



**Modern Slavery
is the fight of our
generation.**

you can free ● us
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Annual Report

**Education and Healthcare Project
(January - December 2022)**



Summary

The YouCanFreeUs team

rescued 16 girls and 8 children who were trafficked victims.

Among them, 2 girls were pregnant and delivered babies. All these beneficiaries are part of the rehabilitation at YouCanFreeUs. Our holistic rehabilitation program supported 24 girls and 8 children through residential care, education, medical care, mental health assistance, etc. A total of 32 beneficiaries were treated for various health issues such as Covid-19, viral infection, fever, cold and cough, arthritis, skin infection, thyroid, other diseases, and STD/HIV (initial medical tests and treatment). Four girls were hospitalized for various health issues. All the girls have had vaccinated booster shots for Covid-19. The girls enjoyed the benefit of regular nutritious meals and supplements, including Vitamin C and B12, dairy products, cheese, milk with malt, dry fruits, proteins, seasonal fruits, and natural energy drinks. All 32 girls were assisted with regular individual counseling, group counseling, and art therapy sessions. Beneficiaries were also supported with emotional care and psychiatric treatments. As part of group counseling, many activities and games were conducted to keep enthusiasm and motivate each one.



“Open your mouth for the mute, for the rights of all who are destitute. Open your mouth, judge righteously, and defend the rights of the poor and needy.”

In-House Training and Development



32 girls were part of 48 life skills sessions



5 girls enrolled in the 10th grade in NIOS



5 girls enrolled in the 12th grade



2 girls enrolled in the 11th grade for full-time college



2 girls enrolled in graduation



28 girls were part of vocational training



28 girls were part of computer literacy training



28 girls were part of spoken English classes, and 6 girls have gone through an advanced English course



28 girls and 3 children were part of Sports Day



4 picnics and 2 exposure visits were organized for all beneficiaries



Every week, all the girls went through value education sessions and screening



Dance therapy and exercise were part of the daily schedule (Aerobics and Zumba)



Community Outreach

More than

700 sex workers in the red-light area and trafficked victims in the government shelter were helped with healthcare through community medicine supplies.

We conducted 15 life skills sessions and 2 health and hygiene sessions. Over 3 individual and group counselling sessions have been facilitated for more than 9 sex workers. These women attended life skills training and counselling to understand their health and self-identity.

Fifteen community outreach programs were conducted for approximately 1000+ sex workers, women in slum communities, and children. These outreaches created awareness about child labor and child trafficking so they might protect themselves and others from injustice and becoming victims of oppression and sexual abuse, etc.

Udaan



YouCanFreeUs established “Udaan”, a 3-floor learning and development centre in the community's central location to facilitate and develop a model of a child-friendly education system and to create interest amongst the children towards a formal education system. Various activities are conducted at the learning and development centre for children (Udaan) in the community.

YouCanFreeUs enrolled

189 children in Udaan to prevent and protect children from child labor and targeted potential child laborers to avert harm and injustice against children in the community.

All the children were facilitated with computer coaching and spoken English classes. Some other children from the community also receive the benefit of tutorials, computer coaching and mid-day meals.

We provided 9 children with uniforms, 3 chairs, and 15 desks to create an educational environment. All 189 children were given educational materials and books, and notebooks.

We conducted 1 parents meetings, 3 home visits, and community meetings to spread awareness and motivate parents in the target locations on the importance of children's education

As part of the extended program for the children in the community, the following activities were conducted for the children: 1 picnic, 2 sports events, an Udaan community celebration, an Independence Day celebration, 3 community outreaches, and 3 medical camps.

The 189 children received direct healthcare services, nutrition supplements, and counseling. Almost 150 children have received indirect benefits through health awareness drives and community events.

The learning system at Udaan is designed to provide value education, everyday life skill sessions, competitions, arts and crafts, indoor games, fun activities, and movie screenings are regular activities. The program includes psychosocial care and support for children through mentorship, counseling, art therapy, etc. We provide nutritious mid-day meals, milk, fruits, eggs, and other supplements to all children in the Udaan project.



National Institute of Open Schooling (NIOS)



Ten girls were enrolled for 10th and 12th grade and successfully passed their examinations.



Life Skills Coaching

It is apparent that self-improvement is highly sought after, and there is an intense hunger for self-betterment. Life skills coaching is one of the most satisfying takeaways for our beneficiaries. Life skills assist them in finding enhancement in their personal lives and help individuals reach their full potential and achieve the most out of life. We also provide supplementary training to help them transition easily into work and healthy communities.

Seventy life skills sessions were conducted for the beneficiaries, and some of the important ones are as follows:



Topics	Objective / Tips	Resource Person / Remarks
Orientation and Informed Consent about Life Skills Sessions	To give awareness and motivation to the girls to go through life skills courses	Debbie D'souza
Exploring "YOU"	<ol style="list-style-type: none"> 1. To help each individual realize their identity as beautifully and wonderfully made 2. To know self-strengths and weaknesses 3. To identify the talents and giftings within 	Debbie D'souza
Exploring My Purpose in Life and Unlocking the Best – An Overview	<p>The purpose of life Finding purpose important How to find purpose in life Is finding purpose in life hard?</p>	Sheethal John
What Is the Purpose of Life?	<p>To find the sustenance strategies for day-to-day and through the years To face setbacks in stability with a sense of direction To understand the essentials for living a happy, healthy life</p>	Ruparani Das
Why Is Finding Purpose Necessary?	<p>To find the means to the best life To understand the way of life and set vision and goals:</p> <ul style="list-style-type: none"> • Living a meaningful life to better physical health and mental fitness • Reducing the risk of chronic disease to live longer • Having a sense of feeling connected to others • Using your gifts to serve others helps you find your true purpose. • Understanding isolation and loneliness as an existential crisis • Continuous growth and progress can help you stay connected to your purpose. 	Debbie D'souza
How to Find Purpose in Life?	<ul style="list-style-type: none"> • Develop a growth mindset. • Create a personal vision statement to manage stress and balance your life. • Give back - Giving back can enhance your sense of meaning and purpose. • Practice gratitude. • Turn your pain into purpose. • Explore your passions. • Be part of a community. • Spend time with people who inspire you. • Become a critical thinker and gain knowledge about people, places, culture, etc. • Practice self-acceptance. • Take time for self-care. 	Diana Ashirvadam

Topics	Objective / Tips	Resource Person / Remarks
Finding Purpose in Life Doesn't Have To Be Hard	<ul style="list-style-type: none"> • The successful person has a clarity of purpose. • Identifying, acknowledging, and honoring purpose is the foundation of a well-rounded life. • It requires courage because it opens up questions and ideas that might not be comfortable. • Purpose provides an inner compass that guides every decision and leads to experiences that will light up your soul. 	Debbie D'souza
Basic Behavior Etiquette	<p>To help the girls develop confidence through awareness and knowledge-building of social norms and etiquette:</p> <ul style="list-style-type: none"> • Smile when you look at or greet somebody - it will make their day. • Remember people's names. • Dress appropriately. • Practise good oral and body hygiene. • Avoid gossiping or speaking ill of others. • Don't interrupt people. • Keep your phone in your pocket when you are with someone. • Be on time. 	Debbie D'souza
Development and Validation of the Situational Self-Awareness	<ul style="list-style-type: none"> • Trauma • Substance use • Reproductive health • IPV (Intimate Partner Violence) • Human trafficking • Suicide 	Sheethal John
Interpersonal Skill Development	<ul style="list-style-type: none"> • Self-confidence • Coping with stress • Self-discipline • Review / synthesis 	Debbie D'souza (2 Sessions)
Interpersonal Relations	<ul style="list-style-type: none"> • Respecting others • Teamwork • Resolving conflict • Review / synthesis 	Debbie D'souza

