

25th May' 09

To,
Mrs. Sunanda Mane
Maharashtra Foundation,
New York
USA

Sub: Annual report.

Dear Sunanda,

We wish you and every one of Maharashtra Foundation a warm greeting.

We are so happy to present our yearly report and deeply thankful for your continuation of significant support towards our objectives for the underprivileged girls.

Please find enclosed herewith our Annual report from June' 08 up to May' 09 and photographs.

Please feel free to contact us for any more information.

We promise to put in our sincerest efforts at all times to keep your belief in us.

We thank you very much.

With regards

Manju Vyas
(Organisation in Charge)

Apne Aap Women's Collective

Sparrows Programmes / Activities Report

From 1st June '08 to 31st May '09.

During the year 2008 to 2009 Total 54 no. of girls had benefited through our various in house activities of vocational, formal and non formal educational.

The details are as follows:

- Approximately 42 girls regularly attended Tuitions Classes for school studies support in the evening from 6pm to 7.30pm on all weekdays and full day vocational classes on Saturdays.
- Tuitions from nursery to 11th standard are made available in 6 different groups by dividing according to their classes. Each group has 1 teacher. 1 separate group is made for all the weaker students.
- 7 no. of Teachers took care of studies through Marathi and Hindi medium.
- 1 Special Tutor for English teaching according to textbook curriculum and spoken English.
- 1 Special Tutor for Math and Science took care of special needs of weaker students.
- 1 Special Tutor for Computer appointed to teach Computers to girls above 10 years.
- Fashion designing and Tailoring, Embroidery, Art & Craft and Karate Classes are conducted in the afternoon on alternate Saturdays as girls are free in the afternoon.
- English classes 4 times in a week and Computer classes once in a week are held.
- Once a week Therapeutic dance classes by instructors of Shiamak Davar Institute and Yoga classes on Saturday's morning are conducted for recreation and chanelizing their pent up energy.

- Small savings system called as 'Apni Bachat' for girls is running smoothly, this is to inculcate saving habit in them and not to borrow from others when in need.
- Nutrition with fruits (mostly banana) is given in the afternoon and evening. Menu is fixed by the girls. Egg and milk is given thrice in a week.
- Along with the food, multivitamins tablets (Calcium, Iron and B complex) are given twice in a week to deal with undernourishment. Thrice in a week 'Lemon juice' is given to supplement the vitamin c deficiency.
- Everyday girls were made to brush their teeth at the center after evening snacks.
- Every month head lice medicines given to the needy girls. Also after every 6 months stomach de-worming done for better health.
- Monthly record of their height, weight and age is maintained.
- General medicines and first aid provided all throughout the year for general ailments at the center.
- Twice a year Eye check up camp organized at the center; 7 girls diagnosed and provided with spectacles.
- Twice in year general Health Check - up Camp was organized at the organisation. Dr. Khyati Mehta a General Practitioner at Breach Candy Hospital examined all the girls and found most of the girl's health has improved. A few of them have been diagnosed with E N & T problems and one girl had skin infection.
- A special summer camp cum vacation classes called 'Sun' days are 'Fun' days arranged for spoken English, 7 day's candle making and marketing, grooming workshop, first aid training, Welfare of Animals and stray dogs - a session, cooking, baking, embroidery, fashion designing, art and craft, different types of block printing on clothes, taught poetry and song writing, story telling (for voice modulation) and drama / Skits, yoga, Chess and other indoor games. (Photo enclosed)

- Team Building exercises; like every year this year also 4 teams of girls were made and named these teams as - Kalpana Chawla, Kiran Bedi, Savitribai Phule and Jhansi ki Rani.

It is an exercise for personality development, discipline training, building team spirit and leadership qualities. Every week each group takes the responsibilities of supervising all the ongoing activities of organization. Every week grades are given according to their performance and at the end of year best team gets the Trophy.

- Valedictory Function and prize distribution programme arranged to give away the prizes for different in house competitions arranged at organization level throughout the year.

Organization's annual "Best Group" and "best student" prize distribution also arranged on this day. Best student in elder group won by Ms. Nishigandha Shivekar and in younger group Ms. Surekha Jadhav. This year best group trophy is won by Kiran Bedi group.

- 50 participants including 23 girls from our organization participated in 6 kms of "Dream run" Mumbai Marathon arranged by Standard Chartered Bank in Jan. Many famous Indian film actor and actress also participated in it. (Photo enclosed)

- 4 Boys and 5 girls admission was arranged in Government and Municipality School. 4 girls admission was arranged in Junior College. 5 girls were helped in coaching classes admission.

- Job assistance provided to following girls:

1 girl referred for the job at Magic Bus and got selected as 'Training Instructor'.

1 girl got the job in Origami Financial Consultants as an assistant. She is in her B. Com final year and interested in doing C A later on.

1 girl successfully completed Balwadi teacher training course from Muktangan. She will be absorbed as Balwadi Teacher at our organization from June month.

