



Action for Self Reliance and Alternatives

Uttam Nagar, New Delhi

An organisation committed towards empowerment of persons with disabilities



NEWSLETTER

(Activities under COVID-19)

OCTOBER 2021 to DECEMBER 2021

ACTION FOR SELF RELIANCE AND ALTERNATIVES (ASRA)



THREE MAJOR BRANCHES/ACTIVITIES OF ASRA

ASRA Head Office ASRA Rehabilitation & Training Centre ARTC	ASRA Special School ASRA Intervention, Recreation & Therapy Centre AIRTC	Community Based Rehabilitation CBR [UNDER REVIEW]
• Medical Intervention & Therapeutic services	• Special Education	• Referral Services for PwDs
– Assessment	• Music Therapy	• Medical Intervention & Therapeutic Services
– Physiotherapy	• Dance Therapy	– Physiotherapy
– Occupational Therapy	• Art & Craft Activities	– Speech Therapy
– Speech Therapy	• Yoga Therapy	– Prosthetic & Orthotic Appliances
– Prosthetic & Orthotic Appliances	• Medical Intervention & Therapeutic Services	• Education Program
• Skill Development Trainings	– Assessment	– Nursery Education
– Computer	– Physiotherapy	– Non-Formal Education
– Tailoring	– Occupational Therapy	– Remedial Education
– Fashion Designing	– Speech Therapy	– Special Education
– Beauty Culture	– Prosthetic & Orthotic Appliances	• Sponsorship for Education of CwDs
– Short Term Trainings	• Activity of Daily Living (ADL)	• Skill Development Trainings
– Yoga Workshop	• Sensory Integration Unit(SIU)	– Computer {merged with ASRA Head Office}
		– Mobile Repairing {merged with ASRA Head Office}
		– Tailoring
		– Beauty Culture
		• 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.

During the period under report, there were restrictions without lockdown, hence, ASRA Head Office and its services resumed its functioning six days per week. **From 7th October 2021 onwards, the vocational training students started attending the classes regularly in the ARTC. The Medical department also started operating and patients started coming for therapies in occupational therapy, physiotherapy and speech Therapy Departments.**

In AIRTC, children with special needs also resumed their sessions in limited numbers. One to one session of Special Education were conducted in the AIRTC w.e.f. 26th October 2021. Five children with special needs enrolled in AIRTC were provided with five special kits to take care of their education, nutrition, personal hygiene, therapeutic needs along with essential food items and ration.

In CBR, the therapy sessions continued and referral, counselling and awareness creation programs on disability related issues as well as pandemic related issues. During the quarter under report, 46 PwDs from the communities were vaccinated under the Vaccination drive program undertaken by ASRA. However, towards the end of 2021, the Pandemic was proving to be a hindrance to efficiently conducting education, trainings and treatment facilities in CBR. This was particularly true for children, who were all unvaccinated. After a comprehensive review, it was concluded that online classes were not efficient or productive enough. Infact, there were complaints received from some parents as well about the quality of education. Same was found to be true about CBR vocational and treatment programs. As a result it was decided that the CBR activities will be temporarily discontinued and operations will be streamlined towards ARTC until normalcy returns. During the period under report two helpers and five teachers of CBR Beauty Culture unit had to be let go.

On-ground, 60 children under the CBR program were provided with study material and essential items and essentials have been distributed to 217 Persons with Disabilities (PwDs) on a need-based feedback.

ACTIVITIES AT A GLANCE DURING PERIOD UNDER REPORT



Review Meeting



Vaccination Drive



Distribution of Prosthetic and Orthotics



Diwali Celebration



Ration Distribution in slum communities



Rangoli competition



Distribution of five kits to AIRTC children



ASRA Team during ration distribution



Distribution of five kits to AIRTC children



Handicraft sale in Handicraft Haat



Diwali Sale

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, 217 PwDs from 5 communities were provided with essential items / relief package to meet their daily needs.



Beneficiaries receiving ration in ASRA's adopted slum community namely Poothkalan



Beneficiaries receiving ration in ASRA's adopted slum community namely Poothkalan



Beneficiaries receiving ration in ASRA's adopted slum community namely Khyala



Beneficiaries receiving ration in ASRA's adopted slum community namely Majnu Ka Tila



Beneficiaries receiving ration in ASRA's adopted slum community namely Bakkarwalan

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, 60 children of Education & sponsorship program were provided with 'Education Kits' and 'Nutritious Food' (Immunity Boosters). 5 children of AIRTC were provided with five kits each :

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:
 - Chickpeas, chocos, porridge, mix pulses, soya chunks, dry flakes, roasted nuts, jaggery, biscuits 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.

