



Action for Self Reliance and Alternatives (ASRA)

Uttam Nagar, New Delhi

A Delhi based voluntary organization dedicated to empower persons with disabilities living in slums and marginalized segment of society.

NEWSLETTER

April to June -2019

VISITORS

Mr. René Bodmer, Member of AFS Board along with his daughter Ms. Chiara Bodmer visited ASRA from 22nd April to 24th April, 2019. They visited 'Pappan Kalan', 'Nanhe Park', 'Kirbi Place' and 'Dwarka Sec-16' slum communities. They interacted with the ASRA staff & beneficiaries, both at ASRA Headquarter and ASRA CBR Program. A cultural program was also organised by ASRA's beneficiaries for their welcome. Prizes were distributed to the children who participated in cultural program by the distinguished guests. Mr. René Bodmer, Member of AFS Board along with Architect and Contractor reviewed the status of Construction of AIRTC / ARTC building.

Ms. Chiara Bodmer took Interviews of nine staff members of ASRA during the visit. Mr. Rene Bodmer, Member of AFS Board addressed the ASRA team on the occasion of monthly meeting, which was highly motivating and inspiring for the entire ASRA team.



Honorable Delegates with staff of ASRA at ARTC



Mr. Rene Bodmer-Board Member of AFS along with ASRA CBR Team during a visit to ASRA CBR Project Office



Home visit of ASRA's beneficiary (CwD) in Pappankalan community



Honorable Delegates with the children who participated in cultural program at ASRA CBR Project Office



Ms. Chiara Bodmer taking interview of Ms. Anjali, ASRA's Receptionist at ARTC

- **ASRA Intervention, Recreation and Therapy Centre (AIRTC)** for children with Intellectual Disabilities and Development delayed was inaugurated on 12th October 2018 and formally started on 3rd December 2018 on the occasion of International Day for Persons with Disabilities. During the quarter under report 30 children with special needs attended classes at AIRTC.

AIRTC was remain closed from 20th May to 7th July 2019 on the occasion of Summer Vacation. During this period, AIRTC continued to extend **104 Individual Sessions** of Special Education to the other 12 children with special needs.



Pick and drop of CwDs from slum communities in ASRA's Vehicle



Prayer Time



Class room activity



Activity class



Refreshment for children



Physiotherapy session



Individual session

- **Visit of Mr. Raja Bhowmick from 'Tata Consultancy Service (TCS)', Mumbai on Friday, 6th June 2019**
He took a round of the organisation where he was shown different ongoing programs. Presentation on ASRA's activities was shown to him followed by fruitful discussions.



Mr. Raja Bhowmick from 'Tata Consultancy Service' '(TCS)'

GLIMPSES OF SOME OF THE WORKSHOPS HELD AT ASRA HEAD QUARTER & IN CBR CENTRES



CwDs during workshop on 'How to make Pen Stand' at ASRA HQ



Workshop on 'Scenery Making' at ASRA HQ



Workshop on 'Food without Fire' held at Nanhe Park slum community



Yoga session with children of Education Program during 'The International Day of Yoga'



'Mother's Day Celebration' held on 28th May, 2019 at ASRA HQ



Workshop on 'Paper Dolls Making' held at Pappan Kalan slum community

COMMUNITY BASED REHABILITATION (CBR)

Promoting and Enhancing Advocacy and Awareness level about Rehabilitation Services for Persons with Disabilities living in Delhi slums and Resettlement Colonies through Community Meetings, Counselling Sessions, Workshops and Rallies.

(with the support from Embassy of Switzerland through AFS initiated w.e.f 20th May, 2019 till 31st October, 2019)

I. New Initiative : Adoption of new slum community under the classification of urban village

ASRA has adopted one new slum community under the classification of urban village namely 'Mohammadpur' in South Delhi location during the quarter under report in which 38 new PwDs were identified.



Survey in 'Mohammadpur' slum community

II. Meetings for creating Awareness regarding Benefits and Concessions of Government Schemes and Services provided by ASRA for Persons with Disabilities

were organized in ASRA's adopted slum communities by ASRA CBR Team and discussed issues such as importance of early detection of disabilities, medical intervention and advantages of therapeutic services, educational rehabilitation, vocational rehabilitation and self-reliance of the poor and needy persons with disabilities.

a. Nine community meetings were held in adopted slum communities during the quarter under report which were attended by 394 people including 261 persons with disabilities.



Community meeting held at Razapur, Bakkarwalan and Bindapur slum communities



b. Two 'Disability Awareness Rallies' were held in adopted slum communities during the quarter under report.



c. Individual and Group counselling sessions for 132 persons with disabilities and their family members were also organized in eight adopted slum communities.



