

NEWSLETTER



EVERYDAY IS A NEW BEGINNING



INTRODUCTION

Dale Peacock, Director

When people come to ASV for the initial interview before admission, one of the questions we ask them is, what are their expectations. One of the common expectations is that they want the person to get back to a routine, which will regularize their sleep, limit usage of gadgets and give them a sense of stability. This means that they want the person to change enough so that they lead a productive life. But we all know that this is easier said than done because it involves dealing with the initial resistances to break out of their comfort zones and old habits. Only then will they be ready to get into serious psychotherapy to explore the underlying

issues and make the necessary changes by taking responsibility to correct their perception, regulate their emotions, change negative thought patterns and improve their interpersonal relationships.

The first expectation when the person joins the community is for them to adapt to the new environment, structured routine and other members. For some it is easier, while for some it is more difficult. But this is not something new. Adaptation has always been key to survival. While the person is adapting to the community some of their issues come up. For example, living with two or three others means that when the lights are switched off, they are expected to stay in bed and sleep even if it takes time. Sometimes, because their sleep pattern was irregular, it takes time for them to settle into this new timing and may require the assistance of sedatives temporarily. Once their sleep pattern is regularized, they are expected to participate in all the other regular activities during the day. Here also there could be resistance and their various excuses to avoid doing the routine are noted and dealt with by helping them to understand and accept these as excuses, and instead, they are taught to take responsibility and change. This involves a lot of work on both sides, staff as well as the resident. Depending on each person's level of awareness, they are taught to connect their feelings, thinking and behaviour and this leads to more appropriate expression of their feelings. All this takes time. Yes, they may be adapting well and participating in all the activities, but this does not mean that they have changed. They have laid a strong platform from which they can launch into intensive psychotherapy to address the underlying issues of their problems.

While they are adapting to life in the community, they are interacting with the members and bonding with the staff. Gradually, as this bonding deepens the person forms an attachment with a few of the staff who they feel comfortable with and believe could help them. This is a very important therapeutic alliance and constitutes their Mentor Group which monitors the person's therapy. All therapy is done within this relationship.



Here again, depending on each person's motivation, some resistances could come up. A common reason they come up with is the time factor. They argue that they have spent X amount of time in the community and believe they could manage in the outside world with all the adaptations they have made.

Some people leave from this position but soon return because they have not addressed their deeper issues like low self-esteem, low confidence and non-acceptance of themselves. Psychotherapy, as mentioned earlier, involves a lot of work and people need to be patient, focused and committed to completing their therapy. Adaptation is good and necessary, but not enough. It must lead to change which will only come with a deeper understanding and insight into their problems that then leads to change and the person is literally transformed to being a better version of themselves.

This 12th edition of WINGS is dedicated to all our residents who have the courage, patience and motivation to go through the struggle of changing. Anyone who has done personal work and made changes, will agree that it is indeed a struggle. But a worthwhile struggle. Of course, this will not be at all possible without our hard working and dedicated staff who work tirelessly, always believing in the person's ability to change and get in touch with their Athma Shakti, which is what we are all about.



OBSESSIVE COMPULSIVE DISORDER

Usha Srinath | Chief Clinical Psychologist

Obsessive compulsive disorder is defined as ruminating thoughts followed by repetitive behaviours as the person indulges in many ritualistic behaviours that consumes a lot of time. The thoughts are there to deal with severe anxiety and guilt feelings and the patient believes if he/she does not perform these acts, something terrible is going to happen. So these behaviours are performed to relieve distress caused by these thoughts.

Some major Obsessive thoughts:

- Fear of contamination
- Obsession with symmetry
- Fear of losing control (fear of acting out sexually or violently)
- Hand washing to relieve guilt of masturbation and some unacceptable behaviours.

