



Police awareness session

## Highlights

- In this quarter, 17 beneficiaries have completely left the profession and the red-light area.
- Increased enrollment of 117 women beneficiaries
- Provision of ration was made available to 2000+ women in the community in Kamathipura and Falkland Road Center.
- Introduction of embroidery and mehendi class in Falkland Road and Turbhe
- General health camp and eye camp conducted during this quarter for women beneficiaries in Kamathipura, Falkland Road and Turbhe
- Through health camp we were able to reach to 424 women beneficiaries
- Ration card processing camp conducted in Kamathipura, 32 women beneficiaries ration card in the process.
- 28 voter Id cards were made of women beneficiaries
- 16 Aadhar cards were made of women beneficiaries
- 10 bank accounts of the women beneficiaries are opened
- 902 Medical referrals conducted
- Exposure visit conducted to Seefar foundation
- Felicitation of three women beneficiaries during the annual drama of Udaan
- 12 women have been assisted with job placements in the last quarter.



Monthly meeting



## UMEED ( WOMEN) PROGRAMME

### OUTREACH:

Regular area visits have proved fruitful as we see a huge development in the understanding of women beneficiaries. They project higher confidence level in them. No signs of hesitation are visible in old beneficiaries they tend to openly discuss any matter with the team. During the visits suggestions made to help curtail their issues and challenges they now try to understand and implement it to their daily lives and share the outcome with the outreach team.

Considering all the services they have been receiving after the assessment of the needs didi's are immensely happy and grateful. They share the varied benefits they have received with new beneficiaries and refer them to the center. They also coax them to openly share their problems so that the team gets a clarity about their issues and requirements. On the basis of which they would receive correct guidance and help required.

It has been observed that women have developed a fond liking for the center they like the positive environment and also feel proud about the fact that they are visiting the office on their own. While sharing the visit experience and the set up of office and how well behaved they were with their friends in the community gives them a sense of immense joy and satisfaction.

Various area activities were conducted in the community where information was disseminated about skill training activities to be conducted with the women beneficiaries such as start of Embroidery and Mehendi. Information was also given about the various health camps to be conducted in the community, Awareness was also conducted on healthy eating and how to keep your skin healthy and during international yoga day information was imparted about importance of doing simple yoga exercises daily utilizing less space.

Immense happiness is expressed by the outreach team when they see women beneficiaries giving them priority over all their task. When they see an outreach worker during active hours of work, they make sure to keep the customer at hold for sometime and listen to the information being imparted.

Effective networking was conducted with Ration Card office, post office, voting card office and Aadhar card office, leading to strong support from the government organizations.



### EDUCATION:

Through our financial literacy session, we have seen that the concept of saving is now understood by the women beneficiaries as currently we see old beneficiaries guiding the new beneficiaries to open their bank accounts. They also explain in detail what has been the advantages of holding a bank account. It has been noticed that beneficiaries show immense interest in understanding the banking process and also invest their time in bringing forms for opening of a bank account, withdraw slip and deposit slip. They tend to practice filling up these forms which helps them attain confidence and do the same during the visit to the bank.

Regular visit to the banks by themselves has led beneficiaries understand the communication of the bank. They have clearly started understanding the problem statement from the bank and once understood they communicate the same to the team making it easier for the team to guide and provide a solution for the said problem.

Immense interest is shown by women beneficiaries in the adult literacy session. In order to learn quickly to write their name women beneficiaries tend to practice on their own in any free time they attain. Many beneficiaries are slowly advancing their learning by understanding varied words and using them to make sentences.

Beneficiaries through constant reiteration have understood the importance of signing their names as practically they have learned that the cost of pan card making becomes half if the document is validated by their own signature. Understanding the importance, a large number of women beneficiaries now want to learn to sign their names and their family member's name.

It has been observed that women beneficiaries show immense interest in learning English. They are excited to learn new words daily and their grasping power is increasing day by day. Didi's express that utilizing few words in their day-to-day communication or visit to any office makes them feel immensely proud. They feel more confident.



Adult literacy with the women in the community

## HEALTH:

This quarter outreach workers continue to conduct daily distribution of nutrition in the area considering the requirement of nutrition among certain beneficiaries suffering from HIV/TB/Cancer cooked meals are made available in the community to 150 women beneficiaries and ration kits are provided to 400 women beneficiaries. Through these provisions a positive impact has been seen in the overall health of the women beneficiaries.

