

# 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  
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Ref. No. ACRSR/22-23/1181-A

Dated. 15.03.23

## CIRCULAR

All the students are hereby informed that World Down Syndrome Day will be celebrated on 21<sup>st</sup> March 2023 (Tuesday) in Tecnia Auditorium from 10:00 AM onwards. Interested students for participation can give their names to their respective class In-charge. It is mandatory for all the students and staff to attend the celebration.

*Radha*  
Ms. Radha Rani Rawat  
Faculty HI Dept.

*Sanjana*  
Ms. Sanjana Mittal  
Deputy Director

Copy to:

1. Dean Academics
2. All course coordinator/ Class in charges
3. Students' welfare Dept.
4. Website for updating.



## 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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## ASHTAVAKRA Institute of Rehabilitation Sciences and Research



Webinar on

# World Down Syndrome Day



**Dr. Uzma Qazi**  
Research & Training in Geriatrics  
Dr. & Mrs.



**Dr. Rabul Ghafar**  
Pediatric Neurological Services  
Laxmi Lockwood



21<sup>st</sup> March 2023 | 10:00 AM

Venue: Tecnia Auditorium



**Event:-** World Down Syndrome Day

**Date:-** 21/03/2023, Tuesday

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

**Venue:-** Tecnia Auditorium

**Chief Convener:** Ms Sanjana Mittal ( Deputy Director )

**Convener:-** Ms Radha Rani( Faculty HI Dept)

**Number of Students:-** 200

**Objective of the event:-**

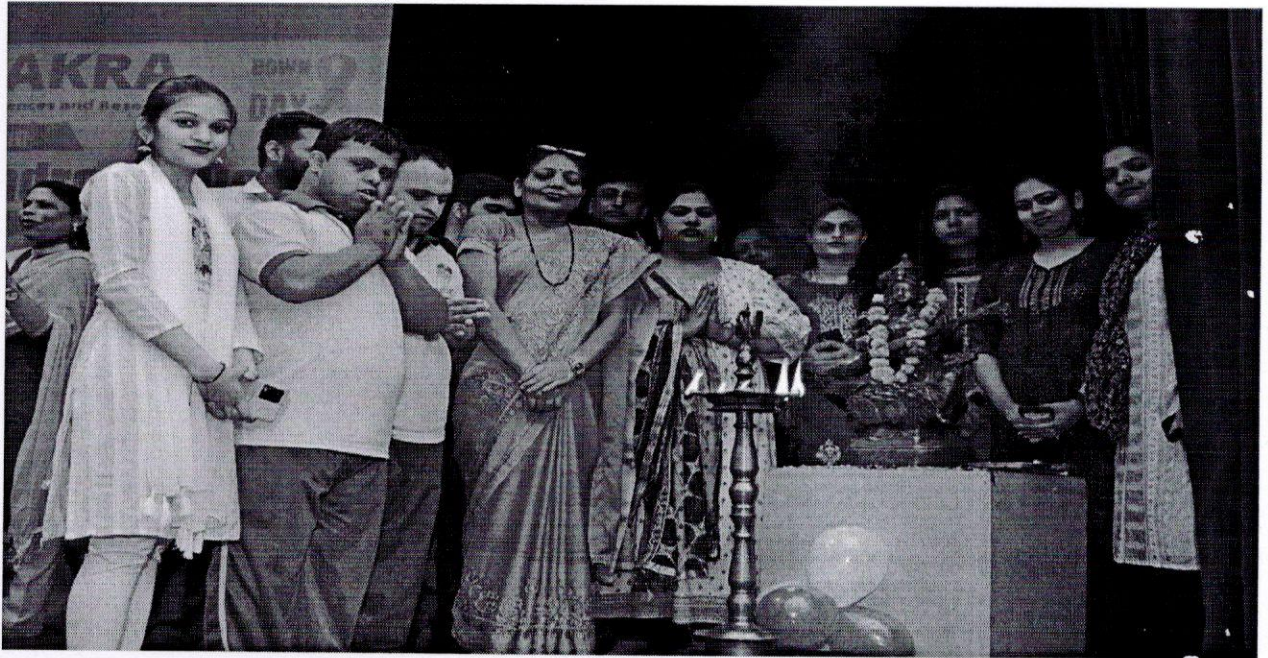
- To inform students about the significance of Down Syndrome.
- To tell students about various success stories.
- To spread awareness regarding role of Early Intervention
- To elaborate the importance of Medical test with people suffering from Down Syndrome
- To Discuss the role of therapies in life of people suffering from down syndrome



