



ASHTAVAKRA

Institute of Rehabilitation Sciences and Research
5, PSP Institutional Area Madhuban Chowk Rohini, Sector-18, Delhi-110085



EVENT NAME:- Lohri Celebration

Title of Activity*

Lohri Celebration

Values

Lohri celebrations feature several iconic activities central to its harvest festival spirit, primarily revolving around community bonfires, dances, and rituals

The bonfire ritual symbolizes light's triumph over darkness, spiritual purification, and thanks to the Sun God for harvest bounty and life's cycles. Offerings like sesame seeds and jaggery invoke prosperity, fertility, and protection, reflecting reverence for nature's forces.

Learning Outcomes

Lohri celebrations offer rich learning outcomes for educational settings, particularly in special and inclusive education, aligning with curriculum goals for cultural awareness, social skills, and developmental interventions.

Cognitive Learning Outcomes

Students grasp Lohri's historical context as a harvest festival tied to the winter solstice, recognizing its Punjabi roots and links to Dulla Bhatti folklore. They identify key symbols like the bonfire (mejhi) representing light over darkness, and harvest staples such as sesame seeds (til) and jaggery (gur) offered for prosperity. Learners analyze the festival's agrarian significance, connecting it to rabi crops and seasonal cycles, fostering appreciation for farming communities.

Social-Emotional Outcomes

Participation builds community bonding through group rituals, dances like Bhangra and Giddha, and shared feasts of sarson da saag and makki di roti. For students with ASD or developmental delays, simplified activities enhance turn-taking, eye contact, and empathy via role-playing Dulla Bhatti songs ("Sundar mundriye ho!"). Outcomes include improved emotional regulation amid festive excitement and gratitude expression through prayers for family well-being.

Psychomotor Skills

Hands-on tasks like collecting rewari door-to-door develop gross motor coordination and spatial awareness. Adapted Bhangra steps with visual cues support students with CP, promoting balance, rhythm, and fine motor control via tossing offerings into fires. These yield measurable gains in physical confidence and sensory

Program Officer, NSS (SFU)

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	integration. Cultural Values Integration Learners internalize values of generosity, unity, and nature reverence, applying them to inclusive classroom discussions on interfaith harmony. Bilingual English-Hindi materials, like song translations, reinforce multilingual competencies vital for Delhi-based special education.
Organized by (Dept./ Centre/ Cells/Clubs/ Committees Name)*	Cultural Club
Program Theme*	Harvest Gratitude: Honors rabi crops and farmers' toil, symbolized by bonfire offerings like sesame seeds and jaggery.
External Expert / Internal Expert	Ms. Preeti Goyal
Date*	13th January 2026
Time*	1:30PM to. 3:30PM.
Venue	AIRSR Ground floor
Poster/Flyer/Notice*	
Social media link (promoting in any one Facebook/Instagram/Twitter is mandatory)	https://www.instagram.com/reel/DTe-09kyGL/?igsh=MW13dDRoYjRvYW9teA==
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)	50
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)	15

No. of External Participants
(students & faculty) / write N/A if not
applicable

N/A

(Contag) Photographs

Photograph of the Event with the Caption

Program of the event, including
the location of the event, the
agenda, the date, time, and location




Delhi Division, Delhi, India
 Basement Floor, 5 Psp, Madhuban Chowk, near
 Geeta Ratan College, Block A, Sector 14, Rohini,
 Lat 28.706967° Long 77.129634°
 13/1/2026 01:17 PM GMT+05:00



Program of **NSS (SFU)**
 Ashtavakra Institute of
 Madhuban Chowk, Delhi-110085
 Sciences and Research

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

Lohri 2026 celebrations unfolded vibrantly across North India, particularly in Punjab, Haryana, and Delhi, on January 13, marking the harvest festival's triumphant return amid winter's chill. This annual event, observed just before Makar Sankranti, drew communities to bonfire-lit gatherings that symbolized gratitude for rabi crops, familial prosperity, and the sun's northward journey. In Delhi's neighborhoods, including areas near educational hubs like Ashtavakra Institute, families and schools adapted traditions for inclusive participation, blending ancient rituals with modern educational twists to foster cultural pride and social cohesion.

The festivities commenced at dusk with the lighting of the meji, or sacred bonfire, in courtyards, parks, and society grounds. Participants circled the flames, tossing sesame seeds (til), jaggery (gur), peanuts, rewari, popcorn, and sugarcane stalks as offerings to Agni, the fire god, while chanting prayers for bountiful yields and well-being. Children, dressed in festive attire, roamed door-to-door in a tradition akin to trick-or-treating, collecting grains and sweets to fuel the blaze—a lively prelude that built excitement and taught generosity. Folk songs praising Dulla Bhatti, the 16th-century rebel hero who aided the poor and freed brides, echoed through the night: "Sundar mundriye ho!" These boli lyrics, passed down generations, wove tales of rebellion and kindness, reinforcing moral values amid rhythmic claps.

