



# ASHTAVAKRA INSTITUTE OF REHABILITATION SCIENCES AND RESEARCH

Approved by Rehabilitation Council of India

5 PSP, Institutional Area, Madhuban Chowk Sector-14(Ext), Rohini, Delhi-110085

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**NOT ME BUT YOU**

## **NSS ANNUAL REPORT (2019-2020)**

Mrs. Anupama Gupta  
NSS Incharge

Ms Sanjana Mittal  
Student Welfare In-Charge/CAO

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## Report on NSS Orientation Program

**Event:** NSS Orientation Program

**Date:** 31<sup>st</sup> July 2019

**Time:** 10:00AM to 12:00PM

**Venue:** Multipurpose Hall, Block-A

**Convenor/In charge:** Mrs. Anupama Gupta (Faculty ASD, Department)

Resource Person: Ms Sanjana Mittal

**No. of Students:** 80

**Purpose of event:** Being an active member the NSS volunteers would have the exposure and experience of social services.

Brief Report of the Event: The NSS Orientation Program was organized by NSS Unit of AIRSR on 31.07.2019 at 10.00 am. at multipurposes Hall, Block -A . Mrs. Anupama Gupta, NSS Incharge, AIRSR, welcomed the gathering. The Medical Director Dr. Anmol Arora and Chief Administration officer and Student Welfare In-Charge Mrs. Sanjana Mittal, AIRSR delivered a brief history of NSS and the importance of NSS team to the society. She also explained about the NSS general activities and special camp activities to all the students. Finally, Mrs. Anupama Gupta concluded the session by a formal vote of thanks. The NSS volunteers arranged the entire programme and the programme was a grand success. There were nearly 200 first year students who took advantage of the programme and

understood about the functioning of NSS. Nearly 20 NSS senior volunteers actively participated in arranging the programme.

### **Objective of the Programme**

1. To understand about NSS Motto.
2. To understand about functioning of NSS.
3. To understand about the important thrust areas where we can work like cleanliness, fitness, gender issues etc.,
4. To understand the community in which they work.
5. To understand themselves in relation to their community



### **Learning Outcome:**

The motto of National Service Scheme is **NOT ME BUT YOU**

Aimed at developing student's personality through community service, NSS is a voluntary association of young people in Colleges and Universities working for a campus-community (esp. Villages) linkage.



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## *Report on Swachhta Pakhwada*

**Event:** Swachhta Pakhwada

**Date:** 4<sup>th</sup> August 2019

**Time:** 10:00AM to 12:00PM

**Venue:** Multipurpose Hall, Block-A

**Convenor/In charge:** Mrs. Anupama Gupta (Faculty ASD, Department)

**No. of Students:** 80

**Purpose of event:** Awareness about eco-friendly





On 4<sup>th</sup> August 2019, All the students and faculty members of the ASD department, including the B.ED and D.ED Special Education ASD of “Ashtavakra Institute of Rehabilitation Sciences & Research” took an Swachhta Pledge in the campus of the Institute as per the guidelines of NSS

The Pledge taking ceremony starts with sharing of ideas and opinions on how to keep the surroundings clean and tidy, along with the importance of a clean and healthy environment.

All the students actively participated and shared their views on the importance of keeping surroundings clean and green.

After a detailed discussion, under the guidance of Mrs Anupama Gupta (Faculty Member of ASD), the whole department recites the oath and the pledge taking ceremony was conducted.



All the participants pledge to take necessary measures and steps to keep our surroundings and Country clean. The ceremony was concluded by Mrs. Anupama Gupta with a vote of thanks.

### **Learning Outcome:**

The Swachhta Pakhwada initiative by NSS was very thought provoking and insightful as it reinstated the importance of a clean environment and motivated all to take necessary steps on an everyday basis to move towards a cleaner and greener tomorrow.



