



# 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

January-2020 to March-2020

### VISITORS

Honorable Mr. Pierre E. Page (President Pierre E. Page Foundation), key supporter of ASRA CBR program along with Mr. Marc Fues (Director of Pierre E. Page Foundation) and Prof. Daniel Oyon visited ASRA on 29<sup>th</sup> January, 2020.

The delegation visited ASRA Headquarter and Education & Vocational centers in TC Camp, Jwalapuri and Pappankalan 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 their welcome. They awarded Diplomas to students who have completed their vocational trainings.



Diplomas were awarded to the students of Vocational Trainings by the Honorable Guests



Ms. Ankana Patial, Officer In-charge and some of the ASRA staff with Mr. Pierre E. Page along with Prof. Daniel Oyon, Mr. Marc Fues



Ms. Ankana Patial, Officer In-charge and ASRA staff with Honorable Donors and Well Wishers of ASRA

Mrs. Adrienne Blass and Mr. Gabor Kiss (Honorable Donors and Well Wishers) visited ASRA from Switzerland on 4<sup>th</sup> and 5<sup>th</sup> February 2020

They visited ASRA Headquarter, Nangli Dairy, Dwarka Sec-16, and Pappan Kalan slum communities, and interacted with the ASRA staff & beneficiaries, both at ASRA Headquarter and ASRA CBR Program. On 5<sup>th</sup> February, Mr. Gabor Kiss captured a short video of an AIRTC student Baby Pihu.

### CONTINUING OUR MISSION DURING THE COVID-19 PANDEMIC AND A NATIONWIDE LOCKDOWN

In view of the COVID-19 pandemic, a nationwide lockdown was announced by the Government of India w.e.f. 25th March 2020. While ASRA functioned as usual until 20th March, it was decided that work be continued remotely wherever possible for the sake of everyone's safety and health. Through, several online conferences between different Unit Heads as well as between them and their team, a strategy were decided to continue working in the best possible way for each department. While the ASRA Headquarter, AIRTC and CBR Centres are physically shut due to lockdown, ASRA has continued working towards its mission digitally in the form of Online Counseling & Awareness Sessions for Persons with Disabilities, Vocational Training Classes, Special Education Sessions, Online Therapy Sessions, Education Classes and so on.

ASRA introduced and formally inaugurated its ASRA Intervention, Recreation and Therapy Centre (AIRTC) on 12th October 2018 and the Centre started functioning on 3rd December 2018 on the occasion of International Day for Persons with Disabilities. Most of the children attending the special school are from lower financial background and are coming from ASRA's adopted communities, resettlement colonies and neighbourhood. The centre strives to offer total rehabilitation package to its students. During the quarter under report 34 children with special needs attended classes at ARTC.



Prayer Time



Plantation Activity



Sensory Integration Activity



Class Activity



Celebrated Republic Day



Home visit and feedback



Music Class

## SUCCESS STORIES

### Referral Services and Sponsorship Program

My name is Preeti. I am 22 years old and live in Shahbad Dairy community. I belong to lower financial background. There are 9 members in my family. My father and mother are labour. I suffer from polio (68% disability). I faced many troubles due to my disability. My father visited different hospitals many times to know the Government facilities for persons with disabilities. But he was not able to know about procedure to apply for different facilities. He was very disappointed.

In the year 2014, one day, I luckily met Ms. Mithlesh (ASRA Rehab Worker) near my home. She told me about ASRA Organization and its services. She guided me and my father about Government facilities and procedure to avail these facilities. She accompanied us to different Government agencies. ASRA supported me financially for my education. My tuition fee of Class 12<sup>th</sup> is supported by ASRA. ASRA helped me to receive all Government facilities services like Disability Certificate, E-ticket Card, Railway Concession Certificate and Disability Pension. I am very happy that I am not facing trouble in day to day life. I and my family all are very thankful to the ASRA organization from bottom of our hearts.



