



## NEWSLETTER JULY- SEPTEMBER 2019



### Ways to engage



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## Success stories

1) Rekha\* has been part of AAWC for 2 years. She always observed the outreach worker (ORW) who taught her neighbors, friends etc. but she never showed interest in learning but ORW never gave up and kept trying to convince her to enroll into the adult education programme but somehow, she avoided ORW and neglected this idea. But she attended the monthly meetings regularly and was more aware than other beneficiaries.

Through persistent coaxing ORW was successful in enrolling her in our Adult literacy classes. Initially her thought process would be negative that she will not be able to write her name, but she finally overcame her negativity and learned to write her own name after months of practicing.

As Rekha\* was enthusiastic and more aware she decided she will buy a second hand scooty bike for herself for which she applied for a driving license. When she was submitting the application, RTO officer asked her to put her signature on a machine which was very new for her, first she was hesitant and felt as if she can never write her name but somehow she tried writing her name on the machine and her signature was seen on the monitor. As she saw her name on the screen she felt good and proud, her application for driving license got approved. Also she could appear for the computerized test for the eligibility of the license which she passed. It was an achievement for Rekha\* as well as the ORW team who consistently worked with her to get her to this stage.

2) Enrolled in the year 2017, eight-year-old Divya\* possessed an introvert personality when she arrived at the center. Her mother had enrolled Divya\* to the organization on the pretext of being unable to take care of her due to her erratic work hours being involved in commercial sex work, as well as anticipating the high risk to the daughter.

Initially, Divya\* rarely talked with her fellow mates and restricted herself from expressing her feelings with teachers. She restrained from being participative in activities of the organization. Apart from holding an introvert personality, she showed difficulty to trust teachers and fellow mates.

Over these two years with the help of repeated counselling from staff members and teachers, being part of sessions which enhance personal growth and creativity and being part of various sessions which enhance communication, enabled her to become more expressive of her thoughts. Her excitement and participation in the annual Udaan Felicitation program was appreciable. Together with young team members she took part in regular practices and took upon the stage with zeal.

3) ABC, 4 years old, was enrolled in AAWC Day care shelter few months ago. Her mother put her in day center due to her erratic work life and inability to look after her daughter. During initial days, ABC used to cry a lot every time used to ask to let her go to her mother. She used to sit alone in the corner, she avoided other children and did not even respond to teachers, she did not participate in any activity. She was even reluctant to eat lunch.

She was given time to settle in and teachers did not force her to participate in activities; they gave her space and respected her comfort zone. However, teacher used to have healthy dialogue with her time to time in which they introduced her with other children and other teachers. Gradually they asked her to sit in the circle with other children, on which she gave positive response. Once she started observing all the activities she was developing interest to be part of the activities. The improvement shown led teachers to understand her willingness to participate they started taking her in various activities. She has now been participating in all the activities and developing in all aspects.



**FIELD VISIT**

## **UMEED PROGRAMME**

### **OUTREACH**

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. We have been able to conduct 25402 home visits, this quarter, where we conducted both individual and group sessions with the beneficiaries on various topics.

This quarter a Voting ID making camp was conducted in collaboration with Electoral registration office (Mumbai Devi Constituency) department to start the procedure of making the voting card for Umeed beneficiaries. All beneficiaries were very cooperative towards ORW and the team. They followed instructions so the process went smooth. Officials from the department showed immense interest in the interventions of AAWC, they appreciated the efforts taken by the organization and the visibility of the work done during the camp and hands on experience of the officials led to an increase of interest among them to have more such camps in future.

### **EDUCATION**

Adult literacy is having a positive impact on beneficiaries as it is giving rise to interest among the beneficiaries and boosting them with confidence along with inculcating in them a sense of achievement which was clearly visible in instances such as attaining of driving license by the beneficiary as she could give her signature on the application form and could appear the computerized test.

The outreach team noticed an increased number of beneficiaries who have learned numbers/numeric as compared to previous months. Majority of the beneficiaries can now tell the time when they are asked. Old beneficiaries are showing good results and thus could procure Government issued Identity Cards without any hurdles. It has been noticed that the beneficiaries do not need to rely on anybody for cell phone usage or require company to go to banks or in order to avail any government services.

It has been noticed that adult literacy has inculcated seriousness in beneficiaries they understand the importance of education and they are no more negligent about their child's education. They have become more enthusiastic in learning new things as they themselves approach the outreach workers to learn varied things in English language. To conduct the adult literacy programme the major challenge faced by the ORW is identifying and locating beneficiaries to conduct adult literacy programme due to massive raids in the area.



**ADULT LITERACY**

## FINANCIAL LITERACY

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. This quarter, 13 of our Umeed beneficiaries have been able to open their own bank accounts, after rigorous discussions and support from our outreach team.

## HEALTH

### PHYSICAL HEALTH

In order to maintain good health of our beneficiaries our outreach team provide nutritional supplement at the door step of the beneficiaries. The supplement provided daily includes banana, moringa seed, soy milk, bread, etc. Chikki (Peanut Energy Bar)

is a new addition made to the daily supplement being provided to the beneficiaries. The beneficiaries are very happy with the introduction as they are aware about the health benefits of chikki.

It has also been noticed that the beneficiaries slowly through repetitive follow up have started understanding the importance of eating healthy food.

