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Apne Aap Women's Collective

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

JANUARY-MARCH 2019

Dear Associates,

Greetings from Apne Aap Women's Collective!

I present you with the news letter from January- March, 2019 with great pleasure i would like to inform you that we kick started the year with two successful annual events of drama and sports for our Udaan and Umang beneficiaries.

The annual drama event was a depiction of the skill set that our beneficiaries have achieved through constant effort and hard-work. This performance of theirs was for their mother who were the audience and it was a proud moment for the mothers to see their children perform and grow.

The annual sports event was conducted for Udaan and Umang beneficiaries the beneficiaries participated with great enthusiasm. They were energetic and strategic while performing the games. they were very happy with the felicitation ceremony post the sports event.

We are really happy to let you know that once again 5 of our beneficiaries have been selected for brave kids.Brave Kids is an international Cultural Educational Program / festival held every year in Poland for the children under the patronage of UNESCO and Polish Ministry of Culture and Heritage to unite children of different background from all over the world in an atmosphere of friendship and respect for each other's culture.

This quarter has been an eventful quarter with annual picnic for both Udaan and Umang beneficiaries and also exposure visits for Udaan and Umang beneficiaries.

Umeed beneficiaries were taken to Swami Narayan temple and Prati Shirdi, Pune. The beneficiaries had a relaxing time there they enjoyed shopping after the visit and The Udaan beneficiaries were taken to essel world an amusement park where all the beneficiaries enjoyed different rides and had a gala time with each other.

As an additional source of education the Udaan beneficiaries were taken for an exposure visit to Bajaj Bhavan where they could see the impact of technology in future and Umang beneficiaries were taken for an exposure visit to Kidzania (an amusement cum career guidance cum entertainment park) where they got an opportunity to understand the roles of different professions .

On behalf of AAWC, I would like to thank all of you for your perpetual support and encouragement as none of these developments would have been possible without you.

Manju Vyas
CEO, AAWC.

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UMEED PROGRAMME UPDATES



FIELD VISIT

OUTREACH:

Plays an important role as the first point of contact it helps us take varied services to the doors for women in brothel-based prostitution. The services include education, health, nutrition, awareness, sensitization and workshop, identity documents making (Aadhar card, Pan Card, Voter id, ration card etc.), opening of bank account, linking the beneficiaries to varied schemes.

This is one demonstration of the constant efforts put in by AAWC, clubbed with growing awareness amongst the women to strive for a better life through the resources provided by us. We have been able to conduct 27,866 field visits, this quarter, where we conducted both individual and group sessions with the beneficiaries on the topics of awareness about various health issues, tuberculosis (TB) symptoms and treatment, immunization, awareness about pure drinking water and many more other related to this that play an important role in their lives.

Due to the rigorous outreach, our team has been able to enroll 42 women beneficiaries under the Umeed program, which has helped us to grow and beneficiaries who are already registered in our programs motivate and encourage other women in the area to join our program. Our outreach team has helped 42 women beneficiaries attain new identification documents.

SUCCESS STORY

Riya* has been enrolled in Adult literacy one year ago through her friend. Initially she was not at all interested in learning to read and write. She used to say that this will not help her to earn money so she used to literally hide from the outreach worker (ORW) who used to teach her. After seeing her friend writing her own name in the bank confidently then she realized that even she could do the same after that day, she showed interest to learn how to write her name. As ORW started teaching her how to write her own name, she quickly learned it. She felt bliss when she could sign by herself without giving thumbprint. This increased her confidence as well as interest. She then asked the ORW to teach her English alphabets and Hindi alphabets. Within the span of 6 months she learned all the alphabets and even numbers. Though she finds a little difficulty in learning hindi alphabets yet she has tremendously improved and now learning how to read the watch and numericals such as addition – subtraction. According to ORW she is now one of the best student of Adult literacy.

“Knowledge is power. Information is liberating. Education is the premise of progress, in every society, in every family.”- Kofi Annan.

Truly believing in this our organization makes an effort to impart adult literacy to all the beneficiaries by visiting the field. Starting from basic alphabets to writing their name and then signature, Basic numerical to understanding number on their phone and able to read the watch which helps them understand which hour of the day it is. These Constant efforts put in each day through creative methods have brought multiple beneficiaries to develop wholly and improve their understanding of legalities and recognize documents that could be helpful for them.

This quarter we conducted a drawing competition which was organized in collaboration with a partner organization based on the theme ‘My Dream’, a challenge arose where the beneficiaries faced difficulty in understanding the theme. All the beneficiaries were looking at each other’s drawing and trying to copy.

Exposure visit was conducted for 7 potential beneficiaries they visited an NGO the motive is empower survivors of exploitation and trafficking to reintegrate into society as dignified, positive and productive women through vocational training and job placements.

Beneficiaries were given orientation regarding the interventions by the Ngo. A success story was shared with them in order to inspire them. Beneficiaries were actively grasping the information provided. They were asking questions which showed their participation.

Financial literacy: The financial literacy sessions involve making the beneficiaries understand varied saving methods by opening a savings account and help them understand transactions related to money which protects them from getting into the clutches of debt. Adult literacy along with financial literacy goes hand in hand as the beneficiaries become more independent which was seen this quarter that the beneficiaries require less support to open a bank account, deposit and withdraw money. Even awareness about various schemes that are undertaken is implemented better which leads to them benefitting from all the schemes related to saving by the government which has led to an increase in planned saving by the beneficiaries.

This quarter, 10 of our Umeed beneficiaries have been able to open their own bank accounts, after rigorous discussions and support from our outreach team.xt



ADULT LITERACY CLASSES

HEALTH

PHYSICAL HEALTH:

Good health is an important indicator that can bring success in life along with education it is also an important aspect of overall development of beneficiaries. Our outreach team makes continuous efforts to bring improvement in the health of our beneficiaries by providing them nutritional supplements at their door step supplements involve (bananas, moringa seeds, bread and soy milk) along with, keeping a track of their health through height and weight measurements. This is done regularly to keep a track of the improvement the beneficiaries are making.



