तोड़ो बंदिशें

Break the Chains
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Break the chains
तोड़ो बंदिशें जल्द और जबरन (जबर दर्शी) शादी के खिलाफ एक सामूहिक अभियान है जो फैट के युवा महिला नेतृत्व कार्यक्रम के स्तर 2 की लड़कियां चला रही हैं।

यह अभियान 2015 में दक्षिण दिल्ली में कम-आय वाले शहरी निवासियों की 31 लड़कियों ने शुरू किया। इस भाग 2 में बिहार और दिल्ली की लड़कियों ने साथ मिलकर अपनी जिन्दगी की वास्तविक कहानियों को ईमानदारी से सामने लाने के लिए मिलकर काम किया है।

युवा महिलाओं ने अपने समुदायों में जल्द और जबरन शादी के बारे में जागरूकता पैलाने के लिए फोटो-कहानियां और फिल्में बनाई और स्क्रीनिंग और ब्रांड-से द्वारा अभियान से इनका प्रचार करके, तैयार होने से पहले शादी के दबाव के खिलाफ लड़ने के लिए चर्चा की।

हमने प्रतिबंधियों को कई कार्यशालाओं के माध्यम से जल्द और जबरन शादी के कारणों की जड़ समझने में मदद की और उन्हें कमरे एवं फोटोग्राफी कोशल में प्रशिक्षण दिया ताकि वह अपने जीवन और चारों और जो देखें उस छवि को एक ईमानदार नज़र से दिखा सके।

अपने दिल के करीब वाले विषयों का चयन करके, अपनी दुनिया को संवेदनशीलता से समझ के और अपनी तीव्र नज़र का उपयोग कर के इन युवा महिलाओं ने हमारे समाज में मौजूद कुछ गहरी असमानताओं का खुलासा किया है।

यह कहानियां दिखाती हैं कि स्वच्छता, शिक्षा, स्वास्थ्य, आजीविका, भेदभाव, हिंसा और जीवन के विकल्प की बुनियादी समस्याएं अब भी हमारे समाज को कंसे पीड़ित करती हैं।

इस किताब में फोटो कहानियां और सहायक पेन द्राइव में निम्नलिखित वास्तविक फिल्म हैं

तोड़ो बंदिशें (दिल्ली, 2015 – जल्द और जबरन शादी पर फिल्म)
तोड़ो बंदिशें चर्चा (दिल्ली, 2015 – तोड़ो बंदिशें का उपयोग कर सामुदायिक चर्चा और प्रचार)
नन्हीं बूंदें (दिल्ली, 2017 – जल्द और जबरन शादी का स्वास्थ्य पर प्रभाव)
आखिर क्यों (बिहार, 2017 – 6 दूसरी जिलों में पहली बार कमरे के उपयोगकर्ता पूछती हैं क्यों जबरन शादी)
**Todo Bandishen** is a collective campaign against early and forced marriage by girls from Level 2 of FAT’s Young Women’s Leadership Program.

This campaign started in 2015 with 31 girls from low-income urban communities in South Delhi. In Part II girls from Bihar and Delhi have worked together to bring real, honest stories of their lives.

The young women made photo-stories and films to spread awareness about early and forced marriage in their communities and using this media, organised screenings, door-to-door campaigns and discussions to fight the pressure of getting married before they are ready.

We helped the participants understand the root of causes early and forced marriage through multiple workshops and gave them the cameras and training in photography skills to document their lives and of those around them.

By choosing topics close to their heart, using their keen observation and a sensitive understanding of the world around them, these young women have uncovered a range of inequalities present in our society.

The stories show how very deeply the basic problems of sanitation, education, health, livelihood, discrimination, violence and choice still plague our society.

This book contains photo stories and the following in the enclosed USB drive:

- **Todo Bandishen**
  (Delhi, 2015 - film on early and forced marriage)

- **Todo Bandishen Charcha**
  (Delhi, 2015 - Community discussions and campaigning using Todo Bandishen)

- **Nanhi Boondein**
  (Delhi, 2017 - Impact of early and forced marriage on health)

- **Aakhir Kyon**
  (Bihar, 2017 - First time camera users in 6 remote districts ask why forced marriage)
Photo stories on the theme - Women in Chains
Chautarwa village,
Panchayat Lagunah,
the population here is
approximately 1452
This is Anjana Devi, she has resolved to do something for girls and women, she provides girls with study material and teaches those who do not go to school.
She leads an 11-member self-help group that meets on the 15th of each month. She collects money and deposits it into a bank so they earn interest on it each month, the women discuss and lend money among the group as needed.

यह 11 सदस्य के स्वयं-सहायता समूह का नेतृत्व करती हैं जो हर महीने 15 तारीख को मिलते हैं, पैसा इकट्ठा करके बैंक में जमा करती हैं ताकि हर महीने ब्याज मिले। सभी महिलायें चर्चा करती हैं और आपस में आवश्यकता के अनुसार उधार देकर पैसे का हिसाब लेती हैं।
This is Pramila Devi, she is a barber by caste and makes mid-day meals at the primary school.
Feeding the children and washing the utensils is part of her job.
She does her chores at home like collecting wood and then also goes door to door to do the work assigned to her caste, in return she gets grain to feed her family.
These girls live in Madhubani district and their names are Jagni Kumari aged 13 years, Poonam Kumari who is 11 and Kavita Kumari aged 9.
I have not studied but I perform child labour to educate my sister.
The hoe that I am using is mostly handled by men but my father says you do it or else we will throw you out of the house and your sister’s education will also stop.
When we get home after working in the field and tell our parents that we want to go to our friends’ house they say there is work to do at home.

Us four sisters have worked very hard to grow this crop.
These are the Sukanya Club girls. The girls here talk about marriage, how they can delay getting married, they get legal information here on how girls can continue to study. We take decisions and shout different slogans in unison.
This is Nipu Kumari from Sukanya Club, she goes home from the meeting, does some stitching work and she also reads.
She does not want to work like this, her heart wants to study, she gets scolded for not working so she feels helpless and works.
Despite being educated, why is this girl putting garbage onto a moving train? Because there is no garbage can in front of her house.

Our society asks why educate girls so they are kept at home and either take care of their younger siblings or are married off.

How hard a woman has to work, is she was educated, she would not have to do so much.
A girl who should be in school is working at home because her parents have no income, there are employment opportunities in Delhi but the wages are so low that the girl has to work at home.

