



Apne Aap Women's Collective

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

October–December 2023



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

From a small ripple, today, we create waves of goodness. We are proudly serving over 5300 beneficiaries across our centres and continue to enrich their lives with your support and care!

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



PHOTO GALLERY

Umeed

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

Navratri celebrations with beneficiaries in Kamathipura



Computer Literacy classes



Awareness sessions conducted at Turbhe



Monthly weight measurement & ration distribution



Celebration and awareness session with the Kamathipura community

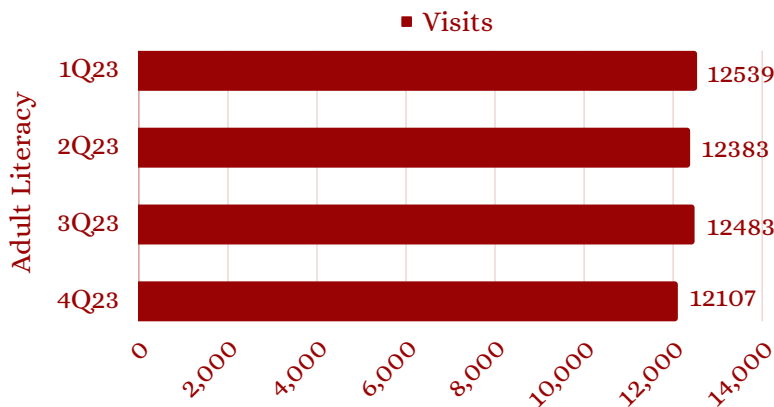


Free medical camp in association with Reliance Foundation

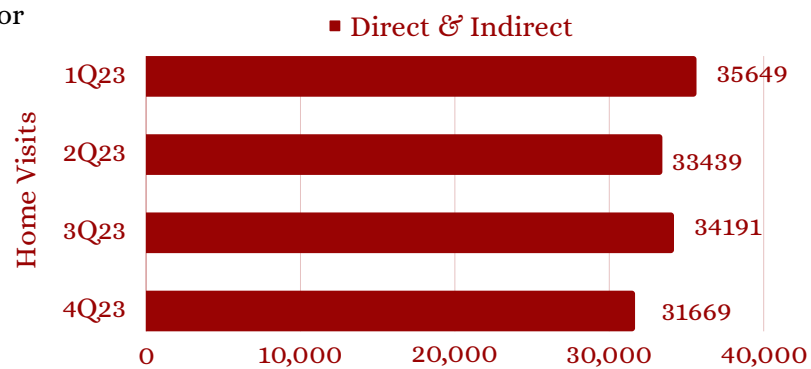
Umeed

The Umeed Program is dedicated to advancing the holistic well-being of women who have fallen victim to human trafficking and found themselves ensnared in prostitution. This ongoing empowerment initiative is meticulously crafted to cater to their physical, mental, and economic requirements, fostering a comprehensive approach to rehabilitation and empowerment.

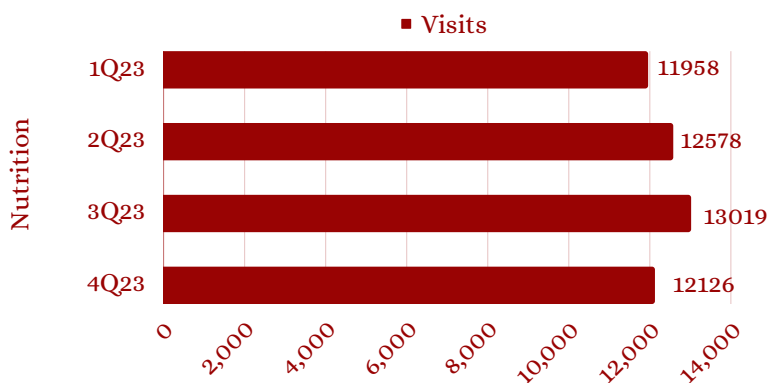
Impact Numbers



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 & Community Engagement

- **Positive Impact:** Field visits brought about a noticeable transformation, boosting beneficiaries' confidence and involvement, while reducing feelings of shame or fear.
- **Building Trust:** Strengthened connections during visits created an environment of trust, encouraging open discussions on personal challenges and health matters, and facilitating streamlined access to support services.

