



Action for Self Reliance and Alternatives (ASRA)

An organisation committed towards empowerment of persons with disabilities

Workshops / Exhibitions / Events in forthcoming quarter

Newsletter

July to September -2018

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

October-2018	
Computer	<ul style="list-style-type: none"> Workshop on the topic: 'Career with Computers' Competition: Financial Expert using Tally Workshop on the topic 'Fitness' by Medical Unit Diwali celebration: Rangoli competition at PPK
Tailoring & Handicraft Unit	<ul style="list-style-type: none"> Workshop – Self-made Decoration Accessories Result & Diplomas distribution
Beauty Culture	<ul style="list-style-type: none"> Mehandi Stall on the occasion of 'Karwa Chauth' Diploma Distribution • Workshop on Dry Skin tips & Make-up in PPK
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

November-2018	
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 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"> Workshop on Hair Spa in Nanhe Park Community Examination of NIOS Course Rangoli Competition & Diwali 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

December-2018	
Computer	<ul style="list-style-type: none"> Internal Examinations • Interaction with Medical Unit on International Day for persons with disability Christmas Day celebration with OT Unit patients 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
Tailoring & Handicraft Unit	<ul style="list-style-type: none"> 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 day • 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



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

Upcoming Holidays of ASRA

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

ADMINISTRATION

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

VISITOR

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)

Success Stories

CBR-Tailoring



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

CBR-Coputer

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.

CELEBRATION OF SPECIAL DAYS



Children of Education Centre celebrated 'World Population Day' at Nanhe Park community

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.	Janamashanti	3rd September, 2018	CBR + ASRA HQ
5.	Teachers' Day	5th September, 2018	CBR + ASRA HQ

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	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

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. 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

UPDATE ON ONGOING PROGRAMS DURING THE QUARTER UNDER REPORT

- ASRA's Handicraft Emporium:**

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

- 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 **81** 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 **1084** persons with disabilities (PwDs), parents of children, beneficiaries of vocational training etc.

- **Referral** : Total **740** persons with disabilities were given counseling and referred to other organizations for availing Government facilities.
- **Mobility Aids and Appliances**: Total **33** 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 **233** 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		Jul-18			Aug-18			Sep-18		
		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

- **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, **80 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				
	Jul-18	Aug-18	Sep-18	Total	Patients' visits	Jul-18	Aug-18	Sep-18	Total	Therspist visits
Assessment	23	16	17	56	56	-	-	-	-	-
Physiotherapy	31	24	29	84	590	236	229	231	696	373
Occupational Therapy	32	33	32	97	460	-	-	-	-	-
Speech Therapy	12	10	8	30	72	41	41	41	123	58

- **Prosthetic & Orthotic Department**

Patients	No. of new Measurements taken	Counseling of beneficiaries	No. of Aids/ appliances
Jul-18	1	43	-
Aug-18	4	47	-
Sep-18	-	35	8
Total	5	115	8



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		
		Jul-18	Aug-18	Sep-18	Jul-18	Aug-18	Sep-18
Tailoring	Total	45	39	35	240	212	208
	New Admissions	11	2	18	33	31	23
Beauty Culture	Total	20	21	26	132	159	143
	New Admissions	5	7	7	27	31	13
Computer Training	Total	114	96	94	48	38	29
	New Admissions	20	19	14	9	5	7
Mobile Repairing	Total	-	-	-	33	20	21
	New Admission	-	-	-	3	7	1



Students attending practical class at ARTC

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