In order to keep the track on their health improvement regularly weight measurements are taken. This quarter it has been noticed that the beneficiaries as a result of side effect of ART has started increasing in weight drastically suggestions have been given to the beneficiaries to exercise daily in order to be fit. The other observation showed that beneficiaries who consume higher level of alcohol reduce in weight as they do not consume food properly. This quarter there has been a significant increase in the CD4 count among the PLHA beneficiaries. In order to maintain the nutritional need, a ration distribution programme was organized for PLHA beneficiaries. It has been noticed that the introduction of the ration distribution programme has led the beneficiaries, start cooking daily meal, which impacted positively on their health. Otherwise earlier they used to skip their meals due to lack of money and subsequently missing on their medicines as well.



**EYE CAMP**

Monthly medical checkups and referrals are conducted regularly wherein it has been noticed that the no of beneficiaries suffering from general health issues have decreased for medical referrals and the few beneficiaries taken were suffering from cold and cough due to the rainy season. More effort has to be put to take the ART patients to the hospital by ORW.

The other objective of medical referral is to make the beneficiaries accustomed to the system of government hospitals. Regular follow ups with the beneficiaries has had a positive impact as it has been noticed that beneficiaries are well accustomed with the way hospitals function and now they take their children on their own to the hospital also beneficiaries have become sensitive towards their own health. They also help new women in the area to know the hospitals, and medical procedure.



**EYE CAMP**

Eye camp was conducted wherein the beneficiaries were thoroughly checked for power in the eyes. The eye camp did not only consist of check-up but also spectacles were made available to be purchased by the beneficiaries in a concessional price by AAWC. As the spectacles could be purchased by the beneficiaries at a cheap nominal price that led to the beneficiaries spreading the word in the community which led to higher turn up of the beneficiaries for the camp. AAWC provided free spectacles to extremely poor beneficiaries.

In the General Health camps the strength of the beneficiaries was approximately 93. In our daily regular hospital referrals, 18 cases have been done for TB patients and 214 medical referrals have been done for antiretroviral therapy (ART) patients. Apart from these, 9 HIV+ women and 2 Tuberculosis (TB) infected women have been identified through regular health check-ups held by AAWC. We have also been able collect CD4 reports for 43 beneficiaries in order to track the improvement in their immunity.

Regular monthly meeting was conducted in this quarter the topics covered in the meeting was to make the beneficiaries aware about the water borne diseases and preventive measures to be taken in rainy season. The objective of the meeting was met as the beneficiaries are aware about various diseases such as malaria, Typhoid, Dysentery etc. and are also got awareness about various remedies to treat and prevent these diseases.

At the eve of World population day, in the monthly meeting the women beneficiaries were made aware about importance of family planning and the global issues being faced due to overpopulation. The women beneficiaries were attentive and understood how important it is to curtail population for development purposes. The session had a positive impact as few beneficiaries came up to the facilitator to get the details of family planning operation. It was a sign of positive acceptance towards the concept. The procedure was explained in detail to the beneficiaries. In addition, the beneficiaries also had an awareness session on family planning and abortion during this session the beneficiaries were made aware about reproductive health, pre-natal, post-natal care along with clarity on copper T and utilization of condoms. The session was interactive and beneficiaries asked question to the facilitator of the session. It was noticed that the beneficiaries received clarity on Family Planning and abortion and they also agreed to undertake checkups for cervical cancer and breast cancer.

The other topic covered in the monthly meeting was Menstrual Hygiene which was conducted in association with period society. They showed video on the taboo associated with the Menstruation followed by discussion among the beneficiaries. Watching the short film on projector was a new thing for the beneficiaries hence they were more attentive. The facilitators of the session discussed about menstruation in detail and the importance of maintenance of hygiene. After the session the beneficiaries were provided by a menstrual hygiene kit, the demonstration of which was also given by the facilitators. It was seen that beneficiaries during this session got introduced to the eco-friendly sanitary napkins which would be cost effective for them. Area activity was conducted to spread awareness about Cervical Cancer. The symptoms of cervical cancer were shared in detail. The outreach member also conveyed to the beneficiaries to immediately visit a doctor for consultation if any of the symptoms were visible. The beneficiaries listened to the symptoms carefully and learnt about cervical cancer. The session was interactive as the beneficiaries put forward their hesitation and also clarified any doubts that raised in their mind.

The other topics covered during the area activity was Consumption of Chikki its health benefits and consumption of Healthy diet and nutrition required by the human body ,importance of immunization for children, services provided by Government hospitals and information on why the skin infections keeps reoccurring and what is the right step to be taken to control it. During the area activities the beneficiaries understood these topics and incorporation of the same is being noticed in their day to day life.

## HEALTH MENTAL HEALTH



**MENSTRUAL HYGIENE SESSION**

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 131 counselling sessions. It was noticed that the beneficiaries fear a lot to even talk about HIV tests. Even if they suffer from skin infection, and frequently suffer from various infections, they avoid to do the HIV testing. They become reluctant to even accept the fact that they might be suffering from HIV.

These situations make it imperative for the ORW team to counsel these beneficiaries persistently to make them understand that HIV testing is important and it would help them take further steps to control any further harm to their health. To help beneficiaries overcome their beliefs in myths, misconceptions and superstition area activity was conducted that if somebody is ill and has not been cured for months that does not stand for possession of the person. The person requires through treatment. The session was challenging as the beneficiaries disagreed with the ORW and stayed stubborn with their beliefs regular follow up and counselling would be required with these beneficiaries to make them understand the difference between reality and myth.

