

hope

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02 Director's Message



Dear Friends,

As we come face to face with another year, I am so very pleased to wish you a Happy New Year!

But what a year 2018 has been!

Throughout the year we have been celebrating Asha's 30th Anniversary of bringing hope to the slum dwellers of Delhi, starting in February in Delhi and then later together with our Friends all over the world. How wonderful!

At the celebration in Delhi we launched the Asha Alumni Group of graduates and current students to provide a more focussed way for them to 'pay it forward'. It is wonderful to see the students' enthusiasm for this new venture.

The 30th was also the inspiration for 'Hope & Spice', the unique cook book authored by Amanda Clegg and Victoria Byrne. As you probably know, it contains authentic recipes from the Asha slums of Delhi. Those who provided the recipes are very excited, and proud, to see their work in a book that is selling and selling like hot cakes! How amazing!

What a year also for Jubair, Abhishek and Usha: Jubair and Abhishek travelled to the UK to meet our Friends there and to promote Asha and Usha did the same in Australia. These experiences are so important for these young Asha men and women.

While thinking of Australia, we celebrate Mahinder Shrivastava's graduation from Melbourne University with a Masters in Computer Science. This is an amazing achievement for a young man from Ekta Vihar slum. He is now working for Macquarie Bank in Sydney.

Now we are looking forward to 2019 with great happiness. Asha has been expanding into more slums in Delhi and we are already having an impact in these new areas of service.

The coming year is looking exciting and will challenge us in every way, as we strive to bring transformation to even more slum dwellers.

I would like to take this opportunity to thank you all again for your support and look forward to this continuing, and so, with gratitude in my heart, I wish you a healthy and prosperous New Year!

With Best Wishes,

A handwritten signature in black ink that reads "Kiran Martin".

Dr Kiran Martin

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

Find us at:

asha-india.org

facebook.com/ashasociety1

twitter.com/ashasociety

youtube.com/ashasociety

instagram/ashasociety

03 Spotlight



Asha's Health Care Programme provides Hope

Married at the age of 22, Kavita migrated to the congested dirty outskirts of Delhi along with her husband in the year 2013. Naive and new to the city life, she had inhibitions discussing her gynaecological problems with anyone, let alone her husband.

During the first pregnancy in the year 2014, Kavita got completely bed-ridden due to terrible weakness and severe headaches. When the pain was unbearable, she visited the local dispensary and was diagnosed with Eye-nerves Tuberculosis. Alas, her first-born did not live to see the light of day because of several complications. After that she discontinued her Tuberculosis treatment too, which led to loss of her eye-sight.

Because she faced ostracisation, the family of two shifted base from the outskirts of the city to West Delhi's Mayapuri slum community.

When Kavita shared her ordeal with her neighbour who was an Asha Community Health Volunteer, she directed her to the Asha community centre. The Asha team intervened and helped her at every step to get the right treatment for Eye-nerves Tuberculosis in one of the best Government hospitals in Delhi (AIIMS). Through their three-year long treatment, Kavita has partially regained her eyesight and is Tuberculosis free.

She then approached the Asha doctor for her gynaecological issues. With continuous monitoring, guidance and treatment provided by the Asha team, Kavita delivered a healthy baby in the month of December 2018.

She now is an active Mahila Mandal (Women Association) member and an agent of change in the Mayapuri slum community. "Awareness and right treatment can cure many ailments. Asha changed my destiny", says Kavita.

Tuberculosis is a serious life-threatening disease. To support patients like Kavita recover fully, please donate: <https://asha-india.org/get-involved/donate/>

04 News at a glance



Asha Toppers honoured at the British High Commission

On October 25th 2018, Sir Dominic Asquith KCMG, the British High Commissioner to India, graciously hosted a High Tea to honour the Asha students who demonstrated academic excellence in their national school leaving and university exams. Sir Asquith applauded the efforts of Asha towards transforming the lives of slum dwellers for over three decades. "The thing I am so impressed with Asha is their commitment and drive to transform, not a single life but the whole community," said Sir Asquith. Dr Kiran warmly congratulated all the high achieving students and thanked the British High Commission for their long-standing partnership with Asha.

