



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

PSP, Institutional Area, Madhuban Chowk, Rohini Delhi-85, Ph : 011-27550012/13
Fax : 011-27550018 • Email : inforehab@tecnia.in Website : www.rehab.tecnia.in

ef. No. AIRSR/2022-23/3704

Dated. 07/05/22

CIRCULAR

All the students are hereby informed that they will assemble at district park ,Sector-14 Rohini sharp at 09:00AM everyday for yoga classes scheduled from 9th May 2022 to 21st June 2022.

The students will bring their yoga mats and come in their respective departmental T-Shirt.

Mrs. Anupma Gupta
NSS Incharge



Mrs. Sanjana Mitta
Deputy Director

- Copy to:
1. Dean Academics
 2. All Course Coordinators/Class Incharges
 3. Student Welfare Dept.
 4. Website for Updation





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100 DAYS COUNTDOWN TO INTERNATIONAL YOGA DAY

Event:- 100 days countdown to International Yoga day

Date:- 9-05-2022 to 21-06-2022

Time:- 9:00 AM -10:30 AM

Venue:- District Park, Sector-14, Rohini

Convenor:- Ms. Swati Kaushik

NSS Incharge:- Anupama Gupta (Faculty of
ASD dept.)

Number of Students:- 100

Objectives of the event:-

- To maintain balance between mind and body.
- To inculcate habit of meditation.
- To aware the students to remain stress free in present scenario.
- To helps increase oxygen level in the body.
- To keeps the internal organs of the body function smoothly.

Report of the event

The event began on 9-05-2022 at 9:00 AM where everyone gathered at District Park. The event in which the student performed breathing exercises and ended with relaxation exercises. This gave everyone a calm mind to have a fresh start of their day. On 23-05-2022 a workshop on *Yoga aasan and benefits* was conducted in the college campus. Students were made aware of the facts related to yoga. Students were told benefits of healthy mind and body. They were further told about making changes in our lifestyles which will lead to a calmer mind and better physical fitness. On 8-06-2022 an online Quiz competition was organized. Through this quiz the students got to know the importance the Yoga and got their knowledge tested regarding various aasanas and mudras. The final day, 21-06-2022 International Yoga Day saw a massive participation of students. Students and teachers from every department performed yoga. This helped students to know the importance of yoga and various aasanas. Everyone performed breathing exercises, stretching exercises and relaxation exercises.

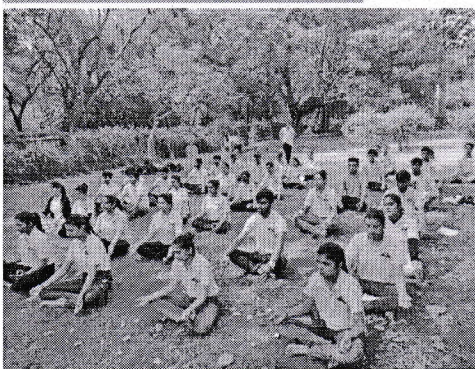
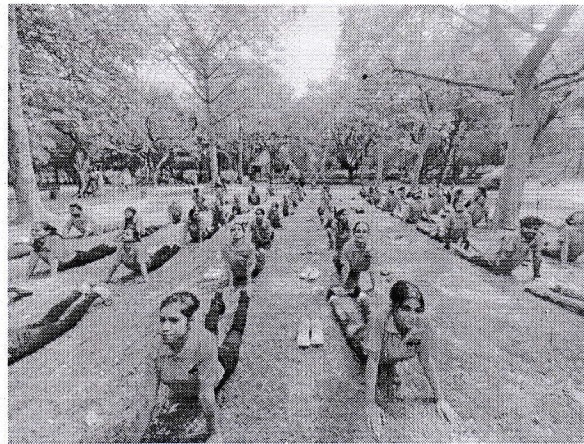
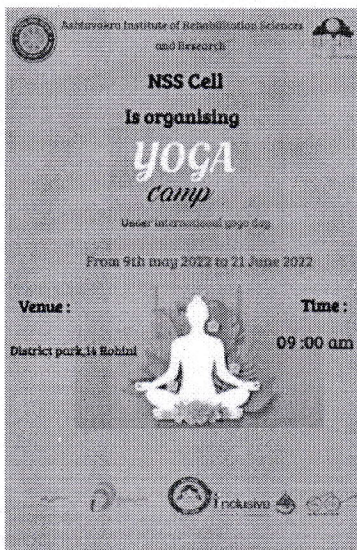


These 100 days of actively performing yoga helped the students maintain their physical and mental well being.

