



Apne Aap Women's Collective

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

NEWSLETTER

2025

OCT - DEC



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

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DEC 2025-DEC 2026

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Umeed

Umeed, meaning hope, serves as a beacon for women in brothel-based prostitution in and around 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 Hygiene Awareness

Key Highlights

2014 beneficiaries reached through community visits and trust-building engagement.

20 accounts opened: 14 post office, 3 bank, 6 additional services for financial independence.

11 camps, 440 ration kits, 382 referrals addressing medical needs and nutritional support.

200 in adult literacy, 13 in computer classes mastering English writing and digital skills.

162 in vocational training; 68 received identity documents for employment and government access.

11 activities including Independence Day, Diwali, yoga, antakshari, and drawing fostered community joy.

3 women secured jobs and housing, leaving sex work for independent, dignified lives.



AIDS Awareness Rally



Post Office Account Opening

A VISION FOR SELF-CARE: FINDING CLARITY AT THE EYE CAMP

At the recent eye camp, amid the quiet hustle of registrations and check-ups, one of our Umeed Didis sat sharing her thoughts with us. She reflected on how the different health camps organized over time had slowly changed the way she looks at her own well-being. Earlier, she admitted, health was never a priority—there was always something more urgent to attend to.

However, attending these regular camps encouraged her to pay attention to small symptoms, seek timely treatment, and take better care of herself. With a gentle smile, she said that this eye camp felt especially meaningful because she would finally receive spectacles, something she had needed for quite some time. For her, it was not just about clearer eyesight, but about feeling seen, supported, and reminded that her health truly matters.

IMAGE GALLERY



Moringa Seed Distribution



Health Camp



Salon Workshop



Handmade Jewelry Making



Tailored Product: Pouch



Embroidery Workshop



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, and social and 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.



AIDS Awareness Day Art

Key Highlights

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

95 medical referrals, 66 individual and 7 group counselling sessions provided; regular growth monitoring continued.

625 activities including monthly meets, Child Rights Week, and menstrual hygiene awareness sessions.

Life skills sessions and Child Management Committee meetings built confidence and leadership among beneficiaries.

253 activities including mothers' meets, Diwali celebration and Christmas celebrations fostered joy and community bonding.



Christmas Craft Activity



Personal Hygiene Session

THE POWER OF PERSISTENT SUPPORT

During school interactions, One teacher shared,
“The organization’s strong focus on education, along with its
constant follow-up and commitment towards the girls, has
made a noticeable difference.”

IMAGE GALLERY



Devi Pandal Visit



Child Right Week



Diya Decoration



Teacher's Day



Immunisation Camp



Children's Day



Mother Meeting

IMAGE GALLERY

Art & Craft



IMAGE GALLERY

Volunteer Activity



Leo Club



Hexaware



Lions Club of Bombay



Lions Club of Bombay



Madhu Mehta Foundation



Lions International



Inner Wheel Club

IMAGE GALLERY

Employee Engagement



Christmas Celebration



Group Photo



Christmas Celebration



Employee of the Month



Six Monthly Presentation

Thank you

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



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

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.



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