



ASRA NEWSLETTER
JAN-MAR 2025

Empowering Persons with Disabilities in Delhi Slums and Marginalized Communities- A Charitable Trust Initiative, Supported by AFS.

ACTION FOR SELF RELIANCE AND ALTERNATIVES

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COMPREHENSIVE IMPACT: ASRA's Diverse Initiatives



Community Based Rehabilitation : CBR [Covered 68 communities since 1992]

1. Awareness creation about prevention of disabilities & need for intervention
2. Referral Services for PwDs : Social Mapping & Delivery of benefits
3. Online Apply for Government benefits
4. Skill Development Trainings
 - Computer Course at Pappankalan & Hoshiyarpur, Noida community
 - Mobile Repairing Training Course at Shiv Vihar communities
 - Cutting and Tailoring course at Shiv Vihar, Jwalapuri & Nangli Dairy community
 - Beauty Culture Course at Bindapur community
5. Education
 - Shiv Vihar
 - Pappankalan
 - Jwala Puri
 - Dwarka Sec-1
 - Nanhe Park
 - Hoshiyarpur, NOIDA
 - Dwarka Sec-16
 - TC-Camp
 - Nangli Dairy
 - Majnu Ka Tila
 - Kirbi Place
 - Bharat Vihar
 - Bindapur
 - Raghuvir Nagar
 - Goyla Dairy
 - Bheem Nagar
 - Khyala
6. Medical Intervention & Therapeutic services
 - Assessment by Orthopaedic Surgeon
 - Physiotherapy
 - Speech Therapy
 - Prosthetic & Orthotic Appliances
7. Seed Loan
8. Distribution of five kits Program
9. New Initiative
 - ASRA CBR Mental Health Project

ASRA Intervention, Recreation and Therapy Centre : AIRTC

1. Special Education
2. Yoga & Personal Development
3. Play way Method
4. Dance & Music
5. Art & Craft Activities
6. Pre Vocational Skills
7. Social Skills
8. Medical Intervention & Therapeutic Services
 - Physiotherapy
 - Occupational Therapy
 - Speech Therapy
9. Sensory & Motor Development Skills
10. Sensory Integration
11. Counselling & Mental Health
12. Activity of Daily Living (ADL)
13. Distribution of five kits Program
14. Online Apply for Government benefits
15. Psychotherapy sessions available by experts on request & on doctor's recommendation
16. New Initiative
 - Pre-vocational classes

ASRA Rehabilitation and Training Centre : ARTC

1. Medical Intervention & Therapeutic services
 - Assessment by Orthopaedic Surgeon
 - Physiotherapy Unit
 - Speech Therapy Unit
 - Occupational Therapy Unit
 - Prosthetic & Orthotic Appliances Workshop
2. Skill Development Trainings
 - Cutting & Tailoring courses
 - Beauty Culture course
 - Nail Extension course
 - Computer training courses
3. Haat
4. Handicraft Emporium
5. New Initiative
 - English Speaking Course

ASRA's ACTIVITIES

COMMUNITY BASED REHABILITATION PROGRAM

Under the CBR Program, ASRA extended its services to **808** beneficiaries spread over **17 communities**. The present staff strengths under CBR program is **22**.

- Medical Intervention & Therapeutic Services were provided to **345** beneficiaries.
- Under CBR Education program: **326** children are learning education out of which there are **40** CwDs.
- Under Vocational Trainings Program: **28** students are getting vocational trainings.
- Seed Loan Program: **02** beneficiaries received Seed Loan & **03** more have been identified.
- Online applications were applied for: over **33** C/PwDs.
- Beneficiaries covered under psychometric assessment & psychotherapy project: over **20** C/PwDs.
- Beneficiaries who were provided with skills development training in Art & Craft & Artificial Jewellery Making: **808** beneficiaries in **17** communities.

AIRTC SPECIAL SCHOOL

The present staff strength under AIRTC Special School is **07**.

