



# ASHTAVAKRA

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

**EVENT NAME:** - Dance Activity

**Title of Activity\***

Classical dance activity

**Values**

**Discipline and Perseverance:**

Classical dance requires regular practice, patience, and self-correction, fostering discipline and perseverance in students.

**Grace and Restraint:**

Dance instills the value of grace-expressing oneself with control and appropriateness-along with the ability to restrain impulses and act thoughtfully

**Learning Outcomes**

- **Physical Coordination and Fitness:**  
Learners will develop improved balance, coordination, agility, strength, and stamina through regular practice of classical dance movements
- **Body Awareness and Control:**  
Students will demonstrate increased awareness of body positions, posture, and movement through space, as well as control and precision in their dance techniques
- **Musicality and Rhythm:**  
Participants will respond to and interpret music, demonstrating sensitivity to rhythm, melody, and dynamics in their performances

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

Cultural Club---Dance club

**Program Theme\***

Classical Dance activity

**External Expert / Internal Expert**

Ms. Preety Goyal

**Date\***

17 April 2025

**Time\***

11:00A.M – 12:00 Noon

**Venue**

AIRSR, Sector-14, Rohini, Delhi-110085

**Poster/Flyer/Notice\***

  
In-Charge, Cultural Club

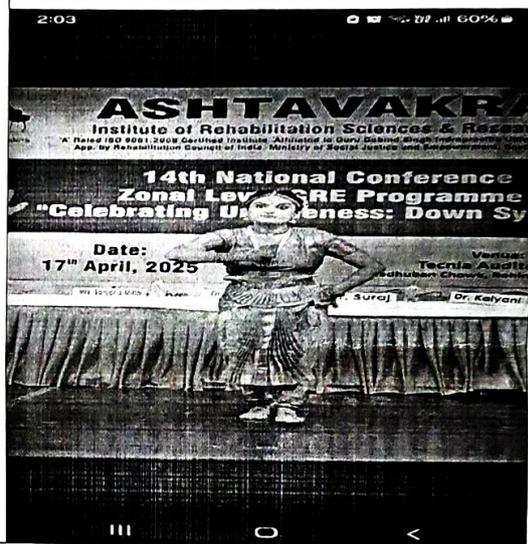
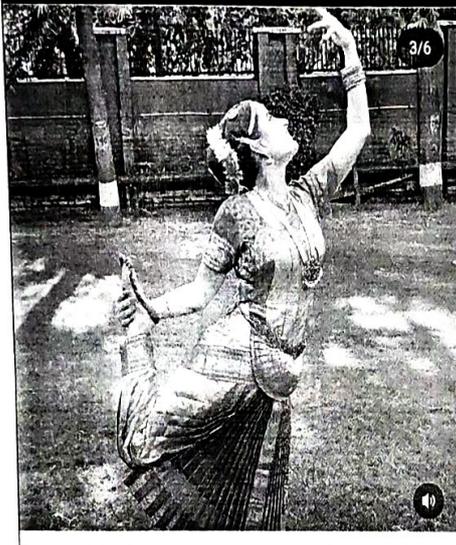
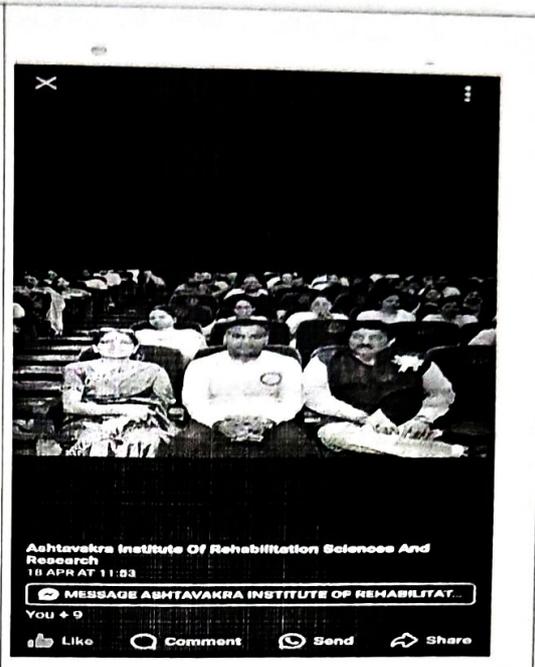
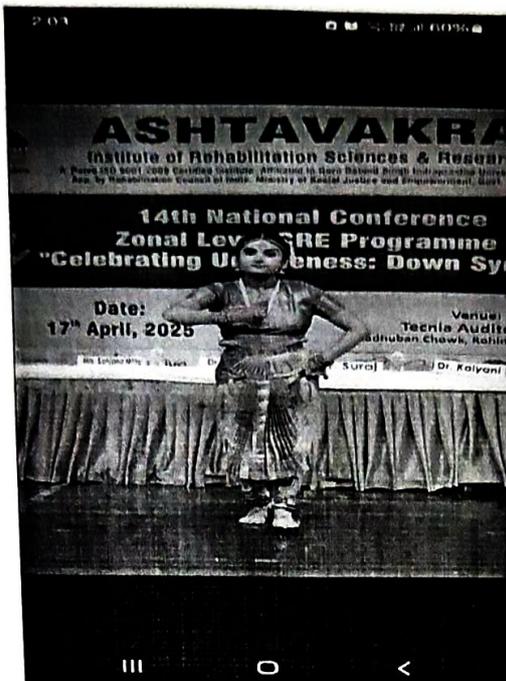
Ashtavakra Institute of Rehabilitation Sciences and Research  
Madhuban Chowk, Rohini, Delhi-110085



