

ASRA India wishes a very very
Happy Diwali



Rangoli made by
Students of ASRA



Action for Self Reliance and Alternatives

'An organisation committed towards empowerment of
persons with disabilities'



NEWSLETTER
July-2018 to September-2018

VISITORS

Mr. Christof Iseli and Ms. Martina Hauri- Supporters and Donators from Switzerland visited ASRA on 14th July, 2018. During the visit, they participated in various activities like interaction with the Unit Heads and other staff members and visit to 'Pappan Kalan' community. During the visit to Pappan Kalan community, they interacted with children/students of Education and Vocational Training Programs and they also took a round of ASRA Special School construction work. The distinguished Guests addressed the ASRA team, which was highly motivating and inspiring for the entire ASRA team.



Honorable Guests from Switzerland at Handicraft Emporium in ASRA-HQ (Left) and at CBR Project Office, Pappan Kalan community with Children of Education Centre during culture program (Right)

WORKSHOPS & RECREATION ACTIVITIES

1. Following are the workshops organized by different departments of ASRA during the quarter under report:-

S. No	Topic of Workshop & Department	Date	Target Group	No. of Participants	Venue	Resource Person
1.	Tie & Dye – Tailoring & Handicraft Unit	28 th to 30 th July, 2018	Students of Vocational Trainings	8	ASRA-HQ	Ms. Tripti, Fashion Designing Teacher
2.	Food and Nutrition	20 th , 21 st & 24 th Aug.2018	Students of Vocational Training	30	Nanhe Park community	Mr. O.P Saini, Officer In charge- Food Nutrition Board, Ministry of Women & Child Development
3.	USHA Jeneme Creative Workshop- Tailoring Department	20 th , 24 th & 27 th Aug'2018	Students of Vocational Trainings	36	Nagali Dairy, Bindapur & Indira Camp-2 communities	Two representatives from USHA Company
4.	Food and Nutrition	1 st Sept'18	Students of Vocational Training	100	Shiv Vihar community	Mr. O.P Saini, Officer In charge- Food Nutrition Board, Ministry of Women & Child Development
5.	Wedding Make-up- Beauty Culture Department	27 th & 28 th September'18	Students of Vocational Trainings	30	ASRA-HQ & Indira Camp-2 community	Ms. Baljeet Kaur, Beauty Culture Teacher ARTC



Students from Tailoring Unit attending workshop on **'Tie & Dye'** at ASRA HQ



Students from Beauty Culture Unit attending workshop on **'Wedding Make-up'** at ASRA HQ



'World Food Nutrition Day' was celebrated at Shiv Vihar Community



Workshops on **'Wedding Make-up'** (left) and **'Usha Creative Sewing Machine'** (right) held at India Camp-2 Community

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

S. No.	Unit	Date	Venue	No. of students	
				Appeared	Cleared
1.	Beauty Culture	24th to 27th July, 2018	In 5 Beauty Culture Centres at ASRA's adopted communities	44	40
2.	Tailoring	30th July, 2018	In 5 Tailoring Centres at ASRA's adopted communities	27	26
		23rd July to 28th July, 2018	Internal Examination-ASRA-HQ	5	3
3.	Computer	1st to 10th August, 2018	Internal Examination-ASRA-HQ	72	Result awaited
		27th August, 2018	Internal Examination-Dwarka & Pappan Kalan communities	17	17
Total				157	86



Students appearing in Computer Examination –viva at Pappan Kalan (Left) and Theory Exam in Computer (Right) at ASRA-HQ

3. Festivals and Special days which were celebrated by ASRA during the quarter under report:-

S. No.	Special Days/Exhibition	Date of celebration	Venue
1.	World Population Day	11th July, 2018	CBR + ASRA HQ
2.	Independence Day	14th August, 2018	CBR + ASRA HQ
3.	Raksha Bandhan	25th August, 2018	CBR + ASRA HQ
4.	Janamashtami	3rd September, 2018	CBR + ASRA HQ
5.	Teachers' Day	5th September, 2018	CBR + ASRA HQ



Children of Education Centre celebrated 'World Population Day' at Nanhe Park community (Left) and 'Independence Day' at Indira Camp-2 community (Right)