BREAST CANCER AWARENESS SESSION

As our women fall under the influence of harmful environment along with unhealthy work situation and suffer from chronic diseases.

The organization this quarter conducted dental camp and oral cancer detection camp. In the oral cancer detection camp 9 beneficiaries were diagnosed whereas only 1 beneficiary was confirmed to have oral cancer. During the camp it was observed that all who have been diagnosed have started consuming tobacco from a very young age and through communication by team members the beneficiaries shared that their parents introduced it to them.

This camp has made us realize that intervention through awareness to deal with addiction and oral hygiene is must in the community.



DENTAL CAMP FOR UMEED BENEFICIARIES

In the health camps the strength of the beneficiaries was approximately 214. 17 medical referrals have been done for TB patients and 210 medical referrals have been done for antiretroviral therapy (ART) patients. Apart from these, 17 HIV+ women and 4 Tuberculosis (TB) infected women have been identified through regular health checkups held by AAWC. We have also been able collect CD4 reports for 57 beneficiaries in order to track the improvement in their immunity.

This quarter awareness programmes were conducted in form of area activities in which topics like health and hygiene, skin infection and its prevention, vaccination for children, Cancer awareness during world cancer day was undertaken.



TB AWARENESS SESSION IN THE COMMUNITY

In this quarter in a monthly meeting the objective for the meeting was travelling compensation for HIV +ve beneficiaries in buses by Maharashtra State road transport corporation. Resource person Mrs. Rajesree Wani, Community development officer, E ward, had given the information to all present beneficiaries about this schemes through which beneficiaries who are on ART can travel within the state of Maharashtra for free of cost. She also explained the procedure of availing this facility. She addressed the doubts of the beneficiaries. In addition to this, she also explained schemes for Anti-Natal care mothers and for widow women. Throughout the training, beneficiaries were attentive.

It was noticed that after the meeting, beneficiaries immediately came forward with the willingness to start the procedure to avail the schemes. And also they brought other women beneficiaries along with them to avail the benefits of the service. Which shows us that the impact of the awareness session just does not happen over our women beneficiaries rather it helps us in spreading the awareness in the community.

The illustrator took the responsibility of sharing the information about breast Cancer. She first shared about what is breast cancer, then she showed the symptoms of breast cancer using posters.

She also explained reasons which can cause Cancer and the Mammography test for the diagnosis of breast cancer. Once all the beneficiaries were settled in, she then gave the demonstration of self-examination of the breast to identify the symptoms of breast cancer. Two beneficiaries volunteered for the same, they followed the instructions given by the resource person and were showing other beneficiaries how to do the self-examination.

It was noticed that the beneficiaries were comfortable and non-hesitant in clarifying their doubts as they were asking question to the illustrator and she in turn was addressing their doubts and explaining them in easy language to make them understand quickly.

The beneficiaries were attentive throughout the meeting and were able to understand what is breast cancer its symptoms and how to conduct self-examination. The beneficiaries also showed interest to undertake the Mammography tests for the early detection of breast cancer.

On 24th March 2019, TB day is celebrated across the world for prevention, eradication and to spread awareness about the disease. On this occasion, ORW team performed a street play in the red light area to spread awareness about TB.

Through this activity ORW team tried to explain the symptoms of TB and how the treatment starts from the government hospital. The beneficiaries were listening carefully and were appreciating the efforts taken by the ORW team. At the end of the street play, few beneficiaries shared their insights about the disease and gave positive feedback about the street play.

It was noticed that more beneficiaries are gathered as compared to other area activities which shows that Street play is an effective method to gather more beneficiaries as compared to normal discussions. The positive impact of the play was visible when few beneficiaries came to the center for taking TB screening test as they felt that they have symptoms matching to a patient affected by TB.



MENTAL HEALTH:

AAWC understands that women in the red light districts go through both mental and physical traumas, and hence it is imperative to support them through our mental-health assistance. Mental health assistance which involves regular counseling and therapy sessions with all of our women beneficiaries. Most of our counseling happens on the field, while therapy sessions take place on individual and group basis at our centers.

Few beneficiaries constantly require counselling to make them understand the importance of ART, daily care and their health issues etc., during this quarter we have conducted 108 counselling sessions.

ART THERAPY FOR THE BENEFICIARIES.

RECREATION

In order to provide relief from the day to day activity that our beneficiaries undergo due to their work environment it is a must for them to have a break and a joyous moment to be happy. Hence, we organize various celebrations and picnics for our beneficiaries

During this quarter we organized for an outdoor picnic at Swami Narayan temple and Prati Shirdi, pune. The beneficiaries were really excited and happy they sang songs, and played games throughout the journey. The beneficiaries enjoyed the place along with the meals provided. They thoroughly enjoyed marketing in the area.



PICNIC FOR UMEED BENEFICIARIES.

At the organization, various festivals were celebrated with the beneficiaries which was Makarsankranti and Holi. Makarsankranti was celebrated in collaboration with The Lion's Club – JJ Crescent of Bombay. During the celebration beneficiaries did the Haldi Kumkum pooja with each other and greeted each other with blessings. Guests from Lion's club interacted with the beneficiaries and distributed gifts and snacks to them. Beneficiaries were very happy and recollecting the memories of previous HaldiKumkum celebration of Last year. They showed their gratitude towards the AAWC Staff.

During this quarter we also celebrated Holi with the Beneficiaries to embrace the sisterhood and to distribute Ration to PLWHA beneficiaries.

All the beneficiaries had gathered in the activity room on time. Poonam Awasthi one of our staff members started sharing about the festival of Holi after which she applied color on one beneficiary. She then applied the colors to all present beneficiaries and the staff of AAWC. All beneficiaries were very happy to play with the colors.