- During the quarter under report, activities were organized in AIRTC Special School for **20 children** enrolled in it by special educators / trainers. These activities were designed as per the interests and capabilities of the students.
- **2 students** from AIRTC Special School, delivered orthosis appliances through ASRA's Prosthetic & Orthotic workshop.



ARTC HEAD OFFICE

- **Resumed Prosthetic & Orthotic services** have been initiated at the ARTC Head Office w.e.f 5th March'2025.
- ASRA introduced **English Speaking Course** to help the students to improve their proficiency in the language. The first batch started on 4th Feb 2025, **3 students** have enrolled and they have shown tremendous growth so far.
- ASRA introduced a **Digital Marketing & Graphic Designing Course**, providing a great opportunity to gain practical training & professional skills in these high demand fields w.e.f March'2025.
- Final Examination of students registered under Vocational Training of computer course was conducted during the quarter under report.
Total 30 students appeared in the examination & 28 cleared the exams.



HIGHLIGHTS FROM GLOBAL & LOCAL COLLABORATION



On 6th February 2025, Mr. Pierre E. Page, Prof. Daniel Oyon, and their team visited ASRA. Group 1 held meetings with the ASRA founder and Mental Health Project team, while Group 2 toured the ARTC, AIRTC Special School, and Nangli Dairy slum, interacting with staff, students, and beneficiaries.



On 13th February 2025, Ms. Christine Haab, Mr. Heinz Haab, and their team visited ASRA. They toured the Pappankalan slum, interacted with staff and beneficiaries, attended 'Panorama 2025', and distributed gifts and diplomas. The delegates also delivered inspiring speeches to the ASRA team.



On 15th February 2025, Mr. Urs Spillmann, Mrs. Anne-Françoise, and Mr. Philippe visited ASRA. They toured the Nangli Dairy slum community, interacted with staff and beneficiaries, and attended a cultural program, 'Panorama 2025'. The delegates distributed gifts, awarded diplomas, and delivered inspiring speeches to the ASRA team.



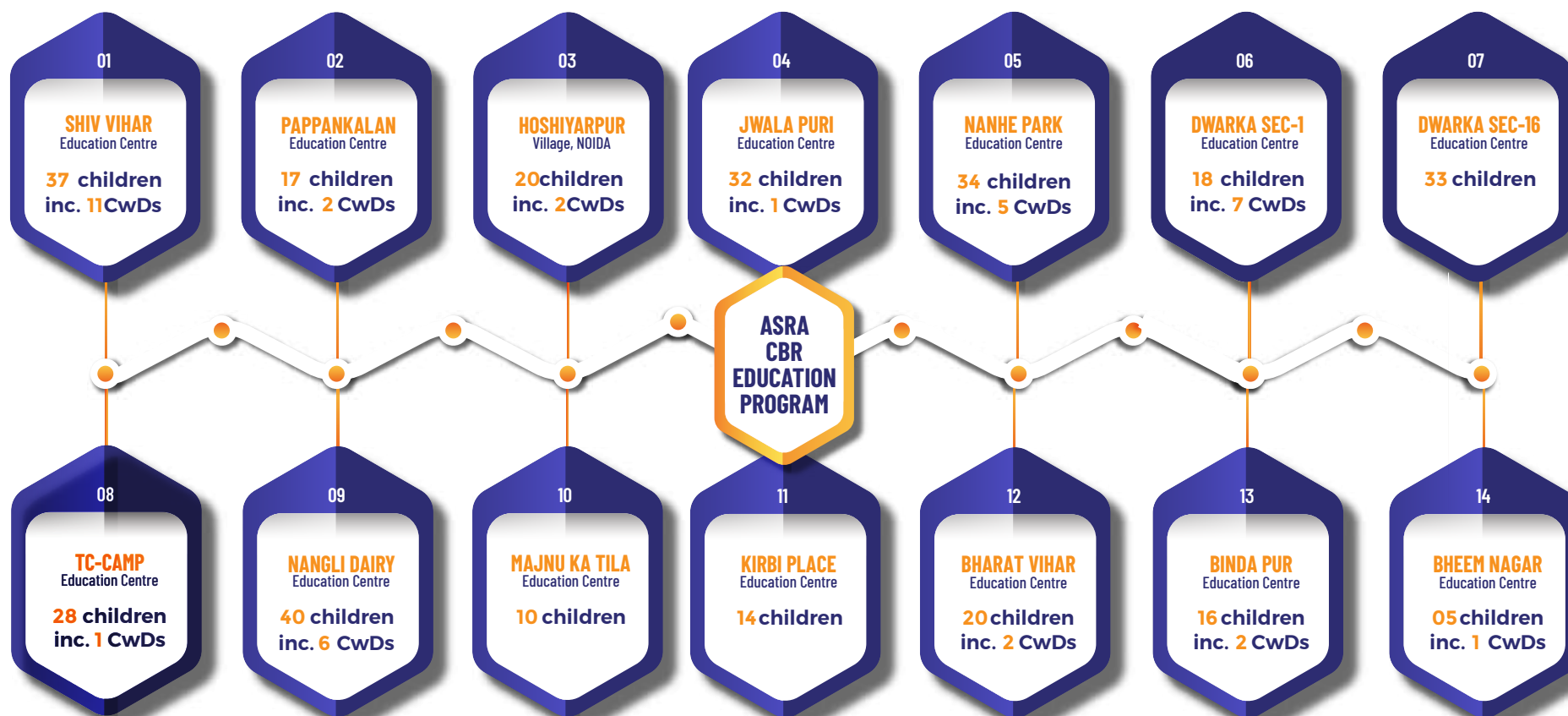
01 1.1 EDUCATION PROGRAM: Elementry, Non-formal, Remedial & Special Education

