

About Sangini

Sangini is a community-based organisation that works for women's empowerment and gender equality. It began its journey in 2003 with the aim of addressing gender discrimination and creating a more just and equal society. Over the years, it has grown into a strong gender resource centre where people and organisations can access information, support, and guidance on women's rights and social issues.

The organisation focuses on creating awareness about issues like domestic violence, gender inequality, and human rights. It works closely with communities to educate people and help them understand their rights. Sangini believes that change begins with awareness, so it conducts trainings, workshops, and sensitisation programs to empower women and girls.

One of the key areas of Sangini's work is providing direct support to women facing violence. The organisation offers legal aid, counselling, rescue support, and helps women connect with police and other services when needed. It has a team of lawyers, counsellors, and social workers who guide women through difficult situations and help them seek justice.

Sangini also works at the grassroots level, especially in urban slum communities. It has a strong presence in many areas of Bhopal, where it builds leadership among women and encourages them to stand up for their rights. Thousands of women, especially domestic workers, are connected through its network, and many have become community leaders who support others.

Another important aspect of Sangini's work is capacity building and advocacy. It collaborates with government bodies, institutions, and civil society organisations to strengthen systems that protect women, such as workplace safety committees and gender policies.

Overall, Sangini is not just an organisation; it is a platform that helps women move from silence to strength. By providing knowledge, skills, and support, it enables women to become confident, independent, and active members of society.

“Success Stories”

Success Story: Draupati Chakre



“My life was filled with tears and silence... but today, I stand and speak, not just for myself, but for other women too.”

Draupati Chakre, a 52-year-old woman from Meera Nagar, once worked as a domestic worker in bungalows. She is a loving and proud mother of one daughter and two sons. But behind her strength today lies a past marked by pain that she once believed was normal.

For years, Draupati endured domestic violence from her husband, Sukram Chakre, who passed away on 25th June 2025. She shares that when her children were younger, the violence was not daily, but occasional, yet enough to leave an impact. Still, she believed, *“This is how marriages are. Small conflicts and even beatings from time to time are normal.”* She saw her husband as the head of the family, someone who had the right to scold or even beat her. She remained unaware that what she was experiencing, beatings, insults, shouting, and humiliation, was actually domestic violence.

Her turning point came a few years ago, when she became a Para Legal Volunteer (PLV), and later, when she joined Sangini, introduced by Deepika Ma'am. Initially, Draupati kept to herself. She didn't speak much, didn't share her worries, and didn't even know how to express herself in a group of like-minded women.

“But slowly, things began to change,” she says.

Through workshops and skill trainings, Draupati gained confidence. She developed communication and advocacy skills, and, most importantly, awareness of her dignity and rights as a woman. She realised that the treatment she had accepted for years was not normal, but a violation of her rights.

This realisation transformed her completely.

Today, Draupati is a trained Paralegal Volunteer (PLV). From being hesitant to even speak in a group, she has become a confident woman who can stand her ground and speak, even when

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a collector is in front of her. She now raises her voice not only for herself but also for other women facing similar situations.

She actively works in her community, responding to cases of domestic violence. *“Sometimes, even a simple knock on the door where violence is happening can make a big difference,”* she says. She believes in resolving issues through dialogue and mutual understanding, aiming to mend relationships rather than immediately pushing for separation. However, in serious cases, she does not hesitate to report matters to the police.

Her efforts have brought visible change; she proudly shares that domestic violence in her nearby area has reduced significantly.

Draupati strongly believes that education is essential for women’s empowerment. Having endured hardship after marriage, she made a conscious decision to protect her daughter from similar experiences. Her daughter has been married for six years and has two children. Draupati ensured that her son-in-law was a respectful man with no harmful habits, such as drinking or smoking.

“I did not want my daughter to walk on the same thorns that hurt me,” she reflects.

Draupati Chakre’s journey is one of transformation, from silence to voice, from unawareness to advocacy, and from suffering to strength. Today, she stands not just as a survivor but as a changemaker in her community.

Success Story: Vandana Vishwakarma



Vandana Vishwakarma, a 39-year-old woman from Bhopal, is a powerful example of how awareness, support, and courage can transform a life. She lives with her husband, Laxminarayan Vishwakarma, and is a mother to three daughters. Earlier, Vandana lived in Karond, where she struggled with dependence on others for her survival. “I used to feel helpless and unsure of myself,” she recalls. Speaking up, even for her own rights, felt difficult and frightening.

Her journey of change began when her elder sister, Anita, introduced her to Sangini. Initially hesitant, Vandana slowly started attending meetings and

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workshops. Over time, she became a Paralegal Volunteer (PLV), which marked a turning point in her life. Through continuous training, legal awareness sessions, and skill-building workshops, she began to understand her rights and the rights of other women around her.

“I realized that silence only makes injustice stronger,” Vandana shares. Today, she is no longer afraid to raise her voice. Whether it is speaking to community members or approaching police authorities, she confidently stands up against domestic violence. She actively supports women who are going through similar struggles, helping them seek justice and regain their dignity.

Now living in the 12 No. Area of Bhopal, Vandana has become a pillar of strength in her community. Along with her sister and Sangini, she works closely with different stakeholders to ensure that women facing violence receive the help and justice they deserve. She not only guides them legally but also provides emotional support during difficult times.

“I want every woman to know that she is not alone and she has the right to live with dignity,” she says. Vandana’s journey from silence to strength is not just her personal success story, it is an inspiration for many women to rise, speak, and fight for their rights.

Success Story: Suman Nikam



Suman Nikam, aged 53, is a woman whose journey reflects courage, transformation, and the power of awareness. Married to Lakhan Nikam, a driver by occupation, her early years of married life were marked by continuous domestic violence. Her husband’s alcohol addiction often led to severe physical abuse. For years, Suman lived in fear; fear of her husband, fear of society, and even fear of authority figures like the police.

“I used to get scared even on seeing a police officer,” she recalls. “I felt helpless, like there was no one who could stand for me.”

Suman worked as a domestic worker to support her family, silently enduring violence at home. The abuse she faced was not minor; she suffered broken fingers, injuries to her head, and constant emotional trauma. For nearly six years, she lived in this painful reality, believing that such suffering was part of her fate.

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Her life began to change in 2011 when she joined Sangini as a Para Legal Volunteer (PLV). Initially, she joined because many women in her neighbourhood were part of the organisation. But what started as simple participation soon became a turning point in her life.

Through Sangini, Suman attended various workshops, skill training programs, and awareness sessions. These experiences opened her eyes to the reality that domestic violence is not a “normal” part of marriage, but a serious crime. “I slowly understood that what I was facing was wrong,” she says. “No woman deserves to live like that.”

She became an active member of a Shaurya Dal, a group consisting of two women and three men, working together to address issues like domestic violence, child marriage, and child abuse. As part of this group, Suman not only raised her voice but also stood beside other victims, helping them seek justice.

Success Story: Atarvati



Atarvati, a 55-year-old woman and mother of three daughters and one son, once lived a quiet life as a domestic worker. Until two years ago, she worked in households to support her family. Life was not easy, but it was her journey with Sangini, beginning in 2011 as a Para Legal Volunteer (PLV), that transformed her into a strong and fearless community leader.

“When I first joined Sangini, I was just an ordinary woman trying to survive,” she recalls. “But the trainings and workshops changed the way I saw myself and the world.” Through continuous learning and exposure, Atarvati gained knowledge about laws, rights, and social issues. Slowly, she found her voice.

As a member of the Shaurya Dal, she began actively intervening in cases of injustice in her community. From domestic violence to child rape and child marriages, Atarvati stood at the forefront, supporting victims and ensuring action was taken. She shares, “We could not stay silent when we saw wrong happening. We had to act.”

Her courage is reflected in the many cases she has handled. She even stood as a witness in court for both a rape case and a domestic violence case, helping ensure that justice was served. Along with her group, she has successfully stopped more than seven child marriages, protecting young girls from a life of hardship.

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However, her journey was not without challenges. She recalls a deeply disturbing incident where a husband brutally attacked his wife with a knife. “We called the police, but they did not come,” she says. “We had to take the injured woman ourselves to the police station.” Even then, the case was not properly registered with the seriousness it deserved. It was reduced to a general domestic violence complaint, ignoring the brutality of the assault. “This is how the system fails us,” Atarvati reflects.

Despite these obstacles, she and her team did not give up. They raised funds for the victim’s treatment and ensured she received support for survival. In several cases, Atarvati and her companions carefully collected evidence and reported crimes without alerting the perpetrators, ensuring justice could be achieved safely.

One of the strongest pillars in her life was her husband. “He always stood by me,” she says with emotion. “Whether it was going out at midnight for a case or travelling far, he never stopped me. He came with me and supported me.” His encouragement gave her the strength to continue her work fearlessly. “If change begins in our own family, and if we have their support, we can fight for others without hesitation,” she believes.

Sadly, her husband passed away a year and a half ago. His loss deeply affected her. “After he passed, I felt like I lost my motivation,” she admits. The absence of her biggest supporter left a void in her life.

