

BUILDING SAFE ENVIRONMENTS FOR GIRLS & WOMEN TO THRIVE

WWW.WOMENOFWORTH.IN



ANNUAL REPORT 2023



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**for a safe & equitable
Indian society**

Note From Our Founder

India, this year surpassed China as the most populous nation in the world. According to government data, India's GDP growth rate is higher than even major economies like Russia, USA, China, and the UK. India also hosted and presided over the G-20 this year

While celebrating these significant achievements, we cannot overlook the persistent challenges faced by India's girls and women, including gender discrimination, violence, unequal pay, female foeticide, infanticide, and threats to their safety. Numerous incidents of sexual harassment and assault further highlight the urgent need for attention.

Our efforts to achieve Sustainable Development Goal 5, which broadly addresses gender equality have only marginally improved the female labour force participation rate and shown some decline in child marriages.

Unless a more concerted effort, involving individuals, communities, and organizations is made, India will continue to be a nation unfit for its girls and women. Much remains to be done, and this is why I would like to thank each one of you for partnering with us on this mission.

It is with deep gratitude that we acknowledge and appreciate the support from individuals, corporate foundations, corporations, and organizations who have joined us in creating spaces for women and girls to thrive.

I extend an invitation to you to read this report and draw inspiration from our accomplishments this year. Our plans for expansion and increased reach are set to materialize in 2024.

I invite you to continue to partner with us as we envision a safe and equitable Indian society for the present and future.



Dr. Kavitha Emmanuel
Founder Of Women Of Worth

From The Director's Desk

Creating safe spaces has been our overarching goal this year.

We actively engaged with various stakeholders, particularly those directly involved in our initiatives. These discussions proved instrumental in understanding the essence of empowering and offering opportunities for girls and women to feel acknowledged, seen, and heard.

Our participation in government sponsored audits of homes sheltering girls and boys provided us with an additional avenue to grasp the intricacies of aftercare and rehabilitation.

Furthermore, we engaged in meaningful conversations with educational and institutional leaders, lawyers, parents, and teachers, delving into the effectiveness of systems, processes, laws, and policies aimed at protecting children from abuse.

While our journey is long, we found encouragement in each of these stakeholders' commitment for meaningful changes that genuinely prioritize the well-being of children, keeping them at the center.

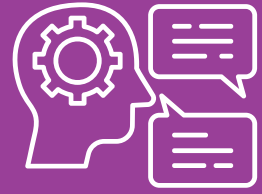
We sincerely appreciate your support and thank you for standing with us in this mission.



Joy C. Rajarathnam
Director Of Women Of Worth



What We Did This Year



Training & Mental Health

Our training & mental health activities cover:

- health care and awareness & monthly hygiene kit distribution in Chennai and Kolkata
- safety & CSA awareness in Chennai
- life skills training and mental health awareness in Chennai & Kolkata
- counselling support in Chennai & Kolkata

Our target recipients constitute two distinct groups:

- government & after-care homes and
- educational institutions & low-income communities

Health Care & Awareness

Our mission at WOW is to make better health outcomes and awareness a priority among women and girls. We make that possible through our partnerships with like-minded organizations. This year we conducted medical camps to provide free health screening & essential healthcare services for girls and women in partnership with OxyMed Hospital.



We also distributed hygiene kits to low and no-income communities through the generous donations of various individuals and organisations.

After-Care Homes: Seva Samajam Girls Home, Egmore

36 girls were tested for anemia as well as received general health and body mass check-ups through our work at Seva Samajam girls' home. The reports of the blood tests showed that 30 out of 35 girl children had normal hemoglobin while four girls had low hemoglobin levels.



"Thank you for conducting a free medical camp with your wonderful team. We are very happy and grateful for your work, we are privileged and the arrangement was excellent."

Juliet, Superintendent, Seva Samajam



Mary Clubwala Jadhav Girls Higher Secondary School

While being provided a balanced and nutritious diet is important, it's equally important that girls are also aware of the benefits of such foods, helping them ensure they eat a wide variety and develop into healthy young women. WOW is working on bridging that gap through our awareness workshops on health awareness and nutrition.

They learnt about things like:

- Nutrition education
- Nutrition groups & eating habits
- Food pyramid chart

45 girls from standard 8
attended our sessions on
understanding iron deficiency
and the importance of hygiene.



