

# The Ashtavakra Newsletter

Volume 1, ISSUE 1

October - December 2023



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

**Ashtavakra Institute of Rehabilitation  
Sciences & Research**



# ASHTAVAKRA

## Institute of Rehabilitation Sciences and Research

App. by Rehabilitation Council of India, Ministry of Social Justice and Empowerment, Govt. of India  
Aff. to Guru Gobind Singh Indraprastha University, "A" Rated ISO 9001-2008 Certified Institute



### ASHTAVAKRA INSTITUTE OF REHABILITATION SCIENCES & RESEARCH

We are one of the premium Rehabilitation institutes, located at Delhi, affiliated to Guru Gobind Singh Indraprastha University, Delhi. We offer Bachelor's Degree in Special Education—B.Ed(HI), B.Ed(ASD), B.Ed(LD), B.Ed(VI) & B.Ed(ID). We also offer under graduate programmes in the field of Special Education-Hearing Impairment, Intellectual Developmental Disability, Multiple Disability & Visual Impairment, Our institute's barrier free infrastructure provides access to all and ensures value based quality education, training, research & consultancy in the field of rehabilitation.



- B-Ed Spl. Edu. (Intellectual Disability )
- B-Ed Spl. Edu. (Hearing Impairment )
- B-Ed Spl. Edu. (Autism Spectrum Disorder)
- B-Ed Spl. Edu. (Learning Disability )
- B-Ed Spl. Edu. (Visual Impairment )

**Course Duration :** Two Years (four Semesters)  
**Student Intake :** 30 (each)

### Salient Features

- Lecture by Industry Experts.
- Faculty from Nationalized Institutes.
- Training at DSW/Govt. of NCT, Delhi Schools.
- Exposure to International / National Conferences.
- CTET Coaching.
- Education Loan Available.
- National / International Educational Tours.
- Disabled Friendly Infrastructure.
- Outreach Activities through various cells & Clubs.
- National Education Policy NEP 2020 & outcome based assessment, curriculum learning.

For Further Information Contact:



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**011- 27550012/13**



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[www.ashtavakra.in](http://www.ashtavakra.in)



**PSP Institutional Area**  
**Sector-14, Madhuban Chowk,**  
**Rohini, Delhi-110085**

### Major Recruiters for Placements

Every year a good number of students qualify and get positions in Govt./Private Sectors Universities and Colleges

- D-Ed Spl. Edu. - IDD (Intellectual Developmental Disabilities)
- D-Ed Spl. Edu. - HI (Hearing Impairment )
- D-Ed Spl. Edu. - MD (Multiple Disabilities)
- D-Ed Spl. Edu. - VI (Visual Impairment )

**Course Duration :** Two Years  
**Student Intake :** 35 (each)





**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

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**Ms. Anoushka Sharma**

## Ashtavakra Student Bangs 1st Position in Anugoonj

In a stunning departure from tradition, this year's edition of Anugoonj, the Annual cultural fiesta GGSIPU unfolded against the magnificent backdrop of Talkatora Stadium. The event, which is renowned for its celebration of art, culture, and talent, left an indelible mark on the hearts and minds of all who attended. Ms. Anjali, B.ED SE ASD from Ashtavakra, a talented and accomplished student, who has successfully bangs the 1st Position in Anugoonj Prelims. This accomplishment reflects not only her beauty but also her exceptional personality, confidence, and talent.

The Ms. and Mr. Anugoonj competitions were the crowning jewels of the event. Participants vied for the titles of Ms. and Mr. Anugoonj with an impressive showcase of talent, charisma, and intelligence which includes 3 rounds i.e. Ramp walk, Talent Round and at last Question Answer Round.

The titles were awarded to the most deserving candidates, who will serve as the cultural ambassadors of Anugoonj for the upcoming year.



Shivani (B.ED LD), a talented writer from Ashtavakra has clinched the 2nd position in the highly competitive

Creative Writing Hindi competition at Anugoonj. Shivani's achievement is a source of inspiration for all.

## Ashtavakra College Shines at GGSIPU Annual Sports Meet

The 18th Annual Sports Meet of The Guru Gobind Singh Indraprastha University (GGSIPU) for the session 2023-24 held at Dwarka on 19th - 21st October 2023, it witnessed enthusiastic participation from students across different colleges under GGSIPU. The March past, a display of unity and discipline, was a highlight of the sports meet. The students of Ashtavakra Institute of Rehabilitation Sciences formed impressive contingents representing their colleges and faculties. They showcased discipline, synchronization, and pride of their institute. The Ashtavakra students also received a special mention for their enthusiastic and energetic performance. Whereas the Girls team from Ashtavakra brought out the sheer strength and teamwork in the Tug of War competition.

The Athletics events brought forth the raw energy and talent of our student-athletes. Then after, Yoga, an embodiment of physical and mental wellness, found its place in the GGSIPU Sports Meet, attracting students with a passion for mindfulness and flexibility. Perna B.ED ID from the Ashtavakra College displayed outstanding flexibility and balance, securing the first position in the individual yoga category.



## NSS : "Meri Mati Mera Desh Abhiyan" Inspires Patriotism and Unity

Through this event, public were taught that proper solid-waste collection is important for the protection of public health, safety, and environmental quality. Encouraged to use public toilet Provided by the government. To enhance infection free environment and good hygiene Awareness spread to build a toilet in home as well.

The students were able to develop a positive attitude toward the environment. The students also spread the awareness in the community by encouraging public to keep the society clean. The students took a pledge to maintain the hygiene and cleanliness in the community.

Valedictory Function Meri Mati Mera Desh Abhiyan was organized by our Government of India. Ashtavakra institute Of Rehabilitation Sciences & Research were invited to program by GGSIPU.