There are many causes for OCD behaviours

- Genetic cause
- Early trauma
- Abnormalities in brain structure

There are many rituals like washing hands, scrubbing the body till the skin peels off, washing feet till they empty the tank, touching the idols or photographs of Gods before any activity. There are people who count the number of turns they do before any chore. We had a client who had pictures of many gods and goddesses on the dash board of his car and every time he stopped at a traffic signal, he had to touch each of these pictures before he moved his vehicle. The people waiting behind him would honk endlessly but he had to finish this ritual before he would move his car. This created many problems for him and he almost lost his licence because of it.

He had problems relating to people at work and at home because he would be indulging in these odd behaviours all the time. When he came for treatment, we found out that he had gotten into an accident and since then he had this belief that if he did these rituals, he will not have an accident.

As it is an emotional issue, cognitive therapy does little or no help in dealing with this problem. It is a self preservative mechanism that protects and defends a person from extreme anxiety.

OBSESSIVE COMPULSIVE DISORDER

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These behaviours interfere in their social and professional functioning as they waste a lot of time and energy in indulging in these behaviours.

Many famous personalities were diagnosed with OCD. Howard Hughes was very scared of catching diseases and so he isolated himself totally so that he did not have to have contact with another human being which may result in having to deal with diseases. Many sports personalities also believe in some compulsive rituals which they think, if they do that, it will make them win the game.

Some patients have guilt about masturbation due to religious taboos. They indulge in washing hands compulsively to ward off the guilt. In Mcbeth, the heroine kept washing her hands because she kept seeing blood on her hand after she murdered.

Some people have obsession of hoarding things, food, clothing, dishes or anything and everything. Although their house overflows and there will be no space to walk, they keep accumulating stuff. This could be due to fear of scarcity.

There are some famous personalities who suffered from OCD:

1. Howard Hughes isolated himself for the fear of catching diseases and he died in isolation.
2. David Beckham admitted to having problem with OCD
3. Greta Thunberg also had this problem
4. James Spader an actor admitted to having these problems.

Treatment for OCD

- Medication to control the intrusive thoughts
- Psychotherapeutic intervention
- Desensitization
- Behaviour modification etc.



CARE FOR CAREGIVERS

By Umesh, Clinical Psychologist / Psychotherapist

Caregivers, often family members providing unpaid support, face significant physical, emotional and financial burdens. Frequently leading to burnout, depression and isolation.



Key issues include:

- Managing complex daily tasks, navigating health care systems and balancing care with personal health and work.

Core issues faced by care givers

- Burnout and physical health: Care givers often experience extreme exhaustion, Chronic fatigue, headaches and a decline in their own physical health. Sometimes neglecting their own medical needs.
- Mental health struggles: High rates of anxiety, depression, guilt, resentment and sadness are common due to the emotional toll of caring for a loved one with declining health or dementia.
- Financial Strain: Costs related to medication, home management and lost wages from reducing work hours leads to significant financial instability.
- Social Isolation: Care givers often experience a loss of personal life, losing touch with friends and abandoning hobbies due to lack of time and energy.
- Lack of support and Resources. Many struggle with finding reliable, affordable respite care to take a break from their responsibilities.

Common causes of stress experienced by Caregivers:

- Unrealistic Expectations.
- Believing they can or should do everything alone.
- Care Recipient with Behavioral Problems.
- Managing dementia or severe behavioral changes which is often more challenging than physical disability alone.
- Constant Vigilance.
- The need for 24 hours care or supervision leaving no time for rest.

CARE FOR CAREGIVERS

By Umesh, Clinical Psychologist / Psychotherapist

Strategies for managing caregivers stress:



Request and Accept Assistance: Do not try to do everything alone. Ask family or friends for specific help, such as running errands, providing meals or watching the loved one while you take a break.

Utilize respite care: Use in house services, adult day care centers or short – term nursing home stays to get away and recharge.

Prioritize self –care: Maintain your own health by getting adequate sleep, eating well, exercising and scheduling regular check –ups with your doctor.

