



Apne Aap Women's Collective

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

July-September 2023



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

What started as a dedicated group of volunteers back in a small room in the heart of Kamathipura, is today creating ripples of goodness and care amongst thousands of impoverished women and children in this city that never sleeps.

So what happens when unwavering spirits decide to give their all and commit to changing lives? Read on to learn how the resilience of our team members helped Shanti and Naina lead better lives and surpass social expectations.

PHOTO GALLERY

Umeed

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



Collaboration with Nagpada police station



Tailoring Classes at FR Centre



Computer Literacy Classes



Eye camp conducted all AAWC centres



Passbook Distribution

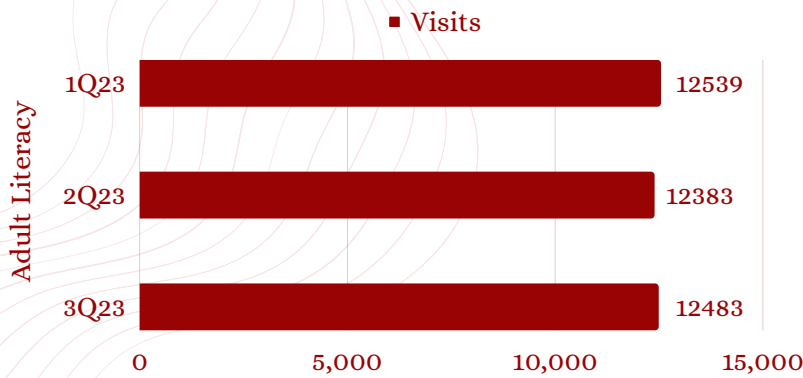


Daily Exercise & Stretching

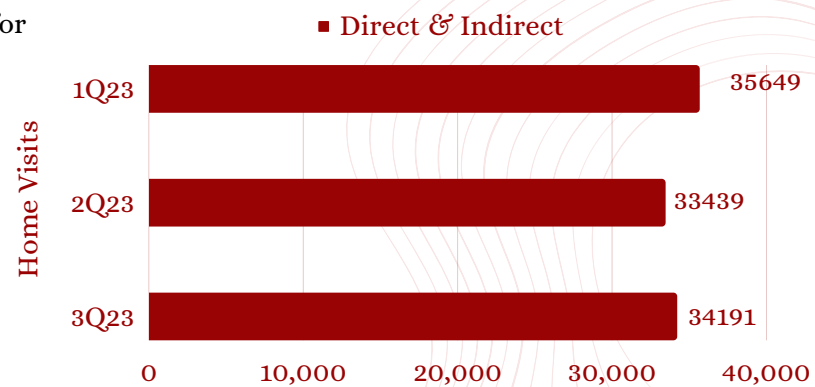
Umeed

The Umeed Program has clear objectives focused on the comprehensive well-being of women who have been trafficked into prostitution. This constant empowerment initiative is designed to address their physical, mental, and economic needs.

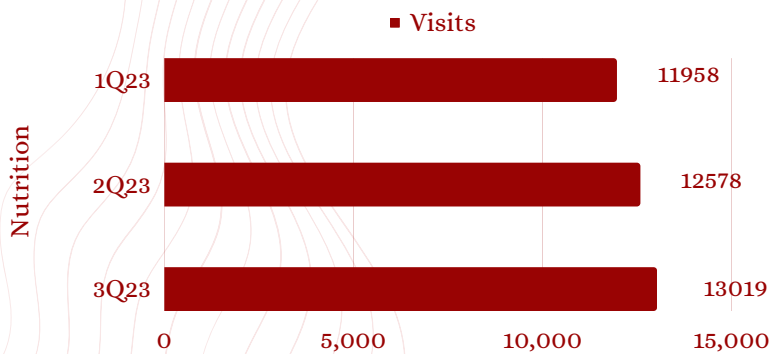
Impact Numbers



This includes the number of home visits specifically for the Adult Literacy program



These include visits by the program team for all beneficiaries.



This includes the total number of visits to distribute nutrition directly to the beneficiaries across all our centres.

