

freedom from fear

Bodhini



Project Outreach

WHY THE NEED ...

- ❖ In India, cyber crimes have gone up by about 400% during the global pandemic.
- ❖ The first two months of 2022 saw more cyber crimes than the whole of 2018.
- ❖ The crime rate registered per lakh children population is 36.6 in 2022 in comparison with 33.6 in 2021 and 28.9 in 2020.
- ❖ In 2022, a total of 83,350 children (girls, boys and others) were reported missing in India.
- ❖ 65,893 cyber crimes were registered in 2022 (24.4% increase from 2021).

WHY THE NEED ...

- ❖ Increase in online grooming.
- ❖ Massive increase in child sexual abuse material.
- ❖ Increase in and easy access to sexual violence pornography.
- ❖ Increase in threats and blackmail through online/vengeance pornography.
- ❖ Increase in stalking and cyber bullying.
- ❖ Increase in sex tourism and trafficking.
- ❖ Increase in live stream sexual abuse.
- ❖ Need to understand and help cope with trauma.
- ❖ Need for healing.
- ❖ Changing societal mindset to avoid revictimisation.

WHY DIGITAL WELLNESS...

- ❖ Important for mental health.
- ❖ Important for physical health
- ❖ Manage stress levels.
- ❖ Healthy and active lifestyles.
- ❖ Prevent gadget and internet addiction.
- ❖ Better sleep hygiene.
- ❖ Improve productivity.
- ❖ Balance energy levels.
- ❖ Better relationships.
- ❖ Improve self-esteem.

WHAT WE DO...

- Preventive empowering sessions in schools and communities on online abuse, body safety, wellness and healing.
- Support to victims through counselling, rehabilitation, education and medical support.
- Creation of resource materials - movies, posters, booklets and brochures.
- Working with governments and the law enforcement.
- Training programmes for the police, the judiciary and the stakeholders.

WHAT WE DO...

- Helping to heal.
- Collaboration with international organizations in this space.
- Creating financial empowerment for survivors.
- Policy changes.
- Curriculum changes.
- Telecounselling.
- Helplines.
- Promote digital wellness and safe internet practices.

WHAT WE DO...

CONSULTATIONS AND TRAININGS

- ❖ UNICEF.
- ❖ Courts.
- ❖ Ministry of Women and Children.
- ❖ Bureau of Police Research and Development.
- ❖ Judicial academy.
- ❖ Police.
- ❖ Facebook.
- ❖ Child Rights Commission.

WHERE WE ARE...

- ❖ 50 lakh hits on our short films.
- ❖ One lakh plus individuals covered in our sessions.
- ❖ Outreach of short films to foreign countries.
- ❖ Consultations and training for government and judiciary.
- ❖ Helping in healing.
- ❖ Training workshops.
- ❖ Helplines for online abuse and victims of sexual violence.
- ❖ Helpline calls from within and outside the country.

WHAT WE COVER IN SESSIONS

- ❖ Online safety rules
- ❖ Digital wellness
- ❖ Body safety rules
- ❖ Work-life balance
- ❖ Toxic relationships
- ❖ Healing
- ❖ Dealing with threats
- ❖ Power of positivity/forgiveness/gratitude

WHAT WE DO...

FOR CORPORATE TIE-UPS

- ❖ Sessions within the firm.
- ❖ Sessions for other firms .
- ❖ Sessions in schools / colleges.
- ❖ Resource material in firms.
- ❖ Outreach of our messages and resource material.
- ❖ CSR tie up.
- ❖ Financially empowering victims- product sales.

Our awareness sessions in schools



Workshops in the shelter homes



Our brochure

OUR AWARENESS SESSIONS

Why the need

- ▶ In India, cyber crimes have gone up by about 400% during the global pandemic.
- ▶ 2020 saw a 144% increase in crimes against children compared to 2019.
- ▶ Increased pornography addiction in children.
- ▶ Massive increase in child sexual abuse material online.
- ▶ Increased cybercrimes and related deaths.
- ▶ Increase in digital usage and related mental health issues.
- ▶ Increase in substance abuse.
- ▶ Increase in relationship issues and family issues.
- ▶ Need for awareness on online threats and how to report them.
- ▶ Need to empower individuals to be free from fear and threats.
- ▶ Need to offer better support to survivors.
- ▶ Need for demystifying the fear and paranoia surrounding child sexual abuse/online abuse.
- ▶ Need for understanding and coping with trauma.
- ▶ Need to promote healing.