"Thank you so much for planning and organizing such a useful and engaging session. I appreciate the effort and time your team has put in to raise awareness among teenagers on their eating patterns and diet. I'm happy to be a part of this session and educate the children."

**Ms. Ayisha , Dietitian and Nutritionist,
Oxymed Hospital**

"We learnt new things about food and what food to eat and what not to. Thank you for this wonderful session."

Priya , Std VIII

"I learnt what food to avoid like junk food and oily food and I also learnt how to eat a balanced meal."

Lavinya , Std VIII



"A very good experience with the children"

**Mrs. Prema, Lab technician,
Oxymed Hospital**

The Community at Swami Das Puram, Chennai

Over the course of the current year, Women of Worth organized three medical camps in collaboration with healthcare partners - Oxymed Hospital and India Vision Institute for the Swami Das Puram community.



Our partner hospitals provided screening via experts in cardiology, dermatology, nutrition, physiotherapy, and gynecology. Immediate health concerns were addressed, and women and girls were empowered with knowledge, preventive measures, and tips on how to foster a culture of holistic community well-being.

General health camp:

25 children and 90 adults attended.

What stood out was the prevalence of joint and back pain among women, attributed to the nature of their occupations. Additionally, teenagers exhibited skin issues, potentially linked to cosmetic usage.

Eye camp:

142 members attended. The most common problems identified and treated were long sight, short sight, cataracts, and diabetes retinopathy.



Hygiene

WOW has been distributing hygiene kits to disadvantaged girls from low income communities in Chennai and Kolkata. **Each kit contains a bathing soap, a washing soap, two packs of sanitary napkins, shampoo, coconut oil, toothpaste, and a toothbrush.**

The kits are distributed every month, consistently ensuring that the girls have access to hygiene supplies. This year, monthly hygiene kits have been distributed to girls in Chennai and Kolkata.



Kolkata - 250 girls



Chennai - 283 girls



"The hygiene kit is helpful for our children in the shelter home, the sanitary napkin pack is neatly packed and children feel comfortable carrying it in their bag to school."

Sister Arochiah Sujatha Mary, Superior, Mariayala

The sanitary napkins provided to me are organic, of excellent quality, and more than enough. I also share what I have learned about hygiene with my family so they are also aware of menstrual hygiene.

Kirithiga, Swam Das Puram, Kilpauk



"Your kindness has made a significant impact on my life, and I can not thank you enough. As a young girl facing financial challenges, accessing essential hygiene products has been a constant struggle for me. Every month, receiving these hygiene kits, especially the sanitary pads, not only meets my basic needs but also empowers me with confidence and dignity. Your generosity and compassion inspired me to pay it forward to the needy when I am able"

Arpita Rajbanshi, Jagatpur, Kolkata

Fearless Project

The Fearless Project involves extensive work toward protection, prevention, and recovery from all forms of violence against girls and women. We believe and teach that everyone deserves to live free from fear and harm and this is our commitment, ensuring the safety and equality of women and children. Through our workshops and awareness initiatives in and around Chennai, we focus on safety and awareness of and prevention of child sexual abuse.

This year, our safety awareness program focused on training of:

- 18 teaching staff,
- 23 non-teaching staff, and
- 80 children (both boys & girls)

Government Homes

Our sessions include the following:

- Child Sexual abuse and its effects
- Creating a culture of safety and equality
- POCSO - simplified
- Positive Identity

During our interactions with the staff during our workshops, we noted that some staff had been unaware that boys also experienced sexual assault and that the workshop had opened their eyes to the reality of it. They requested regular meetings.

The children shared that they were allowed to express themselves, share their experiences, and receive guidance and support. They also felt encouraged to cultivate positive identities based on self-love and self-acceptance.



EMERGE Program

The EMERGE program focuses on life skills training, mental health awareness, and support for adolescents and women in low-income communities. We work in communities in both Chennai and Kolkata.

Our program ensures that the young women and ladies we work with receive the right awareness, encouragement, and reinforcement through personal exploration, learning, group discussion, and activities that will enable them to build a strong sense of self, form productive relationships, create safe spaces and nurture good mental health.

Chennai

Our safety workshops for girls in the Government-run girls' homes and aftercare homes in Swami Das Puram focus on mindset change and behavior.

