

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
October 2022 to December 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)
Medical Intervention & Therapeutic services	Special Education	Referral Services for PwDs : Social Mapping & Delivery of benefits
 Assessment by Orthopaedic Surgeon 	Music Therapy	Skill Development Trainings
Physiotherapy	Dance Therapy	- Computer Centre at Hoshiyarpur Noida & Pappankalan
 Occupational Therapy 	Art & Craft Activities	- Mobile Repairing Training at Pappankalan & Shiv Vihar community
 Speech Therapy 	Yoga Therapy	- Macrame Craft training at Hastsal, Uttam Nagar
 Prosthetic & Orthotic Appliances 	Medical Intervention & Therapeutic Services	• Education
Skill Development Trainings	Assessment by Orthopaedic Surgeon	- Shiv Vihar Education Centre
Computer Courses	Physiotherapy	- Dwarka Sec 16
– Tailoring	Occupational Therapy	- Hoshiyarpur, Noida Centre
Fashion Designing	Speech Therapy	- Pappankalan Centre
Beauty Culture	Prosthetic & Orthotic Appliances	Medical Intervention & Therapeutic services
 Short Term Trainings 	Activity of Daily Living (ADL)	- Assessment by Orthopaedic Surgeon
Yoga Workshop	Sensory Integration Unit(SIU)	- Physiotherapy
• ASRA Haat		- Prosthetic & Orthotic Appliances
		- Speech Therapy
		Seed Loan

CONTINUING ASRA'S MISSION WITH NEW STRATEGIC VISION

HIGHLIGHTS

CBR

- Physiotherapy under CBR Program resumed in ASRA's adopted slum communities namely Shiv Vihar, Nanhe Park, Pappankalan, Dwarka sec 1 and Nangli dairy.
- Speech Therapy under CBR Program resumed in ASRA's adopted slum communities namely Shiv Vihar, Nanhe Park, Pappankalan, Dwarka sec 1 & Nangli dairy.
- Education Centre was resumed in CBR Project Office in Pappankalan w.e.f. 2nd November 2022. However, the education centre in Dwarka Sec 16 had to be closed due to non-availability of an eligible teacher.
- During the quarter under report, a new Macrame Craft Training Centre was opened w.e.f 19.11.2022.

AIRTC

• During the quarter under report, following activities were organized by Special Educators for the students as per their need:

Activity	No. of Students	Date
Diya Making	10	14.10.2022
Ganesh Making with Leaf	4	18.10.2022
Ravan Making & Ear Bud	8	19.10.2022 & 20.10.2022
Painting	Ç	1311012022 & 2012012022
Thumb Painting & Straw	4	09.12.2022 & 12.12.2022
Pasting	·	03.12.2022 & 12.12.2022
Hand Print & Brush painting	2	14.12.2022 & 20.12.2022
Santa Claus by Hand Print	10	23.12.2022

ARTC

- Examination of sixty-three Computer Centre students was conducted on 12th November 2022 to 16th November 2022.
- Data Processing Competition was held in the month of November 2022, total 6 students participated in it.
- Competition of using Tally Software was held in the month of December 2022, total 6 students participated in it.

VISITS

• Dr. Andreas Huenerwadel, President AFS, Mrs. Sabina & Mr. Pepe Huenerwadel & Mr. Urs Freudiger, Board Member AFS & Ms. Jil Freudiger visited ASRA from 20th October 2022 to 22nd October 2022 & 28th October 2022. During the visit, honorable dignitaries visited Pappan Kalan, Shiv Vihar, Nangli Dairy and Dwarka Sec-16 slum communities. They interacted with the ASRA staff & beneficiaries, both at ASRA Head Office and ASRA CBR Program. Significant events such as meeting with Management of ASRA & Unit Heads, cultural program, diploma distribution were held. Cultural program 'Panorama 2022' was presented by the students of AIRTC, Vocational Trainings & Education program for their welcome. Gifts were distributed by the distinguished guests to the students who participated in the cultural program. Diplomas were awarded to the successful students of Computers, Cutting & Tailoring & Beauty Culture. Dr. Andreas Huenerwadel, President AFS addressed the ASRA team on the occasion, which was highly motivating and inspiring for the entire ASRA team.



Meeting held between President AFS & the Unit Heads



Honorable delegates at ASRA Education centre in Shiv Vihar slum community





Honorable delegates along with CBR Team during home visits of ASRA's beneficiaries in Shiv Vihar slum community

 Mr. Rownak Bose and his daughters Ms. Maria & Ms. Eva, well-wishers from Switzerland visited ASRA on 10th November 2022. Honorable Guests visited Pappan Kalan & Shiv Vihar slum communities. Honorable Guests interacted with the ASRA staff & beneficiaries, both at ASRA Head Office and in ASRA CBR Program.



Mr. Rownak Bose & his daughters Ms. Maria & Ms. Eva with ASRA's Founder & Staff at ASRA Head Office



Delegates during home visits of beneficiaries in Pappankalan slum community (left) and at Education Centre in Shiv Vihar community (Right)



Delegates with the students of AIRTC (left) and at Shiv Vihar Education Centre with the Physiotherapist (right)

ASRA from 16th November 2022 to 3rd December 2022.

