



**ASntavakra 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@tecia.in Website : www.rehab.tecia.in

11(c)

### SPORTS ITEMS NAME

| S. No | INDOOR GAMES         | Quantity  |
|-------|----------------------|-----------|
| 1.    | T.T. BAT             | 09 pcs.   |
| 2.    | Basket Ball          | 03 pcs.   |
| 3.    | Carom Board          | 05 pcs.   |
| 4.    | Carom token          | 03 Set    |
| 5.    | Skipping Rope        | 05 pcs.   |
| 6.    | Chess                | 03 pcs.   |
| 7.    | Relay Batten         | 06 pcs.   |
| 8.    | Green Corn           | 05 pcs.   |
| 9.    | Badminton            | 06 pairs. |
| 10.   | Badminton Net        | 01 pcs.   |
| 11.   | Shuttle              | 04 pcs.   |
|       | <b>OUTDOOR GAMES</b> |           |
| 12.   | Volley Ball Net      | 01 pcs.   |
| 13.   | Badminton            | 06 pairs. |
| 14.   | Badminton Net        | 01 pcs.   |
| 15.   | Shot put             | 04 pcs.   |
| 16.   | Football             | 05 pcs.   |
| 17.   | Tug of bar (Rassa)   | 01 pcs.   |
| 18.   | Cricket Bag          | 06 Kit    |
| 17.   | Relay Batten         | 06 pcs.   |
| 18.   | Green Corn           | 05 pcs.   |

Mr. Vikas Kumar  
(Sports Incharge)



Mrs. Sanjana Mittal  
Deputy Director



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



### EVENT NAME

Title of Activity\*

**International Yoga Day**

Values

- Holistic Well-being
- Unity and Harmony
- Discipline and Consistency
- Peace and Tranquility
- Inclusivity and Accessibility

Learning Outcomes

- Enhanced Physical Fitness
- Improved Mental Health
- Mindfulness and Self-Awareness
- Cultural Awareness and Respect
- Stress Management Technique

Organized by (Dept./ Centre/ Cells/Clubs/ Committees Name)\*

Fit India Youth Club

Program Theme\*

**Yoga for Health and Harmony**

External Expert / Internal Expert

Mr. Vikas Kumar

Date\*

**21.06.2024**

Time\*

10:00 AM – 11:00 AM

Venue

District Park, Sector 14, Rohini.

Poster/Flyer/Notice\*

### CIRCULAR

This is to inform all the faculty members & students that Ashtavakra Institute of Rehabilitation Sciences & Research will be celebrating **International Yoga Day** on **21<sup>st</sup> June 2024**. This event is an excellent opportunity for us to come together and promote the physical and mental well-being that yoga offers.

**Yoga Session Details:**

**Time:** 10:00 AM – 11:00 AM

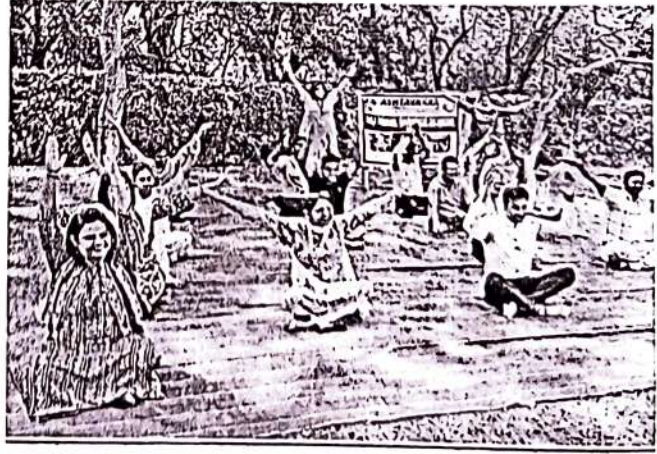
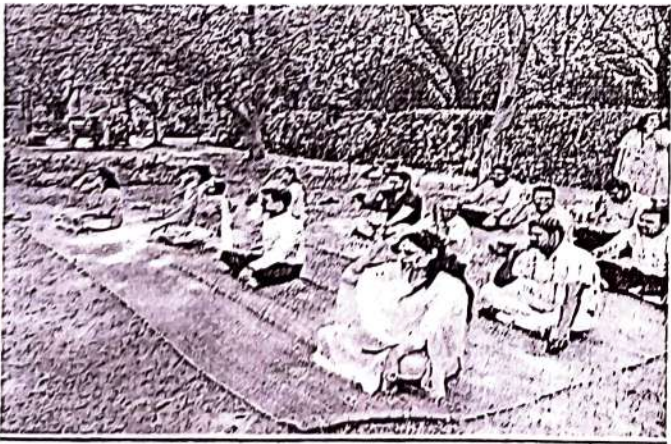
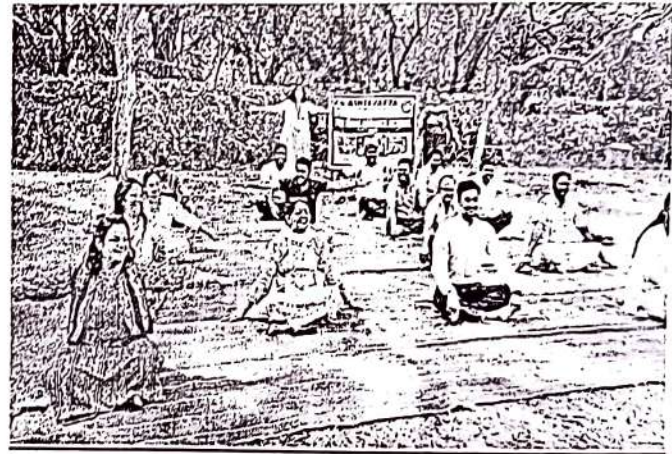
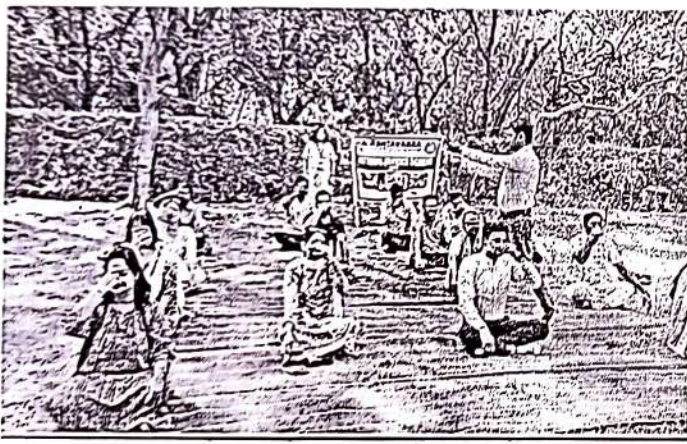
**Venue:** District Park, Rohini.

Let us come together to celebrate this day and embrace the holistic benefits of yoga. We look forward to your enthusiastic participation.



|   |   |
|---|---|
| <b>Social media link</b> (promoting in any one Facebook/Instagram/Twitter is mandatory)   | <a href="https://www.instagram.com/reel/C8evrPcJQ58/?igsh=cWlwMzZmeXI4Mmk3">https://www.instagram.com/reel/C8evrPcJQ58/?igsh=cWlwMzZmeXI4Mmk3</a> |
| <b>No. of Students*</b> (only no. to be written, list in excel or word should be maintain at department level as proof for any further requirement) | 30  |
| <b>No. of Faculty*</b> (only no. to be written , list in excel or word should be maintain at department level as proof for any further requirement) | 01  |
| <b>No. of External Participants</b> (students + faculty) [write NA if not applicable]   | N.A   |
| <b>(Geotag) Photograph*</b>   |   |

**Photograph of the Event with the Caption**



Ashwari Institute of Re'abilit...
   