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## *Report on Independence day function*

**Event:** Independence Day

**Date:** 14<sup>th</sup> August 2019

**Time:** 10:00AM to 12:30PM

**Venue:** Multipurpose Hall, Block-A

**Convenor/In charge:** Mrs. Anupama Gupta (Faculty ASD, Department)

**No. of Students:** 180

Purpose of Event: *Enriching ourselves with the feeling of patriotism and significance of freedom*

*On 14 August 2019 entire Ashtavakra special school family celebrated 73<sup>rd</sup> Independence day of our country conducted by the department of ASD. We inaugurated our function by hosting digital flag followed by the speech on the importance of independence day.*





*The hall was beautifully decorated with tricolor balloons and ribbons for this auspicious occasion. School students of different classes performed energetic and glorified group dance, singing on patriotic songs and a wonderful fashion show which took our function to another level. All the school students were guided, trained, and assisted by the students of D.Ed in special education in ASD.*



*All the school students were gifted with chocolates by Mrs. Anupama Gupta (faculty member of ASD dept.). All the students thoroughly enjoyed the function with great enthusiasm. We ended our function with the vote of thanks and best wishes by our deputy director ma'am..*

*Whole show was a great success by the kind efforts of the students of D. Ed in special education in ASD under the guidance of Mrs. Anupama Gupta.*

### **Learning Outcome:**

The celebrations filled the air with patriotism and it was a tribute to the freedom fighters who sacrificed their lives for giving us this freedom.





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## *Report on Environmental day*

**Event:** Environmental Day

**Date:** 21<sup>st</sup> August 2019

**Time:** 10:00AM to 12:00PM

**Venue:** Institute's ground

**Convenor/In charge:** Mrs. Anupama Gupta (Faculty ASD, Department)

**No. of Students:** 80

**Purpose of event:** Awareness about eco-friendly

**Heal the world** - "One touch of nature makes the whole world kin."

— William Shakespeare



Anupama on spreading and creating awareness to protect environment from degrading.



Upon her instructions, the program further followed by students from ASD department planting saplings in the campus. Each student bought one sapling. This event was a success as each student contributed profoundly for this day.



### **Learning Outcome:**

Mrs.Anupama Gupta inspired the students to work collectively for the protection of Earth and emphasised on the need to build a greener world. The objective of celebrating environment day was to make younger generation more sensitive towards environmental protection.





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## *Report on Menstrual Hygiene*

**Event:** Workshop on Menstrual Hygiene

**Date:** 28<sup>th</sup> September 2019

**Time:** 10:00AM to 12:00PM

**Venue:** Multipurpose Hall, Block-A

**Chief Convenor:** Mrs.Sanjana Mittal

**Convenor:** Mrs.Anupama Gupta ,Mrs Madhu Aloria (Faculty ASD,  
Department)

**No. of Students:** 200

**Purpose of event:** Awareness about eco-friendly option

As there is a knowledgeable workshop was held on 28, September 2019 in our institute which conveyed a healthy message to all participants. Speakers made listeners aware about the different harmful effect of plastic which affect our environment very badly.



Firstly, our Director **Dr. ANMOL ARORA** gave a speech regarding how plastic waste was badly affecting our environment. He put up some important aspect of plastic waste which is tremendously affects our environment in large scale and encourages students to spread awareness regarding health and hygiene.



After that we all welcome our chief guest **Dr. KAMAL S SAXENA** She is a mentor of kausekonnnect. She tell us about the remedial that how we control the waste in our environment .She discuss about how to compose the waste which comes from sanitary pads as well as told about that 70 percent of women using sanitary pads which increase the pollution of plastic waste in India .

Kamal S Saxena also aware the Ashtavakra school children about the sanitization and aware the children how they should take care of environment. She introduced the ECO-FRIENDLY sanitary pads which reduce the plastic at some scale in India and make the environment healthy and clean.





Learning outcome:

The Workshop was very useful as the speaker's tell us very useful think like how to dispose the plastic waste in best effective manner so that the pollution which is occurred in our environment will reduce and create a clean and healthy environment.