1 girl selected as an assistant with a Social Issues film making unit.

1 girl after completing Photoshop training is absorbed in the job at the same institute.

- 2 girls who got selected last year for 5 star hotel management apprentice 2 years training are doing extremely well. One of them got 'Star of the Month Award' for March month for the best performance.
- General medical treatment assistance provided to girls from nearby Government hospitals and private doctors to all those who needed i.e.; jaundice, pneumonia, skin allergies and infection, stomach infections, etc.
- Boarding Home (residential shelter home) placements of 9 girls are arranged for a secured and healthy environment away from this community. (Photo enclosed)
Regular follow up at their respective boarding homes was done to check their progress.
- Training workshop held for school drop out girls on wall hanging, Paper- Bag & envelope Making, Candles, chalk, perfume spray, Incense sticks (Agarbatti), shampoo, Liquid soap, detergent powder and Phenyl making.
- Girls dance performance by famous Indian Choreographer Mr. Shiamak Davar was held, on International Dance Day, Bandra festival, winter funk and at a NGO working with children having Multiple Sclerosis.
- At the event of inauguration of a course on Social Service for Science and Commerce students at K C College to motivate the youth, 2 elder girls along with a staff gave the presentation about AAWC.
- "I am the Change" Under this project 101 freelance Film Directors got the chance to make a documentary movie of 101 NGOs. Ms. Jyoti Kapoor Das made documentary movie on AAWC.
- Girls participated in 'Kishori Mela" organized by 'Vacha' NGO and SNDT University. Also gave interview to Gyanwani Radio Channel. (Photo enclosed)
- Participated in 'Interactive Games Day' organized by 'Down to Earth' NGO for other underprivileged children of the NGOs.

- AAWC and Salaam Baalak jointly organized a programme “Insaniyat ko Salaam” for other NGO’s children. The theme of the programme was to bring a stronger sense of Humanity and Secularism.
- A older girl working as a Professional Mehendi Designer for wedding and other occasions along with her 2 other friends gave a surprise gift of mehendi making on all the girls hands
- A resource person from Proctor and Gamble took session on ‘The Internal body system, Menstrual cycle, Menstrual Flow, PMS, pain, duration of period, diet, important things to do in the days of periods, hygiene and cleanliness, followed with question and answer session. (Photo enclosed)
- A day picnic at Great Escape Water Park, Virar was arranged. (Photo enclosed).On educational excursion girls were taken to Nehru Science Center.
- Photo Book Project: The idea of a photo book by our sparrows is conceived by Ms. Lori Jacob and implemented by the AAWC team. This book is under process and will have photos, drawings, poems and articles on themes like - the reality of life, mother, daughter, love, anger, nature and home. It will capture their feelings, emotions, struggle and expressions. (Photo enclosed)
- Important people like ANZBAI Chairman and Australian Consulate General, Smt. Sharayu Daftary, Smt Kavita Khanna attended the Independence Day and Rakhi celebration along with their friends and associates. (Photo enclosed)
- Following festivals were celebrated:
 1. Holi - celebrated with fun, colours and sweets.
 2. Rakhi & Independence Day - Flag hoisting with song and extempore competition on ‘true meaning of independence’ held.
 3. Dahi Handi - A balloon filled with water as supposed to be Dahi Handi was broke by girls who made a small human pyramid.
 4. Dandiya - It was pure fun dancing and having a special food on this day. (Photo enclosed)
 5. Ramzan - All the staff, Volunteers and students together opened the ‘ROZA’ with small speech on ‘Beliefs of Islam’ by a staff to promote secularism and respect towards other religion. (Photo enclosed)

6. Diwali - Programme was celebrated with ANZBAI Chairman and his wife. Guests and girls lit the Diyas which they have painted.
 7. Children's Day - Art n craft stalls cum fun fair was organized with the help of some students of St. Xavier's and Sophia College. (Photo enclosed)
 8. Christmas - Salad making and decoration competition held followed with Christmas tree decoration, yummy pastries with Biryani and dance.
 9. Till - Gud - A small programme of Haldi Kumkum with a quiz on Geographical importance of this day.
 10. Friendship Day - A drama presentation by all 4 groups on friends and friendship.
 11. Teacher's Day - Older girls played the role of teachers and took classes of younger girls.
 12. World Women's Day - 4 Groups gave the presentation on 'A woman (Non Celebrity) whom they feel has an importance in their opinion and why'.
 13. Anti drug day - Participated in a rally organized by an Ngo to create awareness.
 14. Indian Republic day - Resource person took an interesting session on girl rights.
 15. World AIDS day - A Poster competition was held between all the 4 groups.
- Cinemax Theater, Andheri invited our girls to see the Movies "Jumbo" and "Dhoondhate Rah Jaoge" .
 - **Competitions** (In house); Poem and Song writing, subject-chart making, drama / Skits presentation, Hand writing, Presentations on Special sessions conducted for them, Craft Competition, cooking, Drawing, tailoring, Essay writing, Rangoli, Sports day.
 - 1 of our girl got married. 2 girls who married earlier delivered baby boy and a girl.

