

Asha is a community health and development society dedicated to improving the lives of slum dwellers in Delhi

Asha wishes all its supporters a very Happy and Prosperous New Year!

Australian Prime Minister Visits Asha

On Tuesday 16th October, the staff at Asha were honoured to host the Australian Prime Minister, the Hon. Julia Gillard MP. Accompanied by the Australian High Commissioner to India, HE Peter Varghese, the guests visited Asha's centre in Jeevan Nagar slum colony where they were greeted with great warmth and enthusiasm by Dr. Kiran Martin, the slum residents, and the Asha team.

The Prime Minister spent a great deal of time with the students, learning how Asha's Higher Education programme has resulted in more than 700 students from slums being sent to Delhi University. The Prime Minister heard stories directly from the slum children and spoke with warm words of encouragement to them.

Ms Gillard was also delighted to hear about the success of Asha's pioneering Internship Programme which has seen large numbers of students interning at multinational companies and high commissions across New Delhi, many of which are Australian, such as Rio Tinto, Macquarie and SMEC.

This wonderful occasion concluded with the Australian High Commissioner presenting a very generous donation of



AUD 30,000 to help provide scholarships for slum students. The staff at Asha and residents of Jeevan Nagar felt privileged to have the Hon'ble Prime Minister visit them. The students were particularly encouraged to hear her words of praise for their determination;

'Asha really is just a miraculous programme. However, it wouldn't work without you deciding to put in effort in some really difficult circumstances. I think we can learn a lot from you about what it means to focus and make sure you seize the opportunities that are created for you through Asha.'

(Left) Dr. Kiran Martin facilitating an interaction between Hon. Julia Gillard, HE Peter Varghese and the students

Irish Cricketer Kevin O'Brien Plays Cricket with Students from Asha Slums

In November, the team at Asha and students from across the slums were thrilled to spend an exciting day with the famous Irish cricketer Kevin O'Brien, who hosted a coaching day at St. Columba's School ground in Delhi.

Mr O'Brien was accompanied by distinguished guests including the Irish Education Minister Mr. Ciarán Cannon T.D and Irish Ambassador, H.E. Feilim McLaughlin.

Mr O'Brien had an opportunity to interact with a number of college students from across Asha slums. He was notably impressed to hear each of their journeys from living in slums to attending Delhi University and encouraged them to continue their hard work. He was also happy to share cricketing tips with them and the children enjoyed themselves thoroughly.



Cricketer Kevin O'Brien with the students from Asha slums, Dr. Kiran and the Asha team

Dr Kiran's Letter

My dear friends,

As we start to celebrate our Anniversary year at Asha, I feel privileged to be able to look back at the last 25 years with great joy.

I am also continually moved by the profound friendships that I now share with Asha supporters across the world. We could never have achieved such incredible changes in the lives of slum dwellers without the dedication and most importantly, the generosity, of supporters who we truly call treasured friends.

Generosity is the act of giving freely because we desire to, not with the idea of receiving a gift in return. When we decide to be truthfully generous, we join our hearts with God's heart, who desires abundance and joy for all.

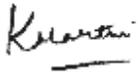
True generosity is always motivated by love that opens space, shares pleasure, and celebrates the happiness of others. It is a deeply spiritual quality, a mark of persons who have learned virtue and noble character.

It is possible to give without loving, but it is impossible to love without giving. When we give, it helps us gain the right perspective on our possessions and gifts.

What exactly generosity gives can be various things: money, possessions, time, attention, aid, encouragement, emotional availability, and more. Generosity always intends to enhance the well being of others. It involves not simply giving in abundance, but rather giving those things that are good for others.

In honour of the generosity that you have all shown Asha, I am delighted to mark our 25th year by acknowledging what has brought us here and how grateful we are for such developments. However, I am also keen to look to the future and I hope that this year will be a reminder to us all of what we are capable of achieving when we have faith in what is right and work together to make it happen.

I send you all my best wishes for the New Year and thank you once again for your generous support.



