



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 2021 to JUNE 2021

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

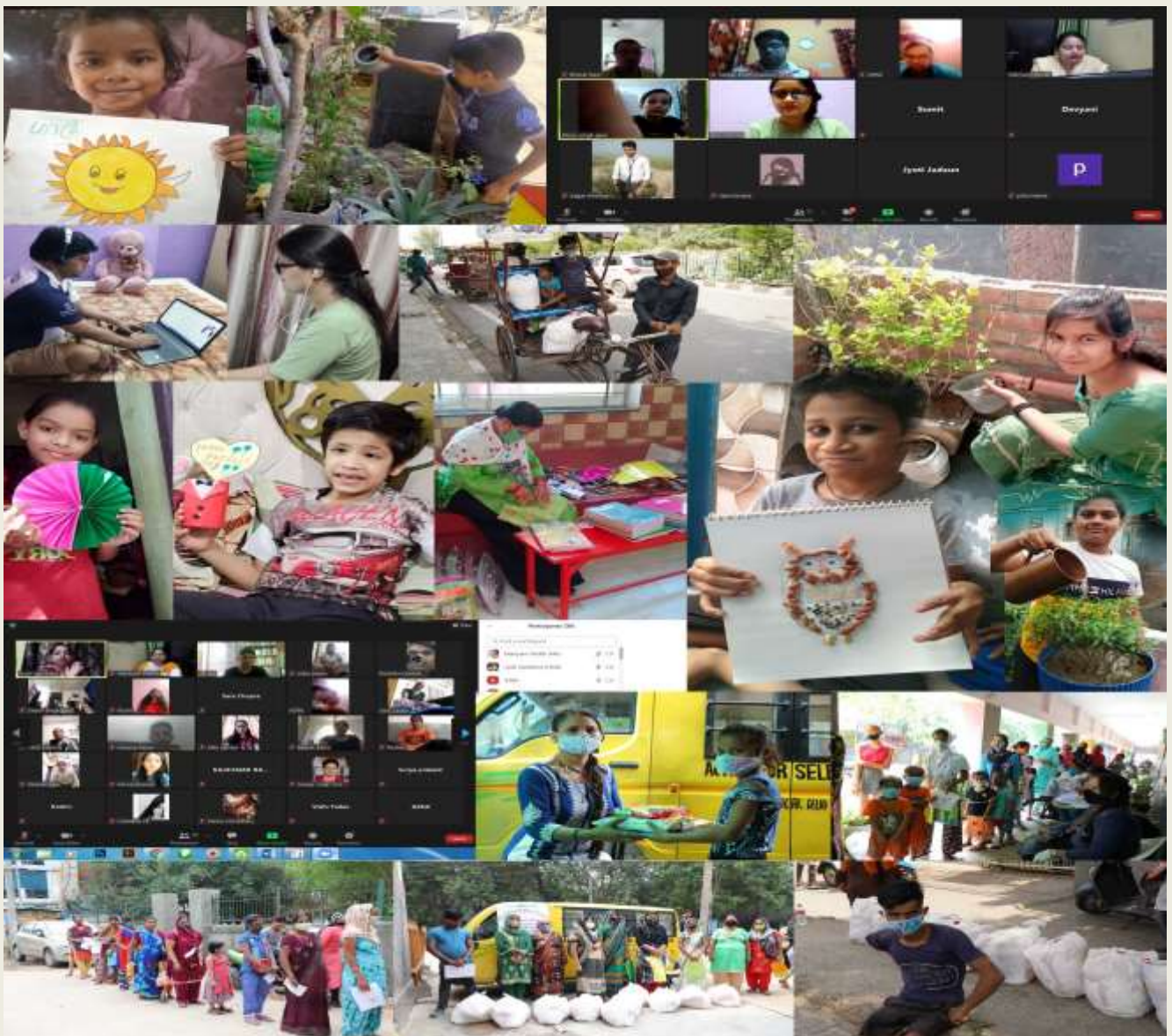
CONTINUING OUR MISSION DURING THE COVID-19 PANDEMIC AND A NATIONWIDE LOCKDOWN

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 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. 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

During the first wave of COVID-19 pandemic, 2493 PwD beneficiaries across 68 communities have been provided with essential items package from June 2020 to March 2021. As the COVID cases rises due to this second and much stronger wave of COVID 19, lockdown was again imposed in Delhi w.e.f. 17th April 2021. ASRA decided to again contact its beneficiaries to do needs assessment survey and to know their primary needs. ASRA CBR Team assessed that several beneficiaries are struggling for food and other basic necessities. ASRA decided to again provide essential items package to the needy PwD beneficiaries. During the quarter under report, 611 PwDs from 8 communities have been provided with essential items package for their day to day life.



