



2020-2021

# **Annual Report**







AASTHA CHARITABLE & WELFARE SOCIETY

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2020-21

### FOUNDER'S MESSAGE



Strength of an individual marks his path of success. Life is not about making excuses. It is about making choices and stepping ahead. It is not about looking for weakness, but about exploring one's strength.

This was the idea with which I came up with ASTHA with a vision to entail meaning to life of differently able individual in the society. According to World health Organisation above 100 million peoples are with disabilities in India. But unfortunately, we immensely lack the resources to meet the specific need of this huge segment of our society.

Close to two thousands government and non-government organization across the country are working for the causes of disability simply unable to meet the challenges of handling them. Similarly if one individual, household or an agency has a will and means to adopt a disable person and help him or her become a worthwhile unit of society they must come forward and do so. As a much efforts and its part, ASTHA has launched many beneficial programmes for the person with disability, which are and exclusive to the organization.

So, ASTHA is working for the prevention, rehabilitations and social inclusions. We look for the person with disability with their aetiology, bring them to ASTHA rehabilitation centres and we rehabilitate, teach and make them capable and independent. We are working for their social inclusion, equal rights and opportunity in every aspect of their life. On the basis of community based rehabilitation programme, we are also looking for much national and international organization to provide and support the research programme to come with the policy and programme interventions to minimize disability and promote the ability in their disability.

With the collaboration of many organizations, we have worked tremendously with the regular intervention and rehabilitation camp at the door steps. We regularly organize health camps in the rural areas as well as the urban areas. Currently we have collaboration with Bihar-Jharkhand Association of North America (BJANA), New Jersey, USA; Bihar-Jharkhand Medical Association, Manchester, United Kingdom. BJANA- Pravasi Alumni Nisshulk (PRAN) Clinic, USA.

I am thankful and gratitude to our collaboration partners.

Dr. Uma Shankar Sinha Founder, Aastha

### **TESTIMONIALS**



*Dr. Uma* Shankar Sinha by profession is a doctor who treats the patient but for me, he is beyond a doctor who believes in serving the people whom no one really even thinks for them.

As an example people who lives at the bank of canals or drainage. They can't justify to government agencies that they are local and can avail the benefits given by the government. He and his team (**Ashtha Charitable & Welfare Society**) reach those untouched people who need the most help in any crisis. I feel very fortunate to meet him and get connected with his help able to get deliver a couple of projects during the Patna flood and Covid-19. We always hope that those who all are involved in charity get inspired by Dr. *Sinha*.

Dr. Alok Kumar United States of America



My name is Satyendra Kumar and I live in the United States. I am also an alumni of *Netarhat Vidyalaya*, Netarhat, Jharkhand. I came across Dr. Uma Shankar Sinha and *Aastha Charitable & Welfare Society* through our mutual interest of helping our mother land and Covid Patients during the second wave of Covid in India.

We joined hands in trying to help as many patients as possible. Dr Uma Shankar Sinha and Aastha were instrumental in helping a lot of patients who came through me from various channels. He was also instrumental in helping many families of Netarhat Vidyalaya's alumni. Dr Uma and Aastha were also working on setting up a Covid help center and helping underprivileged society by bringing medical care to them. I was thoroughly impressed by the commitment of Dr Uma Shankar Sinha and work done by Aastha organization during this calamity.

Netarhat Old Boys Association (NOBA) rose to occasion and donated funds to Aastha Charitable Trust and Welfare Society by signing a memorandum of understanding. This was done through Netarhat Old Boys Association Global Social Responsibility (GSR) arm of the alumni association. I was just a mere conduit in bringing Aastha and NOBA GSR together during this effort. I do not hold any official position either in NOBA GSR or Aastha. I congratulate Aastha for doing this great humanitarian work and I thank my alumni association members and NOBA GSR for supporting this wonderful cause. I wish both organizations the best in their partnership and continued great work.

Satyendra Kumar United States of America



On behalf of Gandhian Society, I thank Dr. Uma Shankar Sinha for his continued service to the community through his NGO – *Aastha charitable and welfare society*.

We have known Dr. Sinha for over a year now and during the recent second wave of the COVID19 pandemic that hit India hard, we worked very closely with him and his team of dedicated volunteers to serve the needy and poor people in rural and tribal areas of Bihar.

