



Action for Self Reliance and Alternatives Uttam Nagar, New Delhi

An organisation committed towards empowerment of
persons with disabilities



NEWSLETTER
(Activities under COVID-19)
OCTOBER 2020 to DECEMBER 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

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. Total **2456 PwD** beneficiaries across **62 communities** have been provided with essential items package from June 2020 till December 2020. During the quarter under report, **633 PwD from 27 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. Total **904 children** have been provided with study material such as notebooks, registers, pencils, pens, erasers, sheets, colours and immunity boosters like daliya and poha from June 2020 to December 2020. During the quarter under report, **294 children** were provided with study material and immunity boosters.



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 October 2020 and December 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:

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 AIRTC children










- The AIRTC 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 AIRTC 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 AIRTC 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	October 2020	November 2020	December 2020
Online Video sessions	281	189	269
Voice calling sessions	91	92	76
Worksheets prepared & forwarded	834	643	718

Online Special Education Classes & Worksheets prepared by Special Educators:

Count and match the values to the number	
	1
	2
	3
	4
	5

Circle the Cold Things		
Draw a circle around each thing that is cold.		
		
		
		

Count the items and write in the box:	
	<input type="text"/>
	<input type="text"/>
	<input type="text"/>
	<input type="text"/>
	<input type="text"/>



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	October 2020	November 2020	December 2020
Live online music sessions	91	59	110



Children attending music class

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



Parents share therapy videos

Speech Therapy:

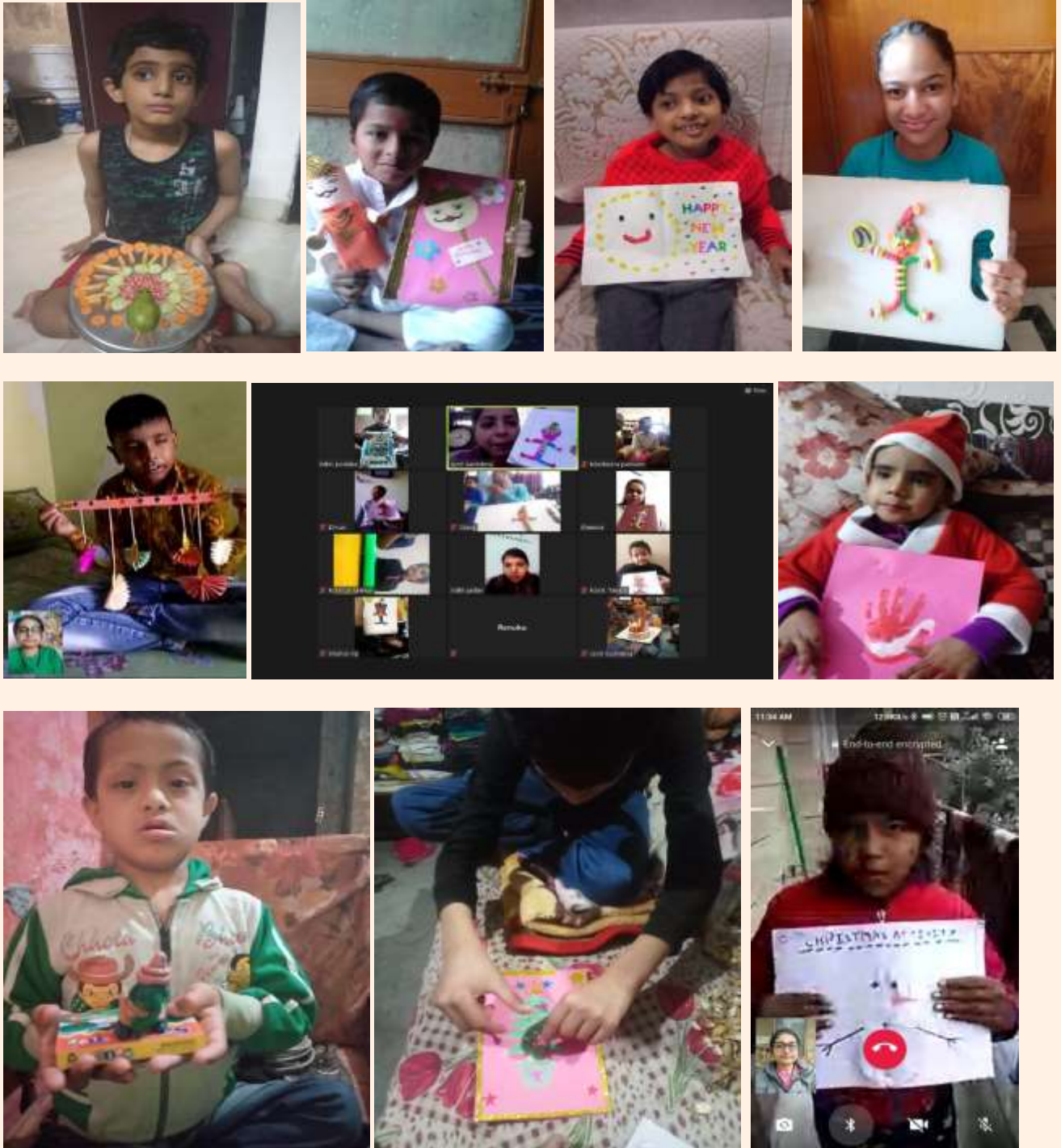


Children attending online Speech Therapy session

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.