एक लड़की जिसे स्कूल जाना चाहिए वह घर का काम कर रही है क्योंकि उसके माँ-बाप के पास आमदनी नहीं है, दिल्ली मे रोजगार तो है लेकिन आमदनी बहुत कम है इसलिए लड़की घर का काम कर रही है
My role in my life’s decision

Nandani

Kajal from Muzaffarpur really wants to study and is enrolled at the local school, but her mother does not let her study because she makes her work at home. In her heart, Kajal really wants to play like other children.
ये मधु कुमारी है और यह दुमरी पकरी गांव, मुजफ्फरपुर जिला की रहने वाली है, यह घर के सारे काम करती है जिसकी वजह से पढ़ नहीं पाती है। खाना समय पर नहीं बना तो उसकी मम्मी भारती हैं।

This is Madhu Kumari and she lives in Dumri Pakri village, Muzaffarpur district, she does all the work at home so she cannot study. If the food is not ready on time then her mother beats her.
What a difference between a brother and a sister in the same home, the brother is working on his laptop and the sister is washing the dishes, from morning until evening, brothers work on their laptops, they have all the time in the world but sisters work all day long and have to find time to study.

यह दोनों भाई—बहन में कितना फर्क है एक ही घर में भाई लैपटॉप पर काम कर रहा है और बहन बर्तन साफ कर रही है, भाई सुबह से शाम तक लैपटॉप चलाते हैं भाइयों के पास समय ही समय है पर बहनें दिन भर काम करती हैं फिर अपने लिए पढ़ाई का समय निकालती हैं।
लड़का और लड़की दोनों को पढ़ने का अधिकार है समाज में इन दोनों को बराबर के अधिकार दिए लेकिन क्या लड़की को अपना हक समानता से मिल रहा है? क्या वह अपने सपने देख सकती है?

Both a boy and a girl have a right to education, society has given equal rights to both, but is the girl getting her right? Does she have dreams for herself?
Girls work all day long, they still get less food, boys play all day long and are given more to eat. What a difference between the two here, the boy is healthy while the girl is weak.

लड़की दिन भर काम करती है फिर भी उसे कम खाना देते हैं लड़के दिन भर खेलते हैं उन्हें ज्यादा खाना दिया जाता है यहाँ दोनों की सेहत में कितना फरक हैं लड़के की सेहत अच्छी हैं लड़की की सेहत कमजोर।
यहाँ लड़की को खाना बनाने के लिए कहा गया है। लड़की को घर की जिम्मेदारी दी गई है। लड़कों को पढ़ाई करने को कहा है उसके ऊपर कोई जिम्मेदारी नहीं है वह अपनी जीनदी मस्ती में जी रहा है।

The girl has been asked to cook she has a responsibility in the household. The boy is asked to study, there is no work assigned to him, he is living a carefree life.
This is Mina, she is 16 years old and her home is in Gonpura Pokhar. There are 6 members in Mina’s family, her parents, 2 brothers and a sister.
Mina's sister is married and her parents were planning Mina's marriage, when she got to know about it, she tried to tell them that she wanted to study and not get married. When they did not listen to her she ran away from home, so her brother beat her black and blue, got Mina back home and got her forcibly married and now she is resigned to her fate.
Mina really wants to study but her husband does not like that she reads, when Mina's brother teaches the children, she watches them very carefully.
Meena is working at home, her mother, who is disabled, is sitting and working.

मीना अपने घर के काम कर रही हैं, उसकी माँ जो विकलांग हैं बेट कर काम कर रही हैं।
Meena thinks how she can talk to her husband to get the permission to study.
India’s capital Delhi, a lack of water is the biggest problem faced by people here. Earlier people did not have water problems, today the reality is that people have to buy drinking water.
It is mostly the women and children who wait for their turn to fill up water and they have to fill up and carry two large jars upstairs, which could affect their health.
The government has set up 4 to 8 taps but water runs in only 2 to 3 of them and the pressure is so low that it gets dark, but people are not able to fill their jars and cans. The time available is also so short, water runs from 4 in the evening until 8 at night.
The water is only a trickle so people put their mouths on the tap to suck the water out and they start crowding around the taps.
What is my Identity

Priyanka

A red sari, red vermilion, red bindi and black mangalasutra around my neck, these are signs that I am married.
I do not wear the red vermilion, I don’t wear a black mangalasutra nor do have I a red bindi. Will you know if I am married?

People take one look at me and can tell that I am a married woman but looking at my husband nobody can tell if he is married, why do we have to wear or use these symbols?
Even though she does not want to, Kanchan Kumari has to do all the work at home like getting fodder for the cow.
She makes cow-dung cakes for fuel to cook and then cooking the food. Kanchan also works outside her home to earn money.
She does not get paid a full wage and is forced to do sewing work to pay for her education.
This is the middle school in Manoharpur village, Buxar district.

यह बक्सर जिले के मनोहर पुर गाव का मिडिल स्कूल है।
Lalita Devi, 45 is from village Manoharpur, Police Station Itarahi, District Buxar in Bihar, she has been working in this school since 2008.

यह ललिता देवी हैं, उम्र 45 साल और ग्राम मनोहर पुर धाना इतरही, जिला बक्सर, बिहार से हैं, 2008 से इस स्कूल में खाना बनाने का काम करती हैं।
Three women of different castes are employed here and since Lalita Devi is chamar by caste, she has to silently suffer discrimination. She is made to do work like preparing cowdung cakes for fuel, washing the dishes and sweeping the floor but is not allowed to touch the cooked food. She can neither go out to feed the children nor can she eat the food herself. She works to support her family and due to her poor financial conditions, is unable to voice her protest against this caste discrimination. She is scared that if she complains, she will lose her source of livelihood.

हाँ पर अलग-अलग जाति की तीन महिलाएं काम करती हैं और क्योंकि ललिता देवी चमार जाति की हैं, इनके साथ भेदभाव होता है। इनके गोबर के उपले ढोना, बतर्न धोना, झाडू लगाना, जैसा काम दिया जाता है लेकिन रसोई घर में बना हुआ खाना नहीं छूना और स्वयं निकल कर ना तो बच्चों को दे पाती हैं, ना ही खुद खाती हैं। अपनी जीवन के लिए काम करती हैं और जाति के भेदभाव को आर्थिक स्थित ठीक न होने के कारण यह आवाज नहीं उठा पाती हैं, इनके मन में डर हैं कि कहीं मैंने किसी से शिकायत कर दी तो मेरी नोकरी चली जाएगी।
Anjali belongs to Dumri Pakri village, district Muzaffarpur and she is 16 years old.
Since Anjali is very poor and her father is no more, her mother has to manage alone. Working in other’s homes, Anjali’s mother earns to runs the household and takes care of her daughter.