Beneficiaries from ASRA's adopted slum community namely Dwarka sec-01



Beneficiaries from ASRA's adopted slum community namely Pappankalan Phase-1



Beneficiaries from ASRA's adopted slum community namely Pappankalan Phase-3



Beneficiaries from ASRA's adopted slum community namely T-Camp



Beneficiaries from ASRA's adopted slum community namely Nangli Dairy



Ration Kit distributed to ASRA's CBR and PwD staff at Indira Camp-2, Basti Vikas Kendra



Beneficiaries from ASRA's adopted slum community namely Bawana



Beneficiaries from ASRA's adopted slum community namely Kirbi Place



Beneficiaries from ASRA's adopted slum community namely Shiv Vihar

DISTRIBUTION OF 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. **During the first wave of COVID-19 pandemic, 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. ASRA decided to again provide educational kits to the children. During the quarter under report, **224 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 special education classes via 3127 video / voice calling sessions during the year from April 2020 to March 2021.

As the AIRTC remains closed due to second wave of COVID-19 pandemic, the children continue to take their online education and therapy sessions during the quarter under report. 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 March 2021	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	April 2021	May 2021	June 2021
Online Video sessions	216	207	230
Voice calling sessions	43	27	55
Worksheets prepared & forwarded	765	350	601
Total	1024	584	886

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. **During the first wave of COVID-19 pandemic i.e. from April 2020 to March 2021, ASRA had provided 819 online music and dance classes to 34 children.**

Following are the details of online sessions of music class provided to the children in the quarter under report:

Sessions	April 2021	May 2021	June 2021	Total
Live online music sessions	108	165	110	383



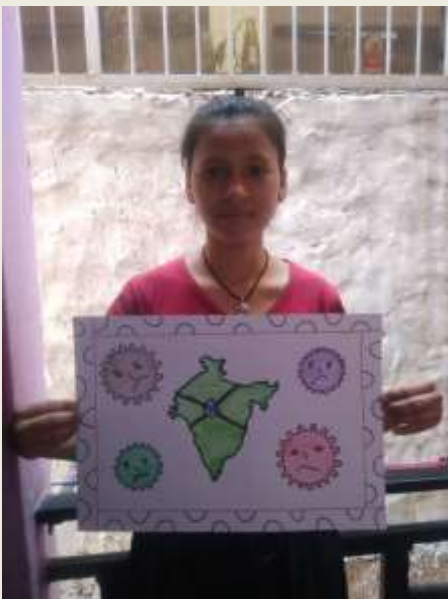
Teacher conducting online music classes

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 been regularly organized digitally for the children on the basis of their interest and level.







Games



Students learning social skills and activities of sorting of pulses, puzzle solving, cloth folding etc.



Personal hygiene: combing, washing hands

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: -

Mother's Day and Father's Day:

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



Greeting Cards made by the children for their Mother and Father

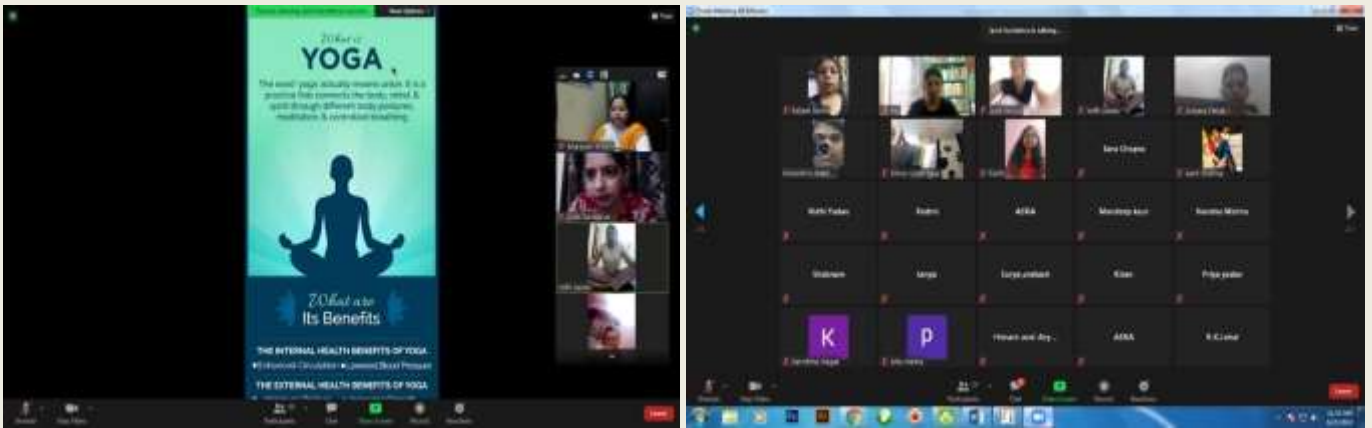
World Environment Day:

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



World Environment Day celebrations

International Day of Yoga:



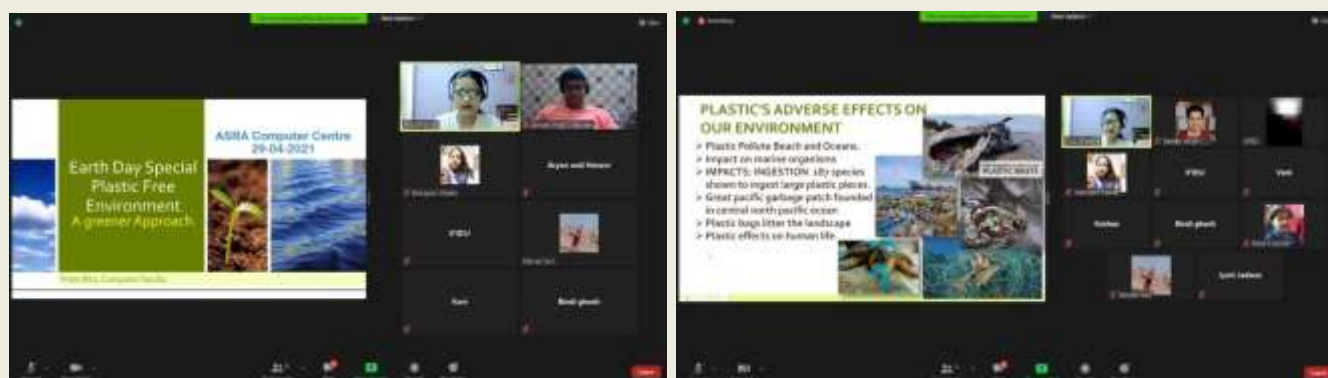
Children doing yoga asans and making poster on the occasion of International Day of Yoga

ONLINE WORKSHOPS FOR STAFF, STUDENTS & BENEFICIARIES

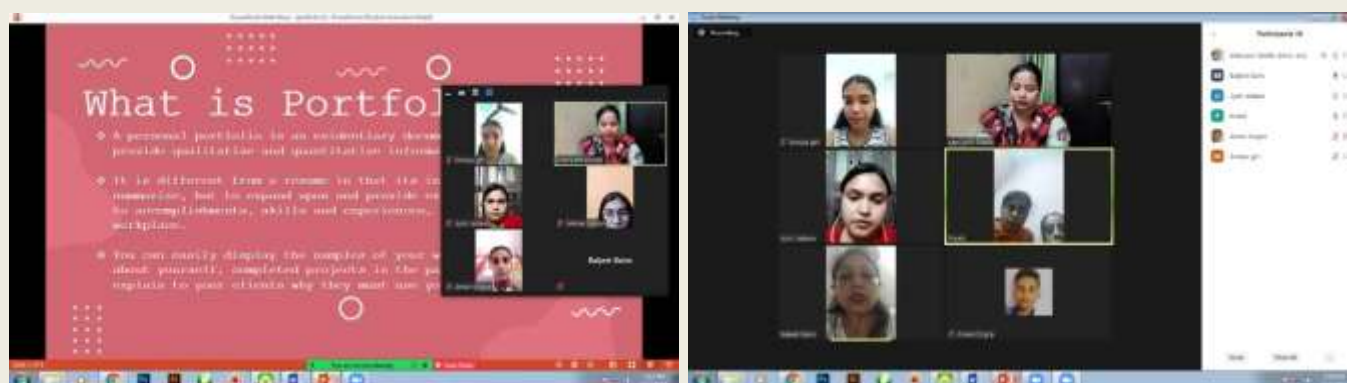
While in-person workshops are not feasible due to COVID-19 pandemic, ASRA staff organized 78 online workshops (webinars) for staff, students & beneficiaries during the period April 2020 to March 2021.

Following are the Webinars organized by staff of ASRA during the quarter under report: -

S. No	Topic of Workshop & Department	Date	Resource Person
1.	Earth Day-A Greenery Approach—Computer Department	30 th April 2021	Ms. Ritu, Computer Faculty, ASRA HQ
2.	Breathing Exercises with General Public—Physiotherapy Department	4 th , 5 th , 6 th , 8 th , 11 th , 31 st May 2021	Ms. Jyoti Sachdeva, Physiotherapist, ASRA HQ
3.	Computerized Portfolio—Computer Department	22 nd May 2021	Ms. Mariyam, Computer Faculty, ASRA HQ
4.	How to create a Blog —Computer Department	24 th May 2021	Mr. Sanjay Kumar, Computer Faculty, ASRA HQ
5.	ASRA Sports Day—Computer Department	28 th May 2021	Ms. Ritu, Computer Faculty, ASRA HQ
6.	Smart Personal Computer—Computer Department	27 th May 2021	Ms. Asha, Computer Faculty, CBR
7.	International Yoga Day Celebration—Physiotherapy Department	21 st June 2021	Ms. Jyoti Sachdeva, Physiotherapist, ASRA HQ
8.	Sign Language—Computer Department	22 nd June 2021	Mr. Sanjay Kumar, Computer Faculty, ASRA HQ
9.	Smart tricks of Computers—Computer Department	23 rd June 2021	Ms. Mariyam, Computer Faculty, ASRA HQ
10.	Cloud Computing—Computer Department	28 th June 2021	Ms. Ritu, Computer Faculty, ASRA HQ



Webinar on Earth Day – a greenery approach



Webinar on Computerized Portfolio



Webinar on 'How to create a Blog'



Sports Day by Computer Unit



'Sign Language Webinar for Students' vocational training



Webinar on Cloud Computing

Webinar on International Day of Yoga

Success Stories

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



My name is Nitin, I am father of Pihu. I live in Nangli Dairy community. My Family has 5 members. I have 2 daughters; Elder Daughter's name is Khushi Goel, she studies in Class-8. My younger daughter namely, Pihu is Orthopedically disabled. I have a stationary shop which is on rent.

