



Action for Self Reliance and Alternatives (ASRA)

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

NEWSLETTER FROM JANUARY 2024 TO MARCH 2024

HIGHLIGHTS

Community based Rehabilitation Program

- One **New Tailoring Centre** was opened in Jwalapuri community from 1st February, 2024.
- **Distribution of five kits** consisting of Immunity Booster kit, Ration kit, Education kit, Personal hygiene kit and Therapy kit was done for **49 CwDs**.
- ASRA CBR Team applied online applications to avail government facilities for **62 CwDs / PwDs**.

AIRTC Special School

- During the quarter under report, activities Toast Making, Making of Wall Hanging piece, Passing the Ball Game, Balance Activities, Object Hitting Game, coloring in Images, Eye hand coordination, Lunch Box open/close, Ball Toss Game were conducted.

ARTC Head Office

- Final Examinations of students registered under Vocational trainings were conducted as follows :

Title of Vocational Training	No. of Students	Result %
Computer Course	: 21 students	95%
Tailoring Course	: 08 students	100%
Beauty Culture Course	: 04 students	100%

TARGETS SET FOR 2024

As per ASRA Vision 2024, the progress of work during the quarter was as follows:

ASRA Rehabilitation & Training Centre	January 2024		February 2024		March 2024	
TASK	Target Set	Target Met	Target Set	Target Met	Target Set	Target Met
▪ Registration of New Patients	32	9	32	24	32	19
▪ New Registration of OPD Patients in Physiotherapy	22	15	22	25	22	26
▪ Actual Sessions of Physiotherapy	250	196	250	283	250	317
▪ New Registration of OPD Patients in Speech Therapy	4	1	4	4	4	5
▪ Actual Sessions of Speech Therapy	96	28	96	47	96	61
▪ Assessment of New Patients in P&O	12	Nil	12	7	12	5
▪ New registration of PwDs for Occupational Therapy	4	4	4	6	5	4
▪ New Enrollments in Cutting & Tailoring Course	6	2	6	1	7	Nil
▪ Workshops/Celebrations in Cutting & Tailoring Course	3	Nil	2	2	1	Nil
▪ New Enrollments in Beauty Culture Course	4	Nil	3	1	4	Nil
▪ Workshops/Celebrations in Beauty Culture Course	1	1	Nil	1	1	Nil
▪ New Enrollments in Computer Course	15	4	15	8	26	Nil
▪ Workshops/Celebrations in Computer Course	2	Nil	1	Nil	2	1
▪ Target Set for Customers' Orders in Emporium	55	58	55	50	55	66
AIRTC Special School	January 2024		February 2024		March 2024	
TASK	Target Set	Target Met	Target Set	Target Met	Target Set	Target Met
▪ Enrollment of New Students	2	Nil	2	2	2	1
▪ Counselling of Parents	4	4	4	2	4	Nil
▪ Workshops/Celebrations	1	1	1	1	1	1
▪ New registration of PwDs for Physiotherapy	1	Nil	Nil	Nil	Nil	Nil
▪ New registration of PwDs for Speech Therapy	Nil	Nil	1	2	1	1
▪ Sessions of Speech Therapy	100	70	100	128	100	100
▪ New registration of PwDs for Occupational Therapy	1	6	1	1	Nil	2
Community Based Rehabilitation	January 2024		February 2024		March 2024	
TASK	Target Set	Target Met	Target Set	Target Met	Target Set	Target Met
▪ Opening of New Education Centres	1	Nil	Nil	Nil	Nil	Nil
▪ Opening of New Vocational Training Centres	1	Nil	Nil	1	Nil	Nil
▪ New registration of PwDs for Physiotherapy	3	3	3	3	4	4
▪ Sessions of Speech Therapy	20	54	20	114	20	124
▪ Seed Loan (Micro Credit Scheme)	1	Nil	Nil	Nil	Nil	Nil
▪ Online apply for Govt. facilities	40	38	40	12	40	12
▪ Kits Distribution to CwDs	Nil	Nil	Nil	49	Nil	Nil

Since the focus of ASRA was more on quality of performance of students and centres, the number is less. However, efforts are being made to meet the minimum criteria of quality and quantity.

COMMUNITY BASED REHABILITATION

• KITS DISTRIBUTION PROGRAM

Towards comprehensive rehabilitation, distribution of five kits consisting of Immunity Booster kit, Ration kit, Education kit, Personal hygiene kit, Therapy kit were provided to **49 Children with Disabilities (CwDs)**. These kits were distributed based on the requests of the parents.

