



Newsletter (October-December 2024)



Eye check-up camp



Nutritious snacks served at the daycare center

A QUARTER OF HEALTH AND WELLNESS

This quarter, the focus was on holistic well-being, with impactful health initiatives under the Umeed program, including skin checkup, cancer check-up, eye check-ups camps and cataract surgeries. Notably, a cancer patient is now recovering, successfully balancing work and health. In the Udaan program, a beneficiary with hearing impairment received the necessary support and treatment, leading to her enrollment in school, marking a significant step in her journey. Additionally, healthy snacks were introduced at the day care centers, promoting better nutrition and well-being for all beneficiaries.

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.

KEY HIGHLIGHTS

2339

beneficiaries were served



The outreach efforts focused on connecting with new women in the community, supported by existing beneficiaries who helped initiate conversations and build rapport, leading to the successful enrollment of **22** new beneficiaries in the program.



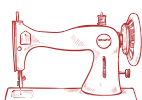
Adult literacy classes have empowered beneficiaries with skills like writing their names, full address, and performing basic calculations. As a result, several beneficiaries have received ATM cards, as they are now able to sign confidently.



With support from the Samata Foundation, cataract surgery was successfully performed on **2** beneficiaries, who are recovering well. Additionally, an eye checkup camp was organized, offering beneficiaries spectacles and essential medicines.



Health cards for **16** beneficiaries were facilitated, allowing them to access health services at no/subsidized cost.



A dedicated beneficiary in the tailoring class received a tailoring machine from a partner organization, inspiring other beneficiaries to attend the classes regularly.



Voting cards were issued to some beneficiaries ahead of the elections, enabling them to cast their vote for the first time this year and exercise their right to vote.



2 beneficiaries have been placed in jobs such as housekeeping and bag stitching, and are now earning enough to meet their basic needs. This marks a significant step toward their financial independence and empowerment

OUTREACH

Regular community visits have strengthened trust, allowing beneficiaries to openly share their concerns. Despite stress and displacement from recent police raids, the center has become a safe space for women to seek support. Community awareness sessions on health issues such as dengue, malaria, smoking, and winter care have led to positive changes, including improved hygiene practices and reduced tobacco use. In observance of World AIDS Awareness Day, an informative session was conducted to educate women about AIDS and its treatment.

FINANCE

Beneficiaries have gained a deeper understanding of banking through the opening of accounts and the KYC process. A camp was organized to assist women with post office account openings, and those who opened accounts have started using online payments, eliminating extra fees they previously paid as commissions to shopkeepers. A beneficiary, initially upset about not receiving her stipend under the Ladki Bahin Scheme, was delighted to receive it promptly after updating her KYC. These efforts help women access government benefits and manage their finances more effectively.

25Bank and Post Office
Accounts Opened

HEALTH

In collaboration with partner organizations, **5** health camps were organized, providing free eye, skin and cervical cancer checkups, medicines, and spectacles. Beneficiaries experiencing common ailments like fever, cough, and jaundice were promptly referred for further care. Regular ART follow-ups ensured beneficiaries maintained their health through proper medication. On Global Handwashing Day, an awareness session was held, teaching proper handwashing techniques to promote hygiene.

Essential rations were distributed to those facing critical illnesses, improving their overall health, with weight progress showing positive outcomes. Counseling was provided to women with health issues such as urinary infections and menstrual concerns, with necessary referrals for treatment.

176Beneficiaries Served in
Health Camps**254**Beneficiaries Received
Nutritional Support

EDUCATION

Beneficiaries have made notable progress in basic literacy, with many successfully writing their exams without assistance. Beneficiaries at the advance levels are tackling addition, subtraction, and complex words, while beginners focus on writing names and numbers. Daily practice and exam feedback have boosted their confidence and highlighted areas of improvement.

In computer literacy, beneficiaries are learning to use Google, YouTube, typing their names in both Hindi and English and switching on laptops. Despite challenges in retention, regular practice keeps them motivated as they see tangible improvements in their skills.

196Beneficiaries Served in
Adult Literacy Classes**17**Beneficiaries Served in
Computer Literacy Classes

EMPOWERMENT

Beneficiaries are actively engaged in vocational training, with notable progress in tailoring, embroidery, and mehendi. In tailoring, many have excelled in fabric cutting, stitching baby frocks, salwar kameez, and completing community orders, with some earning up to ₹2500 during Diwali. In embroidery, beneficiaries create unique flowers and leaf designs. The new batch of mehendi at Kamathipura center has started, while the old batch graduated, with some beneficiaries now earning from their services. Beneficiaries have started receiving stipends for their vocational classes, further encouraging their growth and development.

