



Action for Self Reliance and Alternatives Uttam Nagar, New Delhi

An organisation committed towards empowerment of
persons with disabilities



NEWSLETTER
(Activities under COVID-19)
APRIL 2020 to JUNE 2020

ACTION FOR SELF RELIANCE AND ALTERNATIVES (ASRA)



THREE MAJOR BRANCHES/ACTIVITIES OF ASRA

ASRA Rehabilitation & Training Centre ARTC	ASRA Intervention, Recreation & Therapy Centre AIRC	Community Based Rehabilitation CBR
<ul style="list-style-type: none"> • Medical Intervention & Therapeutic services 	<ul style="list-style-type: none"> • Special Education 	<ul style="list-style-type: none"> • Referral Services for PwDs
<ul style="list-style-type: none"> – Assessment 	<ul style="list-style-type: none"> • Music Therapy 	<ul style="list-style-type: none"> • Medical Intervention & Therapeutic Services
<ul style="list-style-type: none"> – Physiotherapy 	<ul style="list-style-type: none"> • Dance Therapy 	<ul style="list-style-type: none"> – Physiotherapy
<ul style="list-style-type: none"> – Occupational Therapy 	<ul style="list-style-type: none"> • Art & Craft Activities 	<ul style="list-style-type: none"> – Speech Therapy
<ul style="list-style-type: none"> – Speech Therapy 	<ul style="list-style-type: none"> • Yoga Therapy 	<ul style="list-style-type: none"> – Prosthetic & Orthotic Appliances
<ul style="list-style-type: none"> – Prosthetic & Orthotic Appliances 	<ul style="list-style-type: none"> • Medical Intervention & Therapeutic Services 	<ul style="list-style-type: none"> • Education Program
<ul style="list-style-type: none"> • Skill Development Trainings 	<ul style="list-style-type: none"> – Assessment 	<ul style="list-style-type: none"> – Nursery Education
<ul style="list-style-type: none"> – Computer 	<ul style="list-style-type: none"> – Physiotherapy 	<ul style="list-style-type: none"> – Non-Formal Education
<ul style="list-style-type: none"> – Tailoring 	<ul style="list-style-type: none"> – Occupational Therapy 	<ul style="list-style-type: none"> – Remedial Education
<ul style="list-style-type: none"> – Fashion Designing 	<ul style="list-style-type: none"> – Speech Therapy 	<ul style="list-style-type: none"> – Special Education
<ul style="list-style-type: none"> – Beauty Culture 	<ul style="list-style-type: none"> – Prosthetic & Orthotic Appliances 	<ul style="list-style-type: none"> • Sponsorship for Education of CwDs
<ul style="list-style-type: none"> – Short Term Trainings 	<ul style="list-style-type: none"> • Activity of Daily Living (ADL) 	<ul style="list-style-type: none"> • Skill Development Trainings
<ul style="list-style-type: none"> – Yoga Workshop 	<ul style="list-style-type: none"> • Sensory Integration Unit (SIU) 	<ul style="list-style-type: none"> – Computer
		<ul style="list-style-type: none"> – Tailoring
		<ul style="list-style-type: none"> – Mobile Repairing
		<ul style="list-style-type: none"> – Beauty Culture
		<ul style="list-style-type: none"> • Seed Loan-Micro Credit Scheme

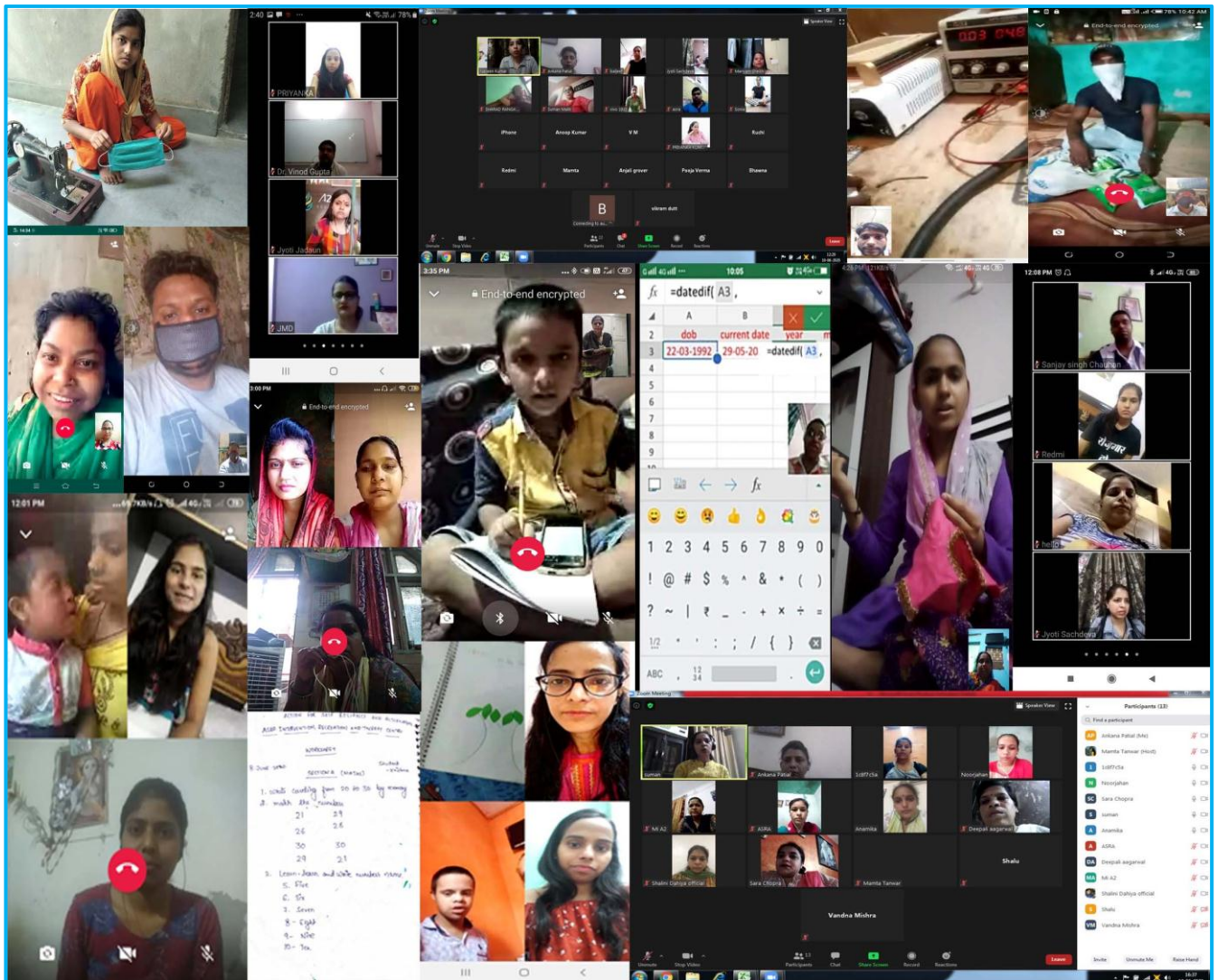
Continuing our mission during the COVID-19 Pandemic and a Nationwide Lockdown

In view of the COVID-19 Pandemic, a nationwide lockdown was announced by the Government of India w.e.f. 25th March 2020. While COVID-19 is impacting the entire population, Persons with Disabilities (PwDs) are more vulnerable to the disease due to their physical, sensory and cognitive limitations.

While ASRA functioned as usual until 20th March 2020, it was decided that work be continued remotely wherever possible for the sake of everyone's health and safety. Several online conferences were held between different Unit Heads as well as between them and their team and the strategy was decided to continue working in the best possible way for each department.

ASRA has continued working towards its mission digitally in the form of online sessions in Education, Special Education, Therapy, Vocational trainings, Recreation Activities, Counseling & Awareness and so on.

On-ground, children are being provided with study material and immunity boosters and essentials have been distributed to Persons with Disabilities (PwDs) on a need-based feedback.