Nearby police station at Nagpada organized Haldi Kumkum festival for the women. They took our organization's help in its celebration. This was done to bridge the gap between them and the women beneficiaries, seeing their kind gesture towards them made our beneficiaries emotional.

On their favorite Holi special playlist, few of the beneficiaries showed their dance moves. The activity room was filled with Joy and laughter as all were dancing and enjoying the celebration. On this good occasion, around 90 beneficiaries were distributed ration packets (Oil, Lentils, Rice, Flour, Soybean) The beneficiaries also enjoyed the snacks that was distributed. It was realized that the celebration helped to break the ice between new enrolled beneficiaries and the old ones and staff of AAWC.

We celebrated women's day along with beneficiaries to provide them a platform where they can share their story to inspire others in collaboration with Stakeholder NGOs working with the same target group.

6 NGOs working in the same red light area had come together for the celebration of women's day. More than 200 beneficiaries were present for the celebration. Celebration consisted of Beneficiaries performance such as Prayer song, dance and delivery of a success story in the form of Inspirational speech. All the present beneficiaries were given a return gift and snacks.

The proud moment for our organization was to see a confident beneficiary from our organization standing in front of everyone without hesitation talking about her story with the intention of inspiring and motivating someone else. Her speech did not only highlight her struggle but also mentioned the trust AAWC showed on her made her leave the profession and could give her children a different and respectful life. She ended her speech by saying that she is proud of herself as a staff of AAWC and showed her willingness to serve other women (Didi) and their children for her entire remaining life.

Through this celebration, AAWC could strengthen its networking among the other stakeholder organizations and inculcate the sense of confidence among the beneficiaries.



HOLI CELEBRATIONS WITH THE BENEFICIARIES

UDAAN PROGRAMME UPDATES

“Sports day in the organization took place this month it is the first time I participated in the games and I was surprised to win and felt really happy that I was felicitated with so many prizes. I will remember this day for the rest of my life.”- Reema*, 14, Best Sports Performer.

OUTREACH:

Our outreach team has to put in a lot of effort and face a lot of hardship to convince the mothers to send their daughters to our center, which is through making them realize the need for their daughters to come out of the community for their growth and safety from all the vulnerabilities they would face in the community.

Through constant follow up and counselling, we had a maximum strength of around **70** Udaan girls at our centers. The beneficiaries once enrolled avail the facilities that would enhance their skill, empower them and help them achieve their dreams and achieve their aspirations. Facilities include of the beneficiaries having access to formal and informal education, all forms of assistance with their health (ex: referrals, camps, nutritional support, etc.), awareness activities, counseling and therapies, vocational training, life skills sessions, rehabilitative measures like night-shelter house and boarding homes, etc. among other general support.

This quarter around **480** home visits were conducted to identify new beneficiaries and to the beneficiaries house to know the reason of absentism and pass the information to the mother to send the beneficiary to the center regularly.

This quarter a visit to Jeevan Sach was conducted as they were conducting the mothers meeting The director their shared how the behavior of our beneficiary has changed positively since she has come back from home. It was highlighted that “She looks after all the younger girls and also sits with them to teach them. She has become more responsible & she has realized the problems that she will face when she goes back home again.

The director notified us about the issue she was facing with one of our other beneficiary as she doesnot want to stay their and would like to go back home. We discussed the issue with the director and have convinced her to give our beneficiary a chance and enroll her in the tailoring class for a short term course as she is good at drawing and designing and highly interested in it.

This quarter we made a visit to peacemaker for a follow up visit as our 8 beneficiaries are enrolled with them. As we had received a call from peacemaker about the concern of the behavior of the beneficiaries. The major issues that were discussed with girl were about the distraction being caused due to girls getting attracted towards boys, another issue was regarding studies as not all girls are performing well and third issue which was discussed was time management.



**ANNUAL SPORTS OF THE UDAAN
BENEFICIARIES.**

Apart from all this major issues general discipline was once again reiterated with them which will help them succeed and progress in future.

Various visits to post office was made to get Aadhar card updated of our Udaan girls as well as their mothers as it was an important document for making their passport. Apart from that we also had to request the MLA to give a referral letter as the children lack few documents.

Regular visits are being conducted with the school teachers & principals to understand children's progress & discuss any glaring issues that are being observed. Visit was also done to 4 schools for admission process of Udaan beneficiaries in new school. For this visit was done to Marwari Vidyalaya High School, Wilson High School, St Goan Sebastian High School &. We have also coordinated with post office & Bank of Maharashtra for opening of Bank accounts of the girls.

EDUCATION



EXPOSURE VISIT FOR UDAAN BENEFICIARIES.

FORMAL EDUCATION:

As the exams are approaching, major focus is being given to education. Hence, varied steps are being undertaken to bring an overall improvement in all the subjects of beneficiaries. A lot of attention is being given towards the tuition classes and the assessment that is being done, as the beneficiaries are not interested in studies we are trying to make the activities interactive and interesting so that they may be able to learn faster and retain it for a longer time.

Journal writing is one of the activities that is continued so that our beneficiaries improve their writing skills. The beneficiaries diligently write their journals about their whole day what they like or do not like. This activity also helps them understand themselves better highlighting their weaknesses and also the improvements they have made from the previous months.

This quarter the beneficiaries who are in 5th to 8th Std have developed interest in writing. They not only write regularly in their journals but also make sure to get it checked every day to ensure that their mistakes are verified & corrections are made. There has been development in few girls who earlier could not write proper words or frame sentences are confidently able to write correct spellings along with paragraphs.

It is observed that the activity of journal writing has not only brought discipline among the girls by utilizing the night time constructively but also brought confidence in the girls to be able to write. The girls have now started taking interest in writing the journal & do not have to be reminded. They also themselves show there journals to the supervisor for correction. The night shelter staff also updates regularly on the progress or issues faced regarding the same.

