



“My Journey of Social Work and Healing”

By Varsha Perke

The Beginning of My Social Work Journey

My path towards social work began with the **Nirbhaya incident in Delhi**. That tragic event ignited a deep sense of responsibility within me, leading to the **co-founding of Maa Shakti Organization**, an NGO dedicated to supporting women and girls.

At a time when cases of violence against women were on the rise, we aimed to create a strong **safety net for women in distress**. We launched a **helpline for immediate assistance** and worked extensively across Nagpur to empower women.

Our initiatives included:

- **Vocational Training Programs** to help women become self-reliant and financially independent.
- **Self-Defense Training Sessions** to equip women with the confidence and skills to protect themselves.

This was the foundation of my lifelong commitment to social service, and I continue to feel proud of the lives we have touched and transformed.

Extending Healing Through Naturopathy & Meditation

Along side social work, I also serve society as a:

- **Naturopathist**
- **Sujok Therapist**
- **Smile Mudra Healer**
- **Meditation Trainer**

Through these holistic practices, I work tirelessly to help individuals overcome challenges in their personal and emotional lives.

Our meditation programs focus on:

- Liberating people from **stress, anxiety, and fear**.
- Helping **children cope with academic pressure** and overcome suicidal tendencies by building focus and confidence.
- Supporting **chronic illness patients, including cancer survivors**, by reducing emotional distress and promoting inner well-being.

Special Initiatives for Children

One of the most rewarding aspects of our journey has been working with **special children**. Our initiatives are yielding **remarkable results**, empowering them to reach their full potential and lead fulfilling lives.

Our Ultimate Goal

Through all these initiatives, our mission remains clear — To create a **happier, healthier, and more harmonious society** by spreading the power of meditation and holistic healing.

We believe that by cultivating **inner peace**, every individual can take control of their life, discover their true potential, and live joyfully.

This is not just my journey, but a collective mission to bring light, healing, and empowerment into the lives of many.