- **Join a support Group:** Connect with others in similar situations to share experiences and coping strategies.
- **Set Realistic Goals and limits:** Accept that you cannot control everything and that it is okay to ask for help, set boundaries and say 'NO' to requests that overwhelms you.
- **Stay Connected :** Maintain relationships with friends and family to prevent isolation.
- **Seek Professional Support:** Consult a doctor or therapist If you experience symptoms of depression, anxiety or burn out.

Seeking support does not mean you are weak or failing. It means you are recognizing the full scope of what you are carrying and taking steps to make this journey more sustainable.

All Health Care professionals also go through similar exhaustion and burnout. It is very important for professionals to recognize stressors and take preventive measures. Me being in the helping profession have had very similar experience, similar to most of the above-mentioned issues as well as causes of stress. CARE for Care givers is as important as the recipients of Care.

AMEND R&R 2025 (24TH MARCH - 27TH MARCH)

By Deepthi L.Rao

On 24th morning, mom, dad and I boarded the bus to Belur. Around 25 people, all Amend members reached Belur and we headed to Hotel MayuraYagachi. We had South Indian meals for lunch and relaxed for a while. In the evening, we visited Belur's ChennaKeshava temple. This was the second time I visited the temple.

The first time was, when I was studying in 7th standard. I was awe-struck by the architecture. It's great that the temple has stood the test of time. The sculptors have made it a marvel and the temple is listed as a heritage site under UNESCO. The temple has 3 deities in 3 different GarbhaGudis.

There is a Nandi in front of the Lingam. We traveled back to the hotel by night time. I had light dinner and went to bed. Next morning i.e on 25th, my mother, Tara, conducted a physical exercise session for the group. I took part in the stretching exercises session. We had breakfast and had an activity session headed by Veera Pinto.

Later on, we had an activity that involved mirroring and skit. Later PMIs (Persons with mental illness) and caretakers had separate sessions, where we were divided in two groups. Our group was headed by Guruprasad Sir. We discussed our illness. The session was conducted for around 30mins roughly. Following this, we had lunch. At around 4 PM we headed to Halebidu temple. The temple architecture was very intricate. We took the help of a guide to understand, the various sculptures. I was very excited to visit the Halebidu temple the second time. We went back to the hotel by evening. We visited a Jain Basadi after a visit to Halebidu temple. It was a first time experience for me, I enjoyed the two temples and saw the huge stone idols of Thirthankaras.



The next day on 26th March, I took part in the morning exercise session conducted by my mother. We then headed to Halmidi to see the earliest Kannada Shasana dated back to 4th century A.D.

We traveled to Mullayanagiri hills and climbed steps to get to the top of the hill. There was a temple at the summit. I visited the temple and then walked back down. While traveling we spent time in Honnamma Devi Falls, I wet my feet with flowing fresh water from the falls. We then visited Bababudangiri hills.

We went to Dattapeetha, but I could not notice the Dargah. By evening we were back to Hotel Mayura Yagachi. On 27th morning, I Woke up at 6.30 am, I found that there were sun burns all over my face and arms. All of the members of my team, went boating in the nearby lake, except three of us my dad, mom and me.

We went through the nursery in front of the hotel and by noon, we had boarded the bus back to Bengaluru. We all enjoyed the 4-day trip.

MY LIFE FROM 1988 TO 2026

By Karthik Inbavanan

One fine morning on June 4th 1988 at 2:20 am I came into this beautiful planet called earth to the most beautiful supportive parents. I had many difficulties while in my early childhood like being late to walk and talk, missed many milestones, had learning difficulties while still a young child. I was not able to grasp lessons in class. That's when my most beautiful mum stepped in to help me with my learning difficulties. She used to sit with me throughout my schooling and collegiate education to help me write notes, explain lessons in the simplest manner with examples which I could understand.

One memory from my early childhood was that my teacher tied my left hand at the back and made me write with my right hand. Infact I was born a left hander and that teacher did not like that I was using my left hand to do everything.

My parents got to know much later and could not stop it from happening. Throughout my growing up years my mum was my friend, my study buddy, sports coach where she taught me to play badminton, cycling and also found a coach for me to learn swimming.

