



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 April 2021 to June 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. 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.



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.



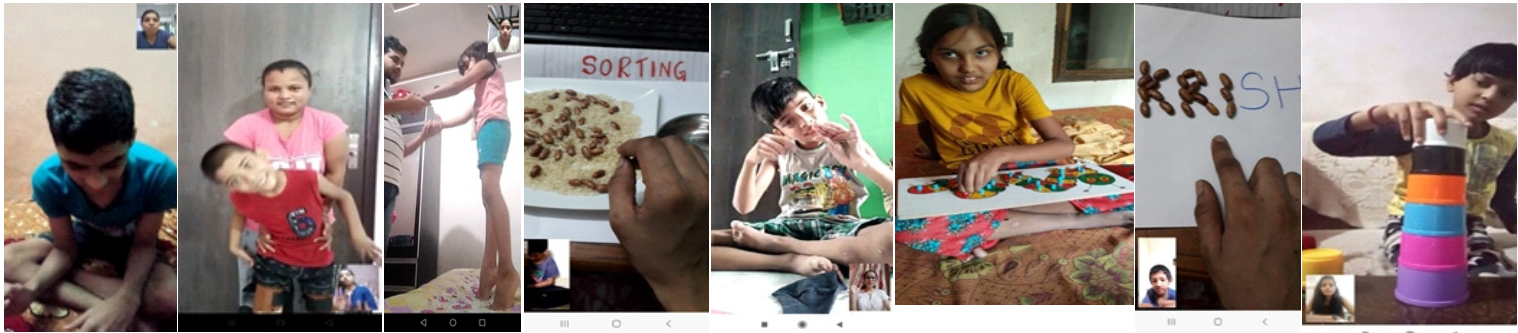
While the AIRTC is physically shut due to lockdown, 34 children with special needs have availed special education classes via 3127 video / voice calling sessions during the year from April 2020 to March 2021.

While the AIRTC is physically shut due to lockdown, 34 children with special needs have availed services of AIRTC between April 2021 and June 2021. The children have different types of disabilities, predominantly intellectual disabilities associated with physical impairment. Some children also have speech & hearing impairment.



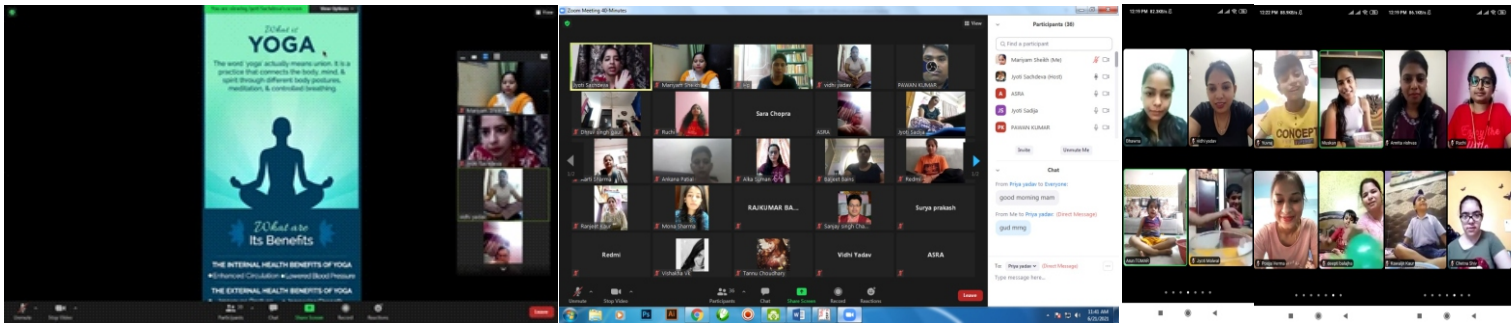
Online Special Education Classes & Worksheets prepared by Special Educators

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)

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.

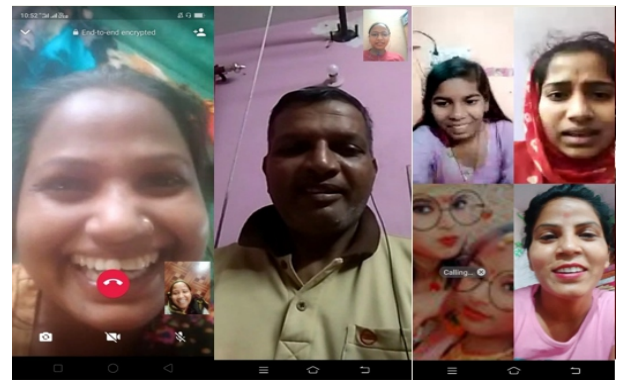
a. Individual & Group counseling: During the first wave of COVID-19 pandemic, i.e. from April 2020 to March 2021, ASRA had provided information regarding COVID-19 disease and its symptoms and preventions to PwD beneficiaries through 4967 Video/Voice calls.

1966 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.

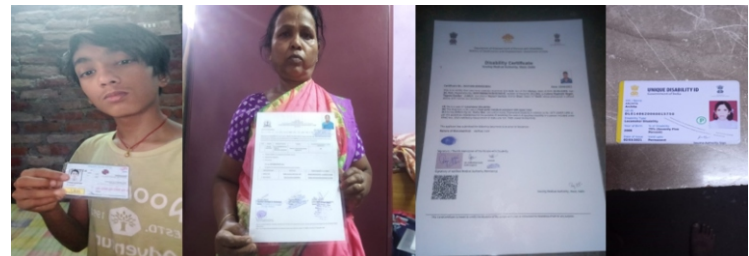
b. Referral Services: During the quarter under report, CBR Team provided referral services to 773 persons with disabilities for disability pension, disability certificate, rail pass, bus pass, SDM card etc.

