



Action for Self Reliance and Alternatives (ASRA)

An organisation committed towards empowerment of persons with disabilities

Workshops / Exhibitions / Events in forthcoming quarter

Newsletter

January to March -2018

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 some of them are supported under ASRA's present Sponsorship Program.



Construction of ASRA Special School

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



Newly opened Beauty Culture centre at Dwarka sec-16

VISITORS



Prof. Jurg Kesselring - Senior Ambassador and Neuroexpert, Kliniken Valens, Switzerland awarding Diploma to the students at ASRA HQ

Prof. Jurg Kesselring - Senior Ambassador and Neuroexpert, Kliniken Valens, Switzerland visited ASRA on 13th February, 2018. He visited Education and vocational centres in Pappankalan community and interacted with the ASRA staff & beneficiaries, both at ARTC and in the CBR Program. A cultural program was also organised by ASRA's staff and beneficiaries for his welcome.

| April-2018 | |
|-----------------------------|---|
| Computer | <ul style="list-style-type: none"> Internal Examination • Competition- "Software Design" using 'C' Language • NIELIT: 'CCC' & 'O' Level Exam Form Process • Awareness: Hazards of Technology Addiction Yearly Documentation: Annual Report, Annual Enrollment static, Admission Files statics , computerized STT (students Tracking Tool) Updation • Placement Registration • Publicity Action-Survey/pamphlet distribution |
| Tailoring & Handicraft Unit | <ul style="list-style-type: none"> Survey, Advertising & Publicity • Servicing of Sewing Machines • Revision Classes and Internal Assessment NIOS Examinations |
| Beauty Culture | <ul style="list-style-type: none"> Revision classes for NIOS students • Workshop on Every Day Make-up in Nanhe Park community |
| Physiotherapy | <ul style="list-style-type: none"> Workshop on 'YOGA' |
| Occupational Therapy | <ul style="list-style-type: none"> Workshop |
| CBR | <ul style="list-style-type: none"> Networking with Government & Non-Government agencies for organizing workshops/Camps |
| May-2018 | |
| Computer | <ul style="list-style-type: none"> Workshop: 'Digital Marketing & Software Updates' NIOS: 622 & 613 Govt. level Examination • Sports Day celebration • Interaction of students with CBR Coordinator • Tally Course to be initiated at Nangli Dairy Centre |
| Tailoring & Handicraft Unit | <ul style="list-style-type: none"> Workshop-Learn how to operate Stitch Magic Machine NIOS Examinations • Sports Day celebration |
| Beauty Culture | <ul style="list-style-type: none"> Examination of NIOS Course • Placement information Workshop on Summer Make-up & Hair Style in Pappan Kalan community |
| Physiotherapy | <ul style="list-style-type: none"> Workshop on 'YOGA' Workshop on the topic fitness by Medical Unit |
| Occupational Therapy | <ul style="list-style-type: none"> Workshop |
| CBR | <ul style="list-style-type: none"> Networking with Government & Non-Government agencies for organizing workshops/Camps • Work on phasing out 2 communities • To shortlist two slum communities for adoption |
| June-2018 | |
| Computer | <ul style="list-style-type: none"> Interaction of students with CBR Coordinator Competition: 'Video Mixing' using Adobe Premiere Placement Registration • NIELIT: Revision Classes for 'O' level July session Govt. examination • NIELIT: 'CCC' Examination form Process • Workshop on the topic "Smart PC" • Competition on Poster making on World Environment Day |
| Tailoring & Handicraft Unit | <ul style="list-style-type: none"> Revision Classes of ARTC Courses • Placement Registration & Information • Interaction of students with CBR Co-coordinator about ASRA primary activities |
| Beauty Culture | <ul style="list-style-type: none"> Workshop on Hair Spa in Dwarka sec-16 • Make-up competition in Pappan Kalan community |
| Physiotherapy | <ul style="list-style-type: none"> Workshop on 'YOGA' |
| Occupational Therapy | <ul style="list-style-type: none"> Workshop |
| CBR | <ul style="list-style-type: none"> Networking with Government & Non-Government agencies for organizing workshops/Camps |

Mr. Pierre E. Page, President of the Pierre E. Page Foundation accompanied by Mr. Michel Page, Mr. Yves Page and Ms. Marguerite Page visited ASRA on 10th March, 2018. During their visit, they participated in various activities like Diploma Distribution, Cultural Programs by children with disabilities, monthly staff meeting and visit to 'Nangli Dairy' and 'Pappan Kalan' communities. Prizes were distributed to the children who participated in cultural program by the distinguished Guests. Diplomas were awarded to the students of Computer, Tailoring and Beauty Culture courses who have successfully completed their courses. The distinguished Guests addressed the ASRA team on this occasion, which was highly motivating and inspiring for the entire ASRA team.

