



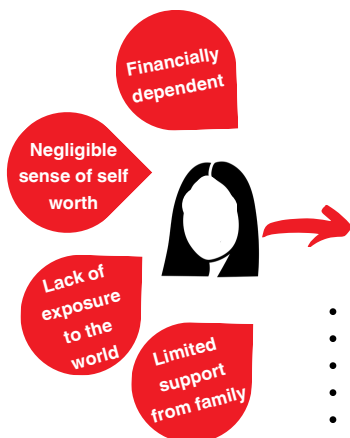
UMEED dismantles barriers to female self-reliance by transforming the individual, the family, and the institutional ecosystem to turn traditional gatekeeping into a launchpad for her independence.

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**

WHY FIRSTLEAP



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

Holistic Training Program

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



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



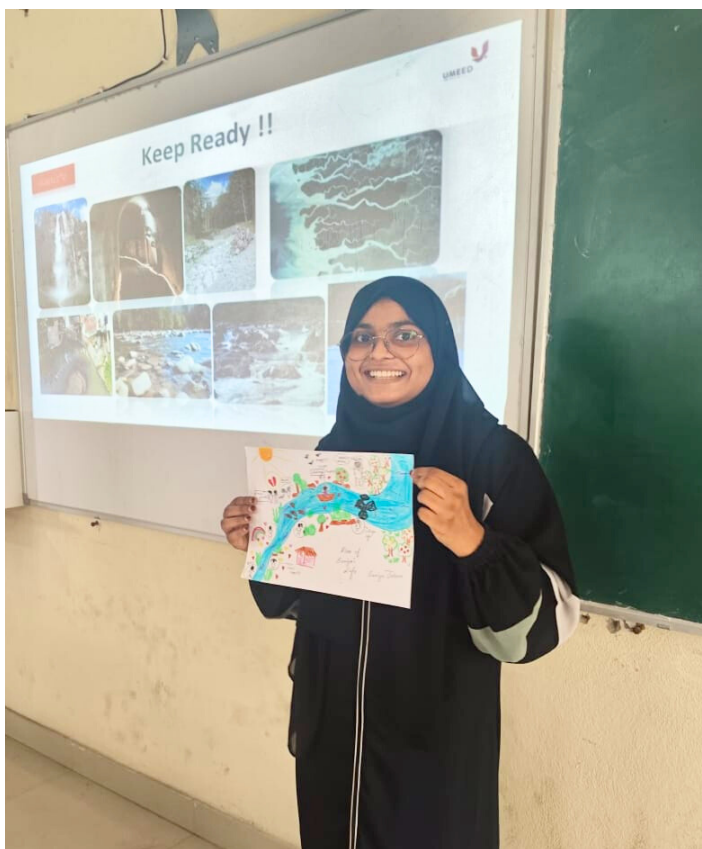
Professional role model talks and mentorship to support women in carving their career trajectory



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



Barrier 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