Gandhian society donated several oxygen concentrators that were put to a very good use to save lives of people in villages that were affected by the pandemic and even lacked basic medical services, let alone hospital beds and ICU units. Through the dedicated service of the Aastha volunteers, make shift hospitals were setup to serve these people.

We wish Dr. *Sinha* and his team of dedicated volunteers the very best in all their future projects as they continue to serve humanity.

Bhadra Butala Gandhian Society Grand Patron & Founder New Jersey, USA



#### TO WHOM IT MAY CONCERN.

It is our pleasure to present a testamonial for Dr Uma Shankar Sinha. Dr. Uma Shankar Sinha is running a charity organization, Aastha Charitable and Welfare Society. During the difficult time of Covid pandemic we got the opportunity to connect with him and know him for 1-1/2 years. We were immensely impressed and moved by his dedication for helping less privileged people during this unfortunate period. He is also associated with many charity works, helping flood victims throughout the affected areas and also disabled people, which is his passion.

In conclusion we would highly recommend him. On a personal note, we have been honored to be associated with his efforts to help the poor in Patna and outlying villages of Bihar. We wish him and his team of volunteers all the best.

Sincerely, Drs. Archana and Deepak Naran, Colonia ,New Jersey, USA



PRAN Medical Group was conceived as a philanthropic organization of expat physician (PRAN =  $PRavasi\ Alumni\ Nishulk$ ) to help underserved population in Bihar and Jharkhand state of India.

We joined forces with BJANA at the beginning of India's COVID crisis, thus the name PRAN BJANA Clinics. Through the Covid crisis we were able to provide medical support to few thousand patients and families using virtual care processes. At the time, we were in the lookout for a credible NGO to partner with to meet our values and focus equally aligned. In this process, we became associated with Uma ji's **AASTHA**.

Uma ji not only brought a clinical physical Rehabilitation background to our efforts, but even more importantly a network of committed individuals. We felt very comfortable with their focus on *Jan Sewa* without a consideration for finances.

*Uma* ji was able to mobilize human and logistical resources in Bihar and beyond when needed. I am reminded of his connections reaching out to a young girl in Gorakhpur who was struggling to take care of a very sick father in ICU. His help was available instantly. Additionally he has been able to provide care via his own **Postal Covid Care Centre** in Patna using some of our help. We have channelled medical supplies, oxygen, pulse Oximeter etc through his help.

It has been an excellent partnership. We look forward to more collaboration and congratulate him on a very fruitful year.

**Dr. Dinesh Ranjan**, MD, FACS, FICS Former Chief of Transplant, Professor of Surgery President, International College of Surgeons

### **CONTENTS**

Sl No	Description	Page No
1	Founder Message	3
2	Testimonials	4
3	About the organisation	8
4	Vision & mission	8
5	Covid pandemic and Aastha initiatives	9
6	Covid kit distribution	9
7	Mask donation to Mahavir Arogya Sansthan	11
8	Uncooked food and ration distribution	12
9	Distribution of uncooked food- mission 15 days for 1500 families	12
10	Ration distribution in the slum area & migrant people in Patna urban area	15
11	Changing lives	16
12	Covid-19 update and awareness sessions	16
13	Seminar on role of civil society and non-governmental organisations during Covid	16
14	Success story of <i>Aastha</i> rehabilitation programme	18
15	Events organised by Aastha	21
	5th National Aastha Awards: 2020-21	21
	Smart phone distribution	21
16	Awards & Recognition	23
17	Media coverage	23
18	Aastha team	25
19	Supporting & partner Organisation	25
20	Contact us	26
21	Follow us	26

### ABOUT THE ORGANISATION

**Aastha Charitable & Welfare Society (ACWS)** is a not-for-profit organization established in 2011, registered under 'The National Trust Act, 1999' working for the people who are suffering from Autism, Cerebral Palsy, Mental Retardation & Multiple Disability. ACWS is one of the Bihar's largest multi-specialty Centre for Rehabilitation affiliated to the Ministry of social justice & Empowerment, Govt. of India.

**Aastha** is working for the rehabilitation of the disabled person, disabled children and the geriatric people and manufacturing of artificial limb and orthotics materials. Using the latest technology in instrument and technique, Aastha offers international standards of clinical competence and research. Aastha is running the physiotherapy clinic and occupational therapy, speech therapy for disabled children to skilling the differently abled children. The society adopted the 33 disabled children for rehabilitation and treatment till the date.