During her visit, she covered various ASRA's adopted slum communities namely, Pappankalan, Shiv Vihar, Nangli Dairy, Jwalapuri, Hoshiyarpur and interacted with beneficiaries of ASRA (persons with disabilities) & their family members. She organized 'Working Sessions' & regular meetings with ASRA's Unit Heads regarding 5 year action plans of their specific departments & formulated a template for presenting 5 year action plans. She also organized 'Working Session' with other staff members. A cultural program was presented by the students of AIRTC & ARTC Vocational Trainings program for her farewell. Diplomas were also awarded to the successful students of ARTC Computers, Cutting & Tailoring & Beauty Culture.



Founder ASRA presenting bouquet to Ms. Joanne Sieber, Advisory Board Member AFS during farewell.



'Working Session' with Unit Heads conducted by Ms. Joanne Sieber, Advisory Board Member AFS



'Working Session' with staff conducted by Ms. Joanne Sieber, Advisory Board Member AFS



Ms. Joanne Sieber, Advisory Board Member AFS with ASRA's Founder, Staff & Vocational Training students at ASRA Head
Office





Ms. Joanne Sieber, Advisory Board Member AFS & her husband during a home visit at Nangli Dairy community (left) & Jwalapuri (right)





Ms. Joanne Sieber, Advisory Board Member AFS at Education Centre in Shiv Vihar community (left) & during a home visit at Bindapur community (right)





Ms. Joanne Sieber, Advisory Board Member AFS at Computer & Education Centre in Hoshiyarpur village NOIDA





Ms. Joanne Sieber, Advisory Board Member AFS during home visit & at Computer & Mobile Repairing Centre in Hoshiyarpur village NOIDA

Honorable Mr. Pierre E. Page, President of the Pierre E. Page Foundation along with Prof. Daniel Oyon, Mrs. Yolande, Mr. Gaetan Oyon & Ms. Noa Grandchamp visited ASRA on 9th December, 2022. During the visit, honorable delegates interacted with the ASRA staff & beneficiaries, both at ASRA Head Office and ASRA CBR Program. Honorable delegates visited Pappankalan, Nangli Dairy, Shiv Vihar & T-camp slum communities. During the visit to slum communities, they interacted with



A warm welcome by students of AIRTC to Honorable Mr. Pierre E. Page, President of the Pierre E. Page Foundation along with Prof. Daniel Oyon, Mrs. Yolande, Mr. Gaetan Oyon & Ms. Noa Grandchamp

C/PwD beneficiaries & their family members at the CBR centres & during home visits. They also interacted with students of CBR computer & mobile repairing and Education programs & Seed loan beneficiaries.

A Cultural program was presented by the students of AIRTC, Vocational Trainings & Education programs in the honour of Mr. Pierre E.Page, President of the Pierre E. Page Foundation & other delegates. Gifts were distributed to the children who participated in cultural program by the Honorable delegates. Diplomas were awarded to the successful students of CBR Cutting & Tailoring, CBR Beauty Culture & ARTC Computer courses.

The members of the delegation gave inspirational & motivational individual speeches. Chief Guest, Mr. Pierre E. Page- President of the Pierre E. Page Foundation addressed the entire ASRA staff and gave his best wishes and blessings which was deeply applauded by all present.



Honorable Delegates at Education Centre in Shiv Vihar community



Honorable Delegates along with ASRA CBR Team during home visit of ASRA's beneficiaries at Nangli Dairy community



Honorable Delegates interacting with PwD beneficiaries at CBR Project Office, Pappankalan community



Honorable Delegates along with ASRA CBR Team during home visit of ASRA's beneficiaries at Nangli Dairy community



Student of AIRTC welcoming & garlanding Honorable Mr. Pierre E. Page, President of the Pierre E. Page Foundation & other delegates (left) and interaction with staff of ASRA at ASRA Head Office (right)



Founder ASRA welcoming Chief Guest Mr. Pierre E. Page, President of the Pierre E. Page Foundation & other delegates during Cultural program at ASRA Head Office



Mr. Pierre E. Page, President of the Pierre E. Page Foundation with the students who have received Diplomas



Prof. Daniel Oyon with the students who have received Diplomas



Founder ASRA & staff with Honorable Mr. Pierre E. Page, President of the Pierre E. Page Foundation & other delegates



Honorable Mr. Pierre E. Page, President of the Pierre E. Page Foundation, Founder ASRA & other delegates at ASRA Head Office

COMMUNITY BASED REHABILITATION

STRATEGIC REVIEW FOR REVIVAL & RENEWAL OF CBR PROGRAMS

Strategic Review was done of full CBR Sector including all the programs run therein. After the review of Master list of 5188 PwD beneficiaries in January 2022 to March 2022, 1933 PwD beneficiaries emerged. Social mapping is being done of these shortlisted PwD beneficiaries ASRA CBR team is working on the need status of each beneficiary. Simultaneously, online applications to avail government facilities are being filled for those who were uneducated, or ignorant of how to apply online process.

• 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. & Pappankalan. Steps were initiated towards identifying & enrolling interested who were interested in continuing their studies under the Education program. 88 children including 17 CwDs at Shiv Vihar education centre, 15 children including 1 CwD at Pappankalan education centre & 25 children including 1 CwD at Hoshiyarpur village, Noida education centre have been enrolled during the quarter under report.





