



asra

ACTION FOR SELF RELIANCE
AND ALTERNATIVES

1997-2025



ASRA NEWSLETTER
APR-JUNE 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



CBR / Mental Health Project since April 2024 [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 and Nangli Dairy 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
 - Shyam Nagar
 - Madipur
6. Medical Intervention & Therapeutic services
 - Assessment by Orthopaedic Surgeon
 - Physiotherapy
 - Speech Therapy
 - Prosthetic & Orthotic Appliances
7. ASRA CBR Mental Health Project
8. Seed loan
9. Distribution of five kits Program

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
 - Psychotherapy Unit started from June 2025.
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
 - Digital Marketing Course
 - Graphic Designing Course
 - Art & Craft Course



ASRA's ACTIVITIES

COMMUNITY BASED REHABILITATION PROGRAM

Under the CBR Program, ASRA extended its services to **988** beneficiaries spread over **19 communities**. The present staff strengths under CBR program is **25**.

- Medical Intervention & Therapeutic Services were provided to **378** beneficiaries.
- Under CBR Education program: **329** children are learning education out of which there are **38** CwDs.
- Under Vocational Trainings Program: **28** students are getting vocational trainings.
- Beneficiaries covered under psychometric assessment & psychotherapy project: over **69** C/PwDs.
- Beneficiaries who were provided with skills development training in Art & Craft & Artificial Jewellery Making: **180** beneficiaries in **18** communities.
- Essential kits were distributed to **04** children / persons with disabilities in need in Khyala slum community.

AIRTC SPECIAL SCHOOL

- During the quarter various 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.
- Due to summer vacation, AIRTC School was remained closed from 16th May 2025 to 30th June 2025.
- AIRTC Special School conducted a **joyful and inclusive Summer Vacation Camp** for **children with special needs**, who are studying at AIRTC Special School, from 21st May 2025 to 4th June 2025.

ARTC HEAD OFFICE

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

S. No.	Name of the Course	Course Duration
1	Cutting & Tailoring Course	34
2	Beauty Culture Course	17
3	Computer Course	60
4	English Speaking Course	03
5	Total	114

International Yoga Day

On 21st June 2025, **AIRTC celebrated International Yoga Day** with enthusiasm. Staff, students, and patients took part actively. ASRA's Founder addressed the gathering, emphasizing yoga's role in physical and mental well-being.



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

Community Based Rehabilitation



- **02** New Education Centres were opened in ASRA's adopted slum community namely Shyam Nagar & Madipur during the quarter under report.
- **Shyam Nagar Education Centre** is running w.e.f 10th April, 2025.
- In **Madipur** slum community CBR Mental Health Project is ongoing

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

ASRA CBR EDUCATION PROGRAM



01 1.2 VOCATIONAL TRAINING PROGRAM

Community Based Rehabilitation



CUTTING AND TAILORING COURSE

Tailoring Program in **Shiv Vihar, Jwalapuri & Nangli Dairy** communities continued with **19 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 **4 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, the CBR team was engaged in collecting feedback on the recent survey and related activities.**



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.



01 1.5 ASRA CBR MENTAL HEALTH PROJECT

Community Based Rehabilitation



This innovative 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.

Total Number of sessions during the quarter under report: 461

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

Sl. No.	Community Name	Screening, Assessment, Parents Counseling & Parents training			Assessment, Parental Counseling & Training	Vocational Skill	Social Skill
		Old Case	New Case	TOTAL			
1	Shiv Vihar	34	03	37	02	40	01
2	Pappankalan	53	03	56	08	-	01
3	Nangli Dairy	22	01	23	06	26	-
4	Nanhe Park	21	-	21	02	15	-
5	Kirbi Place	09	-	09	-	-	-
6	Bharat Vihar	11	01	12	01	09	-
7	Dwarka Sec-1	26	03	27	02	20	-
8	Majnu Ka Tila	04	01	05	01	-	-
9	Raghuvir Nagar	04	-	04	-	03	-
10	Bhim Nagar	12	02	14	01	-	-
11	Jwala Puri	08	01	09	02	-	-
12	TC Camp	10	01	11	04	12	-
13	Goyla Dairy	04	-	04	-	-	-
14	Khayala	07	04	11	06	04	-
15	Bindapur	10	02	12	06	-	-
16	Shyam Nagar	-	04	04	10	05	-
17	Dwarka Sec-16	15	03	18	07	09	-
18	Madipur	-	05	05	11	-	-
TOTAL		250	32	282	69	178	2

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.



01 1.6 KITS DISTRIBUTION PROGRAM

Community Based Rehabilitation

As part of efforts towards comprehensive rehabilitation, **five essential kits** were distributed to children / persons with disabilities in need. These included Kits such as **Ration, Immunity Booster, Educational, Personal Hygiene & Therapy**. The distribution was carried out based on specific request received from the beneficiaries, ensuring that the support addressed their individual needs.