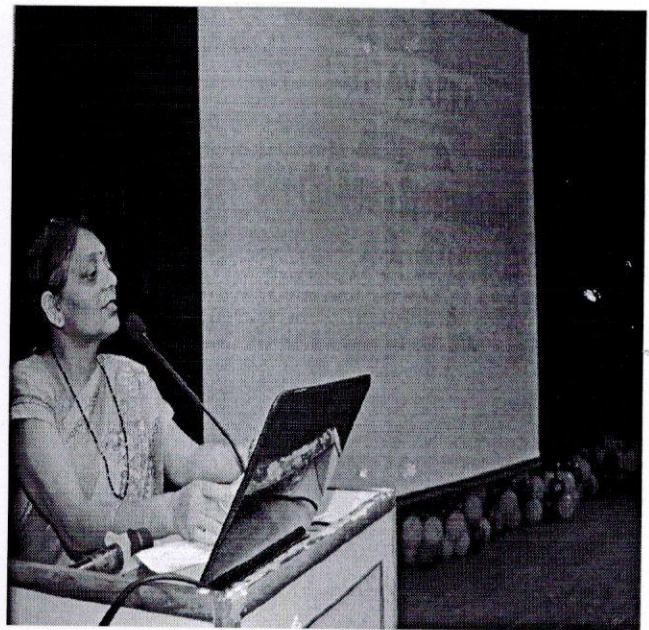
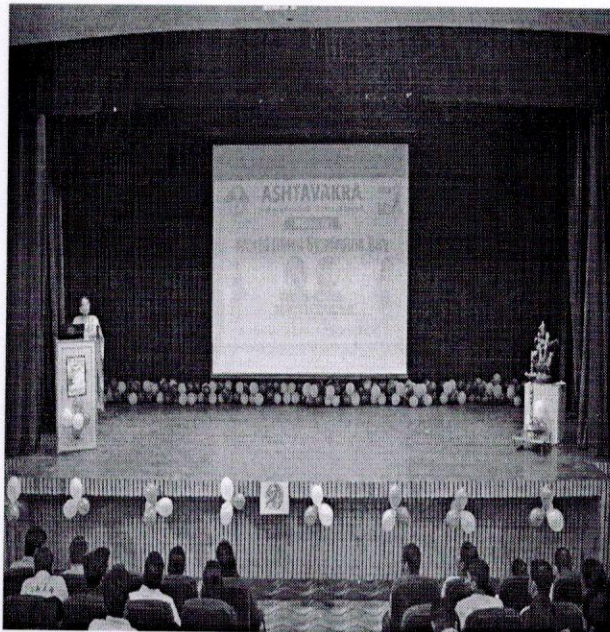
## Report

The program began lamp lighting ceremony by special students and staff of Ashtavakra Institute. It was followed by Saraswati Vandana presented by Ms Nandani Trainee from D.ED SE DB Dept. Thereafter the program proceeded with speech presented by Ms Sanjana Mittal: Deputy Director Ashtavakra Institute of Rehabilitation Sciences & Research in which she elaborated the purpose for the celebration of the event. She discussed as to why , March 21<sup>st</sup> is observed as the World Down Syndrome Day (WDSD). She explained that the day is celebrated in an effort to raise awareness about Down syndrome and to advocate for the rights, inclusion, and well-being of people with Down syndrome. The date was selected because Down syndrome is caused by the presence of a third copy of the 21st chromosome, and 21/3 (March 21st) represents this genetic condition. She also elaborated the significance of World Down Syndrome Day is to ensure that patients suffering from Down syndrome disorder are treated equally in all walks of society. Thereafter she discussed the **theme for 2023 World Down Syndrome Day is "With Us Not For Us"**.



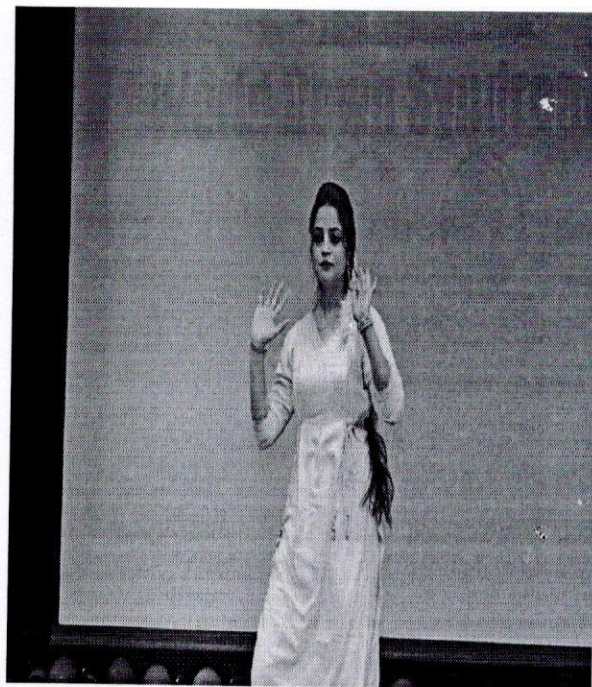
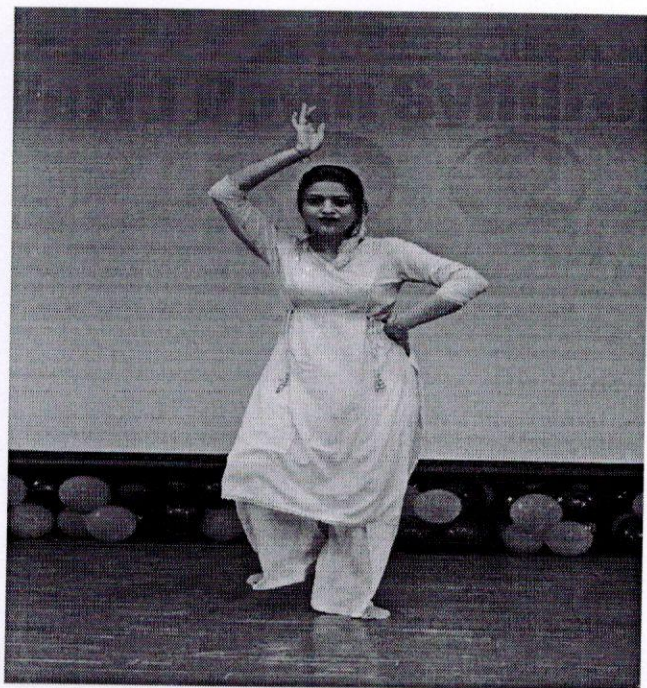


