



Stree Shakti Varta

Newsletter No. 6 - Foundation Day Special (May 2026)

For Private Circulation Only

PRELUDE

The Foundation Day of Bharatiya Stree Shakti, observed on 15 May, is not merely a commemoration of the organisation's establishment. It is especially significant because the same day is also celebrated worldwide as the International Day of Families. This year, Bharatiya Stree Shakti resolved to mark its Foundation Day through a nationwide series of family awareness and family enrichment programmes especially for "Youth". This initiative was far more than a celebration—it was a meaningful effort to reaffirm the family, the fundamental strength of Indian society, at the centre of social discourse.

The youth of today represent not only the present but also the future of our nation. Keeping young people at the heart of this campaign, Bharatiya Stree Shakti organised panel discussions, open mic sessions, interactive dialogues, and interviews with young men and women across several cities in India. These programmes encouraged thoughtful discussions on contemporary issues such as the changing concept of family, young people's perspectives on marriage, balancing career aspirations with family life, the idea of an ideal family, prevailing misconceptions about marriage, live-in relationships, gender equality, and shared family responsibilities.

One of the most encouraging outcomes of this initiative was the openness with which young participants expressed their thoughts. Equally heartening was their affirmation of the enduring relevance of Indian family values and their recognition of the need for families built on mutual respect, sensitivity, trust, and understanding. Such

constructive dialogue lays the foundation for positive and lasting social change.

Bharatiya Stree Shakti firmly believes that a strong society can only be built upon strong families. A family is not merely a group of people connected by blood; it is a living institution where values, compassion, responsibility, and mutual care are nurtured. If the younger generation develops a balanced perspective that harmonises tradition with modernity while appreciating the importance of the family institution, India's social future will become even stronger and more resilient.

This publication presents highlights of the programmes organised across the country, the key insights that emerged from the discussions, and the voices and perspectives of young participants.

— Secretary

Bharatiya Stree Shakti



Foundation Day Programs:

Nationwide Outreach of Bharatiya Stree Shakti :
Participants (women,men, girls and boys): 2353

Bharatiya Stree Shakti

Regd Office : 4 Girish, T. H. Katariya Road, Mahim, Mumbai 400016

Chandigarh : On the occasion of the Foundation Day of BSS and International Family Day, BSS Chandigarh organized an open discussion on 25 May 2026 at Prem Sarita Sarvhitkari School, Chandigarh, on the theme “Nuclear Family versus Joint Family – Challenges Faced by Working Women and Homemakers.” Participants including teachers, parents, students, and senior family members (total 82) shared their experiences of both nuclear and joint family systems, highlighting challenges and opportunities in daily life. Key issues discussed included child upbringing, work-life balance, emotional support, and family relationships. Parents and teachers highlighted differences between children raised with grandparents and those in daycare-based nuclear families, noting key emotional and social impacts. Grandparents shared insights on bonding and belonging, while children expressed their experiences of family life. Suggestions focused on strengthening family bonds, supporting working women, and ensuring quality time for children. The programme concluded with a shared understanding of evolving family dynamics and the need to nurture harmonious relationships.



**Chandigarh: Discussion -
“Nuclear Family and Joint Family”**

Chhattisgarh : On the occasion of the Foundation Day of Bharatiya Stree Shakti Chhattisgarh, a dialogue was organized on 29 May 2026 at Balaji Nursing College on the topic “The Role of Family in a Changing Environment.” Around 160 students from the college actively participated and shared their views. During the discussion, participants highlighted the importance of the joint family system in the present times, stating that it provides emotional support and strengthens a sense of belonging. A joint family teaches respect for elders, affection for younger members, and the value of sharing resources, thereby guiding individuals toward



Chhattisgarh: Discussion with youth

a balanced life. The programme also included discussions on issues such as depression and anxiety among students, emphasizing the positive role of joint families, the importance of sharing meals together, and celebrating festivals collectively. The Principal of the college, Dr. Kavita Tomar, along with Dr. Gajendra, and representatives from Bharatiya Stree Shakti— Mrs. Lata Chaudhary, Mrs. Laxmi Yadav, Mrs. Sarita Patel, and President Mrs. Sangeeta Mishra—shared their thoughts and provided meaningful direction to the dialogue.