Dr. Andreas Huenerwadel-President AFS and Mr. Rene Bodmer-Member of AFS Board visited ASRA on 23rd and 24th March, 2018. During the visit, many important events took place such as meeting regarding construction of Special School, fruitful discussions were held on organizational issues such as Recruitment plan, Future plans. The Budget for the year 2018-19 was presented by ASRA India. The visit also covered interaction with the ASRA staff, both at ARTC and in the CBR Program. Significant events such as Diploma Distribution, meeting with the Unit Heads, Monthly salary meeting, and cultural program by children were also held. During the visit to Nangli Dairy slum community, they interacted with children / students of Education and Vocational Training Programs and home visit was made of persons with disabilities / beneficiaries.

Dr. Martin Ungerer-Founder Vice President AFS & Ms. Hiedi Ungerer-Supporter and well wisher of ASRA visited ASRA from 25th to 31st March, 2018. During their visit, they participated in various activities like Diploma Distribution, Cultural Programs by children with disabilities, meeting with the staff of ASRA both at ARTC and in CBR and visit to 'Nangli Dairy' and 'Pappan Kalan' communities. During the visit to Pappan Kalan slum community, they interacted with children / students of Education and Vocational Training Programs and home visit was made of persons with disabilities. Prizes were distributed to the children who participated in cultural program by the distinguished Guests. Diplomas were awarded to the students of Computer, Tailoring and Beauty Culture courses who have successfully completed their courses. The distinguished Guests addressed the ASRA team on this occasion, which was highly motivating and inspiring for the entire ASRA team.



ARTC staff with Honorable Delegates



Dr. Andreas Huenerwadel-President AFS, Mr. Rene Bodmer-Board Member of AFS with Children of Education Centre during culture program



Dr. Martin Ungerer-Founder Vice President AFS & Ms. Hiedi Ungerer-Supporter awarding Diploma to the students at ASRA HQ

Success Stories

Tailoring, ARTC

I am Divya. I am 23 years old. We are five members in my family. I belong to a lower middle class family. My father's income is not sufficient, due to which my family faces a lot of problems. My father and mother motivated and supported me to fulfil my dreams. I got to know about ASRA from my neighbour. They told me that ASRA provides so many vocational courses in reasonable fee compare to other institutes. After that, I went to ASRA and got admitted to stitching and fashion designing course. I have learnt a lot of things from these courses. My teachers also help me and support me every time during and after my course. After learning Fashion Designing course from ASRA, I started practicing at my home for sometimes. After that I got to know about my abilities and also I got appointed as a teacher of Fashion Designing in ASRA because staff at ASRA recognized and believed in my abilities. This job of teacher has helped me a lot in my life and has also made me independent, so that I can help my family and support them financially. I never thought that, I could achieve this good in my life. But ASRA made it possible and made my life successful and wonderful. Thank you so much ASRA.



—Ms. Divya Gaur



Mayank-a hearing impaired beneficiary of ASRA

CBR-Sponsorship

I am Rekha. I live in Dwarka sector-16 community along with 5 members. My son's name is Mayank. He is 10 years old and having Speech and Hearing impairment. My husband has a small petty shop and we are financially weak. We came in contact with ASRA some time back through Ms. Rizwana Haider (Rehab worker). It provided us with economic assistance (Sponsorship) and got Mayank enrolled in Brahmsakti Special School. It has been three years that Mayank has been studying in this school. Along with the academics, he also participates in extra-curricular activities. He received various accolades for participating in various games and sports. Today all the achievements of Mayank are to be credited to ASRA. We are ecstatic as disability of our son has not impeded his growth and development massively. We hope that he grows and achieves heights in the future.

