

BINGO!

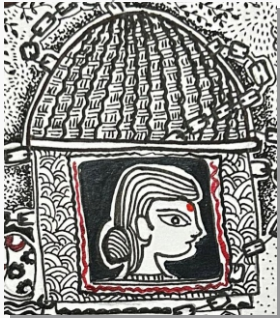
Waves of Change

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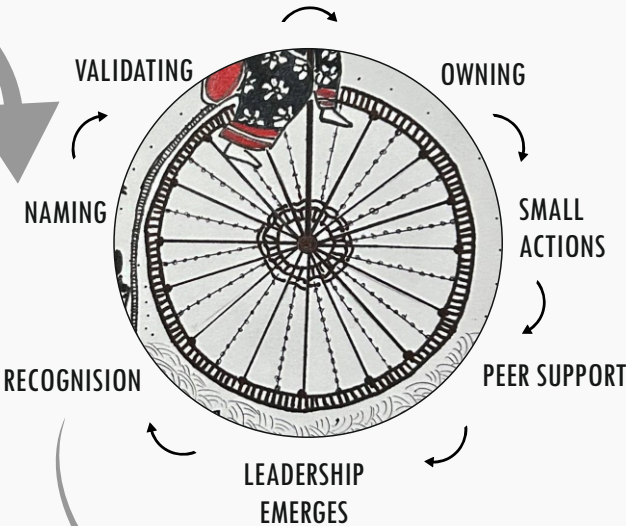
Waves of Change

STAGE 1: TRAPPED [SUPPRESSION & SILENCE]	Returned home after work to cook for everyone without any support?	BRAVE	Told not to join a tailoring class by your mother-in-law?	!	Stopped from speaking in front of elders during community discussion?
	AWAKE	Stopped from going to a collective meeting for work at home?	HOPE	Your loan from SHG was taken and spent by others in the house?	RISE
	Eaten stale rice after serving everyone else at home?	BINGO	Gave up the dream of becoming an Anganwadi worker or ASHA?	CLAIM	Being asked to sit in a community meeting - 'Who asked her to speak?'
	!	Not allowed to speak in front of men of your village in Gram Sabha?	HOPE	Your in-laws ever sold part of your husband's inherited land without discussing it with you?	BINGO
STAGE 2: STEPPING OUT [FIRST STEPS, FINDING VOICE]	Realized after your first meeting other women that you weren't alone in facing domestic violence?	Neighbours whispered about your travelling out at odd hours?	BINGO	Responsible to go to the BDO office to check our job card delay?	Helped any woman get land ownership title after you got your own?
	Felt very nervous stepping into the Panchayat office for the first time?	BINGO	Pride that your daughter could attend college because of your work?	CLAIM	!
	AWAKE	Men stared in of disbelief when you wore a badge to a public meeting?	HOPE	Despite being warned, did you file a complaint about irregular PDS?	Women in your village started revering you after you helped them?
	!	BRAVE	Realized that you are the first woman from your village to speak in a block meeting?	BINGO	RISE
STAGE 3: BECOMING A LEADER [TAKING RESPONSIBILITY]	Realized that during a meeting others wait for you to speak first?	Travelled outstation for more than 2-3 days for a workshop or event?	BINGO	!	Invited by government officials to share your stories of change?
	AWAKE	!	Dreamt of starting a campaign against early marriage in your region?	Refused to leave the department office without getting the grievance redressed?	RISE
	Paused after rally to think 'I never imagined I could do this someday'?	BRAVE	Did you sign on a community petition and send it to the CM's office?	CLAIM	Supported an upcoming leader in forming her own collective?
	AWAKE	Led a group of people to block the road in protest of bad infrastructure?	HOPE	Allocated savings of the collective to support education of girls?	BINGO
STAGE 4: BUILDING COLLECTIVE POWER [SOLIDARITY & CHANGE]	BINGO	Organized the meeting for women at night outside their homes?	!	Coordinated visits to different government departments in one day to follow up on school repair work?	RISE
	Assured younger women that you were once like them, afraid and unsure?	BRAVE	Envisioned creating a women-led entrepreneurship model?	BINGO	Spoken on state-level webinars about the role of tribal women leaders?
	AWAKE	Been labelled as rebellion to publicly opposed a dowry wedding?	HOPE	Organized a collective contribution drive to help a woman in crisis?	Asked to represent your collective in front of ministers or departments?
	Realized while guiding more women that someone mentored you well?	!	Planned a district-level women's conference where grassroots voices were heard by senior officials?	CLAIM	!

FROM TRAUMA TO COLLECTIVE POWER



GENERATIONAL & PERSONAL TRAUMA



MENTORING OTHERS & SYSTEMS CHANGE



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Waves of Change

STAGE 1: TRAPPED [SUPPRESSION & SILENCE]

“Have you ever experienced this?”