Kiran Martin



Chief Guest Hon. Finance Minister of India at Farewell to H.E Peter Varghese



Dr. Kiran Martin facilitating an interaction between the Hon. Finance Minister, HE Peter Varghese and the Asha students

For four years the Australian High Commissioner, HE Peter Varghese, has offered Asha dedicated support for which we are extremely grateful.

In honour of this and to bid Mr. Varghese farewell, Asha staff and students were delighted to attend a special thank you event on 14th November at which the Chief Guest, Hon Mr. P. Chidambaram, Finance Minister of India, and H.E Jan Henderson, the New Zealand High Commissioner were present.

Mr. P. Chidambaram and Dr. Kiran Martin thanked Mr. Varghese for the support he had extended towards the work of Asha during his time in India, noting particularly his dedication

towards Asha's Higher Education and Internship Programmes. The students also personally thanked him for his support and explained how it had helped to enable them to fulfill their dreams of higher education and employment. Mr. Varghese said, **"I want to say how much I personally admire what you are doing and how delighted the High Commission is to be, in some small way, associated with the programme."**

Asha is immensely grateful to have received support from Mr. Varghese and wishes him great success in his new posting as Secretary of the Department of Foreign Affairs and Trade in Canberra. Asha also thanks his wife Ms. Margaret Varghese who regularly took English classes for the Zakhira slum children. We were all sad to bid farewell to them and wish them well for the future.

Asha Ireland: Reception at Parliament Buildings



Gordon Wright Friends of Asha (I),
Gordon Dunne MLA and Freddy Martin at
the Parliament Buildings, Belfast

Friends of Asha Ireland held a very successful reception and celebration for the representatives of six teams from Ireland that had visited Asha during the last year. The event was hosted by Mr Gordon Dunne MLA at the Parliament Buildings in Belfast. Asha's Associate Director, Mr. Freddy Martin, was present as an honoured guest. During the evening, brief reports were heard from team members from Ballymena Academy, Methodist College Belfast, Rainey Endowed School, Brookside Church, the Ballymena Builders and Holywood Parish.

There were wonderful opportunities during the evening for friends of Asha from different parts of Ireland to socialise and get to know one another better, many for the very first

time. Daphne Wright, who helps coordinate the day to day work of Friends of Asha Ireland, commented that the evening was one of splendid colour and vibrancy and paid a particular compliment to the school pupils, who made a real effort to don their most vivacious Indian apparel.

Following the Stormont event, Mr Dunne praised the volunteers; **"I was very impressed by the strong sense of volunteerism towards this fantastic charity; I commend them for their efforts to reach out to poor people for no personal financial reward. It was a great pleasure for me to welcome all of the Asha Teams to Stormont"**.

News In Brief

CHRISTMAS CELEBRATIONS

Thanks to the generosity of our supporters, in December, Asha organised Christmas celebrations at the resource centres of many different slums communities. The parties were a time of real joy for the children who attended, with singing, dancing and refreshments enjoyed by all. The highlight of the day was the arrival of Santa who distributed small gifts to each child.

CHV TRAINING

Over the autumn Asha undertook important refresher training for all Community Health Volunteers with the new CHV's learning a great deal from existing ones.

On going and in depth training is extremely important as it ensures that the CHV's feel empowered in their work. This training is just one of the ways Asha seeks to build the capacity of the community volunteers, many of whom are unable to even read and write.

Asha has provided refresher training to over 100 CHV's and midwives in the past year. Their work is integral to the success of Asha's healthcare programmes and their dedication to the role is deeply inspiring.



Asha on eBay

Many of us have heard the phrase 'One man's trash is another man's treasure', so why not use eBay and help raise funds for Asha. There are a number of ways you can do this:

Sell – Sell what you like and donate between 10% to 100% of your sale price.

Buy – Raise funds by buying on eBay, just visit our homepage and check out what other Asha supporters are selling.

So when you get shopping or have that clear out, please consider supporting Asha at the same time!

For more information visit:

<http://pages.ebay.co.uk/ebayforcharity/> And look up Friends of Asha GB!

Volunteering Roundup

In the Autumn of 2012 Asha was privileged to receive many volunteers who spent time across a number of slums. Here is a summary of some of the teams and wonderful work they undertook:

Hollywood Parish Team visited Asha to volunteer in Zakhira slum. The team led by Deirdre Harshaw and Hazel Henderson organised various classes for the Asha students including singing, coaching, and arts and crafts. The children's association of Zakhira hugely enjoyed their time with the team.