Regular medical referrals are conducted for beneficiaries to improve their overall health. Regular visit to the government hospitals have made the women beneficiaries acquainted with the process that has led them overcome their fear of doctors and hospitals, it has also reduced their trust on imposters and has also reduced their cost of treatments which initially they had to spend in private hospitals.

General health camp and eye camp were conducted for the women beneficiaries it has been observed that attending these camps allow women beneficiaries avail health benefits free of cost and also give them an idea about their health status.

General counselling is conducted with beneficiaries to provide them information of taking their medication on time, having healthy home cooked meal, going to hospitals for regular follow up, taking ART on time, ANC/ PNC, immunization of children, importance of vaccine, ways of dealing with varied issues and problems etc. One to one counselling conducted of beneficiaries to address crucial problems faced by beneficiaries which may be related to their health, personal issues, their environment etc.

Regular reiteration about the harmful effects of substance abuse has brought about a change in few beneficiaries as they have completely left consumption of tobacco, gutka, alcohol etc. Yoga day was celebrated with women beneficiaries where they were reiterated the importance of exercise few asanas were taught to the beneficiaries that require less space and beneficial for health



Eye camp in the Falkland road center

## EMPOWERMENT:

Continuous efforts have been made to help beneficiaries attain their identity documents and regular guidance is provided throughout the process. Through networking camps are arranged for voter card making or ration card for women to make the process easier. Women beneficiaries are extremely thankful for these camps as they say that the complicated procedure to be undertaken in the office has been simplified and they are able to attain their documents on time which help them avail benefits under the government welfare scheme. This quarter holding of ration card has helped beneficiaries procure their monthly ration at a subsidized rate.

To enhance skill and expose beneficiaries to other modes of earning. Varied vocational classes are being undertaken in the vocational training unit and community. It has been observed that women show immense interest in vocational activities which has led to good attendance. Slowly beneficiaries advancing in their skills often discuss about their future plan of quitting their profession going back to their village and starting a small business depending on the skills learnt for sustenance. A very positive mindset is visible amongst women in regards with their further career prospects.

The varied trainings undertaken are as follows tailoring, embroidery, mehendi application/design and face pack making. Seeing the successful implementation of the vocational classes in Kamathipura we introduced embroidery class in Falkland Road and Turbhe along with Mehndi classes in Falkland Road. The initial assessment of the vocational activity shows that beneficiaries from these communities are equivalently interested in learning new vocation.

In Kamathipura a training session on personality development and hospitality was initiated wherein beneficiaries got an opportunity to learn basic computer. The session was immensely impactful as beneficiaries learnt how to conduct online buying and selling which has led to income generation. It has been noticed that women have good eye for products that would sell well in the online platform. They have also learnt selling of products online owing to which they are able to earn some money.

In house craft sessions are undertaken in the area to help beneficiaries learn simple items of daily use such as paper bags, paper cups, letter boxes, present pockets, pen holders etc. The beneficiaries also gained from best out of waste sessions. 17 women have quit profession across all the three centers in the last quarter.



Tailoring class with the women

## RECREATION

Many recreational activities are conducted with the women in the area which involve dancing, singing, games etc. to help them overcome stress and provide a moment of fun in which they are able to forget their issues for a while and relax.



Yoga Session with the women

## HIGHLIGHTS:

- AAWC day and night shelter reported zero covid-19 positive cases amongst residential girl beneficiaries, given the strict sanitization measures.
- Three beneficiaries passed their 10th Examination with flying colours as they scored 83%,71% and 78.2%.
- Udaan girls painting selected by India Post office for post card introduction
- Inaugural of the post cards was done in Raj Bhavan by honourable Governor of Maharashtra Shri. Bhagat Singh Koshyari Ji along with the Post Master General Mrs. Swati Pandey during the event girl beneficiaries were felicitated
- Vaccination for beneficiaries above 15 years of age is in process
- Clown show performed by beneficiaries in Varied NGO's
- Annual drama show was conducted by the girl beneficiaries for their mothers during the event three Udaan girls were felicitated for their achievement one of them for her overall performance, one doing extremely well in her examination and the other for achieving an internship opportunity in a five-star hotel.
- Mother's Day was celebrated with great zeal by the beneficiaries
- Four exposure visits were conducted for girl beneficiaries to Rani Baugh, Film division museum, GPO and Body Line Parlour Visit.
- Introduction of new vocational sessions such as music, mehendi and art class.
- Introduction of counselling sessions and dance therapy for the mental well-being of the girls.
- Career guidance session in the beauty and hair industry was conducted for the elder girl beneficiaries and our alumni's.



