



# Action for Self Reliance and Alternatives (ASRA)

An organisation committed towards empowerment of persons with disabilities

**Workshops / Exhibitions / Events in forthcoming quarter**

## Newsletter

April to June -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

### ACHIEVEMENTS

**Participation in North Zone Regional Abilympic Skill competitions organised by National Abilympic Association of India (NAAI)**

ASRA was invited by National Abilympic Association of India (NAAI) (Sarthak Educational Trust – a Delhi based NGO) to participate in North Zone Regional Abilympic Skill competitions for persons with disabilities held in Delhi on 29<sup>th</sup> & 30<sup>th</sup> June, 2018. Students/staff of ASRA participated in different competitions i.e. English Text Processing, Data Processing and Web Pages. **Mr. Pawan Kumar-Data Entry Operator cum Computer Faculty won Gold Medal in English Text Processing, Mr. Sanjay Kumar Chauhan-Computer Faculty won Silver Medal in Web Page Creation and Ms. Asha-Computer Faculty won Silver Medal in Data Processing.**



ASRA's staff / students at the venue of NAAI Competitions, NOIDA



Winners from ASRA along with other winners and organizers of NAAI



Participants from ASRA during NAAI competition



Winners from ASRA: Mr. Pawan Kumar, Mr. Sanjay Kumar Chauhan & Ms. Asha

July-2018	
Computer	<ul style="list-style-type: none"> <li>Workshop: 'Diagnose of Computer' • Competition: 'Game Designing' • NIOS: Registration &amp; Examination</li> <li>NIELIT: 'O' level Registration &amp; Examination</li> <li>Awareness Session: World Population Day</li> <li>Revision Classes for Internal Examination</li> </ul>
Tailoring & Handicraft Unit	<ul style="list-style-type: none"> <li>Workshop on 'Tie &amp; Dye' at CBR &amp; ARTC• Examinations.</li> </ul>
Beauty Culture	<ul style="list-style-type: none"> <li>Examinations • Awareness session about ASRA's activity</li> </ul>
Physiotherapy	<ul style="list-style-type: none"> <li>Workshop</li> </ul>
Occupational Therapy	<ul style="list-style-type: none"> <li>Workshop</li> </ul>
CBR	<ul style="list-style-type: none"> <li>Networking with Government &amp; Non-Government agencies for organizing workshops/Camps</li> </ul>

August-2018	
Computer	<ul style="list-style-type: none"> <li>Internal Examination • ASRA Anniversary Celebration</li> <li>Independence day Celebration • Community Visit by Students • Placement Registration • Publicity Action-Survey/pamphlet distribution</li> </ul>
Tailoring & Handicraft Unit	<ul style="list-style-type: none"> <li>Workshop on Tie &amp; Dye at ARTC &amp; CBR• Survey, Advertising &amp; Publicity • Placement Registration &amp; Information/Pwd's Meeting • Celebration on Independence Day</li> </ul>
Beauty Culture	<ul style="list-style-type: none"> <li>Raksha Bandhan Special Mehandi in ARTC</li> <li>Independence day celebration • ASRA Birthday celebration at ARTC</li> </ul>
Physiotherapy	<ul style="list-style-type: none"> <li>Workshop</li> </ul>
Occupational Therapy	<ul style="list-style-type: none"> <li>Workshop</li> </ul>
CBR	<ul style="list-style-type: none"> <li>Networking with Government &amp; Non-Government agencies for organizing workshops/Camps</li> </ul>

September-2018	
Computer	<ul style="list-style-type: none"> <li>Competition: 'Website Designing' using HTML</li> <li>Teachers Day Celebration • World Physiotherapy Day</li> <li>Awareness: Hazards of Technology Addiction • Workshop on "Communication through Internet" • Interaction with CBR Coordinator</li> </ul>
Tailoring & Handicraft Unit	<ul style="list-style-type: none"> <li>Workshop: Self-made Decoration Accessories</li> <li>Awareness on Teachers Day • Community Visits</li> </ul>
Beauty Culture	<ul style="list-style-type: none"> <li>Workshop on 'Every Day Makeup' • Teacher Day Celebration • Workshop on Wedding Makeup at ARTC</li> </ul>
Physiotherapy	<ul style="list-style-type: none"> <li>Workshop</li> </ul>
Occupational Therapy	<ul style="list-style-type: none"> <li>Workshop</li> </ul>
CBR	<ul style="list-style-type: none"> <li>Networking with Government &amp; Non-Government agencies for organizing workshops/Camps</li> </ul>