*Lamp Lighting by students of Ashtavakra Special School*



*Opening Remarks by Mrs. Sanjana Mittal , Deputy Director, AIRSR*

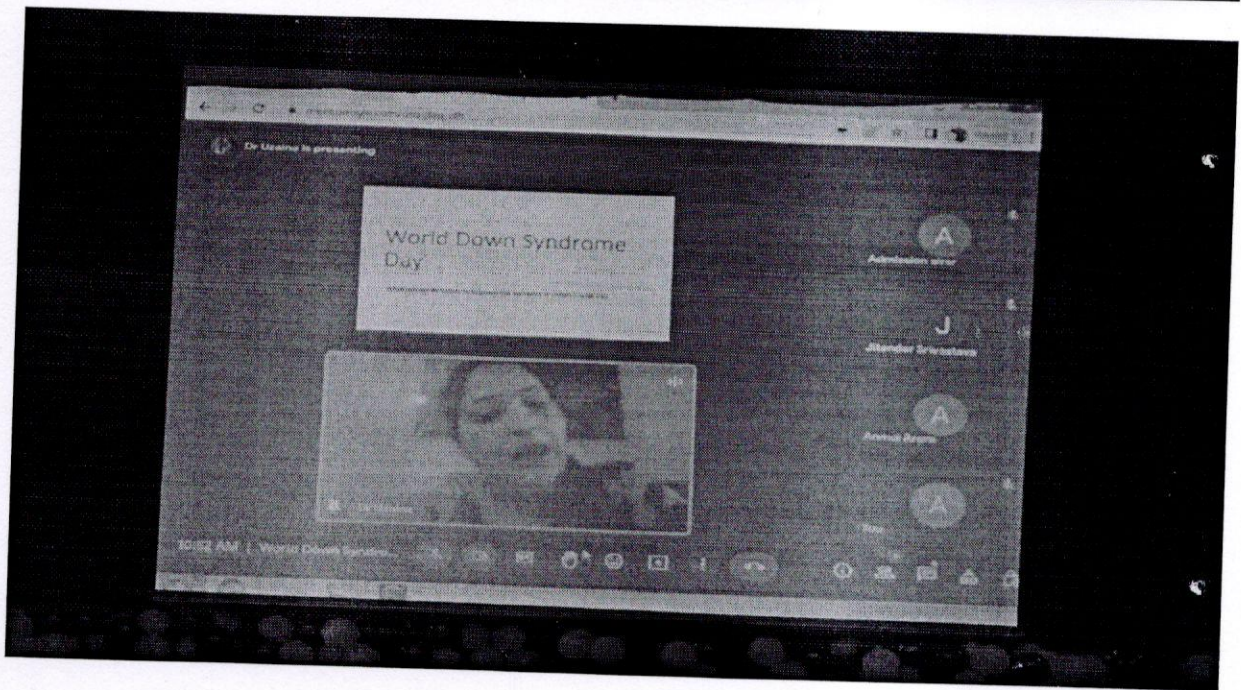




*Saraswati Vandana By Nandini AIRSR Trainee*

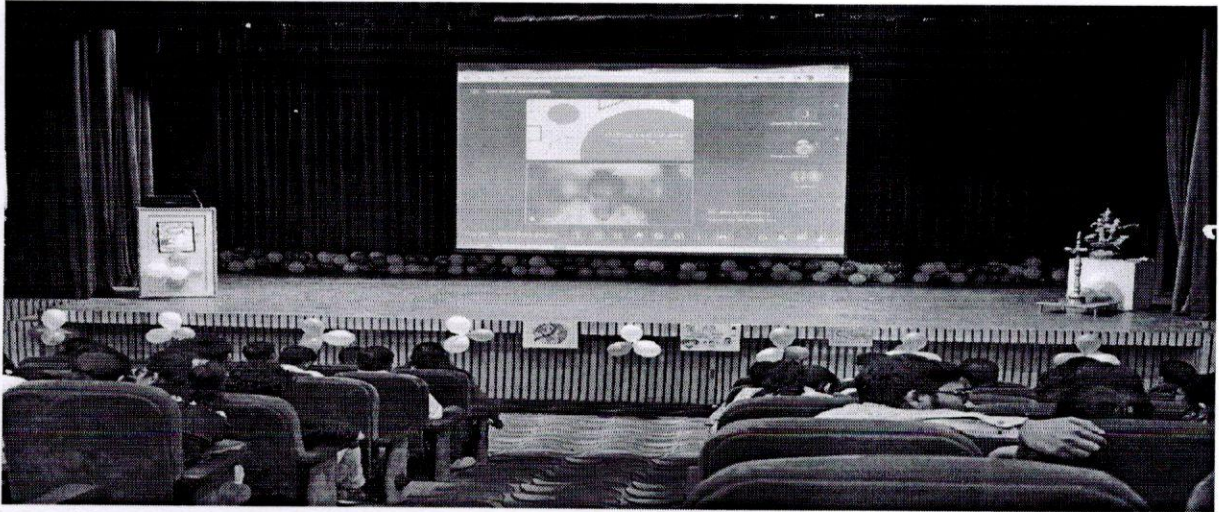
A webinar was organized for all trainees, staff, students from special school and their parents . The first speaker of the day was **Dr Uzaina Qazi; renowned counseling psychologist** Researcher with expertise in psychological assessment, counseling, research design and analysis. working at Genius lane UK. She presented the cases of world down syndrome patients she is handling with special techniques and how they are being benefitted. Thereafter she took questions from the audience which was very well answered by her.



