

## Success story

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### MANISHA MESHAM- WENLIDO TRAINER.



“I attended Wenlido training in 2009. That training not only changed my life but also my personality and my way of thinking. I found that Wenlido training could be really useful for every woman to live a fearless and happy life. I became aware about my rights as a human being. I became confident, I learned to speak with confidence, and was able to use self defence skills to stop violence.

I wanted to give this training to other women. Prabodhini project organized a trainers training in 2010 and I got the opportunity to attend that. I went through training process for one year and became ready to provide training and teach Wenlido skills to others. I came forward as a trainer.

As a trainer when I give training to other women, young girls or girls in schools always I learned new things from them. It is always challenging for me that I am teaching others but how much I apply in my own life.



After my marriage I don't live life as a typical Indian woman, wife or daughter in law. I live in village so my in-laws as well as other people have traditional mindsets. But I challenge such social conditioning without hurting anybody by using the skills that I have learned from this training. Other women also observe me, what I wear, how I speak and how I live. So indirectly I also teach other women and men. At my in-laws I use NVC and Wendlido verbal and mental skills and protect myself from violence. I give my opinion and involve myself for decision making in family affairs.

When I give training to young girls and women I hear that every woman and girls experience different types of violence at the hands of men. Often they suffer violence and don't speak about it. But self defence training creates an atmosphere and platform to speak about their experiences. I see positive changes in women and girls within three days. After training I keep contact with participants and try to know from them how they are using Wendlido skills. When I hear their inspiring stories stories about how they encountered violence, I feel satisfied about my work.

I am happy that I am reaching many villages and cities to train women and girls. Many schools, institutions and people understood the importance and value of self defence training and they connected with PRABODHINI. I feel we are working together for girls and women's safety.

Many women and young girls need self defence training. Because of self defence training I am living a safe and happy life and wish to provide the same to other women.

Thanks to Prabodhini for giving me such a beautiful life and giving the opportunity to serve others.

THANK YOU.