Awareness generation and distribution of essential items to Persons with Disabilities of adopted slum communities during COVID-19 crisis: Sponsored by Embassy of Switzerland, New Delhi

ASRA CBR Team is constantly providing information to PwDs about the basic steps for the prevention of COVID-19 as per the guidelines given by WHO and Ministry of Health, Government of India. Beneficiaries and their family members are told about the Do's and Don'ts. During the quarter under report, 98 PwD across four communities have been provided essential items package for their day to day life.



Study Material and Immunity Boosters to the Children under Education, Sponsorship and AIRTC programs

Doorstep distribution was initiated based on the teachers' feedback which was duly verified by the Rehab Workers and Coordinators. Children are being provided with study material such as notebooks, registers, pencils, pens, erasers, sheets, colours and immunity boosters like daliya and poha.

S. No.	Name of slum community	Date of distribution	Venue of distribution	Particulars						Total no. of Children
				Nursery	NFE	REC	CwD	AIRTC	Spon.	
1	Nangli Dairy	20.06.2020	Nangli Dairy	12	2	18	2	1	6	41
2	Pappan Kalan, Ph-3	25.06.2020	Pappan Kalan	17	2	19	7	-	-	45
3	Pappan Kalan, Ph-1	26.06.2020		2	5	16	1	5	6	35
4	Nanhe Park	27.06.2020	Nanhe Park	5	7	37	3	3	3	58
Total									179	

NFE-Non-formal Education, REC-Remedial Education, CwD-Children with Disability, AIRTC-ASRA Intervention and Recreation Therapy Centre, Spon-Sponsorship



ASRA INTERVENTION, RECREATION AND THERAPY CENTRE (AIRC) for children with special needs

While the AIRC is physically shut due to lockdown, 34 children with special needs have availed services of AIRC between April 2020 and June 2020. The children have different types of disabilities, predominantly intellectual disabilities associated with physical impairment. Some children also have speech & hearing impairment. Following is the classification of children of AIRC students during the quarter under report:

Total CwDs as on 31 st June 2020	GENDER WISE			AREA WISE	
	Male	Female	Total	Community	Non-community
	24	10	34	22	12
DISABILITY WISE NO. OF CHILDREN					
1. Intellectual Disability				19	
2. Intellectual with Associated Condition				03	
3. Cerebral Palsy				03	
4. Cerebral Palsy with Associated Condition				02	
5. Speech and Hearing Impairment				03	
6. Down Syndrome				-	
7. Autism Spectrum Disorder				03	
8. Attention Deficit Hyper Active Disorder				-	
9. Multiple Disability				01	
AGE WISE					
PRE-PRIMARY					
5-7 years: 08					
PRIMARY-I					
8-10 years: 08					
PRIMARY-II A					
10-13 years: 07					
PRIMARY-II B					
09-12 years: 03					
SECONDARY					
11-14 years: 08					

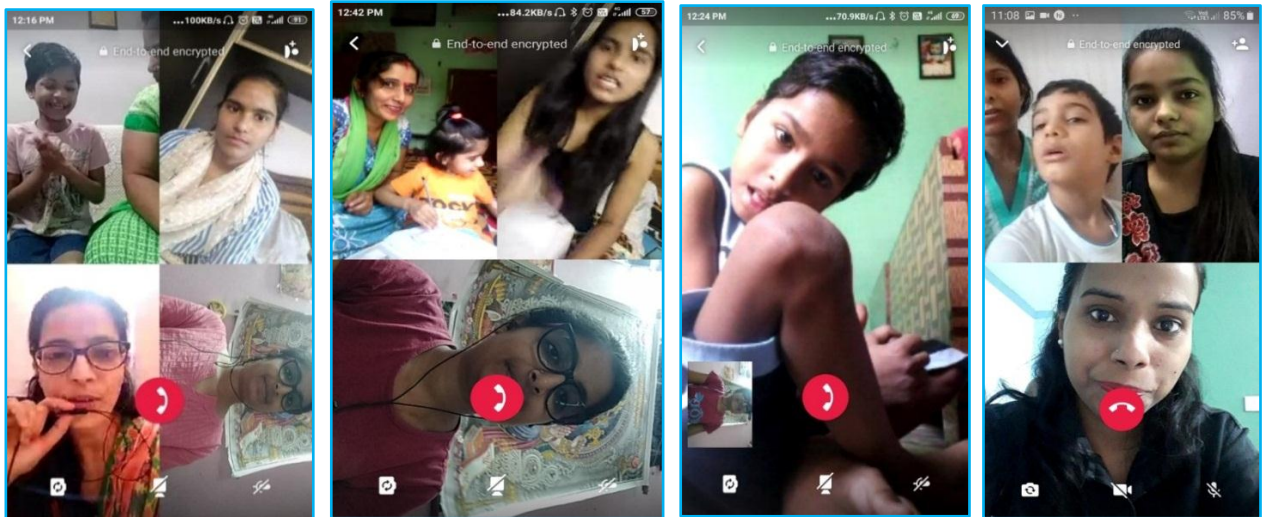
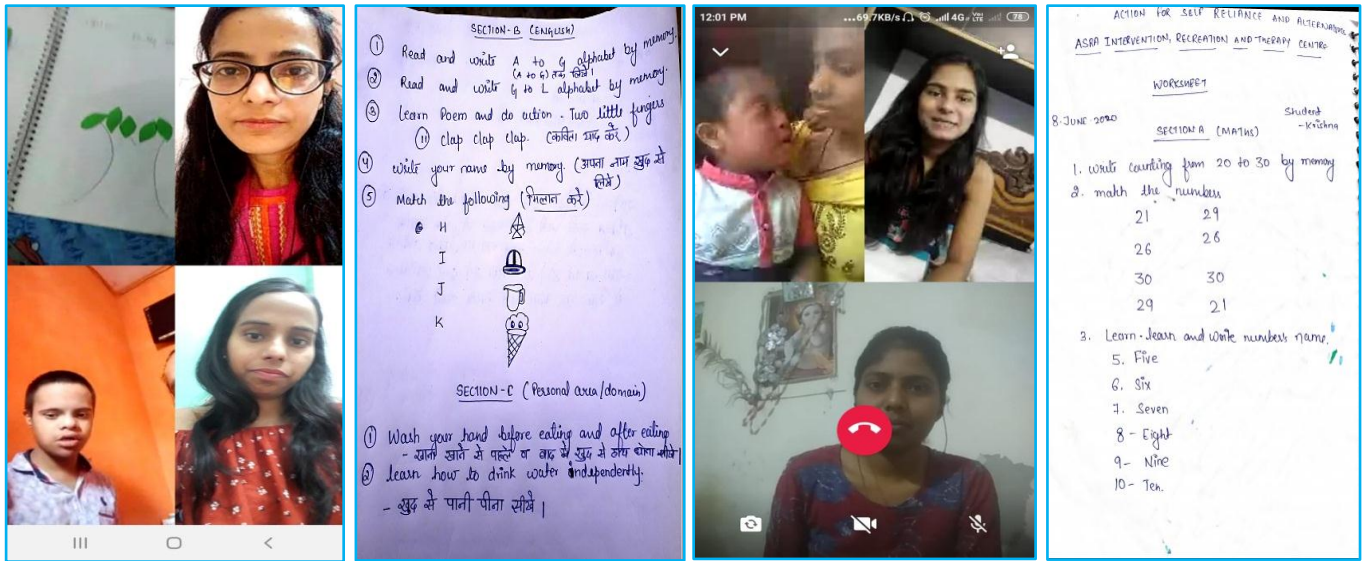
Online Special Education and Therapy Sessions of AIRC children

- The AIRC children are presently divided into three online groups on the basis of their IQ and disability with two groups having 11 children each and one group having 12 children.
- One to one online academic session related to Individualized Education Program (IEP) is being provided by the Special Educators to AIRC children from Monday to Friday at 10.30 am till 2.30 pm. Parents are also guided during the sessions.
- Worksheets of academics i.e. Hindi, English, Maths and Art & Craft are prepared by the Special Educators and then forwarded to the parents. These worksheets are designed on the basis of children's IQ level and disability.
- Therapy plans for AIRC students are made according to the need and disability of the children.

