



# 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 JULY-2021 to SEPTEMBER-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 21<sup>st</sup> March 2020, ASRA Head Quarter opened its doors and conducted vocational training classes and therapy sessions in its physical location from 11th Feb 2021 onwards. However, due to a sudden spike in COVID cases, the city underwent another lockdown and vocational training classes & therapy sessions had to be conducted digitally online once again since 11th April 2021 to 2nd August 2021. After the lockdown was over the activities of head quarter started again.

Under CBR program, on-ground, children are being provided with study material, immunity boosters, personal hygiene, therapeutic kits and essential food items have been distributed to Persons with Disabilities (PwDs) on a need-based feedback.



Activities at a glance during period under report

### 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. 17<sup>th</sup> April 2021 to 15<sup>th</sup> 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.



### DISTRIBUTION OF EDUCATION, NUTRITIOUS FOOD / IMMUNITY BOOSTER, PERSONAL HYGIENE, THERAPEUTIC KITS AND ESSENTIAL FOOD ITEMS TO THE NEEDY CHILDREN

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 i.e. Education, Nutritious Food / Immunity Boosters, Personal Hygiene, Therapy Kit, Essential Food Item / Ration Kits .



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

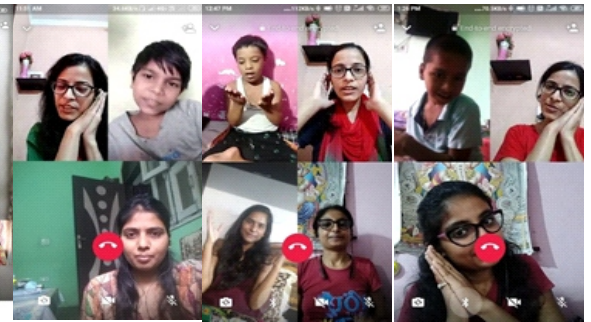


While the AIRTC remained physically shut due to lockdown, 34 children with special needs have availed special education classes via 3127 video / voice calling sessions during the year from April 2020 to March 2021.

During the quarter under report, 34 children with special needs have availed services of AIRTC who have children have different types of disabilities, predominantly intellectual disabilities associated with physical impairment. Some children also have speech & hearing impairment.



Online Therapy Sessions of AIRTC children



Online Music and Dance Classes



Online Therapy Sessions of AIRTC children



Activities of hand and eye coordination

## COMMUNITY BASED REHABILITATION (CBR)

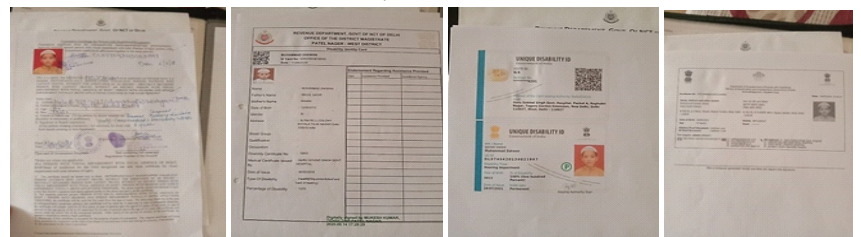
At a time when physical distancing has not only become an accepted but also a mandatory norm for survival against COVID-19, ASRA CBR team is using the means of telecommunication to stay connected with its beneficiaries in the communities. The CBR staff is making hundreds of calls every day to keep themselves 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. 1294 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.



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

**b. Referral Services:** During the quarter under report, CBR Team provided referral services to 1031 persons with disabilities for disability pension, disability certificate, rail pass, bus pass, SDM card etc.



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

**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. 147 PwDs applied for concession & benefits services and 99 PwDs received their certificates during the quarter under report.

### d. Mobility Aids & Appliances Camp

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

### e. Camp for free distribution of Hearing Aids

- ASRA organized a **Camp for Free Distribution of Hearing Aid** on 23<sup>rd</sup> 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



**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 as 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.



**Tabish**

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 Khatun (Mother of Tabish), Bharat Vihar

**GOLU**

**Sponsored CwD**



**Golu**

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), Pappan Kalan

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

**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 continues.**



ASRA's beneficiaries getting Covid-19 vaccine during ASRA Vaccination Drive Program

- 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 conducting 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.



