



RED LIGHT DESPATCH

VOLUME IX, ISSUE 6

JUNE, 2018

DELHI, KOLKATA, AND FORBESGANJ (BIHAR)

My Dream Kajal

Kolkata: My name is Kajal. I am 13 years old. I study in 8th standard. My hobby is to dance. I like to listen to songs. I try to learn the steps in the performances. There are many types of dance forms in India. In school, I learned that each state had a particular dance form. I want to learn Kathak. It is a form of classical dance. It is a very old dance form. The dresses and the ghungroo look very beautiful on the dancers. I went to see a dance performance. The girls were dancing so beautifully and with full coordination. Dancing needs a lot of practice. I went to look for a dance teacher close to my home but couldn't find any. Other teachers are far away from my home. My father said he will take me to a good dance school where I can learn to dance. My dream is to perform on stage someday.

Fighting our way to better lives - Anjali Kumari/ dictated to Praveen Kumar

Bihar: My name is Anjali Kumari and I am 17 years old now. I live at Kuber Tola, Uttri Rampur Panchayat, Forbesganj. My mother's name is Shanti Devi and my father's name is Shri Madan Sahni. They both do the job of sailing fishes in the village markets. I am a student of class XI in a near about high school named Lee Academy in Forbesganj.

I have associated with Apne Aap women worldwide organization and here I attached with the computer and IGP stitching class. I learn the lessons very hard and try to do the better in my class. I also earn a few money to do the

job of stitching clothes of other people now.

I try to study very hard and after the completion of college, I want to become a teacher or a banker. I hope I will select one of them and remove the poorness of my family as soon as possible. I want to take all the loads of my family and support them in all ways. I want to admit my younger brother in a better school for higher education.

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"Making a change, one book at a time" —Anahita Mir

Delhi: In Delhi Apne Aap women worldwide works with three different DNT communities—the Perinas, the Saperas and the Singhis in Najafgarh, Delhi. All the three communities are poverty stricken. None of them have any sort of permanent employment and as a result have very meagre earnings. The adults are hardly literate with only a handful having completed primary education. The thrust in these communities is improving the household income because of their circumstances. The children are forced to help with the household. In a

recent survey conducted by Apne Aap, we found out that the drop-out rate is very high among the children of these communities. We then decided to start a mobile library to develop interests of children to read and eventually retain them in schools.

The first session of the library was conducted with a lot of enthusiasm. I went to the community with lots of picture books.

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**Conversation with Chandni (Perna woman)
- Khushboo Mishra**

Name: Chandni

Caste: Perna

Age: 25 years

Education: 4th class

Family Members: Husband, son (10 years old) and daughter (3 years old)

It was 1:10 pm when we knocked at the doors of Chandni's house. She was not happy to see us - was clearly visible on her face, like other Perna women in the community, but she asked us to come inside and sit. Every single thing from floor to mirror to bed to TV was covered in thick layer of dust. Before marriage, Chandni lived at Prem Nagar (another Perna community hub in Najafgarh). After marriage, she moved to Dharampura to her husband's house. Chandni told us she had just woken up and was cleaning the house. We asked for just five minutes to do a small survey (which was one way to enter into the house to project this as important work so they do not think that we were wasting their time). First, we started asking questions from our questionnaire, taking an opportunity to observe things around while filling the survey form.

What time do you generally go out?

Time is not fixed. Sometimes we go at nights and sometimes in day. Sometimes we go in day, come home in evening to rest and go back to work in night again only to come back in morning around 5-6 am.

Where do you go in day time? Do you get clients in daylight?

We get many clients in daytime too. We go to Vasant Kunj forest area during day light as there is no other place available. That area is full of clients and prostituted women even in the day. Sometimes the police comes, takes little money and goes away.

You go to Vasant Kunj area at night as well?

No, at nights we have more options like Bahadurgarh, Rajeev Chowk area in Gurgaon, Tilak Nagar, Dwarka. Earlier, we also used to go to a big drainage area in Najafgarh but public objected and we stopped going to that place.

Don't you get scared of police, what if they lock you up in police station?

No. We stand in line at these areas for a client to

choose with whom he would like to go. Police stands there and watches us from a little distance. Sometimes the SHO (head of a police station) comes in his vehicle, asks us in a loud voice to pack this up quickly and go away. But nobody moves and he goes away. Very frequently, the police on night duty asks us to entertain them. Few give money and few don't.

Do all women engage in sex openly? As among the Perna, every person is related to each other due to first cousin marriage. Don't they feel ashamed while engaging in sex in front of other family members?

Everything is open here. All women entertain clients in front of each other at the same place. Example, Radha (name changed) goes with her mother to entertain clients. They both entertain clients in front of each other. There is no shame here. Sisters, mothers-in-law and daughters-in-law, etc. go and earn together in our field.