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## **Report on** Gandhi Jayanti

**Event:** Gandhi Jayanti

**Date:** 27<sup>th</sup> September 2019

**Time:** 01:30PM to 02:30PM

**Venue:** Multipurpose Hall, Block-A

**Convenor/In charge:** Ms. Gangotri (Faculty CP, Department)

**No. of Students:** 180

**Purpose of the Event:** Remembering the leaders and their contribution.

**Objective of the Event:** The day is to commemorate his birth as well as celebrated his life that servers as guiding path for several students

**Report of the Event:** ***“Peace is the most powerful weapon of mankind. It takes more courage to take the blow than to give one”***

Gandhi jayanti was celebrated to commemorate the 150<sup>th</sup> Birth Anniversary of the father of nation Mahatama Gandhi at Ashtvakra Institute of Rehabilitation Sciences and Research. The program began at 1:30pm. with a special tribute to gandhiji. Mrs. Sanjana Mittal, Deputy Director (AIRSR) delivered the motivational and encouraging speech to the students and she also spread the message of endurance, peace, harmony and expressed her gratitude to Gandhiji for giving us the powerful tool of **Non-violence**. Lakshita and Akansha mittal student of DEd.SE.CP (1<sup>ST</sup> Year) compered the whole program. Nishant student of DEd.SE.DB(1<sup>ST</sup> Year) upheld the values of Gandhiji and highlighted the sacrifices he made for the country. The reflection on Gandhiji and his value on peace were given by Akansha Mittal student of DEd.SE.CP (1<sup>ST</sup> Year) and Kirti Singh student of

DEd.SE.CP (1<sup>ST</sup> Year) making their respect by singing “Raghupati Raghav Rajaram...” which aptly matched with the principles of our father of nation. The student from DEd.SE.Cerebral Palsy, Visual Impairment and Deaf blind department also shed the light on Gandhiji invaluable contribution in India’s freedom struggle and how his principles of truth and non-violence are still remembered today. The overall program followed by Certificate distribution ceremony for winners of different events like Poster and Slogan making competition, Speech and Singing competition and Quiz competition. The certificates given by the Dr.Anmol Arora, Medical Director (AIRSR), Mrs. Sanjana Mittal, Deputy Director (AIRSR) and HODs of CB, DB or VI dept. The day ended with a thought in everybody minds that cleanliness is next to godliness and service to mankind is the first step towards reaching it.

### Learning Outcomes:

- Students understand all about the freedom struggle and the role of Mahatama Gandhi in helping us win our *Independence Non-Violently*.
- Students of CP, DB and VI department were given a deep insight into the life times of Mahatama Gandhi and encouraged to think about the sacrifices of our freedom fighter, analyse the importance and understand the value of freedom through the day activities

### Glimpses of the Gandhi Jayanti are:-



### QUIZ COMPETITION



Mrs. Sanjana Mittal, Deputy Director (AIRSR) delivered the motivational and encouraging speech to the students.



Quiz, Singing and Speech Competition Certificates Distribution.

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Overall Event was very interactive and enjoyable.

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## **Report on International Day of People with Disability (IDPWD)**

**Event: International Day of People with Disability (IDPWD)**

**Date:** 3<sup>rd</sup> December 2019

**Time:** 10:30AM to 12:30PM

**Venue:** Assembly Area

**Chief Convenor:** Mrs. Anupama Gupta (Faculty ASD, Department)

**No. of Students:** 100

**Purpose of event:** Encouraging the strength of person with differently abled

On 3<sup>rd</sup> December, the world celebrates **International Day of People with Disability (IDPWD)** and every individual has its own way to honour this day. So, every year on this auspicious day the department of Autism brings up various fun activities for all the students of Ashtavakra School.

This event had a great support by , Mrs. Anupama Gupta and all the students of D.Ed and B.Ed who volunteered for the same.

The programme started at 10:30am and students arrived in the activity area in a group of 5 to 6.

A few volunteers were appointed to bring the students in the activity area and also escort them in their respective classes.