By 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.





Games



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



Personal hygiene: combing, washing hands, tidying room

CELEBRATIONS

COVID-19 was not able to spoil the festive mood at ASRA. ASRA continued to celebrate festivals with beneficiaries, their family members and staff while staying safe at home. Festivals and special days celebrated by ASRA during the quarter under report: -

Dussehra Celebration

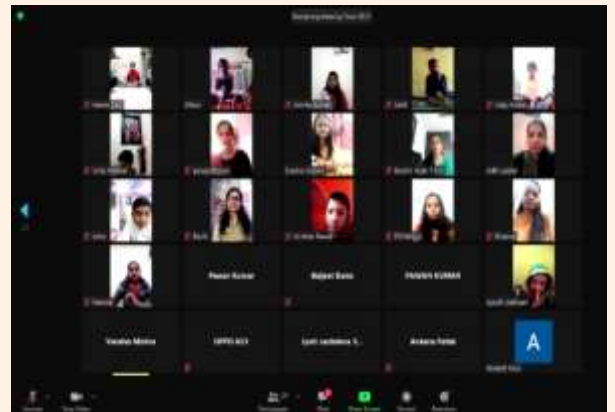
Dussehra, the festival of victory of good over evil was celebrated by conducting an online Dussehra Craft Activity 'Props making' for the students of AIRTC and Education programs. They were also dressed up in different avatar from Ramayana.



Depicting Demon King Ravana (pic 1), Goddess Sita and wife of Lord Rama (pic 2) and Lord Rama (pic 3 & 4) and props made during the webinar

Deepawali Celebration on 12.11.2020

The staff and students of ASRA ushered in the joyous festival of lights with virtual celebrations. The occasion was marked with the singing of shlokas, graceful dance performances and creative activities that lit up ASRA with festive cheer. Children / students pledged not to burst crackers but to light diyas in honour of those working selflessly for others in these trying times. A Virtual Rangoli competition was also held in which students made 'Rangoli' with dry herbal colours in their home live during the webinar.



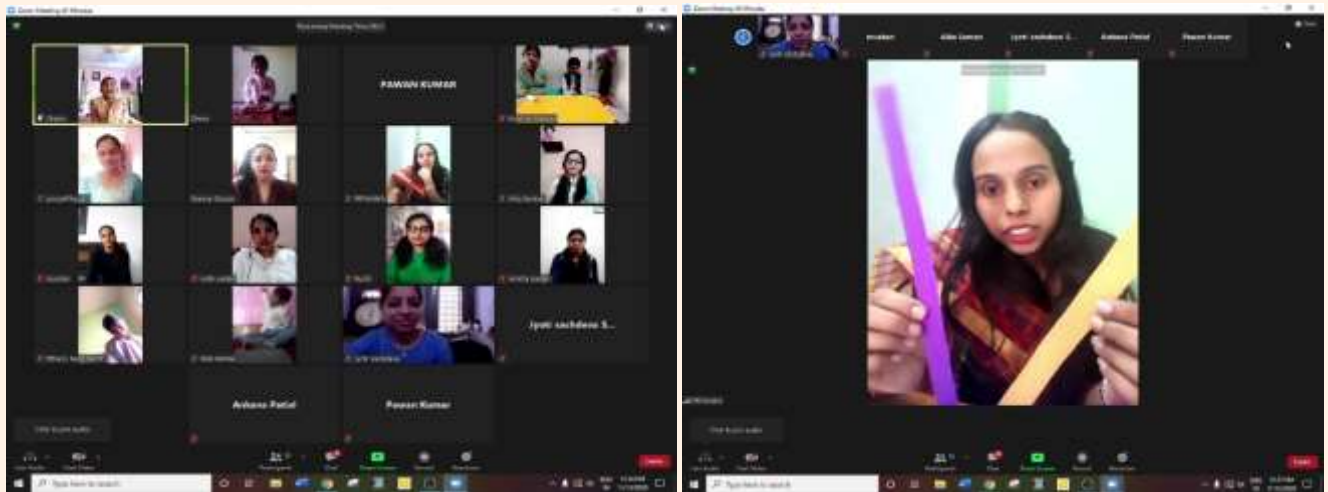
Conducted webinar on Diwali Festival



Activity held during conducted webinar on the occasion of 'Diwali'