That did not deter me from enjoying the best times with mum. I struggled through writing exams where I wasn't able to remember answers, but that did not stop me from trying. My mum sat with me with question banks & previous year question papers and even gave me mock tests to prepare me to write and pass my school & collegiate examinations. Till today both my parents have been my biggest support system.



HAPPINESS

By Sai Revathy

With the start of a new day
It is full of happiness,
To greet someone in the way
And be pleased to be a friend.

Happiness makes one welcome the
day,
When it brings festivity and glee;
To listen to music makes one carried
away
Forgetting the worries that bring
sadness.

Enjoying the pleasure of a holiday;
Playing games that bring no agony;
Being cheerful marks a new day
To be living without tears.

Feeling good to remember a happy
day,
When it is worthy to be a winner;
And rejoice the moment happily
Makes one happy to live without fear.

CHANGE ME, NOT MY CIRCUMSTANCES: LESSONS I RECENTLY LEARNT

By Debrah Thomas

Over the recent past, I've found myself learning lessons that didn't just stay as ideas but became things I had to actively understand, practice, and live through. These lessons shaped the way I think, feel, and respond to life, especially during moments that felt uncertain or overwhelming.

Resilience is the ability to mentally or emotionally cope with a crisis in attempt to return to a pre-crisis status quickly. This basically refers to an individual's ability to cope with problems and setbacks, to be able to bounce back in situations of stress, adversity and overcome any trauma. I was 17 when I had to present on this topic of resilience in my Psychology class and even then, I knew that this wasn't just another concept to memorise. I knew it was a skill I would need to actively build, refine, and rely on. Every single one of us faces multiple challenges throughout the course of our lives. Dealing with change or loss is inevitable. But what matters more than the challenge itself or the impact it holds is how an individual would deal with the problem. Instead of falling into despair and losing hope or hiding from problems with unhealthy coping strategies, resilient people face life's difficulties head-on.

As I began to understand resilience more deeply, I also came across a framework that explained how our internal world actually works.



The CBT triangle is a model that illustrates how a person's thoughts, feelings and behaviours are all interconnected and affect one another in a continuous cycle. You can create a chain that shifts the entire cycle by focusing on one of the three components. You can change your thoughts OR influence your feelings OR change your actions. Thoughts change when you develop a more balanced and realistic perspective to the situation. Feelings are influenced when you simply observe your emotions without judgment instead of reacting impulsively. And taking positive action can create positive momentum that'll in turn impact your thoughts and feelings. Understanding this made me realise that emotional stability isn't something that just happens - it's something that is built intentionally over time.

Mood stability is not the absence of bad days. To make your mood more stable and consistent, think of it like building emotional muscles - it takes small consistent actions, not giant leaps.

CHANGE ME, NOT MY CIRCUMSTANCES: LESSONS I RECENTLY LEARNT

By Debrah Thomas

Understand what affects your mood – they can be influenced by biological rhythms, mental habits, environment, lifestyle, unprocessed emotions. Shift your relationship with emotions: you don't need to feel 'happy' all the time; you need to notice your emotional shifts without panic, accept them without judgment and respond to them rather than reacting.

Practice emotional labelling by adding a 'because' to your feeling, practice cognitive reframing by challenging your negative thoughts, practice self-validation and healthy expression. Avoid mood destabilisers like skipping meals and sleep, over committing your energy to people/events or isolating completely when you're low. Build on weekly mood maintenance habits like regular therapy sessions, creative expression like art, social support like a 10 min check-in with someone else, Nature exposure like vitamin D from the Sun, and journaling.

And through all of this, one lesson kept showing up again and again—the need to adjust.

Life is full of changes, and learning to adjust is an important skill. Whether it's moving to a new place, starting a new job or dealing with unexpected events, being able to adapt helps us stay strong and keep moving forward. Adjusting doesn't mean giving up who we are. It means being open to change, staying flexible, and finding new ways to handle challenges.