## EMPOWERMENT



**TAILORING SESSION**

This quarter to empower the beneficiaries and develop their skills tailoring and sewing classes have begun in the center. The beneficiaries have started with the basics of tailoring these sessions take place three times in a week. The resource person is very effective as the beneficiaries enrolled in the programme are learning at a very quick pace. It has been observed that the beneficiaries enrolled have an interest in the programme hence they take initiative by themselves to even practice during other days. The beneficiaries have learnt to make half pants for Umang children and New beneficiaries have learned to take the measurement and cut the cloth piece accordingly. The impact of sewing classes is seen in a beneficiary who has started using the skill imparted to alter clothes of the neighbors. In order to spread awareness about Independence day and awareness about the Country – India, Personal Safety measures, Job skills training, Teacher's day and importance of learning, Positive thinking, International Literacy day and Fake Calls/Spam messages area activities were conducted.

It is noticed during the area activity that the beneficiaries are alert and more attentive. They understand the topics well and do not hesitate to ask any queries. In the area activity on Independence Day beneficiaries made flag of India after the discussion about why we celebrate independence day. During the personal safety measures activity, ORW advised the beneficiaries to keep lock on their phones, to keep the money in safe place etc. ORW also explained them about Cyber crime and where they can go to lodge the complaint.



**INDEPENDENCE DAY  
CELEBRATION**

The beneficiaries were also explained the importance of Job skills training which will help them to earn livelihood once they get old. At the eve of teacher's day beneficiaries were explained why teacher's day is celebrated the discussion made the beneficiaries nostalgic about their first teacher, the session of positive thinking was incorporated for the beneficiaries who always demean themselves and lack positivity in thoughts the discussion helped these beneficiaries to realize the good aspects of their lives, during International Literacy day importance of education was discussed with the beneficiary. As many beneficiaries are receiving fake/ spam calls the ORW explained the beneficiaries to undertake precautions and to avoid sharing any details when such calls are received.

In the monthly meeting the beneficiaries were introduced to the life skill training of Aggarbatti (incense sticks) making. It was noticed that the beneficiaries understood the importance of learning one life skill for sustainability purpose in future. The outcome of the session was excellent as many beneficiaries came forward in order to enroll themselves in the workshop. Some beneficiaries also put forward the request of starting tailoring classes in Falkland road center at the earliest.

## **RECREATION**

Different types of festivals are celebrated with the beneficiaries to make them understand the importance of celebration of these festivals. This quarter Raksha bandhan, Eid, Independence day was celebrated. Rakshabandhan the beneficiaries tied Rakhi to the CEO and field Director as the sign of bonding and security and respect for providing them the services which has helped them develop. During Independence day celebration beneficiaries had come in large numbers. Field director spoke about Independence day and why we celebrate this day followed by a patriotic song; ORW also added about freedom struggle. Few beneficiaries also shared what they feel about their country.

After the National Anthem, beneficiaries were given snacks and Ration. Beneficiaries were participative and were paying attention throughout the program. These celebrations provide a platform for the beneficiaries to unwind their tiredness which comes with their erratic work life. It is a place where beneficiaries strengthen their relationships with one another and get a feeling of one community.



**RAKSHABANDHAN CELEBRATION**



**TUTION CLASSES**

## **UDAAN PROGRAMME**

### **OUTREACH**

The objective of the field visit is to make the mothers understand the consequences of absenteeism among the Udaan beneficiaries. Our outreach team members make continuous effort to encourage the mother's to send their daughters to our center to avail our services for their overall development. Regular school visits were conducted in order to follow up and talk about strategies that enhance learning among the beneficiaries, track the progress in their studies and school admissions. We received feedback of the teachers and principals of the school which was positive and highlighted the development in the beneficiaries in their studies as well as overall behaviour.

### **EDUCATION**

#### **FORMAL EDUCATION**

Regular in house tuition classes are conducted with Udaan beneficiaries to help the beneficiaries in school studies. They are equipped with better clarity of concepts and strong basics. A difference has been noticed in the approach of teachers in the teaching method in order to acquire attention of the children who do not reciprocate with the teachers. The teachers have started focusing on different subjects to generate interest and also conducting regular Friday sessions on varied topics such as body parts, functioning of a library, functioning of senses and body organs, food adulteration and 'swar aurvyanjan' (Hindi vowels and consonants).

To develop in beneficiaries a habit of writing their routine and expressing their feelings about events journal writing is regularly practiced among the beneficiaries. The elder beneficiaries have started writing details of the whole day and express their moments of like and dislike along with writing skills to polish their verbal communication spoken English classes are conducted. A risen interest in spoken English classes is visible as most of the beneficiaries make an effort to communicate by formulating simple sentences and incorporation of tenses which will bring about an improvement of language.

**"I do not feel bored during newspaper activity as I want to find out more words than other team members."- Young Udaan beneficiary**

To improve the reading skills of the younger beneficiaries' newspaper reading is conducted where in the beneficiaries are given newspaper and are asked to identify one letter and two letter words. The visualization and identification makes the process easier and this paces up the learning process of the beneficiaries. It has been observed that the team members are able to better understand and identify words during tuitions and in school due to the reading supplement in the form of newspaper activity.





