



Apne Aap Women's Collective

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

Umang Annual Report

April 2014 – March 2015

Apne Aap Women's Collective

(AAWC)



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- ❖ **Subject-** Umang Program (Kindergarten and Day Care program)
- ❖ **Period-** April 2014 to March 2015

About Apne Aap Women's Collective (AAWC):

Founded in 1998, Apne Aap Women's Collective (AAWC) is a registered, non-profit and non-government organization that serves the red light community of Kamathipura and Falkland Road, Mumbai. AAWC runs three programs each that address three different social issues and target groups- **Umeed** for women in brothel-based prostitution (18+ yrs), **Udaan** for their daughters (5-18 yrs) and **Umang** for the toddlers (2.5-5 yrs) in the red light district. We aim to provide all our beneficiaries with various tools and resources to make choices for a better quality of life for their overall empowerment and holistic development. The services provided to the beneficiaries include- finance, health, education, empowerment, recreation and shelter home placement.

Thus, for the Umang program, AAWC conducts daily preparatory classes to prepare children for formal schooling, stimulate behavior modification as well as develop their social and communication skills.

Social Issue

The red light area is a wholly unhealthy environment for the children to live and grow up in as they bear witness to various illicit activities prevalent in the locality and are also at a great risk of entering child labor and trafficking themselves. Often found lurking on the streets while their mothers are soliciting with clients, the children are used to peddle drugs and are exposed to X-rated movies. While not lurking in the locality, the toddlers are drugged and laid under the bed while their mothers are with clients. Therefore, for a majority period of time, they are unattended by a responsible adult.

Thus, the Umang Program aims to address children's severe issues of mimicking violence and sexual acts, using abusive language and inappropriate actions by providing them with a safe space to unlearn harmful behavior and form healthy habits in a fun filled manner.



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Daily Implementation Module for Umang Children:

Daily Time Table at Falkland Road Center

Time	Routine
10:00 – 11:00 am	Receiving children, conducting morning prayers, physical exercise and morning breakfast
11:00 – 11:30 am	Activities, written and oral studies as per the planned curriculum, outdoor play, garden visit
1:00 – 2:00 pm	Lunch Break
2:00 – 4:00 pm	Nap time
4:00 – 5:00 pm	E-Learning and Activities
5:00 – 5:30 pm	Evening Snack

Daily Time Table at Kamathipura Center

Time	Routine
10:00 – 11:00 am	Receiving children and morning breakfast
11:00 – 11:30 am	Morning prayer, exercise, nursery rhymes and action songs
11:30-1:00 pm	Activities, Written and Oral Studies as per the planned curriculum, outdoor Play, E learning
1:00 – 2:00 pm	Lunch break
2:00 – 3:30 pm	Nap time
3:30 – 4:15 pm	Evening snacks

(The children at Falkland Road center are kept till 5.30 as they go to partner organization on the same floor for the night shelter).



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Detail description of the activities conducted during the year:

Education

- Umang children were provided with uniforms and attended daily kindergarten classes at the AAWC center, where they learnt about classroom discipline, neuro-motor coordination, basic English and Hindi literacy skills, basic numeracy, shapes, words, writing practice, oral practice, good habits, and moral values through E-learning audio-visuals, flash cards, puzzles and story-telling sessions.
- Every month, children's academic progress was recorded to evaluate their learnings as well as improve classroom teaching techniques and increase focus on their individual concerns.
- To improve children's individual behavior and communication skills, dog therapy sessions facilitated by Animal Angels Foundation were initiated in November 2014 at the Kamathipura (KP) center.
- Learning for the Umang children were also conducted through various art and craft activities, designed to suit their capabilities. All activities have a common objective-to grow their fine motor skills, build the child's concentration and patience level, and explore their creative side.
- The fan-boat making activity, paper bead painting activity, colours activity and clay moulding activity was successful amongst the children.
- A lot of skill learning activities also took place such as *rakhi* (colorful band) making, cake baking, mask making, thumb printing, collage work, hand printing, thread painting and show and tell activity and plantations.
- For instance during the thread painting activity at the Falkland Road (FR) center, children were asked to sit in a circle and were given three different colours in plate. They dipped thread in three colours and came up with different designs on paper.
- A total of 109 activities were conducted at both AAWC centers for the children during the year, with the objective of teaching children concepts such as mixing colours and using art as a medium to come up with different and creative designs was fulfilled.



