

# The AshTavakra Newsletter

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**A**s we stride into a new era of education , here at Ashtavakra Institute of Rehabilitation Sciences & Research I wanted to take a moment to extend a warm welcome to all our students. At, our commitment to excellence in special education is unwavering. We are dedicated to providing our students with the highest quality education, equipping them with the skills, knowledge, and compassion necessary to make a positive impact in the lives of individuals with special needs.

As we navigate the challenges and opportunities that come our way, I encourage each and every one of you to embrace curiosity, empathy, and a spirit of collaboration. Together, we can create an inclusive and supportive learning environment where every student can thrive and reach their full potential.

I am incredibly proud of the hard work and dedication demonstrated by our students, faculty, and staff, and I am excited to see what we will achieve together in the coming months.

Thank you for being part of the Ashtavakra Icommunity. Your passion and commitment inspire us all.

Warm regards,  
**Ms Sanjana Mittal**

Deputy Director  
Ashtavakra Institute of Rehabilitation Sciences & Research

## EDITORIAL BOARD

Chairman  
**Dr. R.K. Gupta**

Editor  
**Ms. Anoushka Sharma**

## "NSS Club Marks World Water Day 2024 with Creative Events"



On March 22nd 2024 NSS club celebrated World Water Day with a series of engaging and educational events aimed at raising awareness about water-related issues and promoting

sustainable water management practices. A poster competition was held to encourage students to creatively express their understanding of water conservation and sustainability.

Participants showcased their artistic talents while conveying powerful messages about the importance of preserving water resources and adopting eco-friendly practices.

## Viksit Bharat : Culmination Of Rashtriya Gunvatta Pakhwada At Bharat Mandapam, New Delhi"

The culmination of the celebration of Rashtriya Gunvatta Pakhwada witnessed at the Youth for Quality Bharat Festival 2024, set to take place on February 7th at the iconic Bharat Mandapam, New Delhi. Drawing the participation of 3000 youth from schools, colleges universities and educational institutions, the event marks the finale of Rashtriya Gunvatta Pakhwada.



The fest has underscore a dedicated commitment to engage, encourage, and inspire youth through both on-campus and online activities.



The collective efforts of the fest aim to drive the nation's advancement towards the envisioned Viksit Bharat.

## Cultural Club : Patriotic Celebration with Flag Hoisting and Cultural Performances



Students and the Faculty members filled with a feeling of patriotism and dedication gathered in front of the building. The celebration started with the hoisting of the National Flag by

our Deputy Director, Mrs. Sanjana Mittal and Mr. Karam Singh Karma. The speech was followed by the National Anthem, various other representations of the classical art forms in the different dances and



songs performed by the students, giving a glimpse of the diversity in unity of the nation. The program ended with the message to create a great nation through collective efforts from all individuals.

# Ashtavakra Institute Celebrates Holi with Joy, Tradition, and Togetherness



**H**oli is the unique and colorful festival. The festival of colors is very significant for our lives and body in various other ways than providing fun and the joy.

Keeping this in mind,

Ashtavakra Institute of Rehabilitation Sciences and Research celebrated this event with students, staff and other team members.

It incorporated so much fun on the college campus. This festival was

celebrated as it can keep the traditions and the culture of the festival alive. The festival has given lots of enjoyment and excitement to the college authorities. The event was filled with togetherness and memories.

## UBA : Water Conservation Awareness by Ashtavakra Students"



**A**n activity on the Awareness of “Water conservation Day” has been conducted by the Students of B.Ed and D.Ed Special Education as the part of Unnat Bharat Abhiyan Activity. It discussed the significance of conserving water and its impact on

various aspects of life, including environmental, economic, and social factors.

It also emphasizes the importance of adopting sustainable water management practices to ensure the availability of clean water for all.

## UBA : Exploring the Science of Decomposition”



**A**n activity on the Awareness of “Decomposition of Waste” has been conducted by the Students of B.Ed. Special Education as the part of Unnat Bharat Abhiyan Activity.

Visit to Pitampura Gaon and discussion on Decomposition of waste had taken place as it is a natural process driven by a complex interplay of biological, chemical, and physical factors.

## Journal Club : Presentation on Learning Disability



The presentation on learning disabilities took place on 31-01-2024 at Room 101 in AIRSR. It was organized by Journal club with the aim of raising awareness and understanding about learning disabilities among educators, parents, and the community.

The primary objective of the presentation was to educate attendees about various types of learning disabilities, their impact on individuals, and effective strategies for supporting individuals with learning disabilities in educational and social settings.

## Journal Club : Presentation on Technology Based Learning



The presentation on technology-based learning was held on 27-02-2024 at Room 101 in AIRSR. It was organized by Journal club to

explore the integration of technology in education and its impact on teaching and learning practices.

The main objective of the

technology is transforming the landscape of education, enhancing engagement, accessibility, and learning outcomes for students and educators alike.

## Happiness Club : Awareness Programme on Education & Skill Development



The Education and Skill Development Awareness Programme was a resounding success, providing participants with valuable knowledge, resources, and inspiration to pursue their educational and career aspirations.

The programme served as a catalyst for positive change

within the community and highlighted the importance of investing in education and skill development for individual and collective growth. Overall, it was a meaningful activity that encompasses social, environmental, and personal values, making a positive impact on both the givers and receivers.

## Happiness Club: Old Clothes Distribution Drive

On 5th of February 2024, AIRSR conducted an Old Clothes Distribution Drive as part of our on-going community service initiatives under the Happiness Club activity. The drive aimed to collect gently used clothing donations from the community and distribute them to individuals and families in need across our locality. The Drive exemplified our commitment to serving the community and addressing the basic needs of vulnerable individuals. The success of this drive would not have been possible without the generosity of donors and the dedication of our volunteers. Moving forward, we aim to continue organizing such initiatives to make a meaningful impact on the lives of those less fortunate in our community. write a short heading



## Fit India Youth Club : Promoting Physical & Mental Fitness through Intra Institute Sports

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 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.



