



*When women are
given opportunities,
entire families and
communities move
forward.*

*“May:
Inspiring
Change,
Building
Confidence,
Creating
Impact”*

MAY 2026



THREADS OF CHANGE

MATRIX SOCIETY FOR SOCIAL SERVICES

"I Proved That a Girl's Dreams Are Not Meant to Be Locked Inside Four Walls"

– Kavita's Story of Courage, Independence, and Change

My name is Kavita, and I come from a Rajasthani migrant family settled in Delhi. Growing up in a conservative household, I was often told that girls should stay within the four walls of their homes. Education for girls was seen as unnecessary, and most girls in my family were not allowed to study beyond Class 12.

With determination and constant persuasion, I managed to complete my schooling. However, when I wished to continue further, my grandmother opposed the idea. In our family, elders' decisions were rarely questioned, and my dreams seemed to come to an end.

Just when I had begun to lose hope, a friend told me about the Vocational Training Centre-cum-Tutorial Classes supported by Tata Power Delhi Distribution Limited (TPDDL) and managed by Matrix Society for Social Services. Convincing my family to let me join was not easy, but after many discussions, they finally agreed.

That decision changed my life.

At the centre, I enrolled in the stitching and tailoring course. The trainers encouraged me, believed in me, and helped me discover my potential. What began as a simple skill soon became a source of confidence and income. I started stitching clothes for my family and community members, earning for the first time in my life.

As my confidence grew, so did my family's trust in me. The fears that once prevented them from allowing me to step outside slowly disappeared. They realized that empowering a girl does not take her away from her values—it helps her realize her worth.

Recognizing my dedication and sincerity, the centre offered me an opportunity to work as a teacher in its Tutorial Classes. Today, I teach children from the community and earn with dignity and pride. For the first time, I can support myself, make my own decisions, and contribute meaningfully to society.

The biggest transformation, however, has been within my family. The same grandmother and parents who once hesitated to let me step out now proudly celebrate my achievements. Their mindset has changed, and so has my future.

There was a time when people believed that girls who stepped out of their homes would "bigad jayengi." Today, through my journey, I have proved otherwise. Given the right opportunity, girls do not lose their way—they find their strength.

Joining this centre was the best decision of my life. It not only transformed me from a hesitant young girl into an independent woman but also brought lasting change to my family. My story is proof that when a girl is empowered, an entire family moves forward with her.



"The biggest achievement of my life is not earning an income—it is changing the mindset of my family and proving that a girl's dreams deserve a chance." – Kavita



Empowering Frontline Workers Through Women Safety Awareness

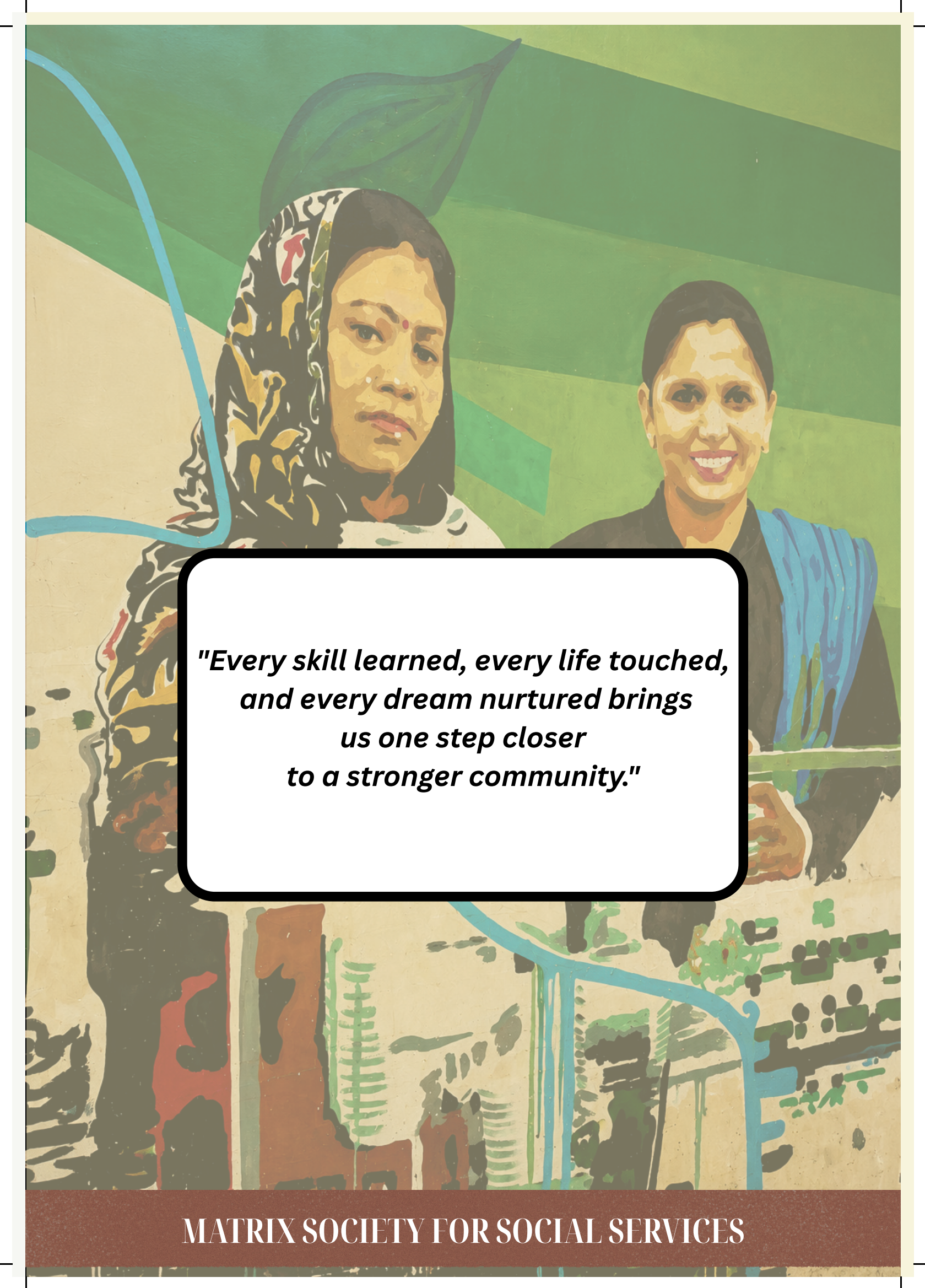
To strengthen the safety and preparedness of field staff, a Women Safety Awareness Session was organized for ABHA and Women Livelihood Centre (WLC) staff by the Vocational Training Centre-cum-Tutorial Classes. The session was conducted by Head Constable Deepti and ASI Kanta, Outer District TCP Officers from Delhi Police. The interactive session focused on personal safety while working in the field, awareness of emergency helpline numbers, identifying and

responding to inappropriate behavior, basic self-defense techniques, and legal rights available to women. The initiative equipped participants with practical knowledge and confidence to ensure their safety while serving communities on the ground.



Spreading Awareness on Cyber Safety

A Cyber Crime Awareness Session was conducted by Ms. Ritu Sharma, Project Manager of the Centre, to educate participants about the growing risks of online fraud. The session focused on common cyber scams involving OTPs, fraudulent links, and suspicious phone calls, while emphasizing the importance of never sharing bank details, Aadhaar numbers, or OTPs. Participants were also advised to monitor their children's online activities and app downloads to ensure digital safety for the entire family.



***"Every skill learned, every life touched,
and every dream nurtured brings
us one step closer
to a stronger community."***

MATRIX SOCIETY FOR SOCIAL SERVICES