



ASTHA

# **ASTHA Annual Report 2019-2020**

## About ASTHA

**ASTHA** is one of the few cross-disability organizations working actively with children and persons with disabilities in urban slums and resettlement colonies in Delhi, India for the last 27 years.

**Our Vision:** To work towards an inclusive society where children and people with disabilities are respected and valued.

ASTHA has focused on strategies of community development and the inclusion of children with disabilities through the model of Community Based Rehabilitation (CBR). Strengthening and capacity building of



Over the last twenty-seven years, ASTHA has been able to accomplish several milestones:

- It has reached out to over 27,000 persons with disabilities and their families
- National Disability Helpline has reached out with information to approximately 18,000 families in all states of the country
- Conducted over 700 workshops and over 65 research studies nationally
- Enabled more than 300 children with disabilities to receive education



Over these years, ASTHA has worked in States such as Odisha, Haryana, Rajasthan and Uttar Pradesh for research as well as field projects. The thrust area of ASTHA has been inclusion of people with disabilities.

With the announcement of the lockdown in March, all the centres of ASTHA were closed. But that does not mean a break from learning. ASTHA has provided various TLM to each child for Homeactivities to engage them in the teaching learning process via phone, WhatsApp etc. Children are regularly assessed by community workers through parents. Community workers communicated to parents as an engagement tool. The ASTHA team has taken over the responsibility of calling a certain number of children. They keep in touch with the families and check in with them regarding food, medicines, other needs and also track the child's education and other aspects. Each member is calling the families twice a week, depending on the need. Sometimes families are calling them too- when they face some challenges.

## Highlights of activities for the year 2019-2020

This year we were able to work with around 1000 children through our 5 projects in Delhi, UP, Haryana. Our National trust disability helpline reached out to children and children and persons with disabilities with information dissemination.

Work done through our projects on

- Inclusive Education
- Early Childhood Care and Development
- Life skill Program
- Research and Publication
- Information Dissemination
- Community based rehabilitation

### Activities

- **Inclusive creative session for children with disability:** This session made the children work together, learn together and support each other during these art activities. It enhanced their imagination ability as it made them think about various things which they are not used to do in their house and community



- **Assessments of children**

The assessment was conducted in presence of family members with a motive of enabling them to work with their child at home to achieve the goal set during the assessment





- **Working with the children with disabilities through a center-based approach and even a home-based approach (providing all forms of support to them):** children have started coming to our centers for regular also children with severe disability are also catered through a home-based approach and center based as well, aiming to make them to access the center more in the coming future. Inputs of the therapist as well as educational, speech, vision and reading programs inputs are provided to the children. Combining all the goals of all the assessment making the one goal/points to work for our children



- **Hospital visits**

Hospital visits were done for assessment and certification. Also visits were made for medication of children.

- Home visits : Home visits were made for many reasons ; meeting with parents, follow up of children, for information dissemination etc



- Nutrition Day: This activity has been done in coordination of Parents. They were encouraged to prepare the meal and give their own suggestions. Later they themselves informed other parents about the process of preparing it and then its nutritional benefits were discussed. These days help our team to encourage parents on providing nutritious diet to their children.



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- Gorakhpur Visit : Team ASTHA visited Gorakhpur 3 times to work with Children affected Japanese Encephalitis. The focus of this visit was to do assessment and was given plan according to the need of children. Parents meetings were organized. Meeting with the organizations were also done.
- Visit to Salam Balak Trust: SBT shared about the difficulty they face in communicating with some of the non verbal children. Visited the centre and done the assessment of children. Guidance given by special consultants in this regard. We guided them to enroll children with disability in government or mainstream schools



➤ Networking and Advocacy

- ASTHA is a part of Neenv Delhi Forces Which is a network of 42 NGO working with young children
- Part of Right to education Forum
- Part of Disability Rights Group



➤ **Parents Training:** Parents training were done on Toileting, Lifting and carrying, Nutrition etc



➤ Exposure visits: Children learned about various concepts of science and experienced various textures, games, etc. Children were regularly interacted during the visit to enhance their learning experience. Children also enjoyed at the dinosaur exhibition and had a good learning experience.



