



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-2021 to MARCH-2021 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 all vocational training classes and therapy sessions have been conducted online since 21st March 2020, ASRA Head Quarter opened its doors and conducted vocational training classes and therapy sessions in its physical location from 11th Feb 2021 to 10th April 2021. However, due to a sudden spike in COVID cases, the city underwent another lockdown and vocational training classes & therapy sessions have had to be conducted online once again since 11th April 2021.

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 **2493 PwD** beneficiaries across **62 communities** have been provided with essential items package from June 2020 to March 2021. During the quarter under report, **32 PwDs from 5 communities who came back from their villages** have been provided essential items package for their day to day life.

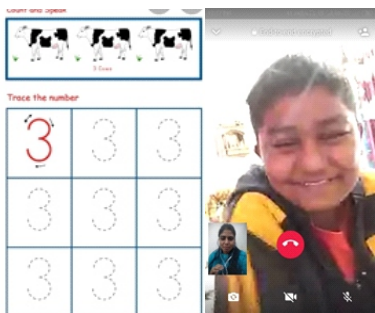


Doorstep distribution was initiated based on the teachers' feedback which was duly verified by the Rehab Workers and Coordinators. Total **924 children** have been provided with study material such as notebooks, registers, pencils, pens, erasers, sheets, colours and immunity boosters like daliya and poha from June 2020 to March 2021. During the quarter under report, **20 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 March 2021. 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



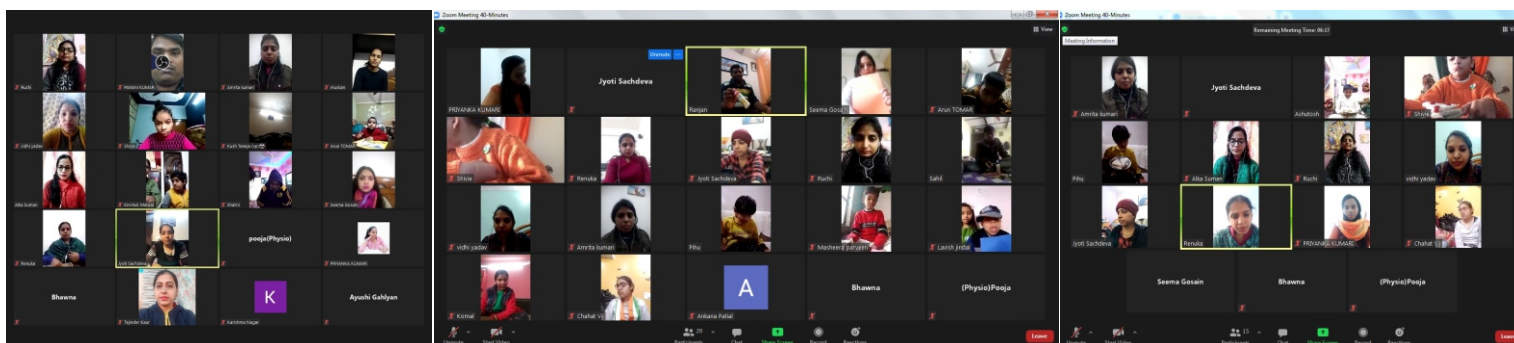
Online Music and Dance Classes



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:

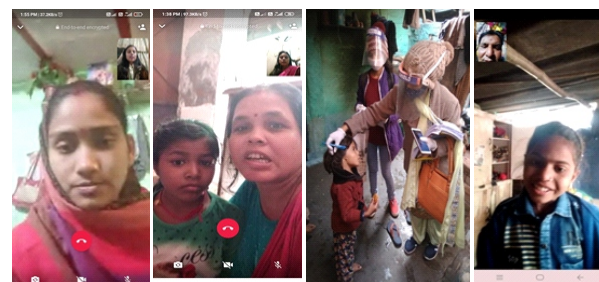
- ASRA CBR Team is constantly providing information to PwDs / CwDs about the basic steps for the prevention of COVID-19 as per the guidelines given by WHO and Ministry of Health, Government of India.
- Beneficiaries and their families are told about the Do's and Don'ts.
- ASRA CBR Team always tries to 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.