—Mrs. Rekha, Mother of Mayank

Competitions during the quarter under report:-

- Competitions during the quarter under report:-

| S.No. | Event | Date | Venue/Community | Participants | Organised by |
|-------|-------------------------------|---------------------------------|-----------------|--------------|------------------------------------|
| 1. | Quiz Competition | 25 th January, 2018 | ARTC HQ | 32 | Unit Heads of Vocational Trainings |
| 2. | Graphic Designing Competition | 26 th February, 2018 | ARTC HQ | 04 | |
| 3. | Mehandi (Heena) Competition | 19 th March, 2018 | Pappan Kalan | 08 | |

Upcoming Holidays of ASRA

14th April, 2018 : Ambedkar Jayanti
 30th April, 2018 : Budh Purnima
 16th June, 2018 : Id-Ul-Fitra

ADMINISTRATION

New Recruitments during the quarter: 03

| S.No. | Name | Appointed as | Date of Recruitment |
|-------|--------------------|----------------------------------|--------------------------------|
| 1 | Ms. Sonia | Computer Teacher, Dwarka Sec-16 | 1 st January, 2018 |
| 2 | Ms. Divya | Fashion Designing Teacher | 1 st January, 2018 |
| 3 | Ms. Reetu | Computer Teacher, ARTC | 1 st February, 2018 |
| 4 | Ms. Pooja | Education Teacher, CBR | 1 st February, 2018 |
| 5 | Ms. Nagina Khatoon | Education Teacher, CBR | 1 st February, 2018 |
| 6 | Ms. Ankur | Training & Placement Coordinator | 1 st February, 2018 |
| 7 | Ms. Mamta | Asst. Coordinator, CBR | 3 rd March, 2018 |

No. of staff given increment (as per Rules) in salary, during the quarter: 16

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. Saumya | Master in Social Work, Delhi School of Social Work, Delhi University | 8 th August, 2017 to 24 th April, 2018 |
| 2 | Mr. Chetan | | |
| 3 | Ms. Khushbu Sharma | Bachelor in Social Work, Aditi College, Delhi University | 26 th July, 2017 to 20 th April, 2018 |
| 4 | Ms. Shivani | | |
| 5 | Ms. Manocha | | |



Quiz competition by one of the student Social work trainee placed at ASRA namely Mr. Chetan

A 'Round Table Discussion' was held on 17th March, 2018 organised by National Abilympic Association of India/Sarthak Educational Trust regarding upcoming regional Abilympic competition to be held in 2018. It was attended by Ms. Vandna Mishra-Founder & President and Ms. Ankana Patial-OIC (Program).

CELEBRATION OF SPECIAL DAYS

| S. No. | Special Days/Exhibition | Date of celebration | Venue |
|--------|-------------------------|--------------------------------|------------|
| 1. | Lohri | 13 th January, 2018 | ARTC & CBR |
| 2. | Saraswati Pooja | 22 nd January, 2018 | ARTC |
| 3. | Republic Day | 24 th January, 2018 | ARTC & CBR |
| 4. | Holi-Festival of Colors | 31 st March, 2018 | ARTC & CBR |



Celebrating 'Holi' at Education Centre, Pappan Kalan community



Celebrating 'Republic Day' at Education Centre, Nanhe Park (left) and Pappan Kalan (Right) community



