



Ashtavakra Institute of Rehabilitation Sciences & Research

Formerly Special Art School

App. by Rehabilitation Council of India, Ministry of Social Justice & Empowerment, Govt. of India
Affiliated to GURU GOBIND SINGH INDRAPRASTHA UNIVERSITY

Ref. No.: AIRSR/2017-18/ 1601

Date: 19/06/2017

Circular

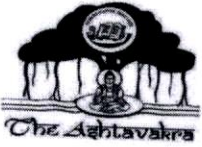
Students are hereby informed to participate actively in International Yoga Day to be held on 21.06.2017. All the students will assemble in Mini purpose Hall at 10:00 AM.

Sanjana Mittal
19/6/17

Mrs. Sanjana Mittal
(Head Students Welfare)

Copy to:

1. Director
2. Dean Academic
3. HOD – ASD/HI/ID/BASLP
4. Students welfare



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Ref. No. AKSR/2017-18/1608

Dated 29/6/2017

LIST OF PARTICIPANTS			
S.N	STUDENT NAME	ADMISSION NO.	Course
1.	REKHA	B.ED/SER/MR/17-19/107	B-ED SE (ID)
2.	APRAJITA ONIAL	B.ED/SER/MR/17-19/108	B-ED SE (ID)
3.	SARIKA DAS	B.ED/SER/MR/17-19/109	B-ED SE (ID)
4.	AMRITA MAKAN	B.ED/SER/MR/17-19/110	B-ED SE (ID)
5.	NIHARIKA SHARMA	B.ED/SER/MR/17-19/111	B-ED SE (ID)
6.	MAHIMA CHANDEL	B.ED/SER/MR/17-19/112	B-ED SE (ID)
7.	NAHID PARVEEN	B.ED/SER/MR/17-19/113	B-ED SE (ID)
8.	PRIYANKA MISHRA	B.ED/SER/MR/17-19/114	B-ED SE (ID)
9.	BHARTI BANSAL	B.ED/SER/MR/17-19/115	B-ED SE (ID)
10.	GARIMA MALHOTRA	B.ED/SER/MR/17-19/116	B-ED SE (ID)
11.	GARIMA SIWACH	B.ED/SER/MR/17-19/117	B-ED SE (ID)
12.	MANISHA ANOTRE	B.ED/SER/MR/17-19/118	B-ED SE (ID)
13.	EESHA SABHARWAL	B.ED/SER/MR/17-19/119	B-ED SE (ID)
14.	ARUN DRALL	B.ED/SER/MR/17-19/120	B-ED SE (ID)
15.	PREETI	B.ED/SER/MR/17-19/121	B-ED SE (ID)
16.	DOLLY CHOUDHARY	B.ED/SER/MR/17-19/122	B-ED SE (ID)
17.	PRIYA	B.ED/SER/MR/17-19/123	B-ED SE (ID)
18.	VANDANA SHARMA	B.ED/SER/MR/17-19/124	B-ED SE (ID)
19.	PRATIBHA PANDEY	B.ED/SER/MR/17-19/125	B-ED SE (ID)
20.	SUBHASHREE NAYAK	B.ED/SER/MR/17-19/126	B-ED SE (ID)
21.	NISHTHA SHARMA	B.ED/SER/MR/17-19/127	B-ED SE (ID)
22.	HASREEN BEGUM	B.ED/SER/MR/17-19/128	B-ED SE (ID)