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- When children reach age six, they are enrolled into government or private school or are admitted into boarding homes, depending on their parent's wishes. Girls graduate to our Udaan Program, and boys are referred to partner organizations. In the year 2014-2015, among those who passed out, 14 children were admitted into the formal schooling system at our Kamathipura center. At the Falkland Road center, 7 children were enrolled into formal schooling and have achieved regular attendance.

Recreational Activities

- Apart from time spent in school, a good amount of importance is also given to the planning of recreational activities for the Umang children as it exposes them to the world outside their neighbourhood, giving them an insight into outside opportunities available to them.
- The Umang children enjoyed their trip to the Hanging Garden, where they played several outdoor games and had fun filled sessions. They also participated on a trip to Funky Monkey, an indoor play center located at Lower Parel for kids, Amarsons garden, Girgaon Chowpatty and Byculla Zoo where they saw animals like monkeys, emu, hippopotamus, python, elephants, deer, and white cocktail.
- Sports Day was also conducted by AAWC and comprised a number of outdoor games and exercises such as jumping and running. At the end, prizes and gifts in the form of school bags, water bottles and piggy bank was distributed by CEO Ms. Manju Vyas.
- As a part of indoors recreational activities, the children were introduced to several puzzle games and the movie 'Jungle Book' was screened for the children which they thoroughly enjoyed, ensuring that the time they spend in the school is a balanced mixture of education and recreational activities.
- It was noticed that the children learn and grow more through such outings and exposure activities, and helps them explore, experience and develop their communication skills. As children are encouraged to move, think and interact with others, it helps them develop physically, emotionally and mentally.
- Various festivals were also celebrated to ensure that the children develop healthy relationships with their peers and mentors. Keeping a secular approach,



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Independence Day, Republic Day, Raksha Bandhan, Eid, Guru Purnima, Gokulashtami, Makar Sankranti and Holi were celebrated through the course of the year, alongside educating the children on the significance of those days and why they were celebrated.

Health

- We aim to ascertain that the AAWC center is a holistic experience for the Umang children by ensuring that they benefit from the medical and health care provided to them. For this, Umang children receive daily nutritional meals three times a day, iron and calcium supplements and multivitamins on a regular basis, monthly physical checkups, and quarterly medical camps. General health, dental, vision, immunizations, malaria, cancer detection camp, and regular health workshops on hygiene and nutrition were conducted. If HIV/AIDS care or hospital care is required, we provide hospital referrals and diligently follow-up on treatments and medication.
- Over the year, children attended general and dental camp organized by partner organizations- Decimal Foundation and Reliance Foundation. There were a total of 4 general medical camps and 1 dental camp conducted at both centers. Children's overall oral health was noticed to be in good condition. During the general medical camp, fever, diarrhea, lump in neck, weakness, skin infections, ear infections, etc. were noticed. Accordingly our field workers followed up with the children and their mothers.
- Similarly, monthly check-ups were also conducted to prevent the spread of diseases. Children are taken to nearby government health care centers and clinics (Gaurabai clinic) every month. The general diagnosis found among children was cough, cold, skin infections, scabies, prickly heat issues, ear infections, viral infections and weakness.
- Food is provided as per a specialized diet chart which is renewed once every three months. Multivitamins, iron or calcium supplements are provided to the children on a regular basis every day after lunch. In association with Decimal Foundation, the children were given flavoured soya milk and protein biscuits twice a week additionally.



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- A regular weight, height, head and arm length check was conducted to keep a track of the growth among the children on a monthly basis to monitor physical growth of the children. Children with low body weight and immunity have shown signs of improvement over the months.