 Sector-14
   
 Rozi, Delhi-85

Report: Description in (min 250 to max 800 words)\*

International Yoga Day was celebrated with great enthusiasm at Ashtavakra Institute of Rehabilitation Sciences & Research on 21<sup>st</sup> June 2024. The day was marked by a series of activities aimed at promoting the physical and mental well-being of our faculty members and highlighting the inclusive benefits of yoga for all, including persons with disabilities (Divyangjan). The event was attended by a large number of faculty members, reflecting their commitment to health and wellness. Yoga Session was led by **Mr. Vikas Kumar**. All the faculty members participated in the session, arriving promptly in comfortable attire and with their yoga mats. The session included a variety of yoga postures (asanas), breathing exercises (pranayama), and meditation techniques aimed at reducing stress, improving flexibility, and enhancing mental clarity. Participants expressed high satisfaction with the session. Many reported feeling relaxed and rejuvenated, appreciating the opportunity to learn and practice yoga in a supportive environment. The celebration of International Yoga Day at AIRSR was a resounding success. The yoga session and panel discussion collectively emphasized the holistic benefits of yoga and its importance in fostering an inclusive environment. The active participation and positive feedback from faculty members highlight the event's impact and underscore the importance of continuing such initiatives. We extend our heartfelt gratitude to all the participants for making this event memorable and meaningful.

Recourse Person

NA

Attendance Sheet\*

Attached at the end of Report


Feedback

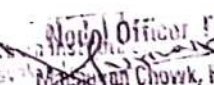
Sample feedback Attached at the end of Report

Report Submitted by Convener (write faculty coordinator name)

Mr. Vikas Kumar

For Office Use

  
Signature of Event Coordinator

  
Signature of Club In-charge  
(With Seal)

List of Beneficiary

30





**Ashtavakra Institute of Rehabilitation Sciences & Research**  
App. by Rehabilitation Council of India, Ministry of Social Justice & Empowerment, Govt. of India  
Affiliated to GURU GOBIND SINGH INDRAPRASHTHA UNIVERSITY

Ref. AIRSR/2024-25/8903

Date 29/08/2024


**CIRCULAR**

All the students of D.ED SE are hereby informed about the upcoming Fitness Quiz: Key Ingredient of Fitness Program. At Ashtavakra Institute of Rehabilitation Sciences and Research, we believe in promoting holistic wellness among our students, and see what better way to achieve this than by learning and staying fit. Interested participants can send their names to the undersigned. The details of the Quiz are mentioned below:

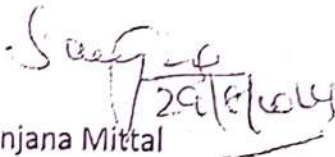
Date: 02.09.2024

Time: 1:00PM – 2:00PM

Venue: Room No. 101, Block A, AIRSR

  
29/08/24

Mr. Vikas Kumar  
FIYC In-charge

  
29/08/2024

Ms. Sanjana Mittal

Deputy Director



Address: - PSP, Institutional Area, Madhuban Chowk, Rohini Delhi-85,

Ph.: 011-27550012/13

Email: [info rehab@tecnia.in](mailto:info rehab@tecnia.in)

Website: [www.rehab.tecnia.in](http://www.rehab.tecnia.in)



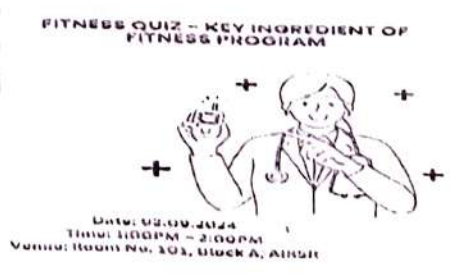
**ASHTAVAKRA**  
Institute of Rehabilitation Sciences and Research  
A, PSP Institutional Area Madhuban Chowk Bahadur, Sector-14, Delhi-110045



**EVENT NAME**

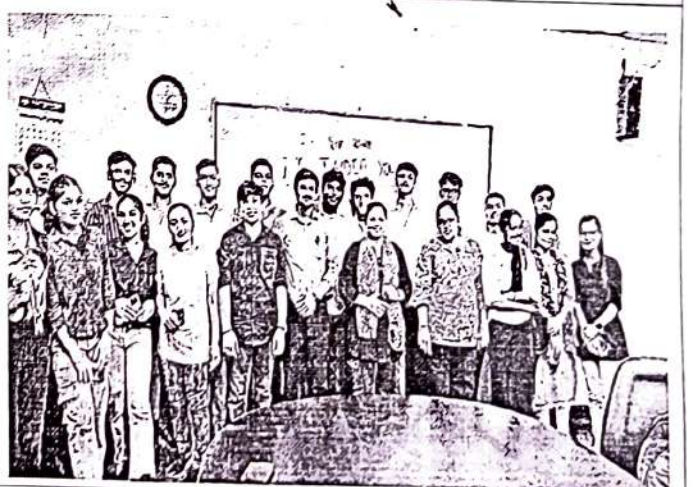
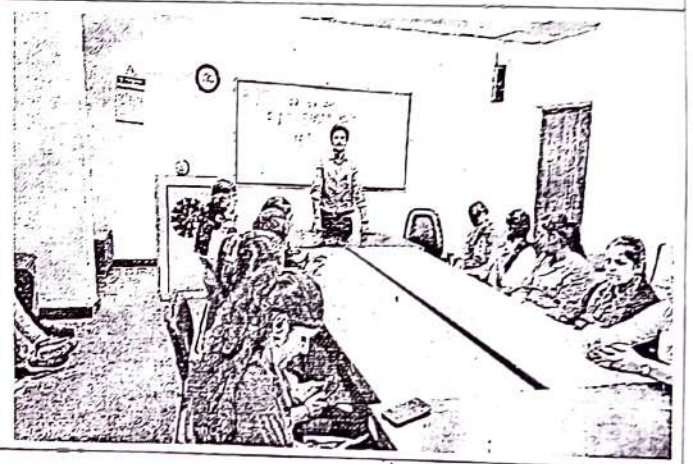
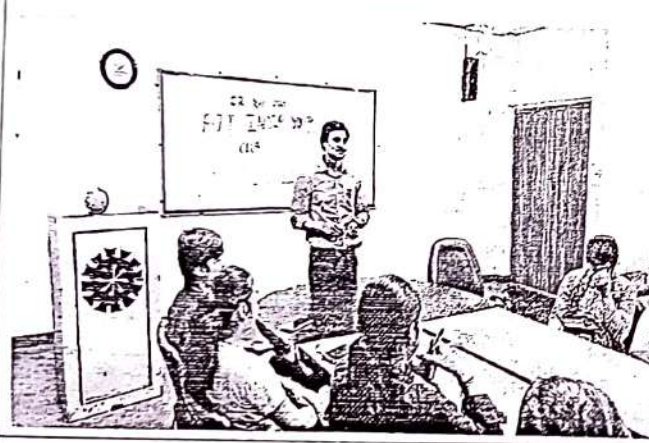
|  |   |
|--|---|
| <b>Title of Activity*</b>  | <b>Fitness Quiz - Key Ingredient of Fitness Program</b>   |
| <b>Values</b>  | <ul style="list-style-type: none"> <li>• Self-awareness</li> <li>• Stress Management</li> <li>• Routine and Consistency</li> <li>• Community and Support</li> <li>• Resilience Building</li> <li>• Healthy Lifestyle Choices</li> <li>• Fit-awareness</li> </ul>  |
| <b>Learning Outcomes</b>   | <ul style="list-style-type: none"> <li>• Understanding the Connection</li> <li>• Self-assessment Skills</li> <li>• Stress Reduction Techniques</li> <li>• Building Consistent Habits</li> <li>• Community Engagement</li> <li>• Resilience and Goal Setting</li> <li>• Making Healthy Lifestyle Choices</li> <li>• Implementing Practical Strategies</li> </ul> |
| <b>Organized by (Dept./ Centre/ Cells/Clubs/ Committees Name)*</b> | Fit India Youth Club  |
| <b>Program Theme*</b>  | Fitness Quiz  |
| <b>External Expert / Internal Expert</b>                           | Mr. Vikas Kumar   |
| <b>Date*</b>   | 02.09.2024  |
| <b>Time*</b>   | 1:00PM – 2:00PM   |
| <b>Venue</b>   | Room No. 101, Block A, AIRSR  |