Significant progress has been made in helping beneficiaries obtain essential identity documents. Aadhar cards, PAN cards, voting cards, and E-Shram cards have been facilitated, enabling beneficiaries to link their bank accounts, access government schemes, and exercise their voting rights.

59

Beneficiaries Served in
Vocational Classes

27

Beneficiaries Assisted with
Identity Documents Creation

RECREATION

Beneficiaries celebrated Navratri and Diwali with a series of joyful activities. The Navratri celebration included traditional Garba dancing, where women danced freely, embracing joy and relieving stress. For Diwali, they enjoyed rangoli making, diya painting, and received gifts, adding a special touch to the festivities. The celebrations provided a chance for women to bond, express creativity, and celebrate the festive spirit.

9

Recreational Activities

REHABILITATION

4 beneficiaries were referred to another organization for bag and pouch stitching training, equipping them with valuable skills to enhance their economic opportunities. The outreach workers consistently motivate and support them, fostering growth and confidence.



Fabric cutting practice in tailoring class



Cancer check-up camp

A JOURNEY OF EMPOWERMENT AND LEARNING

A 45-year-old beneficiary, enrolled in the Umeed program for the past 10-12 years, faced difficult circumstances that led her into brothel-based prostitution. Initially quiet and withdrawn due to health issues, she often kept to herself.

Recognizing her struggles, AAWC provided essential care and support, helping her manage her health conditions, which paved the way for her personal growth.

During community visits, field social workers had the opportunity to connect with her. She shared a strong desire to learn to read. In response, she was enrolled in the adult literacy class and committed to regular practice. Over time, she learned to write her full name which helped her build confidence.

As her health improved and her confidence grew, she began to open up, regularly attending meetings and actively participating in activities. She even encourages other women to join the program.

Today, she is progressing to higher levels of learning and continues to make remarkable strides, demonstrating how access to health services, education, and support can lead to lasting transformation.



Assessment under adult literacy classes



ART awareness meeting

UMEED: PHOTO GALLERY



Awareness on appropriate method of handwashing



Ration card handover to the beneficiary



Awareness session on World AIDS Day



Newspaper dandiya making on Navratri



Ration distribution



Saree distribution on Diwali



Yoga and meditation session



Tailoring class



*Post Office account
opening camp*



Moringa seeds distribution

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.

KEY HIGHLIGHTS

87

beneficiaries were served

 Through the outreach team's efforts in educating new women in the community about the Udaan project and its services, **4** new beneficiaries were enrolled. Additionally, **one** beneficiary successfully graduated from the program.

 Through daily classes, young girls have started recognizing and reading their names, and on their way back home, they actively identify alphabets and numbers on boards.

 A beneficiary with hearing impairment was referred for treatment, and after receiving speech therapy and medical support, she has now been successfully enrolled in school.

 This quarter, in addition to the banana, snacks was introduced at the day care centers, resulting in improved nutrition and noticeable weight gain for several beneficiaries.

 On Constitution Day, an informative session was held on the Indian Constitution's formation, fundamental rights, and responsibilities, with all the girls coming together to read the Preamble aloud, fostering a sense of empowerment and civic awareness.

 A post office account was opened for **2** beneficiaries, allowing their mothers to regularly deposit savings, helping to secure their financial future while benefiting from the interest accrued in the account.

 A few beneficiaries had the opportunity to attend the Mumbai Literature Festival, where they immersed themselves in exhibitions and performances celebrating art and poetry.

OUTREACH

The outreach team regularly followed up with girls not attending daycare centers, often finding them playing or too tired after school. The team took proactive steps to bring them to the centers, significantly improving attendance. **10** mothers' meetings were held across centers to discuss the girls' development. One mother proudly shared her daughter's academic improvement. Some mothers actively informed the team when their daughters couldn't attend, while others visited to express concerns about their daughters' education, behavior, and excessive phone use. Teachers listened attentively, offering solutions, such as recommending educational content for mobile phones. Additionally, **34** times mothers visited the shelter to spend quality time with their daughters.