S. No.	Name of beneficiary	Age/Gender	Types of Disability	Community
1	Furkan	36/Male	Speech & Hearing Impairment	Khyala
2	Aayat	12/Female	Speech & Hearing Impairment	Khyala
3	Heena	10/Female	Speech & Hearing Impairment	Khyala
4	Naabiya	8/Female	Speech & Hearing Impairment	Khyala



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-

S. 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	12/Male	Autism Spectrum Disorder
4	Avni	14/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	Kushal	10/Male	Autism
9	Aryaman Gulati	13/Male	Cerebral Palsy
10	Inaya	7/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	Vandana	8/Female	Autism Spectrum Disorder with Intellectual Disability
16	Abhishek	9/Male	Cerebral Palsy
17	Shivam	10/Male	Multipal Disability
18	Mukul	13/Male	Cerebral Palsy
19	Bhavishya	8/Male	Autism Spectrum Disorder
20	Vasu	10/Male	Autism Spectrum Disorder

NEW INITIATIVE | AIRTC SPECIAL SCHOOL

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

S. 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:

S. No.	Events & Workshops	Age Group	Date	Venue
1	Mother's Day	4 yrs -14 yrs	09-05-2025	Baseball Hall
2	Father's Day	4 yrs -14 yrs	04-06-2025	AIRTC

Over 50 students, parents & staff participated in these events.





ASRA YOGA 2025



ASRA MOTHER'S DAY 2025





ASRA SUMMER CAMP 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: 53

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	181	19	137
Total Sessions	631	63	265



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

3.3 PSYCHOTHERAPY UNIT

Psychotherapy sessions have been initiated for new individuals requiring mental health support. Additionally, one existing case is being provided with continued therapeutic intervention to ensure consistent progress and emotional stability.

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

3.4 OCCUPATIONAL THERAPY

Occupational Therapy plays an important role in providing therapeutic management of congenital diseases, illnesses, chronic diseases, neurological conditions, accidents and everyday strains.

	ARTC	AIRTC
Total Patients	32	33
Total Sessions	71	143

3.5 SPEECH THERAPY UNIT

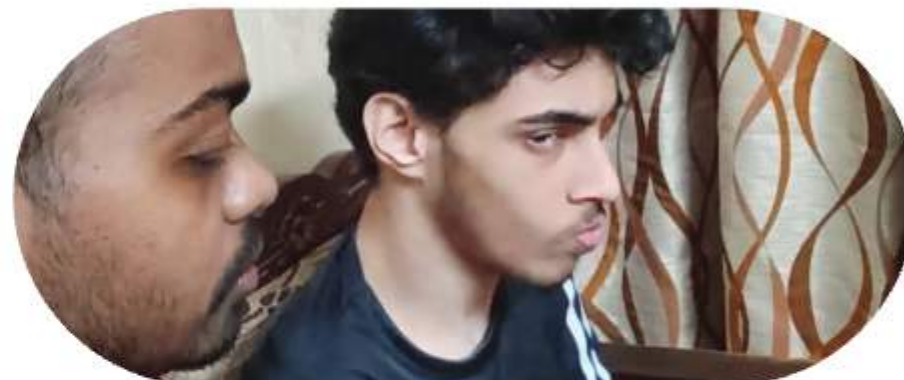
Following are the number of patients who visited Speech Therapy Unit during the quarter under report:

	ARTC	AIRTC	CBR
Total Patients	304	64	241
Total Sessions	599	137	309

3.6 PROSTHETIC & ORTHOTIC UNIT

The Prosthetic and Orthotic workshop at the ASRA Head Office is engaged in the fabrication and fitment of aids and appliances for persons with disabilities. This unit also extends its services to beneficiaries under CBR Project area, contributing to their functional independence and overall rehabilitation.

S.No.	Name of CwD	Age/Gender	Type of Disability	Orthosis Delivered
1	Yuvraj Poddar	10 / Male	Cerebral Palsy with Intellectual Disability	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:

S. No.	Name of the Course	Course Duration	Recognised By
1	Cutting & Tailoring & Dress Making	1 Year	National Institute of Open Schooling (NIDS), 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
16	18	34

Examinations held:

Month	Course Name	Date	No. of students appeared in exam	Exams cleared by
June 2025	Cutting & Tailoring	11.06.2025	08	08



04 4.2 BEAUTY CULTURE COURSE

Vocational Trainings at ARTC

ASRA runs following vocational training courses in Beauty Culture:

S. No.	Name of the Course	Course Duration	Recognised By
1	Beauty Culture & Hair 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
07	10	17

Examinations held:

Month	Course Name	Date	No. of students appeared in exam	Exams cleared by
April 2025	Beauty Culture	07.04.2025	05	05



04 4.3 COMPUTER TRAINING COURSE

Vocational Trainings at ARTC

Some of the computer 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.

