



Apne Aap Women's Collective

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

25
YEARS OF
PERSEVERANCE

Newsletter (April-June 2024)



This quarter we marked a significant milestone as we joyously celebrated our silver jubilee. Our journey over the past quarter century has been marked by perseverance, and as we look to the future, we are filled with excitement for the continued impact we will make.

SILVER JUBILEE CELEBRATION



Our Silver Jubilee celebration was honored by **Mrs. Susieben Shah, Chairperson of the Child Rights Commission, Maharashtra**, as the esteemed Chief Guest. The evening began with the ceremonial lighting of the lamp, followed by a series of inspiring performances.

We are thankful to **Vikram Sathaye, cricket humorist**, for his engaging act that connected humor to social issues. A dance performance by our girls beautifully symbolized the strength of women, while the clowning act titled “That’s How We Feel” portrayed the emotions of women when objectified.

Our Umeed beneficiaries showcased their talents through a stall offering mehendi, delighting guests with beautiful designs. Additionally, both Udaan and Umeed beneficiaries created handmade merchandise, including bookmarks, coasters, and bags. They also shared their transformative experiences, highlighting the positive changes they have experienced.

We also heard a heartfelt address from **our founder, Mr. Sudarshan Loyalka**, who reflected on the vision behind our cause and expressed joy at witnessing the impact over the years. **CEO Ms. Manju Vyas** delivered a visionary address on our future goals, and the evening concluded with a soulful jamming session, marking a memorable milestone in our journey.





AAWC was featured in the Help Your NGO blog as one of the best NGOs in the Women Empowerment Sector.



We participated in a training organized by the Department of Women and Child Development (DWCD), focusing on Rehabilitation Cards and Social Investigation Reports, to enhance our skills in effectively managing and documenting beneficiary support.



We conducted a capacity-building session on report writing, led by Ms. Manju Vyas, for the staff of **AAWC**, aimed at enhancing their skills in effective documentation and reporting.



We participated in a session focused on social media for non-profits, aimed at improving our online presence and engagement.



We engaged with schools and colleges to discuss the admission of our Udaan beneficiaries and to encourage volunteer involvement, thereby strengthening our partnerships and expanding our support network.



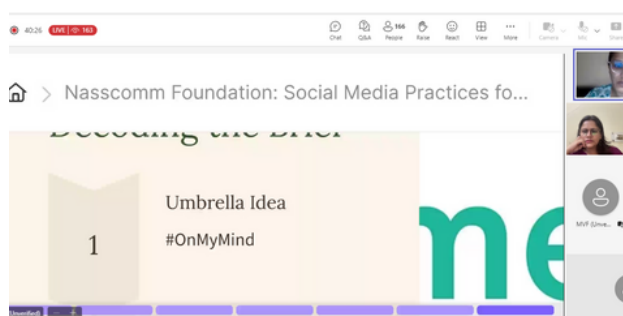
We are following up with the National Institute for the Empowerment of Persons with Intellectual Disability (NIEPID) to arrange IQ testing for our Udaan beneficiaries.



We are also discussing opportunities with organizations for providing business training to our Umeed beneficiaries.



Recognition by
HelpYourNGO



Social Media for Non-Profits



Report Writing Workshop

Umeed, meaning hope, is our beacon for women in brothel-based prostitution in and around Mumbai. Through this program, we support their journey towards physical, psychological, and economic well-being. We facilitate their reintegration into society at a pace they are comfortable with, helping them develop coping mechanisms and earning opportunities.

KEY HIGHLIGHTS

This quarter, we served
2401
beneficiaries



A session led by our field social workers in the community on the consequences of drug addiction resulted in one beneficiary reducing their drug intake and saving 20 to 30 rupees per day.



Many beneficiaries have achieved significant milestones, writing their names independently and progressing to learning the names of other children, personal information (about myself), and small words, demonstrating significant progress in their literacy skills.



We provided nutrition services to 230 beneficiaries, ensuring their well-being and health through our program initiatives.



Our tailoring course has helped one of the beneficiaries to take up tailoring as the means of livelihood and quitted the sex work.



We helped open bank accounts for 6 beneficiaries and post office accounts for 1 beneficiary, enhancing financial access and stability.



Facilitated the job placement of 7 beneficiaries allowing them to gain financial independence.

OUTREACH

This quarter, our outreach focused on expanding community engagement by raising awareness on drug addiction, family planning, and summer health care. These efforts led to increased water intake and reduced tobacco consumption among beneficiaries. We also encouraged new women to join our program, inspired by the experiences of existing beneficiaries. Additionally, we conducted sessions during community visits to educate about safeguarding personal information, addressing concerns over beneficiaries sharing vital documents with strangers.

26995
Outreach Visits

EDUCATION

Our educational initiatives have significantly improved women's literacy and basic skills. Many have learned to write their names and phone numbers independently and are using basic English words in conversation. Beneficiaries utilize ABCD charts for self-guided learning and are practicing Hindi script writing. Learning to sign their names has enabled them to obtain PAN cards at a reduced cost and effectively manage their bank accounts.

