



GOOD SHEPHERD CENTRAL EAST INDIA NEPAL

Safe Spaces

With hope and renewed commitment, we share the second edition of **SAFE SPACES**—the newsletter of the Good Shepherd Central East India Nepal Province.

In this edition, we focus on listening to the voices of women, especially those who are unheard and living at the margins. Their stories reflect pain, resilience, courage, and hope, inviting us to listen with openness and compassion.

As we mark **International Women's Day**, we remember women in war-torn and conflict-affected regions who face violence and displacement, yet continue to hold their families and communities together with strength and dignity.

"We see a world permeated by God's love, where justice and human rights support the dignity of every girl, woman and child."

Our mission calls us to be compassionate and courageous—standing with women and vulnerable children, and working for justice. This journey also calls for partnership, where men and women together build communities of respect and equality.

Safeguarding remains central to this call—creating spaces where every person feels safe, valued, and heard.

May **SAFE SPACES** continue to be a space of listening, solidarity, and hope.

The Editorial Team

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MARCH 2026



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Safety is our priority

If Not Us, Who? Building Safe Spaces in Nagpur Schools

The Good Shepherd Sisters, Nagpur, remain deeply committed to the protection, safety, and well-being of children and vulnerable individuals across all ministries. This commitment extends to every institution and environment where children are present.

As part of this mission, safeguarding training sessions were conducted in various schools in Nagpur, along with the display of safeguarding posters to strengthen awareness and promote a culture of protection. This initiative reflects a meaningful collaboration between the Sisters and educational institutions, emphasising a shared responsibility to create safe and nurturing spaces for children.

“If not us, who? If not now, when?”

One such session was held at St. Anthony’s School, Ajni, led by Sr. Pushpa Louis, the Province Leader. The Congregation’s Safeguarding Policy was presented in detail, highlighting its importance in safeguarding children within the institution and in the wider community.

The training focused on building awareness among teachers, non-teaching staff, and management, guiding them on practical measures to identify risks early and respond appropriately, while fostering a child-friendly environment with zero tolerance for abuse.

The session saw active participation from teachers, administrative staff, and management representatives, reflecting the school’s strong commitment to child protection. It was interactive and engaging, with participants raising questions on safeguarding practices, reporting mechanisms, and preventive strategies, all of which were carefully addressed.



“Every question asked is a step towards safer spaces; every voice heard is a step towards protection.”

At the conclusion, CEIN Province safeguarding posters were explained and displayed prominently on the school premises, serving as constant reminders to remain aware and vigilant.

The training was both impactful and encouraging, further strengthening the partnership between the Good Shepherd Sisters and the school.

“Safeguarding is not just a responsibility—it is our priority.”

Sanjay Barai
Manager, MDO, CEI
Good Shepherd Provincialate



RESPECT CREATES REAL SAFETY

NAME: MR. MUKESH
EDUCATION: M.A. ENG
VILLAGE: MASNAICKENPATTI

- A harmful environment is one where people are unable to feel a sense of safety, security, and acceptance in the place where they live, especially when differences in religion, beliefs, or backgrounds create fear or discomfort instead of understanding and harmony.
- When challenges or problems arise, a healthy environment is reflected in the spirit of mutual support, where individuals respect one another, stand together, and extend help regardless of religious or cultural differences.
- At home, I feel safe, healthy, and at peace. However, when I travel to my workplace, I often experience fear and anxiety, worrying that something may go wrong along the way. A truly safe society is one where every person can move freely and confidently, supported by an atmosphere of trust, respect, and interfaith harmony.



EQUAL RIGHTS SAFE LIVES

NAME: MRS. A. RAMI
VILLAGE: A.N. MANGALAM
SHG GROUP: LOURDU MADHA

A safe environment, in my view, is one where a woman or girl feels heard, respected, and valued – whether at home, on the road, or at work. Her opinions and emotions should be taken seriously, and no one should be treated in a degrading or dismissive manner. True safety is not just physical but also emotional, built through mutual respect, understanding, and the freedom to express oneself without fear. These qualities allow individuals to live and work with confidence and dignity.

The family is the first and most important place where such respect and security must exist. When there is mutual regard and support between husband and wife, decisions can be made through dialogue rather than conflict, creating harmony and trust. This foundation of encouragement and protection empowers women to participate confidently in society. The same principles apply in workplaces and groups – openness, cooperation, and honest communication help maintain positive relationships and contribute to collective growth.



VOICES OF SAFETY AND RESPECT

NAME: D. THULASI
CLASS: 9TH STANDARD
VILLAGE: KULLAMPATTI
SCHOOL: GOVERNMENT HIGHER SECONDARY GIRLS' SCHOOL, VALASAIYUR

A safe environment, for me, is one where I feel respected, heard, and supported. At home, my parents listen to my opinions, which makes me feel valued and secure. When I go to school with my friends, I experience a sense of safety and comfort because we support and look out for one another. Similarly, at school, when equal rights and fair treatment are practiced, it creates a positive and protective atmosphere for everyone.

I believe that speaking to others with respect naturally brings respect in return. I do not see differences based on gender, caste, or religion, and this mindset helps me live in harmony with others. The trust people place in my words and decisions gives me confidence. I feel safe at home because my views are respected, and at school because my teachers and classmates treat me with dignity. My parents' encouragement and support further strengthen my confidence and help me live with a sense of security and self-belief.



भला गड़ेरिया संस्था- चैनपुर
सुरक्षित स्थान: आशा, साहस और सशक्तिकरण का स्रोत



मेरा नाम दोरोथिया लकड़ा है और मैं डिप्पा बुकमा गाँव से हूँ। मैं ईजे तारा स्वयं सहायता समूह से जुड़ी हूँ। मैं ईजे महिलाओं की ओर से सुरक्षित स्थान के विषय पर अपने विचार साझा कर रही हूँ। मेरे लिए, सुरक्षित स्थान वह जगह है जहाँ मैं मानसिक और शारीरिक रूप से पूरी तरह सुरक्षित महसूस करती हूँ, और जहाँ मैं बिना किसी डर, भेदभाव या आलोचना के खुलकर अपनी बात कह सकती हूँ। ऐसे वातावरण में, मैं आत्मविश्वास से अपने विचार साझा करती हूँ और बिना किसी झिझक के अपने आप को अभिव्यक्त करती हूँ। कुछ मानवीय मूल्य और व्यवहार मेरे दैनिक जीवन में सुरक्षा, सम्मान और अपनेपन की भावना पैदा करने में महत्वपूर्ण भूमिका निभाते हैं। विश्वास, सहानुभूति और गरिमा जैसे मूल्य मुझे हर किसी के साथ, यहाँ तक कि हर बच्चे के साथ सकारात्मक संबंध बनाने में मदद करते हैं। मुझे घर और कार्यस्थल दोनों जगह सुरक्षित वातावरण का अनुभव करने का सौभाग्य प्राप्त है। मुझे अपने विचार साझा करने और परिवार में महत्वपूर्ण निर्णय लेने की स्वतंत्रता मिली है। यह सुरक्षित स्थान हर किसी के लिए आशा, साहस और सशक्तिकरण का स्रोत है।

