



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

OCTOBER 2019 to DECEMBER-2019

VISITORS

Ms. Barbara Biderman & Mr. Urs Freudiger, Members of AFS Board and Mr. Alain Freudiger son of Mr. Urs Freudiger visited ASRA from 30th & 31st October, 2019. During the visit, they interacted with the ASRA staff & beneficiaries, both at ASRA Headquarter and ASRA CBR Program. They visited 'Pappan Kalan', 'Nanhe Park', 'Jwala Puri', 'Indira Camp-2', and 'Raghuvir Nagar' slum communities. 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 delegates. Ms. Barbara Biderman & Mr. Urs Freudiger, Members of AFS Board addressed the ASRA team on the occasion of monthly meeting, which was highly motivating and inspiring for the entire ASRA team.



Ms. Vandna Mishra, Founder Trustee ASRA and ASRA staff with Honorable Board Members of AFS



Mr. Sanjay (Rehab worker) introducing himself in front of honorable guest (left) and Diploma distribution by Ms. Barbara Biderman, Member of AFS Board (right)



Ms. Ankana Patial, Officer Incharge and some of the ASRA staff with Ms. Gabriela Zimmerli, Member of AFS Board

Ms. Gabriela Zimmerli, Member of AFS Board visited ASRA on 2nd November, 2019. She visited 'Pappan Kalan' and 'Nanhe Park' slum communities. She 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 her welcome. Prizes were distributed to the children who participated in cultural program. Ms. Gabriela Zimmerli, Member of AFS addressed the ASRA team, which was highly motivating and inspiring for the entire ASRA team.

Mrs. Adrienne Blass and Mr. Gabor Kiss Honorable Donors and Well Wishers of ASRA from Switzerland on 14th November, 2019. They visited 'Pappan Kalan' and 'Nanhe Park', slum communities, and interacted with the ASRA staff & beneficiaries, both at ASRA Headquarter and ASRA CBR Program.



Lamp lighting by Honorable Delegates

ASRA introduced and formally inaugurated its 'ASRA Intervention, Recreation and Therapy Centre (AIRTC)' 12th October 2018 and the Centre started functioning on 3rd December 2018 on the occasion of International Day for Persons with Disabilities. Children are pursuing academics, therapies and other activities such as art & craft, music, dance, yoga etc. as per their needs and requirements. The children have different types of disabilities. During the quarter under report 33 children with special needs attended classes at AIRTC.



Prayer Time



Class Activities



Celebration of Festivals - 'Dashehra', 'Diwali' and 'Christmas' with the Children of AIRTC



Physiotherapy session



Children enjoying swings in play area



Music Class

SUCCESS STORIES

Seed Loan (Micro Credit Scheme)

My name is Dev Narayan. I am physically handicapped. I am 48 years old and live in 'Shahbad Dairy' slum community, New Delhi. There are 8 members in my family. I belong to a family with lower financial background. I wanted to be self-independent. In 2014, I came to know about ASRA and its services for Persons with disabilities. So, I associated with ASRA and was able to receive all government facilities with the help of ASRA like disability certificate, disability pension, bus pass, rail pass and UID Card. I wanted to open a small kiosk shop of Eggs. I did not have sufficient amount to start the shop. Then I once again, approached ASRA for Seed Loan (Micro Credit Scheme) in 2019. I submitted my documents at ASRA which were verified by ASRA Seed Loan committee. I got material (Eggs) 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 and now I am independent. I am thankful to ASRA from the depth of my heart. — **Mr. Dev Narayan**