Following are the details of online sessions of special education provided to the children in the quarter under report:

Sessions	April 2020	May 2020	June 2020
Online Video sessions	62	97	180
Voice calling sessions	40	36	58
Worksheets prepared & forwarded	160	215	538

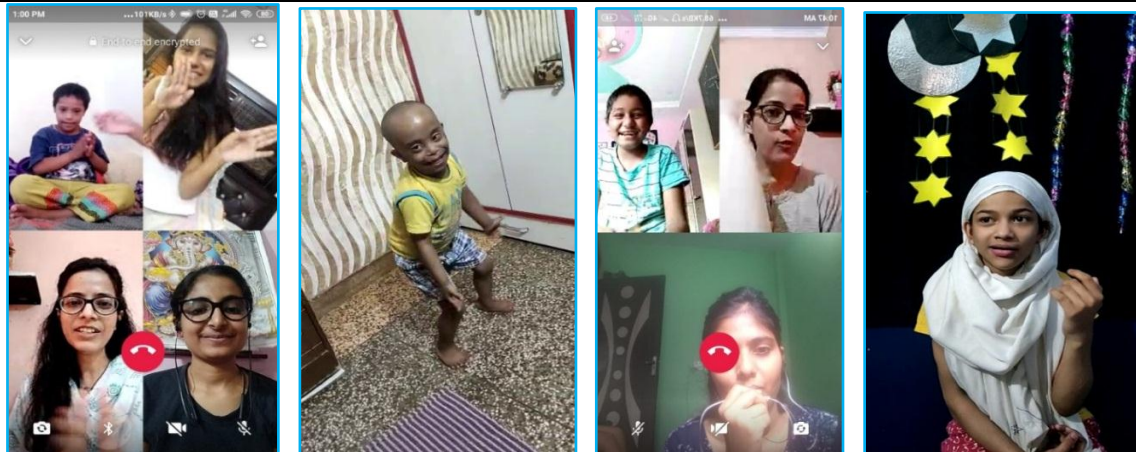
Online Special Education Classes & Worksheets prepared by Special Educators:



Online Music and Dance Classes for AIRTC children:

Teachers organized regular music and dance sessions which were thoroughly enjoyed by the children. Web links of poems and rhymes were also sent to the parents for ready reference. Children sang songs and recited poems with their teachers. Dancing helped children to release energy and be physically active.

Sessions	April 2020	May 2020	June 2020
Live online music sessions	24	35	91



Children enjoying dance & singing

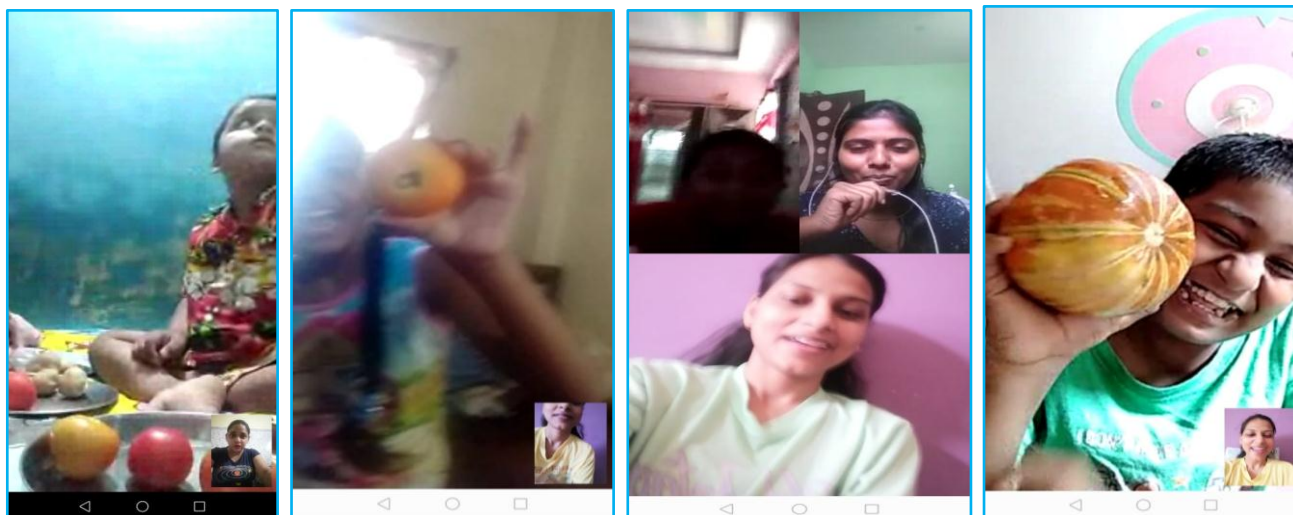
Online Therapy Sessions of AIRTC children

Physiotherapy:



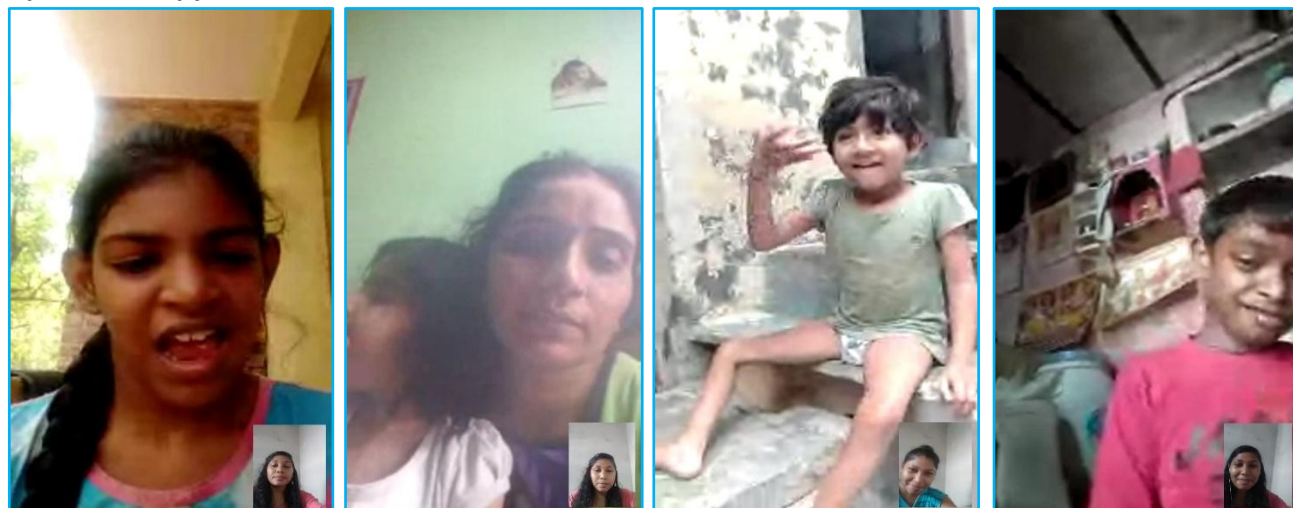
ASRA Physiotherapist in discussion with the parents and providing therapy

Occupational therapy:



Children doing hand and eye coordination activities and learning identification of small and large size during online occupational therapy session

Speech Therapy:



Children attending online Speech Therapy session

Celebrations and Recreational Activities for children of Education, AIRTC and Sponsorship programs

With schools closed, the COVID-19 pandemic has already had a major impact on daily life for children. But it's important that children aren't left feeling like their lives have been put on hold. A good hour of light relief during a pretty stressful time for children and parents is much needed at this time.

A combining creative thinking and technological solutions, ASRA staff has ensured that special days and recreational activities are still marked in style. For making children / students stress free, different activities related to "Karona Thodi Masti, Thodi Padhai" (A little fun, a little study) has being regularly organized digitally for the children on the basis of their interest and level.



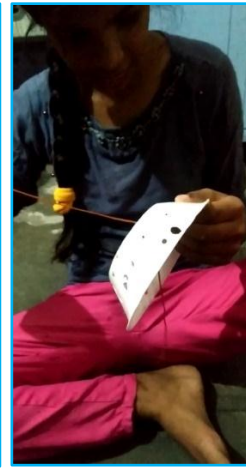
Children painting with hands and feet using water colors and pencil scrap



Paper toy & thumb painting

Paper tree

Pulse pasting activity



Children making art with utensils at home under the guidance of special educators

Activities of hand and eye coordination



Students learning social skills (Namaste) and activities of sorting of pulses, puzzle solving, cloth folding and strengthen exercises



Cooking without fire: Children making sandwich / lemonade at home under the guidance of special educators



Drawing with hand and thumb painting



Personal hygiene: combing, washing hands, tidying room

Celebrations:

Festivals and special days celebrated by ASRA during the quarter under report: -

S. No.	Special Days	Date of celebration
1	International Sport's Day	6 th April, 2020
2	Mother's Day	10 th May, 2020
3	World Environment Day	5 th June, 2020
4	Father's Day	21 st June, 2020
5	International Day of Yoga	21 st June, 2020

Mother's Day and Father's Day:

Children made greeting cards for their parents to honour their parents on the occasion.