दोरोथिया लकड़ा

ईजे प्रोजेक्ट- चैनपुर



“Safe Space: A Source of Hope, Courage and Empowerment”

My name is Dorothiya Lakra from Dippla Bukma village, which belongs to EJ Tara Self Help Group. I am sharing my views on behalf of EJ women on safe space. For me, a safe space is a place where I feel completely secure both mentally and physically, and where I can express myself freely without fear of judgment, discrimination, or criticism. In such an environment, I feel confident sharing my thoughts and being myself without discomfort. Certain human values and behaviours play an important role in my daily life, creating a sense of safety, respect, and belonging. Values such as trust, empathy and dignity help me to build positive relationships with everyone, including every child. I am fortunate to experience a safe environment both at home and in my workplace. I felt free to share my ideas and make major decisions in the family. This safe space is a great source of hope, courage, and empowerment for everyone.

Dorothiya Lakra
EJ Project- Chainpur

Safe Space

A safe space is a place where everyone feels at ease and free to be their true self. It is a space without drama, fear, or judgment, but filled with honesty, awareness, and respect. It is a place of belonging and comfort where hearts feel accepted.

In *the presence* of God, we experience deep peace and security; therefore, a true safe space begins in the human heart. When a person carries love, sincerity, compassion, and inner peace, those qualities create safety around them.

For me, a safe space is experiencing the qualities of God within oneself and expressing them through daily actions. It is living in such a way that no harm is done to anyone physically, mentally, or emotionally. Where such a person is present, their very presence makes others feel calm and protected. In this way, a safe space becomes a reflection of divine love—truly a heaven on earth.

Article by Sr. Anthonia S.

Human Rights: Our Duty, Our Voice

Freedom • Dignity • Equality • Safety for All

1. WHAT ARE HUMAN RIGHTS?

Basic rights and freedoms every person deserves from birth — regardless of caste, religion, gender, age, or background.

2. CORE PRINCIPLES

- Universality — Rights belong to everyone.
- Equality & Non-discrimination — No violence, no bias, no exclusion.
- Inalienability — Rights cannot be taken away.
- Interdependence — All rights are linked.
- Accountability — Governments and communities must protect rights.

3. WOMEN'S RIGHTS

Every woman has the right to:

- Live free from violence and harassment
- Equal opportunities in education and work
- Make decisions about her body and life
- Dignity, respect, and safety in home and society
- Equal participation in community and governance

Violence against women is a violation of Human Rights — not a private matter.

4. CHILD RIGHTS

Every child has the right to:

- Protection from abuse, trafficking, and exploitation
- Education without fear or discrimination
- Safe spaces to grow, play, and dream
- Nutrition, health care, and emotional support
- A voice — to be heard and believed

A safe child today is a stronger nation tomorrow.

5. BASIC HUMAN RIGHTS FOR ALL

Civil & Political Rights

- Right to life
- Right to privacy
- Freedom of expression & religion
- Right to vote

Economic, Social & Cultural Rights

- Right to education
- Right to health
- Right to work
- Right to adequate living
- Right to participate in culture

6. WHY HUMAN RIGHTS MATTER

- Protects dignity
- Prevents violence
- Builds equality
- Promotes peace
- Strengthens democracy

7. CALL TO ACTION

- Speak against gender violence
- Protect children from abuse
- Support survivors
- Challenge harmful norms and discrimination
- Spread awareness of Indian constitutional values — Equality, Justice, Liberty, Fraternity

GOOD SHEPHERD CONVENT
Nochipatti, Ayothiyapattinam, Salem

IN SAFE SPACES, CONFIDENCE BLOSSOMS

A safe space, to me, is not a room with walls,
but a feeling that gently holds my heart.
It is where my words can rise without fear,
and my silence is also understood.
It is a place where eyes do not judge,
and voices do not wound.
Where listening is patient,
and kindness is spoken in simple tones.
Here, I do not have to pretend.
I do not have to hide my doubts or mistakes.
I am allowed to be human,
learning, growing, and becoming.
In this space, dignity lives quietly,
and belonging is felt without asking.
Trust grows like a tree with deep roots,
giving shade to every weary thought.

A safe space teaches me courage
to speak, to listen, to forgive, to care.
It reminds me that safety is not given by place,
but created by the way we treat one another.
Kind words spoken in a gentle tone,
A listening heart when one feels alone.
A patient pause before we reply,
Respect that no one can deny.
Welcoming smiles at the start of the day,
Inviting each voice to have its say.
Helping hands when burdens grow,
Quiet support that others may not know.
No gossip, blame, or harsh command,
But empathy offered, hand in hand.



Accepting differences, honouring worth,
Seeing the value in every birth.
Through daily acts, both small and kind,
We build a place where hearts can find
Safety, dignity, and belonging true
In how I treat others, and they treat me too.
In my home and school, I found safe space
In calm voices and unhurried grace.
Where I could speak and be heard with care,
And share my thoughts without silent fear.
When mistakes were met with guiding hands,
Not harsh words or strict demands.
When problems were solved through patient talk,
And we chose understanding in every walk.
I felt safe when trust was shown,
When my efforts were seen and gently known.
Through support, respect, and cooperation true,
I learned to create this space for others too.

Nandani Markam, Class XII
Village -Kaudiyatola, Balaghat District -MP

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My Story of Feeling Heard and Valued

My name is Korasa Adi Lakshmi. I am from Mogaralaguppa village in Mulakalapalli Mandal, and I am honored to serve as the Sarpanch of Mukamamidi Panchayat.

When I think about safe spaces and safeguarding, I remember the moments in my life when I felt protected, respected, and valued.

I grew up in a home where my parents always listened to me. Even when I was young, they respected my thoughts and encouraged me. Their support gave me confidence and made my home a place of emotional safety.

Later, when I started working, I made mistakes and felt afraid. But instead of blaming me, my team supported and guided me. That experience taught me that a safe space is not a place without mistakes, but a place where people help you learn and grow without fear. These experiences taught me that safety, dignity, and belonging are created through listening, respect, encouragement, and support. Today, as a Sarpanch, I am committed to creating a safe and respectful environment in my Panchayat, where every person feels valued and heard.

Korasa Adi Lakshmi
Sarpanch of Mukamamidi Panchayat.



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Safe Space at Good Shepherd Home, Ouguri, BTR, Assam

To me, a safe space is an environment where every child feels protected, respected, and emotionally secure. It goes beyond physical safety, creating a place where children can speak freely without fear, shame, or judgment, and feel valued for who they are.