Aastha also provides free transport to pick-up and drop for BPL patients irrespective of the distance. Time to time the organisation distributes the orthotic and prosthetic material like artificial limb, caliper's, shoes, caliper's, wheel chair, tricycle and any assisting appliances according to the need of disabled totally free of cost.

### **MISSION & VISION**

With the vision of right based equality for disabled people, *Aastha* mission to create equitable and dignified lives for people with disability.



• Positive contribution toward full and equal rights for person with disability and a good quality of life



- Minimize Disability and Promote Rehabilitation
- Community Based Interventions
- Provide Equal Oppurtunities
- Prosper Disable Free society

### COVID PANDEMIC AND AASTHA INITIATIVES

### **Covid Kit Distribution**

With the outbreak of COVID pandemic across the country, AASTHA come forward and joined hand with the public and government to find the pandemic and save the life. In the series, the COVID safety kits distribution in month of April 2020 is well recognised. On the 8th April 2020 for the prevention of the COVID 19; AASTHA distributed Sanitizer, Gloves, Mask and Soaps the Patna Police, Patna Traffic Police, Patna Nigar Nigam staffs including Vegetable Vendors and the residents of nearby slum areas. The distribution took place mainly in Bailey Road at a stretch of 10-15 kimometers from Dakbangla Road Chowk to Gola Road.

### COVID Kit distribution by Aastha team on Baily Road Patna, Bihar



Among them, the important location where the distribution took place is Aashiyan Road, Jagdeopath, Ashiyana More, Raza Bazaar, IGIMS, Sheikhpura More, Sardar Patel Bhawan, Panchmukhi Hanuman Mandir, Punai Chack, New Secretariat, Hartali More, High Court more, Income tax Golambar, Kotwali Police station, to Dakbangla Chauraha. The AASHTA team also aware the people them about COVID 19 and described the importance of social distancing. This initiative took place in association with the BJANA,

USA. The distribution & Awareness campaign took place under the guidance and supervision of Dr. Uma Shankar Sinha and the AASHTA team members done with full energy and enthusiasm.

Covid Kit distribution by *Aastha* Chairperson and Team members on Bailey Road, Patna





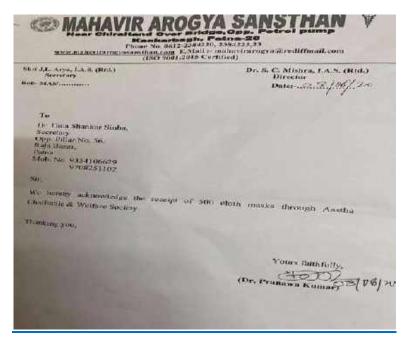
### Mask Donation by Aastha's Chairman to Mahavir Arogya Sansthan, Patna

AASTHA motivated the disabled children to prepare the mask during the COVID pandemic and 1000 handmade Mask by the "Divangjjan" is donated to Mahavir Arogya Santhan, Patna for the Needy Patient.









#### UNCOOKED FOOD AND RATION DISTRIBUTION

### Distribution of uncooked food- mission 15 days for 1500 families

As India is still ranking high on the Global Hunger Index, 94 out of 107 counties globally, the initiative was profoundly revamp the motive to provide food to all. The raised concern in the pretext was the daunting situation amid nationwide lockdown in March-May 2020 due to COVID-19 pandemic. The life had come at halt for marginalised and vulnerable people including informal worker, daily wage workers and those living in slum localities along the scattered settlements on the periphery of the urban areas.

### Uncooked Food Distribution by Aastha, Patna and BJANA, USA



As many had lost their daily earnings and are poor were at the verge of running empty stomach, AASTHA come forward to provide them uncooked ration for 1500 hundred families within the 15 days between 22 May, 2020 and 18 June, 2020. For this cause, BJANA, USA supported AASTHA and worked jointly during those periods.