Success Stories



My name is Raveena. I am 19 year old and I live in Pappan Kalan community. I belongs to a poor family. I am orthopedically handicapped with my one legs affected with polio. I faced many problems in my life. Initially, I didn't know about ASRA but one day I got to know about the centre and the course. I met ASRA's team and computer teacher. I got myself enrolled. Before coming to ASRA, I was totally unaware about the Computer Applications, but now I know a lot. I learned Basic Computer Course & Tally (Financial Application). This has benefitted me a lot. After learn this I feel self-confidence. I also worked as a substitute during the absence of my Teacher. I feel proud in telling others that I completed my course from ASRA and I got a job in a private company as a computer operator at the salary of Rs.9000/-. Now I am self-dependent and earning for my family. It brings happiness to my life & home also. I really a lot thanks ASRA. — **Raveena**

My Name is Chandrakala. I live in Pappankalan. I have done a Beauty culture course from ASRA. Initially, I didn't know about ASRA but one day I got to know about the centre and the course. I got myself enrolled. I did the course from January 2013 to June 2013. The training was meticulous. There was a lot to learn every day and I felt happy to learn. I got an A+ grade which increased my happiness and boosted my confidence. Before coming to ASRA, I was totally unaware about the parlour training but now I know a lot. I also got to know that ASRA works for Persons with disabilities. It felt good to know that I was a part of an organization which works for the society. After completing this course, I myself felt satisfied. Now, I have started working and applying my knowledge at home. I am growing more confident day by day. I even want to open my own parlour but my family circumstances are not allowing me. I feel the urge to grow and move ahead to do more in life. Because of ASRA today I am at this level. Family, neighbours and other people who get to know about me, come and get their required work done. They even like my job a lot. I sincerely thank ASRA for all this. — **Chandrakala**



**Success Stories are narrated in Hindi by the beneficiaries and translated in English.*

Internship of Students at ASRA

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

S.No.	Name	Course/University	Duration
1.	Ms. Anais Bellalouna	Master of Arts/University of St.Gallen	26 th June to 31 st July, 2018
2.	Mr. Chander Prakash	Master of Social Work/Delhi School of Social Work, Delhi University	August 2018 -2019
3.	Mr. Sachin		
4.	Ms. Sangeeta	Master of Social Work /Indira Gandhi National Open University	23rd July 20th September, 2018
5.	Ms. Mamta		
6.	Ms. Shivani Tomar	Bachelor of Social Work / Indira Gandhi National Open University	8th August to 6th September, 2018



Ms. Anais Bellalouna during her internship at Pappan Kalan community

Workshops / Exhibitions / Events in forthcoming quarter

October-2018		November-2018	
Computer	<ul style="list-style-type: none"> Workshop on the topic: 'Career with Computers' NIELIT: 'CCC' & 'O' level Exam form Process NIOS: 622 & 613 Govt. level Examination Competition: Financial Expert using Tally Workshop on the topic 'Fitness' by Medical Unit Diwali celebration: Rangoli competition at PPK 	Computer	<ul style="list-style-type: none"> Competition: Rangoli Designing Revision Classes for Internal Examinations Debate: Value of Free Education on world Literacy Day Workshop on the topic- Ms-Office for staff members Interaction of ARTC students with nearby education centre on Children's Day Workshop on the topic "Personality Development"
Tailoring & Handicraft Unit	<ul style="list-style-type: none"> Course Training & Execute Customer's Orders Revision Classes and Internal Assessment Examinations of NIOS Courses Workshop – Self-made Decoration Accessories Result & Diplomas distribution 	Tailoring & Handicraft Unit	<ul style="list-style-type: none"> Course Training & Execute Customer's Orders Community Visits of ARTC Students on Children's Day NIOS Examinations Exhibition of Handicraft Items on Diwali Result & Diplomas distribution Celebration on Children's Day & Diwali.
Beauty Culture	<ul style="list-style-type: none"> Mehandi Stall on the occasion of 'Karwa Chauth' Revision Classes for NIOS Course Diploma Distribution Workshop on Dry Skin tips & Make-up in PPK 	Beauty Culture	<ul style="list-style-type: none"> Workshop on Hair Spa in Nanhe Park Community Examination of NIOS Course Rangoli Competition & Diwali Celebration
Physiotherapy	<ul style="list-style-type: none"> Workshop 	Physiotherapy	<ul style="list-style-type: none"> Workshop
Occupational Therapy	<ul style="list-style-type: none"> Workshop 	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 	CBR	<ul style="list-style-type: none"> Networking with Government & Non-Government agencies for organizing workshops/Camps
December-2018		Upcoming Holidays of ASRA	
Computer	<ul style="list-style-type: none"> NIELIT: 'CCC' Exam form Process Internal Examinations Interaction with Medical Unit on International Day for person with disability Christmas Day celebration with OT Unit patients NIELIT: 'O' level Revision Classes for Jan 2018 session Examination New Year Celebration Interaction with CBR Medical Unit/ A play by students in CBR Interaction of CBR students with nearby education centre on Christmas Celebration 	2 nd October, 2018 : Gandhi Jayanti 19 th October, 2018 : Dashehra 7 th November, 2018 : Deepawali 8 th November, 2018 : Vishwakarma Day 9 th November, 2018 : Bhai Duj 21 st November, 2018 : Id-E-Milad 23 rd November, 2018 : Guru Nanak 25 th December, 2018 : Christmas Day	
Tailoring & Handicraft Unit	<ul style="list-style-type: none"> Course Training Workshop–Knitting on Nail Board Rally on World's Disability Day on 3rd & New Year Celebration 		
Beauty Culture	<ul style="list-style-type: none"> Competition on world disability da Christmas day celebration New Year celebration 		
Physiotherapy	<ul style="list-style-type: none"> Workshop 		
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 		

