



## Newsletter (July-September 2024)



Tailoring Class



Girls at the Karate Championship

### A QUARTER OF TRANSFORMATION AND EMPOWERMENT

This quarter has been a journey of transformation; a Umeed beneficiary completing her tailoring course, leaving sex work, and securing a livelihood in her hometown. Many of them have gained employment, achieving financial independence. The Udaan girls triumphed in the Karate Championship, winning gold and silver medals, while another Udaan graduate continues her college education, empowered to shape her future.

Umeed, meaning hope, serves as a beacon for women in brothel-based prostitution in and around Mumbai. This program supports their journey towards physical, psychological, and economic well-being. It facilitates their reintegration into society at a pace that is comfortable for them, helping them develop coping mechanisms and explore earning opportunities.

## KEY HIGHLIGHTS

**2290**

beneficiaries were served



Through the extensive outreach, efforts were made to understand the needs of women newly arrived in the community. As a result, 28 beneficiaries were enrolled this quarter.



Through regular practice in adult literacy classes, beneficiaries have gained the ability to write their names in English. This brings a sense of pride when they sign their documents, especially their children's report cards in school.



4 health camps were organized addressing skin infections, eye check-ups, and general physical health assessments.



Awareness about the Ladki Bahin Yojana was created among beneficiaries, and their applications for the scheme were facilitated. As a result, 23 beneficiaries applied and have received the funds in their bank accounts.



One beneficiary successfully completed the tailoring course, quitted sex work, and returned to her native place, where she now earns a living through her new skills.



10 beneficiaries were placed in various jobs, including housekeeping and tailoring in garment stores. They are now earning enough to meet their basic needs, marking a significant step towards financial independence and empowerment.

## OUTREACH

Community visits help identify beneficiaries' needs, leading to targeted interventions. An awareness session on fraud calls has empowered beneficiaries to stay vigilant against scams. Community awareness sessions on health topics, such as diabetes management and preventive measures, have prompted active engagement. Furthermore, on International Literacy Day, beneficiaries encouraged other women in the community to enroll in literacy classes.

**10991**

Community Visits

## FINANCE

The financial services have empowered beneficiaries with essential banking knowledge. They are now more informed about the process of opening bank accounts and often come prepared with the necessary forms and documents. This increased awareness has boosted their confidence in visiting banks. A camp was organized for post office account openings, resulting in several beneficiaries opening accounts, with few beneficiaries already saving a substantial amount. Additional services, such as KYC updates and the setup of Google Pay accounts, have further enhanced their financial capabilities.

**27**

Bank and Post Office  
Accounts Opened

## HEALTH

This quarter, counselling efforts have significantly supported beneficiaries in health matters. These efforts, coupled with increased access to health services, have contributed to overall well-being.

Health camps provided essential medicines and soaps, leading to positive feedback from beneficiaries. Additionally, beneficiaries were referred to hospitals for cough, cold, and viral illnesses due to weather changes. HIV-positive beneficiaries are consistently monitored and encouraged to follow their treatment.

Ration kits were distributed to beneficiaries suffering from critical illnesses, enabling them to prepare healthy meals at home. This support has helped ensure access to nutritious food, aiding in their recovery and overall health.

**230**

Beneficiaries Received  
Nutritional Support

## EDUCATION

Beneficiaries practice diligently each day, focusing on writing their names, family names, and identifying numbers. Many have excelled writing their names and are now progressing to numbers, with most women in the community able to write in English. Those who have learned their signatures have gained confidence. While some beneficiaries have made repeated mistakes, they have been encouraged by outreach social workers to focus on their practice and continue seeking help when needed. The social workers consistently motivate and support them, boosting their confidence. Additionally, beneficiaries take pride in using laptops and are eager to learn more about their features.

**211**

Beneficiaries Served in  
Adult Literacy Classes

**21**

Beneficiaries Served in  
Computer Literacy Classes

## EMPOWERMENT

Beneficiaries are actively engaged in vocational training, including tailoring and embroidery. Many have developed skills such as stitching, buttoning, creating designs, and preparing mehendi cones, with some even taking orders and earning income. Regular attendance has fostered commitment and boosted confidence, contributing to greater financial independence.