At Good Shepherd Home, I experience this sense of safety and belonging each day. Our hostel truly feels like a *home away from home*, with a warm and caring atmosphere where no child is left alone. The Sisters play an important role in creating this environment; their kindness, patience, and constant presence provide comfort and reassurance, especially in times of difficulty.

As a warden, I feel a deep responsibility and privilege in being part of this space. It brings me joy to see children grow in confidence, express themselves freely, and support one another. Their laughter, openness, and trust remind me that creating a safe space is not just about care, but about building relationships where every child feels seen and valued.

When children share their joys, worries, and achievements without hesitation, I know that trust has taken root. In those moments, I realize that we have created more than just a hostel—we have built a nurturing environment filled with dignity, care, belonging, and hope.

Robita Borgoyary
Warden, Good Shepherd Home
Ouguri, BTR, Assam

Voice of the Sarpanch (Member, VCPCR)

“As a member of the Village Child Protection Committee (VCPCR), I believe that every child in our community—whether a boy or a girl—has the right to safety, education, dignity, and protection. It is our responsibility to ensure that no child is left behind, especially migrant children who are more vulnerable. Safeguarding is not only about responding to problems; it is about preventing harm before it happens. As part of the VCPCR, we monitor community situations, raise awareness of children's rights, work to prevent child labour and early marriage, and guide families to support their children's education.

I strongly support the children's parliament as it gives children leadership opportunities and builds their confidence. When children participate in discussions and decision-making, they understand that their voices matter and they grow into responsible citizens.

Our goal is to build a child-friendly community where every child feels safe, respected, and supported. Protecting children's rights is not the duty of one person alone—it is a shared responsibility of the whole community.”

Mrs. Veena



Safe Space: A Place to Be Yourself

The sky is wide and open, just like a safe space. When I am free to express my thoughts and feelings, my heart feels light and at peace. But when my voice is ignored or my feelings are hurt, even small problems can feel heavy. A safe space is where I can open my heart and speak freely. It allows me to be my true self without fear or hesitation. In such a space, no one laughs at my weaknesses or judges my mistakes. Instead, people listen with understanding and kindness, and that makes me feel valued. I experience this when someone listens to me with patience and responds with care. In those moments, I feel safe to share, learn, and grow. A safe space teaches me to respect others and value myself. It reminds me that I can also create such a space for others through the way I listen and care.

Anita, Nepal

Her Dreams, Her Future VOICE OF AN ADOLESCENT GIRL



I am Sanskruti Sanjay Hiram. Hailing from a village called Koshane in Karjat city. I am a member of Apeksha Kishore Group. I am a student of the 8th standard. Growing up in Koshane village, life wasn't always easy, but it taught me something that city kids might not understand hard work and patience. From helping my parents in the fields to carrying water from the river, I learned that every small task is part of something bigger. It wasn't always glamorous, but it was real. Since joining the Adolescent group, my lifestyle has changed. The input session I received gave me a new perspective on my life. Especially the input session on the rights of adolescent girls. I am a girl who loves helping those in need. I gained the knowledge and courage to meet the officials to get our rights. I take leadership to organize programmes in the school. I am proud to be a member of this group and look forward to many things to learn. I want to bring opportunities here for my friends so that they, too, may become like me, courageous and hard-working. Thank you.

-Sanskruiti Sanjay Hiram

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A New Chapter Begins:

Radhika Pintiya Pawar wins Nagar Sevika Election

My name is Radhika Pintiya Pawar, and I come from Bhisegaon, a tribal village in Karjat, Maharashtra. I studied up to Class 3. I live with my mother, husband, and children.

I work in a brick factory, and after work, I go to a hotel to wash dishes to support my family. With the support of the Good Shepherd Sisters and staff, I joined a Self-Help Group. Through this, I attended several training sessions that helped me grow in confidence and strength.

Over time, I became more confident, vocal, and better able to understand the needs of others. This year, I was given the opportunity to stand for the local governance election in my village. At first, I hesitated because of my limited education. But with encouragement from the staff and my community, I found the courage to contest.

I am happy to share that I was elected as Nagar Sevika (local representative) of my village. This is a proud moment for me.

My desire is to serve the people of my village and bring positive change to their lives. I hope to use this opportunity to work for the development of my village and its surroundings.

Radhika Pintiya Pawar



Radhika Pintiya Pawar

Still Searching for a Safe Space

For me, a safe space is a secure environment that gives a sense of belonging and safety, along with the freedom to express my thoughts and actions without fear or oppression.

Safety, dignity, and a sense of belonging are created through an environment free from oppression, emotional harm, and manipulation—where privacy is respected, language and behaviour are kind, gender equality is practiced, and inclusion is part of everyday life. Strong laws, public safety, awareness, and being genuinely heard also play an important role in creating such spaces.

However, due to limited awareness and certain barriers, I have not truly experienced a safe space. I have often lacked a consistent sense of safety, even within my own home.

Aakriti Dahal
Project Right Holder



Experiencing a Safe Space

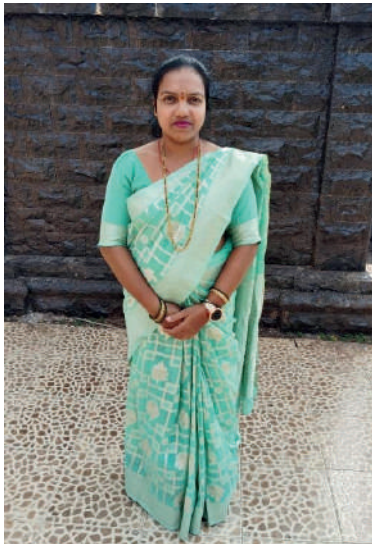
A safe space is where I feel protected, respected, and comfortable sharing my thoughts, feelings, and ideas. Being listened to and valued helps me feel secure. Safety, dignity, and belonging grow when people treat each other with kindness, respect, and understanding, follow fair rules, and practice equality and active listening.

I have experienced a safe space at home, where my family supports me, encourages me to express myself, and helps me learn from mistakes. Similarly, at school, college, or work, I feel safe when teachers or colleagues respect my opinions, guide me, and support my growth.

Prerana Balami
Project Right Holder



Creating Safe Spaces: A Teacher's Perspective



As a teacher, I have the privilege of guiding young minds and shaping their futures. We work closely with migrant children through motivational centers, children's parliament groups, and adolescent girls' groups. Many of these children face challenges such as migration stress, lack of stability, and safety concerns. Adolescent girls, in particular, need protection, guidance, and encouragement to build confidence and envision a bright future.

Our motivational centers are more than just learning spaces—they are safe havens where girls can speak freely, share their dreams, and feel genuinely valued. Through regular meetings and activities, they gain knowledge about their rights, personal safety, education, health, and leadership. Witnessing their growth, courage, and resilience reminds me daily that every child deserves to be heard, respected, and empowered.