➤ **School visits**

School visits were done for admissions, follow ups, meeting with teachers, special educators, accessibility features of schools, class rooms etc

➤ **Exposure visits of Parents :** In this exposure visit our aim was to make mothers come out from the stigma, interaction with other parents , feel comfortable and share each one's experience.

➤ **Staff Capacity Building**

ASTHA has been provided series of inhouse trainings on lifting and carrying, early childhood care and development and Alternative and augmentative communication for the staff. ASTHA also gives opportunities to staff to attend training opportunities from other institutions to enhance their skills and knowledge.



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Sr. No.	Name of training	No. Days/Sessions	Training By
1.	Cortical Vision Impairment and (CVI) and Low Vision	3 sessions	Supriya Das
2.	ECCD Training Planning	2 sessions	Abha Ranjan
3.	CP (Cerebral Palsy)	5 Sessions	Sudha Vohra
4.	Training on AAC	2 Days	Ms. Rajul Padmanabhan
5.	Cancer Awareness workshop	1 session	CAN Support
6.	Leadership Training	3 days session	APPI
7.	Training on Deaf-blindness	6 days session	;NAB



➤ **Celebrations:** Children were given equal opportunities to participate in various games and games were designed keeping in mind inclusion of all children. These activities



also focused on various developmental domains. Few parents also participated in Rangoli making and they were rewarded for their participation. It was a fun and learning experience for all.



### **Nutrition Garden**

Nutrition Garden is concept of planting various vegetables at residence of children coming to ASTHA. Through this initiative community staff identify families having a suitable location for planting. In the month of November childrens' were identified from our centre and three kinds of vegetables i.e. Radish, Onion and Spinach were planted on their terrace. The families were involved in the whole plantation process and they were taught about how to care and grow the vegetables. This initiative will support families in availing Organic vegetables at no cost



### **Work for Accessibility for school going children:**

We have seen few children with this needs, we took the suggestions of our experts and worked on it. One child's accessibility work was done.





The family and the child is happy with the adaptations. The child learnt to be independent and move around without seeking help or waiting for anyone to help.

## Work with children comes under National Trust Disabilities -2019-2020

As we are working with children with multiple disabilities, in the year 2019-20 we have reached out to around 500 children and families with our services. Out of which there are 2 children who comes under the 4 disability heads under National Trust like Cerebral Palsy, Multiple disabilities, autism and Mental Retardation. We try to include every child in every activity.

### Activities with the children

- Working with the children with disabilities through centre based and home based approach and provide all necessary support required

Individual sessions : Individual sessions are conducted with individual needs of the children . These sessions are done with children with high support need, these session helps in focused work with children and achieve the required objectives.



- Group sessions



- Inclusive creative sessions: Organising Creative sessions with the children to enhance their learning ability and making learning more fun- filled and interactive



- Functional and Educational Assessments
- Therapies





- Parents meetings: to create awareness about disability, education



- Home visits: Home visits were done to follow up of work and provide information to the family



- **Hospital visits** : Hospital visits were done for certifications, medication etc
- **Aids and appliances** : provide required aids and appliances for children as per their need
- **Exposure visits**: The exposure visits are aimed at enhancing the awareness of the children about their surroundings and making learning a fun- filled activity. Children with severe disabilities are part of the exposure visit.
- **Nutrition Days**
- **Work with Anganwadis** : The team members work very closely with Anganwadis to monitor and support the Anganwadi staff who also work with infants and young children with disabilities who are enrolled at the Anganwadi centre
- **School visits: Supporting children** with disabilities who are
  - of already in school, enrolment of new children,
- **Accessibility** : working with accessibility of their home, school etc
- **Session with children with learning disabilities**: ASTHA works in collaboration with the Orkid organisation in order to provide remedial session to children. The main focus these session remains on working on the fine motor skills of children and to develop reading and writing skills in children with disabilities
- **Celebrations**: this is an opportunity where children can show off their abilities/interest in acting, dance, music and art etc



- **Life-skill Sessions**





