



Action for Self Reliance and Alternatives (ASRA)

An organisation committed towards empowerment of persons with disabilities

Workshops / Exhibitions / Events in forthcoming quarter

January-2018	
Computer	• Competition: 'Quiz Competition' on Republic day • Workshop for staff by Tailoring Unit on the topic-Flower Making • NIELIT: 'O' level Registration form Submission • NIOS: 622 & 613 Registration & Examination Form Submission • Placement Registration • Publicity Action-Survey/pamphlet distribution
Tailoring & Handicraft Unit	• Survey, Advertising & Publicity • Workshop-Flower Making for Staff in the third week • Celebration of Lahri & Republic Day • Placement Registration & Information • Stitching Competition in the first week. • Workshop-Knitted Covers • Examinations
Beauty Culture	• Workshop with Tailoring Department • Workshop on Hair Spa in Bheem Nagar community • Workshop on Hand & Foot Care at home
Physiotherapy	• Workshop with all therapist ARTC and CBR • Workshop with patients on awareness for general fitness
Occupational Therapy	• Workshop • Republic Day Celebration
CBR	• Networking with CCRT/DCCW for organizing workshops/Camps • To assess the need of newly adopted community and starts intervention of CBR programs • Workshop
February-2018	
Computer	• Competition: 'Graphic Designing' • Basant Panchmi Celebration Certificate Distribution
Tailoring & Handicraft Unit	• Workshop on Basant Panchmi • Workshop-Flower Making • Result & Diplomas distribution • Interaction of students with PF&CE & OIC(P) Workshop-Block Printing • Result & Diplomas distribution • Awareness on National Science Day
Beauty Culture	• Result declaration • Workshop on Saree & Party Make-Up • Mehandi Completion in CBR Project Office
Physiotherapy	• Workshop with all therapists/patients
Occupational Therapy	• Workshop • Success stories(2) • Referred to hospitals
CBR	• Networking with CCRT/DCCW for organizing workshops/Camps • To assess the need of newly adopted community and starts intervention of CBR programs • Workshop
March-2018	
Computer	• Workshop on the topic- 'Latest Updates in IT' • Results & Date Sheet declaration • Holi celebration • Workshop by Beauty Culture Unit on Office Makeup & Hair Style
Tailoring & Handicraft Unit	• Workshop-Block Printing • Result & Diplomas distribution • Workshop on the topic "Updates in Ms-Office Software" • Revision Classes for Internal Examination • Holi Celebration
Beauty Culture	• Workshop on Hair Spa in Pappan Kalan • Workshop on Office Mae-Up with Hair Styles with Staff • Workshop on Thermo Facial in ARTC
Physiotherapy	• Workshop with staff on their quarries & fitness
Occupational Therapy	• Workshop (Community, ARTC) • Group activity
CBR	• Networking with CCRT/DCCW for organizing workshops/Camps • To assess the need of newly adopted community and starts intervention of CBR programs • Workshop

Upcoming Holidays of ASRA

14 th January, 2018	:	Makar Sakranti
26 th January, 2018	:	Republic Day
14 th February, 2018	:	Shivratri
1 st March, 2018	:	Holika Dahan
2 nd March, 2018	:	Holi
29 th March, 2018	:	Good Friday
30 th March, 2018	:	Mahavir Jayanti

ADMINISTRATION

New Recruitments during the quarter: 02

S.No.	Name	Appointed as	Date of Recruitment
1	Ms. Pushpa	Tailoring Teacher, CBR	3 rd October, 2017
2	Ms. Anamika	Asst. Coordinator, CBR	1 st November, 2017

No. of staff given increment (as per Rules) in salary, during the quarter: 21

Newsletter

October to December -2017

NEW INITIATIVES

- The construction of ASRA's Special School started on 27th March 2017. This school will cater to the needs of special children who are living in the nearby slum communities and are presently supported under ASRA's Sponsorship Program.



Construction of ASRA Special School



Newly opened Education Centre in Dwarka sec-16 community

- One new Education Centre has been opened in ASRA's adopted slum community namely, 'Dwarka Sec-16' during the quarter under report.

VISITORS

- Ms. Bernedette Mauss-a friend of Ms. Carmen Hienrich-Board Member AFS visited ARTC on 17th October, 2017. She interacted with the staff & beneficiaries at ARTC.