The girls were challenged in their attitude toward things like

- safety,
- equality, and the
- ideal marriageable age

They learned how gender disparities were key to violence against women and girls, learned how to value people of all genders equally, learned about the ideal marriageable age, and also learned the nuances of body safety and how to seek support.

Our sessions with these children also included one-on-one counseling.

Number of sessions: 89
Number of participants: 889 adolescent girls
Number of modules: 20



Our sessions with the ladies of the swamidasapuram community covered the following topics:

- Parenting skills
- Healthy disciplining of children
- Child development milestones
- Substance Abuse & the role of parents in prevention
- Emotional Intelligence
- Self Care
- Stress Management
- Positive Emotions

Number of sessions: 35
Number of Participants:
143 women
Number of modules: 14



Kolkata

The Jagatpur slum is a densely populated locality with limited access to basic amenities. Social, economic and gender disparities are very common. WOW has adopted this community and regularly works with the adolescent girls here. Our safety and awareness workshops help build a good foundation as well as help safeguard them, ensuring they have a better future. They learn from a wide range of topics, including:

- Goal Setting
- Emotional Intelligence
- Gender Equality
- Communication skills
- Positive Identity
- Relationships
- Peers & Adolescence (Puberty)
- Gender Equality & Online Safety
- Child Sexual Abuse Awareness
- Self Care
- Positive Emotional States
- Stress Management
- Peer Pressure
- Healthy & Unhealthy Relationships
- Introduction to Mental health
- Anger management
- Resilience
- Mindfulness
- Body safety
- Online Safety

The girls at Jagatpur are a very enthusiastic and curious group who excel academically and display versatile skills despite facing economic challenges.

Number of sessions: 29
Number of Participants:
494 adolescent girls
Number of modules: 20



The women of the Jagatpur community attended sessions on:

- Anger Management
- Women on the Rise
- Self Care

Number of sessions: 3
Number of Participants:
59 women
Number of modules: 3



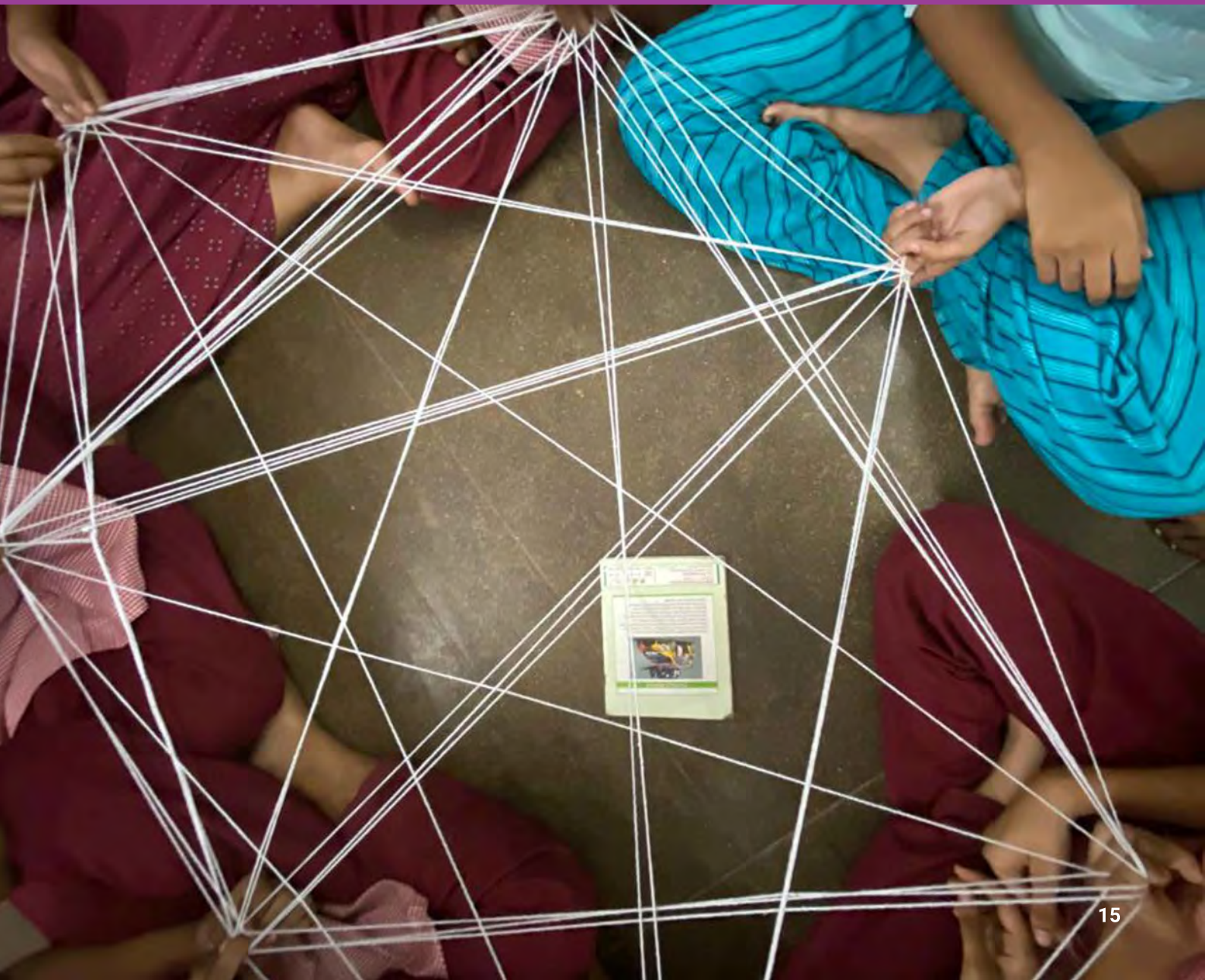
Most of these women work as domestic help. They often have faced economic hardships and limited opportunities for education and skill development. Our training addresses social and cultural issues that may affect their lives and community. By raising awareness amongst them, we are attempting to promote gender equality, challenge harmful stereotypes, and encourage the community to support education and the empowerment of girls.

