



# Action for Self Reliance and Alternatives (ASRA)

Dalmil Road, Uttam Nagar, New Delhi

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



## NEWSLETTER

July 2022 to September 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 (AIRTC)	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>- Computer Centre at Pappankalan</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 Training at Pappankalan &amp; Shiv Vihar community</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>- Hoshiyarpur, Noida Centre</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>• <b>Medical Intervention &amp; Therapeutic services</b></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>- Assessment by Orthopaedic Surgeon/General Physician</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>- Physiotherapy</li> </ul>
<ul style="list-style-type: none"> <li>• <b>ASRA Haat</b></li> </ul>		<ul style="list-style-type: none"> <li>- Prosthetic &amp; Orthotic Appliances</li> </ul>
		<ul style="list-style-type: none"> <li>• <b>Seed Loan</b></li> </ul>

## HIGHLIGHTS

### CBR

- Towards the revival of CBR Program, CBR Project Office room was rented by ASRA w.e.f. 11th July 2022 at Pappankalan slum community. Programs in vocational trainings in education, mobile repairing & computer course was started on 12th July 2022. Education was started on 1st August 2022. However the education program had to be closed due to non-availability of an eligible teacher.
- **Seed Loan was provided to three PwD beneficiaries from two communities during the quarter under report.**
- **Social mapping of PwDs was done and ASRA's CBR Team is simultaneously applying for benefits under government schemes.**
- **Examination** was conducted at Computer centre, Hoshiyarpur village, NOIDA on 23rd July 2022. Total 3 students appeared in examination. Mr. Sanjay, Computer Faculty ASRA Head Office was the invigilator of examination.
- **Examination of ten Mobile Repairing students** was conducted at CBR Project Office, Pappankalan on 1<sup>st</sup> Aug 2022.
- **Physiotherapy resumed in CBR Project Office, Pappankalan** w.e.f. 6th August 2022, in **Dwarka Sec16** w.e.f. 25th August 2022 and **Shiv Vihar** w.e.f 30th Sep 2022

### AIRTC

- **Parents Teacher Meeting** of AIRTC students was held on 30th July 2022.
- Following activities were organized by Special Educators as per weekly plan of students

Activity	No. of Students & Class	Date
'Paper pasting'	4 students, Primary 1	25.08.2022
'Peacock & Flower Making activity'	5, Secondary	26.08.2022
'Blow activity'	6, Secondary	09.09.2022

### ARTC

- **Examination of twenty six Computer Centre** students was conducted on 16<sup>th</sup> to 22<sup>nd</sup> July 2022.
- **Examination of all Vocational Training courses i.e.** Tailoring, Beauty Culture & Fashion Designing Course was held from 25<sup>th</sup> July to 6<sup>th</sup> August 2022.
- Total ten students applied for **NIELIT 'CCC' Examination** to be held in the month of September 2022.

### VISITS

- A second Inspection was held on 5th July 2022 jointly by the teams of Social Welfare Department & Education Department for issuing NOC to ASRA for introducing the proposed RCI approved Diploma Course in Intellectual Disability & Behavior.
- A meeting was held with TCS Representatives, Mr. Raja Bhowmik & Mr. Manoj on 24th August 2022 at ASRA Head Office regarding a project proposal submitted to TCS in June 2022

## COMMUNITY BASED REHABILITATION

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

- 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. 3 PwDs get Seed Loan during the quarter under report.



*ASRA-CBR Team at Sunny Mobile Repairing Shop from T-Camp during Seed Loan providing*

Sl. No.	Name of beneficiary	Community	Date & Amount of Seed Loan (in Rs.)	Purpose
1	Ram Karan	Shiv Vihar	26.7.2022 Rs.7000/-	Eatables in his small tea shop.
2	Sunny	T-Camp	28.7.2022 Rs.7000/-	Material for Mobile Repairing Shop
3	Shiv Kumar Saini	Shiv Vihar	10.8.2022 Rs.7000/-	Material for kiriyana shop



*Seed Loan beneficiary namely Ram Karan from Shiv Vihar community received seed loan for extend their small kiosk shop*



Seed Loan beneficiary namely Sunny from T-Camp community received seed loan for material purchased their small grocery shop

### • CBR EDUCATION CENTRES

**Restructuring & reorganizing of ASRA's Education program** was carried out in adopted slum communities namely Shiv Vihar, Dwarka Sec-16 & Hoshiyarpur village, Noida. Steps were initiated towards identifying & enrolling interested children with disabilities who were interested in continuing their studies under the Education program. 40 children including 12 CwDs at Shiv Vihar education centre & 24 children including 6 CwDs at Dwarka sec-16 education centre have been enrolled during the quarter under report. Education Centre **Hoshiyarpur Village, Noida** was started on 1<sup>st</sup> August 2022 with 22 children including 2 CwDs.