- **EDUCATION PROGRAM**

63 children including 09 CwDs at Shiv Vihar education centre, 16 children including 04 CwDs at Pappankalan education centre, 37 children including 03 CwD at Hoshiyarpur village NOIDA, 52 children including 03 CwDs at Jwala Puri education centre, 49 children including 03 CwDs at Nanhe Park education centre, 29 children including 05 CwDs at Dwarka Sec-1, 43 children including 01 CwDs at Dwarka Sec-16 education centre have been enrolled during the quarter under report.

- **VOCATIONAL TRAINING : MOBILE REPAIRING COURSE**

Under the **Mobile repairing course**, new needy students from lower economic strata were enrolled in **Pappankalan & Shiv Vihar** communities during the quarter under report. Regular classes are being conducted, 12 students have been enrolled in the course & training is in progress.

- **VOCATIONAL TRAINING : COMPUTER COURSE**

Computer Training Course is conducted at CBR Project Office in Pappankalan community. In Pappankalan community, the computer teacher is Ms. Asha, a person with disability who lives in Pappankalan community. Total 07 students have been enrolled during the quarter under report.

- **VOCATIONAL TRAINING : CUTTING AND TAILORING COURSE**

One New Tailoring Centre was opened in **Jwala puri community** from 1st February, 2024 with 04 students enrolled for the course. **Old Tailoring Centre in Shiv Vihar** community continued to run with 12 needy students. Regular classes are being conducted in both the Centres. **Tailoring centre at Dwarka Sector-16** was concluded in the month of January 2024 since there was no requirement of this course.

- **ONLINE APPLICATIONS AND SOCIAL MAPPING OF CwDs/ PwDs in CBR, AIRTC and ARTC**

During the quarter under report, ASRA CBR Team applied online applications for Government facilities under Government Schemes such as disability certificate (DC), unique disability identity card (UDID) & E-ticket card, for 62 CwDs / PwDs for those who were uneducated or ignorant of the procedure about how to apply to avail Government facilities. In the process, social mapping of children/persons with disabilities in CBR, AIRTC Special School & ARTC is also done with an objective to do their socio-economic assessment which eventually leads towards inclusion.

- **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 142.**

AIRTC Special School for children with special needs

Apart from special education, all students enrolled in AIRTC are getting comprehensive rehabilitation which includes assessment by Orthopaedic Surgeon and customized physiotherapy, speech therapy and Prosthetics & Orthotics by ASRA's qualified professionals.

It is under consideration to conduct Psychometric and Psychotherapeutic assessment of each child by a team of highly specialized professionals and experts to look into the mental health and develop a tailored made rehabilitation program of each child. Children with special needs from the communities and those visiting OPD in Head Office will also be registered under this program

The students enrolled in AIRTC have different types of disabilities, predominantly intellectual disabilities associated with physical & speech & hearing impairments.

During the quarter under report, 14 children with special needs have attended AIRTC Special School.

WORKSHOPS:

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	Venue	Resource Person
1.	Making Flag	25.01.2024	08	6-13 years	AIRTC	Ms. Kiran, Physiotherapist
2.	Balance with eye hand coordination	22.02.2024	05	6-13 years	AIRTC	Special Educator
3.	Holi Celebration	21.03.2024	08	6-14 years	AIRTC	Special Educator



Workshop on Balance with eye hand coordination conducted by Special Educator for Children of AIRTC Special School

Various activities were conducted by the Special Educators for children of AIRTC Special School

VISITS OF DIGNITARIES

The details of donors, supporters and dignitaries of AFS who visited ASRA during the quarter under report :

Sl. No.	Date of visit	Details of dignitaries	Details of program & places visited	Remarks
1.	27 th January, 2024	Ms. Bignia Vieli -Tröhler, Mr. Bernhard Tröhler and Ms. Lavinia Tröhler	Visited Shiv Vihar slum Community and ASRA Head Office. A culture program was presented by students of AIRTC Special School, vocational training and CBR Education program.	“We experienced a very impressive and interesting day with ASRA. What the ASRA team does, is deserving the utmost respect. The world would be a better one if there were more people like the one from the ASRA team. We will support ASRA and thus hope to be able to take part a little bit in this project.”
2.	2 nd February, 2024	Mr. Pierre E. Page- President of Pierre E. Page Foundation, Prof. Daniel Oyon, Ms. Yolande Oyon, Ms. Gallice Martin MD & Ms. Pilar Parmigiani from Switzerland	Visited ASRA Head Office. A culture program was presented by students of AIRTC, vocational training and Education Centre. Visited Nanhe Park and Pappankalan communities.	Mr. Pierre E.Page: “A great day as usual with many kind people” Mrs. Yolande Oyon and Prof. Daniel Oyon : “Thanks a lot for having us and all the best for what you do. Love for all of you.
3.	10 th February, 2024	Mr. Avinash and his friend	ASRA Head Office & Shiv Vihar community	
4.	12 th February, 2024	Ms. Susanne Talaat-AFS Board Member, Mr. Tim Talaat & Mrs. Marie-Claire Diemand from Switzerland	Visited ASRA Head Office. A culture program was presented by students of AIRTC, vocational training and Education Centre. Visited Nanhe Park and Pappankalan communities.	Mr. Tim Talaat : “This was my second visit after 2018. I definitely sensed the great spirit reinforced. The Look, Feel and Smell of the organization is very convincing for me. I wish you a good and steady hand to continue the development of and evolution of your organization and services. I believe focusing on your real recipients “Customers” holds the answers for the future. I wish you the best for all the future. Believe!” Ms. Marie-Claire Diemand: “Thank you so much for all the valuable you and your team are doing. Well appreciated. It was a great way to get insight in the work you do!”
5.	29 th February, 2024	Ms. Zarah Kronbach from Switzerland	Visited ASRA Head Office, Pappankalan and Nanhe Park communities	“Thank you for this lovely visit! I am looking forward to staying in touch and am excited to see where the journey goes.”