23.	KANIKA ARORA	B.ED/SER/HI/17-19/100	B-ED SE (HI)
24.	SHIKHA DIXIT	B.ED/SER/HI/17-19/101	B-ED SE (HI)
25.	NEHA MISHRA	B.ED/SER/HI/17-19/102	B-ED SE (HI)
26.	PREETI	B.ED/SER/HI/17-19/103	B-ED SE (HI)
27.	KIRAN KUMARI	B.ED/SER/HI/17-19/104	B-ED SE (HI)
28.	ANURADHA	B.ED/SER/HI/17-19/105	B-ED SE (HI)
29.	NEHA KAUSHIK	B.ED/SER/HI/17-19/106	B-ED SE (HI)
30.	SHWETA PAL	B.ED/SER/HI/17-19/107	B-ED SE (HI)
31.	JYOTI CHOUDHARY	B.ED/SER/ASD/17-19/024	B-ED SE (ASD)
32.	KOMAL DUA	B.ED/SER/ASD/17-19/025	B-ED SE (ASD)
33.	HIMANSHI	B.ED/SER/ASD/17-19/026	B-ED SE (ASD)
34.	AKANSHA	B.ED/SER/ASD/17-19/027	B-ED SE (ASD)
35.	MONIKA MALIK	B.ED/SER/ASD/17-19/028	B-ED SE (ASD)
36.	RAJESH KUMAR	B.ED/SER/ASD/17-19/029	B-ED SE (ASD)
37.	PRAGYA	B.ED/SER/ASD/17-19/030	B-ED SE (ASD)
38.	PRATIBHA VERMA	B.ED/SER/ASD/17-19/031	B-ED SE (ASD)
39.	SWATI KAUSHIK	B.ED/SER/ASD/17-19/032	B-ED SE (ASD)
40.	PREETI GOYAL	B.ED/SER/ASD/17-19/033	B-ED SE (ASD)
41.	PREETY	B.ED/SER/ASD/17-19/034	B-ED SE (ASD)
42.	KIRTI SHARMA	B.ED/SER/ASD/17-19/035	B-ED SE (ASD)
43.	GEETA	B.ED/SER/ASD/17-19/036	B-ED SE (ASD)
44.	SUMIT KUMAR	B.ED/SER/ASD/17-19/037	B-ED SE (ASD)
45.	SONI	B.ED/SER/ASD/17-19/038	B-ED SE (ASD)
46.	SONIA MALIK	B.ED/SER/ASD/17-19/039	B-ED SE (ASD)
47.	MOHD HASEEB	B.ED/SER/ASD/17-19/040	B-ED SE (ASD)
48.	SANDEEP TIWARI	B.ED/SER/ASD/17-19/041	B-ED SE (ASD)
49.	SIMRAN	AIRSR/BASLP/17-21/043	BASLP
50.	PRIYANKA JHA	AIRSR/BASLP/17-21/044	BASLP

51.	SOMYA	AIRSR/BASLP/17-21/045	BASLP
52.	MOHIT SHARMA	AIRSR/BASLP/17-21/046	BASLP
53.	MADIHA ANSARI	AIRSR/BASLP/17-21/047	BASLP
54.	ANISHA KHANIJAU	AIRSR/BASLP/17-21/048	BASLP
55.	GARIMA	AIRSR/BASLP/17-21/049	BASLP
56.	KUNIKA RANA	AIRSR/BASLP/17-21/050	BASLP
57.	MUSKAN LUTHRA	AIRSR/BASLP/17-21/051	BASLP
58.	AKANSHA DAGAR	AIRSR/BASLP/17-21/052	BASLP
59.	GARIMA DADWAL	AIRSR/BASLP/17-21/053	BASLP
60.	RUCHIKA ANAND	AIRSR/BASLP/17-21/054	BASLP
61.	RASHMI	AIRSR/BASLP/17-21/055	BASLP
62.	ARTI CHATURVEDI	AIRSR/BASLP/17-21/056	BASLP
63.	TULIKA RAWAT	AIRSR/BASLP/17-21/057	BASLP
64.	RISHI BHARDWAJ	AIRSR/BASLP/17-21/058	BASLP
65.	RUPANSHI AHUJA	AIRSR/BASLP/17-21/059	BASLP
66.	AANCHAL PAL	AIRSR/BASLP/17-21/060	BASLP
67.	RINSHUL SHARMA	AIRSR/BASLP/17-21/061	BASLP
68.	SURBHI RAHEJA	AIRSR/BASLP/17-21/062	BASLP
69.	JAVED ALAM	AIRSR/BASLP/17-21/063	BASLP
70.	VAISHALI	AIRSR/BASLP/17-21/064	BASLP
71.	MANSI	AIRSR/BASLP/17-21/065	BASLP
72.	SRASHTI SINGH GAUTAM	AIRSR/BASLP/17-21/066	BASLP
73.	SHREYA MALIK	AIRSR/BASLP/17-21/067	BASLP
74.	SHAIVYA SHARMA	BED/SER/MR/16-18/080	B-ED SE (MR)
75.	SAMITA	BED/SER/MR/16-18/081	B-ED SE (MR)
76.	GAURI SHANKAR	BED/SER/MR/16-18/082	B-ED SE (MR)
77.	MEGHA SETHI	BED/SER/MR/16-18/083	B-ED SE (MR)