Beneficiaries were supported in obtaining essential identity documents, including updating Aadhar cards and applying for health and voting cards, improving access to government benefits. A significant focus was placed on raising awareness about the Ladki Bahin Yojana among beneficiaries. Social workers facilitated the application process, ensuring beneficiaries were supported throughout. As a result, many beneficiaries successfully received the scheme's funds in their bank accounts, empowering them financially.

57

Beneficiaries Served in  
Vocational Classes

42

Beneficiaries Assisted with  
Identity Documents Creation

## RECREATION

Beneficiaries engaged in various creative activities to celebrate special occasions. For Independence Day, they made tri-color paper flowers and sang the national anthem. During Raksha Bandhan, they crafted rakhis from waste materials and tied them on one another, fostering a sense of community and celebration. Additionally, beneficiaries participated in brain games and 'in and out' game, promoting recreation and teamwork

6

Recreational Activities

## REHABILITATION

Some of the beneficiaries were referred to another organization for business and bag stitching training, equipping them with the skills to enhance their economic opportunities. Few beneficiaries have established beauty product shops with support from a partnering organization. Outreach workers encouraged them, reinforcing that age and health issues should not deter them from achieving their goals.



Yoga Session



Providing Health Card



Regular Height & Weight  
Measurement

## FROM DREAMS TO REALITY

Mina, a 50-year-old woman, has lived in Mumbai's red-light district for many years. She has faced numerous hardships throughout her life, but her determination to change her circumstances has been unwavering.

She has been a dedicated beneficiary in the Umeed program for the past 15 years. Over the years, Mina has shown remarkable commitment, actively engaging in all program activities, meetings, and training sessions.

Mina always dreamed of leaving her past behind and starting a new life away from the red-light district. Her goal was to set up a business and return to her native village. When **AAWC** introduced the tailoring course, she eagerly enrolled.

With great enthusiasm, she attended every class and learned diligently. Her attention to detail and commitment to the craft were evident as she mastered the skills. She began by taking small tailoring orders within the community, gradually building her confidence and expertise. Her skillful stitching and finishing soon became well-regarded.

Through her hard work, she was able to repay all her loans and overcome her financial challenges. Ultimately, she returned to her village, purchased a sewing machine, and now earns a living by taking tailoring orders from her community.

Mina's journey from the red light district to becoming a successful tailor in her hometown is a testament to her perseverance and the support provided by **AAWC**.



*Fabric Cutting Practice in Tailoring Class*



*Community Awareness Session*

# PHOTO GALLERY

अपने आप वूमैन्स कलेक्टिव्ह  
AAWC

APNE AAP  
WOMEN'S  
COLLECTIVE



Independence Day Celebration



ART Awareness Session



Computer Literacy Class



Lunch Served in the Community



Mehendi Practice



Embroidery Class



Medical Camp



Rakhi Celebration



Post Office Account  
Opening Camp



Recreational Activity

Udaan is committed to breaking the cycle of intergenerational prostitution, a significant threat to the daughters of women in brothel-based prostitution. The program offers comprehensive support, including education, healthcare, nutrition, vocational skills, and social and life skills training and shelter. By providing these resources, Udaan empowers young girls to make choices that lead to a dignified future and an improved quality of life.

## KEY HIGHLIGHTS

**103**

beneficiaries were served



Through the dedicated efforts of the outreach team, 21 new beneficiaries were enrolled. One beneficiary successfully graduated from the program.



6 beneficiaries have made significant educational progress: 2 enrolled in school, 2 in the NIOS Open Basic Education (OBE) program and 2 in college for higher studies, enhancing their access to diverse learning opportunities.



Regular tracking of height and weight shows measurable growth among the beneficiaries, while consistent medical care and nutritional support have reduced seasonal illnesses like colds and coughs.



Two beneficiaries participated in the National Karate Championship and bagged gold and silver medals.



Mothers were informed about the Sukanya Samriddhi Scheme, leading to two accounts being opened at the post office, with active deposits now being made.



Birthdays were celebrated for the beneficiaries, making each girl's day special. One mother expressed gratitude, as it was the first time her daughter had the chance to cut a birthday cake.