- ▶ Cyber safety
- ▶ Digital wellness
- ▶ Online sexual harassment
- ▶ Cyber bullying
- ▶ Cyber stalking
- ▶ Online ethics
- ▶ Dealing with threats
- ▶ Gadget/Gaming addiction
- ▶ Impact of social media
- ▶ Pornography addiction
- ▶ Toxic relationships
- ▶ Body shaming
- ▶ Revenge pornography
- ▶ Substance abuse
- ▶ Consent
- ▶ Body safety
- ▶ Healing
- ▶ Wellness
- ▶ Loneliness
- ▶ Work-life balance
- ▶ Stress and Anger management
- ▶ Power of Positivity/Forgiveness/Gratitude

*Our sessions are age and region specific

HELPLINE

Emergency response number: **112**

Bodhini - online abuse: **8891320005**

Childline - abuse against children: **1098**

Mitra - Women's helpline: **181**



Thank you for being a candle in someone's darkness



Sessions on Online & Offline Safety, Wellness and Healing

Contact: 8891320005
Tele counselling: 7994701112
bodhini.in/blog
youtube.com/bodhiningo
facebook.com/bodhiningo
twitter.com/bodhiningo
instagram.com/bodhiningo

Contact: 8089922210
admin@bodhini.in
www.bodhini.in



Our brochure

Bodhini is an NGO working in the spaces of Cyber Safety, Body Safety, Healing and Wellness since 2014.

At Bodhini, we work on awareness sessions and creating resource materials for prevention and empowerment in the aforementioned spaces in schools, colleges, communities, workspaces and among corporates. We have also been focussing on advocating for policy changes. We have helpline numbers and dedicated numbers for tele-counselling by psychologists.

Our resource materials like our posters, FAQ booklets, blog articles and short films are being used by governments, UNICEF India, UNICRI, the law enforcement, in workspaces, court premises and other NGOs. We have been doing consultations for government, UNICEF India, law enforcement and commissions. We are a CSO partner of the Ministry of Women and Child Development.

NO.GO.TELL

A short film on body safety by
Jude Anthony Joseph

NO. GO. TELL is a short film directed by Jude Anthony Joseph, presented by Nivin Pauly, to bring about awareness to kids and parents regarding body safety issues.

A prayer, a song,
a shelter from
the storm

ONLINE SAFETY

Manoj Abraham IPS
ADGP Intelligence

A short video on how to stay safe online (English)

HEALING

Your life is not to be defined by what other people make of it.
It takes strength to become a survivor.
You are strong, you are powerful.
If you have been hurt, it's not your fault, it is because of their short coming.



ROAD TRIP TO HELL

A short film by
Shyamaprasad

In today's world it is easy for a teenager to fall into the pit of drug addiction. Communication and a good relationship between parents and children can go a long way in preventing teenagers from entering drug abuse.

Freedom
from Fear

FREEDOM FROM FEAR

A short film by
Shyamaprasad

The ostracisation and taboo of sexual violence aids the perpetrator in using the victims further. Society has to take a firm stand against this if we are to save victims from further harm and trauma.

ONLINE PREDATORS

A short film by
Shyamaprasad

Use of social media is now at an all time high among teenagers. What many do not know is that everyone found online may not be a friend. Sexual predators are targeting young girls and boys online.

Our training workshops



Awareness campaigns



Our Resources - Bodhini short films

Road Trip to Hell - Against Substance Abuse

Encourages young minds to say
"no" to drugs.



BODHINI Film by Shyamaprasad
"A Road Trip to Hell - Story of Deepak"

Online Predators – Dangerous Side of the Internet

45 lakh plus views on Youtube.

Collated by KPMG for UNICEF for their
teacher training material and their website.



BODHINI Film by Shyamaprasad
"Online Predators - Story of Shikha"

A Bodhini short film

Freedom from fear -

A film about supporting victims of sexual violence and the need for changing the societal mindset about them.