My Daughter Pihu is differently abled since her birth. When she was in her mother's womb, her mother faced a lot of problem during her 6th month of pregnancy and gave birth to Pihu. Doctor told us that your daughter has some problems. For 3 years we took treatment from Khera Dabar Ayurvedic Hospital but there was no improvement. Due to her disability, her mother also faced mental problems since many years. With very difficulty I made her mother to come out of this mental trouble. But still her mother stays worried about Pihu.

One day I met ASRA's Rehab worker, Ms. Noorjahan during a survey. She informed me about ASRA & its activities. Since last 3 years, I am associated with ASRA & with the help of ASRA's staff, I got disability certificate of Pih and her disability pension which helped me in our financial condition also. Before this, I didn't know about any Government facilities and due to ASRA I started getting these services. I wanted Pihu to get admission in a school where she can have a safe environment and could continue her Therapy as well as Good Education. In Government Schools, there are so many students, so I was willing to have some different school.

Private schools are very expensive and I am unable to afford. Through ASRA, I got a chance to know about ASRA's own education and therapy center for children like Pihu. It also has less fee charges included van facility. So without any delay, I registered Pihu's name in ASRA's special school in 2019. Here the fee is less with more facilities. Pihu is getting regular exercises there. She had speech problem but since she started her school, she started speaking and there is physical improvement also. Prior to this, she was unable to recognize people but now she can. All teachers have polite nature due to which she stays happy. Since last one year, schools are closed due to COVID-19 pandemic, but ASRA organization is taking all online classes and therapy session regularly. This is a good step from ASRA. Her education is continuing and she happily completes her homework. She wanted to go to school even during lockdown and she is very excited to rejoin school but she is also happy with her online classes. From bottom of my heart, I want to thank ASRA. I can see so many changes in my daughter. She used to tell me her daily activity.

We have also received ration kit, educational kit and immunity boosters from ASRA two times during lockdown. She eats it regularly and do not allow anyone to touch her study material. I would like to thank ASRA for their such kind help in this epidemic. Although there are many schools but they all think about their benefit and want good amount of fees. ASRA's fee amount is low with too many facilities including education, speech therapy and physiotherapy. Infact ASRA did not charge any fee for four to five months during hard time in lockdown. Now also we are paying 50% of fee.



Here all educators are professionally qualified, which is helping my daughter. More than half of my stress is gone after being connected with ASRA organization and I am thankful to ASRA for this. Since she started her school, she is able to write, speak, recognition and explaining her daily routine work.

Poonam from Madipur Community

I am Lata, I am mother of Poonam. She is 14 year old. Due to typhoid Poonam got the disability. She is both physically and intellectually disabled (88%). I got a chance to meet one of the workers of ASRA in February 2020. She told me about all the activities ASRA is doing for differently abled people. She explained me all the government facilities, my daughter can have. Since last 5 year my daughter is on bed and we did not had any information about facilities our government is providing for disabled children. But due to ASRA organization, I got all the information. They helped me to make disability certificate of my daughter from Super Specialist Hospital, Janakpuri and then only we recognized that my daughter is having two types of disabilities. I got this disability certificate on 3rd March 2021. After that I applied for Rail Pass and as well as disability pension.



During the time of lockdown in COVID-19 situation, the condition of my home was very bad. In this bad situation we got ration kit from ASRA, which improve the status of my home and I got the food for my family members. As this lockdown influence the work the most. Poonam's father is a daily wager. He is the only earning person of our family and lack of work our financial situation worsens. ASRA assist us a lot in dealing with this situation. My daughter also got wheelchair from ASRA, on which she can easily sit and roam around and see the world outside. She feels very happy when she goes in between the children of her own age group. By using a wheelchair there is a change in the daily activity of my daughter. Previously, I was handling her due to which sometime I have to leave her alone at home on the bed but as now we have wheelchair so I can take her along with me. Lying for Long time also leads to some ulcers on her body and using a wheelchair also saved her from that problem. ASRA's Worker also help me to get assistance with another organization which provided us diapers which I am using for my daughter as she is unable to tell when she wanted to pass urine or stool.

I am heartily thankful to ASRA and seeks similar kind of help for my daughter in future also.

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

UPDATE ON ONGOING PROGRAMS

COMMUNITY BASED REHABILITATION (CBR)

At a time when physical distancing has not only become an accepted but also a mandatory norm for survival against COVID-19, ASRA CBR team is using the means of telecommunication to stay connected with its beneficiaries in the communities. The CBR staff is making hundreds of calls every day to keep themselves abreast about the wellbeing, medical condition and other needs of the families. The team is providing information about the initiatives taken / special schemes provided by the Central and State Governments for their welfare. They also counsel them about the safety and preventive measures around COVID-19 and orient them on COVID-19 symptoms, spread and its precautions.

a. Individual & Group counseling: 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-
 - a. Informing beneficiaries telephonically about the arrival of food.
 - b. Helped in distribution of food to people at 'Rahat Camp' by Government.
 - c. 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.