Children's Day (Bal Diwas) on 14.11.2020

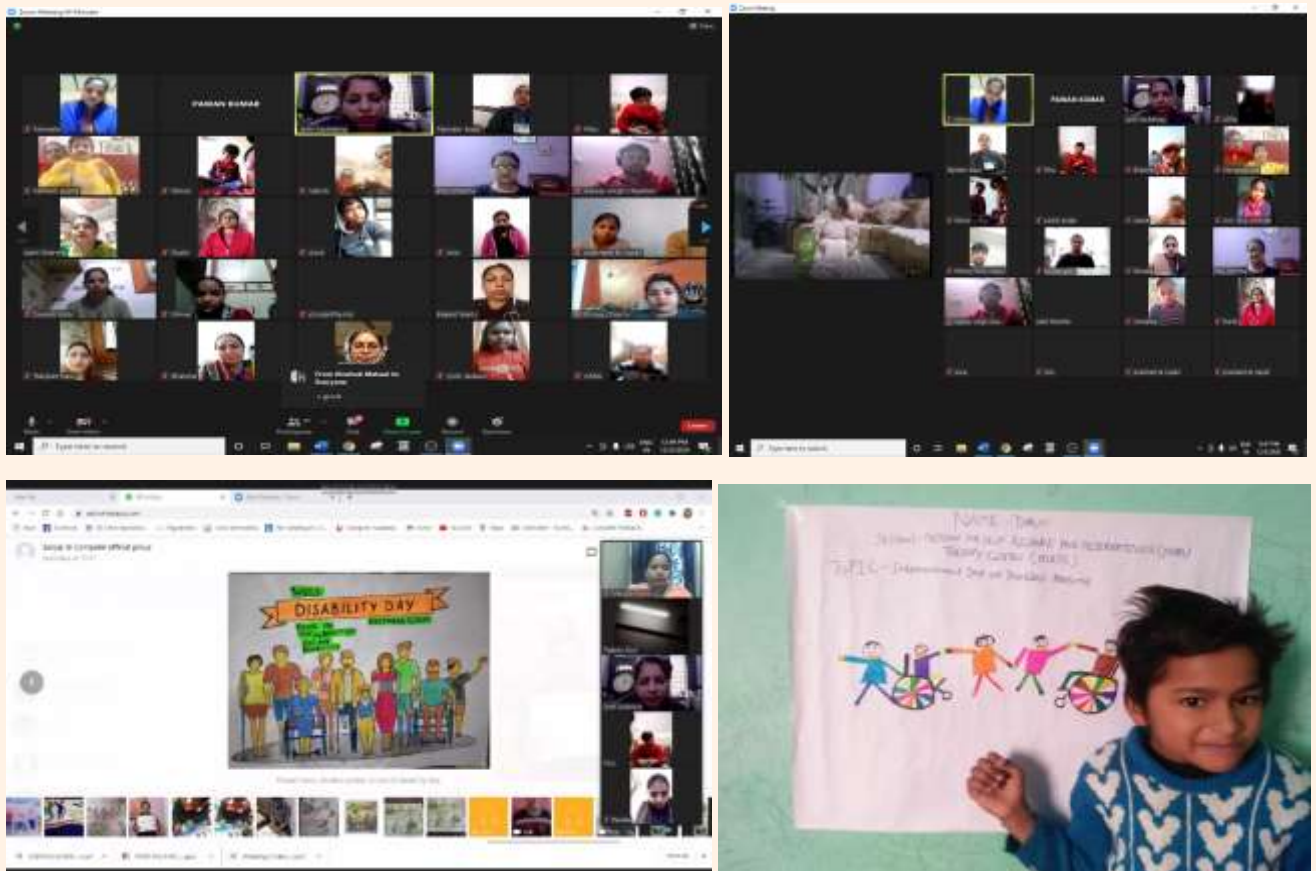
Children's Day was celebrated on 14th November, 2020 as a tribute to the country's first Prime Minister Jawaharlal Nehru as a token for his love and affection towards children.



Activity held during conducted webinar on the occasion of 'Children Day'

International Day of Persons with Disabilities on 03.12.2020

ASRA celebrated International Day of Persons with Disabilities by organizing awareness generation programs with students of vocational trainings and children of AIRTC. Videos created by students were shared during this webinar. In these videos children dance, sang songs, recited poems, shared posters etc.



A webinar held regarding awareness session for disability the occasion of 'International Day of Person with Disability'