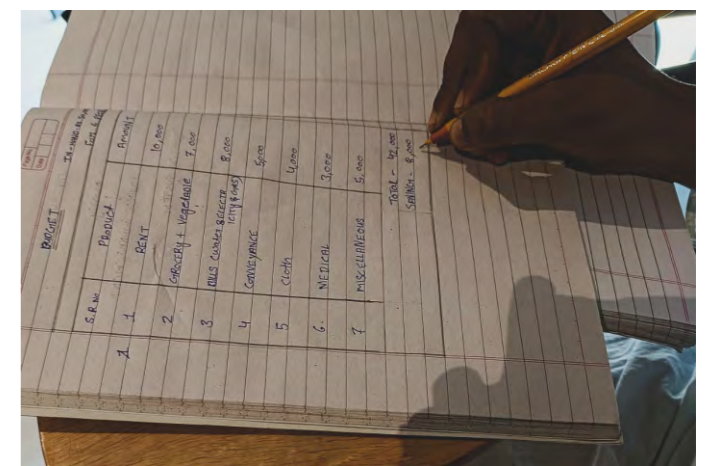
Topics	Objective / Tips	Resource Person / Remarks
Cognitive / Planning	<ul style="list-style-type: none"> • Managing time / tasks • Responsibility • Decision making • Review / synthesis 	Debbie D'souza
Basic Human Rights of Women	Human rights include the right to life and liberty, freedom from slavery and torture, freedom of opinion and expression, the right to work and education, and many more. Everyone is entitled to these rights without discrimination.	Ruparani Das
Women's Rights to Marriage	<ul style="list-style-type: none"> • Right to live in the matrimonial home • Right to claim maintenance for self and children • Dowry Prohibition Act, 1961 • The Prohibition of Child Marriage Act, 2006 • Right to an order of protection • Right to live in the same house • Right to claim compensation 	Ruparani Das
Most Important Legal Rights for Women in India	<ul style="list-style-type: none"> • Right against arrest • Equal share in the property • Right not to be called to the police station for interrogation • Right against being watched • Right against being stalked • Right of Stridhan 	Ruparani Das
Protection Under the Domestic Violence Act	<ul style="list-style-type: none"> • Physical violence • Emotional violence • Sexual violence • Economic abuse 	Ruparani Das
Short-Term and Long-Term Goals	<p>SMART goals:</p> <ul style="list-style-type: none"> • Specific • Measurable • Achievable • Relevant • Time-bound 	Debbie D'souza

Topics	Objective / Tips	Resource Person / Remarks
Goal Development and Career Counseling	<ul style="list-style-type: none"> • Strengthening my career vision • Focusing on career goals • Action planning • Determining • Readiness 	Diana Ashirvadam
Career Orientation - Evaluating Myself Aptitude Interest Skills	Evaluating Myself Worksheet <ul style="list-style-type: none"> • Qualifications • Work experience • Skills • Interest 	Diana Ashirvadam
Financial Management	Pocket Smart - Why It's Wise to Save <ul style="list-style-type: none"> • Emergency cushion • Retirement • Average life expectancy • Education 	George Johnas
Financial Budgeting, saving, understanding financial services, debt management, negotiating financially, and investing are just a few areas of financial literacy that women need to succeed in their personal and professional lives.	<ul style="list-style-type: none"> • When should one start saving? • Why should one invest? • Why should one have insurance? • Why do you need a steady income once you retire? • To what end should one set aside money regularly? • Why should one have comprehensive coverage? • Why should one invest in banks? • Why be constrained in your borrowing? • Why take out loans from financial institutions? • How do saving and investment differ? • Why should you take out a loan to make money? • Why do you have to repay loans? • Why should you make on-time loan payments? • Why do you feel the need for insurance? • What exactly is interest and how do lenders charge high interest? 	George Johnas Sheethal John (5 Sessions)



Life Skills Coaching







One of our girls was trained in hotel management and is working in a 5-star hotel. Life skills training has contributed to her life in a significant way. She has worked to create an identity for herself and lead a life with dignity.

Her life was rewritten at YouCanFreeUs.



The Pink Book

The Pink Book is designed to work with young women who have been victims of sex trafficking or gone through sexual oppression and violence and, having survived this trauma, are undergoing rehabilitation. This curriculum aims to educate these young women and provide them with the tools to heal and embrace a life of dignity, freedom, and opportunity. The sessions were created to help each girl explore and enhance her capacities. It is a journey she takes to begin to love herself, respect her body, experience emotional healing, build awareness, and develop the confidence to fulfill her aspirations. In this process, there are many things she will unlearn, too. She will unlearn that her body is no good anymore and that her life is spoiled. She will unlearn the dysfunctional definitions of family, friendship, and love she has learned through negative experiences.

YouCanFreeUs has developed this based on our learning and experience over the last 11 years working with our beneficiaries who have been rescued from trafficking and undergone rehabilitation with us. *The Pink Book* has been created as a resource for organizations, government shelter homes, and professionals working with survivors of sex trafficking toward their holistic healing, growth, and development.

The Pink Book is our effort to empower these young girls with the skills they need to rebuild their lives; at YouCanFreeUs, we believe that life stories can be rewritten!

This life skills book includes 50 sessions with detailed activities under the following themes:

1. Self-Awareness:

Developing a sense of self-worth and respect for themselves and their bodies

2. Health and Hygiene:

Dealing with basic hygiene and health-related issues

3. Personal Safety:

Recognising what is safe and unsafe behavior and developing a personal safety plan

4. Emotions:

How to handle the difficult emotions of anger and guilt that they face as a result of their experience with sexual abuse

5. Relationships:

A path towards healing from abusive relationships of the past and developing healthy relationships in the future

6. Behaviors:

Developing awareness of day-to-day behaviors and skills such as communication, etiquette, adjustment, and problem-solving

7. Citizenship:

Building knowledge of their roles and responsibilities as citizens of the country, including awareness of laws that protect them

8. Managing Finances:

Awareness of budgeting and saving, and creating a bank account

9. Career Orientation:

Insight into goal setting and planning for a career, including awareness of career options and developing a customized career plan for themselves

10. Exit Planning and Graduation:

Preparing for exit from an organization, keeping in mind different aspects of future life, and reflecting on their journey of healing and growth





Healthcare and Wellness

Topics	Objective / Tips	Resource Person / Remarks
Health and Hygiene During the Pandemic	Prepare girls to maintain good health during a pandemic: <ul style="list-style-type: none"> • Building a sound immunity system • Wearing masks in crowded places • Keep oneself hydrated • Vaccinate oneself • Live stress-free 	Dr Rathish Johnson
Nutrition Deficiencies	Nutrition deficiencies: symptoms of vitamin and mineral deficiency that lead to general health problems: <ul style="list-style-type: none"> • Muscle cramps • Stomach cramps • Skin disease • Body tingling and prickling • Numbness • Thyroid 	Dr Jonathan D'Souza
Health and Hygiene of Teeth and Gums	To understand and maintain kidney health to our overall health and general well-being	Taking care of teeth and gums as follows: <ul style="list-style-type: none"> • Brush your teeth twice a day. • Floss between your teeth. • Cut down on sugar and other lifestyle tips. • Brush baby teeth as soon as they come through. • Get children into a teeth-cleaning routine. • Straighten crooked teeth with braces. • Have regular dental check-ups.
A Session on Heart and CPR Training	To help the girls explain how the different structures of the heart and its function, including the cardiac muscle and the valves	The heart plays the following roles in the human body: <ul style="list-style-type: none"> • Pumping oxygenated blood to other body parts • Circulating hormones and other essential substances to different parts of the body • Receiving oxygen-poor blood and pumping it to the lungs for oxygenation, transporting waste products from the body • Maintaining blood pressure