UPDATE ON ONGOING PROGRAMS

COMMUNITY BASED REHABILITATION (CBR)

Meetings in slum Communities

Periodic meetings were held in all the **65** communities adopted by ASRA by the ASRA CBR Team 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 persons with disabilities, parents of children, beneficiaries of vocational training etc. Details of the meetings held during the quarter are as follows:



PwDs survey held in ASRA's adopted community

Community Meetings				
Month	No. of meetings	No. of persons who attended meeting	Male	Female
July-2018	27	363	28	335
Aug-2018	26	333	18	315
September-2018	28	388	24	364
Total	81	1084	70	1014

Services delivered:

a. Counseling and Referrals: 740

Month	No. of persons given Counseling and referred to other organizations			Referrals made to other organizations through networking
	Total	Male	Female	
July-2018	287	168	119	Referred to: D.D.U Hospital, B.R Ambedkar Hospital, Guru Gobind Singh Hospital, Member of Legislative Assembly for Pension , Sub Divisional Magistrate Office for ID Card, Jafferpur Hospital, Institute of Human Behavior of Allied Sciences for beneficiaries with mental retardation, Social Welfare Department, Mobility Aid Camps, National Institute for Hearing Handicapped, National Institute for Mentally Handicapped
Aug-2018	246	137	109	
September-2018	207	125	82	
Total	740	430	310	

b. Concessions and Benefits: 239

	Received Benefits												IQ Assessment		Total	
	Disability Certificate		Rail Pass		E-card		PwDs I-Card from Sub Divisional Magistrate		Bus Pass		Disability Pension		A	D	A	D
No. of beneficiaries	A	D	A	D	A	D	A	D	A	D	A	D	A	D	A	D
	92	34	23	99	36	32	26	11	6	23	50	36	0	4	233	239

A-Applied, D-Delivered



ASRA's beneficiaries receiving concession & benefits certificates from Government Institutions

c. Mobility Aids for Persons with Disabilities

During the quarter under report, **Thirty Three** beneficiaries received Mobility Aids through **Prosthetic and Orthotic Workshop at ARTC** and ASRA's networking with other organizations. Details of appliances received by the beneficiaries are as follows:

No. of beneficiaries	Tricycle	Crutches	Hearing Aid	Special Kit	Ankle / Knee Foot Orthosis	Special Shoes	Artificial Limb	Total
	11	1	1	8	8	3	1	33



Mobility Aids & Appliances from KIWANI-a Delhi based NGO

ASRA's beneficiaries received Special Kit FRO National Institute of Mentally Handicapped, Noida Sec-40

d. CBR: Education Program

ASRA is running **Nursery Classes** for children between the age group of 3 to 6 years, **Non-Formal Education (NFE)** for out-of-school children who have left their education for unavoidable reasons. These children are **mainstreamed** in formal schools by ASRA. **Remedial education (REC)** is provided to school going children to prevent them to dropout from school. **ASRA is also running Special Education** classes for children with special needs-intellectually challenged children.

