



Action for Self Reliance and Alternatives

Uttam Nagar, New Delhi

An organisation committed towards empowerment of persons with disabilities



NEWSLETTER

(Activities under COVID-19)

JULY 2021 to SEPTEMBER 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.

ACTIVITIES AT A GLANCE DURING PERIOD UNDER REPORT



Shoes distribution to AIRTC Children



Children enjoying eatables and games received from ASRA



Children received five kits from ASRA



Beneficiaries received Wheel Chair and Hearing through Camp held at ASRA HQ



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 / relief packages from June 2020 to March 2021. As the COVID cases had risen due to second and much stronger wave of COVID 19, lockdown was again imposed in Delhi w.e.f. 17th April 2021 to 15th July 2021 (Partially Open). ASRA once again contacted its beneficiaries to do needs assessment survey and to know their primary needs. Several beneficiaries were struggling for food and to meet their basic daily necessities. It was decided to once again provide essential items / relief packages to the most needy PwD beneficiaries. During the quarter under report, 582 PwDs from 16 communities were provided with essential items / relief package to meet their daily needs.



Beneficiaries from ASRA's adopted slum community namely Bharat Vihar



Beneficiaries from ASRA's adopted slum community namely Raghuvir Nagar



Beneficiaries from ASRA's adopted slum community namely Binda Pur



Beneficiaries from ASRA's adopted slum community namely Dwarka Sec-1



Beneficiaries from ASRA's adopted slum community namely Nanhe Park



Beneficiaries from ASRA's adopted slum community namely Madipur



Beneficiaries from ASRA's adopted slum community namely Peeragarhi Relief Camp



Beneficiaries from ASRA's adopted slum community namely Dwarka Sec-16

DISTRIBUTION OF EDUCATION, NUTRITIOUS FOOD / IMMUNITY BOOSTER, PERSONAL HYGIENE, THERAPEUTIC KITS AND ESSENTIAL FOOD KIT TO THE CHILDREN UNDER EDUCATION, SPONSORSHIP AND AIRTC PROGRAMS

During the first wave of COVID-19 pandemic, total 924 children were provided with study material such as notebooks, registers, pencils, pens, erasers, drawing books, colours and 'Nutritious Food' / Immunity Boosters like porridge and dry flakes from June 2020 to March 2021.

An outcome of the CBR survey conducted during the quarter suggested that the children under the Education Program of ASRA needed to be kept engaged meaningfully on daily basis. Their health, hygiene and therapeutic needs were also important and had to be addressed.

Accordingly doorsteps distribution of 'Education Kits' and 'Nutritious Food' was initiated based on the teachers' feedback which was duly verified by the Rehab / Social workers and CBR Coordinators. During the quarter under report, **241 children** of Education & sponsorship program were provided with 'Education Kits' and 'Nutritious Food' (Immunity Boosters). **41 children of AIRTC were provided with five kits.**

The Five Kits contained the following items:

- The **Education Kit** contained the following items:
 - Pencil, eraser, drawing board, magnetic letters, color tape, glitter sheets, origami sheets, glaze sheets, ice-cream sticks, cotton rolls, chart papers, Fevicol and A4 color sheets.
- The **Nutritious Food / Immunity Boosters Kit** contained the following items:
 - Kaale chane, chocos, porridge, mix pulses, soya chunks, dry flakes, roasted nuts, jaggery, biscuit and oats.
- The **Personal Hygiene Kit** contained the following items:
 - Hair oil, dettol soap, tooth brush, toothpaste, shoes, socks, handkerchief, masks and water bottle
- The **Therapy Kit** contained the following items:
 - Colorful light balls, smiley balls, squeezing balls, wooden hammer game, wooden sewing, puzzles, aiming game, cube, beads, clay, respirometer and weight cuffs.
- The **Essential Food Item / Ration** contained the following items:
 - Rice, sugar, salt, oil, soap, pulses, wheat flour, turmeric and face mask.



Five kits distributed to AIRTC children

SOME GLIMPSES OF DISTRIBUTION OF FIVE KITS DURING PERIOD UNDER REPORT



Counseling of parents at AIRTC during distribution of five kits



Children of AIRTC receiving Shoes



Distribution of five kits i.e. Education, Nutritious Food / Immunity Boosters, Personal Hygiene, Therapy Kit, Essential Food Item / Ration Kits to the children



Distribution of five kits i.e. Education, Nutritious Food / Immunity Boosters, Personal Hygiene, Therapy Kit, Essential Food Item / Ration Kits to the children

ASRA INTERVENTION, RECREATION AND THERAPY CENTRE (AIRTC) for children with special needs

While the AIRTC remained 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 impairments. Some children also have speech & hearing impairments. Following is the gender wise and community area wise classification of children enrolled in AIRTC during the quarter under report:

Total CwDs as on 30 st September'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 CLASSES					
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					

