



# Apne Aap Women's Collective

*the right to a better life for women and children in red light areas*

## JANUARY TO MARCH 2017

Dear Readers & Well wishers,

It is with vast delight that I present to you the quarterly e-newsletter of Apne Aap Women's Collective! I keep updating you with such quarterly newsletter since we are glad to be in touch with such amazing supporters. Here are some of our proudest moments from this period.

We were one of two organisations selected for the *Gujarat charity bike ride 2017*. For three days a bike ride of 350 km from Bhuj Mandir to Ahmadabad Mandir took place to bring awareness and raise money to our organization.

Further AAWC was rewarded the top ranked organization of 2016 by Global Giving. We wish to express our sincere gratitude to both Gujarat Charity Bike Ride and Global Giving for bringing attention to our work.

This quarter I also had the pleasure to joining our Udaan beneficiaries to Red FM Studio where we meet RJ Malishka and her team to celebrate the success of the show *Bajao for a Cause*. Beneficiaries were shown around the Red FM office and interacted with Malishka. She told them the journey of *Bajao for a Cause*, they were shown magic arts, and lastly, they did the cake cutting ceremony. Red FM Studio also organized for nine of our Udaan beneficiaries along to meet with Bollywood actor Shahrukh Khan.



Visit to Red FM. AAWC staff with Malishka and her team.



Udaan girls wearing Shahrukh Khan face-masks together with Sharukh Khan himself.

Apart from these joyful excursions our Udaan girls have been preparing for their final exams during tuition classes where they have been showing good remarks

We are also happy to announce that two of our Umang children have been enrolled for admission in West Khetwadi School. We wish them all the luck in their started studies.

An Honorary Ceremony for our Umeed beneficiaries who attended the beauty parlour training and have been placed in reputed salons in Mumbai was held. I was very glad to be invited to do the honouring of the women with giving them their certificates and a small gift. They shared their experiences of the training and enjoyed a good time.

Warm Regards,

Manju Vyas  
Chief Executive Officer



## Udaan Update

**EDUCATION:** Regular tuition classes with our Udaan girls have continued. This quarter our Udaan beneficiaries have been preparing for their final exams as well as attended computer classes where they have learnt how to write Word Documents.

**EXPOSURE VISITS AND SESSIONS:** The mentors from our collaboration with The Lighthouse Project took some Udaan girls to Kala Ghoda Fest. The Udaan girls saw a black horse made of *koyla* (*charcoal*), a man painting, and enjoyed the voice recording room where they sang songs. They really enjoyed this excursion.

**RECREATIONAL EXCURSIONS:** Udaan beneficiaries visited garden, art galleries and temples. Girls saw photographs by photographer Masterji and Rajni Soori. They were shown black and white photographs and explained how they are made.



Udaan girls racing at the Annual Sports Day.



Udaan beneficiary getting her teeth checked during Dental camp.

**EXTRA CURRICUAR-ACTIVITES:** We organized our Annual Udaan Sports Day combining both of our centres. Games such as lemon and spoon, three-legged, book-balance, tortoise/slow run, running race, skipping race, kangaroo jump race and relay were played. All girls were full of energy and enthusiasm throughout the event.

Weekly drama, music and art classes were conducted as planned. A very ardent Japanese donor Mikiko spent time with the beneficiaries in making art from waste and a session on Origami.

**COUNSELING:** ABT (Art Based Therapist) Mona Doctor conducted individual Counseling with beneficiaries to motivate them to attend school, to be respectful towards others, to help cope with death of closed ones and to help channelize the emotions in a positive manner.

**CELEBRATIONS:** There has been a lot to celebrate this quarter, such as; Republic Day Celebration, Rose and Chocolate Day Celebration (Valentine's Day), MakarSankranti (Harvesting & Kite flying festival) and Blessing Ceremony of 2 beneficiaries who are appearing for their 10<sup>th</sup> standard exams together with their Lighthouse Project mentors and Holi festival.



## Umeed Update

**AWARNESS MEETING:** During this quarter, Umeed Beneficiaries have been given information about various subject, among them safe sex and Hepatitis B and Hepatitis C.

**HEALTH:** PLHA weight was measured. The outreach for distribution of nutrition supplement was done by AAWC outreach workers.

**CHILD'S FUTURE PLANNING SESSION:** Group Discussion Sessions were conducted with the mothers to let them know the importance of creating healthy bond between them and their children. Umeed beneficiaries were engaged into a game of passing a toy; whoever

got the toy told if they are addicted to something or not. The reason behind this session was for these issues to be addressed in a better way and to discuss a healthier future for their children. The women participated very well and discussed everything openly.

During the sessions this quarter we have been happy to hear from some Umeed beneficiaries that they do savings every month for their children.



Women's Day Celebration with Umeed women.



Holi celebration with Umeed women.

**EMPOWERMENT:** Many bank accounts have been activated. Also Umeed women are learning to write their names and surnames in AAWC's Adult Literacy program. Most women can write their names in either Hindi or English.

**ON FIELD ACTIVITIES:** During this quarter, on field activities or sessions conducted were as follows; Alcoholism and Substance Addiction, Women's Empowerment, Work Stress, Unity among Each Other, HIV/AIDS Awareness, Personal Hygiene Awareness, Counselling Session on Stigma Against Prostitution etc. Other activities like; safe intercourse and pregnancy and general Yoga training was also conducted in the area.