Counselling

Our counselling sessions for girls and women focus on emotional and behavioral management, conflict resolution, and career guidance. We ensure that these sessions are safe spaces where they can vent their feelings and explore the things that challenge them.

Our wonderful volunteers also aid us in offering their time and expertise to make a change in the lives of the women and girls we work with.

Number of sessions: 74
Number of Participants:
32 girls and 15 women
Locations: Chennai &
Kolkata



Special Initiatives

In our effort to help build the communities we have adopted into stronger and more inclusive places for people, we've identified specific needs that we have been meeting.

Workers Welfare

Many ladies from our communities work as housemaids with no hope for pensions or benefits.

In order to empower such women and ensure that they get the benefits available to them from the government, we organize a workshop on the Tamil Nadu Unorganized Workers Welfare Scheme or Nala Variyam Thittam.

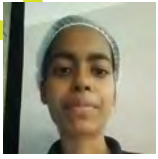
23 women were able to attend the workshop and benefit from this.

21 women agreed to join the scheme and form a union in their community.



Groom The Housekeeper

Our Groom The Housekeeper project conducted a workshop in Kolkata for **12 ladies** of the Jagatpur community.



“Enrolling in and completing the housekeeping course was a transformative experience for me. Earlier, I never thought that I could work and earn money to support myself, but WOW believed in me, and the opportunities WOW provided made all the difference. It was not just training; it was a path to a brighter future.

Sikha Chakraborty, 20 years old

Employed by Glook the Sky Lounge (Food and Beverage Service)

The ladies were provided with the opportunity to enhance their housekeeping skills by learning efficient cleaning techniques, proper use of cleaning tools and chemicals, and understanding safety protocols.

In keeping with our core mission, we also added sessions on workplace safety, understanding the law regarding sexual harassment (P.O.S.H), awareness of the rights of an employee, and the government schemes available to domestic workers.



Education Scholarship

She lost her stepfather in a domestic accident last year. Her mother Suguna is a housemaid who makes INR 100 to 120 per day and cannot afford to pay for Anushka's education. She also has several health problems. Although a capable student, Anushka had to drop out of school due to these unfortunate circumstances.

Women Of Worth was made aware of Anushka's circumstances a few years ago. With the help of our partners, we were able to get her back into school and have been able to pay her school fees every 3 months for the past 4 years.