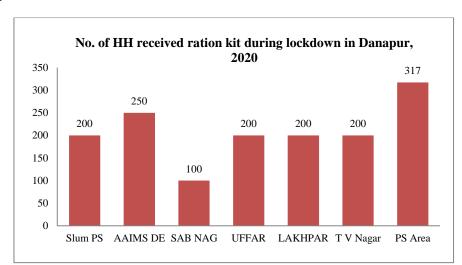


Figure: Uncooked ration distributed in slum localities in Patna urban area

Note: PS- Patliputra station, SAB NAG- Sabri Nagar, TV- Teslal Verma

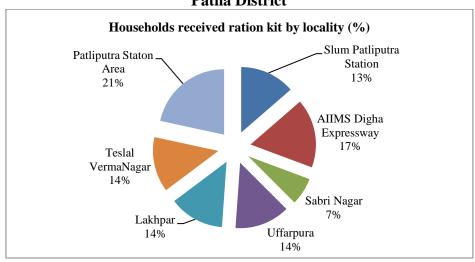


### Monitoring and Supervision of Ration distribution by AASTHA Team

The ration was provided for one month to each of the families under this initiative across the mohalla and slum areas in Patna town.

- At the 1<sup>st</sup> day uncooked food distribution at Sabri Nagar, Khaleelpura Slum area Patna.
- 2nd Day Uncooked food distribution at Sabazpura, Khaleelpura Slum area Patna has been completed to the 150 needy families.
- 4th Day Uncooked food distribution at Khagaul, near kaali mandir, besides nahar (Slum area) of Patna has been completed to the 200 needy families.
- 5th Day Uncooked food distribution at the slum area of Teshlal Verma nagar near the Patliputra Railway Station, Patna (Bihar) has been completed to the 300 needy families.
- 6<sup>th</sup> day ration distributed in the slums near Patliputra Railway Station, Patna has been completed to the 250 needy families.

Figure: Share of Households received uncooked ration in designated slums of Patna District



### Photograph of Ration Distribution at AIIMS Digha Express Way





### Ration distribution in the slum area & migrant people in Patna urban area

In July 2020, The Aashta Charitable and Welfare Society with support from the Bihar Jharkhand Medical Association, UK distributed uncooked food (Ration) to 250 needy families in the slum areas along the AIIMS Digha Express Way, Patna (Bihar). This initiative of distributing ration was held under "Ab Bhukha Na Soyega Patna" the provoked need of the poor families living in the slum areas at the margin of the life.







### **CHANGING LIVES**

This Changing Lives initiatives of ACWS is focused on the holistic development of under privileged people especially children living in slums, nearby slums, streets, on the pavements in Patna urban areas. In the changing lives, ACWS regularly focus on those children well-being including their education and health needs. For their education ACWS always plays active roles for their education until they don't go to school. In the series, Aastha organised Health camp in Rupaspur and slums at Khagaul, Patna. More than 60 children got proper health & fitness checkups those lives in street and slum area.



COVID-19 Updates by BJANA, USA and Aastha, Bihar

### **COVID-19 Update and Awareness Sessions**

With the rapid spreading Covid-19 pandemic across the globe, the bilateral cooperation and commitment to fight it jointly and save the life of people, AASTHA in collaboration with BJANA, USA initiated the live question-answer session pertaining to COVID-19 and related issues during first week of May, 2020. During the session team of doctors, non-governmental organisation and non-resident Indian especially who are settled in America come forward to spread the awareness and share the information and updates about this emerged pandemic and discussed in details about the prevention measures. During these sessions, AASTHA chairman including others informed the people about the ongoing relief works in different districts of Patna, Sitamarhi, Jehanabad, Ranchi and Jamshedpur etc.

## <u>Seminar on Role of Civil Society and Non-Governmental Organisations during COVID-19</u>

Aastha Charitable and Welfare Society in collaboration with National trust organised a seminar on role of national trust organisations during COVID pandemic on 16 May 2020 which lasted over 2 hours. The chief guests of this program were Dr. Shivaji Kumar,

State Disability Commissioner, Government of Bihar, and U K Shukla, Program Director, National Trust, Government of India, and Anand Kumar, Director of Super 30 as the special guest participated in the seminar. In this program, about 200 participants including the registered organization, Divyangs, their family members and members of the national trusts were present and contributed actively.

### Guest lecture by Anand Kumar, Super 30, Patna



Chief Guest mentioned that Bihar government is doing fabulous job during the time and pandemics and with the coordination with various departments completing the work related to the disabled. Program Director U K Shukla talked about the cooperation for the Divyang in this hour of in recovering from this disaster. Anand Kumar discussed the need for the holistic development of the Divyang. He added that work for Divyang is a great service, and talked about his cooperation in future also. Dr. Uma Shankar Sinha, who was presiding over the program which lasted for about 2 hours, said that in this hour of disaster, we all should try our level best to help the Divyangs.