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

ARTC

CBR

| S. No. | Topic of Workshop & Department | Date | Target Group | No. of Participants | Resource Person |
|--------|--|---|----------------------------------|---------------------|--|
| 1. | Tricolor Painting- Occupational Therapy Department | 25 th January, 2018 | Children with Disabilities | 8 | Ms. Renuka-Occupational Therapist & Ms. Seema-Multi Rehabilitation Worker ARTC |
| 2. | Art & Craft – Occupational Therapy Department | 31 st January, 2018 | Children with Disabilities | 10 | Ms. Renuka-Occupational Therapist & Ms. Seema-Multi Rehabilitation Worker ARTC |
| 3. | Flower Making- Tailoring Department | 6 th to 9 th February, 2018 | ARTC Staff | 15 | Ms. Karishma, Tailoring Teacher ARTC |
| 4. | Capacity Building in computer Computer Department | 28 th February, 2018 | ARTC Staff | 9 | Mr. Sanjay Singh-Computer Faculty, ARTC |
| 5. | YOGA- Physiotherapy Department | 21 st March, 2018 | Students of Vocational Training | 10 | Ms. Jyoti Sachdeva-Physiotherapist |
| 6. | Office Makeup- Beauty Culture Department | 20 th March, 2018 | ARTC Staff | 14 | Ms. Baljeet Kaur, Beauty Culture Teacher ARTC |
| 7. | Thermo Hub Facial- Beauty Culture Department | 28 th March, 2018 | Students of Vocational Trainings | 15 | Ms. Baljeet Kaur, Beauty Culture Teacher ARTC |
| 9. | Software Update- Computer Department | 27 th March, 2018 | Students of Vocational Trainings | 20 | Mr. Sanjay Singh-Computer Faculty, ARTC |

| S. No. | Workshop & Department | Date | Target Group | No. of participants | Community/ies | Resource Person |
|--------|--|--|---|---------------------|---|---|
| 1. | Flower Making- Tailoring Department | 4 th to 19 th January, 2018 | Students of Vocational Trainings | 60 | Binda Pur, Dwarka sec-16, Pappan Kalan, Haider Pur and Nanhe Park | Ms. Karishma, Tailoring Teacher ARTC |
| 2. | Art & Craft (Paper craft work) | 20 th February, 2018 | Students of Vocational Training & Education Program | 88 | Pappan Kalan, Nanhe Park, Shiv Vihar, Bharat Vihar & Dwarka Sec-1 | Resource Persons from Centre for Culture Research & Training (CCRT) |
| 3. | General Fitness Programme- Physiotherapy Department | 24 th February, 2018 | Students of Vocational Trainings | 27 | Nanhe Park and Dwarka Sec-16 | Ms. Jyoti Sachdeva & Ms. Vidhi Yadav-Physiotherapist ARTC |
| 4. | Flower Making- Tailoring Department | 23 rd & 24 th and 26 th & 27 th February, 2018 | Students of Vocational Trainings | 23 | Shiv Vihar & Pappan Kalan | Ms. Karishma, Tailoring Teacher ARTC |
| 5. | Wearing Saree and Light Makeup-Beauty Culture Department | 17 th March, 2018 | Students of Vocational Trainings | 13 | Pappan Kalan | Ms. Baljeet Kaur, Beauty Culture Teacher ARTC |
| 6. | Hair Spa- Beauty Culture Department | 21 st March, 2018 | Students of Vocational Trainings | 12 | Pappan Kalan | Ms. Baljeet Kaur, Beauty Culture Teacher ARTC |
| 7. | General Fitness Programme- Physiotherapy Department | 21 st & 22 nd March, 2018 | Students of Vocational Training | 50 | Pappan Kalan, Phase-1,2&3 | Ms. Jyoti Sachdeva & Ms. Vidhi Yadav-Physiotherapist ARTC |
| 8. | Update of MS Office- Computer Department | 26 th & 27 th March, 2018 | Students of Vocational Trainings | 24 | Dwarka Sec-16 and Nangli Dairy | Mr. Sanjay Singh & Ms. Ritu-Computer Faculty, ARTC |



Workshop on 'Flower Making' by Tailoring Dept., ARTC



Workshop on 'Thermo Hub Facial' at Beauty Culture Unit, ARTC



Workshop on 'General Fitness' organised by Physiotherapy Department at Dwarka sec-1 (Left) & Pappan Kalan community (Right)



Workshop on 'YOGA' by Physiotherapy Dept., ARTC



Workshop on 'Software Updates' at Computer Dept., ARTC



Workshop on 'Hair Spa' at Pappan Kalan community



Workshop on 'Flower Making' at Nanhe Park 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. | Beauty Culture | 15 th Jan to 19 th Jan-2018 | Pappan Kalan, Nagali Dairy, Indira Camp -2 & Nanhe park communities | 45 | 45 |
| | | 6 th to 12 th January, 2018 | ARTC-HQ | 13 | 10 |
| 2. | Tailoring & Fashion Designing | 29 th January, 2018 | Pappankalan, Nagali Dairy, Bindapur, Shiv Vihar, Haider Pur & Nanhe Park communities | 50 | 47 |
| | | 30 th January, 2018 | Nangli Dairy community | 6 | 6 |
| Total | | | | 114 | 108 |