Doesn't your husband feel bad and raise objection? He is sharing his wife with other men, only for money, which he could earn himself?

Husbands do not work here. My husband is an alcoholic. I don't expect anything from him. **In our community, men take their wives to the particular area, drop her there for work and come back home. According to them, they are not seeing you and you can do anything.** The only thing visible is money. When the work is done and we earn sufficient, we call our husbands. They come and pick us in their car or bikes, generally a car where few other Perna women could also adjust. This way the husband rotates turn to pick Perna women after work and bring them back home.

How many men on an average do you get in one night? What is the maximum number of men you have entertained in one night till now?

On an average, I entertain 4-5 men per night. Maximum I have entertained is up to 15 men in one night. Till the month end, if I have not earned a targeted amount of money, I increase the number of clients per night to reach that amount.

(This is an excerpt from an interview conducted by Khushboo Mishra in Najafgarh, Dharampura)

Diary of a Social Worker

Tabiea's experience with the Yoga class, Rampur

Bihar: I am Tabiea Teepee, an Intern in Apne Aap Women Worldwide, Forbesganj, Bihar from Germany for three months starts from 4th June 2018 to 30th August 2018. India is a huge and diverse country with multifarious social issues. After my first journey two years ago I decided to travel to India again. I want to try to understand these issues. I'm a student of social sciences and during my studies, I've been concentrating on gender issues in an inter- and transcultural context. So I joined Apne Aap Women Worldwide to learn more about sex trafficking and intergenerational prostitution. Particularly Bihar operations allow me to get in a deeper touch with the affected in a region which has far lagged behind the other Indian states in terms of social and economic development.

Yoga is an old school of mental, physical and spiritual practices which originated in ancient India. The positive effects on the body and mind are even in Western Society well-known. That is why Yoga has become so popular. I've been practising Yoga for some years now. I tried different styles like Hatha Yoga, Ashtanga Yoga and Kundalini Yoga. I have occupied with Yoga as a spiritual practice in depth during my stay in an Ashram nearby Rishikesh two years ago. I experienced how Yoga can have a deep impact on your way of living. After I visited twice an Ashram in my mother country Germany. These happenings gave me the chance to get a look into myself and to rebuild my inner balance.

Referring to my own experience with Yoga I wondered how I can teach the children of Rampur centre and what can I teach them. A suitable age to start practising meditation is in general for around ten years. Furthermore, you need concentration to focus on yourself during practising the Asanas. But kids are kids, they can't concentrate for a long time and they have a desire to play. And what about the language barrier? The children speak and understand barely English. How can I explain to them the exercises? So I created a programme that includes simple Asanas which are named after animals or objects like a tree. Learning some English words is a surplus value for the kids. And it makes it easier to remember the exercises. Additionally, I implemented elements of Laughter Yoga. There are surveys that found out that it makes no dif-

ference if laughing is caused naturally or artificially. The effect is the same, particularly forced laughter results in contagious and real laughter. So Laughter Yoga makes fun and has a benefit on your mood. I try to improve the sense of community of the children by practising in a circle that we all can view each other. We do some exercises while linking our hands so that we feel more connected. The kids have a lot of fun and enjoying themselves during the exercises. It's very childish and playful. This is good because you can't force them to behave like adults. Furthermore, it's a pleasure to observe them coming out and having fun. Besides, I notice how they improve those exercises which train the physical balance. These are Asanas called "flamingo" or "tree". One of the funniest exercises is the "bee". You sit and put your forefingers into your ears. Then you close your eyes, inhale and while exhaling you chant the "OM" and try to focus on the vibration in your head. We all have to laugh every time because the sight of this scenery is too funny to keep serious. Also, the teachers at Rampur centre join us and have fun. I'm glad and grateful that they support me. Sometimes it gets very chaotic. I'm not a trained social worker or teacher and don't know how to cope with it when the situation is too chaotic and the children are wild.

I see how proud the children are to show me their development. They shout loudly "Didi" to get my attention. I commend it with a "very good!" or "amazing!" to encourage their efforts. I have begun to include some "adult" exercises like the shoulder stand or the bridge with the appropriate opposite exercises. These ones are a little bit more ambitious, but in my opinion, it's important to show them how to develop themselves. I'm happy to be in deep touch with the children. Sometimes we are loud together and I wanna support their coming out. With easy breathing exercises I wanna calm them down. This doesn't always work, but that's okay. I wanna let them be children who are having fun and enjoying themselves. Additionally, teachers help me to manage chaotic situations.

Finally, this is my aim in which way I can contribute during three months with Apne Aap Women Worldwide in Forbesganj, Bihar.