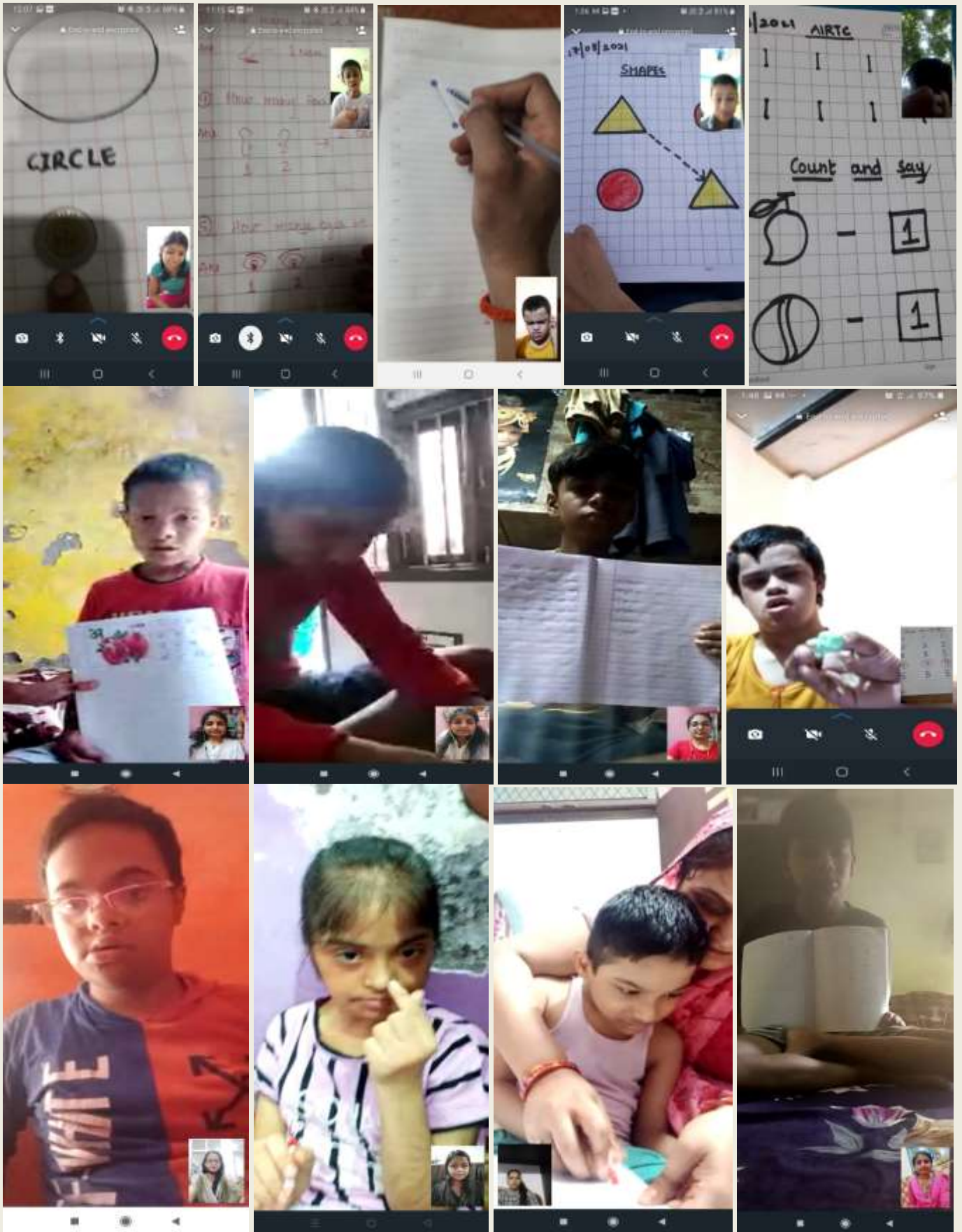
Online Special Education and Therapy Sessions of AIRTC children

- The AIRTC children are presently divided into 3 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 designed according to Individual needs is being provided by the Special Educators to AIRTC children every Monday to Friday from 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 each AIRTC student is made according to the need and disability of the child.

Following are the details of online sessions of special education provided to the children in the quarter under report:

Sessions	July 2021	August 2021	September 2021
Online Video sessions	218	208	255
Voice calling sessions	56	55	85
Worksheets prepared & forwarded	677	471	835
Total	951	734	1175

Online Special Education Classes & Worksheets prepared by Special Educators:

