



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 JULY 2019 TO SEPTEMBER-2019

UPDATE ON ONGOING PROGRAMS DURING THE QUARTER UNDER REPORT

ASRA Intervention, Recreation and Therapy Centre (AIRTC) was inaugurated on 12th October 2018 and formally started functioning on 3rd December 2018 on the occasion of International Day for Persons with Disabilities. During the quarter under report 26 children with special needs attended classes at AIRTC.

Total CwDs as on 30 th September'2019	GENDER WISE		
	Male	Female	Total
	18	08	26
DISABILITY WISE NO. OF CHILDREN			
1. Intellectual Disability			13
2. Intellectual Disability with Associated Condition			01
3. Cerebral Palsy			06
4. Cerebral Palsy with Associated Condition			02
5. Speech and Hearing Impairment			01
6. Autism Spectrum Disorder			01
7. Attention Deficit Hyper Active Disorder			01
8. Multiple Disability			01

AREA WISE	
Community	Non-community
14	12
AGE WISE	
PRE-PRIMARY	
5-8 years: 07	
PRIMARY-I	
8-10 years: 08	
PRIMARY-II	
10-13 years: 11	



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



Class Activities



Class Activities



Activities during celebration of festival-Raksha Bandhan



'Pot Decoration' activity during festival-Janamashtmi (Birth of Lord Krishna)



Independence Day Celebration



Cooking without fire: Tricolour Sandwich Making during Independence Day celebrations



Speech Therapy session



ASRA's candidates during Regional Competition organised by Abilympics-NAAI at Lady Irwin College, Delhi University

a. Participation in Regional Competition Abilympics (NAAI) during the quarter under report:-

ASRA was invited by National Abilympics Association of India (NAAI) to participate in Regional Abilympic Competitions for persons with disabilities held in Delhi on 4th & 5th July, 2019. Eight representatives of ASRA including staff and students participated in different competitions Desktop Publishing, Beauty Therapy, Online Gaming, Graphic Art and Flower Arrangement. Mr. Pawan Kumar-Data Entry Operator cum Computer Faculty won Gold Medal in Desktop Publishing.

b. Competition during the quarter under report:-

S. No.	Event Name	Date	Venue	No. of Participants
1.	Game Designing	27 th July, 2019	ASRA HQ	13
2.	Video Mixing	30 th July, 2019	ASRA HQ	06
3.	Quiz Competition	14 th Aug, 2019	ASRA HQ	09
4.	Web Page Designing	21 st & 29 th Sep'19	ASRA HQ	06



Quiz Competition on Independence Day (left) and Website Designing at ASRA HQ

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



CwDs during workshop on 'Doll Making' at ASRA HQ



Workshop on 'Technology Hazards' at ASRA HQ



Workshop on 'Know your PC's Hardware Components' at ASRA HQ



Workshop on 'Career with Computer' at ASRA HQ



Workshop on 'Usha Janome Creative machine' (left) and 'Creative Pillow & Cushion Cover' (right) at ASRA HQ



Workshop on 'Communication via Internet' held at Pappan Kalan slum community



Workshop on 'Creative Pillow & Cushion Cover' held at Indira Camp-2 & Pappan Kalan slum community



Workshop on 'Everyday Make-up' held at Nanhe Park 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)

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. Fourteen community meetings were held in adopted slum communities during the quarter under report which were attended by 1004 people including 539 persons with disabilities.



Community meeting held at Dwarka sec-16, Jahangir Puri and Bawana slum communities



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



c. Individual and Group counselling sessions for 634 persons with disabilities and their family members were also organized in eight adopted slum communities.



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

d. Referral Services: 1322 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 28 PwDs/CwDs received mobility aids and appliances according to their needs such as Tricycle, Wheel Chair, Motorized Tricycle, Crutches, KFO/AFO, Hand Splint, Caliper, Special Shoes, Artificial Limb.



