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
Fax : 011-27550018 • Email : inforehab@tecnia.in Website : www.rehab.tecnia.in

S. No	SPORTS ACTIVITY DETAILS	Quantity
	INDOOR GAMES	
1.	T.T. BAT	09 pcs.
2.	Basket Ball	03 pcs.
3.	Carrom Board	07 pcs.
4.	Skipping Rope	05 pcs.
5.	Chess	03 pcs.
6.	Relay Batten	06 pcs.
7.	Green Corn	05 pcs.
8.	Badminton	06 pairs.
9.	Badminton Net	01 pcs.
	OUTDOOR GAMES	
10.	Volley Ball Net	01 pcs.
11.	Badminton	06 pairs.
12.	Badminton Net	01 pcs.
13.	Shotput	04 pcs.
14.	Football	05 pcs.
15.	Tug of War Rassa	01 pcs.
16.	Cricket Bag	06 Kit
17.	Relay Batten	06 pcs.
18.	Green Corn	05 pcs.

LIST OF SPORTS EQUIPMENTS FOR WHICH THE GRANT IS REQUIRED

S.N.	DESCRIPTION	QTY	UNIT
1.	T.T. Table T.T. Table-Stage Championship- Top-19mm, Wheels-75MM Prelaminated Board, safety Side child lock System.2 Wheels with look system & 6 wheels without look system. Wt.96Kg	2	Pc
2.	TT Net TT Net-Nylon Made-Stag	2	Pc
3.	TT Racket TT Racket – Stag Tournament	8	Pc
4.	Basketball Pole – Made of *" pipe with thickness of 4 mm , with middle support of 3" pipe with base plate & front plate of 14"X14"X14" mm . Hole passes of iron angle 35 X 5 mm, complete painted Basket Ball Board: 180 X 105 , Acrylic Made. Crystal Clear finish with Computerized Vinyl lining, with angle iron Frame of 35 X 5 MM iron angle all Around. Basket Ball Net: Made of Nylon Thread with 12 Loops Heavy Quality	1 1 2	Pc Pc Pc
5.	Basket Ball Basket Ball-Cosco-Dribble-No. 7	4	Pc
6.	Boundary covering Practice Net for Basket Ball Cricket Net – Made of Nylon Material – Made of HDPE 2mm thick with mesh size – 1.75" X 1.75" – approx – colour-Dark Green-Garware- 100X15	1	Pc
7.	Bondary covering Pole (With Labour& Materials): Cricket Poles – Made of 2" CPC Poles with Hook for height of Poles above ground 17' and 2' inside the ground – Complete with installation & Painted etc.	4	Pc
			Total
			Vat@5%
			Total Amount

Ashlawar Institute of Rehabilitation Sciences & Research
Sector
Pitampura Delhi 85

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
Fax : 011-27550018 • Email : inforehab@tecnia.in Website : www.rehab.tecnia.in

S. No.	Sports (Indoor&Outdoor)	SportsEquipment's
1	Volleyball	Volleyball(Men),Volleyball(Women),VolleyballNet
2	Football	Football(Men),Football(Women),
3	Chess	ChessBoard&Pieces
4	Carom	Carom Board
5	DiscussThrow	DiscussThrow(Men),DiscussThrow(Women),
6	Race	100m,200m,400m,RelayRace, FinishingRope,Stop Watches,BatonsforRelayRace(4x400m,4x100m)
7	ShotPut	ShotPut(Men), ShotPut(Women)
8	LongJump	MeasuringTape
9	TugOfwar(Men)	Rope(circumference12.5cms,35meters)
	TugOfwar (Women)	Rope(circumference10cms,33meters)
10	TableTennis	Table-Tennis (Men) Bat, Table-Tennis (Women) Bat, T.T. Net, T.T BallBox, T.T.Table
11	Marathon	FinishingRope,Stopwatches
12	CricketKit	Cricket Bat, Stumps, Kit Bag, Batting Gloves, Abdominal Guard Batting Pads, Helmets, Balls
13	Skipping Ropes	Ropes
14	Badminton	Rackets, Shuttlecocks