Yet, Atarvati’s journey remains an inspiring example of resilience and courage. From being a domestic worker to becoming a protector of justice in her community, she has transformed not only her own life but also the lives of many others. Her story shows that empowerment through knowledge and collective action can bring real change.

Even today, though she carries the pain of loss, her work and her impact continue to speak for her strength.

Success Story: Rekha



Rekha, a 36-year-old woman living with her family of six, runs a small shop that supports their daily needs. But her journey toward confidence and empowerment did not begin there; it began with hesitation, fear, and silence.

Earlier, Rekha rarely left her house. She lacked the confidence to speak, even within her own family. “I never used to share my opinions,” she recalls. “I would stay quiet, even when I felt something was wrong.” Her world was limited, and her voice remained unheard.

Everything began to change when she joined Sangini. Through regular training, awareness sessions, and workshops, Rekha slowly began to understand her rights and her own worth. “Those sessions opened my eyes,” she says. “I realised that my voice matters.” With time, she became more confident, not only in speaking for herself but also in standing up for others.

Rekha started actively supporting women in her community who were facing injustice. She began to raise her voice against domestic violence and other social issues. “Earlier, I was afraid of speaking. Now, I can stand in front of others and say what is right,” she shares proudly.

However, her journey has not been without challenges. Within her own home, she faced conflicts, especially with her mother-in-law, who often targeted and opposed her growing independence. Despite this, Rekha found strength in her husband's support. “My husband has always been kind and supportive,” she says. “He understands me and stands by me.”

There was a time when Rekha would step forward without hesitation in every situation, ready to fight against injustice. But as her three children have grown older, her perspective has become more cautious. “Now I think about my children’s future,” she explains. “I still want to fight for what is right, but I also fear that too much opposition to the system might affect their lives.”

This inner conflict reflects the reality many women face, balancing courage with responsibility. Yet, Rekha has not lost her spirit. She continues to support others, even if in more measured ways.

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Today, Rekha stands as a symbol of quiet strength. From a woman who once stayed silent, she has grown into someone who understands her rights and the power of her voice.

Success Story: Muskan Kashyap



Muskan Kashyap is a 22-year-old young woman who is currently pursuing her B. Com along with a Master's degree in Economics. Her father works as an Assistant Sub-Inspector in the police department. Since childhood, Muskan has been dedicated to her studies, but deep inside, she always had a strong desire to do something

different and stand on her own feet.

“I always wanted to be independent and create something of my own,” Muskan shares.

She had a passion for baking, but she did not know where to begin or how to learn professionally. Her turning point came when her neighbor, Preeti didi, told her about a bakery training program conducted under a project by Sangini and the Madhya Pradesh Tourism Board for women's empowerment and safe tourism spaces.

“I immediately decided to join. It felt like the opportunity I had been waiting for.”

In the beginning, Muskan felt nervous and unsure of herself. However, with the support and guidance of her trainers, she slowly gained confidence. During the training, she learned to make a variety of bakery products such as cakes, cookies, donuts, cupcakes, pav, and bread.

“I found my interest especially in cakes, bread, pav, and cookies. I practiced them more deeply, and today I feel confident in making them.”

The training was not limited to baking skills alone. Muskan also learned how to market and sell her products. This knowledge helped her take a big step forward.

Today, Muskan is successfully selling her homemade cakes and bread. Her customers appreciate her work, and their positive feedback motivates her to keep improving.

“I truly believe that if I had not received this training, I might never have become independent.”

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Now, Muskan is not only self-reliant but also proud to support her family. This journey has transformed her life and strengthened her belief in hard work and determination.

Through her story, she wants to inspire other women:

“If you have the passion to do something, just take the first step. This kind of opportunity can help turn your dreams into reality.”

Muskan expresses her heartfelt gratitude to Sangini and the Madhya Pradesh Tourism Board for giving her this life-changing opportunity and helping her turn her dreams into reality.

Success Story: Priyanka Varankar



Priyanka Varankar is a 28-year-old married woman who lives in Sabri Nagar with her family. Her husband works as an e-rickshaw driver. After marriage, Priyanka became busy managing household responsibilities, but deep inside, she always felt that she should do something to support her family financially.

“I used to feel that I also needed to contribute and do something of my own,” Priyanka shares.

One day, she came to know about a mehendi training program conducted under the women’s safe tourism project by Sangini and the Madhya Pradesh Tourism Board. Since she already loved applying mehendi, the opportunity to learn new and creative designs made her very excited.

“I was always interested in mehendi, so when I heard about the training, I didn’t want to miss it.”

During the training, Priyanka learned a variety of designs such as Arabic mehendi, stylish designs, shehnai designs, morning designs, and bharwa (filled) mehendi. The trainers taught every design with patience and dedication, helping her understand each detail properly.

“I especially liked stylish and Arabic mehendi designs, so I focused more on them and became confident in making them.”

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Today, Priyanka is using her skills to take mehendi orders for weddings, parties, and festivals. People love her designs, and her work is being appreciated widely. Many of her customers recommend her to others, which is helping her grow her work and income steadily.

“I feel really happy when people appreciate my work. It motivates me to do even better.”

Priyanka believes that Sangini and the Madhya Pradesh Tourism Board have truly transformed her life. The training has not only given her a new identity but has also boosted her confidence.

“Now I can proudly say that I am supporting my husband and contributing to my family’s financial condition.”

Through her journey, she wants to inspire other women who feel limited within their homes:

“If you feel like you want to do something, don’t hesitate. Trainings like these can help you discover your talent and become independent.”

Priyanka expresses her heartfelt gratitude to Sangini and the Madhya Pradesh Tourism Board for giving her this opportunity. According to her, this initiative is a powerful step towards making women self-reliant and empowered.

Success Story: Manju Sen



Manju Sen lives in Banganga, Bhopal. About 15 years ago, she had a love marriage in Sagar following Hindu rituals. After marriage, she lived with her husband’s family, where three elder brothers-in-law and their wives stayed together. However, her married life soon became difficult.

“In the beginning, I tried my best to adjust, but things started getting worse,” Manju recalls.

Her in-laws began to harass her, saying she did not know their customs and could not cook properly on a traditional stove. One day, her sister-in-law even burned her hand. After facing continuous harassment for three years in the village, Manju and her husband moved to Bhopal. At that time, she was five months pregnant.

But her struggles did not end there.

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After the birth of her elder son, her husband started physically abusing her. He would often come home drunk, doubt her character, and beat her. Many times, she had to call emergency help for protection.

“To run my household, I started working as a cook at the 25th Battalion. Even then, the violence did not stop.”

The situation became so unbearable that once, in deep distress, Manju attempted to take her own life. She regained consciousness after two hours, but the mental trauma continued. She was constantly insulted and made to feel dependent, which affected her health badly. She often remained sick and had to be hospitalized frequently.

Despite everything, Manju continued working in different homes as a cook to support her children.

A turning point came about eight years ago when a woman named Archana Madam came to her neighborhood and introduced women to Sangini, helping them get domestic worker identity cards. Through Sangini, Manju got opportunities to do small work like making wicks and jute products.

Later, another mentor encouraged her to join a cooking training program.

“I was told about the training, and when I got a call from Madhu Madam asking if I wanted to join, I said yes without hesitation.”

From 20th December 2023 to 10th January 2024, Manju completed her cooking training at Paryatan Bhavan. After successfully completing it, she received her certificate.

Soon after, she was allotted a Shakti Café at Ratibad police station. This became a life-changing opportunity.

“Now I run my own café. I serve tea, biscuits, snacks, meals, idli-sambar, and samosas. My café is running well.”

Before this, she had also put up cooking stalls at places like Sher Sapata and Ravindra Bhavan, where she earned good income.

With the opening of her café, Manju’s financial condition improved significantly. More importantly, her personal life also saw a positive change.

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“After I started the café, my husband stopped beating me. My life has become more stable now.”

Today, Manju stands as a strong and independent woman who has overcome extreme hardship. Her journey shows how resilience, opportunity, and the right support system can transform a person’s life.

She is deeply grateful to Sangini for giving her a second chance at life and helping her move from a life of pain to one of dignity and self-reliance.

Success Story: Kashish Kharat



Kashish Kharat is a 21-year-old unmarried girl who lives in Priyadarshini Nagar. She has completed her B. Com and comes from a humble background. Her father is no more, and her mother works as a cook to support the family.

“My mother has worked very hard for us, and I always wanted to do something to support her,” Kashish says.

A turning point in her life came when her trainer, Prarthana Didi, who lives in the same colony, told her about a three-month handicraft training program conducted under the women’s safe tourism project by Sangini and the Madhya Pradesh Tourism Board.

“When I heard about the training, I felt this could be a great opportunity for me, so I decided to join.”

During the training, Kashish learned various handicraft skills such as making tea coasters, bottle designing, supari painting, thali painting, and Warli art. Among all these, she developed a special interest in tea coasters and bottle designing.

