundations of gender/ sexual violence.

The vision of the preventive program is to mobilise grassroots communities to take up the mandate of gender equality in a sustainable, systematic, and committed manner.

The preventive programs constitute the following three projects:

- Community Outreach
- Skills Development Centre to Combat Violence
- Activism



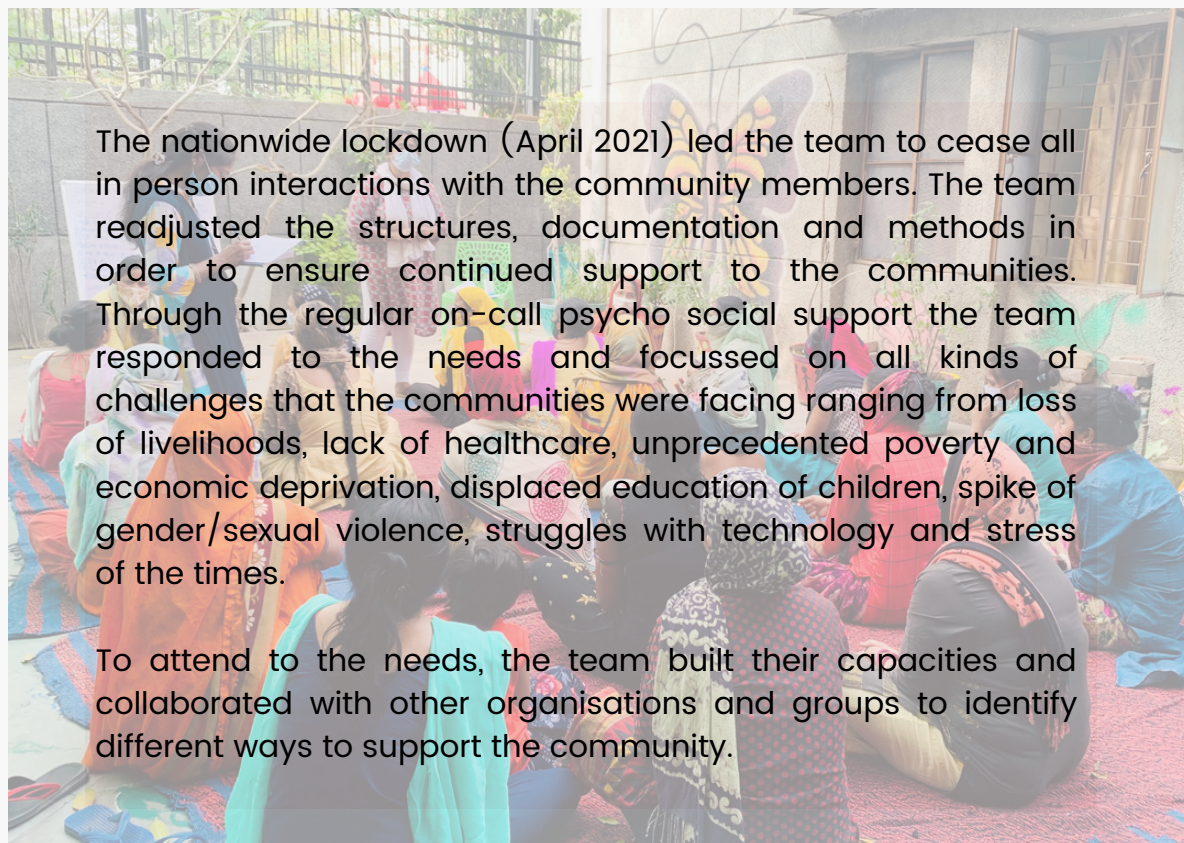


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# COMMUNITY OUTREACH

The community outreach project engages in door-to-door outreach and on-call psycho-social support with the community residents to build a rapport, establish trust, introduce the gender and child lens, and to mobilise them toward Shakti Shalini. The project conducts regular gender sensitization, legal awareness, health awareness, health-aid camps, theatre workshops, and annual events (fairs, performance shows, exhibitions) with the communities.

Crucially, it facilitates the establishment and of protection committees within the communities that consist of those community residents who show a will to lead a gender equality movement within their respective communities.