Program Highlights

Outreach

- **Transformative Impact:** Beneficiaries exhibit increased confidence, engagement, and diminished feelings of shame or fear, showcasing the positive impact of field visits.
- **Trustful Connections:** Deepened relationships foster trust, enabling open communication on personal challenges, health concerns, and streamlined access to various support services.

Education

- **Language Proficiency:** Daily sessions boost Hindi and English skills, with English gaining significance for improved interactions in various settings.
- **Confident Practice:** Women willingly practice language skills during field visits, enhancing fluency and self-assuredness.
- **Conscious Finances:** Financial literacy fosters responsible spending and a recognition of the importance of saving for future security.
- **Banking Confidence:** Long-term beneficiaries confidently handle banking processes, contributing to their newfound financial independence.

Health

- **Accessible Health Services:** General health check-up camps and hearing tests provide comprehensive care.
- **Improved Hygiene Practices:** Women maintain cleanliness, adopt sanitary pads, and enhance personal hygiene.
- **Nutritional Awareness Initiatives:** Addressing dietary habits, educating on nutritious meals, and providing cooked meals and dry rations.
- **Mental Well-being Support:** Regular counseling, meditation, and yoga create a safe space for emotional expression, promoting positivity and well-being.

Empowerment

- **Simplified Document Access:** Regular sessions and community camps streamline document applications, empowering women with guidance and support.
- **Skill Development for Independence:** Tailoring, embroidery, and digital literacy programs build practical skills, fostering economic independence.
- **Venturing Beyond: Exposure and Crafts:** Exposure visits expand career horizons, while engaging in crafts offers artistic expression and supplemental income.

Recreation

- **Enthusiastic celebrations** marked cultural events, fostering joy and togetherness among beneficiaries. International Yoga Day featured sessions promoting physical and mental health, showcasing our commitment to holistic well-being.
- **Additionally,** beneficiaries enjoyed dance sessions with professional groups, adding enrichment and joy to their Umeed journey.

Success Story

In the bustling lanes of Kamathipura where Umeed's empowering rays touch lives, there exists a woman, aged 18 and beyond, whose journey unfolds like a testament to unwavering strength.

For the past 11 years, Shanti has carried the weight of an elephant's foot in one leg, a silent burden that marked her with physical challenges. However, life threw another curveball her way, and in the last year, the other leg began to bear a similar burden.

This affliction didn't merely bring physical pain; it severed the stream of customers she once relied on for her livelihood. The thriving trade she once knew diminished, forcing her to turn to domestic work in the very streets where she once sought her fortune.

Amidst these trials, a ray of hope emanated from in the form of services such as healthcare and nourishment. With better health and greater care, a glimmer of financial independence emerged—a testament to her tenacity.

Her story is one of adaptation, resilience, and a spirit that refuses to be defeated. Through the ebbs and flows of life, the Umeed Program has become more than a provider of meals; it has become a beacon of hope, empowering her to face the adversities with newfound strength.

In the heart of her struggles, she discovered the power of care and nutrition—a gesture that not only feeds her body but nourishes the spirit of resilience that defines her.

Quarterly Highlights



Proudly serving more than 3500 women across all our centres

Frequent meetings and updates shared about their children's progress



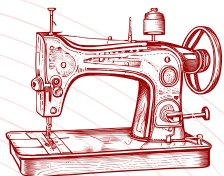
Celebrations:
Independence Day, Teacher's Day, Raksha Bandhan, Ganesh Chaturthi, Hindi Diwas, etc.

Nutritious hot meals and daily ration provided regularly



Various medical camps and health checkups along with referrals undertaken regularly

Daily Yoga, Meditation, & Morning Exercises Activities



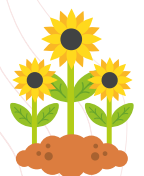
Regular vocational training sessions and practice sessions conducted across all centres

Adult Literacy and Computer Classes conducted across centres



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

Regular recreational and exposure visits done across the centres



Regular counseling and therapy sessions are conducted individually and in group

Future Plans

Tailoring Classes at Turbhe Stores

In the upcoming quarter, tailoring classes will begin at our Turbhe Centre, enabling women at all pour centres to now pick up this vocational skill in addition to others such as mehendi, embroidery, and computer classes.

