



# ASTHA

Working Towards Inclusion Since 1993

## ANNUAL REPORT 2024-2025



**HELPING CHILDREN WITH  
DISABILITY THRIVE.**



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# LIST OF GOVERNING BODIES

**MRS. RADHIKA M ALKAZI**  
**FOUNDER & MANAGING TRUSTEE**

**MR. FEISAL ALKAZI**  
**TRUSTEE**

**MRS. KRISHNA DAS**  
**TRUSTEE**

**MS. SHABNAM AGGARWAL**  
**TRUSTEE**

**MRS. SUDHA VOHRA**  
**TRUSTEE**

**MR. VIVEK DHIR**  
**TRUSTEE**

**MR. PRATIK**  
**AGGARWAL**  
**EXECUTIVE DIRECTOR**



# STRUCTURE OF THE ORGANISATION

**BOARD  
OF  
TRUSTEES**

**EXECUTIVE  
DIRECTORS**

**ASSISTANT  
DIRECTOR**

**PROGRAM  
MANAGERS**

**SPECIAL  
EDUCATOR**

**SOCIAL AND  
COMMUNITY WORKERS**



# MISSION, VISION, & VALUES

ASTHA is a cross -disability organization actively working with children and persons with disabilities irrespective of the type and severity of disability. It was founded in 1993 as a registered charitable trust. Our core areas of work include working in the community as well as provision of information resources to the stakeholders.



## 1. VISION

To work towards an inclusive society where children and persons with disabilities are respected and valued.



## 2. MISSION

To partner with children and persons with disabilities and their families, focusing on the most marginalized.



## 3. VALUES

Equality, Dignity, Choice, Respect, Inclusion, Partnership.





# OVERVIEW

ASTHA has adopted a community development approach, centered around the model of Community-Based Rehabilitation (CBR), to foster the inclusion of children with disabilities. Strengthening and building the capacity of community-based groups, interventions for inclusive education, Early Childhood Care and Development (ECCD), and raising rights awareness in the community have been key focus areas for the organization.

Guided by an evidence-based approach, ASTHA operates an Information and Disability Resource Centre, producing publications, training modules, and conducting outreach programs. The organization also engages in advocacy initiatives on disability rights and maintains an accessible resource center library.

ASTHA's network currently comprises 7 community centers, with 6 located in South-East Delhi,

including 2 in the Okhla Industrial Area and 2 near Jamia University and the 7th center in Nand Nagari, North-East Delhi.

Over the past 32 years, ASTHA has reached out to over 40,000 persons with disabilities and their families within the urban slums of Delhi. The National Disability Helpline has provided information to approximately 20,000 families across the country.

The organization has conducted over 775 workshops and 80 research studies, raising awareness on disability issues, and enabling around 450 children with disabilities to access mainstream schools for inclusive education.

ASTHA's work has also expanded to other states, including Odisha, Haryana, Rajasthan, Uttar Pradesh, Bihar, Chhattisgarh, and West Bengal, through research and field projects.





# REGISTRATION DETAILS

## Registration Details of the organisation

- Year of registration: 12th April 1993
- Trust Registration Number: 1805
- 12 A registration: AAATA1308FE20214
- 80G registration: AAATA1308FF20214
- Registered under Persons with Disabilities Act
- Registered under National Trust
- FCRA registration: 23165095, Renewal application is under process

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# MAJOR ACHIEVEMENTS

ASTHA's Founder & Managing Trustee, Ms. Radhika Alkazi received the prestigious Javed Abidi Award on Public Policy.

ASTHA received the 'Partner of the Year' award from Tech Mahindra Foundation at the national level. Three members of the Inclusive Education team were honored with the 'Staff with Remarkable Contribution' award.

ASTHA participated in the Purple Fest organized by MSJE at Rashtrapati Bhawan on the 21st March 2025. We got two stalls where in one stall we had games and activities with the concept of everybody can learn and Disability & Inclusion. The other stall, where one of our children shared her experience in school. And 30 children were participated in the sports event at the venue.

A major networking meeting has been done with Education dept MCD and DOE. Mr. Om Prakash Meena, Education inspector facilitated a meeting with our parents on schemes and entitlements for children with disabilities available in schools.

Disability helpline team of ASTHA participated in an exhibition organized by Kirorimal college, where we had run an information booth and provided information on ASTHA's work.

3 new staff joined us this quarter. Two team members got promotion as Disability trainer and Lead-National Disability Helpline.

ASTHA got two new projects TOYBOX and ASHA for Education

The National Disability Helpline has increased its visibility through social media and through regular reach out to organizations/hospitals, mohalla clinics etc.

Helpline team is visiting Safdarjung hospital and put up the information booth once in a month. School Management committee meeting has been organized. MLA Mr. Sahiram Pahalwan was the chief guest. other local authorities, school principals, Anganwadi, Asha workers, CDPOs were participated in the meeting.

Special Olympics Bharat-ASTHA in collaboration with Special Olympic Bharat and Tech Mahindra foundation organized a sports competition at Maitreyi College, Delhi, with participation from hundreds of students from various institutions

Started a collaboration with Kalawati Hospital's Early childhood Centre. We support with the assessment, needs of aids and appliances, capacity building of parents on feeding, hand function, sitting and how to work with the child







# PROJECTS

ASTHA helps children with disabilities by providing education and rehabilitation services. The organization works with children who have different types of disabilities, especially those with multiple disabilities or who need a lot of support. ASTHA also supports these children get services from the community, like admitting them in regular schools and connecting them with the Integrated Child Development Services (ICDS) program. The goal is to make sure children with disabilities can participate fully in the community and get the support they need to grow and develop.

**We work across all disabilities with a special focus on children with multiple disabilities and children with high support needs.**





# EARLY CHILDHOOD CARE AND DEVELOPMENT



This program identifies children with developmental delays and disabilities early and plans interventions for their overall development. ECCD at ASTHA supports children aged 0-8 years and enhances parenting skills, preparing children for Anganwadi and school while promoting positive attitudes towards education. ASTHA operates three community centers, serving around 200 young children.

## Outcomes

Raised awareness among parents and community on importance of ECCD for children with disabilities and developmental delays

- Enrolled children with disabilities in formal schools at right age
- Developed holistic curriculum focused on all abilities, with creative and inclusive activities

-Strengthened early childhood systems by training Anganwadi and ASHA workers on inclusion

-Engaged health system to enable access to services for children with disabilities

-Addressed malnutrition, growth monitoring, and immunization for children with disabilities

- Linked families to disability and other government entitlements for sustainability



# RESOURCE CENTRE

The Resource Center, established in 2011, is an extension of ASTHA's commitment to providing equal opportunities for children with disabilities. It serves as a hub where children with disabilities and their families can access information, services, and collectively develop resources. The center works with children of all age groups, from 0 to 18 and above, with the primary goals of helping them acquire life skills, connecting them with government benefits, and obtaining special IDs.