### Upcoming Holidays of ASRA

15 <sup>th</sup> August, 2018	:	Independence Day
26 <sup>th</sup> August, 2018	:	Raksha Bandhan
2 <sup>nd</sup> September, 2018	:	Janamashanti
21 <sup>st</sup> September, 2018	:	Mohharram

### ADMINISTRATION

New Recruitments during the quarter: 02

S.No.	Name	Appointed as	Date of Recruitment
1	Ms. Priyanka	Special Educator	1 <sup>st</sup> June, 2018
2	Ms. Sabhina	Tailor, ARTC	11 <sup>th</sup> June, 2018

No. of staff given increment (as per Rules) in salary, during the quarter: 17

### 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. Harjeet	B.Ed Special Education / Lady Irwin Collage, Delhi University	15 Days in June, 2018
2	Ms. Sampada		
3	Ms. Kajal		
4	Ms. Monika		
5	Ms. Lashika	M.Sc/Lady Irwin Collage, Delhi University	15 Days in June, 2018
6	Ms. Rakhi	BSW/Aditi collage, Delhi University	1 Month i.e. from 22 <sup>nd</sup> May to 22 <sup>nd</sup> June, 2018
7	Ms. Poonam		
8	Ms. C. Chitra	MPH/SCTIMST University	03 Days i.e. from 27 <sup>th</sup> June to 29 <sup>th</sup> June, 2018
9	Ms. Simran Kaur	12 <sup>th</sup> Class	40 hours i.e. May, 18 & June'18

## Success Stories

### CBR-Tailoring

My Name is Deepmala. I am 35 years old and I am Orthopedically Handicapped. I earlier lived in Pappankalan Phase-I but now I live in Rama Park near to Pappankalan. I got to know about ASRA through a survey. I got myself enrolled for the Stitching course at Pappankalan Phase I centre. There I got to know that ASRA was also working for People with disabilities (PwDs). ASRA helps PwDs to avail facilities like Disability Certificate, Railway Concession Certificate, Bus Pass, Pension, E- Card, AFO, KFO. Other than Stitching course, it also offers courses like Beauty Culture, Mobile repairing and Computer Course. I felt elated on learning this and now I spread the



Deepmala at Work

word around. I have successfully completed the stitching course and got an 'A' grade in the exam. This course has benefitted me a lot. Earlier I had to spend a hefty amount to get clothes stitched for me and my family. But now I myself do all the work and stitch clothes. I feel proud about this change in my life. The money that was earlier spent on stitching clothes is now saved for my children. Now people around also got to know about me and they come to get their clothes stitched. From the money I earn, my expenditure is taken care of. ASRA offered such an informative course at a nominal fee. This encourages us to move ahead in life. I sincerely thank ASRA for all the facilities they provided.



– Deepmala

### CBR-Referral



My Name is Ram Bhajan. I live in Pappan Kalan, Phase III. I earlier lived in another State i.e. Uttar Pradesh. I was totally dependent on others. Few months back, I came to Delhi to visit my sister and brother-in-law. During my visit, I got the pleasure of meeting the Education Teacher of ASRA, Ms. Anju Ma'am. She told me about the facilities that I can avail from the Government. She also introduced me to Ms. Rizwana Ma'am-Rehab Worker of ASRA. Rizwana Ma'am took my relevant documents and proofs and applied for my disability certificate. I used to move by dragging my Limbs. Now I have received a Tricycle through a Camp. She also help me get the Pension, Rail Pass, E- Ticket Card, Bus Pass, etc. ASRA helped me to be independent. Now I have opened a shop on my Tricycle itself. I have a good earning. My lifestyle has improved a lot. I am grateful to ASRA organization. Earlier, I used to consider myself as a liability, but now I earn and help my family and village. I wish that the name of organizations like ASRA spreads, so that people like me can be motivated, become independent and live a normal life like other people.

– Ram Bhajan

## CAMPS

'Free distribution of Mobility Aid Camp' was organized by ASRA in collaboration with Amar Jyoti Charitable Trust- a Delhi based NGO at Indira Camp-2 on 15<sup>th</sup> May 2018 and at Shahbad Dairy community on 18<sup>th</sup> May, 2018. Total 81 beneficiaries were registered and 79 beneficiaries received mobility aids during this camp.