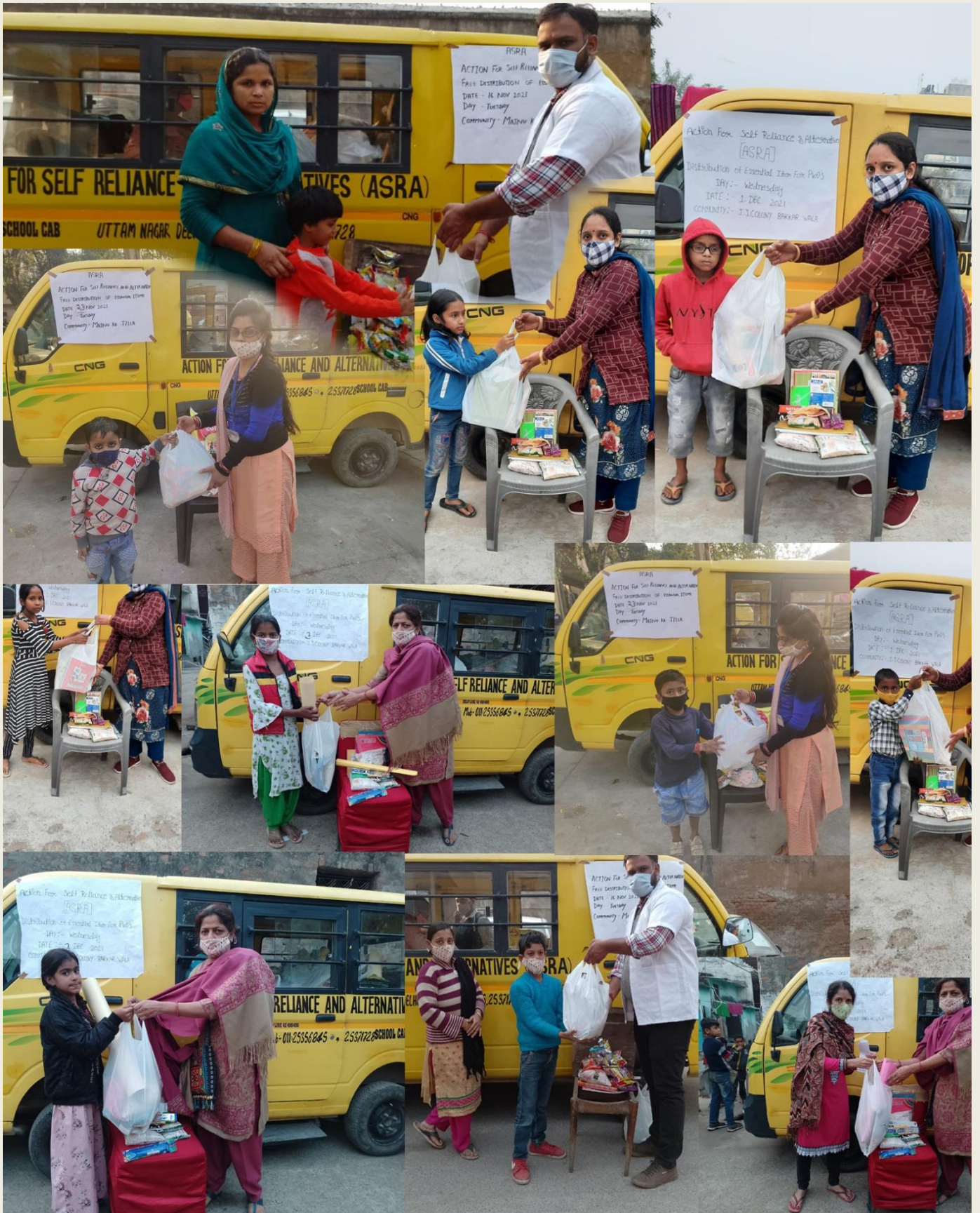


Five kits distributed to AIRTC children

SOME GLIMPSES OF DISTRIBUTION OF KITS UNDER THE CBR PROGRAM AND AT AIRTC DURING PERIOD UNDER REPORT



Distribution of five kits i.e. Education, Nutritious Food / Immunity Boosters, Personal Hygiene, Therapy Kit, Essential Food Item / Ration Kits to the children with special needs at AIRTC namely Rajkumar, Pulkit, Yuvraj and Rajan



Distribution of Study Material and Nutritious Food / Immunity Booster Kits to the children under CBR program

ASRA INTERVENTION, RECREATION AND THERAPY CENTRE (AIRTC) FOR CHILDREN WITH SPECIAL NEEDS

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

During the quarter under report, the children enrolled in AIRTC attended special education sessions. Their parents were provided with counselling.



President Founder ASRA India during interaction with parents of children of AIRTC during distribution of five kits



Special Educators Interacting with children at AIRTC during distribution of five kits

The children enrolled in AIRTC have different types of disabilities, predominantly intellectual disabilities associated with physical impairments. Some children also have speech & hearing impairments for whom speech therapy is provided by ASRA. Following is the gender wise and community area wise classification of children enrolled in AIRTC during the quarter under report:

Total CwDs as on 31 st December 2021	GENDER WISE		
	Male	Female	Total
	32	14	46
DISABILITY WISE NO. OF CHILDREN			
1. Intellectual Disability			25
2. Intellectual with Associated Condition			5
3. Cerebral Palsy			4
4. Cerebral Palsy with Associated Condition			2
5. Speech and Hearing Impairment			7
6. Down Syndrome			0
7. Autism Spectrum Disorder			1
8. Attention Deficit Hyper Active Disorder			0
9. Multiple Disability			2
Community		Non-community	
36		10	
AGE WISE CLASSES			
PRE-PRIMARY			
5-7 years: 0			
PRIMARY-I			
8-10 years: 17			
PRIMARY-II A			
10-13 years: 3			
PRIMARY-II B			
11-14 years: 10			
SECONDARY			
14 years: 3			

Special Education and Therapy Sessions of AIRTC children

- The strength of AIRTC is four special educators and one music teacher. The AIRTC children were divided amongst four special educators and one music teacher on the basis of their IQ and disability.