“I really enjoyed working on coasters and bottle designs. With practice, I became confident and skilled in these areas.”

Today, Kashish takes offline orders for her handmade products and also sets up stalls to sell them. Through this work, she earns a small but meaningful income, which helps her become more independent.

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“I feel proud that I can now earn on my own and support my family, even if it is a small amount.”

Kashish believes that this training has given her not just skills, but also confidence and a sense of direction in life. It has helped her realize her potential and believe in herself.

She expresses her heartfelt gratitude to Sangini and the Madhya Pradesh Tourism Board for providing her with this valuable opportunity.

“This training has changed my life. It gave me a skill, confidence, and hope for the future.”

Looking ahead, Kashish dreams of growing her small business into something bigger. She also wishes to guide and support other women so that they too can become self-reliant and stand on their own feet.

“I want to grow and also help other women like me to move forward in life.”

Success Story: Meena Bhatt



Meena Bhatt lives in Vallabh Nagar, and her life is a powerful story of struggle, courage, and transformation. Today, she stands strong and independent, but her journey was not easy.

“My life started like any ordinary girl, but after marriage, everything changed,” Meena shares.

In 2002, Meena got married in Bareilly according to Hindu rituals. Her husband lived in Bhopal, where he ran a clothing business, while she stayed back in her in-laws' home with a large joint family. Most of the time, she was left alone there, and slowly, her in-laws' behaviour changed. They would argue with her, taunt her, and constantly put her down.

“I tolerated everything for three years, hoping things would improve.”

When the situation became unbearable, she returned to her parents' home in Betul and stayed there for a year. Due to social and family pressure, she was brought back to her in-laws' house, but nothing changed. Later, she was sent to Bhopal to live with her husband, hoping for a better life, but her struggles continued.

For five years after marriage, she had no child, and this became another reason for harassment. Her in-laws even talked about arranging a second marriage for her husband.

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“That phase broke me completely, but my mother stood by me.”

With her mother’s support and medical help, Meena finally gave birth to her son, Vedant, in 2007. She hoped things would improve, but instead, her husband’s behaviour worsened. He started physically abusing her, and even her son faced emotional distress.

“I stayed silent for years because I felt I had no other option.”

By 2015, after enduring years of abuse, Meena finally gathered the courage to file a complaint with an organisation called Gauravi. Although they tried to counsel her husband, he eventually left Meena and her son and disappeared.

That was the moment she decided to take control of her life.

“I chose to stand on my own feet, for myself and for my son.”

She started working as a security guard at DB Mall in 2012, later worked in a community development project, and also took up childcare work for the Bhopal Collector’s family. Life was not easy; she managed all expenses, her son’s education, and household responsibilities alone.

“I worked from morning to evening, but I never gave up.”

A major turning point came in 2023, when she was working as a warden at Bansal Hospital. There, Yogita Sharma introduced her to Sangini and a project to open Shakti Cafés in police stations.

“I felt this was my chance to rebuild my life.”

Encouraged by mentors like Shobhana Madam, Madhu Madam, and Kalpana Madam, Meena joined a cooking training program at Paryatan Bhavan from 20th December 2023 to 10th January 2024. Soon after, she was given the responsibility to run a Shakti Café at Arera Hills police station.

Today, Meena proudly runs her café, where she serves snacks like bhajiyas, mangode, tea, samosas, roti, sabzi, and dalia.

“This café is not just my work; it is my identity.”

Through her café, she is now able to provide her son with a good education and support her household. Her financial condition has improved significantly, and she has regained her confidence and dignity.

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Her hard work was recognised when she received a National Award from the Madhya Pradesh Tourism Department, a moment she describes as the proudest in her life.

“I felt that my struggles finally paid off. Today, I am proud of myself.”

Meena’s journey is a true example of resilience and determination. From facing years of abuse to becoming a self-reliant entrepreneur, she has proved that no difficulty is too great if one has courage.

“Shakti Café gave me a new beginning. I hope my story inspires others to never give up.”

Success Story: Sharda Lokhande



Sharda Lokhande is a 32-year-old woman who once lived a simple life, limited to her home and raising her children. Her husband works as a photocopy machine repair technician, and together they have two lovely daughters. Life was full of financial struggles, and many times it felt like things would never change.

“I wanted to support my family, but I didn’t know how or where to start,” Sharda says.

Everything changed one day when her neighbour, Prarthana didi, told her about a training program under the Safe Tourism Project, run by MP Tourism and Sangini. At first, Sharda was unsure. “I am not very educated, so I thought, how will I be able to do all this?”

But with encouragement and support, she decided to take the chance.

During the training, Sharda learned various skills, including thali painting, supda painting, embroidery, tea coaster making, and Warli art. On the first day, she felt nervous and unsure. “When I first held the brush, my hands were shaking. I thought I wouldn’t be able to do it.”

However, with constant guidance from Prarthana didi and the Sangini team, she slowly gained confidence. They encouraged her to learn from her mistakes and keep trying. “Slowly, I started enjoying painting, and my interest grew.”

A proud moment came when she and other trainees got the opportunity to paint on the walls of a women’s police station. “That was the biggest day of my life. Seeing my work on the walls made me feel proud for the first time.” People appreciated their artwork, and Sharda realised that she too had talent and potential.

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Today, Sharda works from home. She especially enjoys thali painting and bottle designing, and people now place orders with her. Her handmade items are used to decorate homes, which gives her immense happiness. “I feel so happy when people use my creations in their homes.”

She now earns a small income, which helps support her husband and family. More importantly, her time is spent meaningfully and productively. Sharda also inspires her daughters to become independent and confident. “I teach my daughters that no matter how difficult life is, nothing is impossible if you have courage.”

She believes that this transformation in her life was only possible because of Sangini and Prarthana Didi’s support. “They didn’t just teach me skills, they made me believe in myself.”

Today, Sharda feels proud of who she has become. Through her story, she wants to inspire other women who feel weak or limited. “If I can change my life, you can too. Just believe in yourself and take the first step.”

Success Story: Pooja Yadav



Pooja Yadav is a 23-year-old young woman who has completed her M.Sc. Her journey, however, has never been easy. She lost both her parents at a very young age, and life suddenly became uncertain.

“I was too young to understand what was happening. My elder sister became my whole world,” Pooja shares.

Her elder sister took full responsibility for the family and worked day and night to keep their small world together. Though they managed to survive, the end of every month was a struggle. “I always wanted to support my sister, but we had no direction or support.”

A turning point came when Pooja met her relative, Kavita ji, who told her about Sangini and the MP Tourism project for women’s empowerment through skill training. It was an opportunity to learn and become independent.

“At first, I was unsure. I kept thinking, " Can I really do this? Can I stand on my own feet?”

Gathering courage, she decided to join the makeup artist training. Her trainer, Pooja Thakur ma’am, played a very important role in her journey.

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“She not only taught me makeup skills but also gave me confidence. She always said, ‘Pooja, you can do it. Just believe in yourself.’”

At first, even holding a brush felt difficult. “I was scared that I might ruin everything. But slowly, I learned and improved.” During the training, Pooja realised that makeup is not just about beauty; it is a way to boost someone’s confidence and make them feel good about themselves.

Today, Pooja is a professional makeup artist. She works along with her sister and contributes financially to her family. “It gives me peace and happiness that I can now share the responsibility that my sister carried alone for so long.”

Pooja is deeply grateful to Sangini and the MP Tourism project for this opportunity and for helping her believe in her abilities. “Today, I can proudly say that I am independent.”

Her story inspires many women who may have lost confidence in themselves. She believes that with the right direction, courage, and hard work, nothing is impossible.

“Dream big and work towards it, because those who dare to dream never truly lose.”

Success Story: Zoya Khan



Zoya Khan is a 21-year-old woman living in Ashok Vihar with her family. Her father works in an auto parts shop and puts in a lot of effort to support the household. Zoya has studied up to Class 12. Although her family’s financial condition was not very strong, she always dreamed of becoming independent.

“I always wanted to stand on my own feet and support my family,” Zoya shares.

A turning point in her life came when a relative connected with Sangini told her about the training program run by Sangini and the MP Tourism Board. At first, Zoya was unsure.

“I didn’t think this opportunity was meant for me, but when I understood how it helps women become skilled and independent, I decided to give it a try.”

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During the training, she met her trainer, Pooja ma'am, who guided her in makeup and beauty. At first, Zoya felt nervous and unsure of her abilities. "I was scared that I might not be able to learn, but my trainer encouraged me at every step."

Slowly, she began to understand the techniques and gained confidence. With regular practice, she mastered different aspects of makeup.

After completing the training, Zoya gradually started her work. She began by taking small orders, and soon people started contacting her for makeup services at weddings, parties, and festivals. "Now I work as part of a team of three people. We support each other and grow together."

Her work started bringing in a good income. She is now able to take care of her personal needs and also support her family financially.

