The Ashtavakra Newsletter

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REHABILITATING TOGETHER

The Ashtavakra

ISO 9001 : 2008 : 'A' Rated Institute

Ashtavakra Institute of Rehabilitation Sciences & Research



Deputy Director Message

As 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 community. Your passion and commitment inspire us all.

Warm regards,
Ms Sanjana Mittal
Deputy Director
Ashtavakra Institute of Rehabilitation Sciences & Research

EDITORIAL BOARD

Dr. R.K. Gupta
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Cultural Club: Independence Day Celebrations

The Cultural Club of Ashtavakra Institute of Rehabilitation Sciences and Research (AIRSR) celebrated Independence Day with great patriotic spirit and enthusiasm. The programme included flag hoisting, inspiring speeches, and cultural performances by students. The event highlighted the values of freedom, unity, and national pride, encouraging everyone to contribute towards a stronger India.





Cultural Club: Raksha Bandhan Celebrations

The Cultural Club of Ashtavakra Institute of Rehabilitation Sciences and Research (AIRSR) celebrated Raksha Bandhan with joy and warmth. Students participated in a special ceremony symbolizing love, respect, and the bond of protection. The event promoted cultural values, unity, and togetherness, creating a festive and memorable atmosphere on campus.







NSS: World Heart Day

World Heart Day is observed every year on 29th September to raise awareness about heart health and to encourage people to take preventive steps against cardiovascular diseases.





Cultural Club: Ganesh Chaturthi Celebration







The Cultural Club of AIRSR celebrated Ganesh Chaturthi with great devotion and enthusiasm at the institute. The programme included prayers, bhajans, and a brief introduction to the significance of Lord Ganesha as the remover of obstacles and symbol of wisdom. Our Honourable Chairman Sir, Dr. Ram Kailash Gupta, and the Chairperson of Handicapped Women Society graced the occasion and participated in the puja.Students participated actively, spreading positivity, unity, and cultural spirit throughout the celebration.

Happiness Club: Teacher's Day Celebrations







The Happiness Club of Ashtavakra Institute of Rehabilitation Sciences and Research (AIRSR) organised Teacher's Day celebration to honour and appreciate the dedicated efforts of teachers. Students expressed gratitude through speeches, cultural performances, and heartfelt messages. The event promoted respect, positivity, and the strong bond between teachers and students in a joyful atmosphere.

9th International Conference on "Child and Adolescent Psychology: Navigating The Complexities of Development"

Ashtavakra Institute of Rehabilitation Sciences and Research (AIRSR) successfully organised the 9th International Conference on "Child and Adolescent Psychology: Navigating the Complexities of Development" focused on understanding the psychological and developmental challenges faced by children and adolescents. The conference brought together experts, researchers, and educators to discuss mental health, behavioral issues, and inclusive practices. It provided a valuable platform for knowledge sharing, research exchange, and professional collaboration in the field of child and adolescent development.









Red Ribbon Club : Awareness on importance of health and social issues

The Red Ribbon Club (RRC) organized a Poster Making Activity as part of its ongoing efforts to promote awareness on importance of health and social issues through creative expression. The activity aimed to encourage students to use art as a medium to communicate meaningful messages, enhance critical thinking, and spread awareness within the community.



FIYC : Inter-College Chess Competition



The Fit India Youth Club (FIYC) organised a Chess Competition to promote mental fitness and strategic thinking among students. Participants displayed concentration, patience, and analytical skills throughout the tournament. The event encouraged healthy competition and sportsmanship. Overall, the competition successfully fostered intellectual engagement and active student participation.





EBSB Day : Reading of Translated Books

On Tuesday, 2 September 2025, EBSB Day was observed with the Reading of Translated Books. Students read and discussed literary works from different Indian languages, promoting linguistic appreciation, cultural understanding, and the spirit of unity under the Ek Bharat Shreshtha Bharat initiative.





Eco Club: Activity-based program to observe Green Consumer Day





The Eco Club of Ashtavakra Institute of Rehabilitation Sciences and Research organized an awareness and activity-based program to observe Green Consumer Day. The objective of the program was to educate students and staff about the importance of environmentally responsible consumer choices and sustainable living. The session highlighted how everyday purchasing decisions affect the environment, natural resources, and human health. Students were introduced to the concept of green products, eco-friendly packaging, and sustainable consumption practices. Interactive discussions encouraged participants to reflect on their own consumption habits and explore practical ways to reduce waste. Creative posters and slogans promoting green consumerism were displayed during the program. Students actively shared ideas on adopting eco-friendly lifestyles and supporting sustainable alternatives. The initiative successfully enhanced awareness about environmental responsibility and concluded with a pledge to practice green consumer habits and protect the environment.

NSS: Independence Day Celebrations



India's Independence Day, celebrated every year on 15th August, marks the historic moment in 1947 when the nation broke free from colonial rule and embraced sovereignty. It is a day of immense pride and reflection, honoring the sacrifices of countless freedom fighters who envisioned a future of dignity and self-determination. Across the country, the tricolor flag is hoisted, patriotic songs fill the air, and communities come together to celebrate unity in diversity. More than just a commemoration of the past, Independence Day is a reminder of India's resilience, its democratic values, and the ongoing journey toward progress and justice.

Student Creative Corner





Bharti Sehrawat, B.ED SE (ID)





Anushka Verma, B.ED SE (ID)

UBA: Awareness Programme





On September 15, 2025, Ashtavakra Institute of Rehabilitation Sciences and Research successfully organized a Government Scheme Awareness Campaign under the Unnat Bharat Abhiyan (UBA) to educate the local community about vital welfare initiatives. The primary objective of the campaign was to bridge the information gap by providing clear, accessible details regarding various healthcare, financial inclusion, and educational programs available to the public.

About the Institute

We are one of the premium Institute offering courses in the field of Rehabilitation, located at Delhi, affiliated to Guru Gobind Singh Indraprastha University, Delhi. The Institute offers 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.

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.



Rehabilitating Together

Affiliations and Academic Collaborations

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Institute of Rehabilitation Sciences & Research

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

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