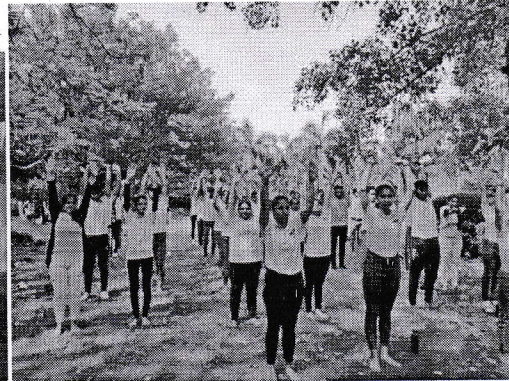
Learning Outcomes

- The students were able to gain knowledge regarding yoga.
- The students were able to understand the benefits of yoga for mental well being.
- The students learnt to incorporate the lessons from yoga in their daily life.
- The students learnt to use yoga to live a stress free life.
- The students learnt to manage a sense of calm in today's ever-changing world.

Glimpses of 100 Day Yoga Countdown



Aus
Ashwvakra Institute of Rehabilitation Sciences & Research
Rohini
14



Ashtavakra Institute of Rehabilitation Sciences and Research

NSS Cell
IS ORGANISING

ONLINE QUIZ
awareness about importance of yoga
(Under international day of yoga)

Venue: virtual mode
Date: 8 June 2022

Time: 10am to 12 noon

Mrs. Anupama Gupta (NSS Incharge) Ms. Swati Kaushik (convenor)

Inclusive

Ashtavakra Institute of Rehabilitation Sciences and Research

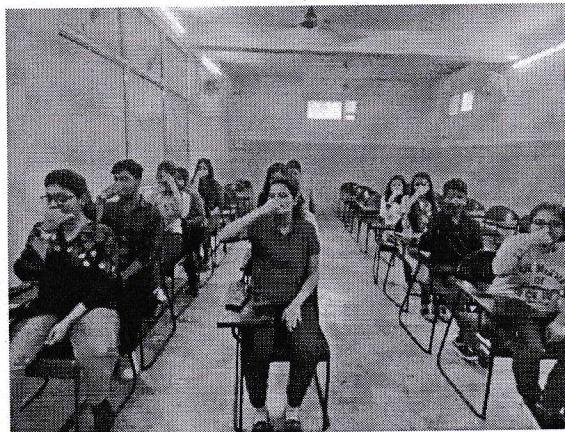
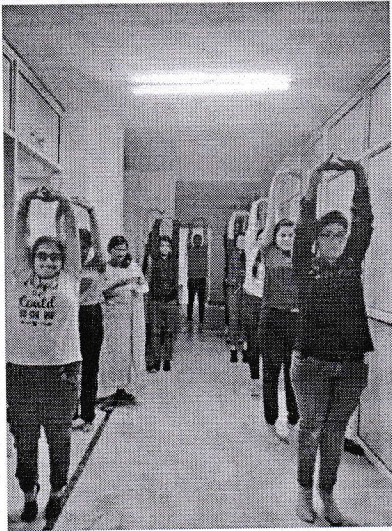
NSS Cell
invites you to join

workshop
on
(yoga asana and benefits)

Venue: Ashtavakra Institute of Rehabilitation Sciences and Research
Date: 23 May 2022



Time: 10 am to 12 noon


Mrs. Anupama Gupta (NSS incharge)