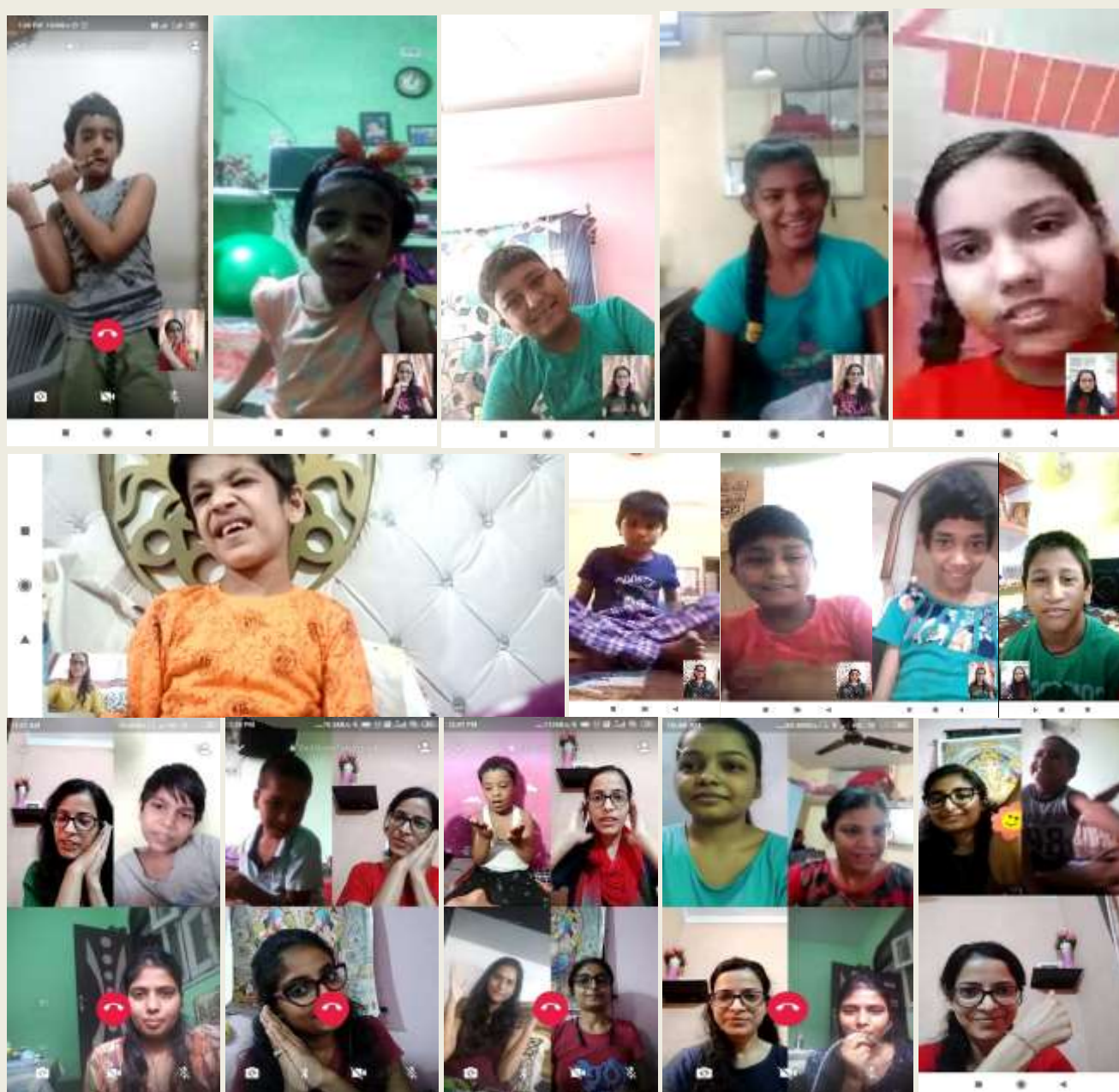


Children attended online Special Education class

Online Music and Dance Classes for AIRTC children:

- 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.
- 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 enjoyed singing songs and recited poems with their teachers. Dancing helped children to release energy and be physically active.
- During the quarter under report 356 children were provided with online music sessions as follows:

Sessions	July 2021	August 2021	September 2021	Total
Live online music sessions	129	94	133	356



Some Glimpses of Online Music Sessions of AIRTC children with their teachers

CELEBRATIONS AND RECREATIONAL ACTIVITIES FOR CHILDREN UNDER AIRTC, CBR EDUCATION 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 IQ levels.

SOME GLIMPSES OF CELEBRATIONS AND RECREATIONAL ACTIVITIES







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 is as follows :

Celebration of Raksha Bandhan (Festival of Brother and Sister)

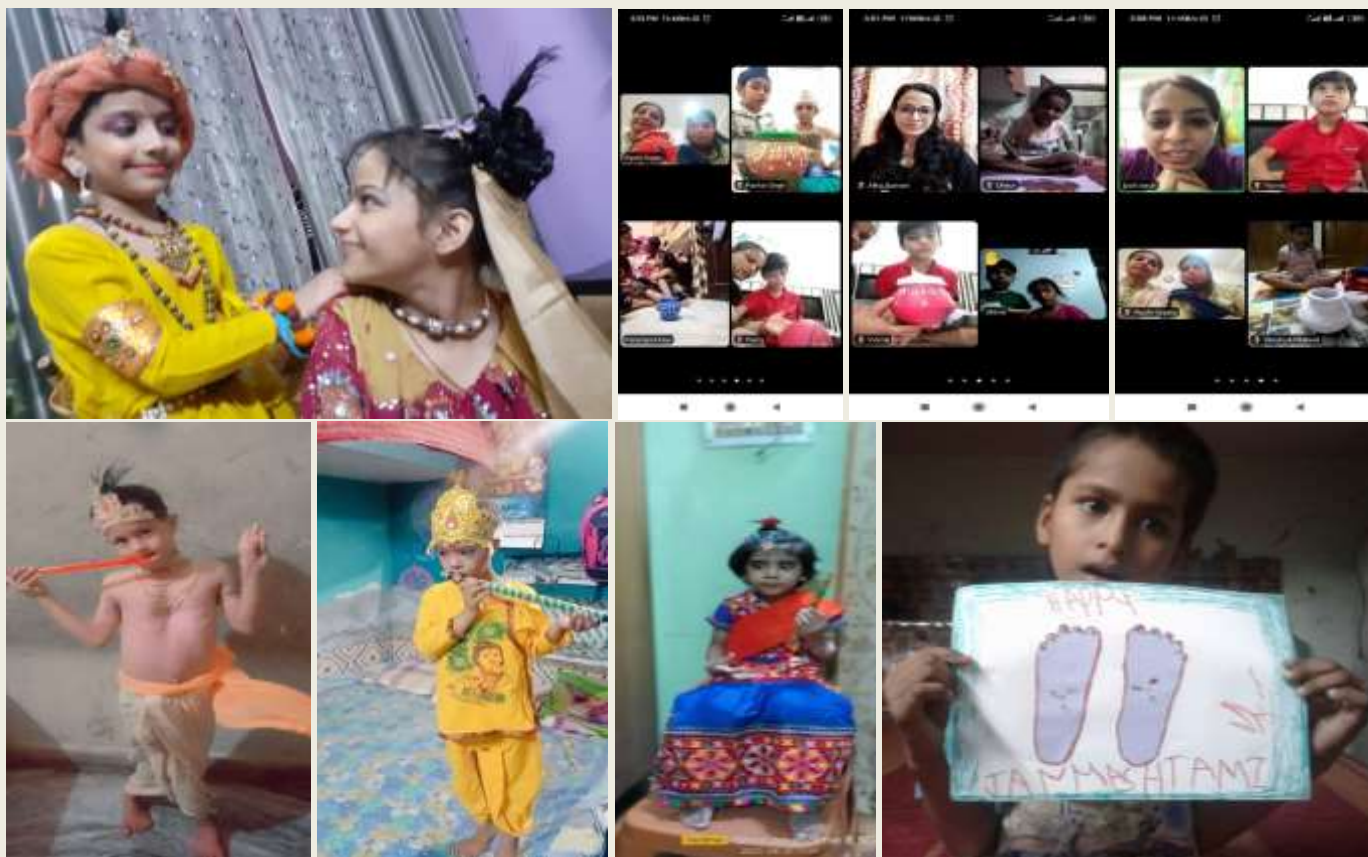
Children celebrated 'Raksha Bandhan' festival celebrated through various activities which were held online such as Rakhi making.



