



Action for Self Reliance and Alternatives (ASRA)

An organisation committed towards empowerment of persons with disabilities

Newsletter

January to March -2019

VISITORS

Ms. Eva Dietrich, a well-wisher from Switzerland visited ASRA on 4th & 5th January, 2019. She visited Education and Vocational centres in Pappankalan & Nangli Dairy slum communities and interacted with the ASRA staff & beneficiaries, both at ASRA Headquarter and ASRA CBR Program. A cultural program was also organised by ASRA's staff and beneficiaries for her welcome.



ASRA staff with Ms. Eva Dietrich



Ms. Eva Dietrich in discussions with Ms. Vandna Mishra-Founder President ASRA



Education Teacher sharing monitoring documents with Ms. Eva Dietrich during a visit to Education Centre in Pappankalan community



ASRA staff sharing monitoring documents with Dr. Uttam Kumar Ojha—Member of Central Advisory Board, Ministry of Social Justice & Empowerment, Government of India

Dr. Uttam Kumar Ojha, Member of Central Advisory Board, Ministry of Social Justice & Empowerment, Government of India visited ASRA on 12th January, 2019. During the visit, Dr. Uttam Kumar Ojha interacted with the staff members at ASRA Headquarters. He also took a round of ASRA Headquarters/ASRA Intervention, Recreation & Therapy Centre (AIRTC). Fruitful discussions were held with him. ASRA expresses its heartfelt gratitude for his valuable suggestions and inspiring presence.

Mr. Pierre E. Page, President of the Pierre Page Foundation, and Prof. Daniel Oyon visited ASRA on 1st Feb, 2019. During the visit, they participated in various activities like Diploma Distribution, Cultural Programs presented by children with disabilities, monthly staff meeting and visited Nangli Dairy and 'Pappankalan' slum 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 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.



Mr. Pierre E. Page, President of the Pierre E. Page Foundation and Prof. Daniel Oyon with the students who received Diplomas



Home visit of a beneficiary along with CBR Therapist at Nanhe Park slum community (left) and at Education Centre in Kirbi Place slum community (right)

Ms. Cornelia Bianchi, a well-wisher from Switzerland visited ASRA on 22nd March, 2019. She visited ASRA Headquarter and Education & Vocational Centres in Pappankalan slum community and interacted with ASRA staff & beneficiaries. A cultural program was also organised by ASRA's staff and beneficiaries for her welcome.



Ms. Cornelia Bianchi with a student at AIRTC (left) and during home visit of a beneficiary at Pappankalan slum community (Right)

ASRA Intervention, Recreation and Therapy Centre (AIRC) was inaugurated on 12th October 2018 and 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 developmental delays and intellectual disability. 30 children from adopted slum communities and surrounding areas attended AIRC during the quarter under report.

Status of children at AIRC during the quarter under report:

Total CwDs as on 31 st March'2019	GENDER WISE			AREA WISE	
	Male	Female	Total	Community	Non-community
	20	10	30	19	11
DISABILITY WISE NO. OF CHILDREN					
1. Intellectual Disability				14	
2. Intellectual Disability with Associated Condition				01	
3. Cerebral Palsy				03	
4. Cerebral Palsy with Associated Condition				03	
5. Speech and Hearing Impairment				04	
6. Down Syndrome				01	
7. Autism Spectrum Disorder				01	
8. Attention Deficit Hyper Active Disorder				02	
9. Multiple Disabilities				01	
AGE WISE					
PRE-PRIMARY					
5-8 years : 11					
PRIMARY-I					
8-10 years : 10					
PRIMARY-II					
10-13 years : 9					



ASRA cab and a rented vehicle is used for pick and drop of CwDs from slum communities



Prayer Time



Activity class



Class room activity



Refreshment being distributed for children



A CwD having meal at AIRTC



Celebrated Republic Day (left) and Holi at AIRTC (right)

NEW INITIATIVES

During the quarter under report, **Required & Delivered (R&D)** status of Persons with Disabilities (PwDs) was updated in ASRA's adopted slum communities along with identification of new PwDs and awareness of ASRA's CBR programs.