**Poster/Flyer/Notice\***



|   |  |
|---|--|
| <p>al media link (promoting in any one<br/>cebook/Instagram/Twitter is mandatory)</p>   | <p><a href="https://www.instagram.com/reel/C_apvFvvEKc/?igsh=ZDF4NzBIMzdmmtu">https://www.instagram.com/reel/C_apvFvvEKc/?igsh=ZDF4NzBIMzdmmtu</a></p> |
| <p>No. of Students* (only no. to be written, list in excel<br/>or word should be maintain at department level as<br/>proof for any further requirement)</p> | <p>27</p>  |
| <p>No. of Faculty* (only no. to be written , list in excel<br/>or word should be maintain at department level as<br/>proof for any further requirement)</p> | <p>01</p>  |
| <p>No. of External Participants (students + faculty)<br/>[write NA if not applicable]</p>   | <p>N.A</p>   |
| <p>(Geotag) Photograph*</p>   |  |

**Photograph of the Event with the Caption**



**Report: Description in (min 250 to max 800 words)\***

The Fitness Quiz: Key Ingredient of Fitness Program was a successful initiative that engaged participants and enhanced their understanding of fitness. It served as a foundational learning tool to guide participants toward better fitness practices and promote a holistic approach to physical well-being. The primary goal of the Fitness Quiz: Key Ingredient of Fitness Program was to assess participants' knowledge on critical aspects of fitness and to educate them on the key components necessary for a well-rounded fitness program. Participants were given an overview of the fitness program elements and the importance of each. A brief discussion on commonly held fitness myths helped to engage participants and build anticipation for the quiz. After the quiz, participants were guided through the correct answers. A discussion session was held to explain key concepts, correct wrong answers, and provide additional resources for learning. Many participants reported an increase in awareness regarding important fitness concepts they were previously unaware of, particularly the importance of recovery (sleep, hydration, and stretching) and mental well-being. The quiz provided participants with an opportunity to test and expand their knowledge of fitness fundamentals. Participants left the session with actionable insights that could be incorporated into their personal fitness routines, such as: Adjusting exercise intensity using the FITT principle, Recognizing the importance of balanced nutrition to fuel workouts, Implementing mental wellness practices to improve focus and recovery.

**Recourse Person**

NA

**Attendance Sheet\***

*Attached at the end of Report*

**Feedback**

*Sample feedback Attached at the end of Report*

**Report Submitted by Convener (write faculty coordinator name)**

**Mr. Vikas Kumar**

**For Office Use**

  
**Signature of Event Coordinator**

  
**Signature of Club In-charge**  
(With Seal)

**List of Beneficiary**

27





## LIST OF STUDENT PARTICIPANTS

| S. No. | Name of Participants | Course     |
|--------|----------------------|------------|
| 1.     | Rakhi                | D.ED SE MD |
| 2.     | Ninaxi               | D.ED SE MD |
| 3.     | Vaishali Yadav       | D.ED SE MD |
| 4.     | Mansi Kundu          | D.ED SE MD |
| 5.     | Bhumika              | D.ED SE MD |
| 6.     | Ankita               | D.ED SE MD |
| 7.     | Himanshu             | D.ED SE MD |
| 8.     | Riya                 | D.ED SE MD |
| 9.     | Sahil Bhardwaj       | D.ED SE MD |
| 10.    | Bhawnit              | D.ED SE MD |
| 11.    | Suruchi Mishra       | D.ED SE MD |
| 12.    | Srishti Singh        | D.ED SE MD |
| 13.    | Heemi                | D.ED SE MD |
| 14.    | Shivani              | D.ED SE MD |
| 15.    | Muskan Bharti        | D.ED SE MD |
| 16.    | Sapna                | D.ED SE MD |
| 17.    | Prachi               | D.ED SE MD |
| 18.    | Ayush                | D.ED SE MD |
| 19.    | Diksha Bhardwaj      | D.ED SE MD |
| 20.    | Vansh Gautam         | D.ED SE MD |
| 21.    | Gauri Verma          | D.ED SE MD |
| 22.    | Poonam               | D.ED SE MD |
| 23.    | Tushar Kaushik       | D.ED SE MD |
| 24.    | Aditya               | D.ED SE MD |
| 25.    | Bhawna               | D.ED SE MD |
| 26.    | Rakhi                | D.ED SE MD |
| 27.    | Ninaxi               | D.ED SE MD |





**ASHTAVAKRA**

Institute of Rehabilitation Sciences and Research  
5, PSF Institutional Area Madhuban Chowk Rohini, Sector-14, Delhi-110015

**FIT  
INDIA**

**EVENT NAME**

**Title of Activity\***

**Badminton**

**Values**

- Promotion of Physical Fitness:
- Team Building and Collaboration:
- Skill Development:
- Healthy Competition:
- Stress Relief and Well-being:
- Community Engagement:
- Identification of Talent:

**Learning Outcomes**

- Physical Fitness and Health
- Self-Discipline and Commitment:
- Resilience and Perseverance
- Time Management:
- Teamwork and Collaboration:
- Leadership Skills:
- Sportsmanship and Fair Play:
- Conflict Resolution:

**Organized by (Dept./ Centre/  
Cells/Clubs/ Committees Name)\***

Fit India Youth Club

**Program Theme\***

Intra Institute Sports Competition

**External Expert / Internal Expert**

Mr. Vikas Kumar

**Date\***

19.02.2024

**Time\***

2:00 PM to 3:00PM

**Venue**

Playground Area, AIRSR

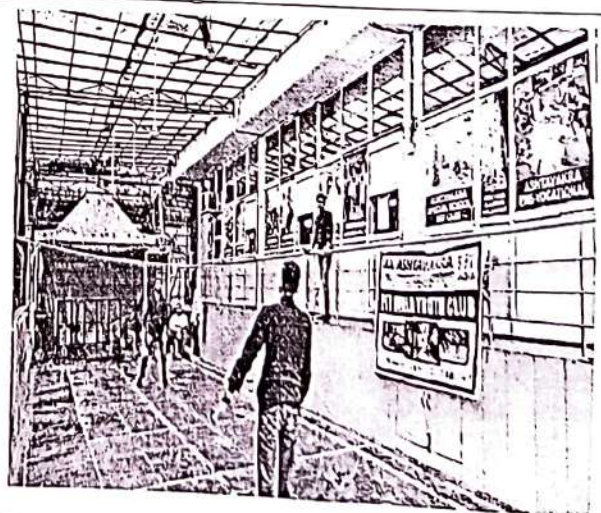
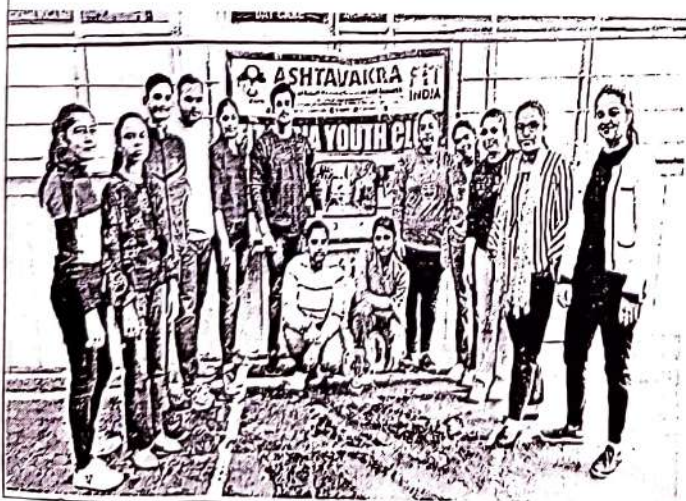
**Poster/Flyer/Notice\***



|  |   |
|--|---|
| cial media link (promoting in any one facebook/Instagram/Twitter is mandatory)   | <a href="https://www.instagram.com/reel/Cz84teepprR/?igshid=MTc4MmM1Yml2Ng==">https://www.instagram.com/reel/Cz84teepprR/?igshid=MTc4MmM1Yml2Ng==</a> |
| No. of Students* (only no. to be written, list in excel or word should be maintain at department level as proof for any further requirement) | 30  |
| No. of Faculty* (only no. to be written, list in excel or word should be maintain at department level as proof for any further requirement)  | 1   |
| No. of External Participants (students + faculty) [write NA if not applicable]   | N.A   |

(Geotag) Photograph\*

Photograph of the Event with the Caption



Report: Description in (min 250 to max 800 words)\*

Stamina and agility are the key words associated with badminton and that is what our players displayed during Badminton Tournament. The match began with a lot of enthusiasm displayed not only by the players but also the spectators. Their relaxed and flexible grips, the shuttle flights and their avoiding the wobbling of the shuttle in flight kept us all awestruck. Badminton is quite a workout for the mind.

The game requires constant thinking and planning and that is what we all could witness whilst they played. It was an excellent competition conducted under the guidance of Sports Incharge, students showed their techniques and skills. In the finals, the students gave their best and the shots were almost continuous. The students involved themselves in healthy and fierce competition. The badminton activity was successful in meeting its objectives of skill development and fitness promotion. Participants gained valuable experience and constructive feedback, setting a solid foundation for their continued improvement in the sport.

Recourse Person

NA

Attendance Sheet\*

Attached at the end of Report

Feedback

Sample feedback Attached at the end of Report

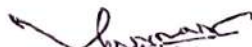
Report Submitted by Convener (write faculty coordinator name)

Mr. Vikas Kumar

For Office Use



Signature of Event Coordinator



Nodal Officer, T4 India Club (TTC)  
 Ashvakra Institute of Rehabilitation Sciences and Research  
 Madhuban Chowk, Rohini, Delhi-110095  
 Signature of Club In-Charge  
 (With Seal)

List of Beneficiary

30



### LIST OF STUDENT PARTICIPANTS

| S. No. | Name of Participants | Course     |
|--------|----------------------|------------|
| 1.     | ADITYA TOMAR         | D.ED SE MD |
| 2.     | ANNU                 | D.ED SE MD |
| 3.     | ANSHIKA              | D.ED SE MD |
| 4.     | AREEB KHAN           | D.ED SE MD |
| 5.     | DEEPANSHI            | D.ED SE MD |
| 6.     | DEEPANSHU            | D.ED SE MD |
| 7.     | DEV RANA             | D.ED SE MD |
| 8.     | HARSHITA             | D.ED SE MD |
| 9.     | KANIKA               | D.ED SE MD |
| 10.    | KANISHKA             | D.ED SE MD |
| 11.    | KHUSHI VERMA         | D.ED SE MD |
| 12.    | LAKSHAY              | D.ED SE MD |
| 13.    | MUSKAN CHOUDHARY     | D.ED SE MD |
| 14.    | NEONIKA GOSWAMI      | D.ED SE MD |
| 15.    | NIKHIL CHHILLAR      | D.ED SE MD |
| 16.    | NIKKI                | D.ED SE MD |
| 17.    | PIYUSH               | D.ED SE MD |
| 18.    | PRATEEK              | D.ED SE MD |
| 19.    | RAHUL DAGAR          | D.ED SE MD |
| 20.    | RAHUL RANA           | D.ED SE MD |
| 21.    | RAKESH KUMAR         | D.ED SE MD |
| 22.    | RENU                 | D.ED SE MD |
| 23.    | RITIKA               | D.ED SE MD |
| 24.    | RIYANSHI             | D.ED SE MD |
| 25.    | SAGAR VATS           | D.ED SE MD |
| 26.    | SANYA RAWAL          | D.ED SE MD |
| 27.    | SHIVAM MANN          | D.ED SE MD |
| 28.    | SHWETA               | D.ED SE MD |
| 29.    | SNEHA                | D.ED SE MD |
| 30.    | TANISHK SEHRAWAT     | D.ED SE MD |





**ASHTAVAKRA**  
Institute of Rehabilitation Sciences and Research  
5, PSP Institutional Area Madhuban Chowk Bahini, Sector-14, Delhi-110081

**FIT  
INDIA**

**EVENT NAME**

**Title of Activity\***

**Fitness Quiz: Sleep Well to Stay Fit**

**Values**

- Awareness of Sleep Importance
- Knowledge of Sleep Benefits
- Motivation to Improve Sleep
- Understanding Sleep Hygiene
- Integration of Sleep into Fitness Plans
- Healthier Lifestyle Choices
- Prevention of Negative Outcomes
- Enhanced Mental Health
- Commitment to Balance

**Learning Outcomes**

- Understanding Sleep's Role in Fitness
- Identifying Benefits of Adequate Sleep
- Evaluating Personal Sleep Habits
- Applying Sleep Hygiene Practices
- Integrating Sleep into Fitness Plans
- Balancing Lifestyle Choices