'Rakhi making' activity under the guidance of Teachers

Celebration of Janmashtmi – 'Birthday of Lord Krishna'

This year Janmashtmi was celebrated online by AIRTC children and staff through Flying Colors. Children became Radha and Krishna and joined in the online celebration on the occasion of the birth of Lord Krishna. They enthusiastically participated in various art and craft activities and enjoyed listening to stories pertaining to 'Lord Krishna'.



Children enjoying different activities under the guidance of their teachers

Celebration of India's Independence Day

This year, ASRA ensured that the fervor of patriotism lives on and the Independence Day was celebrated online. Children participated in different activities organized by the teachers such as singing patriotic songs, Indian flag making and poem recitations etc.



Indian National Flag through hand and color rice paste painting

Celebrations of Teacher's Day

Teacher's Day was celebrated on 5th September 2021 on the occasion of birth anniversary of Dr. Sarvepalli Radhakrishnan - First Vice President of India and the Second President of India and an educationist at heart. Some children made greeting cards for their teachers and shared the pictures of the same.



Children showing Greeting Cards made by them to their teachers

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: -

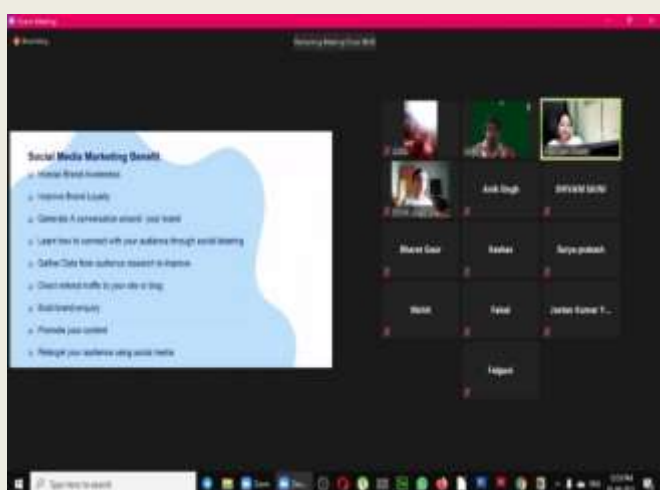
S. No	Topic of Workshop & Department	Date	Resource Person
1.	Career and Growth—Computer Department	16 th July 2021	Ms. Ritu, Computer Faculty, ASRA HQ
2.	Sign Language—Computer Department	19 th July 2021	Mr. Sanjay Kumar, Computer Faculty, ASRA HQ
3.	Technology in Defence and National Security—Computer Department	26 th July 2021	Mr. Sanjay Kumar, Computer Faculty, ASRA HQ
4.	Social Media Marketing—Computer Department	2 nd August 2021	Ms. Mariyam, Computer Faculty, ASRA HQ
5.	Breathing Exercises with General Public—Physiotherapy Department	5 th August 2021	Ms. Jyoti Sachdeva, Physiotherapist, ASRA HQ
6.	Quiz Competition—Computer Department	14 th August 2021	Mr. Sanjay Kumar, Computer Faculty, ASRA HQ
7.	Communication through Internet—Computer Department	31 st August 2021	Mr. Sanjay Kumar, Computer Faculty, ASRA HQ