313

Community Visits

EDUCATION

This quarter focused on exam preparation and academic progress. Beneficiaries were supported in developing consistent learning habits and exam skills, with younger girls working on memorization through reading and oral exercises, and older girls improving comprehension, time management, and writing through practice tests and guided exercises. Non-school students received age-appropriate lessons preparing them for the next academic year, while NIOS-enrolled students followed their syllabus. School visits were conducted to track attendance, admissions and 10th board exam registrations, while guardian meetings at college provided valuable feedback.

668

Educational Activities

HEALTH

Comprehensive health and wellness initiatives led to significant improvements in the well-being of beneficiaries. Regular medical checkups identified common issues like coughs and colds, but no major health concerns were identified. Referrals were made for conditions such as neck swelling, eye checkups, fever, and back pain. Immunizations were administered to **2** girls. Yoga and Zumba sessions promoted physical fitness and relaxation, while weekly hygiene checks ensured cleanliness. Awareness sessions on handwashing and menstrual health promoted proper hygiene and educated girls on managing menstrual cycles.

Beneficiaries enjoyed balanced meals, including bananas, nutritious meals, and special meals during festivals. Height and weight measurements showed noticeable progress.

Emotional support was provided through individual and group counseling sessions, with psychiatric treatment available as needed. The behaviour chart initiative helped instill positive habits and encourage good conduct among the girls.

54Beneficiaries referred to
hospitals for various issues**105**

Counselling Sessions

EMPOWERMENT

The Child Management Committee (CMC) provides a platform for beneficiaries to voice their concerns, ensuring that each issue is addressed. This quarter, meetings focused on Diwali vacation planning, Christmas celebrations, study schedules, and exam preparation, aligning better with beneficiaries' needs.

A birth affidavit was created for one beneficiary to complete her board exam registration, and several girls were assisted in updating their Aadhar cards, ensuring complete documentation.

Social skills sessions on grooming, hygiene, and national defense services, along with an exposure visit to a vegetable cart, enhanced awareness of personal care and nutrition. These efforts empowered beneficiaries with essential life skills, fostering greater self-sufficiency and informed decision-making.

9

CMC meetings

28

Social and other skills
sessions

RECREATION

This quarter, beneficiaries engaged in a range of recreational activities that fostered community spirit and personal growth. Celebrations included garba sessions on Dussehra and Navratri, rangoli-making, traditional snacks, diya painting and safe fireworks on Diwali, and a fun-filled birthday celebration for several beneficiaries. Movie sessions promoted emotional intelligence, individuality, and teamwork, while Children's Day featured heartfelt cards, a garden picnic, games, and piggy banks to encourage saving. The Christmas and New Year celebration included beautifully decorated centers, games, and performances with songs, dances, and crafts like paper Santas, bells, and trees. Recreational games like puzzles, carrom, and UNO further enriched the experience.

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Recreational Activities

SHELTER

A beneficiary's mother was assisted in placing her daughter at a day-night care home through a referral to Child Welfare Committee (CWC), addressing the beneficiary's needs and mitigating potential risks.



Indoor recreational games



Exposure visit to vegetable cart to
explain girls different types of
vegetables and their benefits



Birthday celebration

FROM HOME SCHOOLING TO FORMAL EDUCATION: DRISHTI'S STORY

Drishti, a six-year-old, embarked on an inspiring educational journey in 2024 when she enrolled in Senior KG. Initially, the school principal was hesitant to admit her due to her age, suggesting she join 1st grade instead. However, after several discussions, it became clear that Drishti had been home-schooled and needed formal schooling experience. Understanding her unique needs, the school agreed to place her in Senior KG, setting the stage for her transition into formal education.

From July 2023 to June 2024, an age-appropriate school readiness program was implemented to help Drishti transition into formal education. The program focused on foundational skills — introducing her to basic concepts, numbers, and objects — to ensure she was well-prepared for school.

By the time of her first semester's open house in November, Drishti had made remarkable progress, achieving an impressive score of 87%. Her teachers were impressed with her dedication and growth, praising her exceptional commitment to learning.

Drishti's journey is a testament to the transformative power of support, personalized education, and determination.