The Friday sessions are continued with an innovative mode of teaching is utilized such as laptops are used to teach the beneficiary two-letter word and three-letter word, nouns, wild animals and domestic animals. As these topics are covered in a different pattern then there regular teaching process it has been noticed that the children enjoy the sessions and pay attention which reflects that visual depiction of subjects make the learning procedure easy for the children and help them retain it for a longer period of time.



EXPOSURE VISIT TO KIDZANIA

Regular teachers meeting was conducted during this quarter to work on the structure of teaching process and deal with issues of late coming and absenteeism of the teachers. As this challenge has a direct impact on the beneficiaries' performance in school. This challenge was addressed immediately and is being dealt with through close supervision and continuous follow up with the teachers.

Regular mother's meeting during this quarter was conducted the main agenda of the meetings were Annual Udaan picnic to esselworld, Bank account opening that has been intimated by Chandramani School and not taking the beneficiaries home during exam period.

The mothers were informed about the girls Annual Udaan Picnic to esselworld & the schedule for the same. Majority of the mothers had given consent. There were 2 mothers who felt that it might be risky & had shared that they will themselves take the girls in vacations.

The mothers were informed about school and how they will receive money from the government directly in this account for purchase of school supplies for the next academic years. The mothers agreed & had coordinated with school for the same.

It was also informed to the mothers about the upcoming final exams which are coming. The mothers were also informed not to come to take their children home till 12th of April as the beneficiaries are having their final exams in this duration & we have also kept tuitions for them for the month of April. Listening to the conversation the mother happily agreed and said it is best for their children to stay here & study until the exams are over. As once the children go home they don't feel like coming back.

Through this behavior we realized that the women beneficiaries trust the organization a lot and believe that whatever decision will be taken by the organization will only lead to a better future for their children.

The children attend computer classes in order to learn basics of Microsoft word, excel, PowerPoint, emailing and internet usage. This is taught so that the beneficiaries will be able to benefit from the same while pursuing their further studies or involving themselves in future job opportunities.

This quarter there were 2 classes conducted during the first class the girls were taught how to use Google to search data & how to enter data in an MS-Excel sheet along with dragging down & filtering the data. In the second class the girls underwent a test in which they were given a set of questions for which they had to use the internet & find answers. These questions were based on knowledge of various fields.

It has been observed that the girls are able to use internet to find data related to various topics & save it for further use. Few of the girls are also able to enter data in excel & filter it as per requirement. They are also able to make images using paint 3D.

The girls enjoy the internet usage class as they get an opportunity to search different topics online and share it through email with each other.

The children are taken for educational exposure visits such as this quarter the elder Udaan beneficiaries were taken to Bajaj Bhavan to understand about the impact of technologies in future.

The younger beneficiaries were taken for an exposure visit to Kidzania (an amusement cum career guidance cum entertainment park) in order to understand the roles of different professions (doctor, fire fighter and police men) through practical implementation as they provide set up of hospital emergency room, Police Station and fire brigade office along with fire extinguishing tools. Along with the role playing activities the kids also got an opportunity to explore their creative side through the paint activity on the wall as an initiative by Nerolac and they also got an opportunity to be host at Club Mahindra Resort. The visit overall was enjoyed by the children and it had a positive impact on them as it broadened their views about various career opportunities that they can explore in future.

INFORMAL/NON FORMAL EDUCATION :



DRAWING SESSION FOR UDAAN BENEFICIARIES

Empowering the beneficiaries is an important aspect, as it will help them choose aspiring career and help them take responsibility and lead their mother towards a positive path of quitting their profession. This quarter, we helped in creating 6 Aadhar cards (social security number card) for the beneficiaries as we understand the importance of having an identity prove to avail the facilities provided through government schemes for the children and also their future.

We focus on activities that will enhance skill, inculcate good habits, spread awareness and instill confidence within the beneficiaries.

The activities consist of house on duty for which groups are formulated the duties of the groups rotate on a weekly basis. The main objective behind this group formation is to make the girls independent and disciplined in life. The leaders monitor the entire process along with this initiation of the star chart has happened because of which the beneficiaries put in more interest towards the task.

Udaan monthly meetings are conducted regularly, in which all the issues faced by the beneficiaries is discussed. Due to the age they are in a phase where they like to explore more about their body hence, good touch and bad touch sessions are conducted the girls are encouraged to share their issues with the teachers or the managers or any staff they feel comfortable with. Therefore, that the issue can be resolved and the beneficiaries would not have to be handling traumatic situations just by themselves.

Life skill sessions are conducted in which the beneficiaries are taught healthy habits related to hygiene maintenance, awareness session about menstruation and usage of Sanitary Pad is explained.

Junior Shakti and Senior Shakti session take places, which consist of storytelling to the beneficiaries such as how it is important to say NO to things at times. This story teaches our girl that it is ok to say NO at times, as it is an important part of life. The same was imparted in the senior Shakti session but emphasis on being alert about situation was also highlighted.

Similarly, the sessions were based on reality instances such as trafficking, acceptance of being different, good touch and bad touch.

“The teachers were disappointed in me and I felt discouraged but now I have decided that I will not only change my behavior and bring more discipline in myself but also bring a change in the opinions of teacher’s that they have for me. I will make sure that my group will be the winner of the Star Chart this month”- Ragini*, 13, Udaan beneficiary.

Udaan-Umang session are also conducted as mentoring the main motive of which is to make the beneficiaries responsible of each other and one’s activities. During this session, the Udaan beneficiaries teach Umang beneficiaries’ different things such as song, dance, educational topics etc. This quarter they took the initiative of teaching small Umang beneficiaries a patriotic song “nana munna rahi hun” as the republic day was nearing. The beneficiaries participated enthusiastically and were very responsive compared to the last quarter.