Delhi : On the occasion of BSS Foundation Day and International Day of Families, BSS – Delhi NCR organized an engaging youth discussion at Janakpuri (20/05/2026). The session explored diverse perspectives on family among young people, covering key themes such as relationships with children, elders, and women within the family; the role of food in strengthening family bonds; the importance of eating meals together; and the value of home-cooked food. Participants also discussed sharing household responsibilities, gender equality in food and diet, and the need to spend quality time together. Important concerns like the impact of screen time on family relationships and ways to manage it were deliberated upon. The discussion further examined evolving views on marriage and parenthood, the role of



**Janakpuri, Delhi: Discussion -
“Role of Family in Shaping Young Minds”**

social media in reconnecting families, and the importance of collective decision-making within households. The session was led by young professionals, including a Sukanksha Sahni (clinical psychologist), Shreya Manchanda (Dietician), and Ashima Grover (Astrologer). Around 20 young professionals and students, along with 5–6 adults, actively participated in the program, making it an insightful and meaningful exchange.

Nari Shakti Sangathan (Jammu Kashmir): On the occasion of the Foundation Day of Bharatiya Stree Shakti and International Day of Families, a panel discussion and youth interaction programme on the theme “The Concept of Family in a Changing Environment” was organised on 30/05/2026 at B.V.M. – Bharatiya Vidya Mandir School, Jammu, with the participation of 93 attendees. The programme featured meaningful discussions on the importance of family, its role in nation-building, and the preservation of family values. State President Mamta Singh highlighted the relevance of joint families and emphasized the crucial role of family in the mental development of children. The speakers expressed concern over the disintegration of families in modern society and called upon women’s strength to play a key role in strengthening family structures. The Principal stressed the importance of inculcating family values alongside formal education. Key points discussed included the preservation of



Jammu: Discussion with youth at B V M School

family values, bridging the communication gap between parents and children, the role of teachers as a “second family,” the central role of women in empowerment, and the need for a positive environment for children’s mental well-being.

Stree Chetana Gujarat : Yuvati Prerna Shibir: Organized by the Akhil Bharatiya Sanatan



Pirana, Gujarat: Yuvati Prerna Shibir

Satpanth Mahila Sangh and guided by Stree Chetna – Gujarat the “Yuvati Prerna Shibir” was held from 4th to 6th June 2026 at Nishkalankani Prernapeeth Tirthdham, Pirana. In this three-day camp, more than 300 young women received guidance on yoga, pranayama, digital literacy, communication skills, health, and life values. The presence of State Minister Mrs. Rivaba Jadeja added special inspiration to the camp. The camp proved to be highly motivating and beneficial for the holistic development of young women.

Madhya Pradesh : Bharatiya Stree Shakti’s Foundation Day was celebrated with great enthusiasm across all units of the Madhya Pradesh province on 15 May 2026. The celebrations went beyond being merely festive occasions and served as a platform for creating awareness and initiating dialogue among youth and adolescents on the subject of family. Through these programmes, efforts were made to understand young people’s perspectives on family, the growing challenges faced by families, and their thoughts and concerns regarding marriage.

Across various divisional areas of Madhya Pradesh—Gwalior, Indore, Sagar, Jhabua, Ratlam, Dewas, Ujjain, Jabalpur, Alirajpur and Neemuch—programmes based on a common format were organised between 13 May and 30 May 2026. Approximately 900 young men and women participated in these programmes, while around 40 participants presented their views as speakers. Most young people expressed a positive outlook towards family. However, they identified social change, economic challenges and legal complexities as some of the major factors contributing to family breakdown. The growing fear of marriage among youth was also highlighted. The discussions concluded with the

recognition that there is a need to create a fear-free social environment in which young men and women can make positive and independent decisions about building families based on free consent.



