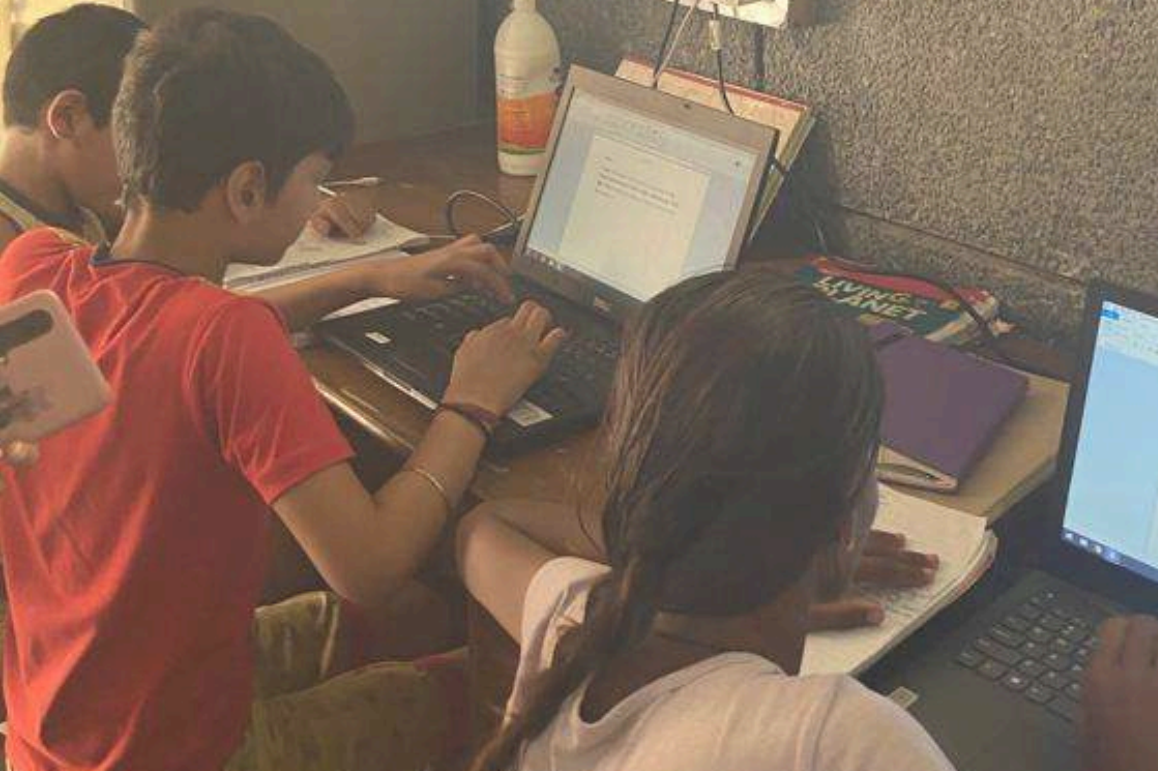
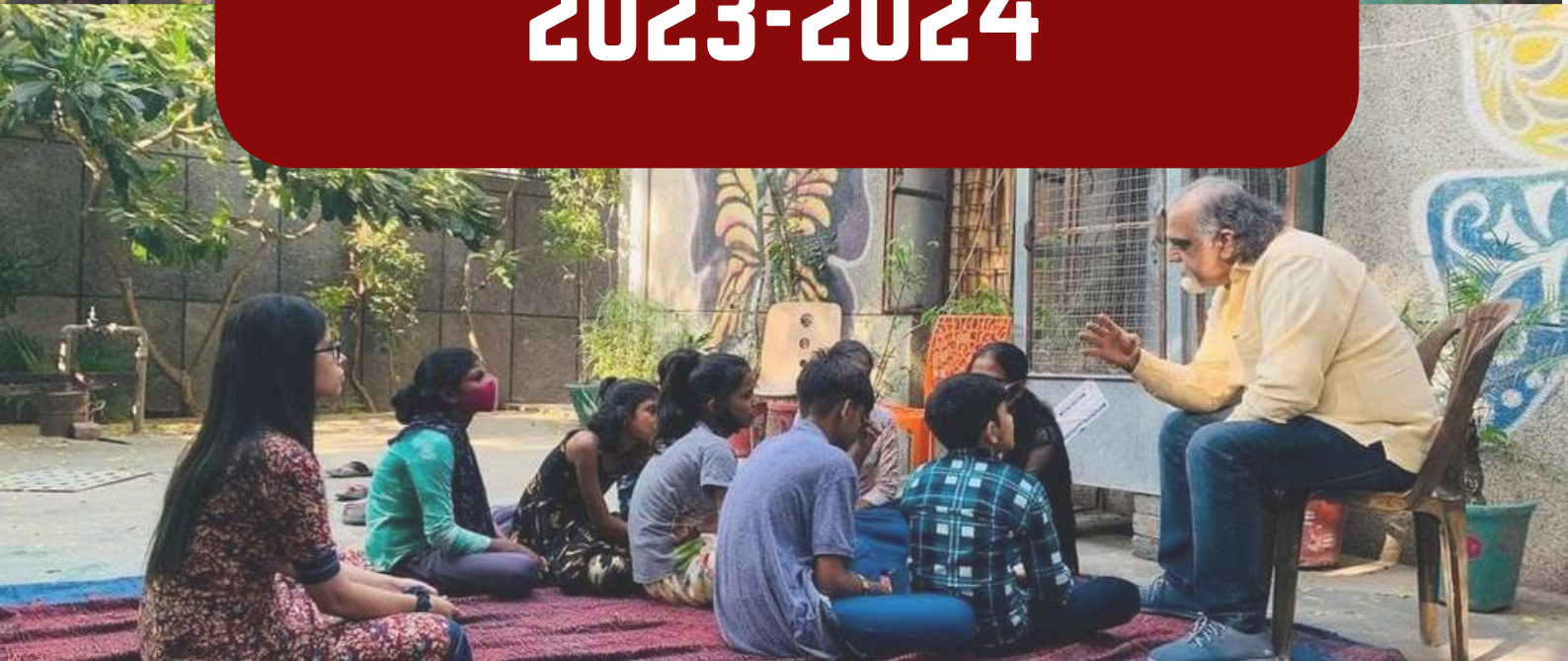