Community Based Rehabilitation



- **04 New Education Centres** were opened in ASRA's adopted slum communities namely **Raghuvir Nagar, Goyla Dairy, Bheem Nagar & Khyala** during the quarter under report.
- **Bhim Nagar Education Centre** is running w.e.f 1st February, 2025
- In remaining centre Raghuvir Nagar, Goyla Dairy & Khyala is running **CBR Mental Health Project**.

Students' strength in Education Centers in adopted communities during the quarter under report is as follows-



01 1.2 VOCATIONAL TRAINING PROGRAM

Community Based Rehabilitation



CUTTING AND TAILORING COURSE

Tailoring Program in **Shiv Vihar, Jwalapuri & Nangli Dairy** communities continued with **28 enrolled needy students**. Regular classes are being conducted in all the centres where all students are pursuing their course.



COMPUTER COURSE

Computer Training Course is conducted at CBR Project Office in **Pappankalan & Hoshiyarpur, Noida** community. In Pappankalan community, the computer teacher is Ms. Asha, a person with disability who lives in Pappankalan community. Total **6 students** have been enrolled during the quarter under report.



MOBILE REPAIRING COURSE

Under the **Mobile Repairing Course**, new batch of needy students from lower economic strata were enrolled in **Shiv Vihar Community** during the quarter under report. Regular classes are being conducted, **5 students** have been enrolled in the course & training is in progress.



01 1.3 SOCIAL MAPPING IN CBR, AIRTC AND ARTC

Community Based Rehabilitation

Social Mapping of children/persons with disabilities in CBR, AIRTC Special School & ARTC is being done with an objective to do their socio-economic assessment eventually leading towards their inclusion in society.

Simultaneously, online applications were continuously filled by ASRA CBR Team, for those, who were uneducated, or ignorant of how to apply through online process to avail Government facilities. **During the quarter under report, ASRA CBR Team online applications applied for Government facilities such as disability certificate (DC), unique disability identity card (UDID), Disability Pension & E-ticket card, for 33 C/PwDs.**

01 1.4 SEED LOAN PROGRAM

Community Based Rehabilitation

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.

