

FINDING OUR STRENGTH

A Journey Of Empowerment

The girls at the shelter home recently participated in a **10-day self-defense training** program that became much more than learning physical techniques. The sessions focused heavily on awareness, boundaries, confidence, finding their voice, mindset, and personal safety. For almost all the girls, this was the very first time they truly felt the immense power they hold within themselves.



*and belief in
ourselves.*



*I AM AWARE.
I AM CAPABLE.
I AM ENOUGH.
I AM STRONG.*



MORE THAN PHYSICAL STRENGTH

The training showed the girls that self-defense goes beyond physical strength. It requires awareness, quick decisions, confidence, and trusting oneself. They learned about fight, flight, and freeze responses, including the risks of staying stuck in "freeze" during danger.

The sessions also emphasized setting boundaries, recognizing warning signs, using confident body language, and staying alert in all environments. They explored online safety, spotting manipulation, and trusting their instincts.

THE POWER OF VOICE AND POSTURE

The girls learned practical self-defense techniques such as blocking, palm strikes, and the SOS defensive posture.

However, one of the most impactful lessons came from practicing using their voices loudly and clearly.



Through commands like "STOP," "NO," and "STAY BACK," many girls shared that this specific part of the training made them feel especially powerful.



They realized that their voice itself can become a formidable form of protection.

Healing, Growth, and Confidence

THE EMOTIONAL SHIFT

For many girls, the training created a deep emotional shift.

Coming from situations where they often felt powerless, several girls shared that the program helped them finally feel strong, capable, and confident.



IN THEIR WORDS

- **Kamana** learned that setting boundaries gives her the absolute right to stand up and fight for herself. She learned the importance of staying alert in public spaces, and realized that if visually impaired individuals can learn self-defense, everyone can. Which left her feeling truly powerful in her own body.
- **Kavya** learned the crucial color awareness system, realizing that staying alert in the "yellow" state is vital for daily personal safety. Feeling much stronger, she learned that if something unsafe happens, she is now fully ready and able to fight for herself.
- **Isha** learned that her own voice is a powerful weapon to seek justice and protect herself. She learned the dangers of the "freeze" response and realized that instead of freezing during hardships like she used to, she is now empowered to actively respond through fight or flight.
- **Tara** learned to stop believing she was weak due to her painful past. She learned the importance of using her voice confidently and realized that she doesn't always have to say "yes," discovering that creating boundaries is a profound act of self-respect and protection.
- **Devi** learned the SOS block technique, discovering the power of combining a strong body posture with a vocal "STOP." She realized that practicing this technique melted her fear away, replacing it with an incredible, newfound confidence.

Throughout the 10 days, the girls discovered confidence, courage, awareness, and deep belief in themselves. The training reminded them that strength is not only physical but comes from voice, boundaries, and the confidence to stand up for oneself.

Thank you for making this growth possible.