- One to one online and offline academic sessions designed according to Individual needs are being provided by the Special Educators to AIRTC children from Monday to Friday from 10.00 am till 3.30 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 and offline sessions of special education provided to the children in the quarter under report:

Sessions	October 2021	November 2021	December 2021
Online Video sessions	247	157	195
Voice calling sessions	41	21	18
Worksheets prepared & forwarded	217	168	126
Offline sessions	05	13	39
Total	510	359	378

Online Special Education Classes & Worksheets prepared by Special Educators:



Online special education classes of AIRTC children namely Gaurav, Avani, Subham and Shivi

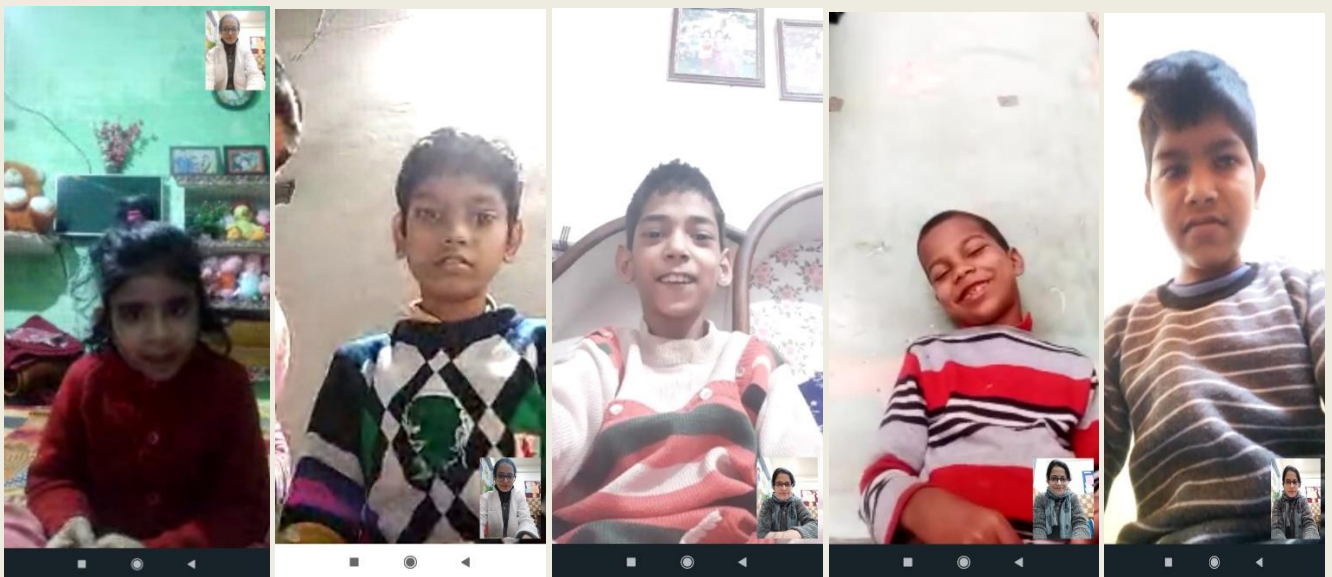


Online special education classes of AIRTC children namely Ashutosh, Pulkit, Rudra and Krishna

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 remain physically active.
- During the quarter under report 33 children were provided with online music sessions as follows:

Sessions	October 2021	November 2021	December 2021	Total
Live online music sessions	56	73	81	210



Online music class of AIRTC children namely Avani, Tabish, Khushi, Naseem and Pawan



Music teacher and Special Educators of AIRTC conducted a webinar on the occasion of Dushehra festival

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 of 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

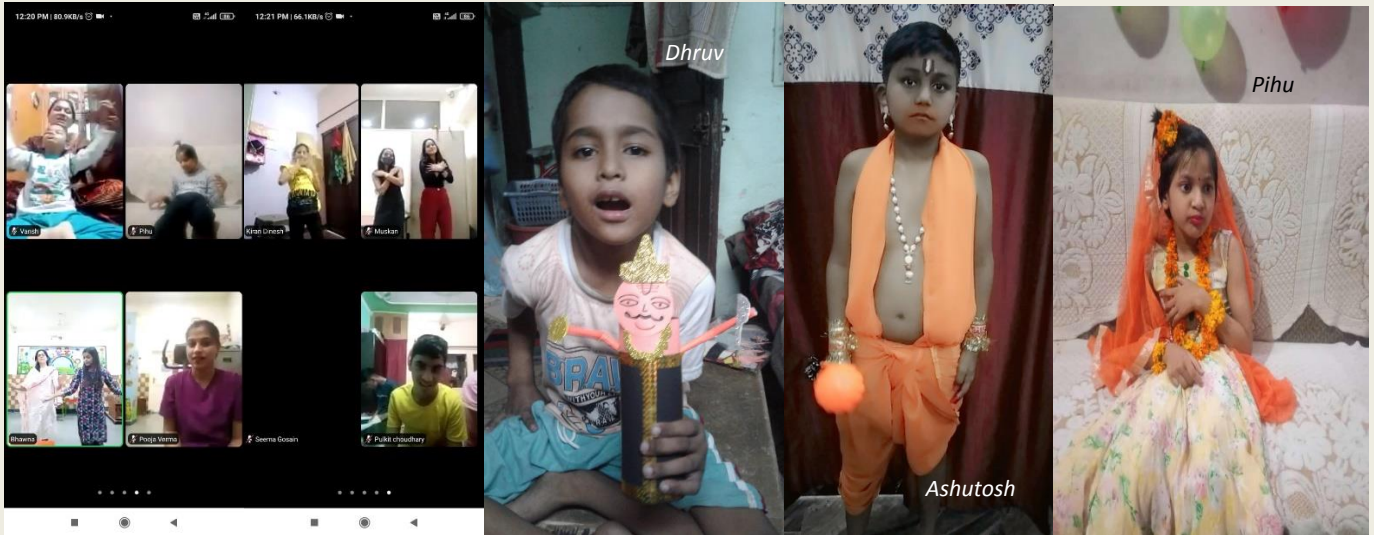


CELEBRATIONS

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. Details of festivals and special days celebrated by ASRA during the quarter under report are as follows:

Dussehra Celebration

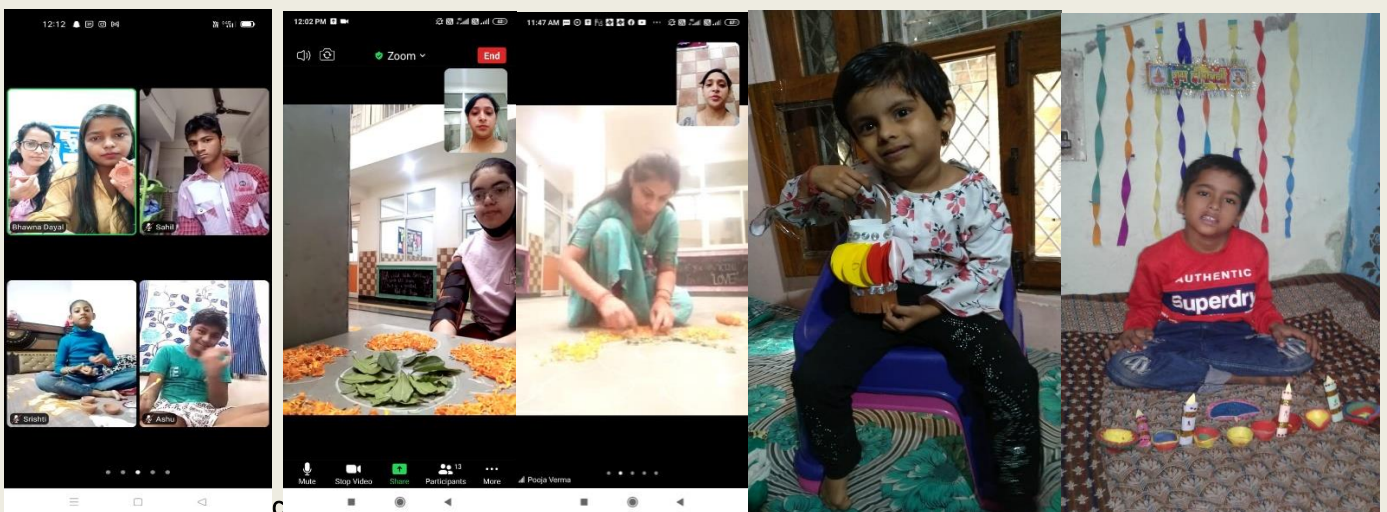
Dussehra, the festival of victory of good over evil was celebrated on 15th October 2021 by conducting an online Ramayan Act 'Props making' for the students of AIRTC and Education programs. They were also dressed up in different Avatars from Ramayana.



Children virtually celebrating Dussehra and dressed up in different Avatars from Ramayana

Deepawali Celebration

The staff and students of ASRA ushered in the joyous festival of lights with virtual celebrations on 3rd November 2021. The occasion was marked with the singing of shlokas, graceful dance performances and creative activities that lit up ASRA with festive cheer. Children / students pledged not to burst crackers but to light diyas in honour of those working selflessly for others in these trying times. A Virtual Rangoli competition was also held in which students made 'Rangoli' with dry herbal colours in their home live during the webinar.



International Day of Persons with Disabilities

ASRA celebrated International Day of Persons with Disabilities on 3rd December 2021 by organizing awareness generation programs with students of vocational trainings and children of AIRTC.



Christmas Celebrations

On the occasion of Christmas Eve, the ASRA staff organised various activities for children / students of all programs. Activities like Christmas tree decoration with lamps, toys and flowers, card making, painting Christmas tree on drawing sheets were conducted for the students.



