



Ashtavakra Institute of Rehabilitation Sciences & Research
Formerly Special Art School

App. by Rehabilitation Council of India, Ministry of Social Justice & Empowerment, Govt. of India
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REPORT ON 14th NATIONAL CONFERENCE (CRE PROGRAMME) On

“Celebrating Uniqueness: Down Syndrome”

CRE Proposal ID : CRE-25031215038622

17th April, 2025

Aims of the CRE

- **To Raise Awareness** – Educate participants about Down syndrome, its characteristics, and the significance of fostering an inclusive society.
- **To Promote Acceptance and Respect** – Encourage positive attitudes, understanding, and respect for individuals with Down syndrome in various social and professional settings.
- **To Celebrate Individuality** – Highlight the unique talents, strengths, and contributions of individuals with Down syndrome, promoting a culture of appreciation and empowerment.
- **To Challenge Misconceptions** – Address and dispel common stereotypes and myths about Down syndrome, fostering a more informed and compassionate perspective.
- **To Encourage Inclusive Practices** – Provide practical strategies for educators, employers, and community leaders to create more inclusive environments in schools, workplaces, and society.

Objectives of the CRE

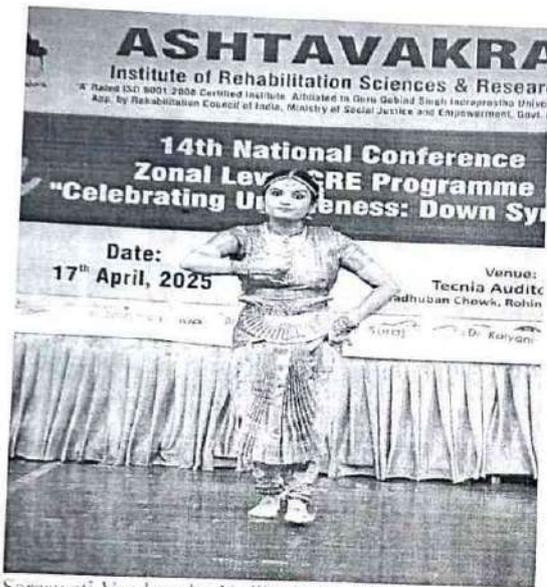
- **Raise Awareness** – Educate participants about Down syndrome, its characteristics, and the importance of inclusion in society.
- **Promote Acceptance** – Encourage positive attitudes, understanding, and respect for individuals with Down syndrome.
- **Celebrate Uniqueness** – Highlight the unique talents, strengths, and contributions of people with Down syndrome.
- **Break Stereotypes** – Address misconceptions and foster a more informed perspective on individuals with Down syndrome.
- **Encourage Inclusion** – Provide practical strategies for fostering inclusivity in schools, workplaces, and communities.
- **Empower Advocacy** – Equip participants with knowledge and tools to advocate for equal rights, opportunities, and dignity for individuals with Down syndrome.
- **Foster Meaningful Interactions** – Create opportunities for participants to engage with individuals with Down syndrome through interactive activities, storytelling, and personal



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18/04/25

Inaugural Session

The 14th National Conference was inaugurated by the Guest of Honour Dr. Suraj, Assistant Professor, GGSIPU, and Mrs. Sanjana Mittal, Deputy Director, AIRSR, Dr. Ajay Rathore, Director, TIAS, Rohini, Delhi Ms. Geeta Bhutani Principal, AIRSR, Rohini, Delhi, Ms. Shweta Raghav, Asst. Professor, NIEPID, Noida Mr. Ravinder Saini, HoD, Sgt University, Gurugram. The inaugural session began with the traditional lamp lighting ceremony and Saraswati vandana. The inaugural session began with the traditional lamp lighting ceremony and Saraswati vandana, symbolizing the dispelling of darkness and the ushering in of knowledge. This auspicious moment was led by our eminent Guests of Honour, setting a solemn and inspirational tone for the event.



Saraswati Vandana by Vedika Bajaj, ID Dept.



Lamp lighting by Ms. Shweta Raghav, Assistant Professor, NIEPID, Noida



Suraj
18/04/25



Opening Remark by Mrs. Sanjana Mittal, Deputy Director, AIRSR, Rohini, Delhi

The welcome address given by Mrs. Sanjana Mittal, Deputy Director, AIRSR, Rohini, Delhi extended a warm welcome to all attendees and shared the vision and mission of AIRSR in promoting awareness and acceptance of individuals with Down Syndrome.



