



# Action for Self Reliance and Alternatives (ASRA)

An organisation committed towards empowerment of persons with disabilities

## Newsletter

October to December -2018

### NEW INITIATIVES

#### INAUGURATION OF ASRA INTERVENTION, RECREATION & THERAPY CENTRE (AIRTC) ON 12th OCTOBER 2018

The new building of ASRA INTERVENTION, RECREATION & THERAPY CENTRE (AIRTC) for children with intellectual disabilities and developmental delays was inaugurated by **Dr. Kamlesh Kumar Pandey- Chief Commissioner for Persons with Disabilities, Chairperson-Rehabilitation Council of India, Chairperson-National Trust, Government of India** and Guest of Honour His Excellency **Ambassador of Switzerland to India- Dr. Andreas Baum** in the presence of Co-Founder AFS-Mr. Heinz Haab, President AFS- Dr. Andreas Huenerwadel, Members of AFS Board- Ms. Susanne Talaat and Ms. Barbara Bidderman, Founder & Managing Trustee of ASRA-Ms. Vandna Mishra, Senior Trustee of ASRA-Dr. Man Mohan Kaur, Former Dean Kurukshetra University-Prof. Sushma Sharma. Swiss delegates Ms. Christine Haab, Ms. Sabina Huenerwadel, Mr. Tim Talaat, Ms. Heidi Ungerer, Ms. Amira, Mr. Ariel Ludi, Ms. Eliane Ludi and Ms. Rose Marie Bucher were also present during the occasion.



The new building of AIRTC



Dr. Kamlesh Kumar Pandey- Chief Commissioner for Persons with Disabilities, Chairperson-Rehabilitation Council of India, Chairperson-National Trust, Government of India and Guest of Honour His Excellency Swiss Ambassador to India Dr. Andreas Baum Inaugurated the AIRTC building



Program was formally inaugurated by **lighting the lamp** by Chief Guest, Guest of Honour and other Honorable dignitaries. **Welcoming the gathering, Founder & Managing Trustee of ASRA, Ms. Vandna Mishra** said that “the new Centre which begins today will offer comprehensive services to children with intellectual disabilities and developmental delays from our slum communities & marginalized colonies. The focus will be on overall development of children depending on their needs and potential”.



Guest of Honour His Excellency Swiss Ambassador to India Mr. Andreas Baum lighting the lamp



Lamp Lighting by the Chief Guest

On this auspicious occasion ASRA released 'Souvenir 2018' by the Chief Guest, Guest of Honour and other dignitaries present on the dais. The students of Skill Development Program were awarded diplomas.



Dr. Andreas Hunerwadel-President, ARA Foundation Switzerland lighting the lamp



ASRA's Souvenir 2018 being released by the Chief Guest and the Guest of Honour

## Hawan Puja at AIRTC on 13th October 2018



ASRA Intervention, Recreation and Therapy Centre (AIRTC) formally started on 3rd December 2018 on the occasion of International Day for Persons with Disabilities. Classes were started on 10th December 2018 with 10 children with Special Needs from adopted slum communities and surrounding areas.



Children attending class at AIRTC

### VISITORS

**Mr. Marco Kauffmann Bossart-** Journalist from Switzerland visited ASRA on 10th October, 2018. During the visit to Pappankalan slum community, he interviewed some staff members and beneficiaries of ASRA. He also visited education centres and skill development training centres and made a home visit to one of the computer teacher.



Mr. Marco Kauffmann Bossart interacting with ASRA's beneficiaries and staff members at ASRA CBR Project Office

### NEWLY OPENED EDUCATION CENTRE

One new Education Centre has been opened in ASRA's adopted slum community, 'Golden Park' during the quarter under report.



Newly opened Education Centre in Golden Park slum community

ASRA participated in Christmas Mela organized by Embassy of Switzerland, New Delhi on 2nd December, 2018. ASRA displayed its handicraft items such as Flower Pot, Jewelry, Santa Caps and other materials made in the workshop by ASRA students/staff.



### NEW INITIATIVES

Updation of Required & Delivered (R&D) status of PwDs/CwDs is under progress in ASRA's adopted slum communities along with identification of new persons with disabilities (PwDs) and awareness of ASRA's CBR programs.