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



Online Education Classes

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

**ASRA is running Inclusive Vocational Training / Skill Development Centres in adopted slum communities and ASRA Head Quarter.** During the previous year i.e. April 2020 to March 2021, total 322 students attended online vocational training classes. 285 students attended online vocational training classes during the quarter under report.



Practical computer classes at ARTC HQ

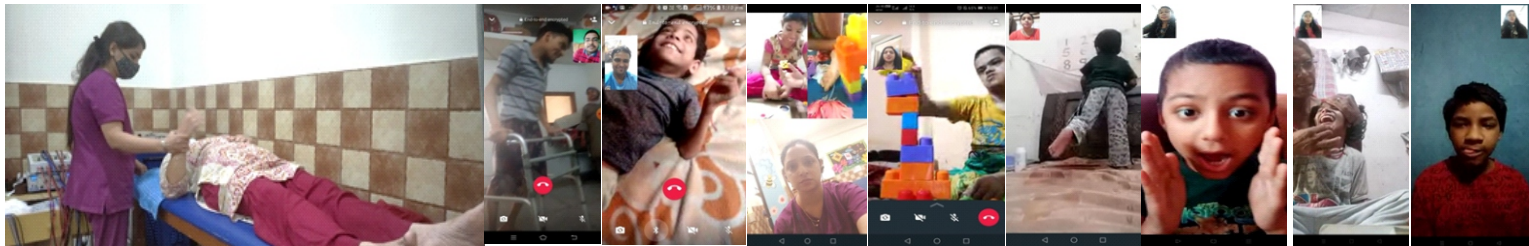
Online Tailoring Classes

Online Beauty Culture Classes

Students attending online vocational trainings class

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



Physiotherapy sessions

Occupational Therapy sessions

Speech Therapy sessions

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

**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.



Sponsored children showing drawings made by them

**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. The Emporium is taking orders of stitching / alteration work and repairing of clothes etc. Total 2771 masks have been stitched during the quarter under report. These masks are being distributed free of cost to the PwD beneficiaries and children of education, sponsorship and AIRTC programs. Masks are also being sold out to the interested customers. The details of orders booked / completed during the quarter are given below:

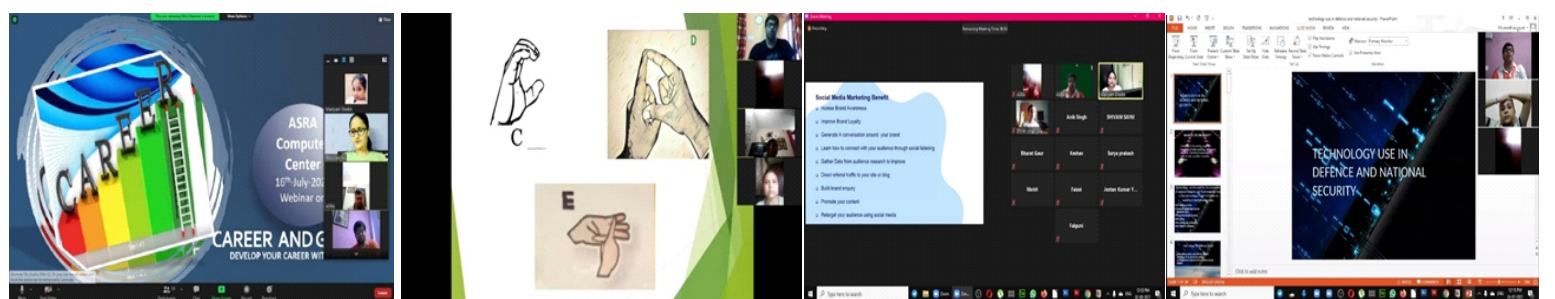
Orders pending up to 30 <sup>th</sup> June-2021	Orders booked from 1 <sup>st</sup> July-2021 to 30 <sup>th</sup> Sep-2021	Orders completed from 1 <sup>st</sup> July-2021 to 30 <sup>th</sup> Sep-2021	Orders pending up to 30 <sup>th</sup> Sep-2021
21	180	175	25



Order work on progress

ONLINE WORKSHOPS FOR STAFF, STUDENTS & BENEFICIARIES

While workshops in-person 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. During the quarter under report seven online workshops were held.



Webinars held on Career and Growth, Sign Language, Technology in Defense and National Security, Social Media Marketing, Breathing Exercises with General Public, Quiz Competition, Communication through Internet