A group of 15 volunteers engaged beneficiaries at the shelter home in creative activities, including thumb painting and paper wall hangings, while 3 volunteers led a Social and Emotional Learning (SEL) session at the Turbhe center, promoting creativity and self-acceptance through 'ish' drawings inspired by Peter H. Reynolds.



## OUTREACH

Home visits were conducted to inform mothers about the daycare center, assess girls' needs, and encourage regular attendance, especially for those not in school. During these visits, mothers were provided with important information on schemes like the Sukanya Samridhi Scheme, as well as topics such as immunization, healthcare, and upcoming camps. Mothers' meetings at the centers and shelter home fostered collaborative problem-solving. Additionally, 32 mothers visited their daughters at the shelter and weekly audio/video calls helped maintain emotional connections.

**395**

Community Visits

## EDUCATION

This quarter, 25 school visits facilitated interaction with teachers, enhancing insights into beneficiaries' strengths and challenges. Regular classes focused on students lagging behind, with targeted efforts to strengthen foundational skills, resulting in increased enthusiasm for studies. Currently, 23 beneficiaries across all centers are not enrolled in school, due to incomplete documentation, drop-out and including new beneficiaries who couldn't be admitted mid-year. However, all are receiving age-appropriate education, with the integration of online platforms and educational games preparing them for the next academic year.

**670**

Educational Activities

## HEALTH

Special lunches were provided on multiple occasions, offering beneficiaries a diverse and nutritious break from their regular diet.

Monthly health check-ups were conducted to monitor growth and well-being, with many beneficiaries receiving treatment for colds and viral infections. Medical referrals ensured timely and comprehensive care for various health concerns. Vaccinations, including Tetanus Toxoid injections, were administered to reduce the risk of preventable diseases. Awareness sessions on personal hygiene, menstruation, and oral health equipped girls with essential knowledge, empowering them to manage their health and well-being effectively.

An IQ test was conducted for a beneficiary to tailor support for their learning and development. Individual and group counseling sessions were offered to girls, providing them with emotional support and guidance, and psychiatric treatment was provided when necessary.

These efforts aimed to create a healthier and informed beneficiaries by addressing both immediate needs and long-term well-being.

**135**

Medical Referrals

**104**

Counselling Sessions



## EMPOWERMENT

Child Management Committee (CMC) meetings were held this quarter, facilitating discussions on key issues like water schedules, room organization, and personal belongings, leading to improvements in daily routines and shared spaces.

Important identity documents were facilitated for 2 beneficiaries, addressing the significant delays and high costs in obtaining these documents elsewhere.

Social skills sessions included debates, essay writing, and documentary screenings to foster critical thinking, self-expression, and enhanced learning.

These initiatives aimed to empower beneficiaries with life skills, decision-making abilities, and a sense of responsibility, preparing them for future challenges.

8

CMC meetings

## RECREATION

This quarter, the girls engaged in creative arts and crafts, making paper fish and birds to enhance their fine motor skills, and illustrated environmental themes during a drawing activity. Special days and festivals such as Independence Day, Rakshabandhan, and Krishna Janmashtami were celebrated with various activities, including patriotic performances, storytelling, craft activities. The girls made the Teachers' Day special by organizing skits, games that strengthened student-teacher bond. Additionally, recreational games and sports activities promoted teamwork and engagement among beneficiaries.

75

Recreational Activities

## SHELTER

A beneficiary's mother was assisted in placing her child at a day-night care home through a referral to another organisation, addressing the child's needs and mitigating potential risks.



*Dahi Handi Celebration*



*Documentary Show on  
Quit India Movement*



*Ganapati Pandal Visit*

## CELEBRATING THE GROWTH AND CONFIDENCE OF GIRLS

Independence Day was celebrated with a heartwarming and inspiring event that showcased the remarkable progress and talent of girls. The girls had been eagerly preparing for this special occasion for the past week, putting their all into rehearsals and preparations.

The celebration began with a group dance performance featuring five girls. They danced to a patriotic song, the performance was not only a display of their dedication but also a powerful expression of their confidence and pride.