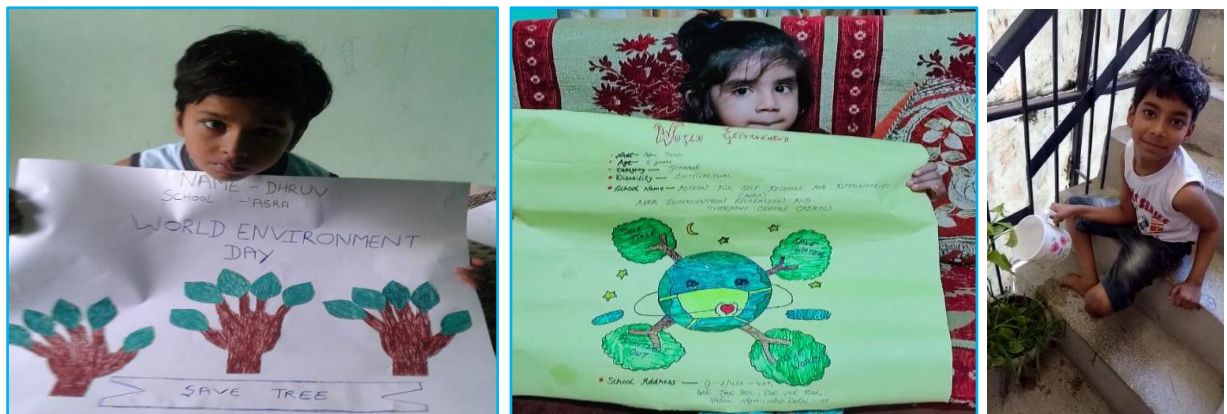
Greeting Cards made by AIRTC children for their parents



Greeting Cards made by children of Education program for their parents

World Environment Day:

To sensitize children and their family members towards nurturing of environment, teachers motivated children and their parents to undertake planting activities at home. Children also made posters on the occasion



Children of AIRTC making poster and watering plants on the occasion of World Environment Day



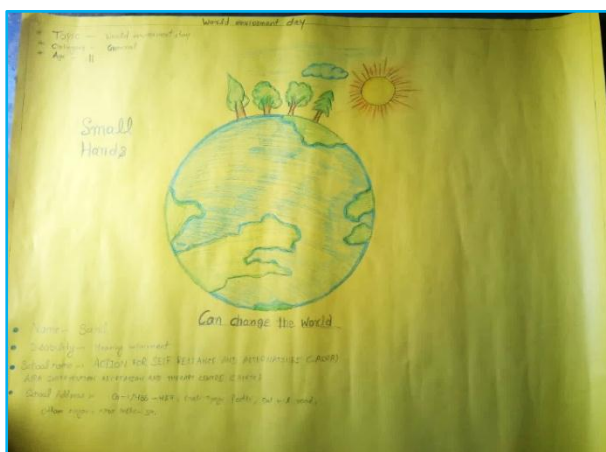
Children of Education program celebrating World Environment Day



International Day of Yoga by children of Education programs

Specially-Abled Children’s National Poster-Making Competition:

On the occasion of World Environment Day on 5th June 2020, eight AIRTC Children & Computer students participated in ‘Specially-Abled Children’s National Poster-Making Competition’ organized by United Schools Organisation (USO) in association with Department of Empowerment of Persons with Disabilities, Ministry of Social Justice and Empowerment, Govt. of India. All children received participation certificate.



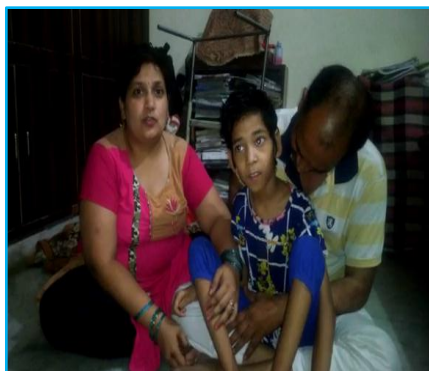
Posters by AIRTC children



Posters by Computer training students

Children with their parents and parents giving feedback

Follow-up are done regularly with the parents. They send their feedback through short videos and also share the videos and pictures of children doing activities at home.

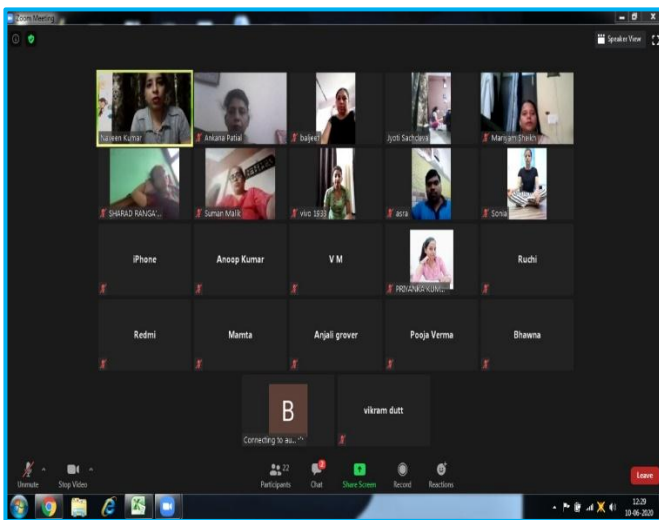


ONLINE WORKSHOPS FOR STAFF & BENEFICIARIES

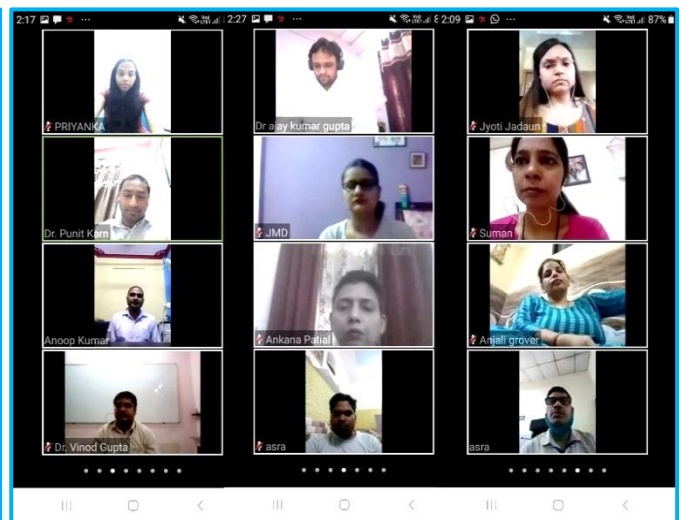
a. Following are the Webinars attended by staff of ASRA during the quarter under report: -

S. No	Topic of Workshop & Department	Date	Resource Person
1	Emotional Issues and Wellbeing during COVID-19	27th May 2020	Divyang Foundation institute
2	Different Teaching Strategies and Management	28th May 2020	Navjyoti Institute for intellectual Disability
3	Breathing Exercise in COVID-19 -Physiotherapy Department	30 th May, 2020	Ms. Jyoti Sachdeva-Physiotherapist, ASRA HQ
4	Solutions of Musculoskeletal problems arise during lockdown	2 nd June 2020	Dr. Manish Jain-CBR Physiotherapist, ASRA
5	Commit to Be Fit- Physiotherapy Department	10 th June, 2020	Ms. Jyoti Sachdeva-Physiotherapist, ASRA HQ