Hon'ble Prime Minister of India held the speech by explaining about



the 'MY Bharat' website and the various programs are running for the youth will be included on the platform. The audience paid tribute to the fallen soldiers of the country. The hearts of audience were filled with the feeling on uniformity and togetherness by learning the concept of 'Jan Bhagidari'.



**Journal Club : Policy for Special Education** - The primary goal of the presentation was to provide a framework that ensures the holistic development and inclusion of children with special needs. The policy aims to break down barriers to education and create a more accessible and equitable learning environment.

**Journal Club : Remedial & Special Education** - The event is for an insight that develops into the multifaceted realm of remedial and special education. The presentation aims to foster a deeper understanding of the challenges faced by the students with diverse learning needs and the strategies employed to provide targeted support.



## **Happiness Club : Speech Elocution Competition Youth and Mental Health**



The first objective was to illuminate the shadows that shroud mental health issues. Then, to harness the transformative power of words as we discuss, dissect, and articulate the nuances of youth and mental health. The third objective is to foster empathy and understanding. Mental health is a complex tapestry of emotions, experiences, and challenges. Next objective is to encourage tangible actions that contribute to a supportive environment for our youth.

## **Happiness Club : Awareness Programme on Health and Hygiene**



*The primary objective of our awareness program is to empower individuals with knowledge and practical insights that promote a culture of health and hygiene. By fostering awareness and understanding, we aim to inspire positive lifestyle changes that contribute to a healthier community.*

## **Fit India Youth Club : The Intra-Institute Badminton Competition**



The Intra-Institute Badminton 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 Badminton, while promoting strategic thinking, teamwork, and cultural appreciation.

## Unsung Warrior



**Akanksha Ganguly**  
B.ED SE ASD, AIRSR

I was born a human  
Grew up to be a child  
Forced to be a man  
Tested and tried

I wandered into the woods  
Seeking some fresh air  
My body still held captive  
Working long hours  
Impelled to care

The blue of the sky  
Would turn dark  
And the broad daylight of clarity shall die  
The man would continue to work as before  
Working hard to build borders lacking doors

The volcanoes of hatred would erupt soon too,  
leaving the lava as a testimony  
To how long an impression will keep itself  
hooked to you  
Stringently tight is the man holding on his tool  
Yield is a word out of order and a truce is what will  
restore the cool

Why wait until the horse has left the barn?  
I believe you can't reel back in the yarn...  
Off to war the man must go  
Is that only how his bravery and intellect may show?

Good terms are sought  
After your army begins to rot  
Those who cave into being human  
Are seen as prisoners of warfare  
Rebelling for a drudgerous cause

They rope in men after men after men  
Whose identity is blurred into being but a composite  
of the regiment  
Sometimes it feels like being a man is a crime  
More so if you sit honour before a big heart as the prime

It is said that war may lead you to peace in the end  
But does it really pay to pretend?  
How far will you go with the weapons in your hand?  
Don't you know it shall blend right in with infertile  
sand?

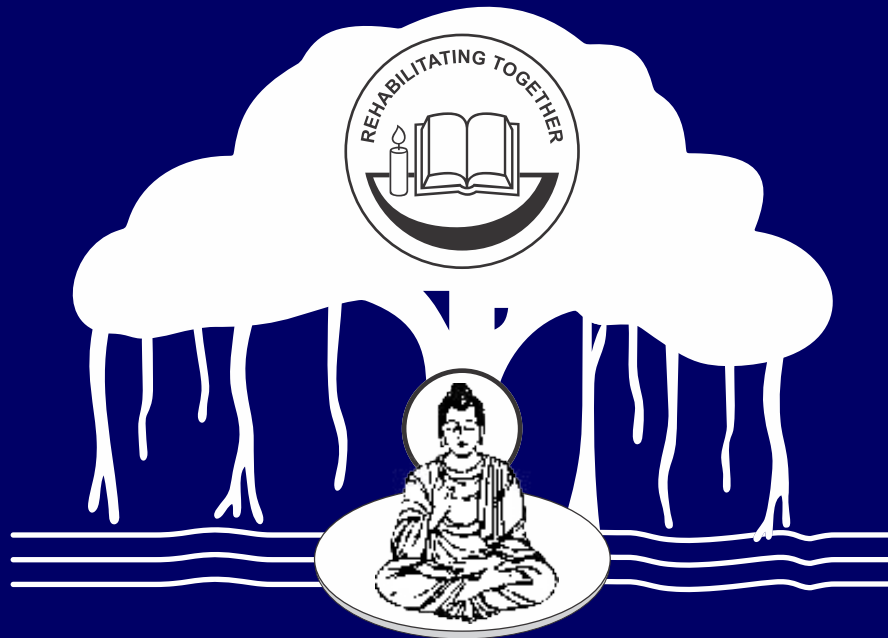
The man hasn't a say in his own affairs  
The moment he speaks, the enemy climbs up another step  
on the stairs  
He has nothing to give of him anymore  
He could only leave behind a stretched out lore  
The emerging morning of a warless day  
Dawning from behind purposely crafted high  
buildings which cover the golden sun rays.  
Has faces looking at it, sighing in relief  
It was successful in instilling the belief  
It is coming, yes it was coming, will it really come  
someday?

What now when the work is finally over?  
Will the pay I get after, be a blanket long enough for cover?  
Faminous streets fill with a population of the same kind  
Suddenly the idea of a strife makes every person depict  
their poshness in being unaligned!

What's left of a man is a life not yet lived  
He has embarked on leading the difference between,  
'to be alive' and 'to survive'  
Being on the far right!  
A nameless, hopeless person with no ease  
An unsung warrior only to be recalled at his grave after  
his true release...



**Neetu**  
B.ED SE HI (2022-24)



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