



Apne Aap Women's Collective

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

APRIL 2017 - JUNE 2017

Dear Readers and Supporters,

Greetings from **Apne Aap Women's Collective!**

I am delighted to present you with our latest Quarterly Newsletter with all the updates and latest news.

This quarter has brought many wonderful moments for all of us which I like to share with you all. AAWC was conferred with Guide Star India Platinum certificate for its transparency and accountability in the public domain. Nevertheless, The Jury and Council of Board Members of "World CSR The Congress & Awards" summit with the theme of "You We Can The Future of Profit is 'Purpose'" has conferred AAWC the "CERTIFICATE OF MERIT" at the World CSR Congress and Awards for its exemplary work with marginalized women and their beneficiaries in Mumbai's red light area.

Not only the organization, but our beneficiaries also got success in their ventures. Two of our Udaan beneficiaries passed in SSC board exam with good marks while few have started their first academic year in the School. As this quarter also witnessed summer vacation, we visited various places and had lots of fun.

This newsletter will surely update you with all such amazing endeavors, which we have taken in this quarter to achieve our mission. I wish each and every one of you a heartfelt gratitude for your endless support which motivates us to strive further.

Warm Regards,

Manju vyas,

Chief Executive Officer.

Apne Aap Women's Collective



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AWARENESS MEETING:

During this quarter, an Inter-Shelter Home Competition organized by a Thane-based non-profit, Kshamata Foundation, was scheduled as part of the monthly meeting amongst the Umeed beneficiaries in which they engaged with art and craft activities. In May, an awareness meeting about women's personal health and hygiene was conducted at AAWC. Resource persons from Kutumb Sudhar Kendra, regional clinic of Family Planning Association of India, an organization that promotes access to information and services related to family planning, safe abortions, HIV/AIDS and sexuality to poor, marginalized and vulnerable populations, were invited to talk. The resource persons explained family planning, female anatomy and sensitized them on menstrual cycle and ovulation, the use of copper T, emergency contraceptive pills, Tubectomy, Vasectomy and condoms. The resource persons also talked about the importance of using condoms and how it protects one from unwanted pregnancies as well as Sexual transmitted diseases or sexual transmitted infections. In addition, we also discussed the environmental issues in monthly meeting held in June on the occasion of world environment day.

Health

Health services were provided to our Umeed beneficiaries via regular health check-ups, medical referrals, follow up, nutrition supplement including Bananas, *puffed rice*, Moringa (Drumsticks) seeds, Soya milk, etc. was given to beneficiaries affected with HIV and Tuberculosis. Outreach workers assisted our beneficiaries (HIV/ AIDS infected) to get ART treatment from hospitals such as Nair hospital and JJ hospital. Outreach worker accompanied them to the hospitals for tuberculosis testing and treatment and also took regular follow ups. Sessions on how to take care of your health with homemade foods was conducted with the women who are suffering from high or low pressure or diabetes. The outreach workers also assisted beneficiaries to make their Maharashtra government health cards and Lions Club Health cards, which will provide them with free health

services. In June, we collaborated with the Jai Hind College and Ecofeme to have Sanitary Pad drive under their Initiative Called NAARI. During the session, Representatives of Ecofeme introduced the sanitary cloth Napkins that are reusable for 3-4 years, eco-friendly as well as good for their sexual hygiene. We also distributed those cloth napkins sponsored by Jai Hind College among our beneficiaries.

CHILD'S FUTURE PLANNING SESSION:

Every month we take sessions with women to discuss the future planning of their children. During this quarter, the outreach workers took sessions on topics related to the various aspects of children's development. Session for monthly savings for the betterment of their child's future was conducted aiming to inculcate the saving habits in beneficiaries. The day care and Kindergarten teachers addressed the developments of the children during the meeting. School admissions of a few Umang children were discussed during the meeting. Furthermore, one session was conducted with objective to inform beneficiaries the need to give full attention to their child, especially during the age of 2.5 years to 5 years as it's an important development stage for them.

EMPOWERMENT:

With the help of AAWC, our Umeed beneficiaries got their voting cards in Voting card camp organized by AAWC in collaboration with BMC. Also group discussion was organized to make them understand the banking processes, KYC and other information so that they will get the confidence to do bank transactions on their own. In these three months AAWC helped few beneficiaries to get a job, one woman beneficiary is working as a house maid and also two women are placed as a caretaker of patients. Another woman is engaged in home based work where she makes hand purses and bags. With the help of AAWC one of our beneficiaries has been able to buy a room at Nalasopara.

ADULT LITERACY PROGRAM

Outreach workers visited the beneficiaries in their brothels regularly and are teaching them alphabets in English and Hindi. All these three months outreach workers could teach most beneficiaries how to write their names, read numbers, etc. Every month assessment was done to check what the beneficiaries have learned so far using parameters selected by AAWC. The Majority of the beneficiaries can write their own names in English as well as Hindi. During this quarter many of the beneficiaries went to their villages so they missed many literacy classes and this has affected their learning; although outreach worker had helped them to get back on their literacy training once they returned from their villages.