Empowerment

- Apart from regular activities, meetings with the mothers are conducted on a monthly basis to enable a health relationship between the child and the parent and also educate mothers on important topics such as healthy eating habits, interpersonal relationship, child's future security, children's rights, right to education and parenting tips, amongst others for the welfare of the child.

Impact

Behavioural Changes-

- It was observed that initially children cried a lot and threw tantrums as they were new to the day care. However, after becoming a regular member, they began to settle down quickly on account of the care provided by the staff.
- The children also started following daily routine as against their usual lifestyle back home which lacked a proper structure. They began to imbibe patience, discipline and manners. It was noticed, especially in the hyper active children, and those who found it difficult to express themselves were often seen trying to express themselves using simple words.
- There was also a significant improvement in the behavior of children who were stubborn by nature or likely to throw tantrums frequently. The attention span of the children improved as they began to spend more time in the classroom doing various activities.

Academic Progress-

- As the children integrated into classroom routine, hyper active children began to take interest in daily lessons and learnt to focus. Children gradually began to pay attention to what the teacher and were able to identify alphabets, colours, shapes and numbers during monthly assessment.



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- The children began to relate what they see in everyday life to what they learn in the classroom. Integrating art and craft into their learning process helped increase their levels of participation.

Challenges:

- *Balwadi* (kindergarten) teachers who do not belong to the same background as the Umang children often faced difficulties in adapting themselves to their students with respect to ways of providing information. At times chaotic behavior of children such as using foul language, biting, hitting, shouting and running during the classroom session proved to be disruptive, making it difficult for the teachers to handle the situation.
- Owing to the nature of their profession, mothers often found it difficult to drop their child to AAWC center on a regular time, resulting in the child often missing out on several activities.
- Most often, children were in a constant habit of asking for goodies or junk food items from their mothers in return for agreeing to behave in a certain manner. This behavior was often displayed in their interactions with the teachers at the center. In cases when the child's behavior required to be discussed with the mothers, the outreach workers often found it difficult to get in touch with the mothers as they have no fix schedule or they were unable to understand the nature of the problem due to being illiterate.
- It often became difficult to find Kindergarten teachers who were willing to work with children of women from the red light areas due to the stigma attached towards the community, severely impacting the resources available at our disposal.
- Children progress gets hampered when their mothers are arrested or become sick or hospitalized.



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Statistics from April 2014- March 2015

(Falkland Road and Kamathipura center):

Sr. No.	Parameters	Figure
1.	New Children Admission	40
2.	Maximum Strength in the Umang Program	57
3.	Medical Referral provided to children	462
4.	Activities conducted with the children	109
5.	Formal School Admissions	21
6.	Home visits	1877
7.	Immunization	100
8.	Boarding placements	3

Success Story:

Sanjay*, a 3 year old boy, was enrolled into the Umang Program by outreach workers upon identifying the need to provide a safe space for the child to grow up in during the day time. Sanjay's mother is active in the sex trade and is the sole bread winner for their family. Sanjay is the eldest of 3 children in the family and would spend endless number of hours inside the box shaped home, all by himself. When he was enrolled into the AAWC Kindergarten, he would come shabbily dressed and had an alarming number of health issues like an eye infection, a bulging belly, loose bowels and would cry all day long. Over time, he learnt to adjust to the routine at the Kindergarten. It was soon possible for the *balwadi* (kindergarten) teachers to wean him off unhealthy junk food and he started enjoying the wholesome meals being provided at the center. He has also begun paying attention to the art and craft activities being done at Kindergarten and is on his way to steady progress.

