



# Action for Self Reliance and Alternatives

Uttam Nagar, New Delhi

A Delhi based voluntary organization dedicated to empower person with disabilities living in slums and marginalized segment of society



## NEWSLETTER

APRIL 2022 TO JUNE 2022

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## 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"> <li>• <b>Medical Intervention &amp; Therapeutic services</b></li> </ul>	<ul style="list-style-type: none"> <li>• <b>Special Education</b></li> </ul>	<ul style="list-style-type: none"> <li>• <b>Distribution of 2 Kits / 5 Kits</b></li> </ul>
<ul style="list-style-type: none"> <li>– Assessment by Orthopaedic Surgeon &amp; General Physician</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Music Therapy</b></li> </ul>	<ul style="list-style-type: none"> <li>• <b>Referral Services for PwDs : Social Mapping &amp; Delivery of benefits</b></li> </ul>
<ul style="list-style-type: none"> <li>– Physiotherapy</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Dance Therapy</b></li> </ul>	<ul style="list-style-type: none"> <li>• <b>Skill Development Trainings</b></li> </ul>
<ul style="list-style-type: none"> <li>– Occupational Therapy</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Art &amp; Craft Activities</b></li> </ul>	<ul style="list-style-type: none"> <li>- Computer Centre at Hoshiyarpur, Noida Centre</li> </ul>
<ul style="list-style-type: none"> <li>– Speech Therapy</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Yoga Therapy</b></li> </ul>	<ul style="list-style-type: none"> <li>- Cutting &amp; Tailoring at Hoshiyarpur, Noida Centre</li> </ul>
<ul style="list-style-type: none"> <li>– Prosthetic &amp; Orthotic Appliances</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Medical Intervention &amp; Therapeutic Services</b></li> </ul>	<ul style="list-style-type: none"> <li>- Mobile Repairing (mainstream with ARTC Head office)</li> </ul>
<ul style="list-style-type: none"> <li>• <b>Skill Development Trainings</b></li> </ul>	<ul style="list-style-type: none"> <li>– Assessment Orthopaedic Surgeon &amp; General Physician</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Education</b></li> </ul>
<ul style="list-style-type: none"> <li>– Computer Courses</li> </ul>	<ul style="list-style-type: none"> <li>– Physiotherapy</li> </ul>	<ul style="list-style-type: none"> <li>- Shiv Vihar Education Centre</li> </ul>
<ul style="list-style-type: none"> <li>– Tailoring</li> </ul>	<ul style="list-style-type: none"> <li>– Occupational Therapy</li> </ul>	<ul style="list-style-type: none"> <li>- Dwarka sec-16 Education Centre</li> </ul>
<ul style="list-style-type: none"> <li>– Fashion Designing</li> </ul>	<ul style="list-style-type: none"> <li>– Speech Therapy</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Medical Intervention &amp; Therapeutic services</b></li> </ul>
<ul style="list-style-type: none"> <li>– Beauty Culture</li> </ul>	<ul style="list-style-type: none"> <li>– Prosthetic &amp; Orthotic Appliances</li> </ul>	<ul style="list-style-type: none"> <li>- Assessment by Orthopaedic Surgeon</li> </ul>
<ul style="list-style-type: none"> <li>– Short Term Trainings</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Activity of Daily Living (ADL)</b></li> </ul>	<ul style="list-style-type: none"> <li>- Prosthetic &amp; Orthotic Appliances</li> </ul>
<ul style="list-style-type: none"> <li>– Yoga Workshop</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Sensory Integration Unit(SIU)</b></li> </ul>	<ul style="list-style-type: none"> <li>• <b>Seed Loan</b></li> </ul>
<ul style="list-style-type: none"> <li>• <b>ASRA Haat</b></li> </ul>		

## HIGHLIGHTS

### CBR

- Identified new room at Dwarka sec-16 for running CBR Education centre which became functional on 12<sup>th</sup> April 2022. Presently **26 children** are enrolled out of which 10 are children with disabilities.
- Identified new room at Bharat Vihar slum community for running Education & Vocational centre which could not become functional due to non-availability of teacher.
- Under the Distribution program of **Two Kits**, total 66 CwDs / Non-CwDs have been provided kits at door steps.
- Under the Distribution program of **Five Kits**, total 58 Children with Disabilities have been provided kits at door steps. The CwDs covered from ARTC, AIRTC and ASRAs adopted slum communities.
- During the quarter under report, CBR Team adopted and carried survey in new community namely **Holambi Kalan, New Delhi** for expansion of CBR Programs.
- Parents Teacher Meetings were held at ASRA Education Centres at Shiv Vihar & Dwarka sec-16 slum community.
- Two new cases for **Seed Loan** program from **Shiv Vihar and Dwarka sec-16** slum communities have been identified.
- Communities were visited to open more educational and vocational training centres.
- Cases for assessment by orthopedic surgeon were identified and referred to ASRA Head Office from communities.
- Cases for Speech Therapy and Prosthesis & Orthosis during community visits were also identified.

### ARTC

Programs of ARTC including Medical Assessment & Therapies, Vocational Trainings such as Computer Training course, Cutting & Tailoring course, Fashion Designing course, Beauty Culture course, Mobile Repairing course, etc. continued...

- Dr. Gopal Goel, an Orthopaedic Surgeon joined as a Consultant in Assessment Clinic of ASRA from 10<sup>th</sup> May 2022 for one day in a week. After his assessment, patients are referred to different departments.
- Dr. Major B.S.Katyal, a General Physician joined as a Consultant in Assessment Clinic of ASRA from 1<sup>st</sup> June 2022 for three days in a week, who further refer patients to different departments.

### AIRTC

- There are total twelve children with disabilities registered in AIRTC & their teaching / sessions continued.
- Twelve children of AIRTC were provided with Five Kits.

### VISITS & WORKSHOPS

- **Dr. Archana Arora, Dentist surgeon & Secretary of Rotary Club** on 20<sup>th</sup> April, 2022 was invited to deliver a talk on "Organ Donation" to the students and staff at ASRA Head Office.
- **International Yoga Day** was celebrated on 21<sup>st</sup> June, 2022 at ARTC & ASRA Education Centres.