Update of Required & Delivered (R&D) status along with procedural guidance about Welfare Schemes for PwDs

d. Referral Services: 957 Persons with disabilities (PwDs) were referred to different concerned agencies / departments to avail the Government Schemes and benefits. ASRA CBR Team provided information and procedural guidance about the Welfare Schemes to persons with disabilities and accompanied them to concerned authority as per their needs.

e. Mobility Aids and Appliances: Total 18 PwDs/CwDs received mobility aids and appliances according to their needs such as Tricycle, Crutches, KFO/AFO, Hand Splint, Caliper, Special Shoes, Artificial Limb.



Children receiving Ankle Foot Orthosis



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

f. Concessions Certificates : Total 219 PwDs/CwDs received benefit and concession certificates according to their needs such as Disability Certificate, Disability Pension, SDM Card, Bus Pass, Rail Pass etc.

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 of the Student	Course / University	Duration
1.	Ms. Monika Rani	Master of Social Work / Indira Gandhi National Open University	45 Days
2.	Ms. Meenakshi	Master of Social Work / Indira Gandhi National Open University	45 Days
3.	Ms. Ikshita Tandon	B. Design (Interiors)/United World Institute of Design, Ahmedabad Gujarat	10 Days
4.	Ms. Andrea Hochstrasser	Masters/ Zurich University	12 th April to 26 th April 2019

- Education:** ASRA is running Inclusive Education Centres in its adopted slum communities. As on 30th June, 2019, 1175 children are provided Nursery Education, Non-Formal Education and Remedial Education. 159 out of school children are mainstreamed in formal schools by ASRA during the quarter. 127 children with disabilities attended classes at Education Centres during the quarter under report. ASRA is also running Special Education classes in which 14 children with special needs are attending. Total 59 Parents Teacher Meetings held during the quarter under report which was attended by 827 parents / guardians. A new Education Centre has been opened in ASRA's adopted slum community 'Bakkarwala' during the quarter under report.



Education Class

- Vocational Training :** ASRA is running Inclusive Vocational Training / Skill Development Centres in adopted slum communities and ASRA Head Quarter.



Tailoring Class



Mobile Repairing Class



Computer Class



Beauty Culture Class

- Medical Intervention & Therapeutic Services at ASRA HQ and adopted slum communities**



Physiotherapy in slum community



Occupational Therapy at ASRA HQ



Speech Therapy at ASRA HQ



Before

After

Ankle Foot Orthosis from POE Workshop

- Sponsorship Program :** This program is exclusively for children with disabilities. 72 Children with Disabilities were provided with Sponsorship covering their tuition fee, uniform, stationery, transport charges, paramedical services etc. on a monthly basis.
- Seed Loan :** This loan is given exclusively to the disabled beneficiaries of ASRA who are needy and want to be self-reliant. The total number of beneficiaries under Seed Loan program is 121.
- Handicraft Emporium :** 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 31 st March-19	Orders booked from 1 st April-2019 to 30 th June-2019	Orders completed from 1 st April-2019 to 30 th June-2019	Orders pending up to 30 th June-19
40	107	122	25



A Seed Loan beneficiary namely, Mr. Raju from Sahbad Dairy slum community

SUCCESS STORIES



Akash

My name is Akash and I am 13 years old living in Nanhe Park slum community. I am suffering from orthopedic disability. I am studying in 7th Class. We are 6 members in my family. My family is financially weak. My father is a labour and mother is a housewife. Due to financial constraints, my family could not afford my education. ASRA has helped me financially in my studies. Earlier, only my disability certificate was made. My family and I did not know its importance. One day I met one of the ASRA employee namely Pooja Madam (Education Teacher). She told my mother about the services provided by ASRA. Then my mother gave all my documents to Pooja Madam for availing the benefits of the services. Now I have Rail Pass, Buss Pass, SDM card, E-ticket. I also get monthly disability pension. I am also getting sponsorship since 2014. I also get study material from time to time which helps me a lot. While earlier the family had to think a lot for such expenses, I could not get any help at that time. I had to wait for my father's salary to come and in that also, the first priority is to pay rent of house. Now, there is no hindrance in my studies, I attend formal school regularly and go to the ASRA Education Center for extra classes. My heartfelt thanks to ASRA and its staff.

My name is Kuldeep and I am 13 years old. I live in Nanhe Park community with my parents. Before shifting here, I used to live in a village. I even studied there. But due to financial problems, my family shifted to Delhi to make a better life. We are now living in Delhi for last 8 years. But even after shifting to Delhi, the financial crisis still prevails. My father and elder brother both are labour and work to prevent these crisis. Because of financial issue and lack of knowledge, my mother couldn't enroll me and my younger sister in a school. One day, my mother met Ms. Pooja Madam (Education Teacher ASRA). My mother told her that I and my sister don't go to school. She advised my mother to register our names in ASRA Education Centre. She helped me and my sister get enrolled in the formal school. Now I study in class 8th and my sister in 7th class. I thank her for giving me this pleasure of studying. I go to school and ASRA Education Centre every day. I study well and Ms. Pooja Madam praises me for it. She motivates me to work hard and comes first in the class. I and my family thank ASRA for their help and support.



Kuldeep

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