The Hollywood Parish team enjoy a singing session with women and children at Zakhira slum colony

Rainey Endowed School Team of 12 students and three teachers from Northern Ireland volunteered in Kusumpur Pahadi slum colony for over a week. During their time here, the team painted the Asha centre in the slum in a vibrant Disney theme and also engaged in English conversation classes with the college and high school students from the slum.



Dr. Martin and the Rainey Endowed team interact with the college and high school students from Kusumpur

They were invited to a dinner reception hosted by H.E. Feilim McLaughlin, Irish Ambassador to India. Mr. McLaughlin said he was delighted that the school has had such a longstanding relationship with Asha, and hoped that this partnership would continue to grow in the years to come.

Global Generation Church Team led by Mike Andrea, visited Asha in November 2012. It was a very enriching experience for the whole team who refurbished the centre at Anna Nagar and spent time with youth from the slum. Many people in the team said that spending so much time in the slums made them realise that they need to be more grateful for what has been given to them.

Dr. James Rucker, Psychiatrist and Roman Podolsk

Roman, an IT professional, at IBM taught computer skills to children at Seelampur slum colony and James spent time at the Asha Polyclinic and slum health centres visiting patients in need of psychiatric help.



Dr. James Rucker conducting workshop with Asha's healthcare staff

James also conducted a workshop on mood and anxiety disorders with Asha's healthcare staff, helping them develop their understanding of these illnesses.

CALL FOR VOLUNTEERS

Asha is inviting applications for a **Fundraising and Promotions volunteer** to work with the Asha Promotions Team in Delhi. Candidates should have very strong communication skills and an interest in fundraising.

Asha is looking for **Medical Doctors** who are interested in volunteering in the Delhi slums. The doctor's role will be to help with running outpatient clinics in our slums as well as training our nurses.

We are also looking for volunteers **who can teach English & Computers** in creative ways. For more information, please contact us at info@asha-india.org.



This year marks the 25th anniversary of Asha. The team is overjoyed that from such humble beginnings in 1988 the charity has now grown into an organisation that transforms the lives of hundreds of thousands of slum dwellers across Delhi and has such loyal support across the world.

We will be marking this amazing journey with a year of celebration and action and hope you will join us. Here are 10 innovative and fun ideas for how you can support us in this special year and help us secure the next 25!

1. **Are you celebrating a significant birthday or anniversary** as well, then why not ask your friends and family to make a donation to Asha instead of buying you presents.
2. Go 'Back to the Past' and hold an 80s **fancy dress party** to celebrate 1988.
3. Organise a **sponsored cycle, run, walk or swim** for 25 miles.
4. **Spring clean your house** and take 25 items to sell at a local car boot sale or on ebay.
5. Encourage 25 of your friends on **Facebook or Twitter** to donate a tweet or status update to promote Asha.
6. **Hold a curry night** in your own community to celebrate our birthday.
7. Start off in teams with £25 and see **how much you can raise by being an entrepreneur**.
8. Arrange a **quiz night** based on trivia from the 1980s.
9. Write **25 letters** to local companies asking them to support the work of Asha.
10. **Join us** at any of our Anniversary celebrations across the year.

Remember to let us know if you do take part in any fundraising and send us some pictures so we can celebrate all of your efforts at the end of the year.

WE HOPE YOU WILL JOIN US... for one of Asha's Anniversary Celebrations around the world in 2013:

A week of Celebrations in New Delhi

Monday 4 to Saturday 9 February

Friends of Asha (Ireland) Celebration

Saturday 16 November

Friends of Asha (GB) Celebration

'Inspiring Hope'

Saturday 23 November

Watch this space for further information about these and others events throughout the year.

Launch of Australian Friends of Asha Slums

After many years of generous support from the Australian High Commission in New Delhi, it was a great delight for Dr Kiran Martin to visit Government House in Melbourne, Australia, as an honoured guest at the launch of the registered charity, Australian Friends of Asha Slums.

