



#EngagingMenAndBoys

Men won't sit back and be silent in the movement to end gender based violence, domestic violence and abuse. Maitri is engaging men and boys through this social media campaign so that together we can raise awareness and work toward prevention.

Thank you Sarthak KC for joining this Maitri campaign

Here is a message from Sarthak:

I am a well-traveled person and through my travels, I got a lot of opportunities to meet different kinds of people. Also, I had my fair share of trials and tribulations to be able to understand the value of relationships. I believe that when things are not going well in life, only a healthy intimate relationship can give you the strength to face challenges ahead of you.

Bad times have a way of exacerbating your loneliness.. However, an understanding partner can give you a different perspective and help you rise above the situation.

Healthy relationships don't just happen overnight, they have to be worked at initially. Sincerity towards the relationship, and a genuine intent to make it work will open many avenues for adjustments and compromises. Having said that, it is also important to sense when a relationship is not working or you and your partner may not be compatible. Dragging on an unhealthy relationship for too long can cause mental health issues and lower your self-esteem.

Overall, a right balance along with recognizing the typical red flags in a toxic relationship is the key for self-preservation.

Before a situation escalates to the level of full blown domestic violence, there are definite tell tale signs. In order to avoid being taken advantage of, one must work on their own self-esteem so that nobody has the opportunity to make you stick around in an abusive situation.

About the author:

Sarthak KC is a college student who hails from Nepal. He has seen umpteen number of challenges in life and his view of life stems from his meditative experiences in India, where he had gone after a personal family tragedy. He is interested in social initiatives and an active member in the Nepali community in the bay area.