



Apne Aap Women's Collective

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

Newsletter

January-March 2024



Here's a glimpse of our Umeed and Udaan activities for this quarter

This quarter amidst our efforts to provide essential services, we have also witnessed women taking charge of their future by setting up their businesses and securing stable housing.

Discover how your unwavering commitment transformed lives, enabling Rinki and Leena to rise above societal norms.

Quarterly Highlights



Ms Manju Vyas, our CEO, received an award from the Rotary Club of Bombay Juhu Beach in recognition of her exceptional dedication and contributions to anti-trafficking efforts, highlighting **AAWC**'s esteemed leadership in the community.



AAWC received an award from the Indian Social Impact Awards, recognizing it as one of the Top 10 most trusted NGOs of 2024.



AAWC participated in the CSR Conclave organized by IIT Powai, where Ms. Manju Vyas was invited to speak about **AAWC**'s impactful work.



AAWC was invited by Ecole Mondiale School to deliver a talk and share stories on the theme "Unheard Voices."



With support from well-wishers, we participated in the Tata Mumbai Marathon, serving as ambassadors for our cause, and were recognized as one of the best cheering teams.



Continuous engagement with governmental departments, such as the Child Welfare Committee (CWC) and the Department of Women and Child Development (WCD), to ensure collaboration and coordination in safeguarding the well-being of our beneficiaries.



Continuous meetings with hospitals, partnering organizations, and schools to expand our network and ensure ongoing support and services for our beneficiaries.

Umeed



Assessment under Adult
Literacy Program



Mehendi Class

Umeed, meaning hope, is our beacon for women in brothel-based prostitution in and around Mumbai. Through this program, we aim to support them in achieving physical, psychological, and economic well-being. We initiate the journey of transformation at a pace that they are comfortable with, assisting in developing coping mechanisms and earning opportunities for a permanent exit from the cycle of prostitution.

Program Highlights



Conducted a program that trained 23 beneficiaries to run businesses, promoting self-reliance and empowerment.

Assisted beneficiaries in acquiring stable housing including one beneficiary who successfully purchased her own room.



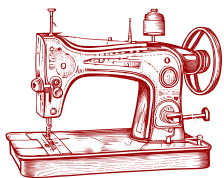
Assisted one beneficiary in securing hospital cleaning work, taking a significant step towards financial independence.

Through counselling sessions, supported women in overcoming drug addiction.



Various medical camps and health checkups along with referrals, are undertaken regularly.

Conducted various activities including yoga and relaxation sessions to engage and empower women, promoting mental and physical well-being.



Regular vocational training sessions and practice sessions conducted across all centres.

Mehendi classes have transformed beneficiaries into skilled artisans, enabling them to earn a livelihood through their expertise.



Provided beneficiaries with nutritious lunches and distributed sanitary napkins, prioritizing their health and hygiene needs.

Frequent visits and touch points with their daughters placed at the shelter.



Program Activities

Outreach & Community Engagement

- **Transformative Field Visits:** Field visits brought a positive change, boosting confidence and resilience among beneficiaries. These visits also build trustful relationships, enabling open discussions and easier access to support services, aiding their recovery and empowerment journey.
- **Insightful Community Visits:** Our outreach efforts provide crucial insights into beneficiaries' challenges, guiding tailored interventions for effective support.

Educational Enhancement

- **Enhanced Literacy & Numeracy:** Beneficiaries learned to write family names and mastered numbers, fostering crucial literacy and numeracy for financial management and personal empowerment.
- **Banking Proficiency Achieved:** Beneficiaries acquired document-signing skills, enabling independent bank account management and financial autonomy.
- **Promoting Financial Awareness:** The program emphasized responsible spending and saving, equipping beneficiaries with skills for sustainable financial independence.

Health and Wellness

- **Accessible Healthcare via Medical Camps:** Specialized medical camps like skin and eye check-ups, alongside general medical camps and provided free medications ensuring continued well-being among beneficiaries.
- **Holistic Health Initiatives:** Beneficiaries benefited from comprehensive health initiatives, including medical referrals for conditions like HIV and TB, ensuring prompt and appropriate treatment.
- **Nutrition & Hygiene Support:** Collaborative efforts with Ratna Nidhi Trust provided nutritious meals and essential hygiene items like sanitary pads, soaps and spectacles empowering beneficiaries to prioritize personal well-being.
- **Emotional Wellness Programs:** Through regular counselling, relaxation sessions, and yoga workshops, beneficiaries found a supportive environment for emotional expression, fostering mental well-being and positivity.

