

APNE AAP WOMEN'S COLLECTIVE



AAWC

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

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**VOCATIONAL TRAINING UNIT
Inaugurated In The Red Light Area**

First Vice District Governor
On 14th October 2021 Thursday
Activity: Conducted By: AAWC an NGO





In the last quarter, 17 women beneficiaries left the profession and area, owing to AAWC counseling, income-generation, skill training and job placements



Vocational training unit was inaugurated in the area where 12 beneficiaries are being trained professionally for tailoring and, embroidery.



AAWC organized Covid-19 vaccination camp in collaboration with BMC in the red-light area of Kamathipura, 204 women beneficiaries have received their second doze



400+ women beneficiaries are receiving dry ration and 150+ women beneficiaries are receiving cooked meals in order to meet their nutritional requirements.



A paradigm shift is noticed among the women with regards to their behaviour as they are more interested in skill training classes and try to understand available job opportunities.



12 women beneficiaries who actively initiated volunteering for AAWC in the red-light areas, were made peers of AAWC



SUCCESS STORY

OUTREACH



Rupa* had to come to the area with her blind mother 24 years ago. Her mother got involved in sex work due to challenges and difficulties faced as Rupa* was very young and she use to roam unattended in the area she was noticed by a pimp and he forcefully put her in this profession leading her to start her painful journey at a very young age. Rupa* got married to one of her partners and had kids but the partner was abusive and left her due to which she became responsible for the children. Rupa* was emotionally very disturbed and worried about the future leading her in alcohol consumption and gambling to be able to forget all her worries. When AAWC started constantly following up with Rupa and build a rapport she started sharing her issues very openly, she got involved in financial and adult literacy session which made her realize the importance of saving and also educating her children. Rupa* stopped consumption of alcohol and the time she uses to spend gambling she spends it with her children. Children have also started going to school as all she currently wants is a good future for her children.

**Beneficiary Name has been changed to protect her identity.*

- 1. Session on POCSO
- 2. Session on Nutrition and Care in Winter
- 3. Session on Importance of Exercise
- 4. Importance of Skill Training
- 5. Happy Minds awareness activity
- 6. Umeed Monthly meeting
- 7. Mothers' and CFS Meeting

Regular outreach sessions have improved rapport among the beneficiaries. Through one to one and group sessions we are able to identify new beneficiaries and spread awareness of our services. It has been noticed that during group sessions old beneficiaries try to motivate the new beneficiaries to be part of the programme and avail AAWC services. This quarter 120 new beneficiaries have been enrolled in three centres of Kamathipura, Falkland Road, Turbhe due to the effective rapport building. 12 beneficiaries, who acted as volunteers for the organization have been made peers for the organization in the community by taking initiatives, helping the outreach workers with breakfast distribution, photos, Grocery giving, making coupons, festival arrangements, community classes etc. Networking and rapport building with governmental and non-governmental organizations has turned out to be highly beneficial for the beneficiaries for receiving essentials, vocational training support as well as income generation opportunity.



Women being felicitated during Diwali at Turbhe Center



Women doing Adult Literacy Practice in Turbhe



Tailoring Class in progress at Kamathipura



Women attending an Awareness Session at Kamathipura

EDUCATION

EMPOWERMENT



Financial literacy being one of the important components in educating women has led beneficiaries to understand the importance of saving money and holding a savings account. This has resulted in an increased number of beneficiaries approaching the outreach team for the same. Owing to our constant support, the old beneficiaries now visit the banks independently not just for deposit and withdrawals, but also for ATM renewals, KYC forms, reactivating accounts etc. They are not scared of speaking with the bank officials, and save on the money they used to give to the pimps for simple bank activities. The women beneficiaries also show an increased interest in adult literacy session as they take out time to practice and also request the outreach team to check. Women beneficiaries have started approaching the team and asking for additional homework, since they are scared of forgetting what they have learnt. It was observed that beneficiaries have completed their Diwali homework with utmost sincerity. They look forward to their monthly adult literacy examination. Women who have been showing progress in their basic lessons are now being taught to memorise and write their phone numbers, spellings of their address etc.