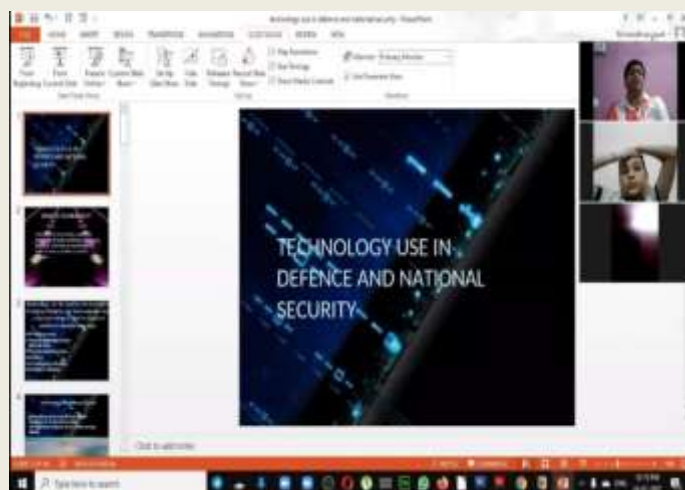
Webinar on Career and Growth



Webinar on Sign Language



Webinar on Social Media Marketing



Webinar on Technology use in Defence and National Security

Success Stories

TABISH

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

My name is Rajiya Khatun. I live in Bharat Vihar. My husband is an electrician. I have three sons and one daughter. My two sons are differently abled, one is mentally disabled as well as physically disabled. My second son is Tabish who is not able to speak. I took treatment for him from Lady Harding hospital, later he took treatment from AIIMS Hospital as well. The doctors told me that he is a differently abled child. I do not take my child along with me anywhere. It is very difficult going to the market because Tabish disturbs me a lot. I feel ashamed when I go along with him. One day I met Noorjahan madam at ASRA CBR community center and she told me that this organization helps differently abled children. She asked me to send Tabish at the center for his education. Then I started sending him at the ASRA center. After connecting with ASRA CBR Program. I got help in making his disability certificate, railway pass, and pension etc. This has helped me in improving my financial status for treatment of Tabish. Previously I was not aware of any of these facilities provided by Government, for this kind of differently abled children. When ASRA did not have its own school, at that time I sent Tabish to another special school for his education. He learnt sitting and eating from there only. In 2018 ASRA opened their own school and I got him admitted in AIRTC. ASRA's CBR workers also guided me to avail all government facilities for my second son also. After attending AIRTC, I found a major change in Tabish's behavior. Now he is able to do his homework by himself. At school all teachers do take care of him very well. He is getting his regular physiotherapy exercises in ASRA. The fee is also very nominal at AIRTC School. When he goes to the school there is a peace maintained at home, also after coming from school he opens his homework books and starts doing it by himself. Since last one year he did not go to the school and is taking his online classes from AIRTC. Although the lockdown disturbed our financial status due to less work, during this critical time ASRA also provided us with help through providing Ration Kit. They helped us with the stationary material for Tabish's education at home. We got copy, pencil, eraser, drawing books and lots of other education material. During this time the school fees was also reduced to half. Many ASRA Team members visit us in order to instruct us for precautionary measures we should take during this Covid-19 time. I feel very happy as I am connected with this kind of organisation. All the ASRA people are very hardworking. They do not charge anything from us if we cannot pay. It is very difficult to find this kind of organization in this time.



I want this covid-19 situation to end soon so that Tabish can start his education and can go to school regularly as he disturbs us a lot at home, he usually stays fine due to the medicine he takes regularly. As soon we stop his medication he starts disturbing us. He does not eat his food regularly so I want him to go to school. — **Ms. Rajiya Khatoon (Mother of Tabish)**

GOLU

Sponsored CwDs

My name is Meena. I have three sons and all three sons are intellectually challenged. I live in Matiala Village, Pappankalan community. Their father is a rickshaw puller. I am home maker. I know ASRA since last 11 years. Before I got to know about ASRA, I was very disturbed regarding my eldest son namely Golu. Golu did not receive any kind of Government benefits. Then one of my relative told me about ASRA organization. I got connected with ASRA CBR Program. I got my eldest son enrolled in ASRA Education center at Pappankalan community in 2009. As soon as he started going to the center, he learnt how to sit at one place for a long time. I have realized that I am at the right place now. Golu got sponsorship from ASRA for admission in a special school. All expenses of that school was incurred by the ASRA organization. Staff of ASRA also helped me in availing his disability certificate, pension and Rail Pass along with the e-ticket card. I am whole heartedly thankful to ASRA and due to ASRA, Golu started getting disability pension as well which actually improved my financial status. It was very difficult for us to hold the household expenses, only on the basis of the earning of my husband. I can see an intellectual change in Golu after he started going to the special school. Now he is little independent, he is working at a shop and from that also we earn something. Again I am thankful to ASRA. — **Ms. Meena (Mother of Golu)**



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

UPDATE ON ONGOING PROGRAMS

COMMUNITY BASED REHABILITATION (CBR)

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.

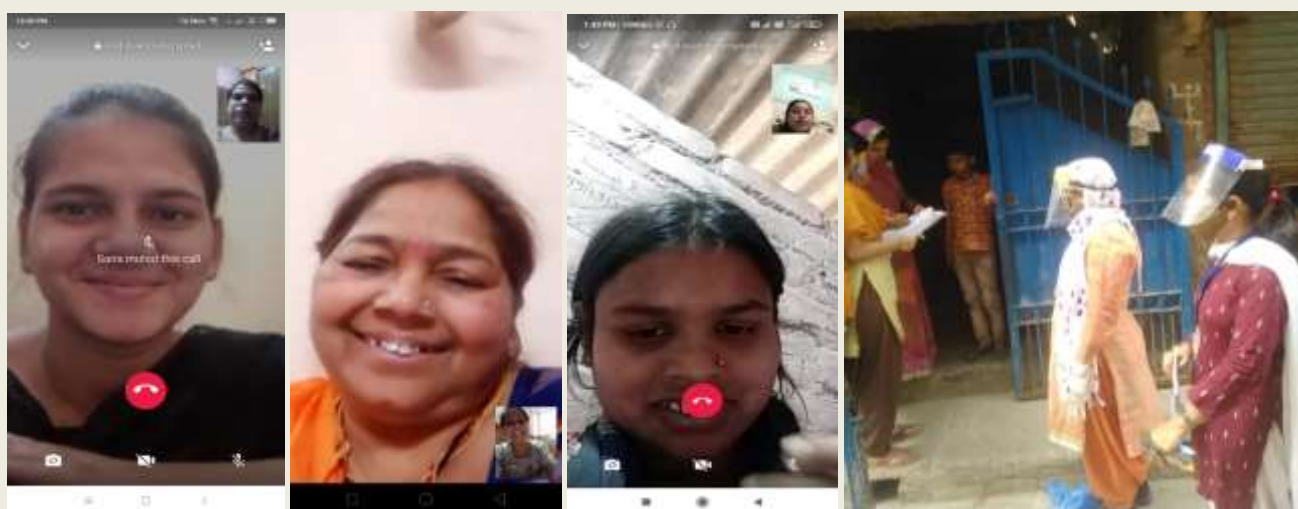
At a time when physical distancing has not only become an accepted but also a mandatory norm for survival against COVID-19, ASRA CBR team is using the means of telecommunication to stay connected with its beneficiaries in the communities. The CBR staff is making hundreds of calls every day to keep themselves 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-
 - 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.

