



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 2020 TO DECEMBER 2020 Activities under COVID-19

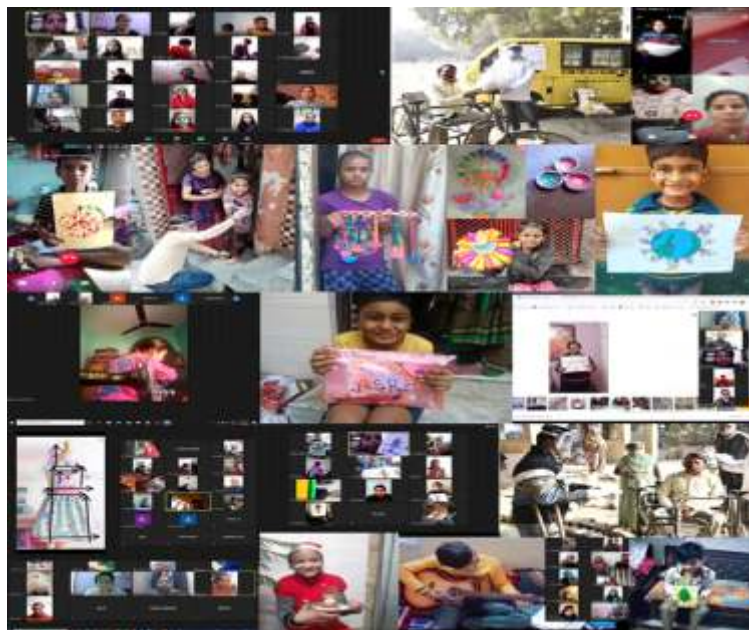
CONTINUING OUR MISSION DURING THE COVID-19 PANDEMIC AND A NATIONWIDE LOCKDOWN

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

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



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 July 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.



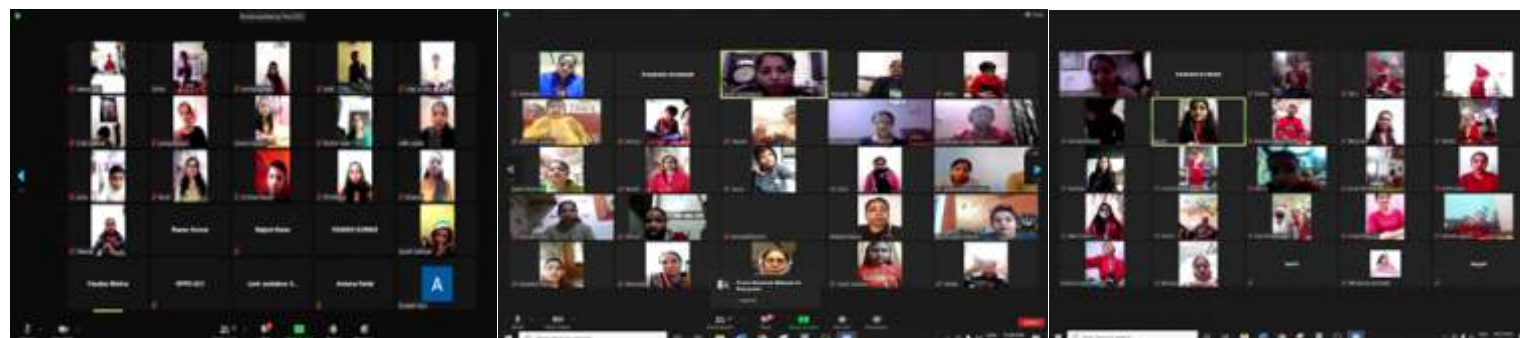
Online Special Education Classes & Worksheets prepared by Special Educators

Online Music and Dance Classes



Online Therapy Sessions of AIRTC children

Activities of hand and eye coordination



Webinar organised on the special days

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:

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

b. Referral Services: During the quarter under report, CBR Team provided referral services to 2017 PwDs:

S. No	Referral service	No. of beneficiaries
1.	Disability Certificates	300
2.	Railway concession & Eard	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



Procedural guidance provided to beneficiaries

SUCCESS STORIES

Referral services-CBR



Prince

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.

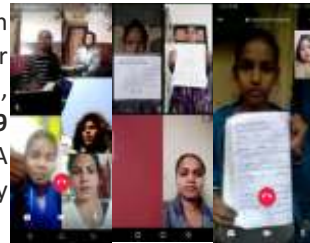
Success is the main part of our life. The fact is that, you achieve what you wanted to achieve, doing well and becoming to do something in your life. This all become possible through ASRA team. I am Harish, 17 years old, living in Bharat Vihar community with my family of 6 members. I am suffering from 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.

• **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 Raksha Bandhan, Janmashtami, Independence Day & Teacher's Day. 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.



Online Education Classes



Celebrated Special Days

• **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



Measurement taking and appliances delivered to ASRA beneficiaries



Speech Therapy sessions

• **Sponsorship Program :** This program is exclusively for children with disabilities. 47 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 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.

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



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

ONLINE WORKSHOPS FOR STAFF & BENEFICIARIES