The details of children who are studying in ASRA Education Centre during the quarter are as follows:



Children attending education class at Indira Camp-2 community

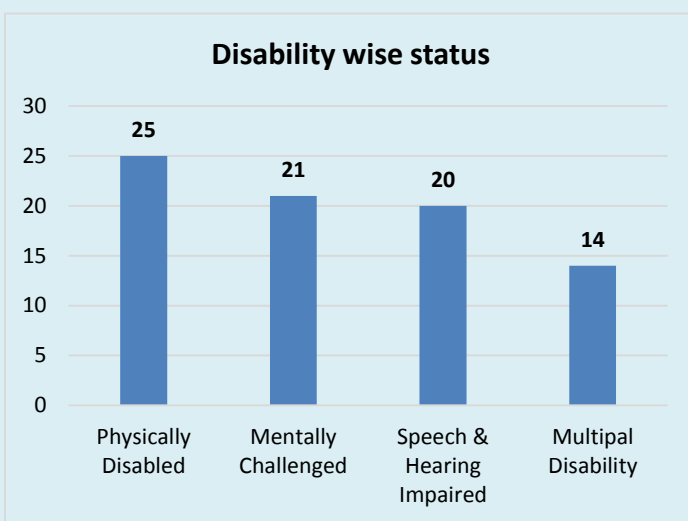
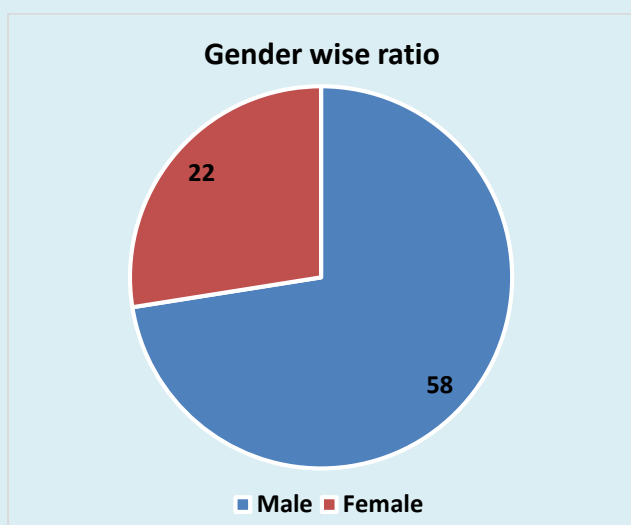
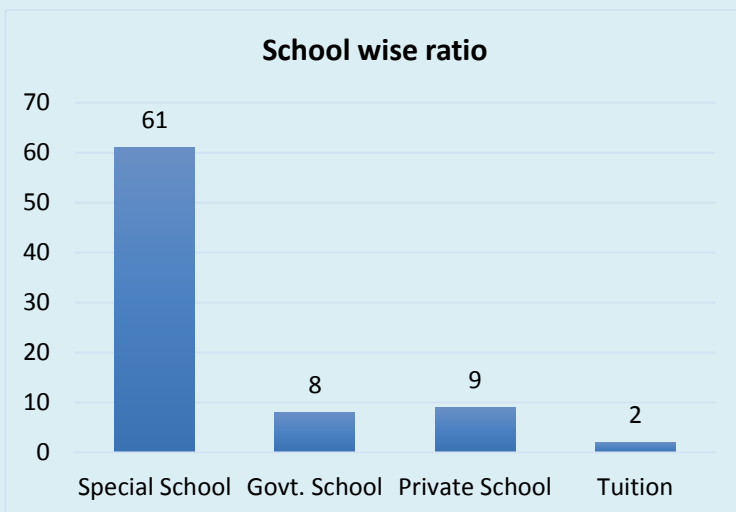
Education Programme		July-2018			August-2018			September-2018		
		M	F	Total	M	F	Total	M	F	Total
Nursery class	Total	144	138	282	142	134	276	137	126	263
	New Admissions	18	16	34	34	14	48	16	15	31
Non Formal Education	Total	119	95	214	106	114	220	111	104	215
	New Admissions	15	14	29	8	17	25	14	17	31
Remedial Education	Total	416	505	921	422	503	925	415	443	858
	New Admissions	47	47	94	45	49	94	29	32	61
Special Education	Total	13	4	17	15	3	18	14	3	17



Children attending Education activity class at Pappan Kalan (Left) and Dwarka Sec-1 community (Right)

e. CBR: 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. The target children are selected from ASRA’s adopted slum communities. Survey and counseling of parents is regularly done. This is an ongoing successful project running since August 2010.