ANNUAL REPORT 2023-2024



Shakti Shalini
6/30-B, Lower Ground Floor, Kargil
Park Lane, Jangpura-B, New Delhi -
110014

www.shaktishalini.org

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Cover Photo-The cover photo showcases the Cutting & Tailoring class, Computer literacy and Theatre workshop classes in our skills development center.

Author- Shakti Shalini

Table of Contents

1.About Shakti Shalini

2. Our Vision and Our Mission

3. Response Program

4. Prevention Program

5. Media Outreach

6. Mentorship Program

7.Year in Numbers

8.Our Achievements

9. A story of Change

10. Contact Shakti Shalini

ABOUT SHAKTI SHALINI



Our Founding Story

Shakti Shalini was founded as a healing journey for two women, Shahjahan Begum and Satyarani Chadha, who endured the tragic loss of their daughters, brutally burned to death by their in-laws over dowry disputes. While deeply rooted in personal grief, the organization was also born out of an activist vision that transcended individual healing. It became a collective movement against systemic oppression, turning personal loss into a relentless fight for gender justice.

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.

OUR VISION

Shakti Shalini envisions a world with zero tolerance to violence, where everyone 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.

OUR 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 CENTER

The Crisis Intervention and Counselling Centre at Shakti Shalini provides survivor-centered psycho-social support to individuals affected by Sexual/Gender based violence. This includes crisis intervention and rescue support, counseling, mental, physical, sexual, and reproductive healthcare, legal counseling and litigation aid, shelter home services, education, skilling, career, and housing aid, social mediation, and follow-up care for adult survivors of SGBV. For children of adult survivors, we offer mental and physical healthcare, counseling, education aid, child protection services, and rehabilitation.

