



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/2022-23/42100

Dated 26/10/2022

CIRCULAR

All the students are hereby informed that Seminar on culinary diversity among the paired Institutions will be organized on 1st November 2022 (Tuesday) at AIRSR , BLK A from 09:30 AM onwards. Interested students can give their names for participation to their class In charges latest by 28th October 2022(Friday) .

Mr. Jitender Srivastava
Asst. Professor (HI Dept.)

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

Fax: +91-11-27550018, Phone No: +91-11-27550018

E-mail: directorrehab@teania.in

Event: Seminar on Culinary diversity among the paired institutions

Convener: Mr Jitender Srivastava, Mr Harish kumar and Mr. Bishamber singh

Date: 1st November 2022(Tuesday)

Venue: Ashtavakra Institute of Rehabilitation Sciences and Research.

Number of students: 70

Learning objectives:

1. To spread awareness among students about Culinary diversity between New Delhi and Assam;
2. To encourage the students to understand the different food habits;
3. To encourage students to follow the Healthy eating Habits in their routine life;
4. To understand the importance of clean, healthy foods and balanced diet.

Event Report:

The programme began with presentation given by Mr Jitender Srivastava Asst. Professor (HI Dept.) on healthy food habits and the importance of balanced diet for proper nourishment of the body. He discussed the significance of cleanliness of food before cooking. He also encouraged students to follow Healthy eating habits in their routine life. Mr Harish kumar In-charge of Fitness club discussed the different food habits followed in different states of our country. Mr. Bishamber singh from college of Assam discussed the diversity of food found in Assam. During the event, an open round and group discussion was also undertaken. All the students showed the great zeal and enthusiasm for the event along with took the pledge to follow the healthy eating habits.

Learning outcomes:

1. All the students were able to understand the importance of healthy eating habits in their routine life.
2. All the students were able to understand different food habits.
3. All the students were able to understand culinary diversity between New Delhi and Assam.
4. All the students were able to actively participated in the event.



Glimpses of the Activity

12:10

← About this call

People	Info
Nishant Verma	
Nitin Pal	
Pratiksha Antil	
PRERNA JOSHI	
Ruchika Deswal	
Sakshi Bachchas	
Sakshi Shrwat	
Shivani Rathore	
Shivendra Singh	
Shruti Jha	
Tanishka Dabas	
Tannu Chhikara	
this is Himansh...	

12:09

← About this call

People	Info
Manish kumar	
Manshi Kardam	
Mirza Sahab N...	
Miss Jyoti	
Muskan chhillar	
Narender Kaur	
Neha Khatri	
Nikki Bhojgi	
nishant khatri	
Nishant Verma	
Nitin Pal	
Pratiksha Antil	
PRERNA JOSHI	

12:09

← About this call

People	Info
Himanshi	
Jitender sethi	
Kaushika Jaisw...	
Komal Chauhan	
KONAIN FATMA	
kritika kaushik	
Kunal Karan	
Lakshita	
Manish kumar	
Manshi Kardam	
Mirza Sahab N...	
Miss Jyoti	
Muskan chhillar	

12:10

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People	Info
Pratiksha Antil	
PRERNA JOSHI	
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Shivendra Singh	
Shruti Jha	
Tanishka Dabas	
Tannu Chhikara	
this is Himansh...	
Yashika 1205	





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Name of Beneficiaries

Sr. No.	GGSIPIU ID	STUDENT NAME
1.	01252312222	ASHUTOSH ANAND
2.	02052312222	JASMINE
3.	00652312222	SUNITA
4.	01752312222	NITI
5.	01952312222	HIMANSHU MATHUR
6.	00752312222	BHUMIKA
7.	01152312222	RIYA VERMA
8.	01052312222	SHUBHAM CHOUDHARY
9.	01852312222	AAKARSHAN CHOUDHARY
10.	00952312222	NAVITA
11.	00452312222	SHIVANI SINGH
12.	01652312222	SANGEETA
13.	02152312222	SWETA RANA
14.	01552312222	YASHPREET
15.	01452312222	NEETU KASHYAP
16.	00552312222	MONIKA BAGHEL
17.	01352312222	NEHA KUMARI
18.	00852312222	ASMA
19.	00352312222	DEEPTI
20.	00352312422	RISHA ALI ANSARI
21.	01252312222	ASHUTOSH ANAND
22.	02052312222	JASMINE
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
47.	01652312422	SUMAN
48.	01952312422	KANISHKA SHARMA
49.	02152312422	FIRDAUS
50.	01352312422	KIRAT KAUR MATHARU
51.	70152312422	SHALINI
52.	01752312322	PRAGATI
53.	00652312322	SUKSHAM
54.	01952312322	SHIVANI
55.	00452312322	DEEPANSHI
56.	00752312322	SHIKHA
57.	00552312322	SAKSHI GAUR
58.	01652312322	NISHA
59.	02352312322	BHARTI KAUSHIK
60.	00852312322	PRIYA SHARMA
61.	02452312322	TANYA CHAUDHARY
62.	00252312322	TUSHAR
63.	02052312322	MEHUL
64.	01852312322	AKSHAT VARMA
65.	00152312322	LAKSHITA SHARMA
66.	00352312322	DIKSHA
67.	01252312322	RITIKA
68.	01352312322	KUNAL
69.	01152312322	SANCHIT TOMAR
70.	01052312322	RESHMA S KUMAR