Special Jury mention at the International Film Awards, Hyderabad.



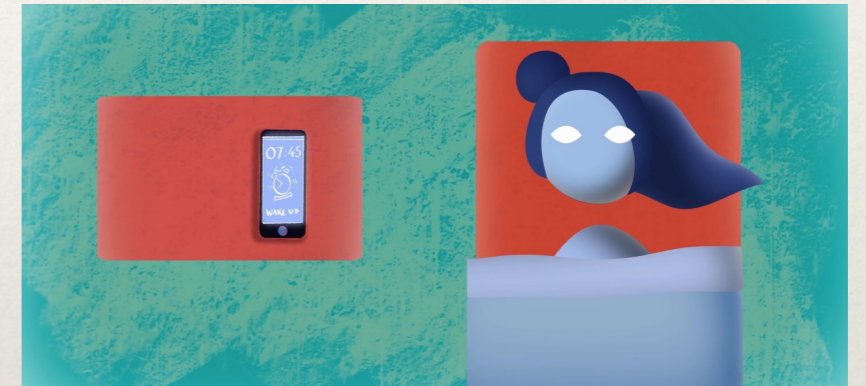
A Bodhini short film

No. Go. Tell -
Body safety rules relayed in a
friendly and paranoia-free
manner to children.



YouTube Channel

Videos on Online safety, Healing, Body safety



Bodhini Short film release - *Freedom from fear*

Honourable Mr. Justice Jayasankaran Nambiar



“Handing over the short films to the then Chief Minister, Mr. Oommen Chandy, by director Shyama Prasad, Remy and Thomas Muthoot.”



TiEcon Kerala

Launch of the poster on Online Safety by Mr. C. Balagopal



Cocoon 2019

Launch of our online safety poster at the Cyber Safety Conference of the Kerala State Police.





STAYING SAFE ONLINE



Use your gadgets wisely, Do not let it use or define your life

DON'TS

- ▶ **Trust no one with your phone**
Do not leave your phone with friends or at repair shops. Remove the SIM, SD Card and reset before giving for repair. If you can't do this, stay with the phone while it gets repaired and as much as possible get it done at authorised service shops only.
- ▶ **Do not share Children's photographs Online**
The internet is not a safe place for a child's photograph, their photos can be sold online to paedophiles and sex traffickers. Let us not put their lives at risk.
- ▶ **Do not give in to threats or blackmail**
The person hiding behind a gadget and trying to scare you is a coward. Break the cycle of fear. Warn him that you will report him to the law enforcement if he does not stop harassing you.
- ▶ **Avoid posting photos while traveling**
Photographs and updates you share while traveling can reveal way too much about you and your location. Make sure you keep this to the minimum.
- ▶ **You need to be alert and careful about what you share**
Understand that privacy settings won't protect you totally.
- ▶ **Do not bully anyone online**
Bullying people online is not only illegal, it could lead to them taking their lives and leave you with a charge of abetting to murder.
- ▶ **Do not blindly share information**
Do not share information without checking if they are genuine, as in a lot of cases, it turns to be wrong or fake.
- ▶ **Never store anything that is too personal on cloud drive, email account or in phone**
Everything stored online will get deleted or become public in time. Online is not where you should store critical materials.
- ▶ **Auto deleting apps do not protect you well**
Apps that seem to delete messages after some time do not always work and data can be retrieved. So if you don't want something to be recorded, don't say or post it.
- ▶ **Do not look up Social Media profile of people you have broken away from:** It could lead to mood swings and depression.
- ▶ **Do not spend time online when you are depressed**
It could leave you feeling more depressed looking at other people's seemingly exciting lives.
- ▶ **Do not Share**
Hate inducing posts, It not only wrecks beautiful relationships but also adds to hate and negativity in your life.
- ▶ **Do not charge your phone in public ports**

