UMEED

5 GENDER EQUALITY

8 DECENT WORK AND ECONOMIC GROWTH

BREAK THE BARRIER PROJECT

UMEED dismantles barriers to female self-reliance by transforming the individual, the family, and the institutional ecosystem to turn traditional gatekeeping into a launchpad for her independence.

is a groundbreaking initiative in gender empowerment, designed to dismantle systemic barriers and foster a culture of equality. By equipping women with life skills, self-worth, and the ability to engage in critical dialogue with their families, we create a ripple effect of sustainable change.

THE CHALLENGE

- Women's Limited Agency in Life Decisions
- Traditional Gender Roles & Patriarchal Dominance
- Family-Driven Decision Making

BENEFITS

Experiential Learning: Interactive game that solves barriers to empowerment

Supportive Environments: Inspires families to be allies in women's growth

Sustainable Progress Women & families prioritize equality, make stronger decisions

OUR OFFERINGS

01 **Breaking Stereotypes**
Gender sensitization & understanding socio economic barriers

02 **Self Worth & Empowerment**
Life skills & self-worth development to strengthen women from within

03 **Dialogue with Family**
Critical dialogue with family members through an interactive game

04 **Sustainability Action Plan**
Celebrating progress & building a customised success roadmap

OUR IMPACT

86% Increase in stronger family communication

80% Reported fairer household responsibility sharing

83% Families committed to supporting woman's careers

BENEFICIARY SPEAKS

For the first time, I asked my father about his dream, and I got to know his real goal and the beautiful vision behind it. His words were very heart-touching. He said that "he strongly believes in me and will always stand by my side", which really motivated me. And my brother also said, '"Do whatever you want to do, all the best." Overall, I felt very relaxed, happy, and deeply connected with my family.

ESARI MANASA | BREAK THE BARRIER PARTICIPANT | 2026

GLIMPSES OF THE PROGRAM

UMEED

River of Life session where students reflect on their journeys, confront fears, and discover their strengths

Interactive cards designed to spark conversations in woman's family

'Break the Barrier' game in action led by our experienced gender expert facilitators

Emotional moments of self-reflection as women connect with their inner selves through self worth building activities

Peers engaging in dialogue, sharing perspectives, and supporting each other's growth

A moment of courage where a program participant stands up, voices her questions, and seeks clarity

Overcoming fear and confidently addressing the audience, embodying the spirit of empowerment