

MANOBAL A NEW BEGINNING FOUNDATION

NEWSLETTER

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She was lost, but now she is found.

In today's world, a significant number of young individuals dream of going abroad in search of better lives and brighter futures. The promise of high salaries, luxurious lifestyles, and the glamour of life in foreign countries appeals deeply to this generation. For many, it seems like the easiest route to success. However, behind this tempting illusion lies a harsh, dangerous truth—one that many fail to see until it's too late. Tragically, what starts as a dream often turns into a nightmare of exploitation, abuse, and trafficking.

This is the heartbreaking story of Diksha, a young woman from Northeast India. About 22 months ago, while searching for employment, Diksha came into contact with a man named Bikash, a member of her religious group. Bikash painted a picture-perfect life abroad, promising her a job in Dubai. It sounded like a golden opportunity—one where the employer would even cover all expenses. With no reason to doubt, Diksha and her family agreed without hesitation. Like many others, they believed this was her chance at a better life.

Unfortunately, stories like Diksha's are all too common. People are lured with promises of overseas jobs, only to be trafficked. Data from the Union Ministry of Home Affairs shows that between January 2022 and May 2024, 29,466 Indians who traveled on visitor visas to Thailand, Vietnam, Myanmar, and Cambodia never

returned—a chilling statistic that reflects a hidden crisis.

Diksha's journey began when she met Bikash again in Jaigaon, West Bengal. He introduced her to an agent named Arjun in Dubai, who operated through his wife Nora. Trusting them, Diksha handed over her passport. Soon after, she received a visa and flight ticket to Dubai, supposedly to work as a babysitter.

On 27 September 2023, Diksha flew out of Bagdogra to begin her new job. But instead of opportunity, she was met with exploitation. The family she worked for in Dubai subjected her to physical abuse. Desperate and broken, Diksha even attempted suicide. Rather than help, the agent transferred her to Oman—promising a new job, but delivering more suffering.

Things took an even darker turn when Diksha connected with a man on Facebook who claimed to be a Sri Lankan. He promised a better job with higher pay. Trusting him, she went to meet him, only to be sold to a 50-year-old man in Oman. Her phone was seized, her SIM card removed, and she was cut off from the world—isolated, powerless, and terrified.

Diksha's words were: 'I accepted that this is my life now, and I have to live like this.' But one night,



This is the house where Diksha was held captive for eight months.

when she was alone in her room, she thought she should try once—this could be her last attempt. Still, she decided to give it one last try. Then she contacted Manobal through social media.

When Nirmala, a founder of Manobal Foundation, finally spoke secretly to Diksha, she shared details no one should have to endure. She was repeatedly raped by two men, locked in a room, and abused daily. Even the man's family lived in the same house, complicit in her suffering. She begged to go to the police, but was met with threats and violence.

On 15 June 2025, Diksha send a WhatsApp message detailing her ordeal and location. That single cry for help set a chain of events in motion. Manobal Foundation quickly reached out to Impulse NGO Network, Aasam, who contacted the Indian authorities in Oman and relevant government agencies.

Manobal stayed in constant touch with Diksha, assuring her that rescue was on its way. On 20 June, she received a call from the Omani CID informing her that they would come for her. That night, around 11:30 pm, she was rescued. Manobal remained connected with the CID until Diksha was safely taken to a police station.

After a brief stay in a detention center, the Indian Embassy stepped in with incredible support. They



Diksha at the airport

issued a travel document, and within three weeks, Diksha was on a flight back home.

When Diksha landed in India, she was greeted by our team. Her words at the airport will forever echo in our hearts:

“I had lost hope of ever returning to India. I told my mother to consider me dead. But I have come back—after touching death.”

Today, Diksha is back with her family, safe and rebuilding her life. Her radiant smile, despite all she's been through, is a testament to the strength of the human spirit. She was lost, but now she is found. And now—it is time to celebrate. Because every life matters.

Let Diksha's story be a wake-up call to young dreamers and their families: not all that glitters is gold. Behind the promise of prosperity abroad often lurks the shadow of human trafficking. Stay aware. Ask questions. And never stop fighting for those who are trapped in silence.



Manish Walter
Director
Manobal A New Beginning
Foundation

Prevention through Awareness program



Awareness session at Government Co-ed School, Bamoli, Delhi. The session focused on Human Trafficking, POCSO and Adult Education.



Awareness session at Government Co-Ed School, Mahavir Enclave



Awareness session on POCSO, Good Touch & Bad Touch for primary students at SBV Bijwasan Bharthal, Delhi today



Manobal conducted a three-day awareness drive at Govt. Co-Ed Senior Secondary School, Vikaspuri, Delhi. The session focused on Human Trafficking, POCSO, and Adolescent Education. More than 800 children benefited from this awareness campaign.



St. Francis Church, Anandgram, organized an awareness program on human trafficking, POCSO, and self-defense. Manobal conducted the awareness session, while the Delhi Police led the self-defense training.

Rescue and rehabilitation



Recently, a rescue operation was carried out by Manobal with support from the Impulse NGO Network, Assam. A 23-year-old girl, who was trafficked to Dubai and later sold in Oman, reached out to Manobal for help—and she was rescued. She has now returned to India. Read the full story on the front page.



A Ugandan trafficking victim reached out to Manobal for help last year. Manobal supported her by guiding her through the paperwork and arranging funds to pay her overstay fine. She is now safely back in her country and happily reunited with her family.