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
January'2021	February'2021	March'2021	
522	354	585	1461

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	305
2.	Railway concession & ECard	299
3.	Information regarding Disability Pension	185
4.	Bank (Information regarding pension)	16
5.	UDI Card	212
6.	Aadhar Card (Identity Proof)	49
7.	AIDS & Appliances	73
8.	Stationary and immunity boosters by ASRA	20
9.	Essential items distributed by ASRA	32
10.	Buss Pass	71
11.	Others services(Online filling form, MLA office etc.)	73
Grand Total		1335



Procedural guidance provided to beneficiaries

SUCCESS STORIES

Kinshuk of ASRA Intervention, Recreation and Therapy Centre (AIRTC)

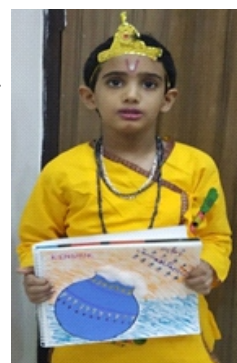
Kinshuk is our only child. He is Autistic. We belong to a lower middle-class family. Our profession is astrology which is not running smoothly. Initially, we got Kinshuk admitted in a Special School in Dwarka. The fee structure was too high in that school. So we stopped sending him to that School after some time. In 2017, we came to know about occupational therapy department of ASRA through parents one of classmate of Kinshuk. Kinshuk started taking sessions of occupational therapy in ASRA. Then ASRA opened its own Special school in 2018 with nominal fee structure and quality services. So we got Kinshuk admitted in ASRA school.

For us ASRA is a name / place where students love to go and are being learning many things in fun. Apart from this, ASRA fulfils the requirement of education material like notebooks, Books, colours, etc. and gives nutritious food items time to time.

It was going very good till 2019 but after lockdown due to this pandemic COVID 19 children got locked down in houses and become inactive. During these crises, ASRA took initiative and started providing online classes and not even educational, it also started Speech and Occupational Therapy via online. In starting it was difficult for us to cope with this new technology. Before lockdown, children were fully handled by teachers and therapists but now it was on parents to handle the child at home. Teachers guided us to keep these students in front of the computer screen. It was the biggest task. But ASRA teachers themselves worked hard with patience. They motivated and encouraged us. Along with the classes, the teachers and therapists also share weblinks for new activities frequently, due to which the practice of Kinshuk was not lost. Fees was not charged by ASRA during 4 months of lockdown and after that it is the minimal amount which we are paying.

Despite lockdown, ASRA provided us with stationary items, masks, handkerchief, etc. and food items like Daliya, Poha for Kinshuk at our door steps. A would like to thanks ASRA Staff for these valuable efforts.

— Jyoti Malwal (Mother of Kinshuk)



Kinshuk

Sunita of Bharat Vihar Community



Sunita

I am Sunita, 26 years old and suffering from Multiple Disability (locomotor, low vision, speech). We are 6 siblings. My father is working as a security guard and our financial condition is not good. We live in a rented house in Bharat Vihar community. Earlier I faced so many problems due to my disabilities. I feel shy while facing society. I was unable to communicate whenever I tried to say something, people do not able to catch it. I was very sad about all that problem I was facing due to disability. I am associated with ASRA from last 8 years. ASRA helped me in availing all the Central / State Government facilities for persons with disabilities like disability certificate, railway pass, bus pass, SDM card and disability pension etc. Apart of this, ASRA provided me with physiotherapy sessions and also supported my education by providing sponsorship to pay my tuition fees. I also learnt 6 months basic beauty culture course from ASRA. Where Ms. Chandni Ma'am helped me and guided me. ASRA staff Ms. Noorjahan Ma'am and Chandni Ma'am motivated me to do something good in future so that I can support my family too. I started to learn computer course after completion of the Beauty Culture course. I started to work in Amazon as product scanner where I am performing my duties very well. During the crucial time of Covid-19 pandemic my family was suffering from financial crisis. ASRA provided Ration to my family.