Dances formed the heartbeat of Lohri, with Bhangra's acrobatic leaps by men in kurtas-pajamas and Giddha's graceful spins by women in salwar-kameez, all synced to resounding dhol drums. Newlyweds and families with newborns reveled most exuberantly, receiving gifts from in-laws and relatives—customs amplifying joy and symbolizing new beginnings. Feasts followed, featuring sarson da saag (mustard greens curry), makki di roti (cornbread), til-gur laddoos, gajak, and payasam, savored communally to ward off cold and celebrate abundance. In urban Delhi, community events in parks or housing societies incorporated safety measures like supervised fires,

	drawing diverse crowds including diaspora families. Educational institutions, aligning with special and inclusive education goals, hosted themed programs under "Harvest of Joy and Unity." Activities yielded cognitive outcomes like understanding Lohri's solstice ties and agrarian roots; social-emotional gains through group dances promoting empathy and turn-taking for students with ASD or CP; and psychomotor skills via adapted rituals using visual aids and AAC devices. Bilingual English-Hindi materials facilitated multilingual engagement, ideal for Delhi's classrooms, while low-cost aids like paper bonfires ensured accessibility per ABA principles. Outcomes reflected deepened cultural bonds and resilience, with millions participating despite fog and cold snaps—no major incidents reported, per safety advisories. Lohri 2026 reinforced values of gratitude, unity, and renewal, bridging generations and promoting farmer welfare in challenging times. For educators, it provided intervention-ready content: simplified songs for speech therapy, rhythmic movements for motor delays, and storytelling for emotional growth. Ultimately, the festival's warmth transcended the physical fire, igniting shared heritage and optimism for 2026's brighter days ahead.
Recourse Person	Ms. Preeti Goyal
Attendance Sheet*	<i>Attached at the end of Report</i>
Feedback	<i>Event was full of joy, productive and interactive.</i>
Report Submitted by Convener (write faculty coordinator name)	Ms. Preeti Goyal
For Office Use	

- Program Officer NSS (SFU) Ashtavakra Institute Madhuban Chaurasi, Delhi-110085 Signature of Event Coordinator	Signature of School/Department Head (With Seal)
<u>List of Beneficiary</u>	

Fields marked with '*' are mandatory

LIST OF STUDENT PARTICIPANTS

S.NO	NAME	ENROLLMENT NUMVBER	Sign
1	POOJA	00552312423	Pooja
2	SARASWATI DASS	00252312423	Sar
3	MANSI GUPTA	00352312423	Mansi
4	TANNU SHOKEEN	0652312423	Tanu
5	SHIWANI	00752312423	Shiwa
6	ANSHIKA	00852312423	Anshika
7	KAVITA I	00952312423	Kavita
8	JYOTI YADAV	1052312423	Jyoti
9	GITIKA	0115231242	Gitika
10	NITESH MOHAN MISHRA	752312425	Nitesh
11	SANJANA KUMARI	952312425	Sanj
12	TEENA MAHAJAN	352312425	Teena
13	ANSHIKA	252312425	Anshika
14	BHUMI GUPTA	552312425	Bhumi
15	MANSI	1352312425	Mansi
16	RACHNA KELLY	652312425	Rachna
17	JYOTI RAUTELA	152312425	Jyoti

18	VISHAL SINGH	452312425	<i>Vishal</i>
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25	AJAY KUMAR YADAV	1052312225	<i>Ajay</i>
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31	LAVANYA ANTIL	552312225	<i>Lavanya</i>
32	KAUSHIKA JAISWARA	652312225	<i>Kaushika</i>
33	MUSKAN	752312225	<i>Muskan</i>
34	SMRITI	152312525	<i>Smriti</i>
35	SUHANI	252312525	<i>Suhani</i>
36	ANKITA	352312525	<i>Ankita</i>
37	ANSHU	452312525	<i>Anshu</i>
38	DIYA MANN	552312525	<i>Diya</i>
39	VINITA VERMA	652312525	<i>Vinita</i>
40	ISHITA	752312525	<i>Ishita</i>
41	ANUSHA	852312525	<i>Anusha</i>
42	PRIYA TIWARI	952312525	<i>Priya</i>
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45	NIDHI	1252312525	<i>Nidhi</i>
46	RIYA AGGARWAL	1352312525	<i>Riya</i>
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49	MAMTA KUMARI	1652312525	<i>Mamta</i>
50	ANSHIKA KADYAN	1752312525	<i>Anshika</i>