DO'S

- ▶ **Be careful about what you post online**
Never post your future plans, information that reveals your location, phone, address, school, relations or anything that will help someone learn about you.
- ▶ **Check the photographs you share once again**
Your photos may have your GPS locations, landmarks, house, vehicle number or other information that should not be made public.
- ▶ **Use a strong password**
Take three random words (TOYOTA, MONKEY, JUPITER). Join them and replace characters with similar looking numbers (t0y0t4m0nk3yyjupi73r). Now add a secret line and name of the app to make a unique password. (t0y0t4m0nk3yyjupi73rhellogmailb).
- ▶ **Use open source softwares that are more secure**
Make use of Firefox, Open office, VLC media player, Linux riot etc instead of the ones by companies. Check the list at prism-break.org
- ▶ **Make sure you are connecting to the right website**
Check if you can see the https:// in the address bar and read out the spelling for the website.
- ▶ **Use a firewall app**
Use a firewall app in your phone and make sure incoming connections are dropped.
- ▶ **Do not use pirated software**
If you want free software search for opensource software eg: "Opensource media player", Opensource camera app".
- ▶ **Be careful about downloading applications**
Spend some time reading the permissions and terms and conditions of apps.
- ▶ **Be careful when using games**
Games can at times ask for too much information from you. If you need to, give false data. Don't reveal your real details including number or chat id online.
- ▶ **Be careful while making video calls**
No matter what people tell you, chats and calls can be recorded.
- ▶ **Learn to switch off**
Studies have shown links between depression and social media. Watching other people's seemingly exciting lives and feeling low seem to be connected. If you do feel low, switch off your gadgets and look for other options like arts, reading a book, listening to music, connecting with nature etc. What you see online of people's lives are what they want to project, not necessarily real. If you feel that your gadgets are taking over your life, stay off the net for 14-21 days and use them minimally thereafter.
- ▶ **Use encrypted vaults to store personal photos**
For example: <https://play.google.com/store/apps/details?id=com.netqin.ps>
- ▶ **Save Evidence**
Block out sexually suggestive messages or chats from unwanted people. Do not delete or deactivate accounts or texts. Back up information for proof.
- ▶ **Reach out**
Reach out to friends, family or the law enforcement agencies like the police if in trouble. If you give in to threats, it only gets worse.
- ▶ **Turn off bluetooth and wi-fi when not in use**
- ▶ **Use two factor authentication**
- ▶ **Lock screen for added protection**

HELPLINE

Bodhini : 8891320005
Crime stopper : 1090
Childline: 1098
Email: office@bodhini.in
Web: www.bodhini.in
Facebook: <https://www.fb.com/BodhiniHelp/>





Launch of our resource materials on Healing

by the then Chief Justice of the Kerala High Court, Mr. Justice Antony Dominic



Launch of Bodhini website and recorded sessions

by Honourable Mr. Justice Devan Ramachandran, Judge of the Kerala High Court, Sri. Manoj Abraham IPS, ADGP (Vigilance) and Sri. P. Prakash IPS, IG of Police (Intelligence) & Nodal Officer, Cyberdome



“Posters on Healing displayed in court premises across the state”

Helping to heal - post sexual violence

- Keep reinforcing the fact that it was not their fault.
- Be there for them whenever they need support.
- Different people have different reactions to trauma, some react, some internalize, some deny. Do not judge them.
- Understand that withdrawal, anger, self harm outbursts, wanting to repeatedly talk about the assault are all a part of the process of healing. The victim is trying to make sense of what happened.
- Make sure they get enough sleep and food.
- Encourage them to go for counseling.
- Get them survivor stories, information on what they are going through.
- Encourage each positive step they take.
- Show them good things to look forward to. Music, nature, books, friends.
- Strengthen their belief in themselves. Reinforce their strengths.
- Help them stay positive.
- Be Patient.
- Empower them.
- Get them professional help, if needed.