Group Discussions and Activities

Topics	Objective / Tips	Activity
Importance of Education / Literacy	<ul style="list-style-type: none"> • Education provides stability in life, which no one can ever take away from you. • Provides financial security • Needed for equality • Allows for self-dependency • Make your dreams come true • A safer world 	
Importance of Exams	<ul style="list-style-type: none"> • To gain confidence • Enthusiasm for competition • Self-analysis of own skills • Achievements • Learning • Scholarship 	
Resume Making	<p>Your resume communicates your qualifications, the type of person you are, and what makes you different to employers and recruiters by communicating the following:</p> <ul style="list-style-type: none"> • Objective • Information • Education • Work and related experience • Awards and honors • Activities/hobbies • Skills • References (3-5 people) 	
Personal Hygiene: Menstrual Management	<p>Personal hygiene aims to keep your body healthy and the space you live and work in clean and germ-free. Good hygiene will help prevent the spreading of germs to other people and prevent illness.</p>	<p>Discussions:</p> <ul style="list-style-type: none"> • Following general hygiene • Taking nutritious food for good health • Seeking the help of a caregiver, counselor, or health care personnel if there are any menstrual-related issues • Tracking of the menstrual cycle

Topics	Objective / Tips	Activity
<p>Budgeting and Managing Finances</p>	<p>To help the girls understand budgeting and its relevance and importance in their lives.</p> <p>Activity: The beneficiaries were asked to make their budget for a month of grocery and all household expenses. And with this rough expenditure, the girls could understand where the money is spent and where they need to save. The activity made them understand the importance of budgeting.</p>	<p>How much money do I have? Where does my money go? How to spend? Where to save?</p>
<p>Personal Safety: Keeping Safe-Boundaries</p>	<p>Enable girls to recognize their boundaries and set healthy boundaries for themselves. Discussions:</p> <ul style="list-style-type: none"> • How did the lions feel? • How did the lambs feel? • How did the girls in the chain feel about protecting the lamb? • If I had asked the girls in the circle not to hold hands and allow the lion to roam freely, what would happen? • Where else do you see boundary walls? • Think about this - What if each of us had a boundary wall around us - our boundary? 	<p>Lion and Lamb Activity</p>
<p>Anger Matters</p>	<p>The main objective of this session was to help the beneficiaries manage and recognize anger in a positive and constructive manner.</p>	<p>Activity 1: Belly Breathing exercise for relaxation – One of the exercises our beneficiaries have learned to help them cope with anger.</p> <p>Activity 2: Brainstorming Anger Management Tips – Beneficiaries were able to come up with different coping strategies that will help them to divert their mind when feeling extremely stressed.</p>
<p>Coping Mechanism</p>	<p>The main objective of this session was to help the beneficiaries be aware of different coping mechanisms and different ways to deal with or manage difficult emotions.</p>	<p>Activity: The girls made their 5-finger outline on a plain sheet of paper and wrote one of the 5 coping mechanisms they learned on each finger.</p>





Group Counseling and Group Dynamics

Through group counseling interactions with individuals and other people who face the same issues and problems, counselors create problem-solving solutions with the help of a detailed analysis and review. The group can give the effect of synergy when the group deliberately creates positive vibes, and then its output is more than double every time. Group dynamism can furthermore give self-satisfaction to the members. The group can also infuse team spirit among the members. Group dynamics help the behaviors and norms developed from interpersonal relationships between individual members of a group. As a result of these forces, the girls become leaders, and others become followers. Counselors utilize these behaviors to enhance group participation and success.

Topics	Objective / Tips	Activity
Being Givers and Receivers: Part 1	<p>To help the girls understand that we are both givers and receivers, and just as much as we like to help others around us, we must also be willing to receive help.</p> <p>We can all possess qualities of love, joy, peace, patience, kindness, goodness, gentleness and self-control.</p>	<ul style="list-style-type: none"> • Musical tree game • Paint the tree with fruits of quality
Being Givers and Receivers: Part 2	<p>To help the girls understand that we are both givers and receivers, and just as much as we like to help others around us, we must also be willing to receive help</p> <p>“Always give without REMEMBERING and always receive without FORGETTING”</p>	<p>The girls were divided into groups of 3 each. There were 5 groups. Each group was given a relationship.</p> <ul style="list-style-type: none"> • Friends • Person in authority • Parent • Community • Sibling
FEAR - Responses to Trauma: Part 1	<p>To help the girls understand the psychological responses to fear and trauma</p>	<p>The girls were divided into 4 groups, and each group was given a response – Fight, Flight, Freeze, or Fawn. They had to enact real-life situations where they would most likely use this response.</p>
FEAR - Choosing Faith Over Fear: Part 1	<p>To help them understand that in moments where they are fearful, they can choose to respond differently in faith</p> <p>The girls were taught to paint a picture of the waves with toothbrushes with the music of waves in the background.</p> <p>Simultaneously they were asked to think of all the difficulties and storms they hope to overcome and sail through.</p> <p>And think of the people who will be with them through this and any word of encouragement that will serve as a reminder when they feel that life is hard and that they will not be able to sail through the difficulty.</p>	<p>The girls were asked to walk around the room and act according to the situation the facilitator gave them.</p> <p>E.g., You are walking on the beach, and you see a beautiful pearl; how do you react?</p>

Topics	Objective / Tips	Activity
<p>FEAR - Choosing Faith Over Fear: Part 2</p>	<p>To help them understand that in moments when they are fearful or anxious, they can choose to receive help.</p> <p>Essential tips when one receives someone's help:</p> <ul style="list-style-type: none"> • Be thankful. • Be clear about how you will return the favor, especially when one is offering you money. • Look for opportunities to help others in need. 	<p>Discussion at the end of each role play:</p> <ul style="list-style-type: none"> • Was help available or not when one was anxious? • Was it easy to receive support when one was acting? • What stops us from receiving support when we are frightened? • What stops us from helping others if they are anxious?
<p>My Hopes and Dreams– Daring to Dream, Daring to Do: Part 1</p>	<p>To understand what other girls like them in the group and in the world want and feel.</p> <p>Icebreaker: My ideal world – Through guided imagery, take the girls to a world of ideal people and surroundings where they would like to live after the activity; the facilitator then asks the group to share their experience. The emphasis of this discussion is on the new world that they entered. What did they see there? Whom did they see? What was the world like, the trees, the people, the houses? What were they doing there? What made this world so special? Why was this world better?</p>	<p>Girls were asked to draw pictures of the world they traveled to. They were given time for this activity. Girls drew what they saw in their ideal world, and each later discussed how it differed from their natural world.</p>
<p>My Hopes and Dreams– My Interests, Vocation, Making an Informed Choice, Aspirations, and Envisioning a Future: Part 2</p>	<p>To help the girls think ahead of what they want to be ten years from now and to help them think about what it would take to achieve their goals realistically.</p>	<p>My work kit My visiting card</p>
<p>My Hopes and Dreams– Dealing with Obstacles: Part 3</p>	<p>To help the girls understand the different obstacles that can get in the way of their hopes and dreams.</p> <ul style="list-style-type: none"> • Roadblocks • Getting lost • Taking U-turns <p>Discussions: There could be obstacles to every path to success, but there is also help. Who can you go to during such times? The girls were asked to enact situations where each of these relations could be an obstacle or help them move forward, how they could confuse or help them find themselves, and how they could help in decision-making or changing decisions for the future.</p>	<p>The girls were divided into the following relationships</p> <ul style="list-style-type: none"> • Parent-child • Siblings • In-laws family • Friends • Society