1. Voting Card Camp
2. Street Play
3. AidsDay Observance
4. Brown Paper bag making
5. Daily Skill Training Classes
6. Mask and Soap Distribution
7. Sari Distribution
8. Mehendi exam
9. Aadhar Camp
10. Post account Creation follow up
11. Daily Adult Literacy Classes
12. Adult Literacy Examination
13. Tailoring Class Opening Program
14. Paper activity

Awareness activities and camps to create identity documents were conducted in the area and centre on various topics. The outreach team helped the beneficiaries with the necessary information and explanation about the processes involved in correcting certain errors in the document. This led many women to independently go to the offices and complete the task. Beneficiaries who were assisted with Ration Card were able to procure their monthly ration at a subsidized rate. Skill training activities are undertaken regularly to enhance skills of beneficiaries on tailoring, embroidery, mehendi application and design and face pack making. The Mehendi teacher has observed that women were able to make their own designs as well. Women are able to earn an income using these skills, especially during festival time. A vocational training was inaugurated in the Red-light area. 10-12 women are attending the tailoring classes consistently at the unit. Women enjoy

learning in the big space. Having separate sewing machines has helped them learn better. Beneficiaries enhance their skills in the embroidery and tailoring classes by using the machine. The in-house craft sessions help beneficiaries learn simple items of daily use such as paper bags, paper cups, letter boxes, present pockets, pen holders etc. During this quarter 5 women have been assisted with job placements and 17 women have quit profession across all the three centers.



Team conducting Adult Literacy Class at the Vocational Training Unit



Beneficiary doing Diwali Homework



Women Beneficiaries interacting during a Financial Literacy session



Embroidery Training Class in progress at the Vocational Training Unit

HEALTH

1. Immunization
2. Yoga and Meditation
3. Vaccination Follow-up
4. ART Awareness Session
5. Eye Camp
6. Stress Management Session
7. 2nd Dose Vaccination Camp
8. Awareness Session on Tobacco Control
9. Session on Importance of Yoga

During this period general counselling was carried out regularly due to which we are able to see a visible change in the beneficiaries such as reduction in abuse of substance, more focus on health, optimistic thinking etc. Major counselling was conducted to address specific issues related to health, personal life, mental status of a beneficiary. During such counselling sessions it was observed that beneficiaries tend to listen to others leading them to overthink and blaming themselves. Our team worked to address these negative thought patterns. It has been observed due to the healthy intake of food and maintenance of hygienic practices of the women has

led to a decline in skin infections and fever leading to lower medical referrals. In addition to 400 women receiving dry ration, we have also introduced distribution of cooked meals for 150 women beneficiaries in the area who are in absolute need to consume healthy food to improve their overall health. Various camps were conducted during this quarter which included Covid 19 vaccination camp, cancer check camp, eye check-up, diabetes check, general health camp, immunization camp and tuberculosis check camp. One of the key impacts reflected in mothers' coming forward to ask the next date for immunization, as opposed to the previous need for reminders.



Height and Weight Checking at the Falkland Road Center



Mehendi Class in progress in the area

RECREATION



1. Christmas celebration
2. Craft Activities
3. Diwali Gift Distribution
4. Dandiya Celebration
5. Garba Celebration

Various festivals were celebrated with the women beneficiaries like Navratri, Diwali, Christmas, World Aids Day, Human Rights Day etc. the participation of women beneficiaries even during these difficult times have been immensely enthusiastic and filled with zeal. During celebrations they are interactive with each other and do not hesitate to put forward any ideas before the team. Other recreational activities involve dancing, singing, games etc. which help them overcome stress and provide a moment of fun in which they are able to forget their issues for a while and relax.



Women Receiving Saris from our Field Director for Diwali



Field Workers Conducting Adult Literacy Class at Turbhe Center



Women attending skill training class in Turbhe



World Aids Day Observance in the Red-light Area

**A BEACH CLEANING DRIVE
Initiated On The Childrens' Day**





AAWC day and night shelter reported zero covid - positive cases given the strict sanitization measures



20 commercial drama shows performed by our beneficiaries at multiple Aashram schools at Wada, Palghar



A first of its kind parent-child meet was organized in Nagpada garden during Diwali. It proved to be great success as the mothers and children enjoyed the festive quality time outdoors



Given the interest of our Udaan beneficiaries in learning new languages, a basic Japanese class was introduced in the last quarter



Animal welfare sessions were conducted to sensitize udaan beneficiaries addressing their behaviour towards animals, and introducing empathy



Christmas celebrations reflected the team work and creative skills of our Udaan girls. They showed their prowess in the decor, festival arrangement, games, hosting and much more