Weekly internal test



*Science & Maths extra classes
for 10th grade beneficiaries*

UDAAN: PHOTO GALLERY



Diwali celebration



Monthly medical check-up



Regular yoga session



Individual counseling session



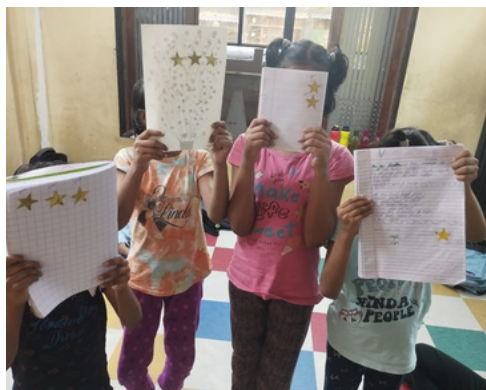
Mumbai Literature Festival



Girls with our Trustee at Literature Festival



Children's Day celebration



Beneficiaries rewarded for their good behaviour



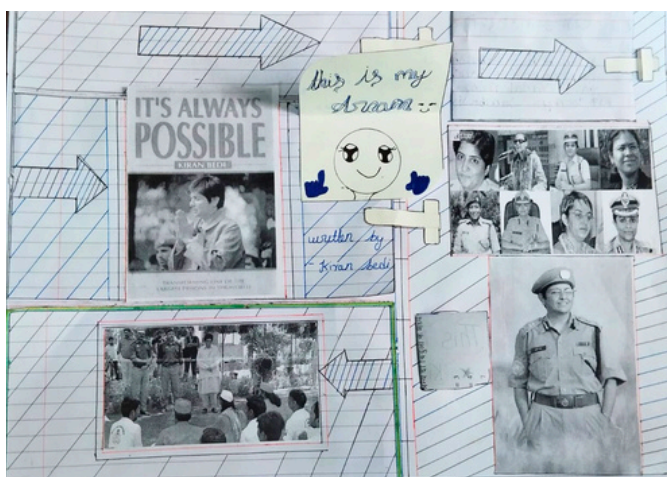
Navratri & Dussehra celebration



Girls performing a dance on Christmas, with their mothers watching proudly



Rangoli Designed by Umeed Beneficiaries on Diwali



An Udaan beneficiary expressing her dream of becoming an IPS officer



Cup Flowers made by Udaan Beneficiaries



Rangoli by Udaan Beneficiaries on Diwali



Science Projects made by Girls



Collaborated with the NSS unit of SIES college, HelpYourNGO and other partner organizations during DaanUtsav, receiving in-kind donations and raising funds.



Collaborated with ITM Business School for a 15-day internship, where students engaged with Udaan girls by organizing peer learning activities such as games and book summaries, fostering a collaborative learning environment.



The Fit Facility Certificate was renewed, ensuring continued compliance and smooth operations of the shelter home.



Regular visits to the Child Welfare Committee (CWC) and the Department of Women and Child Development (DWCD) were conducted to fulfill necessary documentation, submit reports, and attend meetings in accordance with legal standards set by the relevant authorities.



Partnered with Reliance Hospital for a cancer check-up camp and with Samata Foundation for an eye check-up camp and cataract surgeries.



Collaborated with the Administrative Wing of the Brihanmumbai Municipal Corporation to organize a session encouraging women beneficiaries to cast their vote in the assembly elections.



Coordinated with local Aadhar card centers, post offices, and ration card offices to ensure the timely completion of documentation for Umeed beneficiaries.



Ms. Abhilasha Rawat, the Executive Director, addressed the meeting on behalf of AAWC and emphasized the importance of voting in the nation's progress.

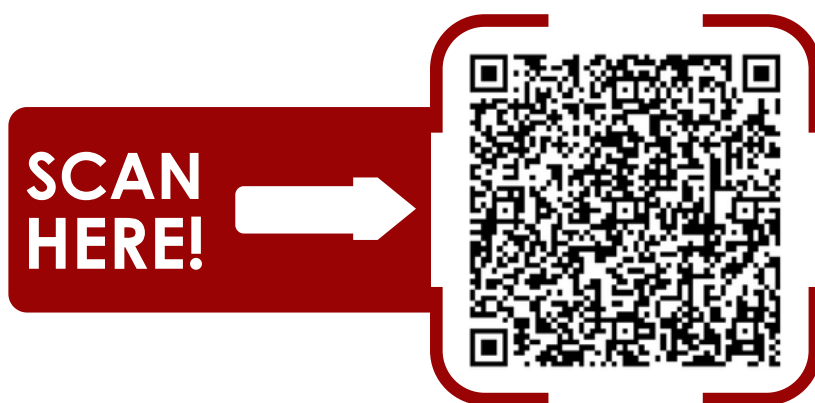


ITM interns engagement with girls



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

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



Thank you!