During the first wave of COVID-19 pandemic, i.e. from April 2020 to March 2021, ASRA had provided information regarding COVID-19 disease and its symptoms and preventions to PwD beneficiaries through 4967 Video/Voice calls.

Number of video / voice calls made to beneficiaries to give information about COVID-19 disease and its Symptoms and preventions during the quarter under report is as below:

Information about COVID-19 disease and its Symptoms and preventions			Total
April'2021	May'2021	June'2021	
493	832	641	1,966



Interaction with beneficiaries through video calls

b. Referral Services:

Following are the details of referral services provided to PwDs during the quarter under report:

S. No	Referral service	No. of beneficiaries
1.	Disability Certificates	172
2.	Railway concession & E-Card	149
3.	Information regarding Disability Pension	175
4.	UDI Card	143
5.	SMD Card	26
6.	Buss Pass	27
7.	Others services (Online filling form, MLA office etc.)	81
Grand Total		773

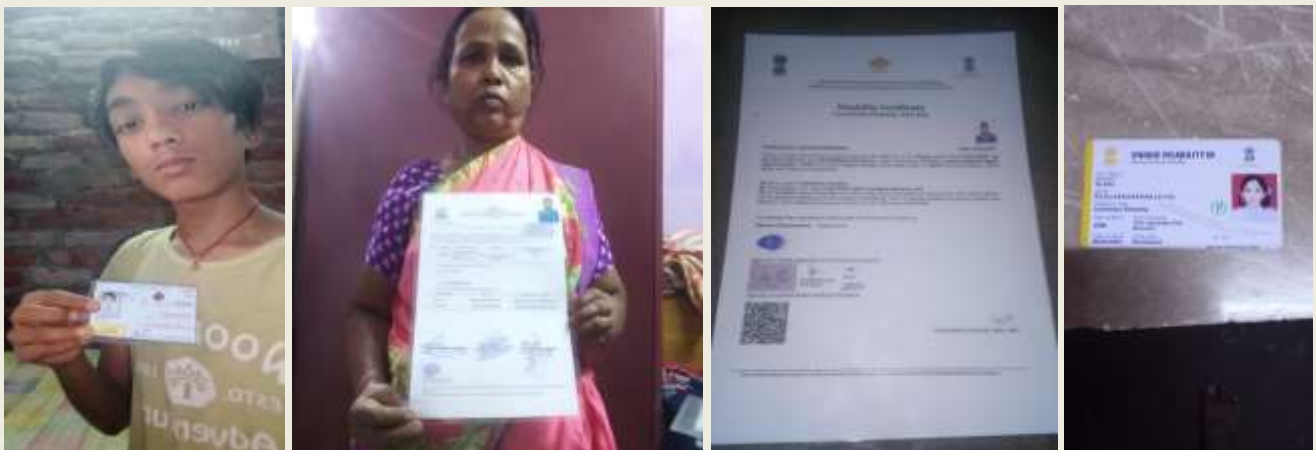


Referral services providing online and during Ration Kit distribution at ASRA's adopted slum communities

c. Concession benefits services: During the year i.e. April 2020 to March 2021, ASRA CBR team applied for concession benefits services of 528 PwD beneficiaries and 282 received the same.

Following are the details during the quarter under report:

S.NO	Name of services	Applied	Received
1	Disability Certificate	77	15
2	Railway's concession certificate	22	11
3	E-Ticket Card	07	03
4	UDI Card	42	05
5	Disability Pension	24	11
6	SDM Card	06	01
7	Bus Pass	03	02
Total		181	48



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

d. 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 International Yoga Day, Mother's Day, Father's Day & World Environmental Day. **From April 2020 to March 2021, total 593 students including 96 CwDs attended online education classes.**

Following are the details of students during the quarter under report:-

A. Students Details	April, 2021	May, 2021	June, 2021
Total Students as on 1 st day of the Month	499	472	590
Nursery Education	89	77	88
Non-formal Education	52	55	73
Remedial Education	284	277	317
CwDs students	74	63	112
New Admissions	03	37	30
Total Students	502	509	620
Pass-out	14	10	-
Drop-out	16	07	23
Total Students as on last day of the month	472	492	597
B. Online sessions through			
WhatsApp video call/Zoom sessions	1147	1604	1112
Audio/Voice calls	200	133	400
Worksheet sharing	206	224	335
Sent picture/voice messages	471	570	300
Total sessions conducted	2024	2631	2147
C. Interaction with Parents			
Virtual PTMs	15	18	21
Parents Counseling sessions	36	46	62
D. Workshops/Meetings/Events/Other			
Staff review meetings	01	01	01
Workshops	02	03	02
Special Day Celebrations	01	01	02



CBR Education teachers taking online classes with children of communities

- For motivating children who are not attending online classes, ASRA CBR education teachers conducted door to door counseling of children as well as their parents and also conducted survey. During the visits, teachers also make the children and other community people aware about importance of sanitization and wearing Masks.



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

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 an ongoing successful project running since August 2010.



