



# 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

Ref. No. AIRSR/2022-23/3979-A

Dated 29/11/2022

## CIRCULAR

All the students are hereby informed that Webinar on the Perils of Smoking , Drugs and Alcohol will be organized on 6<sup>th</sup> December 2022 at conference hall from 01:30 PM onwards. Interested students can give their names for participation to their class In charges latest by 2<sup>nd</sup> 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:** Webinar on The Perils Of Smoking, Drugs And Alcohol

**Convener:** Mr. Harish Kumar

**Date:** 06<sup>th</sup> December 2022


**Venue:** Conference Room 101

**No of students:** 38




## ASHTAVAKRA

Institute of Rehabilitation Sciences and Research  
5, PSP Institutional Area, Madhuban Chowk Rohini, Sector -14, Delhi-110085



### FIT INDIA Fitness club

### Fitness Quiz: The Perils of Smoking, Drugs and Alcohol



Mr. Harish Kumar  
Nodal officer

Venue: Room No. 101, AIRSR, Delhi  
Date: 06/12/2022  
Time: 01:30 P.M

www.ashtavakra.in inforehab@tecnia.in 01127550012

#### Objectives of the event:

- 1.To increase the interest of students in physical learning
- 2.To inculcate excitement and knowledge gainer of the necessary insights to develop physical health
- 3.To sensitize the students about Smoking ,Drugs and Alcohol
4. To sensitize the students about the awareness in their physical health



## Report

This event was organized by Fitness Club of Ashtavakra Institute of Rehabilitation Sciences & Research, Rohini, Delhi on 6th December 2022. In contrast with physical activity, based on the theme "The Perils of Smoking, Drugs and Alcohol" which is related to the movements that students perform, physical fitness is a set of attributes that

students have or achieve. Being physically fit has been defined as "the ability to carry out daily tasks with vigor and alertness, without undue fatigue and with ample energy to enjoy leisure-time pursuits and to meet unforeseen emergencies". Both physical activity and physical fitness vary among students. No student has no activity just as no person has no fitness-all are active or fit to greater or lesser degrees. It is mandatory for all the students that they should engage themselves in any kind of physical fitness activity.

In the event Fitness quiz conducted by fitness club, 65 students participated from all the respective departments of AIRSR. All the students who participated in the abovementioned event

have been distributed E Certificate through their Emails. It was observed that all the participants were keen to engage in the activities like Fitness Quiz as it provides the different opportunities in their interests other than academic routine based activities. Fitness Club of AIRSR aims at providing a platform for physical activities for fitness and well being among students, teachers and staff in the institute. All