### WORKSHOPS

S. No.	Workshop	Date	No. of Participants	Age Group	Place	Resource Person
1.	Rakhi Making	06/08/2022	32	5-14 YRS	Shiv Vihar & Dwarka sec-16 Education Centre	Medical Social Worker & Rehab Therapist
2.	Kite Making	12/08/2022	20	5-14 YRS	ASRA Head Office	Special Educators
3.	Clay Craft	27/08/2022	11	5-14 YRS	ASRA Head Office	Sr. Physiotherapist
4.	Pen Stand Making	10/09/2022	26	5-14 YRS	ASRA Head Office	Special Educators
<b>Total</b>			<b>89</b>			



Rakhi Making Activity held at Shiv Vihar Education Centre



*Rakhi Making Activity held at Dwarka sec-16 Education Centre*



*Clay Craft Activity held at ASRA Head Office organized by Sr. Physiotherapist for children of Dwarka sec-16 education centre*



*Pen Stand Making Activity held at ASRA Head Office organized by AIRTC Special Educator for children of Shiv Vihar education centre*

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

Students Details	July 2022		August 2022			September 2022		
	Shiv Vihar	Dwarka Sec-16	Shiv Vihar	Dwarka Sec-16	Hoshiyarpur, Village Noida	Shiv Vihar	Dwarka Sec-16	Hoshiyarpur, Village Noida
<b>Total Students on 1<sup>st</sup> day of the Month</b>	<b>26</b>	<b>22</b>	<b>34</b>	<b>23</b>	<b>22</b>	<b>37</b>	<b>24</b>	<b>15</b>
Nursery Education	03	06	3	4	7	4	3	7
Non-formal Education	06	06	9	4	11	8	4	12
Remedial Education	25	19	26	19	4	30	17	4
New Admissions	<b>08</b>	<b>09</b>	<b>4</b>	<b>4</b>	-	<b>12</b>	-	<b>8</b>
<b>Total Students</b>	<b>34</b>	<b>23</b>	<b>38</b>	<b>27</b>	<b>22</b>	<b>40</b>	<b>24</b>	<b>23</b>
Drop-out	-	<b>08</b>	<b>1</b>	3	7	2	3	1
<b>Total Students on last day of the month</b>	<b>34 (including 13 CwDs)</b>	<b>23 (including 8 CwDs)</b>	<b>38 (including 13 CwDs)</b>	<b>27 (including 6 CwDs)</b>	<b>22 (including 2 CwDs)</b>	<b>40 (including 12 CwDs)</b>	<b>24 (including 6 CwDs)</b>	<b>22 (including 2 CwDs)</b>



*Children attending classes at Shiv Vihar (left) and Hoshiyarpur village education centre (right)*



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

The **Mobile Repairing program** resumed in **Pappankalan & Shiv Vihar** community under CBR during the quarter under report. New needy students from the communities were enrolled. Regular classes are being conducted, Six students were admitted for course & training is in progress. Examination of 10 students who have completed their course was conducted on 1st August 2022 at CBR Project Office, Pappankalan.



*Theory Examination of Mobile Repairing Students at Pappankalan, Project Office (left) and Practical of Mobile Repairing Students*

- **CBR VOCATIONAL TRAINING PROGRAM IN COMPUTER**

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

Computer Training at Pappankalan Project Office- The computer teacher, Ms. Asha, a person with disability who lived & taught in Pappankalan community restarted Computer training program in Pappankalan community. Total fourteen students had been enrolled during the quarter under report.



*Computer Theory Classes at CBR Pappankalan community*

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

Computer Training at Hoshiyarpur Village, Noida - Computer Training Centre at Hoshiyarpur village, NOIDA was opened in December 2021 under ASRA CBR program. Total seven students have been enrolled during the quarter under report.

Examination was conducted at Hoshiyarpur computer centre on 23rd July 2022. Total 3 students appeared in examination. Mr. Sanjay was the invigilator of examination.



*Examination at held at Computer Centre, Hoshiyarpur Village, Noida*

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

One of the off shoots of Program Review, Social Mapping was introduced persons with disabilities with permanent disabilities at ARTC & CBR. Simultaneously, online applications to avail govt. facilities were continuously filled for those who were uneducated, or ignorant of how to apply online process.