Through this changing lives initiative of the ACWS, those children received proper healthcare and fitness. They started to go to school. This has also been done through the Rehabilitation and primary education children has started going to school.

### SUCCESS STORY OF AASTHA REHABILITATION PROGRAMME

### Roushan Kumar having Mental Retardation

Roushan Kumar is 6.5 years old boy, born on 31st August 2011. His father's name is Manish Kumar working as a carpenter and mother is house wife. They are staying at Shiv colony, Raja bazar near mother's academy, Patna. Their family income is approx. 6200 Rs per month. Roushan born with normal delivery at hospital, but gradually his father noticed that he is not behaving like the other children. Roushan was not able to understand the command, sit, speaks and eye to eye contact. When he became 2 years old they consulted with neuropsychiatric, physician and other doctors for the treatment, they diagnosed him Mental Retardation. After one year of the treatment, he doesn't recover then he visited at Aastha rehabilitation centre for the treatment.





Aastha did the proper assessment and made the plan of treatment like physiotherapy, occupational therapy, speech therapy and special education etc. Now within 2 years of therapy Roushan has improved as much he can understand the command, communicate with any one, eye contact, behavioural problem and can walk with the support.

Roushan parents expressed heartily thanks to Aastha for the continuous treatment on free of cost. He is in **Disha Cum Vikaas Scheme** of the National Trust Now he is going school happily.

### Prachi Priyam with Hydrocephalus

Prachi Priyam born on 11th September 2009 is a 9 years old girl whose father's name is Sanjay Kumar Gupta. He lives at Salimpur Ahra, Kadamkuan, Patna and he is a business man has a own book shop. He born with full time normal delivery but his head was large as compare to normal child. He has diagnosed hydrocephalus with spina bifida. It's a congenital disease his all four limbs have developed contracture. His father consulted with neurosurgeon, neurosurgeon recommended surgery of the spina bifida but only 10% chance of recovery and lots of money is required for the surgery. Her parents were not able to effort that amount of money then he started the homeopathic treatment due to money problem.





Any how their parents came to know about the Aastha rehabilitation centre and visited there for the treatment. Our physiotherapist started treatment and releases the contracture of muscle and started the ADL training. After 15 months of treatment, she is able to sit on the wheel chair and can do her activity of daily living with very minimal support and she can stand with the minimal support. Aastha is the ray of hope for their family. She is in the **Disha Cum Vikaas Scheme** of the National Trust

### Kiran kumari with Disability

Kiran kumari is two years old baby, staying at Dhanaut, Rupaspur, Patna with parent in small hut. Her mother is house wife and father is auto driver. Their family income is very less near about 5000 Rs per month. She has born in the government hospital with normal delivery. When she was one year old she doesn't walk, talk, interact with family members, even she doesn't identify her parents. One day our community mobilizer visited in the community for the survey of disabled children after that one community member informed us about the Kiran Kumari and her disability, our team visited at her home and talked with mother. At first, she was denying about her baby and her problem but after introduction of our team she accepted her problem and finally convinced to come at our centre for the service. We provided the all treatment free of cost.



After counselling of her parent, she is coming at ASTHA rehabilitation centre for the therapy and special education. Within one year of therapy her motor function has improved so that she can stand independently and walk with minimal support. She starts communication with her parent with gesture and simple words like papa, mama etc. To see the recovery of kiran her parent is very glad and acceptance of disabled child in the community has been increased. Really ASTHA is the blessing for the underprivileged children with disability. She is in the **Disha Cum Vikaas Scheme** of the National Trust

### **EVENTS ORGANISED BY AASTHA**

### 5th National Aastha Awards: 2020-21

National Aastha Awards are felicitating the people who brought laurels and achievement in the society for the Differently Able and the person in special needs since 2016. The award is given in all 10 categories namely- Best individual achiever in Arts Category for PwDs (includes Singing, Dancing, Fine arts), Best individual achiever in Sports Category for PwDs, Best NGO working for the upliftment of PwDs, Best Professional working in the field of different disability categories, Best Social Worker for raising awareness for disabilities and changing lives of PwDs, Role Model PwD Male, Role Model PwD Female, Best Parent of PwDs, Best mentor for guiding counselling PwDs, Aastha Life Time Achievement Award.