ASRA's Rehabilitation Worker and Asst. CBR Coordinator updating the Required & Delivered status of Persons with Disabilities (PwDs) in adopted slum communities



Newly opened Education Centre in 'Majnu Ka Tila' slum community

One new Education Centre has been opened in ASRA's adopted slum community 'Majnu Ka Tila' during the quarter under report.

Success Stories

CBR-Seed Loan (Micro Credit Scheme)



Bhagwati Kanojia

My name is Bhagwati Kanojia, I am 100% Speech & Hearing Impaired. I am 20 years old and live in Nawada, Uttam Nagar, New Delhi. There are 6 members in my family. My family is financially very weak. I was studying and working as well as running a small shop in the evening after attending school. I was worried because customers returned but there was insufficient material in my shop. One day I met a rehabilitation worker of ASRA and she informed me about activities of ASRA and facilities provided by ASRA for persons with disabilities. I was very happy to hear, because I found a solution to my problems. I told to ASRA staff that I need a small loan for expanding my petty shop. I applied for a seed loan and got approval during a meeting organised by ASRA staff members. Now, my shop is full of material. I also got hearing aid and disability pension with the help of ASRA. I am learning computer from ASRA Computer Centre. I am very happy

and feel confident. My heartfelt thanks to ASRA. – Bhagwati Kanojia

My name is Mohammed Shamim. I have locomotor disability. I am 28 years old and live in Bawana slum community. My father's name is Abdul Kalam. My mother's name is Rupeda Khaton. There are 9 members in my family. Before joining ASRA, I was very upset. I was not aware of any type of government facilities. I wanted to open a grocery shop. One day, I met Ms. Mithilesh ma'am (ASRA Employee) in Bawana slum community. She gave me full information about ASRA's activities. Ms. Mithilesh Ma'am introduced me to all the schemes and programs provided by the Government. ASRA also helped me in getting government facilities such as a disability certificate, bus pass, rail pass and disability pension. I required tricycle for my daily work routine. I approached ASRA for that and I received tricycle within one month. I wanted to open a small shop. I didn't have sufficient money for that. Then I approached ASRA for a seed loan (Micro Credit Scheme). I got material for my shop worth Rs. 5000/- from ASRA. I am very thankful to ASRA for providing me the financial help which has increased my family's income. I am very very thankful to ASRA. — Mohammed Shamim



Mohammed Shamim

*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:-

S.No.	Name	Course/University	Duration
1	Ms. Madhu	Master of Social Work / Indira Gandhi National Open University	45 Days
2	Mr. Sachin Sethi	Master of Social Work / Delhi School of Social Work	Academic year 2018-19
3	Mr. Chander Prakash		

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	Appeared	Cleared
1	Beauty Culture	16 th , 17 th & 19 th January, 2019	Pappankalan, Bindapur, Nanhepark, Bharat Vihar, Dwarka Sec.16 and Indira Camp-II communities	36	36
2	Tailoring & Fashion Designing	4 th February, 2019	Pappankalan, Bindapur, Nanhepark, Nagali Dairy & Indira Camp-2 communities	28	28
3	Computer	11 th & 22 nd January, 2019	Nangli Dairy & Dwarka sec-16 community	8	7
Total				72	71



Students appearing in Examination at Vocational Training Centres under ASRA CBR Project