Today, at 14 years of age, Anushka is in class 10 at an English medium school in Korrukupet, Chennai. By offering her regular counseling, and guidance, and meeting her material needs, she has been encouraged to continue her studies. She also participates in our life skills training program EMERGE. Staff at WOW stay in touch with her and her mother regularly.



“I would like to convey sincere gratitude for your priceless assistance in helping to pay my school fees. My education would not have been possible without the help of WOW and the Donor. Thanks to your kindness, my mother no longer has to worry about paying for school expenses. I am able to concentrate entirely on my academics and have access to a supportive learning environment and high-quality education that I would not have otherwise had.

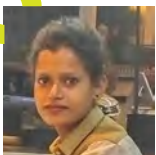
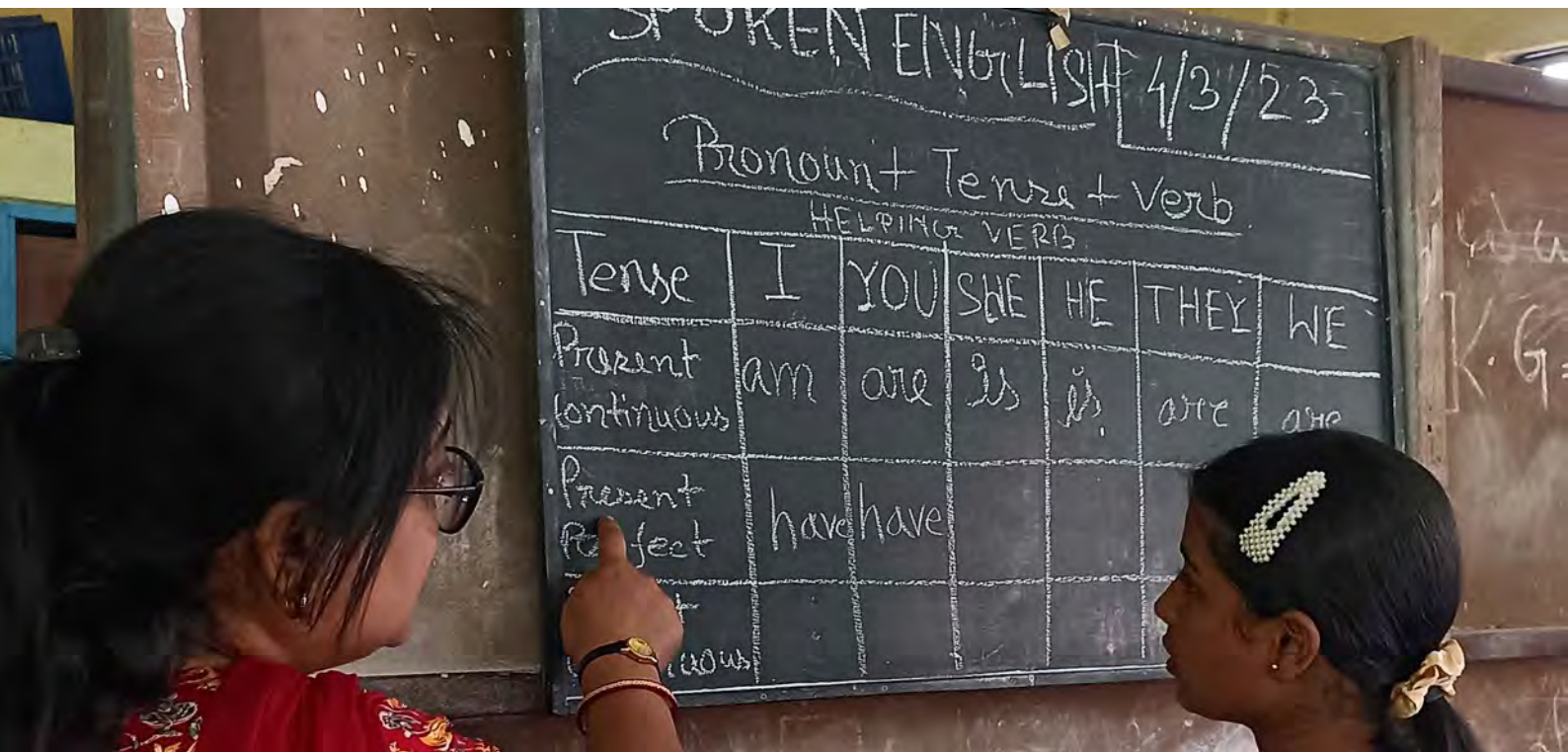
Anushka

Spoken English Program

WOW initiated a 6-month Spoken English course at Seva Samajam Children's Home, Chennai, Swami Das Puram, Chennai, and Jagatpur, Kolkata.