The Resource Center offers in-house services tailored to the individual needs and pace of each participant. For young adults with disabilities, the center organizes sessions on essential life skills such as academic skills, functional mathematics, computer literacy, communication skills, self-care, health and hygiene, and rights and provisions for children with disabilities. Additionally, the center implements a computer literacy program, providing sessions adapted to the individual level of each participant.

## Outcomes

- 68 children are part of the resource centre project.
- 24 younger children with disabilities got early intervention services.
- 20 Young Adults with Disabilities developed various life skills and functional mathematics as well as
- prevocational training through this program.
- 27 Children are Linked to school, government schemes and entertainment





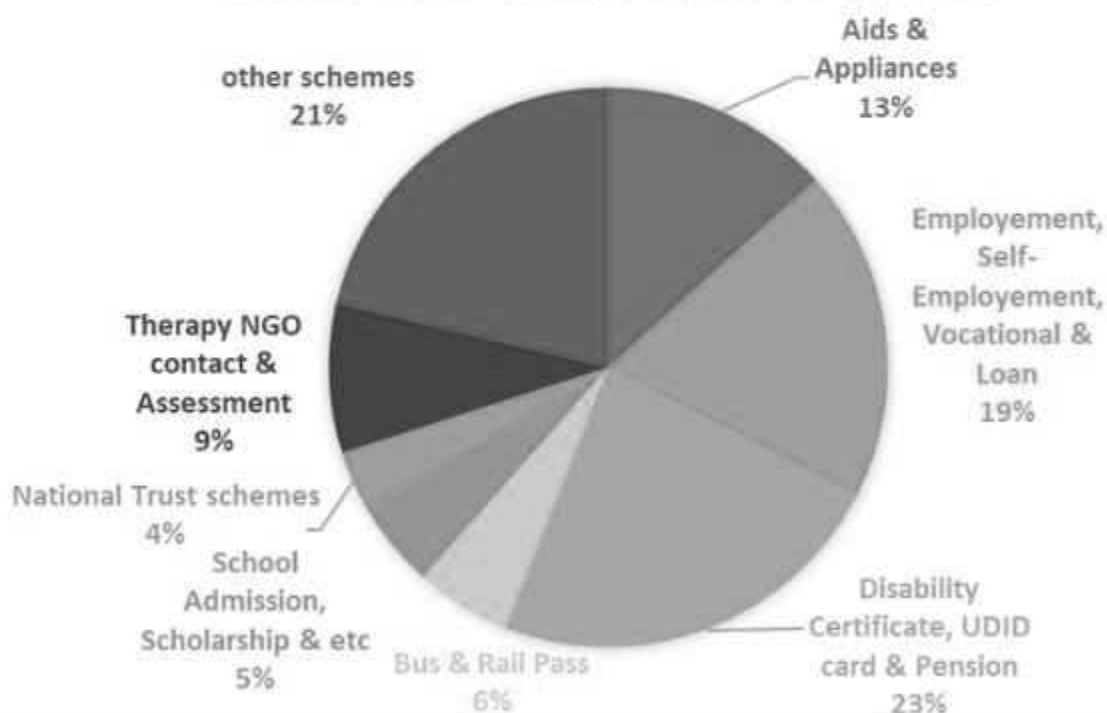
# NATIONAL DISABILITY HELPLINE

The Resource Center operates a helpline that serves a crucial support system for children and persons with disabilities, as well as their parents, across India. When calls are received, the team gathers relevant information from their database and provides the necessary assistance to the callers through phone calls and messages.

## Outcomes

- ASTHA's helpline had made 9404 call in this year helping children, persons with disabilities, their families, and institutions
- It served as a resource for collecting and distributing empowering information.
- People could easily walk in and access information related to disabilities

## ISSUES WISE CALLS APR24 TO MAR25





# INCLUSIVE EDUCATION

ASTHA works to include children with disabilities in schools. They identify these children, encourage their families to send them to school, and help the children learn. ASTHA works with schools to make sure these children are included. They also do research to understand the education system and laws, and work with schools and other organizations to advocate for more inclusive education. The goal is to enable children with disabilities to get a good education by providing services in the Okhla Industrial Area.

## Outcomes

- The children will get enrolled in schools on their right age
- Dropout children will again get a chance to continue their education.
- Out of 225 total children 150 children are in school continuing their education





# LIFE SKILL PROGRAM

ASTHA's life skills program aims to develop essential human skills and capacities in children with disabilities particularly those with intellectual disabilities. The program provides opportunities and learning experience to enhance the children's psychosocial life skills, enabling them to cope with challenges in family, community and work-related situations. It also focuses on building the children's awareness of their rights as citizens and persons with disabilities, empowering them to voice and demand their rights.



## Outcomes

- Conducted sessions on academic subjects, life skills, and rights for children with disabilities
- Organized 190 life skills sessions for young adults, covering pre-vocational skills, daily living, and self-care Raised awareness on safe/unsafe touch to prevent abuse and importance of good habits.
- Facilitated dance and art/craft sessions for children to prepare for a Christmas program







# POLICY RESEARCH AND ADVOCACY

ASTHA conducts extensive research and collects information on schemes, laws, and policies related to person with disabilities. This knowledge is then proactively disseminated through interactive training and sensitization workshops within the communities they serve, as well as with other grassroots organizations working in the disability sector or related fields, both in and around Delhi.

ASTHA has built alliances with various networks and organizations working in sectors like civil rights, HIV/AIDS, gender, human rights, education, climate change, and health. The organization has initiated and participated in several advocacy initiatives to bring the issues and concerns of persons with disabilities to the forefront effectively linking the grassroots realities to policy-level discussions and decision-making.

ASTHA has been working on two research studies on disability-inclusive disaster response, during Covid19 pandemic, in partnership with organizations in Chhattisgarh and West Bengal





# SUCCESS STORIES

*From Silence to Communication: A Journey of Hope and Progress*

When Abuzar lived with his family in their village, life was a constant challenge. Frequent seizures meant regular emergency trips to the hospital and long journeys to Delhi for specialized care. Realizing that he needed more consistent support, the family made a life-changing decision: they moved to Delhi to give him the best chance at growth and recovery.