ASRA staff with Honorable Guest Ms. Bernedette Mauss



Honorable Guest Ms. Bernedette Mauss during round of ARTC

- Mr. Urs Spillmann and Ms. Barbara Bidermann, Members of AFS Board visited ASRA India on 23rd & 24th October, 2017. During the visit, they participated in various activities such as meeting regarding construction of Special School, meeting with the Unit Heads, Monthly staff meeting, Diploma Distribution, Cultural Programs by beneficiaries and visit to Indira Camp-5 and Pappan Kalan communities.



Mr. Urs Spillmann and Ms. Barbara Bidermann, Members of AFS Board and some of the ASRA staff members at ASRA HQ ARTC



Mr. Urs Spillmann and Ms. Barbara Bidermann, Members of AFS Board during Diploma distribution to the students at Pappan Kalan community (left) and group picture with CBR Team and Teachers (right)



Success Stories

CBR-Medical



Aman is a 16 years boy born with a Congenital (by birth) Deformity of Spinal, called Spinal Bifida living with his family of 5 members. The joy of his birth for his family was converted into sorrow when the doctor informed his parents about his medical condition. The Doctor told them that the boy will not be able to stand on his own whole life. For his family and for himself, he felt that he was an extra burden. Aman who is living in Nangli Dairy slum community was taken to many Doctors but his parents didn't get any positive response from anywhere & at last they accepted it as the fate of Aman. Around 6 years back, in a community survey, ASRA Rehab Workers met Aman & they introduced him to Dr. Amit (ASRA's Ex-Physiotherapist). From there Aman's journey of rehabilitation get stormed. Dr. Amit has put all his efforts under the guidance of Dr. Manish (ASRA's Sr. Physiotherapist) to get Aman on his feet. Around 4 years back, in 2013, I, Dr. Punit (ASRA's Physiotherapist) got the charge of Aman's case. I was given a brief of the

case by Dr. Amit before he left ASRA. When I was introduced to Aman, he was unable to stand at all although he had sitting controls. In last 4 years, different exercises & approaches along with the Prosthesis & Orthosis devices were used for Aman & now he has become capable of standing with KAFO & can walk with the help of walker. His parents & he himself are very much happy as now he is in the phase of becoming self-dependent. He needs to continue the physiotherapy for some more time for more improvement. I am sure that he has a very bright future as a self-dependent boy.

-Dr. Punit, CBR Physiotherapist ASRA

Computer, ARTC

I am Nitin and 25 years old. I am orthopedically handicapped with my both legs affected with polio. I am using crutches for walking. I am living in Mohan Garden, Uttam Nagar. Financially my family is not strong. My father is a worker in Printing Press. He is always worried for me and my career. He was always tensed about my future that how would I manage myself in future. I was looking for computer training in many other institutes but my father was not able to afford course fee. One day I met Mr. Pawan Kumar Sir (an Employee of ASRA), he told me about ASRA and its facilities. I joined NIOS 'Web Designing' and 'Desktop Publishing' Computer Course, which are 6 months Government approved courses. I am thankful to ASRA that it's providing such a good and professional course in low fees. During my training period, I have also participated in Fashion Show event and workshops. I have completed my course and started searching job and finally got selected for in Online Shopping Website Company (Flipcart) as a 'Data Uploading Operator'. My job timing is 10:00 am to 6:00 pm. It gave me so much confidence that now I am guiding all persons like me. ASRA is also guiding me for better placement time to time. I am heartily thankful to ASRA which changed my life.



-Nitin, Ex-student of Computer, ASRA

Internship of students at ASRA

- The following students have been placed in ASRA as part of their internship during the quarter under report:-

S.No.	Name	Course/University	Duration
1	Ms. Akansha	B.Ed Special Education / Lady Irwin Collage, Delhi University	7 Days 18 th to 30 th December, 2017
2	Ms. Rinku		
3	Ms. Harjeet		
4	Ms. Monika		
5	Ms. Shahzadi		
6	Ms. Pallavi		
7	Ms. Shikha		

Competitions during the quarter under report:-

- The following competition were held at ARTC HQ during the quarter under report:-

S. No.	Event	Date	Venue/Community	Participants	Organised by
1.	Rangoli Competition	18 th October, 2017	ARTCHQ	20	Unit Heads of Vocational Trainings
2.	Innovative Creation	1 st December, 2017	ARTC HQ	32	