Educational Enhancement

- **Language Proficiency Boost:** Daily sessions contributed to enhanced Hindi and English skills, with a particular emphasis on English for improved communication in diverse settings.
- **Confident Language Practice:** Women willingly honed their language skills during field visits, improving fluency and self-assurance.
- **Financial Literacy:** Empowering responsible spending and emphasizing the importance of saving, fostered financial awareness.
- **Banking Proficiency:** Long-term beneficiaries adeptly managed banking processes, contributing to newfound financial independence.

Health and Wellness

- **Accessible Healthcare:** Comprehensive care through general health check-up camps and tests ensured continued well-being.
- **Enhanced Hygiene Practices:** Women prioritized cleanliness, adopted sanitary pads, and elevated personal hygiene standards.
- **Nutrition Initiatives:** Addressing dietary habits, promoting nutritious meals, and providing cooked meals and dry rations strengthened overall development.
- **Mental Well-being Support:** Regular counselling, meditation, and yoga sessions created a supportive space for emotional expression, promoting positivity and overall well-being.

Empowering Initiatives

- **Streamlined Document Access:** Regular sessions and community camps simplified document applications, providing guidance and support for women's empowerment.
- **Skill Development for Self-Reliance:** Programs in tailoring, embroidery, mehendi, and digital literacy cultivated practical skills, fostering economic independence.
- **Exploration and Creativity:** Exposure visits broadened career horizons, while engagement in crafts offered artistic expression and supplementary income.

Recreational Enrichment

- **Cultural Celebrations:** Vibrant events during cultural celebrations fostered joy and unity among beneficiaries.
- **Dance Sessions:** Beneficiaries enjoy dance sessions with professional groups, added enrichment and joy to their Umeed journey.

Success Story

Reshma's Renewal: A Journey from Struggle to Nourishment

For 7 to 8 years, Didi, known by the alias Reshma, has navigated the challenging profession that takes her daily from Ambernath to Mumbai. Amidst the grind, life threw additional challenges her way—she's not just a professional; she's an ART patient for the past 6 months. Compounding the struggle, her husband is paralyzed.

With three children to care for, stress became a constant companion. Daily, she'd travel on an empty stomach, unable to afford more than a cup of tea due to a shrinking clientele. Her health deteriorated visibly, marked by the emergence of skin infections and a general sense of unwellness.

About two months ago, Reshma's narrative took a turn when she joined our partnered meal programs. Since that day, she has embraced our daily nutrition services with unwavering commitment, never missing a meal. The impact is tangible—Reshma, once struggling to maintain her health, now follows her ART medication schedule diligently. The skin infections, once a source of distress, have notably receded.

In her own words, "आप लोगों के कारण ही मुझे एक नई ज़िंदगी मिली है।" (It's because of you all that I have been blessed with a new life). Reshma's journey in Kamathipura reflects not just a physical renewal but a testament to the transformative power of consistent nourishment and care.

Quarterly Highlights



Proudly serving more than 3500 women across all our centres

Frequent meetings and updates shared about their children's progress



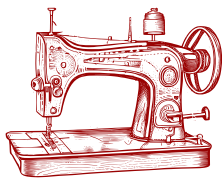
Celebrations: Diwali, Navratri, and Christmas, amongst others.

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

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.

Umeed Annual Picnic

To rejuvenate the beneficiaries and offer relaxing avenues, the Umeed annual picnic is slated for the quarter. promise a stress-free environment that is conducive to holistic well-being.

Health and Wellness Camps

We will continue our efforts to ensure medical aid and health care services for our beneficiaries across all the centres, helping them achieve subsidised and afforded treatment options.