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	Flag Making – Occupational Therapy Department	25 th January, 2019	Patients of Occupational Therapy	7	Occupational Therapy Room	Ms. Renuka-Occupational Therapist & Ms. Seema-Multi Rehabilitation Worker ASRA HQ
2	Every Day Makeup- Beauty Culture Department	28 th January, 2019	Students of Vocational Trainings	8	Beauty Culture Room	Ms. Baljeet Kaur-Beauty Culture Teacher ASRA HQ
3	Wall Hanging– Occupational Therapy Department	30 th January, 2019	Patients of Occupational Therapy	3	Occupational Therapy Room	Ms. Amrita & Ms. Ruchi – Special Educators AIRTC
4	Basant Panchmi – Occupational Therapy Department	7 th February, 2019	Patients of Occupational Therapy	10	Occupational Therapy Room	Ms. Renuka-Occupational Therapist & Ms. Seema-Multi Rehabilitation Worker ASRA HQ
5	Communication Skills & Office Manners- Computer Department	20 th February, 2019	Students of Vocational Trainings	28	Computer Practical Room	Ms. Ritu-Computer Faculty ASRA HQ
6	Disadvantages of Wearing High Heels- Physiotherapy Department	11 th March, 2019	Students of Vocational Trainings	11	Tailoring Practical Room	Ms. Jyoti Sachdeva-Physiotherapist, ASRA HQ
7	Body Flexibility- Physiotherapy Department	15 th March, 2019	Staff of ASRA HQ	6	Tailoring Practical Room	Ms. Jyoti Sachdeva & Ms. Vidhi Yadav-Physiotherapists, ASRA HQ
8	Good Posture - Physiotherapy Department	25 th March, 2019	Students of Vocational Trainings	13	AIRTC Hall	Ms. Vidhi Yadav-Physiotherapist, ASRA HQ
9	Updates in IT Sector- Computer Department	29 th March, 2019	Students of Vocational Trainings	21	Computer Practical Room	Mr. Sanjay Singh Chauhan-Computer Faculty ASRA HQ
10	Office Hair Style- Beauty Culture Department	29 th March, 2019	Students of Vocational Trainings	6	Beauty Culture Room	Ms. Baljeet Kaur-Beauty Culture Teacher ASRA HQ
11	Yoga and Meditation- Physiotherapy Department	29 th March, 2019	Students of Vocational Trainings	2	AIRTC Hall	Ms. Jyoti Sachdeva-Physiotherapist, ASRA HQ

CBR

S. No.	Workshop & Department	Date	Target Group	No. of participants	Community/ies	Resource Person
1	Nail Art- Beauty Culture Department	21 st January, 2019	Students of Vocational Trainings	9	Binda Pur	Ms. Baljeet Kaur-Beauty Culture Teacher ASRA HQ
2	Maintenance of Motorized Tricycle	23 rd February, 2019	Beneficiaries using Motorized Tricycle	12	ASRA CBR Project Office, Pappan Kalan	Two Resource persons from Artificial Limb Manufacturer Corporation of India (ALIMCO)
3	Engagement Makeup- Beauty Culture Department	25 th February, 2019	Students of Vocational Trainings	9	Nangli Dairy	Ms. Baljeet Kaur-Beauty Culture Teacher ASRA HQ
4	Update of MS Office -Computer Department	18 th March, 2019	Students of Vocational Trainings	4	Pappan Kalan	Mr. Sanjay Singh Chauhan-Computer Faculty, ASRA HQ
5	Mehandi Design (Heena) - Beauty Culture Department	25 th March, 2019	Students of Vocational Trainings	10	Pappan Kalan	Ms. Baljeet Kaur-Beauty Culture Teacher ASRA HQ
6	Regional Cultural Program-Education program	27 th March, 2019	Children of CBR Education Centres	98	Pappan Kalan, Nanhe Park, Dwarka sec-1, Dwarka Sec-16 and Bharat Vihar	Cultural program held at CCRT campus. Resource persons were from CCRT



A CwD during Flag Making workshop at ASRA HQ



Workshop on Every Day Makeup at ASRA HQ



Workshop on Maintenance of Motorized Tricycle organised by ALIMCO held at CBR Project Office Pappan Kalan slum community

- Community Meetings :** Total **37** 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 were attended by **548** persons with disabilities (PwDs), parents of children, beneficiaries of vocational training etc.
- Referral :** Total **854** persons with disabilities were given counseling and referred to other organizations for availing Government facilities.
- Mobility Aids and Appliances:** Total **96** 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 **96** 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 Razapur slum community

		Jan-19			Feb-19			Mar-19		
		M	F	Total	M	F	Total	M	F	Total
Nursery class	Total	127	158	285	140	152	292	146	136	282
	New Admissions	9	14	23	11	11	22	9	16	25
	*Dropout	4	8	12	8	11	19	17	17	34
Non Formal Education	Total	148	131	279	151	145	296	149	119	268
	New Admissions	14	11	25	13	10	23	8	5	13
	*Dropout	6	9	15	8	11	19	15	5	20
Remedial Education	Total	371	415	786	367	427	794	350	388	738
	New Admissions	34	29	63	27	25	52	26	33	59
	*Dropout	9	16	25	23	27	50	23	33	56
Special Education	Total	12	3	15	12	3	15	15	1	16