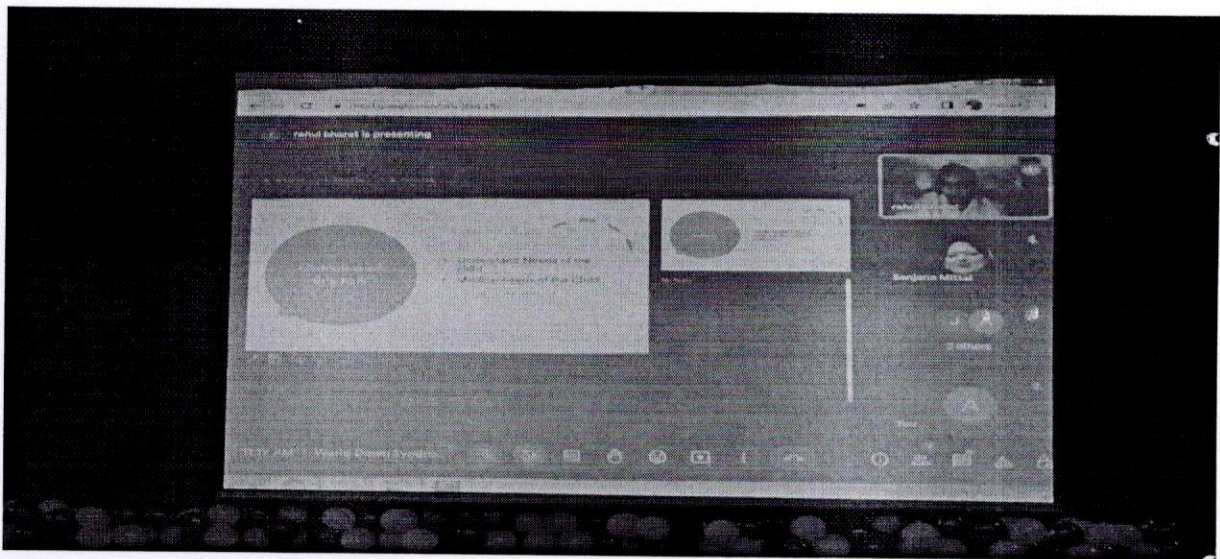


*Webinar by Dr Uzaina Qazi; renowned counseling psychologist Researcher*





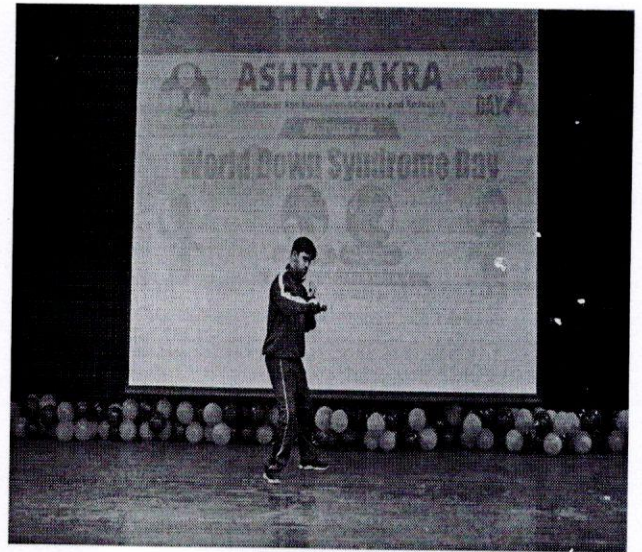
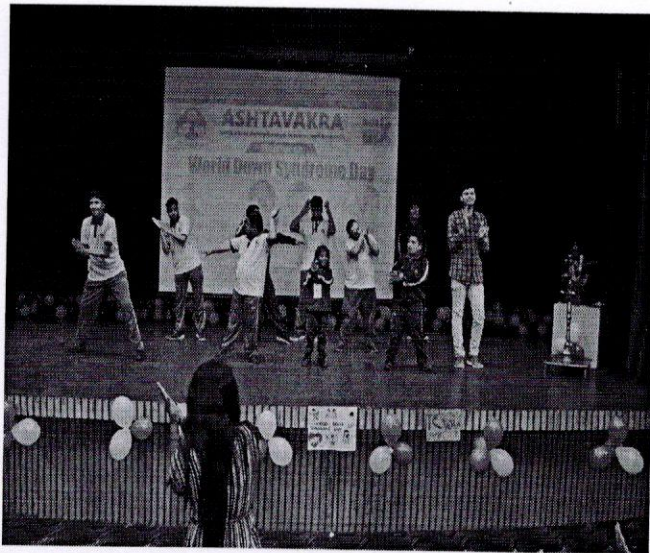
The second speaker for the day was **Dr Rahul Bharath-Country's renowned Pediatric Neurologist** who is member of British Pediatrics Neurology Association. He in his presentation discussed about the importance of Medical to be done after birth of a child to check his heart, eyes, gastro and hearing. He discussed the relevance of thyroid test ,prevalence of high incidence of epilepsy and other test required for down syndrome patients. The session was quite interactive and parents asked their queries. The webinar was very fruitful for everyone present.



**Webinar by Dr. Rahul Bharat -Country's renowned Pediatric Neurologist**



Thereafter **cultural program** took place in which Special school students participated and gave spectacular performances thus celebrating their unique abilities. Certificated were presented to the students for showcasing their potential.