www.bodhini.in
Helpline : 8891320005
bodhini2014@gmail.com

Healing

Rewrite the story of your life

- Your life is not to be defined by other people or their actions.
- If someone has hurt you, it is not your fault; It is because of their shortcomings.
- You have a beautiful life ahead of you; do not let someone else define it.
- Living well is the best gift you can give yourself. Do it every day until it becomes a habit.
- To start with, empower yourself with self-help books, survivor stories, music or movies that inspire you.
- Take care to avoid triggers that remind you of the occasion or pain till you are stronger. Any music, place, people, or anything that trigger off memories of the past is to be avoided for a while.
- Get help. Reach out, if there are people taunting or threatening you. People who threaten you are cowards who feed on your fear. The moment you break free of that fear, the perpetrator loses their control over you.
- Push yourself into doing things you love and are passionate about.
- Take care of yourself mentally, physically, and emotionally to make yourself stronger.
- There may be challenges in your healing journey. Find strength not to let other's emotions and discouragements impede your progress.
- Good music, travel, books, writing, spirituality; for different people, it is different paths. Find your own and move forward.
- The first step to healing is acceptance; accept the situation, without putting yourself down or questioning your role.
- Just as we go to the doctor if our body is unwell; seek counselling support if your mind needs it.
- It takes strength to become a survivor.
- You are strength, you are powerful.



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office@bodhini.in fb.com/Bodhingo

AFTERCARE POST SEXUAL ASSAULT

- Move to a safe environment and seek support from someone you trust.
- Sexual assault is never your fault. It is an act of aggression and the attacker is always at fault.
- Seek medical help for first aid and to rule out pregnancy, STD and other infections.
- Do not brush your teeth, use the toilet, wash or bathe after the assault until medico legal evidence is taken.
- Put the clothes you were wearing in an airtight plastic bag without cleaning them, so that evidence is not lost.
- Reach out for help immediately if someone threatens or blackmails you.
- Seek counseling against trauma.

YOUR RIGHTS POST SEXUAL ASSAULT

- You have a right to free legal aid.
- You can file a complaint at any police station.
- You are entitled to a copy of the medical report.
- You can ask for a lady police officer.
- There is no time frame within which you have to file a sexual assault case.
- If the assault happened when you are an adult, nobody can force you to file a complaint if you do not want to
- You can record the statement, in private, in front of the magistrate.
- You have a right to privacy so that your name is not revealed to the public.



Helpline : 8891320005
www.bodhini.in bodhini2014@gmail.com

Launch of poster on 'Rights of a POCSO victim', Booklets on FAQ on Online Safety and 'We Are With You' campaign



Hon'ble Mr. Justice A. Muhamed Mustaque and Hon'ble Mrs. Justice Shoba Annamma Eapen launched the poster 'Rights of a POCSO victim' online. The Kerala State Legal Services Authority (KeLSA) has given permission to display the poster in the POCSO court premises of Kerala.






'We Are With You' campaign to promote cyber security and digital wellness was inaugurated by director Jude Anthany.



Booklet on FAQs from children on online safety created with the technical support of UNICEF was launched by R. Nishanthini IPS.

Mr. C. Balagopal launched Bodhini's brochure.

'Rights of a POCSO victim' poster, Booklets on FAQ on Online Safety

Rights of a POCSO victim


1. The courts are there for your protection. You do not have to be afraid of it.
2. You are not required to face the offender in the court. The offender is not supposed to be in your vicinity.
3. Your identity shall be protected throughout the entire legal process, including from the media. Your name, address or photo will not be revealed and you will be referred to as X.
4. You are being represented by a prosecutor for protecting you. You can discuss about the case and what to expect during the trial with the prosecutor.
5. You can ask for counselling support if you feel you need it.
6. The prosecutor, the defence lawyer and the judge may ask you questions about the incident. Answer these questions without fear. Do not say anything false or things that you are not sure of to the court.
7. During the chief or cross examination, you might come across materials or conversations that may bring up painful memories. If you feel uncomfortable, you can ask for a break.
8. You can have your friend or relative sit with you, even during your examination. Do not be afraid of being alone inside the courtroom.
9. You have done your part by coming to court. You do not have to worry about the rest of the legal process or the outcome of the case.
10. The law is designed to protect you. If someone threatens and asks you to give false evidence, you can report it to the court or to the police.
11. Never post anything on social media about the case at any stage. The consequences of it might not be what you expect.
12. Always remember that it was not your fault. You have done the right thing. It takes courage to speak up. You might be keeping others safe by reporting the incident.
13. You have a beautiful life ahead of you. You deserve to heal and move on.

