Ashtavakra Institute of Rehabilitation Sciences & Research
Formerly Special Art School
App. by Rehabilitation Council of India, Ministry of Social Justice & Empowerment, Govt. of India
Affiliated to GURU GOBIND SINGH INDRAPRASTHA UNIVERSITY
PSP, Institutional Area, Madhuban Chowk, Rohini Delhi-85, Ph : 011-27550012/13
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Poster Making Competition –

"Understanding Parkinson's & Promoting Inclusion"

Learning Outcomes

By the end of the activity, trainees were able to:

- Understand the basic features and challenges associated with Parkinson's disease.
- Identify common motor and non-motor symptoms of Parkinson's.
- Develop awareness about the social and functional challenges faced by persons with Parkinson's.
- Promote empathy, acceptance and an inclusive attitude.
- Understand the importance of rehabilitation and support services.
- Develop creativity and communication skills through poster designing.
- Promote awareness about dignity, participation and equal opportunities.
- Recognize the importance of family, community and professional support.
- Develop skills for communicating health and disability-related messages effectively.
- Understand the importance of creating a supportive and inclusive society.

Report:

A poster-making competition was organized on the occasion of **World Parkinson's Day – 11 April2026**to create awareness among trainees about Parkinson's disease and promote an inclusive and supportive attitude towards persons living with Parkinson's. The activity focused on understanding the challenges associated with Parkinson's disease and the importance of dignity, accessibility, participation and social support.During the activity, trainees prepared creative posters highlighting important aspects of Parkinson's disease, including common symptoms such as tremors, slow movement, rigidity, difficulty in walking and balance problems. The posters also emphasized that persons with Parkinson's may experience non-motor difficulties such as communication, sleep, cognitive and emotional challenges.

Trainees used meaningful slogans, illustrations, awareness messages and inclusive visuals to communicate the importance of acceptance, empathy and support. The activity also highlighted the role of rehabilitation, family support, healthcare professionals and the community in improving participation and quality of life.

The activity encouraged trainees to look beyond the medical condition and understand Parkinson's from a person-centred and rehabilitation perspective, promoting respect and inclusion in family, educational, social and community settings.

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Ashtavakra Institute of Rehabilitation Sciences & Research
Sector-5, Rohini, Delhi-85

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Title:- **Poster Making Competition on World Mental Health Day**

Introduction

Mental health is a crucial aspect of overall well-being that affects how individuals think, feel, and act in their daily lives. Recognizing the importance of mental health, World Mental Health Day is observed every year on 10th October to raise awareness, reduce stigma, and promote access to mental health care.

To commemorate this day and sensitize students about mental health issues, the ID Dept. organized a Poster Making Competition for B.Ed. Special Education students. Poster making provides a creative platform for students to visually express ideas and messages related to mental health, such as stress management, emotional well-being, inclusion, and empathy. The activity not only encouraged artistic expression but also enhanced students' understanding of mental health awareness and advocacy.

Aims of the Activity

- To create awareness about mental health issues among students and the community
- To provide a platform for students to express ideas creatively
- To promote the importance of emotional well-being and inclusion
- To encourage active participation of students in advocacy for mental health

Objectives of the Activity

- To enhance knowledge and understanding of mental health concepts
- To develop artistic, communication, and visualization skills among students
- To sensitize participants toward the challenges faced by individuals with mental health conditions
- To encourage teamwork, collaboration, and creativity
- To cultivate responsibility and initiative in promoting mental health awareness

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Description of the Event

The Poster Making Competition was conducted on 10th October 2025 at the Ashtavakra Institute of Rehabilitation Sciences and Research, Rohini, Delhi. The event included participants from all semesters of B.Ed. Special Education.

Prior to the competition, students were briefed on the theme, guidelines, and evaluation criteria. Participants were encouraged to research and reflect on topics such as mental health awareness, stress management, counseling, inclusion, and stigma reduction.

On the day of the event, students were provided with chart papers, colors, and art supplies. They were given 2 hours to create posters that effectively conveyed their chosen message.

The posters were then evaluated by a panel of faculty judges based on creativity, relevance, clarity of message, originality, and presentation. Participants also explained their ideas to the judges, highlighting their understanding of mental health issues and advocacy strategies.

The activity concluded with the announcement of winners, certificate distribution, and display of posters on campus notice boards to inspire further awareness.

Impact of the Activity

The competition had a significant positive impact on both students and the institution:

- Increased awareness and understanding of mental health challenges among students
- Encouraged discussion on mental health, emotional well-being, and inclusion
- Motivated students to use creativity as a tool for advocacy and education
- Helped students develop confidence in expressing ideas and communicating sensitive topics visually
- Promoted a culture of empathy, awareness, and social responsibility in the academic community

Learning Outcomes

As a result of this activity, students were able to:

- Gain deeper insight into mental health issues and challenges
- Apply creative and artistic skills to communicate important messages effectively
- Develop problem-solving, visualization, and communication skills
- Understand the role of awareness campaigns in reducing stigma
- Build confidence in teamwork, participation, and presenting ideas to an audience