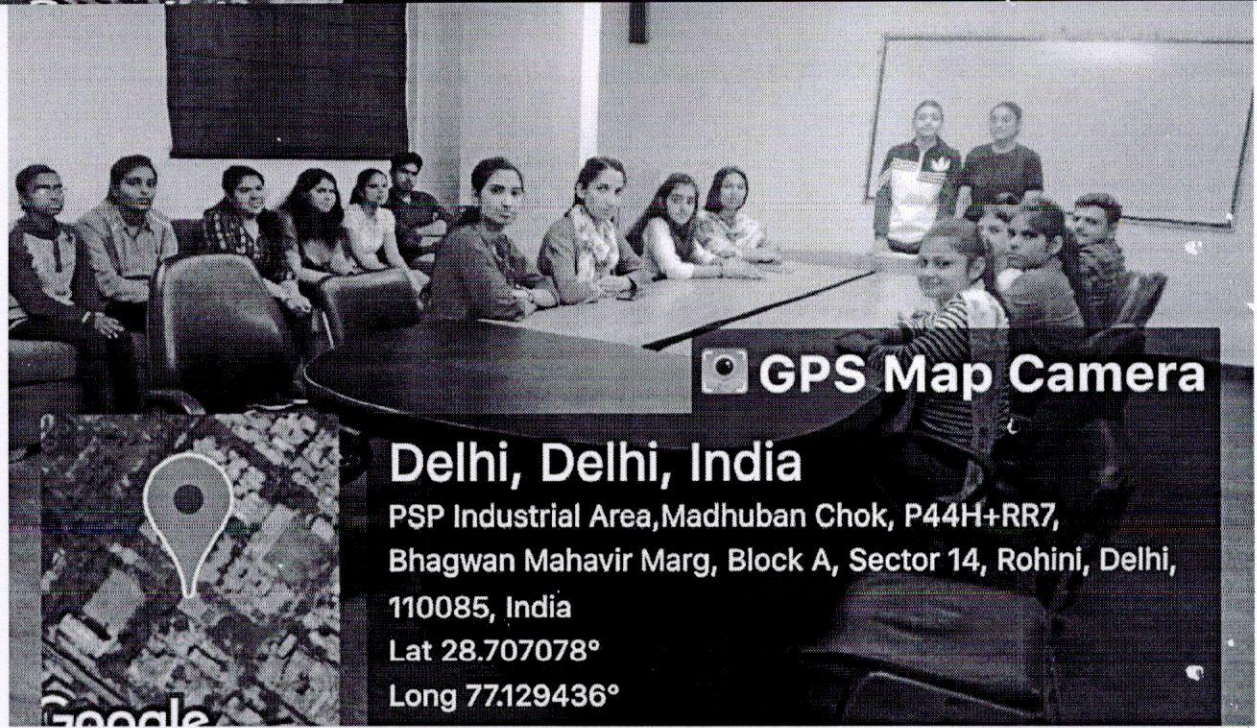
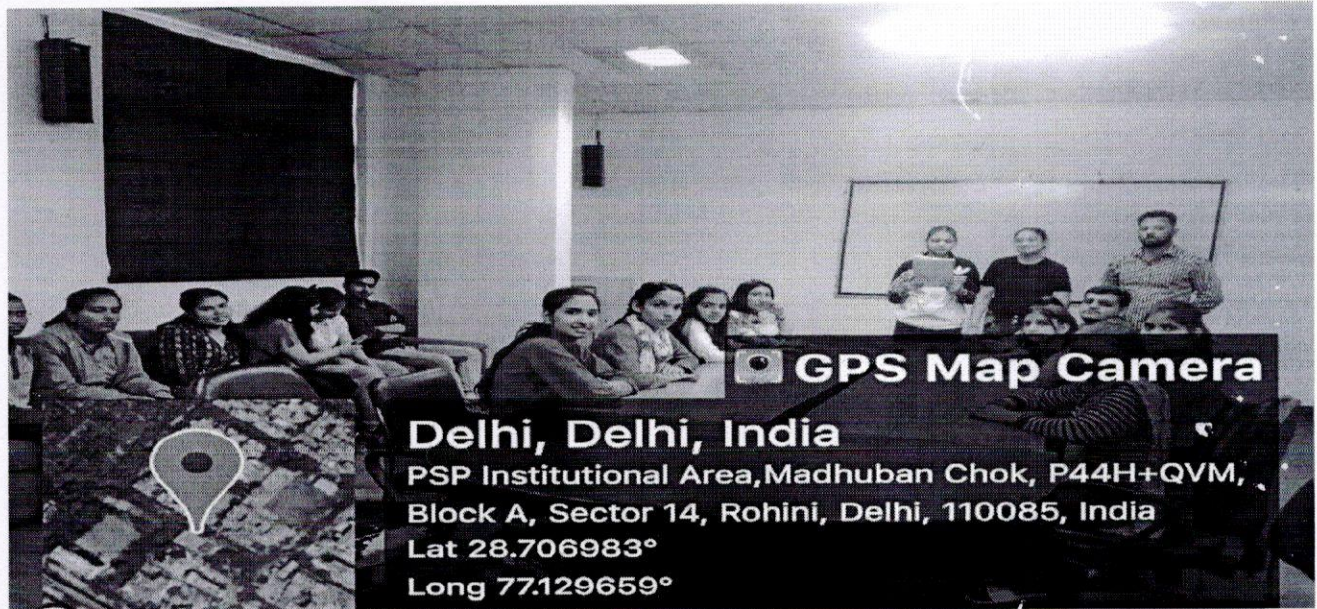
students are encouraged to devote minimum 55 minutes per day on fitness activity such as exercise, yoga, meditation, walking, cycling, aerobics, dance etc. It also aims to address the emotional concerns of the students to promote mental health and to create awareness or sensitization through workshop or seminars on depression, anxiety and stress management for faculty and students. Fitness club of AIRSR also aims in providing guidance regarding balanced nutritional diets for the students and faculty members

### Learning outcomes:

1. It will help the students to develop their mental fitness and their well being.
2. It will result in inculcating the culture of games and sports in our institute.
3. It will provide a platform for the students healthcare wellness centre.
4. It will create awareness and sensitize the students to adopt healthy and peaceful life style.
5. It will lead to support their mental health and stress management.



**SNAPSHOTS OF 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