*Reasons of Drop-out: Shifting of rented house / Migration / Sickness

- 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, **71 children with disabilities** were provided with Sponsorship covering their tuition fee, uniform, stationery, transport charges, paramedical services etc. on monthly basis.
- Medical Intervention & Therapeutic Services at ARTC And CBR**



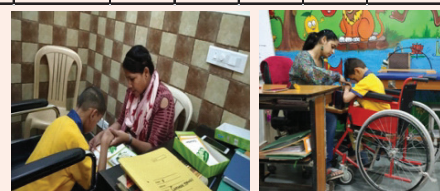
A glimpse of sponsored CwDs winning Awards in games held in their respective school

Medical Intervention	No. of beneficiaries-ASRA HQ										No. of beneficiaries-CBR				
	OPD					AIRTC									
	Jan-19	Feb-19	Mar-19	Total	Total No. of Patients' visits	Jan-19	Feb-19	Mar-19	Total	Total no. of CwDs' visits	Jan-19	Feb-19	Mar-19	Total	Therspist visits
Assessment	25	31	26	82	82	16	3	12	31	31	-	-	-	-	-
Physiotherapy	30	40	42	112	863	2	2	4	8	24	232	230	228	690	360
Occupational Therapy	43	43	47	133	602	13	13	18	44	135	-	-	-	-	-
Speech Therapy	4	5	9	18	29	11	14	19	44	173	45	43	37	125	65

Prosthetic & Orthotic Department

Orders Pending (upto 31st December '18)	Orders Booked (measurements taken) (In Jan'19 to March'19)	Orders Completed (fabricated) (In Jan'19 to March'19)	Orders Pending (upto 31st March'19)
42	42	38	46

Total Appliances delivered to PwDs/CwDs during the under quarter report: 30



Children of AIRTC getting Speech & Occupational Therapy at ASRA 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-19	Feb-19	Mar-19	Jan-19	Feb-19	Mar-19
Tailoring	Total	43	43	39	191	162	159
	New Admissions	7	4	3	23	6	18
Beauty Culture	Total	22	17	17	121	110	109
	New Admissions	3	4	5	14	12	14
Computer Training	Total	96	98	95	19	19	23
	New Admissions	19	17	13	4	3	10
Mobile Repairing	Total	-	-	-	28	28	32
	New Admission	-	-	-	5	7	5



Tailoring Class at ASRA HQ

ASRA's Handicraft Emporium:

Orders pending up to 31st Dec-18	Orders booked from 1st Jan-2019 to 31st March-2019	Orders completed from 1st Jan-2019 to 31st March-2019	Order cancelled from 1st Jan-2019 to 31st March-19	Orders pending up to 31st March-19
47	104	110	1	40

- 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 119.**

ASRA CBR Team participated in two Mobility Aid Camps in which total 61 beneficiaries from adopted slum communities received 74 appliances according to their needs and disabilities. Following are the details of camps:

Date	No. of ASRA's beneficiaries	Aids & Appliances	Venue of the camp	Organised by
15 th March, 2019	53	Wheelchairs :- 17	Grandhi Mallikarjuna Rao (GMR) Group, Dwarka Sec.08, New Delhi	GMR organisation at its office in Dwarka, New Delhi
		Tricycles :- 14		
		Walkers :-17		
		Crutches :-07		
		Sticks :-10		
Total :- 65				
30 th March, 2019	9	Wheelchairs :- 07	Community Hall, Narang Colony, Janak Puri	Family of Disabled –an NGO in Janak Puri, New Delhi on 30 th March, 2019.
		Tricycles :- 02		
		Total :- 09		