Topics	Objective / Tips	Activity
<p>Exploring Relationships– My “Go-To” People</p>	<p>To help the girls understand the importance of maintaining relationships, choosing the right ones, and reflecting on their relationships with people they can trust and go to in times of trouble</p> <p>Activity 1: Warm-up activity game – The girls played the game, "What Do You Like About Me?" where one girl would ask any girl from the group the question.</p> <p>Discussion:</p> <ul style="list-style-type: none"> • What're some of the qualities about yourself that you just found out? • Did you know about it earlier? Did anyone tell you? • Did you discover it for the first time? 	<p>Activity 1: The drawing of the solar system was shown and explained to the girls. The girls were given 30 minutes to complete the exercise – to think of people close to them, and draw them according to their closeness to them as music is being played. The girls were informed that these could be relatives, friends, mentors, teachers, and guides they have known and have been able to rely on.</p>
<p>Exploring Relationships– Making the Right Choices in Relationships– Pre Marriage</p>	<p>This session focuses specifically on making the right choices when it comes to marriage.</p> <p>Activity 2: It was mainly a discussion on the obstacles or situations that could come about after the couple met and decided to get married (courtship):</p> <ul style="list-style-type: none"> • Objection by parents • Different caste/religion • Lack of time/ spending more time with friends • Possessiveness/jealousy • Inability to concentrate on other things • Expectations of each other • Money problems • Pressure to get married earlier • Cannot meet due to conservative backgrounds • No place to meet • Lack of trust/disloyal • How to have the wedding – big or small/grand/how many people/cost 	<p>Activity 1: Love Story – The girls were divided into 2 groups. The groups moved to the 2 ends of the room and stood in a line. One group was assigned the male role A, while the other was given the female role B. The groups were positioned so that each member from group A would face her partner in group B and enact according to the facilitator's instruction.</p>
<p>Friendship</p>	<p>To help the girls understand the importance of lasting friendships and look at what can break friendships.</p>	<p>Activity: The girls were divided into three groups.</p> <ul style="list-style-type: none"> • Each group was given topics to enact about things that can destroy friendships. • How borrowing money can destroy friendships • How gossip and a judgmental attitude can destroy friendships, and how to be non-judgemental • How disloyalty can destroy friendships

Topics	Objective / Tips	Activity
Coping Mechanism	The main objective of this session was to help the beneficiaries be aware of different coping mechanisms and different ways to deal with or manage difficult emotions.	Activity: The girls made their 5-finger outline on a plain sheet of paper and listed all of the 5 coping mechanisms they learned.



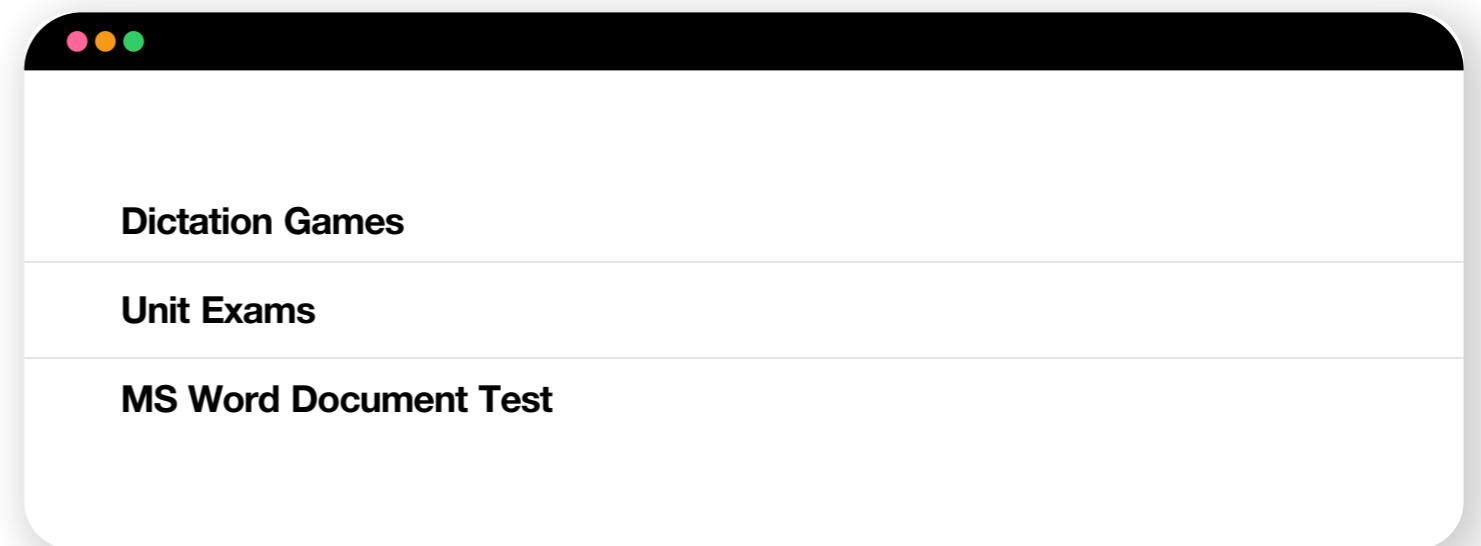
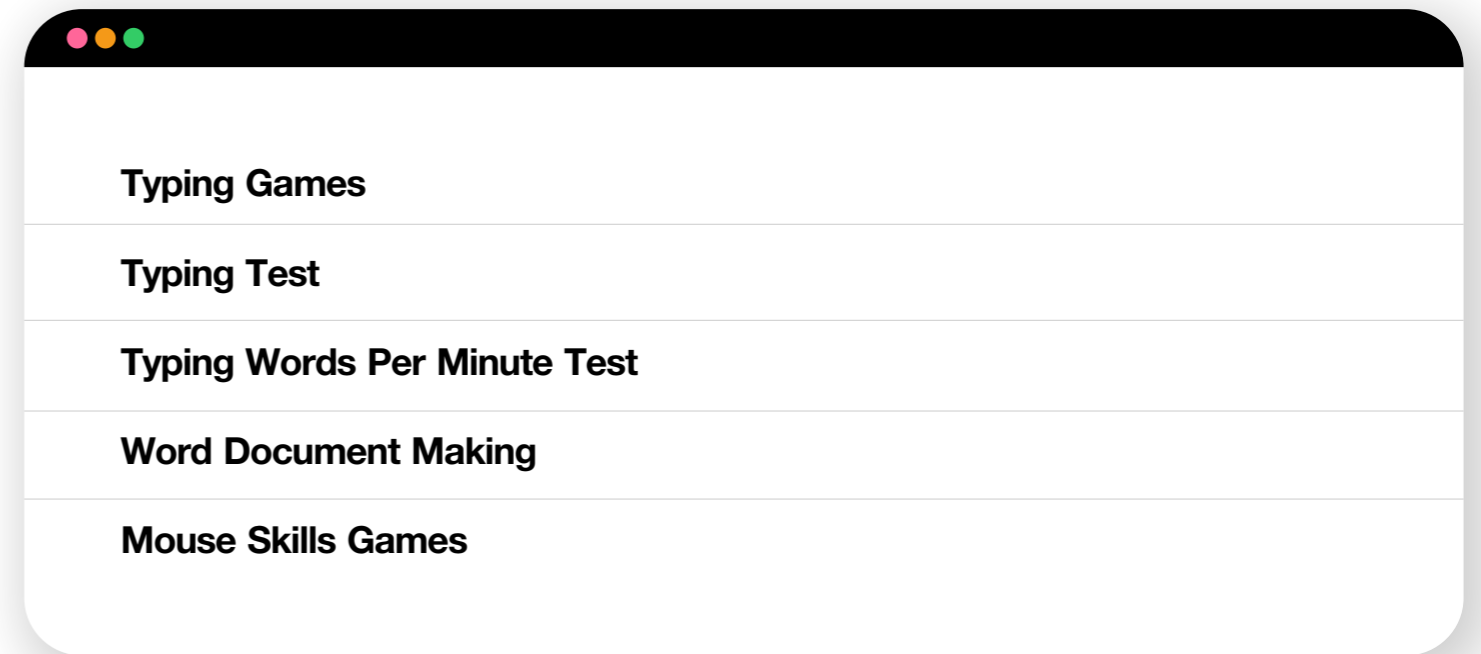


Computer Coaching Classes

Having basic computer literacy skills can help girls move on to more advanced skills, such as programming and communication, as the world is going mostly digital. The girls need to understand how to communicate with others safely, appropriately, and effectively through various communication tools. Computer literacy enhances professionalism. A person using a computer is likely to be more organized when compared with someone who does not use a computer.