**Organized by (Dept./ Centre/  
Cells/Clubs/ Committees Name)\***

**Fit India Youth Club**

**Program Theme\***

Fitness Quiz

**External Expert / Internal Expert**

Mr. Vikas Kumar

**Date\***

06.03.2024

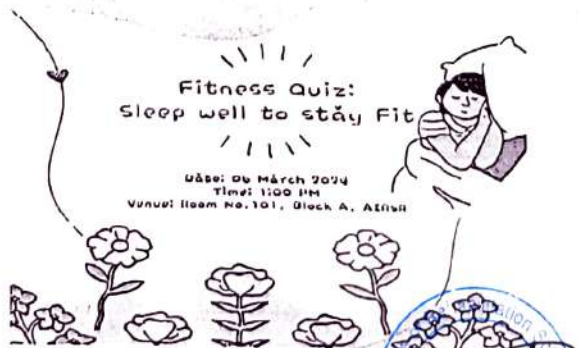
**Time\***

1:00 PM

**Venue**

Room No. 101, Block A, AIRSR

**Poster/Flyer/Notice\***



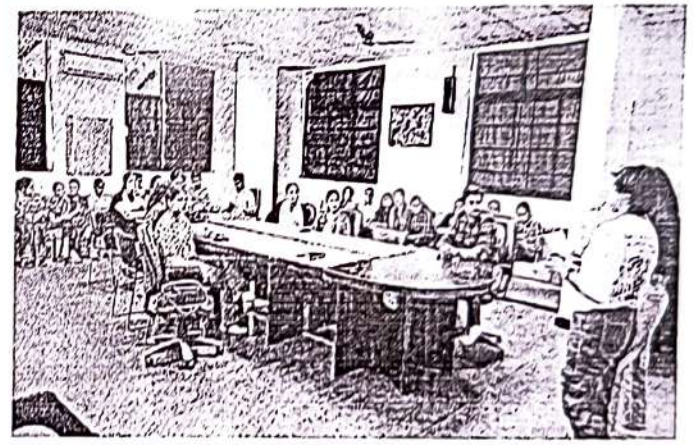
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| social media link (promoting in any one Facebook/Instagram/Twitter is mandatory)   | <a href="https://www.instagram.com/reel/Cz84teeprR/?igshid=MTc4MmMlYml2Ng==">https://www.instagram.com/reel/Cz84teeprR/?igshid=MTc4MmMlYml2Ng==</a> |
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| No. of External Participants (students + faculty) [write NA if not applicable]   | N.A   |

(Geotag) Photograph\*

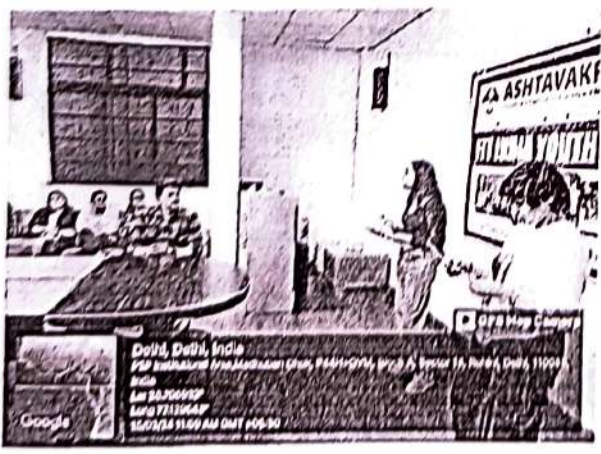
Photograph of the Event with the Caption



Group Photo consisting Club In-charge & Participants.



Students defining the Instructions of the quiz.



Result Declaration of the Quiz



Integrating Sleep with Fitness Blank



Report: Description in (min 250 to max 800 words)\*

The "Sleep Well to Stay Fit" quiz aimed to highlight the crucial connection between sleep and physical fitness. This educational tool helps participants understand the various ways in which sleep impacts their health and fitness goals. By addressing key aspects of sleep hygiene, hormonal balance, recovery, and overall well-being, the quiz provided valuable insights and practical takeaways for improving both sleep quality and fitness outcomes. Understanding the impact of sleep on physical health, mental clarity, and daily functioning is crucial for promoting a healthy lifestyle. This report delves into the purpose, structure, results, and recommendations derived from the quiz. Participants learned about the importance of Sleep for Fitness, Benefits of Quality Sleep & Sleep Hygiene Practices. The "Sleep Well to Stay Fit" quiz turned out to be a valuable tool for anyone looking to enhance their fitness journey. By understanding the profound impact of sleep on various aspects of health and performance, participants can make informed decisions that promote their overall well-being. This quiz encourages a holistic approach to health, emphasizing that adequate sleep is a critical component of a balanced and healthy lifestyle. It served as an essential tool for individuals to understand the pivotal role of sleep in their overall fitness journey. By assessing current sleep habits and providing actionable recommendations, the quiz empowers participants to make informed decisions that enhance their health and well-being.

Recourse Person

NA

Attendance Sheet\*

Attached at the end of Report


Feedback

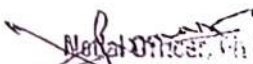
Sample feedback Attached at the end of Report

Report Submitted by Convener (write faculty coordinator name)

Mr. Vikas Kumar

For Office Use

  
Signature of Event Coordinator

  
National Officer, All India Club (FPO)  
Ashtavakra Institute of Rehabilitation Sciences and Research  
Medhuban Chowk, Rohini, Delhi-110085  
Signature of Club In-Charge  
(With Seal)

List of Beneficiary

30





LIST OF STUDENT PARTICIPANTS

| S. No. | Name of Participants | Course     |
|--------|----------------------|------------|
| 1.     | Gun                  | D.DD SE MD |
| 2.     | Vikky                | D.DD SE MD |
| 3.     | Shubham              | D.DD SE MD |
| 4.     | Tananna              | D.DD SE MD |
| 5.     | Bhunikha             | D.DD SE MD |
| 6.     | Aanchal              | D.DD SE MD |
| 7.     | Tanisha              | D.DD SE MD |
| 8.     | Vishakha             | D.DD SE MD |
| 9.     | Suryanshu            | D.DD SE MD |
| 10.    | Jaya                 | D.DD SE MD |
| 11.    | Shrishti             | D.DD SE MD |
| 12.    | Kanika               | D.DD SE MD |
| 13.    | Yuvraj               | D.DD SE MD |
| 14.    | Annu                 | D.DD SE MD |
| 15.    | Chhavi               | D.DD SE MD |
| 16.    | Mansi                | D.DD SE MD |
| 17.    | Jaya                 | D.DD SE MD |
| 18.    | Ridhi                | D.DD SE MD |
| 19.    | Snaha                | D.DD SE MD |
| 20.    | Deepanshi            | D.DD SE MD |
| 21.    | Mandeep              | D.DD SE MD |
| 22.    | Khushi               | D.DD SE MD |
| 23.    | Nimisha              | D.DD SE MD |
| 24.    | Priyanshu            | D.DD SE MD |
| 25.    | Riya                 | D.DD SE MD |
| 26.    | Drishiti             | D.DD SE MD |
| 27.    | Monika               | D.DD SE MD |
| 28.    | Parthvi              | D.DD SE MD |
| 29.    | Deepika              | D.DD SE MD |
| 30.    | Khushboo             | D.DD SE MD |



**ASHTAVAKRA**

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

**FIT  
INDIA**

**EVENT NAME**

**Title of Activity\***

Fitness Sporting Activity: Intra Institute Sports Competition: Carrom

**Values**

- Strategic Thinking and Planning
- Concentration and Focus
- Healthy Competition
- Stress Relief and Well-being
- Community Building
- Inclusive Participation

**Learning Outcomes**

- Self-Discipline and Commitment:
- Resilience and Perseverance
- Time Management:
- Physical Dexterity and Coordination
- Confidence and Self-Esteem
- Recognition and Motivation