In the beginning, communication was nearly impossible. Abuzar could only say a few words "Amma," "Abba," "Allaa." He was often distressed, clung to his parents, and avoided interaction. His parents were overwhelmed—managing seizures, navigating hospitals, and facing the fear of the unknown.

The turning point came when Abuzar was enrolled in a developmental support program. The focus shifted from just speech to holistic communication. He was introduced to choice-making activities, gestures, and visual cues. His parents were trained to turn everyday routines into learning opportunities, while therapists incorporated speech and vision exercises into his schedule.

Abuzar participated in group activities, creative sessions, and exposure visits. These experiences helped him adapt to new environments, interact with others, and build confidence.

Medical interventions played a crucial role. Diagnosed with strabismus, he began using glasses and vision therapy. The team coordinated with Safdarjung Hospital and supported the family through emergency visits and follow-ups, ensuring his treatment stayed on track.

A major milestone was obtaining his Disability Certificate, which enabled his admission to a government school. His mother's persistent advocacy made this possible.

Today, Abuzar's progress is evident. He uses gestures to express needs, smiles often, and engages with peers. He participates in group sessions with enthusiasm showcasing the incredible transformation from a child who once cried inconsolably to one who now communicates with joy and growing independence.

Abuzar's journey is a powerful reminder of what love, resilience, and consistent support can achieve.



Around 40 street plays/ community mobilisation meetings were conducted.

Around 300 nutrition kits were distributed and 40 Nutrition Days were celebrated

Educational, Vocal and Occupational Therapeutic Assessments — 120

Sessions with Children:  
Individual Session — 3702  
Group Session — 648  
Lifeskills session — 193  
Sessions in Anganwadis — 64  
Inclusive Creative Session — 48  
Dance / Movement Sessions — 20

Inclusive Celebrations: 23  
Exposure Visits of Children: 45  
Exposure Visits of Parents: 6

Computer Sessions — 95  
Sports Session — 262  
Community Based Sessions — 14  
Sessions on Activities of Daily Living — 130  
School Going Children — 244  
New Admissions — 63

Reached out to 150 Anganwadi / ASTHA workers through 42 meetings / trainings.

Linkages to different organisations, govt. officials and network forums through 54 meetings

Calls received through National Disability Helpline — 2162

834 Home Visits and 25161 calls / follow up calls were fine with children / families

16 Staff Capacity Building Sessions  
Networking Meetings — 124

Hospital Visits, IQ Assessment , registration of disability certificate done with 166 children

300 Children actively participated in 7 inclusive celebrations

School Visits — 272  
School Management Committee Meeting — 24

Parents Meeting — 62  
Parents Capacity Building — 25

Assessments / Therapy — 113  
Screening of Identification of children with disabilities — 378

Teaching Learning Kits issued to 101 Children

Aids and appliances issued to 99 children.

Total Children Registered — 532

Children linked with govt. schemes and entitlement: 300



## Screening

Screening is the process of identifying children who have disabilities or are at risk of developing them. When we see a child, we consider various factors to make this identification. We've created a screening tool that our team uses to assess a child's development in different areas at an early age. This helps us spot any developmental delays early on, so we can either enroll the child in our program or connect them to available services, depending on how ready the primary caregiver is. Over the past year, we conducted 374 screening sessions. The primary caregiver of each identified child was provided with the necessary resources and support to help them manage their child's condition.

## Sessions with Children

Throughout the year, we conducted a total of 4717 sessions, including 3702 individual sessions, 648 group sessions, 48 inclusive group sessions, 57 computer literacy classes, and 262 sports sessions, all designed to directly support children. These sessions were meticulously planned to address each child's educational and developmental needs, focusing on their individual goals to promote holistic development.

To accommodate children who couldn't attend the center, we held some sessions online. Educators ensured that every child could participate using the play-way method.

One notable achievement of the year was the expansion of session locations to include homes and community spaces such as the Anganwadi center, to address distance issues. Grouping children based on their ages, abilities, and goals, each child was able to actively participate in planned activities. For example, during storytelling activities, each child's abilities and learning were considered to ensure inclusivity for all. In cases where a child required special attention in a specific area, they were provided with individual sessions along with group sessions or vice versa.







## Individual sessions

Work on individual therapeutic and educational goals of children and training parents to work with their child on achieving those goals. Total 3702 sessions



## Group sessions

Children with various disabilities are included in these sessions, and each child is allowed to participate in the activity. The sessions are planned to take care of each child's individual needs. Group sessions were organised on centre based, community based and Anganwadi based. A total of 648 sessions were conducted last year



## Inclusive group sessions

Inclusive group session aim at conducting art and craft activity in groups of children with disabilities and without disabilities. this gives children without disability understand their peers' abilities and fostered an inclusive environment. Total sessions conducted were 48.



## Computer Literacy sessions

we have introduced sessions focused on teaching students how to use computers, aiming to enhance their tech knowledge. This not only helped bridge the digital divide but also equipped the children with essential skills for the future. Through these efforts, we ensured that all children, regardless of their circumstances, had access to quality education and developmental opportunities.



## Sports Session

Throughout the year , we focused on the physical development of children by organising various sports session . This helped children to develop motor skills.

## Assesment

Assessment sessions conducted to identify children's abilities and enhance their capabilities with help of experts. These assessments help educators and parents understand various aspects of a child's development the thorough and detailed assessments provided the basis for tailored intervention plans that helped promote the children's progress towards them therapeutic and educational goals. In addition to working with the children. The therapist provided parent training, a crucial aspect of assessments. Around 113 assessment sessions were done in the area of physical, educational and speech and around 200 children were benefitted.



## Music Sessions

Music sessions were initiated to train young adults in life skills to empower them with some vocational skills and to reduce their mental stress due to long pandemic effects. It also helps them express their emotions. Around 12 music sessions were conducted last year .



## Exposure visits

Many children with disabilities have limited opportunities for socialization and learning due to isolation in their homes. To address this, these exposure visits were organized to provide a fun and engaging learning experience, taking the children out of their homes. The visits were designed to provide children with practical learning opportunities across different development domains.



## Inclusive creative session

Our organization conducted 48 Inclusive Creative Sessions to foster interaction, collaboration, and creativity among children with and without disabilities. The children participated in an art and craft activity focused on creating representations of the national flag, designed to accommodate each child's unique abilities. The inclusive creative activities also centered around the celebration of Teacher's Day and World Physiotherapy Day.



## Home Visits

home visits were conducted with the aim of catering to the individual needs of each child. These visits involved a range of activities including conducting assessments, observing the child's home environment, providing information and guidance, delivering training sessions, and working directly with the child in their home-based setting.

They allow ASTHA to provide personalized support tailored to each child's unique circumstances and ensure that families have the resources and knowledge to care for their children effectively.