हय बहुत गरीब है, इसके पापा नहीं हैं तो मम्मी को सब कुछ करना पड़ता है। मम्मी दूसरों के घर में काम करती हैं और उससे अपना घर चलाती हैं इसकी मम्मी इसका ध्यान रखती हैं।
अंजली को एक साल से टीबी की बीमारी है यह बहुत सारी दबाई खाती है। यह लोगों से दूर रहती है क्योंकि इसको लगता है कि इसकी बीमारी किसी और को न हो जाये। इसके बहन—भाई भी इसके साथ खाना नहीं खाते हैं।

For an year Anjali has suffered from tuberculosis and she has to eat a lot of medicines. She stays away from people because she feels that she will infect others with the disease. Even her brothers and sisters do not eat food with her.
Block Bagah 1, Panchayat Lagunah in Bahurva village, girls here suffer under child labor and there is unemployment, so the economic condition is pitiful.
Poonam is 12 years old, she is very poor and a child labourer. Her father Mahendra does not work as he has a drug habit, her mother Bafiya Devi works as a manual labourer.
Poonam has three sisters and two brothers and she takes care of her siblings, her elder brother works, in another state. Poonam has to do all the household work, she quickly makes the food and after feeding her sister, leaves for work by 8 am.
She goes to work with her friends about two km away from home, if she is late, the landowner is waiting with a stick in hand and they get an earful.

While Poonam and her coworkers work in the fields, if they slow down or take a break, the owner is ready with sharp words and sometimes, he hits them. After doing so much work, she is paid lesser than the boys.

She wishes to be able to read, she does not like working in the fields, she also wants to be free like other kids but due to the financial condition at home and the attitude of her father she is unable to do what she wants.
Girls in our country are deprived of an education, they are not encouraged to study, they are not given as much importance as boys. Many a time, girls miss out on an education due to financial problems. If girls get behind on their education, very few get a chance to study after marriage, they have to manage the work at home with their education. When a women can read, a ray of hope awakens in her, she considers ther-self equal to an educated person.
She does not rely on anyone else and can also teach her children so they are not deprived of an education and can take care of themselves, become something and not depend on others. Then, happiness, radiance, hope, courage.
This house is deep inside the city of Delhi, a family lives here. A husband and wife and their six daughters and two sons lived here. The parents gave all their children a chance at education, but all of them could not go far, just one girl gave all the importance to her studies and that girl is me.

This house is deep inside the city of Delhi, a family lives here. A husband and wife and their six daughters and two sons lived here. The parents gave all their children a chance at education, but all of them could not go far, just one girl gave all the importance to her studies and that girl is me.
Ever since my childhood, I have been active at school and also taken an active part in extra curricular activities, I learnt things like dance, painting, sports and the like. After learning these skills, I have distinguished myself and these are the reasons my family and my teachers take pride in me. I want to learn because I like learning to and I want to be self-reliant.

My parents have spent a lot of money to educate me and have given me all the support, they never have never thought that I am a girl, so I should be taught less and my brother more, nor did they ever put pressure on me to do any work at home or even learn it. They give so much importance to my studies that they do all the work at home and they have high hopes that I will succeed in my career.
This is Lilawati and Chandni, from Bagaha district, panchayat Champaran and they are 15 years old. Chandni is up early in the morning and after finishing all the work at home, she goes to work in the fields. Lilavati cooks food for everyone in the morning and then goes out to work.

इनका नाम लीलावती और चांदनी है, यह बगहा जिला, पंचायत चम्परान से हैं और यह 15 साल की हैं। चांदनी सुबह जल्दी उठ कर घर का सारा काम करके खेत में काम करने जाती है। लीलावती सुबह सबका खाना बनाती है फिर उन्हें खिला कर बाहर काम करने जाती है।
After working in the fields they get wages of 120 rupees and they save this money to buy material for sewing.

The two sisters talk to each other while walking to work, so what if we are not educated we will work and earn money and we will sew and embroider.
They come back home from work and in the afternoon do their sewing and embroidery.

यह गाय के लिए चारा लाती हैं, खिलाती हैं और घर का बाकी काम करती हैं।

They bring fodder for the cow, feed it and then finish the rest of the house-hold work.
A little about the Girl Power Leaders who worked on the campaign
अमृता

Amrita
My name is Amrita. I study in 11th standard and I am a part of the Kishori Manch of the Samagra Shiksha and Vikas Sansthan where we work with teenagers. Through my organisation I attended a workshop organised by FAT in Patna. When I came to Patna I was feeling a bit scared because I had never been away from home alone, I did not know why I was there and what I would do after learning to use a camera. It was the first time I saw a camera and I used it and got an opportunity to understand what I like and what I want. After going home, I slowly told my family that I wish to play football and today I play football. After seeing everyone talking in front of each other freely during the workshop, I have become bolder and have fought my fears. I have started doing little things at home which only my father or brother would do like changing the filament of the gas lantern. Now I play football, I have learned to ride a bike and I speak my mind.
बिभा

Bibha
मेरा नाम बिभा है। मैंने मास्टर की पढ़ाई पूरी कर ली है। मैं पटना जिले के एक गाँव में रहती हूँ। मेरे पापा मुझे बहुत सहयोग करते हैं मुझे जब फोटोग्राफी वर्क-शॉप के लिए भी आना था तो उन्होंने ही मदद की थी पर मेरा भाई पहले मुझे घर से बाहर नहीं निकलता देखना चाहता था उन्होंने काफी रोकने की कष्ट भी की लेकिन मैं किसी तरह से इस वर्कशॉप में आई। मैं अपनी शारीरिक स्थिति के कारण जिंदगी खुल कर नहीं जी रही थी और न ही इस बारे में कभी किसी से बात की। पर इस वर्कशॉप के दौरान मुझे खुद को समझने का मौका मिला की मेरी इस स्थिति की वजह से मुझे नहीं रुकना है और अपने अंदर हीनता की भावना नहीं लानी है अब मैं इस बारे में बात करने में हिचकचाती नहीं हूँ। मैं गौरव ग्रामीण महिला विकास मंच संस्थाके आज मेरी संस्था मुझे अपने कामों में भी शामिल करने लगी है। मैं इतनी समझ बनाई है की आज घर पर बातचीत करती हूँ और मेरा भाई मुझे अब सहयोग देने लगा है।