CICC's counselling services are flexible and tailored to empower survivors, helping them heal and regain control over their lives. The process is personalized to meet each survivor's unique needs and circumstances, with a minimum of one year of follow-up care to ensure continuous support..

Between April 2023 and March 2024, CICC provided psycho-social support to 160 survivors of gender and sexual violence, including 94 individuals who approached for the first time. Among them, 17 survivors were facilitated to the Pehchan shelter home for a safe space, while 10 were reintegrated and 11 were rehabilitated based on their choices. Over the year, CICC conducted 432 Psycho-social counseling sessions and 191 follow-up phone calls, visits, and sessions.

PEHCHAN: SHELTER HOME FOR WOMEN IN DISTRESS

"Pehchan," meaning "identity," is Shakti Shalini's shelter home for Female assigned at birth in distress, offering a safe and supportive space for survivors of sexual and gender based violence. The shelter accommodates up to 10 women and their children at any given time but ensures that no woman seeking refuge is turned away, especially in emergencies or after sunset. The shelter provides a range of essential services, including psycho-social counselling, crisis intervention, food, nutrition, and sanitation, ensuring that survivors receive holistic care. The women and children at Pehchan are also offered physical and mental healthcare, sexual and reproductive health services, and legal counselling, with support for litigation if needed.

The shelter empowers survivors by providing skills development, vocational training, and educational support to help them gain financial independence. In addition to rehabilitation and reintegration services, Pehchan ensures the security and confidentiality of its residents, with a focus on creating a safe environment where women can rebuild their lives. Survivors stay at the shelter as long as necessary, until they are psychologically and economically ready for reintegration into society.

17 survivors were facilitated to the Pehchan shelter home for a safe space

A workshop on sexuality and sexual well-being was organized for the residents of the Pehchan shelter home, facilitated by Gunjan Sharma, a trainer and content creator specializing in Gender and Sexuality. The sessions aimed to explore and gauge the residents' understanding of topics such as sex and sexual identities through engaging and participatory activities, fostering a safe and informative environment for discussion and learning.

CHILD PROTECTION UNIT

The Child Protection Unit at Shakti Shalini addresses the impacts of witnessing and/or experiencing violence by working with children of gender/sexual violence survivors and their families. In order to stop the cycle of violence that is perpetuating across generations, we believe that addressing the impacts that has been created by the violence holistically would not only provide opportunities for the child's emotional development and psycho-social wellness, but also for the family as a whole.

The Child Protection Unit has been working phase wise which covers children and families coming in touch with Shakti Shalini through and in various projects.

Currently, the Child Protection Unit has been working in 3 phases simultaneously:

Phase 1: Children of adult survivors staying in Pehchan home at Shakti Shalini.

Phase 2: Children from households where gender/sexual violence is prevalent, in the five economically and socially marginalized communities in South East district of Delhi.

Phase 3: Children of adult survivors connected to Crisis Intervention and Counselling Centre from Delhi NCR..

Between April 2023 and March 2024, CPU supported 59 children and their primary caregivers through a range of psycho-social interventions. This included 69 joint and individual sessions addressing mental health, education, schooling, and other related needs. Additionally, 48 play and learning sessions were conducted , alongside 42 follow-up sessions to ensure sustained support and progress.

PREVENTION PROGRAM

Shakti Shalini's preventive program, launched in 2014, addresses Sexual and gender based violence and discrimination in five socio-economically marginalized communities in South-East Delhi: Jal Vihar, Block 10, Block 7, Srinivaspuri, and Adivasi Camp. These communities predominantly consist of migrants from Central and North India who work as artisans, domestic workers, and daily wage laborers.

The program aims at facilitating a cultural and ideological unlearning and questioning of patriarchal and gendered codes that form the foundations of Sexual and gender based violence. It also aims to empower grassroots communities to take on the responsibility of promoting gender equality in a sustainable and organized way. It focuses on building leadership within these communities and creating agents of change.