Astha did 834 Home visits last year .



## Home Based Sessions

Home Based Sessions conducted at the homes of children who are severe disabilities, could not access centres . During these visits, the educators and community workers provided families with training and support on effectively engaging with their children within their home environment. They made use of the readily available materials at home to conduct activities and interventions, empowering parents to facilitate their child's development without the need for expensive resources. More than 300 home-based sessions were conducted this year



## Connect Children with Schemes and Entitlements

Schemes and Entitlements help to provide better security to families and improve livelihood. Parents of children with disabilities are unaware of their children's rights. There are various schemes and entitlements for children with disabilities, but due to lack of knowledge, unable to avail the benefits. We were able to connect around 295 children to the schemes and entitlements; disability certificate, pension, adhar card, ration card, bank account, school admissions, etc

## Aids and Appliances

Aids and appliances are provided to support the inclusion of children with disabilities. These tools and devices are essential for enhancing their accessibility, mobility, and overall participation in various activities. Various aids & appliances were issued to around 100 children.



## Nutrition day and nutrition kit

Nutrition Day is held every month to cater to the nutritional needs of children with disabilities who are more vulnerable to malnourishment due to factors such as neglect or feeding difficulties arising from their disabilities.

The main objective of Nutrition Day is to educate parents on how to prepare affordable, nutritious meals that are tailored to the specific needs and preferences of their children. During these sessions, parents collaborate to create balanced meals that their children can consume at home. The focus is on providing practical guidance and support to parents, enabling them to provide healthy, balanced, and nourishing meals for their children.

Apart from Nutrition Days, ASTHA also assists families in establishing nutrition gardens at their homes. Parents are encouraged to cultivate easily grown vegetables like spinach and radish in spaces like their terrace or balcony. This initiative promotes self-sustainability and provides families with a reliable source of fresh produce. By cultivating their vegetables, families can ensure a steady supply of nutritious ingredients for their children's meals, fostering healthy eating habits and improving overall nutrition.

These combined efforts aim to tackle the unique nutritional challenges faced by children with disabilities, empower parents with knowledge and skills, and promote a healthier and more nourishing environment for their children's well-being.

## Session on nature and heritage

A session on social science for young adults focused on seeds, soil, and agriculture. They learned about plants, nature, and farming through visuals, demonstrations, and storytelling. A practical session at a farmhouse in Bijwasan provided hands-on experience with planting vegetables and seeds under expert supervision. The young adults found the session educational and enjoyable.

ASTHA also organised a trip to The National Rail Museum, which is fully accessible.



## National Institute for Open Schooling

Children with disabilities who have dropped out of school or are not of school-going age by preparing them for the National Institute of Open Schooling (NIOS). During the year, 5 children were enrolled in NIOS and successfully passed their exams. To help them prepare, ASTHA conducted sessions based on the NIOS syllabus, including question-answer quizzes. The organization also held sessions on managing feelings and stress, enabling the children to live a healthy and joyful life while continuing their studies.

## Workshop on Theatre and Drama



ASTHA organized theatre and drama sessions with experts to help children with special needs improve their communication and social skills. The children played games that taught them how to talk to each other and in groups. This allowed them to practice their communication abilities in a safe and supportive way. The sessions focused on building the children's confidence and ability to express themselves through drama and role-playing. This helped the children feel more comfortable talking to their peers. The expert guidance provided a safe space for the children to learn new ways of communicating, which positively impacted their confidence, relationships, and ability to be independent. It also helped children move and express their ideas through body movements .

## Inclusive Celebration

ASTHA fosters a sense of festivals and cultural events while supporting individual development. There were various inclusive celebrations were held, including Dussehra, Children's Day, Diwali Mela, World Disability Day, and Christmas. For World Disability Day, children and young adults joined an event at India Gate and participated in Disability Awareness Week activities, including street plays and information booths. A Prabhat Pheri in Girinagar raised disability awareness.

## Hospital Visits

These visits were primarily for obtaining disability certificates and general check-ups.

Children with disabilities often require official disability certificates for various purposes, which necessitate hospital visits. However, many parents associated with ASTHA come from a low socio-economic background and may lack awareness about the procedures involved. Furthermore, some parents may be hesitant to visit hospitals independently because of their past experiences with government hospitals, which are often overcrowded and associated with long waiting times.

To tackle these challenges, the ASTHA team provides crucial support to these families. They accompany parents during hospital visits to help them initiate the disability certification process. This assistance includes guiding parents through the necessary procedures and paperwork, helping them navigate the hospital environment, and providing advocacy. The team also facilitates follow-up visits and supports families throughout the process.





## Parents Meeting & Training

ASTHA regularly organizes parents' meetings and training sessions to empower and support families of children with disabilities. The main focus of these meetings is to provide a platform for parents to share their concerns, access updated information on schemes, entitlements, and documentation, and understand the importance of school and Anganwadi enrollments for their children's health and development. Parents are guided on following the right approach for their children and motivated to work in groups, supporting each other by sharing knowledge and experiences. The training sessions cover various aspects, including developmental domains, information about their child's specific disability, hand functions, lifting and carrying techniques, using aids and appliances, conducting therapies at home, and proper feeding methods. These meetings and trainings aim to strengthen parent-institution bonds, encourage active participation in their children's development, and address mental health issues faced by parents, promoting stress management and overall well-being. Meetings were held with parents of children on their work, trainings, strengthening their skills. Sessions and home visits were done by the team.

There were 62 parents meeting sessions and 22 parents training sessions .



## Parents Get together

Studies have shown that parents of children with disability face many daily challenges, like the stress of handling the child, their livelihood, guilt, etc. Parents take time away from their busy schedules and visit places to relax and enjoy a break from their hectic schedules. This outing gave them an opportunity to relax and have casual conversations. They shared that going out and spending time beyond the confines of their homes brings them immense joy, especially since some individuals find it challenging to leave their homes due to the presence of a child with a disability. These gatherings provide parents with a sense of happiness and connection.

There were a total 6 exposure trips for parents to AADI office , office of National Association for the Blind , etc.



## Community Volunteer

Community Volunteers are individuals from the local community who show a keen interest in gaining a deeper understanding of disabilities beyond their own personal experiences. These volunteers are identified from among the parents of children with disabilities and actively participate in project activities, including attending sessions, and meetings, and accompanying parents on hospital visits. In addition, they offer a wealth of support to other parents by providing practical assistance such as accompanying them to hospitals, advocating for them at schools, and helping in whatever ways possible to fulfil their needs. These volunteers play a vital role in promoting inclusivity and supporting families in dealing with the unique challenges posed by disabilities.