### **Activities:**

**HAND PRINTING:** The first activity, where volunteers applied paint on children's palms. Then the children went to print their hands on the chart paper stuck on the wall. It was beautiful to see different shades of colours with different sizes of handprints alluding to the fact that "each child is uniquely created!"



**SPONGE PAINTING:** In this, the students were enjoying dipping their bare hands in the bucket/tub filled with coloured water, containing a sponge. The next step was to take out that sponge from that same bucket and to gently throw it on the chart paper on the wall.



**HIT THE TARGET:** The volunteers made a pyramid of paper glasses for this play. The students had a ball in their hands and the volunteers explained the children to

aim for the glasses. The students tried to target the glasses and seemed to enjoy the activity

**BALLOON PAINTING:** This activity dealt with a little collection of inflated balloons dipped in various painting colours. In this, the students were holding the balloons and dabbing on the given sheets with various drawings and shapes to have colourful pictures.



**THUMB PAINTING:** In this activity, the volunteers painted the thumb of the students with their desired colours. Now the students were to print their thumbs on the given sheets and colour the drawing on their sheets with colourful thumb painting.

**SENSORY ACTIVITY:** It was a sensory play where students took a walk in the water (below the knee-level) which had marbles in it.



**Learning outcome:**

The Strategy's focuses on better inclusion for people with disability and seeks to create a society that enables people with disability to fulfill their potential as equal citizens.





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## *Report on* World Autism Awareness Day

**Event:** World Autism Awareness Day

**Date:** 2nd April 2020

**Time:** 10:00AM to 12:00PM

**Venue:** In Virtual Mode

**Convenor/In charge:** :- Mrs. Madhu Bala (Faculty ASD, Department)

**CO-Convener** ) Mrs. Anupama Gupta, Ms. Swati Kaushik

Participation :- Students of D.ED , B.ED (ASD)

**No. of Students:** 80

**Purpose of event:** Being an active member the NSS volunteers would have the exposure and experience of social services.

### **Learning Objectives**

- 1) To aware Community about the World Autism Awareness Day.
- 2) Our objective is to support each individual of ASD to access and develop educational, vocational, social and recreational opportunities.
- 3) We also aim to grow the awareness and understanding with in our community and society generally of the unique challenges faced by individuals within the

Autism Spectrum Disorder (ASD). 4) Our mission is to promote a sustainable national system of community accessible programs offering state of the art comprehensive and co-ordinate medical care for all children and adolescents with Autism Spectrum Disorder (ASD) and to develop evidence and support the improvement of medical care for these children and their families.



### Learning Outcome

- All Students, Faculties have taken the pledge whole heartedly for the help of the ASD persons.
- All Students, Faculties taken pledge that they preserve the security of the ASD persons.
- All Students, Faculties came forward to ensure and convey this message to all citizens of the established perfect society for the help of ASD persons.
- This campaign done virtually as Pandemic of Covid 19 did not allow to do Physically, All the students have took participated with great Zeal. ASD Department tried to full fill the aim of Awareness Campaigning.



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## ***Report on Fighting against Covid-19***

**Event:** Fighting against Covid-19

**Date:** 13<sup>th</sup> May-15<sup>th</sup> May 2020

**Time:** 3 Days

**Convenor/In charge:** Ms Anupama Gupta (Faculty ASD, Department)

**No. of Students:** 40

**Purpose of the Event** create awareness and safety in society in midst of Pandemic Covid- 19..

**Objective of the Event:** This is a long war and NSS volunteers are advised to take all precautions during COVID-19 pandemic and help in ways possible and brain storm activities to be taken up after the lock down period is over and post COVID

**Purpose of event:** *“We’re all in this together”*

Ashtavakra Institute of Rehabilitation, Sciences and Research, Rohini decided to create awareness and safety in society in midst of Pandemic Covid- 19.

Students participated with great zeal and enthusiasm. The event was started with an influential speech by Mrs.Madhubala Aloria and Mrs.Anupama Gupta through social media on prevention of corona virus.