The preventive programs constitute the following three projects:

- Community Outreach**
- Skills Development Centre to Combat Violence**
- Artivism, Art for Activism**

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 lens and child centric approach , 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 of protection committees, Shakti Shalini's Protection Committees are a separate group of women, men, adolescent girls, and boys who serve as gender equality change agents within their communities. They are trained and sensitized to prevent and respond to everyday forms of violence, fostering safer and more equitable environments.

A total of 6 Health Aid Camps were conducted, benefiting 391 individuals. Additionally, 15 health awareness sessions were held, reaching 236 participants. 15 legal awareness sessions were organized, engaging 262 participants. Gender awareness was also a focus, with 22 sessions conducted for 326 participants. Separate Male and Boys sessions included 2 legal awareness sessions with 30 participants, 7 gender awareness sessions involving 44 participants, and 9 protection committee meetings.

SKILLS DEVELOPMENT CENTER TO COMBATTING VIOLENCE

Kushalta Vikas Kendra (KVK) / Skills Development Centre for Combating Violence, combines skills development with gender awareness and sensitization. The women, girls, boys, and children from the communities we support, as well as those residing at Pehchan, learn skills together at KVK. The centre offers certified courses in cutting and tailoring, beauty culture, basic computers, along with English classes for the residents. In addition to these core courses, monthly or crash courses in activities such as quilling, crochet, and art and painting are also conducted.

The aim of KVK is to equip learners with practical skills that foster economic independence while simultaneously empowering them to challenge patriarchal norms and build emotional resilience. By integrating gender sensitization sessions into skill-based courses, the program ensures that participants not only gain vocational expertise but also develop a critical understanding of gender equality.

A total of 215 individuals participated in various courses offered by KVK. This includes 81 in computer classes, 61 in cutting and tailoring, 48 in beauty and culture, and 25 in English.

ARTIVISM

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.

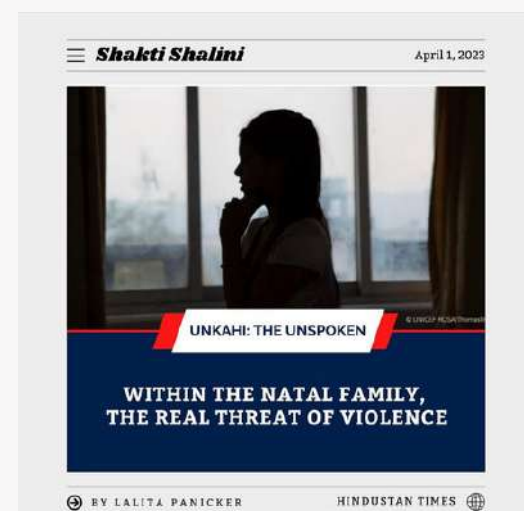
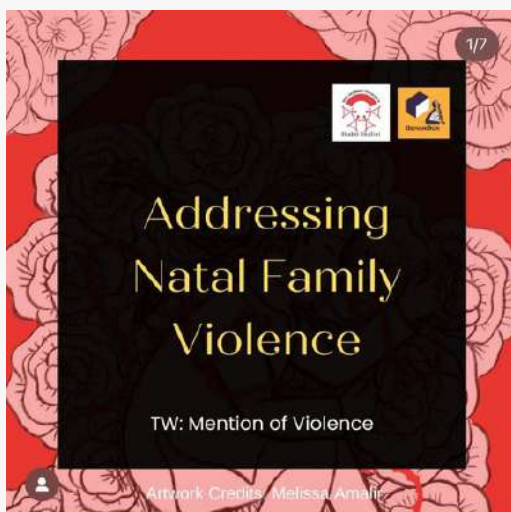
Author Poonam 'Poornashree' launched her book 'Ath Stree Uvaach' in partnership with Shakti Shalini's Artivism on 13th May 2023, at Studio 81, Vasant Kunj. The book, a compilation of 35 short stories that highlight gender discrimination through the lived experiences of women, was released by Dr. Bharti Sharma, Honorary Secretary, Shakti Shalini along with the author Poonam 'Poornashree'. The book proved to be an effective tool in bringing to light women's struggles in ordinary life and the pervasive discriminatory experiences faced by them.