78.	GUNJAN THAPAR	BED/SER/MR/16-18/084	B-ED SE (MR)
79.	PARKASH SINGH	BED/SER/MR/16-18/085	B-ED SE (MR)
80.	HARSHA VENUGOPAL	BED/SER/MR/16-18/086	B-ED SE (MR)
81.	PRIYANKA JAIN	BED/SER/MR/16-18/087	B-ED SE (MR)
82.	REETIKA	BED/SER/MR/16-18/088	B-ED SE (MR)
83.	PREETI	BED/SER/MR/16-18/089	B-ED SE (MR)
84.	SHIVANI	BED/SER/MR/16-18/090	B-ED SE (MR)
85.	PANKAJ KUMARI	BED/SER/MR/16-18/091	B-ED SE (MR)
86.	DEEPALI PAL	BED/SER/MR/16-18/092	B-ED SE (MR)
87.	PRIYANKA	BED/SER/MR/16-18/093	B-ED SE (MR)
88.	MALA	BED/SER/MR/16-18/094	B-ED SE (MR)
89.	SURUCHI KAUSHIK	BED/SER/MR/16-18/095	B-ED SE (MR)
90.	ASTHA SHARMA	BED/SER/MR/16-18/096	B-ED SE (MR)
91.	NEHA	BED/SER/MR/16-18/097	B-ED SE (MR)
92.	SHEETAL	BED/SER/MR/16-18/098	B-ED SE (MR)
93.	DIVYA VATS	BED/SER/MR/16-18/099	B-ED SE (MR)
94.	SWATI	BED/SER/MR/16-18/0100	B-ED SE (MR)
95.	REENA SHARMA	BED/SER/MR/16-18/0101	B-ED SE (MR)
96.	PALLAVI SOLANKI	BED/SER/MR/16-18/0102	B-ED SE (MR)
97.	MANASVI VERMA	BED/SER/MR/16-18/0103	B-ED SE (MR)
98.	AAKRITI VERMA	BED/SER/MR/16-18/0104	B-ED SE (MR)
99.	JYOTI SHARMA	BED/SER/MR/16-18/0105	B-ED SE (MR)
100.	SHREYA PATEL	BED/SER/MR/16-18/0106	B-ED SE (MR)
101.	SEEMA	B.ED/SER/HI/16-18/082	B-ED SE (HI)
102.	NEHA SINGH	B.ED/SER/HI/16-18/083	B-ED SE (HI)
103.	RAM AVADH	B.ED/SER/HI/16-18/084	B-ED SE (HI)
104.	SHOBHA	B.ED/SER/HI/16-18/085	B-ED SE (HI)

105.	HIMANSHI WASAN	B.ED/SER/HI/16-18/086	B-ED SE (HI)
106.	NEHA KUMARI	B.ED/SER/HI/16-18/087	B-ED SE (HI)
107.	VAGEESH KUMAR	B.ED/SER/HI/16-18/088	B-ED SE (HI)
108.	ANKIT	B.ED/SER/HI/16-18/089	B-ED SE (HI)
109.	RUPAM YADAV	B.ED/SER/HI/16-18/090	B-ED SE (HI)
110.	PRIYANKA	B.ED/SER/HI/16-18/091	B-ED SE (HI)
111.	FOUZIA	B.ED/SER/HI/16-18/092	B-ED SE (HI)
112.	CHANDNI	B.ED/SER/HI/16-18/093	B-ED SE (HI)
113.	KM ANJALI	B.ED/SER/HI/16-18/094	B-ED SE (HI)
114.	NEHA	B.ED/SER/HI/16-18/095	B-ED SE (HI)
115.	DEEPSHIKHA	B.ED/SER/HI/16-18/096	B-ED SE (HI)
116.	ASHNA VIG	B.ED/SER/HI/16-18/097	B-ED SE (HI)
117.	BINA KUMARI	B.ED/SER/HI/16-18/098	B-ED SE (HI)
118.	SHASHI PANCHAL	B.ED/SER/HI/16-18/099	B-ED SE (HI)
119.	POONAM	B.ED/SER/ASD/16-18/001	B-ED SE (ASD)
120.	SANJHVI JAIN	B.ED/SER/ASD/16-18/002	B-ED SE (ASD)
121.	TANU SHRESTHA	B.ED/SER/ASD/16-18/003	B-ED SE (ASD)
122.	MAHESH KUMAR SHAH	B.ED/SER/ASD/16-18/004	B-ED SE (ASD)
123.	POOJA VISHKARMA	B.ED/SER/ASD/16-18/005	B-ED SE (ASD)
124.	PREETI	B.ED/SER/ASD/16-18/006	B-ED SE (ASD)
125.	PRIYA	B.ED/SER/ASD/16-18/007	B-ED SE (ASD)
126.	PREETI NAGWAN	B.ED/SER/ASD/16-18/008	B-ED SE (ASD)
127.	TAMALOKA CHAKRABORTY	B.ED/SER/ASD/16-18/009	B-ED SE (ASD)
128.	PREETI JAIN	B.ED/SER/ASD/16-18/010	B-ED SE (ASD)
129.	JYOTI	B.ED/SER/ASD/16-18/011	B-ED SE (ASD)
130.	SATISH VISWAKARMA	B.ED/SER/ASD/16-18/012	B-ED SE (ASD)
131.	VARSHA RANI	B.ED/SER/ASD/16-18/013	B-ED SE (ASD)