Address by Dr. Suraj, Assistant Professor, GGSIPU,



Address by Dr. Ajay Rathore, Director, TIAS, Rohini,



Plenary Session I

For Plenary Session I, Speaker were Ms. Shweta Raghav, Dr. Kalyani, Mr. Ravinder Saini



Facilitation of Dr. Suraj, Assistant Professor, GGSIPU



Facilitation of Mr Ravinder Saini, HoD, SGT University



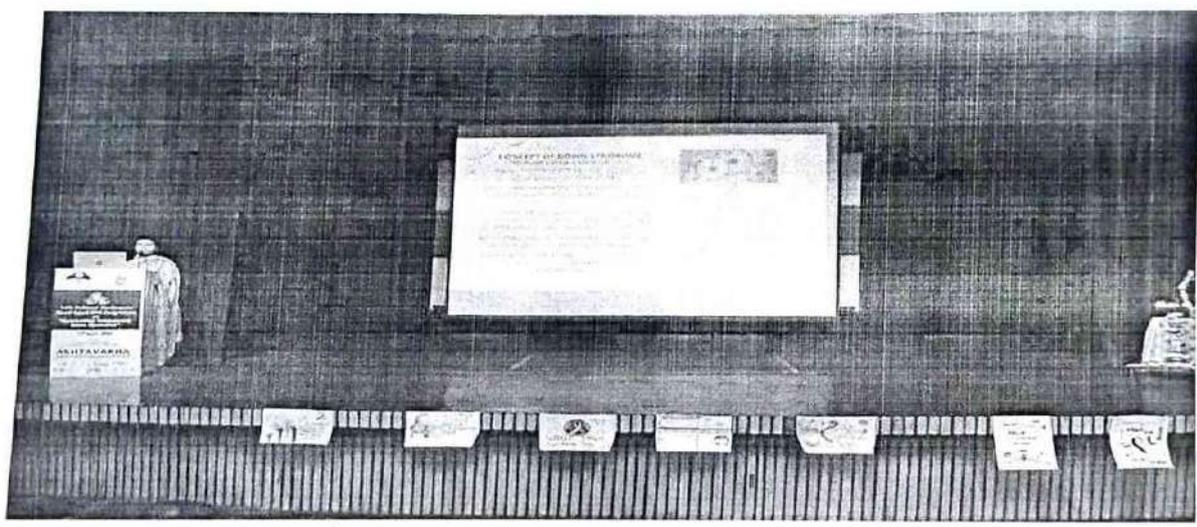
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Facilitation of Ms. Mahima Chaudhary, Lecturer
Armaan Teacher Training Institute, Faridabad



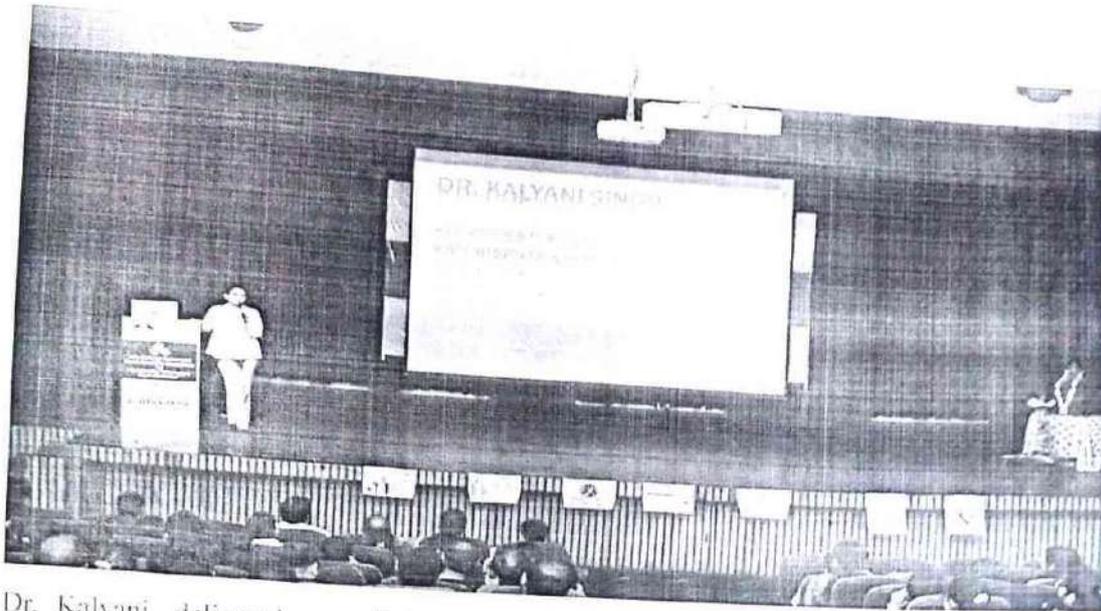
Facilitation of Ms. Shweta Raghav, Assistant Professor,
NIEPID, Noida



Ms. Shweta Raghav, delivered an enlightening lecture on "Understanding Down Syndrome". She emphasized on the importance of early identification and intervention in improving the quality of life for individuals with Down Syndrome. Ms. Raghav highlighted the genetic and developmental aspects of the condition, providing insights into the physical, cognitive, and behavioral characteristics commonly associated with it.