Delhi: My name is Priyanka. I am 8 years old. I belong to Perna community and live in Najafgarh, in Delhi. I go to school every day. I study in class 3. I attend all the programs conducted by Apne Aap NGO in our locality and our school. They held a storytelling workshop in the community. There were two people from Apne Aap, Abhisri and Anahita.

They narrated a story about a woodcutter who was sincere in his work and very honest. Every day, he set out into the nearby forest to cut trees. He brought the woods back into the village and sold them out to a merchant and earn his money. He earned just about enough to make a living, but he was satisfied with his simple living. One day, while cutting a tree near a river, his iron axe slipped out of his hand and fell into the river. The river was so deep, he could not even think to retrieve it on his own. He only had one axe which was gone into the river. He was very sad

and started crying. Suddenly a fairy appeared in front of him and asked what his problem was, the woodcutter explained the problem and requested the fairy to get his axe back. In order to test him, the fairy pulled gold and silver axes first, which the woodcutter politely declined. At last, she pulled out the actual iron rod which made the woodcutter very happy. The fairy was very impressed with his honesty so she gave him his iron axe and also other two axes as a reward for his honesty. The lesson we learnt from the story was that honesty is the best policy and if we are sincere and committed in our work, we will be rewarded manifold. We had a lot of fun deciding the names of the characters of the story. I am looking forward to the next storytelling session, it's a beautiful and fun learning experience.

Get yourself involved!

Be a part of the campaign!

Click a selfie and share it with us on the Facebook Page 'Cool Men Don't Buy Sex' <https://www.facebook.com/pages/Cool-Men-Dont-Buy-Sex/624526271001934> with #CoolMenDontBuySex #Selfie #ApneAap.

The Cool Men Don't Buy Sex Campaign is a call to end demand for sex trafficking which highlights the role that men play in fostering the sex industry.



Apne Aap's "Cool Men Don't Buy Sex" campaign was born to draw attention to the demand side of sex trafficking - the traffickers, pimps, and purchasers of sex. Apne Aap advocates for the criminalization of these individuals – they are responsible for maintaining sexual slavery and continue to exploit women and girls every day in India.

Children for the Environment

— *Jyoti Shaw*

Kolkata: On the 28th of June, 2018, staff and students from Apne Aap attended an event organized by Diksha at Rotary Sadan, Kolkata. Diksha had organized a panel discussion on 'Child-Friendly Environment & its Contribution to a Child's Wellbeing', on the occasion of the launch of their publication, 'A Dream Child Protection Committee: Some Possibilities', a facilitator's guidebook.

The panel discussion was moderated by K. Vishwanath and the speakers included experts from various fields that deal with the rights and well-being of children. They were S.Suresh Kumar, from the labour department, Indrani Chatterjee from the child rights commission, Mohua Chatterjee from CRY, Satya Gopal Dey, an advocate, Shampa Sengupta from Sruti, Dr Madhurima Ghosh, a child psychiatrist. The program organized was all about a child-friendly space which is considered to be a safe place set up in a disaster-

affected community where children's unique needs can be met. Many other NGOs were also attending the event, including Sanglaap, Pranjali, Pranti, Mukti, Cini, Jawala, Humari Muskan, and New Light.

I got to know how our environment affects our day to day life and our over all well being. Ministers should make policies to protect our environment and in turn our children. We learnt that clean environment also helps develop a good brain. A lot of students from Apne Aap attended the event. It is not everyday that we get to hear so many qualified people speak about our issue. The students from Apne Aap who attended the event were positive about the discussion.

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contact@apneaap.org



Music to the Ears

-Sahil Raza

Delhi: We went for our field visit to Najafgarh. It took us about an hour or so to get to Dharampura from Anand Niketan, Apne Aap's office. Once we got there, I observed and noticed that we were in an urban village. The houses were aligned one after the other with attached roofs made of bricks. The roads were narrow and had very narrow ditches on both the sides for the villages' drainage system. Once we entered the area, we were greeted by the village kids, they were fully dressed, showered, and all of them combed their hair and were prepared for the day. They were all happy and excited to meet us. They all greeted us, introduced themselves and even shook our hands. What took me by surprise was that some of the kids were more excited to see the new books rather than the bag of biscuits we brought for them.

The kids took us to one of the houses where there were more kids waiting to welcome us. Once we entered the house, I noticed that the house was very clean, had a ceiling fan and con-

sisted of 2-3 small rooms including the kitchen. The kids all sat in a circle and we introduced ourselves. Once the kids started introducing themselves, I saw and what I particularly liked was that some of the kids spoke really good English and were able to introduce themselves with confidence. We even asked all 20- 25 kids some simple questions like, what they like to eat, watch, play etc. Some were shy and the kids that were confident answered it with a proper answer, long and short depending on their confidence level and from those who spoke English were even able to formulate and broaden the answer in English.