Godfrey Martin and Abhishek's visit to the UK

Godfrey Martin, the Associate Director of Asha, and Abhishek, an Asha Student, were delighted to be present at several events in the United Kingdom in the month of November 2018.

During their stay, they attended many Asha events where Mr. Martin spoke about Asha's journey of 30 years in the slums of Delhi. Abhishek shared his transformational story and threw light on how Asha helped him shape his future. His story provided an umbrella view of how beautifully the loves of young people from slums can change completely.

We extend our gratitude to all the Friends of Asha in Great Britain and Northern Ireland for their wonderful hospitality!



Indian Summer Festival: Australia

Australian Friends of Asha had an exciting opportunity to reach a new audience at the "Indian Summer Festival" organised by the Victorian Government and Cricket Australia in the last week of December 2018 at Melbourne Cricket Ground.

The "Asha means Hope" video was played for the audience. Mahinder Shrivastava an Asha alumnus and now based in Sydney was invited as Asha Australia representative. This festival is a celebration of what unites modern India and Melbourne, timed to coincide with the Boxing Day Test between Australia and India.

05 News at a glance

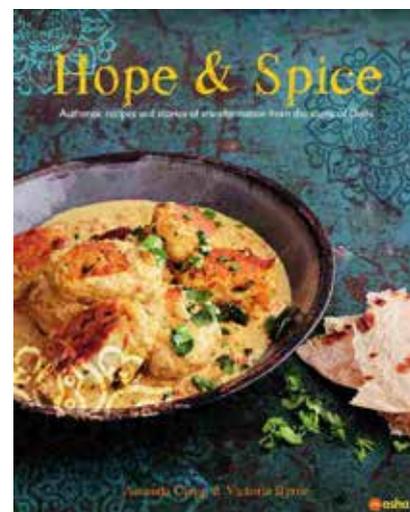
Hope and Spice: Authentic recipes and stories of transformation from the slums of Delhi

Amanda Clegg and Victoria Byrne from the United Kingdom began a journey in the year 2017 to have an insight into the food habits of the residents of Asha slums in Delhi. The two ladies paid a visit to Delhi and spent almost a month filled with memorable culinary moments with different slum communities. They managed to capture the colourful experiences of the women and young people cooking dishes, which resulted in a book of culinary adventure aptly titled "Hope and Spice".

To celebrate 30 years of Asha, Friends of Asha (GB) trustees, organised an event where, "Hope and Spice" was launched in London. The book was so widely received that it got sold out within a week! The second reprint has been completed.

To get your copy, please go to: <https://www.amazon.co.uk/dp/1527226948/>

All sale proceeds will go to the work of Asha.



Dr Kiran visits slum communities



Chanderpuri slum community



Kalkaji slum community



Kusumpur Pahari slum community

Teams visiting Asha from around the globe



Discovery Schools Trust,
UK



Dunclug College,
Northern Ireland



School team from Dorset,
UK



United Methodist Team,
USA



Wallace High School,
Northern Ireland

06 Spotlight



Asha Graduates: Education redefined

We have some exciting news to share!

Asha graduates have recently been placed in remarkable jobs in renowned Multinational Companies and Diplomatic Missions this year. This development was unthinkable and beyond their wildest imaginations for both the students and their families, in the past.



Mahinder in Sydney, Amritesh, Sandeep and Saranya in Delhi, all got jobs at Macquarie Group Ltd, Australia's largest investment bank. Grant Thornton LLP, the sixth largest accounting and advisory firm in the USA, selected Shubham and Ravinder at their Delhi office. Anju, Chandan, Shubham, Madhu and Dilip got placed at the prestigious Embassy of Denmark. Sunil was placed at the British High Commission while Rubina and Rekha got jobs at the New Zealand High Commission. There are thousands of applications for each post advertised by an Embassy or High Commission in India.



