



Preeti

*A Journey of
Hope and
Resilience*

*A Skill
Development
Centre trainee*

Early Life and Marriage

Preeti has been living in Tehkhand, Delhi with her husband, son, and daughter for the past 14 years. She studied till 10th grade and always wanted to continue her education but was unable to do so due to poor financial condition of her family. Since she was the eldest of two brothers and one sister, she had to leave her studies.

Struggles After Marriage

Life after marriage was never easy for Preeti. She had a passion for stitching and began sewing clothes for neighbors, but her husband never liked it. He often got angry and stopped her from doing so. Preeti never got any respect in the house of her in-laws. She was constantly taunted for dowry. When she visited her husband's village, she was denied basic facilities. She was told "You brought nothing, so don't touch our gas stove, cook on the clay stove."

The Deepest Pain

The most heartbreaking moment for Preeti was the demise of her father. Even then, she was not allowed to visit her village. Crying and pleading, she begged, but her husband and in-laws said - "If you leave this house, never come back." She still regrets not being with her father in his final moments.

Family Support and Growing Challenges

As time passed, Preeti's younger brother grew up and became her support system. Whenever her in-laws insulted her for dowry, her brother stood strong for her. He often sent her clothes and other necessary items, ensuring she never felt alone. Preeti's younger sister was married to her brother-in-law, but due to the cruel behavior of her in-laws, she soon got divorced. After that, Preeti's situation became worse. She was harassed even more and forced to cut ties with her sister. She was told, "If you talk to your sister, we will break all relations with you."

Turning Point: A Step towards Change

Years of pain and sadness had broken Preeti from within. She often hurt herself and lived in despair. But when her daughter joined the NDDP, her life took a turn. Her daughter attends NDDP sessions and Preeti also attends mother's online sessions at the NDDP. She found the sessions incredibly rewarding and first attended online classes for a year and then enrolled at the SDC center. Mental health sessions at SDC transformed her life. Earlier, she used to cry, hurt herself, and suffer silently. Now, she practices breathing exercises, tapping, and sharing her feelings with trustworthy people. She has learned to manage her stress and anger in healthier ways.

"I felt I must step out of the house and take a stand for myself. My husband resisted, we argued, but I stood firm. After 17 years, I finally started going out, all because of the SDC Centre." - Preeti Healing Through Mental Health Sessions

A Mother's Hope for Her Son

Preeti is not only changing her own life but also wants to help her son. Her son often struggles with anger and negative thoughts. Through these sessions Preeti wishes to learn to calm him down and guide him towards positive thinking.

Conclusion

Today, Preeti is stronger, happier, and more hopeful. Her journey is not free from struggles, but she has found the courage to live for herself and her children.

"Earlier, my life was only for others, but now I have started living for myself too. I want my children to live a positive and happy life."

Making an impact