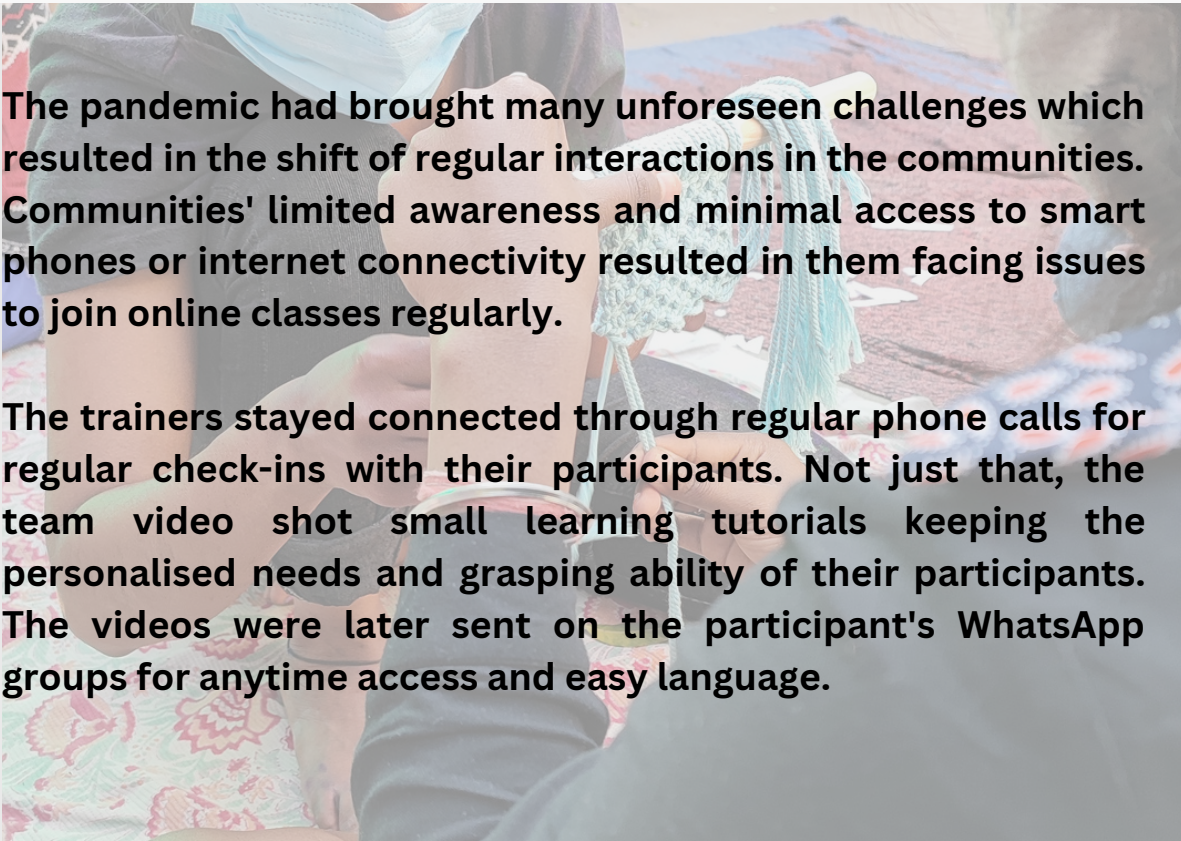


The nationwide lockdown (April 2021) led the team to cease all in person interactions with the community members. The team readjusted the structures, documentation and methods in order to ensure continued support to the communities. Through the regular on-call psycho social support the team responded to the needs and focussed on all kinds of challenges that the communities were facing ranging from loss of livelihoods, lack of healthcare, unprecedented poverty and economic deprivation, displaced education of children, spike of gender/sexual violence, struggles with technology and stress of the times.

To attend to the needs, the team built their capacities and collaborated with other organisations and groups to identify different ways to support the community.

# SKILLS DEVELOPMENT CENTRE TO COMBAT VIOLENCE

Kushalta Vikas Kendra/ Skills Development for Combating Violence Shakti Shalini conducts a centre that merges skills development with gender awareness and sensitization. The women, girls, boys, and children from the communities we support, as well as the women and children residing at Pehchan, learn skills together at KVK. KVK offers certified courses in cutting and tailoring, beauty culture, and computers, and non-certified courses in English and Notebook making. The aim of KVK is to equip its learners with the skills for economic independence while simultaneously facilitating them to challenge patriarchal norms and be emotionally empowered.