During the quarter under report, two PwD beneficiaries from ASRA's adopted slum community received Seed Loan. The total number of beneficiaries under Seed Loan program is now 148.

Sl. No.	Name of seed loan beneficiary	Age/Gender	Types of Disability	Name of Community	Date of given Seed Loan	Purpose
1	Master Rehan	15/Male	Physical Handicapped	Nangli Dairy	06-01-2025	Purchased Sweing Machine
2	Mr. Vishal	22/Male	Physical Handicapped	Raghuvir Nagar	20-01-2025	Purchased grocery material for his small petty shop



01 1.5 ASRA CBR MENTAL HEALTH PROJECT

Community Based Rehabilitation



This initiative screens, assesses, & supports young children & individuals with intellectual disabilities, providing counseling & training in Activities of Daily Living (ADL). Beneficiaries also receive tailored vocational & social skills training based on their abilities & interests.

The community details of beneficiaries covered under this project are as follows:

Sl. No.	Community Name	Screening, Assessment, Parents Counseling & Parents training			Assesment, Parental Counselling & Training	Vocational Skill	Social Skill
		Old Case	New Case	TOTAL			
1	Shiv Vihar	33	01	34	-	06	-
2	Pappankalan	50	03	53	-	15	-
3	Nangli Dairy	22	-	22	02	10	-
4	Nanhe Park	20	01	21	01	06	-
5	Kirbi Place	09	-	09	-	05	-
6	Bharat Vihar	11	-	11	-	04	-
7	Dwarka Sec-1	23	03	26	01	05	-
8	Majnu Ka Tila	04	-	04	01	-	-
9	Raghuvir Nagar	04	-	04	-	-	-
10	Bhim Nagar	11	01	12	02	-	-
11	Jwala Puri	08	-	08	-	02	-
12	TC Camp	08	02	10	02	01	-
13	Goyla Dairy	03	01	04	02	-	-
14	Khayala	0	07	07	05	-	-
15	Bindapur	09	01	10	01	-	-
TOTAL			20		17	54	-

The psychometric assessment and therapy has brought about remarkable improvement in the lives of beneficiaries who are participating in this project. In, fact many of them learns Activity of Daily leaning (ADL) in the process.



02 AIRTC : ASRA SPECIAL SCHOOL FOR CHILDREN WITH SPECIAL NEEDS

ASRA Intervention, Recreation and Therapy Centre (AIRTC)



In AIRTC, apart from special education, all students enrolled in AIRTC are getting comprehensive rehabilitation which includes assessment by Orthopedic Surgeon & customized, physiotherapy, occupational therapy, speech therapy & Prosthetics & Orthotics by 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, 20 children with special need attended the ASRA Special School. The detail of which are as follows-

Sl. No.	Name of Student	Age/Gender	Types of Disability
1	Himansh	10/Male	Intellectual Disability
2	Mani	14/Male	Autism Spectrum Disorder with Intellectual Disability
3	Samarth	13/Male	Autism Spectrum Disorder
4	Avni	10/Female	Intellectual Disability
5	Kanak	8/Female	Autism Spectrum Disorder
6	Leehisha	13/Female	Cerebral Palsy with Intellectual Disability
7	Yuvraj	10/Male	Cerebral Palsy with Intellectual Disability
8	Vaibhav	8/Male	Autism Spectrum Disorder with Intellectual Disability
9	Himanshu	8/Male	Intellectual Disability
10	Chhavi	6/Female	Autism Spectrum Disorder
11	Yuvaan	4/Male	Intellectual Disability
12	Amrit	8/Male	Cerebral Palsy
13	Samar Singh	7/Male	Autism Spectrum Disorder
14	Yuvraj	9/Male	Cerebral Palsy
15	Kushal	10/Male	Autism
16	Abhishek	9/Male	Cerebral Palsy
17	Shivam	10/Male	Multipal Disability
18	Mukul	13/Male	Cerebral Palsy
19	Bhavishya	10/Male	Autism Spectrum Disorder
20	Vasu	8/Male	Cerebral Palsy