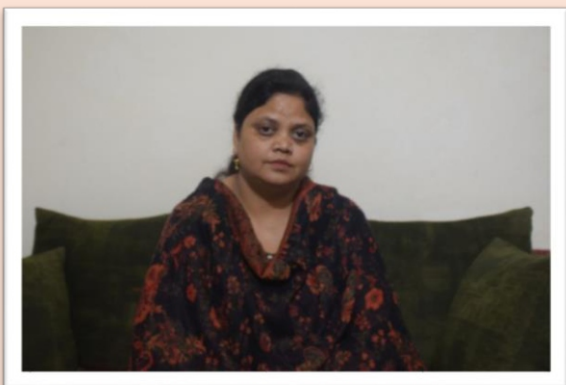
"Earlier, I used to do mehndi work, but makeup gave me a new identity." Zoya feels proud when she spends money earned through her own hard work. Her father, who was initially worried about her work, is now proud of her achievements.

"I feel happy that I have created my own place in life."

Zoya expresses her heartfelt gratitude to Sangini and the MP Tourism Board for not just providing training but also building her confidence.

"Today, I can proudly say that I am independent. This journey was not easy, but every struggle made me stronger. Now I truly believe in myself and my work."

Success Story: Tahseen Khan



Tahseen Khan is a 46-year-old widow and a mother of two loving sons, who are the biggest reason she continues to move forward in life. After the loss of her husband, her world felt empty and colourless.

"When my husband passed away, I felt completely broken," Tahseen shares.

SANGINI MAHILA KALYAN SAMITI

Her husband was a social worker who always believed in her potential. He often encouraged her to become independent. “He used to say, ‘Tahseen, you have talent, just believe in yourself.’ Those words still stay with me.”

After his death, Tahseen struggled to face the world alone. But her two sons became her strength. “They would tell me, ‘Ammi, whatever you do, we are with you.’ Their support gave me courage.”

Before his passing, her husband had told her about Sangini and the MP Tourism Board’s training programs. Gathering strength, Tahseen decided to join Sangini and enrolled in a bakery training course.

During the training, she learned to make cupcakes, pav bread, and cookies. In the beginning, she was unsure of herself. “I was afraid that I might not be able to learn something new, but my sons and the Sangini team encouraged me at every step.”

Earlier, she used to give cooking training, but after her husband’s death, life had come to a standstill. Sangini gave her a new direction and helped her start again.

Today, Tahseen works on order-based baking. She receives orders for weddings, parties, and festivals, and her baked items are loved by her customers.

“When people appreciate my cakes and cookies, I feel that my husband must be happy wherever he is.”

Her sons continue to support her in every possible way. They take care of her needs and appreciate her hard work. “They tell me they are proud of me, and that gives me strength to keep going.”

Now, her life is back on track. She earns a good income from her work, and her time is spent meaningfully. More importantly, she has learned to live again with confidence and hope. Tahseen feels deep gratitude towards Sangini, not just for teaching her a skill but also for giving her courage and confidence.

“My sons are my support, and Sangini is my strength. Today, I can see myself standing strong again.”

She believes she is now living her husband’s dream of becoming independent.

SANGINI MAHILA KALYAN SAMITI

“This journey was not easy, but today I am proud that I have started a new life. My sons and Sangini gave me the chance to live again.”

Success Story: Anita Devi.



Anita Devi is a 39-year-old married woman and a mother of three children, two daughters and one son. Her life has never been easy. Her husband works as a daily wage labourer, and managing household expenses along with the children’s education was always a struggle.

“I always wanted to do something to support my family, but I was scared because I am not highly educated,” Anita shares.

She was already connected with Sangini when she learned about the safe tourism project run by Sangini and the MP Tourism Board. She saw it as an opportunity to change her life and enrolled in the cooking training program.

Under the guidance of her trainer, Vandana ma’am, Anita learned that cooking is not just a daily task but a skill that can be turned into a profession.

“She taught us new ways of cooking, how to present food attractively, and how to use these skills to earn.”

At first, Anita was unsure of herself. “I kept thinking, will I be able to do this?” But her trainer encouraged her constantly.

“She told me that every woman has strength, it just needs to be recognised and used in the right direction. That gave me confidence.”

After completing the training, Anita started using her skills in real life. Today, she delivers food to a local hostel and also takes catering orders for weddings and parties. “This work gives me a good income, and I can now support my family.”

One of the happiest moments for her was paying her daughters’ school fees on time. “That day, I felt relieved that my children’s dreams would not remain incomplete.” Her son proudly tells others, “My mother works,” and this fills Anita with pride and happiness.

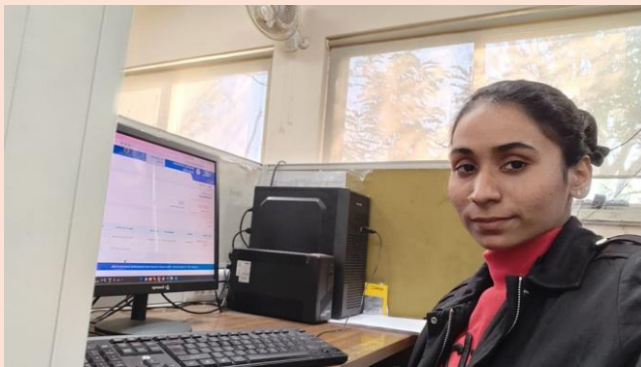
SANGINI MAHILA KALYAN SAMITI

Today, Anita is self-reliant and manages her family responsibilities with confidence. She dreams that her daughters will study well and achieve even greater success in life. “I want my daughters to move forward and become independent.”

Anita expresses her heartfelt gratitude to Sangini and the MP Tourism Board for helping her recognise her potential and transform her life. She also thanks her trainer, Vandana ma'am, for guiding and motivating her at every step.

“Today, I truly believe that with hard work, anything is possible.”

Success Story: Kanchan Uikey



Kanchan Uikey lives in Shiv Nagar with her family. She comes from a simple background—her father works as a security guard, and her mother is a homemaker. Their financial condition was limited, but her parents always encouraged her to study and work hard.

“I was always motivated by my parents to keep studying and do something in life,” Kanchan shares.

She completed her B.A. and M.A., but even after finishing her education, she was unsure about her future. “I was confused about what to do next. I felt that without any special skill, it would be difficult to find a job.”

A turning point came when she learned about the safe tourism project organised by Sangini and the MP Tourism Board at MLB College. The project offered skill development and self-defence training.

“I felt this could be the opportunity to change my life, so I decided to join.”

Kanchan enrolled in computer training. At first, learning computers was not easy for her.

“I had very little experience, so everything felt new and challenging.” wHowever, her trainer supported her at every step.

“She didn't just teach me technical skills, but also helped me build confidence.”

SANGINI MAHILA KALYAN SAMITI

During the training, Kanchan learned basic computer skills, MS Word and Excel, and professional skills. She was also trained in interview preparation and workplace behaviour.

“Slowly, I started gaining confidence and believed that I could achieve something.”

After months of hard work, her efforts paid off. She received a job offer from a reputable company. “It felt like a dream come true.”

When she shared the news with her parents, they were filled with joy and pride. “Seeing happiness in their eyes was the best moment for me.”

Today, Kanchan is contributing to her family’s financial stability and moving forward toward her dreams with confidence.

She expresses deep gratitude to Sangini and the MP Tourism Board for helping her recognise her potential and stand on her own feet. “Without their support, this would not have been possible. This opportunity changed my life.”

Success Story: Nancy Yadav



Nancy Yadav, 26 years old, lives near Shiv Mandir in Bank Colony, Jahangirabad, Bhopal. She comes from a lower-middle-class family and studied up to Class 8. Like many young women, she entered marriage with hopes of a peaceful, happy life—but her journey became a struggle.

“I thought my married life would be simple and happy, but things changed very quickly,” Nancy shares.

She married Ravi Yadav in 2023. For the first few months, everything seemed normal. But within eight months, Nancy discovered that her husband was having an affair with another woman. This created distance and tension in their relationship, and within four months, the situation became so difficult that Nancy had to return to her parental home.

Nancy recalls that her husband never treated her like a partner. “He would not talk to me, sit with me, or go anywhere with me. It never felt like a real marriage.”

Her in-laws, especially her sister-in-law, mentally harassed her and even threatened to get her divorced. She was kept under strict restrictions; she was not allowed to talk to neighbours or even her own family.

“I felt completely alone. I had no one to share my pain with.”

SANGINI MAHILA KALYAN SAMITI

Nancy faced severe emotional stress, social pressure, and a lack of support. She even filed a complaint at the Arera Police Station, but no action was taken for nearly 2.5 years. During this time, she kept trying to cope, but her mental health suffered deeply.

A turning point came when Nancy learned about Sangini. She approached the organisation and shared her situation. Through Sangini, a Paralegal Volunteer (PLV), she was guided and connected with the right support system.

“Sangini listened to me and took my case seriously. For the first time, I felt that someone was standing with me.”

The organisation provided her with legal aid, counselling, and proper guidance. With their intervention, her case moved forward in the court. All her documents were prepared, and her in-laws were informed about her decision to seek a divorce.