There was total 7 community volunteers working with ASTHA this year





## Building Anganwadi's and Schools more Inclusive for children with disabilities

### Anganwadi Workers:

ASTHA works with Anganwadi centers to identify children with delays, disabilities or malnutrition early on. They provide interventions for the children's overall development and prepare them to enroll in Anganwadi centers for better learning and inclusion. The team sensitizes Anganwadi workers on disability and inclusion. During the year, more than 25 meetings and trainings were held for more than 200 workers. As a result, many children with disabilities were enrolled in Anganwadi centers, and 14 were referred by the workers. One training was also conducted for 35 supervisors and a CDPO.

Anganwadi workers are crucial as they interact with children and families regularly. By training them, ASTHA ensures more children receive timely support. The enrollment and referral of children with disabilities promote inclusive education.



### ASHAs and ANMs:

ASTHA works with ASHA workers and ANMs to strengthen the local health system. ASHA workers sensitize pregnant women for institutional deliveries. During the year, 14 meetings were held with 75 ASHA workers and 10 ANMs, resulting in 15 children being referred.

ASHAs and ANMs have direct contact with pregnant women, new mothers and young children. By sensitizing them, ASTHA ensures more children receive timely referrals and access to services. The referrals demonstrate their active engagement in promoting child health and development.

There were 24 ASHAs and ANMs meeting held this year



## Work with School

ASTHA conducted visits to government primary schools during the year to support children with disabilities studying there, meeting with principals and teachers to enroll new children, follow up on existing students, and build relationships, with many visits to attend School Management Committee meetings, which helps inclusive education by ensuring children with disabilities have access to quality education and support, advocating for their inclusion in schools, addressing challenges they face, and creating more inclusive learning environments, demonstrating ASTHA's commitment to supporting children with disabilities in mainstream schools and building partnerships with the education system to connect children, families and schools and make sure children with disabilities get the support they need to succeed.



## SMC Meeting

The primary objective of this meeting was to promote inclusivity and address the needs of children with disabilities in education. To raise awareness among parents and staff regarding disabilities and children with disabilities. The meeting served as a platform to foster understanding and inclusivity within the school community, promoting a supportive environment for all students, including those with disabilities. SMC meetings were organised with the agendas; emphasizing integrating disability considerations into school policies, SMC roles, challenges in schools, and sensitization towards Right to Education Act etc.



## Linkage with Government departments

ASTHA works closely with different government departments to help children and people with disabilities. They regularly visit offices like the Education Department, local government, child rights commission, disability commissioner, and women and child development. This helps them get information, raise problems, and get support for the people they work with. Most of the issues they raise have been solved with the help of these government officials, making sure the rights and needs of the disability community are taken care of.

## Collaboration with Special Olympics Bharat

"Special Olympics Bharat" organized a sports competition at Maitreyi College, Delhi, with participation from hundreds of students from various institutions, including three students from the Nand Nagri Center – Ashish, Vansh, and Mohit.

In this event, the main activity was a Bocce game where two teams were formed. Vansh, one of the participants, won the toss as the team captain and had the honour of inaugurating the game. This allowed our students to showcase their skills, teamwork, and sportsmanship.



Networking and advocacy are crucial aspects of ASTHA's work. ASTHA networks with organizations, government bodies, and individuals to expand its reach and impact. 31 meetings were held during the period. ASTHA partnered with government bodies like the Disability Commissioner, Department of WCD and Department of Social Welfare. It has also established alliances with NGOs and other organizations for resource-sharing, expertise exchange, and comprehensive support for children with disabilities. Through networking, ASTHA strengthens its position and contributes to a collective effort to address challenges faced by children with disabilities, promoting inclusion and ensuring their well-being.

## **Meeting in collaboration with Delhi Neenv forces**

A meeting was held by Delhi Neenv Forces on need of Mobile Creche in Okhla and nearby area. The meeting was attended by various organisations associated with Delhi Neenv Forces and local AAP leader. A discussion was held on problems faced by working mothers especially in case of a disabled child. Some people from government institutions such as Anganwadi were also present and they have promised all possible support in setting up of Mobile Creches in Okhla and nearby areas

This year ASTHA worked closely with schools to ensure the proper inclusion of children with disabilities. The team organized sensitization programs for general teachers, special educators, and School Management Committee (SMC) members in various schools like MCD Schools (South & South-East), MCD Schools District Inspector (South & South-East), DOE Schools (South & South-East). We also did networking with DOE Inclusion District Officer (South & South-East), District Social Welfare Officer (South), State Commissioner for Person with Disabilities (Delhi State), Delhi Commission for Protection of Child Rights (DCPCR), Child Welfare Committee (CWC), District Child Protection Unit (DCPU), Dispensary, Local NGOs and Local Politicians





These programs aimed to raise awareness about the rights of children with disabilities and the importance of their inclusion in all school activities.

**Govt Schools:** - ASTHA did advocacy with schools in order to provide inclusion, educational setup for children with disabilities in govt schools as per RTE Act 2009. We also discussed for accessibility for them on school level and district level officers. Then we could do it.

**District Social Welfare Officer:** - When the children with disabilities could not get their disabilities pension after 45 days then we try to approach district officials to provide the same.

**State Commissioner for Person with Disabilities (Delhi State):** - In that case if the children could not get proper information and details about their pension status and facing issues related to the same then we try to approach to State Commissioner for person with disabilities.

## Purple fest

The National Level Purple Fest Delhi 2025 at Rastrapati Bhavan was a grand celebration and empowerment event for Persons with Disabilities, held on 21 st March 2025 at Rastrapati Bhavan, Delhi. ASTHA had the opportunity to showcase their work and spread awareness at this prestigious event. ASTHA set up a big stall where they displayed the various tools, aids, and appliances used for the rehabilitation of children with disabilities. The stall also featured a brief description of ASTHA's work, ADL modification items, education adaptations, nutrition support, children's success stories, adaptive games,





## COMMUNITY MOBILISATION

ASTHA took an initiative and developed a Nukkad Natak team with support of the staff who did street plays (Nukkad Natak) and puppet shows in different communities covering around 1000 people to raise awareness about the challenges faced by children with disabilities in gaining admission to schools. These plays aimed to advocate for understanding and equal treatment for these children and admission in schools in right age. The street plays highlighted ASTHA's work and emphasized the importance of advocating for the rights of children with disabilities, ensuring they receive equal opportunities, particularly in the field of education. Community mobilization initiatives effectively conveyed messages of inclusion and empowerment, reaching out to the local population. ASTHA's efforts have resulted in more children with disabilities being enrolled in mainstream schools, breaking down barriers and promoting inclusive education.



