



Apne Aap Women's Collective

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

NEWSLETTER

2026

APR - JUN

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INDIA





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.



Interpersonal Relationships Management

Key Highlights

1571 women reached through community engagement, with 26 new enrollments.

400 received healthcare support through 8 health camps and 6 general medical checkup. 287 accessed 251 individual and group counseling services.

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

122 legal identity documents secured, 23 individuals were supported in opening new bank account, post accounts and 17 related services.

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

19 Awareness sessions held serving 678 women.

12 secured job placements and 4 shelter referrals were made.

169 were served in Adult literacy sessions.



Nutrition and Diet Awareness



Birthday Celebration

BEYOND THE NUMBERS

Rekha* frequently fell ill, but could not afford regular medical care.

Our outreach worker noticed the visible signs of malnourishment. After building trust with her over several visits, we enrolled her in our nutrition program along with a medical referral and started on a proper treatment and diet plan.

During these interactions, we also learned that she herself had never had the opportunity to study beyond the fourth grade and had always wanted to learn to read and write. She was enrolled in our adult literacy program. Over several months, she learned to read basic Hindi, write her name, and do simple arithmetic. Growing up she never had the chance to acquire these skills.

With her health improving and her own confidence growing, she began attending the monthly meetings and awareness sessions regularly. Today, she says the intervention gave her a voice and a role in her community that she never imagined possible.

*Name has been changed to protect identity of the individual.

ECHOES OF IMPACT



Priya* mentioned that *the tailoring skills she learned through the organization's training sessions have helped her earn additional income.*

Meena* expressed that *the organization's field workers are always available whenever she has a doubt or needs guidance, which has made her feel supported.*

Anita* expressed that the **health camps organized nearby** made it much easier for her to access healthcare, and highlighted how timely check-ups have helped her stay on top of her health while saving her the time and money.

Lata* expressed that *the organization's support in helping her obtain identity documents and open a bank and post office account has made her feel more secure and independent.*

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

IMAGE GALLERY

Ration Distribution



Adult Literacy



Tailoring



IMAGE GALLERY

Summer Camp



Yoga session



Weight Checkup



Awareness Session



Health Camp



IMAGE GALLERY

Aadhar Enrolment and Update Camp



Dance Class with Shiamak Davar, Victory Arts Foundation



IMAGE GALLERY

Tailoring Class with Tiny Miracles



Spectacle distribution with Samta Foundation





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.



Yoga Day Celebration

Key Highlights

A total of 161 girls were served through our dedicated program, fostering physical, psycho-social and academic growth.

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

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

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

87 individual and 12 group counselling sessions provided ensuring complete wellbeing.

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

21 life skills sessions ensured skill development in important areas.



Summer Camp



Educational Activity

BEYOND THE NUMBERS

A young girl joined the hostel just over a year ago, having never been away from her family for an extended period before. She shared that when she first joined the hostel, she often felt anxious and would cry during phone calls with her family because she missed home.

Over time, with the consistent counselling sessions, care, life skills support, and encouragement of the teachers, she began to feel safe and comfortable in the hostel environment.

She now feels confident approaching the teachers whenever she feels sad, anxious, or homesick and knows she can openly share her feelings with them.

This change reflects the trusting relationships built between the beneficiaries and the hostel staff, contributing to their emotional well-being and sense of belonging.

BEYOND THE NUMBERS

The recent release of the Grade 10 examination results marks a significant achievement for our education initiative. Three girls successfully passed their examinations. This positive outcome is a direct result of their rigorous preparation, perseverance, and dedication, demonstrating the impactful role of continuous academic support in empowering young scholars.

Demonstrating academic dedication and professional growth, our girl who is pursuing Journalism completed a hands-on event management project. She learnt and applied her knowledge in organizing, planning and managing an event.



ECHOES OF IMPACT



During feedback sessions, the girls enthusiastically shared how much they enjoyed the dance classes. They reflected that beyond learning dance steps, they discovered the importance of performing with a smile, expressing emotions through facial expressions, and dancing with confidence and energy. The sessions not only enhanced their dance skills but also helped build their self-expression and self-confidence.

The girls shared that they thoroughly enjoyed the singing classes and looked forward to each session. They expressed that the breathing exercises practiced during the class helped improve their breathing techniques and left them feeling calm and refreshed. Regular singing practice also boosted their confidence, encouraged self-expression, and provided a relaxing break from their daily routine, helping them feel more energized and positive.

IMAGE GALLERY

Summer Camp



IMAGE GALLERY

Digital Skills - Learning Canva



Art and Craft Activity



Spoken English Class



Mother's Day Celebration



IMAGE GALLERY

Life Skills Session



Simple Cooking Activity



Birthday Celebration



IMAGE GALLERY

Volunteer Activities



The Transworld Group hosted a valuable corporate exposure visit to their office space, offering our girls direct insight into a professional environment. Alongside this visit, the girls engaged in virtual leadership sessions with the Transworld Chairperson and interactive creative activities.



The Hexaware team spent valuable time interacting directly with our girls. A highlight of the visit was a hands-on jewelry-making activity, which fostered creative expression, joy and meaningful personal connections between the volunteers and participants.



IMAGE GALLERY

Volunteer Activities

Singing Class with Inner Wheel Club of Navi Mumbai Sunrise



Haircut with Inner Wheel Club of Navi Mumbai Sunrise



IMAGE GALLERY

Volunteer Activities

Draw and Paint Activity with Diya



Dance Session with Surbhi





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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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Join Us in Empowering Women & Girls
for Dignified Futures