Interview of an NCC Cadet on “Marriage and the Family System”, Indore.

Indore: A two-day programme was organised. On 25 May, a questionnaire-based survey on the family system was conducted among 60 young people aged 14–24 years at an NCC camp, with the support of Mrs. Shalini Dubey. On 26 May, a youth dialogue was organised at Sudarshan Bhawan, where Ms. Hemlata Gupta, Senior Mediator, High Court, along with other family counsellors, highlighted various challenges faced by families. The programme had a total attendance of 70.

Jhabua: A discussion on “The Concept of Family in a Changing Environment” was organised at Keshav Vidyapeeth. The youth identified communication, cooperation and values as the foundation of a family and emphasised the need for balanced use of social media. A total of 70 participants attended.



“Views of Youth on the Topic ‘Importance and Challenges of the Family,’ Jhabua.”

Ujjain: A youth dialogue was organised at Vikram University, where experts from various fields and newly married couples shared their experiences. Around 70 participants attended the programme.



Ujjain: Youth Discussion on “Today’s Family and My Perspective”

Sagar: Programmes on “Our Family: Importance and Current Challenges” were organised at the Government Nursing College and the Sports Complex, with 85 participants.

Gwalior: Four programmes were organised—three survey-based programmes and one stage programme. A total of 130 young people participated.

Dhar: A programme was organised at Radha-Krishna Temple, where discussions focused on family values, the sensitivity of relationships in the digital age, and concepts such as “My Space.” A total of 40 people attended.

Dewas: A programme was organised on 20 May, featuring an address to the youth followed by an interactive discussion. A total of 50 participants attended.

Neemuch: On 27 May, a programme was organised at Arogya Ashram. In the presence of saints and other distinguished guests, 50 young people and 10 functionaries participated.

Jabalpur: A programme on “The Role of the Younger Generation in Preserving Family Values” was organised, with 153 participants in attendance.



“Seminar on the Role of the Younger Generation in Preserving Family Values, Jabalpur.”

Alirajpur: A discussion was organised at PG College on various dimensions of family, including tradition, change and the impact of

digital technology. A total of 45 participants attended.

Shahdol: A discussion on “The Role of the Younger Generation in the Family” was organised at Hanuman Temple, with 140 participants.

Ratlam: A programme organised on 11 May featured newly married couples and young psychologists who shared their perspectives and experiences. Approximately 60 people participated.



“Youth Discussion on ‘Family, Tradition, and Change,’ Ratlam.”

Thus, Foundation Day programmes were successfully conducted across 12 units of Madhya Pradesh. These initiatives made a significant contribution towards reaffirming the importance of the family institution, developing positive perspectives among young people, and strengthening social harmony.

Maharashtra : Family Concept in Changing Times: Discussions Organized Across Various Branches of **Bharatiya Stree Shakti** On the occasion of its Foundation Day, the Amravati branch of Bharatiya Stree Shakti organized a special discussion programme for young men and women on 23 May 2026 (Saturday) on the theme “The Concept of Family in Changing Times”. The programme provided an open platform where participants freely expressed their views on topics such as personal space, the use of social media, the nuclear family system, and family values. At the conclusion of the



Foundation Day at Amravati

programme, the organization’s Treasurer, Mrs. Vijaya Tembe, offered detailed guidance and shared her insights with the participants.

On the occasion of the Foundation Day, the Dombivli branch organized a discussion session on 27 May 2026 on the theme “The Changing Family from the Perspective of Youth”. The panel included journalist Mukul Avhad, psychologist



Foundation Day Discussion on Family Values at Dombivli

Prachi Vazhe, law graduate Ruchi Gore, and advocate Parth Mayekar. The programme was chaired by Mr. Omkar Dabhadkar, who emphasized in his address that merely criticizing Generation Z is not enough. Instead, society must seriously reflect on why this generation has developed the way it has. Around 70 participants attended the programme.