Christmas Celebrations on 24.12.2020

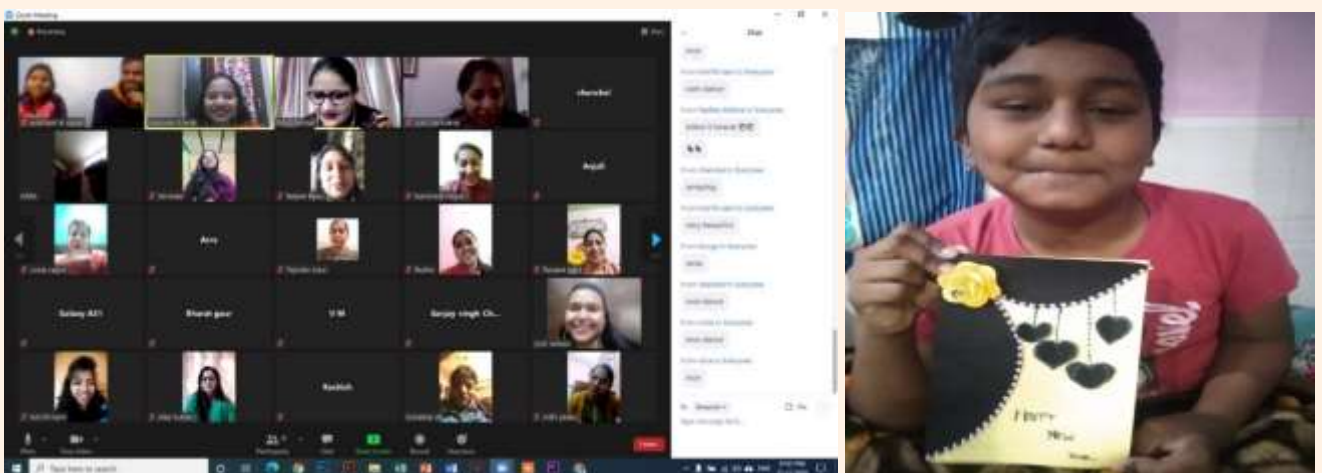
On the occasion of Christmas Eve, the ASRA staff organised various activities for children / students of all programs. Activities like Christmas tree decoration with lamps, toys and flowers, card making, painting Christmas tree on drawing sheets were conducted for the students.



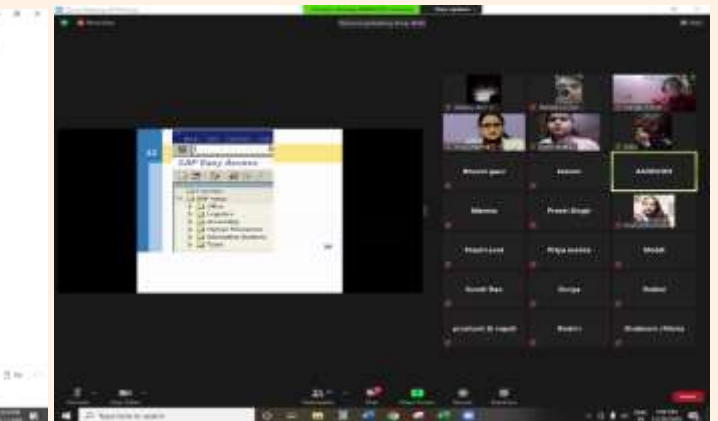
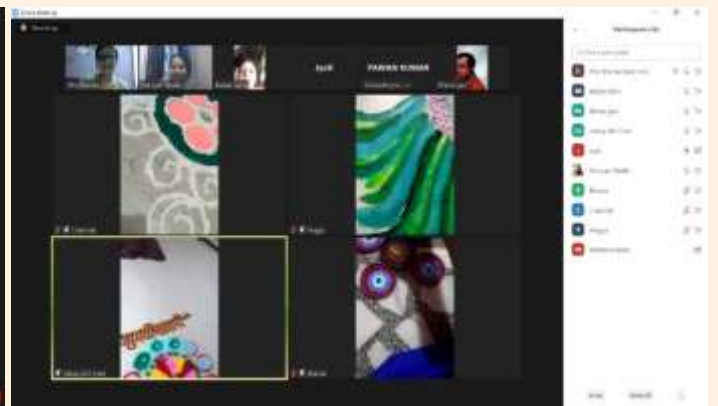
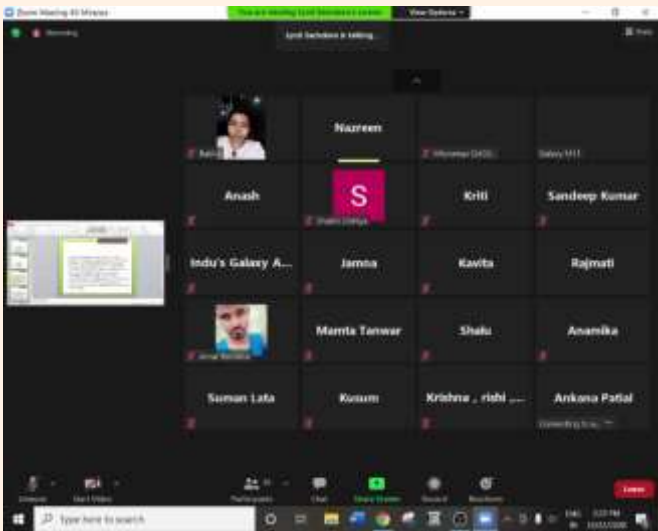
Children celebrated 'Christmas Day' and done some activity under the guidance of Teachers

New Year Eve Celebration on 31.12.2020

Virtual New Year celebrations were held with great enthusiasm. Students recorded video and audio clips of motivational poems, dances, songs, posters etc. These clips were shared during the celebrations.