ASRA's beneficiaries receiving Mobility Aid & Appliances through Camps / Networking



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

f. Concessions Certificates : Total 186 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. Noorjhan	Bachelor Social Work/ Indira Gandhi National Open University	45 Days
2.	Mr. Satya	Master of Social Work / Delhi School of Social Work	45 Days
3.	Ms. Charu Jindal		10 Days
4.	Ms. Veenita		
5.	Ms. Yashi	Bachelor Social Work/ Aditi Collage Delhi University	1 year

- Education:** ASRA is running Inclusive Education Centres in its adopted slum communities. As on 30th Sep, 2019, 1110 children are provided Nursery Education, Non-Formal Education and Remedial Education. 109 children with disabilities attended classes at Education Centres during the quarter under report. ASRA is also running Special Education classes in which 16 children with special needs are attending. Total 51 Parents Teacher Meetings held during the quarter under report which was attended by 821 parents / guardians.



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



Tailoring Class at ASRA HQ

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



A Child getting Speech Therapy at Shiv Vihar slum community



CwDs getting Occupational Therapy at ASRA HQ



Speech Therapy at ASRA HQ



POE Technician during fabrication of Hand Splint at ASRA HQ

- Sponsorship Program :** This program is exclusively for children with disabilities. 66 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 122.

- 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 30 th June-19	Orders booked from 1 st July-2019 to 30 th Sep-2019	Orders completed from 1 st July-2019 to 30 th Sep-2019	Orders pending up to 30 th Sep-19
25	163	149	14



Mr. Vijay Gupta, a seed loan beneficiary

SUCCESS STORIES



Lavansh

I am Neetu, mother of Master Lavansh who is 9 years old. Lavansh is my only child and he is mentally and physically challenged. We live in Nanhe Park slum community and my husband works as a labour. As my son is physically and mentally challenged, I was really concerned about my son. Our financial condition is not good to secure the future of my son. My husband takes responsibility of our family including my father-in-law, mother-in-law and sister-in-law. Due to our financial condition, I have to think a lot about my son for his education and medical expenses. One day two staff members of ASRA came to my home namely, Mrs. Pooja (Education Teacher) and Mrs. Deepali Mam (Supervisor-Education Program). They explained me all about ASRA's activities and counseled me about how ASRA's activities can help me more to develop future and to take care of my son. As per their guidance, I submitted all the required documents of my son to ASRA. They helped me in availing Disability Certificate, Rail Pass, Bus Pass and Disability Pension of my son, which helped me a lot. ASRA's Physiotherapist also comes to my home regularly to give therapy to my son. ASRA helped me a lot. They have provided a Wheelchair and caliper to my son. Now he can walk by own, which makes his life easier. My special thanks to ASRA and whole team of ASRA, who helped me a lot to take care of my son. Now I am less tensed. I can easily meet his medical expenses by his monthly pension. Again I am very thankful to ASRA from my bottom of heart. ASRA has also helped many children, who suffered disability and faced problems like me and my son.

—Ms. Neetu, Mother of Lavansh

Seed Loan (Micro Credit Scheme)

My name is Vijay Gupta. I am physically handicapped with my both lower limb. I am 27 years old and live in Mohan Garden, Uttam Nagar, New Delhi. There are 6 members in my family. I belong to lower-middle class family. I wanted to be self-independent. I wanted to take up a job so as to become independent and self-reliant financially. It was then that someone in my neighbour informed me about ASRA and its facilities provided to disabled person I met Mr. Sanjay Sir (Rehab Worker of ASRA) in Uttam Nagar. He gave me full information about the ASRA organisation. I told him about my requirement of Wheel Chair for my daily routine. I received Wheel Chair from ASRA. I wanted to open a small mobile accessories shop. I did not have sufficient amount to start the shop. Then once again, I approached ASRA for 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 thankful to ASRA from the depth of my heart.

— Mr. Vijay Gupta