**Organized by (Dept./ Centre/  
Cells/Clubs/ Committees Name)\***

Fit India Youth Club

**Program Theme\***

Intra Institute Sports Competition

**External Expert / Internal Expert**

Mr. Vikas Kumar

**Date\***

27.03.2024


**Time\***

1:00 PM to 2:00PM

**Venue**

Room No. 101, Block A, AIRSR

**Poster/Flyer/Notice\***

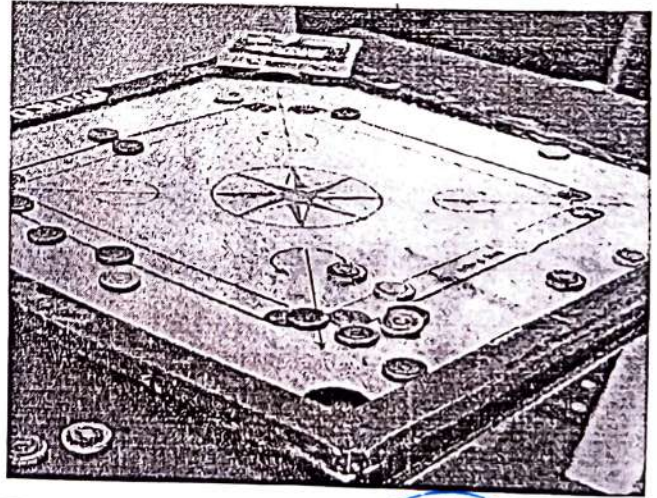
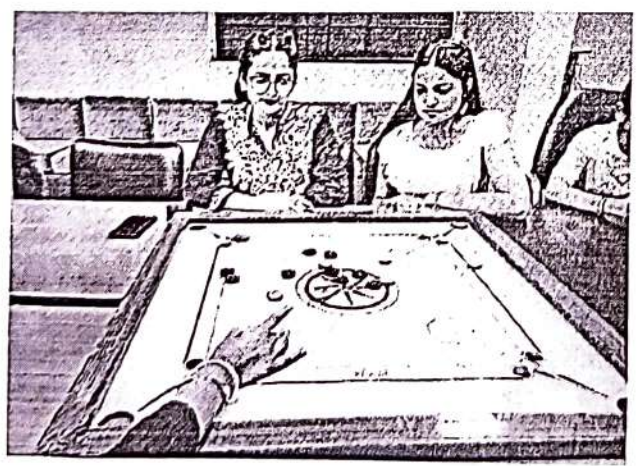
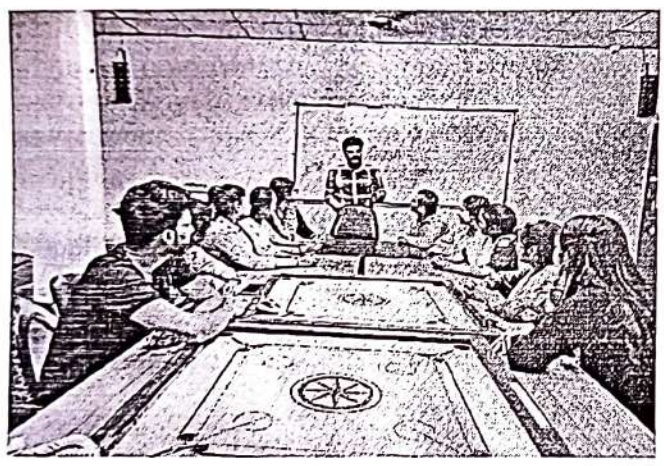
  
AshTavakra Institute of Rehabilitation Sciences & Research  
5, PSP Institutional Area Madhuban Chowk Rohini, Sector-14, Delhi-110085  
Date: 27.03.2024  
Time: 1:00 PM to 2:00 PM  
Venue: Room No. 101, Block A, AIRSR  
Mr. Vikas Kumar  
In charge



|  |   |
|--|---|
| Social media link (promoting in any one of Facebook/Instagram/Twitter is mandatory)  | <a href="https://www.instagram.com/reel/Cz84tecpprR/?igshid=MTc4MmMlYml2Ng==">https://www.instagram.com/reel/Cz84tecpprR/?igshid=MTc4MmMlYml2Ng==</a> |
| No. of Students* (only no. to be written, list in excel or word should be maintain at department level as proof for any further requirement) | 30  |
| No. of Faculty* (only no. to be written, list in excel or word should be maintain at department level as proof for any further requirement)  | 1   |
| No. of External Participants (students + faculty) [write NA if not applicable]   | N.A   |

(Geotag) Photograph\*

Photograph of the Event with the Caption



Report: Description in (min 250 to max 800 words)\*

The Intra-Institute Carrom Competition was organized to foster a spirit of camaraderie and healthy competition among students. This event aimed to provide a platform for students to showcase their skills in the traditional game of carrom, while promoting strategic thinking, teamwork, and cultural appreciation. Registration was conducted both online through the institute's sports portal and offline at the sports office. The competition began with knockout rounds to streamline the number of participants. Best players and teams advanced through these rounds, culminating in the final matches. Standard carrom rules were followed, with a time limit set for each match to ensure smooth progression. Each carrom piece was worth 1 point, the queen 3 points, with the winner being the first to reach 25 points or the highest scorer within the time limit. Standard fouls such as improper strikes and touching the pieces were penalized according to carrom rules. Participants were required to maintain sportsmanlike behavior. Prizes were awarded to winners and runners-up in each category. The Intra-Institute Carrom Competition was a resounding success, achieving its objectives of fostering camaraderie, enhancing strategic and cognitive skills, and promoting cultural appreciation. Feedback was collected from participants to understand their experience and identify areas for improvement. A debriefing session was held with the organizing team to discuss the event's successes and areas for enhancement. The positive feedback and enthusiastic participation underscored the event's impact on the student community. Future iterations will build on this success, incorporating feedback to create an even more enriching experience for all participants.

Recourse Person

NA

Attendance Sheet\*

Attached at the end of Report

Feedback

Sample feedback Attached at the end of Report

Report Submitted by Convener (write faculty coordinator name)

Mr. Vikas Kumar

For Office Use



Signature of Event Coordinator

~~Node Officer~~ India Club (FYC)  
Ashtavakra Institute of Rehabilitation Sciences and Research  
Madhuban Chowk, Halkasi, Delhi-110006

Signature of Club In-Charge  
(With Seal)

List of Beneficiary

30



### LIST OF STUDENT PARTICIPANTS

| S. No. | Name of Participants | Course     |
|--------|----------------------|------------|
| 1.     | ASHISH               | D.ED SE MD |
| 2.     | ASHISH DHANKHAR      | D.ED SE MD |
| 3.     | CHAHANA              | D.ED SE MD |
| 4.     | CHETNA               | D.ED SE MD |
| 5.     | DIVYA KHRAB          | D.ED SE MD |
| 6.     | GUNGUN               | D.ED SE MD |
| 7.     | HARSHIKA GUPTA       | D.ED SE MD |
| 8.     | HIMANSHU DRALL       | D.ED SE MD |
| 9.     | JATIN                | D.ED SE MD |
| 10.    | JATIN RANA           | D.ED SE MD |
| 11.    | KARTIK               | D.ED SE MD |
| 12.    | KRITI JAIN           | D.ED SE MD |
| 13.    | NAVNEET MATHUR       | D.ED SE MD |
| 14.    | NIKHIL MAAN          | D.ED SE MD |
| 15.    | NIKITA               | D.ED SE MD |
| 16.    | POOJA                | D.ED SE MD |
| 17.    | PRACHI KAUSHIK       | D.ED SE MD |
| 18.    | RAKHI                | D.ED SE MD |
| 19.    | RITIKA               | D.ED SE MD |
| 20.    | RITIKA               | D.ED SE MD |
| 21.    | RIYA                 | D.ED SE MD |
| 22.    | ROHIT                | D.ED SE MD |
| 23.    | SAURAV               | D.ED SE MD |
| 24.    | SHIKSHA              | D.ED SE MD |
| 25.    | SHIVA DABAS          | D.ED SE MD |
| 26.    | SHRUTI AGGARWAL      | D.ED SE MD |
| 27.    | SIYA                 | D.ED SE MD |
| 28.    | TANISHA              | D.ED SE MD |
| 29.    | VINEET SEHRAWAT      | D.ED SE MD |
| 30.    | VIVEK DABAS          | D.ED SE MD |





# ASHTAVAKRA

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



# FIT INDIA

## EVENT NAME

**Title of Activity\***

Promoting Physical and Mental Fitness through Intra Institute Sports: (Chess)