When we learn to adjust, we grow. We discover new things about ourselves and others. We become more patient, understanding and resilient. Sometimes change is hard, but refusing to adjust can make things even harder. Life won't always go the way we plan but our ability to adapt can make all the difference.

Looking back, these aren't separate lessons, they work together. Resilience helps you endure; the CBT triangle helps you understand; mood stability helps you regulate; and the ability to adjust helps you keep going. This helped me realise that I don't need to have everything figured out, I just need to keep showing up, a little more aware and a little more willing to adapt each time.

JOKES

ha ha ha

I told my phone I needed a break. Now it keeps suggesting airplane mode.

Maybe if we start telling people their brain is an app, they'll want to use it.

The Scarecrow: Why did the scarecrow win an award? Because he was outstanding in his field.

What do you call a sad cup of coffee? A depresso.

Humor works because it lets truth slip past our defenses. We laugh at irony, fear, and contradiction because we recognize ourselves in them—often before we're ready to admit them.

"I told my boss I needed a raise because three companies were after me: the electric, the water, and the gas company".

Trust Issues: Why don't scientists trust atoms? Because they make up everything.

The Space Bar: What is an alien's favorite place on a computer? The space bar.

The Weekend Warrior: I only catch colds on weekdays. Probably because I have a weekend immune system.



The Empty Cup (Open-Mindedness)

A scholar went to visit a wise Zen master. As the master served tea, the scholar couldn't stop talking about his own theories and ideas. The master kept pouring the tea until the cup was full and began overflowing onto the table.

"Stop!" the scholar cried. "It is overfull. No more will go in!" The master replied, "Like this cup, you are full of your own opinions. How can I show you wisdom unless you first empty your cup?"

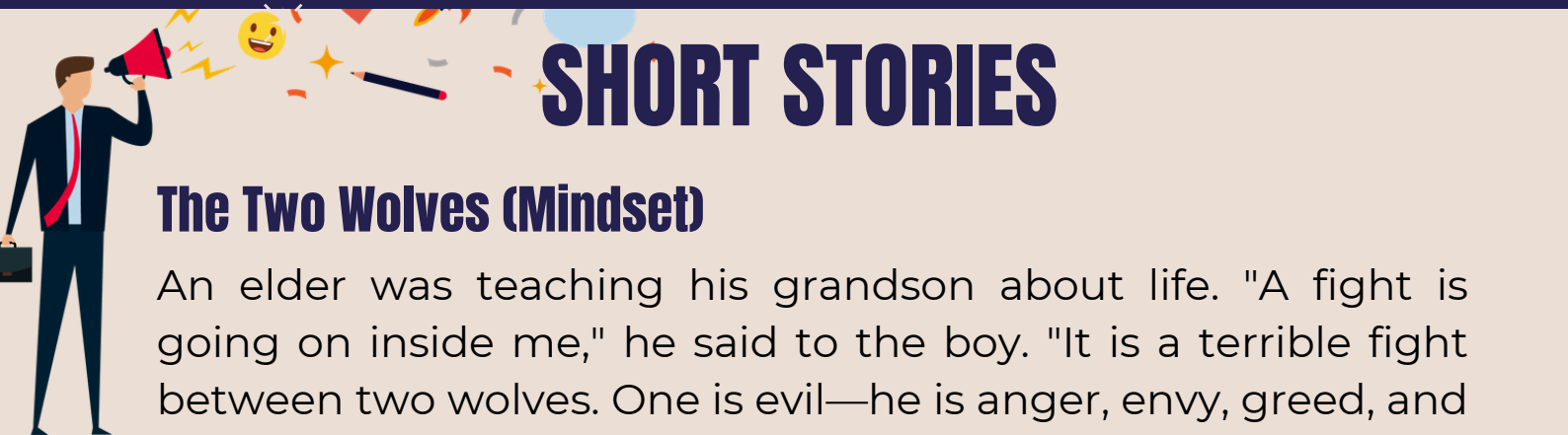
The Lesson: To learn something new, we must first be willing to let go of what we think we already know.