**During the quarter under reporting, on behalf of 65 CwDs / PwDs, ASRA CBR Team applied online for Disability Certificate, Pension & 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	Community	Service Applied for	Applied on
1.	Shreyansh	3/M	ID	ARTC	DC & UDID	19-7-2022
2.	Aarav	9/M	ID	ARTC	DC & UDID	19-7-2022
3.	Sameul	7/M	OH	ARTC	DC & UDID	19-7-2022
4.	Inaya	8/F	ID	ARTC	DC & UDID	19-7-2022
5.	Advik	5/M	ID	ARTC	DC & UDID	19-7-2022
6.	Aarav gautam	1/M	CP	ARTC	DC & UDID	19-7-2022
7.	Rajni	13/F	OH	Shiv Vihar	DC & UDID	20-7-2022
8.	Komal	18/F	MD	Shiv Vihar	UDID	20-7-2022
9.	Ujjwal	9/M	OH	Shiv Vihar	UDID & Pension	20-7-2022
10.	Lucky	15/M	OH	Shiv Vihar	UDID	20-7-2022
11.	Rajkumar	14/M	ID	Dwarka sec 16	UDID Card	25-7-22
12.	Shubahm	11/M	OH	Dwarka sec 16	UDID Card	25-7-22
13.	Neetu	4/F	OH	Dwarka Sec.16	UDID Card	25-7-22
14.	Visha	9/M	ID	Pappankalan	UDID Card	27-7-22
15.	Kishan	7/M	ID	Pappankalan	UDID Card	27-7-15
16.	Deepika	13/F	ID	Dwarka sec.16	UDID Card	27-7-22
17.	Shirti	18/F	ID	ARTC Computer	UDID Card	03-08-22
18.	Bharat gaur	22/M	OH	ARTC Computer	UDID Card	03-08-22
19.	Falguni	18/F	OH	Nanhe park	UDID Card	03-08-22
20.	Sameer gola	17/M	ID	Pappankalan	UDID Card	03-08-22
21.	Rajkumar	48/M	OH	ARTC/Tailoring master	UDID Card	09-08-22
22.	Jitender	26/M	OH	Pappankalan	UDID Card	16-3-22
23.	Yogesh	29/M	MR	Shiv Vihar	UDID Card	22-8-22
24.	Pintu	35/M	OH	Shiv Vihar	UDID Card	22-8-22
25.	Ruksar	8/F	ID	Shiv Vihar	UDID Card	22-8-22
26.	Mahender	27/M	OH	Shiv Vihar	DC & UDID	22-8-22
27.	Nirma	45/F	OH	Shiv Vihar	UDID Card	22-8-22
28.	Vijay gupta	56/M	OH	Shiv Vihar	UDID Card	22-8-22
29.	Laxman	19/M	ID	Shiv Vihar	UDID Card	24-8-22
30.	Rajkumar	10/M	ID	Shiv Vihar	UDID Card	24-8-22