Education Centre, Hoshiyarpur Noida (left) and Shiv Vihar Education Centre (right)

WORKSHOPS

S. No.	Workshop	Date	No. of participants	Age Group	Place	Resource Person
1.	Diwali decoration	21.10.2022	13 students	8 to 13 years	Dwarka Sec16, Education center	Ms. Seema Gosain, Medical Social Worker & Multi Rehab Worker
2.	Breathing exercises	24.11.2022	16 students	4 to 17 years	Shiv Vihar, Education center	Mr. Shubh Karan Yadav, Physiotherapist
3.	Fitness	01.12.2022	13 students	8 to 13 years	Shiv Vihar, Education center	Ms. Seema Gosain, Medical Social Worker & Multi Rehab Worker
Total			42 students			



Workshop on 'Breathing exercises' held at Shiv Vihar Education Centre



Diwali decoration workshop held at Dwarka sec-16 Education Centre



Fitness Workshop held at Shiv Vihar Education Centre

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

	October 2022			N	November 2022			December 2022		
Students Details	Shiv Vihar	Dwarka sec-16	Hoshiyarpur, Village Noida	Shiv Vihar	Pappan Kalan	Hoshiyarpur, Village Noida	Shiv Vihar	Pappan Kalan	Hoshiyarpur, Village Noida	
Total Students on 1 st day of the Month	83	21	22	63	-	19	78	14	22	
Nursery Education	20	03	08	19	14	05	21	03	08	
Non-formal Education	24	04	11	22	02	08	25	03	13	
Remedial Education	54	14	04	41	03	11	46	09	05	
New Admissions	15	-	01	19	09	05	14	01	04	
Total Students	98	21	23	82	14	24	92	15	26	
Drop-out	35	21	01	04	-	02	04	01	01	
Total Students on last day of the month	63 (includin g 21 CwDs)	Centre was closed on 31 st October 2022	19 (includi ng 2 CwDs)	78 (includi ng 19 CwDs)	14 (includi ng 03 CwDs)	22 (including 1 CwDs)	88 (includi ng 17 CwDs)	15 (includin g 1 CwDs)	25 (includi ng 1 CwDs)	

CBR VOCATIONAL TRAINING PROGRAM IN MOBILE REPAIRING

The Mobile Repairing program resumed in Pappankalan & Shiv Vihar communities under CBR during the quarter under report. New needy students from the communities were enrolled. Regular classes are being conducted, Seven students were enrolled in the course & training is in progress.



Mobile Repairing Class at Pappankalan community

• CBR VOCATIONAL TRAINING PROGRAM IN COMPUTER

i. Computer Training at CBR Project Office in Pappankalan community

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 thirteen students had been enrolled during the quarter under report. Examination of Computer Centre students was conducted on 19th November 2022.



Examination at Pappankalan computer centre

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 ten students have been enrolled during the quarter under report. Examination of four Computer Centre students was conducted on 21st November 2022.



Examination at Hoshiyarpur Village, Noida computer centre

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 46 CwDs / PwDs, ASRA CBR Team applied online for Disability Certificate (DC) & Unique Disability Identity Card (UDID).

The details of online services given are as follows:

Sr. No.	Name of C/PwD	Age/ Gender	Disability	Community	Service applied for	Service applied on
1	Zafarul Islam	41/M	ОН	Dwarka sec 1	UDID Card	01-10-22
2	Poonam Kumari	38	ОН	Pappankalan	UDID Card	08-10-22
3	Narbada Devi	36	ОН	Pappankalan	UDID Card	08-10-22

