Kolkata Mary Ward Social Centre



Project Name	Aarogya- A Health Intervention (Healing with Dignity, Caring with Love)
Reporting Period	July 2025 to June 2026
Report Type	Closure Report- 12 months
Project timeline	July 2025 to June 2026
Implemented by	Kolkata Mary Ward Social Centre
Supported By	• Calcutta Rescue Switzerland- CRSL • Calcutta Rescue Nederland- CRNL

Project Objective

The objective of this project is to improve the overall well-being of sex workers and their children in Sonagachi and Matia through comprehensive health, hygiene, and nutritional interventions. The project aims to reduce immediate health risks by hosting medical camps and distributing hygiene kits. Furthermore, it will strengthen mental health support for adolescents, ensuring the target community gains access to the resources necessary for a healthier and more dignified life.

Target Beneficiaries

Sex workers and their children.

Geographical Coverage

Sonagachi (Kolkata) and Matia (North 24 Parganas).

Key Activities

The project utilizes an integrated approach to community care, combining educational outreach with direct aid. Key activities include health and hygiene awareness sessions for sex workers, alongside dedicated mental health workshops for their adolescent children. Physical well-being is further supported through targeted health camps and the distribution of essential hygiene and nutrition kits. Together, these interventions mitigate immediate health risks and sustainably improve the community's overall quality of life.

Summary and the Need of the Project

Sex workers and their children in Sonagachi and Matia navigate severe health and socio-economic vulnerabilities daily. Due to hazardous environments and high systemic barriers, sex workers face elevated risks of STIs, HIV, reproductive health issues, and chronic stress. Concurrently, their children suffer from high rates of malnutrition, low immunity, and psychological trauma driven by deep-rooted social stigma. Because mainstream healthcare structures frequently overlook these red-light areas, specialized interventions are a lifeline.

To bridge this gap, Project Aarogya implemented sustained, community-led initiatives providing medical camps, vital hygiene supplies, and nutritional aid. Targeted health workshops equipped sex workers with preventive health education, while dedicated mental health spaces helped adolescent children process stress and build emotional resilience. By pairing direct medical services with consistent outreach, the initiative successfully dismantled mistrust, improved health-seeking behavior, and created a secure, dignified network of care for marginalized families.

In addition, community-level health camps were organized to provide basic medical check-ups, health consultations, and referrals, ensuring timely access to essential healthcare services for both sex workers and their children. Health, hygiene, and nutrition kits were distributed to support improved daily health practices and nutritional intake. These ongoing activities played a vital role in building trust within the community, encouraging active participation, improving health-seeking behavior, and establishing effective coordination with local stakeholders and service providers for smooth project implementation.

Beneficiary Reach & Demographics

The project supports a total of 280 beneficiaries across two red-light intervention locations in West Bengal, addressing location-specific health and safety vulnerabilities.

1. Sonagachi (Kolkata)

As one of Asia's largest and most densely populated red-light districts, this urban area faces severe overcrowding, high population mobility, poor sanitation, and fragmented healthcare access. These conditions heighten risks for communicable diseases, reproductive health issues, and psychological distress.

- Total Reach: 245 beneficiaries
- Target Group: 50 sex workers and 195 children
- Focus Areas: Integrated health, hygiene, nutrition, and mental health support.

2. Matia (North 24 Parganas)

Situated in a semi-urban border area near Bangladesh, this smaller community is highly vulnerable to cross-border migration, economic instability, and human trafficking. Geographic isolation, low health awareness, and a lack of local medical facilities restrict the community's access to timely healthcare and psychosocial resources.

- Total Reach: 35 beneficiaries
- Target Group: 15 sex workers and 20 children
- Focus Areas: Focused health, hygiene, nutrition, and anti-exploitation/mental health support.

Summary Impact: By tailoring interventions to the unique urban pressures of Sonagachi and the border-zone risks of Matia, the project ensures equitable, targeted healthcare and protection for all 280 individuals.