## Regional Parents Meet- Varanasi

Three parents and two staff members participated in the Regional Parents Meet in Banaras, where attendees from various states and institutions, such as Manovikaas, Amar Jyoti, NIMH, NIEPID, Jeevan Jyoti, and Vidya School, gathered. The event commenced with a lamp-lighting ceremony, followed by discussions led by representatives from different institutions on various disability-related topics. Key discussions included understanding disabilities, potential causes, strategies for reduction, autism, and intellectual disabilities. A panel discussion allowed parents to ask questions and engage actively in the dialogue. The day concluded with colourful performances presented by students from inclusive schools, highlighting the spirit of inclusion and community.

This year, ASTHA placed a stronger emphasis on capacity building through a wide range of trainings and webinars:

- Training provided to DCCW, special educators and parents on disability sensitization, how to work with children, including handholding sessions, for 6 months.
- ASTHA team went to Nepal for providing a 3-day training on Disability & Inclusion, in February to "Sath-Sath" organization, working with street children and working on inclusion.
- Provided training to 370 Anganwadi workers through 8 trainings on Disability sensitization, identification of disability and inclusion.
- We have organized 3 national level webinars on UDID, Disability certificates.
- Collaborated with network forums Neenv Forces where ASTHA team had provided a disability sensitization training with 35 networking organizations on early identification and intervention.
- Training done with Salaam Balak Trust on disability sensitization and schemes and entitlements of children.
- Pratik, Executive Director, delivered a session on our early intervention program and also a learning session on the Indian system of disability certificate and UDID (the process, challenges and opportunities)





- A presentation of Human resource policy of the organization within the staff.
- A training facilitated by Dipendra Minocha Ji, Founder & Director, Saksham on the aids and appliances, communication technologies used for children and persons with vision impairment.
- Training on Child protection policy, JJ Act has been done by Aisha, Consultant –Child Protection
- Prevention of Sexual Harassment at Work Place, 2013, the session has been facilitated by Mr. Ashok Jha for the Internal Committee.
- Mr. Pratik facilitated a training session on UNCRPD/RPWD
- A training session on the prevention of violence against women in the workplace was facilitated by our external committee member, Mr. Ashok Jha, for the staff
- Ms. Anu Mishra has facilitated a session on “Facilitation skills” for the trainers. The sessions were activity-based and offered practical methods that can be incorporated into future trainings. Participants were introduced to various training techniques and approaches.
- Training to staff on ASTHA’s believes, approaches and ethics towards its work with children with disabilities





# ASTHA TEAM

|    |                        |                                   |
|----|------------------------|-----------------------------------|
| 1  | Mr. Pratik Aggarwal    | Executive Director                |
| 2  | Mrs. Jyothi Rajeevan   | Assistant Director (HR & Admin)   |
| 3  | Mr. Binod Kumar        | Program Manager – Resource centre |
| 4  | Mr. Ved Prakash        | Sponsorship Manager               |
| 5  | Mr. Arham Shamsi       | Program Manager – ECCD            |
| 6  | Mrs. Kiran Kumari      | Program Manager                   |
| 7  | Mr. Danish Ahmad       | Program Manager                   |
| 8  | Mr. Sanu Chauhan       | Accountant                        |
| 9  | Mrs. Seema Gurung      | Senior Community worker           |
| 10 | Mrs. Rinku             | Community Worker                  |
| 11 | Ms. Reema Singh        | Community worker                  |
| 12 | Mr. Kishore Kumar      | Driver                            |
| 13 | Mr. Rakesh Choudhary   | Communication Executive           |
| 14 | Mrs. Shyamli Jana      | Program Assistant –Admin          |
| 15 | Ms. Simmi              | Social worker                     |
| 16 | Ms. Mamoni             | Special Educator                  |
| 17 | Mrs. Bimlesh           | Community worker                  |
| 18 | Ms. Bharti             | Special Educator                  |
| 19 | Mohd. Arif             | Social worker                     |
| 20 | Mr. Gaurav             | Assistant Communication Executive |
| 21 | Ms. Vaishali           | Community worker                  |
| 22 | Mr. Pawan              | Special Educator                  |
| 23 | Mrs. Rukhshana Khatoon | Community worker                  |
| 24 | Mr. Sanjeev Kumar      | Special Educator                  |

|    |                      |                           |
|----|----------------------|---------------------------|
| 25 | Mrs. Vijay Bharti    | Community worker          |
| 26 | Ms. Priyanka Pangwal | Special Educator          |
| 27 | Mr. Ajay Kumar       | Account & Admin Assistant |
| 28 | Ms. Khadija Khan     | Special Educator          |
| 29 | Mrs. Parul Kashyap   | Special Educator          |
| 30 | Ms. Chinki Sharma    | Special Educator          |
| 31 | Mr. Md. Umar         | Admin support             |
| 32 | Mr. Saurabh          | Driver                    |
| 33 | Bhawna               | Special Educator          |
| 34 | Nawaz Ashraf         | Special Educator          |
| 35 | Ms. Mamta            | Community worker          |
| 36 | Ms. Soniya           | Community worker          |
| 37 | Ms. Shaheen          | Community worker          |
| 38 | Mrs. Bharti Sale     | Assistant teacher         |
| 39 | Mr. Ashwani          | Special Educator          |
| 40 | Ms. Sumayla          | Special Educator          |
| 41 | Saba Praveen         | Community worker          |
| 42 | Ms. Sehroonisha      | Special Educator          |

## ALTERNATIVE STRATEGIES FOR THE HANDICAPPED (CONSOLIDATED)

### BALANCE SHEET

As At 31st March, 2025

(Amount in Rs.)