NEW INITIATIVE | AIRTC SPECIAL SCHOOL

Computer Learning: Following students have started learning computer at AIRTC Special School:

Sl. No.	Name of Student	Age/Gender	Types of Disability
1	Himansh	11/Male	Intellectual Disability
2	Leehisha	12/Female	Cerebral Palsy with Intellectual Disability
3	Mani	14/Male	Autism Spectrum Disorder with Intellectual Disability
4	Yuvaan	4/Male	Intellectual Disability
5	Abhishek	9/Male	Cerebral Palsy
6	Yuvraj	9/Male	Cerebral Palsy

Events celebrations & workshops conducted during the quarter:

Sl. No.	Events & Workshops	Age Group	Date	Venue	Resource Person
1	Republic Day	5 yrs -13 yrs	24-01-2025	AIRTC	Special Educators
2	Holi-festival of colors	5 yrs -13 yrs	13-03-2025	AIRTC	Special Educators

Over 35 students & staff participated in these events.





ASRA REPUBLIC DAY 2025



ASRA HOLI 2025



03 MEDICAL INTERVENTION & THERAPEUTIC SERVICES AT CBR, AIRTC AND ARTC

3.1 ASSESSMENT BY ORTHOPEDIC SURGEON

Assessment clinic consists of **Senior Orthopedic Surgeon** who visits **ASRA** once a week since **May 2022** and a team of experts / professionals comprising of **Physiotherapists, Occupational Therapist, Speech Therapist, Special Educators, Prosthetic & Orthotic Engineer & Psychologist etc.** After a thorough assessment is made, the patient is evaluated for specific treatment with specified duration and referred to the concerned department of ARTC and other hospitals and Rehab Centers for the needful treatment. **Patients are visiting ARTC both from the surrounding areas and adopted communities.**

Total Number of patients assessed during the quarter under report: 23

3.2 PHYSIOTHERAPY UNIT

Physiotherapy plays an important role in providing therapeutic management for treating the effects of congenital diseases, illnesses, chronic diseases, neurological conditions, accidents and the pressures and strains of everyday life.

Following are the number of patients who were registered and treated in the Physiotherapy department during the quarter under report:

	ARTC	AIRTC	CBR
Total Patients	150	18	127
Total Sessions	614	81	246



SOME GLIMPSES OF DOOR TO DOOR PHYSIOTHERAPY SESSIONS IN ADOPTED SLUM COMMUNITIES

3.3 OCCUPATIONAL THERAPY

The department, which was non-operational for several months due to staff unavailability, has resumed its services through dedicated physiotherapy support. This positive initiative ensures continuous care and addresses patient need effectively.

03 MEDICAL INTERVENTION & THERAPEUTIC SERVICES AT CBR, AIRTC AND ARTC

3.4 SPEECH THERAPY UNIT

Following are the number of patients who visited Speech Therapy Unit during the quarter under report:

	ARTC	AIRTC	CBR
Total Patients	233	54	218
Total Sessions	499	104	299



3.5 PROSTHETIC & ORTHOTIC UNIT

A feedback was received from Physiotherapist at ARTC Head Quarter regarding urgent need of orthosis appliances of 2 students, who are studying at AIRTC Special School. The measurement was taken by the P&O engineer and fabricate the appliances as per their measurement.