(* name changed to protect identity)



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Umang Activity pictures during the year:



Umang children at the Chowpatty Beach



Recreational Visit to the Hanging Gardens



Children during the Dog Therapy Session



Raksha Bandhan celebrations



Thread Painting Activity



Visit to the Byculla Zoo



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Holi celebration



Dog therapy sessions



Regular outdoor activity



Sports Day



Prize distribution



Drawing sessions



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Art & Craft Activity



Quarterly Medical Camp at AAWC





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Umang Beneficiaries served in 2014-15 at Falkland Road and Kamathipura center			
Sr. No.	Kamathipura Center	Sr. No.	Falkland Road Center
1	Aadesh Gaikwad	1	Akash Chavan
2	Aakash Chalwadi	2	Akhidul Sheikh
3	Aarohi Prajapati	3	Aliya Sing Ismail
4	Afsana Shiekh	4	Bhaves Kharva
5	Alli Pathan	5	Chirag Rajendra B
6	Amar Shiekh	6	Darshan Medgud
7	Archana Shinde	7	Dev Jitendra Goswami
8	Arfan Shiekh	8	Hasnen Sheikh
9	Arman Shiekh	9	Heena quereshi
10	Bhavani Nadar	10	Hussein Sheikh
11	Chaya Kolkar	11	Ibrahim Raju Mulla
12	Dimple Kamte	12	Juber Sawant
13	Divya Ovhal	13	Kajal Kharva
14	Fazida Ansari	14	Kalwa Hiwale
15	Gourav Santosh Waghmare	15	Kiya Sheikh
16	Gudia Pravin Gaikwad	16	Komal pardesi
17	Harsha Khunte	17	Mangesh Kharva
18	Iccha Gaikwad	18	Muskan sawant
19	Irasa	19	Muskan Sheikh
20	Kartik Ganesh	20	neeta prakash W
21	Khushboo Khan	21	Noorjahan
22	Khushi Tamang	22	Payal Gupta
23	Khyati Patel	23	Rafik Khan
24	Kohinoor Shiekh	24	Raj Kharva
25	Komal Zende	25	Reeya Gawada
26	Lasuk Waghela	26	Rehaan Sayyad
27	Lucky Ghosh	27	Reshma Ansari
28	Mani Mondol	28	Richa Raikar
29	Mansi Gupta	29	Rohan
30	Mayuresh Garkal	30	Rohit Sheikh
31	Mohamad Hathim	31	Sadiya Hasarat ali K
32	Mohammad Manirul Islam	32	Sai Anil Chawldi
33	Mohini Bachu	33	Sameer Aslam S
34	Munni Shiekh	34	Saniya Shah
35	Muskan Shiekh	35	Saniya Sheikh
36	Pavan Bachhu	36	Sanjana Ibrahim



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37	Pinky Shiekh	37	Sanjana Medgud
38	Prathamesh Rokade	38	Shaboo sarfaraz
39	Pratima Malik	39	Shahid Ali K
40	Prem Chalwadi	40	Shahidul Sheikh
41	Priya Naidu	41	Shakila Raju Mulla
42	Priya Parab	42	shama Sarfaraz
43	Raghini Kumari	43	Shirin Mustafa
44	Ramesh Naik	44	Shravan Agre
45	Ramzan Bebal	45	Sitanjali Mourya
46	Rehana Shiekh	46	Subuhi Hasarat ali K
47	Rifa Khan	47	Suman sheikh
48	Rohan Bankar	48	Sunny Hiwale
49	Rupesh Dhols	49	Suraiya Sheikh
50	Sahil Shiekh	50	Uma Sheikh
51	Sakshi Polkar	51	Yasin Sheikh
52	Saniya Kumar Shiekh		
53	Santosh Thapa		
54	Sashikumar Madpati		
55	Shabnam Khatun		
56	Shahara Parvin		
57	Sharoon Pradhan		
58	Shilpa Khatun		
59	Shourya Diwar		
60	Shraddha Yadav		
61	Shruti Kamble		
62	Sonal Waghela		
63	Sonali Wankhade		
64	Sonam Bariya		
65	Sujata Khandare		
66	Sumit Kamble		
67	Swati Prasad		
68	Swsaroopi Metgud		
69	Trupti Kamble		
70	Tushar Madle		
71	Vaishnavi Garkal		
72	Vaishnavi Thakur		
73	Yash Kharva		



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THANK YOU

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