During the quarter under report 1294 beneficiaries were given information about COVID-19 disease and its Symptoms and preventions provided with online sessions as follows :

Information about COVID-19 disease and its Symptoms and preventions			Total
July'2021	August'2021	September'2021	
645	292	357	1294



Interaction with beneficiaries through video calls

b. Referral Services:

During the quarter under report 1031 PwDs were provided online referral services as follows :

S. No	Referral service	No. of beneficiaries
1.	Disability Certificates	250
2.	Railway concession & E-Card	147
3.	Information regarding Disability Pension	161
4.	UDI Card	389
5.	SMD Card	26
6.	Buss Pass	31
7.	Others services (Online filling form, MLA office etc.)	27
Grand Total		1031

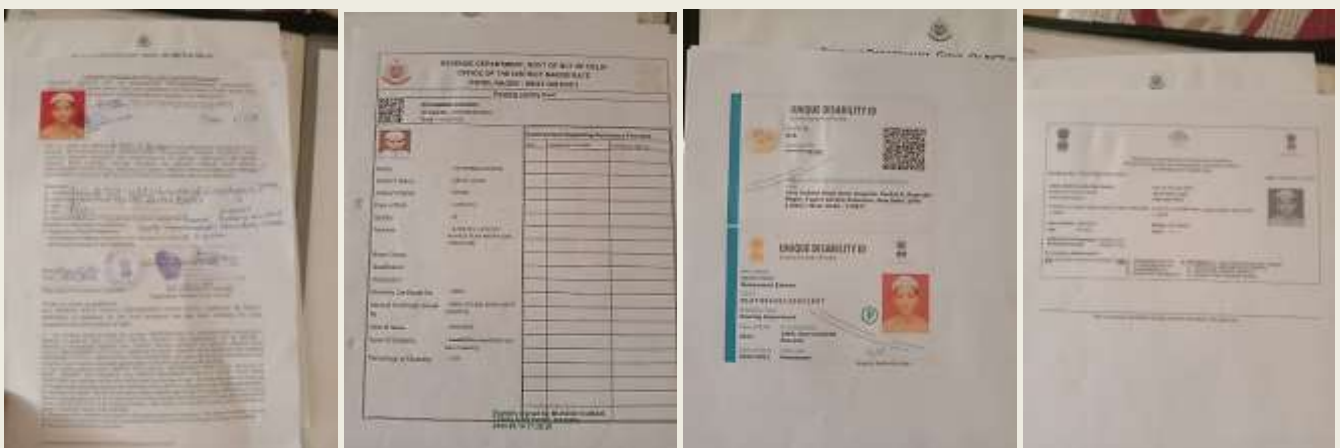


Counselling and Referral services to PwD beneficiaries by ASRA CBR Team during Ration Kit distribution in ASRA's adopted slum communities

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.

During the quarter under report 147 PwDs were applied for concession & benefits services and 99 PwDs were received their certificates as follows :

S.NO	Name of services	Applied	Received
1	Disability Certificate	41	30
2	Railway's concession certificate	23	29
3	E-Ticket Card	16	5
4	UDI Card	26	17
5	Disability Pension	2	4
6	SDM Card	35	14
7	Bus Pass	4	-
Total		147	99



ASRA beneficiaries received Government Facilities from different Departments with the help of CBR Team

Mobility Aids & Appliances: -

- ASRA organized a Camp for **Free Distribution of Mobility Aids and Appliances** on 7th July 2021 in collaboration with a Delhi based organization. Camp was held at ASRA's Head Quarter and 47 beneficiaries received following mobility aids and appliances according to their needs :

Wheelchair	Tricycle	Crutches	Walker	Sticks	Total Appliances
26	15	05	02	02	50

SOME GLIMPSES OF THE CAMP



- ASRA organized a **Camp for Free Distribution of Hearing Aid** on 23rd July 2021 in collaboration with National Institute of Speech and Hearing Disabilities (Divyangjan), Department of Empowerment of Persons with Disabilities, Ministry of Social Justice and Empowerment, Government of India. Camp was held at ASRA's Head Quarter and **48 beneficiaries** received Hearing Aids.

SOME GLIMPSES OF THE CAMP



- a. **CBR Education Program:** From April 2020 to March 2021, total 593 students including 96 CwDs attended online education classes.

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.

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

A. Students Details	July, 2021	Aug, 2021	Sep, 2021
Total Students as on 1 st day of the Month	556	584	602
Nursery Education	80	85	89
Non-formal Education	50	50	54
Remedial Education	316	342	349
CwDs students	106	105	93
New Admissions	22	63	14
Total Students	582	645	599
Pass-out	-	2	1
Drop-out	23	14	14
Total Students as on last day of the month	549	629	584
B. Online sessions through			
WhatsApp video call/Zoom sessions	1202	1406	1123
Audio/Voice calls	1009	99	466
Worksheet sharing	88	134	399
Sent picture/voice messages	378	487	314
Total sessions conducted	2677	2126	2302
C. Interaction with Parents			
Virtual PTMs	19	22	19
Parents Counseling sessions	144	175	109
D. Workshops/Meetings/Events/Other			
Staff review meetings	1	1	1
Workshops	5	2	1
Special Day Celebrations	5	5	4



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 40 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:** During the previous year i.e. April 2020 to March 2021, total 133 students attended online vocational training classes.