AREA ACTIVITIES:

Various area activities were organized by outreach workers for Umeed beneficiaries in this quarter such as Session on Alcoholism and Substance Addiction, Information about the zero balance bank account, Birth certificates and affidavits. As we have started to give Moringa seeds from April, area activity on the benefits of Moringa seeds was carried out to make them understand its benefits. Also, sessions on Personal hygiene, Safe Sex, sexual hygiene, immunization and Breast cancer were conducted. With the arrival of Monsoon, area activities were more focused on Hygiene care during Monsoon.



Beneficiaries attending Monthly meeting



Beneficiaries engaged in activity

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EDUCATION:

This quarter has brought a joyful moment to AAWC, as two of our Udaan beneficiaries passed the 10th standard SSC board exam by securing good marks and a 1st division. Apart from normal academic tuition classes, Udaan girls attended English and computer classes during their summer vacation. Our intern from Sweden, Ms Petra Wik taught them English grammar, particularly to enhance their spoken English abilities. With different exercises, the girls learned Nouns, Adjectives, Verbs and so on, that helped them upgrade their English vocabulary. Likewise, we kept on having computer classes to promote computer literacy among the girls, which is highly essential in this tech-savvy world. To evaluate their progress in academics, In-house written assessment was taken, which helped the AAWC team in designing more exercises for them.

EMPOWERMENT

During this quarter, career awareness sessions were conducted for the beneficiaries, aiming to provide them with different profession choices and aptitude sets required to accomplish them. We continued to arrange life skills sessions and personal hygiene sessions for them. Paper earrings sessions as well as glass and fabric painting sessions were conducted, in which our young ladies made excellent earrings and glass paintings. Throughout the quarter, few Udaan meetings were directed in order to talk about the future activities under the program as well as to get the ideas and opinions of girls with respect to the different visits organized for them. For giving them emotional support, few group-counselling sessions were also arranged.

HEALTH

We continued to provide our beneficiaries with nutrient supplements, multivitamins, Moringa seeds along with daily nutritious meals. Monthly

measurement of height-weight was taken to evaluate their physical development. Girls who need medical treatment referred to the hospitals and regularly follow up was taken. General Health camp was organized to cater to the general health needs of them through medical check-ups and distribution of free medicines.

EXPOSURE VISITS.

Being the summer vacation, this quarter witnessed many exposure visits, such as the visit to the Nagpada police station, Bank of Maharashtra, American Library and Byculla fire brigade. They observed the work done and clarified their doubts by interacting with officers, managers and other staff. Girls have visited the National Gallery of Modern Art with volunteer, Ms Antoinette, where she introduced them with modern art collections. Beautiful paintings by different artist really delighted and inspired our beneficiaries. The Lighthouse team had taken the beneficiaries to Tarq art Gallery in the month of May.

In addition, visits to Museums such as Dr. Bhau Daji Lad Museum and Chatrapati Shiwaji Maharaj Vastu Sanghralaya exposed them to historical Artifacts and Sculptures. One of our ardent Volunteers, Ms. Marina Dutta organized an exposure visit to Crawford market, one of the most famous market in Mumbai, for both, Umang and Udaan beneficiaries with the objective of making them aware of the regular activities and transactions happening in the market.

In May, our beneficiaries attended a workshop on Warli painting where they not only learned the art, but also got to watch the Documentary on Culture of Warli Tribe; they even had an opportunity to learn about Padma Shri Award winner Mr. Jiva Soma Manse and his contribution to the art of Warli paintings. Visit to Sewri Flamingo watch point has been a memorable visit for the girls as they saw beautiful flamingos and other migratory birds. Visit to Travelex India Pvt. Ltd. was the last exposure

visit for this quarter where the girls got to know about their work, various departments, etc. With interactions and activities, the staff of Travelex India encouraged our girls to study and choose the career of their choice.

EXTRA CURRICULAR ACTIVITIES

During this quarter, girls continued to be engaged in many extra-curricular activities to utilize their summer vacation in a productive way. In drama classes, the girls learned chorus building, storytelling session, improvisation on body language and trust exercises. In addition, they had Guitar classes in their summer vacation in which they learned the prayer “Itni Shakti” on guitar as well as on the keyboard, and did an improvisation of the song as well. Ms Petra Wik taught them the basics of yoga, meditation, body exercise, and breathing exercises in Yoga classes to keep their mind calm and focused. Also, our Udaan alumni and now intern, Ms. Ruhi Kirale took Spanish classes for the beneficiaries in the Falkland road centre; where they learned elementary level Spanish, including alphabets, numbers, days, months and basic sentences in the present tense. The girls really enjoyed and were very excited to speak in a newly learned language.

