



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

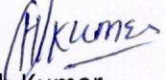
PSP, Institutional Area, Madhuban Chowk, Rohini Delhi-85, Ph : 011-27550012/13
Fax : 011-27550018 • Email : inforehab@tecnica.in Website : www.rehab.tecnica.in


Ref. No. AIRSR/2022-23/4030-A

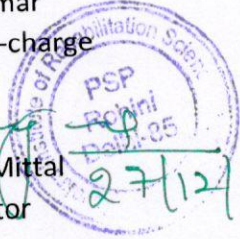
Dated 27/12/2022

CIRCULAR

All the students are hereby informed that Fitness Quiz on physical activity will be organized on 3rd January 2023 (Tuesday) at conference hall from 01:30 PM onwards. Interested students can give their names for participation to their class In charges latest by 30th December 2022 (Friday).


Mr. Harish Kumar
Fitness club In-charge


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.



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Event: fitness Quiz physical activity.

Convener: Mr Harish Kumar

Date: 3rd January 2022 (Tuesday)

Venue: AIRSR Conference Room 101

Number of students: 40

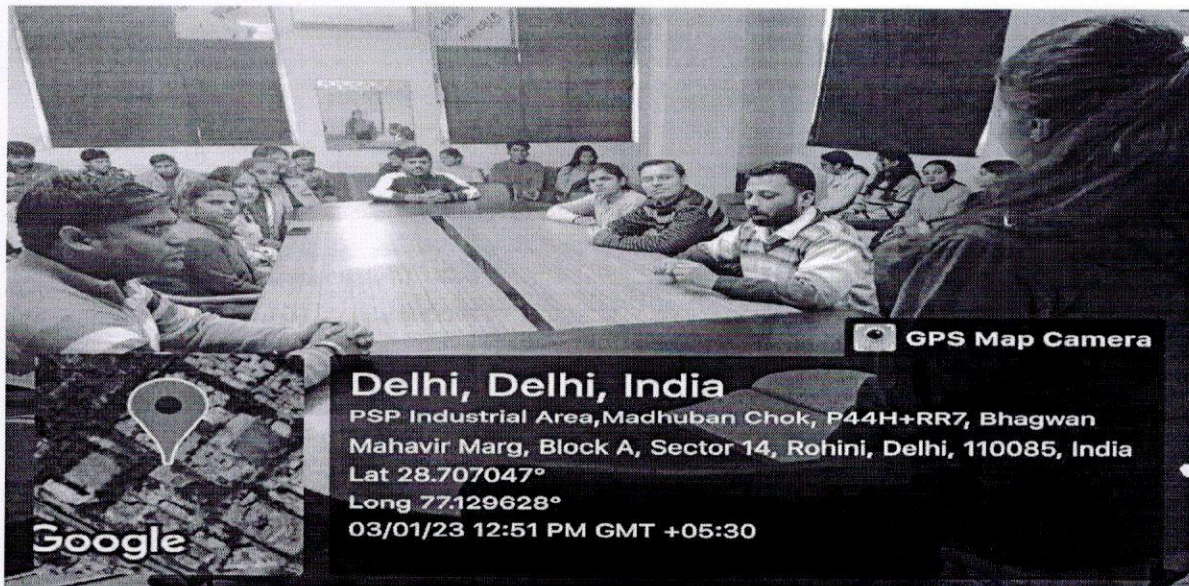
Learning objectives:

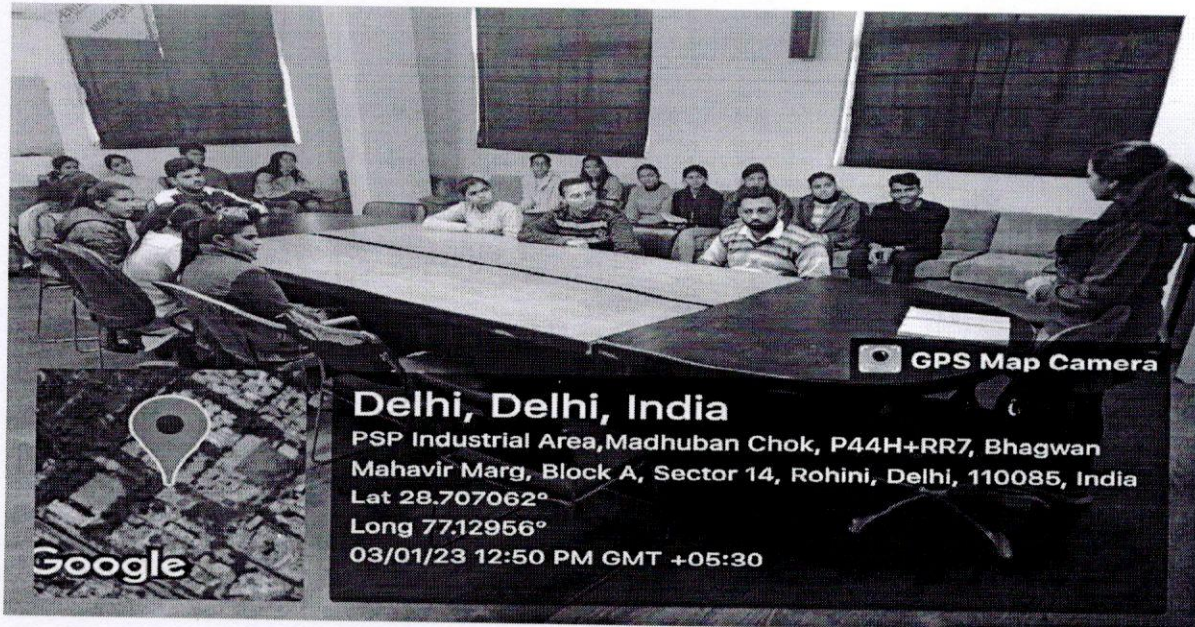
1. To encourage students for physical activities of exercise.
2. To create awareness about key ingredients of fitness.
3. To encourage the students to act as the catalyst for spreading awareness in the society;
4. To develop motor abilities like strength, speed, endurance, co-ordination, flexibility & balance as they are important aspects for good performance in different sports. To enlight students about this.