6	Career in Counselling and Special Education	13th June 2020	Vision Divyang Foundation
7	School at Home: Physical fitness and health during COVID-19	18th June 2020	Navjyoti Institute
8	Exercise Prescription and Testing in Cardiac Condition	27 th June 2020	Aashraye
9	Covid-19 Pandemic: Role of Physiotherapy in Acute Care	28 th June 2020	School of Nursing Science and Allied Health
10	Rehabilitation in Cerebral Palsy	29 th June, 2020	The Neuroaid & Research Foundation



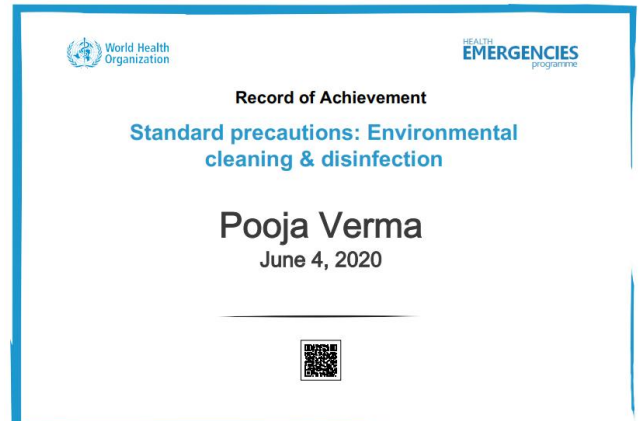
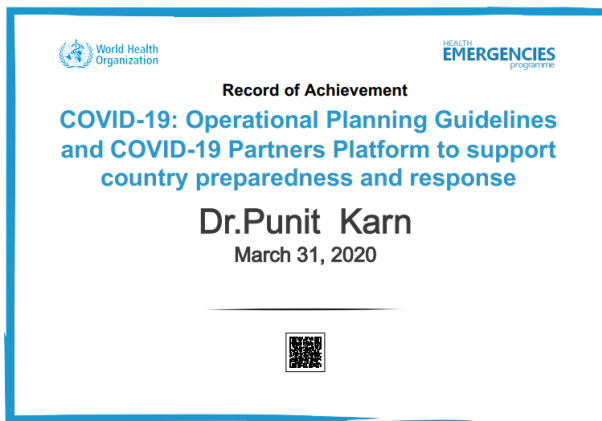
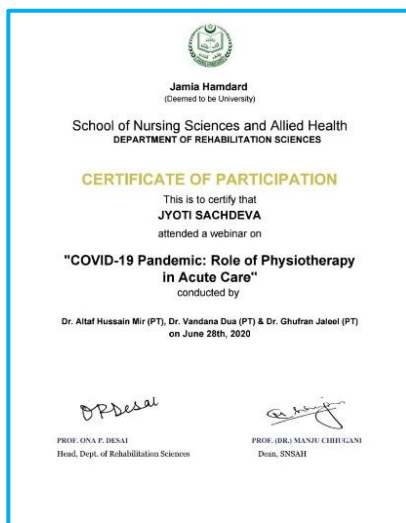
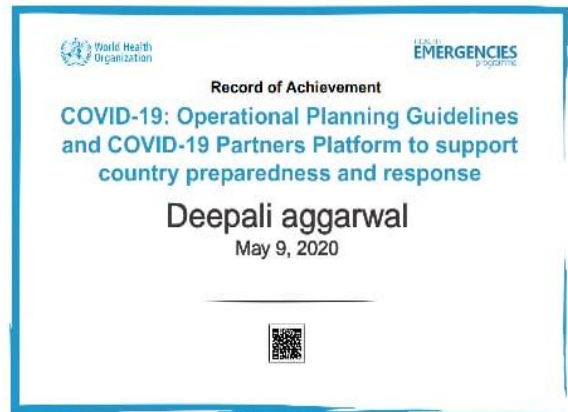
'Commit to Be Fit' organised by ASRA Physiotherapy Department



'Musculoskeletal problem's solution arisen during lockdown' organised by CBR-Physiotherapist



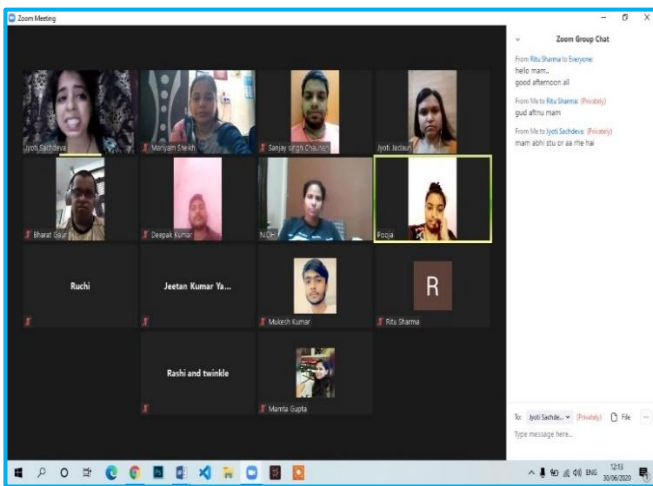
'Breathing Exercise in COVID-19' by ASRA Physiotherapy Department



b. Following are the Webinars attended by beneficiaries and their family members -

S. No.	Topic	Date	Resource person / Organisation
1	Introduction to Speech Therapy	7 th June 2020	Sampoorn Delhi Special School
2	Hazards of Technology Addiction- Computer Department	12 th June, 2020	Mr. Sanjay Singh Chauhan-Computer Faculty ASRA HQ

3	Personality Development & Office Ethics- Computer Department	15 th June, 2020	Ms. Ritu-Computer Faculty ASRA HQ
4	School at Home: Physical fitness and health during COVID-19	18th June 2020	Navjyoti Institute
5	Social Media- Computer Department	20 th June, 2020	Ms. Mariyam-Computer Faculty ASRA HQ
6	Brain Integration & Synchronization Activities	21 st June 2020	TICKLES, Noida
7	Online Quiz on Child Dev. And Pedagogy (CTET)	23 rd June 2020	Edushiksha Digital Media Group, New Delhi
8	Live Consultation on Homeopathy approach to the COVID-19 outbreak	24 th June 2020	Manovikas
9	Breathing Exercise in COVID 19 -Physiotherapy Department	30 th June, 2020	Ms. Jyoti Sachdeva-Physiotherapist, ASRA HQ



'Breathing Exercise in COVID-19' by Physiotherapy Department



'Social Media' by Computer Department, ASRA HQ



'Hazards of Technology Addiction' by Computer Department, ASRA HQ



'Personality Development & Office Ethics' by Computer Department, ASRA HQ

Success Stories

Vocational Training-ASRA HQ

Hi, I am Musabiya Ansari. I am twenty years old. I am a college going student. There are seven members in my family. I have four siblings and all are still studying. My father runs a cosmetic shop. After passing the senior secondary examination, I did a course of beautician from the ASRA, which is very near to my home. ASRA is an organization, which works for the welfare of disabled people and it offers many courses to make them self-dependent. I wanted to become a fashion designer from the beginning and when I discussed about it with my teachers during the beautician course, she told me about the Uttam Nagar branch of ASRA. I went there and met the teacher of fashion designing there, she explained me very nicely about the course. Finally, I decided to do the course from ASRA and took admission in the one-year course of Fashion Designing. Now, I have been pursuing this course for the last nine months. However, due to the spread of pandemic covid-19, we are unable to attend our regular classes. We all are learning through online classes. On one side, people are dying in a huge number due to the spread of covid-19, people losing their jobs. On other hand, people are migrating on a large scale in order to survive. The whole world is facing challenges on different fronts. During all this, I have learnt a lot from ASRA. Now I sew and stitch the clothes of people also and affording the expenses of my study. I feel great pleasure to do something for self. Thank You ASRA for making me capable to do all this.



Musabiya Ansari



Kaushalya Singh

My name is Kaushalya Singh. I am resident of Allahabad. I shifted to Delhi after marriage. I am living with my in-laws at Uttam Nagar Delhi most of family member (in-laws) are working and independent. I felt bored at home so I decided to do something to be independent. I wanted to be a beautician. I discussed my plan with my family. They allowed and supported me to fulfil my dream. Then I heard about ASRA organisation which is working for disabled to make them independent. I interacted to the HOD of beauty culture Ms. Baljeet Kaur and gathered information about course and its fee. I completed my course from ASRA and at this crucial time of corona pandemic when lakhs of people are unemployed and abundant migrating from one to another place people are suffering a lot.