My name is Vibha, I have completed my master’s degree and I live in a village in Patna district. My father supports me a lot, when I wanted to come for the photography workshop, he was the one who helped, my brother tried a lot to stop me but somehow I came to this workshop. Due to my physical condition I hesitated to go out and I had never spoken to anyone about this, but during the workshop I got an opportunity to understand that I do not have to hesitate because of my situation. I have been able to lose the feeling of inferiority within myself and now I do not hesitant to talk about it. I went to this workshop on behalf of the Gaurav Grameen Mahila Vikas Manch and now I am an active member in my organisation. I have started to understand so much that I speak up at home today and my brother has started supporting me now.
Guddi
My name is Guddi I am 16 years old and I have learned to take photographs for the first time. I like taking pictures and I want to be a photographer. Earlier due to a lack of money at home, I used to work in someone’s house in the city and I was not going to school. I came back home and told my mother that I want to be educated and that is my right. I learnt about my rights and how I could ask for them during the FAT workshop in Patna. Now I speak up at home and move ahead in life.
इश्रावती

Ishrawati
My name is Ishravati I am from Tarvalia village, Champaran West, I am a farmer and I work with my father in the fields. I have studied up to 8th grade, but my father made me drop out of school. I go to the Sukanya Club of IZAD where we learn a lot of things. I never used to speak in front of strangers, when I came to the FAT workshop in Patna, I did not know what to speak about in the beginning and felt that no one would understand my Bhojpuri. But I found that all the girls and our trainers supported me so that I could speak freely with everyone. I am working hard to try to get educated and I have got the courage to be able to to speak about this at home repeatedly and this fight is still on. I am trying to find a way to start school and I have not given up hope yet. I also share what I have learnt with other girls at the forum for teenage girls.
माफिया

Mafiya
My name is Mafiya, I am 20 and I have studied upto 11th standard. I live with my family in Jal Vihar, Delhi, but I was not happy at home and never spoke much with anyone. Only when I joined FAT in 2016 did I realise what I wanted and what made me happy.

Through FAT I learnt about my rights and got to know why we have to fight for them. This knowledge has given me a lot of courage and now I can solve my own problems and help everyone, even my family.

In this time I got to know that I like to travel to new places and want to study and take photographs. When I was learning about photography, I held a camera in my hand for the first time. I felt very happy with the camera and when I started taking photos, everyone praised my images. I took an active part in making a film on girls’ rights at FAT, filmed a scene for it and now I have chosen photography as what I want to do.
नंदनी
Nandani
My name is Nandani and I live in a village in Muzaffarpur district. I am not allowed out of my house, but people from Nirdesh spoke with my family so I was allowed to step out. When I joined FAT’s workshop I learned how to operate a camera and how to take photographs. My family members did not help with my studies but somehow I passed 10th grade. After this workshop, when I went home I used to tell people what I learned and gradually they started to understand a little bit that I too could do something. My brother never supported me and did not want me to go to Patna, gradually he has begun to understand and he came to drop me to the last workshop, which made me very happy. At home, no one questions me on where and when I go. I have used the technical skills I learnt at home and even fixed a broken phone.
Priya

Priya
My name is Priya, I live in Gonpura village, Patna district and I am in the second year of college. I joined the Gaurav Grameen Mahila Vikas Manch, learned a lot through training sessions and got an opportunity to join the FAT workshop after which there have been many changes in my life. Earlier I thought that girls should behave a certain way, but now I want to be myself. I used to discriminate between people of different castes but now I consider everyone equal and take my own decisions based on my understanding.
प्रियंका

Priyanka
My name is Priyanka. I am 20 year old and I have just completed my graduation. I joined FAT three years ago as a participant and now I want to move ahead and work with a feminist’s perspective. I have many dreams and I aim to achieve a lot in life, but my most special dream is to travel the world. Earlier, I did not like going anywhere or meeting people as I was afraid and this was not my choice, I just never went outside. But, I always had this pressure from my family to work and earn money for the household. When I slowly started venturing outside my home, my confidence increased and my fear evaporated.

I always thought that I knew everything about myself, but when people asked me what I liked, I had no answer. When I looked for answers to these questions, I realised that I liked what my family liked and I had made their choices my own. The workshop on social issues at FAT helped me a lot to know and understand myself, which is why I have been able to take decisions for myself and continue to do so.

During this period I had a wonderful experience of working in a village in Rajasthan for 3 months and now I just want to move forward in my life.
राधा

Radha
My name is Radha and I am from a small village in Madhubani district. I am associated with the Bihar Seva Samiti and through them, I came for FAT's workshop. I did not know about this workshop, but my parents told me, go there and see. When I reached Patna, everyone was a stranger, I did not speak to anyone, I did not know what to talk about and to whom, but as time passed, I slowly started talking to the other girls. I thought what I did everyday was my choice and my happiness, but when I spoke and heard others, I realised that in reality I did not have any choice and so I started feeling that I liked what I had to do. I shared my problems and understood what is happening with me. I did not wear jeans because my parents do not want me to, but when I went home I told my parents what I wanted and bought new clothes for myself. My parents are very happy and have also given me a mobile phone.
रिंकु
Rinku
My name is Rinku I study in class 12th, I live in a village in Buxar district of Bihar and I am a part of MADAD. (Society for Mobilization of Action for Dalit Advocacy and Development) My parents made me drop out of school after 8th standard and 3 years later put me back into school because when they tried to get me married everyone demanded a girl educated till the 10th standard. I had no choice in the decision to leave and I was not consulted before I was asked to join school again. At first I did not give any importance to my choices, I thought my family decides what is best for me, but after the FAT workshop, I have a better understanding of this issue and I believe girls should have a say in their lives. I have spoken to my father and resisted the pressure of marriage.
रूबी

Ruby
My name is Ruby, I live in Pakdi village, Muzaffarpur district and I am associated with Nirdesh. My sister works with Nirdesh and though my parents have never encouraged me to be educated, my sister supports me to move forward. I went to the FAT workshop through Nirdesh, before that I never left my home because my parents did not let me go out. My sister did not listen to my parents and she used to take me. After this workshop I understand what is happening in our society and the difference between a boy and a girl which I did not know earlier. I have started to talk to people about this.
Sushmita

सुष्मिता
My name is Sushmita, I am studying in the first year of pre-university and I teach others to earn money for my tuition fees. I am the President of the Kishori Manch of the Samagra Shiksha and Vikas Sansthan where we discuss and work on issues regarding teenagers. When I came to the workshop and heard other girls talk about the violence and discrimination they had faced, I used to say it is different at my home, my family allows me to study and work too. But as my understanding grew, I realised how I am treated differently. I was working for girls’ rights, but now I understand the depth of the issue, exactly what is happening and I also ask myself these questions. At home, I give my opinion on decisions.
मेरा नाम सुम्मी खातून है, मैं 19 साल की हूँ, मैंने बारहवीं कक्षा पास कर ली है और मैं कॉलेज में प्रवेश लेने वाली हूँ। मैं श्रीनिवासपुरी, दिल्ली में किरायेके घर में पितार ने साथ रहती हूँ। मैं मुस्लिम पितार की हूँ और मेरे पितार में लड़कियों को पाँचवीं कक्षा के बाद पढ़ने की इजाजत नहीं दी जाती, मैंने बहुत संघर्ष किया और तकलीफ़ से गुजरी ताकि अपनी पढ़ाई पूरी कर सकिये। मेरी एक छोटी बहन है और मेरे इस
My name is Summi Khatoon, I am 19, I have completed school and I am about to take admission into college. I live in Srinivasapuri, Delhi, in a rented house with my family.

