



Her Story **Survivor's Story of Change** 2025



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Her Story

This booklet is a tribute to the resilience of women who have faced unimaginable challenges yet refused to be defined by them. It also brings into light the crucial role of the community mobilisers of North East Network (NEN), Meghalaya. The community mobilisers support women who face gender-based violence by creating awareness in communities, providing psychosocial care and counselling and supporting women to navigate through justice mechanisms. These narratives are not just about survival but reflect on collective action and voices to break the cycle of violence and thus, create safe and just societies.

Narratives have been published with consent of all women.

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These aren't just words but stereotypes deeply ingrained in our society and sometimes even in the mindset of a woman. Rita (Name Changed) , a daily wage earner and a mother of three sons, working day in and day out to keep her family happy. She has made countless sacrifices to ensure that her children always get the best she can afford, expecting nothing in return except the well-being and happiness of her family. But unfortunately, life had its way of proving her wrong.

When one of Rita's sons faced betrayal in a relationship, his mental health had a profound impact, making him fall into depression. This changed the family dynamics completely, and it seemed that not just her son but the whole family was in turmoil. Rita had always believed that as a mother, it was her duty to sacrifice for the

well-being of her family.

Thus, she believed her husband, who constantly started blaming her for her son's situation through taunts, belittling remarks, anger, and emotional abuse. It continued for years, creating an unhealthy and toxic environment for the family. Rita started blaming herself that she had failed her family. Her husband's anger started growing immensely. Taunts and remarks were now part of the daily routine, be it morning or night.

It started affecting her mental health and diminishing her sense of self-worth. Rita's spirit was gradually being crushed under the weight of emotional abuse and constant blame. She started pouring out anger on her depressed son, not realising that it was not anger but disappointment she felt in herself by the consistent bickering of her husband.

One day, as Rita was reflecting on her life and the toxic environment she stumbled upon Suman Rai, the Community Mobiliser from NEN, who lives in the same area as hers. At the moment, Suman was constantly raising awareness about gender-based violence and

educating the women of her area. When Rita reached out to Suman, the latter counselled the family through meetings and direct interactions. She is hopeful that her son will come out of depression soon and lead a regular life.

The constant efforts of Suman and Rita led to improvement of the situation on the home front.

KA BOR JONG KA JINGKYRSHAN



Shongkurim ha ka rta ba dang 18 snem, ka Linda (La kylla Kyrteing) , kaba shong basah ha Umsaw, West Khasi Hills District, ka la hap ban iaid lyngba ka krem khyllah namar ka jingdih kyiad jong u lok jong ka. Ka la iashongkurim bad u lok la 12 snem bad ka la mad ia ka jingshah thombor na u lok ha baroh kine ki 12 snem. Naduh ba ki la sdang ia ka jingiadei jong ki, ka jingsngew pher jingmut ka la don hapdeng jong ki. Kaei kaba la shu sdang kum ka jingiamai, ka lam sha ka jingshah shoh shah dat ha u lok jong ka kaba jia man la u taiew. Ka jingkyrni ha ka kyiad ka pynlong ia u lok ba un sei lut ia jingthombor kabym kut shuh bad kaba la pynlong ia ka ban iaid lyngba ka krem khyllah lah bun bun snem. Ka Linda ka sngewthuh ba lada ka kwah ban im da ka jingim kaba suk ba sain bad ba donburom, ka dei ban mih na kane ka jingshongkurim bad ban ieh ia u lok. Da ka jingkyrshan jong ki para marjan, ki dkhoh shnong, bad ka jingsyllok jong ka Batskhem Lyngkhoi, ka Community Mobiliser jong ka North East Network, ka la ioh mynsiem ban pynkut ia kane ka jingshahthombor bad ban iohjop

ia kane ka jingeh ha ka jingim jong ka.

Da kaba long khunswet, ka Kmie-leid jong ka Linda ka pynheh pynsan ia ka bad ia lai ngut ki shipara jong ka. Ki shipara jong ka ki long kiba kyrshan ia ka met bad mynsiem. Ka jingpule jong ka ka la kut kloï, hadien ba ka la pyndep ia ka klas 6. Ha u snem 1995, ka la iathoh shongkurim bad ka la don saw ngut ki khun, bad napdeng kine ki khun, u khun nyngkong eh jong ka u mad eh ia ka krem khyllah lyngba ki jingtim jingtla bad jingthombor jong u kpa. Lyngba ka jingkyrshan jong ka Batskhem bad ki briew ba ka iajan bha, ka Linda ka la lah ban pynlait san shyieng na ka jingiadei bad u lok jong ka ha u snem 2007. Hadien ba ki la ia pynlait san shyieng, u lok jong ka u ju dang wan ban pynkulmar ia ka jingim jong ka, haduh ba ki para bad ka shnong hi ki la shim lad da kaba kham tyngheh pyrshah ia u, bad kane ka la pynkut ia kata ka jingshahthombor jong ka Linda bad ki khun.

Mynta, ka Linda ka kyrshan ialade bad ia ki khun lyngba ki sap ba bun jait kiba ka don. Ban im ja kpoh, ka trei ia ka kam suh jain. Ha ka shnong ba itynnad jong ka

ka don ka dukan rit bad ka kper ba ka rep ki jingthung ban pyndap bam ha iing ha sem. Ka Linda ka long ka briew kaba shlur bad ka shim rai da lade hi. Haba ka mad ia ki jingeh kiba khraw, ki para jong ka ki ju iarap ban ai jingmut lem. Mynta ba ki khun jong ka ki la heh, ki iarap ia ka ha ki kam iing kam sem, katba ka dang trei shitom ban kamai kajih. Da ka jingtrei shitom jong ka, ka la pynthikna ba ki khun jong ka ki ioh jingpule kaba paka. Arngut na ki khun jong ka ki dang pule ia ka jingpule kiba kham shalor ha Shillong. Mynta, ka la long ruh kum ka President jong ka Self Help Group ha Umsaw. Haduh mynta, ka Linda ka la lah ban wanrah ia ka jingshong shngain bad ka jingsuk ha la ka jong ka jingim.

Ha kane ka jingiaid lynti jong ka, ka NEN ka la iarap ia ka Linda ban ioh ia ka jingtip kaba thymmai shaphang ki hok jong ki kynthei. Ka la iashim bynta ha shibun ki jinghikai bad jingiasyllok ba pynlong da ka NEN, kiba dei halor ka jingshah thombor ki kynthei, ki skim sorkar bad ki ain ba iadei bad ki kynthei, ka jingshah thombor ha iing, bad ka Protection of Children from Sexual Offences (POCSO) Act.

Speak up!

End the Cycle of Violence

Visit our Community Support Centres for more information

1. **Community Support Centre, Madanryting, East Khasi Hills**- Bajoplin Kharmudai, 8794337591
2. **Community Support Centre, Mawbah, East Khasi Hills**- Suman Rai, 8256928379
3. **Community Support Centre, Nongshillong, Eastern West Khasi Hills**- Laitlin Lyngdoh, 7005738429

NORTH EAST NETWORK

North East Network is a women's rights organisation that links with rural and urban women, and civil society organisations on issues of development, social and gender justice and environmental justice in Northeast India.

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