I started my parlour at home and able to earn from home very easily. I am very thankful to ASRA through which I fulfilled my dream.

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

UPDATE ON ONGOING PROGRAMS

COMMUNITY BASED REHABILITATION (CBR)

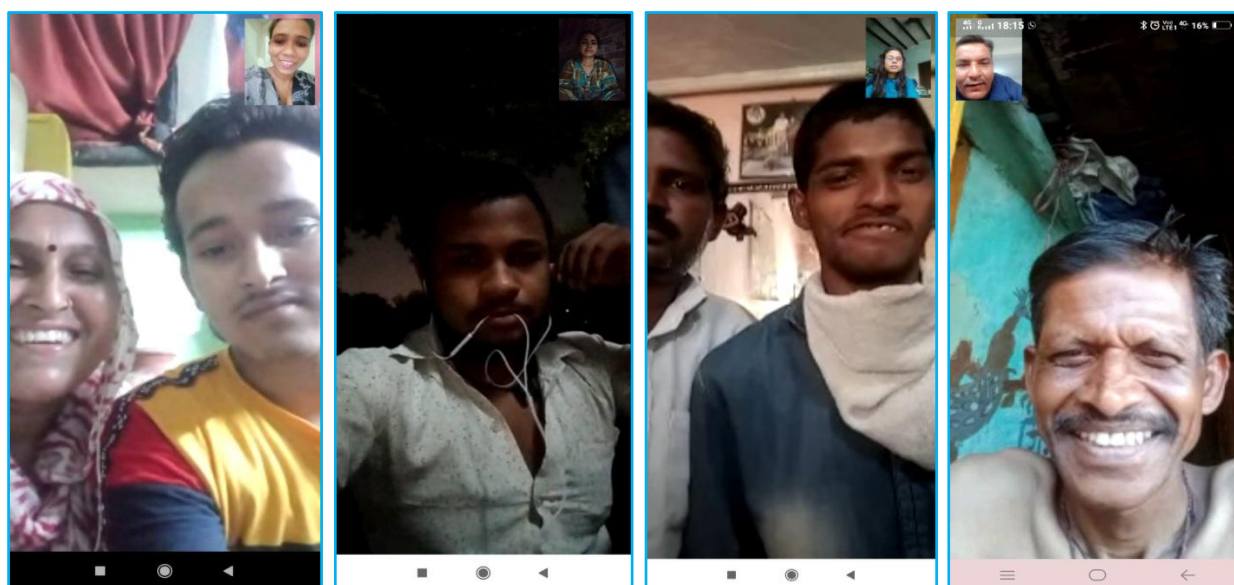
- a. **Individual & Group counseling:** Although ASRA CBR Team is not able to make home visits and meet the beneficiaries directly, it is communicating through telephone and providing information to beneficiaries about this pandemic and initiatives taken / special schemes provided by the Central and State Governments for their welfare during this pandemic.

Briefing beneficiaries about the basic protective measures against COVID-19:

- ASRA CBR Team is constantly providing information to PwDs / CwDs about the basic steps for the prevention of COVID-19 as per the guidelines given by WHO and Ministry of Health, Government of India.
- Beneficiaries and their families are told about the Do's and Don'ts.
- ASRA CBR Team always tries to participate in the implementation of Government Initiatives by-
 - Informing beneficiaries telephonically about the arrival of food.
 - Helped in distribution of food to people at 'Rahat Camp' by Government.
 - Helping create awareness to maintain Social Distancing during Food or Ration Distribution by Government Organizations.
- Procedural guidance is provided to apply for 'Online Temporary Ration Card' by the Government.

Number of beneficiaries got information about COVID-19 disease and its Symptoms and preventions as below:

S. No.	Information about COVID-19 disease and its Symptoms and preventions			Total
	April'2020	May'2020	June'2020	
1	476	182	479	1137

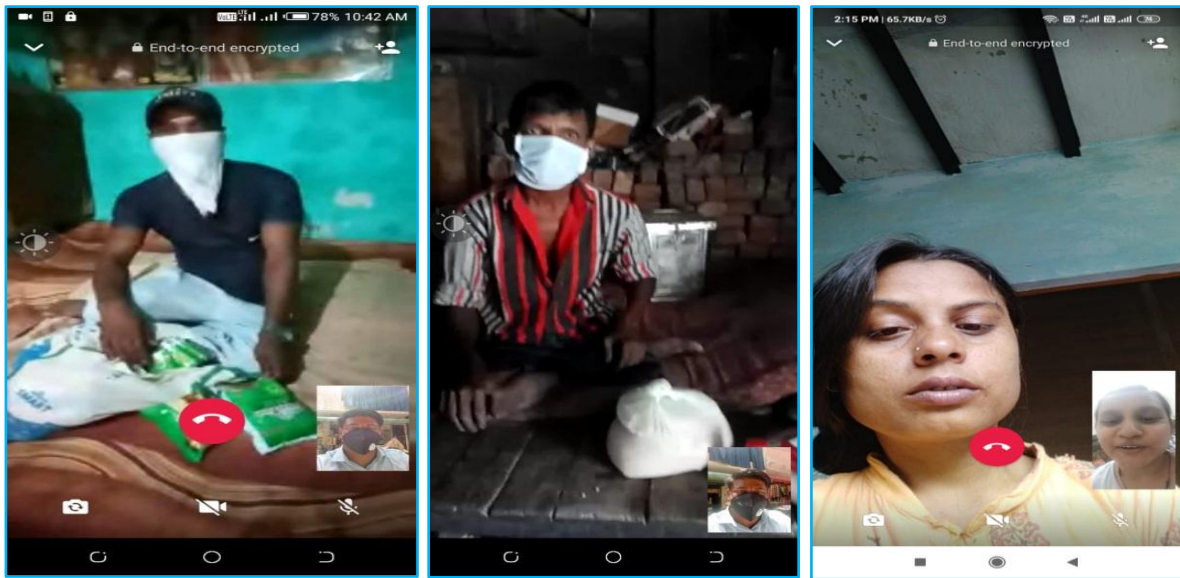


Online interaction with beneficiaries to provide information

b. Referral Services:

During the quarter under report, CBR Team provided referral services to 709 PwDs:

S. No	Referral service	No. of beneficiaries
1.	Disability Certificates	44
2.	Railway concession & E-Card	40
3.	Information regarding Disability Pension	197
4.	UDI Card	99
5.	Free Rationing by Government	111
6.	Essential items distributed by other organization	85
7.	Essential items distributed by ASRA	98
8.	E-coupon for ration	35
Total		709



Procedural guidance provided to beneficiaries



ASRAs beneficiaries receiving essential items

c. **CBR Education Program:** ASRA CBR Education teachers maintain regular contacts with children and take online classes. Teachers planned different activities for Children and celebrated special days like Father's Day, World Environment day, International Yoga Day & Doctors Day.



- 124 students of ASRA Education centers participated in mask making workshop using handkerchief and rubber bands.
- During the quarter, **total 885 children of 21 education center** of ASRA took online classes by ASRA Education teachers and participated in different activities arranged by ASRA Education Program.



Children of ASRA's Education program participated in activity of preparing mask by using handkerchief and rubber bands



Poster making activity

Online Education class

Art and Craft activities

d. **CBR Sponsorship Program:** It is seen that disabled children in slums are seldom respected, admired or accepted. ASRA took an initiative to promote the education of Children with Disabilities from its adopted slum communities at their post primary level. Parents are regularly counseled. This is ongoing successful project running since August 2010.

207 Children with Disabilities (CwDs) have been sponsored under this program till date. They also received physiotherapy, Occupational Therapy, special education, non-formal education, remedial education etc.