New Year Celebration



Success Stories

Referral services-CBR



My name is Prince and I am 26 years old, living in Mayapuri community. I am orthopaedic disabled (100%). I have 13 members in my family and living in joint family. My mother is a house wife and my father works as a labour. I know ASRA from past 11 years. When I do not know about ASRA, I did not have any government facilities. One day, I met a social worker of ASRA team who told me about all government facilities provided to persons with disabilities. ASRA team and a social worker helped me in availing all facilities provided from Government. Now I got Disability Certificate, Railway Concession Certificate, Pension and also refer to me 'Divisional Railway Manager Office

(DRMO)' for E-ticket. I also got Crutches and Tricycle from the help of ASRA which is the most necessary things for me. I got Ration (food items) with the help of ASRA during lockdown period. My family is glad and thankful to ASRA for their support during COVID Pandemic. I hope that in future they support me always for my career and growth. I can never forget what ASRA has done for me, and I really want to say thanks. — Prince



Success is the main part of our life. The fact is that, you achieve what you wanted to achieve, doing well and becoming to do something in your life. This all become possible through ASRA team. I am Harish, 17 years old, living in Bharat Vihar community with my family of 6 members. I am suffering from Orthopaedic disability (40%). My mother is a home-made and father works as security guard. When I was 7 years old, I met ASRA organization. ASRA helps in many aspects for physically disabled children by supporting their studies and guiding for welfare schemes like disability certificate, pension, bus pass and rail pass etc. ASRA gave me everything for my studies that I really wanted. Each year and every month they supported my tuition fees and now also they are providing it to me.



This support from ASRA helps me a lot in my studies. I am physically disabled, they gave me a doctor as well for my routine exercises. A doctor came to my home every week from team of ASRA. In lockdown during COVID Pandemic, ASRA gave me food and study material, sanitizer, mask etc. These all things are very necessary in this Covid pandemic and needed by my family. And also ASRA doctor gives me online physiotherapy sessions every week. No one does as much as ASRA has done for me during this pandemic. And I really want to say thanks to ASRA team and salute to their support and work they did for me. — Harish

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

UPDATE ON ONGOING PROGRAMS

COMMUNITY BASED REHABILITATION (CBR)

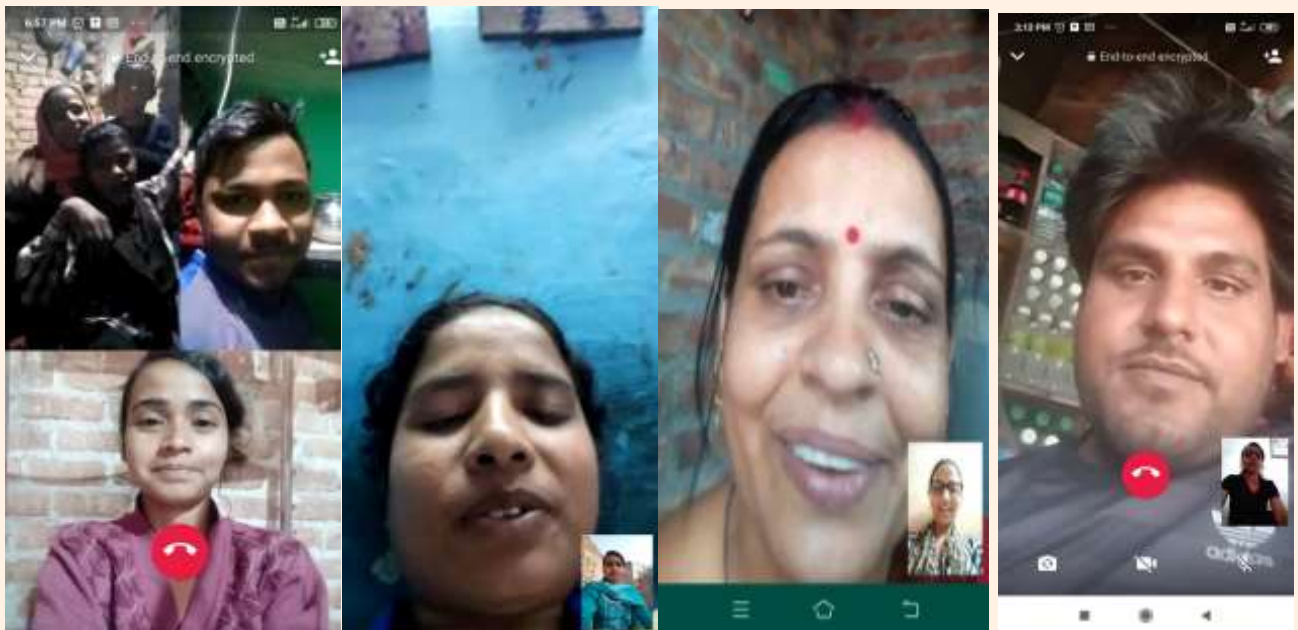
- a. **Individual & Group counseling:** Although ASRA CBR Team is not able to make home visits and meet the beneficiaries directly, it is communicating through telephone and providing information to beneficiaries about this pandemic and initiatives taken / special schemes provided by the Central and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

