



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

MONTHLY NEWSLETTER

May 2025

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



Awareness session on Menstrual Hygiene Day



Celebrating girls' talent and confidence at the annual event



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Umeed Highlights

Enables the transformative journey of women trafficked into brothel-based prostitution to lead dignified lives.

Empowering Women Through Awareness Sessions

- Awareness sessions were conducted to educate women about their **legal rights**, encouraging them to speak up against violence and discrimination. Gradually, beneficiaries are gaining confidence to raise their voice against violence and support others in their communities.
- Another session focused on **condom use and safe disposal practices**. The majority of women have reported that they are now using condoms more consciously and feel better informed about safe practices.
- A **menstrual hygiene** awareness session was organized in collaboration with Aditya Birla Education Trust under Project Ujaas to mark Menstrual Hygiene Day. The session educated women on the menstrual cycle, hygiene practices, and cloth pads were distributed. Beneficiaries showed increased willingness to adopt healthier hygiene practices.

Together, these sessions are helping build awareness, confidence, and informed choices, contributing to the empowerment of women.



Awareness session on women's rights



Cloth pads distributed to women



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Udaan Highlights

Empowers daughters of women in prostitution and other vulnerable girls in red-light areas to break the cycle of intergenerational prostitution.

Academic Excellence

- 3 Udaan beneficiaries excelled in their 10th-grade board exams, achieving commendable results, showcasing their hard work and the program's consistent academic support.

Summer Vacation Enrichment Activities

- **Skill-building sessions** in mehendi, embroidery, computer basics, and spoken English are helping girls build confidence, express creativity, and strengthen foundational learning.
- Beneficiaries took part in meaningful **exposure visits** to the post office, police station, and IKEA, providing real-world insights into civic institutions and professional environments, and encouraging curiosity and awareness.
- An **annual event** at the shelter home showcased the girls' talents and growth through skits, songs and presentations, highlighting their confidence, teamwork, and learning over the past year.



Exposure visit to Post Office



Carnival games at the annual event



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Team Development & Training

This month, our team participated in a focused **time management workshop** aimed at enhancing productivity and improving efficiency. By strengthening these skills, we are better equipped to manage our responsibilities and provide more effective support to our beneficiaries, ensuring the smooth running of the organisation.



Voices of Change

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I have complete trust in AAWC. I know you always think about what's best for us. That's why whenever you call us for a meeting or program, I make sure to attend. These sessions are not only helpful but also give us valuable information that we wouldn't get otherwise. They make a real difference in our lives.

–Umeed Beneficiary

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Even during the summer vacation, your center stays open and keeps our girls meaningfully engaged. They are not getting distracted or idle; rather, they're learning, creating, and staying focused. We're thankful they have a space that's both safe and enriching.

–Mothers of Udaan beneficiaries

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Thank you!

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

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!