## SHOOTING OF A SHORT MISSION FILM FOR FUND RAISING

A shooting of a Mission film on ASRA for a duration of two & a half minutes was conducted by a team of professionals from 'Shades & Motion Creative Hub Pvt. Ltd.' on 27<sup>th</sup> & 28<sup>th</sup> June 2022. The shooting covered major activities of ASRA i.e. CBR, ARTC & AIRTC.



*Observatory visit & shooting of Mission film on ASRA by the team of Shades & Motion Creative Hub Pvt. Ltd.*

## ACCOUNTS

Audit for the Financial Year 2021-22 was being conducted & remained in progress.

## ADMINISTRATION

- The Unit Heads were briefed about the significance of maintaining upto date records of their departmental work. Sessions were conducted by Management to address difficulties & obstacles for maintaining incomplete records & files in each department. OIC (P) has been entrusted with the task of keeping a regular check so that the records are updated on regular basis.
- The CBR team was assigned specific targets to catch up on their pending work, on the one hand & to prepare themselves to meet the targets of the upcoming quarter, on the other hand. OIC (P) has been entrusted with the task of a regular follow up of the same & stay connected with the Management for solving problems / difficulties faced by the CBR Team.
- In general OIC (P) was also assigned to take appropriate measures to maintain regularity, discipline & punctuality of the CBR team & take measures against indiscipline & absenteeism.

## ACTIVITIES AT A GLANCE

### DISTRIBUTION OF TWO KITS & FIVE KITS TO CHILDREN ENROLLED IN EDUCATION CENTRE & AIRTC AND LIVING IN SLUM COMMUNITIES

During the quarter under report, **124 children** received **Two Kits & Five Kits** in ASRA Head Office as well as at their **door steps in the communities.**



*CBR Team doing final checks before distribution of 2 kits / 5 kits*

#### Details of distribution 2 Kits / 5 Kits as following:

S. No.	Name of Community	Date of Distribution	Total no. of children covered	KITS	
				2 Kits	5 Kits (Only for *CwDs)
1	Shiv Vihar	13 <sup>th</sup> April 2022	3	3	-
2	Shiv Vihar	16 <sup>th</sup> April 2022	14	14	-
3	Shiv Vihar	21 <sup>st</sup> April 2022	3	3	-
4	Dwarka Sec-16	21 <sup>st</sup> April 2022	7	7	-
5	Shiv Vihar	26 <sup>th</sup> April 2022	6	6	-
6	Dwarka Sec-16	27 <sup>th</sup> April 2022	7	7	-
7	Dwarka Sec-16	11 <sup>th</sup> May 2022	6	-	6
8	Shiv Vihar	11 <sup>th</sup> May 2022	2	-	2
9	Binda Pur	12 <sup>th</sup> May 2022	2	-	2
10	Nanhe Park	12-May-22	2	-	2
11	Nanhe Park	13-May-22	2	-	2
12	Pappankalan	13 <sup>th</sup> May 2022	4	-	4
13	AIRTC Students	14 <sup>th</sup> May 2022	12	-	12
14	Shiv Vihar	27 <sup>th</sup> May 2022	3	3	-
15	Binda Pur	27 <sup>th</sup> May 2022	2	2	-
16	Indira Camp-3	27 <sup>th</sup> May 2022	3	3	-
17	Bharat Vihar	27 <sup>th</sup> May 2022	3	3	-
18	Kirbi Place	28 <sup>th</sup> May 2022	5	5	-
19	T-Camp	28 <sup>th</sup> May 2022	4	4	-
20	Nanhe Park	28 <sup>th</sup> May 2022	1	1	-
21	Dwarka Sec-1	14 <sup>th</sup> May 2022	1	1	-
22	Shiv Vihar	14 <sup>th</sup> May 2022	1	1	-
23	T-Camp	14 <sup>th</sup> May 2022	1	1	-
24	Pappankalan	14 <sup>th</sup> May 2022	2	2	-



S. No.	Name of Community	Date of Distribution	Total no. of children covered	KITS	
				2 Kits	5 Kits (Only for *CwDs)
25	ARTC Head Office	15 <sup>th</sup> May 2022	6	-	6
26	Bharat Vihar	15 <sup>th</sup> May 2022	2	-	2
27	Nanhe Park	15 <sup>th</sup> June 2022	3	-	3
28	New Krishna Park	15 <sup>th</sup> June 2022	1	-	1
29	ARTC Head Office	16 <sup>th</sup> June 2022	2	-	2
30	Bharat Vihar	16 <sup>th</sup> June 2022	1	-	1
31	Dwarka Sec-16	16 <sup>th</sup> June 2022	1	-	1
32	ARTC Head Office	17 <sup>th</sup> June 2022	5	-	5
33	Pappan Kalan	18 <sup>th</sup> June 2022	4	-	4
34	ARTC Head Office	18 <sup>th</sup> June 2022	2	-	2
35	ARTC Head Office	28 <sup>th</sup> June 2022	1	-	1
	<b>Total</b>		<b>124</b>	<b>66</b>	<b>58</b>