Mrs. Diya



Safe Space – Voices from the Community

Kavita Durwey, Surwahi Village

I am 18 years old and a member of the adolescent group Laxmi for the past six months. Through trainings on good touch & bad touch, safeguarding, human rights, and hygiene, I have gained confidence to speak during village community meetings without hesitation. I feel safe and independent because I am respected, listened to, and valued both at home and in my village. To me, a safe space means being respected, cared for, and given opportunities to express my thoughts and participate fully in my community.

Sakshi Tangse, Darbaritola Village

I am 17 and study in 12th standard. As Prime Minister of our Children's Parliament, I participate in awareness programs on safety, cyber security, and child protection. These experiences have helped me create safe spaces at home and in my neighborhood. I feel protected, respected, and free, and I also make sure others feel valued and cared for. For me, a safe space is a place where everyone can express themselves, be understood, and participate in discussions safely.

Guhdhar Singh Meravi, Sherpar Village

I am a member of the Village Child Protection Committee (VCPCR). Through various safety and awareness sessions, I have learned how to create a safe environment in my village. I feel included, respected, and free to interact with everyone—men, women, children, and leaders alike. To me, a safe space is one where people are protected, supported, and able to grow, learn, and help others thrive.

Creating Fearless Spaces for Confident Women

My name is Nitisha Tekam, a resident of Pachera village, Balaghat (M.P.), and secretary of the "Unnati" Self-Help Group (SHG) from Jodhi Tola. I am 32 years old, a mother of two, and have studied up to 12th grade. Our SHG was formed in 2022 with 12 women members. At first, many women in our village were hesitant to speak about their problems.

As a leader in the SHG, I have seen how safeguarding and safe spaces can transform women's lives. For me, a safe space is where I feel respected, heard, and accepted without fear or judgment. It is a place to express thoughts and feelings openly. A safe space is not created by walls, but by attitudes—where people listen patiently, speak kindly, and treat one another with dignity.

In daily life, safety, dignity, and belonging grow through small, consistent actions: speaking respectfully, listening patiently, including everyone in conversations and decisions, avoiding blame or gossip, and supporting others during difficulties. Appreciation and encouragement strengthen trust and relationships.

I have experienced safe spaces both at home and at work. At home, problems are discussed calmly, and everyone can speak freely without fear. At work, I feel safe when my ideas are valued, responsibilities are entrusted to me, and mistakes are addressed with guidance rather than criticism. These experiences help me feel heard, respected, and confident.

—Nitisha Tekam



WHAT DOES A SAFE SPACE MEAN TO ME?



For me, a safe space begins in my classroom. It is more than rules and regulations; it is a commitment to creating an environment where every child feels heard and never judged.

I believe in creating a circle of care in my classroom, where each child's life is approached with sensitivity, especially in vulnerable situations and where emotional needs are addressed with dignity and respect.

Simple actions of listening attentively and encouraging shy students help build dignity and belonging, leaving a lasting positive impact in a child's life.

I have experienced that when students feel safe, they participate more freely and support one another.

A safe space is not built in a day; it is nurtured through trust. And trust, once built becomes the foundation for meaningful learning and growth.

**Sangeetha Anand, Teacher,
Good Shepherd Centenary School,
Chennai.**



My Safe Home, a place where I feel protected and valued

The place where I feel safe is my safe home, where everyone treats me with love and goodwill, making me feel secure. Men are not allowed inside, and the staff guide me on the right path, teaching me to respect elders and care for younger children. They provide me with the skills and education I need, kindly correct my mistakes, and encourage me when I do well.

When I am unable to share something verbally, I can use the suggestion box to express my thoughts freely. Since coming here, my daily routine has improved—I wake up early, follow my schedule, and continue my studies. Above all, the staff show me care and affection, making this place feel truly safe.

**Pratikshya Tamang
Safe Home Right Holder**

Understanding safe spaces in everyday life

A safe space is a place where people feel respected, valued, and secure. For me, it is an environment where one can freely share thoughts, feelings, and experiences without fear of judgment or unfair treatment.

Simple everyday actions can create a sense of safety, dignity, and belonging. People feel accepted when they are treated with kindness, listened to patiently, and treated fairly. Clear rules, fairness, and equal treatment for everyone help build trust and respect in any community. A safe space becomes stronger when people support one another and stand against discrimination and bullying.

At home, a safe space means family members communicate openly, respect each other's opinions, and allow everyone to express themselves without fear. Love, encouragement, sharing responsibilities, respecting boundaries, and resolving conflicts peacefully make a home truly safe.

At work, a safe space is created through respect, fairness, teamwork, and clear communication. When people feel safe at home, work, and in the community, their confidence and mental well-being improve, helping them grow and contribute positively.



**Ranjana Sharma, Project Officer
Opportunity Village Nepal, Kathmandu**



A Haven of Hope: Nurturing Safe Spaces for Every Child

For every child, a safe place is undoubtedly her mother's arms, a place to remain safe forever, a place that feels like a haven, so secure that fear never exists and only love prevails.

A sanctum sanctorum - where I can express my inner self, recognise my inner strengths and soar above the infinite sky.

A safe place gives confidence makes you feel comfortable and fills you with compassion.

I have felt the same at my workplace a safe environment which caters to many young girls teaching them to be bold ,brave and strong, it encourages them to create spaces that are safe where girls can feel at home .

They are nurtured to be better trustworthy individuals who are given the freedom to be the voice of the voiceless,to love the unloved and protect the vulnerable .

This place teaches values beyond academics ,transforming the buildings into safe abodes for every child to learn and grow into paragons of virtue.



N. Cecelia Hannah Mabel.

திருமதி மோகனாவாகிய நான் கடந்த பதினாறு வருடங்களாய் நல்லாயன் குடும்பத்தில் ஓர் உறுப்பினராய் பாதுகாப்பாகவும்,தேரியமாகவும் வாழ்ந்து வருகிறேன். பத்து வருடங்களுக்கு முன் என் கணவரை இழந்த போது, இந்த சமுதாயத்தை எதிர்கொள்ள என் தனிமை என்னை பயமுறுத்தியது. ஆனால், அருட் சகோதரிகளின்