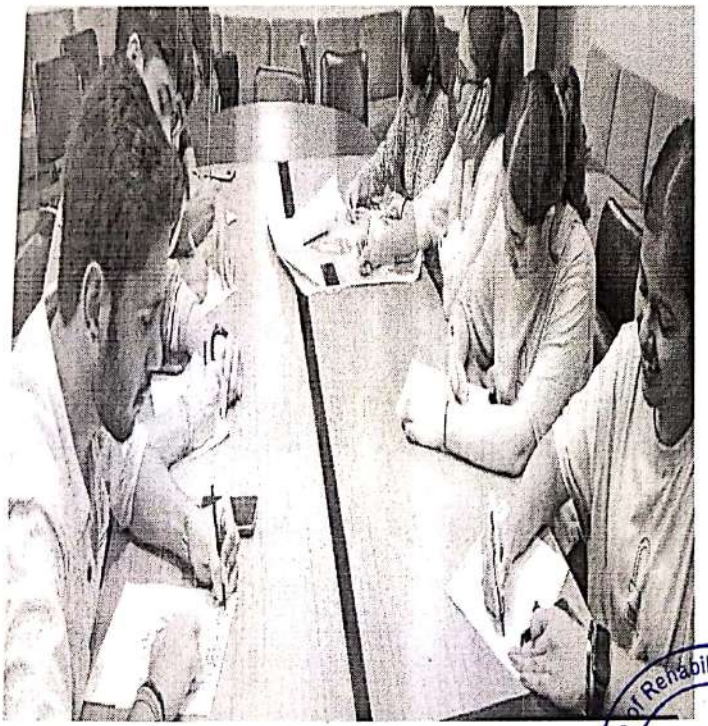
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Glimpses of activity









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Adapted Worksheet Designing Competition for Children with Learning Disabilities

Learning Outcomes

After completing the activity, trainees were able to:

- Identify the specific learning needs of children with LD.
- Design appropriate and learner-friendly worksheets.
- Apply principles of differentiated instruction.
- Adapt content according to individual learning needs.
- Use clear instructions, visual cues, and appropriate task structure.
- Develop age-appropriate and engaging learning materials.
- Apply scaffolding and graded difficulty in worksheet design.
- Promote independent learning through adapted materials.
- Develop creativity and instructional-design skills.
- Connect theoretical knowledge with practical classroom application.

Report:

An **"Adapted Worksheet Designing Competition for Children with Learning Disabilities"** was organized for the B.Ed. SE LD trainees on **24.03.2026**. The activity aimed to develop trainees' ability to design learner-friendly and accessible worksheets according to the individual educational needs of children with LD.

During the competition, trainees prepared adapted worksheets based on selected academic areas such as reading, writing, spelling, vocabulary, comprehension, and mathematics. They were encouraged to consider the specific difficulties experienced by children with LD while designing the worksheets. Trainees used simple language, clear instructions, appropriate spacing, visual cues, structured activities, and graded levels of difficulty.

The activity emphasized the importance of differentiated instruction, task modification, scaffolding, and appropriate accommodations. Trainees were encouraged to design worksheets that were engaging, age-appropriate, easy to understand, and focused on specific learning objectives.The worksheets were evaluated on the basis of relevance to LD, clarity of instructions, appropriateness of content, creativity, accessibility, organization, and educational usefulness. The competition provided trainees with an opportunity to apply their theoretical knowledge of Learning Disabilities to the development of practical teaching-learning materials.

Overall, the activity was creative, interactive, and educational. It enhanced trainees' understanding of adapting instructional materials to meet the diverse learning needs of children with LD.



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Slogan writing & Poster Making competition on the theme "Health& Hygiene"

Learning Outcomes

1. **Awareness on Health & Hygiene:**
   Students gained a deeper understanding of the importance of maintaining personal hygiene and health, including the role of proper hand washing, healthy eating habits, and cleanliness in preventing diseases.
2. **Creative Expression:**
   The activity encouraged students to creatively express their thoughts through visual art and slogans, enhancing their artistic and literary skills while effectively communicating the theme.
3. **Critical Thinking & Problem Solving:**
   Participants were required to think critically about health and hygiene issues and devise creative ways to address these through their posters and slogans, promoting problem-solving skills and innovation.
4. **Teamwork & Collaboration:**
   For those who worked in pairs or groups, the competition fostered teamwork, allowing them to share ideas, collaborate, and achieve a common goal, thereby enhancing their communication and interpersonal skills.
5. **Time Management & Planning:**
   The time-bound nature of the competition taught students how to manage time efficiently while planning and executing their work within the given timeframe.

REPORT

On the 8th Nov 2025, a Slogan Writing and Poster Making competition was organized under the theme "Health & Hygiene." The event aimed to raise awareness among students about the importance of maintaining health and hygiene in daily life and to encourage creative expression.

The competition saw enthusiastic participation from students. Participants were divided into two categories: junior and senior. Each student was provided with the necessary materials and was given a time frame of two hours to create their slogans and posters. The atmosphere was charged with creativity, as students poured their thoughts and artistic skills into their work, emphasizing the significance of health and hygiene practices like hand washing, healthy eating, and environmental cleanliness.

The posters were a blend of vivid illustrations and thought-provoking slogans, reflecting the students' understanding of the theme. Some slogans, such as *"Clean hands, healthy life"* and *"Hygiene is the first step to health"*, stood out for their simplicity and impactful messaging.

The judges, comprising faculty members and the art department head, evaluated the entries based on creativity, relevance to the theme, and clarity of message.

Winners were announced at the end of the event. All participants received certificates of appreciation for their efforts. The event concluded with a group photograph of the participants and the judges, capturing the spirit of creativity and awareness fostered through this competition. The success of the event was evident from the smiles on the students' faces and the powerful messages conveyed through their work.

GLIMPSES OF THE COMPETITION



