5 GENDER EQUALITY

8 DECENT WORK AND ECONOMIC GROWTH

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.

FIRSTLEAP

is Umeed's Career Readiness and Empowerment program for young girls.

- **3-month** long training program.
- Currently running in **government and affordable private colleges** across Telangana
- Partnership with Commissionerate of Collegiate Education Department, **Govt of Telangana**

OUR IMPACT

89% Successfully pursuing preferred career pathways

20K Average starting salary of participants

71% Participants showed growth in Self-worth

WHY FIRSTLEAP

Holistic Training Program

Financially dependent

Negligible sense of self worth

Lack of exposure to the world

Limited support from family

SKILL

- Career readiness
- Communication
- Negotiation
- CV Preparation
- Digital Literacy

MINDSET

- Self worth
- Progressive mindset
- Building agency

EXPOSURE

- Financial literacy
- Industry exposure
- Interview preparation
- Career linkages
- Mentorship

FAMILY SUPPORT

- Dialogue with family members
- Gender awareness
- Resolving discrimination

Career in hand

Self Aware & high on Self worth

Socially informed

Family support

OUR MILESTONES

50+ Cohorts completed

101 Hrs of curriculum

24 Districts across Telangana

BENEFICIARY SPEAKS

After attending FirstLeap sessions, I feel more confident, motivated, and clear about my goals. I've noticed a positive change in my mindset, especially in the way I approach challenges and opportunities. It has definitely been a meaningful learning experience for me. I'm really grateful to be a part of this journey as a FirstLeaper.

AKHILA | FIRSTLEAPER 2026

GLIMPSES OF THE PROGRAM

UMEED

Empowering participants with future-ready skills through inperson sessions led by expert facilitators

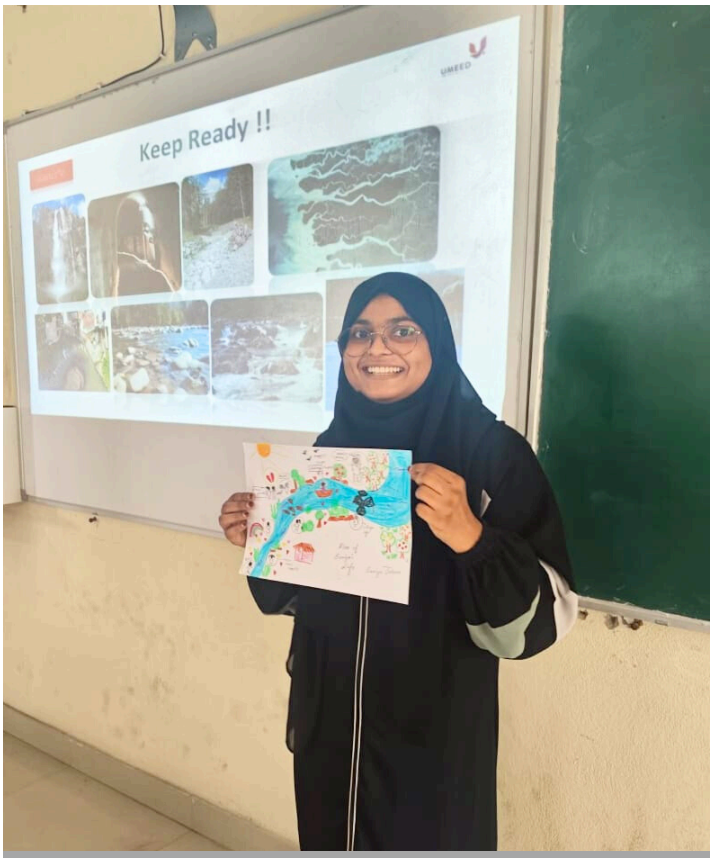
Career pathway exposure for informed career decision making

Corporate exposure visit to enhance industry insight and connections

Professional role model talks and mentorship to support women in carving their career trajectory

Artificial Intelligence & Digital Literacy sessions to prepare participants for workplace readiness.

Barrrier dialogue game with family to gain their support on participant career aspirations



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