\*Children with Disabilities

### Some Glimpses of 2 Kits Distribution



*Ujjwal from Shiv Vihar*



*Khushi from Shiv Vihar*



*Komal from Shiv Vihar*



*Lovely from Shiv Vihar*



*Jagdish from Shiv Vihar*



*Kartik from Shiv Vihar*



*Nitesh from Shiv Vihar*



*Prem from Shiv Vihar*



*Badal from Shiv Vihar*



*Bhawesh from Shiv Vihar*



*Priyanka from Shiv Vihar*



*Mohan from Shiv Vihar*



*Neha from Shiv Vihar*



*Rakshit from Shiv Vihar*



*Pradeep from Shiv Vihar*





*Akansha from Shiv Vihar*



*Anushka from Shiv Vihar*



*Anmol from Shiv Vihar*



*Aman from Shiv Vihar*



*Bhumika from Dwarka sec-16*



*Chanchal from Dwarka sec-16*





*Himanshu from Shiv Vihar*



*Mannat from Shiv Vihar*



*Jigisha from Dwarka sec-16*



*Jyoti from Shiv Vihar*



*Karan Gupta from Shiv Vihar*



*Kunal from Dwarka sec-16*



*Lucky from Shiv Vihar*



*Bhumika & Monika from Dwarka sec-16*



*Ronak from Dwarka sec-16*



## Some Glimpses of 5 Kits Distribution



*Priyanshu from Dwarka sec-16*



*Rajkumar from Dwarka sec-16*



*Rashmi from Dwarka sec-16*



*Ravi from Dwarka sec-16*



*Richa from Dwarka sec-16*



*Ronak from Dwarka sec-16*



*Subham from Dwarka sec-16*



*Yash from Dwarka sec-16*





*Deepanshu from Nanhe Park*



*Komal from Pappankalan*



*Naziya from Pappankalan*



*Pawan from Pappankalan*



*Rudra from Pappankalan*



*Lavansh from Nanhe Park*



*Nasim from Nanhe Park*



*Piyush from Nanhe Park*





*Sanni from Dwarka Sec-16*



*Ojas from Nanhe Park*



*Anjali from Nanhe Park*



*Aarav from Nanhe Park*



*Hemant from New Krishna Park*



*Suraj Sahu from Nanhe Park*

## COMMUNITY BASED REHABILITATION

### STRATEGIC REVIEW FOR REVIVAL & RENEWAL OF CBR PROGRAMS & HORIZONTAL EXPANSION

- **SURVEY FOR EXPANSION OF CBR PROGRAM**

For the expansion of CBR Program, ASRA CBR Team has conducted survey in new slum communities namely Holambi Kalan, Metro Vihar. A total **12 CwDs / PwDs** are identified during the baseline survey.



*Survey conducted by CBR Team at Holambi Kalan slum community*

- **CBR EDUCATION CENTRES**

**Restructuring & reorganizing of ASRA's Education program** was carried out in adopted slum communities namely **Shiv Vihar, Dwarka Sec-16 & Bharat Vihar**. Steps were initiated towards identifying & enrolling interested vaccinated children with disabilities who were interested in continuing their studies under the Education program.

The **Dwarka Sector-16 Education Centre** became functional during the quarter under report with Twenty One children which includes 10 CwDs and 11 non-disable children.

During the quarter under report, a new room has been identified in **Bharat Vihar** slum community to start Educational & Vocational Programs. Unfortunately, it had to be dropped & education program could not take off.



*Education Centre at Shiv Vihar (left) & Dwarka Sector-16 (right)*



**Students' strength at Education Centers in various communities during the quarter under report:**

Students Details	April 2022		May 2022		June 2022	
	Education Center - Shiv Vihar	Education Center - Dwarka Sec-16	Education Center - Shiv Vihar	Education Center - Dwarka Sec-16	Education Center - Shiv Vihar	Education Center - Dwarka Sec-16
<b>Total Students on 1<sup>st</sup> day of the Month</b>	<b>08</b>	<b>20</b>	<b>20</b>	<b>20</b>	<b>25</b>	<b>23</b>
Nursery Education	-	4	1	4	1	3
Non-formal Education	2	7	3	7	3	7
Remedial Education	6	9	16	9	19	8
New Admissions	<b>12</b>	-	<b>5</b>	<b>1</b>	<b>1</b>	<b>5</b>
<b>Total Students</b>	<b>20</b>	<b>20</b>	<b>25</b>	<b>21</b>	<b>24</b>	<b>24</b>
Drop-out	-	-	-	3	-	2
<b>Total Students on last day of the month</b>	<b>20</b> (including 8 CwDs)	<b>20</b> (including 10 CwDs)	<b>25</b> (including 12 CwDs)	<b>18</b> (including 10 CwDs)	<b>24</b> (including 12 CwDs)	<b>22</b> (including 10 CwDs)



*Parents Teacher Meetings were held at ASRA Education Centre at Shiv Vihar and Dwarka Sec-16 slum communities*

● **CBR VOCATIONAL TRAINING PROGRAM IN CUTTING & TAILORING**

Need emerged from beneficiaries in Hoshiyarpur, NODIA to start the **Vocational Training Program in Cutting & Tailoring**. This was initiated in the newly rented room in **NOIDA Centre**. Cutting & Tailoring Centre at Hoshiyarpur, NOIDA was opened in March 2022 under ASRA CBR program. During the quarter under report, total four students enrolled, out of which one student who is speech & hearing impaired & illiterate completed her course. Unfortunately, due to less enrollment, tailoring program was wind up in Hoshiyarpur on 30<sup>th</sup> June 2022.



*Tailoring Centre at Hoshiyarpur Centre, NOIDA*

- **CBR VOCATIONAL TRAINING PROGRAM IN MOBILE REPAIRING**

The **Mobile Repairing program** which was running in Pappankalan community under CBR, was merged with the ARTC Vocational Training Programs during COVID period. New needy students from the communities & neighbourhood were enrolled & regular classes are being conducted now at ARTC w.e.f. January 2022. Seven students were admitted for course & training is in progress.



*Mobile Repairing Class at ASRA Head Office*

- **CBR VOCATIONAL TRAINING PROGRAM IN COMPUTER**

- i. **Integration of CBR Computer Teacher in ASRA Head Office**

The eligible students of the communities who were pursuing **computer training course** were motivated to join classes at ARTC. The teacher, Ms. Asha, a person with disability who lived & taught in **Pappankalan community has been integrated in the ARTC Computer training program**. She would be teaching in the community once the younger children are ready to join the course after their vaccination.

- ii. **Computer Training at Hoshiyarpur Village, Noida**

Computer Training Centre at Hoshiyarpur village, NOIDA was opened in December 2021 under ASRA CBR program. Total 16 students has been enrolled till June 2022 including two students with disabilities.