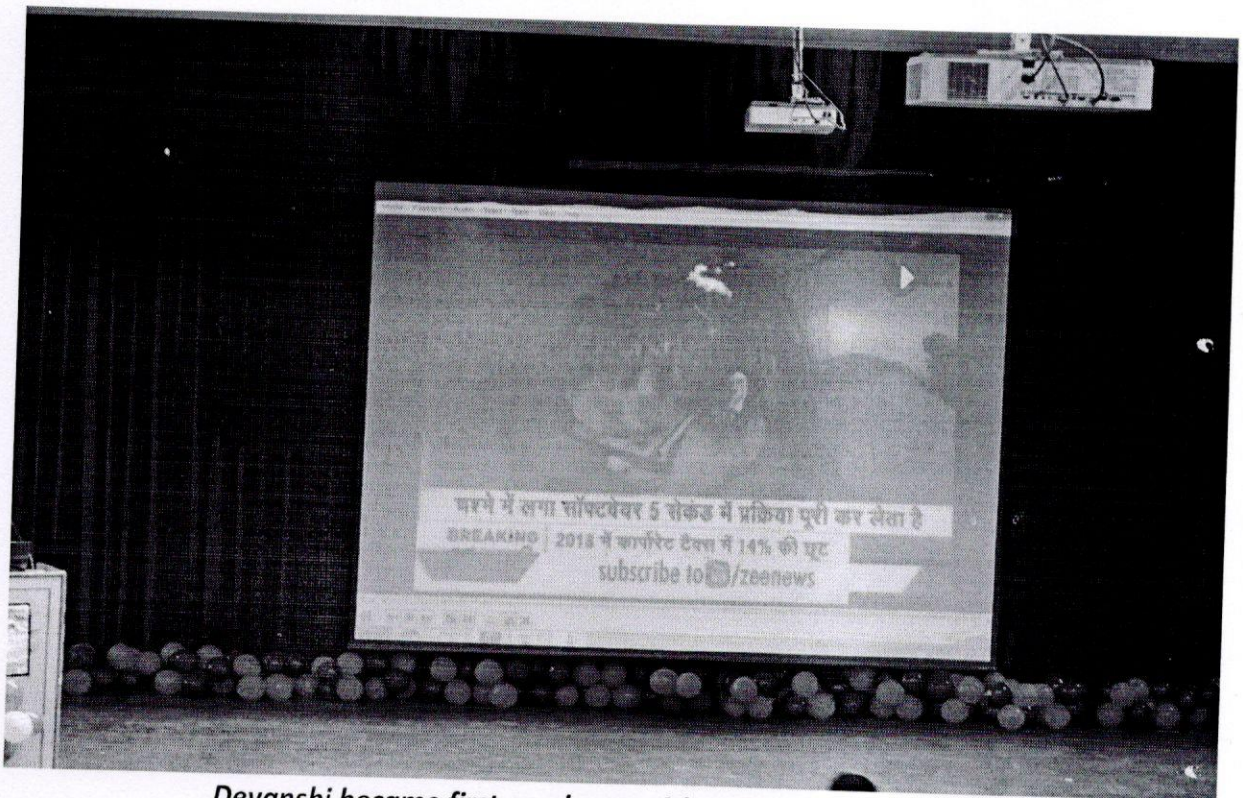


*Dance Performance by The Ashtavakra Special School students*

The trainees their after presented the inspiring success stories empowering the voice of self advocates with Down Syndrome, like **Adya Verma is a 24-year-old Self Advocate** and, before the outbreak of COVID-19, worked on an ad-hoc basis for Springdales School as a teacher's assistant. She underwent her schooling from nursery to class 9 in an inclusive setup from the same school located at Pusa Road, Delhi. Later she took classes 10 and 12 from NIOS. During her studies, Adya participated in several tournaments held by Special Olympics, like Bocci, Race, Badminton, and Shotput and came home with multiple medals, the second success story was presented **of Miss Rashmi Rekha Sahu** has achieved great heights in Odissi Dancing, despite her Trisomy Syndrome. Her parents and instructors have immensely supported her and invested their time and resources to help her succeed. Recently, she was awarded the Sangeet Visharad Pratham Khand (IV Year) from Pracheen Kala, an acknowledgement recognized in a wide variety of levels that extend beyond regional boundaries. She is truly an inspiration to all who endeavor to shape.