Total **207** Children with Disabilities (CwDs) have been **sponsored** under this program till date. They also received physiotherapy, Occupational Therapy, special education, non-formal education, remedial education etc.

During the Quarter under report, **80 children with disabilities** were provided with Sponsorship covering their tuition fee, uniform, stationery, transport charges, paramedical services etc. on monthly basis.



CwDs going to a Special School under Sponsorship Program

f. CBR: Vocational Training:

Vocational Training / Skill Development in Tailoring, Beauty Culture, Computer courses and Mobile Repairing Training programs are being run in adopted slum communities. The training has empowered girls/women and young boys to earn their livelihood. Those who have completed their training, are now able to supplement their family income by taking jobs and order work from their community members.



Students attending Mobile Repairing Class at Shiv Vihar community

The details of beneficiaries are as follows:-

Vocational Training:		No. of Students		
		July-2018	Aug-2018	Sep-2018
Tailoring	Total	240	212	208
	New Admissions	33	31	23
Beauty Culture	Total	132	159	143
	New Admissions	27	31	13
Computer Training	Total	48	38	29
	New Admissions	09	05	07
Mobile Repairing	Total	33	20	21
	New Admission	03	07	01



Students attending Tailoring Class at Binda Pur community



Students attending Tailoring Class at Indira Camp-2 community

MEDICAL INTERVENTION & THERAPEUTIC SERVICES AT ARTC AND CBR

- 1. Assessment Clinic:** A person with disability always requires more care and attention so that he/she will be able to cope up with his or her condition. The Medical Unit of ASRA is headed by a highly qualified professional Doctor who assesses all the patients and refers them to concerned departments for therapies, counselling, workshop etc. for interventions and services.

Month	No. of patients		Total
	Male	Female	
July-2018	9	14	23
August-2018	7	9	16
September-2018	8	9	17
Total	24	32	56

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

Six Field Physiotherapists visit CBR project area as per their area allocation to deliver physiotherapy services at the door steps of the PwDs. Besides there are two full time Physiotherapists at ASRA HQ to attend PwDs.



A patient getting physiotherapy at ASRA HQ

Physiotherapy department at Head Quarter

Following are the details of patients who visited Physiotherapy department at ASRA HQ during the quarter:

Month	Old		New		Total	Total No. of Patients' visits
	Male	Female	Male	Female		
July-2018	3	10	8	10	31	253
August-2018	6	5	5	8	24	149
September-2018	8	7	6	8	29	188

Physiotherapy in Slum Communities under CBR

Following is the number of patients who are receiving Physiotherapy under CBR program:

Month	Male	Female	Total
July-2018	128	108	236
August-2018	126	103	229
September-2018	127	104	231

3. **Occupational Therapy:** Two Full Time highly qualified Occupational Therapists and one Multi Rehabilitation Therapist are based at ASRA-HQ to provide occupational therapeutic intervention, training and assistance in the performance of activities of daily living and modification of environment to PwDs of all ages to help them to lead independent, productive and satisfactory life.



A CwD getting occupational therapy

Occupational Therapy department at ASRA Head Quarter

Following is the number of patients who visited Occupational Therapy department during the quarter at ASRA:

Month	Old		New		Total	Total no. of Patients visit
	Male	Female	Male	Female		
July-2018	21	8	1	2	32	169
August-2018	22	8	2	1	33	158
September-2018	22	8	1	1	32	133

4. **Speech Therapy:** Speech therapy interventions are made to patients suffering from Cerebral Palsy, Aphasia, and Autism etc. Speech Therapists visit CBR Project areas and ASRA HQ for interventions to the persons with speech and hearing impairment.



A session of Speech Therapy at ASRA-HQ

Following is the number of patients who visited Speech Therapy department during the quarter at ASRA HQ:

Month	Old		New		Total	Total no. of Patients visit
	Male	Female	Male	Female		
July-2018	6	4	0	2	12	30
August-2018	6	4	0	0	10	23
September-2018	5	2	1	0	8	19

Speech Therapy in Slum Communities under CBR program



Speech Therapy at CBR Project Office, Pappan Kalan

Speech therapy is being provided in Pappan Kalan, Dwarka sector-16, Nangli Dairy Jwala Puri and Shiv Vihar communities. Total 41 patients received interventions as given in the following table:

Month	Patients		Total patients
	Male	Female	
July-2018	26	14	41
August-2018	27	14	41
September-2018	27	14	41

5. Prosthetic & Orthotic Unit: Prosthetic and Orthotic workshop is providing rehabilitation by manufacturing and providing fitment services for the persons with disabilities at ASRA HQ. Rehabilitation of Patients under CBR Project area are also covered by this unit.