Activity Tracker

1. July 2025

A Free Contraceptives and Hygiene Kit Distribution programme was implemented in the Sonagachi and Matia areas.

Impact Highlights:

- Access to free contraceptives has enabled sex workers to make informed choices about their reproductive health and avoid unintended pregnancies.
- Regular availability of condoms significantly lowers the transmission of sexually transmitted infections, including HIV, protecting both sex workers and the wider community.
- Free distribution reduced out-of-pocket expenses for essential health and hygiene items for families with unstable incomes.

CRSL			
Name of the activities	No of activities	Total number of participants	Topic
Free Contraceptives and Hygiene Kit Distribution for Sex Workers	1	65	Free distribution of sanitary napkins, personal health and hygiene kit along with the materials for contraception were distributed among the sex workers at Sonagachi and Matia.

CRNL			
Name of the activities	No of activities	Total number of participants	Topic
Free Contraceptives and Hygiene Kit Distribution for Sex Workers	1	65	Free distribution of sanitary napkins, personal health and hygiene kit along with the materials for contraception were distributed among the sex workers at Sonagachi and Matia.

2. August 2025

Multiple health-focused workshops and material distributions were carried out to address physical, reproductive, and mental well-being concurrently.

Impact Highlights:

- The free distribution of contraceptives, condoms, and hygiene kits reached 65 sex workers across both Sonagachi and Matia, providing essential resources to manage reproductive health risks and encourage safer practices.
- A dedicated wellness workshop equipped 50 sex workers in Sonagachi with critical knowledge regarding personal health, self-care, and hygiene management.
- A specialized workshop supported 80 adolescent children of sex workers in Sonagachi, addressing vital mental health needs while building a foundational understanding of basic health and hygiene.
- The initiative ensured targeted, critical assistance by providing customized support to a vulnerable woman in Sonagachi during her time of illness.

CRSL			
Name of the activities	No of activities	Total number of particiapents	Topic
Free contraceptives and hygiene kit for sex workers	1	65	free distribution of condoms, contraceptives and hygiene kit were distributed amog the sex worker at sonagachi as well as matia to keep the management of health risk of the sex workers over there.
Health and hygiene awareness workshop for sex workshop for sex worker	1	50	A health and hygiene workshop was conducted with the sex worker on personal health and hygiene at sonagachi
Mental health workshop for the adolescent children of the sex workers	1	80	A mental health workshop was conducted with adolescent children of sex workers at sonagachi, the session was on basic health and hygiene.
Special case	1	1	1special support was given to a women at sonagachi during her illness

CRNL			
Name of the activities	No of activities	Total number of particiapents	Topic
Free contraceptives and hygiene kit for sex workers	1	65	free distribution of condoms, contraceptives and hygiene kit were distributed amog the sex worker at sonagachi as well as matia to keep the management of health risk of the sex workers over there.
Health and hygiene awareness workshop for sex workshop for sex worker	1	50	A health and hygiene workshop was conducted with the sex worker on personal health and hygiene at sonagachi
Mental health workshop for the adolescent children of the sex workers	1	80	A mental health workshop was conducted with adolescent children of sex workers at sonagachi, the session was on basic health and hygiene.

3. September 2025

Impact Highlights:

- Through targeted workshops, 50 sex workers gained critical knowledge on food health and the importance of good sleep to support daily well-being. Additionally, a session reaching 50 participants focused on oral health and general physical health to encourage better self-care and preventive hygiene practices.
- Mental health workshops successfully reached 80 children of sex workers in Sonagachi. These sessions provided a safe space to address emotional vulnerabilities, focusing specifically on managing fear and anxiety to build psychological resilience.