Counselling and Life Skill Sessions; Individual and Group

- Special Music and Art based therapy session taken in batches with different age groups girls to deal with their inhibitions.
- Life skills sessions for different age groups girls held weekly, on building self-confidence, behavioral problems, misunderstandings - impact of choices, identifying emotions, expressing them in appropriate ways, conflict resolution, and importance of studies and evaluating study skills.
- Group Counseling Session taken with girls above 11 years for creating awareness about the changes occurring in a growing girl. Helping them to be comfortable, accept, and adjust to the different kinds of psychological, physical and emotional changes, sex and

- sexuality - its perspective, hygiene and diseases, Emotional and physical relationship, Individual Counseling session also taken for catharsis and different personal issues.
- Special counseling sessions held on values and superstitious beliefs, positive attitude, acknowledgments of others efforts, physical development, gender sensitivity, personal and environmental cleanliness, health and hygiene, Creative and varied thinking (brain storming) , extensive exploration, effective communication - effective speaking & effective listening, effective vocal communication with voice modulation, love and respect for oneself, responsibility sharing, nagging, leg pulling, how to say no, value the present, Effective ways of self studies, stress management (during exams) self esteem, self betrayal, mental relaxation, tolerance and cooperation, motivation and encouragement, time management, etc.

Important Workshops with Girls

- Sessions by elder girl beneficiaries on physical & Sex Education, Gender sensitization, importance of a girl child, Campaigning for food right, HIV infection in children, HIV/AIDS Care & Support services in India, Health-viral and bacterial infections, Team-building Workshop, Art & Craft Workshop, Dance Therapy , Youth's in high risk behaviour and water born diseases.

Important Workshops for Staff

- Sensitization, empowering and awareness Workshop for staff on topics: Ration Card and rationing policies under right to food, latest amendments in ITPA - proposed changes in the bill and consequences, Music therapy workshop, Gender Sensitization and Preventing Sex Selective Abortion". Health right of a female patient, HIV AIDS proposed Bill and amendments, risk identification and acceptance of male sex workers, 2nd line of ART treatment for AIDS patient, Rights of Sexual Minorities, Govt. special policies for the rights of women and girl child, sexual harassments, behavioral change communication techniques for effective outreach, new born baby care, vaccinations and diseases, property rights, social marketing of a branded male and female condoms,

A day's in house workshop for staff on relaxation, ventilation and exploring oneself to enhance to personal growth and development, Effective way of Communication, Stress management and Relaxation through Yoga by a qualified resource person, HLPPT session with stake holders, Gender Issues in Primary Education, side effects of the combination of ART drugs Sensitization Workshop-Violence Against women & girl child, Immoral Trafficking Prevention Act - amendments, effective methods of HIV /AIDS Counselling, insurance and bank schemes.

General

- Times of India, DNA, Mumbai Mirror, Indian Express, Loksatta and Lokmat has covered AAWC on its various activities.
- All the 3 rooms of AAWC got renovated with 3 new Computers for girls installed.
- Our organization is successful in collaborating with prestigious Breach Candy Hospital for specialized medical assistance for our girls.
- 1 of our foreign student volunteer have made small documentary on our organization. It's up on the U Tube.

Challenges:

Along with our achievements, also facing some severe challenges which are as follows:

- Majority of mother's attitude towards their daughters are totally non-coherent hence it affects adversely on girls especially new comers. They are very irregular in attendance or absent or late comers in the class, which directly affects on their interest in studies and skills learning. Their mothers don't co-operate at all to improve on this. Hence it affects on their long term goals. (To deal with this we are trying to provide continuous counseling through our outreach workers).
- Progress of NGO suffers due to frequent change of staff.
- Getting professionally qualified and trained staff to work with this community is very-very hard. Hence present staff is always loaded with work more than their capacity.
- Lack of affordable resources to work with children having Mental Disabilities or Disorders.

Set Backs:

- There was a theft during Diwali vacations at the center in which a Telephone with coin box and 16 Teddy Bear toys got stolen. All the glasses of door and windows were broken and Condoms meant for Social Marketing were scattered everywhere from our

rooms till washroom to use it as Balloons. Police complaint was lodged. Later on after investigation it was found that children of another NGO on the same floor have done it.

Achievements:

- 4 girls passed 10th std exam. 1 girl got 74% marks and 3 of them got 56 & 57 % marks. Taken science and commerce in junior college level.
 - A good rapport with older girls has developed into a bonding with our organisation. They are consistent in attendance. Hence it shows in their performance in each activity.
 - This year also all our girls not only just improved on their grades but also most of them have secured RANKS in their classes.(Except 1 girl who failed due to having Learning Disability and is undergoing the treatment for it).
 - In all other standards from 1st to 9th, all the girls passed with remarkable improved results.
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