I come from a Muslim family, where girls are not allowed to study after the fifth standard, I have struggled a lot and overcome many hardships to complete my schooling. I have a younger sister and I have also paved the way for her to get an education.

I joined FAT four years ago, I have been a part of many workshops here and have learnt a lot. We girls got together and made a short film.

When I got a chance to work on a fellowship at FAT, I worked with girls who had to drop out of school and those who did not get a chance at education. I learnt how to work in the community and used the salary I earned to pay for my education and for my brother and sister’s education. I was also chosen to anchor a program for FAT, as I have had a strong voice since school.

My father did not like the changes that he saw in me but my mother has always supported me like a friend, being a girl I have always been discouraged but I have never given up. In the last four years I have seen many changes in myself and I am glad that I now have the support of both my parents.

I want to be a successful human being, people think that a girl can only do domestic work and they are no expectations from a girl, so I want to be an example for my community. I feel happy when I see the people around me happy. I want to stand on my own two feet, I am afraid that I am not capable, but I just have to get ahead.
उषा मंडल

Usha Mandal
Mera naam Usha hain. Main bhi koom dur se karshen par padh rahi hoon aur laajpat nagar, naai dilil se rahi hoon. Main FATE par panch saal palane ek sabhaee ke toor par joodi thi. Main yahin insilaye jooda paani kya kya main sawal karte hain kha sahil pavde, Pehle toh main ek bahut kuch likhe hain ki mera pach rendered wo mukh yah sab sawal paate, FATE ki bayah se main taki se khila le kar is kehten me jood paani hain. Yahin main kampitor sawal naa chahti thi saath me aur bhi kuch kuch jaise kamera chalana aur travel karna sawal. Main yahin kamera sawalo ke khade mili kar abhi tak teen film banai hain.

Apane ander main kahfii badalwan dekh hain, ab mukh se jaha sawal karna chahte hain main yahin apne sawal puri paati hain, apne pachand ko lekar dhar par bat kar paati hain aur apne huk ke lye bhi baat chata karna dhar se shuru kare de hain. Ab dhar wale mukh se samajna Lage hain, vir yehi kuch bata hi kaha manane Lage hain lekin bhi main kuch chispaaon main badalwan lane ke kaamish kar rahi hain, kya kisko ekdaam se ham sab kuch nahi badal sakte badalwan lane se samay lagata hain.

My name is Usha, I am studying in the second year of my Bachelor of Commerce degree and I live in Lajpat Nagar, New Delhi. I joined FAT five years ago as a participant. I was able to come to learn at FAT because they teach students for free, my parents do not have the money to pay for a course like this. It is here that I have been able to get an education in the field of technology and been able to work. I wanted to learn computers and I learnt a lot more like how to use a camera and travelling for work. Along with the girls here I have made three films, using what we were taught in video camera lessons.

I have seen a few changes in myself, now I ask questions when I should be asking them, I talk about my choices at home and have started to speak up for my rights. My parents have started to understand me and accept some of what I want and I am still trying to change a few more things because we cannot hope to transform everything at once, change comes slowly.
वंदना

Vandana
My name is Vandana, and I am from Bagah 2, Champaran West district. I am a part of the Sukanya Club, IZAD where we talk about issues related to girls and child marriage. I rarely left my house because my parents never let me, but my uncle supports me, he tries to reason with my parents. It is because of him that I came to Patna for this workshop. Whatever I learnt from this workshop, I discussed with my family, and now I understand issues and can speak about them to people in my village. There has also been a change in the attitude of my family, now I have a phone connected to the internet and I have also started to speak out to my father insisting that I want to be educated.
अंजलि

Anjali
My name is Anjali. I am 20 years old and I live in Okhla, New Delhi. I have finished school and I am a Level 3 participant at FAT. It has been my childhood dream to complete my studies, as no one in my family has done so. I also want to buy a house for myself and my family because we don’t have our own home.

Earlier, I was afraid to step out of my house, as eve-teasing is very common where I live and this atmosphere had made me fearful. Now, the support that I get from my family has given me faith in my ability and gradually I have started talking to people confidently.
My name is Chanchal. I am 20 years old and I live in Delhi. I have been with FAT for five years and I am a participant in Level 3 of the Young Women’s Leadership Program. I am the eldest child of my parents but due to some problems I had dropped out of school and I was meek and silent, then I joined FAT as a participant. I learnt a lot here and my belief in my abilities grew, I restarted my studies, started to take responsibility at home and my family started to look up to me as a source of support.

In these five years the self confidence I have gained has been due to what I learnt at FAT. I came here just to learn computers, but I have understood issues like gender, patriarchy and sexuality. I have no place at home to talk about such things, FAT gave me a space to openly discuss these sensitive issues and now I take an active part in workshops and programs. As time has flown, I have learnt a lot and there have been many changes in my life.

Now I take decisions for myself and I feel that I have started taking control of my life.
पिंकी

Pinki
My name is Pinki and I am enrolled in the second year of my B.A. from the School of Open Learning. When I was thinking of studying in college, my father did not allow me to fill the forms, my mother helped me, she gave me the admission fees and got me admitted into college, without my father’s knowledge.

I have been with FAT for 4 years. Here, I learnt about computers, understood social issues, was taught how to take pictures and helped to make a film. During this period, I was an intern with the Jugaad Lab for a year, helping girls to make projects. I have realised that I only want to work with FAT in the future.

I have a dream of becoming a teacher but not a teacher like in schools, the kind of teacher I want to be, is called a facilitator. I want to learn facilitation so that I can understand children and work with them, working with children gives me happiness.

I want to buy a house for myself, with my own money, where there is no one to check me or nag me and I want to go on a long holiday with my friends.
प्रीति कुमारी

Preeti Kumari
My name is Preeti Kumari and I am 20 years old. I have completed school and am currently studying in a B.A course. I live in Zamrudpur, New Delhi. It has been 5 years since I have been with FAT, I am a participant in a program here. In 2016, I got a chance to work on a fellowship with FAT, I worked with kids who were forced to do child labour. After completing this program, I feel motivated and confident that I can work with kids as I am able to connect with them and to understand their emotions. This is also because in my childhood, I worked along with my mother.