*Computer Class at Hoshiyarpur Centre, Noida*



*Students attending Internet classes conducted by Ms. Pooja, Computer Teacher, Hoshiyarpur, Noida*

- **CBR SOCIAL MAPPING & DELIVERY OF BENEFITS : REFERRAL SERVICES for OPD Patients at ARTC & CBR :**

One of the off shoots of Program Review has been introducing Social Mapping of OPD patients with permanent disabilities at ARTC. Simultaneously, online applications were continuously filled for those who were uneducated, or ignorant of how to apply online process.

**During the quarter under report, on behalf of 19 CwDs / PwDs, ASRA CBR Team applied online for Disability Certificate & Unique Disability Identity Card (UDID). The details of online services given are as follows :**

S.No.	Name of CwD / PwD	Age / Gender	Type of Disability	Name of Community	Service for which applied
1	Sanni	7/M	Intellectual Disability	Bindapur	Disability Certificate
2	Shakshi	16/F	Intellectual Disability	Nihal Vihar	UDID Card
3	Preeti	10/M	Intellectual Disability	Tilak Nagar	Disability Certificate
4	Raghav	10/M	Intellectual Disability	Najafgarh	Disability Certificate
5	Raj Kumar	13/M	Intellectual Disability	Dwarka Sec-16	UDID Card
6	Muskan	15/F	Mental Retardation	Nihal Vihar	UDID Card
7	Jareena Khatoon	84/F	Locomotor Disability	Pappan Kalan	Disability Certificate
8	Mohit	20/M	Multiple Disability	Uttam Nagar	UDID Card
9	Prem Kumar	57/M	Locomotor Disability	Shahbad Dairy	UDID Card
10	Sugriv	32/M	Locomotor Disability	Shahbad Dairy	UDID Card
11	Sunila	27/F	Locomotor Disability	Shahbad Dairy	UDID Card
12	Rudra	9/M	Mental Retardation	Uttam Nagar	UDID Card
13	Ravi	9/M	Locomotor Disability	Dwarka Sec-16	Disability Certificate
14	Anjali	16/F	Intellectual Disability	Pappan Kalan	UDID Card
15	Monika	10/F	Locomotor Disability	Dwarka Sec-16	Disability Certificate
16	Pallavi	12/F	Mental Retardation	Bharat Vihar	UDID Card
17	Shivam	10/M	Locomotor Disability	Bharat Vihar	UDID Card
18	Dev Dhar	12/M	Locomotor Disability	Hoshiyarpur	Disability Certificate
19	Vinod	32/M	Locomotor Disability	Hoshiyarpur	UDID Card



*Ongoing applied services of concession & benefits for person with disabilities at Hoshiyarpur, Noida slum community*



## AIRTC

### ASRA INTERVENTION, RECREATION AND THERAPY CENTRE FOR CHILDREN WITH SPECIAL NEEDS

After a two year long online education for students of AIRTC due to COVID 19, offline classes resumed from 1<sup>st</sup> April 2022, Monday to Friday, 9:30am to 1 pm. Switching from online mode of education to offline classes, parents are slowly building self-confidence to send their ward to AIRTC for their regular classes. As a COVID 19 precautionary measure, pick & drop of students are being done by parents themselves.

AIRTC remain closed from 23rd May 2022 to 3rd July 2022 on the occasion of summer vacations and reopened on 4th July 2022. During this period, AIRTC continued to extend Individual Sessions of Special Education to the other children with special needs. Students of AIRTC with acute conditions continued their therapy sessions.

Apart from special education, all students are getting comprehensive rehabilitation which includes assessment by Orthopaedic Surgeon and customized occupational therapy, physiotherapy & speech therapy by ASRA's qualified professionals.

The students enrolled in AIRTC have different types of disabilities, predominantly intellectual disabilities associated with physical & 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 30th June'2021	GENDER WISE		
	Male	Female	Total
	9	3	12
DISABILITY WISE NO. OF CHILDREN			
1. Intellectual Disability			2
2. Cerebral Palsy			3
3. Cerebral Palsy with Associated Condition			1
4. Speech and Hearing Impairment			2
5. Attention Deficit Hyper Active Disorder			4

AREA WISE	
Community	Non-community
4	8
NO. OF STUDENTS IN EACH CLASS	
Primary I : 4	
Primary II : 3	
Secondary : 5	



*Children of AIRTC making clay craft*

**Parents Teacher Meeting (PTM)** was held on 30<sup>th</sup> April, 2022 at AIRTC. The main perspective of the PTM was to discuss Individualized Education Plan (IEP) with each parent, future education & therapy goals. Parents were also informed that ASRA's Special Educators are providing special sessions to students through smart education applications in tablets.



*ASRA's PTM Committee with parents during Parents Teacher Meeting held at AIRTC*

## CELEBRATIONS

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

- **Mother's Day** - Children made greeting cards to honour their mothers on the occasion.



*Children of AIRTC celebrated Mother Day and made Greeting Cards for their Mothers  
(Left to right) Ashutosh, Ayush, Kritika & Pulkit*



- **Earth Day** was celebrated on 5th April 2022. Computer Centre at ASRA Head Office organized a session on Earth Day and teachers motivated the students to undertake planting activities at home and generate awareness of clean environment among the people living in their surroundings areas.



*Students of Computer Centre attending session on Earth Day*

- **ASRA Sports Day** was celebrated on 28th May 2022. Sixty eight students from Computer training & Vocational Trainings participated in this celebration. President Founder & Trustee ASRA India addressed the students and motivated them to participate with enthusiasm. Students participated in seven different games & winners were awarded with the prizes.



*Students enjoying ASRA Sports Day*





*President Founder & Trustee ASRA India motivating students during ASRA Sports Day*

- **International Yoga Day** was celebrated on 21<sup>st</sup> June, 2022 at ARTC & ASRA Education Centres. Students from Computer Training Unit & Education centres participated in this celebration. Resource person was Ms. Jyoti Sachdeva, Senior Physiotherapist, ASRA Head Office. Education teachers from Shiv Vihar & Dwarka sec-16 taught children Yoga Aasans. They also explained the benefits of regular yoga.