The Sharp Knife (Persistence)

A young apprentice was frustrated because his knife was dull and he couldn't carve the wood as well as his master. He complained, "I need a better tool to do great work." The master took the dull knife, spent hours sharpening it against a simple stone, and then carved a masterpiece.

He handed the knife back and said, "The tool didn't change, but the edge did."

The Lesson: Success often isn't about getting new resources, but about refining the skills and "edge" you already have.



SHORT STORIES

The Two Wolves (Mindset)

An elder was teaching his grandson about life. "A fight is going on inside me," he said to the boy. "It is a terrible fight between two wolves. One is evil—he is anger, envy, greed, and ego. The other is good—he is joy, peace, love, hope, and humility."

The grandson thought about it for a minute and then asked, "Which wolf wins?" The elder simply replied: "The one you feed."

The Lesson: Our character and happiness are determined by which thoughts and habits we choose to nurture.

The Echo (Reflection)

A boy and his father were walking in the mountains. Suddenly, the boy fell, hurt himself, and screamed, "AAAhhhhhhhhhh!" To his surprise, he heard a voice repeating, "AAAhhhhhhhhhh!" Curious, he yelled, "Who are you?" He received the answer, "Who are you?" Angered at the response, he screamed, "Coward!" He received the answer, "Coward!" He looked to his father and asked, "What's going on?" The father smiled and yelled to the mountain, "I admire you!" The voice answered, "I admire you!" The father explained, "People call this an echo, but really, this is life. It gives you back everything you say or do."

The Lesson: Your life is a reflection of your actions; if you want more love, give more love.

Our Community outing @ Vegacity mall

True enjoyment wasn't found in the stores we visited, but in the conversations we had between us. Created some new memories over a meal and celebrate the wonderful people who make living here so special.



International Happiness Day

The celebration was a vibrant scene of unity and joy, where the air was filled with constant laughter, setting aside their daily routines to bond over playful competition and lighthearted fun. It was a day defined by genuine smiles and a warm sense of belonging that truly brought the community closer.



Schizophrenia Day - May 2025

Education and Awareness: Sharing information about symptoms (hallucinations, delusions) and treatment options to dispel myths that it is caused by personal failure or that those affected are violent.



Bannerghatta National Park

A community outing to Bannerghatta National Park was a vibrant blend of shared discovery, education, and pure joy. Imagine a day where the energy of the group matches the wild surroundings, creating a truly inclusive and memorable experience for everyone involved.



**"A STRONG
COMMUNITY IS A
PLACE OF JOY AND
BELONGING".**

The community celebrated Dale's birthday with an event focused on unity and appreciation for his leadership. The gathering brought together residents & staff, to honor his dedication to service through a cake-cutting ceremony and high tea. The celebration served to strengthen communal bonds, featuring heartfelt wishes and collective recognition of his impact.



Outing to Bharati's farmhouse

A community farmhouse outing offers a refreshing break from city life, focusing on hands-on agricultural activities, team bonding, and nature-inspired relaxation.

It was a fantastic way to cap off a community outing!



Planting a tree creates a lasting "living legacy" for our group. A fig tree was a wonderful choice! In many cultures, the **fig tree** symbolizes peace, prosperity, and unity—making it a perfect reflection of a community coming together.

Warm hosts and incredible food are usually what turn a simple outing into a core memory.

Thank you Ravichandra & Bharati for opening your farm and your heart to us. The food was awesome, the atmosphere was peaceful, and your hospitality was unmatched.



World Mental Health Celebration 10th October

The theme for this year's mental health day celebration was, **Access to Services – Mental Health in Catastrophes and Emergencies**.

ASV's non-negotiable routine acts as a "re-training" phase. By enforcing structure rather than personal choice, it replaces chaotic habits with the discipline necessary to anchor your entire treatment.



The event began with the Lighting of the Lamp, creating a calm and reflective atmosphere. This symbolic gesture set a positive tone for the day, emphasizing the goal of bringing mental health issues "into the light."

These sessions provided practical tools for stress management and encouraged open dialogue about mental health, helping to normalize these conversations within the institution.