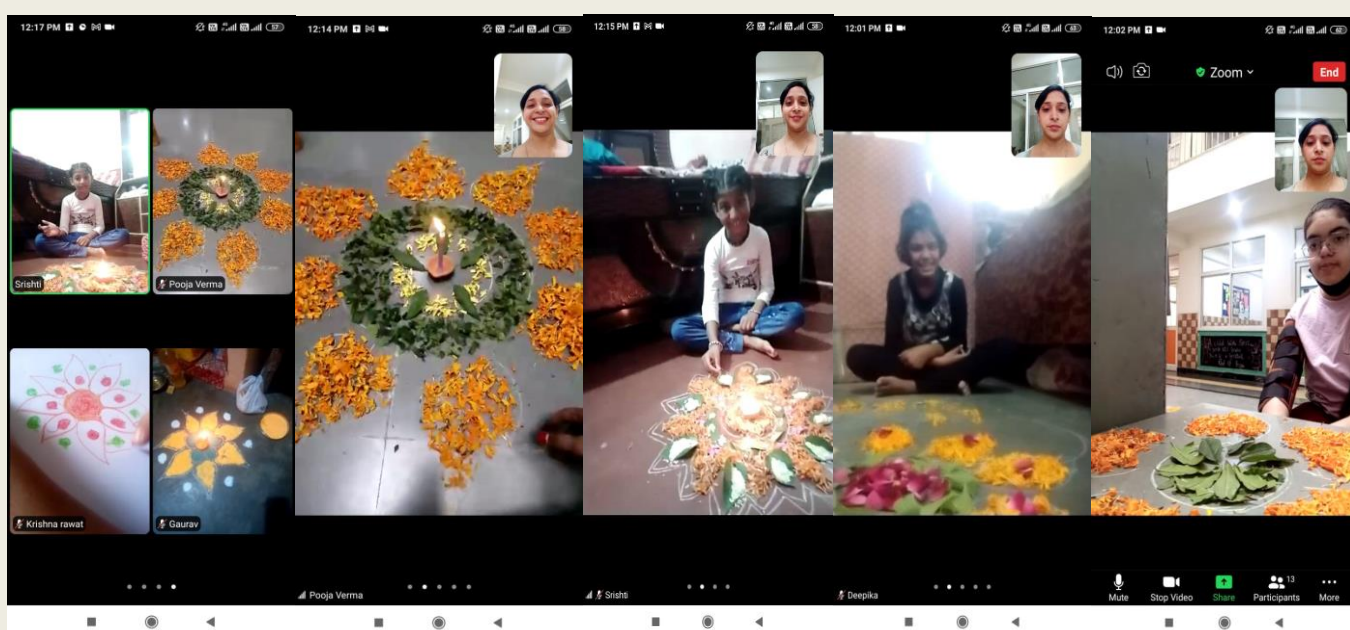
Children of CBR Education program celebrating Christmas

ONLINE WORKSHOPS FOR STAFF, STUDENTS & BENEFICIARIES

While in-person workshops were 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/Workshops organized both Head office and virtually by staff of ASRA during the quarter under report: -

S. No	Topic of Workshop & Department	Date	Resource Person
1.	Rangoli Making – Occupational Therapy Department	30 th October 2021	Ms. Seema, Multi Rehabilitation Worker Ms. Pooja, Physiotherapist
2.	Personality Development – Computer Department	27 th November 2021	Mr. Sanjay Chauhan, Computer Faculty, ASRA Head Office
3.	Knitting on Nail Board—Tailoring & Handicraft Unit at ASRA Head Office	22 nd to 24 th December 2021	Ms. Tejinder Kaur, Teacher Tailoring



Webinar on Rangoli Making



Rangoli Making completion held at ASRA Head Office on 3rd November 2021 on the occasion of Deepawali Festival



Webinar on Personality Development at ASRA Head Office



Workshop on Knitting on Nail Board



Workshop on Knitting on Nail Board

Success Stories

My name is Premchand. I am 30 years old and live in Indira Camp-II community. In my family, there are two brothers and my mother and I both are physically challenged. I am disabled by birth.

I have been associated with ASRA since last 25 years. I am physically challenged and therefore, I cannot do any work. It is very difficult to meet family expenses. I face many difficulties. I met ASRA teacher in community and through her I came to know ASRA. ASRA helped me in procuring facilities like disability certificate, Railway Concession Certificate, Bus Pass, SDM card and most importantly pension.

During Corona period, everything was closed. There was no work for family. It was a very tough time and with the kind help of ASRA, I received ration which gave us big relief. I am very thankful to ASRA for the same. Even now, my family's economic condition is full of challenges. I express the gratitude to ASRA for help.



Premchand



Lalita

My name is Lalita and I am 24 years old. I live in Indira Camp-II slum community. I am associated with ASRA since last 14 years. In my family, me and my husband, both are handicapped. We have a daughter. My husband is engaged in cutting and tailoring work because of which we can earn our bread. I am disabled since birth and have been facing many-many difficulties since childhood. In the year 2008, I met ASRA volunteers and they gave me very useful information about the Government facilities. I could get Disability certificate, Railway Concession Certificate, Bus Pass, SDM card, Railway E-card and disability pension. Because of Pension, my family got big financial

support. Due to Corona, we faced lot of difficulties. I requested ASRA to help me. ASRA gave me Ration for which I am very grateful

**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.

ASRA CBR team used the means of telecommunication as well as paid door to door visits to stay connected with its beneficiaries in the communities. The CBR staff made hundreds of calls every day to keep themselves abreast about the wellbeing, medical condition and other needs of the families. The team continued to provide information about the initiatives taken / special schemes provided by the Central and State Governments for their welfare. Counselling was also provided about the safety and preventive measures around COVID-19 and orientation was done on COVID-19 symptoms, spread and its precautions.

a. Individual & Group counseling:

- ASRA CBR Team constantly provided 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 were told about the Do's and Don'ts related to Covid 19.
- ASRA CBR Team always tried 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.
 - Helped create awareness to maintain Social Distancing during Food or Ration Distribution by Government Organizations.
- Procedural guidance was provided to apply for 'Online Temporary Ration Card' by the Government.