## Fitness Sporting Activity : Intra Institute Sports Competition



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. The Intra-Institute Carrom Competition was a resounding success, achieving its objectives of fostering camaraderie, enhancing strategic and cognitive skills, and promoting cultural appreciation. The positive feedback and enthusiastic participation underscored the event's impact on the student community.

# SIGN LANGUAGE GIVES HOPE TO THE CWHI FOR HIGHER STUDIES



**Ms. Radha Rani Rawat**  
Asst. Professor, AIRSR.

**A**s we know that sign language enable the Children with Hearing Impairment (CWHI) to understand any topic so that they can take part in social activities and learning. Sign language not only gives a child voice but it also makes them to understand and plays a crucial role in the social participation. The Government of India is collaborating with researchers

and specialists in CWHI education to educate sign language interpreters and create symbols for science, technology, engineering, and mathematics (STEM) ideas in Indian Sign Language (ISL). This initiative supports the deaf students to achieve Higher Education in STEM.

This is in line with the National Education Policy and the Rights of Persons with Disabilities which calls for inclusive education and respect for local sign languages. NEP talks about the standardization of Indian Sign Language across the country the NCERT to Prepared a National Curriculum Framework and this will ensure to take consultation with expert bodies such as National Institutes of DEPwD. NIOS will develop high-quality modules to teach Indian Sign Language, and to teach other basic subjects using Indian Sign



Language.

To bridge the gap ISLRTC and IMTECH joined the hands and build a network of sign language interpreters with STEM terminology and concepts. To move forward in the country expert prepared specialized digital content to educate the deaf by ISL translated content in STEM under the project Indian Sign language Enable Virtual Laboratory (ISLEVL) under the CSIR's 'JIGYASA'.

अष्ट वक्र ज्ञान चक्र बुद्धिजीवी संस्था,  
हर सदी की पीढ़ी में, अमर रहेगी पटकथा।  
ज्ञान ग्रंथ के गुरु सिद्ध और निपुण यही,  
इसके जैसी अनुभूति विश्व में नहीं कही।।  
विद्या, खेलकूद, कला, तिनका तक अजर रहे,  
हिंद के इतिहास में, ये संस्था अमर रहे।  
काम कथिन कितना भी कर्तव्य से निभाए हम,  
नाम गूँजे विश्व भर में परचम लहराए हम।।  
दिव्य रूही समागम की यही तो मिसाल है,  
पट्टा फूल माटी हवा कण भी बेमिसाल है।  
हाथ जुड़े, शीश झुके पालको में सम्मान हो,  
धरा गूँजे नाम से ऐसा कीर्तिमान हो।।  
जो भी थाने ऐसा कोई लक्ष्य न अभेद हो,  
जाति धर्म संस्कृति किसी का न भेद हो।  
निष्ठवान मन से दुनिया जीते अपने दम पर हम,  
जुगनू सूर्य तारे चांद से भी ज्यादा चमके हम।।  
वक्त की ये पुस्तकें जब भी खोली जाएगी,  
हर नश्ल की जुबा फिर, शान से दोहराएगी।  
अष्ट वक्र ज्ञान चक्र बुद्धिजीवी संस्था,  
हर सदी की पीढ़ी में अमर रहेगी पटकथा।।



**अमित सिंह मोर**

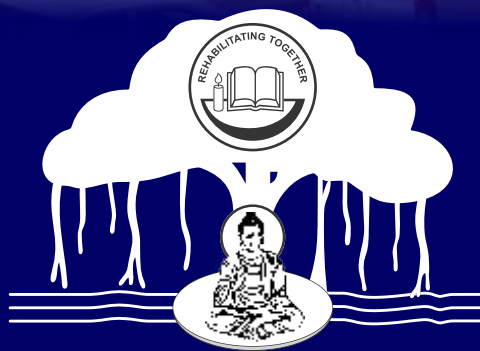
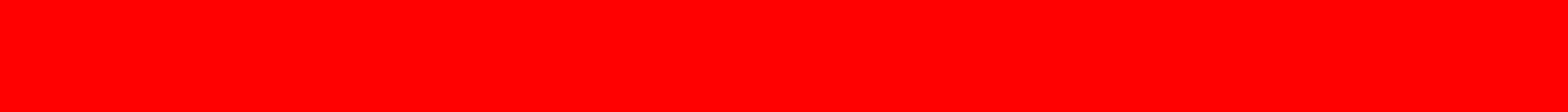
## In Darkness We See



**Ayushi**  
B.ED. SE VI (2022-24)

In darkness we see,  
A world full of possibility,  
Though our sight may flee,  
Our spirit seeks out new realities.  
With each step uncertain,  
And each obstacle unknown,  
We face our fears head-on,  
With courage we have sown.  
For though our vision may falter,  
Our hearts still beat strong,  
We rise up even taller,  
And make our way forward along.  
Our eyes may not perceive,  
The beauty of the world around,  
But our other senses do receive,  
The essence of the sights and sounds  
In the absence of light,  
We learn to find our way,  
With each challenge and each fight,  
We grow stronger every day.  
Though visual impairment may seem,  
A mountain we cannot climb,  
Our spirit still lies within,  
And shall continue to shine.  
For in the depths of our being,  
Lies a brightness that won't cease,  
And even amidst the darkness,  
We find our inner peace.





The Ashtavakra  
ISO 9001 : 2008 : 'A' Rated Institute

# ASHTAVAKRA

## Institute of Rehabilitation Sciences and Research

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