

ASHRAYA

ACTIVITY REPORT

2025-2026



ASHRAYA – MISSION

Ashraya is a Registered Charitable Trust commenced its Residential Rehabilitation activities in the year 2000 for Girl Children with Neuro Developmental Disorders such as Autism, Cerebral Palsy, Mental Retardation & Multiple Disabilities, hailing from Economically, Educationally & Socially backward communities. Ashraya's mission is to mould each challenged child into a self reliant and dignified individual with a will to successfully face the problems and challenges caused by their disabilities.

Ashraya provides full of opportunities to its differently abled daughters affected with Neuro Developmental Disorders such as Mental Retardation, Cerebral Palsy, Autism and Multiple Disabilities, that helps them to overcome the limitations, train them to be independent and enable them to become a productive member of the society as any normal children of their age.

ASHRAYA- ACTIVITIES

Ashraya extends the following comprehensive Rehabilitation Services to its Intellectually Challenged children.

- i) Special Education for the Intellectually challenged children to develop their Functional Academic Skills.
- ii) Speech and Sound Therapy which includes Mantra Chanting & Classical Music for developing Language and Communication skills.
- iii) Physio-Occupational Therapy and Yoga for the overall Physical & Mental Development.
- iv) Pre-Vocational training for developing the Pre requisite Vocational skills i.e. concentration, eye- hand coordination, fine motor control, time management etc.
- v) Vocational Skill Development / Training Eg : Craft work, tailoring, Embroidery & needle work, cooking, Gardening etc.
- vi) Early Intervention Programme.
- vii) Co-curricular & Recreational facilities.
- viii) Awareness programmes for Parents, Higher secondary & College students, NSS volunteers, NCC cadets, Medical & Nursing students, teachers etc. on causes & prevention of disabilities, rehabilitation & management of disabled persons etc.
- ix) Implementing the Health Insurance Schemes and Programmes brought out by the Ministry of Social Justice & Empowerment, Govt. of India.

ASHRAYA SCHOOLING

Ashraya caters to the Educational needs of challenged children and runs a special school which has a mix of Intellectually Challenged and Physically challenged girl children.



Special Education :

Ashraya provides special care and training to all children with special needs. Individualized Education Programmes are implemented based on individualized assessment and special training is given to children according to their age, capability and nature & severity of disability. Suitable special teaching aids and learning materials etc. are being used based on each child's level of functioning.

No. of Children enrolled in Ashraya.(Break-ups)

Primary I - 3 Primary II - 5 Secondary -2
Pre- Vocational & Vocational - 18

Ashraya teachers are specially trained so that they can effectively handle the children with special needs. Individual attention is given to each child with a view to improve their activities of daily living skills, functional academic skills, vocational skills etc.

VOCATIONAL TRAINING

Vocational skill oriented training is provided to children who are above the age of 14 years, which aims at developing their physical & mental abilities, creative skills, vocational aptitude and interest etc. which are essential for leading an independent life in future.

Tailoring & Embroidery, Cooking & Domestic chores, Craft Work & Painting Gardening etc. are provided at Ashraya.



THERAPEUTIC INTERVENTION

Physio- Occupational therapy is provided to the physically challenged/ spastic inmates by a qualified therapist for improving their gross & fine motor activities and mobility.

Physical exercise and yoga are regularly practiced to improve the general well being. Various equipments for physical exercise are provided for this purpose.

Speech & Sound Therapy : The need for developing proper language and communication skills is important for mentally retarded children, which is necessary for expressing their needs and emotions. Ashraya has introduced chanting of Mantras as one of the techniques for developing language & communication skills.

Regular Mantra chanting and Classical Music sessions help children to improve their memory retention capability. This exercise also enable them to enhance their attention, concentration etc. which is essential for learning academic skills.



EARLY INTERVENTION PROGRAMME

In order to mitigate the degree/severity of disability and improve their residual abilities, children below the age of 6 years with developmental delay are provided special training and care at Ashraya. It aims at reducing the deficits by training children in all activities to promote development and learning new skills which might not occur naturally in children with Neuro Developmental Disorders as compared to normal children.

Parents of such children are guided properly on early intervention. Ashraya's early intervention programme mainly focuses on sensory motor training, sensory stimulation programme, language & communication skill development, pre-academic skill training etc.

