



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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Ref No :- AIRSR/2022-23/3732/A

Date 02.06.2022

CIRCULAR

All the students of AIRSR are hereby informed that we are celebrating "World Bicycle Day" on 3rd June, 2022 (Friday) at AIRSR, Rohini, New Delhi. The participating students are advised to assemble at 10:00 AM in the college, Gate No.1 and come in their respective departmental t-shirt along with their bicycle.

Anupama

Anupama Gupta

NSS In-charge

Ashfina Khanan
Event Convener

Mrs. Sanjana Mittal
Deputy Director

Copy to:

1. Dean Academics
2. HOD - All department
3. Student's welfare
4. Notice board
5. IT Dept. website for updation





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EVENT: World Bicycle Day

EVENT COORDINOR: MS. ASHFINA KHANAM

DEPUTY DIRECTOR: MS. SANJANA MITTAL

DATE: 03 June 2022

VENUE: Ashtavakra Institute of Rehabilitation Sciences and Research

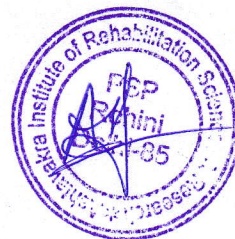
TIMING: 10:00 - 11:00AM

Learning objectives:

1. To encourage and motivate people to take up and adopt Cycling in their daily lives for physical fitness activities and get freedom from obesity, laziness, stress, anxiety, diseases etc.
2. To encourage the students to participate in the activity;
3. To ignite the imagination and creativity in the students.

Event Report:

The bicycle contributes to cleaner and less congestion and makes education, health care and other social services more accessible to the most vulnerable populations regular physical activity of moderate in density such as cycling has significant benefits for health. Ms. Sanjana Mittal was the started the event with a flag waving. Total 60 students from the different departments participated in the said event with great enthusiasm. The Cycling started from College Campus across the District Park Rohini. AIRSR also organized a Poster Competition on World Bicycle Day with a theme "Cycling, wheels for well-being". Students made posters to express their awareness about the importance of cycling. They displayed their artistic skills through an array of Posters. After evaluating the Posters by the experts Komal Sharma from 4th Semester, Malvika Tiwari from 2nd Semester, and Sangeeta from 1st Semester secured 1st, 2nd & 3rd Position respectively.



Glimpse of the Activity



Picture of Rohini District Park



Students riding bicycle





AIRSR Staff members with students

Learning outcomes:

1. All the students were motivated to take up and adopt Cycling in their daily lives for physical fitness activities and get freedom from obesity, laziness, stress, anxiety, diseases etc.
2. All students actively participated in the activity.
3. All the Students prepared the poster with lots of creativity.





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Name of Beneficiaries:-

S.No	Name
1	TEENA KHANNA
2	KOMAL SHARMA
3	VARSHA MEENA
4	NIRUKTA TRIPATHI
5	VIBHA GUPTA
6	KAVITA
7	SHIVANI YADAV
8	SAKSHI
9	PRIYANKA SHARMA
10	POOJA KUMARI
11	BHAVIKA
12	MEGHA BISHT
13	KAJAL
14	TANU
15	KHUSHALI
16	PRATIBHA
17	PAYAL NAGPAL
18	HIMANSHI DHINGRA
19	RUHI
20	INDU NIGAM
21	MINKU
22	MANISHA
23	VANDANA SHARMA
24	SAKSHI
25	PARUL JINDAL



26	ANKUR BHARDWAJ
27	AASHIMA AGGARWAL
28	NIKITA ARORA
29	AASHIMA NANDA
30	BHAWNA
31	DEEPIKA
32	UMA KUMARI
33	TANNU MALIK
34	HIMANI BENIWAL
35	SANCHITA KHANNA
36	MUSKAN RANA
37	SHIVANI