Despite earlier delays, things progressed quickly after Sangini’s involvement. Within one month, her case was resolved.

“On 18 March 2026, the court granted my divorce. It felt like I finally got my freedom.”

She also received her dowry belongings back, and the case was officially closed. Nancy was finally free from the abusive marriage and could start a new life.

Today, Nancy lives with her parents and feels mentally peaceful and safe. “I feel calm and free now. I can finally live my life with dignity.”

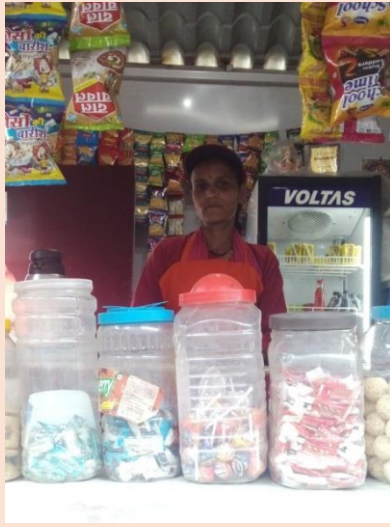
What makes her journey even more inspiring is that she is now working with Sangini as a Paralegal Volunteer (PLV). She is helping other women who are facing similar situations.

“I want to support other women so that no one has to suffer as I did. Every woman deserves respect and justice.”

Nancy’s story shows that with the right support, legal guidance, and courage, justice is possible. It also highlights how fear and social pressure can delay justice, but timely intervention can change everything.

Her journey inspires many women to stand up for their rights, speak out against injustice, and move towards a life of dignity and independence.

Success Story: Varsha Sarathe



Varsha Sarathe lives in Banganga. She was married in 2009 in Barkhedhi according to Hindu rituals. After marriage, she lived in a joint family with her in-laws.

“My life after marriage was not what I had imagined,” Varsha shares. Within three months of her marriage, she became pregnant. However, instead of proper medical care, her in-laws relied on traditional practices and refused to take her to a hospital. They often blamed her and mentally and physically harassed her.

“They used to say I was always sick and wasting their money.”

Varsha gave birth to a baby boy, but sadly, he passed away just one day after birth. Even during this difficult time, she did not receive proper care. Due to negligence, her stitches opened, and she suffered severe physical pain.

Later, Varsha and her husband moved to Bhopal. For some time, things were better, but soon her husband started drinking and became violent. “He would come home drunk and beat the children and me. He wouldn’t even let the children go to school.”

To support her family, Varsha started working in other people’s houses, doing cleaning and household work.

“I started working as a domestic worker so that I could take care of my children and run the house.”

Despite her efforts, her husband continued to abuse her physically and mentally. Whenever she tried to speak up, he would leave the house for months and threaten to harm himself, which made her afraid to file a police complaint.

“I stayed silent for a long time because I was scared of what might happen.”

A turning point in her life came when she met Madhu didi at Jawahar Chowk. Varsha asked her for some work, and Madhu didi told her about a cooking training program at Paryatan Bhavan.

SANGINI MAHILA KALYAN SAMITI

“I said yes immediately. I knew this was my chance.” Within two days, Varsha enrolled in the training and began learning. During the training, she met Shobha ma’am, who informed her about the opportunity to run a Shakti Café.

“I showed interest in taking up the café. I wanted to do something on my own.” With support, she opened a bank account and was soon allotted a Shakti Café at Kotwali Police Station.

Today, Varsha runs her café from 11:00 AM to 8:30 PM, where she prepares and sells tea and snacks.

“This café has changed my life. I now have a stable income and can support my children.” Her financial condition has improved, and she feels more confident and independent.

Varsha’s journey is a story of resilience and courage, from facing loss, violence, and hardship to building a life of dignity and self-reliance. “I have suffered a lot, but now I am standing on my own feet. I want a better future for my children.”

Success Story: Chandni Suman



Chandni Suman is a 32-year-old homemaker who lives in Sabri Nagar with her family. Her husband works in government, and they have an 8-year-old son. For years, Chandni focused completely on her family, but deep inside, she always felt the desire to do something for herself.

“I loved taking care of my family, but I also wanted to create my own identity,” Chandni shares.

Since childhood, Chandni has had a passion for applying mehendi. She would often decorate the hands of her friends and family during festivals and weddings.

“I always enjoyed doing mehendi, but I never thought I could turn it into a career.”

A turning point came when she met Preeti ma’am from her colony, who told her about mehendi training under the women’s safe tourism project. Chandni felt inspired and decided to join, even though she was a little hesitant at first.

SANGINI MAHILA KALYAN SAMITI

“She encouraged me and made me believe that I could do it.” During the training, Chandni learned various beautiful designs, including bharwa mehendi, Arabic designs, and latkan designs. With practice and dedication, she improved her skills and gained confidence.

After completing the training, Chandni decided to take her passion seriously. She started accepting orders for weddings, parties, and festivals. “Slowly, people started recognising my work.”

Today, Chandni is especially known for her expertise in bridal (dulhan) mehendi and bharwa designs. Her work is appreciated by many, and the compliments she receives have boosted her confidence even more.

“When people praise my designs, it gives me so much happiness and motivation.”

Now, Chandni is not only managing her family but also living her dreams. She feels proud to have built her own identity alongside being a homemaker.

Her journey would not have been possible without her hard work and the guidance of Preeti ma’am, who supported and encouraged her throughout.

“Today, I feel proud of myself. I am doing something of my own.” Looking ahead, Chandni dreams of expanding her work and inspiring more women to follow their passions. Her story shows that with determination and passion; age or circumstances can never become a barrier.

“If you truly want to do something, you can achieve it with hard work and dedication.”

Success Story: Reena Rathore



Reena Rathore lives in Sabri Nagar with her family. She is a mother to a 6-year-old daughter, whom she calls her biggest strength. Her husband works at a petrol pump, and their life is simple and stable. But deep inside, Reena always had a dream to do something more.

“I loved applying mehendi, but I never thought it could become my career,” Reena shares.

Since childhood, she has enjoyed putting mehendi on her friends and relatives during weddings and festivals. For a long time, it remained just a hobby. Everything changed

SANGINI MAHILA KALYAN SAMITI

when she met a woman trainer in her neighbourhood who told her about mehendi training under the women's safe tourism project.

“I felt inspired and decided to take the training. I wanted to give my passion a chance.”

During the training, Reena learned many types of mehendi designs, including Arabic, bridal (dulhan), bharwa, latkan, and modern designs. Her trainer taught her every small detail with patience, which helped her build confidence.

“Slowly, I started believing in myself.”

After completing the training, Reena decided to take her work forward. In the beginning, she set up stalls in places like New Market and Bima Kunj. People who visited her stall appreciated her work a lot.

“That appreciation gave me confidence to continue.” Gradually, her work began to receive recognition. People began contacting her for mehendi services, and her demand increased. Today, she takes orders for weddings, parties, and festivals.

She is especially skilled in Arabic, bharwa, and bridal mehendi designs, and her work is loved by many. “When people like my designs, it makes me truly happy.”

Reena believes that her success is not just due to her hard work, but also to the support she received from Sangini. “They gave me this opportunity and helped me recognise my potential.”

Today, Reena is not only supporting her family but has also built her own identity and confidence. “For me, this is not just work, it is my passion and my identity.”

Looking ahead, she dreams of inspiring more women to turn their hobbies into strengths and achieve something meaningful in life. Her journey shows that with passion, opportunity, and determination, even a simple hobby can become a powerful path to independence.

Success Story: Nainika Meena



Nainika Meena lives on Kolar Road in Bhopal. She is a young, enthusiastic woman who has graduated from MLB College. During her college days, she actively participated in NCC and also received self-defence training, which helped her build discipline and confidence.

“I always liked learning new things and stepping out of my comfort zone,” Nainika shares.

Her journey took a meaningful turn when she became associated with Sangini, an organisation that provides different types of skill-based training for women. Through Sangini, she discovered new opportunities to grow personally and professionally.

“At Sangini, I realised that learning never stops. Every training adds something new to your life.”

Because she loves travelling and exploring new places, Nainika chose to enrol in the Tourist Facilitation Centre (TFC) course. This course opened a whole new world for her.

“I enjoy travelling, so this course felt perfect for me. It gave me the chance to explore and learn at the same time.”

As part of the training, she participated in field visits and learning trips organised by the Madhya Pradesh Tourism Board. Along with about 50 students, she went trekking and visited places such as the Tourism Village Kotra, Chedkha, and a wildlife sanctuary.

“These trips were not just about travel, but about learning, understanding tourism, and gaining real-life experience.”

Through the TFC course, Nainika also learned how to interact with different types of people, guide tourists, and communicate confidently. She even got exposure to new technologies like VR (Virtual Reality).

“Meeting new people and talking to them has really improved my confidence.”

SANGINI MAHILA KALYAN SAMITI

Today, Nainika feels more confident, independent, and aware of her potential. She is grateful to Sangini for providing her with such valuable opportunities. “I feel proud to be a part of Sangini. It has helped me grow in so many ways.”