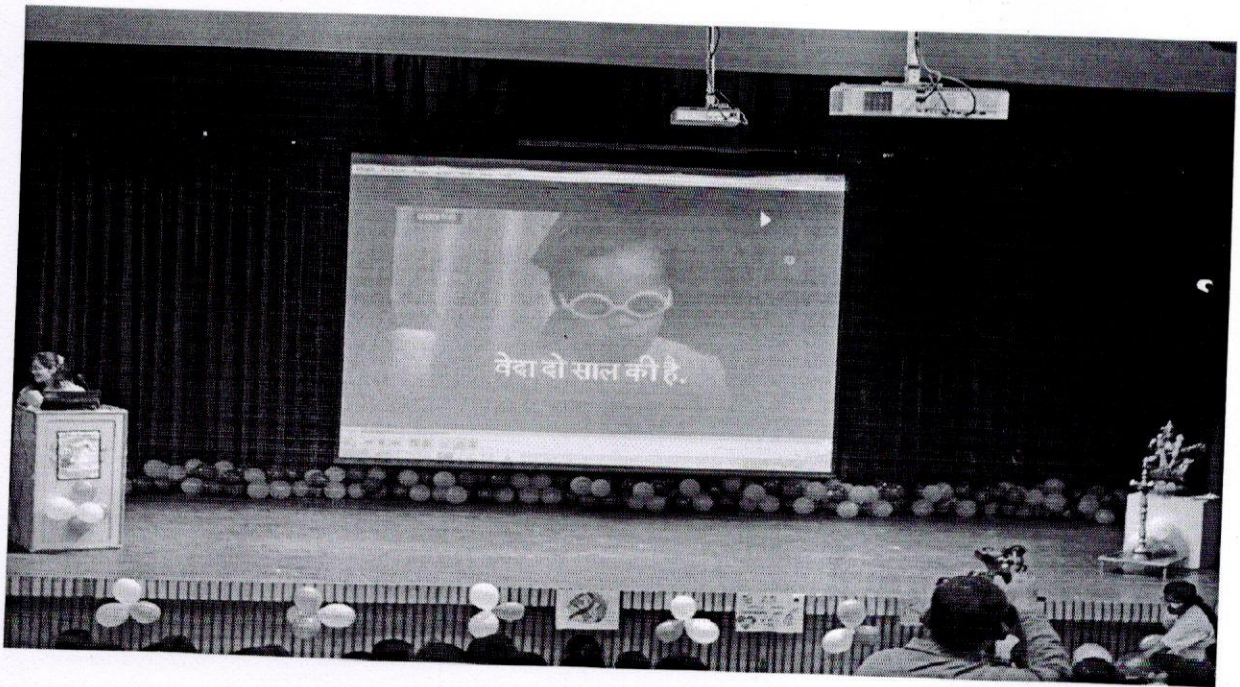




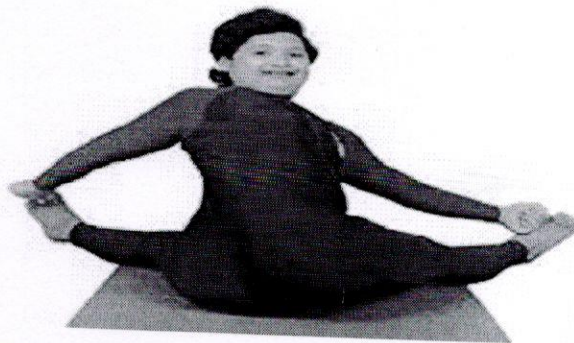
*Devanshi became first employee with neuro diversity*

**Devanshi became first employee with neuro diversity.** She was born with Down syndrome, a genetic condition characterized by delayed physical and intellectual development and medical issues. In spite of these hurdles, Devanshi has been taking efforts for the cause of disability rights and women empowerment. She has been breaking many stereotypes. Total eight years of regular, full-time work experience, first employee with neuro diversity in a retail chain since three years, expressing her views as self-advocate from various online and offline forums including the UN Assembly at Geneva, Youth Leader of Special Olympics, Awareness Icon of the Election Commission of India, featuring in award-winning documentary and recipient of many prestigious awards, including Helen Keller award and twice recipient of national award from Government of India, Devanshi keeps raising her bar. In her journey towards independent living, she has acquired many skills like socializing, relationships, understanding and dealing with risks herself, effective use of technology and basic self-defense.