*Children of Shiv Vihar Education centre celebrating International yoga day by making posters on Yoga.*

## VOCATIONAL TRAINING : STUDENTS' WORKSHOPS

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

S. No	Topic of Events & Department	Date	Total number of participants	Resource Person
1.	Awareness Regarding Malaria – Municipal Corporation Delhi (MCD)	13 <sup>th</sup> April 2022	23	Resource Person from Municipal Corporation Delhi (MCD)
2.	How to Operate Over Lock Stitch Magic & Juki Machines – Tailoring Department	19 <sup>th</sup> May to 21 <sup>st</sup> May 2022	22	Mr. Raj Kumar, Tailor Master
3.	How to make your Computer Smart – Computer Department	22 <sup>nd</sup> June 2022	14	Ms. Mariyam, Computer Faculty
4.	Skin Care Tips for Summers – Beauty Culture Department	24 <sup>th</sup> June 2022	12	Ms. Baljeet Kaur, Beauty Culture Teacher
5.	Hazard of Drug Addiction – Computer Department	30 <sup>th</sup> June 2022	30	Mr. Sanjay Singh Chauhan, Computer Faculty
<b>Total</b>			<b>101</b>	

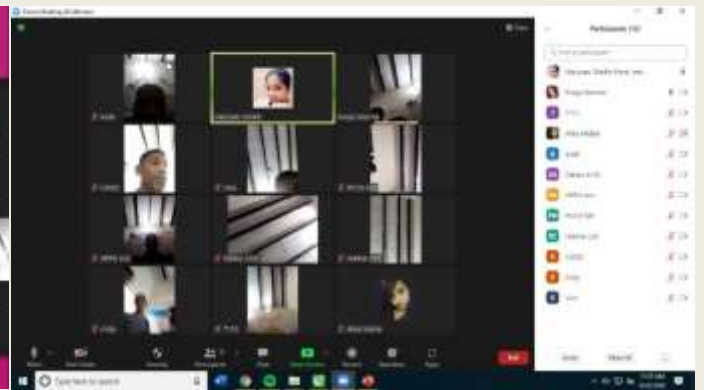


*Awareness Session on 'Prevention of Malaria & Dengue Disease' by Malaria Inspector, Municipal Corporation of Delhi*



*Three days' workshop 'How to Operate Overlock Stitch Magic & Juki Machines' organised by Tailoring & Handicraft Unit*





*Webinar on 'How to make your Computer Smart' organised by Computer Department, ASRA Head Office*



*Workshop on 'Skin Care Tips for Summer season' organised by Beauty Culture Unit*



*Workshop on 'Hazard of Drug Addiction' organised by Computer Department, ASRA Head Office*



## SUCCESS STORIES

Name : **DEEPANSHU**  
 Date of Birth : 10/11/2008  
 Age/Gender : 13yrs/Male  
 Disability : Intellectual Disability  
 Community : Nanhe Park  
 Associated with ASRA : Since 2016  
 Studying at : ASRA Intervention, Rehabilitation and Training Centre (AIRTC)  
 Studying in : Special Education class  
 Father's Name : Late. Radhey Sharma  
 Guardian Name : Mr. Hari Ram & Santosh  
 Mother's Name : Ms. Sushila  
 Total Family members : Eight



Deepanshu from Nanhe Park slum community taking online class during Covid-19

*I am Hari Ram. I am grandfather of Deepanshu. My grandson is having 79% disability. We live in Sahyog Vihar, Nanhe Park, Uttam Nagar, I along with my wife take care of Deepanshu. His father is not alive. He and his mother stay with us. Deepanshu is disabled both physically and mentally. At the time of his birth, there was a delay in the cry. Doctor said that he passed his stool inside the womb of her mother. At the age of 3.6 month Deepanshu got his first fit. He got another fit at the age of 1Y. We took him to Deendayal hospital. At that time, the doctors referred him to Janak Puri Hospital. After around three years he got his attack of fits, then we took him to Safdarjung hospital. From there he got his treatment. At the age of 4, he got another attack and then we took him to AIIMS Hospital Delhi. The doctor told us that this child would not get recovered and is having few days to live. Then we took the treatment from Dr. Dinesh Sareen privately, where the weekly medicine cost was around Rs. 4500/-. Now he is in Venkateshwar hospital and from there we are taking the medicine for around Rs. 800/- per week. His condition has improved a little. We were searching for an NGO who could help us. Then we got a chance to meet ASRA. When Deepanshu was around 6 years, we got a chance to meet Pooja madam and Sultana madam from ASRA. They told us about various activities of ASRA. They started our therapy program from Dr. Vinod, physiotherapist, who was coming at our home and helping Deepanshu to do his exercises daily. Then ASRA workers guided us about all the facilities that we could get from Govt. like railway pass, disability certificate etc. In 2017 we met Rizwana madam as Sultana madam had left ASRA. Rizwana mam helped us in doing all the work which was pending for Deepanshu. We also got admission in ASRA Special School with the help of*



Deepanshu from Nanhe Park received five kits under the distribution program during second wave of Covid-19



Deepanshu from Nanhe Park received woolen sweat suit provided by ASRA

Deepali madam. Previously he was studying in Jhankar Special School and now he is a student of ASRA Special School. During COVID-19, we were facing a lot of problem but we were getting continuous classroom support from ASRA. We got ration from ASRA in 2020 when it was getting distributed in Nanhe Park. We met Dr. Puneet who came to our home to enquire about condition of Deepanshu. Our family is very happy when ASRA started online classes. But Deepanshu did not show more interest in the online classes and he used to throw the phone here and there due to anger. Only after getting connected with ASRA, we got to know that there are NGOs who are helping in the education of these children. They are helping the disabled children to get all the facilities which are being provided by Govt. without any charges.

During second wave of COVID-19, ASRA provided us Five Kits (Education kit, Immunity Booster Kit, Personal Hygiene Kit, Therapy Kit & Ration Kit). ASRA also gave shoes and woolen sweat shirts pant suits during winter and Five Kits again. I and my whole family is very happy with ASRA's support, so we would like to thank all the employees of ASRA.