Preeti



Deepak

My name is Deepak and I am 18 years old. I have five members in my family. I live in Rakhi Market community and belong to a poor family. My mother works as a house servant. I have known ASRA for the past 7 years. When I did not know ASRA, till then I was not able to avail any Government facility. After I came in contact with Mr. Jagdish (ASRA Rehab Worker), I was able to receive Disability Certificate, E-ticket Card, Railway Concession Certificate and Disability Pension. ASRA has helped me whenever and wherever I needed. When I was in 8<sup>th</sup> grade, I got sponsorship and now I am studying in class 10<sup>th</sup> because of ASRA's economic help and support. ASRA Therapist advised my family for surgery of my leg. After surgery I got special shoe from ASRA. I am very grateful and thankful to ASRA who supported me. Thank you so much ASRA for great support.

**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. Individual and Group counselling sessions for 59 persons with disabilities and their family members were also organized in eight adopted slum communities.
- b. Referral Services: 1138 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.



Individual counselling session at Nanhe Park slum community



Counselling session



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



- c. Concessions Certificates: Total 129 PwDs/CwDs received benefit and concession certificates according to their needs such as Disability Certificate, Disability Pension, SDM Card, Bus Pass, Rail Pass etc.
- d. Mobility Aids for Persons with Disabilities during the quarter under report



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



A Hearing Aid Camp was organized by ASRA in collaboration with 'Ali Yavar Jung National Institute of Speech & Hearing Disabilities (Divyangjan) (AYJNISHD)', NOIDA at ASRA Headquarter on 18<sup>th</sup> February, 2020. Forty Nine (49) beneficiaries from adopted slum communities received Hearing Aids.



PwD Beneficiaries from adopted slum communities at ASRA Headquarter



Registration at the Reception



Assessment by Speech Therapists of AYJNISHD and ASRA



Team of ASRA and AYJNISHD during the camp

## ONGOING PROGRAMS DURING THE QUARTER UNDER REPORT

• **Education:** ASRA is running Inclusive Education Centres in its adopted slum communities. As on 31st March, 2020, 1050 children are provided Nursery Education, Non-Formal Education and Remedial Education. 88 children with disabilities attended classes at Education Centres during the quarter under report. ASRA is also running Special Education classes in which 10 children with special needs are attending. Total 29 Parents Teacher Meetings held during the quarter under report which was attended by 435 parents / guardians.



*Students of ASRA Education Centre during Art & Craft activity*

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



*Tailoring Class*



*Computer Class*



*Fashion Designing Class*



*Beauty Culture Class*

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



*Children of AIRTC getting Speech Therapy at ASRA Head Quarter*



*CwD getting Physiotherapy at ASRA Headquarter*



*CwDs getting therapy in Sensory Integration Room at ASRA Headquarter*

• **Sponsorship Program :** This program is exclusively for children with disabilities. 67 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. ASRA received 4 orders for 810 masks from an Export House other than regular stitching orders. The details of orders booked / completed during the quarter are given below:

Orders pending up to 31 <sup>st</sup> Dec-19	Orders booked from 1 <sup>st</sup> Jan-2020 to 31 <sup>st</sup> March-2020	Orders completed from 1 <sup>st</sup> Jan-2020 to 31 <sup>st</sup> March-2020	Orders pending up to 31 <sup>st</sup> March-2020
<b>39</b>	<b>116</b>	<b>120</b>	<b>32</b>



*Order of Masks are being stitched at ASRA Handicraft Emporium*

## COMPETITIONS & WORKSHOPS



*Workshop on Knitting on Nail Board at ASRA Headquarter*



*Workshop on Knitting on Nail Board at ASRA's CBR Tailoring Centre*



*Workshop on Nail Care at Nangli Dairy Beauty Culture Centres*



*Workshop on Awareness session on a Good Citizen at ASRA HQ*



*Workshop on Creative Doormat at ASRA HQ*



*Workshop on Good Posture & Bad Posture at ASRA HQ*