I am very thankful to ASRA to give me a new and meaningful life. Now I am independent women which was only a dream of me. I am wondered that organizations like ASRA exist. It is doing such a humanitarian work that give direction to people like me. I am thankful to ASRA for this.

— Sunita, Bharat Vihar

*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 594 children of 22 education center** of ASRA took online classes by ASRA Education teachers and participated in different activities arranged by ASRA Education Program.

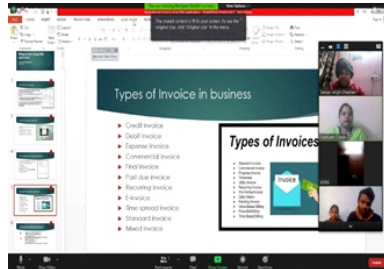


Online Education Classes



Door to door counselling and survey in ASRA adopted communities for awareness regarding online education classes

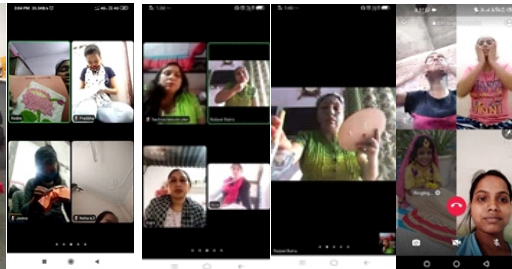
ASRA is running Inclusive Vocational Training / Skill Development Centres in adopted slum communities and ASRA Head Quarter.



Online Computer Classes



Online Tailoring Classes

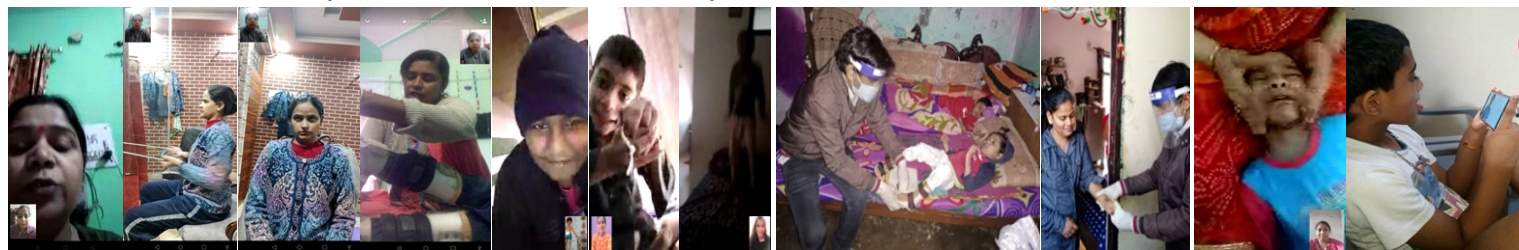


Online Beauty Culture Classes



Online Mobile Repairing Classes

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



Physiotherapy sessions

Occupational Therapy sessions

Occupational Therapy sessions

Speech Therapy sessions

Sponsorship Program : This program is exclusively for children with disabilities. 35 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. Seed Loan beneficiaries are also provided with dry ration kit at their door steps.**

Handicraft Emporium: The Emporium is taking orders of stitching / alteration work and repairing of clothes etc. Total **510** 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:



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

Orders pending up to 31 st Dec-2020	Orders booked from 1 st Jan-2021 to 31 st March-2021	Orders completed from 1 st Jan-2021 to 31 st March-2021	Orders pending up to 31 st March-2021
01	128	96	33

MOBILITY AIDS & APPLIANCES

ASRA organized a Camp for free distribution of mobility aids and appliances on 24th March 2021 in collaboration with a Delhi based organization. Camp was held at ASRA's adopted community namely Pappankalan and **52 beneficiaries** received following mobility aids and appliances according to their needs:

Wheelchair	Tricycle	Crutches	Walker	Sticks	Total
20	15	11	04	02	52



CBR Coordinator, Asst. Coordinators and Rehab workers with beneficiaries of ASRA