We are happy to share with you that 99% of the Asha graduates are employed!

We take this opportunity to thank all our partners for giving them the chance to excel.

07 Visitor diaries

Thank you to our friends from all over the world for coming and inspiring us!

Dr Praveen Prasad

MD, Neurosurgeon at Mercy Medical Group and Director at Dignity Health Neurosciences Institute, Sacramento, USA, and leads the efforts at Friends of Asha Sacramento.

“We often forget that we are a human being and not a human doing. We must believe in paying-it-forward. The first giving is the hardest, the second is easy and the next is easier. It is the hard work and sincere efforts of the slum communities striving for better that inspires us to come forward to help. I will be visiting again, and I also want my 26-year-old son to volunteer at Asha.”



Dr Ashish Jha

MD, MPH, Director, Harvard Global Health Institute, K. T. Li Professor and Dean for Global Strategy, Harvard T.H. Chan School of Public Health, Professor of Medicine, Harvard Medical School, USA.

“A place does not define intelligence. It is the prudence and perseverance that define a person. An ounce of evidence is worth a thousand pounds of opinion. These bright college students have the potential to achieve and rise. Each one of them has a unique personality, they are articulate about their career goals. I wish them all success and more power. I would love to come back to Asha soon.”

Mr Mohan Passi

Retired IT Manager (Intel Corporation) and key organiser at Friends of Asha Sacramento, USA.

“I have worked with Asha’s Sacramento chapter for sometime now and look forward to contributing more towards Asha. This visit to Delhi and the one-to-one interaction with the women and the children inspired me. The communities are so unique and the constant struggle for a better future is evident.”



Dr Monica Pahuja

Principal Radiologist and the Head of Women’s Imaging (Breast and Gynaecology) at Monash Health and key Asha supporter in Melbourne, Australia.

“It was an overwhelming experience and an absolute honour to be here at Asha. The warmth of welcome and kindness showed was truly touching. Spending time here was exhilarating and inspirational. They have truly left an imprint on my heart.”

If you would like to volunteer at Asha, please contact info@asha-india.org

08 Transforming lives

Promoting Education

£ 75 – One year of books for one child

£ 110 – College preparation for 30 children

£ 230 – One year of university tuition for one student

£ 450 – One year of entire university expenses for one student

Promoting Health

£ 18 – Vaccinations against diphtheria, tetanus and pertussis for five children

£ 45 – Basic health education for 1,000 people

£ 75 – Vitamin A supplements to prevent night blindness for 60 children

£ 115 – Recovery treatment for 10 TB patients

Promoting Empowerment

£13 – Training for 1 Community Health Volunteer

£ 30 – Celebration of events and interactive activities

£ 65 – Training workshops on infrastructure and environmental improvement

Friends of Asha (Ireland)

If you would like to contribute to the lives of poor slum dwellers in Delhi, then you can become a Friend of Asha. Friends of Asha (Ireland) aids our activities through donations, fundraising events, volunteering opportunities and raising awareness of the work we do.

For more information, contact:
Mrs Daphne Wright, Coordinator,
Friends of Asha (Ireland)
ashaireland@icloud.com

Donations

If you would like to make a donation to Asha, and you are a UK tax payer, you can Gift Aid your donation. Friends of Asha, Ireland (Charity Registration No. NIC 101268) can collect an extra 25p for every pound you donate.

1. To donate online

Send your contribution directly to Asha by visiting our website at:
<https://asha-india.org/get-involved/donate/ireland-donations/>

2. To donate by cheque

Make your cheque payable to "Friends of Asha (Ireland)" and mail to:
Mrs. Daphne Wright
3 Altona Manor, Holywood
Co Down, Northern Ireland
BT18 9BX

3. To donate online directly from your Bank

Make a payment to Ulster Bank, Connswater, Belfast, Friends of Asha (Ireland)
Sort Code: 98-00-30
Account number: 52906002