



Amader Prerana was initiated by a group of five village women in May 2004. Today we are 200 like-minded women and girls fighting as volunteers against all forms of discrimination against women including violence in the family. **Amader Prerana** is basically a collective of women and girls who are facing violence from their family and society. *We normally do not take any fees or contributions from affected women, but raise funds from the locality as necessary.*

Vision

Amader Prerana envisions a world where every individual and all communities will enjoy a peaceful and equal existence, and where rights of women and girls are not violated.

Mission

Help more women and girls to work together and build a strong feminist organization committed to human rights and people's struggles.

Objective

- To make women aware that violence is not to be accepted as their 'fate'.
- To make them aware about Gender Discrimination in society
- To train them on various aspects of human rights

- To provide specific training on reporting violations, case follow-up etc
- To provide legal support where necessary
- To build the capacity for existing social groups.
- To build awareness among vulnerable adolescent groups
- To stress the importance of education in this context

We are fighting for women and girls against any violence. To strengthen them we are organizing different activities

• **'Wenlido' (translates as 'women's path of strength)** 'it helps women connect with their strength, overturning centuries of conditioning, which convinces women that they are the 'weaker sex'. As much as learning techniques of physical self-defense, Wenlido training involves the evolution of a woman from a passive victim into a strong capable individual who can control her own life.



• **Rapid Response Training** is one of the empowering tools of women. Rapid Response training has helped the women of survivor about basic judicial procedures and how to avail of the police system for her own protection.

• **Annual Sports Day** To establish the capacity and ability of women and girls Amader Prerana organizing Sports Day, once a year from 2007. Only women and girls participate in different races and games like flat race, marble and spoon race and tug of war. These programmes enable women to reflect on their experiences and build a feminist perspective and strategies how best to use the legal system to protect women's rights.



Sagar Mela

A mela is a community fair. Every year, in the middle of January, there is this large gathering near the Bay of Bengal in the Sagar Island. Visitors and pilgrims numbering more than 5, 00,000 gather at this fair for six days. Amader Prerana members camp at this fair for 6 days helping the organizers manage logistics. 60 women from Amader Prerana volunteer over this six day period. It enables members of Amader Prerana to overcome apprehensions about staying away from home and undertaking tasks on a large scale.

Case work

Members of **Amader Prerana** work with women fighting violence in their own lives. They provide emotional and psychological support and legal help. Maintaining regular contact with hospitals, police, courts and other women's and human rights groups is very important in the fight for justice. Our fight to eliminate violence against women includes spousal violence, sexual harassment, intimidation of women by family / community, state violence and so on.

Future Plan

Continue with our earlier work and spread our work area

Plan to setup new office premises and resource centre for girls and women



*In 2009
Amader Prerana received
the 'Change Looms Youth
Entrepreneurship Award'
through the youth social
entrepreneurship
recognition program
initiated by the Ashoka
Foundation and Pravaah.*

**Build up Regional Solidarity
For
Equality, Development and Peace.**



Contact Us!

'Amader Prerana' (Our Inspiration)

Vill & P.O- Rudranagar (Chowrangee),
P.S- Sagar
Dist-South 24 Parganas
PIN-743373
West Bengal

Contact Person

Sutapa Patra-09831287624,

Email

amaderprerana2004@gmail.com
patrasutapa@gmail.com

Amader Prerana



Our Inspiration

ZERO tolerance for Violence against Women