Manobal and the Delhi Police conducted a routine inspection inside the brothel to search for minor girls and prevent forced sex work.



A minor girl was rescued from a brothel in Delhi. After one year, she has been successfully reunited with her family and is now continuing her schooling.



A trafficking victim who was rescued last year is currently in a rehabilitation program and pursuing a bakery course. Manobal is providing her with regular counseling sessions. She is now settled and doing well.

After 23 years of struggle, she finally found freedom and was reunited with her family. But her journey didn't end there—she was once again trapped by a trafficker. Although she was rescued quickly this time, she lost all her money. Now a single mother, she is caring for her child. Life has given her another chance—a chance at healing and rebuilding. She is currently part of Manobal's rehabilitation program and is receiving livelihood support.

Training for the police department



National Institute of Public Cooperation and Child Development (NIPCCD) organized a training session for Haryana Police and RPF. Nirmala B. Walter led the session and shared her experiences. The topic was 'Dimensions of Human Trafficking.' It was a two-day program, and on the second day, Nirmala B. Walter led another session on 'Rescue, Rehabilitation, and Reintegration.'



Manobal conducted a session at Kamla Market Police Station. On behalf of Manobal, Gaurav Gill led the session on mental health and body language. The session proved to be very useful for Delhi Police personnel, given their hectic and stressful life.

On 09 June, DCPU organized a two-day awareness session on the legal aspects of POCSO for officials at Dabri Police Station, Delhi. The session aimed to strengthen their understanding of child protection laws and support effective implementation. On behalf of Manobal, the session was conducted by Advocate Utkarsh Singh. The second day of the POCSO session was held at Bindapur Police Station.

Manobal tuition center



School Results Celebration

The students celebrated their academic success upon passing their classes. They were awarded prizes and participated in fun activities, followed by a meal.

Manobal a small library and indoor game setup for the tuition centre girls for extra-curricular activities.



Responsibility and Care for Resources

Along with their academic studies, students took active responsibility for maintaining the resources provided to them, including computers, chairs, the library, and the tuition centre infrastructure.



Eye Check-Up Camp

A free eye check-up camp was organised for the students, their parents, and residents in the tuition centre area.

Parent-Teacher Meeting

A monthly parent-teacher meeting was conducted to share feedback about the children's performance. Parents were also given counselling to encourage their active involvement in their children's academic journey.

Labour Day Celebration

Children celebrated Labour Day at the tuition centre by creating posters on related themes. Teachers educated them about the significance of the day and shared valuable insights.



Birthday Celebration

A joint birthday celebration was held for students whose birthdays fell in April and May. The entire tuition community participated joyfully in the celebration.



Summer Vacation Activities

During the summer holidays, children made good use of the library and enjoyed reading storybooks and exploring new ideas.

Mother's Day Celebration

To celebrate Mother's Day, the center invited the mothers of the students. The children expressed their love and gratitude by reciting poems and presenting heartfelt shayari (poetic verses). The mothers were visibly moved, responding with warm embraces and kind words.

Group Counselling Session

Group counselling was conducted for the children at the tuition centre to support their emotional and psychological well-being.

**Picnic to Water Park**

The students enjoyed a recreational visit to a water park. They had fun participating in water activities and shared a meal together. In appreciation, they created a handmade thank-you card.

World Environment Day

On the occasion of World Environment Day, children expressed their environmental awareness through creative drawings and discussions on how to protect nature.

On World Day Against Child Labour, children at Manobal Tuition Centre took part in an awareness activity to raise their voices against child exploitation.

International Yoga Day

Students celebrated International Yoga Day by performing yoga exercises and engaging in discussions about the importance of a healthy body and a healthy mind.



Girls from the tuition centre participated in a street theatre festival-cum-competition at YMCA. They performed a play on the theme of child marriage. It was their first opportunity to showcase their talent on such a platform. Tuition centre girls perform a street play on YMCA



Honoured to represent Manobal at the Roundtable on 'Making India Employable' by TeamLease Foundation in Delhi.

We spoke up for sex trafficking victims – their right to dignified employment, equality, and sustainable livelihoods.

India needs more than charity — it needs ecosystems that empower.
From education to employment, vision to action — let's build inclusive futures together.



Like every year, Manobal has started its offline Forensic Psychology Internship Program in collaboration with internship partner JIMS College, Sector-3, Rohini, for UG and PG Psychology students. The orientation session was conducted by Gaurav Gill, with an introduction to Manobal given by Manish Walter.

The classes will continue through the month of August. During this time, students will visit various police stations and officers to gain firsthand experience of the functioning of the police department.



Manobal was invited by Youth Light to conduct a session on human trafficking in Dehradun. Around 70 young participants attended and benefited from the sessions.



Under the 'Nikshay Poshan Yojana', Manobal provide nutritional support to 8 children affected by tuberculosis at Lakhnadon, MP.



Manobal's New Counseling Center for Students.



A one-to-one counseling session with a sex worker

Upcoming event

ONE WALK ONE RIDE VOICE VOICE End the Exploitation

WORLD DAY AGAINST TRAFFICKING IN PERSONS

27 July 2025 and 30 July 2025

Cheques and DDs in favour of Manobal A New Beginning Foundation

Canara Bank, Lakhnadon Seoni MP

IFSC Code - CNRB0005572, Account number - 120002429066

All donations sent to Manobal A New Beginning Foundation are exempted under section 80(G) of the IT Act of 1961.



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