Following the dance, each girl took the stage to deliver a speech on National Heroes, with the girls preparing their speeches and creating posters to represent their heroes visually. Their heartfelt speeches demonstrated their deep understanding and respect for the figures they honored.

The audience, consisting of the girls' mothers, was moved and proud. The mothers expressed their immense satisfaction with the event, noting how their daughters spoke with confidence and clarity, despite the presence of a large audience. This public speaking opportunity was a significant step forward for the girls, highlighting their growth and increasing self-confidence.

Feedback from the mothers reflected their joy and pride in their daughters' achievements. They saw the event as a clear indication of the positive impact the center has had on their daughter's confidence and self-expression. The mothers' praise was a clear reflection of the girls' hard work and the supportive environment provided by the center.



*Child Management Committee Meeting*



*Dance on "Desh Rangila"*



*Teacher's Day Celebration*

# PHOTO GALLERY



*Volunteer Engagement*



*Book Reading Session*



*Birthday Celebration*



*Snacks after Tuition Classes*



*Mother's Meet*



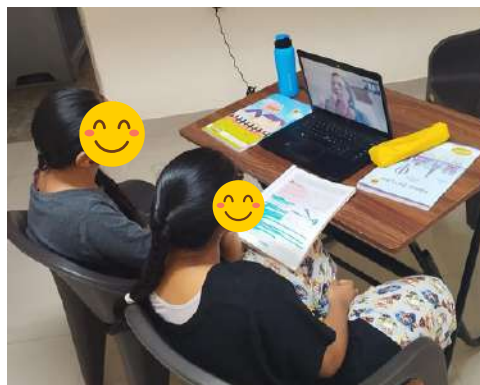
*Routine Medical Check-up*



*Umbrella Distribution during Rainy Season*



*Monthly Medical Checkup at the Shelter*



*Beneficiaries Attending Online Classes*



*Group Session on National Parent Day*



*Umeed Beneficiaries Artwork on Raksha Bandhan*



*Udaan Beneficiaries Artwork on Independence Day & Craft Sessions*



Participated in an awareness session led by Dr. Priya Eshpuniyani, enhancing staff understanding of cervical cancer with a focus on prevention, early detection, and treatment options.



Coordinated with the Samata Foundation for the medical camp and updated them on Umeed beneficiaries needing eye operations.



Attended a workshop on the Udayan Shalini Fellowship to explore feasible opportunities for Udaan beneficiaries in pursuing their dreams and gaining valuable support through mentorship.



Attended an orientation on DaanUtsav and coordinated with colleges and other organizations for the collaborative celebration of DaanUtsav.



Partnered with Ali Yavar Jung National Institute of Speech and Hearing Disabilities Divyangjan for the IQ test of a beneficiary.



Co-ordinated with the local authorities to facilitate the updating of ration cards and aadhar cards for Umeed beneficiaries.



*Awareness Session on Cervical Cancer*

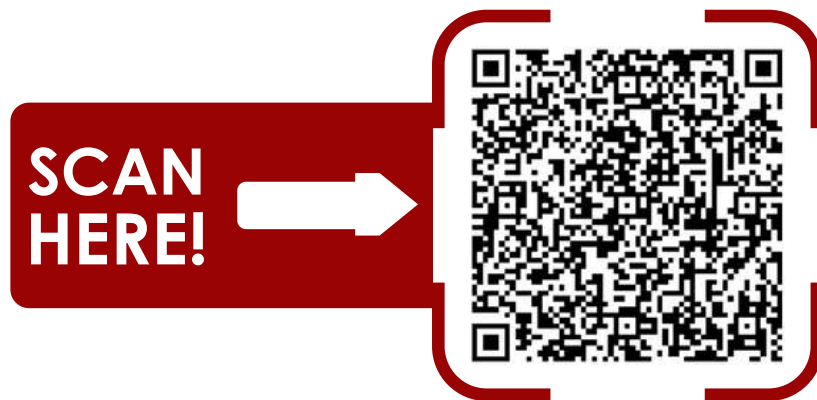


*DaanUtsav Orientation*



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

***Support us in the journey of  
empowering women and young girls***



*Thank you!*