The day concluded with a lunch. This gave everyone a chance to decompress after the formal discussions, allowing the kids and staff to bond in a relaxed setting and strengthen their personal support networks.



That was wonderful news! Heartiest congratulations to our staff, Megha Siby and her family on the arrival of their baby girl.



Heartiest congratulations to Radha on the wedding of her daughter. The couple tied the knot in a beautiful ceremony, surrounded by family and friends. Wishing the newlyweds a lifetime of happiness and love.



We are deeply saddened to share the news of the untimely passing of Sanjeev Kumar Jha. Our heartfelt condolences go out to his family.



OUR COLLECTIVE STRENGTH

When many voices join as one,
The hardest work is quickly done.
A bridge of help, a wall of grace,
That makes this town a sacred place.
No one stands out in the cold,
With a community so bold.

GENTLE SEASONS

Like the garden, we have our bloom,
And days of shadows, dust, and
gloom.

Be patient with the winter soul,
For healing is a rhythmic goal.

Be kind to your mind, let the
pressure go,
True wellness needs the time to
grow.



I have no voice, but I can scream.
 I have no wings, but I can fly.
 I have no teeth, but I can bite.
 I have no mouth, but I can sigh.
 (Answer: The wind)



Riddle: I have branches, but no fruit, trunk, or leaves. What am I?
 Answer: A bank.



Riddle: I am tall when I am young,
 and I am short when I am old.
 What am I?
 Answer: A candle.

Riddle: What is black when it's clean and white when it's dirty?
 Answer: A chalkboard.

Riddle: What has many keys
 but can't even open a single
 door?
 Answer: A piano.

Riddle: What has a thumb and
 four fingers, but is not alive?
 Answer: A glove.



community festivities

Sharing in community festivities is the active ingredient that turns a public event into a personal connection. It moves residents from being mere spectators to becoming the heartbeat of the celebration.

Onam harvest festival



Its wonderful! When kids and staff collaborate on a Pookalam, it transforms the tradition into a powerful exercise in teamwork and creativity.



At ASV, Onam takes on a vibrant communal spirit. Beyond the office, neighborhoods and housing societies come alive with shared traditions, with the Pookalam (floral carpet) and traditional games serving as the heart of the festivities.



community festivities

Diwali

the festival of lights



At the ASV community, Diwali is a radiant celebration of light's triumph over darkness, with our surroundings beautifully illuminated by lamps, candles, and intricate rangoli designs.

To elevate the experience, we have interactive activities and eco-friendly initiatives designed to bring residents of all ages together in a sustainable and meaningful way.



community festivities

Christmas

the birth of Jesus Christ



Christmas is a worldwide celebration of Jesus Christ's birth that has evolved into a profound symbol of unity, joy, and kindness. It serves as a peaceful retreat from the world's busy pace, providing families a precious chance to bond over shared gifts and laughter. At its core, the holiday is about embracing peace and showing genuine compassion and goodwill toward everyone in the community.

At ASV, Christmas is celebrated with traditional activities like setting up the nativity scene, singing carols, and sending greeting cards. The festivities culminate in a Santa party featuring a gift exchange and a feast of delicious treats, including cakes, cookies, and a sumptuous meal.



"EVERY GIFT, REGARDLESS OF SIZE, HELPS US REACH OUR GOAL."



YOUR SUPPORT IS OUR STRENGTH

Our community is facing a critical infrastructure challenge. To keep our living spaces safe and functional, we urgently need your support to address:

- **Electrical Upgrade:** A vital ₹2 Lakh project to secure our power supply.
- **Power Backup:** Installing a building-wide UPS for uninterrupted lighting and fans.
- **Building Safety:** Essential waterproofing for the terrace and urgent drainage repairs.
- **Painting:** Interior restoration and repainting to maintain a healthy living environment

This critical improvement is essential for our daily lives—please consider making a gift today to help us power through this challenge

 **DONATE NOW**



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SCAN TO DONATE