52 children in Chennai and 34 children in Kolkata benefitted from this.

The course primarily was meant for those girls who faced language difficulties and were unable to acquire English language skills properly. The course aimed at enhancing the language and communication skills of young adolescents and adults who were also seeking career opportunities. It was a successful initiative, as you can see from the feedback we got.



"I am grateful and will forever cherish the lessons and experiences I gained during the Basic Spoken English course. It played a crucial role in helping me to get a job, come to a new city, and survive. I am able to communicate effectively."

Mili Mistry, 19 (Kolkata community)

Employed by Hotel Paragon Bangalore, Salary: INR 15,000



"I'm able to communicate in English. I was not clear on how to use pronouns, prepositions, etc. Now I have a clear understanding. At school when my teachers speak in English, I'm able to respond to them."

Sharmila, 12

Swami Das Puram, Chennai

International Women's Day Celebration

The women's Day 2023 celebration was conducted by WOW in collaboration with Life 360 for the women from the slum communities of Kilpauk and Chetpet, Chennai.



About 375 women and children and representatives from 4 nonprofits attended the event.

The event focused on empowering women on their rights and providing them with information on various women and girl child empowerment schemes offered by the government. A street play was performed by Kale Theatre - Blu Jay media, highlighting the stereotypes that women face in our culture and breaking the bias through collective action and a change of mindset.



Our Women's day celebrations in Kolkata was titled: Women On The Rise.

52 women from the Jagatpur community attended.

The event featured Soma Halder, a girl from the community who had recently received her black belt in Karate. Soma comes from a very humble background, her father is a mason, but poverty has not stopped her from following her dream.

When a girl learns Karate, she also learns self-defense, self-confidence and self-esteem which allow her to go out in life with less fear and a more fearless attitude. Girls are considered physically weak as compared to boys, so when girls become capable of defending themselves and fending off physical attacks, it changes the mindset of people in the community and promotes gender equality between girls and boys. At the end of the session, many mothers pledged to encourage their daughters to follow their dreams.



Internships

We take on regular student placements and interneers from colleges including from Madras Christian College, Madras School of Social Work, Patrician College of Arts and Science, and Christ University, Delhi. This year, 9 students from social work and psychology courses interned with us.

Through working closely with our team, they learned how to engage with various communities, create training and workshop curriculum content, and were also able to help teach the workshops. They were also given the opportunity to sit in with our trained counsellors and learn how to conduct counselling sessions.



“My experience at Women of Worth was not just a professional journey; it was a deeply personal and transformative one. During my internship, I had the privilege of being involved in casework, group work, and community organization. The friendly office staff and the peaceful setting made it feel like a second home, which added a unique and heartwarming dimension to my fieldwork.

Moreover, Women of Worth trusted me and valued my contribution as a social work student. This trust opened doors to various opportunities and allowed me to explore and learn in ways I hadn't expected. It was like they handed me a key to unlock different doors of opportunity.

Working closely with Women of Worth, I saw firsthand the significant impact that social workers can make. It's not just a job; it's a mission to improve the lives of individuals and communities. This experience helped me understand the immense value of social work and the positive changes it can bring to people's lives.

Their vision to make the world a better place is something I truly admire, and I'm grateful to have been part of it. Women of Worth not only deepened my passion for social work but also opened my eyes to the incredible potential for creating positive change in the world.

Rini Silvia

**Third Year BSW, Patrician College of Arts & Science,
Department of Social Work**

Our Staff Share

Dealing with children in difficult circumstances can be both immensely fulfilling and emotionally challenging. It takes time, compassion, and a deep understanding of their needs to provide them with not only support but also to build a stable foundation in their life. We see it as an opportunity to make a lasting positive impact, to build resilience, and to provide women and girls a secure environment in which they can heal and grow.

As a team, we recognize that our work demands empathy, perseverance, and focus to assist in providing a secure and encouraging environment that will enable children to overcome obstacles and develop resilience. Despite the difficulties, witnessing their resilience and growth brings great satisfaction and motivates us to provide the finest care possible. Above all, to ensure that they feel heard, respected, and capable of regaining their strength and dignity, it is most important to be a beacon of hope and resilience on their path to healing and recovery.