### **Smart phone distribution**

On the occasion of closing ceremony of World Diasability day on 31<sup>st</sup> January 2021, Aastha Charitable & Welfare Society felicitated Divyangjan and distribution Smartphone to disabled people and poor children. 50 Smart phone has been distributed to Divyangjan for their online classes in the 5th National Aastha Awards, coordination meeting with the organisations, Social worker and professionals organised by Aastha Charitable, SNAC Bihar, The National Trust, DEPWD, MSJE, Govt. of India. AASTHA is heartily thankful to the The National Trust for providing the Smart Phone.





### Society distributes smartpho among 'divyang' children

OUR CORRESPONDENT

PATNA: The disyang children coscognized from national disability were provided smartphones or Sunday at an event organized on the occasion of World Disability Day here in the state capital on Sunday filter smartphones who the phene to attend virtual child the smartphones who help them to attend virtual child the State Commissioner of Disability Dr Shirdi Kumar as chief guest and Dr Rangit Kumar. Director at the clasing coremony of World Disability Day organized by Astha Charitable and Welfare Society (SNAC, Billiau, National Trint. Department of Disability Empowerment. Ministry of Social Justice and Empowerment, Government of Indial, appreciated the works of Assha Charitable and Welfare Society Sunday. De Shirji Kumar said that the state government is werking with disabilities.

Therefore, many state level programmes are also being run for them. He said that those people also come from our thousand the said that those people also come from our the property of Education Department, Dr. Randit Komer soid that the way the work is being done for the differently abled people in Bitan, in such a situation, we will wish that the disability will change to efficiency. He said that the work which we people apend a let of time in bearings. Divying people do the same in a very short time. In fact,

God has given them divine parts. Nevertheless, all of us should work for them by taking out 3 - 4 days in a month. The control of the control of the control of the Continuous National Trust, demanded the government to arrange rehabilitation for the disabled on the lines of All-M. In Blinn: He said that it is said that there is no rehabilitation system for the disabled in Blinn: It is very important for them to have a system of rehabilitation. The government needs to work in this direction, he added.









### **AWARDS & RECOGNITION**





### **MEDIA COVERAGE**

**Aastha Charitable and Welfare Society** hard and dedicated work and recognition has been widely appreciated and noticed. Most have been covered and printed widely in the local and national news papers. In the line, we are providing glimpse of some of those print media snap shot has been provided here.





### उमाशंकर और शम्स आलम शेख बिहार गौरव सम्मान से नवाजे गये

संख्या पर १४५ विश्योग खिलाड्डी सम्यानित



কুলে লোকি (নানত), নানা কুলা (নানা নানা কুলা (নানা), কুলা), কুলা (নানা), কুলা (নানা), কুলা (নানা), কুলা (নানা), কুলা (নান

### दिव्यांगजनों के लिए तत्परता से कार्य कर रही राज्य सरकार : डॉ. शिवजी

नेप्रमत डिसेबिनिटी से विदित दिसम् बच्चे वो देश स्वास्त्रदे छेन

क्षमंद्रका हिए यहा रिकार के किए करते हैं कर है हैं है। उन्हें बन्तर है कि राज भी पंतर् स हो है कि भी रह



विस्तात तम् है किसे कुछ रे बारे भी कात के देश किया है. जो या कियों में कि पूर्वत से अवकार कुछ कर से सामान्त से रंग वं ताम रिटेन हे जिस है की इस बाति है जान वं से मारत र वं को बाद ताम है हो है desir step) it ga until more installers of all for more a true (stiffed a sour for a seed for at 1 कर विकेश हैं के बर्ग के वें के वें के के के के किया कर किया किया कर के बें किया रखा है और रखा है और रखे हैं है . हे को अभीत मानने कर के हैं को के ने के के किया है जिस है है जा किया की में है जा कर की है और कुछ है कि उ क्षेत्रमानकोशीकः जेवीक्षेत्रमात्रके स्वरेविकासीकेम सुर्वास्त्रकेशकः हरें ने उन्हें देश नेकारों ने बर्ज की जावांका तेना ने तैया ने इस के किया करते हैं देश पर ही लिए कुमा पीन संस्था जाने हैं।

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तियों से प्रेत्य वर्षी या संस्त

### Society distributes smartpho among 'divyang' children

DEBLODBUS POSSION

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### **Contact Us:**

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