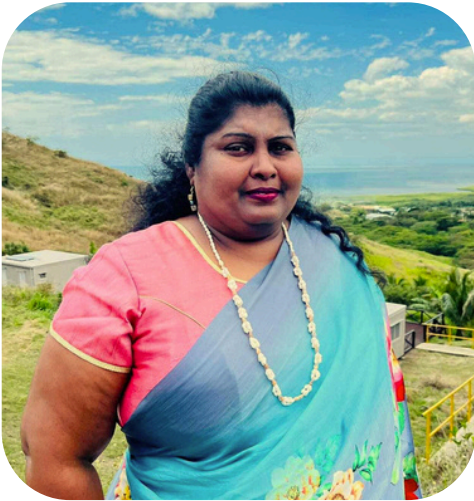


SUCCESS STORY



"If you're thinking that your life has come to an end, please take that thought away"

LAKSHMI GOUNDAR

Lakshmi Vikashni Goundar's early married life was marred by emotional abuse, leaving her feeling utterly helpless. After her husband's passing, Lakshmi hoped to find a loving and accepting partnership, but her second relationship brought further hardship. Enduring constant physical abuse, she bravely sought assistance from the Women's Crisis Centre, a period that led to depression and a significant loss of self-confidence.

Today, Lakshmi has found a renewed sense of peace and purpose with her four children, embracing what she considers a new chapter in her life, marked by a healthier relationship and a completely transformed self-perception.

A pivotal moment in her journey was her enrolment in the six-week "Confident Woman" program at the Almanah Hope Centre in 2023. "I have learnt so many things from this program!" she exclaimed with joy upon graduating in September. Lakshmi shared the profound relief she experienced in exploring her roots and tracing her life's path, ultimately leading to a deeper understanding of her true self.



Lakshmi taking her certificate of Women in Leadership-Training



Lakshmi proudly receiving her certificate of GYBI- Generate Your Business Idea conducted by Ministry of Trade, Co-operatives and Small and Medium Enterprises and Communication

The program facilitated a remarkable transformation, taking her from a place of profound self-doubt to one where she recognized the vital importance of self-care and personal development. She learned how prioritizing her well-being is fundamental to achieving overall health and building a fulfilling life.

Through the program, Lakshmi also gained valuable skills in managing change and the crucial practice of anger management, particularly in her interactions with her four children, who range from young adults to teenagers. Furthermore, she acquired practical knowledge in financial management, emphasizing the importance of saving for unforeseen circumstances. These learnings have been instrumental in rebuilding her self-esteem and fostering a sense of stability within her family.

Lakshmi now stands as a beacon of hope, actively encouraging other women in their own journeys. She passionately urges those facing despair to seize the empowering opportunity offered by the Almanah Hope Centre. "If you're thinking that your life has come to an end, please take that thought away," she says, a testament to her personal transformation. "It has really built me; if it can do that for me, it can do that for you as well." Her journey didn't end there. From 2023 to 2025, she continued to expand her skills by joining other technical skills training programs offered by the centre.