



Action for Self Reliance and Alternatives (ASRA)

Uttam Nagar, New Delhi

A Delhi-based voluntary organization dedicated to empower
Persons with Disabilities living in slums and marginalized segment of society.

NEWSLETTER APRIL-2022 TO JUNE-2022 Activities under COVID-19

CONTINUING ASRA's MISSION WITH NEW STRATEGIC VISION DURING THE COVID-19 PANDEMIC

HIGHLIGHTS

CBR

- Identified new room at Dwarka sec-16 for running CBR Education centre which became functional on 12th 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 10th 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 1st 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.

ACTIVITIES AT A GLANCE DURING THE QUARTER UNDER REPORT

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.

Some Glimpses of 2 Kits / 5 Kits Distribution



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



Sanni from Dwarka Sec-16

Suraj Sahu from Nanhe Park

Ujjwal from Shiv Vihar

Lucky from Shiv Vihar

Karan Gupta from Shiv Vihar



Lavansh from Nanhe Park

Hemant from New Krishna Park

Naziya from Pappankalan

Rajkumar from Dwarka sec-16

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)

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 30th June 2022.



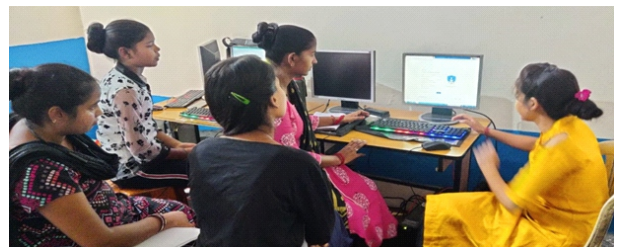
Mobile Repairing Class at ASRA Head Office Tailoring Centre at Hoshiyarpur Centre, NOIDA

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.

CBR VOCATIONAL TRAINING PROGRAM IN COMPUTER TRAINING

- 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.



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

- 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.

REFERRAL SERVICES:

During the quarter under reporting, on behalf of 19 CwDs / PwDs, ASRA CBR Team applied online for Disability Certificate & Unique Disability Identity Card (UDID)

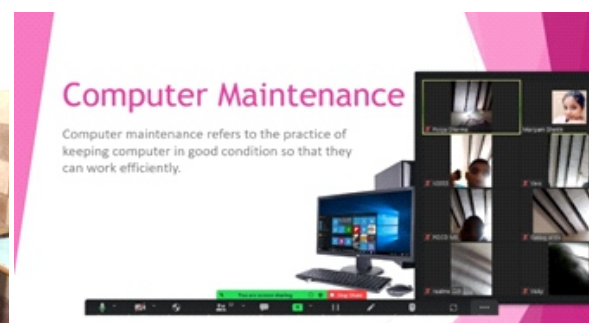
VOCATIONAL TRAINING : STUDENTS' WORKSHOPS

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 th April 2022	23	Resource Person from Municipal Corporation Delhi (MCD)
2.	How to Operate Over Lock Stitch Magic & Juki Machines – Tailoring Department	19 th May to 21 st May 2022	22	Mr. Raj Kumar, Tailor Master
3.	How to make your Computer Smart – Computer Department	22 nd June 2022	14	Ms. Mariyam, Computer Faculty
4.	Skin Care Tips for Summers – Beauty Culture Department	24 th June 2022	12	Ms. Baljeet Kaur, Beauty Culture Teacher
5.	Hazard of Drug Addiction – Computer Department	30 th June 2022	30	Mr. Sanjay Singh Chauhan, Computer Faculty
Total			101	



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

After a two year long online education for students of AIRT due to COVID 19, offline classes resumed from 1st 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 AIRT for their regular classes. As a COVID 19 precautionary measure, pick & drop of students are being done by parents themselves.

AIRT 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, AIRT continued to extend Individual Sessions of Special Education to the other children with special needs. Students of AIRT 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 AIRT have different types of disabilities, predominantly intellectual disabilities associated with physical & speech & hearing impairments.



Children of AIRT making clay craft

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

CELEBRATIONS :

- **Mother's Day** - Children made greeting cards to honour their mothers on the occasion.
- **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.
- **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.
- **International Yoga Day** was celebrated on 21st 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 Asans. They also explained the benefits of regular yoga.

SUCCESS STORIES

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 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.



DEEPANSHU

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.



RICHA

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 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 is running Inclusive Vocational Training / Skill Development Centres in adopted slum communities and ASRA Head Quarter. (RECOGNIZED BY NIOS AND NIELIT, GOVERNMENT OF INDIA)



Computer Theory Classes at ASRA Head Office



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



Beauty Culture Practical Classes

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



Assessment through Orthopaedic Surgeon & General Physician



Physiotherapist providing electrotherapy to patients



Chensia getting her bank extension exercise with therapists support



Children getting Speech Therapy at ASRA Head Office



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

WORKSHOPS :

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

- 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.



Order work on progress

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

- 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. Haat also has provision for outlet services for clients in Mobile Repairing. Haat also worked as advertisements for vocational trainings such as Computer training, Mobile Repairing, Beauty Culture and Cutting & Tailoring courses.



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

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 27th & 28th 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.

ADMIN & ACCOUNTS

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

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.

VISIT

- Dr. Archana Arora, Dentist surgeon & Secretary of Rotary Club on 20th April, 2022 was invited to deliver a talk on "Organ Donation" to the students and staff at ASRA Head Office.