The computer coaching curriculum we cover for the girls at YouCanFreeUs is as follows:

- **What is a Computer?**
- **Uses of a Computer**
- **Computer Hardware and Software**
- **Let' s Go Surfing**
- **Computer Security**
- **It's a Mouse!**
- **Playing the Keyboard**
- **Keys to Unlock the Computer**
- **Email**
- **Microsoft Word (Ribbon and Menu)**
- **MS Word (File Menu Part 1 Home Tab [Front])**
- **MS Word (Font Section Styles and Change Part 2)**
- **MS Word (Paragraph Settings and Changes Part 1)**
- **MS Word (Paragraph Settings and Changes Part 2)**
- **Designing Font and Paragraphs**
- **Creative Designs**







Sports Day



Place: **MCC Ground, Anand Nagar, Thane**

YouCanFreeUs India conducted a Sports Day event for the girls and staff members. Multiple competitions and games were played both individually and in teams. Competitors who placed first, second and third were awarded certificates and medals. On the day of the event, our Training Center staff and Udaan Child Development Training Center staff from Bhiwandi, along with volunteers, set up the field, marked the course with chalk and bought supplies such as water, lunch, a first-aid box, sports equipment for the games and other essentials. Also, sound and audio equipment were rented for sports commentators to explain games, make announcements, and make music.

The girls enjoyed competing in competitions like:

- **One-Legged Race**
- **Sack Races**
- **Book Balancing**
- **Lemon Races**
- **Three-Legged Races**
- **Water and Sponge**
- **100 Meters Running Race**

During these games, the girls cheered and encouraged each other. Each girl was provided with a uniform during the event to compete easily and comfortably. In the morning, the girls stood up to take the pledge and mainly competed in individual games, they took a lunch break to eat and relax, and after lunch, team games were played.

Overall, the Sports Day event ended with girls having fun, winning in different games, bonding with one another, and enjoying this unique event. The staff prepared efficiently for all the needs of the girls.



Vocational Training



Vocational Training



Photography Coaching



Community Outreach



Community Outreach Program

Our outreach program aims to help, uplift, and support women in the red-light area, government shelter homes, and the child labor community. It involves giving learning, social planning, healthcare and wellness support, and life skills coaching for their welfare. Creating avenues to bring growth to these women is essential, as well as raising social awareness on sensitive matters and providing new, innovative solutions to health and socio-economic challenges. Twenty life skills sessions and 10 health camps were conducted for the women of these communities. Door-to-door medicine kits were distributed inclusive of Covid-19 precaution kits as well. Turbe, Sonapur, Bhiwandi, and Kamathipura red-light areas were covered in reaching out to the sex workers. Five government shelter homes were included where we provided healthcare assistance, life skills sessions, and recreational programs for the beneficiaries. Multiple meetings and events were conducted for women in Bhiwandi who live in the most child labor populated areas. Women in the red-light areas go through severe health issues, and lack of awareness and poor access to healthcare facilities worsen their health.

Through our community medical outreach program, we distributed medical kits containing

- Medicine**
- Vitamins**
- Supplements**
- Face-masks**

to the women in the red-light area, followed by an awareness talk on general health care.

PRIMARY HEALTH CARE IS...



Women were each given a medical pouch that contained supplements like Zinc and Vitamin C to build their immunity, and they received N-95 masks. Life skills sessions covered various topics such as Healthy and Unhealthy Relationships, Forgiveness and Acceptance, Life Purpose, Importance of Education, Healthcare and Wellness, Mental Hygiene, Dimensions of Life, Dealing with Vulnerability Situations, Women's Access to Legal Rights, Goal-Setting, etc. Individual counseling was the most needful support that these women benefited from.

YouCanFreeUs played a vital role in counseling almost 300 women in these communities.





Government Home Recreation and Life Skills Programs









YouCanFreesUs provided the following medicines to Government Shelter Homes.

Inventory List for Navjeevan Home	
Sr. No.	Medicine List
1.	Mask
2.	Zincovita
3.	Vitamin C
4.	Fucidin
5.	Roko
6.	Crocin
7.	Cyclopam
8.	Combiflam
9.	Rantac
10.	Nicip Plus
11.	Meftal Spas
12.	DK Gel
13.	Mycoderm
14.	Volini
15.	Zandu Balm



Project Udaan

Child labor is one of the biggest humanitarian crises plaguing India.

Several million children in India have been deprived of a proper childhood and ruthlessly exploited due to the widespread demand for cheap labor. To combat this, YouCanFreeUs aims to rescue, protect, and prevent children from becoming victims of modern slavery and offer them opportunities for rehabilitation and education. Since 2019, we have had a dedicated anti child labor team that has worked in partnership with law enforcement and governmental agencies.

Udaan is a project of YouCanFreeUs for child laborers. YouCanFreeUs established the Udaan Learning and Development Centre for children who are forced or involved in child labor. Our team visited more than 25 families and found that in Bhiwandi, more than 7% of children are involved in child labor. The increase in poverty and a greater number of children in the family have contributed to child labor post-pandemic, and children are unable to go to schools because the family cannot afford the school fees or the children are involved in child labor. At Udaan, the children (ages 6-15) are provided with free education, vocational training, midday meals, and milk. We have life skills education, value education, spoken English, math, and computer skills as subjects.

Udaan enables children to develop creative thinking, problem-solving, critical thinking, and many other skills. Udaan is a safe and child-friendly center. It prevents the children from going to work and wandering in the streets, where they may be exposed to multiple waves of abuse. Daily tutorials and extracurricular activities are offered to children aged 6 to 14. The beneficiaries are identified by our social officers, who work closely with the families and the community. Children come from families who live in destitute conditions, some in very dire situations.





Child Labor in Bhiwandi



Gift Distribution for Udaan Children



Brief: A gift distribution event was held for the community children of the Bhiwandi area. The children were ushered into the classroom and asked to introduce themselves, followed by an icebreaker activity. The children were very excited and sportive. The program ended with distributing gifts by CitiusTech CSR for age groups 6-10 years, and 11 years onwards. The children received gift bags containing a diary, pen, tab, toys, chocolates, and a smartwatch. The community children were delighted to receive these beautiful gifts.



CitiusTech Team visited Udaan to distribute the gifts to children.



Computer Coaching Classes for Udaan Children



During the April–June quarter, the following topics were taught to Udaan Children in Bhiwandi:

What is a Computer?

Evolution of Computer

How Does a Computer Work?

Keyboard

Activity on Keyboard

What is a Monitor?

What is a Mouse?

What is a CPU?



Life Skills and Value Education

Udaan children go through life skills classes to understand the ways of life. Various topics are covered to educate children on life skills. Some of the important topics are covered below:

Dressing Myself	Learning to dress independently is an important life skill. Dressing is a complex skill that needs plenty of practice. Teach the students to understand the importance of dressing.
Effective Communication	Enable effective communication by teaching how to differentiate between hearing and listening and ensuring that messages are transmitted accurately to avoid miscommunication and misinterpretations.
Time Management	Communicate the importance of time management by teaching how to divide the time between different activities and to maximize the time spent on essential things
Anger Management	To inculcate the behavior of controlling anger in children. To enhance their behavior to respect their peers, parents, and teachers
Sharing	Teach students to share their belongings with one another and learn to be more patient in the classroom and in real life.
Decision-Making Skills	The ability to make decisions is an essential skill for all students to have. Through this lesson, we can teach students about differing types, processes, and models they can use to make decisions and then apply the concepts to real-life situations.
Facing Challenges	Children will be able to learn how to face challenges in their life and overcome them.
How to Develop Self-Confidence	Define the term self-confidence. Describe ways they can increase their self-confidence. Have them list and reflect on their strengths and weaknesses.
How to be Focused	Learning outcomes set the expectations of the subject and provide guidance for students so that they know exactly what is expected of them.
Self-Awareness	Enable the children to improve their ability to monitor their own emotions and reactions.
Self-Defense	Inculcate children to learn self-defense to protect themselves from any threat or violence and prepare them to deal with actual life situations.
Creativity	Learn to think outside the box, experiment, and develop innovative ways to find solutions for various problems. Improve communication skills.
Good Healthy Habits	To develop good habits among children and also to develop moral values
Respect and Humility	Students will develop an understanding of the concepts of respect. Students will identify respectful behaviors and the impact of such behaviors.
Helping Others and Gratitude	Teach the children to understand the importance of helping others.