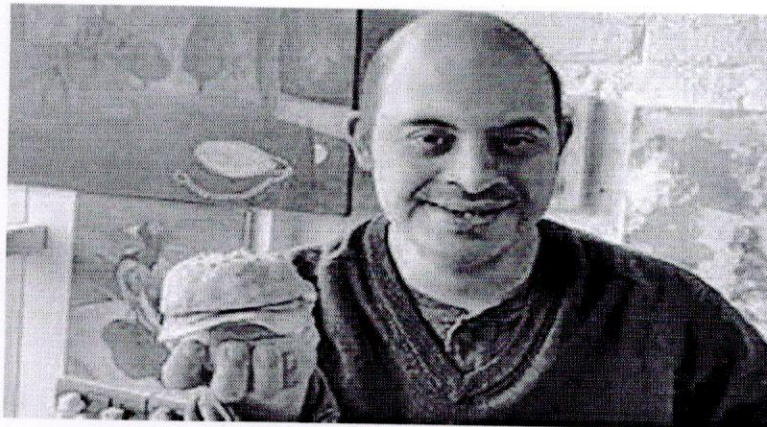
**Kavita and Himanshu were the first Indian couple to adopt a child with down syndrome Veda.** They welcomed home their little princess "Veda." Little Veda has Down syndrome, but she has completed Kavita and Himanshu's life. As Kavita recalls fondly, the journey has been mesmerizing, and it makes her feel complete. Although Veda has emotional and physical delays due to Down syndrome, the couple is delighted that Veda has accepted them so well. Kavita no longer follows the milestone chart. "Whatever Veda can achieve is a milestone for us," says the proud mother.



**Thirteen-year-old Anvi Zanzarukia** was born with Down syndrome and multiple disabilities. Seventy-five per cent of her large intestine does not function; as a result, she faces gastric issues. She also had two holes in her heart that were operated upon in an eight-hour surgery when she was only three years old. However, all these did not prove to be obstacles to her from climbing the ladders

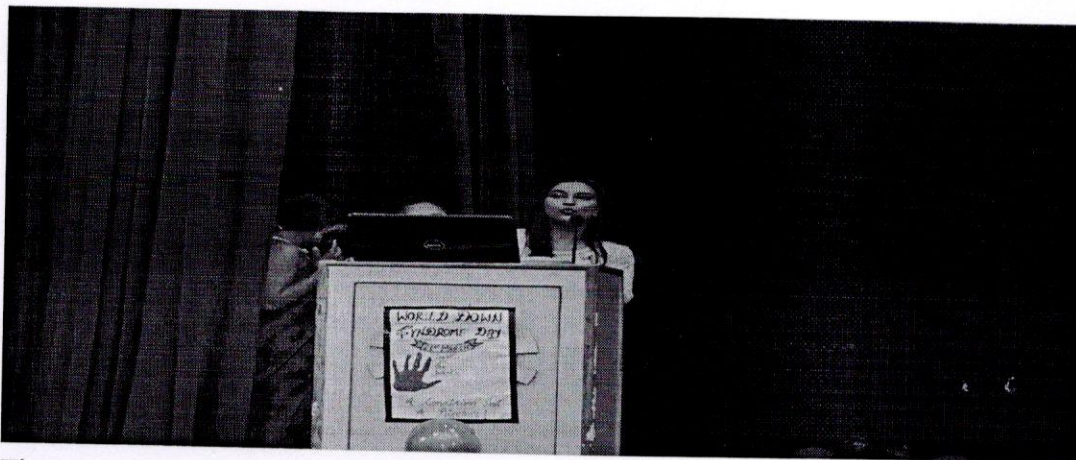


of success. The Surat resident, who has proven her Yoga skills at several national and state-level competitions and has two national medals in her kitty, who was conferred with the Pradhan Mantri Rashtriya Bal Puraskar for her exceptional achievements in innovation, social science, education, sports, arts and culture, and for demonstrating bravery.



Shaurya is 30 yrs. and is an incredible ceramist. He is the proud owner of Studio Banana that welcomes people from various walks of life and encourages them to enjoy art.

The presentation of success stories was an amazing and inspiring experience for everyone present in auditorium.