The beneficiaries are also shown motivational videos such as a in this quarter they were shown a video based on Ilma Afroz it shows cased her struggle and how she finally achieved her dream of serving the country. This taught a lesson to our children to never give up in life instead working hard towards achieving our targets make it easier to achieve them.

Everyday assembly is conducted for the beneficiaries to imbibe in them the qualities of responsibility, enhance bond and disseminate learning.

In addition to add to their vocation beneficiaries are enrolled in fashion designing course where they learn about various stitches and applicability. All the beneficiaries take good interest and create varied designs using different stitches on the cloth.

The beneficiaries also undergo training in spoken English class so that they improve their communication in English majorly focusing on usage of words to formulate a complete sentence. This quarter Ms. Ravina Sutar worked with the girls on framing sentences by using the words “Did, Have & Has” with examples. She also quizzed the girls on the use of these sentences & words.



FASHION DESIGNING SESSION FOR THE UDAAN BENEFICIARIES

This quarter the beneficiaries had Antoinette’s drawing class wherein she focused on tracing Hands & painting inside them & designing the hands. She also emphasized as to how it was different from Henna/Mehendi designs. The girls enjoyed a lot in the session and said that now they look forward to the next class.

In this quarter, we are so excited to tell you that our 5 Udaan beneficiaries have again received an opportunity to participate in Brave Kids to be held in Poland. To provide you with a little background Brave Kids is an international Cultural Educational Program / festival held every year in Poland for the children under the patronage of UNESCO and Polish Ministry of Culture and Heritage to unite children of different background from all over the world in an atmosphere of friendship and respect for each other’s culture.

“I love fashion designing class and I want to put my own designs that I have learnt on my dress”

The team during this quarter has got involved full fledgedly in the preparations for Brave Kids starting from the process of making the beneficiaries passport. Considering the target group that the women beneficiaries belong to they do not tend to have proper documents which are required for making the passport for the girl beneficiaries as the girls are minors so a lot of difficulty and challenges are faced by our team to accomplish the process.

Thus during the process it was observed that: There have been various inhibitions which the women had during making of passport of their daughters. They were counseled to make them understand why we are preparing the passport & what are the issues we would have to face in making the document. After the mother’s meeting the inhibitions were solved and the mothers were completely supportive of the process.

As we have to get all the documents in place or rectified for the process. Multiple visits to the banks, police station, Aadhar card office and the passport office has been part of the process. Hence by these efforts we have been able to complete the process of two beneficiaries successfully and one beneficiaries passport process is ongoing. Thus, a constant effort is being put by the beneficiaries along with the team to make this event a success for the progressive future of our beneficiaries.

HEALTH

PHYSICAL HEALTH:

As the beneficiaries come from a susceptible background and belong to the age where they require maximum amount of nutrition taking these criteria into consideration we provide our beneficiaries with healthy and nutritional meal, which is prepared according to the diet chart.

During this quarter, the diet chart was regularly followed and Kellogg’s has been added as a new addition to their breakfast which is enjoyed by the beneficiaries and the multivitamin supplements were provided in the right time. As part of our Nutrition Aid, 5 times nutrition and 1-time, multivitamins are regularly provided to approximately 70 Udaan beneficiaries.

Their height and weight assessment were regularly done so that we can track the improvement in the beneficiary’s health. Increase in weight shows us improvement in the health of the beneficiary whereas drastic loss of weight indicates that the beneficiary is suffering from a type of disease this quarter it was noticed that the beneficiaries have increased in weight in comparison to the few who have lost a little bit of weight due to their previous ailment.

During this quarter regular medical checkups took place along with a health checkup camp where in the beneficiaries were given de- worming medicine and vitamin E supplement. The beneficiaries were not detected with any major or chronic disease. Most of the children have majorly complained about cold and cough and skin irritation.



MEDICAL CAMP FOR UDAAN BENEFICIARIES

“I like the New Kellogg’s that we get for breakfast it has taste of chocolate”- Harshali*, 6.

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During this quarter regular medical checkups took place along with a health checkup camp where in the beneficiaries were given de- worming medicine and vitamin E supplement. The beneficiaries were not detected with any major or chronic disease. Most of the children have majorly complained about cold and cough and skin irritation.

Not only a health camp but also a dental camp was conducted the assessment of which showed no significant oral problems. This reflects that the oral hygiene of our beneficiaries are well maintained. Both the health camps were attended by approximately 141 beneficiaries.

One of the health-related challenge we faced was chicken pox as it is an airborne disease and lack of space led to the spreading of the disease among other beneficiaries.

The children in order to be physically fit participate in outdoor games and also undergo training in Karate which does not only make them fit and agile but also equips the beneficiaries to defend themselves in times of need.



DENTAL CAMP FOR UDAAN BENEFICIARIES.

MENTAL HEALTH:

In order for the beneficiaries to have a healthy mind we engage our beneficiaries in different activities such as theatre classes, music classes, and art classes and sports activities.

This quarter we had our annual drama event wherein both the centers performed a comical named “Andher nagri chaupat rani” and “Girgit”. As our beneficiaries performed for their mother’s they were very excited and happy. They performed an excellent show and our mother’s (Umeed Beneficiaries) laughed their heart out seeing the performance. It was a site to see wherein the mothers had mixed emotions they were happy as well as proud of the fact that their children were presenting a drama of this caliber.



ANNUAL DRAMA PERFORMANCE BY OUR UDAAN BENEFICIARIES.

The annual sports took place wherein the beneficiaries participated enthusiastically. They had very good sportsman spirit and enjoyed all the games that was organized. The beneficiaries were thrilled to get prizes for their win it made them realize their interest in sports activities. After prize distribution when beneficiaries shared their experience, they were filled with emotions and were not hesitant to put forward their strength and weaknesses and where they would have to improve the next time.