During the quarter under report 1314 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
October 2021	November 2021	December 2021	
552	323	439	1314



Interaction with beneficiaries regarding Information about COVID-19 disease

b. Referral Services:

During the quarter under report, 637 PwDs were provided with information about online referral services as follows:

S. No	Referral service	No. of beneficiaries
1.	Disability Certificates	96
2.	Railway concession & E-Card	37
3.	Information regarding Disability Pension	71
4.	UDI Card	164
5.	SMD Card	18
6.	Bus Pass	26
7.	Others services (Online filling form, MLA office etc.)	225
Grand Total		637

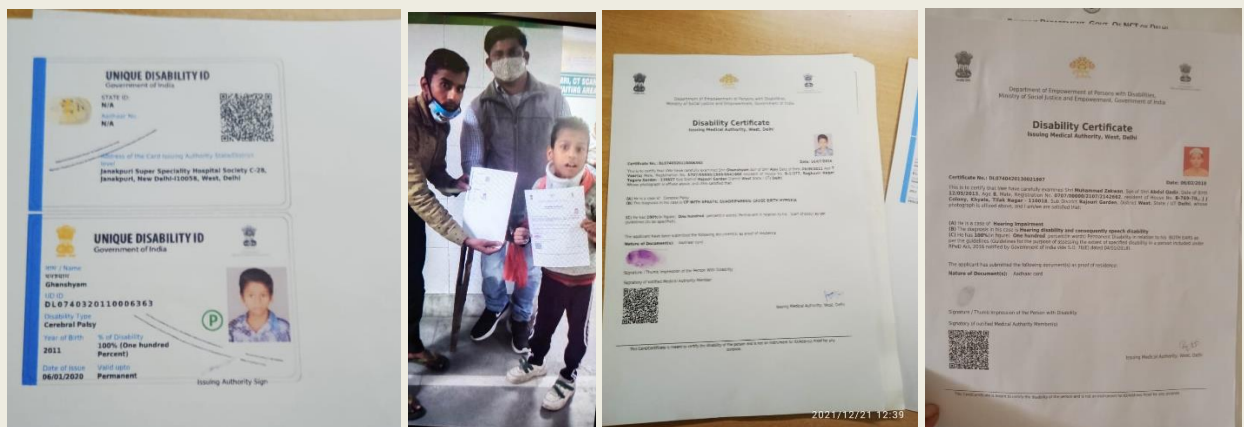


Counselling and Referral services to PwD beneficiaries by ASRA CBR Team during Ration Kit distribution in ASRA's adopted slum communities

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, 166 PwDs had applied for concession & benefits services and 46 PwDs were received their certificates as follows :

S.NO	Name of services	Applied	Received
1	Disability Certificate	55	14
2	Railway's concession certificate	09	06
3	E-Ticket Card	12	01
4	UDI Card	54	15
5	Disability Pension	25	09
6	SDM Card	09	0
7	Bus Pass	02	01
Total		166	46



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

d. **Mobility Aids & Appliances:** - During the quarter under report, five PwDs received Aids and Appliances.



Manish from Shahbad Dairy community received Special kit



Shankar from Shahbad Dairy community received Tricycle

e. **CBR Education Program:** From April 2020 to March 2021, total 593 students including more than 50 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.

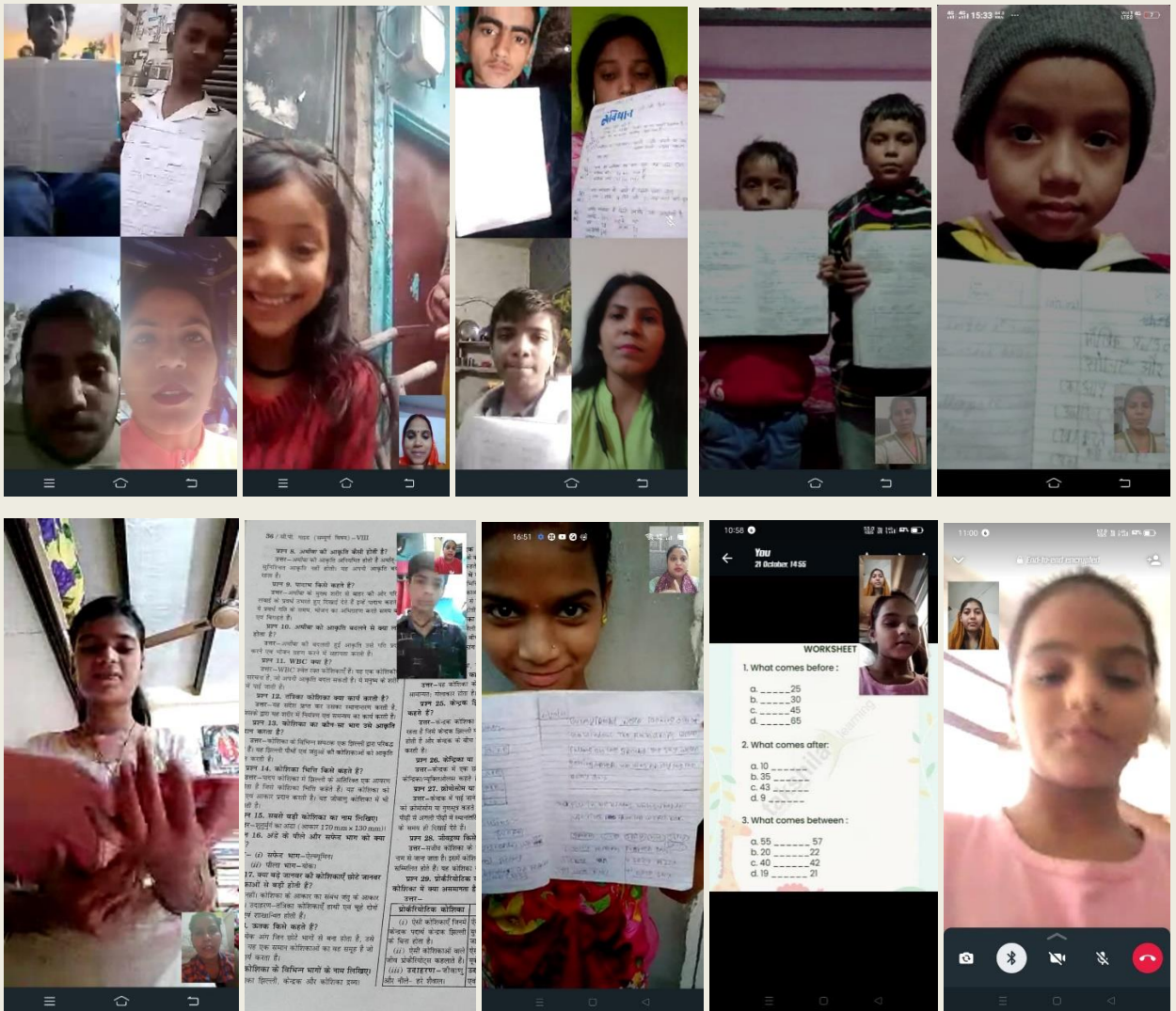
Following are the details of students during the quarter under report :