Beneficiaries of ASRA receiving mobility aids during a camp

FESTIVALS AND SPECIAL DAYS

S. No.	Special Days/Exhibition	Date of celebration	Venue
1	Lohri	13 th January, 2019	ASRA HQ & CBR Centres
2	Republic Day	24 th January, 2019	ASRA HQ & CBR Centres
3	Holi-Festival of Colors	19 th March, 2019	ASRA HQ & CBR Centres



Celebrating **Holi** at Education Centre, Nanqli Dairy slum community

WORKSHOPS / EXHIBITIONS / EVENTS IN FORTHCOMING QUARTER

	Apr-19	May-19	Jun-19
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 Publicity Action-Survey/pamphlet distribution 	<ul style="list-style-type: none"> Workshop: 'Digital Marketing & Software Updates' NIOS: 622 & 613 Govt. level Examination Celebration of Sports Day Interaction with CBR Coordinator Workshop for Staff by Medical Unit on Fitness NIELIT 'CCC' Revision Classes Interaction with CBR Coordinator/ Rehab worker Workshop on "Smart PC" 	<ul style="list-style-type: none"> Workshop on Yoga (Yoga Day) by Medical Unit Competition: 'Video Mixing' using Adobe Premiere NIELIT: Revision Classes for 'O' level Govt. exams NIELIT: 'CCC' Examination form Process Result & Date Sheet declaration Competition on Poster making on World Environment Day Placement Registration Interaction with Medical Team (Physiotherapist/Speech Therapist)
Tailoring & Handicraft Unit	<ul style="list-style-type: none"> Survey, Advertising & Publicity. Sewing Machines Service. Revision Classes and Internal Assessment Examinations of NIOS Courses. Placement Registration & Information/Pwd's Meeting Yearly Documentation Revision Classes 	<ul style="list-style-type: none"> NIOS Examinations. Celebration on ASRA's Sports Day 	<ul style="list-style-type: none"> Placement Registration & Information. Workshop on Wall Hangings Interaction of students with CBR Co-coordinator about ASRA primary activities. Revision Classes and Internal Assessment Examinations of NIOS Courses.
Beauty Culture	<ul style="list-style-type: none"> Workshop on Summer Make-up & Hair Style in IC-2 Makeup competition in Pappan Klan Yearly Documentation 	<ul style="list-style-type: none"> Placement Information Examination of NIOS Course Workshop on Skin Treatment at Pappan Kalan 	<ul style="list-style-type: none"> Workshop on Hair Treatment at Pappan Kalan Revision Classes Workshop on Thermo hub Treatment at ARTC
Physiotherapy	<ul style="list-style-type: none"> Workshop Yearly Documentation 	<ul style="list-style-type: none"> Workshop 	<ul style="list-style-type: none"> Workshop
Occupational Therapy	<ul style="list-style-type: none"> Workshop Yearly Documentation 	<ul style="list-style-type: none"> Workshop 	<ul style="list-style-type: none"> Workshop
CBR	<ul style="list-style-type: none"> Networking with Government & Non-Government agencies for organizing workshops/Camps Yearly Documentation 	<ul style="list-style-type: none"> Networking with Government & Non-Government agencies for organizing workshops/Camps 	<ul style="list-style-type: none"> Networking with Government & Non-Government agencies for organizing workshops/Camps Community adoption Workshop for Education Teachers

ADMINISTRATION DEPARTMENT

New Recruitments during the quarter: 06

S.No.	Name	Appointed as	Date of Recruitment
1	Ms. Neha	Beauty Culture Teacher, CBR	01.01.2019
2	Ms. Khairu	Education Teacher, CBR	01.02.2019
3	Ms. Anju	Education Teacher, CBR	01.02.2019
4	Ms. Seema Rani	Beauty Culture Teacher, CBR	01.02.2019
5	Ms. Jamna	Education Teacher, CBR	01.02.2019
6	Ms. Ruchi	Special Educator, AIRTC	01.03.2019

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

UPCOMING HOLIDAYS OF ASRA

Upcoming Holidays of ASRA	
13 th April, 2019	: Makar Sakranti
14 th April, 2019	: Ambedkar Jayanti
17 th April, 2019	: Mahavir Jayanti
19 th April, 2019	: Good Friday
18 th May, 2019	: Buddha Purnima
5 th June, 2019	: Id-UI-Fitra