அரவணைப்பும் ,குடும்பமாய் நாங்கள் இருக்கிறோம் என்று அவர்கள் தந்த மன தேரியமும், என்னை மீண்டும் எழச் செய்தது. பள்ளியில் நான் எந்த வகையிலும் பாதிக்கப்படவில்லை. எனக்கான பாதுகாப்பு வளையத்தை என் பள்ளி எனக்கு ஏற்படுத்தித் தந்தது. எனக்கான பாதுகாப்பை, வாழ்க்கை ஆதாரத்தை, அன்பில் அரவணைப்பை அனைத்தையும் தந்து என்னை ஆற்றுதல் படுத்தியது. நம்பிக்கை கொண்டு எழுந்த எனக்கு, என் வீட்டின் சுற்றமும் பாதுகாப்பைத் தந்தது. என் மகள் என் மகனுடன் நான் பாதுகாப்பாய் வாழ்வதை இந்த பகிர்வு மூலம் உறுதி செய்ய முடிகிறது. எந்த வித பயமும் இல்லாமல் என் வாழ்க்கைப் பயணம் தொடர,நான் மதிப்போடு வாழ என் சுற்றமும், என் பள்ளியும் எனக்கு ஆசிர்வாதமாய் உள்ளது. கல்லூரி படிக்கும் என் மகளின் பாதுகாப்பை நினைத்து நான் கவலை கொண்டபோது, என் குடியிருப்புப் பகுதியே காவலாக இருப்பதை உறுதி செய்தது. நான் வேலையின் நிமித்தம் பள்ளிக்கு செல்லும் போதெல்லாம் என் பிள்ளைகளின் பாதுகாப்பு வளையமாய் என் சுற்றம் உள்ளதுஎன்பதை இந்தப் பதிவில் தெரிவிப்பதில் மன மகிழ்ச்சி அடைகிறேன். நான் தனித்து விடப் பட்டபோது எனக்கு பலம் தந்து என்னை வழிநடத்தும் என் நல்லாயன் குடும்பத்திற்கும், என் சுற்றத்திற்கும் நான் நன்றி கூற கடமைப்பட்டவள். இந்த பகிர்வு மூலம் நான் என் நன்றியை தெரிவித்துக் கொள்வதில் மிக்க மகிழ்ச்சி அடைகிறேன். நன்றி.

**திருமதி. மோகனா
நல்லாயன் மேல்நிலைப்பள்ளி
சென்னை(India)**



Living Safely and Courageously

I, Mrs. Mohana, have been living safely and courageously as a member of the Good Shepherd family for the past sixteen years.

After losing my husband ten years ago, loneliness made me afraid to face the world. The care, support, and encouragement of the Sisters reminded me that we are one family, helping me rise again.

My school has provided a protective environment, safety, livelihood, and loving care, comforting me in every way. This support, along with my surroundings, gives me confidence to live without fear, with dignity, alongside my daughter and son.

Even when I worried about my daughter's safety in college, my residential community assured me they would stand as her protection. At work, I feel blessed to be in a place where my children and I are supported and safeguarded.

I am deeply grateful to my Good Shepherd family and community for giving me strength, guidance, and care when I needed it most.

Thank you.

**Mrs. Mohana
Good Shepherd Mat. Hr. Sec. School
Chennai, India**

What a Safe Space Means to Me



A safe space is more than just a place—it is a person, a home, or a community where I feel secure and free to be myself. It is where my emotional and physical wellbeing is protected, where I can express my thoughts without hesitation, and where my identity, beliefs, and boundaries are respected. In a safe space, I do not have to pretend, I can admit my vulnerabilities without fear of judgement and stand confidently in who I am.

At home, a safe space is found in moments when my feelings are heard, my disagreements are accepted, and my need for rest or privacy is respected. These small yet meaningful experiences create trust and belonging.

The Good Shepherd community also provides such an environment—one where people can speak up, admit mistakes, ask questions, and share ideas without fear of humiliation. Conflicts are handled respectfully, and contributions are valued.

Ultimately, a safe space is where fear is replaced with trust, and where acceptance allows us to grow.

-Jennifer Diaz, Chennai, India

Greetings to all!

*I'm Mrs Isabella, a contact person in
Good Shepherd Mat Hr Sec School, Chennai, India.*

*Safe space in our school does not deal only with physical
security of individuals but also their emotional and
academic performance.*

*We build a sense of belonging and trust
to our students and staff in our school.*

*We also inculcate in our children the value of integrating
ourselves with the ecosystem and to embrace
Mother Earth.*

Mrs. Isabella Gordon,

I am Rani Madakam from Dharavaiyumpu village. We are four in the family consisting of my parents, elder sister and I. I am a tribal girl where nature is loved and we connect ourselves with one another. We fully depend on resources. My parents go for daily wage labour on a regular basis. I am very fortunate to get support for my continued education from our Good Shepherd Sisters Mulakalpalli through Chalice Canada project. I take this opportunity to thank our sisters for accompanying me all through these years. I completed my graduation successfully this year and am preparing myself for post-graduation. A safe space is the soil where my confidence takes root and my dreams begin to bloom.

For me a safe space means a place where I am respected, and accepted. It is not merely a place, but also an environment of trust, love and understanding. A kind word, encouragement, compassion, listening, understanding and equality creates a safe space and dignity for all. I have experienced this safe space at home, Good Shepherd Convent and in my village. I live in a society where girl children are less encouraged to study but when I look at my life. I am blessed very much, my parents, Good Shepherd Sisters and staff valued my life. I am loved, cared, given importance, encouraged and received education. A safe space helps me to believe that my life is valuable and that I am encouraged to build a better future for myself and others.

I extend my sincere thanks to our Good Shepherd Organisation for giving me an opportunity to express myself.

By Rani Ma



मला गैरेरिया संस्था - चैनपुर

सुरक्षित स्थान; आशा, साहस और सशक्तकरण का स्रोत

मेरा नाम दोशेधिया लकड़ा है और मैं दिव्या ब्रह्मा गाँव से हूँ। मैं इसे तारा स्वयं सहायता समूह से जुड़ी हूँ। मैं इसे महिलाओं की ओर से सुरक्षित स्थान के विषय पर अपने विचार साझा कर रही हूँ। मेरे लिए सुरक्षित स्थान वह जगह है जहाँ मैं मानसिक और शारीरिक रूप से पूरी तरह सुरक्षित महसूस करती हूँ, और जहाँ मैं बिना किसी डर, भेदभाव या आलोचना के खुलकर अपनी बात कह सकती हूँ। ऐसे वातावरण में, मैं आत्मविश्वास से अपने विचार साझा करती हूँ और बिना किसी झिझक के अपने आप को अभिव्यक्त करती हूँ। कुछ मानवीय मूल्य और व्यवहार मेरे दैनिक जीवन में सुरक्षा, सम्मान और अपनेपन की भावना पैदा करने में महत्वपूर्ण भूमिका निभाते हैं। विश्वास, सहानुभूति और गरिमा जैसे मूल्य मुझे हर किसी के साथ, यहाँ तक कि हर बच्चे के साथ सकारात्मक संबंध बनाने में मदद करते हैं। मुझे घर और कार्यस्थल दोनों जगह सुरक्षित वातावरण का अनुभव करने का सौभाग्य प्राप्त है। मुझे अपने विचार साझा करने और परिवार में महत्वपूर्ण निर्णय लेने की स्वतंत्रता मिली है। यह सुरक्षित स्थान हर किसी के लिए आशा, साहस और सशक्तकरण का स्रोत है।