It was my dream to work with FAT, which I have realised now. Since I was a child I have dreamt of travelling the world and taking pictures.

Right now, there is something that is worrying me, I am afraid my parents will force me to get married as my elder sister will be married soon. I don’t know what I want to do in the future, all I know is that I want to work with FAT. I am confident about my ability, I have a desire to learn much more and I am sure that I will get a chance to learn at FAT.
रुबी

Rubi
My name is Rubi. I am 18 years old and have completed school. It has been two years since I joined FAT, for a year I took computer classes and understood social issues, after this, I started to know and understand myself and the people around me.

I have seen many changes in myself, earlier I would hesitate to speak even in front of my friends because I was afraid they would laugh at me. After joining FAT, I have gained enough confidence to speak in front of anyone. I am glad that I have been able to change the way my family thinks, and that change is visible now. In my desire to get ahead I have had many obstacles, the most difficult one was my family, which now I have been slowly able to overcome. I dream to do everything that people says only boys can do and I have started taking small steps to accomplish this dream.

In the beginning, when I started work at FAT, I was afraid of making mistakes, but at FAT I found the space to learn and work on whatever I wanted to. It was only after coming to FAT that I started going out of my home and working, now I go anywhere without fear and talk to people confidently.
संगीता

Sangeeta
My name is Sangeeta. I am studying in the first year of a B.A program, from the School of Open Learning. I have been with Feminist Approach to Technology, FAT for three years. FAT helps girls to get ahead in the field of technology.

Here, I have learnt how to work with others which we call collective action. After that, I learnt how to work in a professional manner and how to work within the community. This was my first experience of working in the community and I was hesitant, how would I be able to speak to people and how would I communicate what I wanted to them. After a lot of hard work and effort, today I am not afraid of speaking out in the community. I see many changes in myself, I have my say at home and now, my family supports me.

I had many dreams but seeing no way of making my dreams come true, I had slowly given up all hope. I was not able to think what I would do in my life, that is when FAT gave me a second chance and I looked at my interests and what would help me and chose my path.

Now, I want to stay with FAT, work with young girls and become a facilitator and photographer.
सरिता

Sarita
My name is Sarita, I am 19 and studying in the first year of a B.A. program. I have been with FAT for five years, I like coming here because FAT has given me a space where I can speak and others listen to me. I have learnt many things here and have seen my self-confidence grow.

I want to work and get paid a good salary in the future as I want to get a good education. I also want to educate my younger sister, after completing school, for a year I could not study at all. But now I am saving money for myself and my sister’s education. I want to share whatever I have learnt here with others so that they also learn and teach others.
रितम

Ritam
My name is Ritam and I study in class 12, I used to live in a village in Buxar district of Bihar and I am associated with MADAD (Society for Mobilization of Action for Dalit Advocacy and Development.) I am very interested in studies but my parents do not want me to be educated and they say that they have no money. I am living in Patna, away from home and getting an education. I came to the FAT Workshop through my organisation after which I learned to use a camera, learnt about issues, linked these issues with my life and spoke amongst a group about misconceptions I had about myself. I thought it was not good to do anything against the wishes of my family, but now I understand that my choice also matters and I am not wrong to demand what I want.
रुबी

Rubi
मेरा नाम रुबी है, मैं 18 साल की हूँ और मैंने अभी बारहवीं कक्षा की पढ़ाई पूरी की है। मैं फैट में दो साल से जुड़ी हुई हूँ शुरुआत में मैंने एक साल कंप्यूटर सीखना साथ ही सामाजिक मुद्दों पर समझ बनाई इसके बाद मैंने अपने साथ—साथ अपने आस—पास के लोगों को भी जानना शुरू किया।
मैंने अपने आप में बहुत बदलाव देखे हैं पहले में अपने दोस्तों के सामने भी नहीं बोल पाती थी क्योंकि मुझे यह डर लगता था की वह मेरी बातों पर हँसते हैं। फैट में आकर मुझे इतना आत्मविश्वास आ गया है की मैं हर किसी के सामने बोल पाती हूँ। मुझे इस बात से बहुत खुशी है की मैंने अपने घरवालों की सोच में भी बदलाव लाना शुरू कर दिया है और यह बदलाव दिखाई भी दे रहा है। आगे बढ़ने के लिए मुझे कई तरह की समस्याओं का सामना करना पड़ा, सबसे बड़ी समस्या थी मेरा परिवार, पर अब उस समस्या को कम करने में मैं कामयाब हो रही हूँ। मेरा सपना है की मैं हर वह काम करूँ जो लोगों का मानना है सिर्फ़ लड़के ही कर सकते हैं, अपने इस सपने को पूरा करने के लिए मैंने छोटे—छोटे कदम लेने शुरू कर दिए हैं।
जब मैंने पहली बार फैट में आकर काम करना शुरू किया तो मुझे बहुत डर लग रहा था की कहीं कोई गलती न हो जाए पर धीरे धीरे यह देखा की फैट ने मुझे वह जगह दी जिसमें मैं हर वह काम कर और सीख सकूँ जो मैं करना चाहती हूँ। मैंने पहली बार फैट में आकर ही बाहर जाना शुरू किया और बाहर जाकर काम करना शुरू किया, अब मैं बिना डरे कहीं भी आ—जा सकती हूँ लोगों से बात भी कर सकती हूँ।

My name is Rubi. I am 18 years old and have completed school. It has been two years since I joined FAT, for a year I took computer classes and understood social issues, after this, I started to know and understand myself and the people around me.
I have seen many changes in myself, earlier I would hesitate to speak even in front of my friends because I was afraid they would laugh at me. After joining FAT, I have gained enough confidence to speak in front of anyone. I am glad that I have been able to change the way my family thinks, and that change is visible now. In my desire to get ahead I have had many obstacles, the most difficult one was my family, which now I have been slowly able to overcome.
I dream to do everything that people say only boys can do and I have started taking small steps to accomplish this dream.
In the beginning, when I started work at FAT, I was afraid of making mistakes, but at FAT I found the space to learn and work on whatever I wanted to. It was only after coming to FAT that I started going out of my home and working, now I go anywhere without fear and talk to people confidently.
काजल

Kajal
My name is Kajal and I am 21 years old. My horoscope says I am a manglik (inauspicious astrological combination) and my parents are worried, when I was told about this I cried a lot because I had always heard that people who are manglik find it difficult to get married. The priest told my parents that they should get me married now or it would only happen after seven years, so my parents were talking about marrying me.