Online class by ASRA Teacher

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 34 sponsorship children and their parents via Telephonic conversation. They are provided with different educational and recreational activities by ASRA teachers. **Sponsored children are also provided with study material kits and immunity boosters at their door steps.**

Some glimpses of children participating in extra-curricular activities conducted by ASRA staff under the sponsorship program

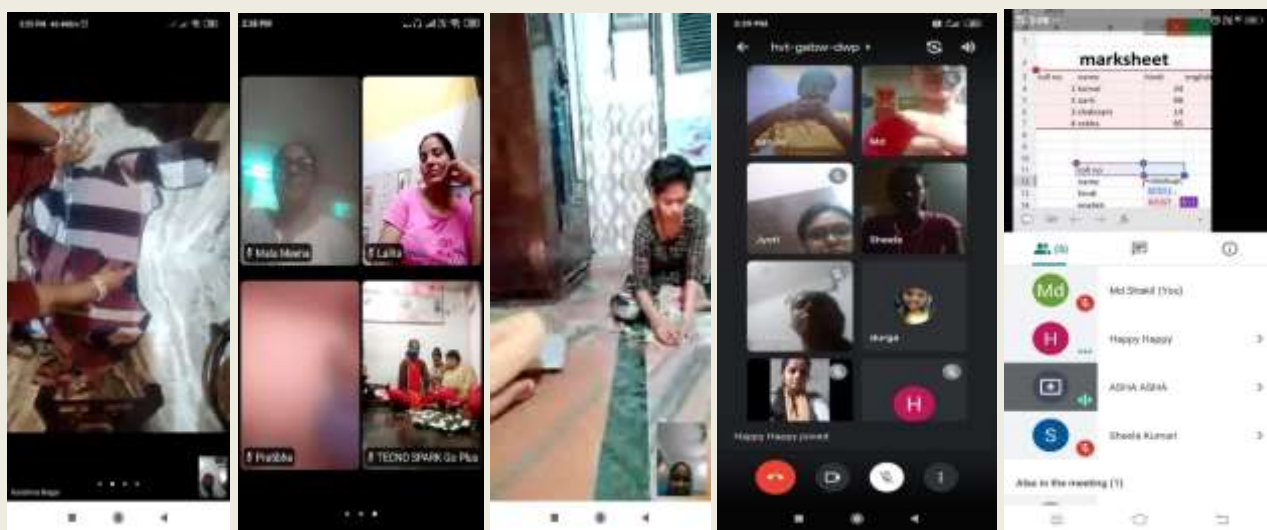


e. **CBR Vocational Training:** ASRA is running Inclusive Vocational Training / Skill Development Centres in Tailoring, Beauty Culture, Computer Courses and Mobile Repairing Courses in adopted slum communities. The training has empowered girls/ women and young boys to earn their livelihood. Those who 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. **During the previous year i.e. April 2020 to March 2021, total 133 students attended online vocational training classes.**

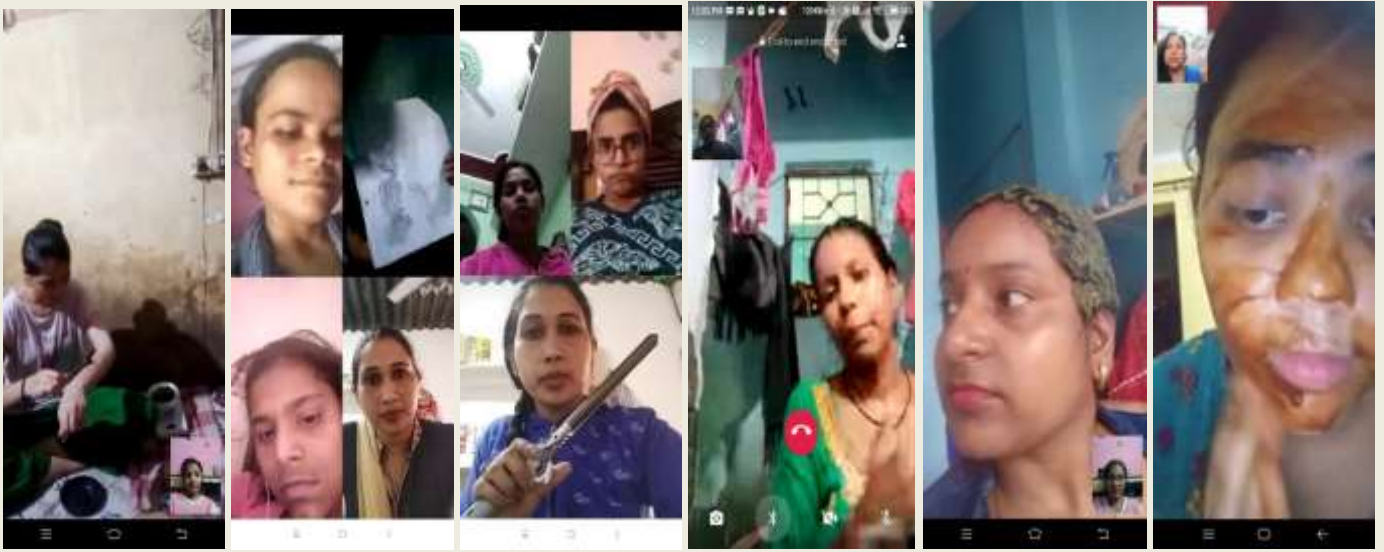
Following are the details of students during the quarter under report: -