**Values**

- Physical Fitness
- Mental Agility
- Social Interaction
- Inclusivity
- Skill Development

**Learning Outcomes**

- Sportsmanship
- Decision-Making
- Time Management
- Social Skills
- Self-Confidence

**Organized by (Dept./ Centre/ Cells/Clubs/ Committees Name)\***

Fit India Youth Club

**Program Theme\***

"Mind Over Matter: Cultivating Strategic Minds and Healthy Spirits"

**External Expert / Internal Expert**

Mr. Vikas Kumar

**Date\***

12.04.2024

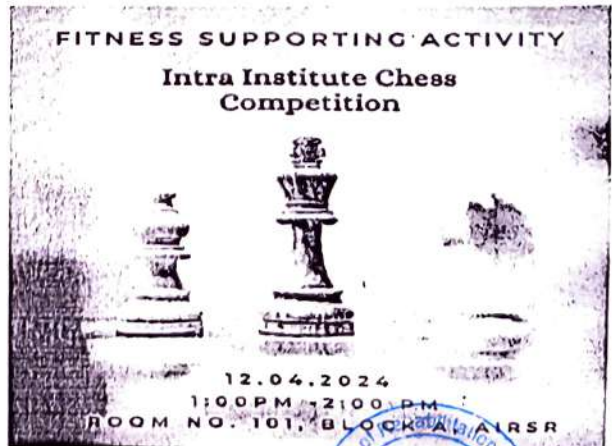
**Time\***

1:00 PM

**Venue**

Room No. 101, Block A, AIRSR

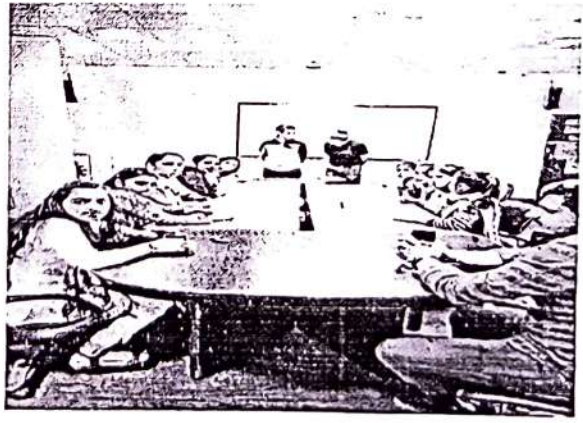
**Poster/Flyer/Notice\***



|   |   |
|---|---|
| <b>Social media link</b> (promoting in any one Facebook/Instagram/Twitter is mandatory)   | <a href="https://www.instagram.com/reel/Cz84teepprR/?igshid=MTc4MmM1YmI2Ng==">https://www.instagram.com/reel/Cz84teepprR/?igshid=MTc4MmM1YmI2Ng==</a> |
| <b>No. of Students*</b> (only no. to be written, list in excel or word should be maintain at department level as proof for any further requirement) | 30  |
| <b>No. of Faculty*</b> (only no. to be written, list in excel or word should be maintain at department level as proof for any further requirement)  | 01  |
| <b>No. of External Participants (students + faculty)</b><br>[write NA if not applicable]  | N.A   |

**(Geotag) Photograph\***

**Photograph of the Event with the Caption**



Report: Description in (min 250 to max 800 words)\*

Intra-institute sports activities play a vital role in promoting overall physical and mental fitness among students. Chess, though primarily a mental game, offers numerous benefits that contribute to the holistic development of individuals. The game enhances cognitive abilities, reduces stress, and fosters social interaction among participants. The event was announced through various channels, including emails, posters, and social media, to ensure wide reach. Participants registered through an online form & at the designated desks, providing details such as name, age, and skill level. After playing chess students feel stress reduction and relaxation, which has a positive impact on physical health. Also maintaining proper posture while playing can help in preventing back and neck strain. Short breaks between games helped students in reducing eye strain, especially important for those who spend long hours in front of screens. The well-organized chess activity at the institute has received positive feedback, underscoring the need for continued investment in such initiatives. By incorporating feedback and improving facilities, future chess events can be even more successful, further promoting the holistic development of students.

Recourse Person

NA

Attendance Sheet\*

Attached at the end of Report

Feedback

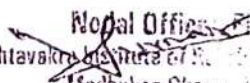
Sample feedback Attached at the end of Report

Report Submitted by Convener (write faculty coordinator name)

Mr. Vikas Kumar

For Office Use

  
Signature of Event Coordinator

  
Nodal Officer, India Club (FYC)  
Ashtavakra Institute of Health Sciences and Research  
Medhvan Chakra, Noida, Delhi-110085  
Signature of Club In-charge  
(With Seal)

List of Beneficiary

30





## LIST OF STUDENT PARTICIPANTS

| S. No. | Name of Participants | Course     |
|--------|----------------------|------------|
| 1.     | Gun                  | D.ED SE MD |
| 2.     | Vikky                | D.ED SE MD |
| 3.     | Shubham              | D.ED SE MD |
| 4.     | Tamanna              | D.ED SE MD |
| 5.     | Bhumika              | D.ED SE MD |
| 6.     | Aanchal              | D.ED SE MD |
| 7.     | Tanisha              | D.ED SE MD |
| 8.     | Vishakha             | D.ED SE MD |
| 9.     | Suryanshu            | D.ED SE MD |
| 10.    | Jaya                 | D.ED SE MD |
| 11.    | Shrishti             | D.ED SE MD |
| 12.    | Kanika               | D.ED SE MD |
| 13.    | Yuvraj               | D.ED SE MD |
| 14.    | Annu                 | D.ED SE MD |
| 15.    | Chhavi               | D.ED SE MD |
| 16.    | Mansi                | D.ED SE MD |
| 17.    | Jaya                 | D.ED SE MD |
| 18.    | Ridhi                | D.ED SE MD |
| 19.    | Sneha                | D.ED SE MD |
| 20.    | Deepanshi            | D.ED SE MD |
| 21.    | Mandeep              | D.ED SE MD |
| 22.    | Khushi               | D.ED SE MD |
| 23.    | Nimisha              | D.ED SE MD |
| 24.    | Priyanshu            | D.ED SE MD |
| 25.    | Riya                 | D.ED SE MD |
| 26.    | Drishti              | D.ED SE MD |
| 27.    | Monika               | D.ED SE MD |
| 28.    | Parthvi              | D.ED SE MD |
| 29.    | Deepika              | D.ED SE MD |
| 30.    | Khushboo             | D.ED SE MD |



**EVENT NAME****Title of Activity\***

Fitness Sporting Activity: Intra Institute Sports Competition: Carrom

**Values**

- Strategic Thinking and Planning
- Concentration and Focus
- Healthy Competition
- Stress Relief and Well-being
- Community Building
- Inclusive Participation

**Learning Outcomes**

- Self-Discipline and Commitment:
- Resilience and Perseverance
- Time Management:
- Physical Dexterity and Coordination
- Confidence and Self-Esteem
- Recognition and Motivation

