

# Domestic Violence Workshop by Single Women

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14.09.2018 - 15.09.2018

The Domestic Violence Workshop was led by Nirmal, who is a state coordinator of the Single Women of the organization Sutra and a member of the national community of Single Women, and who explicitly came for this workshop. And by Radha, the coordinator of the Single Women project of Nishtha, who initiated this workshop to talk with rural women, from the surrounding area, about Domestic Violence. The aim of this Workshop was to talk, together with the women, not only about Domestic Violence, but also about preventions against it and furthermore creating a band of trust between the women, on which they can rely later on. Additionally, they provided information and discussed about the women's needs.

On the first morning of the workshop, Nirmal welcomed, together with Radha, all the participants. At first, they started with a dance and singing session. All the women danced and chanted happily to the music. Afterwards, they continued with some laughing exercises before they made an introduction round. Slowly more and more women came. In total on this day, about 26 women participated in the workshop. For the last 2.5 hours they talked about domestic violence. In fact, there are 5 different forms of violence; verbal, physical, mental, economic and sexual violence. The women also discussed about the differences between domestic and outer violence. Another aspect of their discussions was the governmental program called SHIWDO, which follows a 15 year plan and affects also the women in the rural villages. In the end, they also talked about their needs, while Nirmal and Radha, advised them to form a group in which they can also discuss their needs and problems. At about 2:45 the workshop ended and everyone received lunch that some participants had prepared before.

On the second day, they also started their day with a singing and dancing session. They also used some instruments for the rhythm. Followed by a speech, from an extern women, talking about nutrition, Yoga classes and health prevention. Afterwards, all of us made a short meditation together. Right after, the women talked about their issues and domestic violence as the day before. Supplementary, the women mentioned that they did not know so much about violence before and were happy about the opportunity to talk about it. At this day we had about 43 participating women in the workshop. All together, they ended the workshop with a good by dance.

This workshop gave everyone a lot of joy. All women appeared very nice dressed and came even from very long distances (all by foot) to hear something about Domestic Violence. Personally, this workshop brought me a lot of happiness because we danced, sang and laughed together. I was impressed how many women appeared on the second day and even though it was very hot in the room, no one wanted to miss a second of the Workshop. For me it was astonishingly beautiful to see all the women laughing and participating with so much passion. Sadly I received very little of the content but I think that the women were very glad to see, that they were not alone, suffering from Domestic Violence which can show in many different ways. But also the opportunity to talk about their daily struggles and concerns, from my point of view, relieved them. The security of a group, making new connections and talking in a secure environment, all that opened them up. As I presumed it, the women learned a lot, received new perspectives, hope and had a lot of fun.



Dancing all together



Discussing problems and issues of the Single Women



Hearing about health and well- being



Rada and Nirmal leading the workshop



From young to old, everyone participated



First day participants



Everyone was dressed nicely



A very important exercise



Singing makes everyone happy