**COMPUTER SESSION**

In addition, a reading assessment was conducted for Udaan beneficiaries through the utilization of reading assessment tool. The outcome showed that beneficiaries had vast difference in their reading skills. In order to improve general knowledge of the Udaan beneficiaries' general knowledge sessions are conducted on various topics and methodology such as about vegetables by actually seeing different vegetable, displayed to them by teacher, about famous places of Mumbai through an educational video and verbally learnt about the days of week followed by interactive discussion. Visual perception helps the younger beneficiaries retain and learn quicker the impacts of which was visible during the school assignment the younger beneficiaries were able to themselves recognize vegetables and correctly paste the pictures of those vegetables in the project book.

Weekly Computer classes are conducted and the impact of the computer skill is clearly visible wherein Elder Udaan beneficiaries are capable of helping other students in their school to search educational content and create assignments. The beneficiaries are very attentive in the computer class and look forward to learning new things on the computer which will further enhance their skill. Currently the advancement is seen in them as they are able to process the content such as video, page making, stories shown to them and create word documents of their own in order to answer questions based on

### **IN-FORMAL EDUCATION**

Along with formal education it's important to inculcate good moral values as well as horn social skills for further empowerment of the beneficiaries. Moral value education classes are conducted wherein the beneficiaries are introduced to good value system. This is done in order for the beneficiaries to understand the difference between right and wrong through various medium such as orally, with help of videos and practical application. This platform is also utilized to give a better understanding to the beneficiaries of the prevalent social issues such as hygiene, effectiveness of practical education, gender inequality at homes, environmental issues.

The impact of these issues have been very positive as the beneficiaries have learnt the importance of maintaining hygiene, they have understood that rote learning is not the right way of learning anything rather than understanding of the concepts is important. The beneficiaries understand what is gender equality and also try to remember any instances where they have been treated differently compared to their siblings.

By understanding about the environmental issues it was observed that the beneficiaries developed an understanding on difference between dry and wet waste, understood about environmental issues and what initiative could betaken on individual level to prevent the environmental issues from aggravating.

In order to imbibe leadership qualities along with boosting of confidence among the elder beneficiaries Udaan- Umang sessions as mentor-mentee are conducted. These sessions help the elder Udaan beneficiaries to take up responsibility and teach various things to the younger beneficiaries that would impart knowledge as well as it adds to their skills. This quarter the session was to communicate the importance of exercise to young Udaan team members and Umang team members along with an action song in the end, the other topic covered was maintenance of health during monsoon season. Further to enhance the leadership quality the weekly star chart system is followed wherein the groups who responsibly perform all their task and attain maximum star get rewarded. This reward system makes the beneficiaries competitive and makes them strive towards betterment.



**SESSION ON DIGITAL EDUCATION**

Senior Shakti sessions were conducted with elder beneficiaries wherein the beneficiaries were reintroduced to the concept of budget. The beneficiaries seemed to be unfamiliar before with the concept but when the facilitator provided day to day examples the beneficiaries got familiar with the term in return they were able to understand their monthly household expenses. It also helped them to think in terms of monthly expenses against monthly earnings of their family. Junior Shakti sessions are conducted with young Udaan beneficiaries to introduce good habits and improved behaviour in them. In the session a story was recited which made them understand to be helpful to one another. It has been observed that the beneficiaries implement the learnings from the session in the day to day activity. The other story brought into light to them that it is good to be curious and ask why which would help them understand things better. The other topic covered was being persistent and determined to achieve goals.

Udaan Mother's meeting is regularly conducted wherein the mothers were briefed about food habits of their daughters during weekend home visits and discuss upon the issues that mothers face. The impact of the briefing was that mothers agreed that junk foods readily available in the market are not appropriate for children's health and they would try to cut down on it while girls' are out on mothers' responsibility.

The other meeting highlighted on the progress of children in school with mothers, address the issue of irregularity of children in schools due to uninformed plans of taking the children from center for long period. The discussion was taken positively by the mothers and they understood the impact of irregularity can have on the education of their children.

The other meeting highlighted on the importance of opening a savings account for their children. During this meeting it was seen that Mothers were already convinced that savings account is essential for their children's future. They further enquired about the process of documents for the purpose of opening accounts in the name of their children. The mothers also took in a positive light that change of names is not advisable otherwise which is very common amongst them. Mothers were also oriented and learnt about difference between birth certificate and birth affidavit. The meeting also briefs the mothers about undertaking vocational training and varied options of vocation they could opt for. The briefing session brought positivity among the women Mothers were very excited with the idea of learning something that would help them earn and maintain a sustainable living.

In order to maintain discipline and improve behaviour among the Udaan beneficiaries regular Udaan monthly meetings are conducted in which topics of importance such as hygiene, being responsible, cooperative behaviour are discussed with the beneficiaries. These sessions have a positive impact as this makes the beneficiaries realize the mistakes they commit and gives them an opportunity to work on them again.

This quarter a discussion took place with the beneficiaries wherein the concept of Children's internal committee was introduced with them. Stating monthly meetings would be a platform to discuss all the concerns of the beneficiaries. The encouragement provided by staff members the beneficiaries to share their thoughts while in meeting, motivated few of the team members who shared their feelings about the activities which they become a part of in their routine and also expressed their positive feedback for the felicitation program. The beneficiaries during the Udaan monthly meeting were explained about personal space its importance and respecting the personal space of others. After the session it has been observed that the beneficiaries understand that teachers are required to be given space hence the unnecessary clinging of younger beneficiaries have comparatively reduced in nature which is visible during day to day activity.

