
We strive equal recognition for women in the society, work for the welfare of the voiceless strays, and ensure a dignified life for all human beings, irrespective of their social standing.

CONTACT US

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SAVE SHAKTI



1993 – CANCER HOSPITAL VISITS

It was our Sunday ritual to spend time with the lovely kids at the paediatric ward of the Old Cancer Hospital.

2004 – TSUNAMI

When Tsunami wreaked havoc on the coastal areas in southern India, we collaborated with Bollywood Actor Vivek Oberoi and organized several medical camps. We distributed relief materials in Cuddalore, Puducherry, Nagapattinam, and Kanyakumari among other places. With people losing their dear ones, and sources of livelihood, their lives collapsed within a few hours. It was necessary to bring them out of that trauma. Through counselling, we helped them build resilience in the face of adversity. We also pulled our resources and reconstructed shelters for many, whose houses got washed away, over a span of three months. This apart, we donated boats to the fishermen and gave them the strength to go back to the sea.

2015 – CHENNAI FLOODS

During the devastating Chennai floods, Save Shakti set up camps at two locations – a relief camp at Lady Andal School (under Ms Varalaxmi Sarathkumar's personal supervision) and a medical camp at Kotturpuram. A team of doctors treated people suffering from skin maceration and other medical conditions. This apart, we stood beside several people, whose lives were shattered by the floods. Our relief materials and mental support helped them survive through those difficult times.

What prompted this initiative?



Ms Varalaxmi Sarathkumar

With the 'ME TOO' movement bringing into focus the harassment and abuse that women have to face at their workplaces, Ms Varalaxmi Sarathkumar initiated the Save Shakti campaign to give them the strength to fight for justice. She believes no woman should ever compromise with her dignity and self-respect. However, our service for the welfare of society dates back to 1993.

What Save Shakti stands for, its core values?



Save Shakti is on a journey to protect and fight for all the beautiful yet deprived souls. We work towards eradicating the sufferings and miseries of the stray dogs. We feed them, and find them a home. We also stand up for the dignity of those women, who have lost their voice in our gender-biased society. We want to create a society, where nobody is discriminated on the basis of their gender, economic condition, and status.

What initiatives you intend to undertake?

2020 - CORONA

The pan-India lockdown due to Covid-19 brought out both the best and worst of people. While a section of people abandoned their pets believing baseless rumours that they are the carriers of the virus, many came forward to feed the stray animals. It is at such time of distress, we started our mission to rescue the stray animals hard-hit by the lockdown, treat and vaccinate them, provided them with food until we can find a home for them. Many like-minded people made our journey easier.

The lockdown also took a toll on the migrant workers. Away from their family with no money, place to stay or food, the fear of never seeing their dear ones again was tearing them apart. The government announced the Shramik Special trains for them, but many did not know how to avail themselves of the facility. Language stood as a barrier for them. When we came to know of the situation, we took the responsibility to arrange their tickets, and food and safely send them to their natives. Thousands of the migrant labourers now call us from their home to express their gratitude.

We also organise camps for organ donations, distribution of sanitary napkins, and food donation to orphanages.

Migrants



1. Periodic health check-ups for the migrant workers by organising medical camps.
2. Educating the migrant workers on the need for health insurance plans and obtaining health insurance at subsidised rates.
3. Providing them with medicines, groceries and clothing until they find jobs.

Animal



1. Continue feeding the stray animals, vaccinate, spay and sterilize them.
2. Set-up a mobile hospital van with a surgery unit to meet the emergency medical needs of the stray animals.
3. Set-up a shelter, where all their needs will be met with love and affection.
4. Continue with our animal adoption program. Animals are given for adoption after a strict interview process to ensure they are in safe hands.

Why are funds necessary?

Migrants

(1) Grocery kits – Rs.600 (Rice – 10 kgs, dal, atta, oil, salt, essential masalas etc.)

(2) Medical camps – Basic health check-ups, like checking temperature, BP and blood tests.

(3) Advanced medical check-up – Rs.1,600 which we need to pay to the diagnostic centres. We are trying to get this service at subsidized rates.

(4) Clothing - Providing clothes at subsidized rates offered by 'Thuli', a clothing store.



Animals

(1) Food – A 20 kg bag of dry food, serving around 50 dogs, costs Rs.2,500. We also procure chicken legs, and wings to prepare the gravy. We target to feed 500 - 600 animals a day. The closure of the Koyembedu market has left around 400 dogs around the vicinity to starve. We have taken the responsibility of bringing food to them. Through our volunteers spread all over Chennai we cover various areas every day and feeding about 500 - 600 Animals approximately.

(2) Vaccination – Each animal needs Rs. 750 per set a year.

(3) Spaying – Spaying an animal costs around Rs.3,200, including surgery fees, medication, and three days of boarding with food.

(4) Fostering – Pre adoption of puppies requires food, care and medical attention. We require funds to take care of this need.

(5) Medication and treatment

Many of our strays that we feed regularly often fall sick and need treatment and medication. For example, skin rashes, tick infestation, open wounds, mange. So funds are required to treat them.

Mental Health & Sex Education



1. Creating awareness about the importance of mental health and helping people in recognising mental disorders
2. Conducting webinars wherein people are directly assisted by leading psychologists, psychiatrists, psychotherapists and eminent social workers.
3. Educating children in schools about good touch and bad touch.

Why should they give you your money?



At several stages in life, we all have wanted to help out those in need but lack of proper resources has always been the barrier.

Donate and help us arrange all those resources and act on your thoughts. Come rain or shine; we are always out on the field reaching out to people/animals in need and serving them. We work towards the betterment of society at large. Funding our mission would eliminate financial constraints and help us take more such initiatives.



Scan to Donate

How would you treat your donors?

Our donors have complete access to information regarding how we are spending their money. A transparent organisation, we maintain records of every penny we spend. Our donors get e-Mails stating the purpose for which their money is used. Our field trips are updated live on our page.



Where will the funds go?



The funds will be appropriately allocated for the welfare of those in need from time-to-time. Earmarked funds will only be utilized for the purpose for which they were donated.

How this would help the world?

Mental Health & Sex Education

Mental illness can affect anyone irrespective of age, status and educational qualifications. We help people identify their issue and with assistance from experts in the field of psychology, through counselling, help overcome the urge to end their lives.

With the number of child rape cases rocketing, we aim at creating awareness among young children about good touch and bad touch and give them courage to find help when assaulted. By providing sex education to children, we help them protect themselves against child sexual abuse.

Our founder Ms Varalaxmi Sarathkumar takes part in every campaign that promotes the welfare of the society. She actively participates in the Swachh Bharat Mission and spreads awareness regarding sanitation practices and the need for a clean environment.

Migrants



The lockdown has brought many migrant workers face-to-face with the harsh and cruel sides of the people. We aspire to dispel the fear ingrained in their minds and restore their faith in humanity. We endeavour to make our society a better place, where no one is neglected for their economic, and social status. We believe we would inspire many more people to do their part for the progress of the nation.

Animals

Stray animals' call for help often gets ignored. However, there is a section of people, who go all out to keep them safe, feed them, and give them the love and care that they deserve. We represent them. Your money will also help us control the animals' population and make ignorant people aware of their responsibilities towards these innocent lives.

We organize field visits occasionally for children. This helps them work on their inhibitions about the strays. Also, such visits instil in their minds the need to co-exist and be kind to them.

With the fund, we also plan to expand our program dedicated to the adoption of Indian breeds. Like any other foreign breed, they love you unconditionally and remain loyal to you. Its high time that people stop ill-treating them and accept them with love.