Sr. No.	Name of C/PwD	Age/ Gender	Disability	Community	Service applied for	Service applied on
4	Sitara Devi	63	Blindness	Pappankalan	UDID Card	08-10-22
5	Sushma	42	ОН	Dwarka sec 1	UDID Card	08-10-22
6	Ajay Jha	39	ОН	Pappankalan	UDID Card	08-10-22
7	Rahul	29	MR	Nangli Dairy	UDID Card	11-10-22
8	Munga Devi	59	HI	Pappankalan	UDID Card	11-10-22
9	Irshad Ahmmad	38	Parkinson Disease	Pappankalan	DC+UDID	15-10-22
10	Rakesh Kumar	28	ОН	Pappankalan	UDID Card	15-10-22
11	Meenakshi	36	ОН	Jwalapuri	UDID Card	02-11-22
12	Arvind Kumar	40	Chronic neurological Conditions	Jwalapuri	UDID Card	04-11-22
13	Lado Devi	60	ОН	Jwalapuri	UDID Card	04-11-22
14	Pawan	11	MR	Pappan Kalan	UDID Card	05-11-22
15	Suresh	42	ОН	Shiv Vihar	UDID Card	05-11-22
16	Anshika	10	Chronic neurological Conditions	Shiv Vihar	DC+UDID	05-11-22
17	Prins	17	MR	Shiv Vihar	UDID Card	05-11-22
18	Krish	13	MR	Jwalapuri	UDID Card	07-11-22
19	Mohan	27	ОН	Indira Camp-5	DC+UDID	08-11-22
20	Jatin Pihal	10	MR	Vikas Nagar	UDID Card	10-11-22
21	Kishan Pal	47	MD	Jwalapuri	UDID Card	11-11-22
22	Kartik	14	MD	Jwalapuri	DC+UDID	11-11-22
23	Kala Vati	47/F	ОН	Hoshiyarpur	DC+UDID	12-11-22
24	Mana	47/F	ОН	Indira Camp-5	UDID	11-11-22
25	Ram Charan	55/M	Chronic neurological Conditions	Indira Camp-5	DC+UDID	11-11-22
26	Om Prakash	48/M	ОН	Jwalapuri	DC+UDID	12-11-22
27	Arshdeep Kaur	5/F	Autism	Uttam Nagar (ARTC)	DC+UDID	14-11-22
28	Laxmi	49/F	ОН	Pappan Kalan	UDID	15-11-22
29	Harman Nalwal	16/M	ID	Tilak Nagar (ARTC)	DC+UDID	17-11-22
30	Sanjay	40/M	ОН	Jwalapuri	UDID	22-11-22
31	Shubham Sharma	24/M	ID	Pappan Kalan	UDID	26-11-22
32	Vansh Ahuja	23/M	MR	Uttam Nagar (ARTC)	UDID	29-11-22
33	Amrit Singh	6/M	MD	Pappan Kalan	UDID	01-12-22
34	lvaan	6/M	ОН	Jwalapuri	DC+UDID	05-12-22
35	Anil Kumar	49/M	Chronic neurological Conditions	Uttam Nagar (ARTC)	DC+UDID	12-12-22
36	Chandni	19/F	ID	Nangli Dairy	UDID	12-12-22
37	Vaishnavi Kumar	4/F	HI	Nanhe park	DC+UDID	12-12-22
38	Ram Kumar	10/M	MD	Pappan Kalan	DC+UDID	14-12-22
39	OC Ahmad	26/M	MR	Pappan Kalan	UDID	14-12-22
40	Divyanshu Nayak	5/M	Cerebral Palsy	Uttam Nagar (ARTC)	DC+UDID	16-12-22
41	Lovely	6/F	Autism	Nilothi (ARTC)	DC+UDID	17-12-22

Sr. No.	Name of C/PwD	Age/ Gender	Disability	Community	Service applied for	Service applied on
42	Rohit Saini	13/M	Autism	Mahavir Enclave, Palam Village (ARTC)	DC+UDID	17-12-22
43	Kush	8/M	ID	Tilak Nagar (ARTC)	UDID	17-12-22
44	Anjali	11/F	Chronic neurological Conditions	Nanhe park	UDID	20-12-22
45	Lavansh	12/M	MD	Nanhe park	UDID	20-12-22
46	Mayank Kumar	10/M	MD	Nanhe park	UDID	21-12-22

DC-Disability Certificate, UDID- Unique Disability Identity Card (UDID), OH- Orthopaedically Handicapped



Receipts of Disability Certificate (DC) & Unique Disability Identity Card (UDID) which were applied online by ASRA CBR Team

• **SEED LOAN** - The purpose of this program is to promote financial independence and help disabled persons living in slums to earn their livelihood and improve their quality of life. Seed Loan is given exclusively to the disabled beneficiaries of ASRA who are needy and want to be self-reliant. With the help of Seed Loan, they either purchase additional material for their respective enterprise or start a new enterprise which helps them to increase their monthly income. **The total number of beneficiaries under Seed Loan program is 130**.



Sunny, a seed loan beneficiary at his mobile repairing shop in T-Camp community



Shiv Kumar Saini, a seed loan beneficiary at his mobile repairing shop in Shiv Vihar community

AIRTC

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

In AIRTC, apart from special education, all students enrolled in AIRTC are getting comprehensive rehabilitation which includes assessment by Orthopaedic Surgeon and customized occupational therapy, physiotherapy, speech therapy & P&O 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	TOTAL			
S.NO	MONTH	OLD)	NEV	N	
		М	F	М	F	
1	October 2022	13	03	-	-	16
	Migrated/ Dropout Students	-	-	-	-	-
2	November 2022	13	03	-	-	16
	Migrated/ Dropout Students	-	01	-	-	01
3	December 2022	13	02	-	-	15
	Migrated/ Dropout Students	-	-	-	-	-
Total No. of students as on 31st December 2022		13	02	-	-	15

сом	COMMUNITIES/ NON-COMMUNITIES					
	AIF	RTC				
COMM	IUNITY	NON-CON	MUNITY			
M	F	М	F			
05	01	08	02			
-	-	-	-			
05	01	08	02			
-	-	-	01			
05	01	08	01			
-	-	-	-			
05	01	08	01			

Disability wise/Diagnosis wise number of students in AIRTC during the quarter under report:

Neurological		Pediatric		
Diagnosis	No. of students	Diagnosis	No. of students	
Down syndrome/OCD	02	Cerebral palsy	04	
Intellectual disability /MR	03	ADHD	03	
ADD	01	Hearing impairment	02	
Total	06		09	

CLASS-WISE STUDENTS:

S. NO.	MONTH	PRIMARY 1	PRIMARY 2	SECONDARY
		Sakshi, Special Educator	Janshi, Special Educator	Ashu, Special Educator
1.	October	06 Students	05 Students	05 Students
		Nirmal, Special Educator	Janshi, Special Educator	Janshi, Special Educator
2.	November	06 Students	04 Students	05 Students
		Nirmal, Special Educator	Khushboo, Special Educator	Janshi, Special Educator
3.	December	05 Students	05 Students	05 Students

WORKSHOP:

During the quarter under report, workshops / celebrations which were organized for AIRTC students are as follows:

S. No.	Theme of Workshop	Date	No. of Participants	Age Group	Place	Resource Person
1.	Diwali Celebration	14.10.22	10	3yrs to 13yrs	AIRTC	Special Educators
2.	World Mental Health Day	18.10.22	10	3yrs to 13yrs	AIRTC	Special Educators
3.	Christmas Celebration	23.12.22	10	5 to13 yrs	AIRTC	Special Educators



Diwali decoration activity organized by Special Educators for students of AIRTC



World Mental Health Day activity organized by Special Educators for students of AIRTC





 ${\it Christmas\ celebrations\ with\ the\ AIRTC\ students}$



Christmas Celebration with AIRTC Students



Spray Painting: Arnav 07 Yrs /M



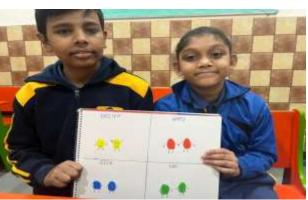
Popsicle Sticks Craft Activity: Sahil $\,10\,\mathrm{Yrs/M}$



Ganesh Making with Leaf: Naman 12 Yrs/M



Diya Making: Pulkit 13 Yrs/M



Thumb Painting: Sahil 10 Yrs/M & Kritika 10 Yrs/ F

VOCATIONAL TRAININGS: WORKSHOPS FOR STUDENTS

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.	How to stitch shopping/Travel bags with waste material	28-29 th Nov.& 1 st Dec'2022	16 students	Ms. Aarti-Tailoring Teacher ARTC
2.	Workshop-Hair Care Tips for Winters 20 th Dec'20		11 Students	Ms. Baljeet, Beauty Culture Teacher ARTC
3.	Awareness session on occasion of International Disability Day 3rd Dec'2022		22 students	All Units of ARTC
		Total	49 students	



Workshop on stitching Shopping/Travel bags

Workshop on Hair Care Tips for Winters





Awareness session on occasion of International Day for Persons with Disabilities

Some Glimpses of distribution of Diplomas awarded to the successful students of CBR & ARTC who have completed their course in Cutting & Tailoring, Beauty Culture & Computers



Mr. Pierre E. Page, President of the Pierre E. Page Foundation with the students who have received Diplomas

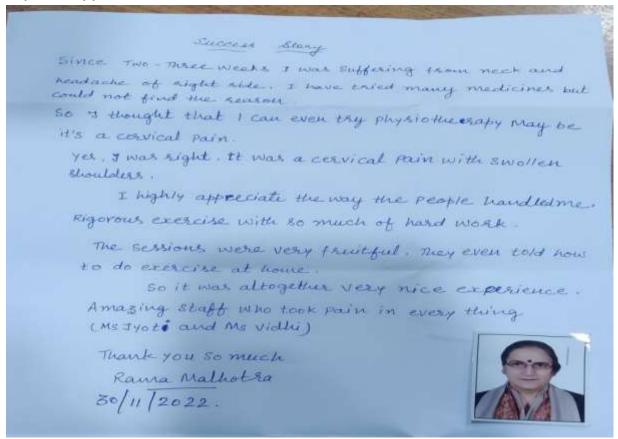




Prof. Daniel Oyon with the students who have received Diplomas

SUCCESS STORY

Physiotherapy ARTC



Beauty Culture ARTC

My name is Shabnam. I am 34 years old & graduate from Delhi University. I would like to tell you something about me. I was simple housewife & wanted to do something in future to go ahead. I was interested in beautician line. For the same, I searched many institutes nearby my house but unfortunately due to their high fee, I did not get admission. Then I came to know about ASRA from one of my neighbour girl who is a person with disability namely, Anjali Bist. She was doing Beauty Culture Course from ASRA. I visited ASRA for admission & got enrolled for beauty culture course. My teacher taught me very nicely, solved my each query regarding course with hardwork. Now when I have completed five months of my course, I am able to pay my fee by own as on occasions of festivals like Rakshabandhan, Karwachauth, I applied hand heena on customers' hand who live near my house & earned money which empower my self confidence. I earned approximately Rs.4000/- in these two festivals. My family also praised me. I am thankful to ASRA & my teacher who taught this brilliant course in very nominal fees. I want to open my own parlour after completion of this course.



Thank you ASRA

Shabnam, Age-34 years

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 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.