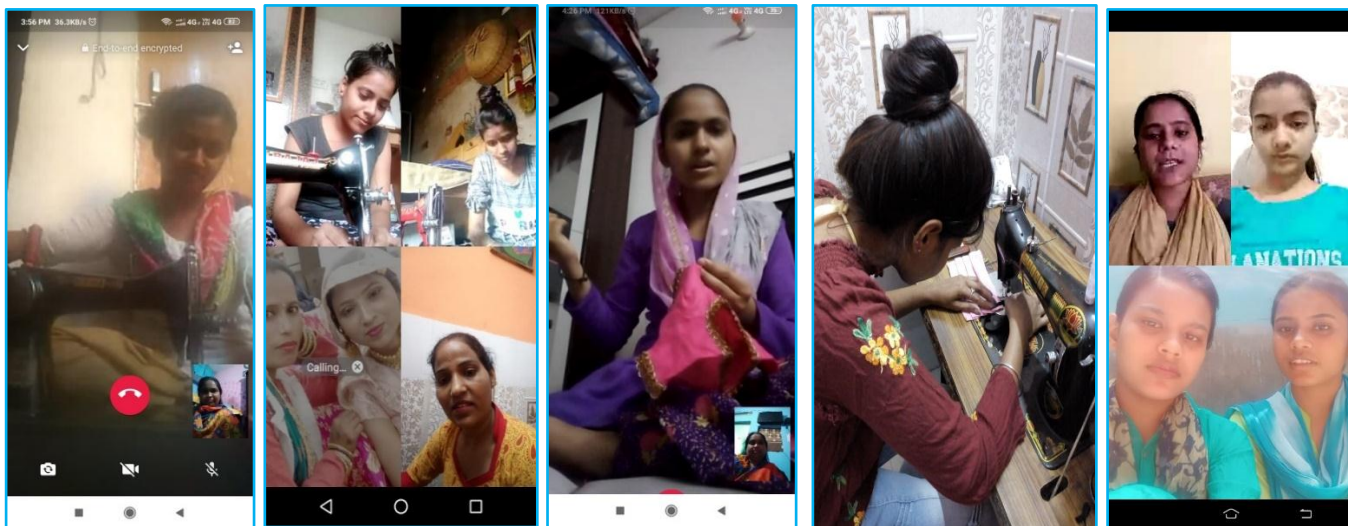
During the quarter under report, ASRA staff is in regular contact with 63 sponsorship children and their parents via Telephonic conversation. They are provided with different educational and recreational activities as well as awareness is created about the Health & Hygiene.

Children studying and participating in extra-curricular activities under the sponsorship program



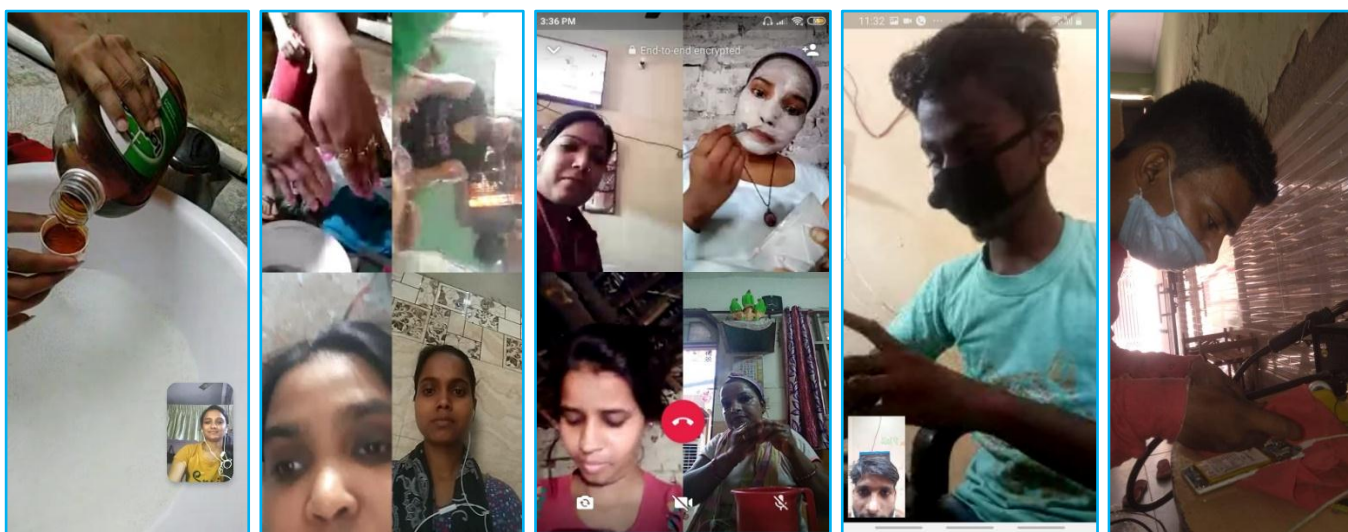
- e. **CBR Vocational Training:** ASRA is running Inclusive Vocational Training / Skill Development Centres in Tailoring, Beauty Culture, Computer Courses and Mobile Repairing Courses in adopted slum communities. The training has empowered girls/ women and young boys to earn their livelihood. Those who have completed their training are now able to supplement their family income by taking jobs from their community members.

Teachers are conducting online classes of Tailoring, Beauty Culture & Mobile repairing via telephones, Video calls and WhatsApp groups.



CBR Tailoring Classes

CBR Computer Class



CBR Beauty Culture Classes

CBR Mobile Repairing Classes



Video Tutorial: How to apply heena (left) and servicing of sewing machine (right)

MEDICAL INTERVENTION & THERAPEUTIC SERVICES AT ASRA HEADQUARTER AND CBR

Initially, through online conferencing, all the therapists discussed a holistic approach to be followed with the patients. Patients have been divided amongst the Therapists according to the disabilities and diagnosis. Patients are guided about the exercises they can do by themselves at home. Therapists are telephonically resolving doubts of OPD patients regarding their exercise program. Therapy plans are made according to the need and disability of the children.

Videos and pictorials prepared by the therapists are sent to parents. Follow-up is done regularly with the parents. Exercises are being taught to patients / parents of children who don't have smart phones via phone call.

Online therapy sessions – ASRA HQ

Months	Total number of digital therapy sessions		
	Physiotherapy	Occupational Therapy	Speech Therapy
April-2020	58	65	-
May-2020	58	231	47
June-2020	55	299	92



Physiotherapy sessions



Occupational Therapy sessions

Speech Therapy sessions

Online physiotherapy sessions - CBR

- Patients were told about necessary precautions to be taken to prevent COVID 19.
- ASRA's Prosthetic & Orthotic Engineer also attended the sessions and told to PwDs about maintenance of orthosis and prosthesis in various conditions.



Online therapy session

- Sessions via phone call & video call were conducted during the quarter under report.

Sessions	April 2020	May 2020	June 2020
Live online music sessions	412	596	529
Total sessions	1537		