|           | Particulars   | Note      | 31st March 2025    | 31st March 2024  |
|-----------|---|-----------|--------------------|------------------|
| <b>I</b>  | <b>Sources of Funds</b>   |           |                    |                  |
| <b>1</b>  | <b>NPO Funds</b>  | <b>1</b>  |                    |                  |
| (a)       | Unrestricted Funds  |           | 76,08,640          | 66,88,770        |
| (b)       | Restricted Funds  |           | -                  | -                |
|           |   |           | <b>76,08,640</b>   | <b>66,88,770</b> |
| <b>2</b>  | <b>Current liabilities</b>  |           |                    |                  |
| (a)       | Short-term borrowings   |           | -                  | -                |
| (b)       | Payables  | <b>2</b>  | 6,53,919           | 5,60,094         |
| (c)       | Other current liabilities   | <b>3</b>  | 59,85,821          | 20,28,144        |
| (d)       | Short-term provisions   |           | -                  | -                |
|           |   |           | <b>66,39,740</b>   | <b>25,88,238</b> |
|           | <b>Total</b>  |           | <b>1,42,48,380</b> | <b>92,77,009</b> |
| <b>II</b> | <b>Application of Funds</b>   |           |                    |                  |
| <b>1</b>  | <b>Non-current assets</b>   |           |                    |                  |
| (a)       | Property, Plant and Equipment and Intangible assets                     | <b>4</b>  | 44,35,054          | 41,57,035        |
| (b)       | Non-current investments   | <b>5</b>  | 21,22,989          | 21,22,989        |
| (c)       | Long Term Loans and Advances  |           | -                  | -                |
| (d)       | Other non-current assets  |           | -                  | -                |
|           |   |           | <b>65,58,043</b>   | <b>62,80,024</b> |
| <b>2</b>  | <b>Current assets</b>   |           |                    |                  |
| (a)       | Current investments   |           | -                  | -                |
| (b)       | Receivables   |           | -                  | -                |
| (c)       | Cash and bank balances  | <b>6</b>  | 71,44,316          | 26,60,471        |
| (d)       | Short Term Loans and Advances   |           | -                  | -                |
| (e)       | Other current assets  | <b>7</b>  | 5,46,021           | 3,36,514         |
|           |   |           | <b>76,90,337</b>   | <b>29,96,985</b> |
|           | <b>Total</b>  |           | <b>1,42,48,380</b> | <b>92,77,009</b> |
|           |   |           | -                  | -                |
|           | Brief about the Entity  | <b>14</b> |                    |                  |
|           | Summary of significant accounting policies & notes to accounts          | <b>15</b> |                    |                  |
|           | The accompanying notes are an integral part of the financial statements |           |                    |                  |

As per our report of even date  
**For Anil K. Goyal & Associates**  
Chartered Accountants (FRN 004558N)

**Alok Goyal**  
Partner  
M. No. 501529

Trustee

Trustee

Place: New Delhi  
Date:



**ALTERNATIVE STRATEGIES FOR THE HANDICAPPED (CONSOLIDATED)**  
**INCOME AND EXPENDITURE ACCOUNT**  
**FOR THE YEAR ENDED 31ST MARCH, 2025**

| FOR THE YEAR ENDED 31ST MARCH, 2025   |   |         | (Amount in Rs.)          |                          |
|---|---|---------|--------------------------|--------------------------|
|   | Particulars   | Note    | As on 31st March<br>2025 | As on 31st March<br>2024 |
| I   | Income  |         |                          |                          |
| (a)   | Donations and Grants  | 8       | 1,81,08,613              | 1,56,45,754              |
| (b)   | Fees from Rendering of Services   |         | -                        | -                        |
| (c)   | Sale of Goods   |         | -                        | -                        |
| II  | Other Income  | 9       | 6,02,119                 | 5,36,569                 |
| III   | Total Income (I+II)   |         | 1,87,10,732              | 1,61,82,323              |
| IV  | Expenses:   |         |                          |                          |
| (a)   | Charitable Expense  | 10      | 53,61,953                | 40,21,269                |
| (b)   | Employee Benefit Expense  | 11      | 1,19,93,902              | 1,14,57,367              |
| (c)   | Finance Cost  | 12      | 1,602                    | 1,526                    |
| (d)   | Other Expenses  | 13      | 7,11,424                 | 15,16,666                |
|   | Total expenses  |         | 1,80,68,881              | 1,69,96,828              |
| V   | Excess of Income over Expenditure for the year before exceptional and extraordinary items (III- IV) |         | 6,41,851                 | (8,14,505)               |
| VI  | Exceptional Items   |         | -                        | -                        |
| VII   | Excess of Income over Expenditure for the year before extraordinary items (V-VI)                    |         | 6,41,851                 | (8,14,505)               |
| VIII  | Extraordinary Items   |         | -                        | -                        |
| IX  | Excess of Income over Expenditure for the year (VII-VIII)   |         | 6,41,851                 | (8,14,505)               |
|   | Appropriations:   |         |                          |                          |
| (a)   | Transfer to Funds   |         | -                        | -                        |
| (b)   | Transfer from Funds   |         | -                        | -                        |
| (c)   | Balance Transferred to General Funds  |         | 6,41,851                 | (8,14,505)               |
|   |   |         | -                        | -                        |
|   | The accompanying notes are an integral part of the financial statements                             |         |                          |                          |
| As per our report of even date<br>For Anil K. Goyal & Associates<br>Chartered Accountants (FRN 004558N) |   |         |                          |                          |
| Alok Goyal<br>Partner<br>M. No. 501529  |   | Trustee | Trustee                  |                          |
| Place: New Delhi<br>Date:   |   |         |                          |                          |

**ALTERNATIVE STRATEGIES FOR THE HANDICAPPED (CONSOLIDATED)**  
**RECEIPT & PAYMENT ACCOUNT**  
**FOR THE YEAR ENDED 31ST MARCH, 2025**

(Amount in Rs.)

|           | Particulars                            | As on 31st March<br>2025 | As on 31st March<br>2024 |
|-----------|--|--------------------------|--------------------------|
| <b>I</b>  | <b>RECEIPT</b>                         |                          |                          |
| <b>A</b>  | <b>Opening Balances:</b>               |                          |                          |
| (a)(i)    | Bank Accounts                          | 26,59,312                | 21,39,477                |
| (a)(ii)   | Cash in Hand                           | 1,159                    | 1,159                    |
| (b)       | Donation                               | 39,85,661                | 13,60,244                |
| (c)       | Azim Premji Foundation                 | 44,88,000                | 59,87,000                |
| (d)       | Tech Mahindra Foundation(Nand Nagri)   | 22,55,908                | 25,22,909                |
| (e)       | Wipro Foundation                       | 37,75,000                | 31,76,911                |
| (f)       | Tech Mahindra Foundation(Batla House)  | 18,17,148                | 16,11,802                |
| (g)       | Tech Mahindra Foundation(Majdoor Camp) | 19,18,322                | 19,54,060                |
| (h)       | Arcesium India Pvt Ltd                 | 5,26,500                 | -                        |
| (i)       | Mariwala Health Foundation             | 1,63,750                 | -                        |
| (j)       | Sud Chemie India Pvt Ltd               | 3,05,500                 | -                        |
| (k)       | Grant From Asha For Education (FCRA)   | 24,64,000                | -                        |
| (l)       | Grant From Toy Box (FCRA)              | 3,66,500                 | -                        |
| (m)       | Interest on Saving Bank                | 1,89,313                 | 1,33,266                 |
| (n)       | Misc. Income                           | 2,34,785                 | 2,85,589                 |
|           | <b>Total</b>                           | <b>2,51,50,858</b>       | <b>1,91,72,417</b>       |
| <b>II</b> | <b>PAYMENT</b>                         |                          |                          |
| (a)       | Charitable Expense                     | 51,27,773                | 38,24,501                |
| (b)       | Employee Benefit Expense               | 1,18,66,173              | 1,10,13,401              |
| (c)       | Finance Cost                           | 1,602                    | 1,526                    |
| (d)       | Other Expenses                         | 7,32,974                 | 15,84,560                |
| (e)       | Purchase of Fixed Asstes               | 2,78,019                 | 87,959                   |
| (f)       | <b>Closing Balance</b>                 |                          |                          |
| (f)(i)    | Bank Accounts                          | 71,43,157                | 26,59,312                |
| (f)(ii)   | Cash in Hand                           | 1,159                    | 1,159                    |
|           | <b>Total</b>                           | <b>2,51,50,858</b>       | <b>1,91,72,417</b>       |