No. of patients assessed during the quarter under report:

	ARTC	AIRTC	CBR	Total no. of patients
Orthopedic Surgeon	106	-	-	106



Assessment of OPD patients by Orthopedic Surgeon

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:



Patients getting Physiotherapy at ASRA Head Office

ARTC PATIENTS

		7	Total patients i	Total no. of visits /		
S. No	Month	OI	d	Ne	w	sessions
		Male	Female	Male	Female	
1	October 2022	09	16	07	09	227 + (25 STAFF)
2	November 2022	05	13	06	22	281 + (21 STAFF)
3	December 2022	03	13	06	22	337 + (7 STAFF)
Grand Total		17	42	19	53	845 + (53 STAFF)

AIRTC PATIENTS

S. No	Month		Total patients	Total no. of visits / sessions		
		Male	Female	Male	ew Female	
1	October 2022	03	02	-	-	21
2	November 2022	03	02	-	-	44
3	December 2022	03	01	-	-	19*
Grand Total		09	05	-	-	84

^{*}due to winters less attendees and winter vacation

CBR PATIENTS: Physiotherapy under CBR Program resumed in ASRA's adopted slum communities namely Shiv Vihar, Nanhe Park, Pappankalan, Dwarka sec 1 and Nangli dairy.

			Total no. of			
S. No	Month		Old	ı	New	sessions
		Male	Female	Male	Female	
1	October 2022	04	01	08	03	46
2	November 2022	12	04	-	01	86
3	December 2022	12	05	04	01	74
Grand total		28	10	12	5	206

Total no. of visits of physiotherapist in adopted slum communities: 38

Community-wise number of patients registered and treated through physiotherapy in CBR: 22

Рарра	nkalan	Dwarka se	ector 16	Shiv Vihar		Nangli Dairy		Nanhe Park	
Male	female	Male	Female	Male Female		Male	female	Male	female
-	02	04	-	05	03	04	-	03	01

SOME GLIMPSES OF DOOR TO DOOR PHYSIOTHERAPY SESSIONS IN ADOPTED SLUM COMMUNITIES

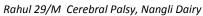




Subham 11/F Cerebral Palsy, Dwarka sec-16

Nazia 9/F Cerebral Palsy, Pappankalan







Rakshit 10/M Cerebral Palsy, Shiv Vihar



Khushi 9/F Hemiparasis Left Side, Shiv Vihar



Rajkumar, 11/M Cerebral Palsy with spasticity, Nangli Dairy

Details of patients from CBR resumed for physiotherapy

S.no	Name/community	Age/ gender	Diagnosis	Date of joining	Therapy continued
1	Rahul/Nangli dairy	29/M	Cerebral Palsy	1/10/2022	✓
2	Himanshu/Nangli dairy	21/M	Cerebral Palsy	1/10/2022	√
3	Saksham/Nangli dairy	14/M	Cerebral Palsy with spasticity bilateral	1/10/2022	√
4	Rakshit/Shiv Vihar	10/M	Cerebral Palsy	8/10/2022	✓
5	Banwari/Nangli Dairy	35/M	Post Polio Residual Paralysis left leg	11/10/2022	√
6	Khushi/Shiv Vihar	9/F	Hemiparesis Left Side	12/10/2022	✓
7	Raj Kumar/Shiv Vihar	11/M	Cerebral Palsy with spasticity	12/10/2022	√
8	Afam/Dwarka Sec16	13/M	Muscular dystrophy	14/10/2022	✓
9	Neha/Pappankalan	25/F	Infertile hemiparesis right side	15/10/2022	√
10	Komal/Shiv Vihar	17/F	Infertile hemiparesis left side	15/10/2022	√
11	Ronak Kumar/Shiv Vihar	7/M	Cerebral Palsy with Speech & Hearing	27/10/2022	√
12	Baby Anshika/Shiv Vihar	9/F	Hemiparesis	3/11/2022	✓
13	Ms. Anjali /Nanhe Park	12/F	Hemi paresis	19/12/2022	√
14	Mr. Vishal/ Nanhe Park	15/M	Cerebral Palsy	19/12/2022	✓
15	Suraj Sahu/ Nanhe Park	14/M	Cerebral Palsy 19/12/2022		√
16	Lavansh/ Nanhe Park	12/M	Cerebral Palsy 19/12/2022		✓
17	Mr. Om Prakash/ Dwarka sec 16	60/M	Hemiplegia	30/12/2022	√

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

Or	thopedic	Neurolog	gical	Pediatric	
Diagnosis	No. of patients	Diagnosis	No. of patients	Diagnosis	No. of patients
CS (Neck Pain)	18	CVA/Hemiplegia	02	Cerebral palsy	42
LS (Back Pain)	30	Spinal cord Injury	-	Developmental Delay	-
Arthritis & Degenerative (OA/RA/PA/AS)	53	Miscellaneous	16	Pervasive Develop Disorders (PDD)	-
Fracture/Nerve Injuries	09	-	-	Polio	6
PPRP	-	-	-	Hemiparesis	14
Amputation	-	-	-	deformity	08
Total	110	Total	18	Total	70

WORKSHOP

During the quarter under report, following workshops were organized:

S. No.	Theme of Workshop	Date	No. of Participants	Age Group	Place	Resource Person
1	Breathing exercises	24/11/22	16	4-17 years	Shiv Vihar, education center CBR	Dr Shubhkaran Yadav, CBR-Physiotherapist
2	Snowman and Christmas tree with geometrical shapes	22/12/22	2	6-14 years	AIRTC classroom	Ms. Vidhi Yadav, Physiotherapist
3	International day for person with disability celebration	3/12/22	15	14-28 Years	ARTC	Ms. Jyoti Sachdeva, Physiotherapist