A. Students Details	October 2021	November 2021	December 2021
Total Students as on 1 st day of the Month	584	590	603
Nursery Education	98	87	84
Non-formal Education	55	50	53
Remedial Education	336	352	344
CwDs students	103	104	102
New Admissions	22	18	11
Total Students	614	611	594
Pass-out	-	-	-
Drop-out	24	8	9
Total Students as on last day of the month	590	603	585
B. Online sessions through			
WhatsApp video call/Zoom sessions	1903	1517	1687
Audio/Voice calls	250	343	350
Worksheet sharing	206	442	377
Sent picture/voice messages	330	243	500
Total sessions conducted	2689	2545	2914
C. Interaction with Parents			
Virtual PTMs	25	14	16
Parents Counseling sessions	30	66	40
D. Workshops/Meetings/Events/Other			

Staff review meetings	1	0	1
Workshops	2	0	0
Special Day Celebrations	4	3	6

Details of Webinar/Events & Workshops

S.NO	Topic of webinar/Event/workshop	Date	Attended/Done by	Total Participants
1.	Rhyming Activity	9/10/2021	Education Children	432
2.	Colors Activity	10/21/2021	Education Children	
3.	Zoom meeting on Festival	14/10/2021	Education Children	
4.	Dussehra	14/10/2021	Education Children	
5.	Paper Craft	16/10/2021	Education Children	
6.	Drawing Activity	18/10/2021	Education Children	
7.	Diwali Celebration	3/11/2021	Education Children	488
8.	Children's Day	14/11/2021	Education Children	512
9.	Disability Day	3/12/2021	Education Children	563
10.	Christmas Day	25/12/2021	Education Children	554



CBR Education teachers taking online classes with children of communities

- d. **CBR Sponsorship Program:** 207 Children with Disabilities (CwDs) have been sponsored under this program till date. 13 children with disabilities enrolled themselves in AIRTC Special School and they are also receiving physiotherapy, occupational therapy, speech therapy etc. along with Special Education.
- 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		
	Oct -2021	Nov -2021	Dec -2021	Oct -2021	Nov -2021	Dec -2021	Oct -2021	Nov -2021	Dec -2021	Oct -2021	Nov -2021	Dec -2021
A. Students as on 1st day of the month	50	51	51	38	37	35	03	03	-	05	-	-
Non-disable	44	45	45	38	37	35	02	02	-	04	-	-
Disable	06	06	06	-	-	-	01	01	-	01	-	-
New Admissions	03	01	-	-	-	-	-	-	-	-	-	-
Total Students	53	52	51	38	37	35	03	03	-	05	-	-
Dropout	-	-	03	01	1	-	-	-	-	-	-	-
Course Complete	02	01	04	-	1	35	-	03	-	-	-	-
Total Students as on last day of the month	51	51	44	37	35	-	03	-	-	05	-	-
B. Online sessions through												
WhatsApp video call/Zoom sessions	157	134	137	208	202	138	23	21	-	-	-	-
Audio/Voice calls	c	-	-	-	-	-	-	-	-	-	-	-
Worksheet sharing	-	-	-	-	-	-	16	11	-	-	-	-
Sent picture/voice massages	-	-	-	-	-	-	-	-	-	-	-	-
Total sessions conducted	157	134	137	208	202	138	40	32	-	-	-	-



Students attending online vocational trainings class

MEDICAL INTERVENTION & THERAPEUTIC SERVICES AT ASRA HEAD OFFICE 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 Head Office and AIRTC

	No. of Patients and Details of sessions during the quarter							
	Physiotherapy		Occupational Therapy			Speech Therapy		
	OPD	Children of AIRTC	OPD	Children of AIRTC	OPD	Children of AIRTC	OPD	Children of AIRTC
Total No. of patients taken therapy session	35	8	19	33	17	15		
Months	Total number of digital/in person therapy sessions							
	Offline	Online	Online	Offline	Online	Online	Offline	Online
October 2021	189	69	27	107	146	-	30	29
November 2021	262	32	6	137	73	-	37	-
December 2021	285	49	18	173	70	-	49	54
Grand total of sessions	736	150	51	417	289	-	116	83