Capacity building workshop for all AAWC staff



Immunisation with community kids



Breast Cancer Awareness and Screening at Kamathipura

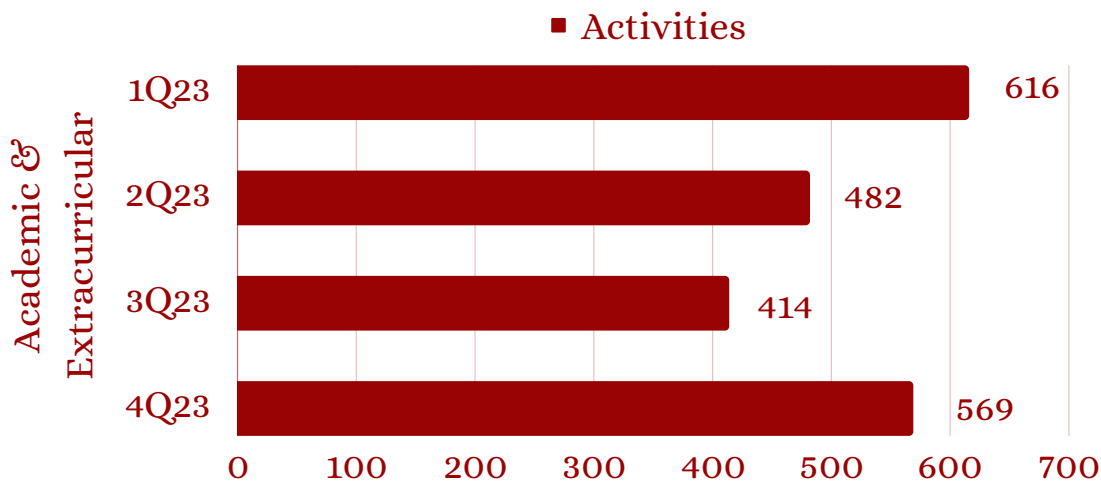
Creative Corner



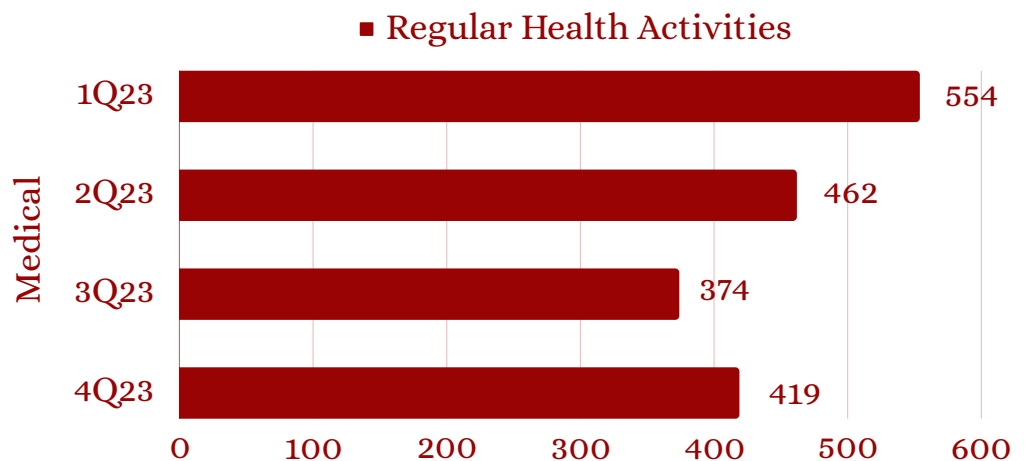
Udaan

AAWC acknowledges the heightened vulnerability of daughters born into the challenging environment of brothel-based prostitution, where their early and close exposure to sex work increases the risk of perpetuating the same cycle. Recognizing the absence of positive role models and alternative aspirations, intervention becomes imperative to break this destructive cycle.

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:** Targeted visits to Kamathipura, Falkland Road, and Turbhe identified vulnerable girls, with ongoing follow-ups to ensure sustained support.
- **Enhanced Community Integration:** Welcoming new beneficiaries from Turbhe and addressing mothers' concerns strengthened community ties, facilitating a seamless transition.

Educational Advancements

- **Smooth School Year:** Carefully executed transitions to new schools in Nerul, Navi Mumbai marked the start of a new academic year, fostering self-study habits and interactive learning activities. The beneficiaries are doing exceedingly well in their respective academic years.
- **Incorporating E-Learning:** Introduction of e-learning sessions enriched fundamental skills, complemented by language proficiency classes and diverse educational activities for comprehensive development.