Medical Camps and Referrals

In association with various organisations and hospitals, we ensure that our beneficiaries receive the medical attention that they deserve along with free or subsidised medicines and treatment

Festivities and Programs

We have an exciting line up of celebrations and sessions planned for all our Umeed beneficiaries.



Awareness sessions at TR Centre



Mehendi Practice sessions



Independence Day Celebrations

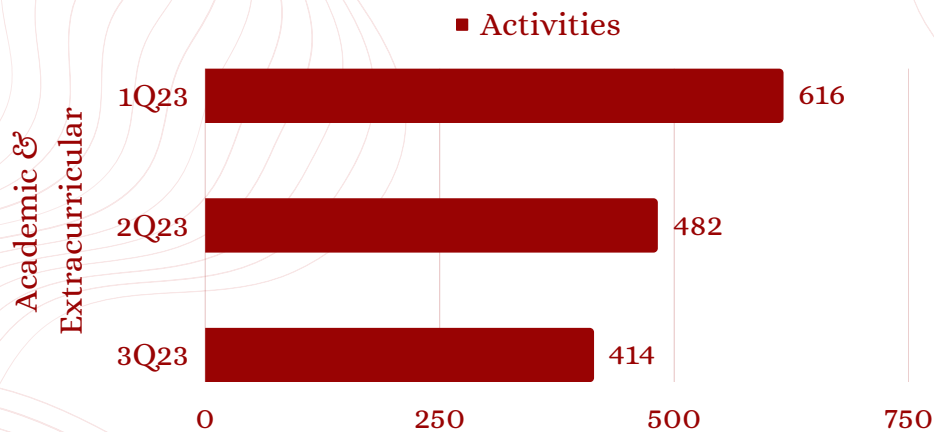
Creative Corner



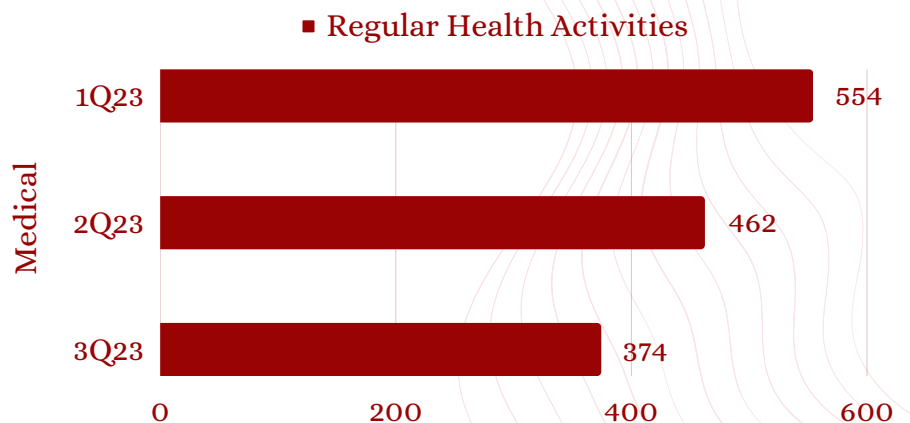
Udaan

AAWC recognises that daughters of women in brothel-based prostitution face a higher risk of entering the same cycle due to their early and close exposure to sex work. The lack of positive role models and alternative aspirations makes intervention crucial.

Impact Numbers



These include all educational activities, including tests, exams, art & craft activities, etc.



This includes regular health check points such as filling of the growth & progress cards, nutrition & multi vitamin distribution counts, etc.

Program Highlights

Outreach

- **Progressive Identification:** Dedicated visits in Kamathipura, Falkland Road, and Turbhe identified vulnerable girls, followed by routine follow-ups to ensure continuous support.
- **Community Integration:** Opening doors to new beneficiaries from Turbhe and addressing mothers' concerns strengthened community bonds, ensuring a smooth transition.

Education

- **Seamless School Transition:** Meticulous transition to new schools in Nerul, Navi Mumbai, marked the beginning of a new academic year, fostering self-study habits and interactive educational activities.
- **E-Learning Advancements:** Introduction of e-learning sessions enriched basic learning skills, while language proficiency classes and diverse educational activities enhanced overall development.