An arts-based therapy session was organized for a group of 10 team members in July. It was a form of psychotherapy involving the encouragement of free self-expression through painting, drawing, or modelling, used as a remedial or diagnostic activity. The session was facilitated by Ekta Bajaj, who took the team through their interpretations and ideas of truth, strength, courage, and love. During the session, the participants expressed their experiences through their artworks which as per them were quite therapeutic. The core purpose of the session was to figure out how impactful art therapies are, if practiced, for survivors of gender/sexual violence.

MEDIA OUTREACH

Media Outreach focuses on mobilizing the digital space to raise gender awareness, foster sensitization, and build partnerships, all while encouraging feminist solidarities. By leveraging platforms to engage with a wider audience, it seeks to reach survivors and expand the organization's visibility. Content generated includes survivor video testimonials, podcast series on prevention work, and awareness campaigns addressing critical issues such as menopause, domestic violence, and the stories of the organization's founding women. The program also promotes intersectional and intersectoral feminist conversations across social media. Key components of the program include building feminist solidarity with a community of netizens, intervening in news media at local, national, and international levels, collaborating with digital artists, and facilitating survivor support through social media engagement. Media outreach at Shakti Shalini achieves its mission through a four pronged approach

- Social Media Mobilisation
- News Media Mobilisation
- Media collaborations
- Survivor facilitation



Shakti Shalini Newsletter

OCTOBER - DECEMBER 2023

NEWSLETTER
Shakti Shalini
PRESENTING OUR UPDATES

ISSUE 17



On November 5, 2023, Shakti Shalini held its yearly feminist mela, known as the "Jugmug Mela," as it does every year. The Mela theme this year was "Jashn-e-Barabari", as we came together to celebrate the vision of equal rights and freedoms for all!

With homemade crafts, artwork, games, food, and stalls from our partners, volunteers, team members, young activists, locals, and survivors of gender/sexual violence, the mela was colourful, dynamic, and full of fun.

CRISIS INTERVENTION AND COUNSELING CENTRE (CICC)

CICC supports survivors of gender/sexual violence cutting across lines of gender, sexuality, religion, caste, tribe, (dis)ability, language, and class. Survivors approach CICC through various sources that include referral by courts, police, government agencies, partner organisations, by word of mouth, Shakti Shalini's helpline and through social media/ internet.

MONTHLY NEWSLETTER
Shakti Shalini
PRESENTING OUR MONTHLY UPDATES



Shakti Shalini Announces The Launch Of

Unkahi
The Unspoken
A Gender Research on Maternal Family Violence

MEERA KHANNA, S. S. SUDHAKARAN, S. S. SUDHAKARAN, S. S. SUDHAKARAN, S. S. SUDHAKARAN

Media Analytics

YOUTUBE	FACEBOOK	INSTAGRAM
IMPRESSIONS 81,178	REACH 7,200	REACH 311.3K
TOTAL VIEWS 4,097	FOLLOWERS 2,906	FOLLOWERS 2,917
TOTAL WATCH TIME 208.26 HOURS	TOTAL POST 112	TOTAL POSTS 112

MENTORSHIP PROGRAM

Shakti Shalini's Mentorship Program, a training program wherein individuals from diverse backgrounds, with diverse skills, strengths, and curiosities can connect with Shakti Shalini to serve the mission of gender equality. The central objective of the Mentorship Program is to nurture, hone, and equip gender equality champions and changemakers to challenge social norms and promote equality in all the spaces and relationships they inhabit. It has a three-fold focus on the skills of its mentees/ participants: theoretical, practical, psycho-emotional. Theoretically, it attempts to equip its mentees with a basic understanding of gender, violence, health, and rights.



SHAKTI SHALINI LAUNCHES LEHER FELLOWSHIP !!

APPLY FOR LEHER FELLOWSHIP NOW!!
(FOR WOMEN ONLY)

WHAT IS THE LEHER FELLOWSHIP?

