



5

GENDER
EQUALITY



8

DECENT WORK AND
ECONOMIC GROWTH



BREAK THE BARRIER PROJECT

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

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.

OUR OFFERINGS



Breaking Stereotypes

Gender sensitization & understanding socio economic barriers



Self Worth & Empowerment

Life skills & self-worth development to strengthen women from within



Dialogue with Family

Critical dialogue with family members through an interactive game



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



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