**Do not put yourself down or believe anything less of yourself.
You are strength, you are powerful.**



For help, contact Victim Rights Centre (VRC) – 8330035547, vrckhclsc@gmail.com
For more information, look up our blog - <https://www.bodhini.in/rights-of-a-pocso-victim/>

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Online Safety



Booklet on Frequently Asked Questions (FAQ) "FOR PARENTS"


 

Online Safety



Booklet on Frequently Asked Questions (FAQs)


FOR CHILDREN
ABOVE THE AGE OF 10 YEARS



ONLINE SAFETY

 Do not share photographs that you're not comfortable being shared in the public.

 Do not accept friend requests from strangers (if you have, don't meet them. Very often it leads to dangerous situations).

 Information once shared online stays there forever, it can be retrieved even if deleted.

 Limit information shared online, especially future plans and personal information.

 Verify information before forwarding.


Photographs can carry GPS tags. So post only after the event, if you don't want them to know where you are.


 Cyber bullying is punishable.

If children seem dependent on their online activities and seem moody, check if they need help or are being harassed online.

Do not give into threats, they will only keep getting worse. Say NO and reach out for help.





 Video calls and disappearing chats can be saved / recorded.


 Do not make friends with strangers through online games. Do not share personal information while gaming.


 Do not share hate inducing posts.

The person threatening you from the safety of a gadget is a coward. When you reach out, you break the cycle of fear.

 Set privacy settings at maximum, make strong passwords and be careful not to share it with anyone.

 A relationship shouldn't be based on the photographs you send or compromises you make.

 If harassed, do not delete or deactivate accounts, backup information as evidence.

 Reach out to adults if inappropriate popups or messages come up online.

NO 

REACH OUT WHEN IN TROUBLE: Bodhini : 8891320005

Cyber Cell : 9497976004 | Childline: 1098 | Email: office@bodhini.in | Web: www.bodhini.in

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Creatives - online safety, body safety

LET US KEEP OUR CHILDREN SAFE

—♦ A BODHINI INITIATIVE ♦—



Does any child you know

- Show sudden behavioural changes
- Show signs of fear, mood changes, panic attacks, withdrawal or clinginess
- Have Fear or Anger to be around certain people or places
- Have pain in their private parts
- Have frequent unexplained stomach aches, headaches and fatigue

...this could be symptoms of Abuse

Teach children

- That nobody is to touch their private body parts
- To say No, to run away, and to tell trusted people, if someone touches them in their private parts
- That being abused is not their fault.
- To never feel ashamed, guilty or sad if someone has touched them inappropriately
- To not touch anyone else's private parts
- To not watch obscene videos or photographs
- To not give in to threats



Childline: 1098

Bodhini : 8891320005

bodhini2014@gmail.com

bodhini.in

Posters on issues that need to be urgently addressed - Dangers of Online Gaming and Revenge Pornography

ONLINE SAFETY RULES

UNKNOWN PLAYER

Hi
What is your Name?
Where do you live?
Can you give your phone number?_

VS

PLAYER 1

Do not reveal personal information through games. Do not make friends with strangers through online games.

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♦ A BODHINI INITIATIVE ♦

The poster is split into two contrasting scenes. The top scene, labeled 'UNKNOWN PLAYER', shows a person in a pink chair playing a game on a screen that says 'ESPORT'. A speech bubble contains a list of personal questions. The bottom scene, labeled 'PLAYER 1', shows a person in a green chair playing a game on a screen that also says 'ESPORT'. A 'VS' symbol is placed between the two scenes. The Bodhini logo is in the top right corner.

Online Safety Rules

ONLINE SAFETY RULES

A relationship shouldn't be defined by the compromises you make.

Hi Him Online

Don't you love me
Send me a nude picture 5:18 PM

Please 🙄🙄 5:22 PM

No 💔💔 5:25 PM ✓✓

Everybody does this. U don't trust me, let's break up. 5:28PM

Okay let us. If you loved me, you wouldn't have forced me. 5:30PM ✓✓

Type a message

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The poster features a large smartphone graphic. The screen shows a WhatsApp chat with a contact named 'Him'. The chat history includes a request for a nude picture, a pleading response, a refusal, a breakup announcement, and a final agreement. At the bottom of the phone screen, an illustration shows a man and a woman, both holding their phones. The Bodhini logo is in the top right corner.