Report

Mr Harish Kumar, HOD (MD/DB Dept.) commenced the event. The event began with a small brief about a necessary aspect of fitness. Thereafter, there was a Multiple-Choice Questions (MCQs) based Quiz held on the fitness and physical activity. Every question was asked individually & there was a brilliant response of the students. Some students had a great enthusiasm about fitness as they went to the gym. The event was successful in order to gain consciousness about fitness & physical activity among the students.

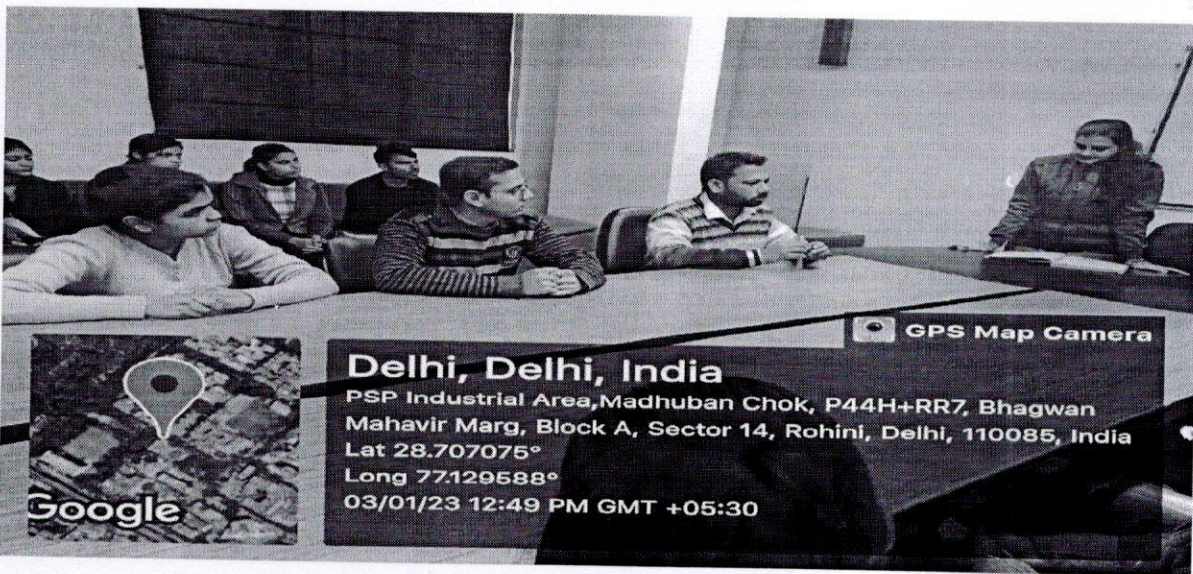
Glimpse of the Activities





Delhi, Delhi, India

PSP Industrial Area, Madhuban Chok, P44H+RR7, Bhagwan
Mahavir Marg, Block A, Sector 14, Rohini, Delhi, 110085, India
Lat 28.707062°
Long 77.12956°
03/01/23 12:50 PM GMT +05:30



Delhi, Delhi, India

PSP Industrial Area, Madhuban Chok, P44H+RR7, Bhagwan
Mahavir Marg, Block A, Sector 14, Rohini, Delhi, 110085, India
Lat 28.707075°
Long 77.129588°
03/01/23 12:49 PM GMT +05:30

Learning outcomes:

1. All the students were able to understand the importance of fitness & physical activity.
2. All the students were able to understand how to improve their ability to do everyday activities.
3. All the students took the pledge to spreading awareness about fitness & physical activity among their society also.
4. All the students actively participated in the event.





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List of Beneficiaries

Sr. no	NAME	IPU En. No.
1	TANU SHRI	01152312521
2	GAURAV	01052312521
3	ANEETA JEENA	00552312521
4	PRATIBHA	01552312521
5	KIRTI	00152312521
6	DEEPIKA	01352312521
7	Twinkle Yadav	00252312521
8	KAJAL	00352312521
9	HIMANSHI	01752312521
10	NIDHI VATS	01252312521
11	KOMAL NAGAR	00652312521
12	MANISHA MEENA	00752312521
13	PRIYA	00852312521
14	JAGRATI	01652312521
15	RUPESH CHAHLIA	00452312521
16	UDITA	00952312521
17	ISHRAT MALIK	01452312521
18	PAWAN KUMAR PANWAR	35152312521
19	PARITI	35252312521
20	KIRTI LATA BODRA	35352312521
21	MAHI PAL	00352312221
22	MALVIKA TIWARI	00252312221
23	MALVIKA ANAND	00552312221
24	DIVYA AGARWAL	00152312221
25	MANISH KUMAR	00452312221
26	PINKI BISWAS	35152312221
27	NIKITA	00952312421
28	BHUMIKA SHARMA	00352312421
29	SHIVANI SHRAMA	01952312421
30	SHIKHA	02052312421
31	TANISHA ARORA	01752312421
32	DIKSHA AHLAWAT	01652312421
33	SONIA JOSHI	01252312421
34	MANSI	00152312421
35	YUKTA SHARMA	00652312421
36	RITIKA	00852312421
37	RITIKA	01452312421
38	VIKAS	00252312421
39	SHIVANI MEHRA	00552312421
40	ANJU JEWAR	01152312421