The beneficiaries attend music classes in which they learn songs along with musical instrument. The girls have completed a song and started to learn a welcome song. This month we also started with singing classes for the beneficiaries through one of our volunteers Elena. She started with introduction to notations, basics of singing, voice modulation etc. The girls have also started liking these classes and attentively participating in it.

The beneficiaries often have dance session a motive of which is to relax their mind and as well, as improve their dancing ability. This quarter a team of volunteers (Ceres global) conducted a dance session for the beneficiaries the session-included ice breaking session, which was to depict animal movement and to take out a similar noise and others, had to repeat the same. It was noticed that this activity made all the beneficiaries attentive and excited it caught attention of Udaan younger beneficiaries. They taught basics of break dance and later was taught free style dancing it was a gateway and platform for each child to vent their emotion.

The beneficiaries are regularly having their drama class, which is enhancing their theatrical skill as they pay attention and follow the instructions given by their sir diligently this has brought out a vast improvement in their acting skills which was visible in the annual drama event. It is observed that the beneficiaries along with improving in drama skills have developed the confidence of speaking in front of the peers during the in house programs or activities and are capable to share or present their views or ideas confidently without hesitation. The continuous drama sessions have actually impacted the girls positively to overcome their inhibitions or weaknesses through a creative way.

“I love music class and just for that I wait for Saturdays to come”- Udaan Beneficiary.



DANCE SESSION BY VOLUNTEERS FOR UDAAN BENEFICIARIES

RECREATION

For recreation, purpose children are taken for garden visits and this quarter the beneficiaries had an opportunity to go for Annual Picnic to Essel World - a famous amusement park. They had an amazing time on the different rides, the girls maintained their decorum during lunch time and started their daily prayers in sync. Few other visitors who were also there for having their lunch appreciated the behavior of our beneficiaries. The day for the beneficiaries was relaxing along with a lot of fun and exploration of different rides.

Along with the indoor and outdoor activities we also celebrate various festivals so that the children along with a relaxing activity attain knowledge of various festivals and important days such as Republic day, Women's day etc.

PICNIC FOR UDAAN BENEFICIARIES



This quarter we celebrated makkar Sankranti by making kites and flying them. They also celebrated republic day wherein the children made flags and sang patriotic songs. Women's day was celebrated along with a team from DP world who organized drawing activity and game for the beneficiaries. The game was about memory whether the beneficiaries could retain the names of fruit and vegetables and name them without forgetting. The beneficiaries enjoyed the game and also the snacks that was distributed post the activity.

Another festival during this quarter was Holi wherein the elder Udaan beneficiaries got the opportunity to share the story of Bhakt Pralhad & Narsimha Avatar of Vishnu. The story depicted the victory of good over evil. The story was a background to why Holi is celebrated. After the story was completed the younger Udaan beneficiaries presented a skit which highlighted that religion should not be a barrier in celebrating festivals as everyone is equal. After all the enthusiastic participation and presentation of a meaningful skit the beneficiaries played with colour by coloring each other along with the teachers. The children enjoyed themselves and also understood the background of the celebration.

“It is refreshing for us to visit the garden once in a week. As I do not go home on a regular basis. It helps me relax from the hectic schedule & gives me a breath of fresh air.” –
Rashi* Age 14, Udaan Beneficiary



REPUBLIC DAY CELEBRATION BY OUR UDAAN BENEFICIARIES

NIGHT SHELTER

When our outreach workers did an assessment it was made evident that, the brothel owner /other close-knit community members lured many adolescent girls of Kamathipura into the flesh trade. These brothels are the spaces where their mothers (and the girls themselves, often) are living under. Especially since the brothel owners would find it easier to trap a young girl already living in the community, than to traffic girls from other parts of the country- such a phenomenon has become rather common in the red-light districts of Mumbai. Hence, we recognized the need to provide a safe and secured space for our beneficiaries.

Thus, we run a night shelter where 61 adolescent girls avail this facility. Our night shelter beneficiaries participate in all our educational, health and empowerment-based activities along with the usual extra-curricular, recreational visits and celebrations held at the center during the day.



**UDAAN BENEFICIARIES ENJOYING THE RIDE
AT ESSEL WORLD**

UMANG PROGRAMME UPDATE

“Teacher, when I keep my child at other organization, I can see how bad they treat my child. I like to see the love and care the child gets here at AAWC. Thus I want him/her to live in this organization for 24 hours.”- Umang Mother.

OUTREACH

The toddlers of this community are exposed to many forms of violence and abuse due to which they are susceptible to an exploitative environment. Our outreach team puts in a lot of effort to identify these toddlers so that they can be given services which can help them grow in a holistic environment away from unsafe red-light area or community and give them tools to a better future.

With the continuous effort of our outreach team, this quarter has been able to enroll 9 new members in our Umang program and 443 home visits were conducted to our Umang mothers. Upon enrolments, these beneficiaries have access to kindergarten education (Balwadi), all forms of assistance with their health (ex: referrals, camps, nutritional support, etc.), therapies, interactive activities, exposure and recreational visits and rehabilitative measures like night-shelter house amongst other general support and aid.

EDUCATION

During this quarter a new timetable for Umang Kindergarten was introduced which is designed specifically keeping in mind the aspects of child’s development. It includes activities such as Free play which contains making collage out of buttons, paper balls, stickers, identifying the sound and the object from which it is produced, counting, observing and sharing about any object, matching the pair, classification, identifying the differences between two objects/place etc.

Due to these activities being conducted as part of the timetable the beneficiaries sensory and auditory skills have improved and they are able to identify shapes and sounds easily. This skill has helped them learn shapes, size, colours, animals, birds and vegetables.

Apart from basic education such as alphabets and numbers teachers have also tried to teach words related with our day to day life such as (Day-night, sun-moon, fast-slow etc) the objective of this is to make them understand the difference between different actions, things and commands.