Name : **RICHA**  
 Date of Birth : 03/02/2012  
 Age/Gender : 10 yrs/Female  
 Disability : Speech & Hearing  
 Community : Dwarka Sec-16  
 Associated with ASRA : 2019  
 Studying at : ASRA Intervention, Rehabilitation and Training Centre (AIRTC)  
 Studying in : Special Education class  
 Father's Name : Mr. Santosh  
 Mother's Name : Ms. Seema  
 Total Family members : Six



Richa from Dwarka sec-16 slum community

My name is Seema, I live in Dwarka Sector 16. My daughter is not able to hear & speak. We are a family of four - three daughters and one son. Richa is the eldest. His father is a laborer. We live in a rented house.

When Richa was one year old, we got to know that she is not able to speak and hear as she was not able to respond to anyone. Many people started telling me that she is not holding her sight on them then I got to know that my daughter is not able to hear also. I was very upset at that time then I came to Delhi as my husband worked over here. Two years back I met an Anganwadi teacher who told me about ASRA organization. Then I went to ASRA Centre where I met Rizwana Mam and she told me about the facilities that are being provided by the government to these children. After I got connected with ASRA, they helped me to make her Disability Certificate. Due to lockdown I was not able to get other facilities. I went back to my hometown & came back again. Just around 2 months before lockdown, I had registered her name for ASRA special School. Here the fee is very low and they are also providing transportation. Within one month only I was able to



ASRA provided Five Kits (Education Kit, Immunity Booster Kit, Personal Hygiene Kit and Ration Kit) to Richa from Dwarka sec-16 slum community during second wave of Covid-19 at ASRA Head Office



see the change in my daughter. She was getting therapy along with her education. But due to covid-19 the school got closed and now she stays at home and usually stays angry. Many a times she throws things here and there. From ASRA we are getting online classes also but she takes her classes with difficulty. Sending her to the school was very good for me, at that time she was in little control and she was obeying us also. I want this pandemic to end very soon so that the school get open and I could see the change in her condition. ASRA actually brought the change in her condition. We got the stationary material as well as ration from ASRA. I am thankful to ASRA. They also told us about the precautions we should take and how we can stay active in order to prevent ourselves from infection. This time we are little disturbed due to lack of work. There is no work outside. Richa is also not going to school.

During second wave of COVID-19, ASRA provided us Five Kits (Education Kit, Immunity Booster Kit, Personal Hygiene Kit, Therapy Kit & Ration Kit).

ASRA also gave shoes and woolen sweat shirts pant suits during winter and Five Kits again. At school the teachers take care of her nicely. I am thankful to ASRA for all their support.

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



ASRA provided Five Kits (Education Kit, Immunity Booster Kit, Personal Hygiene Kit and Ration Kit) to Richa from Dwarka sec-16 slum community during first wave of Covid-19 at her door step

## MEDICAL INTERVENTION & THERAPEUTIC SERVICES AT ASRA HEAD OFFICE AND CBR

- a. **ASSESSMENT CLINIC:** A person with disability always requires more care and attention so that he/she is able to cope up with his or her condition. Each person who required treatment comes to the Assessment Clinic first.

Assessment clinic includes **Senior Orthopaedic Surgeon** who visits ASRA once a week since May 2022, a **General Physician** who visits ASRA thrice a week since June 2022 and a team of experts / professionals comprising of **Senior Physiotherapist & her team, Senior Occupational Therapist & her team, Speech Therapist, Special Educators and Prosthetic & Orthotic Engineer**. After a thorough assessment is made, the patient is evaluated for specific treatment with specified duration and referred to the concerned departments of ARTC and other Hospitals and Rehab Centres for the needful. **Patients are visiting ARTC both from the surrounding areas and adopted communities.**

**No. of patients assessed during the quarter under report :**

	ARTC	AIRTC	CBR	Total no. of patients
<b>Orthopaedic Surgeon</b>	58	6	25	89
<b>General Physician</b>	26	-	-	26
<b>Total</b>	<b>84</b>	<b>6</b>	<b>25</b>	<b>115</b>

### Some Glimpses of Assessment through Orthopaedic Surgeon & General Physician







*Counselling of parents of a CwDs*

**b. Physiotherapy:** Physiotherapy plays an important role in providing therapeutic management for treating the effects of congenital diseases, illnesses, chronic diseases, neurological conditions, accidents and the pressures and strains of everyday life.

**Physiotherapy department at ASRA Head Office**

Following are the number of patients who were registered and treated in the Physiotherapy department during the quarter under report:



*Physiotherapist providing electro therapy to patients*

**ARTC PATIENTS**

S.NO	MONTH	TOTAL PATIENTS REGISTERED				TOTAL NO. OF VISITS / SESSIONS
		OLD		NEW		
		Male	Female	Male	Female	
1	APRIL 22	09	06	08	16	312 (20 staff)
2	MAY 22	08	12	07	16	365 (11 staff)
3	JUNE 22	06	16	12	13	338 (26 staff)
<b>GRAND TOTAL</b>		<b>23</b>	<b>34</b>	<b>27</b>	<b>45</b>	<b>1015 (57 staff)</b>

**AIRTC PATIENTS**

S.NO	MONTH	TOTAL PATIENTS REGISTERED				TOTAL NO. OF VISITS / SESSIONS
		OLD		NEW		
		Male	Female	Male	Female	
1	APRIL 22	04	04	-	01	29
2	MAY 22	02	02	-	-	26
3	JUNE 22	02	02	-	-	15
<b>GRAND TOTAL</b>		<b>08</b>	<b>08</b>	<b>-</b>	<b>01</b>	<b>70</b>

## CBR PATIENTS

S.NO	MONTH	TOTAL PATIENTS REGISTERED				TOTAL NO. OF VISIT / SESSIONS
		OLD		NEW		
		Male	Female	Male	Female	
1	APRIL 22	-	-	-	-	-
2	MAY 22	-	-	02	-	10
3	JUNE 22	02	-	02	-	20
<b>GRAND TOTAL</b>		<b>02</b>	<b>-</b>	<b>04</b>	<b>-</b>	<b>30</b>