Empowering Initiatives

- **Skill Development for Economic Independence:** Engagement in programs focusing on tailoring, embroidery, mehendi, and digital literacy cultivated practical skills, empowering women towards economic independence and self-reliance.
- **Document Access:** Regular sessions and community camps simplified obtaining essential documents like linking mobile numbers to Aadhar cards, obtaining E-Shram cards, and acquiring voting cards, providing guidance and support for women's empowerment.

Recreational Enrichment

- **Festive Celebrations for Community Bonding:** Makar Sankranti was joyously celebrated, with 100 beneficiaries participating and receiving gifts, fostering community spirit and recreational enrichment.

Success Story

Rinki: A Story of Hope and Transformation

Rinki, a mother of two with one child pursuing hotel management and another in eighth grade, clung to a steadfast hope for a brighter future. For the past 22 years, she faced harsh realities that ultimately led her to sex work.

When **AAWC** offered a tailoring course, Rinki saw an opportunity. Not only did she learn valuable tailoring skills, but she also took a leap of faith with online shopping training. This newfound knowledge became the key that unlocked a new path for her.

Empowered by her training, Rinki embarked on a journey of entrepreneurship. She started by ordering and selling products like beauty products, skincare, artificial jewellery, and eventually, dress pieces. This online business provided not just a sustainable income, but also a sense of purpose and dignity that she had craved for so long.

Whenever Rinki faced a hurdle in her business journey, the **AAWC** team was her go-to source of support. They provided her with the guidance and problem-solving assistance she needed to navigate the challenges of becoming an entrepreneur.

Today, two years after starting her online business, Rinki has successfully transitioned out of sex work. She radiates happiness and peace, knowing she is building a better life for herself and her children, who are incredibly proud of their mother's strength and determination.



Monthly Meeting with Beneficiaries



Eye Check-up Camp



PHOTO GALLERY

Umeed

Let's revisit some of the most monumental moments of the last quarter together!

Makar Sankranti Celebration Preparation



Outreach and Community Engagement



Makar Sankranti Celebration with Lions Club



Ration Card KYC Camp



Women's Day Celebration



General Medical Camp

Udaan



Evening Snacks Welcome Vacation



Immunization Check-Up

Udaan is dedicated to breaking the cycle of intergenerational prostitution, a significant threat faced by these girls during their adolescent and teenage years. Through comprehensive healthcare, nutrition, shelter, psychological, and academic support, we empower them to integrate into mainstream society for a dignified future that simultaneously uplifts their mothers from the grip of prostitution.

Program Highlights



Enrolled 9 new students across all centres expanding our reach and impact within the community.

National days & festivals celebrated with great energy and pomp across centres.



Regular outreach and need assessment to reach potential Udaan beneficiaries.

Monthly mother's meetings held across centers fostering open communication and collaboration.



Volunteers' dedication and collaboration brought joy through personalized gifts, while their expertise in recreation, art, and craft enriched the lives of our beneficiaries worldwide.

Implemented monthly medical check-ups and menstrual health assessments facilitated by an in-house doctor.



Nutritious hot meals provided each day across centres.

Introduced a variety of engaging educational activities, including exercises, games, quizzes, and expressive activities, to stimulate learning and creativity among beneficiaries.



Celebrated monthly birthdays where beneficiaries gathered to share wishes and spend quality time while cake-cutting.

Program Activities

Outreach

- **Consistent Follow-Up Visits:** Maintained consistent follow-up visits to ensure ongoing progress and support for vulnerable individuals in our communities.
- **Community Engagement:** Conducted 308 home visits this quarter, underscoring our commitment to engagement and support.

Educational Advancements

- **Quarterly School Visits:** Conducted 8 visits to the school for PTMs and open house sessions, strengthening partnerships and understanding beneficiaries' educational journey.
- **Dynamic Learning Activities:** Introduced dynamic educational activities to enhance learning and creativity among beneficiaries.