Mid-Day Meal and Nutrition Supplements

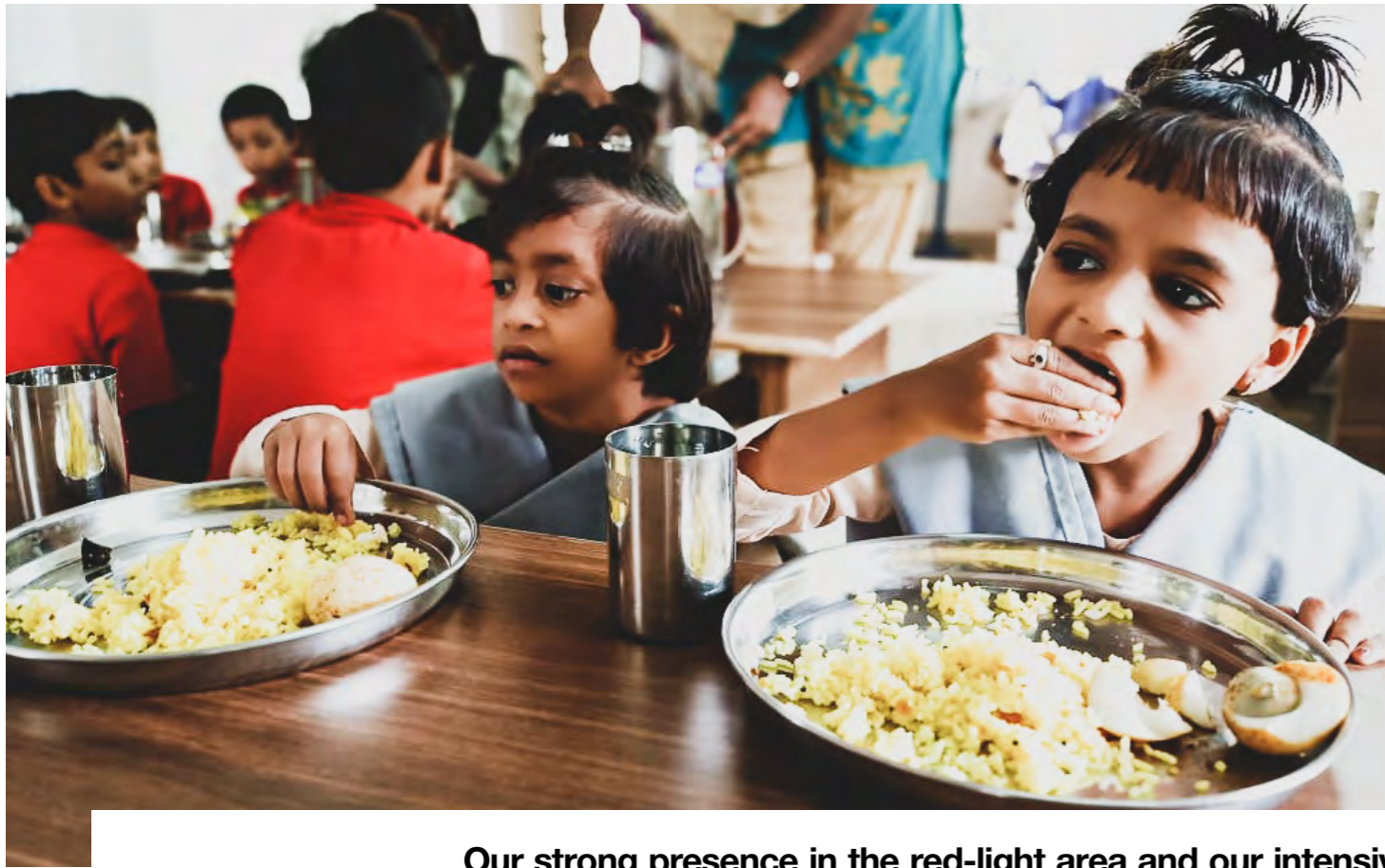
“The best way to make children good is to make them happy.”
- Oscar Wilde

Food and nutrition are how we get fuel, providing energy for our children at Udaan. We give two meals a day to children. Children receive a glass of milk, eggs, a snack, a banana, and a complete meal at noon for lunch.

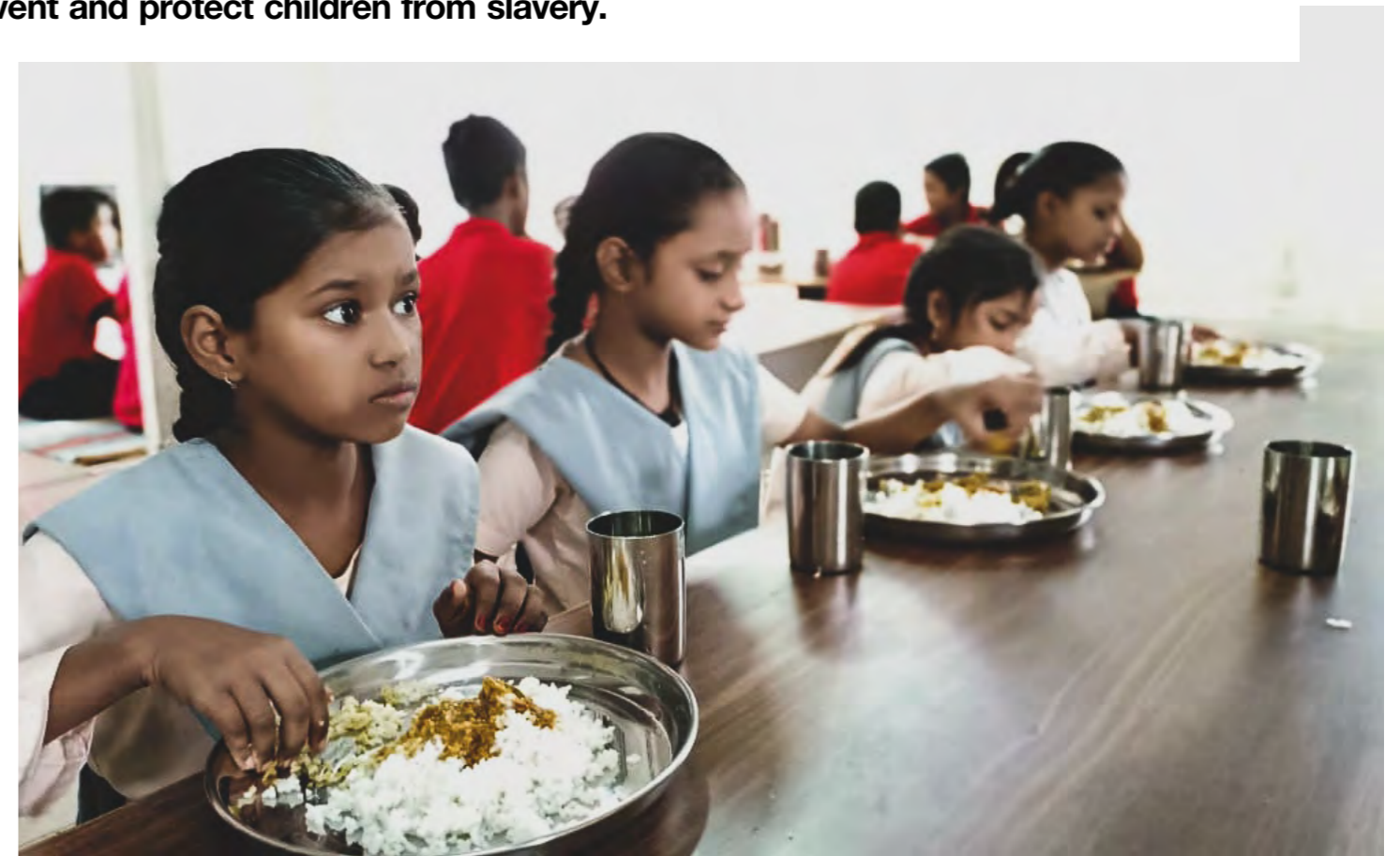
The weekly mid-day meal menu:

Days	Menu
Monday	Idli, Medu Vada with Coconut Chutney
Tuesday	Egg Biryani
Wednesday	Rice, Dal and Vegetable Bhaji
Thursday	Rice and Chicken Curry
Friday	Rice, Sambar and Papad

In the early days of Udaan, we noticed the children were a bit weak in health and malnourished. The children love the mid-day meal and enjoy eating the delicious and nutritious food we provide. Along with the Udaan team, there are serving teams daily – 5 children are given a chance to serve and also monitor in order to control wasting food. And also, before lunch, the children are made to wash their hands; many children said that it was new to them as they never had a habit of washing their hands before starting to eat. Some children avoided drinking milk as their parents couldn't afford it. Now, seeing other children drink milk, these children have also started to drink milk as well.



Our strong presence in the red-light area and our intensive outreach system help us identify children who are at risk. YouCanFreeUs initiated Udaan to prevent and protect children from slavery.



Health Camps



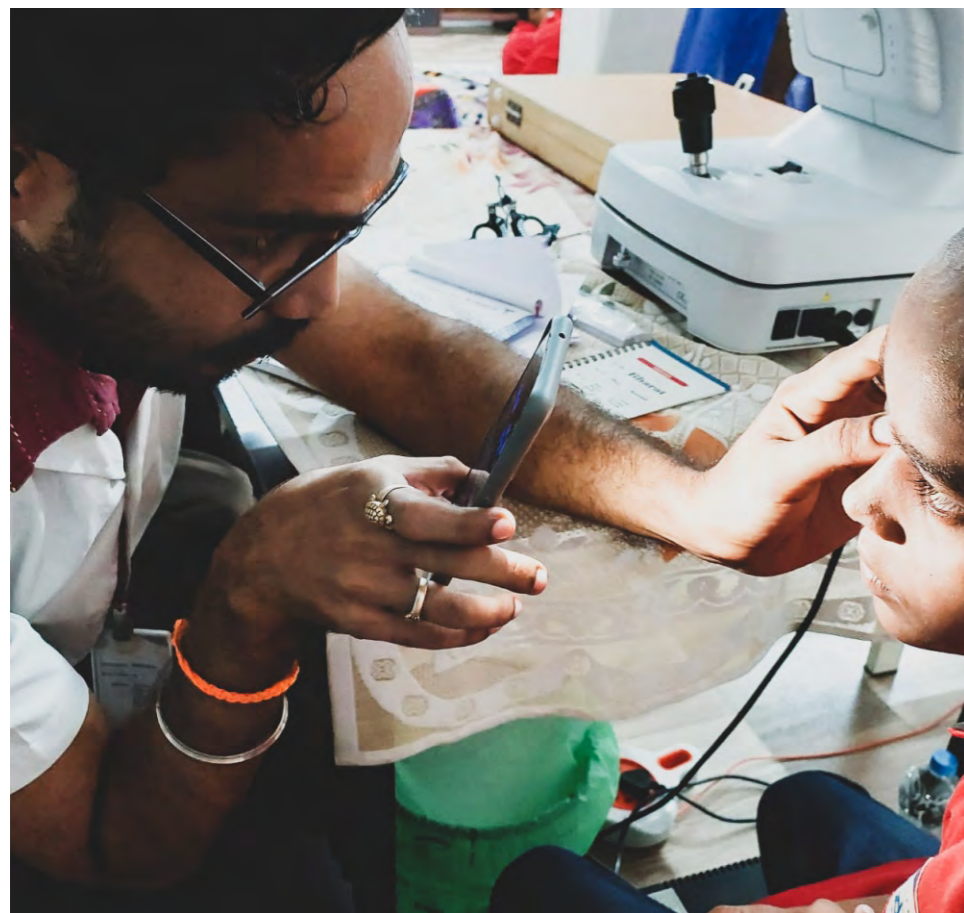
YouCanFreeUs conducted a dental medical camp, eye check-up medical camp, and general health medical camps for the children and women in the community. Most of the children in Bhiwandi slum communities lacked adequate medical support.

During the eye check-up, medical camp doctors noticed that some children were very weak and had eyesight issues and other health issues. The doctors conducted a session for children and women of the community to give awareness about adopting habits of a healthy diet with vegetables and nutritious food to promote good health. It was found that some children needed glasses, so the doctors recommended our Udaan team buy glasses for the children who had eyesight issues. YouCanFreeUs bought glasses for 25 children who were prescribed. The eye camp was vital in reaching the untreated children in the community. The main objective of the camp was to create awareness among the children and parents, which led to an intervention to prevent avoidable blindness.

A dental camp was conducted for children with basic dental health education with instructions on how to care for their teeth and gums. The main aim of the camp was to educate and motivate dental hygiene maintenance for the children and parents to avoid dental problems. Demonstration of how to brush was also shown to the children, and they were each given toothpaste, a toothbrush, and a tongue cleaner.

The general health camp was designed to bring more awareness of home remedies, healthy diets and detailed presentations on common diseases. All the medical camps had counseling sessions for both the parent and the child who had some serious issues. They were helped to better understand their malady and were explained the treatment. Medical camps were conducted with the aim of bringing awareness to deprived children and women in the community who have no access to basic healthcare services or knowledge about the diseases they are suffering from. So, we organized a medical camp free of cost to give medical advice and medicine and referred them for specialized treatment or surgery whenever required. These camps ensure people are receiving healthcare with medical intervention from a doctor before a small health problem becomes serious. We have had multiple cases among the children who were referred to doctors. We helped them financially to travel to the doctor for treatment, and our social workers went along with these children and parents to help them with the process.

One of the unique cases was a girl with a hole in her heart who was taken to the hospital and was suggested she go through surgery. Our social worker got the child's Aadhar card and all other needful government documents and made the doctor consultations to prepare for procedures for the 9-year-old girl's heart surgery. Very soon, the child will receive the operation.



Picnic, Outdoor Trips, and Sports Day



YouCanFreeUs organized picnics, outdoor trips, and sports days for the children and parents. Picnics and outings provide an excellent opportunity for students to cherish the wonderful experience and face various challenges that can contribute significantly to their personal development. The children were filled with joy and enthusiasm; for many, this was the first time they were ever taken on an outing for a picnic. We organize these events to give them the experience to improve their bonding with friends and teachers, improve mental and physical health, and learn better behavior and self-reflection.





Parent Meetings and Life Skills Training

Parent meetings are conducted every month with lunch, tea, and snacks. During parent meetings, many topics are discussed with the mothers to motivate them to support their children in education. All mothers are encouraged to learn life skills to face their situation and reach out to the right resources in needful times. Health issues, physical and sexual abuse, trafficking, child labor, government policies, financial savings, family, and relationships are some topics discussed with the mothers in a play-way method interaction and group discussions.