**The pandemic had brought many unforeseen challenges which resulted in the shift of regular interactions in the communities. Communities' limited awareness and minimal access to smart phones or internet connectivity resulted in them facing issues to join online classes regularly.**

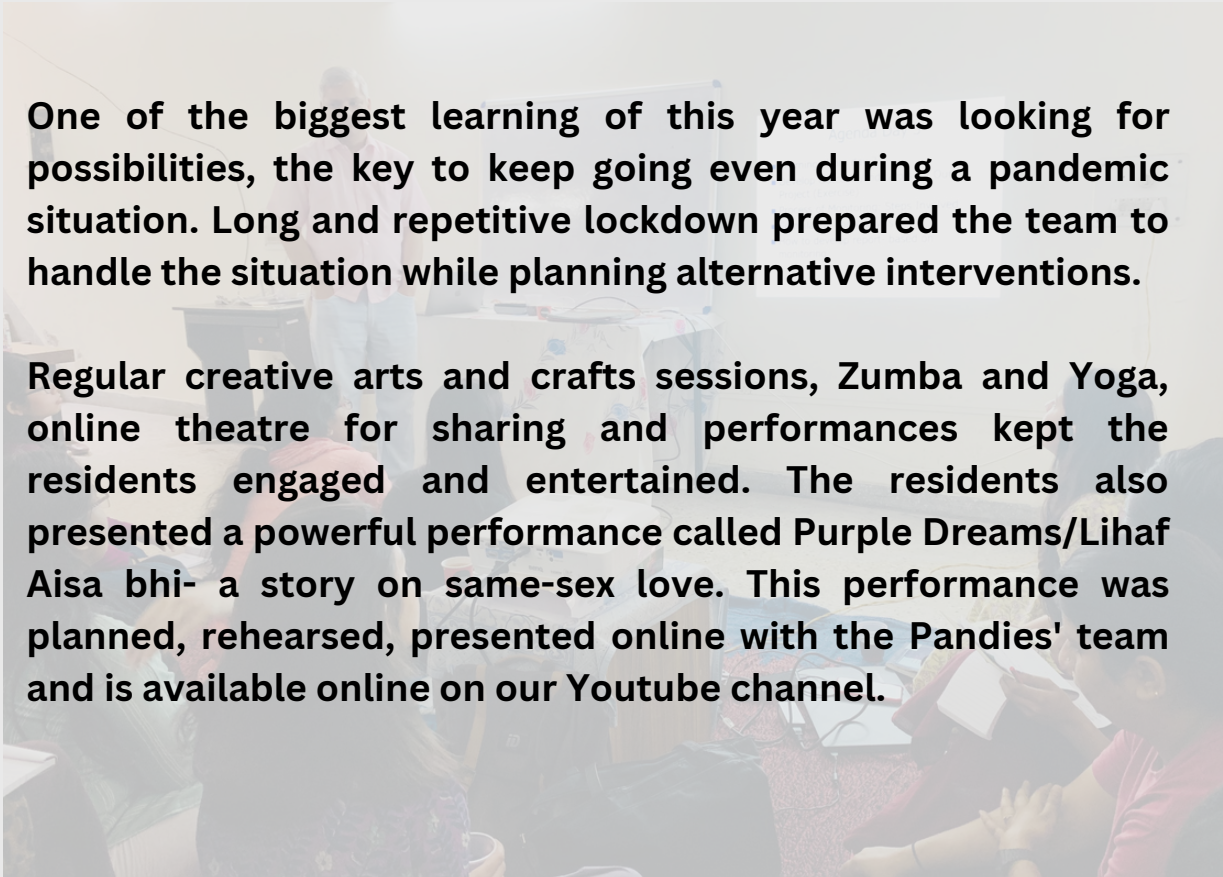
**The trainers stayed connected through regular phone calls for regular check-ins with their participants. Not just that, the team video shot small learning tutorials keeping the personalised needs and grasping ability of their participants. The videos were later sent on the participant's WhatsApp groups for anytime access and easy language.**