Udaan beneficiaries participated in the beach cleaning drive at Chowpatty



SUCCESS STORY

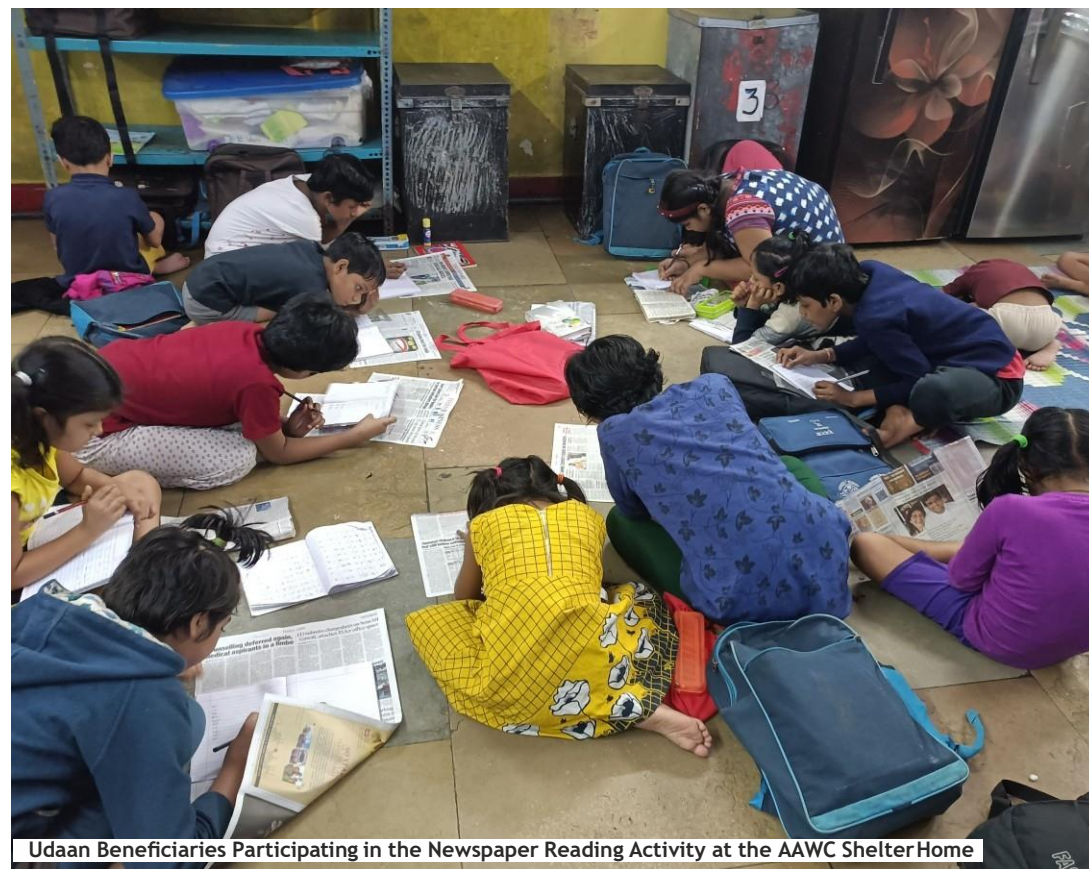
OUTREACH



13-year-old Rita* has been associated with AAWC since 2019. As Rita's father passed away the family had to undergo a lot of financial issues and survival challenges hence her mother ended up moving from Kashmir to Mumbai wherein unable to find a job, she got into sex work to support the family. Living in the community the risk factor was very high for Rita* hence she was placed with AAWC. As Rita* belonged to Urdu medium school and her mother tongue was Urdu Rita* faced difficulty in coping with Hindi medium school leading her to lose confidence in herself as she was finding it difficult to understand what was being taught. She started projecting behaviour that showed her as a complete introvert, she was reluctant to participate in any form of activities in the centre, she used to just sit in a corner and not interact with any other inmates.

Once observed by the staff in the centre they started paying special attention to her, she was motivated and encouraged to interact as they wanted her to overcome the issue of language. As she embarked on a journey to learn the language Rita's personality changed, constant interaction has helped Rita open up to the staff members and share her emotions. Currently Rita* has become confident and has been actively participating in all the activities, she lends a helping hand to the staff and also the younger beneficiaries.

**Beneficiary Name has been changed to protect her identity.*



Udaan Beneficiaries Participating in the Newspaper Reading Activity at the AAWC Shelter Home

Regular outreach was conducted wherein information was disseminated to mothers about community classes, progress of their child and importance of their role which includes spending time with their children. These constant follow ups with the mothers have led to a change in their behaviour as the mothers are taking initiative of involving themselves at home spending time with their children and also being involved with them during their study time, they have also started taking better care of their hygiene. Boarding follow ups have been regularly conducted during this quarter. Through these follow up we are apprised of any problems that the beneficiary is undergoing and solve the issue by interacting with the boarding staff and mother. Mother's meetings are regularly conducted in the area addressing concerns about children and also informing mothers about various activities in the centre and community and explaining to them their role. This platform is also used to solve any queries that mothers have with regards to our services, educational needs of their children or the rules and regulation of the centre.