This is a long war with virus and students can help others by anticipating in contrastive activities.

# Stay Home



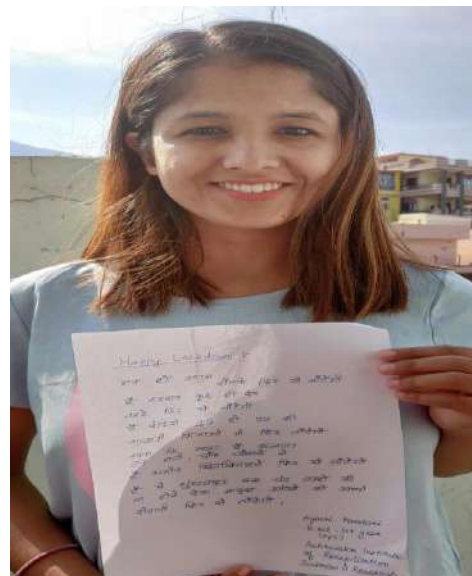
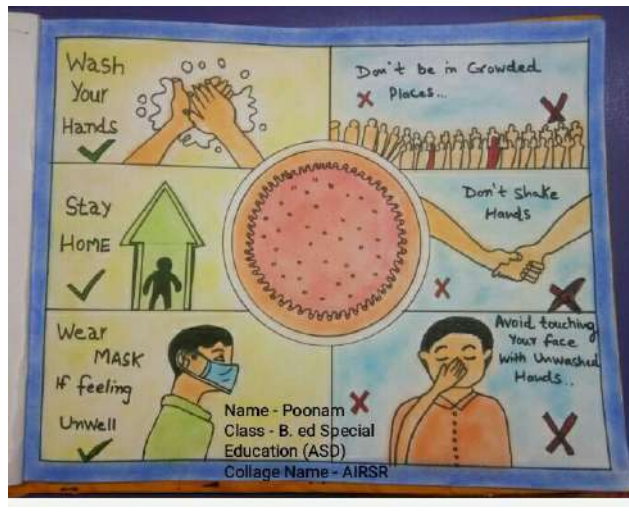
# Stay Safe



To download and connect with Arogya Setu app and encourage other also to get connected with the app as it will be helpful for everyone to stay secured in their premises.

Poster has been made by students on the theme of social distancing, using of mask and practicing hygiene. Simple instructional video has been recorded for making hand sanitizer at home

Really appreciated to all our students to play their effective role as NSS volunteers





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## *Report on World Environment Day*

**Event:** World Environment Day

**Date :** 5<sup>th</sup> June 2020

**Time:** 9:00 A.M.-5:00P.M.

**Venue:** Their Respective Homes

**Convenor/In charge:** Ms. Anupama Gupta(Faculty ASD, Department)

**No. of Students:** 30

**Purpose of the Event:** our nature is of utmost priority and should be taken care of

**Objective of the Event:** This activity aimed to raise awareness about the Global Environment and how we can safeguard our mother nature.

**Purpose of event:** we should protect the environment for our current and future generations.

World Environment Day (5<sup>th</sup> June 2020)

On the occasion of World Environment Day, celebrated on 5th June, Ashtavakra Institute of Rehabilitation, Sciences, and Research organized a Poster making event.

This activity aimed to raise awareness about the Global Environment and how we can safeguard our mother nature.



Students of B.Ed (Autism Spectrum Disorder), who have volunteered for NSS participated in this activity with full enthusiasm and showed utmost dedication. Due to the current scenario of Covid-19, our students maintained proper social distancing measures by taking part in this event from their home.

The online event began with an informative speech about the environment by Mrs. Anupama Gupta. They highlighted the importance of this special day and informed the students how we should protect the environment for our current and future generations.

### **Learning Outcome**

Students made creative, yet informational posters and videos expressing their views about World Environment Day. They also shared their thoughts on how we can avoid further damage to the environment and how the Covid-19 situation has proved that our nature is of utmost priority and should be taken care of