**Dance Activity of CRE  
Program  
in  
AIRSR Auditorium  
on 17th April 2025**

<b>Social media link</b> ( <i>promoting in any one Facebook/Instagram/Twitter is mandatory</i> )	<a href="https://www.instagram.com/reel/DInLsCcpJmv/?igsh=MXh0cXQ4bDFsNXZ6Nw==">https://www.instagram.com/reel/DInLsCcpJmv/?igsh=MXh0cXQ4bDFsNXZ6Nw==</a>
<b>No. of Students*</b> ( <i>only no. to be written, list in excel or word should be maintain at department level as proof for any further requirement</i> )	45
<b>No. of Faculty*</b> ( <i>only no. to be written, list in excel or word should be maintain at department level as proof for any further requirement</i> )	2
<b>No. of External Participants</b> ( <i>students + faculty</i> ) [ <i>write NA if not applicable</i> ]	NA
<b>(Geotag) Photograph*</b>	
Photograph of the Event with the Caption	

*Archiyaal*  
*Archiyaal*  
In-Charge, Cultural Club  
Ashtavakra Institute of Rehabilitation Sciences and Research  
Madhuban Chowk, Nehru, Delhi-110005



*[Handwritten signature]*

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 Ashtavakra Institute of Rehabilitation Sciences and Research  
 Madhuban Chowk, Rohini, Delhi-110085

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

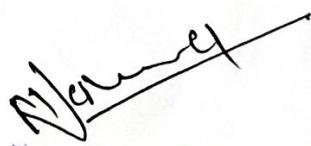
On 17th April 2025, a vibrant dance activity was organized as part of the Continuing Rehabilitation Education (CRE) programme at Tecnia Auditorium. The event aimed to promote cultural appreciation, creative expression, and holistic development among participants. Students from various departments took part, presenting a series of classical and contemporary dance performances that showcased their talent, discipline, and teamwork.