दोशेधिया लकड़ा
इसे प्रोजेक्ट चैनपुर

सुरक्षित स्थान आत्मविश्वासी महिलाओं के लिए निम्न
स्थानों का निर्माण।

मेरे लिए सुरक्षित स्थान वह वातावरण है, जहाँ मैं बिना किसी डर या अलोचना के सम्मानित सुना हुआ और स्वीकार किया हुआ महसूस करूँ। यह वह जगह है, जहाँ मैं अपने विचारों और भावनाओं को खुले और ईमानदारी से व्यक्त कर सकती हूँ। सुरक्षित स्थान में लोग धीरे पूर्वक सुनते हैं, नम्रता से बोलते हैं और एक दूसरे के साथ गरिमा से व्यवहार करते हैं। ऐसा स्थान दीवारों से नहीं बल्कि लोगों के व्यवहार और सोच से बनता है।

दैनिक जीवन में सुरक्षा गरिमा और अपनत्व की भावना छोटे छोटे निरंतर किए जाने वाले कार्यों से उत्पन्न होती है। सम्मानपूर्वक बोलना धीरे से सुनना और मधुर शब्दों का उपयोग लोगों को मूल्यवान महसूस करता है। सभी को बातचीत और निर्णयों में शामिल करना विश्वास और जुड़ाव बढ़ाता है। दोषारोपण कठोर अलोचना और चुगली से बचना भावनात्मक सुरक्षा बनाए रखता है। जब कोई संघर्ष में हो तो सहायता करना और दूसरों के प्रयासों की सराहना करना संबंधों को मजबूत करता है।

मैंने अपने घर और कार्यस्थल में सम्मानपूर्ण संवाद और आपसी सहयोग के माध्यम से सुरक्षित स्थान का अनुभव किया है। घर में समस्याओं पर शांति से चर्चा होती है। और हर व्यक्ति को बिना डर के अपनी बात कहने का अवसर मिलता है। इससे मैं सुना हुआ और मूल्यवान महसूस करती हूँ। कार्यस्थल पर मुझे तब सुरक्षा महसूस होती है। जब मेरे विचारों को सुना जाता है और मेरी जिम्मेदारियों पर भरोसा किया जाता है। जब गलतियाँ होती हैं, तो उन्हें दोष के बजाय मार्गदर्शन के साथ सुधारा जाता है।

नाम - जिलिशा तैकाम

समूह का नाम उन्नति [सचिव]

गाँव का नाम पंचेरा

जिला बाबासाहेब

A Safe Space

- Let there be a place
Where her voice is not a whisper,
Where her steps carry no fear,
And her silence is not forced.
- A place where respect grows
Like sunlight through an open
window,
Where she can breathe, speak,
and dream
without apology.
- Here, her strength is seen,
Her tears are understood,
- Her laughter is free,
And her story matters.
- A Safe Space is not just
walls,
But hearts that listen,
Hands that protect,
And minds that care.
- In that space, she is not
judged
Not questioned, Not alone -
She is valued,
She is heard,
She is home.

MOTTUKAL STAFF

A safe space, to me, is a supportive environment where individuals feel comfortable being themselves without fear of discrimination, harassment, judgment, or violence. It is a space where people can openly express their ideas, share personal experiences, and engage in meaningful conversations with the confidence that their voices will be heard and respected.

Inclusion is essential for the growth of young people because it directly shapes their confidence, skills, and future opportunities. For girls especially, safe and inclusive spaces are transformative. They grow more confident in their abilities, more secure in who they are, and more courageous in pursuing their dreams. Feeling included helps them develop a clear sense of identity and the resilience needed to face life's challenges.

We are proud that our school provides such a space. Our children experience what it means to be heard, seen, accepted, and respected. They have access to counsellors who provide guidance and support when they face peer pressure, bullying, or personal challenges. With compassionate listening and practical advice, our counsellors help them navigate difficulties and find constructive solutions.

Beyond emotional support, our school ensures that every student is given equal opportunities to participate in academic, cultural, and co-curricular activities. By empowering students through inclusion, we enable them to discover their talents, develop leadership skills, and grow into confident individuals ready to make a difference.

Mrs. Grace
PTA, Good Shepherd School, Chennai

सुरक्षा

वातावरण

रोगमर्त की जिदगी में सुरक्षा, सम्मान और अपने पन की भावना पैदा करने में क्या सहायक है ?

रोगमर्त की जिदगी में सुरक्षा सम्मान और अपने पन की भावना पैदा करने में सहायक है। क्योंकि सबसे पहले हमारे जीवन सुरक्षा जैसे जब कोई व्यक्ति कुछ साज्जा करना चाहता है। जो उसे अच्छा वहाँ लगा रहा है; तो उसे हम जरूरी समझकर सुन लेना चाहिए। सुनने से बताने वाले व्यक्ति की चिन्ता कम हो सकती है। और वह व्यक्ति सुरक्षित महसूस कर सकता है।

मुझे निम्नलिखित में सुरक्षित रहने का अधिकार है।

- 1) शोषण
- 2) दुर्व्यवहार
- 3) तदमारी
- 4) हिंसा
- 5) हानि

और उपेक्षा। और मुझे ये सुरक्षित वातावरण में बढ़ने का अधिकार है।

सम्मान से जीने का अधिकार हम सभी को है। यदि हम किसी का सम्मान नहीं करेंगे। तब तक हमें भी सम्मान नहीं मिलेगा। हमें बुजुर्गों तथा बच्चों एवं बड़े तथा छोटे का भी सम्मान करना चाहिए। तथा उनकी देखभाल भी करनी चाहिए। जिससे उन्हें सुरक्षित महसूस हो। तथा हम अपने पन की भावना पैदा करने में सहायक हैं।

CLASS - 8th

NAME - SAMRA CHAUDHARI

सुरक्षित वातावरण

सुरक्षित वातावरण का क्या अर्थ होगा करना है आप बनाने के लिए ?

हमें वातावरण को आप बनाने के लिए प्रदूषण रोक करना होगा। प्रदूषण जैसे वायु प्रदूषण, जल प्रदूषण, तथा ध्वनि प्रदूषण इन अत्यधिक प्रदूषण के कारण हमारा पर्यावरण आप नहीं है। हमें अपने परिवारों को आप बनाने के लिए सबसे पहले पानी व पेड़ों की रक्षा करना होगा। हमें अत्यधिक पेड़ लगाने होंगे। और पानी की रक्षा करना होगा। और पर्यावरण को सुरक्षित रखना होगा।

प्रदूषण रोकने के अनेक कारण हैं उदाहरण - कारखानों से निकला धुआं बढ़ती दुर्गन्ध, गन्दा पानी, डीजल पेट्रोल की गन्ध, मोटरों और मशीनों का शोर जीवन के लिए घातक सिद्ध हो रहा है।

केवल पानी को सुरक्षित करने से वातावरण आप नहीं होगा हमें नदियों, झरनों एवं अपने घर के आस-पास के स्थानों को भी आप रखना चाहिए जिससे वातावरण आप हो सके।

