



Action for Self Reliance and Alternatives (ASRA)

Dalmil Road, Uttam Nagar, New Delhi-110059

A Delhi based voluntary organization dedicated to empower persons with disabilities living in slums and marginalized segments of society

NEWSLETTER April 2023 to June 2023

Spectrum of ASRA's Activities :

CBR

AIRTC

ARTC

HIGHLIGHTS

Community based Rehabilitation Program

- **Two New Education Centres** were opened in ASRA's adopted slum communities namely Dwarka Sector-1 from 1st May, 2023 and Nanhe Park from 15th May, 2023.
- **Micro Credit Loan under Seed Loan program** was given on 7th June, 2023 to Ms. Sonu, mother of Khushi, a CwD living in Shiv Vihar community and a beneficiary of ASRA.
- **Distribution of five kits** namely, Immunity Booster kit, Ration kit, Education kit, Personal hygiene kit and Therapy kit was carried out for 45 CwDs in the quarter under report.

AIRTC Special School

- During the quarter under report, **activities were organized in AIRTC Special School for 23 children** by their trainers / special educators. These activities were designed as per the interests and capabilities of the students :

Activity	No. of Students
Trace with Ear Buds	7
Mother's Day Card	7
Coloring	1
Thumb Print	1
Brush Painting	6
Cotton Pasting	1



Activity of brush painting by Aarvik student of AIRTC Special School

ARTC Head Office

- 28 students who had completed their computer course, appeared in **Examination** which was conducted in the months of May 2023 & June 2023.

COMMUNITY BASED REHABILITATION

FIVE KITS DISTRIBUTION PROGRAM

Towards comprehensive rehabilitation, distribution of five kits namely, Immunity Booster kit, Ration kit, Education kit, Personal hygiene kit, Therapy kit were provided to 45 Children with Disabilities in the quarter under report. These kits were distributed based on the requests of the parents of these children received by the CBR / AIRTC Special School teams.

SOME GLIMPSES OF THE KITS DISTRIBUTION PROGRAM



Anjali from Pappankalan community



Komal from Pappankalan community



Hema from Dwarka sec-1 community



Ankit from Dwarka sec-1 community

• EDUCATION PROGRAM

Two new Education Centres were opened in ASRA's adopted slum communities namely Dwarka Sector-1 from 1st May, 2023 and Nanhe Park from 15th May, 2023. 50 children including 9 CwDs at Shiv Vihar education centre, 20 children including 3 CwDs at Pappankalan education centre, 29 children at Hoshiyarpur village NOIDA, 24 children including 1 CwD at Jwalapuri education centre, 11 children including 2 CwDs at Nanhe Park education centre, 9 children including 3 CwDs at Dwarka Sec-1 education centre have been enrolled during the quarter under report.



Education Centre at Shiv Vihar slum community



Children of Education Centre from Hoshiyarpur Village, Noida participated in Summer activity

• VOCATIONAL TRAINING PROGRAM IN MOBILE REPAIRING COURSE

The Mobile Repairing program resumed in Pappankalan & Shiv Vihar communities under CBR during the quarter under report. New needy students from the communities were enrolled. Regular classes are being conducted, 12 students were enrolled in the course & training is in progress.



Mobile Repairing at Pappankalan slum community

• VOCATIONAL TRAINING PROGRAM IN COMPUTER COURSE

Computer Course at CBR Project Office in Pappankalan community and Hoshiyarpur Village, NOIDA

The computer teacher, Ms. Asha, a person with disability who lived & taught in Pappankalan community restarted Computer training course in Pappankalan community. Total 08 new students have been enrolled during the quarter under report. Computer Training centre at Hoshiyarpur village, NOIDA was opened in December 2021 under ASRA CBR program. Total 06 new students have been enrolled during the quarter under report.



Computer Centre at Hoshiyarpur Village, Noida

• VOCATIONAL TRAINING PROGRAM IN CUTTING & TAILORING COURSE

The Tailoring program resumed in Shiv Vihar community w.e.f 17th March 2023 under CBR during the quarter under report. New needy students from the communities were enrolled. Regular classes are being conducted, twelve students were enrolled in the course & training is in progress.