Signature
18/04/25



Dr. Kalyani, delivered an enlightening lecture on "Speech and language Development in Children with Down Syndrome" She emphasized the critical role of early speech and language intervention in enhancing communication skills among children with Down Syndrome. He underscored the importance of individualized and multisensory approaches, combining visual cues, sign language, and assistive technologies to facilitate communication.



Mr. Ravinder Saini, delivered an enlightening lecture on "Breaking Stereotypes, Changing Perceptions: Down Syndrome." He emphasized the need to move beyond societal myths and misconceptions surrounding individuals with Down Syndrome and to foster a more inclusive and accepting environment. Mr. Saini spoke passionately about the importance of awareness and sensitization, not just within educational settings but also across communities.



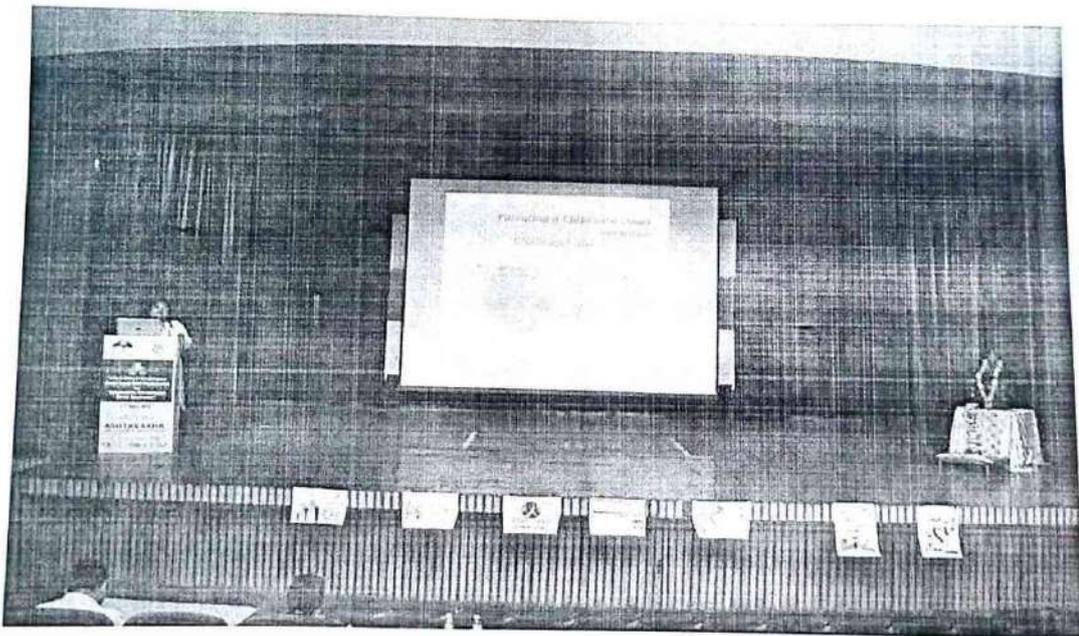
Ravinder Saini
18/04/25

Plenary Session 2

For Plenary Session 1, Speaker were Ms. Mahima Chaudhary, Ms. Geeta Bhutani, Mrs. Sanjana Mittal



Ms. Mahima Chaudhary delivered an enlightening lecture on "Creating Opportunities for People with Down Syndrome." She emphasized the importance of empowerment through education, skill development, and community participation to help individuals with Down Syndrome lead fulfilling and independent lives.



Ms. Geeta Bhutani, Principal of AIRSR, delivered an enlightening lecture on "Parenting a Child with Down Syndrome: Challenges and Triumphs." She emphasized the emotional journey of parents—from the initial diagnosis to acceptance, advocacy, and celebration of their child's



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Mrs. Sanjana Mittal, Deputy Director of AIRSR, delivered an enlightening lecture on "Mental Health and Emotional Well-being in Individuals with Down Syndrome." She emphasized the often-overlooked emotional and psychological needs of individuals with Down Syndrome and the necessity of adopting a holistic approach to their development.



Participants attending the National Conference



Vote of Thanks



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28/04/25



Group Photograph



Distributing certificates



Arjun
18/04/25