They have also introduced new activities such as putting different things in the box such as beans, pencils using extractor in one hand with the objective of improving their fine motor skills as well to promote their cognitive development. It was noticed that each beneficiary was using a different technique to put the objects in the box.



**CRAFT ACTIVITY WITH UMANG
BENEFICIARIES**



UMANG BENEFICIARIES RECOGNIZING BUTTERFLY THROUGH CRAFT

Overall this quarter it has been observed that children are more participative and interested in the activities due to the innovative learning techniques being used for teaching. The rise in their interest has led to an increase of learning. Though few children still do require the support of their teacher in reading and writing.

This quarter we had educational session by Ms. Marina Dutta with the beneficiaries in which she conducted yoga for children, storytelling session , Exploring and Discovering the Life of Mahatma Gandhi using Flash cards and with the help of replicas of Mahatma Gandhi’s Spectacles, Turban, Chappals, Spinning Wheel, Indio, Salt, pocket watch, Radium Torch, Inedible Ink, Three monkeys, Collage of crazy Chinese floor Mosaics and freedom fighters while listening to music from Bluetooth speaker, Sorting collage material with delight and folding flag handkerchiefs.

E-learning sessions were conducted with the beneficiaries where in videos are shown of various fruits, vegetable, domestic animals and wildlife. This quarter the children were shown videos of water conservation wherein explanation was given to children how we should not waste water and conserve it for future utilization. The children listened attentively but due to their short time of concentration it was difficult to explain the whole concept of rain to them. But when questions were asked to the children it was observed that they understand basics like the tap should not be kept open from a longer time as they were thinking and replying to the questions.



MS. MARINA DUTTA'S SESSION RECOGNIZING FAMOUS PERSONALITIES

The other session was on five senses video in the relation to the topic was shown and then children were asked to relate their part of the body with the senses it was observed that the children understood the five senses well and were able to point the correct part of the body.

Regular ‘Children Future Planning Sessions’ (CFS) during mother’s meeting (CFS) was conducted during this quarter which was included information about Measles and Rubella vaccinations. It was noticed that the mothers during the meeting were attentive as they were not aware about the vaccination. We imparted all relevant information regarding the vaccination and also requested them to spread the word in the community.

In the CFS meeting we also discussed about the health, progress and development of their children and in which they need to give more attention and we showed them art & craft things which were prepared by their children. They were really happy to see the things prepared by them. Apart from this we even shared the incidence of chicken pox and explained to them that as it was a communicable disease we had to send the children home as it could have affected the health of other children. After hearing this the mothers of the beneficiaries were very supportive of the decision and they well understood the reason behind the decision made.

The other CFS meetings objective was to inform the importance of birth certificate and birth affidavit to the mother's. As one of the necessary documents required for school admissions. They were informed about the process of school admission and the documents required and were also requested to submit the document which will help us for the school admission or else would create a hindrance during the child's admission in upcoming academic year. It was seen that the mother's understood the importance as two mothers' immediately showed interest by approaching us to help them obtain birth affidavit of their child.

This quarter on a daily basis social skill sessions were conducted on topics such as good touch, bad touch, greetings of the day, good habits to maintain hygiene, toilet training, good manners and eating everything without making fuss.

The beneficiaries were taken for an exposure visit to Kidzania (an amusement cum career guidance cum entertainment park) in order to understand the roles of different professions (doctor, fire fighter and police men) through practical implementation as they provide set up of hospital emergency room, Police Station and fire brigade office along with fire extinguishing tools.

Along with the role playing activities the kids also got an opportunity to visit the factory set up of Kellogg's and fruity. The beneficiaries were shocked to see the preparation of these items as they consume it at a regular basis. It was observed that the beneficiaries were disciplined and attentive during the process The beneficiaries enjoyed the visit and snacks provided

HEALTH

PHYSICAL HEALTH:

As the beneficiaries come from a susceptible background and suffer from malnutrition it is imperative to provide them with nutrient filled meals for their growth purpose as they belong to the age group maximum amount of nutrition is required as the basis of their further physical development taking these criteria into consideration we provide our beneficiaries with healthy and nutritional meal, which is prepared according to the diet chart.

During this quarter, the diet chart was regularly followed and Kellogg's has been added as a new addition to their breakfast which is enjoyed by the beneficiaries and the multivitamin supplements were provided in the right time. Their height and weight assessment were regularly done so that we can track the improvement in the beneficiaries' health.



MEDICAL CAMP FOR UMANG BENEFICIARIES.

During this quarter regular medical check-ups took place along with a health check-up camp where in the beneficiaries were given de- worming medicine and vitamin E supplement. The beneficiaries were not detected with any major or chronic disease. Most of the children have majorly complained about cold and cough and skin irritation.

“They have good oral health, most of the children have clean teeth.”- Dentist

Not only a health camp but also a dental camp was conducted the assessment of which showed no significant oral problems. This reflects that the oral hygiene of our beneficiaries are well maintained.

One of the health related challenge we faced was chicken pox as it is an airborne disease and lack of space led to the spreading of the disease among other beneficiaries



DENTAL CAMP FOR UMANG BENEFICIARIES

MENTAL HEALTH:

Acknowledging the fact that most of our beneficiaries are born into single parents, violent or broken family structures- their first contact with society, we recognize the fact that these toddlers may not have formed satisfying relationships or learnt to emote coherently in their early childhood. To combat further development of their emotional instability and prevent any mental health crisis in the future, we hold various therapy sessions with our Umang beneficiaries. This include art therapy and referrals to external experts for aid with severe mental health issues.

In order to provide a congenial environment and sufficient amount of exercise we take the beneficiaries for garden visits where the play games and outdoor activities are conducted.

To maintain good health, we conduct fitness activities such as yoga and sports.