1. Boarding visit
2. Community Classes
3. Boarding Follow-ups
4. Community Enrolment Follow-up
5. Parent Child Meet



First-of-its-kind Child-Mother meet at Nagpada Garden in Diwali

EDUCATION

1. General Knowledge
2. Oral and Written Assessment
3. Newspaper Reading
4. Online School
5. Examination
6. Play Group
7. Tuitions
8. Story Reading
9. Puzzles/ E-learning
10. Weekly Test
11. Diwali Homework
12. Oral and Written Assessments
13. Phonics Session
14. Japanese Language Class

Focus during this quarter was majorly given towards education as currently girl beneficiaries' foundational understanding of subjects is being worked on to overcome the challenge of rote learning. Considering the ongoing pandemic scenario of Covid-19 beneficiaries are attending online school classes and tuitions regularly which has been helping them to cope in subjects like English, Science and Mathematics. It has been observed that girl beneficiaries have been accustomed to the online mode of learning as they show more interest and better concentration during these classes. Internal assessments, computer classes, spoken English classes, GK sessions, e-learning, motor-skills, social skills, phonics, journal writing and other educational activities have been regularly conducted. In the community class it's been noticed that beneficiaries are improving in all aspects from their hygiene, behaviour and educational growth. Continued community classes and techniques projected by teachers have gathered interest of

mother's as well for the said class and they tend to put in their time and observe what is being taught to the beneficiaries. Few of the major challenges include the lack of tuition/education support for 8th, 9th and 10th standard girls, given the lockdown and unavailability of teachers. The shortage of staff creates obstacles in running all activities smoothly, however our team goes the extra mile to help the beneficiaries as per their needs. We are actively looking to hire the right people to overcome this challenge.

EMPOWERMENT

1. Animal Welfare Sessions
2. That's How We Feel practice
3. Junior Shakti
4. Karate Class
5. Drama Session
6. Fashion Designing
7. Computer/spoken English
8. Chocolate Making
9. Social Skill
10. Mehendi Session
11. Wada Commercial Shows
12. National Education Day
13. Prayer
14. Music Session
15. NNHS Art and Craft
16. Indoor game
17. Center Cleaning
18. Card Making
19. Udaan-Umang Session
20. Daily Tables

To augment vocational skills of girl beneficiaries fashion designing and skill training sessions have been introduced which, they learn about various stitches, crochet work, DIY art etc. Animal Welfare sessions have led the beneficiaries understand the importance of treating animals with respect and affection. It's been observed that beneficiaries show sensitivity towards animals. Art Therapy sessions are being conducted regularly to help the girls improve their interpersonal relationships. World Science Day and Constitution Day, were celebrated with the beneficiaries. Science day was celebrated by conducting simple experiments with the beneficiaries leading them to understand simple concepts of magnetic power of opposite poles, static electricity, Sound transmission etc. During Constitution Day beneficiaries participated in various activities of drawing, essay writing, poster and slogan making, and rangoli etc.



Elder Udaan Girls being introduced to creating Murals



Art and Craft Activity at FR Center



AAWC Staff attending Science Show organized by Udaan Girls



Easy Cooking



Snippet from Fashion Designing Class



Udaan Girls attending Art Therapy Class

EVENT HIGHLIGHTS



“Clowning taught me to live in the moment!”

- Participant of the clowningshow

Beneficiaries from AAWC have undergone regular training to enhance theatrical skills under the guidance of theater experts from Clowns Without Borders Sweden and RedNose Entertainment Mumbai. The motive behind enrolling our beneficiaries for the drama shows was to nurture the professional abilities of those who projected potential in theatre in order to claim their space in the field independently without the name of the organization behind them and to achieve financial stability through it. As a result of regular training and constant effort six girls from the organization were a part of That's How We Feel commercial show which was organized and conducted in WADA Palghar District they performed 20 shows in different Ashram Schools.

The training undertaken by beneficiaries before the performance was to be able to express freely, emote their emotions, improve bond and trust amongst each other. The performance of the beneficiaries in the schools were very good and applauded by the students and staff members. When girls were asked for a feedback and experience in Wada beneficiaries confidently mentioned how performing clowning act has instilled confidence in them, they said performing and living together in a new place has improved their bond amongst each other, they also spoke about Wada as a place wherein they mentioned as it is a tribal area they were living next to greenery surrounded by varied creatures such as insects, frogs which was a very new experience for them as they have never had these experience in Mumbai city, they also put forward their observation of lack of development in the area they emphasized on issues related to transportation, construction of the buildings, unclean toilets, lack of medical facilities, lack of educational supplies, bad economic condition of people etc. they also said that children in the schools had low self-confidence and did not open up much with them. Language was a constrain that they felt during their performance when they had to incorporate sudden changes of English terms to Marathi in order to involve audience in the act.