## UDAAN ( GIRLS ) PROGRAMME

### OUTREACH:

Regular outreach is being conducted wherein information is being provided to mothers about the progress of the girls and explaining to them the importance of their participation in their lives during their growing years. During a mother's visit to the centre, we encourage mothers to ask their children about their time table, their education and also their behavior. As it has been noticed that when mothers speak to the children and make them understand certain good behavior the children tend to follow it sooner.

This quarter outreach was also carried out to impart awareness about AAWC services and identify new child beneficiaries. Home visits helped to impart information about CWC to the mothers and its rules implemented on the shelter home.

The residents in the Shelter Home missed their mothers sorely and craved to speak with them. The absence of the family connections and atmosphere left a vacuum. We were acutely aware of the pangs of separation of mothers and daughters and were meticulous in meeting up with and setting up communication between them. Both weekly voice calls and video calls were made. The girls were ecstatic and shared their sentiments and experiences with their mothers freely.

Mother's monthly meetings were regularly conducted in the center to address various concerns about children's education, behavior, rules and regulation of the organization. They are also explained about various initiatives they can undertake to help better development and growth of the child. Apart from it we also encouraged the mothers to speak and visit their children on a regular basis and in a given time.

Regular other ngo's and shelter home follow ups were undertaken both physically and telephonically in order to understand the progress made by children placed there. Through these follow up we are apprised of any problems that the beneficiary is undergoing and solve the issue by interacting with the concerned shelter staff and girls mother if needed.



### EDUCATION :

Being summer vacations during this quarter emphasis was given to improve the basic foundation of subjects in academics for girl beneficiaries in the centre. Beneficiaries who have completed their 10th standard took up the role of mentor to the upcoming batch of students appearing for 10th Standard. Mentor mentee concept has led to a positive impact as learning from peers quickens the process of learning and retention of concepts. Regular education was conducted in the morning hour with all the girls in the center to prepare them for new academic year admissions. For elder girl beneficiaries in 9th and 10th standard their mathematics class was conducted regularly by a teacher specialized in the subject.

Along with continued regular education the programs team was involved in the admission process for the new academic year as well as shifts from one school to another for a few beneficiaries. As being in different schools posed a challenge of varied school language medium/timings/plans hindering any form of additional activities to be planned for girls.

To initiate easy learning among girl beneficiaries, many educational games were conducted such as wordescapes, newspaper reading activity, crossword solving to help them improve their vocabulary along with enhancement of general knowledge related to worldly issues. Activities such as speech, recitation, story book reading were conducted during vacation to help improve beneficiaries with their communication and reading skills. Computer classes were regularly undertaken by volunteers which included sessions on advanced functions in Microsoft Word and Excel.

Journal writing is encouraged among beneficiaries wherein varied topics are provided in order to enhance their thought process and help them emote their emotions through writing.



## HEALTH:

This quarter girl beneficiaries were provided with nutritious food based on the diet chart. The ardent following of the diet plan has helped girls overcome any lack of nutrients in their body. The development is gaged of the beneficiaries on the basis of their healthy increase in weight. Through nutritious meal its being observed that the development process of girls according to their age has been appropriate which is indicated by their increased height, arm and head circumference.

Immense care of hygiene in the center along with regular nutritious meals and vitamins have led to a tremendous reduction in physical illnesses. As no beneficiary in the last quarter had to be taken to the hospital because of any major illness.

Considering the nutritious requirement of girl beneficiaries in the day care center provision has been made of cooked meals for the girl beneficiaries during lunch hour. This provision has immensely curtailed eating of junk food for the girls in the community leading to good improved health

Regular monitoring is being done of girl beneficiaries both in day and night shelter. They are taken for a monthly check up to screen any requirement of medical need for a beneficiary. Considering the current Covid scenario umpteen precautions are being taken and beneficiaries above the age of 15 years are under the process of vaccination.

Regular exercise in the morning is being conducted in the center to provide beneficiaries with physical fitness along with improved concentration and agility to learn faster and grasp better and at night pranayam has been part of the routine which helps develop peace of mind and induce better sleep among beneficiaries. Regular immunization of the beneficiaries is being done in the community through immunization camps conducted in the area and regular follow ups with ANC and PNC mothers.

Considering the mental well-being of the girls regular counselling sessions are being conducted which incorporates both group as well as individual session. It is a platform for the girl beneficiaries to put their heart out, put forward their thought and challenges they are undergoing. Since the sessions have been initiated a change in the behaviour of elder girls have been noticed they have become calm and composed, they are able to control their anger, frustrations better. They have also developed a sense of gratitude towards the organization.

