



Apne Aap Women's Collective

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

NEWSLETTER

2026

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Umeed

Umeed, meaning hope, serves as a beacon for women in brothel-based prostitution in Mumbai and Navi-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.



Menstrual Health Awareness

Key Highlights

2197 women reached through community engagement, including 34 new enrollments.

760 received healthcare support through 14 health camps and general medical checkup. 353 accessed counseling services.

397 participated in vocational training sessions for salon, tailoring and mehndi.

82 secured legal identity documents, 28 individuals were supported in opening new bank and post accounts.

631 gathered in total for monthly meetings, fostering a strong sense of community.

740 found connection and joy through 21 indoor recreational activities.

5 secured job placements and 8 other referrals were made.



Birthday Celebration



Holi Celebration

IMAGE GALLERY

Republic Day



Holi Celebration



Makar Sankranti



IMAGE GALLERY

Aadhar Enrollment and Update Camp



Health Screening



Tailoring



Awareness Session



Adult Literacy



Spectacle Distribution



BEYOND THE NUMBERS

STORY 1

A didi has been undergoing ART treatment. However, due to her ongoing struggle with substance addiction, she frequently missed her medication doses, which led to a serious decline in her health. As a result, she developed complications, including Tuberculosis (TB). Considering the severity of her condition, she was admitted to Sewri Hospital for treatment. During this critical period, the organization's health worker played a crucial role by accompanying her to the hospital and managing all necessary documentation and case papers. The health worker also coordinated closely with the attending doctors at the hospital to ensure that she received integrated care. Through consistent follow-up and

advocacy, it was ensured that along with her TB treatment, her ART medication was also restarted and continued without interruption. She began receiving her ART medicines directly from the hospital.

The organization provided continuous support and follow-up for nearly one year, ensuring that she adhered to both TB and ART treatment protocols. Regular monitoring, counseling, and encouragement helped her gradually overcome challenges related to treatment adherence.

As a result of sustained medical care and consistent support, her health condition has now significantly improved. She is currently stable and continuing her treatment with better adherence and awareness.

BEYOND THE NUMBERS

STORY 2

A didi has been associated with our organization for the past 7 years. Originally from Kolkata, she was brought to Mumbai by an acquaintance under the false promise of employment, where she was forced into exploitative work. After establishing contact with her, the organization gradually sensitized and supported her, leading to her association with the organization.

A few years after joining the organization, she was diagnosed with breast cancer. During this difficult phase, she was emotionally distressed and demotivated. The organization provided continuous emotional support, helping her cope with the situation. To promote her self-reliance, she was encouraged to enroll in a vocational training program in tailoring. Despite initial lack of

confidence, she gradually learnt the necessary skills. She received her first order for clothing alterations, and over time, began receiving more orders.

Currently, she undertakes clothing alterations, cutting, and stitching. She also stitches nighties, children's dresses, pouches, bed covers, and women's garments. As her tailoring work increased, she gradually reduced and eventually stopped her previous area-based work. For the past six months, she has been fully supporting her household through tailoring orders.

At present, her monthly income from tailoring ranges between ₹4,000 to ₹5,000. She expressed her gratitude to the organization, stating that it helped her gain confidence and become self-reliant.

ECHOES OF IMPACT



Rekha* mentioned that *she has experienced significant personal growth through the organization and has learned valuable life skills and perspectives.*

Gayatri* expressed that **the organization stands out from others due to its respectful and empathetic approach, making it easier for them to understand and engage with the information shared.**

Shikha* highlighted that *timely medical check-ups facilitated by the organization have improved her health and helped her avoid potential illnesses.*

*Names have been changed to protect identity of the individuals.



Udaan

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, social skills training, 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.



Holi Celebration

Key Highlights

A total of 152 girls were served through our dedicated program, fostering physical, psycho-social and academic growth.

381 community visits conducted to engage beneficiaries and strengthen family connections.

613 educational activities held, providing the essential tools for lifelong learning and individual growth.

233 indoor and outdoor recreational activities fostered joy and community bonding.

109 individual and 7 group counselling sessions provided ensuring complete wellbeing.

135 medical referrals, ensured that essential care reached those who required it.



Internal Test



Republic Day

BEYOND THE NUMBERS

STORY 1

Mansi*, an 8-year-old girl, has been associated with one of our centers for approximately a year. She lives with her parents, grandmother, and two younger siblings. Initially, Mansi's attendance at the day care center was irregular, as she was often required to stay back at home to take care of her siblings. This responsibility also impacted her school attendance, making it inconsistent.

The team faced challenges in engaging her mother and grandmother, who were hesitant to prioritize Mansi's regular participation in both school and the center. Through continuous conversation and barefoot

counselling, efforts were made to help the family understand the importance of education and structured learning for her development. While there was initial resistance from both the caregivers and Mansi herself, the team remained persistent in their approach.

Over time, with consistent follow-ups and trust-building, gradual changes were observed. The family became more supportive, and Mansi started attending both the center and school more regularly. Today, she shows improved consistency, reflecting a positive shift in both her routine and the family's outlook towards her education.

BEYOND THE NUMBERS

STORY 2

Megha*, a 14-year-old girl, encountered a daunting challenge this January when she was diagnosed with a chest infection, just as her 10th grade board exams were approaching. The illness threatened not only her physical health but also her emotional well-being and confidence at a critical academic juncture.

In response, a collaborative intervention plan was put in place by the team. A structured nutritional plan improved her immunity and overall health, while personalized timetable and one-on-one tutoring kept her studies on track.

Recognizing the emotional toll of

isolation, regular counseling sessions were integrated to manage her stress and sustain her motivation.

Her school offered vital flexibility, providing separate seating and adjusted timings for internal examinations to accommodate her recovery.

This collaborative intervention transformed a crisis into a testament of resilience. As she recovered, a renewed sense of self-assurance took its place, carrying her through each examination until she reached the final milestone, finishing with a radiance that mirrored her hard-won success.

*Names have been changed to protect identity of the individuals.

ECHOES OF IMPACT



One of the girls told the hostel teachers,

“Please finish all our studies in the first half, because in the second half we have our life skills session with Deepti teacher (the counsellor), and we don’t want to miss it.”

One mother shared that thanks to the medical referral, her daughter was able to receive timely treatment. She expressed her heartfelt gratitude to the team for their support.

One mother mentioned that *when it comes to choosing the right school for her daughter’s admission, the teachers are best equipped to make that decision, and she has complete trust in their judgment.*

IMAGE GALLERY

Education Activity



Outdoor Recreation



Indoor Activity



Aadhar Card Camp



IMAGE GALLERY

Social Skills Session



Life Skills Activity



Mehndi Activity



Zumba Dance Activity



Monthly Immunisation Camp



IMAGE GALLERY

Republic Day Activity



Makar Sankranti Activity



IMAGE GALLERY

Ananya Play Screening



Visit to Kalaghoda Festival



IMAGE GALLERY

Tata Mumbai Marathon



Reflection Activity



Art Activity



Juvenile Justice Act Session



IMAGE GALLERY

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

Thank you

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

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



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