I have a dream that I can complete my studies and then get a job, until four years ago I was told I would be married to a blind man because I am a manglik. I pleaded with my family so they have postponed my marriage for now, which makes me happy.
अंजलि
Anjali

मेरा नाम अंजलि है, मैं 15 साल की हूँ। दसवीं कक्षा में पढ़ती हूँ और मैं श्रीनिवासपुरी, नई दिल्ली में रहती हूँ। मैं ने पढ़ाई करने के साथ फैट में आकर कंप्यूटर, फिल्म मेकिंग और फोटोग्राफी सीखा और कई वर्कशॉप में जुड़ कर बहुत कुछ सीखने को मिला। फैट में जुड़ कर मेरा आत्मविश्वास बहुत बढ़ा, मैं अपने दोस्तों को भी अपने कौशल के बारे में बताती हूँ और उनके काम में उनकी मदद भी करती हूँ। मैं भविष्य में बहुत कुछ करना चाहती हूँ और मैं अभी बहुत छोटी हूँ, मगर मेरे लिए लड़कों के रिश्ते आते हैं। मेरे मम्मी पापा उन्हें मना कर देते हैं यह बोल कर की मैं अभी छोटी हूँ, लेकिन मैं अपनी बहन की जिन्दगी के बारे में बताना चाहती हूँ।

मेरी एक बहन है जो गांव में अपनी मम्मी के साथ रहती थी, जब वो 16 साल की हुई तो मेरे मौसा-मौसी ने उसके लिए लड़का देखना शुरू कर दिया। मेरी मौसी कुछ दिनों के लिए दिल्ली आई, उन्हें यहाँ एक लड़का पत्नी आया और उन्होंने बिना पूछे मेरी बहन की शादी तय कर दी।

उसको बाद में बताया गया तो मेरी बहन ने मना किया बोला मुझे अभी शादी नहीं करनी अभी मैं छोटी हूँ, मुझे पढ़ना है, लेकिन उन्होंने बात नहीं मानी और उसकी जबरदस्ती शादी करवा दी। उसने शादी तो कर ली लेकिन शादी के कुछ महीने बाद उसके पति को उसके ऊपर शक होने लगा की उसका किसी दूसरे के साथ चक्कर चल रहा है। शादी के एक साल बाद उसका एक बेटा हुआ, उसके बाद तो उसके पति ने हद ही कर दी, अगर वो अपने देवर के साथ भी बात करती, या किसी आदमी से बात करती तो वो उसे गन्दी-गन्दी गलियाँ देता और मारता पीटता। अभी उसके पेट में दूसरा बच्चा है और उसका पति दो-तीन साल से घर पर खाटी बैठा है, मेरी बहन उसके और उसके परिवार के ताने और गलिया सुनती है और घर का सारा काम अकेले करती है।

कुछ हफ्ते पहले जब मेरी बहन ने अपने पति को कहा, काम करो यहा इस बच्चे को गिरवा दूंगी, मुझे खिलाएगा कौन तो पति ने उसे बहुत मारा, पूरे खानदान को बहुत गलिया दी और बोला अगर मेरे बच्चे को कुछ हुआ तो अपने आप को मार दूंगा। मैं अपने
My name is Anjali, I am 15 years old, study in class X and live in Srinivaspuri, New Delhi. Along with my education in school, I came to FAT, studied computers, film making and photography, attended many workshops and learnt a lot. Coming to FAT has given me a new self-confidence, I tell my friends about my skills and help them in their work.

I want to do a lot in future and I am still very young but I have started getting proposals for marriage. My parents refuse and tell the people that I am young now, but I want to tell you about my cousin sister’s life. I have a sister who lived with her mother in the village, when she was 16, my aunt and uncle started looking for a boy for her. My aunt came to Delhi for a few days, liked a boy here and fixed my sister’s marriage without asking her. Later, when my sister was told she refused, she said she was too young to get married and she wanted to study but her parents did not listen and she married her off forcibly. She accepted the marriage but a few months into it, her husband began to suspect that she was having an affair with another man. After a year of marriage, they had a son and that is when it became unbearable, if she spoke with any man, even her husband’s younger brother he would abuse her and beat her. Now she is pregnant again and her husband has been sitting idle at home for two-three years, my sister listens to his and his family’s taunts and abuses and does all the work at home, alone.

A few weeks ago my sister told her husband ‘who will feed us, get a job or I will abort the child,’ her husband beat her up, abused her whole family and said if anything happened to his child he would kill himself. He also gave me a few choice abuses when I stood up for my family. I spoke to my sister and she somehow understood, now she has filed for divorce and is trying to be independent.

It was similar with my parents at home, my father used to drink alcohol and then abuse and beat my mother. I used to ask my mother how she takes it and I also explained to my father that hitting a woman is not right. Now my parents understand and my father does not hit my mother. I started talking about these issues at home which is why I can make my family aware and speak freely with them.
खुशबू

Khushbu
My name is Khushbu, I am 19, currently studying in the second year of college and I live in Srinivaspuri, New Delhi. I learned a lot after joining FAT and I went into my community and started talking to people about issues. When people speak to us, we tell them what FAT does, why we do that and for whom we work. I learnt more about feminism after joining FAT and also learnt about computers and film making, I like learning new things.

As I entered into college, the pressure on me to get married started building as my family members started discussing my marriage. I said that I do not want to marry now, I want to study, because I like to read, my sister supported me and we requested my father a lot until he accepted my demand. Now my parents do not speak about my marriage at home and I am able to study. I could speak up about what I desired at home because I knew my rights and I knew that we have to take some decisions for ourself.
निकिता

Nikita
My name is Nikita, I am 16 years old and live in Nehru Nagar, Delhi. My sister married for love which I was held responsible for, everyone scolded me and constantly taunted me. Everyone thought that I had helped my sister run away, I was not allowed out of the house and my family would leave after locking the door behind them. This happened for two to three months.

Then I said that I was not the one who helped my sister run away and asked them why are you all doing this to me? Gradually they have started to understand my point, I was allowed out of my home and I am going to school now. Now, no one stops from going anywhere. I am very happy that I am able to study and my family does not beat me anymore.
Neha
My name is Neha and I am 15 years old. I dream to be a teacher but I have many obstacles in my way. My family discriminates between girls and boys. When I told them that I want to be a teacher, I was told, you are a girl, you can not be a teacher, this is a boy’s job, girls should get married after Xth standard.