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.

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

Details of students	Tailoring			Beauty Culture			Computer Training			Mobile Repairing		
	July-2021	Aug-2021	Sep-2021	July-2021	Aug-2021	Sep-2021	July-2021	Aug-2021	Sep-2021	July-2021	Aug-2021	Sep-2021
A. Students as on 1st day of the month												
Non-disable	50	48	45	30	34	35	05	04	07	14	14	15
Disable	9	6	7	6	5	5	-	1	1	1	1	1
New Admissions	6	4	1	4	5	3	1	4	-	1	1	1
Total Students	65	58	53	40	44	43	06	09	08	16	16	17
Dropout	-	-	2	-	1	3	-	1	-	-	-	-
Course Complete	-	-	-	1	-	-	1	-	-	-	-	-
Total Students as on last day of the month	65	58	51	39	43	40	05	08	08	16	16	17
B. Online sessions through												
WhatsApp video call/Zoom sessions	111	109	94	94	127	133	18	17	21	32	37	28
Audio/Voice calls	17	13	37	37	51	42	3	2	1	2	3	1
Worksheet sharing	44	33	28	28	28	33	5	5	4	-	-	-
Sent picture/voice messages	10	13	8	8	32	18	-	-	-	1	1	-
Total sessions conducted	182	168	167	167	238	226	26	24	26	35	41	29



Students attending online vocational trainings class

MEDICAL INTERVENTION & THERAPEUTIC SERVICES AT ASRA HEADQUARTER AND CBR

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.

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.

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

a. ASRA Headquarter and AIRTC

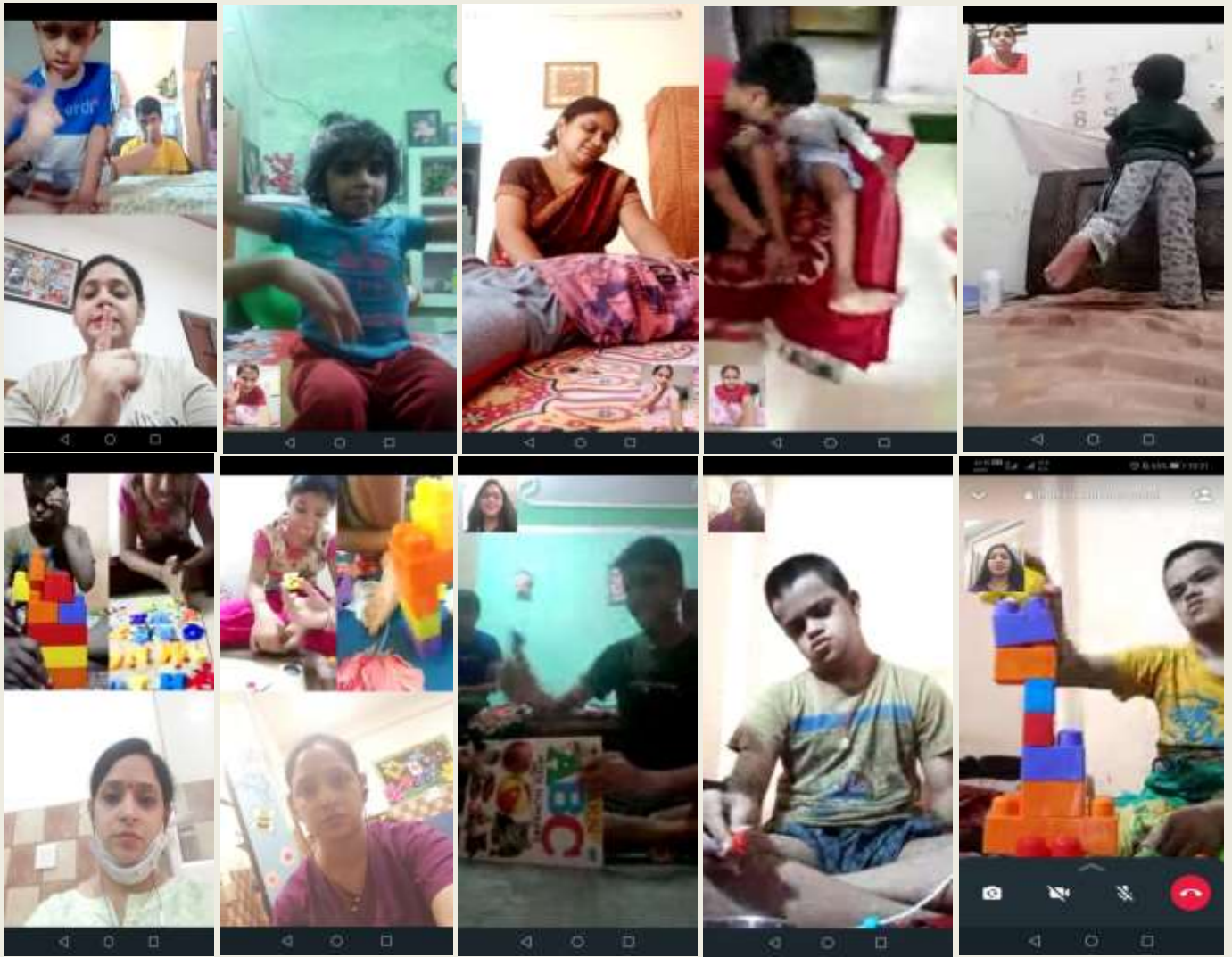
	Patients and sessions details					
	Physiotherapy		Occupational Therapy		Speech Therapy	
	OPD	AIRTC	OPD	AIRTC	OPD	AIRTC
Total No. of patients taken therapy session	12	7	8	19	07	17
Months	Total number of digital/in person therapy sessions					
	Online	Online	Online	Online	Online	Online
July 2021	32	-	85	-	37	62
Aug 2021	6	93	87	17	29	48
Sep 2021	-	101	63	61	30	71



ASRA Physiotherapist in discussion with the parents and providing therapy



Patients getting physiotherapy at ASRA HQ



Children doing exercises in guidance of the ASRA therapist



Children of AIRTC taking Speech Therapy via online

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
	244	19
Months	Total number of digital/in person therapy sessions	
July 2021	224	68
August 2021	212	60
Sep 2021	212	62



Online Physiotherapy session

Online Speech therapy session

Prosthetic and Orthotic Unit

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.