Breathing Exercise Workshop for Students of CBR-Shiv Vihar



Glimpse of Snowman and Christmas tree with geometrical shapes for Naman,12/M, Attention Deficit Disorder (ADD)





International day for person with disability celebration with vocational training students

c. OCCUPATIONAL THERAPY DEPARTMENT AT ASRA HEAD OFFICE

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

ARTC PATIENTS

		Total	oatients	register	ed	Total as of data of actions
S. No	Month	Old		New		Total no. of visits of patients
		M	F	М	F	
1	October 2022	18	11	03	02	116 OPD + 27 AIRTC = 143
2	November 2022	27	10	12	03	245 OPD + 41 AIRTC = 311
3	December 2022	27	13	02	03	183 OPD + 25 AIRTC + 15 community = 223
G	rand Total	72	34	17	08	544 OPD + 93 AIRTC + 40 community = 677

AIRTC PATIENTS

			Total pat	ients registo	Total no. of visits of	
S. No	Month	Old			New	Total no. of visits of patients 95 81 25
			F	M	F	p and a second
1	October 2022	11	03	-	-	95
2	November 2022	11	01	-	-	81
3 December 2022		11	01	-	-	25
Grand Total		33	05	-	-	201

CBR PATIENTS

		Total patients registere		stered	Total no. of visits of patients	
S. No	Month	0	ld	N	ew	
		М	F	М	F	
1	October 2022	-	01	-	-	-
2	November 2022	01	-	-	-	25
3	December 2022	01	01	-	-	15
Grand Total		02	02	-	-	40

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

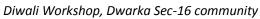
Neurological	Pediatric					
Diagnosis	No. of patients	Diagnosis	No. of Patients			
CVA/Hemiplegia	20	Cerebral palsy	39			
Spinal cord Injury	-	Developmental Delay	6			
Miscellaneous/microcephaly/SMA	3	Pervasive Develop Disorders (PDD)	53			
Down syndrome/	5	Polio/OCD	3			
Intellectual disability /MR	6	Learning Disability/slow learner	0			

SPECIAL WORKSHOPs for children with disabilities as a therapeutic expertise:

During the quarter under report, following workshops were organized:

S. No.	Theme of Workshop	Date	No. of Participants	Age Group	Place	Resource Person
1.	World Mental Health Day	18.10.2022	15	5-13 years	AIRTC, HO	Ms. Seema Gosain, Medical Social Worker & Multi Rehab Worker
2.	Diwali Workshop	27.10.2022	12	5-14 years	Dwarka Sec 16	Ms. Seema Gosain, Medical Social Worker & Multi Rehab Worker
3.	Diwali Workshop	27.10.2022	13	8-13 years	Shiv Vihar	Ms. Seema Gosain, Medical Social Worker & Multi Rehab Worker
4.	Fitness Workshop at Shiv Vihar	01.12.22	13	8-13 years	Shiv Vihar	Ms. Seema Gosain, Medical Social Worker & Multi Rehab Worker
5.	Christmas Activity	24.12.2022	10	5-14 years	AIRTC	Ms. Seema Gosain, Medical Social Worker & Multi Rehab Worker







Diwali Workshop, Shiv Vihar community





Fitness Workshop at Shiv Vihar community



Christmas Workshop with AIRTC Students



World Mental Health Day with Vocational Training Students

d. SPEECH THERAPY DEPARTMENT AT ASRA HEAD OFFICE

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

ARTC-OPD PATIENTS

	S.no Month		atients	s registe	ered		
S.no			Old		ew	Total no. of sessions	
		M	F	М	F		
1	October 22	21	7	4	2	41	
2	November 22	18	4	8	2	93	
3	December 22	22	6	2	1	58	
Grand Total		61	17	14	5	191	

AIRTC PATIENTS

	S. No Month		Total patients registered				
S. No			t	1	New	Total no. of sessions	
		М	F	М	F		
1	October 2022	9	4	-	-	19	
2	November 2022	8	2	-	-	5	
3	3 December 2022** **Mr. Gurudatta Singh Khushwaha started giving speech therapy sessions		2	-	-	47	
Grand Total		25	8	-	-	71	

CBR PATIENTS*

		Tota	al patien	ts registered	Total no. of sessions	
S.no	Month	Old	Old New			
		M	F	M	F	
1	December 22	-	-	20	6	38
Grand Total		-	-	20	6	38

^{*}resumed patients for speech therapy from CBR community by Mr. Gurudatta Singh Khushwaha –Shiv Vihar, Nanhe Park, Pappankalan and Dwarka sec 1, Nangli dairy

SOME GLIMPSES OF DOOR TO DOOR SPEECH THERAPY SESSIONS IN ADOPTED SLUM COMMUNITIES





Shristi, 8/F, Cerebral Palsy, Shiv Vihar community

Yogesh Singh, 19/M, Shiv Vihar community





Deepanshu 13/M Cerebral Palsy, Nanhe Park community

Saksham 14/M, Cerebral Palsy, Nangli Dairy community

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.