धन्यवाद

Sakshi paraste
Class - 8th

दिन की शुरुआत में स्वागत
भरी मुस्कान, हर आवाज़
की बोलने का अवसर देना।
जब जोड़ बड़े तो मदद के लिए
बड़े हुए दाथ, उर्गेर वदमोन
सद्योग जिसे अक्सर कोई देख
नहीं पाता।

ना चुगली, न दीघारीपण, न
कठोर आदेश, जलिक सुदानुभूति
दाथों में दाथ लेकट।
भिन्नताओं को स्वीकारना, मूल्य
का सम्मान करना, हर जीवन
में महत्व को पहचानना।

दैनिक छोटे-छोटे दयालु कामों में
हम ऐसा स्थान बनाते हैं जहाँ हृदय
पा सकें अच्छी सुरक्षा गरिमा उर्गेर
अपनापन मेरे व्यवहार में और
दुसरो के व्यवहार में भी।

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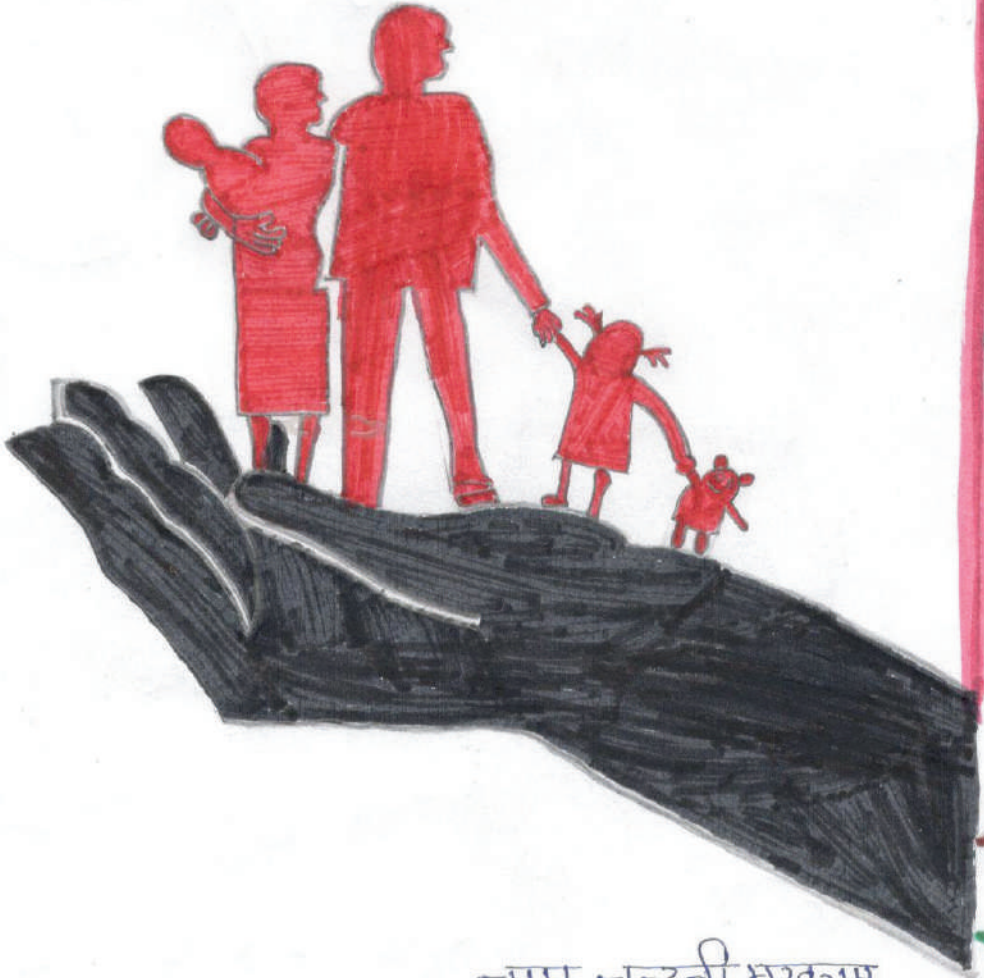
आपने अपने घर / कार्यक्षेत्र में
शुद्धित स्थान का अनुभव कैसे
किया है।

अपने घर और विद्यालय में
मैंने शुद्धित स्थान प्राप्त,
गाँव स्वस्थ और सड़क व्यवस्था में
जहाँ मैं बोल सकी और मेरी
आवाज ध्यान से सुनी गई,
और मैं बिना किसी भ्रम के
अपने विचार प्रकट कर सकी।

जब गलतियों पर मार्गदर्शन मिला
न कि कठोर शब्द या बुरा आदेश
जब समसंयमों का समाधान क्षेत्रों के
आतंरिक से हुआ और हर कदम
पर समझदारी को चुना गया।

मैंने स्वयं को शुद्धित महसूस
किया जब मुझ पर विश्वास
किया गया जब मेरे प्रयासों
को देखा और प्रशंसा
सहयोग सम्मान और सच्चे
के माध्यम से मैंने यह
सिखा कि ऐसा स्थान हमारे
के लिए भी कैसे बनाया जाए।

सुरक्षित स्थानों में आत्मविश्वास खिलता है।



नाम नन्दनी भरकाम

कक्षा 12 th

ग्रुप का नाम कल्पना

ग्राम कौंडिया टोला

उम्र - 16

जिला बा.लाघाट





शुद्धि स्थानों में आत्मविश्वास खिलता है।

नाम - नन्दिनी मरकाम

कक्षा - 12th

ग्रुप नाम - कल्पना

गंव - कौडिया टीला

उम्र - 16

आपके लिए सुरक्षित स्थान (Safe Space) का क्या अर्थ

मेरे लिए सुरक्षित स्थान दीवारों वाला कोई कमरा नहीं है, बल्कि एक ऐसा स्थान है जो मेरे हृदय को कोमलता से थाम लेता है भद्र पद भद्र है जहाँ मेरे हृदय शब्द बिना डर के उभर सकते हैं,

भद्र पद स्थान है जहाँ नज़रें न्याय नहीं करती और आवाज़ें आघात नहीं पहुँचाती।

जहाँ धैर्यपूर्वक आघात नहीं पहुँचती।

जहाँ धैर्यपूर्वक श्रुत जाता है,

और शरल शब्दों में फ्यालुता बोली बढ़ते जाती है।



2

भाँटा मुझे दिखावा करने की आवश्यकता नहीं होती। मुझे अपने शर्द्ध या गलतियाँ छिपानी नहीं पड़ती मुझे ईसान देने की अनुमति है, शीखते हुए बढ़ते हुए, और आगे बढ़ते हुए।

इस श्यान में गरिमा शांति से व्यती है, और अपनापन बिना माँगे ही मद्दुस होता है। विरवाम गहरी जड़ी वाले वृक्षा की तरह बढ़ता है और अपनापन बिना माँगे ही मद्दुस होता है। जो हर थके हुए विचार को धामा देता है।

एक सुरक्षित श्यान मुझे शाहस सिखाता है - बोलने का श्रुने का, क्षमा करने का, और परवाद करने का थए मुझे भाद दिलाता है कि वृक्षा किसी जगद से नहीं बल्कि हमारे अपनी व्यवहार से बनाती है।

दैनिक जीवन में सुरक्षा और
अपनापन कैसे बनता है ?