ASRA CBR Team conducting survey in ASRA's adopted communities

### Computer Centre HQ

### Success Stories



**Sajid**

*I am Sajid. I am 22 years old. I am 75% physically disabled with lower limbs along with shivering hands. It was difficult for me to do my daily tasks comfortably in the beginning. But with my family support & motivation, I started doing all my task comfortably. Due to building of school/hostels which were not barrier free, I have to leave my studies after 7th class & unable to continue my studies. I decided to join computer training. Many institutes refused to enroll my admission. At that time, I felt bad & hopeless. Then my neighbour Sonu told me about ASRA. I came at ASRA & I found barrier free environment. I felt happy and enrolled myself in ASRA Computer Course, which is 1 year Advance Diploma in Computer Application courses and completed my course from there. During my training period, I have also participated in competitions/workshops. I overcome my reserve nature and gain confidence in myself. Now I am working as a Data Entry Operator in MLA Office. Now, I feel proud that I am a part of ASRA. My life is now become beautiful & worth living. Through ASRA, I got a beautiful and healthy spirit to live in with better career opportunity. I would like to thanks ASRA with the bottom of my heart. I am very happy now & thankful a lot to ASRA for such motivation & support for the peoples like me. — Sajid*



### CBR-Mobile Repairing

*My name is Dilshad. I am 23 years old. I belong to a poor family which resides in a village, in Uttar Pradesh state. After completion of class 10th, I was not able to continue my studies. Due to poor condition of my family, I came to Delhi in search of job. But I was not skilled in any work that could help me to be selected for a job. Then, somebody told me about ASRA (NGO). I visited ASRA Mobile Repairing Centre running in Shiv Vihar community and told about myself and motive of coming to Delhi. I got opportunity to learn mobile repairing course. Mr. Shakti Sir briefed me about the course. I used to go to the class on time and completed 6 months course. Learning this course made it easier to get opportunity to work in any workshop of Mobile Repairing. Now I am able to start my own business of Mobile Repairing in my village area. Now I am self-dependent and earning for my family. I am also preparing to continue my study so that it can help me to grow up in future. I also request those young boys like me who found themselves helpless, should visit ASRA once so that they can have right path as I got and chance to make dream come true. — Dilshad*



**Dilshad**



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

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

Sl. No.	Name	Course/University	Duration
1	Ms. Mamta	Master of Social Work /Indira Gandhi National Open University	45 Days
2	Ms. Sangeeta		
3	Mr. Sachin Sethi		
4	Mr. Chandar Prakash		
5	Ms. Jyoti	Bachelor of Social Work /Indira Gandhi National Open University	45 Days
6	Ms. Shivani Tomar		30 Days
7	Ms. Madhu		45 Days
8	Ms. Preeti	Bachelor in Special Education/Lady Irwin College	07 Days
9	Ms. Sunita		
11	Ms. Archana		
12	Ms. Meenu		

**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	
			Practical	Theory	Appeared	Cleared
1	Beauty Culture	22 <sup>nd</sup> Nov'18 & 30 <sup>th</sup> Nov'18	ARTC HQ	Central School, Tagore Garden	10	17
2	Tailoring & Fashion Designing	16 <sup>th</sup> & 19 <sup>th</sup> Nov'2018			4	
3	Computer	22 <sup>nd</sup> Nov'18 & 26 <sup>th</sup> Nov'18			6	
		Internal Exam – 1 <sup>st</sup> to 10 <sup>th</sup> December, 2018			30	Result awaited
<b>Total</b>					<b>53</b>	



Students appearing in Examination at ASRA HQ

**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	Venue	Resource Person
1	Diya Making – Occupational Therapy Department	3 <sup>rd</sup> Nov'2018	Patients of OT	6	Occupational Therapy Room	Ms. Renuka-Occupational Therapist & Ms. Seema-Multi Rehabilitation Worker
2	Career with Computer - Computer Department	17 <sup>th</sup> Nov'2018	Students of Vocational Trainings	25	Computer Practical Room	Mr. Sanjay Singh-Computer Faculty
3	USHA Jeneme Creative Workshop-Tailoring Department	27 <sup>th</sup> Nov'2018	Students of Vocational Trainings	19	Tailoring Room	Two representatives from USHA Company
4	Capacity Building Program- Computer Department	29 <sup>th</sup> Nov'2018	Students of Vocational Trainings	12	Computer Theory Room	Mr. Sanjay Singh-Computer Faculty