Celebrations

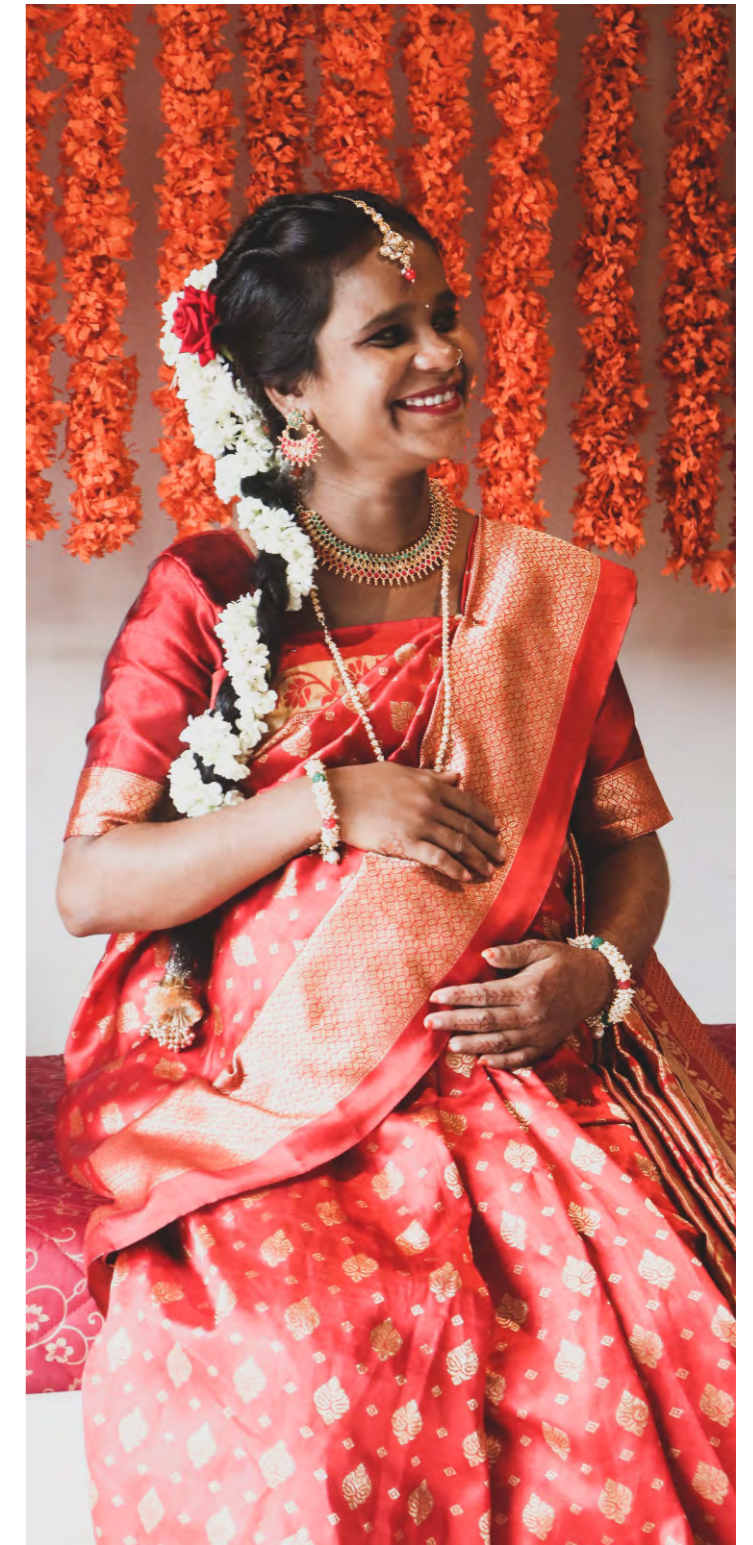
YouCanFreeUs celebrates all the special occasions with the beneficiaries to bring a sense of **belongingness, family bonding, the value of sharing or giving, loving people, and coming together to celebrate life.**

Through this, the focus is learning to share and care for others and teaching them the importance of generosity and humility. They also learn to be thankful for what they have and receive. Celebration is a part of our culture, and we have embraced it as a part of our work process. Celebrations involve people coming together to have a good time and provide a feeling of community and togetherness. YouCanFreeUs helps the beneficiaries shape themselves into good individuals and imparts to children the importance of community and the joys of working together. When kids participate in preparations for a celebrating event, they make a place for themselves. They learn to share work with everyone and together make a celebration successful. This year we celebrated all the national festivals, Valentine's Day and Friendship Day. We have a practice of celebrating the birthdays of each beneficiary as well.









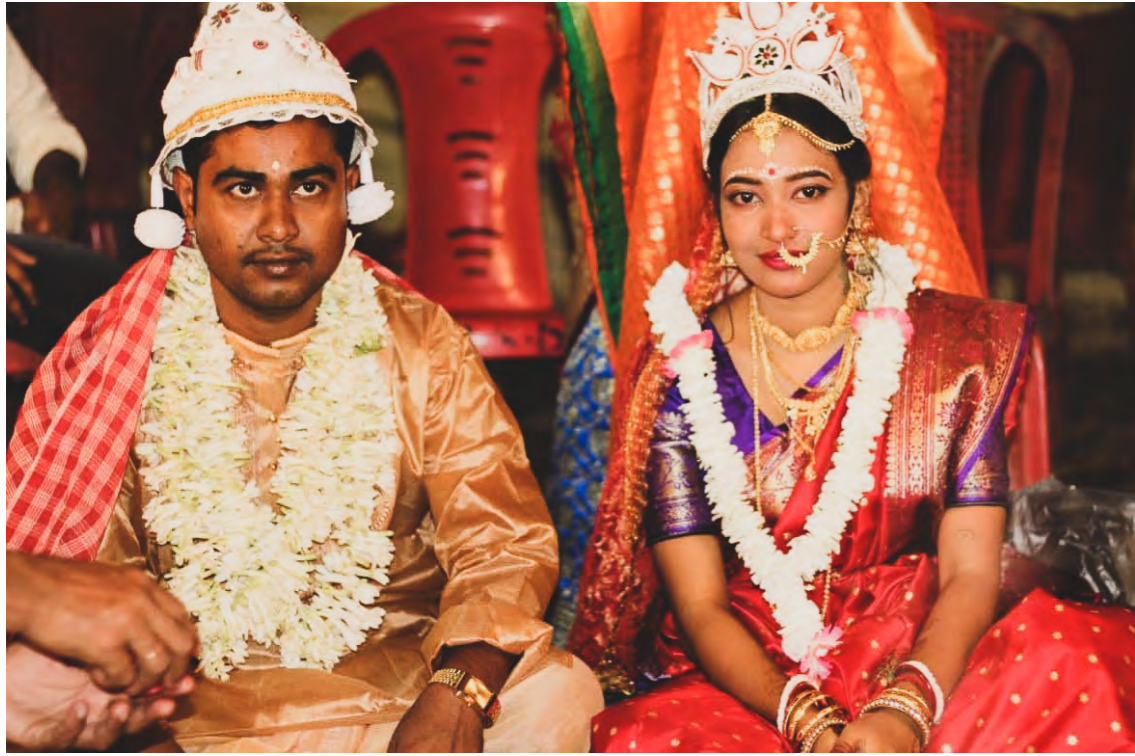








Four of our girls' weddings were conducted this year.



Capacity-Building Training for Staff

YouCanFreeUs often helps frontline workers improve their execution capacity by equipping them with a better understanding of their roles and providing them with the right tools to build upon their required attitudes, skills, and knowledge to perform better with responsibility.





**India's human capital is what makes India the great country it is.
Let us dream together to make this land slavery-free.**



you **can** free ● us
●
●

Annual Report

Education and Healthcare
(January - December 2022)