This high profile event was hosted by the Governor of Victoria, the Honourable Alex Chernov AC QC, Patron of the organisation and was attended by over 100 guests, including representatives from the business community, universities and the Indian High Commission in Australia.

Australian Friends of Asha Slums will be chaired by Asha supporter and Chairman of Bendigo Bank, Mr Robert Johanson. The organisation aims to promote Asha's work in Australia and help to release resources from across the country. The trustees are also keen to help raise awareness of Asha's successful strategies for poverty reduction that may be usefully applied within Australia.



Dr Kiran Martin with Hon. Alex Chernov AC QC, Mrs Chernov and Mr Robert Johanson

During the launch event, kind words of praise for the work of Asha were expressed by the Hon. Alex Chernov and a letter of support from the Australian Prime Minister, the Hon. Julia Gillard MP was read out.

Asha was delighted to celebrate the launch of this supporting body and is pleased to see the network of support for Asha growing across the world.

Friends of Asha

If you want to contribute to the lives of poor slum dwellers in Delhi, then you can become a Friend of Asha. Join the Asha family, which exists to help the downtrodden and oppressed live a life of dignity and hope. Friends of Asha make a huge contribution to our activities through donations, fundraising events, volunteering and raising awareness of our work.

The 12th annual Napa Valley ASHA Day Fundraiser was once again a big success thanks to the help and support of Rep. Mike Thompson and his wife, Janet Thompson, Kailash and Gisela Chaudhary, and the numerous donors and volunteers who supported. The event was graciously hosted by Craig and Kathryn Hall at the Hall Winery in St. Helena.

Bianca Agarwal, a 6th grade student from Napa Valley was so inspired after attending the ASHA Day that she loaned her annual birthday charity amount from her parents ahead of her birthday in March to support a college student from the slums.

There are all sorts of things you could do to raise funds for Asha.

**If you organise something, please send us details and photos,
and you may be in this space next time!**



(L-R) Mr. Kailash Chaudhary, Dr Kiran Martin, Kathryn Hall, Mrs Janet Thompson and Congressman Mike Thompson

SUPPORTERS FROM ANYWHERE IN THE WORLD CAN DONATE DIRECTLY TO ASHA IN INDIA

Asha is registered to receive donations from overseas which means that we do not need to pay tax on any of your gifts. Sterling donations are acceptable, as are those in any other currency. If you'd like to make a valued contribution to our work, you can donate online or via cheque.

To donate online, please visit our website at www.asha-india.org/getinvolved/donate and follow the simple steps to make your payment via a secure server. This is the simplest and most cost-effective way for us to receive your donation.

For a Tax Deductible Donation, please make your check payable to "American Society for Health for All" and mail to: Louanne Hempton, American Society for Health for All (ASHA), 96 Sweetwater Ave #6, Bedford, MA 01730, USA.
Email: lhempton@hotmail.com EIN #01557632 | *ASHA (USA) is a 501 (C) 3 registered charity.*

To donate by cheque please fill in your details below, write a check made payable to "**ASHA COMMUNITY HEALTH & DEVELOPMENT SOCIETY**" (checks must be in this name) and post it to us at: The Administrator, Asha Society, Ekta Vihar, RK Puram Sector 6, New Delhi - 110022, INDIA.

Posting named checks to India is a perfectly safe and secure method of making your donation.

Please be assured that you will not incur any bank charges when donating directly to Asha in India.

Yes, I want to become a 'Friend of Asha'

My contribution of _____ is enclosed.

I would like to become a Hope Giver and contribute _____ every month. My first contribution is enclosed. Please send me a standing order form.

I particularly want to contribute towards _____

Please keep me informed about Asha's activities. My email is _____

Full name & title _____ Organisation (if any) _____

Address _____

City _____ Zipcode _____

State _____ Country _____

How we will put your money to work

- **\$40** - will guarantee a child full medical care and vaccinations for the first year of its life
- **\$100** - will provide a student with study materials for their high school exams
- **\$150** - will support the activities of a women's group for six months
- **\$500** - will train and equip a Community Health Volunteer with medical supplies for one year
- **\$700** - will cover all university expenses for one child for one year

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