**CBR**

S. No.	Workshop & Department	Date	Target Group	No. of participants	Community/ies	Resource Person
1	Food and Nutrition on the occasion of 'World Iodine Deficiency Prevention Day'	20 <sup>th</sup> Oct'2018	People of communities /PwDs / Students	154	Bindapur	Mr. O.P Saini, Officer In charge- Food Nutrition Board, Ministry of Women & Child Development, GOI
2	Personality Development Computer Department	22 <sup>nd</sup> , 26 <sup>th</sup> and 27 <sup>th</sup> Oct'2018	Students of Vocational Trainings	14	Pappan Kalan, Dwarka Sec-16 & Nangli Dairy	Mr. Mariyam-Computer Faculty, ASRA HQ
3	Dry Skin Care & Make-up - Beauty Culture Department	31 <sup>st</sup> Oct'2018	Students of Vocational Trainings	10	Pappan Kalan	Ms. Baljeet Kaur- Beauty Culture Teacher ASRA HQ
4	Flower Making- Occupational Therapy Department	12 <sup>th</sup> Nov'2018	Students of Vocational Training	21	Nangli Dairy	Ms. Renuka-Occupational Therapist, ASRA HQ
5	Let's Check Your Flexibility- Physiotherapy Department	13 <sup>th</sup> Nov'2018	Children of Education Centre	15	Nanhe Park and Dwarka Sec-16	Ms. Jyoti Sachdeva-Physiotherapist, ASRA HQ
6	Paper Bag Folder -Occupational Therapy Department	15 <sup>th</sup> Nov'2018	Children of Education Centre	15	Raghuvir Nagar	Ms. Renuka-Occupational Therapist & Ms. Seema-Multi Rehabilitation Worker, ASRA HQ
7	General Fitness Programme- Physiotherapy Department	16 <sup>th</sup> Nov'2018	Students of Vocational Trainings	8	Indira Camp-2	Ms. Vidhi Yadav-Physiotherapist, ASRA HQ
8	Dress Decoration- Tailoring Department	15 <sup>th</sup> , 19 <sup>th</sup> , 20 <sup>th</sup> and 28 <sup>th</sup> Nov'18	Students of Vocational Training	54	Dwarka Sec-16, Pappan Kalan, Nanhe Park & Binda Pur	Ms. Tripti-Fashion Designing Teacher, ASRA HQ
9	USHA Jeneme Creative Workshop-Tailoring Department	28 <sup>th</sup> Nov'2018	Students of Vocational Trainings	36	Nanhe Park & Dwarka sec-16	Two representatives from USHA Company



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



USHA Jeneme Creative (sewing machine) Workshop held at ASRA HQ



Workshop on Career with Computer at ASRA HQ



Workshop on Capacity Building Program at ASRA HQ



Workshop on Dry Skin Care & Make-Up held at Pappan Kalan slum community



Workshop on Dress Decoration at Nanhe Park slum community

A 5th Empower National Conference on Disability was held on 15th November, 2018 at AICTE, Vasant Vihar organised by National Abilympic Association of India/Sarthak Educational Trust. The conference was specially to empower Persons with Disabilities. It was attended by Ms. Vandna Mishra-Founder, President and Ms. Ankana Patial-OIC (Programs) and Mr. Pawan Kumar-DEO & Computer Faculty.