Not only is she working on her own development, but she is also encouraging other girls and women around her to join such programs. “I try to motivate others, especially those who hesitate to step out, so that they can also get these opportunities.”

Nainika’s journey is a wonderful example of how the right guidance and exposure can help young women discover their abilities and build a strong, confident future.

She expresses her heartfelt gratitude: “Thank you, Sangini, for giving me this platform and helping me believe in myself.”

Success Story: Subhadra Ahirwar



Subhadra Ahirwar, 45 years old, is a strong and determined woman, a mother of two daughters and one son. Her journey is not just about overcoming personal struggles, but also about becoming a voice for many other women.

Subhadra herself was once a victim of domestic violence.

“I know what it feels like to suffer in silence,” she says.

In 2006, she joined Sangini, and that decision changed her life. Through Sangini, she participated in many training sessions that helped her understand her rights and build her confidence. Over time, she became a Paralegal Volunteer (PLV) and actively supported other women.

“At first, I was scared. But slowly, I realized that I could help others who were going through the same pain.”

Today, Subhadra is known for her courage and commitment. She has worked on many cases related to domestic violence, women’s rights, and workers’ rights. She stands by victims, supports them emotionally, and helps them take the right steps.

“I try to solve problems peacefully first. Only in serious cases do we go to the police.”

SANGINI MAHILA KALYAN SAMITI

Her work is not always easy. She has dealt with some very serious and sensitive cases. One such case involved a victim of child rape and murder. When people raised their voices for justice, instead of support, they faced trouble from authorities.

“That was a moment when I felt afraid, whether we would get support from Prarthana ma’am and Sangini or not. But I did not step back.”

Subhadra openly admits that the system sometimes fails. “The authorities (the police) who are supposed to protect people do not always do their duty properly.”

Despite these challenges, she continues her work with courage. She has also been involved in spreading awareness against drug and substance abuse in her community.

Her efforts have made a visible impact. According to her, awareness and intervention have helped reduce cases of domestic violence in her area.

“When people become aware of their rights, they start speaking up, and that makes a difference.”

Today, Subhadra is not just a survivor but a leader. She supports women in distress, stands up against injustice, and works towards building a safer community. “I am not afraid anymore. I want to make sure no woman feels helpless like I once did.”

Her journey is a powerful example of transformation, from victim to protector and advocate for others. Subhadra Ahirwar’s story reminds us that courage, awareness, and the right support can turn pain into strength and create lasting change in society.

Success Story: Bhagvati Katare



Bhagvati Katare, a 55-year-old domestic worker, has lived a life full of struggle, but also courage and transformation. Her journey shows how strength and the right support can completely change a person’s life. Bhagvati worked in different households to support her family. One day, she faced a serious and unfair accusation. “They said I had stolen a laptop,” Bhagvati recalls.

She tried to explain that it was not possible. “I go to work on a bicycle. How could I even carry a laptop like that?” she said.

SANGINI MAHILA KALYAN SAMITI

But no one listened to her. The family complained to the police, and officers arrived at her house with a warrant and searched the entire house. Even after a full search, nothing was found.

“I felt humiliated. I knew I was innocent.”

Bhagvati believes that the real reason behind the accusation was her background. “The boy’s friends had taken the laptop, but I was made a scapegoat because I am a domestic worker.”

Despite the injustice, Bhagvati showed dignity and strength. She completed the remaining days of her work for that month and then decided to leave the job.

Alongside this, her personal life was also very difficult. She was a victim of domestic violence. Her husband, who worked as a mason, often came home drunk, consumed gutka, and physically abused her.

“My life felt like a constant struggle, both inside and outside the home.”

A turning point came when Bhagvati joined Sangini as a Paralegal Volunteer (PLV). Through Sangini, she received training, support, and a new sense of confidence.

“That is when my life started to change.”

With Sangini's help, she got the opportunity to run a Shakti Café near Piplani Police Station. This became her path to independence.

“Today, I run my own café. It is my identity and my strength.”

Her financial condition improved, and she gained respect and confidence in society. More importantly, her personal life also began to change.

“My husband has changed now. He supports me and sometimes even helps with my work.”

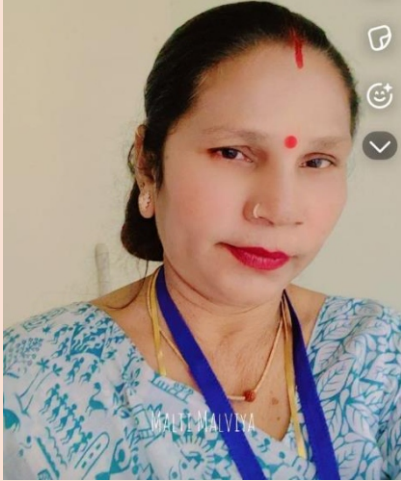
Bhagvati did not stop at improving her own life. She now actively supports other women who are facing domestic violence and injustice. “I know their pain, and I want to stand with them.”

Her journey from being falsely accused and abused to becoming an independent café owner and advocate for women’s rights is truly inspiring.

SANGINI MAHILA KALYAN SAMITI

Bhagvati Katare's story reminds us that no matter how difficult life gets, with courage, dignity, and the right support, it is possible to rise again. "I was once blamed and broken, but today I stand strong and help others find their voice."

Success Story: Malti Malviya



Malti Malviya lives in Bagmugaliya with her husband, Ganesh Malviya, and their three children: two daughters and one son. Earlier, her life was limited to household work.

"I used to stay at home and care for my family. I never imagined I could step outside and create change," Malti shares with a hopeful smile.

A turning point came when Anita Rajak visited her area and encouraged women to join Sangini. Initially, Malti refused.

"I said no a few times. I had joint pain and thought I wouldn't be able to go."

When Anita encouraged her again, Malti finally attended a Sangini meeting focused on gender and domestic violence. "That one meeting changed my thinking."

She began learning about women's rights and gradually got involved in community work.

"At first, I only helped in small neighbourhood disputes, but then I started understanding things more deeply." As she learned more, Malti realised that even her own mother had suffered from domestic violence in the past.

"The first person I tried to help was my own mother. I spoke to my father and tried to stop the violence at home." She soon began helping women in her community, visiting homes whenever she heard about fights or abuse.

"People would call me when there was violence. I would go there, support the woman, and if needed, take her to the police station to file an FIR."

Over time, Malti became more active. She attended meetings not only with Sangini but also with other organisations. Despite facing many personal challenges, she continued learning and even completed her education up to Class 10.

"I faced many problems in my life, but I did not stop."

SANGINI MAHILA KALYAN SAMITI

Today, Malti works with Sangini. She spreads awareness about domestic violence, gender equality, and women's rights. "I did not even know earlier that women have rights and that laws exist for us. Now I help other women understand their rights."

She is no longer afraid to speak to the police or authorities. In her community, if there is any serious conflict, she steps forward to resolve it or takes the matter to the police if needed.

"I stand strong now. I don't feel scared anymore."

Malti's journey shows her transformation from a homemaker to a confident leader working for justice.

Her story shows that with the right guidance and courage, any woman can rise, find her voice, and help others. "I want every woman to know her rights and live with dignity. That is my mission now."

Success Story: Priya Kushwaha

Priya Kushwaha is a Class 12 student, a young girl full of energy and dreams, but like many others, she once lacked confidence and awareness about her rights.

"At first, I didn't know much about these programs. I was just excited that police officers were coming to teach us self-defence," Priya shares.

Her journey began when members of Sangini came to her area and informed the girls about a training program. Out of curiosity and excitement, she decided to join.

At first, Priya attended the sessions with interest, but soon she realised that it was much more than just self-defence training. The program included many important topics, such as good touch and bad touch, helpline numbers, gender equality, and safety awareness.

"We learned how to protect ourselves, how to react if someone tries to harm us, and even how to help others in such situations."

The self-defence training helped her physically, while the sessions helped her mentally and emotionally. She also learned how to respond if she saw violence happening around her, whether at home, in the neighbourhood, or anywhere else.

"We were taught not to stay silent if something wrong is happening, but to take action."

Priya and her group also gave demonstrations of martial arts in different places, which boosted her confidence even more.

SANGINI MAHILA KALYAN SAMITI

“Standing in front of people and performing gave me so much confidence. I started believing in myself.”

One of the biggest changes in her life was her perception of the police.

“Earlier, I used to feel scared of the police. But now I feel they are our friends, and we can talk to them without fear.”

This change was not just within her, but also in her family. Initially, her parents were hesitant to let her attend such programs, but over time they began to trust her.

“Now my family feels safe sending me anywhere because they know I am learning something good and I am protected.”

When the second phase of the program started, Priya took the initiative to inform other girls who had missed the first phase.

“I wanted other girls to also get this opportunity, so I encouraged them to join.”

She also benefited from additional support, such as coaching sessions organised by Sangini and the police, where she received guidance on studies, career choices after Class 10, and even help with filling out forms.