- Returned home after work to cook for everyone without any support?
- Eaten stale rice after serving everyone else at home?
- Stopped from going to a collective meeting for work at home?
- Not allowed to speak in front of men of your village in Gram Sabha?
- Told not to join a tailoring class by your mother-in-law?
- Gave up the dream of becoming an Anganwadi worker or ASHA?
- Your loan from SHG was taken and spent by others in the house?
- Your in-laws ever sold part of your husband's inherited land without discussing it with you?
- Stopped from speaking in front of elders during community discussion?
- Being asked to sit in a community meeting - 'Who asked her to speak?'
- If you had completed your studies, then you would have achieved a lot?
- Pressure or violence for saying 'no' to something at home?
- Felt guilty for wanting time or space for yourself?
- Told that your dreams were too ambitious or not suitable for a woman?
- Discouraged from making friends or being part of a group or network?
- Needed to shrink or hide parts of yourself just to be accepted by others?
- Seen as someone's daughter, wife, or mother, not as your own person?
- Your ideas or talents were ignored simply because you are a woman?
- Stayed silent even when you knew something was deeply unfair?
- Told that being ambitious as a woman would only lead to trouble?



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STAGE 2: STEPPING OUT [FIRST STEPS, FINDING VOICE]

“Have you ever experienced this?”

- Realized after your first meeting other women that you weren't alone in facing domestic violence?
- Felt very nervous stepping into the Panchayat office for the first time?
- Neighbours whispered about your travelling out at odd hours?
- Men stared in of disbelief when you wore a badge to a public meeting?
- Pride that your daughter could attend college because of your work?
- Realized that you are the first woman from your village to speak in a block meeting?
- Responsible to go to the BDO office to check our job card delay?
- Despite being warned, did you file a complaint about irregular PDS?
- Helped any woman get land ownership title after you got your own?
- Women in your village started revering you after you helped them?
- Did you ever join a school management committee or any committee?
- Challenged or questioned any traditional rule within your family?
- Pride after doing something independently, like signing a document?
- Supported another woman in stepping out of her comfort zone?
- Felt hope after listening to other women share their life experiences?
- Felt lost and excited when you first saw the world beyond your home?
- Felt strength when you realized other women shared your struggles?
- Felt more capable of doing things that truly mattered to you?



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STAGE 3: BECOMING A LEADER [TAKING RESPONSIBILITY]

“Have you ever experienced this?”

- Realized that during a meeting others wait for you to speak first?
- Paused after rally to think 'I never imagined I could do this someday'?
- Travelled outstation for more than 2-3 days for a workshop or event?
- Led a group of people to block the road in protest of bad infrastructure?
- Collected stories of child brides collecting stories of child brides with a dream to campaign against early marriage in your region?
- Did you sign on a community petition and send it to the CM's office?
- Refused to leave the department office without getting the grievance redressed?
- Allocated savings of the collective to support education of girls?
- Invited by government officials to share your stories of change?
- Supported an upcoming leader in forming her own collective?
- Did you lead any campaign for improving the school infrastructure?
- Mentoring other women in your community and guiding them?
- Made a difficult decision that was in the best interest of community?
- Spoken in front of a group with confidence for the first time?
- Led a meeting and realized you had the power to inspire others?
- Spoken out for them, when women were being left out of a decision?
- Received recognition or an award for your leadership?
- Stepped in to stop an early marriage, abuse, or any form of injustice in your community



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STAGE 4: BUILDING COLLECTIVE POWER [SOLIDARITY & CHANGE]

“Have you ever experienced this?”

- Assured younger women that you were once like them, afraid and unsure?
- Realized while guiding more women that someone mentored you well?
- Organized the meeting for women at night outside their homes?
- Been labelled as rebellion to publicly opposed a dowry wedding?
- Envisioned creating a women-led entrepreneurship model?
- Planned a district-level women's conference where grassroots voices were heard by senior officials?
- Coordinated visits to different government departments in one day to follow up on school repair work?
- Organized a collective contribution drive to help a woman in crisis?
- Spoken on state-level webinars about the role of tribal women leaders?
- Asked to represent your collective in front of ministers or departments?
- Mothers of dropout girls come to you for their school re-enrolment?
- Involved in any committee working for your village's development?
- Started a savings group or livelihood activity in your community?
- Invited to speak in public or share your leadership journey with others?
- Watched another woman rise, knowing your mentorship helped her?
- Travelled beyond your region or state to represent your community?
- Felt confident travelling solo for work and not afraid?
- Used social media to bring women together for a cause?