Following are the number of patients in P&O department for measurement and fabrication of orthosis during the quarter under report:

Patients registered for Aid/Appliances					Measurements taken	Orthosis delivered	
C	BR	Α	RTC	AIRTC			
Male	female	Male	female	Male	female	21	12
01	01	05	-	01	-		

No of visits during the quarter under report: 13
No of working hours during the quarter under report: 39 hours



P&O Engineer fitting Ankle Foot Orthosis of master Zain, 07/m, cerebral palsy

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: 40

Month	Students with Disabilities	Non-Disabled Students	Total students
October 2022	138	9	147
November 2022	144	7	151
December 2022	124	7	131



Computer Theory Classes at ASRA Head Office

Examinations

Month	Course	Date	No. of Students appeared	
	Nov'2022 Basic, Web Designing & Desktop Publishing	12.11.2022		
Nov'2022		14.11.2022	63	
		16.11.2022		



Computer Training Course Examination held at ARTC Head Quarter

Competition: a. "Data Processing" Using Excel total no of students 6 participated in this Competition.



Data Processing Competition

b. "Tally Expert" Using Tally dated: 06 Dec 2022 Resource Person: Ms. Mariyam. Total no of students 6 participated in the competition.



Tally Expert Competition

Debate: Topic "Artificial Intelligence" dated: 19 Dec 2022 Resource Person: Mr. Sanjay. Total no of students 8 participated in the debate competition



Debate on Artificial Intelligence

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

Vocational Trainings Unit started Tailoring course at ASRA Head Office in Oct'2008, Beauty Culture Course in Oct'2008 & Fashion Designing Course in May'2010. It consists four experienced and hardworking teachers who provide training to students-basic to advanced. It got accreditation in 4 course (3 of tailoring & 1 of beauty culture) from National Institute of Open Schooling in Nov'2013. It also conducts workshops timely on topics related to course which is apart from their course curriculum such as How to operate overlock, Stitch Magic & Juki Machine, Turn old clothes into new outfits & How to Stitch Foldable shopping /Travel bag etc. for students of tailoring & fashion designing course to make students creative and inspire them to further explore & How to make homemade face pack, Skin care tips for summers, Hair care tips for winters etc. for students of beauty culture course.

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: 12

Month	Total number of students
October 2022	34
November 2022	38
December 2022	35
Total Students during quarter under report	107 (including 1 PwD)



Tailoring theory class (left) Fashion designing theory class (right)

5.Examinations

Month	Course	Date	No. of Students appeared	Invigilator
	NIOS-Cutting & Tailoring (Practical Exam + Internal Assessment)	21.11.2022	7	Ms. Baljeet
Nov'2022	NIOS-Dress Making (Practical Exam + Internal Assessment)	23.11.2022	3	Ms. Baljeet
	NIOS-Hair Care & Beauty Culture (Practical Exam + Internal Assessment)	24.11.2022	2	Ms. Tejinder
		Total	12	



Examination of Vocational Trainings

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 & outsides 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 th Sep 2022	Orders booked from 1stOct 2022 to 31st Dec 2022	Orders completed from 1 st Oct 2022 to 31 st Dec 2022	Orders pending up to 31st December 2022
16 130		131	15



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: 8

Months	No. of students
October 2022	16
November 2022	19
December 2022	18
Total Students during quarter under report	53 (including 3 PwD)



Students of Beauty Culture attending Bridal Make-up class at ASRA HQ

MACRAME CRAFT TRAINING

During the quarter under report, a new Macrame Craft Training Centre was opened w.e.f 19.11.2022. Macrame is a craft in which knots are used in macramé cord to create beautiful designs & items with lengths of cords.

Details of students	
No. of Students as on 1 st Dec'2022	10
Non-Disabled students	10
Students with Disabilities	-
New Admissions	02
Total No. of students in Dec'2022	12
Dropout	02
Course Completed	-
No. of Students as on 31st Dec'2022	10





Macrame Craft Training

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





Handicraft Haat

ADMINISTRATION

- Following staff members are appointed during the quarter under report:
 - Ms. Khooshbu, Special Educator, AIRTC
 - Ms. Nirmal, Special Educator, AIRTC
 - o Ms. Priyanka Chaurasia, Tailor Handicraft Emporium
 - o Ms. Priyanka, CBR Education Teacher, Pappankalan community
 - o Ms. Priyanka, Macrame Craft CBR
 - o Mr. Gurudatta Singh Khushwaha, Speech Therapist AIRTC & CBR
- Following staff members resigned during the quarter under report:
 - o Ms. Juhi, Tailor in Emporium ARTC
 - Mr. Inderjeet, Consultant
 - o Ms. Sakshi, Special Educator, AIRTC
 - o Ms. Noorjahan, CBR Education Teacher cum Rehab Worker
 - Ms. Ashu, Special Educator, AIRTC
 - o Ms. Mamta, CBR Co-coordinator

ACCOUNTS

- Internal Audit was conducted for the month of September 2022.
- Income Tax Return for the financial year 2021-2022 was filed by ASRA's Chartered Accountant during the quarter under report
- FCRA Return for the financial year 2021-2022 was filed by ASRA's Chartered Accountant during the quarter under report.

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.