- **Meetings** : Total **69** 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 **1053** persons with disabilities (PwDs), parents of children, beneficiaries of vocational training etc.
- **Referral** : Total **585** persons with disabilities were given counseling and referred to other organizations for availing Government facilities.
- **Mobility Aids and Appliances**: Total **23** 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 **112** 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 Nangli Dairy community

Education Programme		Oct-18			Nov-18			Dec-18		
		M	F	Total	M	F	Total	M	F	Total
Nursery class	Total	156	145	301	151	148	299	61	65	126
	New Admissions	108	152	260	136	151	287	13	159	172
Non Formal Education	Total	9	19	28	17	17	34	9	15	24
	New Admissions	106	96	202	127	132	259	171	135	306
Remedial Education	Total	12	6	18	13	13	26	41	32	73
	New Admissions	381	434	815	385	438	823	373	448	821
Special Education	Total	27	35	62	18	26	44	25	30	55

- **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, **73 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				
	Oct-18	Nov-18	Dec-18	Total	Patients' visits	Oct-18	Nov-18	Dec-18	Total	Therapist visits
Assessment	18	18	10	46	46	-	-	-	-	-
Physiotherapy	28	28	22	78	609	232	229	227	688	353
Occupational Therapy	31	30	30	91	441	-	-	-	-	-
Speech Therapy	6	10	7	23	48	55	51	51	157	62

**Prosthetic & Orthotic Department**

Pending Orders (Upto 31st Sep'18)	Order Booked (measurement) (In Oct'18 to Dec'18)	Order Completed (fabricated) (In Oct'18 to Dec'18)	Order Cancelled (In Oct'18 to Dec'18)	Order Pending (upto 31st Dec'18)
70	34	52	13	39



Speech Therapy at ASRA-HQ



A CwD getting Occupational Therapy

- **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-18	Nov-18	Dec-18	Oct-18	Nov-18	Dec-18
Tailoring	Total	37	34	36	201	196	200
	New Admissions	2	4	5	14	22	30
Beauty Culture	Total	26	25	22	135	122	133
	New Admissions	2	4	3	21	6	24
Computer Training	Total	90	103	107	27	20	18
	New Admissions	23	21	13	1	2	4
Mobile Repairing	Total	-	-	-	24	24	20
	New Admission	-	-	-	1	4	2



Students attending practical class at ARTC

**ASRA's Handicraft Emporium:**

Orders pending up to 30th Sep, 2018	Orders booked from 1 <sup>st</sup> Oct-2018 to 31st Dec-2018	Orders completed from 1st Oct-2018 to 31st Dec-2018	Orders pending up to 31st Dec-18
28	163	177	39

- **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, they either 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 119.**

## FESTIVALS AND SPECIAL DAYS

S. No.	Special Days/Exhibitions	Date of celebration	Venue
1	Mehandi Stall-Karvachauth Festival	26 <sup>th</sup> & 27 <sup>th</sup> October, 2018	ASRA HQ
2	Exhibition for Candles & Handicraft Items	2 <sup>nd</sup> & 3 <sup>rd</sup> November, 2018	ASRA HQ
3	Rangoli Completion	6 <sup>th</sup> November, 2018	ASRA HQ + CBR
4	Diwali Festival	6 <sup>th</sup> November, 2018	ASRA HQ + CBR
5	Children's Day	14 <sup>th</sup> November, 2018	ASRA HQ + CBR
6	Exhibition of Handicraft Items during Christmas Mela	2 <sup>nd</sup> December, 2018	Swiss Embassy, New Delhi
7	International Day for Persons with Disabilities	3 <sup>rd</sup> December, 2018	ASRA HQ + CBR
8	Christmas Celebration	24 <sup>th</sup> December, 2018	ASRA HQ + CBR
9	New Year Celebration	31 <sup>st</sup> December, 2018	ASRA HQ + CBR



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

## ACHIEVEMENTS



A scene of Award Ceremony at Vigyan Bhawan, New Delhi

ASRA was invited by National Abilympics Association of India (NAAI) to participate in National Abilympic Skill competitions for persons with disabilities held in Delhi on 2nd October to 6th October, 2018. ASRA representatives participated in different competitions-Mr. Pawan Kumar & Ms. Asha in English Text Processing, Mr. Sanjay Singh Chauhan in Web Pages. Mr. Pawan Kumar-Data Entry Operator cum Computer Faculty won Silver Medal in English Text Processing.