Health and Well-being

- **Nutrition and Health Assessments:** Thoughtfully crafted diet plans, regular health check-ups, and mental health support contributed to overall well-being.
- **Comprehensive Wellness Commitment:** Monthly health check-ups, nutritious meals, and mental health sessions highlighted our dedication to the holistic well-being of our beneficiaries.
- **Introduction of Life Skill Sessions:** We introduced life-skill sessions to enhance their holistic well-being, support important decision-making habits, and foster emotional wellness.

Empowerment Initiatives

- **Fostering Artistic Expression:** Empowering through art, drama, music, and vocational training facilitated creativity and self-discovery among the girls.
- **Awareness and Skill Building:** Group sessions, global awareness celebrations, Karate, and CMC meetings equipped girls with life skills, leadership qualities, and problem-solving abilities.

Recreational Enrichment

- **Festive Bonding Moments:** Vibrant 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.

Safe Shelter Environment

- **Comfortable Living Spaces:** The move to Nerul aimed at providing essential amenities for a secure and comfortable living space, conducive to the girls' growth and well-being.
- **Gradual Adjustment Process:** The girls are progressively adapting to the new shelter, expressing contentment with daily activities and the positive atmosphere, ensuring a secure and nurturing environment.

Success Story

Sneha: A Shining Star at the Nerul Shelter Home

In the corridors of Guru Gobind Education Academy, a bright star illuminates the academic landscape — Sneha, a dedicated 6th-grade student whose journey is a testament to the pursuit of excellence.

The culmination of the 1st Semester examination was a defining moment for Sneha as she clinched the 15th position in her class. Her stellar performance didn't just stop at securing a notable position; it extended across all subjects, showcasing a remarkable understanding and mastery of the academic curriculum.

Beyond the realm of textbooks, Sneha's brilliance shines in her active engagement in various activities and extracurricular pursuits. Her teacher, the witness to her multifaceted talents, is not only impressed by her academic achievements but also commends her for contributing to the vibrant tapestry of the school's cultural and extracurricular endeavors.

Sneha's success story is not just about grades; it's about embodying the spirit of holistic education. Her dedication to academic excellence is seamlessly intertwined with her participation in sports, arts, and community activities, making her a well-rounded student.

In every class, Sneha not only absorbs knowledge but also shares her insights, contributing to a dynamic and intellectually stimulating environment. She doesn't just study; she embodies the ethos of Guru Gobind Education Academy, where education is a journey of self-discovery and personal development.

As Guru Gobind Education Academy celebrates its stellar students, Sneha stands out as a beacon of excellence, showcasing that true brilliance isn't confined to a singular domain. She is a testament to the academy's commitment to nurturing not only scholars but also individuals who are well-equipped to face the challenges of the world with confidence, curiosity, and a commitment to lifelong learning.

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 Outreach and need assessment to reach potential Udaan beneficiaries.

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



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

Monthly mother's visit conducted to the Nerul Shelter



Regular Art & Craft Activities are conducted for the girls

Regular recreational visits done with the girls



Interesting & Engaging CSR Activities undertaken each month

Regular life skill sessions conducted with the girls



Regular Spoken English and other skill enhancement classes conducted with the girls



Nutritious hot meals provided each day across centres

Future Plans

Activities and Celebrations

In the upcoming quarter, we will continue with our regular education and empowerment activities that span to include drama, karate, music, life skills, spoken English, and Artreach classes amongst others. We eagerly anticipate a series of festive celebrations across our centres.

Semi-Classical Dance

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

CCI Application

We are currently in the process of receiving approval to become a Child Care Institute (CCI) with the provision of housing 25 more beneficiaries.

Darpan

Our annual Udaan talent and sports days will be a celebration of the children’s creativity, providing them with a platform to let loose and pursue their artistic sides



Technological enrichment with students from Swinburne University, Australia



Donor Visit and recreation session



Donor Visit and recreation session



PHOTO GALLERY

Udaan

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

Christmas games and celebrations with donors



International Girl Child Day celebration



Garden visit with the beneficiaries



Diya Painting activity for Diwali



Technological advancement with Swinburne students



Fun session for the younger kids

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