132.	HARMEET KAUR	B.ED/SER/ASD/16-18/014	B-ED SE (ASD)
133.	ANKIT KUMAR	B.ED/SER/ASD/16-18/015	B-ED SE (ASD)
134.	ANANDI PAL	B.ED/SER/ASD/16-18/016	B-ED SE (ASD)
135.	SHIVANI BIDHURI	B.ED/SER/ASD/16-18/017	B-ED SE (ASD)
136.	DEVNANDAN DANGI	B.ED/SER/ASD/16-18/018	B-ED SE (ASD)
137.	MANTU PASWAN	B.ED/SER/ASD/16-18/019	B-ED SE (ASD)
138.	PRASHANT	B.ED/SER/ASD/16-18/020	B-ED SE (ASD)
139.	MADHU BALA	B.ED/SER/ASD/16-18/021	B-ED SE (ASD)
140.	MADHURI SHARMA	B.ED/SER/ASD/16-18/022	B-ED SE (ASD)
141.	ANUPMA GUPTA	B.ED/SER/ASD/16-18/023	B-ED SE (ASD)

Sanjana
21/6/2017

Mrs. Sanjana Mittal
(Head Students Welfare)



ASHTAVAKRA INSTITUTE OF REHABILITATION SCIENCES AND RESEARCH

Approved by Rehabilitation Council of India

Event: International Yoga Day

Date: 21st June 2017

Time: 10:00 am to 11:30PM

Venue: AIRSR Multi Purpose Hall

Convenor/In charge: Ms Sanjana Mittal

No. of Students: 141

Aims & Objectives:

1. International Yoga Day aims to develop the habit of meditation among youngsters so that they can enjoy more peace of mind and self-awareness, which is essential for a stress-free existence.
2. Yoga helps to keep the internal organs in the body to function properly by increasing the oxygen and blood flow. Proper oxygen and blood supply to all the vital organs helps to diminish the occurrence of major diseases related to the heart, lungs, kidneys and other vital organs.
3. World Yoga Day aims to educate people about the various means of overcoming stress naturally without resorting to any artificial medicine.
4. Yoga practitioners believe that when a person connects with Mother Nature with both his mind and soul, he achieves a greater level of consciousness which helps him to be at peace with his surroundings. This level of consciousness would invariably lead to world peace as more and more people starts practicing Yoga.
5. Practicing yoga would lead to stronger bonds between people from different background, irrespective of caste, religion or language barriers. It would help to promote the feeling of communal harmony and create a conjugal atmosphere for global peace.
6. International Yoga Day aims to make the practice of yoga popular among people in different parts of the world, so that people are able to have a correct opinion about this form of well-being, which is not only easy to practice but is also extremely effective on a long term basis.

Report on International Yoga Day

The International Yoga day was celebrated on 21st June (Wednesday)2017 by Ashtavakra Institute of Rehabilitation Sciences & Research: The State Nodal Agency Centre in association with The National Trust at Tecnia Institute of Advanced Studies, Madhuban Chowk, Rohini, Delhi.

The Chief Guest for the day was **Mr T.D . Dhariyal; commissioner of persons with disabilities , Govt of NCT, Delhi**. The other guests who graced the occasion were **Mr Mukesh Jain; Joint secretary, Department of Empowerment of persons with disabilities, Divyangjan, Ministry of social justice and empowerment, Mr U.K Shukla: Assistant Legal Advisor, The National trust**. A Number of Registered NGO's under National Trust actively participated in the event.

Mr Vijay Yadav ; yoga instructor took the session in which in highlighted the importance of different yoga postures like vrikshasana, Bhadrasana, Muktaasana etc. It was followed by Meditation Session taken by **Ms Seema from Delhi Samarpan organization**. The program came to an end with the light refreshment for all



Felicitation of Mr T.D . Dhariyal; commissioner of persons with disabilities , Govt of NCT, Delhi by Ram Kailash Gupta; Chairman Tecnia Group of Institutions, Dr Anmol Arora; Medical Director AIRSR and Dr Ajay Kumar; Director Tecnia Institute of Advanced Studies



Felicitation of Mr Mukesh Jain; Joint secretary, Department of Empowerment of persons with disabilities, Divyangjan, Ministry of social justice and empowerment by Ram Kailash Gupta; Chairman Tecnia Group of Institutions, Dr Anmol Arora; Medical Director AIRSR and Dr Ajay Kumar; Director Tecnia Institute of Advanced Studies

Learning Outcomes:

1. The Students were able to learn the importance of meditation .
2. The students were able to learn that yoga helps to keep the internal organs in the body to function properly by increasing the oxygen and blood flow.
3. The students were able to learn about the various means of overcoming stress naturally without resorting to any artificial medicine.
4. The students were able to learn that Yoga practitioners believe that when a person connects with Mother Nature with both his mind and soul, he achieves a greater level of consciousness
5. The students were able to learn that Practicing yoga would lead to stronger bonds between people from different background, irrespective of caste, religion or language barrier.

Surya
21/6/2017