Sl.No.	Name of CwD	Age/Gender	Type of Disability	Orthosis Delivered
1	Master Yuvraj	10 / Male	Cerebral Palsy	B/L Ankle Foot Orthosis
2	Master Abhishek	9 / Male	Cerebral Palsy	B/L Ankle Foot Orthosis



SOME GLIMPSES OF DOOR TO DOOR SPEECH THERAPY SESSIONS IN ADOPTED SLUM COMMUNITIES

04 4.1 CUTTING AND TAILORING COURSE

Vocational Trainings at ARTC

ASRA runs following vocational training courses in Cutting & Tailoring at ARTC Head Office:

Sl. No.	Name of the Course	Course Duration	Recognised By
1	Cutting & Tailoring & Dress Making	1 Year	National Institute of Open Schooling (NIOS), Government of India
2	Dress Making	6 Months	
3	Cutting & Tailoring	6 Months	
4	Diploma in Fashion Designing	6 Months	ASRA
5	Diploma in Tailoring	1 Year	ASRA
6	Diploma in Dress Designing	6 Months	ASRA
7	Basic Diploma in Tailoring	6 Months	ASRA
8	Certificate Course in Tailoring	3 Months	ASRA
9	Certificate Course in Dress Designing	3 Months	ASRA
10	Short Term Course in Tailoring	1 Months	ASRA
11	Certificate Course in Embroidery	3 Months	ASRA

The details of students who are undergoing training in Vocational training courses in cutting and tailoring during the quarter under report are as follows:

No. of students enrolled	New admissions this quarter	Total no. of students
08	15	23



04 4.2 BEAUTY CULTURE COURSE

Vocational Trainings at ARTC

ASRA runs following vocational training courses in Beauty Culture:

Sl. No.	Name of the Course	Course Duration	Recognised By
1	Beauty Culture & Hare Care	6 Months	National Institute of Open Schooling (NIOS), Government of India
2	Basic Diploma in Beauty Culture	6 Months	ASRA
3	Self Course Beauty Culture	3 Months	ASRA
4	Hobby Course in Beauty Culture	1 Months	ASRA
5	Nail Extension Course	2 Months	ASRA
4	Hobby Course in Beauty Culture	6 Months	ASRA

The details of students who are undergoing training in Vocational training courses in Beauty Culture course during the quarter under report are as follows:

No. of students enrolled	New admissions this quarter	Total no. of students
08	08	16



04 4.3 COMPUTER TRAINING COURSE

Vocational Trainings at ARTC



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

Details of courses run are as follows:

Sl. No.	Name of the Course	Course Duration	Recognised By
1	'O' Level	1 Year	National Institute of Electronic Information Technology (NIELIT), Government of India
2	Course on Computer Concept (CCC)	3 Months	
3	Web Designing	3 Months	
4	Desktop Publishing	3 Months	
5	Advance in Diploma in Computer Application	1 Year	ASRA
6	Diploma in Computer Application	6 Months	ASRA
7	Computer Typing	3 Months	ASRA
8	Tally	3 Months	ASRA
9	Advance Excel, Python, SQL, Networking & Information Security, DSA, in C++ & Busy	2-6 Months	ASRA



The details of students who are undergoing training in Computer courses during the quarter under report are as follows:

No. of students enrolled	New admissions this quarter	Total no. of students
22	09	31

Examinations held:

Month	Course Name	Date	No. of students appeared in exam	Exams cleared by
Jan 2025	Basic & Tally	20/01/25 & 21/01/25	10	10
Mar 2025	Basic & Tally	10/03/25	20	18
		Total	30	28



04 4.4 ENGLISH SPEAKING COURSE

Vocational Trainings at ARTC

ASRA NEW INITIATIVE 2025

ASRA has introduced a new English Speaking course to help the students to improve their proficiency in the language. In the first batch which has started on 4th February 2025, 3 students have enrolled and they have shown tremendous growth so far.

These students belong to near by areas and have diverse academic interest. Among them two are already enrolled in Cutting & Tailoring course from Vocational Training, ARTC HQ, actively enhancing their skills. They are eager to expand their knowledge and explore new opportunities. Their dedication reflects a strong commitment to learning and personal growth.