CO-CURRICULAR & RECREATIONAL ACTIVITIES

Ashraya gives a lot of importance to Co- curricular & Recreational activities which contribute substantially to children's physical, mental and emotional development. Co- curricular activities such as singing, dancing, drawing, craft work, indoor & outdoor games etc. helps in bringing out the hidden talents and creative skills in children.

Recreational outings are regularly conducted to provide children an opportunity to develop their socialization skills and enjoy their free time meaningfully.

All sorts of indoor & outdoor recreational equipments are available at Ashraya. for the free movement of children.



SENSITIZATION PROGRAMME

For achieving all round development and total rehabilitation of disabled children, acceptance by the society is necessary. Social acceptance of persons with Mental Retardation and Neuro-Developmental disorders depends on how they are perceived by the community. Hence making the community aware of various aspects of disabilities is the need of the day.

Ashraya conducts regular Awareness programmes which encompass Higher Secondary & College students, NSS volunteers, NCC cadets, Medical & Nursing Students, Engineering Professionals, School Teachers, Anganwadi workers, Govt. officials, Parents & Siblings of the Disabled persons etc., on various aspects of disabilities, its Causes, Prevention & Management, various Govt. Schemes & Benefits available for the welfare of Disabled persons etc.

REHABILITATION COUNSELLING

In order to assist the parents and siblings in dealing with their disabled children more effectively counseling is essential. Ashraya provides counseling facilities which aim at helping the parents and siblings to understand and accept their disabled child's needs and also helping them in making management plans appropriate to the capabilities of their disabled child.

Ashraya also provides necessary information and guidance to parents and teachers on availing various Govt. Schemes & Provisions under RCI Act-1992, PwD Act-1995, National Trust Act- 1999, RPWD Act-2016 etc. for the welfare of Disabled persons.



NIRAMAYA HEALTH INSURANCE SCHEME

Ashraya, as a Registered NGO, took up the Niramaya Insurance Scheme of National Trust under Ministry of Social Justice & Empowerment, Govt. of India and could sensitized all NGO's working in the field of disabilities and Parents/guardians of the Intellectually Challenged persons to collect applications from deserving challenged persons.

Ashraya is constantly providing guidance & support to all beneficiaries in submitting their Medical claims and addressing their grievances related to Claim reimbursement & related issues.

Ashraya could contact and Enroll/Renew nearly 5000 beneficiaries to Niramaya Health Insurance Scheme in Kerala State which is the biggest contribution at Ashraya.

For any Claim related query, please contact MediAssist on:
Phone: 040-68213648 / 040-68178569
Toll Free - 1800 572 9792
or visit Website:- <https://mediassisttpa.in>
Your original claim documents should be sent to MediAssist TPA on following address:
Medi Assist Insurance TPA Pvt. Ltd
1st Floor, Block D, Noida Sector 3,
Noida Uttar Pradesh, PIN- 201301
Email: niramaya@mediassist.in

Enrolled By
The National Trust
DEWD, MJD Social Justice & Empowerment, Govt of India
www.nationaltrust.org.in

NIRAMAYA HEALTH CARD

Policy No. N/2128950/48/2027/87
Health ID No. 4061645228
App. ID No. 87793121052016

NAME: Anushka A
FATHER NAME: Aneesh A
DOB: 20-Jan-2009
ADDRESS: Amitham Adirady South Kottukudavu P.O, Kollam, Kerala-690542
POLICY PERIOD: 01-April-2024 TO 31-Mar-2027
RENEWAL DATE: January to February
Registered by: Ashraya

Important Information

1. Enrollment/renewal under the scheme starts by January/February every year. Visit website for updates.
2. Benefit of the scheme can be availed from date of health card to 31st March of the year.
3. Claim documents in original must be submitted within 30 days of treatment to Medi Assist Insurance TPA Pvt. Ltd, 1st Floor, Block D, Noida Sector 3, Noida, UP, PIN-201301. Ph: 040-68213648, Toll Free - 1800 572 9792 or their regional offices.
4. FOR CLAIMS VISIT WEBSITE: <https://mediassisttpa.in/#claim-form>
5. DOWNLOAD CLAIM FORM: <https://mediassisttpa.in/#claim-form>
6. TRACK CLAIM STATUS URL: <https://maven.mediassist.in/>
7. Login: appid@NATIONALTRUST.COM | Password: DDMMYYYY (e.g. 13022001)
8. CLAIM HELPLINE: 040-68213648, 040-68178569, TOLL FREE: 1800 572 9792
9. CLAIM QUERIES/GRIEVANCE: niramaya@mediassist.in
10. ESCALATION OF CLAIM GRIEVANCE: Savita.rawat@mediassist.in (1st level),

NIRAMAYA HEALTH INSURANCE SCHEME

"NIRAMAYA" is an affordable Health Insurance Scheme of National Trust (Ministry of Social Justice & Empowerment, Govt. Of India) for persons with Mental Retardation, Cerebral Palsy, Autism & Multiple Disabilities.