# ARTIVISM- ART FOR ACTIVISM

Artivism, which stands for Art for Activism is an initiative by Shakti Shalini to employ the arts as sites of therapy, awareness and activism for social change. Arts forms such as theatre, dance, music, painting, photography, and so on are cultural sites and registers through which ideological changes can be facilitated to conduct a political opposition to oppression, violence and discrimination. Arts can become the points through which one negotiates, engages with, analyses and critiques one's context thereby developing one's political and social consciousness, self-reflexivity, knowledge and identity. Last but not the least, arts are charged with powerful effective potentials that may create spaces of freedom, dignity and hope crucial to healing and therapy. With this aim, Shakti Shalini has regularly attempted to conduct various workshops and classes with art organisations and groups. Artivism uses art forms as tools to challenge social norms that stand against equality and non-discrimination including patriarchal ideas, heteronormative structures, etc.

Through the social-psychology based theatre of Pandies' Activist Theatre, Shakti Shalini's partner since 1995, numerous survivors and community residents supported by Shakti Shalini have found the strength to negotiate violence and trauma.



**One of the biggest learning of this year was looking for possibilities, the key to keep going even during a pandemic situation. Long and repetitive lockdown prepared the team to handle the situation while planning alternative interventions.**

**Regular creative arts and crafts sessions, Zumba and Yoga, online theatre for sharing and performances kept the residents engaged and entertained. The residents also presented a powerful performance called Purple Dreams/Lihaf Aisa bhi- a story on same-sex love. This performance was planned, rehearsed, presented online with the Pandies' team and is available online on our Youtube channel.**

# EDUCATIONAL ENHANCEMENT

Shakti Shalini's Educational Enhancement program encapsulates the diverse range of internships and volunteerships offered by the organisation. Each internship and volunteership is personalised and individualised to compliment the needs of and available opportunities at the organization with the skills and strengths of the candidate. The vision of the program is to train and nurture interns and volunteers, with a priority on youth, to understand the challenges and complexities of addressing gender and sexual violence at the grassroots within the Indian context. It is our hope to qualitatively deepen the practical, theoretical, and emotional understanding of young people upon the subjects of gender and violence so that tomorrow they may be the champions of gender equality, zero tolerance to violence, and build a world of greater safety, solidarity, and sensitivity.





# MEDIA OUTREACH

Media outreach focuses on mobilizing the digital space for gender awareness, sensitization, partnership building, encouraging gender solidarities, reaching out to survivors and expanding the reach of the organization. We have been generating content like survivor's video testimonials, podcast series on prevention work of the organization, awareness campaigns on the stories of the organization founding women, menopause, domestic violence.

Shakti Shalini envisions to make our social media another medium of building global alliances and networks for pushing for gender equality, information, and awareness.





# YEAR IN...

# NUMBERS

24

**SURVIVORS AVAILED SHELTER HOME SERVICES**

56

**SURVIVORS FACILITATED FOR PHYSICAL HEALTHCARE SERVICES**

18

**SURVIVORS FACILITATED FOR MENTAL HEALTHCARE SERVICES**

19

**EMOTIONAL WELL BEING SESSIONS**

237

**TOTAL FOLLOW UPS DONE**

56

**LEGAL AND GENDER AWARENESS SESSIONS**

18

**HEALTH AWARENESS AND HEALTH-AID CAMPS**

19

**PROTECTION COMMITTEE MEETINGS**

241

**NEW SURVIVORS REGISTERED IN CICC**

270

**TOTAL SURVIVORS SUPPORTED**

881

**TOTAL COUNSELLING SESSIONS HELD**

23

**TOTAL SURVIVORS REHABILITATED AND REINTEGRATED**





# OUR ACHIEVEMENTS

## East and North East Chapter of Shakti Shalini

Shakti Shalini started a new chapter in June 2021, for East and North-East India where the survivors of gender and sexual based violence are being provided CICC services. This chapter was launched in the month of June 2021 and since then survivors are being facilitated in the interventions as per their requirement. We are building partnership for providing support and facilitation to the clients in Eastern and North Eastern part of the country.

## Helpline Number

Shakti Shalini launched new helpline number 9654462722 for survivors of gender/sexual violence for its Kolkata Eastern India Chapter. The helpline is operational from Monday to Friday between 10am to 6pm. Available for call/text and WhatsApp.