A scene of students appearing in Examination at Vocational Training Centres in communities

UPDATE ON ONGOING PROGRAMS DURING THE QUARTER UNDER REPORT

- Meetings :** Total **91** 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 **1276** persons with disabilities (PwDs), parents of children, beneficiaries of vocational training etc.
- Referral :** Total **555** persons with disabilities were given counseling and referred to other organizations for availing Government facilities.
- Mobility Aids and Appliances:** Total **22** 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 **148** 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 of ASRA's Education Centre at Nangli Dairy community

| Education Program | | Jan-18 | | | Feb-18 | | | Mar-18 | | |
|----------------------|----------------|--------|-----|-------|--------|-----|-------|--------|-----|-------|
| | | M | F | Total | M | F | Total | M | F | Total |
| Nursery class | Total | 118 | 153 | 271 | 128 | 153 | 281 | 113 | 145 | 258 |
| | New Admissions | 12 | 1 | 13 | 8 | 11 | 19 | 13 | 9 | 22 |
| Non Formal Education | Total | 117 | 109 | 226 | 105 | 117 | 222 | 103 | 110 | 213 |
| | New Admissions | 13 | 13 | 26 | 11 | 9 | 20 | 5 | 14 | 19 |
| Remedial Education | Total | 360 | 451 | 811 | 396 | 464 | 860 | 393 | 454 | 847 |
| | New Admissions | 28 | 28 | 56 | 27 | 37 | 64 | 12 | 28 | 40 |
| Special Education | Total | 15 | 3 | 18 | 15 | 3 | 18 | 12 | 3 | 15 |

- 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, **88 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 | | | | | No. of beneficiaries-CBR | | | | |
|----------------------|---------------------------|--------|--------|-------|------------------|--------------------------|--------|--------|-------|------------------|
| | Jan-18 | Feb-18 | Mar-18 | Total | Patients' visits | Jan-18 | Feb-18 | Mar-18 | Total | Therspist visits |
| Assessment | 14 | 20 | 18 | 52 | 52 | - | - | - | - | - |
| Physiotherapy | 25 | 33 | 35 | 93 | 533 | 229 | 228 | 229 | 686 | 349 |
| Occupational Therapy | 29 | 28 | 28 | 85 | 710 | - | - | - | - | - |
| Speech Therapy | 15 | 14 | 13 | 42 | 146 | 42 | 41 | 41 | 124 | 58 |



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 |
| Jan-18 | 19 | 2 | 4 |
| Feb-18 | 2 | Appliances fabricating during the m/o Feb'18 | |
| Mar-18 | 2 | 19 | 34 |
| Total | 23 | 21 | 38 |



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 | | |
|----------------------|----------------|----------------------|--------|--------|---------------------|--------|--------|
| | | Jan-18 | Feb-18 | Mar-18 | Jan-18 | Feb-18 | Mar-18 |
| Tailoring | Total | 47 | 44 | 44 | 239 | 208 | 197 |
| | New Admissions | 3 | 4 | 5 | 16 | 34 | 20 |
| Beauty Culture | Total | 24 | 16 | 15 | 119 | 104 | 127 |
| | New Admissions | 2 | 2 | 1 | 14 | 16 | 12 |
| Computer Training | Total | 116 | 99 | 104 | 33 | 31 | 36 |
| | New Admissions | 21 | 11 | 23 | 8 | 7 | 11 |
| Mobile Repairing | Total | - | - | - | 30 | 22 | 22 |
| | New Admission | - | - | - | 3 | 2 | 2 |



Tailoring class at ARTC

ASRA's Handicraft Emporium:

| Orders pending up to 31st December-2018 | Orders booked from 1st Jan-2018 to 31st March-2018 | Orders completed from 1st Jan-2018 to 31st March-2018 | Orders pending up to 31st March-18 |
|---|--|---|------------------------------------|
| 53 | 144 | 122 | 53 |

- 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**.