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.



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

Orders pending (up to 30 th June-2021)	Orders booked (Measurement taken) (In 1 st July-2021 to 30 th Sep-2021)	Orders completed (Fabricated) (In 1 st July-2021 to 30 th Sep-2021)	Orders pending (up to 30 th June-2021)
11	30	32	09
32 Appliances were fabricated and delivered to 35 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.

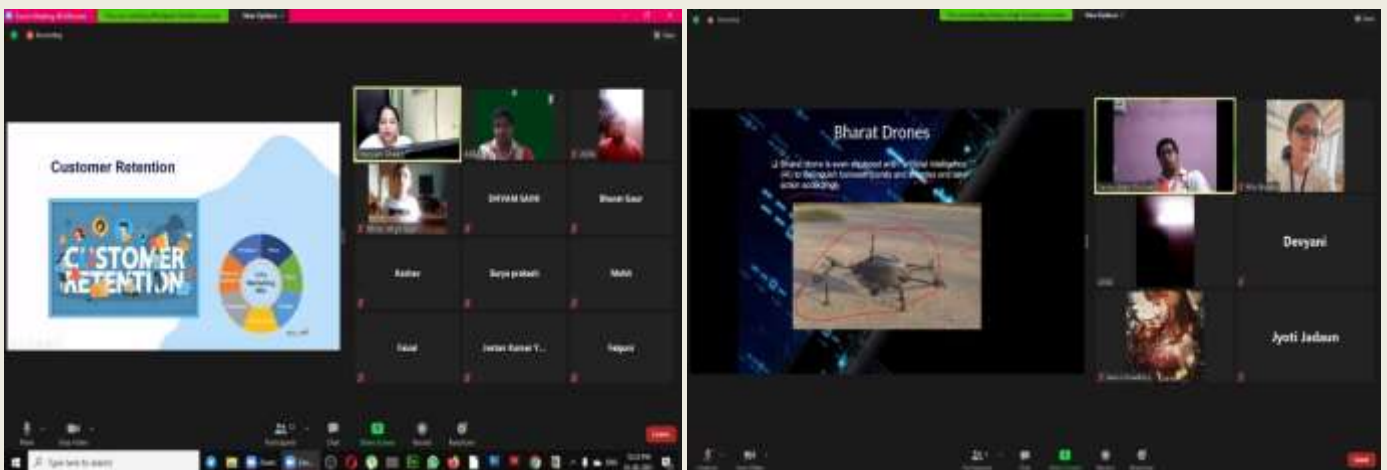
COMPUTER TRAINING AT ASRA HQ (RECOGNIZED BY NIOS AND NIELIT, GOVERNMENT OF INDIA)

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
July 2021	08	49	57
Aug 2021	08	70	78
Sep 2021	07	79	86

Total Sessions online & offline	
Via conference / video call / audio call	1264
Query sessions	74
Documents shared (PDF, PPT, web Link, YouTube link, worksheets etc.)	294



Online computer classes



Practical computer classes at HQ

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
July 2021	19
Aug 2021	28
Sep 2021	37
Total online & offline sessions	386
Documents shared (PDF, PPT, web Link, YouTube link, worksheets etc.)	87



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

ASRA HANDICRAFT EMPORIUM

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.

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.

- **Total 2771** 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 30 th June-2021	Orders booked from 1 st July-2021 to 30 th Sep-2021	Orders completed from 1 st July-2021 to 30 th Sep-2021	Orders pending up to 30 th Sep-2021
21	180	175	25

BEAUTY CULTURE COURSE AT ARTC RECOGNIZED BY NIOS, GOVERNMENT OF INDIA

During the previous year i.e. April 2020 to March 2021, total 471 digital sessions were provided to 22 students. 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 :

Months	No. of students
July 2021	07
Aug 2021	14
Sep 2021	27
Total online & offline sessions	206



Beauty Culture practical class at ASRA HQ (left) Online Beauty Culture classes at ASRA HQ (right)

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.**



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

NEW INITIATIVE

- ASRA initiated a vaccination drive to provide a safety shield to Persons with Disabilities living in its adopted community since they were trapped into a situation of helplessness due to unawareness and unnoticed attention. Many of the community members were struggling for survival and mental health. A focused campaign was planned to provide support to the PwDs to combat with the crisis of Covid-19 pandemic with awareness, counseling followed by vaccination. The PwDs covered under the vaccination drive have also been supported with Ration, Health and Hygiene Kits, Immunity boosters etc. **During the quarter under report 223 PwDs were vaccinated spread over in 23 communities. The ASRA vaccination drive stay continued.**



ASRA Van taking beneficiary for vaccination



The beneficiaries getting registered in the vaccination centre



The beneficiaries getting vaccination



The beneficiaries getting vaccination



The vaccination team at work

- During the quarter under report, a new initiative has been taken by ASRA to expand its CBR Activities in Noida, The 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 an ongoing activity. 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 government concessions and schemes can also be extended to the needy people identified in the survey leading toward 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.