S.No.	Name of CWD/PWD	Age / Gender	Type of Disability	Community	Service Applied for	Applied on
31.	Shanker	11/M	MR	Shiv Vihar	UDID Card	24-8-22
32.	Karan	9/M	MR	Shiv Vihar	UDID Card	24-8-22
33.	Bitto	26/M	OH	Shiv Vihar	UDID Card	24-8-22
34.	Anushka	6/M	OH	Shiv Vihar	UDID Card	24-8-22
35.	Deepak	12/M	MR	Shiv Vihar	UDID Card	24-8-22
36.	Nisha	13/F	OH	IC-3	DC & UDID	03-09-22
37.	Sugriv	32/M	OH	Shabaad Dairy	UDID	04-09-22
38.	Asha	30/F	OH	Pappankalan	UDID Card	09-09-22
39.	Rukmani	39/F	OH	Dwarka sec 16	UDID Card	09-09-22
40.	Bharat lal	54/M	OH	Dwarka sec 16	UDID Card	09-09-22
41.	Parvati	27/F	OH	Dwarka sec 16	UDID Card	09-09-22
42.	Pradeep	28/M	MR	Dwarka sec 17	UDID Card	12-09-22
43.	Ajay	29/M	MR	Dwarka sec 18	UDID Card	12-09-22
44.	Savita	32/F	OH	Dwarka sec 19	UDID Card	12-09-22
45.	Fantoosh	34/M	OH	Dwarka sec 20	UDID Card	12-09-22
46.	Ashok kumar	15/M	OH	Dwarka sec 16	UDID+DC	16-9-2022
47.	Ramakamt	43/M	OH	Dwarka sec 16	UDID	16-9-2022
48.	Babita	38/F	OH	Dwarka sec 16	UDID	16-9-2022
49.	Reshika	13/F	ID	Shiv Vihar	UDID & DC	16-9-2022
50.	Poonam Tiwari	39/F	OH	Pappankalan	UDID Card	17-09-22
51.	Amit Golu Kumar	31/M	OH	Pappankalan	UDID Card	17-09-22
52.	Rajni	27/F	MR	Pappankalan	UDID Card	17-09-22
53.	Salma	24/F	OH	Dwarka sec 16	UDID Card	17-09-22
54.	Raja Thakur	19/M	HI	Nangli Dairy	UDID Card	17-09-22
55.	Sudhir Singh	47/M	OH	Nangli Dairy	UDID Card	17-09-22
56.	Nazneen	22/F	HI	Nangli Dairy	UDID Card	20-09-22
57.	Heena	20/F	HI	Nangli Dairy	UDID Card	21-09-22
58.	Moti Lal	58/M	OH	Dwarka sec 1	UDID Card	22-09-22
59.	Dharamraj Singh	39/M	OH	Pappankalan	UDID Card	22-09-22
60.	Naksh Jain	10/M	CP	Pappankalan	UDID Card	23-09-22
61.	Lalit Kumar	35/M	OH	Dwarka sec 1	UDID Card	24-09-22
62.	Sunil Kumar	25/M	Acid Attack Victim	Dwarka sec 1	UDID Card	26-09-22
63.	Vijay Shankar	58/M	OH	Nangli Dairy	UDID Card	29-09-22
64.	Ashish	37/M	OH	Dwarka sec 1	UDID Card	29-09-22
65.	Sanjay Kumar	36/M	OH	Dwarka sec 1	UDID Card	30-09-22

DC-Disability Certificate UDID-& Unique Disability Identity Card (UDID)

## AIRTC

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

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:



S.NO	MONTH	TOTAL STUDENTS REGISTERED				TOTAL	COMMUNITIES/ NON-COMMUNITIES			
		OLD		NEW			AIRTC			
							COMMUNITY		NON-COMMUNITY	
		M	F	M	F		M	F	M	F
1	July 2022	07	03	06	01	05	01	08	03	
2	August 2022	-	-	01	-	01	-	-	-	
3	September 2022	-	-	-	-	-	-	-	-	
<b>Grand Total</b>		<b>07</b>	<b>03</b>	<b>07</b>	<b>01</b>	<b>06</b>	<b>01</b>	<b>08</b>	<b>03</b>	

**Disability wise/Diagnosis wise no. of patients treated in AIRTC during the quarter under report:**

Neurological		Pediatric	
Diagnosis	No.	Diagnosis	No.
Down syndrome/OCD	02	Cerebral palsy	05
Intellectual disability /MR	03	ADHD	06
		Hearing impairment	02
<b>Total</b>	<b>05</b>		<b>13</b>

**CLASS-WISE:**

S. NO.	MONTH	PRIMARY 1	PRIMARY 2	SECONDARY
	INCHARGE	SAKSHI	JANSHI	ASHU
1.	July 2022	Combined due to educator unavailability & handled by Ms. Ashu		
2.	August 2022	06 students	07 students	05 students
3.	September 2022	06 students	06 students	06 students

**WORKSHOP:**

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

S. No.	Workshop	Date	No. of Participants	Age Group	Place	Resource Person
1.	Clay Craft	28/07/22	09	5-14 YRS	AIRTC	Sr. Physiotherapist
2.	Bhel Puri Making	29/07/22	12	5-14 YRS	AIRTC	Sr. Occupational Therapist
3.	Rakhi Making	10/08/22	13	5-14 YRS	AIRTC	Special Educator
4.	Independence Day	12/08/22	01	5-14 YRS	AIRTC	Special Educator
5.	Matki Making	16/08/22	02	5-14 YRS	AIRTC	Special Educator
6.	Janmashtami Celebration	18/08/22	06	5-14 YRS	AIRTC	Special Educator
7.	S.I. Activity	30/08/22	07	5-14 YRS	AIRTC	Special Educator

**Some Glimpse of workshops / activities**

*Clay Craft activity held with AIRTC Children by physiotherapy department*



*Bhelpuri making activity held with AIRTC Children by occupational therapy department*



*Activity of Matki Decoration and peacock painting by hand on the occasion of Janmashtami*



*Special Educators of AIRTC organised an activity on Pen Stand for students of ASRA's education centre*



*Sensory Tactile activity held with AIRTC Children by physiotherapy department*

- Parents Teacher Meeting was held on 30<sup>th</sup> July 2022 at AIRTC in the presence of Special Educator, Occupational Therapist and Physiotherapist.