As per our report of even date  
**For Anil K. Goyal & Associates**  
Chartered Accountants (FRN 004558N)

**Alok Goyal**  
Partner  
M. No. 501529

Trustee

Trustee

Place: New Delhi  
Date:

# ACKNOWLEDGMENTS

## Ministries/Govt. Institutions/Funding Institutions:

| Ministry of Social Justice and Empowerment    | National Trust     | Niti Ayog                            |
|---|--------------------|--------------------------------------|
| Delhi Urban Shelter Improvement Board (DUSIB) | WIPRO Care         | Azim Premzi Philanthropic Initiative |
| Tech Mahindra Foundation                      | Asha For Education | EASACT                               |
| Mariwala Health Initiative                    | Sud-Chemie         |                                      |

## Corporate & Institutional Supporters:

| Rotary Club Sufderjung Delhi            | Nair Service Society Delhi         | External Affairs Spouse Association Charitable Trust |
|---|------------------------------------|--|
| Rotary Club Delhi Dynamic               | Indian Institute of Foreign Trades | Sankalpa   |
| CGXI India Private Ltd.                 | NIEPID Institution                 | JAK Group Pvt. Ltd.                                  |
| JAPJI Foundation                        | Gupta Stationary                   |  |
| Nimble Orthotic & Prosthetic Appliances | Mahajan Gift House                 |  |

## Through Give as You Earn Program- Charities Aid Foundation:

| D. E. Shaw India Software |
|---------------------------|
| Royal Bank of Scotland    |
| Glaxo Smith Kline         |
| AMEX                      |
| Shriram School            |

## Individual Supporters:

| Rama Murthi               | Suchitra Duggal         |
|---------------------------|-------------------------|
| Prachi Aggarwal           | Mukesh Sodani           |
| Sunil and Meenakshi Arora | Poonam Ranjan           |
| Ashish Dhameja            | Priya Narendra Dhankhar |
| Sanjiwani Suhas Apte      | Puneet Sood             |
| Vickie Upen Rai           | Ravinder                |
| N.Mandakini               | Mona Kabi               |
| Rajeev Anurag Sondhi      | Neeraj Yadav            |
| Sagar Sadguru             | Supriya Das             |
| Karthyayini Inamdar       | S.L. Ganapathi          |
| Prem Batra                | Shrikant Khandekar      |
| Teena Kapoor              | Mohini Mullick          |
| Dr.Saroj Thapa            | Jatin Saini             |
| Piyush Kumar              | Aarti Singh             |
| Pankaj Kumar Mishra       | Devika Anand            |
| Feisal Alkazi             | Harinder Dima Bhagat    |
| Y. S. Prashanth           | Onkar Singh             |
| Niraj Yadav Sailor        | Rakesh Kumar            |
| Rama Murthi               | H. K. Aggarwal          |
| Mona                      | Vijay Shankar Gupta     |
| Bindu Jose                | Sreekant Khandekar      |
| Jayshree Ganapathy        | Geeta/Bipin Lal         |
| Angashu Kumar Das         | Mahadevan Chandrasekar  |
| Mr. Gaurav/Ms. Robita     |                         |

# ACKNOWLEDGEMENT

- Special Thanks to: Mr. Feisal Alkazi and Mrs. Radhika M Alkazi for supporting the Children with Disabilities.
- Mrs. Devika Anand for supporting in Aids and Appliances and in celebrations.





# PARTNER WITH US & SUPPORT US

You can:

Become a Donor/Partner

By funding us you will be joining our community and together we will be able to:

- Educate and rehabilitate more children with disability, so that they can lead a life with dignity.
- Reach out to those children and persons with disabilities who have been most marginalized and support them to access the services to which they are entitled.
- Enable the children to explore and take part in the world outside their communities.
- Develop the children's ICT skills so that they can communicate independently, access information and learning materials.
- Empower young adults with disability to assimilate leadership skills.
- Reach out to remote areas in India with needs and rights based information.
- Create awareness and sensitivity about disability through workshops.
- Cover the costs incurred in salaries and honorariums.
- Update our technical knowledge.
- Conduct awareness raising events.

Enroll in "Sponsor a Child Program"

- ASTHA initiated the 'Sponsor a Child' program in the year 2007 to sustain and strengthen its services to children with disabilities.
- The sponsorship amount enables us to provide all the services needed by the child in a sustained manner. The sponsors receive progress reports of the child every six months.
- The sponsorship amount is Rs.15, 000 per year, payable through cheque/demand draft in favor of ASTHA.

Donate in kind

From time-to-time ASTHA requires support to facilitate activities generally not covered under ongoing programmes or projects. You can support by providing for such items (These items vary according to the arising needs; you may contact us for the list).

Volunteers

Anyone can have a hand in making a difference. Be an associate of ASTHA, and help us raise funds.

- Help with desk research, and consolidate the data collected thereby.
- Help to design communication materials.
- Help in web designing and updating.
- Help in making teaching-learning materials.
- Be a resource person.
- Can come in on a regular basis and share your skills with our children & young adults
- Art & craft
- Music
- Storytelling



# PARTNER WITH US & SUPPORT US

## Volunteers

Anyone can have a hand in making a difference

Be an associate of ASTHA, and help us raise funds. Help with desk research, and consolidate the data collected thereby. Help to design communication materials. Help in web designing and updating. Help in making teaching-learning materials. Be a resource person. Can come in on a regular basis and share your skills with our children & young adults Art & craft Music Storytelling