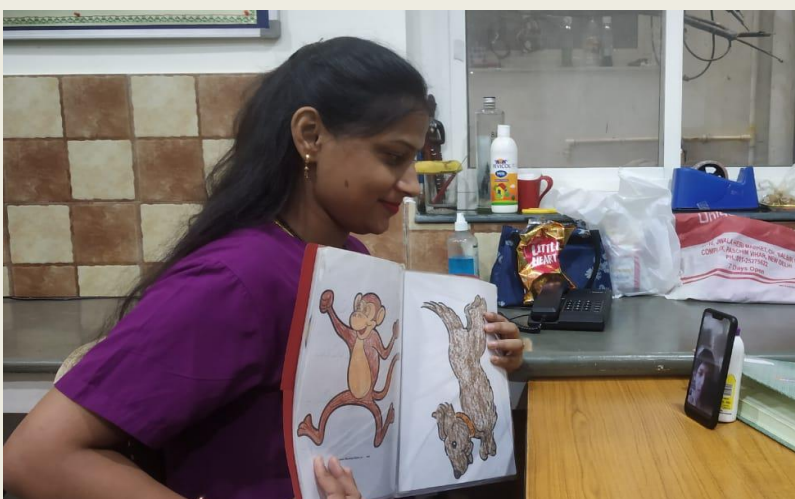
Patients taking therapy at ASRA Head Office (left) and Children of AIRTC taking therapy session online (right)



Children doing exercises in guidance of the ASRA therapist



Children of AIRTC taking occupational therapy session via online at ASRA Head Office



Children of AIRTC taking occupational therapy session via online at ASRA Head Office (left) and CwD getting exercise (right) at ASRA Head Office

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	No. of Patients and Details of sessions during the quarter	
	Physiotherapy	Speech Therapy
	208	17
Months	Total number of therapists visits	Total number of digital/in person therapy sessions
October 2021	119	28
November 2021	107	-
December 2021	119	62

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.

Need was felt to repair artificial limbs and requirements 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 Sep-2021)	Orders booked (Measurement taken) (In 1 st Oct -2021 to 31 st Dec-2021)	Orders completed (Fabricated) (In 1 st Oct -2021 to 31 st Dec-2021)	Orders pending (up to 31 st Dec-2021)
09	20	23	06
23 Appliances were fabricated and delivered to 01 PwDs			



A scene of measurement taken by Prosthesis & Orthotic Technician in ASRA’s adopted slum communities

VOCATIONAL TRAINING AT ASRA HEAD OFFICE

COMPUTER TRAINING AT ASRA HEAD OFFICE (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:

New admission during the quarter: 73 Students

Month	Students with Disabilities	Non-Disabled Students	Total students
Oct 2021	5	95	100
Nov 2021	6	105	111
Dec 2021	7	110	117

Total Sessions during quarter under report	
Via conference / video call / audio call	1081
Query sessions	60
Documents shared (PDF, PPT, web Link, YouTube link, worksheets etc.)	169



Computer class at ASRA Head Office

TAILORING AND HANDICRAFT TRAINING AT ASRA HEAD OFFICE (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:

New admission during the quarter: 20 Students

Month	Total number of students
Oct 2021	37
Nov 2021	43
Dec 2021	47
Total Students during quarter under report	127



Fashion Designing Theory class at ASRA Head Office

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 1028** 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.

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

Orders pending up to 30 th Sep-2021	Orders booked from 1 st Oct-2021 to 31 st Dec-2021	Orders completed from 1 st Oct-2021 to 31 st Dec-2021	Orders pending up to 31 st Dec-2021
25	179	169	35

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:

New admission during the quarter: 17 students

Months	No. of students
October 2021	27
November 2021	22
December 2021	32
Total Students during quarter under report	81



Beauty Culture Class at ASRA Head Office

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.**

NEW INITIATIVES

- **CBR Activities in NOIDA to replicate the existing CBR model**

The CBR model is being applied to this new initiative.

During the quarter under report, after collecting basic profiles of Noida Sec-08 slums community & Hoshiyarpur Village CBR Team conducted Baseline Survey and Medical Assessment at both places. Total 56 PwDs/CwDs were identified in Noida Sec-08 and 37 PwDs/CwDs were identified in Hoshiyarpur Village during the baseline survey.

ASRA CBR team conducted Needs Assessments Survey in Hoshiyarpur Village and prepared the list of Students for computer course. A new Computer Centre has been started on 3rd December 2021 at Hoshiyarpur Village, Ms. Pooja Sharma has joined as Computer Teacher at Noida Hoshiyarpur Centre. **Presently, Total 06 Students (including 02 PwD Student) are taking classes from ASRA Computer center.**



Computer Class at Hoshiyarpur Centre, NOIDA

- **ASRA Haat**

In order to promote sale of masks and other material stitched in the Handicraft emporium, it was decided to display these products just outside the premises of ASRA Head Office. They also worked as advertisements for vocational trainings such as Beauty Culture and Cutting & Tailoring courses.

The mobile repairing unit which was wound up from CBR was reestablished in ARTC which also offered mobile repairing service to outside clients.



ASRA's Handicraft Haat and Mobile Repairing Haat at ASRA Head Office

- **The Vaccination of PwDs through ASRA**

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 lack of awareness and 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 46 PwDs spread across 10 communities were vaccinated. The ASRA vaccination drive will continue.



ASRA Van taking beneficiary for vaccination



The beneficiaries getting vaccination

SOME GLIMPSES OF ASRA'S VACCINATION DRIVE



*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
even during the Pandemic crises.
Gratitude for your trust in our abilities.*