209
Beneficiaries Attended
Adult Literacy Classes

HEALTH

This quarter, we provided comprehensive care, including essential medical referrals for HIV, TB, and cancer treatment. To address skin issues from extreme heat, we organized skin camps offering medications, ointments, and hygiene products, which provided relief from infections. We also conducted counseling on cleanliness and personal hygiene. Our ongoing efforts include educating beneficiaries about regular medication and preventive health measures.

704
Medical Referrals

EMPOWERMENT

Our empowerment initiatives have continue to drive significant progress across our variety of skill-building programs. Beneficiaries in tailoring have improved their finishing and are now accepting orders independently. Mehendi classes have enhanced design skills, with some beneficiaries earning income. Computer literacy classes have boosted confidence and also helped in using mobile phone. The embroidery course has helped them in understanding color patterns. We've also facilitated the update of Aadhar cards and assisted in obtaining crucial documents such as ABHA cards, income certificates, and Ayushman Health cards, ensuring beneficiaries' access to subsidized medical treatment.

83
Beneficiaries Attended
Vocational Classes

RECREATION

Our recreation activities have focused on engaging art and craft sessions, where beneficiaries created pen stands and beautiful wall hangings, allowing them to explore their creativity and produce unique pieces of art. Musical chair was also played among the beneficiaries, fostering fun and camaraderie while promoting physical activity and social interaction.

6
Recreational
Activities

NANDA MORE: A STORY OF HOPE AND HEALTH

For the past 15 years, Nanda has called the red-light area home. At 48 years old, she faces unique challenges, including managing her HIV treatment for the last 8 years while being away from her family in the village. Despite the distance, she frequently returns to her village to see her family once a week.

At her age, she struggles to get as frequent clients as she used to, resulting in less income. This financial strain left her unable to afford regular meals, causing her health to decline.

A ray of hope emerged when **AAWC** social worker informed her about Ratna Nidhi's meal distribution program. Recognizing her need, we guided her to the distribution center and suggested she leave a tiffin box there to ensure she'd have a meal waiting, even if she come late. Since then, she's been regular about collecting her lunch, and her health has shown signs of improvement.

Nanda's gratitude is evident as she expresses her happiness with her improved health and the support she has received.



Cooked meal distribution



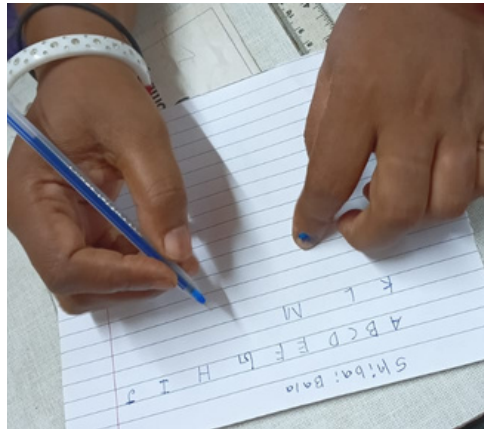
Mehendi class



Program with election department



Outreach and community engagement



Assessment under adult literacy



Meal distribution by donor on her birthday



Housekeeping Training



Embroidery Class



Ration Distribution



Tailoring class



Mental health session

Udaan is dedicated to breaking the cycle of intergenerational prostitution, a serious threat to the daughters of women in brothel-based prostitution. We provide comprehensive support, including education, healthcare and nutrition, vocational skills, social and life skills, shelter, to empower them to make choices that lead to a dignified future and improved quality of life.

KEY HIGHLIGHTS

This quarter, we served
101
beneficiaries



Two beneficiaries successfully enrolled in school marking their first step in formal education. Additionally, three of the beneficiaries were enrolled in college, beginning their journey in higher education.



Several beneficiaries achieved remarkable academic milestones this quarter, including one honored for outstanding academic performance by an organization, another securing the second position in the university, and notable achievements in 12th grade and first-year BA examinations.



We provided nutrition services to all the beneficiaries, ensuring their well-being and health through our program initiatives.



5 of the girls got inducted into pottery making, they learnt to make clay plates and 8 to 10 girls learnt to crochet and made coasters, wall hangings, etc.



Girls prepared and showcased a presentation detailing their learnings and activities during the summer vacation, demonstrating their confidence in public speaking and presentation.



On World Day Against Child Labour, we facilitated an impactful discussion with girls about their rights and duties towards the nation while listening to the song 'Mera bhi toh Adhikar he'.



Beneficiaries enjoyed a memorable outing to Tikujiniwadi (water park) during the summer vacation, fostering a sense of camaraderie and shared experiences.

OUTREACH

This quarter, we focused on encouraging regular attendance among girls at our daycare centers and engaging their mothers to support them. As a result, attendance improved consistently. We also informed mothers about our shelter home resources, leading some to consider sending their daughters for support and education. These efforts have strengthened communication with mothers, enabling us to better understand and support the needs and progress of their daughters.