*Rakshit from Shiv Vihar community receiving physiotherapy at ASRA Head*

Disability wise/ Diagnosis wise number of patients treated in Physiotherapy Department (CBR+ARTC+AIRTIC) during the quarter under report :

Orthopedic		Neurological		Pediatric	
Diagnosis	No. of patients	Diagnosis	No. of patients	Diagnosis	No. of patients
CS (Neck Pain)	16	CVA/Hemiplegia	04	Cerebral palsy	21
LS (Back Pain)	51	Spinal cord Injury		Developmental Delay	01
Arthritis & Degenerative (OA/RA/PA/AS)	35	Miscellaneous	20	Pervasive Develop Disorders (PDD)	-
Fracture/Nerve Injuries	03			Polio	-
PPRP	-			Learning Disability	-
Amputation	-				
<b>Total</b>	<b>105</b>	<b>Total</b>	<b>24</b>	<b>Total</b>	<b>22</b>
<b>Grand Total : 151</b>					

## WORKSHOP

During the quarter under report, a Yoga workshop was organized , details of which are as follows:

S. No.	Theme of Workshop	Date	No. of Participants	Age Group	Place	Resource Person
1.	International Yoga Day celebration	21 June 2022	16 students	12-18 years	Computer lab ASRA HO	DR. JYOTI Sr. physiotherapist



*Therapist teaching 'Dhyan Mudra'- a yogic practice to students*



**Distribution of kits to ARTC OPD patients during the quarter under report:**

During the quarter under report, one shortlist patient from ARTC OPD was provided with five kits (Ration kit, Immunity booster kit, Personal hygiene kit, Therapy kit, Educational kit)

Name of patient	Age/gender	Disability /Diagnosis	Community / non community
Ms. Vanshika	13 years / female	Physically impaired (Postoperative Knock Knees)	Non community

**SOCIAL MAPPING**

During the quarter under report, social mapping of four CwDs from communities who visited ASRA Head Office for their physiotherapy sessions was done.

- c. **Occupational Therapy:** One Full Time highly qualified Occupational Therapist and one Medical Social Worker cum Multi Rehabilitation Therapist are based at ASRA Head Office to provide occupational therapeutic intervention, training and assistance in the performance of activities of daily living and modification of environment to PwDs of all ages to help them lead an independent, productive and satisfactory life.

**Occupational Therapy department at ASRA Head Office**

Following are the number of patients who visited Occupational Therapy Department during the quarter under report:

**ARTC PATIENTS**

S.NO	MONTH	TOTAL PATIENTS REGISTERED				TOTAL NO. OF VISITS / SESSIONS
		OLD		NEW		
		M	F	M	F	
1	APRIL 22	12	05	04	03	108
2	MAY 22	11	06	06	00	184
3	JUNE 22	17	16	05	02	206
<b>GRAND TOTAL</b>		<b>40</b>	<b>17</b>	<b>15</b>	<b>05</b>	<b>505</b>

**AIRTC PATIENTS**

S.NO	MONTH	TOTAL PATIENTS REGISTERED				TOTAL NO. OF VISITS / SESSIONS
		OLD		NEW		
		M	F	M	F	
1	APRIL 22	10	06	03	01	50
2	MAY 22	07	02	-	-	46
3	JUNE 22	06	02	-	-	37
<b>GRAND TOTAL</b>		<b>23</b>	<b>10</b>	<b>03</b>	<b>01</b>	<b>133</b>



*Chandni getting her eye hand coordination activity in squat posture.*



*Chensia getting her back extension exercise with therapists support.*

## CBR PATIENTS

S.NO	MONTH	TOTAL PATIENTS REGISTERED				TOTAL NO. OF VISITS / SESSIONS
		OLD		NEW		
		M	F	M	F	
1	APRIL 22	02	-	-	-	10
2	MAY 22	02	-	-	-	8
3	JUNE 22	02	-	01	-	13
<b>GRAND TOTAL</b>		<b>02</b>		<b>01</b>		<b>31</b>

Disability wise/Diagnosis wise number of patients treated in Occupational Therapy Department during the quarter under report:

Neurological		Pediatric	
Diagnosis	No. of Patients	Diagnosis	No. of Patients
CVA/Hemiplegia	15	Cerebral palsy	26
Spinal cord Injury	-	Developmental Delay	2
Miscellaneous/microcephaly/SMA	3	Pervasive Develop Disorders (PDD)	32
Down syndrome/OCD	3	Polio	-
Intellectual disability /MR	5	Learning Disability/slow learner	3
<b>Total</b>	<b>26</b>	<b>Total</b>	<b>89</b>
<b>Grand Total : 115</b>			

### SPECIAL WORKSHOP for children with disability as a therapeutic expertise:

During the quarter under report a workshop was organised as follows:

S. No.	Theme of Workshop	Date	No. of Participants	Age Group	Venue	Resource Person
1.	Sunflower by raw pasta	21.5.22	6 patients	5 to 10 years	Occupational Therapy Room, ASRA Head Office	Ms. Seema Gosain, Medical Social Worker /Multi Rehab Worker



Art & Craft Activity with Pasta and Red Beans to make Sunflower organized by Occupational Therapy Department for patient of Children with Disabilities



**Distribution of kits to ARTC /OPD patients during the quarter under report:**

During the quarter under report, 13 CwD patients were provided with Five kits (Ration kit, Immunity booster, Personal hygiene kit, Therapy kit, Educational kit) and 1 CwD patient was provided two Two kits (Educational kit & Immunity Booster kit)

Name of patient	Age/gender	Disability /diagnosis	Community/ non community
Master Shreyansh	3/M	Physically impaired	Non community
Master Reyansh Mittal	4/M	Physically impaired	Non community
Master Aarvik	3/M	ADHD	Non community
Baby Chelsia	7/M	Physically impaired	Non community
Baby Chandni	5/M	Physically impaired	Non community
Baby Muskaan	12/F	Physically impaired	Non community
Ms. Sanvi	11/F	OCD	Non community
Master Sadvik	4/M	ADHD	Non community
Master Ansh	9/M	Slow learner	Non community
Baby Evangleen	5/F	ADHD	Non community
Master Sameul	7/M	Cerebral palsy	Non community
Master Parveen	3/M	Physically impaired	Community
Baby Vanshika	13/F	Physically impaired	Non community
Master Zain	5/M	Physically impaired	Non community

**d. Speech Therapy:** Speech therapy interventions are made to patients suffering from Cerebral Palsy, Aphasia, and Autism etc.