My sister was married early and she could not see her dreams become a reality, I am afraid that I will also be married soon and will have to forget my dreams. I do not want to depend on anyone, I want to complete my studies, and I want to fulfil my dream. I am happy that my father supports me, my grandparents always say, this girl has come of age, get her married, but I will show them that a girl can also become something.
सोनिया

Sonia
मेरा नाम सोनिया है, मैं अपनी पढाई स्कूल ऑफ ऑपन लर्निंग से पूरी कर रही हूँ। मुझे नाचना बहुत अच्छा लगता है, मैं एक बहुत अच्छी डांसर बनना चाहती हूँ और मेरे घर वाले मुझे हर चीज सीखने के लिए सहयोग देते हैं। मैंने अपने समुदाय में देखा है कि लड़कियों की शादी जल्दी कर देते हैं, लड़कियों को पढ़ने नहीं देते हैं। इसीमूलभ क्षेत्र के बाद उनकी पढाई छोड़ देते हैं क्योंकि लड़कियों को घर का काम सिखाया जाता है ताकि शादी के बाद उन्हें दिक्कत न हो। लड़की का बाहर आना—जाना बंद कर दिया जाता है, शायद हमारे घर वाले यह सोचते हैं की कहीं हम अपनी माँ-बीमा से शादी न कर लें। मैं अपने परिवार को समझाती हूँ की मैं ऐसा कुछ नहीं करूंगी क्योंकि मुझे पढ़ना है और कुछ बन कर दिखाना है, शादी करने से मैं अपनी जिंदगी में आये नहीं बढ़ पाऊँगी। जब मैं 15 साल की थी मेरे लिए एक रिश्ता भी आया था, मैंने अपनी मम्मी पापा को मना तो लिया कि मेरी शादी न करे लेकिन मुझे बीच में अपनी पढाई छोड़नी पड़ी थी। अब मैंने अपनी पढाई फिर शुरू कर ली है और मैं पढ़ भी रही हूँ और नाचती भी हूँ।

My name is Sonia, I am enrolled to study at the School of Open Learning. I like dancing a lot, I want to be a good dancer and my parents have supported me in my desire to learn new things.

I have seen that in my community, girls are married-off very soon and not allowed to study. Girls drop out of school after Xth standard because they need to be taught domestic chores so that there are no problems after marriage. A girl’s movements are restricted, maybe our families are scared that girls will marry whom they choose.

I try to tell my family that I will do no such thing because I want to study and become someone, if I am married, I will not be able to move ahead in life. When I was 15, there was a marriage proposal for me, I was able to convince my parents not to marry me, but I had to drop out of school. Now I am back in school, getting an education and I dance too.
प्रिया

Priya
My name is Priya and I am 16 years old and I am fighting this small battle in my life. My family has always discouraged me and stopped from going outside my home. Whenever I step outside the house my brother scolds me and sometimes he even hits me. My family forbids me from coming to FAT, they say that you lie to us and go elsewhere giving the excuse of FAT, people also ask where does Priya stay out for so long. I tell my brother why do you listen to others, I go to learn something at FAT and even when my brother forbids me, I still come to FAT. When my sister got engaged, she was told she would be able to complete her studies until XIIth standard but her new family went back on their word, so I have decided that will I be very careful when I choose to marry.
About Feminist Approach to Technology (FAT)
Feminist Approach to Technology (FAT)

FAT works with women and girls to close the gender gap in science & technology. Our focus area is building girls’ leadership while teaching them technology skills. We believe that every girl has the potential to be a leader and a change-maker and we use technology education to facilitate this leadership. We are committed to nurturing girl leaders not only through our programs, but also within our own team and our leadership team. To achieve this goal we have developed a Young Women’s Leadership Program (YWLP) that we run across five Tech Centres in India.

Lajpat Nagar in Delhi,
Patna in Bihar,
Giridhi and Palamu in Jharkhand and
Pune in Maharashtra.

We also run a project to build (Science, Technology, Engineering and Mathematics) STEM acumen of girls who have not had access to a quality education. The Jugaad (Innovation) Lab in Delhi has been running as a pilot for 2 years now.

दिल्ली में लाजपत नगर,
बिहार में पटना,
झारखंड में गिरिधि और पलामू और
महाराष्ट्र में पुणे

जिन लड़कियों के पास उचित शिक्षा के माध्यम नहीं हैं,
उन लड़कियों का विज्ञान, प्रौद्योगिकी, इंजीनियरिंग और
गणित में कौशल बनाने के लिए हम एक परियोजना भी
चलाते हैं। दिल्ली में जुगाड़ (इंजीनियरिंग) लेब अब 2 साल
से एक पायलट के रूप में चल रहा है।
We want this book and short film to reach the largest audience. If you like what you read and see, please pass this book on to anyone whom you feel will like to read it and watch the film. We have put all our hard work and effort into making these stories an honest look into our lives. Also, please write the name of the person you gave this book to and your thoughts, this will help all those who read it to see the chain.

If you want to give your feedback, comments or support
email: fat@fat-net.org
phone number: 011-41004951/41320391

इस पुस्तक और लघु फिल्म को हम ज्यादा से ज्यादा लोगों
तक पहुँचाना चाहते हैं। जो आपने पढ़ा और देखा अगर
आपको अच्छा लगा तो कृपया इन्हें ऐसे किसी व्यक्ति को पास
करें जो आपकी तरह इन्हें देखना पसंद करेगा।
हमने मेहनत करके इन कहानियों के जरिए अपने जीवन की
सच्चाई को एक ईमानदार रूप से दिखाने का प्रयास किया है।
साथ ही, कृपया उस व्यक्ति का नाम लिखें जिसे आपने यह
pustak di और अपने विचार भी लिखें, यह हमें इसे पढ़ने
वालों की शिक्षा देखने में मदद करेगा।

अगर आप अपनी प्रतिक्रिया, टिप्पणियां या समर्थन देना
चाहते हैं तो ईमेल या कॉल करें
ईमेल – fat@fat-net.org
telephno – 011-41004951/41320391
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http://bssind.org
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http://www.nirdesh.org
Village Majhaulia, Post Khabra, District Muzaffarpur-843146, Bihar

Samagra Shikshan Evam Vikash Sansthan
http://www.ssevs.org
J.P. Smriti Kutir, Subhash Nagar Near K.R. High School Bettiah, West Champaran

IZAD
http://www.izadpatna.org.in
Road No. 13C, Rajendra Nagar, Patna, Bihar

Society for Mobilization of Action for Dalit Advocacy and Development (MADAD)
http://madadbihar.org
XTTI Main road, Dlgha Ghat, Patna-800011, Bihar

Gaurav Gramin Mahila Vikas Manch
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