Fellowship Theme: Grassroots Community Intervention for Gender Equality

Shakti Shalini's Leher fellowship is an intensive training for two young women in the skill and ability to work as grassroots community interventionists and changemakers for gender equality. Specifically, they will be trained in the skills and capacities to mobilise socio-economically marginalised urban settlement communities to prevent and respond to gender and/or sexual violence, challenge patriarchal and discriminatory norms and practices, and promote gender equality.

YEAR IN NUMBERS.....

432

Counselling
sessions
conducted for
survivors

215

People enrolled
in KVK

191

Follow up
interactions
carried out

160

psycho-social
support to
survivors

86

Physical
health visit
facilitated



48

play and learning
sessions with
children

22

Gender Awareness
Sessions were
conducted, reaching
326 participants.

15

Health Awareness
Sessions were
held, reaching 236
participants.

15

Legal Awareness
Sessions were
organized, engaging
262 participants.

6

Health Aid Camps
were conducted,
benefiting 391
individuals.

Activities/Trainings/Updates

POSH TRAINING FOR THE TEAM

CICC Coordinator, who is also the chairperson of Internal Committee for the Prevention of Sexual harassment at Workplace of Shakti Shalini, conducted a session on the Prevention of Women from Sexual Harassment at Workplace Act, 2013 with all the team members. In this session the team members were sensitized on what constitutes a sexual harassment, legal frameworks, role of Internal Committee and how to approach them if needed and finally how to create a safe space for all the colleagues. The session was participatory and involved activities and various scenarios around sexual harassment at workplace to develop a clear understanding of workplace harassment.

(KUSHALATA VIKAS KENDRA)
Shakti Shalini

TRAINING SESSION FOR SPECIAL POLICE UNIT ON IMPACT OF DOMESTIC VIOLENCE ON CHILDREN

In this year, Shakti Shalini held a four sessions on impact of domestic violence on children with police officers from Special Police Unit for Women and children as a part of their three- day refresher course in counselling skills. The session was facilitated by the Honorary Secretary of Shakti Shalini, the Response Interventionist and Coordinator of Child Protection Unit. The session included themes like understanding the engagement, involvement and impact of children in DV and understanding the experiences of children in navigating the process and what can we do with this understanding and how can the system as well as the civil society organisations can be of support

Can't wait to see you there!

CELEBRATION

Activities/Trainings/Updates

A SERIES OF WORKSHOPS ON SEXUALITY AND SEXUAL WELLBEING

A workshop on sexuality and sexual well-being was conducted for residents of Pehchan shelter home. The facilitator for the session was Gunjan Sharma – trainer and content creator in the field of Gender and Sexuality. The workshop was designed to be in four sessions, 2.5 to 3 three hours each, held in Shakti Shalni's office on 08 Dec, 15 Dec, 22 Dec, and 15 Jan 24. The workshop focused on gauging the understanding of residents on 'sex, sexual identities' through an interactive activity. Further, it focused on gender and sex and the taboo of placing the pressure of virginity on women. The workshop also focused on sexual hygiene and wellbeing, and explained about masturbation, menstruation and bodily pleasure.

DENTAL HEALTH AID CAMP

A dental health-aid camp was organised on 29th May 2023 in partnership with the Manav Rachna Dental College, Faridabad. A team of 13 members provided services such as screening, scaling, filling, etc. A total of 59 beneficiaries from the five socio- economically marginalised communities and Pehchan (our shelter home for women in distress) availed the services from this camp.



JUGMUG MELA

Shakti Shalini's Annual Feminist Mela called Jugmug Mela in November, 2023. The theme of the mela was “Jashn-e-Barabari”. The events were attended by survivors of gender/sexual violence, members of the five socio-economically marginalised communities, partner organisations, students, volunteers and interns. The event also exhibited the artwork and various products by individual and partner organisations.