On 30 May 2026 (Saturday), Bharatiya Stree Shakti, Nagpur, organized an online panel discussion on “Changing Family System and Youth”. The panelists included Dr. Pranav Sakulkar, Saurabh Sagdev, Advocate Sanskriti Pandit-Devdhar, and Dr. Tanvi Bhusari. The programme was chaired by Mrs. Meera Khadakkar, while Swarnima Prakash moderated the discussion. In her concluding remarks, Mrs. Khadakkar summarized the deliberations and shared her perspectives. The programme was attended by 62 participants.

The Pimpri-Chinchwad branch of Bharatiya Stree Shakti Jagaran organized a discussion on “The Concept of Family in Changing Times”. The discussion covered several important topics, including the significance of the family and contemporary challenges, the role of

youth in preserving family values, sensitivity in relationships in the digital era, balancing family, tradition and change, and the relevance of Indian family customs and culture. Mr. Manoj Kusalkar, one of Pune district's leading tennis coaches, was the chief guest. The programme witnessed a participation of 56 people.



Foundation Day at Pimpri Chinchwad with Morning Walk group

On 4 May 2026, a panel discussion on “Family System and the Mindset of the Younger Generation” was organized at the Rajasthani Mahila Mandal, Latur. The session was chaired by Dr. Aarti Sandikar, with Mr. Chaitanya Bhargav, Mr. Prashant Sabane, Ms. Pratiksha Randad, Ms. Vaishnavi Kulkarni, and Ms. Pragya Swami as panelists. The discussion was moderated by Anagha Andhorikar and Prof. Urmila Bhandarge. During the discussion, the speakers reviewed the transformation of the traditional joint family system. They emphasized that harmony, emotional support, trust, and mutual understanding within families are essential for nurturing a positive mindset among young people. The discussion was attended by



Discussion with youngsters on Family system at Latur

175 participants. In her presidential address, Dr. Aarti Sandikar highlighted the importance of the Ashrama system in the traditional Indian family structure and stressed that understanding its underlying philosophy is essential for building a strong society. In today's fast-paced and rapidly changing lifestyle, a strong family system has become more important than ever. Speakers at a seminar titled “Family Dialogue – Through the Eyes of Youth” organized by Bharatiya Stree Shakti Jagaran, Pune, emphasized that healthy communication, mutual trust, and equitable sharing of responsibilities are the foundations of a strong family and a healthy society.

The programme, held at the auditorium of the Bharatiya Mazdoor Sangh in Pune, featured Prof. Ramdas Bade, Prof. Prachiti Deshpande, Dr. Janhavi Phadke, and Mr. Prahlad Shinde as speakers. They shared their views on family systems, changing family relationships, increasing career pressures, the expectations of today's youth, and the importance of intergenerational communication. The speakers observed that a family is not merely a living arrangement but the first institution where values, sensitivity, and social responsibility are nurtured. They stressed that dialogue, cooperation, and mutual respect must remain integral to family life in order to preserve family values in changing times. The programme was effectively anchored by Meghna Jog, and witnessed enthusiastic participation from a large number of young people and women.

Bharatiya Stree Shakti, Mumbai, organized an online panel discussion on the theme “Family – The Perspective of Today's Youth”. The panelists included Malhar Lakadawala, Sadhana Yadav, Mallika Rane, and Aniruddha Kulkarni.



Founder President Hon Nirmala Tai Apte delivering speech at Mumbai

The discussion emphasized that the family is the fundamental unit of Indian culture. With changing times, the aspirations, lifestyles, and mindsets of young people have evolved significantly, and these changes are increasingly influencing family life and family systems. The discussions across all branches reaffirmed an important truth: while times, generations, and lifestyles continue to change, the family remains the enduring foundation that keeps individuals connected. India's family system and its rich traditions are not merely a legacy of the past but an essential requirement for the future as well.

Strong Women Association for Reformation (SWAR), Odisha : 30/05/2026: On the occasion of BSS Foundation Day and International Family Day, SWAR organized an Open Mic Programme on the theme “My Family vs My Space” at Pulze & Impression Studio, Bhubaneswar.