Cooking classes were also arranged for girls in which they learned to make cake, Chocolate balls and Chinese Bhel

RECREATIONAL EXCURSION

In April, the girls participated in Vibgyor art celebrations, held at the Phoenix Market City Mall, Kurla where they were given all the material required for drawing, and were asked to draw whatever they wished to. They created beautiful paintings and got certificates for their participation. In April, actor Shahrukh khan and Red FM- ‘Bajao for cause’ team organized an outing for the Udaan beneficiaries to Kidzania at The R-city Mall, Ghatkopar. Girls actively engaged in all the game sections and participated in all the activities. The visit to the Jijamata Udyan, earlier known as Victoria’s garden which is a Zoo and garden located in Byculla, with Umang and Udaan beneficiaries was a big hit as well, as all of them had a great time enjoying the greenery as well as different species of animals and birds. Our beneficiaries also had an opportunity to attend the “Classics its Classy!” event at National Centre for the Performing Arts, where they enjoyed instrumental harmonies, and participated in singing activities.

visit to the National gallery of modern Art Exposure



visit to the Fire Brigade





EDUCATION

This quarter witnessed the end of the previous academic year and the arrival of new one. Thus Kindergarten teachers focused on revising what they had covered throughout the year, including different songs, alphabets, stories, the national anthem, the national song and numbers; which the children enthusiastically learned. The children continue to learn during their weekly educational sessions with our volunteer, Ms. Marina Dutta. Through these sessions, children have learned about the anatomy of the human body, yoga & songs, arranging the flash cards, numbers and dot puzzles, matching flash cards and opposite words, etc. In one of the sessions she made all the beneficiaries hear their own heartbeats with the use of the Stethoscope, which truly fascinated them.

EXPOSURE VISIT

Volunteer Ms. Marina Dutta took the Umang beneficiaries to Crawford market, is one of Mumbai's most famous markets, earlier named after Arthur Crawford, the first Municipal Commissioner of the city, where she showed the eager children the wonderful sights, scents and tastes of various fruits and gave them an opportunity to apply textbook learning into practice.

Also in this quarter children got the opportunity to visit a museum called Chatrapati Shivaji Maharaj Vastu Sangrahalaya where they got flashcards of different historical monuments and took part in activities such as treasure hunt in which they were asked to match the flashcards with respective monuments. This exposure visits served two main purposes, one was to help them see the outer world and second to have an outing where they can enjoy and learn at the same time.

RECREATION EXERCISION

Weekly garden visits were organized for our Umang beneficiaries, which included warm up activities, running around, observation session, etc. in order to have a fun filled day for the children. During the summer holidays, the AAWC team organized a recreational visit for Umang and Udaan beneficiaries to Jijamata Udyaan. All the Umang children were paired with Udaan beneficiaries so that they could connect in an informal environment and could learn the Mentoring skills. The children had lots of fun as they could see their favorite animals and birds and as a surprise, Penguins too.

ART AND CRAFT ACTIVITIES

During this quarter our beneficiaries engaged in various art and craft activities, including cloud making, flowers making, abstract art with thread, best out of waste, etc. Our intern from Sweden Ms. Petra Wik took session with the beneficiaries, in which they were given sketch pens, chart papers and mirrors, and were asked to look at their reflection in the mirror and put it on paper. Using their imagination, the children made beautiful sketches.

GROUP THERAPY SESSION

Several Dog therapy sessions which aimed at helping the children to become animal friendly and calm, by spending time with dogs were conducted throughout this quarter, by having activities such as the animal card activity, fetching the alphabet cards with the dog, and a vegetable and fruit puzzle game. Additional games like Catch & Throw etc. were played as well. Moreover, topics such as aggression, fine motor development, etc. were covered through different group activities. Regular group discussions were conducted by the teachers on different topics such as good and bad touch.

HEALTH

In addition to their monthly height-weight measurement, a general medical camp was conducted in this quarter. In this camp all the children were medically checked up, and medicines, prescribed for their minor ailments were given free of cost. Many children were found to have Prickly Heat, Chicken Pox and other skin infections, so they were referred to hospitals, and subsequent follow ups were done. One beneficiary has diagnosed with three tumors on the back of her head, for which she is undergoing treatment at Nair hospital, the Doctor has also prescribed a test, to check whether she is suffering from tuberculosis, which will be done in the month of July. As it was found that many children frequently

suffer from abdominal pain, diarrhea and loss of appetite, De- worming medicines were given to all the beneficiaries. Also, children suffering from fever were referred to Private clinics as the treatment from government hospitals failed to succumb the fever. During monthly meetings our day care and Kindergarten teachers had discussions with the mothers of Umang beneficiaries on topics such as the importance of cleanliness, medicines given to their children, development of their children.



Exposure visit to Crawford Market



Fun filled Day at the Zoo



“” Quotes

“I do not want to waste this opportunity to learn. I look forward to meet the outreach Didis who teach me. I even ask them to give more homework as I like to write my name and I enjoy learning new alphabets.” – Umeed Beneficiary.

“I always wished to see my daughter speaking in English. But to my surprise, she does not only speak English but also some other foreign language (Spanish). I don't understand what she says, but it feels good to hear her, talking in such languages.” - Udaan Beneficiaries mother.

“My son has changed so much after he is enrolled in AAWC. He has become so obedient, he needs food on time, sleeps on time and get up early in the morning. He does exercise in the morning and asks me to follow the same (Laughs). He also teaches me whatever he learns at school every week”. – Umang mother

“My child has been learning a lot in the Balwadi and has made many friends there. She loves attending the Kindergarten every day.” – Umang Beneficiary's



Visit to the Kidzania



Exposure visit to the Zoo