Month	No. of new Measurements taken	Counseling of beneficiaries	Aids/appliances being fabricated
July-2018	01	43	-
August-2018	04	37	-
September-2018	-	35	08
Total	05	115	08

VOCATIONAL TRAININGS AT ASRA HQ ARTC

COMPUTER TRAINING AT ASRA HQ ARTC RECOGNISED BY NIOS AND NIELIT, GOVERNMENT OF INDIA

Status of Students during the quarter under report:

New Admissions during the quarter: **53**

Month	Students with Disabilities	Non-Disabled Students	Total students
July-2018	11	103	114
August-2018	10	86	96
September-2018	10	84	94



Students attending practical class at ARTC

TAILORING/HANDICRAFT TRAINING AT ARTC RECOGNISED BY NIOS, GOVERNMENT OF INDIA

The details of students who have undergone training in Tailoring/ Handicraft unit during the quarter under report are as follows:

Status of Students during the quarter under report:

New Admissions during the quarter: 21

Month	Total number of students
July-2018	45
August-2018	39
September-2018	35



Tailoring class at ARTC

ASRA HANDICRAFT EMPORIUM

'ASRA Handicraft Emporium' has become functional since April 2010. The Emporium is taking orders of stitching / alteration work and repairing of clothes etc. The details of orders booked / completed during the quarter are given below:

Orders pending up to 30 th June-2018	Orders booked from 1 st July-2018 to 30 th Sep-2018	Orders completed from 1 st July-2018 to 30 th Sep-2018	Orders pending up to 30 th Sep-18
55	259	231	28



ASRA Handicraft Emporium- work in progress

BEAUTY CULTURE COURSE AT ARTC RECOGNISED BY NIOS, GOVERNMENT OF INDIA

Beauty Culture Unit of ASRA is providing professional training and is conducting diploma course in Beauty culture recognized by NIOS, Government of India. The professionally qualified teachers teach the students about the whole process and techniques of Beauty Culture and other related subject areas. After qualifying in this course, the beneficiaries can work as professional and earn money towards their self-reliance.

Status of Students during the quarter under report:

New Admissions during the quarter: 19

Month	No. of students
July-2018	20
August-2018	21
September-2018	26



Students attending Beauty Culture practical class at ARTC

SEED LOAN



Seed Loan beneficiary Mr. Bhagwati, Pappan Kalan community

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 119.**

ADMINISTRATION DEPARTMENT

New Recruitments during the quarter: 06

S.No.	Name	Appointed as	Date of Recruitment
1.	Mrs. Rekha Devi	Beauty Culture Teacher, CBR	1 st July, 2018
2.	Ms. Jyoti Jadaun	Computer Centre In-charge, ARTC	1 st August, 2018
3.	Ms. Tripti	Fashion Designing Teacher, ARTC	1 st August, 2018
4.	Ms. Seema	Social Worker, CBR	1 st August, 2018
5.	Ms. Ranjeeta Kaushik	Tailoring Teacher, CBR	1 st September, 2018
6.	Ms. Nishi	Rehabilitation Worker, CBR	1 st September, 2018

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

Obituary

One of the supporters of ASRA India by the name of Mr. Markus Hummel lost his life at the hands of terrorists during his Cycling tour from China to Kyrgyzstan. The purpose of his cycling tour was fundraising for ASRA India. ASRA India is deeply grieved about this tragedy.

ASRA India will forever remember him with utmost respect and gratitude, his ultimate sacrifice for the cause of serving persons with disabilities living in the slums of Delhi and marginalized segments. ASRA India will forever be indebted to him and his family.

May his soul rest in peace and ASRA India will do its best to keep his spirit alive.

With gratitude from

The Board of Trustees
Advisory Board Members
Staff, Beneficiaries and the entire ASRA family

*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.*

Gratitude for your trust in our abilities.