*Special Educator & Therapist with parents during Parents Teacher Meeting held at AIRTC*

## 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.	Hazards of Technology–Computer Department	22 <sup>nd</sup> August, 2022	20	Mr. Sanjay Singh Chauhan, Computer Faculty
2.	Turn old clothes into new outfits- Tailoring & Handicraft Unit	25 <sup>th</sup> , 26 <sup>th</sup> & 27 <sup>th</sup> August'2022	20	Ms. Aarti, Tailoring Teacher
3.	Digital Marketing –Computer Department	30 <sup>th</sup> August, 2022	20	Mr. Sanjay Singh Chauhan, Computer Faculty
4.	Homemade Face Pack–Beauty Culture	24th September, 2022	07	Ms. Baljeet Kaur, Beauty Culture Teacher
<b>Total</b>			<b>67</b>	



*Workshop on Tie & Dye & Block Printing*



*Special Educator & Therapist with parents during Parents Teacher Meeting held at AIRTC*



*Workshop on Turn old clothes into new outfits organised by Tailoring & Handicraft Unit*



*Workshop on Homemade face pack by Beauty Culture Unit*



Students of vocational training courses participated and designed posters for poster contest for a cause on theme organ donation



Posters designed by students on Organ Donation

## SUCCESS STORIES



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

I am Chander Kala mother of Shubham. I live in Dwarka Sec.16 Community. Shubham is physically handicapped by birth. Shubham's father is working as a laborer in a factory. We are 6 members in the family. 8 years back, I came to know about ASRA organization when its team came to our community for Survey. They also came to our home and met with Shubham, they took his full details and told me about ASRA and its services. After joining ASRA, we came to know about disability and various Govt. facilities available for disables. Slowly ASRA team made me aware about each and every govt. facility and helped me to avail it. Today with the help of ASRA, Shubham is having all govt. facilities like: Disability certificate, Railway concession certificate- Card, Bus pass, Disability pension and UDID card as well. Shubham's medical assessment was also done by ASRA. He was getting free Physiotherapy by ASRA'S Medical team. Once in a week Physiotherapist used to come to our home to provide free therapy to Shubham.

He also guided me so that I can repeat the exercises on daily basis. Due to physiotherapy Shubham tried to move his

body and now he could sit by himself without any support. Under the sponsorship programme of ASRA Shubham also received sponsorship for his studies and got admission in Braham Shakti Special School. All expenses of Shubham's studies were borne by ASRA. As we came to know that ASRA started its own Special school, we shifted Shubham from Braham Shakti special school to AIRTC (ASRA) because we knew that ASRA would provide best education and other services to our child.

During lockdown period ASRA helped us a lot. On our requests they provided us Ration material twice and Education, Immunity booster, Therapy, Personal hygiene kits to Shubham for his good health. Shubham's father's factory was closed due to lockdown and we faced so many problems due to sudden financial crises.



Subham from Dwarka sec-16 slum community received woolen sweat shirt pant suits by ASRA

ASRA provided us Ration. It was very helpful and I really thank ASRA for their assistance. Side by side in order to run Shubham's education smoothly online classes were provided by ASRA during lockdown. Teachers took his online classes on regular basis and gave activities to him for practice. ASRA also provided shoe and track pant suit to Shubham in winter session. After lockdown ASRA started its Education center at Dwarka Sec. 16 community from the month of April, 2022. I am sending Shubham to ASRA education Centre. Shubham again received Study Material and Immunity booster, Ration & Personal Hygiene kits from ASRA during the month of April, 2022. In May, 2022 Shubham was also assessed by Orthopedic Surgeon and he suggested X-Ray to us for further assessment. For this ASRA provided transport facility to us and other CwDs of Dwarka Sec.16 community. I and my family are very happy to get all facilities from ASRA. We all thank ASRA that they have helped us so much. I am glad that I am associated with

ASRA. Shubham is very happy to go to ASRA Education center. He recognized each and every member of ASRA CBR. Thank you ASRA for all your support.