## WORKSHOPS / EXHIBITIONS / EVENTS IN FORTHCOMING QUARTER

	Jan-19	CŚI	Mar-19
Computer	<ul style="list-style-type: none"> <li>• Competition: 'Quiz Competition' on Republic day</li> <li>• Workshop: Communication Skills &amp; Office Manner</li> <li>• NIELIT:'CCC' &amp; 'O' level Registration</li> <li>• NIOS: 622 &amp; 613 Registration &amp; Examination Form Process</li> <li>• Placement Registration</li> </ul>	<ul style="list-style-type: none"> <li>• Competition: 'Graphic Designing' using DTP</li> <li>• Basant Panchmi Celebration</li> <li>• Certificate Distribution &amp; Interaction with PF &amp; CE and OIC (P) /CBR Co-ordinator</li> <li>• NIELIT: 'CCC' Exam Revision Classes &amp; NIELIT 'CCC'</li> <li>• Workshop for staff by Tailoring Unit on the topic-Flower Making</li> </ul>	<ul style="list-style-type: none"> <li>• Workshop on the topic-' Latest Updates in IT'</li> <li>• Debate: Women Safety/Motivational session on World Women Day</li> <li>• Workshop by Beauty Culture Unit on Office Makeup &amp; Hair Style</li> <li>• Workshop on the topic 'Updates in Ms-Office Software'</li> <li>• Revision Classes for Internal Examination</li> </ul>
Tailoring & Handicraft Unit	<ul style="list-style-type: none"> <li>• Survey, Advertising &amp; Publicity</li> <li>• Workshop- Knitting on Nail Board</li> <li>• Examinations</li> <li>• Celebration on Lohri &amp; Republic Day</li> </ul>	<ul style="list-style-type: none"> <li>• Community Visits</li> <li>• Result &amp; Diploma distribution</li> <li>• Self-made Decoration Accessories (for ARTC Staff)</li> </ul>	<ul style="list-style-type: none"> <li>• Result &amp; Diplomas distribution.</li> <li>• Celebration on Holi</li> </ul>
Beauty Culture	<ul style="list-style-type: none"> <li>• Workshop on 'Every Day Makeup' in ARTC</li> <li>• Workshop on Best Nail Care in Binda Pur</li> </ul>	<ul style="list-style-type: none"> <li>• Result declaration</li> <li>• Workshop on Engagement Make-Up in Nangli Dairy</li> </ul>	<ul style="list-style-type: none"> <li>• Workshop on Hair Styles Tips with ARTC staff</li> <li>• Mehandi Competition in PPK</li> </ul>
Physiotherapy	<ul style="list-style-type: none"> <li>• Workshop</li> </ul>	<ul style="list-style-type: none"> <li>• Workshop</li> </ul>	<ul style="list-style-type: none"> <li>• Workshop</li> </ul>
Occupational Therapy	<ul style="list-style-type: none"> <li>• Workshop</li> </ul>	<ul style="list-style-type: none"> <li>• Workshop</li> </ul>	<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>	<ul style="list-style-type: none"> <li>• Networking with Government &amp; Non-Government agencies for organizing workshops/Camps</li> </ul>	<ul style="list-style-type: none"> <li>• Networking with Government &amp; Non-Government agencies for organizing workshops/Camps</li> </ul>

### ADMINISTRATION DEPARTMENT

**New Recruitments during the quarter: 04**

S.No.	Name	Appointed as	Date of Recruitment
1	Mr. Ajay Kumar	Mobile Repairing Teacher, CBR	01.10.2018
2	Ms. Pooja	Education Teacher, CBR	01.11.2018
3	Ms. Amrita Kumar	Special Educator, AIRTC	10.12.2018
4	Ms. Madhvi Pathak	Special Educator, CBR	10.12.2018

**No. of staff given increment (as per Rules) in salary, during the quarter:22**

### UPCOMING HOLIDAYS OF ASRA

14th January, 2019	:	Makar Sakranti
26th January, 2019	:	Republic Day
4th March, 2019	:	Ambedkar Jayanti
20th March, 2019	:	Holika Dahan
21st March, 2019	:	Holi