• VOCATIONAL TRAINING PROGRAM IN MACRAMÉ CRAFT COURSE

A new Macramé Craft Training Centre was opened w.e.f 19.11.2022. Macramé is a craft in which knots are used in Macramé cord to create beautiful designs & items with lengths of cords. Macramé Craft Training course was concluded in May 2023

• SOCIAL MAPPING & DELIVERY OF BENEFITS : REFERRAL SERVICES in CBR, AIRTC and ARTC :

Social Mapping of children/persons with disabilities at CBR, AIRTC & CBR is being done with an objective towards their inclusion. Simultaneously, online applications to avail Government facilities were continuously filled for those who were uneducated, or ignorant of how to apply online process. **During the quarter under report, on behalf of 84 CwDs / PwDs, ASRA CBR Team applied online for Disability Certificate (DC), Unique Disability Identity Card (UDID), Disability Pension & Railway E-Ticket Card.**

• SEED LOAN PROGRAM

The purpose of this program is to promote financial independence and help disabled persons living in slums to earn their livelihood and improve their quality of life. The beneficiaries of this program are exclusively persons with disabilities who are needy and want to be self-reliant. With the help of Seed Loan, they either purchase additional material for their respective enterprise or start a new enterprise which helps them to increase their monthly income. **The total number of beneficiaries under Seed Loan program is 132. During the quarter under report, a sewing machine was purchased and provided to Ms. Sonu, mother of Khushi, a CwD from Shiv Vihar slum community.**



Ms. Sonu, mother of Khushi, a CwD received a Sewing machine under Seed Loan program of ASRA

ASRA INTERVENTION, RECREATION AND THERAPY CENTRE (AIRTC) FOR CHILDREN WITH SPECIAL NEEDS

AIRTC Special School

In AIRTC, apart from special education, all students enrolled in AIRTC are getting comprehensive rehabilitation which includes assessment by Orthopaedic Surgeon and customized occupational therapy, physiotherapy, speech therapy & P&O by ASRA's qualified professionals.

The students enrolled in AIRTC have different types of disabilities, predominantly intellectual disabilities associated with physical & speech & hearing impairments. During the quarter under report, **26 children** with special needs have attended AIRTC school.

The classification of children class wise & disability wise is as follow :

S. No.	Classification	No. of Children	Type of Disabilities	Age Group
1	Primary 1	7	Attention Deficit Hyper Active Disorder, Autism Spectrum Disorder, Cerebral Palsy	6 - 7 yrs
2	Primary 2	10	Down Syndrome, Intellectual Disability, Cerebral Palsy	7 - 10 yrs
3	Secondary	9	Intellectual developmental disability, Cerebral Palsy, Global Development Delay, Hearing impairment	10 - 12 yrs



Children of AIRTC participated in Greeting Card Making activities and created a Greeting card with Hand Painting under supervision of Special Educators

WORKSHOP:

During the quarter under report, workshops / celebrations which were organized for AIRTC students are as follows:

S. No.	Theme of Workshop	Date	No. of Participants	Age Group	Place	Resource Person
1.	Mother's Day Greeting Card	12.05.2023	07	7—12 Year	AIRTC	Special Educators

Activities conducted for children of AIRTC Special School by Special Educators of the School :



Children from AIRTC participated in Blow Painting activities



Children from AIRTC participated in Ear Bud Painting activities

VOCATIONAL TRAININGS : WORKSHOPS FOR STUDENTS of Tailoring and Beauty Culture Courses

Following are the Events organized by the staff of ASRA during the quarter under report :

- A three days workshop on 'Designer Readymade Saree Stitch' was organized by Vocational Training Unit on 30th & 31st May 2023 in which 16 persons participated, resource person was Mr. Rajkumar, Tailoring Master.
- Workshop on 'Summer Skin Care' held on 24th June 2023 by Beauty Culture Unit, resource person was Ms. Baljeet Kaur. Total 14 students attended the session.