CRSL			
Name of the activities	No of activities	Total number of particiapents	Topic
Health and hygiene awareness workshop for sex workshop for sex worker	1	50	A health and hygiene workshop was conducted with the sex worker on food health and importance of good sleep
mental health workshop for adolescent children of sex workers	1	80	A mental health workshop was conducted with children of sex workers at sonagachi, the session was on fear and anxiety

CRNL			
Name of the activities	No of activities	Total number of particiapents	Topic
Health and hygiene awareness workshop for sex workshop for sex worker	1	50	A health and hygiene workshop was conducted with the sex worker on oral health and physical health
mental health workshop for adolescent children of sex workers	1	80	A mental health workshop was conducted with children of sex workers at sonagachi, the session was on fear and anxiety

4. October 2025

Impact Highlights:

- The comprehensive intervention successfully reached 80 sex workers across the Sonagachi and Matia areas through a focused drive that distributed free contraceptives and essential hygiene kits, directly mitigating immediate health risks and promoting proactive physical well-being.
- Beyond addressing physical health, the project delivered a profound psychological impact by conducting two dedicated mental health workshops that engaged 80 adolescent children of sex workers.
- These emotional resilience sessions provided a rare, secure environment for the youth to understand, express, and safely manage their emotions, effectively dismantling internalized social stigma and breaking generational cycles of trauma.
- By combining vital public health resources with trauma-informed emotional care, the initiatives successfully fostered a sense of dignity, personal autonomy, and renewed hope, equipping both women and adolescents with the foundation needed to walk toward a more secure future.

CRSL			
Name of the activities	No of activities	Total number of particiapents	Topic
mental health workshop for adolescent children of sex workers	1	80	Psychosocial support or mental welbeing training workshop with the adolescent children of the sex workers.
Free Health camp	1	80	A free health check up camp was conducted with the mothers and with the children along with free distribution of medicines at sonagachi.

5. November 2025

Impact Highlights:

- A dedicated activity successfully reached 80 sex workers across the Sonagachi and Matia areas through the free distribution of condoms, contraceptives, and hygiene kits. This targeted intervention directly supports the proactive management of community health risks and promotes essential physical well-being.
- The project extended its impact beyond physical health by conducting two structured mental health workshops that directly engaged 80 adolescent children of sex workers.
- These specialized mental health sessions achieved a meaningful impact by helping vulnerable children understand their feelings and learn to express and manage their emotions safely, fostering critical psychological resilience.

CRSL			
Name of the activities	No of activities	Total number of particiapents	Topic
Free contraceptives and hygiene kit for sex workers	1	80	free distribution of condoms, contraceptives and hygiene kit were distributed amog the sex worker at sonagachi as well as matia to keep the management of health risk of the sex workers over there.
mental health workshop for adolescent children of sex workers	2	80	Understanding of feelings- helping children to express and manage their emotion safely

6. December 2025

Impact Highlights:

Focused nutritional intervention reached 140 children living in the highly marginalized areas of Sonagachi and Matia through a dedicated nutrition kit distribution drive. This direct support tackles physical vulnerabilities and helps build a baseline of healthy growth for children facing severe socio-economic challenges.

The project also successfully addressed the deep-seated emotional trauma of the younger generation by conducting a mental health workshop that engaged 80 adolescent children of sex workers in Sonagachi.

CRSL			
Name of the activities	No of activities	Total number of particiapents	Topic
Nutrition kit distribution	1	140	Nutrition kit was distributed among the children of Sonagachi and Matia

CRNL			
Name of the activities	No of activities	Total number of particiapents	Topic
mental health workshop for adolecent children of sex workers	1	80	A mental health workshop has been conducted with 80 adolescent children of sex workers at Sonagachi

7. January 2026

Impact Highlights:

A free health check-up camp successfully provided healthcare support to 80 mothers and children in Sonagachi. This crucial intervention combined clinical assessments with the free distribution of medicines, directly addressing immediate medical needs and reducing financial barriers to basic healthcare in a heavily marginalized community.

The project successfully delivered specialized mental health support by conducting two dedicated workshops for 80 adolescent children of sex workers in Sonagachi.