Mr. Dev Narayan from Shahbad Dairy slum community

CBR-Tailoring

I, Ayesha Parveen. I am 19 year old and live in Pappan Kalan slum community. When I took admission in graduation from Distance Learning. I thought that I have to study additional course also as a professional qualifications. I joined computer course from an Institute. One day my neighbour aunt told me about stitching training Centre namely ASRA. Then I went to that ASRA Tailoring Centre and the teacher briefed me about activities of ASRA and Tailoring Course. To utilize my time I took admission in Tailoring course at ASRA. Mrs. Sunita Mam teaches us stitching very well. Her way of teaching is very good. She always try to teach us in innovative and creating way to all students. Because of her teaching style, all students are interested to learn stitching from Mam. I Completed my 6 months Diploma course in stitching. After completion of my course, I stitched many clothes for my family, friends, relatives and neighbours. They all appreciate my stitching style and for this, all the credit goes to my ASRA teacher Mrs. Sunita Mam. Now I never goes to tailor for my clothes stitching, because I can do it by myself, simultaneously I am doing graduation from Delhi University. My heartfelt thanks ASRA for helping and supporting me. — **Ms. Ayesha Parveen**



Ayesha Parveen

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

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.

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. Eight community meetings were held in adopted slum communities during the quarter under report which were attended by 302 people including 181 persons with disabilities.



Community meeting held at Bindapur, Jahangir Puri and B-Block Raghuvir Nagar slum communities



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

b. Individual and Group counselling sessions for 164 persons with disabilities and their family members were also organized in eight adopted slum communities.



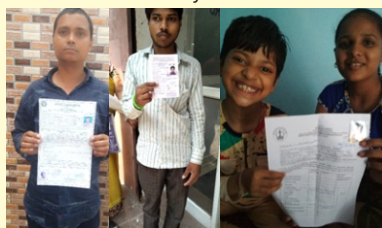
Updation of Required & Delivered (R&D) status along with procedural guidance about Welfare Schemes for PwDs

c. **Referral Services:** 1384 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.

d. **Mobility Aids and Appliances:** Total 87 PwDs/CwDs received mobility aids and appliances according to their needs such as Tricycle, Wheel Chair, Crutches, KFO/AFO, Hand Splint, Caliper, Hearing Aid, CP Chair, Special Shoes and Artificial Limb.



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



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

e. **Concessions Certificates :** Total 134 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	Course/University	Duration
01	Mr. Satya	Master in Social Work / Delhi School of Social Work	2019-20
02	Ms. Veenita	Bachelor of Social Work, Aditi Collage Delhi University	2019-20
03	Ms. Yashi		
04	Ms. Priyanka	Bachelor in Special Education. Lady Irwin collage	17 th to 21 st Dec.19
05	Ms. Ritika		
06	Ms. Monika		
07	Ms. Vandana		
08	Ms. Divya		
09	Ms. Pooja		

- Education:** ASRA is running Inclusive Education Centres in its adopted slum communities. As on 31st December, 2019, 1212 children are provided Nursery Education, Non-Formal Education and Remedial Education. 103 children with disabilities attended classes at Education Centres during the quarter under report. ASRA is also running Special Education classes in which 12 children with special needs are attending. Total 58 Parents Teacher Meetings held during the quarter under report which was attended by 964 parents / guardians.



Students of ASRA Education Centre during activity

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



Tailoring Class



Mobile Repairing Class



Tailoring Class at ASRA HQ



Computer Class

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



CwDs getting Occupational Therapy at ASRA HQ



A Child getting Speech Therapy at ASRA HQ



Patient getting Physiotherapy 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 124.

- 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 Sep-19	Orders booked from 1 st Oct-2019 to 31 st Dec-2019	Orders completed from 1 st Oct-2019 to 31 st Dec-2019	Orders pending up to 31 st Dec-19
39	167	167	39



Seed loan given to a beneficiary Mr. Praveen from Bharat Vihar slum community

GLIMPSES OF SOME OF THE COMPETITIONS & WORKSHOPS



Mr. Pawan Kumar-Data Entry Operator cum Computer Faculty, ASRA won Silver Medal in National Competition (Desktop Publishing) organized by National Abilympics Association of India (NAAI)



Workshop on 'Hair Care & Spa' held at Dwarka Sec-16 slum community



CwDs during workshop on 'Paper Bag Making' at ASRA HQ



Children of ASRA's Education centre during workshop held at Cultural program held at CCRT campus



Workshop on 'Christmas Tree' at CBR Project Office, Pappan Kalan