Information about COVID-19 disease and its Symptoms and preventions			Total
October'2020	November'2020	December'2020	
399	394	188	981



Online interaction with beneficiaries to provide information

b. Referral Services:

During the quarter under report, CBR Team provided referral services to 3269 PwDs:

S. No	Referral service	No. of beneficiaries
1.	Disability Certificates	300
2.	Railway concession & E-Card	210
3.	Information regarding Disability Pension	186
4.	Bank (Information regarding pension)	05
5.	UDI Card	166
6.	Aadhar Card (Identity Proof)	63
7.	AIDS & Appliances	39
8.	Stationary and food items by ASRA	221
9.	Essential items distributed by ASRA	616
10.	Essential items distributed by other organization	52
11.	Online filling for at Cyber Café	28
12.	Buss Pass	39
13.	Making new ration card	08
14.	MLA office for signature documents	25
15.	Others services	59
	Total	2017



Refer to PwDs for availing Govt. services through online and during survey regarding new cases find during essential material distributed to ASRA beneficiaries

c. Concession benefits services:

S.NO	Name of services	Apply	Received
1	Disability Certificate	69	20
2	Railways concession certificate	28	13
3	E-Ticket Card	03	10
4	UDI Card	49	44
5	Disability Pension	34	12
6	SDM Card	11	02
7	Bus Pass	03	05
8	IQ Certificate	02	02
9	Aids & Appliances	07	02
Total		206	110



ASRA Beneficiaries received Govt. Facilities from different Departments with the help of CBR Team

