Arpana graduated from Lady Irwin College, Delhi University and continued to do her post-graduation at the same institute in Nutrition and Dietetics with top honours. She continues to pursue her passion for literacy awareness & social change since her college days. She has worked with the Blind School for nearly a decade. Also, she has a working relationship with a few non-governmental organisations focussed towards specially-abled and underprivileged children along with independently helping many underprivileged children, preparing & mentoring them for their school exams.