Anupama




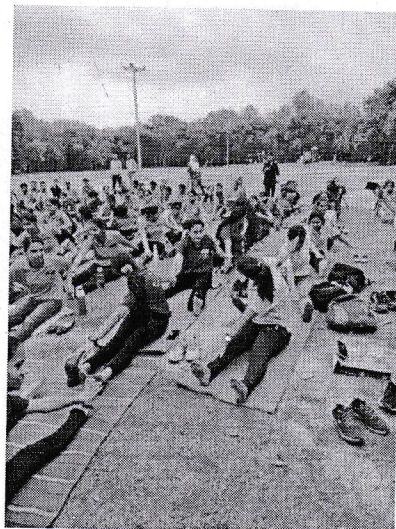
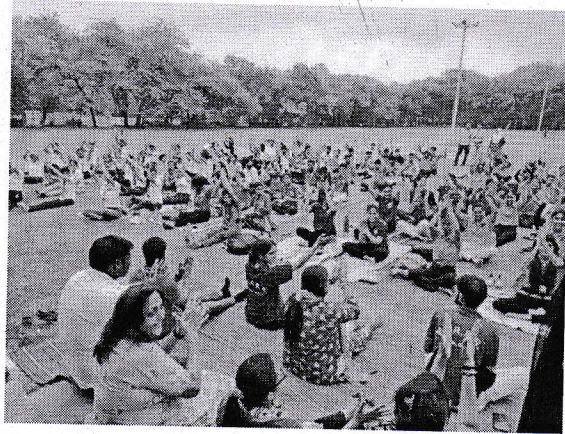

Ashtavakra Institute of Rehabilitation Sciences And Research



NSS CELL
IS ORGANISING
INTERNATIONAL
YOGA
DAY 2022

Venue - District Park Sec14 Rohini
 21st June 2022
 Time- 9.30am to 10.45am

PARTICIPANTS **Mrs. Anupama Gupta**
STAFF & STUDENTS **(NSS Incharge)**









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LIST OF BENEFICIARIES

S.No.	ENROLLMENT NUMBER	STUDENT NAME
1.	00152312420	SONALI SWAROOP
2.	00352312420	NAMAN KUMAR
3.	00452312420	SHRISHTI SINGHAL
4.	00552312420	MANISHA TIWARI
5.	00652312420	SAKSHI JOSHI
6.	00752312420	JYOTI NAHARIA
7.	00852312420	HIMANI SHARMA
8.	00952312420	SAFEZ MALIK
9.	01052312420	LAKSHMI HARIKAAKEY
10.	01152312420	VANSHIKA
11.	01252312420	ABHISHEK RAGHAV
12.	01352312420	MONIKA SHARMA
13.	01452312420	MANMEET KAURSETHI
14.	01552312420	SHELIKA MADAN
15.	01652312420	SANJAY
16.	01752312420	KIRAN KUMARI
17.	01852312420	DIVYA GUPTA
18.	01952312420	SUMIT
19.	02052312420	SALONI
20.	02152312420	SANA
21.	02252312420	AAKANKSHA SINGH
22.	02352312420	MUSKAN WADHWA
1	00352312520	URMI AGRAWAL
2	01252312520	DEEPIKA
3	01952312520	RUHI
4	01152312520	BHAWNA
5	00652312520	ANKUR BHARDWAJ
6	00852312520	AASHIMA AGARWAL
7	01852312520	HIMANSHI DHINGRA
8	00152312520	ANKIT CHHIKARA
9	00952312520	NIKITA ARORA
10	01452312520	TANNU MALIK
11	00552312520	PARUL JINDAL
12	01352312520	UMA KUMARI
13	00452312520	SAKSHI
14	00252312520	MANASVI
15	01752312520	MUSKAN RANA
16	02352312520	MANISHA
17	01552312520	HIMANI BENIWAL
18	02252312520	MINKU
19	01052312520	AASHIMA NANDA



20	02052312520	INDU NIGAM
21	35252312520	SHIVANI
22	35152312520	VANDANA SHARMA
23	01652312520	SANCHITA KHANNA
24	00352312420	SHRISHTI SINGHAL
25	01052312420	VANSHIKA
26	00452312420	MANISHA TIWARI
27	01252312420	MONIKA SHARMA
28	00652312420	JYOTI NAHARIA
29	00152312420	SONALI SWAROOP
30	00752312420	HIMANI SHARMA
31	01152312420	ABHISHEK RAGHAV
32	00552312420	SAKSHI JOSHI
33	00252312420	NAMAN KUMAR
34	01352312420	MANMEET KAUR SETHI
35	00852312420	SAFEZ MALIK
36	01552312420	SANJAY
37	01852312420	SUMIT
38	02152312420	AAKANSHA SINGH
39	02252312420	MUSKAN WADHWA
40	01652312420	KIRAN KUMARI
41	01952312420	SALONI
42	01752312420	DIVYA GUPTA
43	00952312420	LAKSHMI HARIKA AKEY
44	02052312420	SANA
45	01452312420	SHELIKA MADAN
46	35252312420	NITI MEHRA
47	01052312220	POOJA KUMARI
48	01452312220	TANU
49	01552312220	KHUSHALI
50	01652312220	PRATIBHA
51	00352312220	VARSHA MEENA
52	00952312220	PRIYANKA SHARMA
53	00552312220	VIBHA GUPTA
54	00152312220	TEENA KHANNA
55	00252312220	KOMAL SHARMA
56	01752312220	PAYAL NAGPAL
57	00852312220	SAKSHI
58	01252312220	MEGHA BISHT
59	00452312220	NIRUKTA TRIPATHI
60	01152312220	BHAVIKA
61	00752312220	SHIVANI YADAV
62	01852312220	BABITA POUDEL
63	01952312220	SAKSHI YADAV
64	35152312220	KAJAL RATHEE
65	35252312220	KAVITA
66	02052312220	SHELLY JAIN