OUR ACHIEVEMENTS



REIMAGINING SHELTER HOMES- A SOCIAL MEDIA CAMPAIGN

One full month social-media campaign on 'reimagining the shelter homes for survivors of gender/sexual violence'. The aim of the campaign was to raise awareness on the importance of shelter homes in the lives of survivors as well as to engage in a critical reflection on the current situation of shelter homes and to push for better and more inclusive shelter homes nationwide.

SHAKTI SHALINI IS ON NETFLIX

Shakti Shalini and Netflix partnered to promote the services of support, care, and intervention available for survivors of gender/ sexual violence. Available now on on the Netflix India website are Shakti Shalini's helpline numbers for support to survivors of gender/ sexual violence: www.wannatalkaboutit.com





FOCUSSED GROUP DISCUSSION - 'TOGETHER GROUP'

CICC prepared to engage with a group of survivors of gender/sexual violence who have previously sought assistance from Shakti Shalini and have occasionally resided at Pehchan home, a shelter home run by Shakti Shalini for women in distress. The focus group interaction was envisioned with an objective to increase gender sensitivity, improve psychological well-being, and to create a place for co-learning and empowerment for adult women survivors of gender/sexual violence through a shared group experience to be change agents in their communities. The survivors are a part of the WhatsApp group "Together," which was created so that all the survivors leaving Pehchan can keep in touch with one another only, if they wish to, and serve as a support network for one another. With the help of CICC facilitation, the group decided to meet twice a month beginning in May 2023 and continued through March 2024. The group chose Sunday as its preferred meeting day.

LAUNCH OF LEHER FELLOWSHIP

Shakti Shalini launched the first fellowship called 'Leher' in September 2023. The fellowship is for women aged 18 and above from the five marginalized communities in South-East Delhi. Applicants need to have completed 10th grade, be comfortable using smartphones, and communicate well in Hindi. They should be passionate about gender equality and ready to commit to the program. Selection includes document verification and an interview to assess skills and dedication.

The fellows underwent comprehensive training in effective communication, including email writing, public speaking, and close reading, while honing their critical and analytical skills through discussions on social issues and analysis of written and audiovisual texts. They gained proficiency in tools like Excel, Google Docs, and Canva. Additionally, they studied key laws such as the Domestic Violence Act, Dowry Prohibition Act, POSH Act, and POCSO Act, delved into survivor testimonials of natal family violence, and explored strategies for survivor support. To conclude their fellowship, they submitted a consolidated report summarizing their activities, learnings, challenges, and future plans.



WOMEN'S DAY CELEBRATION

As a part of Women's Day celebrations shakti Shalini in collaboration with Avon planned an employee engagement session in their office in Gurugram. Shakti Shalini's team prepared a session focused on awareness of gender sexual based violence along with many small interactive games, activities and various scenarios. The core objective was to interact with the employees and create awareness on identifying gender sexual violence in their day to day lives.

CICC counsellors also welcomed anyone for a walk-in counselling for any kind of immediate support.



A STORY OF CHANGE

Priya (name changed), a 24-year-old from a conservative family in Uttar Pradesh, dreamed of becoming a doctor. However, her family opposed her aspirations, locking her in a room for nine months and cutting her off from friends. Determined to pursue her goals, Priya reached out to Shakti Shalini after connecting with another organization.

Shakti Shalini provided counseling, secured protective orders from the Delhi High Court, and supported Priya in retrieving her school certificates to resume her medical internship. The organization also offered her mental and physical health care throughout her journey.

With Shakti Shalini's assistance, Priya restarted her internship, gained a job as a Resident Medical Officer, and now lives independently, pursuing her career and building a better future. She remains in touch with Shakti Shalini for ongoing support.



**Shakti Shalini's
Helpline Numbers for
Gender/Sexual Violence
Survivors are available
On all days from
Monday to Sunday**

From 10:00am - 6:00pm

Landline: 011-24373737

Call/WhatsApp: 7838957810

Know someone
experiencing
Gender/Sexual
Abuse?

SPREAD THE
WORD AND
REACH OUT!

Instagram: @shakti.shalini

Facebook: @ShaktiShalini

X : @ShaktiShalini87