*This quarter dance therapy was introduced to the beneficiaries wherein through movements they are able to learn about themselves more, varied techniques are also taught to manage anxiety, stress and anger.*

*During the vacation garden visits were conducted with both younger and older beneficiaries. These visits brought about agility in beneficiaries it also showed calmness in elder girls as they felt relaxed by walking in the garden.*



### **EMPOWERMENT:**

*During summer vacations girl beneficiaries underwent various vocational sessions such as art, drama, music and mehendi application. These sessions were interesting for the girls and they paid immense attention to the details. Learning skills of varied types increases the opportunity of the beneficiaries to explore their career options. Music session is one of their favorite sessions as they not only learn the skill but listening to music relaxes their mind.*

*During this quarter post saving accounts were opened for girl beneficiaries in order to help their mother's save for their future requirements. Social skill sessions and Group session on various topics were conducted with the beneficiaries in a regular basis to inculcate good habits, make them aware about various issues and introduce them to varied moral ethics needed in day-to-day life.*

*Varied days were observed and celebrated by the girl beneficiaries. These days helped them understand about various international days and also increase their knowledge about various profession, social concerns etc. Days such as Anti-Tobacco Day, International Fire fighters' day, National Technology Day, National Anti-Terrorism Day etc.*

*This quarter many sessions were conducted on basic etiquettes with older beneficiaries to help them develop their personality and enhance behaviour. As some of the elder beneficiaries are going to step into junior college it was a necessity to work towards their grooming which includes body posture, communication, ways of eating etc.*

*To gauge the interest of girl beneficiaries in cooking and develop their basic skills easy cooking classes were introduced. Recipes such as Shrikhand, Amras (Mangoe shake), Cake, Pani -Puri, Pizza, Raw Mangoe -Mint chutney etc. were made by the beneficiaries it was observed that girls showed immense joy in learning new dishes. They find it very interesting and do it with entire focus. Especially once they receive praises from the inmates and teachers, they get further motivated to share what they would like to cook in the next session.*

*Regular Child Management Committee meetings were conducted both with older and younger girls to address any challenges faced in the center or any changes they would like to incorporate for smooth functioning of the center. It has been noticed that girls during the meeting are vocalizing their opinion, putting across the challenges and also bringing solutions to any problems. Their confidence has boosted and thought process are enhancing leading to better decision making.*

*Many exposure visits to enhance knowledge of the girl beneficiaries they visited Rani Baugh, Film Division and General post office wherein they understood about different species of animal, camera's, old technology vs new technology for film production, post office functioning, varied opportunities available in Post office from Career perspective. Workshop on career front in the beauty and hair industry was conducted for the elder girl beneficiaries and our alumni to give them an understanding of various departments under the industry and trainings required to excel in the field.*

*Many art and craft sessions were conducted with girl beneficiaries to enhance their skill and teach them best utilization of usage of waste resources.*



## **RECREATION:**

*Daily recreational indoor games were conducted in between varied session to help beneficiaries refresh their minds and also enhance attentiveness. During garden visits beneficiaries were involved in outdoor games and used the amenities in the park to the fullest. Younger beneficiaries enjoy the slide and the swing in the park area.*

*This quarter post examination girl beneficiaries were taken to Chowpatty for relaxation and change in atmosphere. It was a surprise for the children they were thrilled and very excited during the journey. They played varied games on the beach and also observed the nature.*

*All festivals were celebrated with the beneficiaries such as easter, Eid and Gudi Padwa during this quarter. Through these celebrations they not only learn about the varied festivals but also, they enhance bonding with each other. They enjoy the special meal provided during those day. Greeting one another gives beneficiaries immense happiness.*

*Mother's Day was celebrated by the beneficiaries on all the three centers with great zeal. Older beneficiaries planned the programme and executed it really well. They performed songs and dances for their mothers and gifted their mothers a souvenir created by them. The day was very emotional for certain girls and mothers as they expressed their heartfelt emotions. Mothers proudly talked about their daughter's improvement and what they would like them to achieve in future. Understanding thoughts and feelings of their mother's girl beneficiaries got motivated to study better and fulfill their dreams.*





## ANNUAL EVENT:



*In the Annual Drama Event was attended by the mothers of the beneficiaries in order to witness the talent of their daughters and improvement in their theatrical skills. The highlight of the annual event was taking a hold of the anchoring on the stage. Children did not hesitate to interact with the audience, and comically inducing laughter engaged them during performance.*