23.	TANU SHRI	01152312521
24.	GAURAV	01052312521
25.	ANEETA JEENA	00552312521
26.	PRATIBHA	01552312521
27.	KIRTI	00152312521
28.	DEEPIKA	01352312521
29.	Twinkle Yadav	00252312521
30.	KAJAL	00352312521
31.	HIMANSHI	01752312521
32.	NIDHI VATS	01252312521
33.	KOMAL NAGAR	00652312521
34.	MANISHA MEENA	00752312521
35.	PRIYA	00852312521
36.	JAGRATI	01652312521
37.	RUPESH CHAHLIA	00452312521
38.	UDITA	00952312521
39.	ISHRAT MALIK	01452312521
40.	PAWAN KUMAR PANWAR	35152312521
41.	PARITI	35252312521
42.	KIRTI LATA BODRA	35352312521
43.	MAHI PAL	00352312221
44.	MALVIKA TIWARI	00252312221
45.	MALVIKA ANAND	00552312221
46.	DIVYA AGARWAL	00152312221
47.	MANISH KUMAR	00452312221
48.	PINKI BISWAS	35152312221
49.	NIKITA	00952312421
50.	BHUMIKA SHARMA	00352312421
51.	SHIVANI SHRAMA	01952312421
52.	SHIKHA	02052312421
53.	TANISHA ARORA	01752312421
54.	DIKSHA AHLAWAT	01652312421
55.	SONIA JOSHI	01252312421
56.	MANSI	00152312421
57.	YUKTA SHARMA	00652312421
58.	RITIKA	00852312421
59.	RITIKA	01452312421
60.	VIKAS	00252312421
61.	SHIVANI MEHRA	00552312421
62.	ANJU JEWAR	01152312421
63.	JASMINE	01552312421
64.	LIPIKA TYAGI	01852312421
65.	SHOBHINI	00752312421



	CHAUHAN	
66.	KIRTI	00452312421
67.	PRIYANKA SAINI	02152312421
68.	PARUL THAREJA	01352312421
69.	CHAKSHU PARASHAR	01052312421
70.	SHIVANI RANA	35152312421
71.	JYOTI	35252312421
72.	VIKAS KUMAR	00352312621
73.	MOHIT MANN	01052312621
74.	POOJA	00152312621
75.	NITESH	01352312621
76.	MONIKA SHARMA	00952312621
77.	POOJA BHASIN	00752312621
78.	ASMA ANJUM	00652312621
79.	NEHA KUMARI	01152312621
80.	PARUL MAHESHWARI	00552312621
81.	AYUSH SHARMA	00252312621
82.	KESHIKA GUPTA	00452312621
83.	ANJALI KUMARI	00852312621
84.	ALSABA	01252312621
85.	PREETI	35152312621
86.	SIDHIKA GUPTA	00552312321
87.	SOFIA MALIK	00952312321
88.	DIVYA	00252312321
89.	PARNEET KAUR	00452312321
90.	ANJU	00852312321
91.	MUNMUN JAKHMOLA	01352312321
92.	MOHIT KUMAR	01052312321
93.	PRIYANKA PARASHAR	01252312321
94.	SNEHA DABRAL	01452312321
95.	ANJALI SURYAVANSHI	01652312321
96.	ISHITA	00652312321
97.	DEEKSHA BHATI	00752312321
98.	MUSKAN	00352312321
99.	SHWETA	01152312321
100.	VIDHI	01552312321

