



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.

THANK YOU
AFS

THANK YOU
ASRA for Support

NEWSLETTER Activities under COVID-19

April 2020 to June 2020

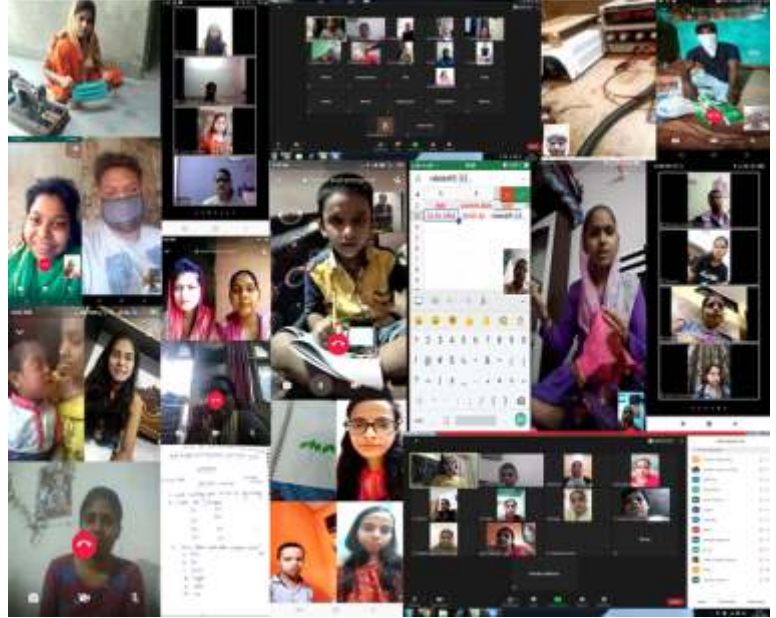
CONTINUING OUR MISSION DURING THE COVID-19 PANDEMIC AND A NATIONWIDE LOCKDOWN

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.



Doorstep distribution was initiated based on the teachers' feedback which was duly verified by the Rehab Workers and Coordinators. 179 Children received study material such as notebooks, registers, pencils, pens, erasers, sheets, colours and immunity boosters like daliya and poha.



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

While the AIRTC is physically shut due to lockdown, 34 children with special needs have availed services of AIRTC 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 AIRTC students during the quarter under report:



Online Special Education Classes & Worksheets prepared by Special Educators

Online Music and Dance Classes



Online Therapy Sessions of AIRTC children

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

Activities of hand and eye coordination



Drawing with hand and thumb painting

ONLINE WORKSHOPS FOR STAFF & BENEFICIARIES



'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 Physiotherapy Department



'Social Media' by Computer Department, ASRA HQ

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.



Online interaction with beneficiaries to provide information

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

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

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 it 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 though which I fulfilled my dream.

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

- **Education:** 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.



Online Education Classes

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



Online Computer Classes

Online Tailoring Classes

Online Beauty Culture Classes

Online Mobile Repairing Classes

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



Physiotherapy sessions

Occupational Therapy sessions

Speech Therapy sessions

- **Sponsorship Program :** This program is exclusively for children with disabilities. 63 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. 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



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.

