Apne Aap Women's Collective

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

NEWSLETTER

2026

JUL – SEP



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.

Key Highlights

Reached **1,776** individuals through holistic programs, including **29** new enrollments.

7 individuals secured job placements and **1** moved into her own home, marking significant personal and professional milestones.

Provided healthcare and wellness support to **331** community members across 8 health camps covering skin, eye, hair, and general check-ups.

Supported **274** beneficiaries through **77** group counseling sessions, and **187** barefoot counseling sessions served **60** women.

Trained **200** beneficiaries in vocational skills: salon (122), mehndi (43), and tailoring (35).

Served **170** adults through functional literacy classes.

Conducted **18** awareness sessions and monthly meetings with **651** beneficiaries.

Opened **10** new accounts (6 post office, 4 bank) and helped 54 beneficiaries secure document linkages.



Tailoring



Adult Literacy



Motivational Meeting

BEYOND THE NUMBERS

The beneficiary was born and brought up in Kamathipura. Her mother was previously a gharwali in the area. She studied up to 10th standard and comes from a generational sex work background. She had two marriages and has four children. As her second husband did not work, she had to manage the family responsibilities. She placed two of her daughters in the organization for support, while her elder daughter completed college and started working, which provided some financial support to the family. She also started a small shop selling daily-use items to support her family. Since childhood, the beneficiary wanted to learn another skill and do different work, but due to family circumstances, she continued in sex work. The organization staff regularly interacted with her and motivated her to join the salon class. Initially, she was hesitant, but with continuous motivation, she joined the class and attended regularly. Gradually, her interest and confidence in working in a salon increased. As she had never worked outside the area, she was initially nervous about attending an interview. The staff encouraged and supported her throughout the process. Although she was worried that her simple appearance might affect her chances of getting a salon job, the salon owner appreciated her behaviour and skills and offered her a job. In the first week itself, she was given facial clients, which increased her confidence. She is now regularly working at the salon, and the owner has also appreciated her work.

IMAGE GALLERY

Ration Distribution





Adult Literacy





Independence Day





IMAGE GALLERY

Raksha Bandhan





Vocational Training











IMAGE GALLERY

Health Camp



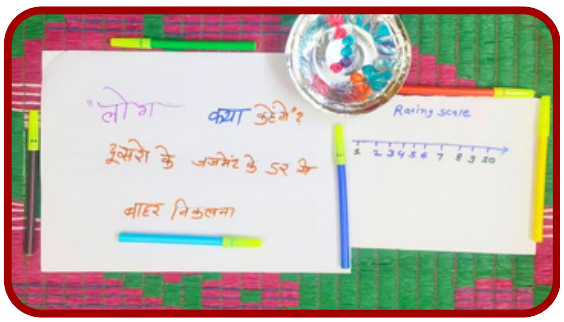


Yoga session



Counseling







Awareness Sessions







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.

Key Highlights

Udaan served a total of **170** beneficiaries, offering support across education, recreation, counselling, and healthcare.

Conducted **1,023** education activities to support learning and development among beneficiaries.

Organized **218** indoor and outdoor recreational activities to encourage physical activity, play, and social engagement.

Carried out **241** community visits to stay connected with beneficiaries and understand their needs in their own environments.

Facilitated **119** medical referrals, helping beneficiaries access the healthcare services they needed.

Provided **58** individual counselling sessions, **9** group sessions, and **27** life skill sessions, offering emotional support, peer learning, and practical skills for everyday life and personal growth.



Internal Test



Teacher's Day



Ganpati Pandal Visit

BEYOND THE NUMBERS

Rumi, a 6-year-old girl, has been associated with our daycare centre for a considerable period. She is a bright and curious child who shows a keen interest in learning and exploring new things. However, one of the key challenges identified by the team was her irregular school attendance, which affected the continuity of her learning and academic progress.

Through regular follow-ups and conversations with her mother, the team identified that the lack of a structured daily routine, along with her mother's work timings and schedule, were the primary reasons for her low attendance. To address this, the team maintained consistent communication with her mother, while the outreach team conducted home visits and supported efforts to ensure Rumi attended school regularly. The team also visited her school and interacted with her teachers to better understand her learning needs and academic progress.

Through continued discussions and parental counselling, the team emphasized the importance of regular school attendance in building discipline, establishing a routine, and strengthening Rumi's learning. Gradually, her mother began recognizing the importance of consistent schooling and became more proactive in supporting her education.

Over time, Rumi's school attendance improved, and her mother started taking greater responsibility for ensuring that she completed her homework and sought assistance from the daycare staff whenever needed. This increased involvement, combined with consistent educational support, contributed to improvements in Rumi's academic performance. Rumi's journey highlights how sustained engagement with parents, coordination with schools, and consistent follow-up can help address barriers to education and create a strong foundation for a child's learning and development.

BEYOND THE NUMBERS

Anu, an 8-year-old girl, joined the hostel facility in May, primarily to provide her with a safe, stable, and supportive environment conducive to her education and overall development. Having previously studied in an Urdu-medium school, she had very limited exposure to English. When she was enrolled in an English-medium school in Grade 3, the team recognized that adapting to a new language and learning environment would require additional academic support.

Following an initial assessment, the team identified areas where Anu needed support, particularly in English reading and conceptual understanding. With regular guidance from teachers, she received additional support through reading practice, concept clarification, and individual attention. At the same time, the team recognized her strength in Mathematics and used it to motivate her, build her confidence and encourage her participation in other subjects.

A significant milestone came with her first unit test results, where Anu demonstrated encouraging improvement and performed better than initially anticipated. Her progress reflected the impact of consistent academic support, positive reinforcement, and an approach that recognized her individual strengths and learning needs.

Anu's performance also helped the team develop a more structured learning plan focused on strengthening her English proficiency, addressing gaps in conceptual understanding, and building consistency in her academic performance across subjects.

Anu's journey demonstrates how individualized attention, consistent encouragement, and a supportive learning environment can help children overcome academic challenges, build confidence, and realize their potential.

IMAGE GALLERY

Immunization Camp





Independence Day







Ganesh Chaturthi







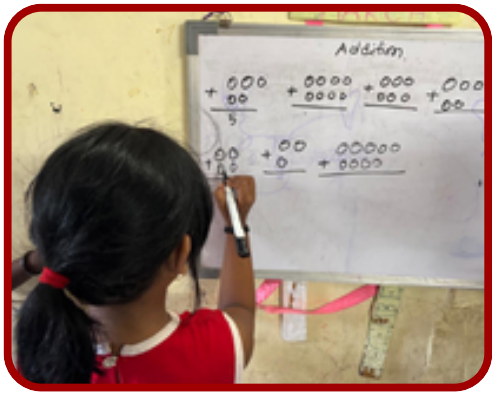




IMAGE GALLERY

Education







Birthday Celebration



Stationary Distribution



Outdoor Recreation Activity





IMAGE GALLERY

Teacher's Day









Raksha Bandhan











IMAGE GALLERY

Volunteer Activities

Lions Club of Bombay





SBI Foundation









Victory Arts Foundation





IMAGE GALLERY

Staff Engagement













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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