In order to add to their Vocation beneficiaries are involved in fashion designing classes. The beneficiaries are well versed with different type of embroidery stitches and have currently started embroidery design on Kurtas. Each of the Udaan team members enrolled in Fashion designing classes are seen engaged in the process diligently. The fashion designing sessions satiate the need of Udaan team members to indulge in creative action.

Easy cooking sessions are conducted for the beneficiaries to get well versed with simple recipes that can be prepared. It has been observed that the beneficiaries have overcome their inhibition of cooking on the gas rather they enjoy these sessions and experience joy in making others taste the recipes they prepare. During this quarter they prepared Dhokla (A Gujarat food delicacy), Poha chivda and fruit salad.

In order to improve the understanding of Digital education session was conducted by One future collective to introduce the beneficiaries to the importance of digital learning by creating a digital library of pool of information this session has made the younger team members view internet as a pool of information and knowledge. Because of the digital literacy session, team members have been able to understand the positive part of internet. They have also shown curiosity of learning more about computers.



### **ECO- FRIENDLY GANPATI MAKING SESSION**

Efforts are made to make the beneficiaries think creatively for which Interactive sessions take place which involve physical activities and art based activities that are thought provoking. These sessions are conducted with Art First it has been observed that the activities conducted are helping the beneficiaries to imbibe imagination though it is a continuous process among the beneficiaries.

To expand the knowledge of beneficiary's various exposure visits are conducted the beneficiaries were taken to the CSMVS museum where in the beneficiaries received an opportunity to learn the process of traditional art of painting coconut masks from Andhra Pradesh, learnt basic hand mudras of Kathak, and observing intricacies of paintings in the museum. It was noticed that the beneficiaries enjoyed the sessions and were really happy with the way they got exposure.

To sensitize beneficiaries upon celebrating the Ganesh festival in an eco-friendly way the beneficiaries got an opportunity to learn to sculpt an eco-friendly Ganapati.

The volunteers and the CSMVS museum personnel recited the story of Ganapati in a child-friendly manner, by making use of facial expressions, hand gestures, voice modulation and catchy lines. This made the team members pay undivided attention, as well as made the session enjoyable. After the session it was noticed that the elder Udaan beneficiaries tried to teach the same eco-friendly Ganapati to the younger beneficiaries which showed their interest in the task. The beneficiaries were a part of the clock making workshop at CSMVS. As the activity was new for our beneficiaries they were eager to learn the process of making it due to their attentive behaviour they grasped the making very soon. Our beneficiaries were pushed to make Unconventional clocks.

As part of the exposure the beneficiaries were taken to the Naval dock in order to know about the Indian Navy Ship and its role in defense services. The beneficiaries observed the old ship's machines, modules and were informed about their role. They also saw photographs of various ships but it was observed that the beneficiaries could not grasp much about the importance of the ship and its functioning.

The beneficiaries were taken to a ISRO exhibition to attain knowledge about space technology. The children during their visit learned about the latest space mission by ISRO, Chandrayaan- second, about the outer space and the planets. During the exhibition we faced a challenge wherein due to lack of a resource person the beneficiaries could only grasp whatever information they could by seeing video and models on their own. The staff member and the volunteers tried providing the beneficiaries to best of their knowledge related to space technology. But having a resource person would have intensified their learning experience.

## **HEALTH**

### **PHYSICAL HEALTH**

It has been observed this quarter a reduction in the number of medical referrals have happened which shows that the regular right hygiene care along with nutritional meal and Multivitamins are having a positive impact on the beneficiaries as it is helping them develop a strong immune system which in turn is protecting them against any infection or diseases.

The nutritional meals are based on a diet chart keeping in mind the nutritional requirements of the beneficiaries. Height and weight measurement of the beneficiaries are done regularly this quarter it was noticed that the beneficiaries who are regular in the center have increased in weight but the beneficiaries who are regularly absent or irregular to the center are coming back with a decrease in weight, which has made us realize that the diet filled nutrition programme being followed in the organization works well on the health of the beneficiary.

For regular monitoring of the health of beneficiaries monthly medical checkups are conducted. It was noticed during this quarter that no major illnesses were noticed this monsoon season due to the maintenance of hygiene, health and healthy habits.



**EYE CHECK-UP CAMP**

This quarter dental camp was conducted for the beneficiaries wherein the beneficiaries were thoroughly checked and were provided with a dental kit. The dentists were happy and satisfied to know that our beneficiaries were following a two time brushing routine everyday which has helped them to maintain their teeth healthy. After the check up camp a dental care awareness session was also conducted wherein the beneficiaries were showed how they can keep their teeth always healthy. The session was interactive which kept the beneficiaries attentive throughout.

An eye camp was also conducted for the beneficiaries in the center it was noticed that very few beneficiaries required spectacles which was allocated to them. It was observed that many beneficiaries were enthusiastic about the camp and some beneficiaries were hesitant to check on the first go.

In order to make beneficiaries aware of the process of menstruation and maintenance of menstrual hygiene a session was conducted by Family Planning Association. The session was informative for the elder Udaan beneficiaries. The session also raise curiosity among the beneficiaries to gain further knowledge about reproduction process and HIV AIDS.

In order to keep the beneficiaries physically fit the beneficiaries undergo Karate classes which keep them active and energetic. The activity also helps them in defending themselves at any unforeseen scenario. Along with Karate classes the beneficiaries this quarter were introduced to Yoga Sessions comprising of breathing exercises along with varied yoga postures. It was observed that the session helped in making the beneficiaries calmed and composed and it also developed an interest in the beneficiaries towards physical fitness.