I am Jyoti, mother of Sakshi. We live in Nihal Vihar. Sakshi is intellectually disabled and it was very difficult to manage all the expense of household. The fee structure for special child in special school was too high. We are associated with ASRA since 2010. ASRA provided Sponsorship for Sakshi's School fee (Handicapped Children Rehabilitation Association), transportation and stationary.



ASRA provided to Sakshi from Nihal Vihar slum community of Five Kits (Education Kit, Immunity Booster Kit, Personal Hygiene Kit and Ration Kit) during second wave Covid-19 at ARTC Head Quarter



ASRA provided to Sakshi from Nihal Vihar slum community of Five Kits (Education Kit, Immunity Booster Kit, Personal Hygiene Kit and Ration Kit) during second wave Covid-19 at door step

I received all the Govt. facilities like as Disability certificate, Railway Concession Certificate, E-ticket, SDM Card, Disability Pension and now also applied for Unique Disability Identity Card with the help of ASRA. During Covid-19 lockdown when ASRA initiated to take online sessions, Sakshi was also enrolled with AIRTC. Sakshi also received 5 Kits - Education kit, Immunity booster kit, Personal hygiene kit, Therapy kit, Ration kit (5 kits), woolen suit and a pair shoe. As all work was stopped during lockdown, it was very difficult to arrange food at times then we contacted ASRA for ration. We received stationary and ration comprising, dal, rice, sugar, cooking oil, soap, turmeric, wheat flour etc. in 2020 as well as 2021. Thank you ASRA for precious help.

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

## 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. Clinical assessment to use to promote and enhance patient's wellbeing by accomplishing effective solution to the problems they are facing.

Assessment clinic includes **Senior Orthopedic 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 Centers for the needful. **Patients are visiting ARTC both from the surrounding areas and adopted communities.**

During the month of AUGUST Dr. Gopal Goel visited ASRA adopted community Centre at Pappankalan to directly assess patients from respective community accompanied with PF/CE, physiotherapist and CBR team.

During the quarter General medical assessment for the students of AIRTC was done by Dr. Major B.S. Katyal

No. of patients assessed during the quarter under report:

	ARTC	AIRTC	CBR	Total no. of patients
<b>Orthopaedic Surgeon</b>	43	-	11	54
<b>General Physician*</b>	56	12	-	68
<b>Total</b>	<b>99</b>	<b>12</b>	<b>11</b>	<b>122</b>

\*visits of Dr. major B. S. Katyal were discontinued w.e.f 1<sup>st</sup> September onwards, thus date mentioned under report are for the month July and August 22



Assessment of AIRTC children by General Physician

**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.



*Child getting physiotherapy*

### 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:

#### ARTC PATIENTS

S.No	Month	Total patients registered				Total no. of visits / sessions
		Old		New		
		Male	Female	Male	Female	
1	July 2022	12	19	05	15	372 (13 staff)
2	August 2022	07	21	09	12	304 (12 staff)
3	September 2022	07	15	10	15	369 (9 staff)
<b>Grand Total</b>		26	55	24	42	1045

#### AIRTC PATIENTS

S. No	Month	Total patients registered				Total no. of visits / sessions
		Old		New		
		Male	Female	Male	Female	
1	July 2022	02	02	01	-	38
2	August 2022	03	02	-	-	47
3	September 2022	03	02	-	-	57
<b>Grand Total</b>		8	6	1	0	142

#### CBR PATIENTS

S. No	Month	Total patients registered				Total no. Of visit / sessions
		Old		New		
		Male	Female	Male	Female	
1	July 2022	04	-	-	-	2
2	August 2022	04	-	-	-	1
3	September 2022	-	-	04	01	7
<b>Grand Total</b>		<b>08</b>	-	<b>04</b>	<b>01</b>	<b>10</b>

\*Although in July'22 the CBR patients did not report for therapies, yet in August'22 the CBR patients therapy program continued for the treatment. The main reason of this was the community visit of Dr. Gopal Goel, Orthopedic Surgeon along with PT who also accompanied the Orthopedic surgeon who motivated the community patients. He also continued follow-up therapy session at two CBR centers.