### Some glimpses of camp



## CELEBRATION OF SPECIAL DAYS

S. No.	Special Days/Exhibition	Date of celebration	Venue
1.	International Autism Awareness	2 <sup>nd</sup> April, 2018	ARTC
2.	Mother's Day	16 <sup>th</sup> May, 2018	ARTC
3.	World Environment Day	11 <sup>th</sup> June, 2018	CBR
4.	International Yoga Day	21 <sup>st</sup> June, 2018	CBR + ARTC



Children of Education Centre celebrated 'World Environment Day' at Pappan Kalan community (Left) and 'International Yoga Day' at Dwarka sec-16 community (Right)

## 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.	Preparation of Greeting card on -Mother's Day Occupational Therapy Department	16 <sup>th</sup> May, 2018	Children with Disabilities	8	Ms. Renuka-Occupational Therapist & Ms. Seema-Multi Rehabilitation Worker ARTC
2.	Awareness Session-Hazards of Technology Addiction – Computer Department	19 <sup>th</sup> May, 2018	Students of Vocational Trainings	30	Mr. Sanjay Singh-Computer Faculty, ARTC
3.	Paper Plate Decoration – Occupational Therapy Department	26 <sup>th</sup> May, 2018	Children with Special Need	8	Ms. Renuka-Occupational Therapist & Ms. Vidhi-Physiotherapist ARTC
4.	Digital Marketing – Computer Department	26 <sup>th</sup> May, 2018	Students of Vocational Trainings	30	Mr. Sanjay Singh-Computer Faculty, ARTC
5.	Paper Plate Decoration – Occupational Therapy Department	20 <sup>th</sup> June, 2018	Children with Special Need	9	Ms. Renuka-Occupational Therapist & Ms. Seema-Multi Rehabilitation Worker ARTC

### CBR

S. No.	Workshop & Department	Date	Target Group	No. of participants	Community/ies	Resource Person
1.	General Fitness Exercise to check Flexibility-Physiotherapy Department	9 <sup>th</sup> April, 2018	Students of Vocational Training	23	Nanhe Park	Ms. Jyoti Sachdeva-Physiotherapist
2.	Health Hand Wash - Education	13 <sup>th</sup> April, 2018	Children of Education Centre	25	Nanhe Park	Ms. Pooja-Education Teacher
3.	Casual Make -up-Beauty Culture Department	16 <sup>th</sup> April, 2018	Students of Vocational Trainings	7	Pappan Kalan	Ms. Baljeet Kaur, Beauty Culture Teacher ARTC
4.	Paper Bag Folder – Occupational Therapy Department	21 <sup>st</sup> April, 2018	Children of Education Centre	18	Pappan Kalan	Ms. Renuka-Occupational Therapist & Ms. Seema-Multi Rehabilitation Worker ARTC
5.	Paper Bag-Occupational Therapy Department	21 <sup>st</sup> April, 2018	Students of Vocational Training	18	Indira Camp-2	Ms. Renuka-Occupational Therapist
6.	Need of Exercise in Daily Routine-Physiotherapy Department	24 <sup>th</sup> April, 2018	Students of Vocational Training	9	Indira Camp-2	Ms. Vidhi Yadav-Physiotherapist
7.	Paper Plate Decoration-Occupational Therapy Department	26 <sup>th</sup> May & 23 <sup>rd</sup> June, 2018	Children of Education Centre	35	Shiv Vihar & Indira Camp-5	Ms. Renuka-Occupational Therapist & Ms. Seema-Multi Rehabilitation Worker ARTC



Children of Occupational Therapy attending workshop on 'Preparation of Greeting Cards Mother's Day'



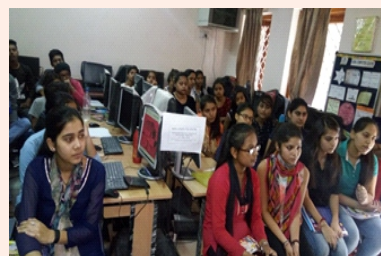
Children of Occupational Therapy attending workshop on 'Paper Plates Decoration'



Children of Education Program attending workshop on 'Paper Plates Decoration' at Shiv Vihar Community



Children of Education Program attending workshop on 'Paper Bag' at Pappan Kalan Community



Students of Computer Centre attending workshop on 'Digital Marketing'



Workshop on 'Need of Exercise in Daily Routine' held at Indira Camp-2 Community



Children of Education Program attending workshop on 'Casual' 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	25 <sup>th</sup> April, 2018	NIOS Examination-Central School, Tagore Garden, Delhi	22	Result awaited
		27 <sup>th</sup> April, 2018			
		7 <sup>th</sup> May, 2018			
2.	Computer	2 <sup>nd</sup> April to 11 <sup>th</sup> April, 2018	Internal Examination-ASRA-HQ	69	44
		27 <sup>th</sup> & 28 <sup>th</sup> April, 2018	Internal Examination-Pappan Kalan & Dwarka sec-16 communities	11	Result awaited
<b>Total</b>				<b>102</b>	<b>44</b>