343

Outreach Visits

EDUCATION

We focused on preparing beneficiaries for their exams, providing dedicated time for exam preparation and practice through internal tests. During summer vacation, we continued engagement with lessons in Marathi, English grammar, Mathematics, Geography, and health education, further enhancing their academic skills. As a result, they performed well in their exams and are now back to school.

210

Educational Activities

HEALTH

We focused on educating children about healthy summer food habits and proper water consumption, leading to positive behavioral changes. We conducted eye examinations, provided spectacles, and organized a skin camp to address heat-related infections. Regular health check-ups and timely referrals ensured prompt care for fever, cough, cold and dental issues. We offered individual counseling to address specific mental health concerns. Implementing a behavior chart with detailed expectations has fostered a supportive environment and encouraged positive conduct among all beneficiaries.

96

Medical Referrals

EMPOWERMENT

This quarter, we offered a range of vocational skills sessions, including karate, crochet, pottery, and easy cooking, to enhance practical and creative abilities. social skills and group sessions focused on developing interpersonal skills, honesty, and effective communication. We also educated beneficiaries on the Indian Constitution and fundamental duties, improving their understanding of legislative processes. Additionally, our Child Management Committee (CMC) meetings addressed health and hygiene concerns, school schedules.

32

Vocational Classes

RECREATION

Beneficiaries participated in a variety of enriching activities, including movie screenings, birthday celebrations, story narration, origami, and drawing. During summer vacation, they enjoyed morning walks and outdoor games in gardens. We also hosted a vibrant paint party, allowing beneficiaries to express themselves creatively through unrestricted painting.

119Recreational
Activities

TRANSFORMING BEHAVIOR: SUCCESS THROUGH STRUCTURED SUPPORT

We introduced a structured behaviour chart at our shelter home this summer vacation, creating a rewarding framework for encouraging positive behaviour among our beneficiaries.

Rita, Seema, and Nidhi (*names changed*) have put tremendous effort into improving their behaviour and have become consistent high scorers on the behaviour chart. The difference in their conduct since the chart's implementation to now has been truly transformative.

By following the timetable, maintaining cleanliness, and respecting personal space, they have set a strong example for others. Not only have they improved their behaviour, but they have also actively contributed solutions and strategies to further enhance their progress. Their initiative and willingness to work on their behaviour have fostered a positive environment and strengthened our behaviour management efforts, demonstrating the determination of our beneficiaries to grow and improve.

Their success serves as a testament to the effectiveness of structured behaviour management and the determination of our beneficiaries to grow and improve.



Painting party



Pottery workshop



Annual picnic to Tikujiniwadi



Chaat party



Mangoes distribution in summer season



Girls play time



Plantation on World Environment Day



Summer vacation presentation



Children enacting drama against child labour



Book reading session



Easy cooking (Sukha bhel)

Outreach efforts

We will expand our outreach efforts to identify potential beneficiaries in the community and take necessary steps to enroll them in our program.

Medical camps and healthcare services

We will continue our efforts to ensure medical aid and health care services to all our beneficiaries across our centers, ensuring they have access to affordable treatment options.

Child Management Committee (CMC) Meetings

In our upcoming meetings of the Child Management Committee (CMC), we plan to achieve full attendance, anticipating that all children have returned from their summer vacations to actively participate and contribute.

Resolving document applications

We will focus on resolving pending ration card and voting card applications that were delayed due to recent elections, ensuring prompt processing and follow-up to meet community needs effectively.

Birthday celebration

Some of our beneficiaries have birthday in the next quarter, and we look forward to celebrating these special occasions with them.



Yoga session on
International Yoga Day



Positive Thinking Session by
DIG/CISF WZ AP/HQ

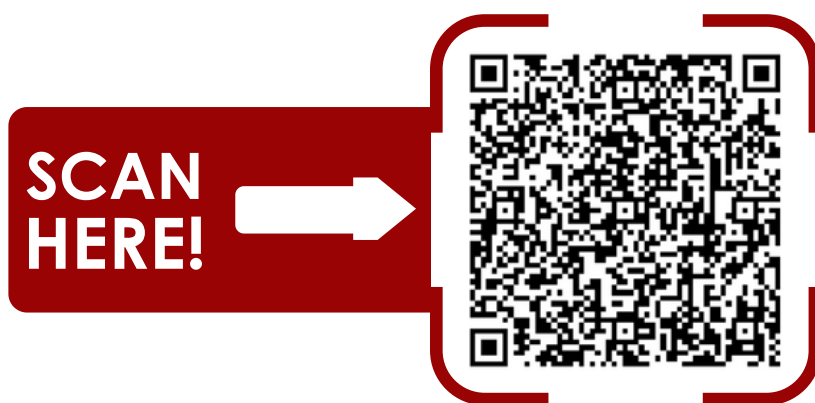


Mother's meeting



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

***Support us in our journey of
empowering women and young girls***



Thank you!