**CELEBRATION:** We celebrated MakarSankranti (Kite-Day), Valentine's Day, Women's Day accentuating female rights and of course Holi festival.



## Umang Update

**EDUCATION:** Umang children attended daily kindergarten classes which included e-learning sessions, learning poems, counting, and days of the week through series of games. They continue to learn during weekly educational sessions with our volunteer Marina Dutta.

**RECREATIONAL EXCURSIONS:** Umang children enjoy their weekly garden visits. Beneficiaries played "The magic box", it was nice to observe how the Umang beneficiaries had good team spirit and shared thing with each other to complete the puzzle.

**ART AND CRAFT ACTIVITY:**Umang children participated in making birds by pasting hands with colours, colouring, making flower with carrot, vegetable painting, handprint caterpillar, etc. The art and craft activities are related to the academics so that the beneficiaries are in a constant process of learning.



Children get calm and animal friendly during Animal-Assisted Dog Therapy sessions.



Umang children competing during our Annual Sports day.



**CELEBRATION:**During this period Umang children have participated in various celebrations. They celebrated and learn about *Makarsankranti*, where they made kites that they later went out to fly. They also celebrated Sports Day and Holi (picture above).

## “” Quotes

*“Teacher you know we met Shahrukh Khan”- Udaan beneficiaries.*

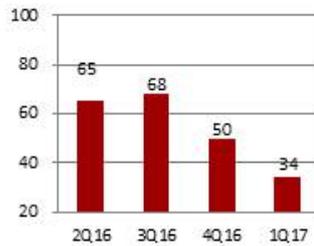
*“I know to write my name so well and soon one day is going to come when with the help of my teachers (outreach workers) I will teach all the women how to write their name in English”.- Umeed beneficiary.*

*“Teacher please give me drawing and colors to take home I will become good boy.” - Umang Beneficiary*

## January to March 2017

### Membership

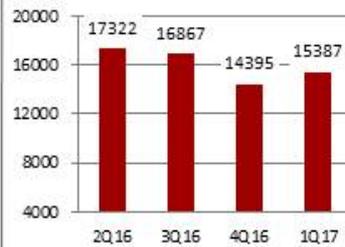
new members



Includes new Umeed, Udaan, and Umang members. Excludes indirect beneficiaries who receive services provided by AAWC.

### Outreach

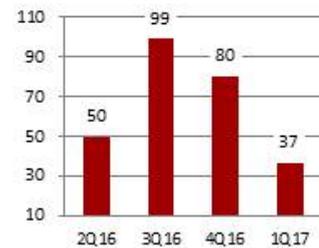
number of home visits



Includes visits by field team to members' homes.

### Finance

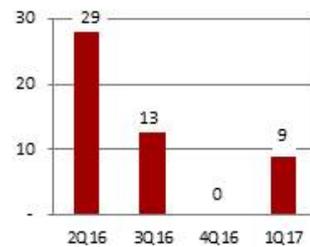
new savings accounts



Includes micro-saving accounts held at Indian Post Office, and formal bank accounts held at Bank of Maharashtra, also includes other service provided.

### Education

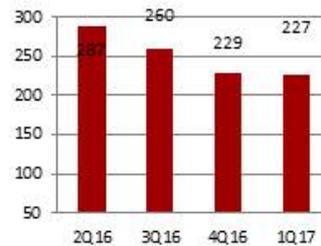
new school enrollments



Includes new school enrollments of Udaan and Umang members as well as non-members. Note: school year begins in June (second quarter).

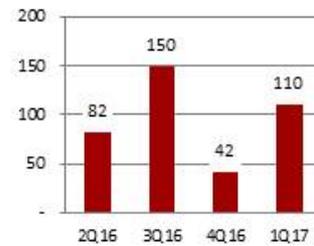
### Empowerment

number of activities



Includes all workshops and excursions (legal, health, social schemes, creativity, careers, life skills, professional skills, fitness, human rights, recreation, etc.)

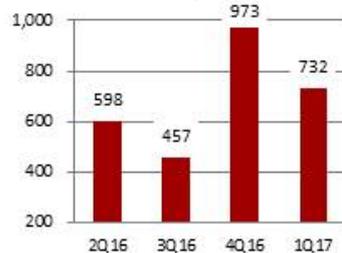
new registration documents



Includes ration cards, PAN card, Aadhar cards, voting cards, birth certificates, birth affidavits, general affidavits, gazette and health card.

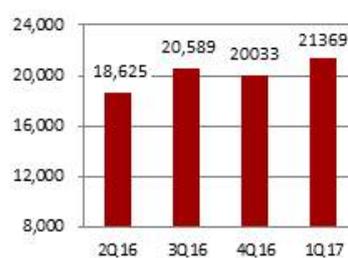
### Health

new medical / hospital referrals



Provided to ensure members and non-members are properly treated at hospitals, where they are often denied service due to discrimination. Also include health camp and immunization beneficiaries.

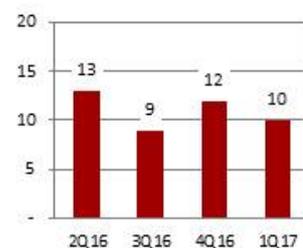
nutritional meals and snacks



Includes snacks distributed to all HIV/AIDS/TB patients in Umeed and full meals distributed to all members of Udaan and Umang.

### Shelter

new enrollments



AAWC shelter is located in Kamathipura, while external shelters are located throughout Greater Mumbai. Boarding Placement service is provided to non-members as well.