Details of students	Tailoring			Beauty Culture			Computer Training			Mobile Repairing		
	April-2021	May-2021	June-2021	April-2021	May-2021	June-2021	April-2021	May-2021	June-2021	April-2021	May-2021	June-2021
A. Students as on 1st day of the month												
Non-disable	52	51	47	20	24	34	04	03	03	15	14	14
Disable	08	09	08	05	06	06	-	-	-	-	-	-
New Admissions	03	01	04	07	10	04	-	-	02	-	-	01
Total Students	63	61	59	32	40	44	04	03	05	15	14	15
Dropout	02	06	-	02	-	06	-	-	-	1	-	-
Course Complete	-	-	02	-	-	07	-	-	-	-	-	-
Total Students as on last day of the month	61	55	57	30	40	31	03	03	05	14	14	15
B. Online sessions through												
WhatsApp video call/Zoom sessions	264	268	281	115	220	238	26	23	26	78	85	101
Audio/Voice calls	-	08	07	02	03	05	11	09	-	19	16	15
Worksheet sharing	05	04	02	03	05	07	18	19	08	-	-	-
Sent picture/voice messages	02	-	01	-	-	-	02	01	01	-	08	05
Total sessions conducted	276	280	291	120	228	250	57	52	35	97	109	121



CBR Tailoring Classes

CBR Computer Class



CBR Beauty Culture Classes



CBR Mobile Repairing Classes



Video Tutorial: Tailoring: How to apply piping on fabric (left) and Mobile Repairing: How to use Iron Machine on PVC board (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.

During the previous year i.e. April 2020 to March 2021, total 6016 sessions were provided digitally to 242 OPD patients and 34 children under AIRTC and total 6388 sessions to 278 PwDs from ASRA's adopted communities.

Following are details of patients and therapy sessions during the quarter under report:

a. ASRA Headquarter and AIRTC

	Patients and sessions details					
	Physiotherapy		Occupational Therapy		Speech Therapy	
	OPD	AIRTC	OPD	AIRTC	OPD	AIRTC
Total No. of patients taken therapy session	13	07	08	19	09	17
Months	Total number of digital/in person therapy sessions					
	Online	Online	Online	Online	Online	Online
April 2021	20	52	37	106	23	51
May 2021	42	103	73	190	22	35
June 2021	60	142	99	208	30	67



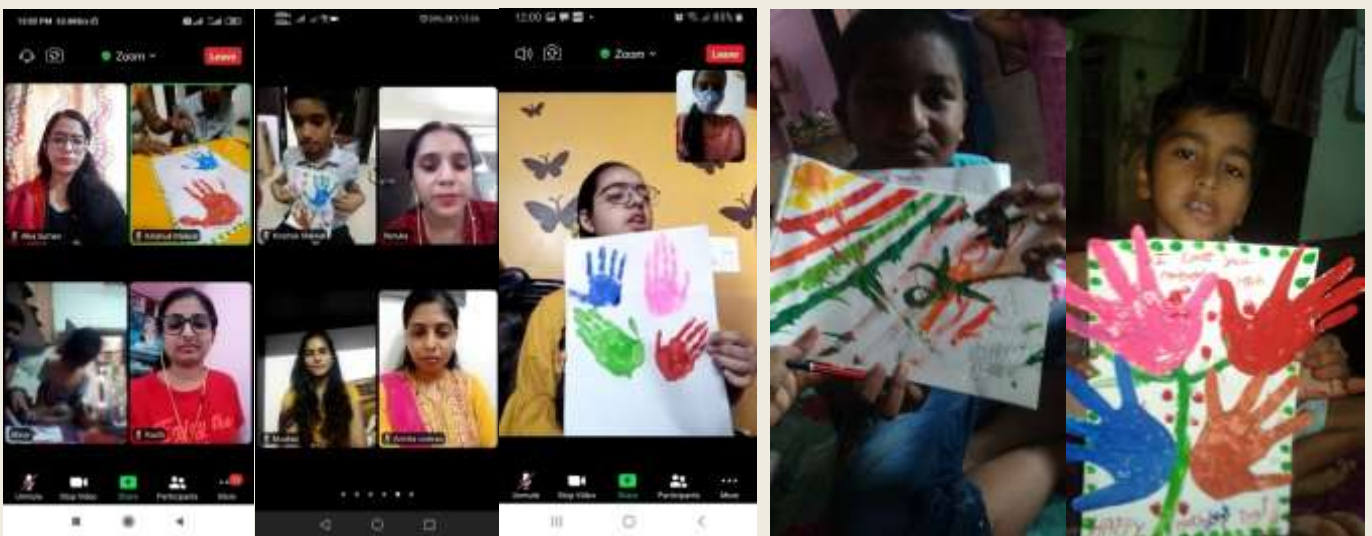
Physiotherapy sessions-Online



ASRA Physiotherapists guiding the parents and providing therapy to the patient's video calling



Occupational Therapy Sessions-Online



Occupational therapy department conducting online webinar to celebrate Mother's Day



Children attending online Speech Therapy sessions

b. Adopted slum communities: 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.