These therapeutic sessions achieved a meaningful impact by creating a safe, non-judgmental environment where vulnerable youth could openly process unique environmental stressors. The workshop equipped these adolescents with emotional management tools, helping them confront social stigma and build the psychological foundation necessary to envision a stable, hopeful future.

CRSL			
Name of the activities	No of activities	Total number of particiapents	Topic
Free Health camp	1	80	A free health check up camp was conducted with the mothers and with the children along with free distribution of medicines at sonagachi

CRNL			
Name of the activities	No of activities	Total number of particiapents	Topic
mental health workshop for adolecent children of sex workers	2	80	2 mental health workshop has been conducted with 80 adolescent children of sex workers at Sonagachi

8. February 2026

Impact Highlights:

- A free health check-up camp successfully provided critical health services directly to 80 mothers and children.The intervention included the free distribution of essential medicines at Sonagachi, helping to bridge healthcare accessibility gaps for highly marginalized community members.
- By pairing professional clinical check-ups with immediate pharmaceutical support, this single initiative established an effective frontline defense against illness, improving the baseline health and dignity of women and children in the area.

Name of the activities	No of activities	Total number of particiapents	Topic
Free Health camp	1	80	A free health check up camp was conducted with the mothers and with the children along with free distribution of medicines at sonagachi

9. March 2026

Impact Highlights:

- The project successfully expanded its preventative healthcare reach by distributing free condoms, contraceptives, and hygiene kits to 50 sex workers under the CRSL sector and an additional 35 sex workers under the CRNL sector. This dual-sector distribution directly helps manage immediate health risks and promotes essential personal hygiene among women in Sonagachi and Matia.
- A free medical health camp provided clinical check-ups and immediate treatment to 50 mothers and children in Sonagachi. By pairing these professional medical assessments with the free distribution of medicines, the initiative removed financial barriers to necessary primary healthcare.
- A specialized mental health workshop was conducted for 25 adolescent children of sex workers in Sonagachi. This critical session focused explicitly on understanding mental health and addressing social stigma, creating a vital, secure environment for vulnerable youth to process systemic discrimination and build emotional resilience.

CRSL			
Name of the activities	No of activities	Total number of particiapents	Topic
Free contraceptives and hygiene kit for sex workers	1	50	free distribution of condoms, contraceptives and hygiene kit were distributed amog the sex worker at sonagachi as well as matia to keep the management of health risk of the sex workers over there.
Free Health camp	1	50	A free health check up camp was conducted with the mothers and with the children along with free distribution of medicines at sonagachi

CRNL			
Name of the activities	No of activities	Total number of particiapents	Topic
mental health workshop for adolecent children of sex workers	1	25	1 mental health workshop has been conducted with 25 adolescent children of sex workers at Sonagachi on Understanding Mental Health and Addressing Social Stigma
Free contraceptive and Hygiene Kit for sex workers	1	35	free distribution of condoms, contraceptives and hygiene kit were distributed amog the sex worker at sonagachi as well as matia to keep the management of health risk of the sex workers over there.

10. April 2026

Impact Highlights:

- 2 distinct health and hygiene awareness workshops successfully engaged a combined total of 50 sex workers (18 in the first session and 32 in the second session). These sessions delivered crucial education on personal health, hygiene, nutrition, and sleep health, promoting sustainable self-care habits among women in the community.
- A free health check-up camp successfully provided critical primary healthcare services directly to 70 mothers and children. The intervention effectively removed financial barriers to medicine by including the free distribution of necessary pharmaceutical treatments at Sonagachi.
- A structured mental health workshop reached 50 adolescent children of sex workers. This crucial session focused on integrated self-care, mental well-being, and personal hygiene, creating a supportive, secure environment to help vulnerable adolescents process their circumstances and build psychological resilience

CRSL			
Name of the activities	No of activities	Total number of particiapents	Topic
Health and hygiene awareness workshop for sex workshop for sex worker	1	18	Personal heath and hygiene, food and sleep health
Free Health camp	1	70	A free health check up camp was conducted with the mothers and with the children along with free distribution of medicines at sonagachi

CRNL			
Name of the activities	No of activities	Total number of particiapents	Topic
Health and hygiene awareness workshop for sex workshop for sex worker	1	32	Personal heath and hygiene, food and sleep health
mental health workshop for adolecent children of sex workers	1	50	on integrated self care: mental welbeing and personal hygiene.