This quarter we held the annual sports for our Umang beneficiaries. They were very excited during the entire event and were also very happy to participate in all the sports activities that was organized. Activities such as Running race, Lemon and spoon, Frog Jump, Potato race, and throw ball were conducted. It was very interesting to see that the beneficiaries understood the activities and knew that it was a competition they were happy to receive chocolates after the event.

Indoor games are also included such as Catch and throw game, Bowling, Blind man's bluff was played in the center. Teachers also give them time for their free play where they play with the toys according to their choice.

This quarter free dance hour was conducted by the volunteers from ceres global the beneficiaries enjoyed the music and danced their heart out. It was noticed that the children were following the steps of the volunteers attentively and were trying to do it exactly the same way.



ANNUAL SPORTS FOR UMANG BENEFICIARIES



DANCING SESSION FOR UMANG BENEFICIARIES.

‘On Sports day we saw that beneficiaries who were quiet, are being so sporty and are playing with the fellows actively’, a staff attendant shared her observation.

In order to provide a time of enjoyment along with making them understand our of various festivals this quarter we celebrated Makarsankranti wherein the beneficiaries participated in kite making the beneficiaries were very excited when the elder beneficiaries were sharing how they flew kites with their elder siblings when they go home, younger beneficiaries were quite overwhelmed to see the kites with beautiful designs. The teachers along with the kites explained them reason for celebrating Sankranti through telling them a story.

We celebrated republic day with the beneficiaries where the beneficiaries sang national anthem along with the teachers and as part of art and craft session made the national flag

Teachers celebrated Shivaji Maharaj Jayanti by sharing the story of Shivaji Maharaj with Umang beneficiaries. Umang beneficiaries actively listened to the story and were quite amazed to hear about battles and horses.

This quarter we also celebrated Holi with our Udaan and Umang beneficiaries during the celebration all Udaan and Umang beneficiaries were asked to stand in a row in pair facing each other. Then one by one teacher distributed colors to Udaan and Umang beneficiaries, then they both applied the colors to each other. Then with the joy of having colour on their hands, all children became so excited that they started throwing colors to each other and started applying it on everyone including teachers and staff. They also reciprocated in the same manner. Few of the Umang beneficiaries were scared and were not comfortable to play initially but once they realized that everyone is having fun, they were also participating in the celebration. All beneficiaries were dancing and jumping with the joy after seeing everyone specially the teachers in colorful faces.



HOLI CELEBRATION WITH UMANG BENEFICIARIES

NIGHT SHELTER

We also run our own rehabilitative night shelter for the most vulnerable toddlers and adolescent girls of women in prostitution. Acting as a safe space away from the disturbances and brutalities of the red-light district, our night shelter provides a home for many young children who have never known the comforts of a family and healthy living. With a capacity of 25 toddlers, the members of the night shelter have access to all the other Umang activities like education, health, empowerment, extra-curricular, recreational and exposure visits, and celebrations held at our centers.

SUCCESS STORY

Rina* now 4 years old, was just 2.5 years old when she was enrolled in the day care shelter of AAWC. Her mother could not take care of her during night due to exigencies of her work. Her mother is highly active in the red light area as a result her mother used to drop her at the day care shelter she realized that her daughter is learning so many new constructive things so she started trusting the organization and kept the child in night care shelter. Initially Rina* used to do sexual enactments and used to hit/bite other children. Thus no one wanted to play with her. In academics also she was very weak as she didn't participate in any activities. However, with staff's perseverance and support, after months, she showed lots of improvement, she not only participated in all the activities but also performed well. She has improved her social skills as well. She has become friendly and she takes care of young beneficiaries, she has also understood the concept of good touch- bad touch. She loves and takes pride in assisting the teachers during the activities.

CAPACITY BUILDING

- We conduct both in-house and outside training programmes for the staff in order to provide them with skill sets that they can use for the betterment of the beneficiaries effectively such as Team building, Communication, Planning & Organizing, Team Management Motivation and Leadership.
- Outreach team attended training on Stress management to deal with their burnout and frustration while maintaining their productivity.
- A special Training workshop on 'Counselling Sexually Abused Children' helped Program Managers to identify and address it sensitively.
- Teacher's Training sessions on 'Early Childhood Care, Education' & Kindergarten Teaching Skills', have made the staff more creative in dealing with the beneficiaries. It has helped them understand varied objectives behind the activities that are conducted as their understanding has improved that has helped them come up with more creative activities so that the beneficiaries can learn more and also add on to their development.
- The training sessions on Behaviour & Emotional Management of Hyper Active/ Aggressive children/learning delays have also expanded the knowledge of the staff about various methodology, rules and regulations that one needs to follow while dealing with women and children.
- Our staff this year have also attended workshops on child development and their mental health that train them in handling children with special requirements or children who have undergone traumatic situations.
- A two days training cum outing helped staff in distressing while learning skills to deal with the challenges they face in delivering the services to the beneficiaries.
- In this quarter we have had in house training for our Balwadi teachers by Mrs. Vijaya Murthi from ICRI (International child resource institute) the topic for the training was "Upgrading ourselves professionally as pre-school teachers"
- Weekly training sessions are also being conducted where in Mrs., Shaila Chitnis teaches our teachers to make puppets and how use these puppets to facilitate an interactive session. These sessions are having a positive impact as the students are actively participating in the session.
- The workshops were fruitful as the staff understood the various aspects that is to be kept in mind while dealing with a child along with the age, physical aspects, background & cultural influence of the child and the ways to handle the disclosure of the traumatic experience by the child.

WISHLIST

- WALL MOUNT CABINET
- LAPTOPS
- KEYBOARD FOR MUSIC CLASS
- HIGH FLAME GAS STOVE
- A CELL PHONE WITH GOOD PICTURE QUALITY FOR OFFICE USE
- BIG GODREJ STEEL ALMIRAH
- BIG STEEL GRAIN STORAGE CONTAINER

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