Some Glimpses of Visits



Ms. Bignia Vieli -Tröhler, Mr. Bernhard Tröhler and Ms. Lavinia Tröhler interacting with staff at ASRA Head Office



Mr. Pierre E. Page-President of Pierre E. Page Foundation, Prof. Daniel Oyon, Ms. Yolande Oyon, Ms. Gallice Martin MD & Ms. Pilar Parmigiani interacting with children of education centre at Pappankalan community



MR. Avinash interacting with CBR staff at ASRA Head Office



Ms. Susanne Talaat-AFS Board Member, Mr. Tim Talaat & Mrs. Marie-Claire Diemand interacting with ASRA's beneficiaries at Pappankalan slum community



Ms. Susanne Talaat-AFS Board Member, Mr. Tim Talaat & Mrs. Marie-Claire Diemand awarding Diplomas to students of CBR Computer and Mobile Repairing centres at Pappankalan slum community



Ms. Zarah Kronbach interacting with children of Education Centre with ASRA's Seed Loan beneficiaries at Nanhe Park and Pappankalan slum community



ONGOING PROGRAMS DURING THE QUARTER UNDER REPORT

ASRA IS RUNNING INCLUSIVE VOCATIONAL TRAINING / SKILL DEVELOPMENT CENTRES AT ASRA HEAD OFFICE ONGOING PROGRAMS DURING THE QUARTER UNDER REPORT THESE COURSES ARE RECOGNIZED BY NATIONAL INSTITUTE OF OPEN SCHOOLING AND NATIONAL INSTITUTE OF ELECTRONIC INFORMATION TECHNOLOGY GOVERNMENT OF INDIA



Students appearing Internal Examination at ASRA Head Office



Students attending Tailoring theory class at ASRA Head Office



Students attending Beauty Culture class at ASRA Head Office

MEDICAL INTERVENTION & THERAPEUTIC SERVICES AT ASRA HEAD OFFICE AND SLUM COMMUNITIES



Assessment by Orthopedic Surgeon at ASRA HQ



PwDs getting physiotherapy at Shiv Vihar slum community



CwD getting speech therapy at slum community



CwDs received Mobility Aids & Appliances through P&O Workshop at ASRA Head Office



ASRA 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, and 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 31 st December 2023	Orders booked from 1 st Jan 2024 to 30 th March 2024	Orders completed from 1 st Jan 2024 to 30 th March 2024	Orders pending up to 30 th March 2024
21	174	190	05

WORKSHOPS :

Following are the workshops organized during the quarter under report:

S. No	Topic of Events& Department	Date	Total number of participants	Venue	Resource Person
1.	Suryanamaskar (Yoga) – Physiotherapy Department	26.02.2024	14	Shiv Vihar Education Centre	Dr. Subhakaran Yadav, Physiotherapist
2.	Life Style Management and Holistic Health	02.03.2024	ARTC & AIRTC staff members	ARTC	Dr. M.L. Gupta, GAMS

ACCOUNTS & ADMINISTRATION UNITS

ACCOUNTS

- Routine functions of Accounts unit were carried out during the quarter under report.
- Internal Audit of ASRA for the period October 2023 to December 2023 was conducted by the designated Chartered Accountant firm during the quarter under report.

ADMINISTRATION

- New recruitments of staff were made during the quarter as follows:**
 - Ms. Sekha, Tailoring Teacher, Jwalapuri, CBR
 - Ms. Komal, Special Educator, AIRTC
 - Ms. Babita, Helper-Vocational Training, ARTC
- Resignation was received of staff during the quarter as follows:**
 - Ms. Deepinder Kaur, Helper-Vocational Training, ARTC due to family issue.
- Streamlining of administrative procedures was carried out as per ASRA Manuals.
- Administrative procedures are being streamlined.