

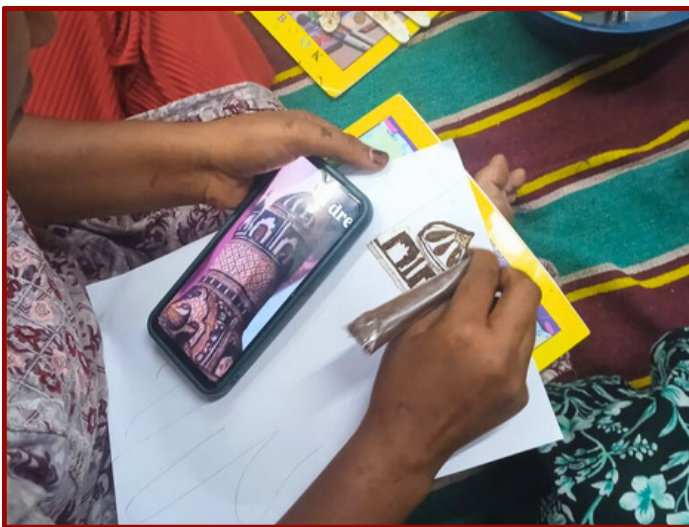


Apne Aap Women's Collective
the right to a better life for women and children in red light areas

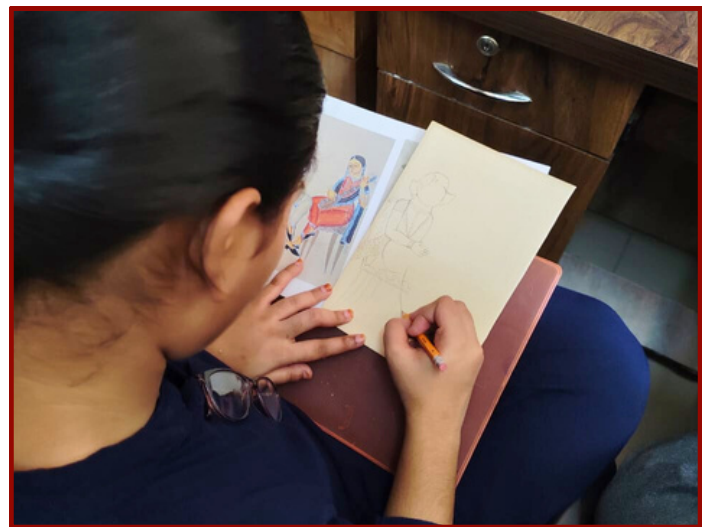
MONTHLY NEWSLETTER

April 2025

Dedicated to empowering women and girls from red-light areas through holistic services.



Umeed beneficiary using digital technology to enhance Mehendi designs



Udaan beneficiary exploring the creativity of Kalighat art



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Umeed Highlights

Umeed, meaning "hope," serves as a beacon for women aged 18 and above who are trapped in brothel-based prostitution in and around Mumbai. The program is designed to support these women in achieving physical, psychological, and economic well-being. The transformation journey begins at a pace that each woman is comfortable with, focusing on developing coping mechanisms and providing earning opportunities to facilitate a permanent exit from the cycle of prostitution.

Health Camps for Well-Being

- 4 health camps were organized with Dental Nair Hospital, Samata Foundation, and Reliance Hospital, offering consultations in skin care, dental health, cervical cancer, and general health.
- A total of 237 beneficiaries received medical consultations, along with soaps and creams to treat skin infections.
- The camps raised awareness about personal and oral healthcare, encouraging healthier practices and a shift in mindset about cervical cancer screening, with many women overcoming hesitations and motivating others.
- These initiatives continue to play a pivotal role in promoting women's health, enabling timely detection and prevention of any health concerns.



Skin checkup



General health checkup



Dental checkup



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Udaan Highlights

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 to girls aged 5-18 years, including education, healthcare, empowerment and shelter. By providing these resources, Udaan empowers young girls to make choices that lead to a dignified future.

Empowerment through Experience

- An exposure visit to our corporate partner, Hexaware Technologies, was organized to give beneficiaries a firsthand understanding of the corporate environment.
- A total of 8 girls, including alumni, participated in this experience, gaining valuable knowledge to guide their career development.
- The visit broadened beneficiaries' perspectives, instilled confidence, and provided practical insights into the organizational structure, operations, and professional culture through interactive sessions and a floor walk.



Exposure visit to Hexaware Office



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Volunteer Spotlight



Mr. and Mrs. Ganesh have generously shared their time and expertise, teaching Udaan girls Maths and Spoken English. Through their guidance, beneficiaries have enhanced their problem-solving abilities, refined their language skills, and built the confidence necessary for academic success.



2 members from the Inner Wheel Club of Navi Mumbai Sunrise conducted an embroidery workshop, introducing girls to the basics of embroidery and various stitch patterns. This vocational training focused on skill-building, equipping beneficiaries with valuable craftsmanship skills that enhance creativity and may open doors to future career opportunities.



Our long-time volunteer from New York, Ms. Antoinette MacLachlan, led an inspiring art workshop focusing on Kalighat paintings. This session not only taught them the distinctive techniques of Kalighat art but also deepened their understanding of its history and significance. Through her guidance, the girls gained valuable creative skills while fostering a deep connection to India's rich artistic heritage.

We are deeply grateful to all our partners and supporters for their invaluable contributions!



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Stories that Inspire

Rupa, a young beneficiary, has shown remarkable progress in her first year of formal schooling. Before this, she was part of a one-year home-based school readiness program, where focused efforts were made to build her foundational skills and prepare her for classroom learning.

This early intervention proved to be a turning point. In her final examination, Rupa scored an impressive 89% and secured the 10th rank in her class. Her outstanding performance reflects not only her hard work and potential but also the impact of early, structured support.

Rupa's journey is a powerful reminder of how timely preparation and consistent encouragement can help a young girl thrive in a new academic environment.

“

AAWC provides us everything we need. I attended the health camp, received a thorough check-up, and was given the medicines I needed. Thanks to their support, I've made a full recovery and am doing well now. I'm incredibly grateful—thank you so much!

-A Umeed beneficiary at the health camp

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Join Us in Empowering Women & Girls for Dignified Futures

Together, we can create lasting change by providing education, healthcare, skills, and opportunities for women and girls from red-light areas.



Scan here to make a difference!