The program came to an end with beautiful poetry recited by **Ms. Asma Anjum (B.Ed VI) II year.**



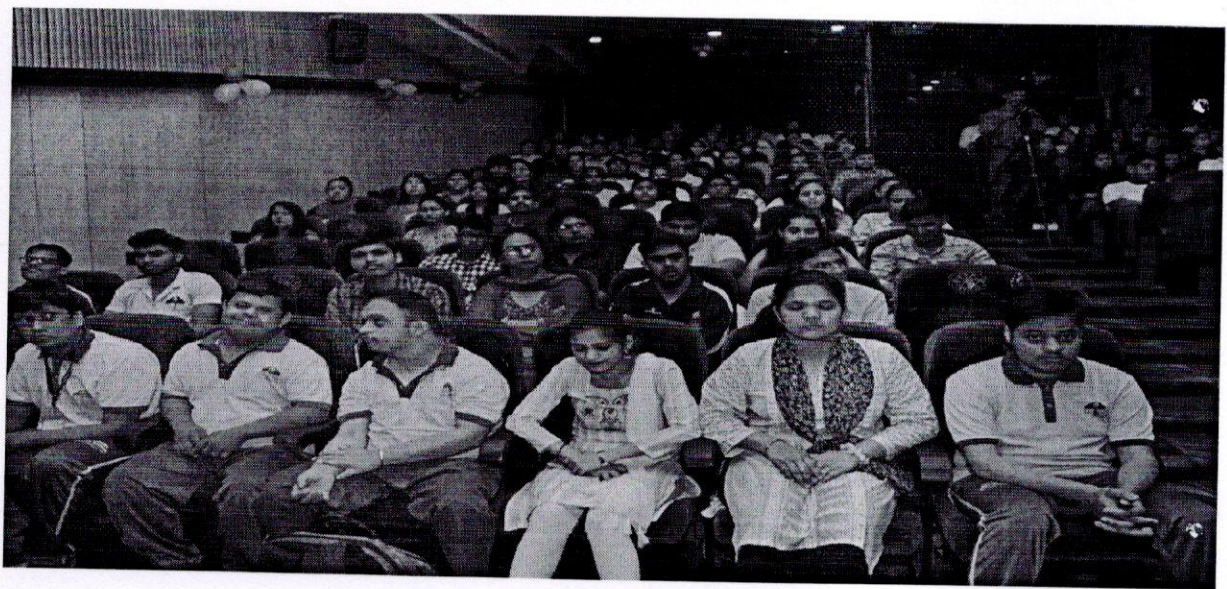


*Group Photograph of The Ashtavakra Special School students*





*Certificate Distribution to Special Students*



## Learning Outcomes

- The Students were able to learn about the significance of World Down Syndrome Day.
- The Students got inspired from the success stories of various people from around the world with Down Syndrome
- The Student were able to learn about the various symptoms of Down Syndrome.
- The Students were able to learn about various techniques and therapies to deal people with down syndrome from webinar.
- The students were able to grasp the importance of medical tests required for people with down syndrome





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## Name of Beneficiaries

Sr. No.	GGSIPIU ID	STUDENT NAME
1.	01352312522	ISHIKA SINGHAL
2.	00552312522	JIGYASA GUPTA
3.	00252312522	BIGUL SIWACH
4.	02452312522	VAISHALI
5.	02552312522	HARSHA DABAS
6.	00752312522	ANAMIKA
7.	01252312522	TAMANNA MALHOTRA
8.	00452312522	AANCHAL
9.	02252312522	SWETA
10.	00352312522	HARSHITA MANGLA
11.	02052312522	MUSKAN
12.	01852312522	MUSKAN
13.	01452312522	SHREYA RANA
14.	01752312522	GUNJAN RANI
15.	01052312522	ANJUM ARYA
16.	02652312522	DIVYA KHATRI
17.	00952312522	ISHIKA MAKAN
18.	00652312522	JAYANT DABAS
19.	01952312522	MANISH KUMAR
20.	00152312522	KOMAL
21.	02152312522	ANGELINA BORUAH
22.	01552312522	AMAN KUMAR
23.	00852312522	FALAK ALVI
24.	02352312522	ENA BISHT
25.	01152312522	SACHIN
26.	01652312522	YASHIKA PAHWA
27.	00352312422	RASHMI VERMA
28.	02052312422	HARSHITA GUPTA
29.	02352312422	MANIKA
30.	00452312422	AROOSHI NANDWANI
31.	02452312422	NIKITA
32.	00952312422	PRIYANKA ARORA
33.	00152312422	MANVI MITTAL
34.	00552312422	PRIYANKA
35.	00252312422	HARSHPREET KAUR
36.	01852312422	ANCHAL KUMARI



37.	00752312422	GEETIKA YADAV
38.	01252312422	KRITI DHUNNA
39.	01052312422	ASHA BAIRWA
40.	01552312422	MUSKAN
41.	01752312422	SUNAINA SHARMA
42.	00852312422	KAVITA
43.	00652312422	ASHISH
44.	01452312422	BHARTI
45.	01152312422	POOJA BANKOTI
46.	02252312422	ANJALI KAUR
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79.	00552312622	SOMYA SHARMA
80.	00152312622	AMARDEEP KUMAR ARYA
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83.	01252312622	ROSHNI
84.	00352312622	





85.	00952312622	SIMRAN TYAGI
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133.	01452312521	ISHRAT MALIK



134.	35152312521	PAWAN KUMAR PANWAR
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