Details of courses run are as follows:

S. 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
07	53	60



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:

S. No.	Name of student	Age/Gender	Course Duration	Course Completion
1	Durga, person with disability	21/Female	3 Months	04.05.2025
2	Vansh Goyal	20/Male	3 Months	04.05.2025
3	Roshni	18/Female	3 Months	04.05.2025



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 & 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. The Emporium is an effort to promote **ASRA brand**.

Orders pending up to 31 st Mar 2025	Orders booked from 1 st April 2025 to 30 th June 2025	Orders completed from 1 st April 2025 to 30 th June 2025	Orders cancelled from 1 st April 2025 to 30 th June 2025	Orders pending up to 30 th June 2025
36	65	89	09	03



ACCOUNTS

- Internal Audit for the quarter April 2025 to June 2025 was conducted during the quarter under report by the Vikas Varshney and Associates CA firm

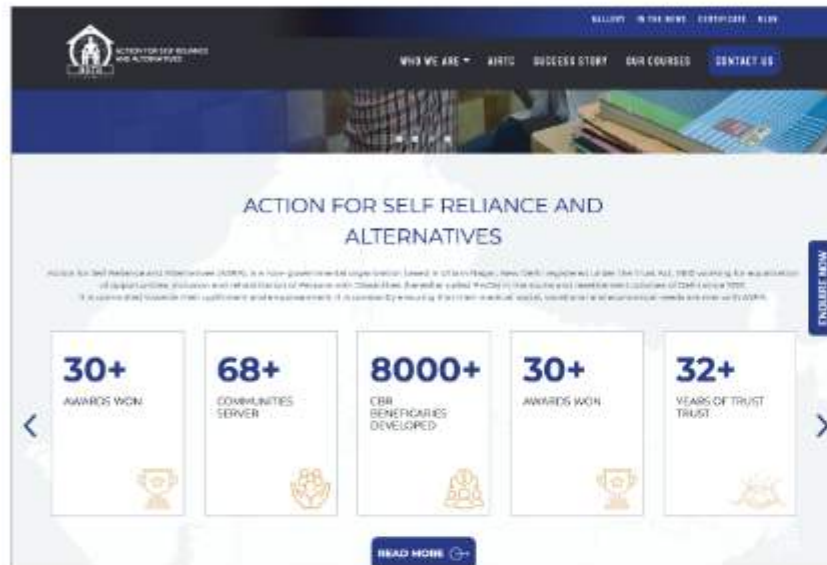
ADMINISTRATION

- **New recruitments of staff made during the quarter are as follows:**
 1. Ms. Anjali Gupta, Occupational Therapist, ARTC
 2. Ms. Ms. Monika Rani, Computer Teacher, ARTC
 3. Ms. Chetna, Education Teacher, Raghuvir Nagar, CBR
 4. Ms. Chulbul, Education Teacher, Shyam Nagar, CBR
- **Resignation received of staff during the quarter as follows:**

2 education teachers, 3 tailoring staff, 1 special educator and 1 head AIRTC was resigned.

 1. Ms. Mathi, Education Teacher, Majnu Ka Tila, CBR
 2. Ms. Jyoti, Education Teacher, Bheem Nagar, CBR
 3. Ms. Sekha, Tailoring Teacher, Jwala Puri, CBR
 4. Mr. Rajkumar Babbar, Tailor Master, ARTC
 5. Ms. Sabina, Helper Tailor, ARTC
 6. Mr. Tushar, Special Educator, AIRTC
 7. Dr. Pubali Aggarwal, Head AIRTC
- ASRA continues to run MHP Project in various CBR centres.
- Streamlining of administrative procedures as per ASRA Manuals, reorganizing, reviving and reforming programs for relevance is in progress.
- The old vehicle of ASRA was replaced with new one since it had completed 15 year of its life.

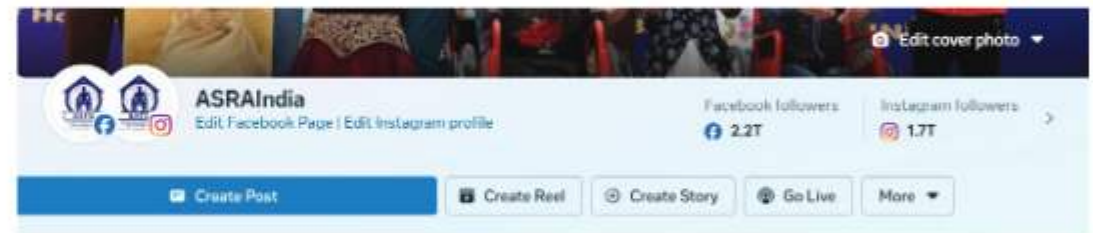
07 DIGITALIZATION OF ASRA



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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.