*The event began with the lightning of the lamp and welcoming our guests which included members of CWC, DWCD and Trustees. The first event of the day was a welcome song an old number 'Kisiki Muskurahto pe ho nisaar' the song was sung beautifully by the girl beneficiaries with a smile on their faces putting forward a message of living a life without expectation and living it to the fullest.*

*Post the song the first clown act was performed 'That's how we feel' the beauty of the act was, right from deciding the theme, synopsis, dialogues all was done by girl beneficiaries with the help of Rupesh and Kalyan Sir. Through the act the message of great sensitivity of the feelings of the girl living in the red-light area was portrayed beautifully in a comical way.*

*The second drama performed by the girl beneficiaries were 'Kahani Sujh Bujh Ki' it depicted how one can utilize their thinking and get their work done in a smart way and you have to pay a price for being over smart and greedy.*

*Both the dramas performed induced laughter among the audience but also left them with thoughtful messages. The mothers were very happy seeing the talent of their daughters and the mothers whose daughters were not performing stated that they would also be learning the skill and be performing in the similar manner the next year.*

*Felicitation was also part of the event to recognize the achievements of our girl and women beneficiaries for their excellent performance in skill building, pushing themselves to quit the profession, academics, achieving their goals, and overall performance throughout their journey in AAWC. Through the felicitation among women and children the message imparted was nothing is impossible if we continue to work hard and put our best foot forward.*

*The key guest from Child Welfare Committee and Juvenile Justice Board members (Mr. Milind Bidwai, Ms. Babina and Mrs. Urmila Jadhav) addressed the audience about the excellent performance of the children seeing the immense talent and spread the same motivation among other beneficiaries they invited our Udaan beneficiaries to showcase their skills and drama in other organizations.*

*The annual drama event was very successful and it gave an insight to the mothers mixed emotions which was happiness along with pride seeing their girls up on stage and being facilitated for their achievements.*

## SUCCESS STORIES:



Rakhi, 5 years old has been associated with AAWC from the past 3 years she is part of the younger group of beneficiaries in the Shelter Home. Initially she fared well in her studies but showed behavioural issues in the class. She was stubborn, refused to listen to anyone, would fight with others and be disruptive. The teacher had to constantly warn her about putting a complain to the mother about her conduct in the class but the warnings fell into deaf ears. As even after speaking to her mother no major change was visible in Rakhi. But one day, when the teacher was measuring the circumference of a student's head Rakhi was looking with great interest and listening intently to what the teacher was saying. Seeing her interest in regards to the size of the brain the teacher told her jokingly that if we keep behaving badly in class our brain will get smaller. Considering this idea, Rakhi started behaving well in classes she always reiterated to the teacher "aab toh meri brain choti nahi hogi na teacher" (now my brain will not get smaller). The initial struggle of getting to Rakhi had ended with a strategic move undertaken by the teacher of understanding her mind. Rakhi currently is doing immensely well in the class and actively participating in all sessions. She depicts good and respectful behaviour towards her teachers and inmates.



Reshma, 36 years old hails from Kolkata she lived in extreme poverty, merely being able to make ends meet of her family. Poverty lashed environment and her vulnerable situation was taken utmost advantage of. As one of her family members told her she would be able to earn good amount of money by doing household chores in cities. Thinking about the money she would earn she got ready to travel not knowing the fact where she would end up. She was sold in the redlight area of Pune for a certain amount of money. When she denied to work in order to break her will she was terribly abused. Not able to bare the abuse and physical pain she gave in. She worked day and night and saved quite a bit of money from the tips she received secretly from the clients and sent it to her sister to keep it safely but the sister betrayed her trust and used the money. Using her friends help somehow, she managed to reach Turbhe, Navi Mumbai area got married to a man who was a drunkard and use to beat her daily. Being identified by the outreach team in the area daily follow ups were conducted with Reshma. Constant counselling helped her cope with her mental state. She joined adult literacy classes and learnt through our financial literacy sessions ways to save an a detailed process of holding a saving account in a bank. Learning how to sign her name has helped her avail facilities under the government social welfare schemes. A vast change has been noticed in her behaviour she does not often think about the past but tends to say that she has learnt a lot through the journey. Knowing the importance of education, she aims to provide good education to her daughter and also thinks of her future knowing about the saving techniques and having a bank account has helped her save a bit of money aside for her daughter's future.



Maths learning through educational tool



Online income generation program



*Creative Corner: Art by Udaan girls.*