### **MENTAL HEALTH**

In order to provide beneficiaries with good mental health beneficiaries are regularly taken for garden visits and they participate in various co-curricular activities they also indulge in various indoor games which help reduce stress on their mind and relax. The beneficiaries are regular with the drama class during this classes along with honing their theatrical skills the beneficiaries get an opportunity to express and vocalizing their emotions. This helps them deal with their stressors and become confident to perform in front of larger group and audiences.



**DENTAL CAMP**

This quarter as part of the training process the beneficiaries were taken to NCPA for Kathak dance performance in order to watch and learn the technicalities of a professional stage act. The beneficiaries were attentive and appreciated the coordination in the steps of the dancers. They paid attention to the facial expression of the dancers as well it made them realize the importance of expression in a performance.

The other activity they are involved in is music classes where they play instruments and learn songs which completely relaxes them along with improving their musical skills. In order to make the beneficiaries aware of mental health and importance of expressing feelings session was conducted by one future collective wherein they used simple materials to talk about intense topic of mental health and emotional health through activities, followed by reflection and discussion. The session helped the beneficiaries to develop an understanding on what is meant by mental health, how important it is to reasonably let feelings out from time to time before they accumulate and take a severe form. They also understood that mental health is subjective to every person. The session provided a platform for beneficiaries to share which engaged the beneficiaries and helped them overcome their inhibitions and speak individually, in group and in pair.



**FELICITATION PROGRAMME FOR  
UDAAN BENEFICIARIES**



**PERFORMANCE AT BRAVE KIDS  
FESTIVAL.**

## RECREATION

Many festivals were celebrated this quarter such as Rakshabandhan, Eid and Gopalkala. These Festival celebration tightens the bond between Udaan & Umang beneficiaries without any discrimination based on religion. This is a pure reflection of the value of respecting all religions that the staff teaches to all beneficiaries' during festival celebrations. During festival celebrations beneficiaries are enthusiastic and it also gives them the chance to reflect out their creative abilities of singing, drawing-painting, giving short speeches.

To felicitate and motivate team members for their participation in year long activities Udaan felicitation programme was conducted beneficiaries successfully put up an excellent show in terms of planning and presenting their acts. The objective of the program was seen getting fulfilled when few team members who received prizes for various categories even broke to tears of happiness for being recognized for development in academics, vocations and in terms of ethics and discipline. A positive impact has been visible after the commencement of the felicitation programme it's been seen there has been a significant increase in motivation and drive to perform well in various aspects. Teams that lagged behind in performing duties at the center have started diligently performing their duties. There has been participation, initiative taking and leadership enhancement among team members because of felicitation.

Teacher's day was celebrated by the beneficiaries as a token of their gratitude towards teachers. Team members expressed their gratitude to all the teachers on the occasion by providing handmade cards to them. Older Udaan team members also delivered a short speech which helped the younger beneficiaries attain knowledge about why Teacher's day is celebrated. During the celebration beneficiaries remained zealous throughout the celebration. It also gave them an opportunity to reflect out on their creative abilities of singing, drawing-painting and giving short speeches.

## ANNUAL EVENT

Brave Kids Children International festival's 2019 theme is "children teach children" this event brings together children from all over the world in an atmosphere of friendship and respect for each other's culture.

Under the guidance of the project facilitators, the selected girl participants along with the rest of the participants from twenty other countries during the visit got an opportunity to teach and lead each other, exchange ideas, skills and approaches. During the stay the selected girl participants lived with trusted host families in Poland, and experienced closely their culture and lifestyle. Apart from this, they performed and participated in various workshops that taught them about various art forms of different countries and also got an opportunity to teach our art forms to others. The selected girl participants encountered children between the age group of 8 years to 14 years from countries like Peru, Kazakhstan, Palestine, Uganda, Greece, Russia, Iran, Lithuania, Syria, North Korea, Al Salvador and many more. Children from all the participant countries played, sang, danced and spent significant time together. The girl participants from AAWC presented an energetic dance performance which was a fusion of two dance forms of India. All the other participants enjoyed the rhythm and beat of the song in which our dance was choreographed. An excellent show case of the talent by our beneficiaries led one of our beneficiaries taking a lead position in the group performance in the Grand Finale. They got an opportunity to be part of various workshops, put multiple shows as solo performance as well as group performances before large audiences.

The Journey was filled with experiences and new learnings when the beneficiaries returned back to India they shared their experiences and learnings with their fellow mates. They projected an improved behaviour and confidence and communication skills. The beneficiaries also got an opportunity to show case their performance during the felicitation programme.



**ART AND CRAFT BY UMANG BENEFICIARIES**

## UMANG PROGRAMME

### 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 the toddlers roaming in the community 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 8 new members in our Umang program and 379 home visits were conducted to our Umang mothers. Upon enrollments, 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

#### FORMAL EDUCATION

Teachers have continued to follow the academic timetable for Umang Kindergarten which is specially designed keeping in mind the child's holistic development. Teachers have incorporated certain changes in the Umang routine such as they started giving each beneficiary small responsibilities such as helping teachers to bring craft materials, holding papers, holding water bottle and distributing it to other children, folding their cloths and keeping it in the cupboard etc.