Total No. of patients taken therapy session	Patients and sessions details	
	Physiotherapy	Speech Therapy
	310	19
Months	Total number of digital/in person therapy sessions	
April 2021	478	35
May 2021	412	55
June 2021	444	72



Online Physiotherapy session

Online Speech therapy session

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.



Fitting of appliances to a CwD beneficiary at ASRA HQ

During the previous year i.e. April 2020 to March 2021, total 96 measurements have been taken for appliances and 55 appliances were delivered and fitted at door steps of the beneficiaries.

Following are the details of POE workshop during the quarter under report:

Orders pending up to 31 st March-2021	Orders booked (Measurement taken) (In 1 st April-2021 to 30 th June-2021)	Orders completed (Fabricated) (In 1 st April-2021 to 30 th June-2021)	Orders pending (up to 30 th June-2021)
56	07	52	11
52 Appliances were fabricated and delivered to 26 PwDs			

VOCATIONAL TRAINING AT ASRA HEADQUARTER

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.

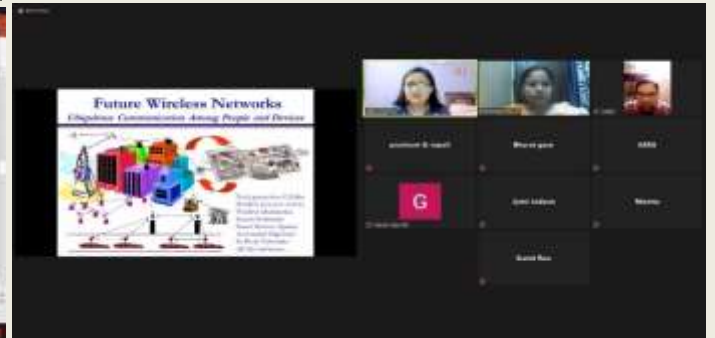
COMPUTER TRAINING AT ASRA HQ (RECOGNIZED BY NIOS AND NIELIT, GOVERNMENT OF INDIA)

During the lockdown from April 2020 to March 2021, total 2695 digital sessions of computer classes were provided to 108 students.

Status of students during the quarter under report:

Month	Students with Disabilities	Non-Disabled Students	Total students
April 2021	06	57	63
May 2021	08	54	62
June 2021	08	52	60

Total Sessions	
Via conference / video call / audio call	1239
Query sessions	134
Documents shared (PDF, PPT, web Link, YouTube link, worksheets etc.)	269



Online computer classes

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

During the previous year i.e. April 2020 to March 2021, total 1330 digital sessions were provided to 59 students. The details of students who have undergone training in Tailoring/ Handicraft Unit during the quarter under report are as follows:

Month	Total number of students
April 2021	25
May 2021	21
June 2021	23
Total online sessions	266
Documents shared (PDF, PPT, web Link, YouTube link, worksheets etc.)	54



Tailoring class (left) and Fashion Designing Theory class (right) at ASRA HQ

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. **During the previous year i.e. April 2020 to March 2021, 7292 masks have been stitched by ARTC and CBR Tailoring staff. 355 orders were booked and 342 orders were completed by ASRA Emporium staff during last year.**

- **Total 963** masks have been stitched by ARTC and CBR Tailoring staff 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.



Order work on progress

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

Orders pending up to 31st March-2021	Orders booked from 1st April-2021 to 30th June-2021	Orders completed from 1st April-2021 to 30th June-2021	Orders pending up to 30th June-2021
33	94	106	21

BEAUTY CULTURE COURSE AT ARTC RECOGNIZED 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. **During the previous year i.e. April 2020 to March 2021, total 471 digital sessions were provided to 22 students.**

Status of students during the quarter under report:

Month	No. of students
April 2021	11
May 2021	11
June 2021	07
Total online sessions	215



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 beneficiaries are provided with dry ration kit at their door steps.**



Received Ration Kit of Seed Loan beneficiaries from Bawana slum community (left) and T-Camp (right)

NEW INITIATIVE

During the quarter under report, a new initiative has been taken by ASRA to expand its CBR Activities in National Capital Region (NCR). The underlying idea is to reach out to the newly identified and more and more needy persons with disabilities from economically poor section of society and replicate the existing CBR model with a view to educate, train and empower the needy educable, trainable and employable young girls and boys, men and women. Alongside, awareness about COVID appropriate behaviour and need for vaccination is also being highlighted by the CBR team. For expansion of this activity, a baseline survey is being organized in a newly identified slum community located in NOIDA, Uttar Pradesh State, to begin with. Most of the people are daily wage workers and factory workers. The process of hiring project office space has been initiated and need assessment of Persons with Disabilities covered under this survey is ongoing. Some glimpses of the work undertaken in this new initiative are as follows.



CBR Team during survey at in a newly identified slum community located in NOIDA, Uttar Pradesh State

ASRA believes that early detection, identification and medical intervention of disabilities is the need of the hour. The already existing CBR Model is being replicated under this new initiative. In due course of time contact will be established with appropriate Government authorities so that the benefit of various concessions and schemes can also be extended to the needy people identified in the survey for their 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.