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	7	3
4	UDI Card	42	5
5	Disability Pension	24	11
6	SDM Card	6	1
7	Bus Pass	3	2
Total		181	48



Interaction with beneficiaries through video calls



ASRA Beneficiaries received Govt. Facilities from different Govt. departments

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.



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.

— Mr. Nitin (Father of Pihu), Nangli Dairy

Poonam from Madipur Community



Poonam

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

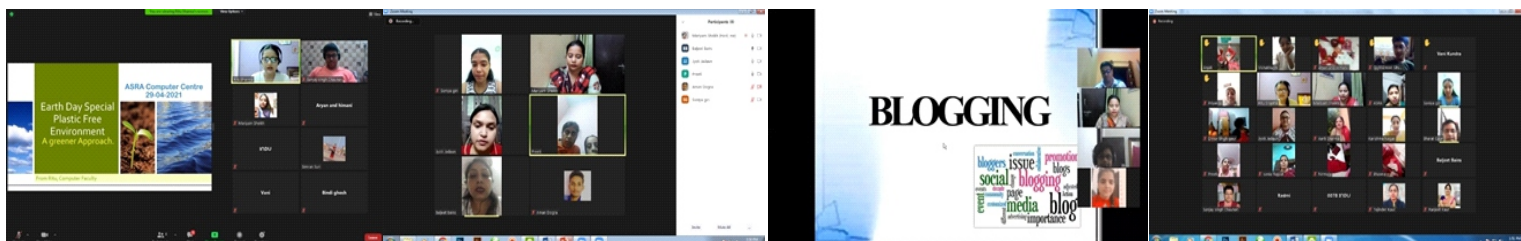
this situation. My daughter also got wheelchair from ASRA, on which she can easily sit and roam around and see the world outside. She feels very happy when she goes in between the children of her own age group. By using a wheelchair there is a change in the daily activity of my daughter. Previously, 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.

— Lata (Mother of Poonam), Madipur

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

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: -



Webinars held on Earth Day-A Greenery Approach, Breathing Exercises with General Public, Computerized Portfolio, How to create a Blog, ASRA Sports Day, Smart Personal Computer, International Yoga Day Celebration, Sign Language, Smart tricks of Computers and Cloud Computing

ONGOING PROGRAMS DURING THE QUARTER UNDER REPORT

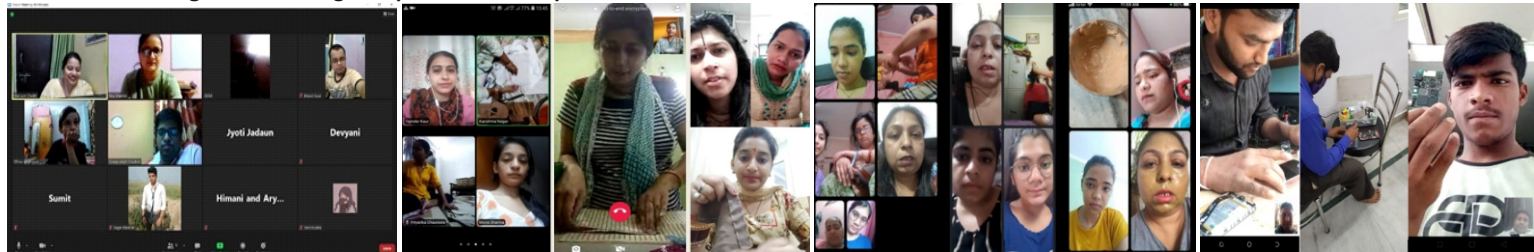
Education: ASRA CBR Education teachers maintain regular contacts with children and take online classes. Teachers planned different activities for Children and celebrated special days like Raksha Bandhan, Janmashtami, Independence Day & Teacher's Day. **From April 2020 to March 2021, total 593 students including 96 CwDs attended online education classes.** During the quarter, total 597 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

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. During the previous year i.e. April 2020 to March 2021, total 322 students attended online vocational training classes. 127 students attended online vocational training classes during the quarter under report.



Online Computer Classes

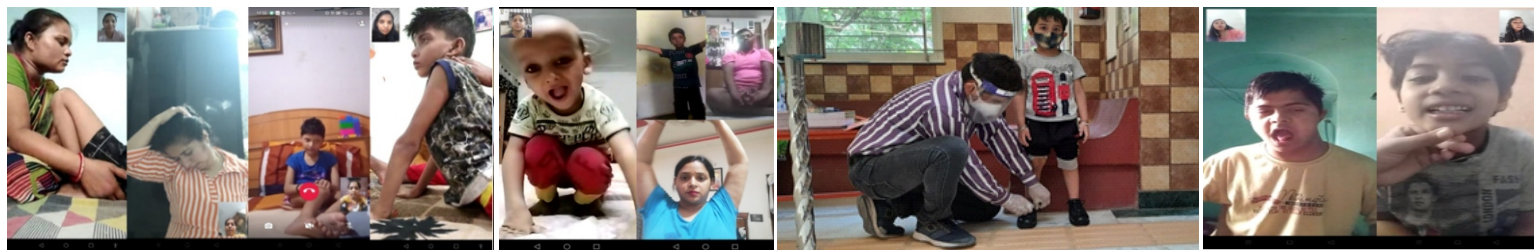
Online Tailoring Classes

Online Beauty Culture Classes

Online Mobile Repairing Classes

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

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. 402 patients (OPD, AIRTC and CBR PwDs) were provided digital therapy sessions during the quarter under report.



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.



Handicraft Emporium: The Emporium is taking orders of stitching / alteration work and repairing of clothes etc. Total 963 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. **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.** The details of orders booked / completed during the quarter are given below:

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



Order work on progress

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.

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.



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