Rangoli Art during 'Rangoli Competition' at ARTC Head Quarter

CELEBRATION OF SPECIAL DAYS

S. No.	Special Days/Exhibition	Date of celebration	Venue
1.	Mehandi Stall-Karvachauth Festival	7 th October, 2017	ARTC
2.	Exhibition at Aditi College	13 th October, 2017	Aditi College, University of Delhi
3.	Exhibition for Candles & Handicraft Items	14 th to 17 th October, 2017	ARTC
4.	Rangoli Completion	18 th October, 2017	ARTC
5.	Diwali Festival	18 th October, 2017	ARTC & CBR
6.	Children Day	12 th November, 2017	ARTC & CBR
7.	International Day for Persons with Disabilities	2 nd December, 2017	ARTC & CBR
8.	Christmas Day	23 rd December, 2017	ARTC & CBR
9.	New Year Celebration	30 th December, 2017	ARTC & CBR



Stall of ASRA at Aditi Collage (Left) and at ARTC HQ on the occasion of Diwali festival



Celebrating 'Christmas Day' at Education Centre in Pappan Kalan community



Students of Vocational Trainings at ARTC participating in Competition on the occasion on 'International Day for Persons with Disabilities'

FOLLOWING ARE THE WORKSHOPS ORGANIZED BY DIFFERENT DEPARTMENTS OF ASRA DURING THE QUARTER UNDER REPORT:-

ARTC

S. No.	Topic of Workshop & Department	Date	Target Group	No. of Participants	Resource Person
1.	Diya Making-Occupational Therapy Department	16 th October, 2017	Children with Disabilities	9	Ms. Renuka-Occupational Therapist & Ms. Seema-Multi Rehabilitation Worker ARTC
2.	Career with Computer-Computer Department	7 th November, 2017	Students of Vocational Trainings	11	Ms. Jyoti Jadaun-Computer Incharge, Mr. Sanjay, Ms. Mariyam, Ms. Babita-Computer Faculty
3.	Iron Deficiency Anemia-Physiotherapy Department	15 th November, 2017	Students of Vocational Trainings	14	Ms. Jyoti Sachdeva-Physiotherapist
4.	Usha Janome Creative-Tailoring Department	28 th November, 2017	Students of Vocational Trainings	40	Resource person from Usha Company
5.	Christmas Card Making-Occupational Therapy Department	17 th December, 2017	Children with Disabilities	4	Ms. Renuka-Occupational Therapist & Ms. Seema-Multi Rehabilitation Worker ARTC

CBR

S. No.	Workshop & Department	Date	Target Group	No. of participants	Community	Resource Person
1.	Mass Nutrition Awareness Campaign	14 th October, 2017	Students of Vocational Training	70	Pappan Kalan	Mr. O.P Saini, Officer In charge- Food Nutrition Board, Ministry of Women & Child Development
2.	Puppet Making-Occupational Therapy Department	16 th October, 2017	Children with Disabilities	19	Binda Pur	Ms. Renuka-Occupational Therapist & Ms. Seema-Multi Rehabilitation Worker ARTC
3.	Hair Spa-Beauty Culture Department	30 th October, 2017	Students of Vocational Trainings	10	Nanhe Park	Ms. Baljeet Kaur, Beauty Culture Teacher ARTC
4.	Food and Nutrition on the occasion of 'Children Day'	14 th November, 2017	Students of Vocational Training	70	Bharat Vihar	Mr. O.P Saini, Officer In charge- Food Nutrition Board, Ministry of Women & Child Development
5.	Personality Development-Computer Department	16 th , 18 th and 20 th Nov-2017	Students of Vocational Trainings	24	Pappan Kalan, Dwarka Sec-16 and Nangli Dairy	Mr. Sanjay Singh Chauhan-Computer Faculty, ARTC



A CwDs during 'Diya Making' workshop organised by Occupational Therapy Department at ARTC HQ



'USHA Jenome Creative (sewing machine) Workshop' held at ARTC HQ



Workshop on 'Food and Nutrition on the occasion of 'Children Day'



A CwDs during 'Christmas Card' workshop organised by Occupational Therapy Department at ARTC HQ



Workshop on 'Iron Deficiency Anemia' organised by Physiotherapy Department-ARTC HQ



Workshop on 'Personality Development' at Pappan Kalan community

EXAMINATIONS

Following are the details of Final Examinations by Vocational Units of ASRA during the quarter under report:-

S. No.	Unit	Date	Venue	No. of students	
				Appeared	Cleared
1.	Tailoring & Fashion Designing	31 st October, 2017, 2 nd November & 6 th November, 2017	Shiv Modern Sr. Secondary School, Pashchim Vihar	40	Result awaited
2.	Computer	1 st to 9 th December, 2017 and 28 th December, 2017	ARTC HQ and Pappan Kalan community	82	Result awaited
3.	Beauty Culture	3 rd & 10 th November, 2017	ARTC HQ	11	9
Total				133	