DEALING WITH ONLINE THREATS/BLACKMAIL

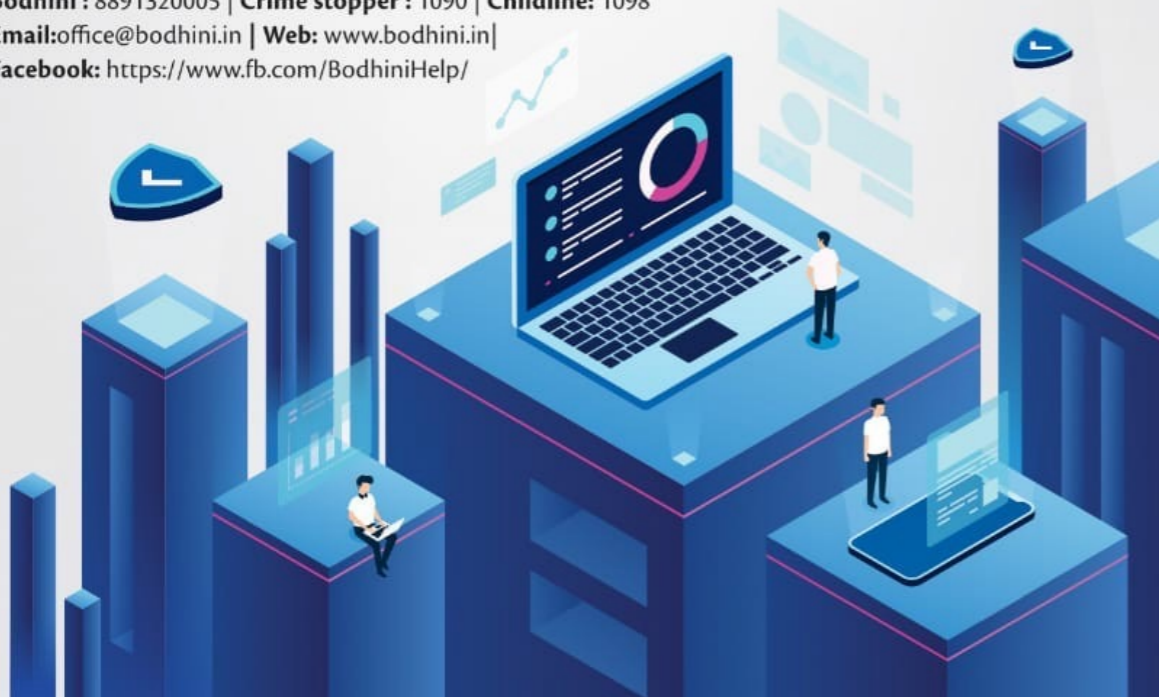
Supported by



- Stay calm.
- Reach out for support.
- Do not give into fear.
- Do not aggravate the situation.
- Do not delete possible evidence, like chats, photographs and videos.
- Train your mind to believe
 - that it is not your fault.
 - that if compromised photographs and videos of yours are posted online, it doesn't matter.
 - that there are lots of people going through such situations and getting justice.
 - that giving into blackmail will only worsen the situation, no matter what they say.
- The perpetrators know that they will get into trouble if you take the proper action. So be confident about reaching out to the police.
- Reach out to the police; they deal with such issues in a confidential manner.
- Life is to be lived well. Never in fear.

HELPLINE

Bodhini : 8891320005 | **Crime stopper :** 1090 | **Childline:** 1098
Email: office@bodhini.in | **Web:** www.bodhini.in |
Facebook: https://www.fb.com/BodhiniHelp/



Work with law enforcement



Bodhini Alert

Dear parents, if you have pornography content on your phone, your children could be accessing it. Please take proper precautions before handing over phones to little ones

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bodhini.in

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Bodhini Alert

Capturing videos on rape by friends and people claiming to be in relationships are on the rise. Do not let them threaten or blackmail you. Do not let fear define your life. Reach out for help. Heal and move on. There is a beautiful life out there.

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Elements - sustaining the earth

Empowering survivors -


"Products made by survivors from upcycled materials."