## Ration Drive

Shakti Shalini partnered with Purani Dilli walon ki baatein and Martha Farrell Foundation to support the five communities Shakti Shalini works with. These partnerships also supported the organisation during the covid-19 crisis and provided resources to distribute ration and reusable sanitary pads in the communities.

The ration drive that Shakti Shalini planned during the first wave of covid was successful because of equal participation and motivation of the protection committee members. They helped the team to identify the neediest families in the communities who needed help with the immediate ration stock.

## Covid-19 Vaccination Drive

Shakti Shalini in collaboration with Robinhood Army and District Magistrate, South East Delhi organized Covid-19 Vaccination drive where survivors from Pehchan, shelter home also received both the doses of vaccination. Apart from the Pehchan home residents, the people from the nearby socio-economically marginalized communities also received their vaccination. Prior to the vaccination drive, the residents were sensitized about the same so they are well equipped with all the relevant information. After the vaccination drive, CICC made sure to get all the 'new' residents vaccinated, who are not vaccinated, during their stay at the Pehchan home.

## Capacity Building Workshops

This year has been about learning new things and building the capacities of the team. The training workshops ranged from:

1. Monitoring and Evaluation
2. Communication Skills
3. Community Mobilisation
4. Basics of Counselling and understanding Mental Health.



## Annual Feminist Mela

Unfortunately due to Covid-19 lockdown and increased risks since March 2020, Shakti Shalini could not hold its Annual Feminist Mela. However, in the month of October 2021, after a gap of two years we could again get back and plan a celebration with the five socio-economically marginalised communities Shakti Shalini works with.

## #16DaysOfActivism

This year marked the 30th anniversary of the UN's global campaign #16DaysOfActivism (25th November to 10th of December). Shakti Shalini also ran a 16 days digital media campaign to discuss gender-based violence, its impacts, pane discussions, and also provided information and resources to find support to survivors of violence.

## Child Protection Unit (CPU)

Shakti Shalini launched its Child Protection Unit in March 2022. The Child Protection Unit carries a mission to provide the children of survivors of gender/sexual violence with services and environments that are holistic, specialised, and effective. It will intervene not only with the children but also with the parents and caregivers to raise awareness of child wellness and child psychology, and urge for a transformation in socio-cultural practices of parenting and caregiving. In doing so, our project will be able to serve the dual purposes of both responding to ongoing violence and preventing future violence.

# OUR LEARNINGS



The implementation of the programme activities in the last one year has left the team with a series of learning. The team learnt that the initial few interactions and rapport building meetings with the community members aided them to plan intervention during the pandemic. The team and communities' relationship is of a partnership and it was evident in the ways the community members came forward and became a resource to the organisation. The communities and the team worked together with one another to identify the neediest families and curated a list for the ration relief work. In order to make the online communication possible the communities came forward and worked as equal partners.

The team learnt new ways to stay in touch with the community members. Not only that, but they also learnt the skills to provide on call support which in turn assisted the community members. It helped the team to stay connected with the communities and kept themselves engaged in building the capacities as and when required. From regular phone calls to online research, the team left no stone unturned in providing sustenance to the communities.

Working from home for the whole team was a new experience, which came as a challenge initially. Since the team's expertise lies on the field, to transfer each and every work online and through phone calls was a big challenge. The team especially the coordinator and the leadership made sure to maintain regular and frequent conversations/meetings to keep the channel of communication open for all. The team also identified ways of effective communication online so that there are no gaps in communication and reaching the targets as planned. The regular coordination helped the team to keep each other in loop, even when they were not seeing each other every day.

The team especially the women struggled to balance the personal and professional commitments, as being present at home would require them to take control of the household chores. Attending to such challenges, the leadership was cooperative to the idea of introducing flexible working hours so that the team could get enough time and space for each of the members to perform at their best.



#IsolatedNotAlone  
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#IsolatedNotAlone



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**Shakti Shalini's  
Helpline Numbers for  
Gender/Sexual Violence  
Survivors are available  
from Monday to Friday  
(10 am - 6pm)**

**Call: 011-24373737**

**Call: 9654462722**

**Call/WhatsApp: 7838957810**

KNOW SOMEONE  
EXPERIENCING  
GENDER/SEXUAL  
ABUSE?

SPREAD THE  
WORD AND  
REACH OUT!