**Organized by (Dept./ Centre/  
Cells/Clubs/ Committees Name)\***

Fit India Youth Club

**Program Theme\***

Intra Institute Sports Competition

**External Expert / Internal Expert**

Mr. Vikas Kumar

**Date\***

31.05.2024

**Time\***

1:00 PM to 2:00PM

**Venue**

Room No. 101, Block A, AIRSR

**Poster/Flyer/Notice\*****CIRCULAR**

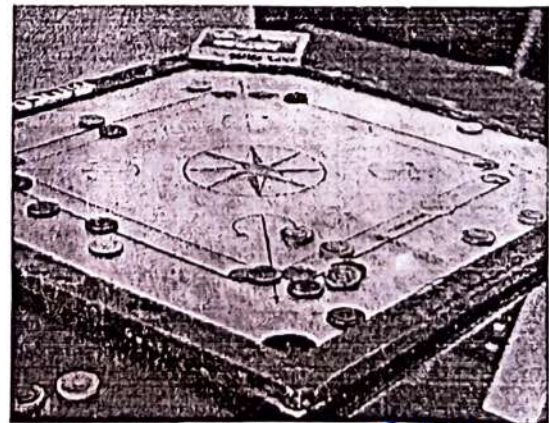
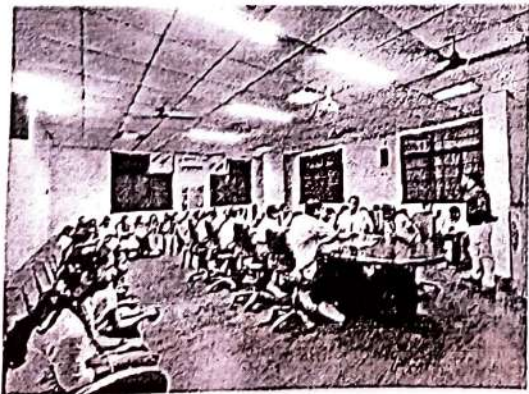
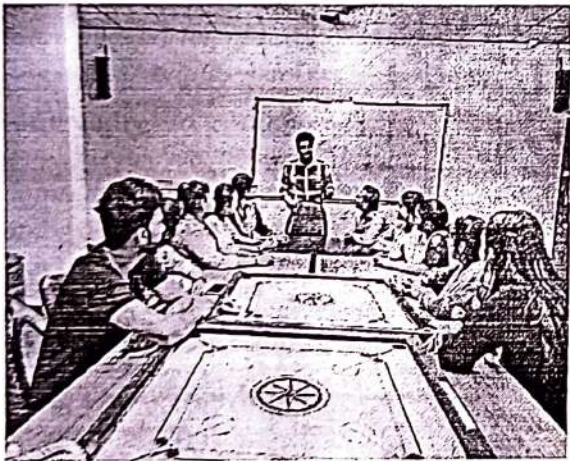
This is to inform all the students that Ashtavakra Institute of Rehabilitation Sciences & Research is organizing Fitness Sporting Activity: Intra Institute Sports Competition: Carrom on 31<sup>st</sup> May 2024. This event is an excellent opportunity for us to come together and promote the physical and mental well-being through this healthy competition.

**Activity Details:****Date:** 31<sup>st</sup> May 2024**Time:** 01:00 PM – 02:00 PM**Venue:** Room No. 101, Block A, AIRSR

|   |  |
|---|--|
| <p>media link (promoting in any Facebook/Instagram/Twitter is mandatory)</p>  | <p><a href="https://www.instagram.com/reel/Cz84teeprR/?igshid=MTc4MmM1YmI2Ng==">https://www.instagram.com/reel/Cz84teeprR/?igshid=MTc4MmM1YmI2Ng==</a></p> |
| <p>No. of Students* (only no. to be written, list in excel or word should be maintain at department level as proof for any further requirement)</p> | <p>30</p>  |
| <p>No. of Faculty* (only no. to be written, list in excel or word should be maintain at department level as proof for any further requirement)</p>  | <p>1</p>   |
| <p>No. of External Participants (students + faculty) [write NA if not applicable]</p>   | <p>N.A</p>   |

(Geotag) Photograph\*

Photograph of the Event with the Caption



**Report: Description in (min 250 to max 800 words)\***

The Intra-Institute Sports Competition featuring Carrom was held to encourage students and staff to engage in recreational activities, foster team spirit, and promote a healthy balance between academics and extracurricular activities. The event was organized to bring together participants from various departments, enhancing interaction and camaraderie within the institute. The competition saw enthusiastic participation from both students and faculty members. Participants were categorized into singles and doubles, with each category further divided into male and female groups. The tournament featured players of various skill levels, from beginners to seasoned players. Participants were required to maintain sportsmanlike behavior. Prizes were awarded to winners and runners-up in each category. The Intra-Institute Carrom Competition was a resounding success, achieving its objectives of fostering camaraderie, enhancing strategic and cognitive skills, and promoting cultural appreciation. Feedback was collected from participants to understand their experience and identify areas for improvement. A debriefing session was held with the organizing team to discuss the event's successes and areas for enhancement. The Intra-Institute Sports Competition featuring Carrom was a resounding success, achieving its objectives of promoting physical and mental agility, fostering community spirit, and encouraging healthy competition. The event provided a platform for participants to showcase their skills, build friendships, and engage in a popular traditional game. Based on the positive feedback and enthusiastic participation, it is recommended to make the Carrom tournament an annual event, with potential expansion to include other board games in future editions.

**Recourse Person**

NA

**Attendance Sheet\***

*Attached at the end of Report*

**Feedback**

*Sample feedback Attached at the end of Report*

**Report Submitted by Convener (write faculty coordinator name)**

Mr. Vikas Kumar

**For Office Use**

**Signature of Event Coordinator**



**Signature of Club In-Charge  
(With Seal)**

~~Nodal Officer Pt India Club (FYC)  
Ashtavakra Institute of Rehabilitation Sciences and Research  
Madhuban Chauri, Laxmi, Delhi-110085~~

**List of Beneficiary**

30



### LIST OF STUDENT PARTICIPANTS

| S. No. | Name of Participants | Course     |
|--------|----------------------|------------|
| 1.     | ADITYA RUHIL         | D.ED SE MD |
| 2.     | ADITYA SAHRAWAT      | D.ED SE MD |
| 3.     | ANISHA               | D.ED SE MD |
| 4.     | ARCHANA              | D.ED SE MD |
| 5.     | ASHISH               | D.ED SE MD |
| 6.     | ASHISH DHANKHAR      | D.ED SE MD |
| 7.     | CHAHANA              | D.ED SE MD |
| 8.     | CHETNA               | D.ED SE MD |
| 9.     | DIVYA KHRAB          | D.ED SE MD |
| 10.    | GUNGUN               | D.ED SE MD |
| 11.    | HARSHIKA GUPTA       | D.ED SE MD |
| 12.    | HIMANSHU DRALL       | D.ED SE MD |
| 13.    | JATIN                | D.ED SE MD |
| 14.    | JATIN RANA           | D.ED SE MD |
| 15.    | KARTIK               | D.ED SE MD |
| 16.    | KRITI JAIN           | D.ED SE MD |
| 17.    | NAVNEET MATHUR       | D.ED SE MD |
| 18.    | NIKHIL MAAN          | D.ED SE MD |
| 19.    | NIKITA               | D.ED SE MD |
| 20.    | POOJA                | D.ED SE MD |
| 21.    | PRACHI KAUSHIK       | D.ED SE MD |
| 22.    | RAKHI                | D.ED SE MD |
| 23.    | RITIKA               | D.ED SE MD |
| 24.    | RITIKA               | D.ED SE MD |
| 25.    | RIYA                 | D.ED SE MD |
| 26.    | ROHIT                | D.ED SE MD |
| 27.    | SAURAV               | D.ED SE MD |
| 28.    | SHIKSHA              | D.ED SE MD |
| 29.    | SHIVA DABAS          | D.ED SE MD |
| 30.    | SHRUTI AGGARWAL      | D.ED SE MD |