Earth

PLASTIC BAGS TAKE
200-1000 YEARS TO DECOMPOSE

*Reuse as many
objects as possible,
be it clothe, paper
or utility.*



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Our blog

blog.bodhini.in

Equipping to understand and empower.



**Why do I want to talk
about pornography
addiction to my
children?**

**Impact of pornography
addiction on children:**

check out our blog: blog.bodhini.in



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◆ A BODHINI INITIATIVE ◆

Counselling support



Towards a new Earth - together.

- ▶ Accept that COVID 19 is here for a while, until a vaccine is found, and will cause/require lifestyle changes from all of us.
- ▶ Expect that there will be higher numbers affected before it comes to pass.
- ▶ Stay away from negativity ,especially overdose of non helpful information on COVID 19.
- ▶ Turn to music, books, creativity, humour, bonding to see you through.
- ▶ Understand that each of us will react to the present scenario in different ways.. that it is okay to be anxious.
- ▶ Know that it could be difficult to make long term plans because we are unsure as to how things will turn out.
- ▶ Focus on what you can change and make short term plans first. When there's clarity, make more changes as you go.
- ▶ Count the blessings we have.
- ▶ Understand that there might be friction, and anger issues, but that you can change your mindset to deal with things in a better way.
- ▶ Staying positive and working together will get all of us in better spaces sooner.
- ▶ Draw a route map of possibilities and eventualities regarding ways forward.
- ▶ Plan for a new Earth ,with regards to lifestyle, family, finances and work.
- ▶ Reassure and bond with family and friends and people who need you, that we will get over this together, soon.
- ▶ Reach out for support if needed.
- ▶ Don't play the blame game. Dont bring in negativity into your spaces.
- ▶ Together we will build a new Earth.



BODHINI COUNSELLING CENTRE

A shelter from the storm

Email: help@bodhini.in, Call: 8891320005, 7994701112



Having sleepless nights and anxiety issues due to the present scenario of Covid 19 and economic slowdown ?

Would you like support in dealing with the stress and anxiety ?

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TELECOUNSELLING
UPTO MAY 02nd
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BODHINI- Our associates

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Skyline

Abad Group

Muthoot Pappachan foundation

Specialists Hospital

Geojith BNP Paribas

Federal bank

Extra weave

Muziris

Karuna Karan Charitable trust

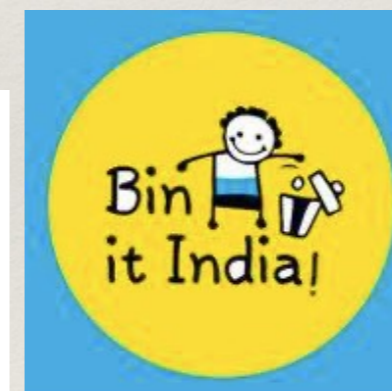
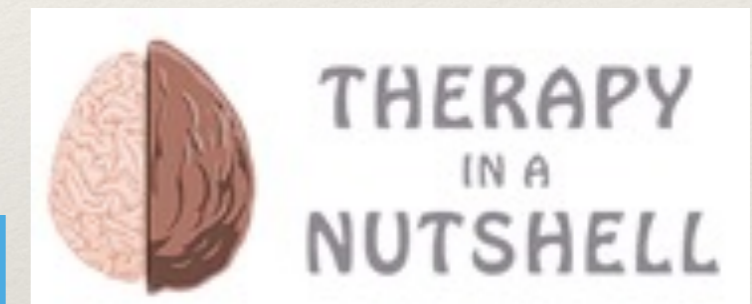
Chemeens group

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Organisations that we associate with




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Freedom From Fear

**NEVER FEEL YOU ARE ALONE
BODHINI IS ALWAYS NEARBY**



A collection of social media icons arranged in two rows. The top row includes icons for WhatsApp, Email, Facebook, Instagram, YouTube, and a globe. The bottom row includes icons for SoundCloud, Facebook, Instagram, and Twitter. The background of the entire graphic is light blue with several colorful butterflies (pink, purple, green) scattered throughout.



B O D H I N I

Freedom from fear

A prayer, a song, a shelter from the storm

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