11. May 2026

Impact Highlights:

- A specialized mental health workshop successfully engaged 80 adolescent children of sex workers. This crucial session focused on understanding mental health and addressing social stigma, providing vulnerable youth with a secure environment to process discrimination and build emotional resilience.
- A focused nutritional intervention reached 140 children across the highly marginalized areas of Sonagachi and Matia through a dedicated nutrition kit distribution drive. This direct support tackles physical vulnerabilities and helps build a baseline of healthy growth for children facing severe socio-economic challenges.
- The project successfully delivered a dedicated mental health workshop for 50 sex workers. This important initiative created vital community awareness regarding drug addiction, providing participants with the necessary knowledge to address substance-use risks and foster protective health choices within their environment.

CRSL			
Name of the activities	No of activities	Total number of particiapents	Topic
mental health workshop for adolescent children of sex workers	1	80	Understanding Mental Health and Addressing Social Stigma
mental health workshop for the sex workers	1	50	Creating awareness on drug addiction

CRNL			
Name of the activities	No of activities	Total number of particiapents	Topic
Nutrition kit distribution	1	140	Nutrition kit was distributed among the children of Sonagachi and Matia

12. June 2026

Impact Highlights:

- A mental health workshop successfully engaged 25 adolescent children of sex workers. The session, themed "Finding Calm Within: Navigating Anxiety through Awareness and Grounding," provided vulnerable youth with critical emotional coping mechanisms and grounding techniques to safely process and manage daily environmental stressors.
- **A** second dedicated mental health workshop reached 30 participants under the theme "Nurturing Minds: A Journey toward Positive Parenting." This initiative directly supports the community's social structure by equipping caregivers and youth with healthy relational tools to build supportive, protective home environments.
- By providing specialized psychological support to a total of 55 young people and community members, as shown in image_887ddd.png, these combined initiatives create safe spaces to dismantle internalized social stigma, fostering long-term emotional resilience and mental well-being.

CRSL			
Name of the activities	No of activities	Total number of particiapents	Topic
mental health workshop for adolescent children of sex workers	1	25	Finding Calm Within: Navigating Anxiety Through Awareness and Grounding.
mental health workshop for adolescent children of sex workers	1	30	Nurturing Minds: A Journey Toward Positive Parenting

PHOTO GALLARY






KOLKATA MARY WARD SOCIAL CENTRE
PROJECT NAME
AAROGYA
LOCATION : SONAGACHI


KOLKATA MARY WARD SOCIAL CENTRE
PROJECT NAME
AAROGYA


KOLKATA MARY WARD SOCIAL CENTRE
PROJECT NAME
AAROGYA


LOCATION :


KOLKATA MARY WARD SOCIAL CENTRE
PROJECT NAME
AAROGYA
SAVE GIRL CHILD


KATA MARY WARD SOCIAL CENTRE
PROJECT NAME
AAROGYA
LOCATION
STOP HUMAN TRAFFICKING


KOLKATA MARY WARD SOCIAL CENTRE
PROJECT NAME
AAROGYA
HEALTH &
HYGEINE AWEARNESS
SONAGACHI


KOLKATA MARY WARD SOCIAL CENTRE
PROJECT NAME
AAROGYA
ACTIVITY : HEALTH CAMP
DATE : 1.03.26


SAVEGIRL CHILD


MANforce


রুচ!


Shot on Y15
Vivo AI camera