The details of students who are undergoing training in English Speaking courses during the quarter under report are as follows

No. of students enrolled	New admissions this quarter	Total no. of students
22	09	31



05 HANDICRAFT EMPORIUM



ASRA's Handicraft Emporium not only provides top-quality clothing and embroidery but also empowers our talented, differently-abled artisans to showcase their craft and earn a dignified income

ASRA Handicraft Emporium became functional in April' 2010. It has an experienced & qualified Master Tailor who is physically challenged & a Junior Tailor to assist him. The Emporium executes the orders of stitching & alterations of garments to meet in house & outsides 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. The Emporium is an effort to promote **ASRA brand**.

Orders pending up to 31 th Dec 2024	Orders booked from 1 st Jan 2025 to 31 st Mar 2025	Orders completed from 1 st Jan 2025 to 31 st Mar 2025	Orders pending up to 31 st Mar 2025
29	173	166	36



06 ACCOUNTS & ADMINISTRATION UNITS



ACCOUNTS

- Internal Audit for the quarter October 2024 to December 2024 was conducted during the quarter under report by the Vikas Varshney and Associates CA firm
- Statutory Audit for the FY 2023-2024 is under progress

ADMINISTRATION

- New recruitments of staff made during the quarter are as follows:

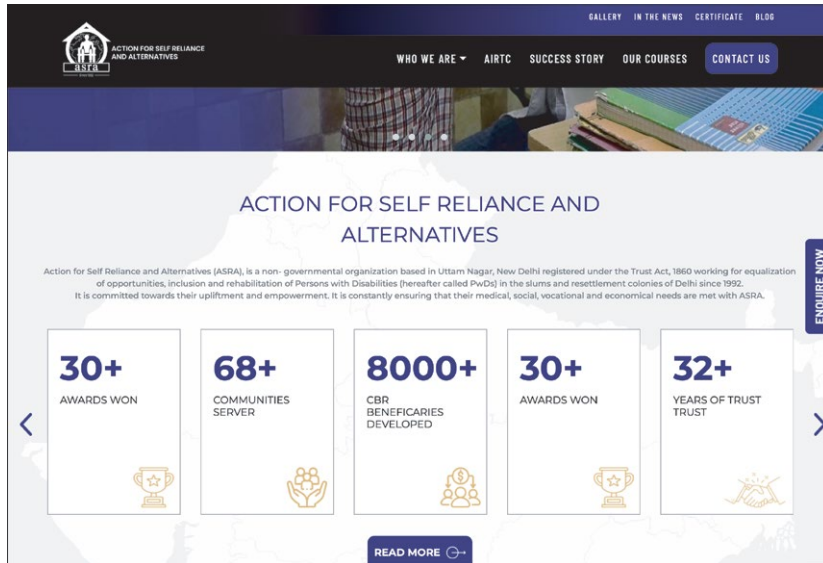
1. Ms. Pooja, Receptionist, ARTC
2. Ms. Laxmi, Education Teacher, Binda Pur, CBR
3. Ms. Anju, Education Teacher, Bharat Vihar, CBR
4. Ms. Mathi, Education Teacher, Majnu Ka Tila, CBR
5. Ms. Jyoti, Education Teacher, Bheem Nagar, CBR
6. Mr. Tushar Nagar, Special Educator, AIRTC
7. Ms. Sheetal, Education Teacher, Dwarka Sec-16, CBR
8. Mr. Yogender Kumar, P&O, ARTC

- Resignation received of staff during the quarter as follows:

1. Ms. Tannu, Education Teacher, Majnu Ka Tila, CBR
2. Ms. Seema Bai, Education Teacher, Dwarka Sector-16, CBR
3. Ms. Pooja, Receptionist, ARTC
2. Ms. Riya, Computer Trainer, ARTC
1. Mr. Shubham Kumar, Computer Trainer, ARTC
2. Mr. Abhay Sharma, Special Educator, AIRTC

- Streamlining of administrative procedures as per ASRA Manuals, reorganizing, reviving and reforming programs for relevance is in progress.

07 DIGITALIZATION OF ASRA



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Gratitude to the President AFS and all the donors who are supporting ASRA's work for the poor & needy persons with disabilities living in the slums of Delhi.