



**SHAKTIDHAAM**

## **SHAKTIDHAAM HUMANITARIAN PROGRAMS 2023 ANNUAL REPORT**

During 2023 Shaktidhaam Foundation offered programs in five areas: feeding, cataract surgery and eye care, medical camps (general, chiropractic), women's empowerment, and clothing and blanket distribution with many of these activities taking place at Shaktidhaam Ashram. The following describes the programs along with specific results.

### **JUST ONE FEEDING**

Shaktidhaam has been feeding people in India for almost two decades. Currently at the ashram we provide a daily breakfast 6 days a week serving a 1 item Indian breakfast with chai tea.

Over 35 weeks in 2023, 210 breakfasts took place serving a total of 27,000 people.

In addition to daily breakfast, we offered a total of 14 monthly and holiday bhandaras or blessed meals, serving 8100 people a hot nutritious meal of puri and vegetables with rice, dal, chutney and occasional sweets.

### **GIFT OF SIGHT**

We offer this program in Varanasi and surrounding areas between November and February, the only time period when the hospital schedules cataract surgeries since the cold weather reduces the likelihood of infection.

This year between our Shaktidhaam team and our partner Swami Shradhanand of Vivekanand Mission we held 13 eye camps in different areas and screened approximately 940 people, 131 eye operations were conducted successfully, 291 glasses were provided, and 114 medicines were distributed.

For a successful cataract surgery, every patient is screened at an eye camp, brought for surgery at a hospital where they stay overnight post surgery, and are

provided a follow-up consultant one month later when they also receive glasses as necessary.

In support of this program, several doctors, their teams and the Shaktidhaam team came together for this 3-month program to raise awareness on eye health and to support patients in this life changing surgery.

## **MEDICAL CAMPS**

We offered two camps in 2023. Our general medical camp provided checkups and diagnosis for 500 people, including dental, eye, heart, pediatric and general medical services. During the camp many received dental supplies, and after the camp 5 children received nutritional supplements and 30 people received dental treatment.

In a later chiropractic camp, two chiropractors, a husband and wife team, offered treatments to 40 people with many people being relieved of pain and discomfort.

## **WOMEN'S SERIES**

In this series we offer women teachings and practices that enable them to realize their inner power and express themselves fully in their daily lives. This program teaches local women simple self-awareness and relaxation practices they can use at home.

During 2023 two teachers offered six programs of 90 minutes each to groups of local women living close to the ashram, and to professional women working in business. We served a total of 82 women and 31 young ladies.

## **BLANKETS & CLOTHING**

This Program has been running in India for many years and is mainly held during the colder winter periods. This year we offered 129 blankets, 500 women's sarees, and 400 gent's dupatta.