NIRAMAYA SCHEME DESCRIPTION (Read the instructions carefully)

1. Health Insurance cover up to Rs. 1 lakh (One lakh only) per year, on Reimbursement basis only. Treatment can be taken from any Hospital / Govt. hospitals/ Registered Pvt. Hospitals & clinics in India.
2. The validity of Niramaya Health card is only till 31st March every year. Niramaya Policy have to be renewed every year during January & February. After renewal the beneficiaries have to ensure that they'd received the renewed health card from ASHRAYA, KOLLAM/ KERALA (Registered Organization).
3. Enrollment/Renewal is done by the Registered Organisation through online mode and after verification & processing the application / data. Health cards would be issued by the National Trust & concerned Insurance Co. Beneficiaries can avail the Insurance benefits from the date of issue of Health Card only.
4. Application for claim settlement/ reimbursement would be submitted to the Insurance Co.
RAKSHA TPA Pvt.Ltd., 184 PUL COMPLEX, CONNOR SMITH ROAD, GOPALAPURAM, CHENNAI, TAMIL NADU - 600086; Tel No: 044 26358537/ 26358536

within 30 days of completion of treatment (OP, THERAPY bill date & IP discharge date) along with -

- > Original Insurance Claim Form & Bank EFT Form (take copy of attached sheets duly filled & signed by the guardian of the person with disability).
- > Original Treatment Certificate with Prescription / Discharge Summary (in case for IP claim), Original Bill, Investigation Reports etc. duly signed & stamped by the Treating Doctor.
- > Copy of Author, Disability Certificate, Bank passbook, Niramaya card etc. duly signed by the guardian of the person with disability.

[Do not send the Medical Claims to ASHRAYA, Kollam. Ashraya would not be responsible for such act.]

5. Insurance Co. would accept the application for claim settlement from the date of issue of Health card only.

For renewal purpose & clarification/ doubt related to Niramaya Scheme Please contact:
ASHRAYA, PULLIVIL, KULIKOLLUR, PO, KOLLAM, KERALA 691084
Tel: 074- 2728985, 2724719, 9446363650
For clarifications in Tamil Language Contact Mr. P.J. nini - 9751996798, 9843029791

NIRAMAYA BENEFICIARIES CAN AVAIL BENEFITS UP TO RUPEES ONE LAKH (Rs.100000/-) PER YEAR AS PER THE TABLE SHOWN BELOW.

OP Treatment - Rs. 19000/- (per year)	OP treatment including Medicines, Scan/Diagnostic tests etc. - Rs. 15000/- Dental treatment - Rs. 4000/-
Physio/Occupational/Speech Therapy to reduce impact of disability	Rs. 20000/- (per year)
Alternative medicines (Homeo/ Ayurvedic treatment)	Rs. 4000/- (per year)
Transportation (Subsidy Taxi/ Ambulance bill)	Rs.2000/- (per year)
IP Treatment (Hospital/ Admit case /above 24 hours hospitalization is only considered as IP Treatment)	Corrective surgeries for existing disabilities - Rs.40000/- Non-surgical hospitalization - Rs.15000/-
Rs. 55,000/- (per year)	



CONCLUSION

Ashraya believe that each child has an inherent right to develop & participate in life's opportunities and also contribute to the society. The future of the hapless challenged children depends on each one of us. If their limitations are unattended can deter children from obtaining independent living skills, proper education etc., it also in turn keeps them away from all other normal activities in the community/ society.

By keeping the above facts in mind Ashraya provides the much needed care & support to its children and their families to actively participate in all aspect of social life. As a change agent, Ashraya conducts regular sensitization Programmes inorder to change the attitudes of society, remove their misconceptions related to disabilities and make the society aware of various disabilities, its causes & preventive measures, behavior modification & management of the challenged etc.

Ashraya sincerely express its heartfelt Gratitude to all Well wishers and Parents for their kind Cooperation & Support extended through out the year .