Health

- **Nutrition and Health Assessments:** Carefully crafted diet plans, monthly health check-ups, and mental health support contributed to overall well-being.
- **Holistic Well-being:** Monthly health check-ups, nutritious meals, and mental health sessions underscored our commitment to the holistic well-being of our beneficiaries.

Empowerment

- **Artistic Expression:** Art, drama, music, and vocational training empowered girls, fostering creativity and self-discovery.
- **Awareness and Skills:** Group sessions, global awareness celebrations, Karate, and CMC meetings equipped girls with life skills, leadership qualities, and problem-solving abilities.

Recreation

- **Festive Bonding:** Enthusiastic celebrations of cultural events and festivals deepened bonds among the girls, fostering unity and inclusivity.
- **Games and Relaxation:** Indoor and outdoor games, garden visits, and Sunday movie screenings provided recreational breaks, promoting physical and mental well-being.

Shelter

- **Comfortable Living Space:** The transition to Nerul aimed at providing essential amenities for a secure and comfortable living space, conducive to the girls' growth and well-being.
- **Gradual Adjustment:** The girls are gradually acclimating to the new shelter, expressing happiness with daily activities and the positive atmosphere, ensuring a secure and nurturing environment.

Success Story

In July, Naina became a part of Nerul Shelter Home, where her schooling journey had reached the 5th grade. However, upon consultation with her previous teacher at Turbhe Center, a stark reality emerged—Naina's school attendance had been inconsistent due to frequent trips to her village.

As a result, she needed to rebuild her educational foundation, starting from the basics, including alphabets and numbers in both Hindi and English.

Naina's story doesn't end there. Alongside her, two other beneficiaries, aged 5 to 10 years, were part of the shelter. Recognizing the opportunity for mutual growth, the elder beneficiary, Naina, was entrusted with a special task: to teach the younger ones the alphabet (A to Z) and numbers (1 to 30), both in words and digits.

This initiative had a dual purpose. It not only accelerated the learning curve for the younger beneficiaries but also instilled in Naina a sense of responsibility and a love for education.

Remarkably, Naina embraced her role as a mentor with enthusiasm. She made learning a joyful experience, often using creative methods like counting aloud while walking in a "train" formed by the shelter's dining and study hall chairs.

Naina's journey at Nerul Shelter Home reflects the transformative power of education and mentorship; she's become an inspiring guide, leading the way for younger minds to flourish.

Quarterly Highlights



4 of our girls were invited to the 'Kinder Kultur Karawane' in Germany to conduct workshops and perform on a global stage.

Regular skill enhancement activities conducted with the girls



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

Regular Tuition Classes for girls after they come back from school



Nutritious hot meals provided each day across centres

Monthly mother's visit conducted to the Nerul Shelter



Our CCI application is under consideration at the DWCD, Thane, after which we will be able to house 25 more children at the Shelter

Regular exposure visits done with the girls



Regular Art & Craft Activities are conducted for the girls

Regular counselling sessions conducted with the girls



Interesting & Engaging CSR Activities undertaken each month

Future Plans

Festive Celebrations

In the upcoming quarter, we eagerly anticipate a series of festive celebrations. Our calendar includes Navratri, Dussehra, Diwali, Christmas, and New Year's, amongst others. These celebrations will unite the girls and staff in a tapestry of cultural festivities and joyful revelry.

Semi-Classical Dance

We are thrilled to introduce semi-classical dance sessions, providing the girls with an opportunity to explore and express their creativity through dance.

Life Skills Sessions

We will conduct life skills sessions, empowering the girls with essential skills in the coming quarter.



Art and Craft Activities at FR Centre



Teacher's Day Celebrations



Birthday Celebrations with Donors



PHOTO GALLERY

Udaan

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

Beneficiaries on the way to Germany for Kinder Kultur Karawane



Art & Craft for School Projects



Newspaper reading and learning



Music class and practice sessions



Shelter Home Independence Day celebrations



Semi-classical dance performance

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