**Speech Therapy at ASRA Head Office**

Following are the number of patients who visited Speech Therapy department during the quarter:

**ARTC**

Month	Old Cases		New Cases		Total	Total no. of Patients visit
	M	F	M	F		
April 2022	07	03	04	01	15	61
May 2022	11	04	04	-	19	100
June 2022	16	3	03	01	23	60

**AIRTC**

Month	Old Cases		New Cases		Total	Total no. of CwDs' visit
	M	F	M	F		
April 2022	06	02	-	-	08	17
May 2022	03	01	-	-	04	16
June 2022	04	02	-	-	06	19



*Children getting Speech Therapy at ASRA Head Office*

- d. Prosthetic & Orthotic Unit:** Prosthetic and Orthotic workshop is manufacturing and providing fitment services for persons with disabilities at ASRA Head Office. Rehabilitation of Patients under CBR Project areas are also covered by this unit.



*Prosthesis & Orthosis Engineer taking measurement of CwDs for fabricating the appliances*



*CwD namely Samuel has received Special Shoes from POE Workshop at ASRA HQ*



## COMPUTER TRAININGS AT ASRA HEAD OFFICE

### COMPUTER TRAINING AT HEAD OFFICE (RECOGNIZED BY NIOS AND NIELIT, GOVERNMENT OF INDIA)

The details of students who have undergone training in Computer courses during the quarter under report are as follows:

New admission during the quarter: **87 Students**

Month	Students with Disabilities	Non-Disabled Students	Total students
April 2022	08	78	86
May 2022	07	92	99
June 2022	08	120	128



*Computer Theory Classes at ASRA Head Office*



*Competition on Web Designing held on 28<sup>th</sup> June 2022 organized by Computer Department*

**VOCATIONAL TRAINING IN TAILORING AND HANDICRAFT TRAINING AT ASRA HEAD OFFICE**  
**(RECOGNIZED BY NIOS, GOVERNMENT OF INDIA)**

**Tailoring & Fashion Designing Courses at ASRA Head Office**

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: **15 Students**

Month	Total number of students
April 2022	34
May 2022	39
June 2022	42
<b>Total Students during quarter under report</b>	<b>115</b>



*Fashion designing theory class (left) and tailoring theory class (right)*

**ASRA HANDICRAFT EMPORIUM**

**ASRA Handicraft Emporium** became functional in April 2010. It has an experienced & qualified Master Tailor who is a physically challenged & Junior Tailor to assist him. The Emporium executes orders of stitching & alterations of garments to meet inhouse & outside needs. The Emporium is preparing designer cloths, frocks, gowns, suits, wedding dresses, western to ethnic dresses, etc. as per customers' demand on minimum rates. Other work such as pico, hemming, overlock, machine embroidery on minimum charges. The Emporium is also manufacturing best quality fabric & designers' masks.





The Emporium is an effort to promote ASRA brand.

Orders pending up to 31 March 2022	Orders booked from 1 <sup>st</sup> April-2022 to 30 <sup>th</sup> June-2022	Orders completed from 1 <sup>st</sup> April-2022 to 30 <sup>th</sup> June-2022	Orders pending up to 30 <sup>th</sup> June-2021
11	136	119	28

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

ASRA is conducting diploma course in Beauty Culture recognized by NIOS, Government of India. After qualifying in this course, the beneficiaries can work as professionals and earn money towards their self-reliance.

#### Status of students during the quarter under report:

New admission during the quarter: 8

Months	No. of students
April 2022	18
May 2022	15
June 2022	14
<b>Total Students during quarter under report</b>	<b>47</b>



### ASRA HAAT

ASRA introduced a Haat in October 2021 with a Haat Representative fully engaged for this purpose as a platform to display on sale the handicraft items such as masks, kurtis, Stoles, prepared by the Emporium. Items of daily use such as stationery, study material, soft drinks & snacks etc. are also available in the Haat. The items available in the Haat serve the inhouse needs & also the local needs of patients, students etc. the Haat caters to the daily needs of staff, students, patients & neighbouring area.

The Haat, through its outlet services unit also provides Beauty Culture Services to interested customers.



ASRA Haat (Handicraft Haat (left) & Mobile Repairing Haat (right))

## **ADMINISTRATION**

### **New Recruitments :**

1. Mr. Vinay Kumar, Special Educator, CBR
2. Ms. Ashu, Special Educator, AIRTC
3. Ms. Anchal, Haat Representative, ARTC
4. Mr. Inderjeet Singh Basra, Consultant
5. Dr. Gopal Goel, Orthopaedic Surgeon, ARTC (To cover CwDs under CBR + OPD at ARTC + AIRTC)

### **Staff Resigned :**

1. Ms. Priyanka, Special Educator, AIRTC
2. Ms. Muskan, Special Educator, AIRTC
3. Ms. Bhawna, Special Educator, AIRTC
4. Ms. Rizwana Haider, Rehabilitation Worker, CBR
5. Ms. Mithilesh, Rehabilitation Worker, CBR
6. Mr. Jagdish Upreti, Rehabilitation Worker, CBR

## **ACCOUNTS**

**A Special Hike in salaries** was granted to shortlisted employees.

**Internal Audit :** Internal Audit was conducted for the Quarter January 2022 to March 2022.

**Statutory Audit :** Statutory Audit was conducted for the FY 2021-22.



*Gratitude to the President AFS*

*and all the donors*

*who are supporting ASRA's work for the poor &*

*needy persons wth disabilities living*

*in the slums of Delhi.*

*Gratitude for your trust in our abilities.*