“We even visited our local police station. It helped us understand how things work and removed all our fear.”

Today, Priya is a confident and aware young girl. She can speak her mind openly, make eye contact when she talks, and stand up for herself and others.

“Now I am not afraid. If something happens in my area, I can go to the police station myself and file a complaint.”

Her journey reflects a powerful transformation, from a curious but unsure girl to a confident, aware, and fearless young woman.

Through Sangini, she has not only learned self-defence but also gained the courage to face life’s challenges.

“I feel strong now. I can speak up without fear and support others, too.”

Priya’s story is an inspiration for many young girls, showing how the right guidance and opportunities can help them discover their strength and build a safer, brighter future.

Success Story: Vimla Ahirwar



Vimla Ahirwar, a 40-year-old woman, is a powerful example of courage and transformation. There was a time when she herself was a victim of domestic violence, living in fear and silence.

“I was scared of everything, even the thought of going to the police made me nervous,” Vimla recalls.

Her life changed when she joined Sangini. Through training, support, and guidance, she slowly began to understand her rights and build confidence.

“That is when I realised that I don’t have to stay silent. I can stand up for myself.”

With Sangini's help, Vimla got the opportunity to run a Shakti Café. What started as a small step towards independence soon became a turning point in her life.

“Running the café gave me not just income, but also respect and confidence.”

Today, her Shakti Café is running successfully. It has become more than just a place for food; it is now a safe space for women.

“Many women come to my café and share their problems. They feel safe here.”

Vimla did not stop at improving her own life. She began helping other women who were facing domestic violence. She supports them emotionally, tries to resolve issues peacefully, and in serious cases, helps them take legal action.

“I always try to solve matters calmly first. But if needed, I go with them to the police station or even to court.”

One of her most courageous efforts was helping in a child trafficking case, where she stood strong and ensured that the matter was addressed.

“I knew it was a serious case, but I could not step back. Someone had to help.”

Her confidence has grown so much that now, if she hears about violence happening in her neighbourhood, she does not hesitate to step in.

“If I hear someone being hurt, I go there, knock on the door, and try to stop it. I cannot ignore it anymore.”

SANGINI MAHILA KALYAN SAMITI

Vimla also motivates other women to be strong and fearless.

“I tell them, don’t be afraid. Be courageous and raise your voice against injustice.”

Today, Vimla is no longer the woman who once lived in fear. She is a leader, a supporter, and a voice for many women who are still struggling.

Her journey shows how the right support and inner strength can transform a victim into a changemaker.

“I was once afraid, but now I stand strong, not just for myself, but for others too.”

Success Story: Pooja Meena



Pooja Meena’s life is a story of pain, survival, and courage. Today, she stands as an independent woman, but her journey has been extremely difficult.

Pooja was married at 16 under pressure from her family and relatives. She had to leave her studies behind.

“I was too young, but I had no choice. Everything happened so quickly,” she recalls.

Within a month, she was married to a stranger. She was told that her husband was a good man, but reality was very different. As soon as she reached her in-laws’ home, she was treated like a servant. She was not allowed to talk to her family or go back home.

“My life felt like a cage. I had no freedom, no voice.”

Her husband was extremely suspicious about her character. Even small things became reasons for conflict. Once, during Rakhi, when she went to her parental home, her husband accused her of wrongdoing just for tying a rakhi to her brother.

“He insulted my character and forced me to return with him the very next day.”

At a cousin’s wedding, she was not allowed to enjoy or even talk freely with her family. Her husband and in-laws constantly doubted her and controlled her actions.

SANGINI MAHILA KALYAN SAMITI

The violence soon became severe. Under the influence of her husband's family, he brutally beat her with a hockey stick, breaking her leg. "I still remember the pain. It was not just physical; it broke me emotionally, too."

Despite this, the abuse continued, both physical and mental. She was not even allowed to visit her family when her mother was ill. She was treated like a slave in her own home.

Once, during her pregnancy, her husband beat her so badly that she suffered a miscarriage.

"That was one of the darkest moments of my life."

In another incident, her husband even assaulted her father, who was already unwell, worsening his condition. When they tried to call the police, no help came.

Later, when Pooja returned to her in-laws' house to collect her documents for hospital treatment, she was again brutally attacked by her husband, mother-in-law, and sister-in-law. They pulled her hair, hit her head, and destroyed her belongings.

"They tore away my jewellery and even threw away my documents. I felt completely helpless."

When she tried to seek help, her in-laws falsely accused her, and even the police did not support her.

"It felt like the system had failed me."

After her father's death, Pooja finally made a life-changing decision.

"I decided that I would never go back. I chose to live for myself."

She left her husband and started living independently. With the support of Sangini and guidance from Prarthana ma'am, she slowly rebuilt her life.

"I got strength from Sangini. They helped me believe that I could stand on my own."

Today, Pooja runs a small shop for her livelihood and is also successfully managing a Shakti Café. She has chosen not to return to her abusive marriage and has decided to live independently.

"I don't want to go back. I want to live with dignity and peace."

Her husband once told her that she would beg for a divorce, but Pooja chose her own path without waiting for his approval.

SANGINI MAHILA KALYAN SAMITI

“I don’t need anyone’s permission to live my life.”

Pooja’s journey is not just about survival; it is about rising above injustice. From being a victim of extreme violence to becoming a self-reliant woman, she has shown incredible strength.

Her story is a reminder that no matter how difficult life gets, with courage and the right support, a new beginning is always possible.

“I have suffered a lot, but today I am free. And that is my biggest strength.”

Success Story: Nanki Bhagat



Nanki Bhagat, 68, is a proud and talented woman who has spent her life preserving and sharing her culture. She is an artist at heart; a singer of indigenous Adivasi songs and a performer of traditional dances, such as the Dhuria.

“I have always loved singing and dancing. It is not just art for me, it is my identity,” Nanki shares.

For three years, she performed on platforms like Akashwani and Doordarshan, where her voice and talent reached many people. Her journey as an artist also took her to different parts of the country, including Tamil Nadu, where she proudly represented her culture.

She has performed in front of many respected dignitaries, including former Chief Minister Shivraj Singh Chouhan.

“I felt proud that my culture was being recognised and respected.”

However, her journey was not without challenges. Some people, out of jealousy, tried to trouble her and even attempted to harm her to suppress her talent.

“They wanted to stop me, but I decided not to stay silent.”

Instead of giving up, Nanki stood strong and continued her work with courage.

“I believe if we stand up for ourselves and our family, it can bring a big change.”

Today, Nanki Bhagat is not only an artist but also a Paralegal Volunteer (PLV) with Sangini. She uses her strength and experience to help her community.

SANGINI MAHILA KALYAN SAMITI

She actively works to stop child marriages, drug addiction, and domestic violence in her area. Whenever she hears about such issues, she steps in to guide and support people.

“I cannot ignore injustice. I feel it is my responsibility to help others.”

Her life has transformed from being just an artist to becoming a community leader and protector of rights.

Nanki Bhagat’s story is inspiring because it shows how one woman, despite facing jealousy and challenges, continued to rise and make a difference.

“I am proud of who I am today. I want to keep working for my people and my culture.”

Her journey reminds us that courage, talent, and a strong will can not only shape one’s own life but also bring positive change to many others.

Success Story: Khalikun



Khalikun, 68, is a woman whose life reflects both deep pain and remarkable strength. She was married at the young age of 17 to a relative’s son. Today, she has three sons and one daughter, all married, and she describes her married life as peaceful and supportive. “My married life has been stable, but my childhood was very difficult,” Khalikun shares.

As a child, she went through a traumatic experience that stayed with her for years. Her mother was falsely accused of having an affair, and society began to treat them with suspicion and disrespect. People judged her family without knowing the truth.

“I remember feeling so scared. There were times I begged my mother to lock me inside a trunk when she went to work, just so I could feel safe.”

Her father did not support her mother during that time and believed what others said. This led to social exclusion and emotional pain for Khalikun and her mother. It was her maternal grandfather who stood by them and helped them survive that phase.

Years later, when the truth came out, her father tried to bring them back, but her mother refused.

SANGINI MAHILA KALYAN SAMITI

“She said, ‘If he did not trust me once, how can I trust that it won’t happen again?’ That moment taught me a lot about dignity and self-respect.”

These early experiences shaped Khalikun into a strong and aware woman.

A major turning point in her life came when she joined Sangini. Through the organisation, she learned about social issues like child marriage and domestic violence.

“I realised that many women still suffer in silence, just like my mother did.”

Today, Khalikun actively helps women who are facing domestic violence. She spreads awareness wherever she goes, even in public places like buses and auto-rickshaws.

“I talk to women openly. I tell them that they don’t have to suffer quietly.”

Her work is not limited to helping victims; she also educates people about their rights and encourages them to stand up against injustice.

Khalikun has transformed her painful past into a source of strength. She uses her voice to support others and make them feel less alone.

“I don’t want any woman or child to feel the fear that I felt.”