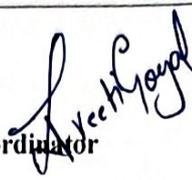
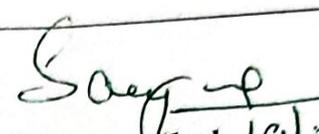
The programme commenced with a brief introduction highlighting the significance of dance in fostering self-confidence, physical fitness, and emotional well-being. Participants demonstrated classical dance forms, emphasizing rhythm, grace, and expressive storytelling through intricate movements and gestures. The performances were marked by synchronization, vibrant costumes, and energetic music, captivating the audience and creating an atmosphere of celebration.

Faculty members and guests appreciated the students' dedication and creativity, noting the positive impact of such activities on personality development and cultural awareness. The dance activity also encouraged collaboration and mutual respect among students, aligning with the institute's mission to nurture versatile and confident individuals.

Overall, the dance activity during the CRE programme at Tecnia Auditorium was a resounding success, providing a platform for students to express themselves artistically and reinforcing the value of performing arts in education.

<b>Recourse Person</b>	NA
<b>Attendance Sheet*</b>	<i>Attached at the end of Report</i>
<b>Feedback</b>	<i>Event was full of joy, productive and interactive.</i>
<b>Report Submitted by Convener (write faculty coordinator name)</b>	Ms. Preety Goyal
<b>For Office Use</b>	

  
In-Charge, Cultural Club  
Ashtavakra Institute of Rehabilitation Sciences and Research  
Madhuban Chowk, Rohini, Delhi-110085

Signature of Event Coordinator 	Signature of School/Department Head  19/5/2025 
<u>List of Beneficiary</u>	

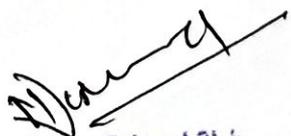
Fields marked with \* are mandatory

### LIST OF STUDENT PARTICIPANTS

S.No.	Name of Volunteer	Class
1	NEHA	B.Ed(HI)
2	TEENA SHOKEEN	B.Ed(HI)
3	MUKUL	B.Ed(HI)
4	Afsana	B.Ed(HI)
5	Mansi	B.Ed(HI)
6	GEETA	B.Ed(HI)
7	PRATIKSHA	B.Ed(HI)
8	Isha Aggarwal	B.Ed(ID)
9	YOGITA	B.Ed(ID)
10	KHUSHAL KHATRI	B.Ed(ID)
11	KIRTI	B.Ed(ID)
12	JHANVI	B.Ed(ID)
13	ANKITA	B.Ed(ID)
14	VISHAKHA	B.Ed(ID)
15	KUNAL BHARDWAJ	B.Ed(ID)
16	SARASWATI DASS	B.ed . ASD
17	MANSI GUPTA	B.ed . ASD
18	PAYAL JAIN	B.ed . ASD

  
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19	KHUSHI AHUJA	B.ed . ASD
20	TANNU SHOKEEN	B.ed . ASD
21	SHIWANI	B.ed . ASD
22	ANSHIKA	B.ed . ASD
23	KAVITA	B.ed . ASD
24	JYOTI YADAV	B.ed . ASD
25	GITIKA	B.ed . ASD
26	TANU BAISOYA	B.ed . ASD
27	CHANCHAL	B.ed . ASD
28	AKANKSHA GANGULY	B.ed . ASD
29	JASPREET KAUR	B.ed . ASD
30	KALYANI	B.ed . ASD
31	VARSHA	B.ed . VI
32	HARSHITA GUPTA	B.ed . VI
33	KIRTI SINGH	B.ed . VI
34	RITIKA	B.ed . VI
35	PRENA	B.ed . VI
36	VANSHIKA GOYAL	B.ed . ASD
37	KIRTI GOEL	B.ed . ASD
38	YASH	B.ed . ASD
39	KARISHMA KUMARI	B.ed . ASD
40	BHAWANA	B.ed . ASD
41	ARCHANA KUMARI	B.ed . ASD
42	RUPAL	B.ed . ASD
43	PREKSHA GUPTA	B.ed . ASD

  
 In-Charge, Cultural Cell  
 Acharya Institute of Rehabilitation Sci.  
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