Health and Well-being

- **Monthly Health Check-Ups:** Conducted monthly health check-ups resulting in 85 medical referrals across our centers and 42 at the Nerul Shelter.
- **Height and Weight Assessments:** Conducted height and weight check-ups six times, facilitating early identification and intervention for potential health concerns.
- **Mental Health Well-being:** Facilitated 19 counselling sessions, providing emotional support to young girls ensuring their mental well-being.

Empowerment Initiatives

- **Social Skills Development:** Held 39 social skills and group sessions, empowering beneficiaries to enhance interpersonal skills and resilience.
- **Document Facilitation:** Facilitated the creation of vital identity documents for 6 beneficiaries, ensuring access to educational opportunities.

Recreational Enrichment

- **Festival Celebration:** Celebrated Holi festival, fostering joy and cultural camaraderie among beneficiaries.
- **Academic Focus:** Temporarily paused recreational activities to prioritize beneficiaries' exam preparation and academic success.

Safe Shelter Environment

- **Transition to Nerul Shelter:** Girls transitioned to the Nerul Shelter Home, adapting well to the positive environment and daily activities.
- **Referral Support:** Facilitated referrals for two beneficiaries from the community to other shelter homes, ensuring appropriate care and protection.

Success Story

Leena: A Journey of Hope and Resilience

Leena's journey with **AAWC** is nothing short of remarkable. Despite facing adversity at a young age, she has emerged as a beacon of hope and resilience.

Born and raised in the challenging environment of Kamathipura, Leena's childhood was far from easy. However, her determination to break free from the cycle of poverty and exploitation fueled her ambition to create a better life for herself and her family.

Having completed her 12th-grade education 19 years old Leena displayed remarkable diligence and dedication, quickly establishing herself as a bright and hardworking individual within the organization.

Leena's personal experiences as a child on the streets gave her a unique insight into the struggles faced by the beneficiaries at the shelter. Driven by empathy and a deep-seated desire to help others, she took it upon herself to become a source of support and encouragement for her fellow beneficiaries.

Despite her busy schedule of studying and interning, Leena's passion for the arts remained undiminished. Renowned for her melodious voice and vibrant performances, she became a beloved figure in her college community, participating enthusiastically in singing competitions and clowning activities.

Over time, Leena's growth and transformation were evident to all who knew her. From a vulnerable young girl to a confident and empowered young woman, she embraced her role as a caregiver at the shelter, nurturing and mentoring other beneficiaries with compassion and understanding.

But Leena's aspirations extended beyond her immediate surroundings. With a dream to become an architect, she saw education as her ticket to a brighter future. Determined to break the cycle of poverty and provide her family with a safe and stable home, she worked tirelessly towards her goal, knowing that each step brought her closer to realizing her dreams.

Leena's story is a testament to the power of resilience, determination, and the unwavering belief in the possibility of change. Through her journey of personal growth and transformation, she embodies the spirit of hope and possibility, inspiring those around her to reach for their own dreams, no matter how daunting the odds may seem.



PHOTO GALLERY

Udaan

Let's revisit some of the most monumental moments of the last quarter together!

Educational Activity in the Community



Birthday Celebration



Medical Check Up



Republic Day Celebration



Height and Weight Measurement



Nutritious Lunch at the Centre

Future Plans

Outreach for New Enrolment

In the upcoming quarter, we anticipate enrolling more new beneficiaries in all our centres. We will maintain consistent follow-up and conduct outreach efforts to engage with mothers and enrol their daughters.

Enriching Activities

We have planned a variety of engaging activities to occupy and enrich the beneficiaries during their vacation period. These activities aim to provide opportunities for learning, creativity, and socialization, ensuring their time off is both enjoyable and constructive.

Health and Hygiene

We will continue our ongoing efforts in pad distribution and medical camps like eye examination, as we recognize the ongoing need for these services among our beneficiaries.

Essential Document Support

We will diligently follow up on both pending and new applications for essential documents including voting cards, PAN cards, ration cards, and more.

Silver Jubilee Celebrations

We are beyond thrilled to celebrate the completion of 25 years of service to some of the most vulnerable groups in society. Our Silver Jubilee Celebrations will be marked with joy and gratitude for the lives that we have been to touch in more than two decades of relentless effort and care.



Tailoring Class



Holi Celebration

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