d. Mobility Aids & Appliances: -

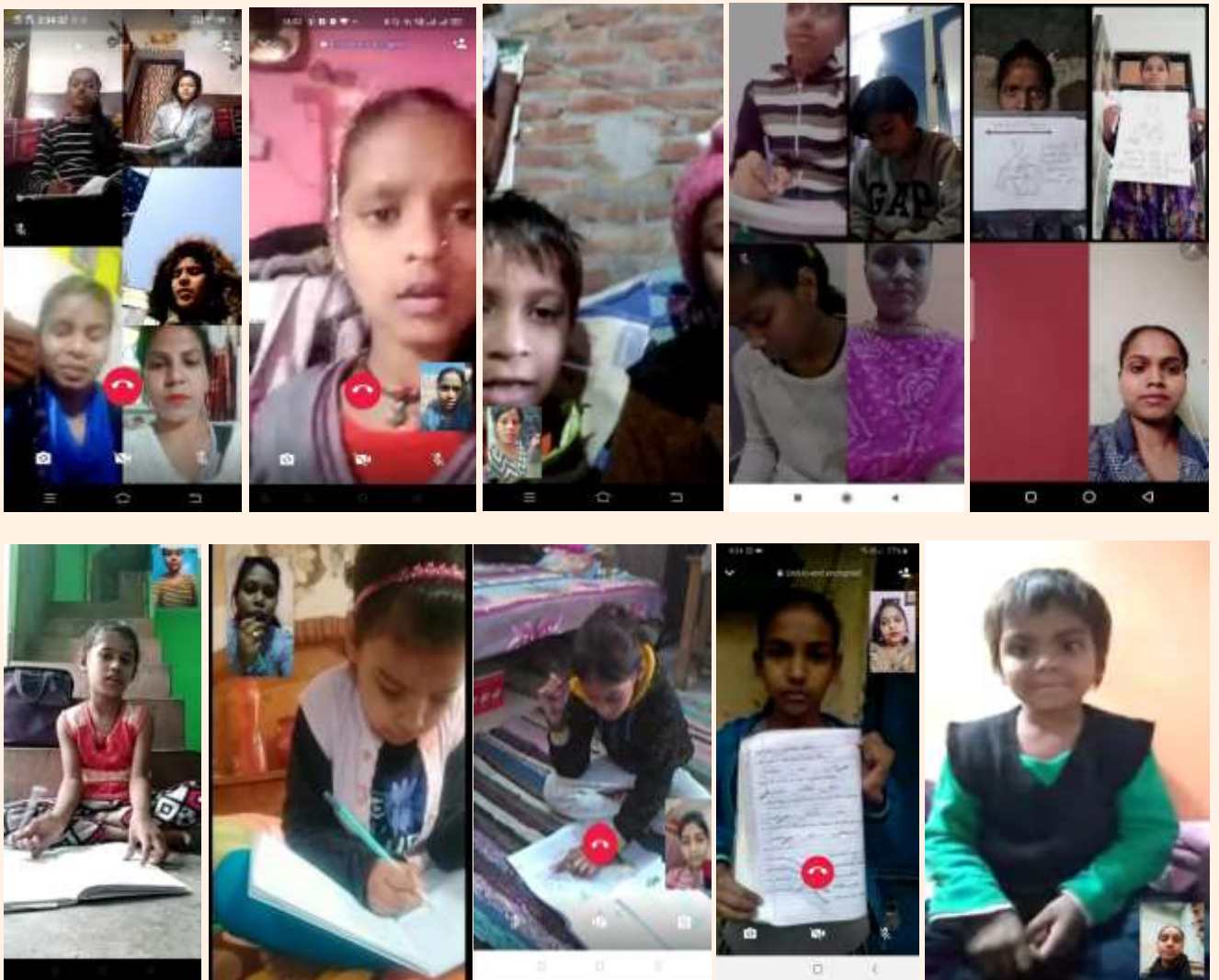


ASRAs beneficiaries received mobility aids & appliances through networking and POE Workshop at HQ

e. **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 Dussehra, Children Day, Deepawali, Christmas Day & New Year.

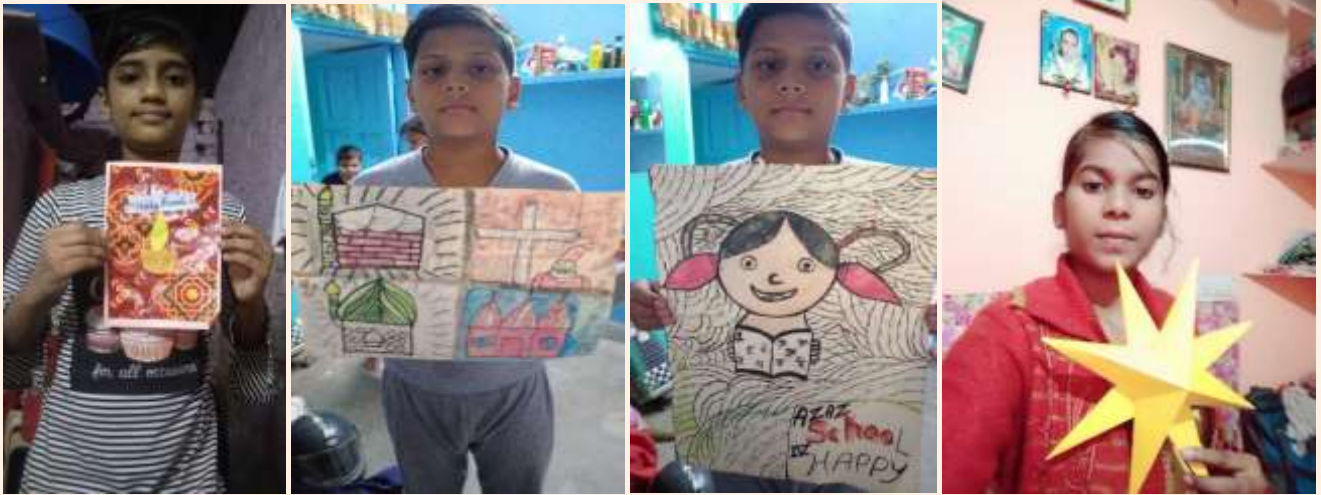


- During the quarter, **total 589 children of 21 education center** of ASRA took online classes by ASRA Education teachers and participated in different activities arranged by ASRA Education Program.



CBR Education teachers are taking online classes with communities' students

Some Glimpses of ASRA CBR Education Centers-Educational & Recreational 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 47 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: Tailoring Theory class (left) and how to apply nail paint and finishing (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	
	OPD	AIRTC	OPD	AIRTC	OPD	AIRTC
Oct-2020	26	87	70	247	37	73
Nov-2020	25	88	59	173	25	37
Dec-2020	76	98	114	188	05	09



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



Online therapy session

Sessions	October 2020	November 2020	December 2020
Online therapy sessions	580	617	500
Total sessions	1697		



Medical assessment during essential item distribution by ASRA at slum communities

Prosthetic and Orthotic Unit

A feedback was received from CBR Therapists regarding urgent need to repair artificial limbs and requirement of new prosthetic and orthotic for some PwD beneficiaries. ASRA's Prosthetic and Orthotic Engineer along with the CBR Therapist paid home visits of PwD beneficiaries having urgent requirements and did the repair work of artificial limbs. Measurements has been taken Raw material has been procured for making new artificial limbs / mobility aids and is under process.