Theory Exam in Computer at Pappankalan community

## UPDATE ON ONGOING PROGRAMS DURING THE QUARTER UNDER REPORT

- ASRA's Handicraft Emporium:**

Orders pending up to 31 <sup>st</sup> March-2018	Orders booked from 1 <sup>st</sup> April-2018 to 30 <sup>th</sup> June-2018	Orders completed from 1 <sup>st</sup> April-2018 to 30 <sup>th</sup> June-2018	Orders pending up to 30 <sup>th</sup> June-18
53	152	150	55

- 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. **Two beneficiaries received Seed Loan during the quarter under report. The total number of beneficiaries under Seed Loan program is 118.**

- **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 **1076** persons with disabilities (PwDs), parents of children, beneficiaries of vocational training etc.
- **Referral :** Total **891** persons with disabilities were given counseling and referred to other organizations for availing Government facilities.
- **Mobility Aids and Appliances:** Total **94** 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 **161** 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 education class at Pappan Kalan community

Education Programme		Apr-18			May-18			Jun-18		
		M	F	Total	M	F	Total	M	F	Total
Nursery class	<b>Total</b>	156	145	<b>301</b>	151	148	<b>299</b>	61	65	<b>126</b>
	<b>New Admissions</b>	15	14	<b>29</b>	18	23	<b>41</b>	5	6	<b>11</b>
Non Formal Education	<b>Total</b>	120	134	<b>254</b>	108	110	<b>218</b>	59	33	<b>92</b>
	<b>New Admissions</b>	13	15	<b>28</b>	9	8	<b>17</b>	8	3	<b>11</b>
Remedial Education	<b>Total</b>	392	476	<b>868</b>	414	497	<b>911</b>	171	239	<b>410</b>
	<b>New Admissions</b>	20	44	<b>64</b>	45	41	<b>86</b>	21	28	<b>49</b>
Special Education	<b>Total</b>	13	2	<b>15</b>	13	2	<b>15</b>	12	3	<b>15</b>

- **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, **85 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				
	Apr-18	May-18	Jun-18	Total	Patients' visits	Apr-18	May-18	Jun-18	Total	Therspist visits
<b>Assessment</b>	24	22	18	<b>64</b>	64	-	-	-	-	-
<b>Physiotherapy</b>	35	33	35	<b>103</b>	720	229	227	230	<b>686</b>	385
<b>Occupational Therapy</b>	30	33	33	<b>96</b>	805	-	-	-	-	-
<b>Speech Therapy</b>	16	12	10	<b>38</b>	139	43	40	40	<b>123</b>	52

**Prosthetic & Orthotic Department**

Patients	No. of new Measurements taken	Aids and Appliances given	
		No. of Patients	No. of Aids/ appliances
<b>Apr-18</b>	14	39	39
<b>May-18</b>	17	Fabricating work on being progress.	
<b>Jun-18</b>	14		
<b>Total</b>	<b>45</b>	<b>39</b>	<b>39</b>



Patient getting therapy in Physiotherapy Unit, ASRA Head quarter ARTC



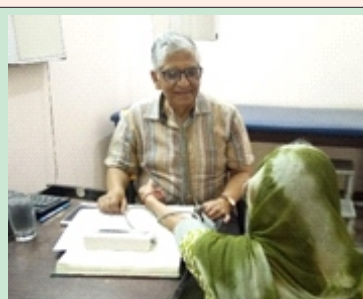
A CwD patient in OT Department getting therapy of holding strength

- **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		
		Apr-18	May-18	Jun-18	Apr-18	May-18	Jun-18
Tailoring	<b>Total</b>	45	46	42	209	236	249
	<b>New Admissions</b>	9	4	3	45	43	37
Beauty Culture	<b>Total</b>	20	22	22	155	140	140
	<b>New Admissions</b>	7	6	6	29	30	23
Computer Training	<b>Total</b>	146	152	161	46	50	48
	<b>New Admissions</b>	59	23	28	17	13	5
Mobile Repairing	<b>Total</b>	-	-	-	30	35	31
	<b>New Admission</b>	-	-	-	8	7	2



Students attending practical class at ARTC



It is with great sadness that we share the news of the passing of our beloved colleague Dr. O.P. Rustagi, HOD Medical Unit ASRA India on 2nd June, 2018. He will be deeply missed and no words can express our true sadness at losing such a wonderful person and valued colleague. Our heartfelt sympathies go to his family.