Snapshot of videos of therapy sessions shared by beneficiaries



VOCATIONAL TRAINING AT ASRA HEADQUARTER

COMPUTER TRAINING AT ASRA HQ RECOGNISED BY NIOS AND NIELIT, GOVERNMENT OF INDIA

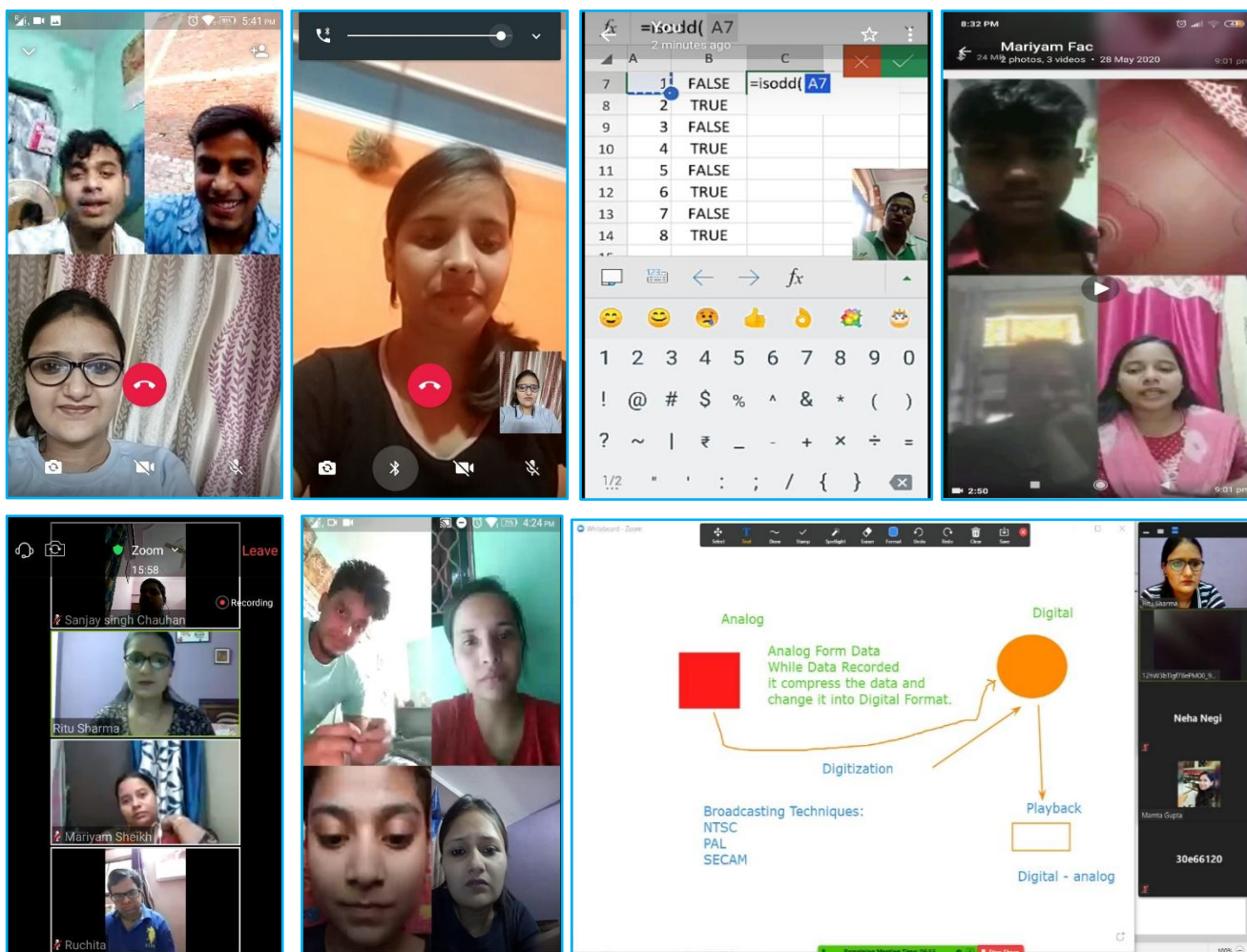
Course-wise WhatsApp groups of students have been created by Unit Heads through which teachers are sharing training materials and urgent information received from NIELIT and NIOS regarding extension of dates of registration and examination. Online classes, Notes, Pictures and Worksheets are being shared. Query solving sessions are held regularly. YouTube links are also forwarded to students for practical work reference.

Status of students during the quarter under report:

New admissions during the quarter: Nil

Month	Students with Disabilities	Non-Disabled Students	Total students
April-2020	6	55	61
May-2020	6	55	61
June-2020	6	50	56

Total session provides	
Via conference / video call / audio call	428
Query sessions	81
Documents shared (PDF, PPT, web Link, YouTube link, worksheets etc.)	217



Online computer classes

TAILORING AND HANDICRAFT TRAINING AT ASRA HEADQUARTER (RECOGNISED BY NIOS, GOVERNMENT OF INDIA)

The details of students who have undergone training in Tailoring/ Handicraft Unit during the quarter under report are as follows:

Status of students during the quarter under report:

Month	Total number of students
April-2020	49
May-2020	49
June-2020	49
Total online sessions	366



Conducted online classes

ASRA HANDICRAFT EMPORIUM

ASRA Handicraft Emporium has been functional since April 2010. The Emporium is taking orders of stitching / alteration work and repairing of clothes etc. Due to lockdown, order work and stitching of mask was done by tailoring staff from home. **Total 693 masks were stitched during the quarter under report for distribution to beneficiaries of ASRA.**

The details of orders booked / completed during the quarter are given below:

Orders pending up to 31 st March-2020	Orders booked from 1 st Apr-2020 to 30 th June-2020	Orders completed from 1 st Apr-2020 to 30 th June-2020	Orders pending up to 30 th June-2020
39	116	120	35



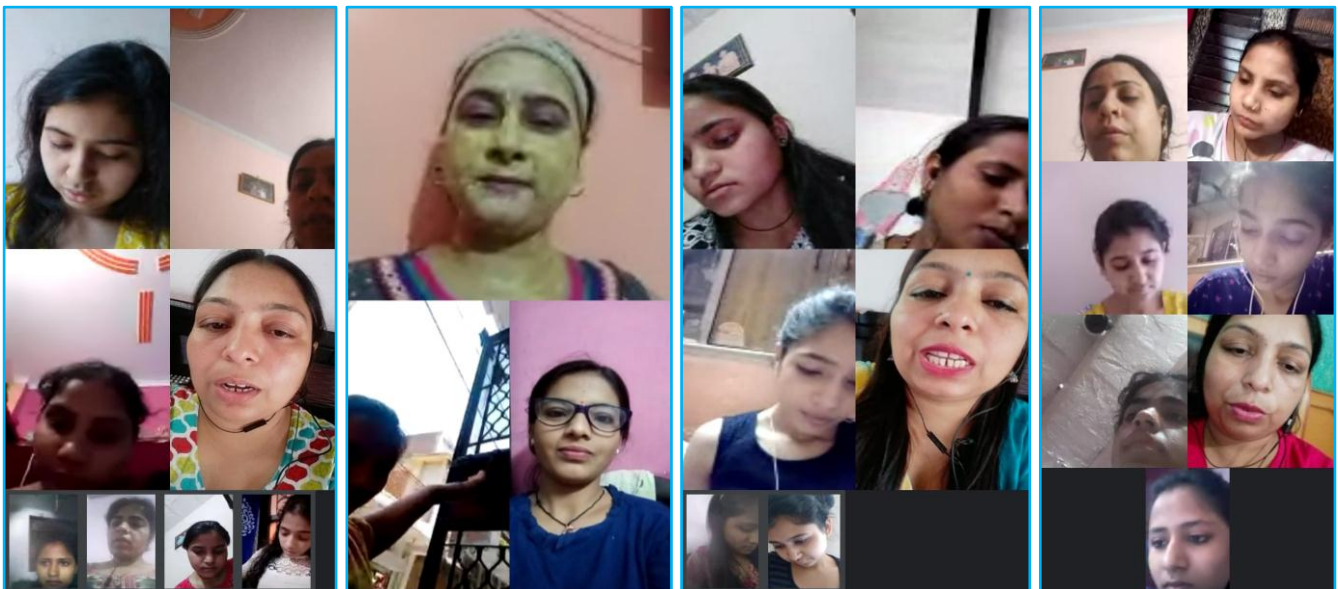
BEAUTY CULTURE COURSE AT ARTC RECOGNISED BY NIOS, GOVERNMENT OF INDIA

ASRA is conducting diploma course in Beauty Culture recognized by NIOS, Government of India. After qualifying in this course, the beneficiaries can work as professionals and earn money towards their self- reliance.

Status of students during the quarter under report:

New admissions during the quarter: Nil

Month	No. of students
April-2020	14
May-2020	10
June-2020	10
Total online sessions	61



Online Beauty Culture classes

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, they either purchase additional material for their respective enterprise or start a new enterprise which helps them to increase their monthly income. **The total number of beneficiaries under Seed Loan program is 124.**



Seed Loan beneficiary from Shahbad Dairy slum community receiving essential item during distribution camp

RETIREMENT OF ASRA'S FOUNDER AND MANAGING TRUSTEE FROM PDUNIPPD, NEW DELHI UNDER GOVERNMENT OF INDIA

ASRA's Founder & Managing Trustee, Ms. Vandna Mishra, retired after 33 years of Central Government service on 31st May 2020. She served as Assistant Media Officer / Placement Officer at Pandit Deen Dayal Upadhyay Institute for Persons with Physical Disabilities, New Delhi under the Ministry of Social Justice and Empowerment.



*Gratitude to the President AFS
and all the donors
who are supporting ASRA's work for the poor &
needy persons with disabilities living
in the slums of Delhi.*

Gratitude for your trust in our abilities.