Apart from the regular changes in the chores the activities conducted for an overall development of the beneficiaries were odd man out, free play, magic bag activity, taste activity, slate writing, sewing activity, dominoes, identification of alphabets, book reading, five senses activity these activities are catered to enhance visionary perception leading to cognitive development of beneficiaries, inculcating in them imagination skills to complete any activity, develop their gestation (sense of taste) and improved writing skills, improve gross motor skills along with eye hand coordination, developing an understanding of alphabets which help them in identification of word and basic reading and understanding of five senses.

The overall impact of the educational activities has been positive wherein beneficiaries are becoming more responsive and observant, they understand the instructions easily, they ask questions which shows that they are developing curiosity. The beneficiaries are able to perform all the activities without any hurdles and the group activities are resulting in the formation of connections/relationship with other children. Younger beneficiaries are showing tremendous improvement in their language skills. They can say words and even form sentences.



**FINE MOTOR SKILLS ACTIVITY**

In addition, beneficiaries are involved in extracurricular activities such as Art and craft Activities, Rain Scenery –Drawing, Paper fan – Origami, Paper Frog, Rakhi for Rakshabandhan celebration, snail, water color activity, finger painting, Ganapati – Paper cup sand Clay, Fish Tank, Paper doll, Crushed Paper Ball were made by the beneficiaries. These activities are conducted to enhance knowledge of beneficiaries about monsoon season, improve fine motor skills, facilitate the creativity among the beneficiaries, bring about intellectual development and provide clarity of various concepts. Ms Marina Dutta's session are conducted wherein the beneficiaries tend to learn English faster as they hear Marina Dutta communicate in English with them, they also tend to recite the story along with Marina Ma'am which has helped them immensely in language development and understanding of work, they have also become efficient in completing the work Marina ma'am is happy with the performance of the beneficiaries. Beneficiaries have become effective in completing all the activities.

Currently focus is being given to Table etiquette's, where the beneficiaries have practical experience of using cutlery on the dining table. The children are learning how to have soup with the help of spoon. It has been noticed that the beneficiaries are improving their five senses, motor skills, cognitive skills and social skills. Regular monthly assessments are conducted orally for both younger and older Umang beneficiaries. The assessment shows that elder Umang beneficiaries have clarity in speech while pronouncing words which is a sign of speech development among beneficiaries whereas the younger beneficiaries are very good with their general knowledge as they know about animal, birds, parts of body etc. E-learning sessions are conducted for the beneficiaries as visual representation help them in learning faster and retaining subjects longer. By visual and audio representation beneficiaries were taught poems and action songs.

Udaan and Umang sessions are conducted where in the Udaan beneficiaries highlight and teach younger beneficiaries topics of importance and which has relevance to their daily life this quarter the beneficiaries taught Umang beneficiaries about Rainy season such as what we use during the rainy season, what care we need to take etc. The beneficiaries were attentive and Udaan's session was very detailed. It has been noticed that the beneficiaries are now well aware about which month rains occur and in what way they can protect themselves from getting wet during rainy season. The clarity of the topic is visible among the beneficiaries as they now immediately ask their teacher to carry an umbrella when it's raining outside.

The other topic covered was good habits the Udaan beneficiaries reiterated to Umang beneficiaries about what is good habits it was noticed that the younger beneficiaries carefully listened to Udaan beneficiaries and after the session have started implementing good habits in their schedule they have started washing their hands, combing their hair and greeting other people etc. Udaan beneficiaries also teach younger beneficiaries songs during the session Umang beneficiaries learnt a patriotic song along with action. The motive of undertaking this session was to instill the beneficiaries with the feeling of patriotism starting from a young age.

Apart from the sessions and activities for the beneficiaries' regular child future planning sessions are undertaken where the mothers are made aware about their child's progress and are also instilled with skills to help them nurture their child in a better way. As the mother's lack to follow rules and regulations of the organization the mothers were made aware about the rules and policies of the organization. The mother's acknowledged and accepted to follow the rules ardently it was noticed that the mothers who were irregular and did not follow timelines have started following the timelines.

Mothers were also asked to send the children regularly to Balwadi(Kindergarten). The problem being faced by teachers due to absence was discussed with them and also the benefits of the services provided were again explained. The result of the meeting was fruitful as irregularity among the beneficiary has reduced. Regular social skill sessions are conducted in topics such as good touch bad touch, toilet training and cleanliness, fighting and hitting other children, not to cling to the visitors or teachers, eat without making fuss, eating healthy and not using abusive language with an objective to bring and overall social skill development which will be helpful for them to start main stream schooling and also help them unlearn certain bad and unhealthy habits. It has been observed that the beneficiaries have become more sensitive towards other children and also children have stopped using abusive words which was learnt as an impact of their community.

## HEALTH

### PHYSICAL HEALTH

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, taking these criteria into consideration we provide our beneficiaries with healthy and nutritional meal, which is prepared according to the diet chart.

This quarter it has been noticed that the beneficiaries have increased appetite which is a positive sign of good health. Nutritious meal along with timely multivitamins are improving their health along with an overall improvement in their behaviour they are energetic and happy, they participate in all the activities actively. In order to track progress in health regularly height and weight measurement is done of the beneficiaries an increase in height and weight show a positive development whereas loss in weight indicates health problem or sudden increase in height.



**DENTAL CAMP**

These quarter beneficiaries were taken for monthly medical checkup where in the beneficiaries were thoroughly checked on the basis of the updates provided by the teacher. It is observed that the beneficiaries are not scared of the doctors they confidently respond when they are asked if any health issue is being faced by them. It was noticed that no beneficiary was suffering from any major illness and number of medical referrals are reduced due to maintenance of Hygiene in the shelter.