Students appearing in Tailoring Theory Examination

UPDATE ON ONGOING PROGRAMS DURING THE QUARTER UNDER REPORT

- Meetings :** Total **78** meetings were conducted in ASRA's adopted communities in order to create awareness, discuss issues of importance such as early detection of disabilities, medical intervention and advantage of therapeutic services, educational rehabilitation, vocational rehabilitation and self-reliance of the poor and needy persons with disabilities. These meetings are attended by **1296** persons with disabilities (PwDs), parents of children, beneficiaries of vocational training etc.
- Referral :** Total **1225** persons with disabilities were given counseling and referred to other organizations for availing Government facilities.
- Mobility Aids and Appliances:** Total **15** PwDs/CwDs received mobility aids and appliances according to their needs such as Tricycle, Crutches, KFO/AFO, Hand Splint, Wheel Chair, Caliper, Artificial Limb etc.
- Concessions Certificates :** Total **330** PwDs/CwDs received benefit and concession certificates according to their needs such as Disability Certificate, SDM Card, Bus Pass, Rail Pass etc.
- Education :** The details of children who are studying in ASRA Education Centres under CBR Program during the quarter are as follows:



Children attending Nursery class at Dwarka sec-16 community

Education Program		Oct-17			Nov-17			Dec-17		
		M	F	Total	M	F	Total	M	F	Total
Nursery class	Total	143	142	285	152	157	309	118	158	276
	New Admissions	12	7	19	13	20	33	18	4	22
Non Formal Education	Total	89	97	186	120	115	235	124	144	268
	New Admissions	12	2	14	19	13	32	11	15	26
Remedial Education	Total	405	451	856	402	461	863	421	438	859
	New Admissions	27	26	53	27	44	71	23	10	33
Special Education	Total	16	2	18	16	2	18	15	3	18

- Sponsorship Program:** It is seen that disabled children in slums are seldom respected, admired and accepted. ASRA took an initiative to promote the education of orthopedically challenged & mentally retarded children at their post primary level. This is an ongoing successful project running since August 2010. Total **207** Children with Disabilities (CwDs) have been **sponsored** under this program till date. During the Quarter under report, **90 children with disabilities** were provided with Sponsorship covering their tuition fee, uniform, stationery, transport charges, paramedical services etc. on monthly basis.



ASRA's sponsored CwD

Medical Intervention & Therapeutic Services at ARTC And CBR

Medical	No. of beneficiaries-ARTC				Patients' visits	No. of beneficiaries-CBR				Therspist visits
	Oct-17	Nov-17	Dec-17	Total		Oct-17	Nov-17	Dec-17	Total	
Assessment	22	25	13	60	60	-	-	-	-	-
Physiotherapy	30	29	29	88	628	247	217	225	689	358
Occupational Therapy	25	26	25	76	668	-	-	-	-	-
Speech Therapy	25	29	24	78	100	44	42	34	120	22



Patient getting therapy in Physiotherapy Unit, ASRA Head quarter ARTC

Prosthetic & Orthotic Department

Patients	No. of new Measurements taken	Aids and Appliances given	
		No. of Patients	No. of Aids/appliances
Oct-17	7	0	0
Nov-17	7	0	11
Dec-17	6	18	31
Total	20	18	42



Before After



A CwD in OT Department getting therapy at ARTC-HQ

- Vocational Training :** All the vocational training barring Mobile Repairing are affiliated from NIOS (National Institute of Open Schooling)

Vocational Training:		No. of Students ARTC			No. of Students CBR		
		Oct-17	Nov-17	Dec-17	Oct-17	Nov-17	Dec-17
Tailoring	Total	61	58	53	262	267	265
	New Admissions	5	5	9	33	24	36
Beauty Culture	Total	18	23	26	140	140	139
	New Admissions	3	7	3	17	19	23
Computer Training	Total	143	135	134	54	44	44
	New Admissions	11	16	16	9	7	3
Mobile Repairing	Total	-	-	-	21	17	19
	New Admission	-	-	-	9	3	5



Tailoring class at ARTC

ASRA's Handicraft Emporium:

Orders pending up to 30 th Sep-17	Orders booked from 1 st Oct-2017 to 31 st Dec-17	Orders completed from 1 st Oct-2017 to 31 st Dec-17	Orders pending up to 31 st Dec-17
33	404	373	31

- Seed Loan :** 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. Seed loan is given exclusively to the disabled beneficiaries of ASRA who are needy and want to be self-reliant. With the help of Seed Loan, either they 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 **116**.