मृदु स्वर में बोले गए मधुर शब्द,
जब कोई अकेला मद्दुस करे,
तब श्रुने वाला दृश्य।
उत्तर देने से पहले धैर्य का एक विराम
ऐसा शम्मान जिसे कोई नकार न
सके।

CELEBRATING WOMAN POWER



I feel Comfortable With my
family and friends.



Name - Damini vikey

Class - 8th

International Women's Day Celebration

The International Women's Day celebration in Mottukal, Chennai, held on March 8, 2026, in collaboration with their Project for Single Women, witnessed the participation of over 300 attendees.

Key highlights included the release of a handbill on the global and national status of women and society's responsibility towards single women, and the certification of 10 women who successfully completed a six-month tailoring course.

The event also featured an awareness session on women's entrepreneurship and single women's rights. Rangoli and games competitions added vibrancy and enthusiasm to the celebration.



The International Women's Day celebration in Good Shepherd Matriculation Higher Secondary School, Chennai



The International Women's Day celebration in Nagpur.





DID YOU DECODE CORRECTLY?

Safe spaces include our schools, workplaces, communities, and even the digital world. Knowing our rights helps women and girls live with dignity, safety, and equal opportunity.

+ + → Safe Space

Environments where women and girls feel secure, heard, and respected—physically, emotionally, and socially.

= → Gender Equality

Women and men have equal value, rights, and opportunities in all spheres of life—social, educational, and professional.

+ → Right to education for girls

Every girl has the right to quality education, helping her grow, achieve her potential, and contribute to society.

+ → Equal opportunity to work

Women should have fair access to jobs, promotions, and workplaces without discrimination.

+ → Digital privacy

Women and girls have the right to online safety, privacy, and protection from cyber abuse

+ + → Stop violence against women and children

Stop all forms of abuse, harassment, and violence against women. Ensure their safety and protection.

+ → Digital Safety for Girls and Women

Protecting girls and women online from abuse, harassment, and misuse of personal information.

+ → Justice for women

Women deserve equal treatment under the law. Upholding women's rights ensures fairness and equality in society.

+ + → Women's Rights are Human Rights

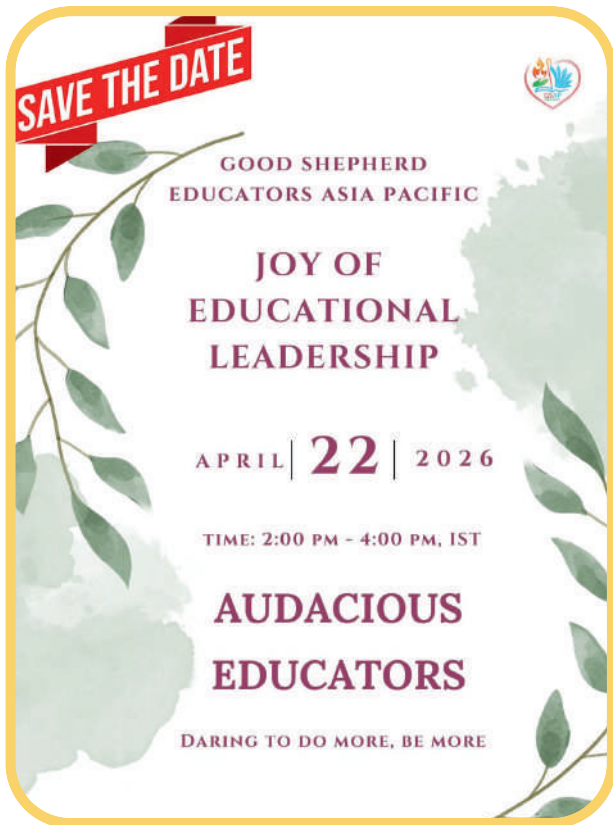
Protecting women and girls is essential for a just world. Respecting their rights benefits the entire community.

+ + → Menstrual health and dignity

Women's reproductive health must be supported with education, hygiene, and



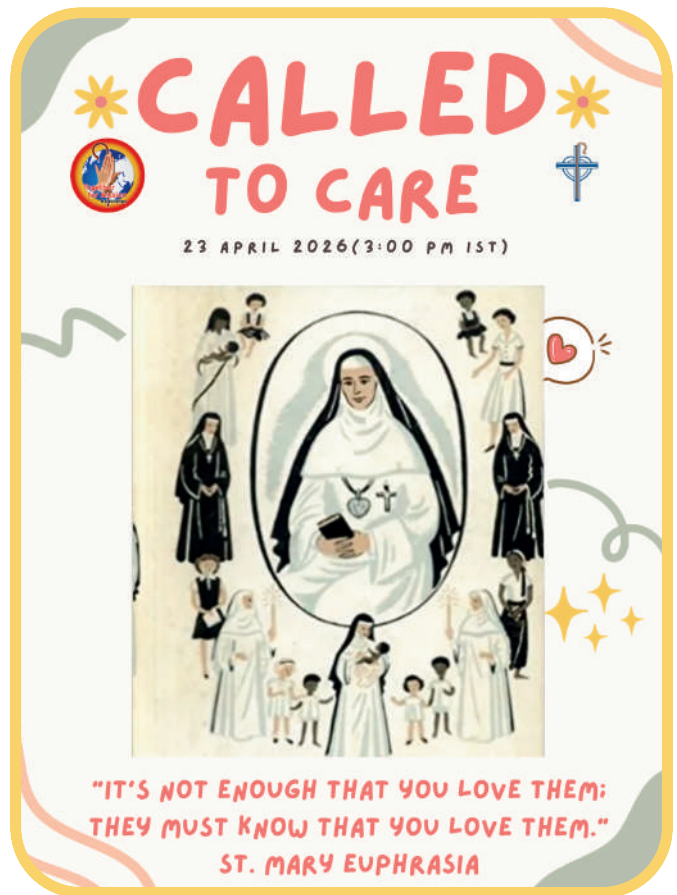
Upcoming Events



Safeguarding is at the heart of our mission.

How do we make this real in our everyday spaces and relationships?

Be part of these conversations as we deepen our commitment to safe spaces.



Reach out to us at anytime.
we are there for you

Good Shepherd Provincialate
Anukampa Nivas
Baba Farid Nagar, Koradi Road, Mankapur
Nagpur - 440030
Maharashtra - India

Email: safeguardingindonepal@gmail.com