It has been observed that beneficiaries initially enroll with the organization, have to be taken for frequent medical referrals but as days pass the medical referrals reduce as a result of the services provided. A few exceptional children do return with skin infections during their weekends home visits due to poor hygienic conditions back at their homes.

### 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.

For recreational purposes beneficiaries are taken daily for garden visits and are engaged in indoor games. During the visit's beneficiaries get to engage themselves in many outdoor games and other activities which makes them energetic and happier. It has also been noticed that the beneficiaries are quite relaxed throughout the day after the garden visit and they have a more relaxed attitude and do not throw any fuss around the day.

The beneficiaries are also doing regular exercises and meditation. This calms the beneficiaries down and make them physically fit at the same time. Exercising makes them energetic and keeps them productive throughout the day. The beneficiaries like to participate and do exercise daily.

### RECREATION

All festivals are celebrated with the beneficiaries to make them understand about varied festivals and why they are celebrated. This quarter rakshabandhan was celebrated where the younger beneficiaries tied Rakhi (a decorative thread to be tied on the wrist as a promise of protection, love and care) to the older beneficiaries as sign of brother hood. A feeling of protection towards each other was inculcated among the beneficiaries. Gopal Ashtami celebration also took place where the beneficiaries learnt that handi(pot) has to be broken during this festival. It was explained to the beneficiaries that during the celebration of the festival team work is required. The beneficiaries enjoyed bursting of balloon filled with chocolates and glitters instead of breaking the pot. The beneficiaries were made to wear handmade tiara a replica of the tiara that Lord Krishna wears it gave the beneficiaries excitement to celebrate the day.





**GOPALKALA CELEBRATION**

Independence day was also celebrated by the beneficiaries they were made to understand about the country and to made aware about Independence Day. Udaan beneficiaries started the celebration with imparting the information about the freedom struggle and the Independence Day of the India. For Umang beneficiaries it was more of a story so they were paying good attention. They could identify the Indian Flag. The celebration was followed by National Anthem.

This quarter teacher's day was celebrated wherein during Balwadi classes, Program Manager asked all the children to say thank you to their teachers and wished them Happy teacher's day. In the evening a combined Celebration was conducted with Udaan team. Udaan girls' made greetings for all the teachers and facilitated the teachers by giving them the greeting card and chocolates. Through this celebration the toddlers learnt to respect teachers as it has been noticed that a beneficiary after each activity thanks the teachers.

Exposure visit was conducted for the beneficiaries they were taken to visit Ganapati pandal at the eve of Ganesh Chaturthi. The exposure contained of the visit to Pandal but in the way while walking through the market, they got exposure of fruit vendors, Cobbler, Shops selling different items as well as vehicles. They also went to the Police station where they come across with Police officers in their uniforms and Police vehicle the Children were astonished to see police officers and when asked who would want to be police officer, all elder beneficiaries yelled and raised their hands. It was observed that the observation skill of the toddlers has improved and they consider every minute detail that come in their way.

## **CAPACITY BUILDING**

- A full day was conducted by ICRI to enhance skills of Balwadi teachers and Udaan Project assistants for improving quality of education and to train the teachers different effective methods such as Project Method to teach the beneficiaries about certain concept. It was explained to the teacher that projects change depending on the age group of children. It has been noticed that regular sessions motivate the teachers to use different techniques to teach the beneficiaries better. The dedication towards work and to perform better has increased.

- The other session was conducted to introduce alphabets and to teach Phonics to the children of different age group. Through these session teachers are equipped with the skills of introducing alphabets in different methods and not just by writing or learning alphabets by heart. They have conducted activities such as identification of alphabets to introduce the alphabets to the toddlers.



**INDEPENDENCE DAY CELEBRATION**

The impact of the session is positive as teachers have started making a weekly plan for conducting activities which shows improvement in their working methods. Also, teachers are preparing various Teaching- Learning aids to conduct the Balwadi activities which shows the enhancement in their teaching methods.

- Looking at the need for staff training this quarter support staff and teachers underwent a training on "Work Ethics and Responsibility" and Stress Management. During the training the resource person conducted various exercises and games to engage the team. The staff participated whole heartedly they were quite open and expressive which made the session interactive. The staff members learnt about team work and maintain a healthy work relationship by helping one another.

- Tata Mumbai Marathon philanthropic structure launch workshop attended by Fundraising & Communications Manager.

## CHALLENGES

- Passport making & acquiring visa for the girls going to Poland to participate in Brave Kids International children festival due to lack of having sorted documents and are single parent child.
- Can't enroll any more children/girls in day or night shelter due to lack of space at Kamathipura center.
- Sudden notice to evict the Khetwadi center rooms due to severe water seepage and dilapidated condition of the building and shift to another BMC (Bombay Municipal Corporation) building. Shifting Khetwadi 3 rooms items during the rains and accommodating in 1.5 room size. The newly given rooms were lacking in proper basic amenities such as electrical wiring, personal drinking water tap connection, etc., For any small fitting such as telephone, electricity, freeze, tv we had to obtain their permission for which we had to request them and make multiple rounds of the municipality ward offices. Shifting and setting up the newly acquired rooms took almost three months. ·
- BMC authorities condition to enroll children in their school otherwise they'll take back the rooms from us.
- Newly given rooms are little far from the previous rooms causing drop out among the children and girls.