Once we were done with Introduction, we asked the kids whether they have brought the books that they borrowed last time so that they can borrow the new ones. Ms Anahita had a checklist of the kid's names and who borrowed the books. Most of the answers we got from the kids were that the books were either torn or missing.

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My family lives in a village near Forbesganj. There are many people who are illiterate and very poor. I want to support them and take a lead role to educate the people of our community so they find the better jobs and earnings to smoothly run their families. I want to support all the poor children who are not access the better education. I want all the people in my village become literate and earn much money for their betterment and live in a better condition. I want to remove the poorness from their lives. **I struggle very hard and continue my study to get the job. I hope I fulfill my dream very soon.** I especially thankful to my mother who did the very hard job for continue my study and taught the lesson to never lose the patience in the life if any kind of trouble came to frightened you.

Thanks Apne Aap women worldwide, who gave the space me to fulfill the dream of my life.

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(Continued from page 6)

Once we were done with Introduction, we asked the kids whether they have brought the books that they borrowed last time so that they can borrow the new ones. Ms Anahita had a checklist of the kid's names and who borrowed the books. Most of the answers we got from the kids were that the books were either torn or missing. We were displeased and I asked who wanted to borrow books and everyone's hands shot up and we took the decision to not let them borrow the books this time to teach them to be more responsible and also wait for remaining ones to return the books. Later we decided to tell a story. One of the girl child, Prachi, was more than happy to read one English storybook aloud to the rest of the children. Some were listening and some weren't. We decided to drop the idea of storytelling halfway through the book and decided to do some activity that everyone would enjoy. In our group, we had a musician named Zeeshan, all the way from Kashmir who decided to conduct that activity. We asked who loves to sing, everyone's hands went up. So, we asked one by one to sing what they wanted and Zeeshan did the honours of playing the guitar that he brought with him. Out of 20-15 kids, only 2-3 ended up singing. Prachi was very talented. She sang 1 English song and 3-4 Hindi songs. I loved her aura, charisma and the level of confidence because she sang what she wanted that brought some confidence in others too and all her conversations with us were in perfect Eng-

lish. To sum up, with that activity we sang a very popular Hindi children song that everyone knew the lyrics to called 'lakdi ki kathi'. The children were so happy and excited that they were shouting the song rather than singing it, this made me laugh a bit. We finished off the day by distributing various types of biscuits. But we first instructed the kids to make 3 lines and not to fight when they receive their packet of biscuits. It got a little out of hand but we were able to manage the situation. We also told them to thank the person who is giving it to you which they all did happily. With the remaining biscuits we gave it to the women who were sitting on the steps outside of their homes with traditional Indian clothes and by the little conversation I had with them, they said they are housewives, they don't go out of the area much, and their life is quite tough. By the little distance we covered in the village, I saw no men in the area except some older boys who were busy doing their home chores. It was also a very hot day and what I observed was that some houses even had coolers. The day ended with a very positive note because, I learned a lot of new things and know what kind of children, area and environment Apne Aap works with. What I felt good about was that we left the kids happy, cheerful and maybe a hint of confidence in them and some even followed us until we sat in our cars. Overall it was a great learning experience for a hot day.

I would like to thank Apne Aap for this opportunity.

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The children gathered at the courtyard of a house in the community. I explained to them about the books being loaned to them. One of the reasons to loan them books was to teach them responsibility. Two children had to share the books so that they learn to share. I started with a story telling session.

The story was about the extraordinary yet tragically short life of Kalpana Chawla, India's first lady astronaut. We talked about the hurdles that she faced and her determination in an attempt to in-

spire the kids to dream bigger. I distributed the books to children who were visibly excited to explore all the beautiful pictures. They all promised me that they'll take care of the books and read them. I left very content.

In a recent survey conducted by Apne Aap, we found out that the drop-out rate is very high

Poems

Thank you, Lord

I thank you, my lord
I thank you everyday
I thank you for everything
For showing me the right way
Thank you for love and care
I get everyday
Thank you for your blessings
Which you shower everyday
Thank you for my family
For a safe house to stay
Thank you for all the friends
I get to play.

Name: Varsha

Age: 11 years

Community: Perna

Help the needy

Come friends, let's do some work
We should help everyone
Never should we lie
And hurt anyone
Come friends, let's do some work
Tell each other good things,
Never wish bad for anyone
Help the needy
Come friends, let's do some work
Give water to thirsty
Give food to feed the hungry
Bring happiness to poor
Come friends, let's do some work.

Name: Aarti

Age: Nine years

Community: Perna



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Red Light Despatch

Editor: Ruchira Gupta

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Publisher: Apne Aap Women Worldwide

RNI Number: DELMUL/2008/27727

Printer: India Enterprises, New Delhi