In order to understand more of what these beneficiaries would like to do once they are back to improve the situation beneficiaries mentioned they would like to teach the clown act to children in order to help them improve their self-esteem, they would like to teach them other languages to improve their communication, help younger students understand the importance of food and healthy food eating habits, conduct sessions on Health and Hygiene. For eg: Keeping their washrooms clean, also making the children understand on folding their clothes and explaining them on why is it important to keep their house clean, conduct sessions on Public speaking and be vocal about their needs, conduct sensitizing sessions with the teachers on how they could treat their students and speak to them in a way which would lead to healthy conversation, guide the students on to decide their goals and also explaining them the career choices they could make, teaching them recycling methods to make best use of waste material and create varied products . For Eg: Our beneficiaries are learning to make book covers from waste clothes. Bookmarks, cloth coasters, pouches, teach them to be entrepreneurs and converting their aspiration in to goals which would help them to make money.

The beneficiaries were very glad about their performance and the opportunity they received hence they expressed their desire to take part in Wada clowning shows every year and perform acts in many more schools and provide exposure to as many they can.

HEALTH

1. General Health Camp
2. Yoga/Exercise
3. Height and Weight
4. Art First
5. Toilet Day Observance
6. Menstrual Hygiene Session
7. Healthy Habits Session

Healthy and nutritious food is being provided to the beneficiaries in the shelter which is guided by a fixed diet plan proper implementation of diet plan along with multivitamins. The health of all our Udaan girls have improved which has been evident in the drastic reduction of medical referrals inferring a strong immunity development. Due to the rise of interest among beneficiaries with regards to the nutritional value in varied foods, the Udaan beneficiaries are involved in preparing the diet chart. This initiative has led them to get a special meal of their choice once a week. Monthly medical check-up no major illnesses

were detected during investigation. Regular follow ups are being conducted with ANC and PNC mothers with regards to immunization of child beneficiaries. Height and Weight measurements, health and hygiene sessions, menstruation awareness, daily exercise, yoga and Zumba are being conducted regularly. 150 Beneficiaries in the community are receiving daily breakfast consisting of banana, milk and pav (bread) and a provision of cooked meals is also given to certain beneficiaries in the community during lunch to help them overcome any nutritional deficit. Provision of this meals have led a drastic improvement in overall health of children as we see mother's complaining less about children falling sick, attendance in the community classes thus remain consistent.



Girls exercising stretches during Garden Visit



Cooked Meals Distribution in the Red-light Areas

RECREATION

1. Art and Craft
2. Eid celebration
3. Gandhi J celebration
4. Art and Craft – Diya/ Kandil
5. Diwali Celeb
6. Garden visit
7. Christmas celebration
8. World Science Day Experiments
9. Chowpatty Visit – Children's Day
10. Hair Cut – Diwali
11. Movie
12. Musical Chair
13. Rangoli/ Dumsharades

The parent-child meet organized during Diwali in the Nagpada garden was successful as mother's got an opportunity to spend a good amount of time with the children. It was observed that mothers were emotional during this meet as they would not be able to take their children home but they involved themselves completely during the given time with the children they played games, got snacks for them and enjoyed thoroughly. The Children's Day celebration this quarter was very different for the beneficiaries as they participated in the beach cleaning drive. Various festivals such as Diwali, Eid, Christmas were celebrated with great zest and enthusiasm with collaborative effort of beneficiaries from different centres. The events were well organized leading to participation of all beneficiaries creating a joyous environment in the centre. Regular garden visits, music and dance sessions and movie time ensured that the girls got space to unwind despite the schools and exams preparation.

FROM THE HEART



Festive Handicrafts created by Udaan Beneficiaries



STAFF CAPACITY BUILDING

In the last quarter, all the teams at AAWC participated in Staff Capacity Building Programs. Esteemed organizations like Dasra, and stake holders and associations like Bal Ashram and Sankalp conducted multiple workshops for the staff. Stake holders covered a range of topics from data and documentation to identification, prevention and treatments of Tuberculosis.

The programs team participated in a session on Protecting Child Rights in a healthy food environment. The team also attended a session on Child Legal and Medical Documentation. It was a great end to the calendar year, as the staff felt more equipped as we stepped into 2022.





THANKYOU