The programme welcomed participants from all age groups, fostering an engaging intergenerational dialogue on the evolving dynamics between family values and personal space. The discussions brought forth diverse perspectives, particularly from Millennials and Generation Z, highlighting the ongoing effort to balance individual aspirations with familial responsibilities.



SWAR Odisha: Discussion on “My Family Vs My Space”

Approximately 25 participants attended the event. Despite being a new and experimental initiative for SWAR, the programme received an encouraging response. Participants openly shared their experiences, opinions, and personal stories, creating a candid, vibrant, and thought-provoking atmosphere.

The event successfully provided a safe and

interactive platform for expression, learning, and mutual understanding, making it a meaningful and enriching experience for all involved.



MaNSSa Jodhpur Program: “Who is Raising Your Children?”

Marudhar Nari Sashaktikaran Sanstha (MaNSSa), Rajasthan : MaNSSa Jodhpur organized a special parenting workshop on 22nd May, 2026 near Raktashala, Geeta Bhawan, on the theme “Who is Raising Your Children?” The workshop aimed to help parents move beyond the pressure of perfect parenting and adopt a more practical and balanced approach. The session began with an introduction to the organization by Secretary Shilpa Agarwal. Shri Aditya Ji and Smt. Kirti Choradia from Art of Living conducted an energetic opening session. Counseling psychologist Namita Dhariwal spoke on “Connection Before Correction,” emphasizing the importance of emotional bonding with children. In the “Chitthi Aayi Hai” session, guided by Neelam Bhardwaj, parents and children expressed their unspoken feelings. Young speaker Pia Salecha, in her session “Screen Time to Green Time,” shared practical ways to manage screen habits, while the DMT (Dance Movement Therapy) session by Madhavi Singh and Mukta energized all participants.



Bharatiya Stree Shakti Samunnatha: Open Mic program “Changing Definition of Family”

Bharatiya Stree Shakti- Samunnatha (Telugu States) : On 22nd May 2026 BSS Samunnatha (Telugu Prant) organized an inspiring open mic program on the occasion of the 38th Foundation Day of BSS at Hotel Annapurna Residency, Secunderabad. Women from various fields, social workers, and distinguished guests participated enthusiastically in the event. The program was conducted by Mrs. Sudha Chitumalla, while the welcome address was delivered by Mrs. Vishakha Mashankar.

She highlighted the importance of women's organization, values, and their role in nation-building. The Chief Guest, Mr. A. Subramanyam, shared inspiring thoughts, emphasizing the respect and contributions of women in Indian culture. Guest of Honour Mrs. Sharda Ji called for active participation of women in social service, while Mrs. Sushila Ji inspired everyone with her nationalist thoughts. The session on "Changing Values of Families in Today's Times" was conducted by Mrs. Sarla Bhutoria, where participants shared their views on family, values, and modern societal changes. The program concluded with a message of women empowerment and social awareness.

Uttar Pradesh : At Babasaheb Bhimrao Ambedkar University, Lucknow, a dialogue on the theme "Yuva Jagruti" was organized on 29th May 2026 under the aegis of Bharatiya Stree Shakti. University students actively participated and discussed the challenges faced by women in society and possible solutions. Key topics included sending girls away from home for higher education, their participation in government and private sector jobs, equal opportunities for men and women at the workplace, women's financial independence, the contribution of working women to their families, and the impact of their busy schedules on family life. Dr. Lata Bajpai, Dr. Monica, Dr. Lalima, Dr. Shikha, Dr. Babita, and Dr. Deepa shared their thoughts and experiences on these issues, guiding and enriching the discussion among 25 participating students.



Lucknow: Youth Awareness Program



सा.न्या.पं.क्र. F14899 मुंबई, 1991,
संस्था प.क्र. 545/1991 GGBSD
4, गिरीश, कटारिया मार्ग, माहिम, मुंबई 400016. दूरभाष : 9004668967
Email : bharatiyastreeshakti@gmail.com
Website : www.bharatiyastreeshakti.org

Follow us on :