“Working alongside the community has been a profound journey. Personally, it's been a lesson in empathy, resilience, and the beauty of human connection. They've shared their stories, their fears, and their hopes, teaching me the value of listening without judgment. Professionally, it's strengthened my commitment to advocating for their rights, offering support, and being a voice for those who need it most. Their bravery in the face of adversity has shaped me into a more compassionate individual and a fierce believer in empowerment and equality.”

Rebecca Deva Priya C

Head of Counselling, Training & Rehabilitation



“The work that I do at WOW as a counselling psychologist is a source of satisfaction for me and yes working with children and women from different backgrounds with different stories that can shake you up has been challenging but seeing that I can be a safe space for someone and that my role makes a huge difference in their lives makes it all worth it.”

Joycelin Packia Mary

Counselling, Training & Rehabilitation Associate

CSR, Foundations, Partners & Collaborators

Department of Social Justice
CWC in Kolkata & Chennai
Women & Child Development, West Bengal
Child Rights Commission, Kolkata
Seva Samajam, Chennai
Marialaya, Chennai
Don Bosco
Yein Udaan, Chennai
Praise Foundation
AmadaSoft
Chennai Willingdon Corporate Foundation
RR Donnelley
WORLEY
Oxymed Hospital, Nandanam, Chennai
Anita Methodist School
Patrician College of Arts and Science
Madras Christian College
Madras School of Social Work



About Us

Women of Worth, exists for the growth, empowerment, and safety of girls and women.

We stand for Justice, Equality & Change.

We celebrate who we are today,
We anticipate those changes that are yet to be,
We participate in the fight for a better tomorrow.



Women Of Worth was launched in Chennai in
2008

Supported by several Government Departments
and more than

500+
individual donors

8
corporates & foundations

Featured by

18+
News Media Houses (National & Global)

Women of Worth is a programme unit of PROVIDE.
PROVIDE is a registered TRUST, in compliance
with provisions of the Income Tax Act of 1961.
We are a government-registered Non-Profit Organisation.

Our Three Streams

Training & Mental Health Services

WOW's training programmes are conducted by professional trainers to address issues relevant to both men and women within the areas of empowerment, safety, and equality. These initiatives educate people on core values and morale, encourage people to think critically, and empower them to be the change they wish to see. The training wing of WOW targets several demographics that include but are not limited to girls in schools, colleges, and corporate offices. As each audience is different, the content is tailor-made to suit ever-changing needs and trends. Apart from training workshops, WOW regularly gets invited to colleges and corporates to deliver lectures and keynote addresses. We also conduct panel discussions on various topics related to the safety of women and girls, and colourism.

The Mental Health Services wing was launched in May 2019. Its purpose is to identify and address mental health issues and combat the stigma that surrounds them. We provide counselling services and awareness training programmes on mental health.

Advocacy

We strive to change attitudes and behaviour to bring equality in every sphere. A major part of what we do at WOW is to bring change by countering toxic mindsets and attitudes.

Rehabilitation & Restoration

Our rehabilitation wing identifies and engages with adolescent girls who are from abandoned, trafficked, or neglected backgrounds. We work in different capacities ranging from complete psychological evaluations, counselling, and rehabilitative interventions, depending on the needs of the rescue organisation involved.

Counselling, life skills training, and therapy of different kinds are offered in a non-judgemental environment that provides effective rehabilitative care to child victims of human trafficking.





How To Support Us



Volunteer

Your Time And Skills Are Valuable To Us

Since our inception, we have been supported by volunteers who are a core part of our team. We have a wide range of volunteering opportunities and when you volunteer with us, you get the opportunity to make new friends and learn new skills.

If you have time to give and the commitment to empower women and adolescent girls, we welcome you into our team.

www.womenofworth.in/volunteer

No act of kindness, no matter how small, is ever wasted.



Donate

We have various programmes and campaigns ranging from Counselling The Fearless Project, The Girl Arise Campaign, The Dark Is Beautiful campaign etc., that need your support, please visit our website to donate.

www.womenofworth.in/give



For detailed information visit:

www.womenofworth.in

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