Workshop on 'Make Designer Readymade Saree Stitch'

Workshop on 'Summer Skin Care'

• Medical Intervention & Therapeutic Services at CBR, AIRTC & ARTC



Assessment through Orthopedic Surgeon

Patient getting physiotherapy at ARTC

CwD getting physiotherapy at Pappankalan community

PwD getting Speech Therapy at Shiv Vihar community

Prosthesis & Orthosis Engineer delivered aid & appliances fabricated at ASRA P&O workshop



Therapists providing door to door therapy to CwDs in ASRA's adopted slum communities

• Vocational Training at ARTC

While some of the training courses being conducted are recognized by National Institute of Open Schooling (NIOS) and National Institute of Electronic Information Technology (NIELIT), Government of India, others are designed by ASRA itself.



Computer Classes



Cutting & Tailoring Classes



Beauty Culture Classes

Examination :

- Computer Internal Examination was held in May and June 2023. Total twenty eight students appeared in this Examination.

- **Handicraft Emporium:** It became functional in April'2010. It has an experienced & qualified Master Tailor who is a physically challenged & a Junior Tailor to assist him. The Emporium executes the orders of stitching & alterations of garments to meet in house & outside needs. The Emporium staff prepares designer clothes, frocks, gowns, suits, wedding dresses, western to ethnic dresses etc. as per customer's demand at very nominal charges. It provides other facilities like pico, overlock, hemming, machine embroidery etc. It is also manufacturing best quality simple or designer fabric masks.

The Emporium is an effort to promote ASRA brand.

Orders pending up to 31st March 2023	Orders booked from 1st April 2023 to 30th June 2023	Orders completed from 1st April 2023 to 30th June 2023	Orders pending up to 30th June 2023
9	169	170	8



Order work on progress

- **ASRA HAAT:** ASRA introduced a Haat in Oct'2021 with a Haat Representative fully engaged for this purpose as a platform to display on sale handicraft items such as masks, kurtis, stoles, jute bags etc. prepared by the Emporium. Items of daily use such as stationery, study material, soft drinks & snacks etc. are also available in the Haat. The items available in the Haat serve the in-house needs & also the local needs of patients, students etc. The Haat caters to the daily needs of staff, students, patients & neighbouring area. It also be a part of exhibitions organized by universities & colleges where students, staff and outsiders come and purchase articles.



ASRA's Haat

ADMINISTRATION

- During the quarter under report, new recruitments of staff were made as follows :
 - CBR Education Teacher part time in Nanhe Park community, Ms. Prerna
 - CBR Education Teacher part time in Pappankalan community, Ms. Alpna
 - CBR Education Teacher part time in Dwarka Sec 1 community, Ms. Pinki
 - AIRTC Special Educator 9am to 4pm, Ms. Renu
 - Typist for CBR and TCS project report work part time, Ms. Savita
- The services of AIRTC Special School Consultant, Dr. Suman Malik were concluded on 5th May 2023. She was hired for a period of six months w.e.f. 5th December 2022.
- The services of Mr. Abhishek, Office Assistant were concluded on 25th May 2023. He was hired for a period of three months w.e.f. 25th February 2023
- During the quarter under report, resignation was received from Mr. Sanjay, Rehabilitation Worker due to his inability to cope with office work.
- Streamlining of administrative procedures as per ASRA Manuals remained in progress.

ACCOUNTS

- Routine functions of Accounts unit were carried out for the quarter April 2023 to June 2023 and preparations were initiated for conducting Statutory Audit for the FY 2022-2023. Form 10BD of Income related to donations received by ASRA during the FY 2022-2023 was duly filled and submitted by the Sanjay K Pathak and Associates, CA firm.
- Internal Audit of ASRA for the quarter January 2023 to March 2023 was conducted by Vikas Varshney and Associates, CA firm during the quarter under report.