Measurement Taken - 31

Appliances Delivered - 21



Measurement taking and appliances delivered to ASRA beneficiaries

VOCATIONAL TRAINING AT ASRA HEADQUARTER

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

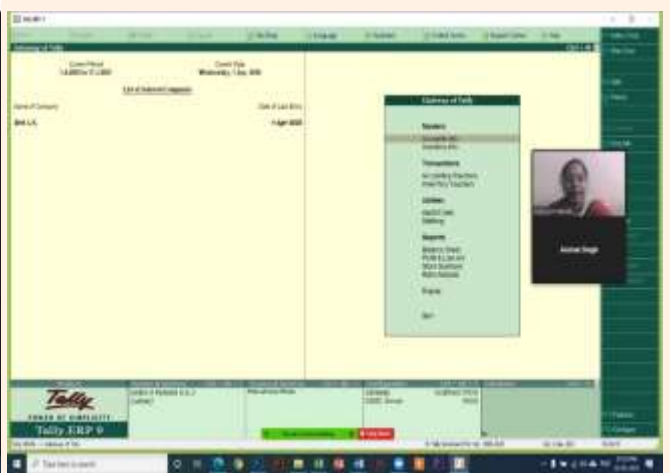
Course-wise WhatsApp groups of students have been created by Unit Heads through which teachers are sharing training materials and urgent information received from NIELIT and NIOS regarding extension of dates of registration and examination. Online classes, Notes, Pictures and Worksheets are being shared. 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
Oct 2020	04	30	34
Nov 2020	04	31	35
Dec 2020	04	27	31

Total session provides	
Via conference / video call / audio call	706
Query sessions	187
Documents shared (PDF, PPT, web Link, YouTube link, worksheets etc.)	676



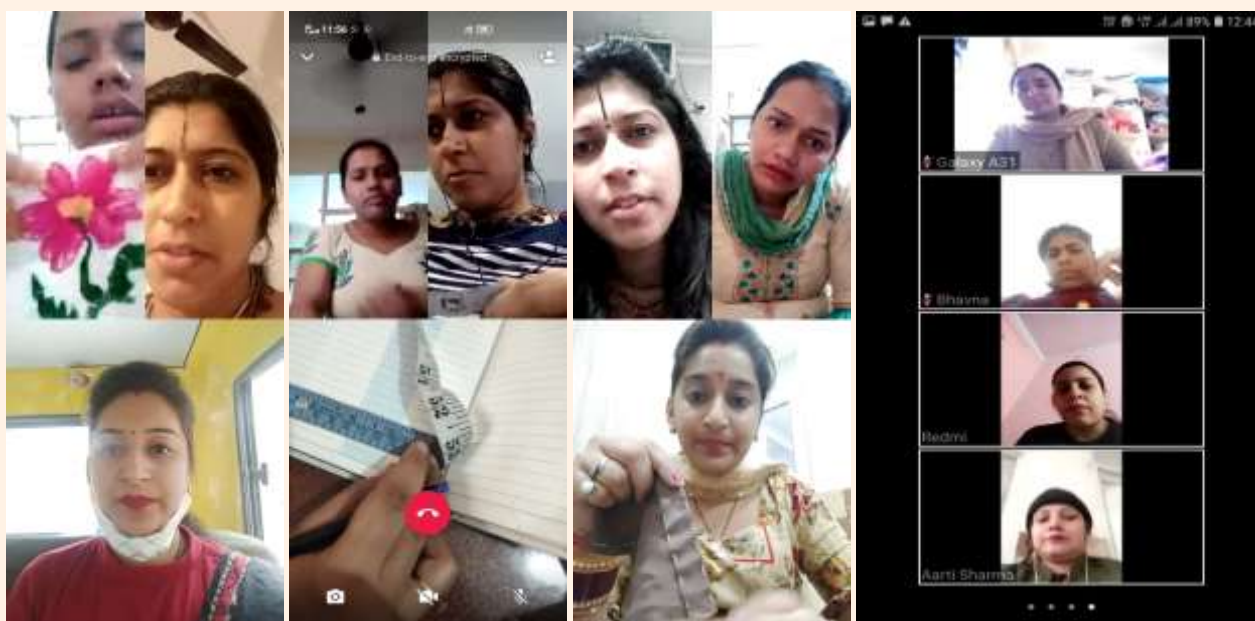
Online computer classes

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
October 2020	17
November 2020	15
December 2020	15
Total online sessions	210
Documents shared (PDF, PPT, web Link, YouTube link, worksheets etc.)	90



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.

- **103** orders for stitching / alteration / repairing of clothes are booked from 1st October 2020 to 31st December 2020 and delivering the same to the customers.
- **417** masks have been stitched during the quarter under report. These masks are being distributed free of cost to the PwD beneficiaries and children of education, sponsorship and AIRTC programs. Masks are also being sold out to the interested customers.



Clay lamp decorated by tailoring staff at ASRA HQ

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

Orders pending up to 30 th Sep-2020	Orders booked from 1 st Oct-2020 to 31 st Dec-2020	Orders completed from 1 st Oct-2020 to 31 st Dec-2020	Orders pending up to 31 st Dec-2020
06	104	103	01

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:

Month	No. of students
October 2020	11
November 2020	07
December 2020	09
Total online sessions	193



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

*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.