Today, she is a symbol of courage and resilience in her community. From a frightened child to a confident woman who empowers others, her journey is truly inspiring.

Khalikun’s story reminds us that even the deepest wounds can become a source of strength, and with courage, one can rise above the past to create a better future for others.

Success Story: Saroj Suryanwanshi



Saroj Suryanwanshi, a 49-year-old woman and mother of seven children (five daughters and two sons), is a powerful example of courage and transformation. Her life began in a very restricted environment, where she lived under the purdah system and was mostly confined to her home.

“I used to stay inside the house all the time. I did not have the confidence to step out or speak up,” Saroj shares.

Everything changed when her family moved to Bhopal. There, she came in contact with Sangini, and that became the turning point in her life.

SANGINI MAHILA KALYAN SAMITI

“When I joined Sangini, I slowly started understanding my rights and gained confidence.”

Through training and continuous support, Saroj became a Paralegal Volunteer (PLV). The same woman who once hesitated to step outside now confidently visits police stations and courts to fight for justice for women facing domestic violence.

“I am not afraid anymore. I know how to stand up for what is right.”

Her courage is reflected in many real-life situations. Once, a woman who was being threatened by her husband with a knife ran to Saroj’s house for safety. The husband followed her, but seeing Saroj’s strong connection with the police and her fearless attitude, he did not dare to enter.

“I knew I had to protect her. No woman should feel unsafe.”

Saroj has also stood up for her own family. She fought for justice for her daughter, who faced domestic violence, and supported her sister, who was a victim of harassment.

In one of the most dangerous situations, Saroj confronted a local goon and his gang who had taken a woman hostage. Despite people in the area warning her not to get involved, she did not step back.

“Everyone told me to stay away, but I could not ignore it. I went to the police station and stayed there all night to ensure action was taken.”

Saroj believes that her transformation was possible because of Sangini and Prarthana ma’am’s guidance.

“They removed my fear and hesitation. They showed me that I can be strong.”

Today, Saroj and other PLVs in her community stand together to support women. She recalls how, earlier, people would close their doors out of fear when police came.

“But now, we stand in front, speak confidently, and fight for justice.”

Saroj’s journey, from a woman confined to her home to a fearless advocate for women’s rights, is truly inspiring. She has become a protector, a leader, and a voice for those who cannot speak.

“I want every woman to know that she is not weak. We all have the strength to fight for our rights.”

SANGINI MAHILA KALYAN SAMITI

Her story is a reminder that with the right support and courage, even the most silent voices can become powerful forces for change.

Success Story: Rajkumari Singh



Rajkumari Singh, 39 years old, is a mother of four children, one daughter and three sons. For many years, she lived as a homemaker, focused solely on her family and household responsibilities.

“I used to stay at home and never thought I could step out and help others,” Rajkumari shares.

Her life began to change when she joined Sangini. Through the organisation, she received training on key topics such as domestic violence, gender equality, and justice.

“These trainings opened my eyes. I understood that women have rights and we should not stay silent.”

Slowly, Rajkumari started gaining confidence. The woman who once hesitated to speak in front of others began to find her voice.

“At first, I was nervous, but with time, I became stronger.”

Today, Rajkumari actively supports women who are facing domestic violence. She helps them understand their rights and stands with them when they seek justice.

“I cannot ignore when I see a woman suffering. I feel it is my duty to help.”

She often accompanies women to the police station to file complaints. However, her journey has not been without challenges.

“Sometimes, the police do not listen to us or take us seriously. That makes things difficult.”

Despite these obstacles, Rajkumari does not give up. She continues to stand firm and advocate for justice.

“I have learned to be patient and persistent. If we keep trying, we can bring change.”

Her transformation from a quiet homemaker to a confident advocate is truly inspiring. She now believes in her strength and encourages other women to do the same.

“I want every woman to know that she is not alone. We can fight for our rights together.”

Success Story: Nasreen Ansari



Nasreen Ansari, 42, is a strong and independent woman whose journey is a story of courage and transformation. She originally comes from Kanhasaiya and moved to Bhopal after her marriage.

Her married life, however, was full of hardship.

“I was not allowed to step out or even talk freely. I felt trapped inside my own home,” Nasreen shares.

She faced both physical and mental abuse and was often isolated from her family. Over time, the situation became unbearable, and in 2013, she decided to take a bold step and get divorced.

“It was a difficult decision, but I knew I had to choose a life of dignity.”

As a single mother of two daughters, Nasreen now had the responsibility of raising them alone. She wanted to give them a good education and a better future.

“I wanted my daughters to have the life I never had.”

A turning point came when she joined Sangini. Through the organisation, she received training, awareness, and life skills that helped her rebuild her life.

“Sangini gave me the confidence and knowledge to stand on my own feet.”

One of the most life-changing skills she learned was driving. With dedication and practice, Nasreen became a taxi driver, a role not many women take up.

“Driving gave me freedom and a source of income.”

Today, she not only works as a taxi driver but also teaches driving, helping more women become independent.

Her journey was not easy. In the beginning, she faced many challenges, especially when technology such as Google Maps was not readily available.

“I had to learn routes on my own. It was tough, but I didn’t give up.”

SANGINI MAHILA KALYAN SAMITI

Despite all difficulties, she continued working hard and gradually built a stable life. She enrolled her daughters in school and ensured they received quality education.

“My daughters are my strength. Everything I do is for them.”

Nasreen expresses deep gratitude to Sangini and Prarthana ma'am for guiding her and providing her with a platform to grow.

“They didn't just train me, they helped me believe in myself.”

Today, Nasreen lives with dignity, confidence, and independence. Her journey from a life of confinement and abuse to becoming a professional driver and teacher is truly inspiring.

“I am proud of who I am today. I have created my own path.”

Her story is a reminder that with courage, support, and determination, it is possible to overcome even the toughest challenges and build a life of self-respect and freedom.

Success Story: Rani Vishwakarma



Rani Vishwakarma, a 40-year-old mother of three children, is a strong example of determination and self-reliance. Earlier, she was a homemaker who depended completely on her husband for financial support.

“I used to stay at home and depend on my husband for everything,” Rani shares.

Her life took a new direction when she joined Sangini in 2017. Through the organisation, she received various types of training, including driving, which completely changed her life.

“I never imagined that I would become a driver one day.”

With hard work and confidence, Rani learned how to drive and slowly started working. Today, she is a taxi driver who not only works within Bhopal but also travels outside the city for her business.

“Now I go wherever my work takes me. I am not afraid anymore.”

Rani also worked as an ambulance driver for 6 years, demonstrating her courage and dedication. Currently, she also drives schoolchildren, ensuring their safety every day.

SANGINI MAHILA KALYAN SAMITI

“There was a time when people used to say that women cannot do such work.”

But Rani proved them wrong.

“I believe that if a woman decides to do something, she can achieve anything.”

Her business has grown steadily. Recently, during Diwali, she bought another vehicle, which was a proud moment in her life.

“It felt like a dream come true. All my hard work paid off.”

Today, Rani is financially independent and confidently managing her family responsibilities. She is no longer dependent on anyone and has built her own identity.

“I feel proud that I can support my family on my own.”

Rani also inspires other women to become independent and believe in themselves.

“I always tell women, don't limit yourself. You are capable of doing much more.”

Her journey from a homemaker to a successful driver and entrepreneur is truly inspiring. It shows that with the right support, training, and determination, women can break barriers and create their own path.

“I changed my life, and I want other women to do the same.”

Success Story: Shivani Wankhede



Shivani Wankhede is a college student and a dedicated changemaker who has worked with Sangini for three years. Her story demonstrates how early awareness and bravery can spark genuine societal transformation.

Reflecting on her beginnings, Shivani shares, “When I first joined Sangini, I didn't realise how much it would change me.”

Through the Srajan program, Shivani studied critical topics such as the POCSO Act, cybercrime, gender equality, and domestic violence. She also trained in self-defence techniques such as judo and karate, strengthening her physically and mentally.

“These trainings helped me understand my rights and also how to protect myself and others.”

SANGINI MAHILA KALYAN SAMITI

She took part in numerous workshops and awareness sessions, steadily developing her confidence. “Earlier, I used to hesitate, but now I can speak confidently in front of people.”

What sets Shivani’s journey apart is her real-world impact. Together with her mother and fellow community members, she has intervened in and halted multiple domestic violence cases in her neighbourhood. “If I see something wrong happening, I cannot stay silent.”

For instance, one of her most courageous acts was stopping a child marriage in Khandwa. “That day, I realised that even a small step can save someone’s future.”

Building on these experiences, today Shivani is not just a student but also an active community volunteer. She continues to spread awareness and support those in need.

“I want to make sure that no child or woman suffers because of a lack of awareness.”

In sum, her journey reflects how young individuals, when given the right guidance and opportunities, can become powerful voices for change.

Shivani’s story is a strong reminder that age is not a barrier; what matters is courage, awareness, and the willingness to stand up for what is right.

“I am still learning, but I know I can make a difference.”