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

Orthopedic		Neurological		Pediatric	
Diagnosis	No. of patients	Diagnosis	No. of patients	Diagnosis	No. of patients
CS (Neck Pain)	21	CVA/Hemiplegia	04	Cerebral palsy	16
LS (Back Pain)	31	Spinal cord Injury		Developmental Delay	
Arthritis & Degenerative (OA/RA/PA/AS)	32	Miscellaneous	08	Pervasive Develop Disorders (PDD)	-
Fracture/Nerve Injuries	03			Polio	-
PPRP	-			Learning Disability	-
Amputation	-				
<b>Total</b>		<b>Total</b>		<b>Total</b>	
<b>Grand Total : 115</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.	CLAY CRAFT a fun activity with students of AIRTC	28 July 2022	09 students	06-13 years	AIRTC classrooms	Dr. Jyoti Sr. physiotherapist
2.	CLAY CRAFT a fun activity with students of CBR education program Dwarka sec -16	27 August 2022	11 students	04-13 years	Basement hall	Dr. Jyoti Sr. physiotherapist
3.	Tactile sensation activity	29 August 2022	16 students	06-13 years	Basement hall	Dr. Vidhi Yadav physiotherapist

Total no of therapist visits at CBR adopted center: 04

No. of cases registered and treated in CBR adopted center: 04

Pappankalan		Dwarka sector 16	
Male	female	Male	female
-	02	02	-

### c. OCCUPATIONAL THERAPY DEPARTMENT AT ASRA HEAD OFFICE

Following are the no. of patients who visited OCCUPATIONAL THERAPY departmet during the quater under report:

#### ARTC PATIENTS

S.no	Month	Total patients registered				Total no. of visit
		Old		New		
		M	F	M	F	
1	July 22	20	6	00	02	136+1 concession+7 community=142
2	August 22	13	8	05	00	155
3	September 22	17	8	4	0	223
<b>Grand Total</b>		50	22	9	2	<b>520</b>

#### AIRTC PATIENTS

S.No	Month	Total patients registered				Total no. of visit
		Old		New		
		M	F	M	F	
1	July 2022	06	02	06	01	95
2	August 2022	11	03	00	00	81
3	September 2022	11	3	1	0	76
<b>Grand Total</b>		28	8	7	1	252

#### CBR PATIENTS

S.No	Month	Total patients registered				Total no. of visit
		Old		New		
		M	F	M	F	
1	July 2022	01	-	-	-	07
2	August 2022	01	-	-	-	00
3	September 2022	01	-	-	01	22
<b>Grand Total</b>		<b>03</b>	-	-	<b>01</b>	<b>29</b>

Disability wise/Diagnosis wise no. of patients treated in O.T. Department during the quarter under report:

Neurological		Pediatric		
	Diagnosis	No.	Diagnosis	No.
	CVA/Hemiplegia	11	Cerebral palsy	20
	Spinal cord Injury	0	Developmental Delay	4
	SMA	2	Pervasive Develop Disorders (PDD)	1
	Down syndrome	2	OCD	2
	Intellectual disability /MR	2	SMA	2
			ADHD	27
	<b>Total</b>	<b>17</b>		<b>56</b>

SPECIAL WORKSHOP for children with disability as a therapeutic expertise:

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

S. No.	Theme of Workshop	Date	No. of Participants	Age Group	Place	Resource Person
1.	Bhelpuri Making	20.07.22	02	10-18 years	OT	Renuka (Sr. OT)
2.	Bhelpuri Makingf	29.07.22	12	5-14 years	AIRTC, HO	Renuka (Sr. OT)
3.	Rakhi Making	6.8.22	13	8-13	DWARKA SEC16	Seema (Medical Social Worker & Multi Rehab Therapist)
4.	Rakhi Making	6.8.22	19	8-13	Shiv Vihar	Seema (Medical Social Worker & Multi Rehab Therapist)
5.	Kite Making	13.8.22	15	8-13	Shiv Vihar	Seema (Medical Social Worker & Multi Rehab Therapist)
6.	Matki Decoration	16.8.22	06	8-14	AIRTC	Renuka (Sr. OT) & Seema (Medical Social Worker & Multi Rehab Therapist)
7.	Matki Decoration	17.8.22	06	8-13	ARTC	Reenuka(Sr. OT) & Seema (Medical Social Worker & Multi Rehab Therapist)





Kite making activity: students of Shiv Vihar



Rakhi making activity with Dwarka sec 16 students



Bhelpuri making workshop with AIRTC Students



Matki decoration workshop with ARTC patients

**d. SPEECH THERAPY DEPARTMENT AT ASRA HEAD OFFICE**

Following are the no. of patients who visited OCCUPATIONAL THERAPY departmet during the quater under report:

**ARTC PATIENTS**

S.no	Month	Total patients registered				Total no. of visits
		Old		New		
		M	F	M	F	
1	July 22	10	04	07	03	45
2	August 22	17	07	-	-	40
3	September 22	17	07	04	-	56
<b>Grand Total</b>		<b>44</b>	<b>18</b>	<b>11</b>	<b>3</b>	<b>141</b>

**AIRTC PATIENTS**

S. No	Month	Total patients registered				Total no. of visits
		Old		New		
		M	F	M	F	
1	July 2022	05	03	-	-	17
2	August 2022	05	03	05	-	36
3	September 2022	10	03	-	-	16
<b>Grand Total</b>		<b>20</b>	<b>9</b>	<b>5</b>	<b>0</b>	<b>69</b>



*Children getting Speech Therapist at ASRA Head Office*

**e. 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.



*P&O assessment and measurement of Sameer from Pappankalan community*

## COMPUTER TRAININGS AT ASRA HEAD OFFICE

### COMPUTER TRAINING AT HEAD OFFICE

These courses are recognized by National Institute of Open Schooling (NIOS) and National Institute of Electronic Information Technology (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: **96**

Month	Students with Disabilities	Non-Disabled Students	Total students
July 2022	09	140	149
Aug 2022	09	149	158
Sep 2022	10	151	161



*Computer Theory Classes at ASRA Head Quarter*



*Computer Training Course Examination held at ARTC Head Quarter from 16<sup>th</sup> to 22<sup>nd</sup> July 2022, total 26 students appeared in the examination*

**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: 13

Month	Total number of students
July 2022	38
August 2022	40
September 2022	38
<b>Total Students during quarter under report</b>	<b>116</b>



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



*Fashion Designing, Tailoring & Beauty Culture Course Examination held at ARTC Head Quarter, total 17 students appeared in the examination*

## ASRA HANDICRAFT EMPORIUM

**ASRA Handicraft Emporium** : It became functional in April'2010. It has an experienced & qualified Master Tailor who is a physically challenged & a Junior Tailor to assist him. The Emporium executes the orders of stitching & alterations of garments to meet in house & outside needs. The Emporium staff prepares designer clothes, frocks, gowns, suits, wedding dresses, western to ethnic dresses etc.as per customer's demand at very nominal charges. It provides other facilities like pico, overlock, hemming, machine embroidery etc. It is also manufacturing best quality simple or designer fabric masks. The Emporium is an effort to promote ASRA brand.

Orders pending up to 30 <sup>th</sup> June 2022	Orders booked from 1 <sup>st</sup> July 2022 to 30 <sup>th</sup> September 2022	Orders completed from 1 <sup>st</sup> July 2022 to 30 <sup>th</sup> September 2022	Orders pending up to 30 <sup>th</sup> September 2021
<b>28</b>	<b>130</b>	<b>141</b>	<b>17</b>



*Order Work at ASRA Head Office*

### 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: 13

Months	No. of students
July 2022	21
August 2022	16
September 2022	15
<b>Total Students during quarter under report</b>	<b>52</b>



*Students of Beauty Culture attending practical classes at ASRA HQ*



*A scene of Examination held at ARTC Head Quarter*

### **ASRA HAAT**

ASRA introduced a Haat in Oct'2021 with a Haat Representative fully engaged for this purpose as a platform to display on sale handcraft items such as masks, kurtis, stoles, jute bags etc. 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 in-house needs & also the local needs of patients, students etc. The Haat caters to the daily needs of staff, students, patients & neighbouring area. It also be a part of exhibitions organized by universities & colleges where students, staff and outsiders come and purchase articles.



*Handicraft Haat*

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

## **ADMINISTRATION**

- Following staff members were appointed during the quarter under report:
  - Ms. Janshi, Special Educator (HI), AIRTC
  - Ms. Sakshi, Special Educator (HI), AIRTC
  - Ms. Kavita, Education Teacher, CBR Hoshiyarpur village NOIDA
  - Ms. Falguni, Education Teacher, CBR Project office, Pappankalan
  
- Following staff members resigned during the quarter under report:
  - Ms. Suman Lata, CBR Coordinator
  - Ms. Anamika, CBR Co-coordinator
  - Ms. Falguni, Education Teacher, Pappankalan
  - Ms. Noorjahan, Teacher cum Rehab Worker

## **ACCOUNTS**

- Internal Audit was conducted for the period from April 2022 to August 2022.

*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.*