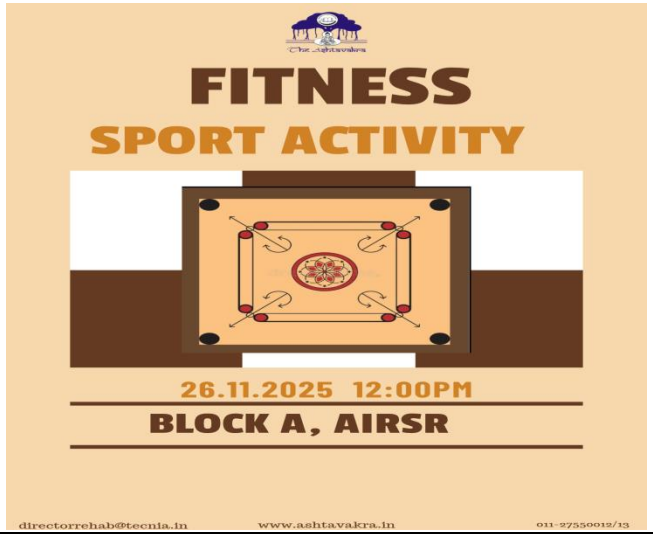
ASHTAVAKRA Institute of Rehabilitation Sciences and Research 5, PSP Institutional Area Madhuban Chowk Rohini, Sector-14, Delhi-110085	FIT INDIA

EVENT NAME	
Title of Activity*	Fitness Sporting Activity: Intra Institute Sports Competition: **Carrom**
Values	• Strategic Thinking and Planning • Concentration and Focus • Healthy Competition • Stress Relief and Well-being • Community Building • Inclusive Participation
Learning Outcomes	• Self-Discipline and Commitment: • Resilience and Perseverance • Time Management: • Physical Dexterity and Coordination • Confidence and Self-Esteem • Recognition and Motivation
Organized by (Dept./ Centre/ Cells/Clubs/ Committees Name)*	Fit India Youth Club
Program Theme*	Intra Institute Sports Competition
External Expert / Internal Expert	Mr. Vikas Kumar
Date*	**26.11.2025**
Time*	12:00 PM to 1:00PM
Venue	Room No. 101, Block A, AIRSR
Poster/Flyer/Notice*	**CIRCULAR** This is to inform all the students that Ashtavakra Institute of Rehabilitation Sciences & Research is organizing Fitness Sporting Activity: Intra Institute Sports Competition: Carrom on 26th Oct. 2025. This event is an excellent opportunity for us to come together and promote the physical and mental well-being through this healthy competition. **Activity Details:** **Date:** 04th Nov 2025 **Time:** 12:00 PM – 01:00 PM **Venue:** Room No. 101, Block A, AIRSR

Social media link *(promoting in any one Facebook/Instagram/Twitter is mandatory)*	https://www.instagram.com/reel/Cz84teepprR/?igshid=MTc4MmM1YmI2Ng==
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)*	20
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)*	1
No. of External Participants (students + faculty) *[write NA if not applicable]*	N.A

(Geotag) Photograph*

Photograph of the Event with the Caption





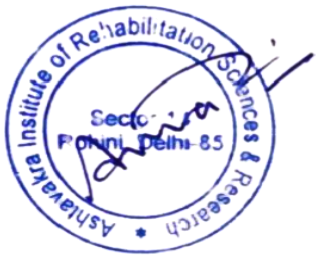




Report: Description in (min 250 to max 800 words)*	The Intra-Institute Sports Competition featuring Carrom was held to encourage students and staff to engage in recreational activities, foster team spirit, and promote a healthy balance between academics and extracurricular activities. The event was organized to bring together participants from various departments, enhancing interaction and camaraderie within the institute. The competition saw enthusiastic participation from both students and faculty members. Participants were categorized into singles and doubles, with each category further divided into male and female groups. The tournament featured players of various skill levels, from beginners to seasoned players. Participants were required to maintain sportsmanlike behavior. Prizes were awarded to winners and runners-up in each category. The Intra-Institute Carrom Competition was a resounding success, achieving its objectives of fostering camaraderie, enhancing strategic and cognitive skills, and promoting cultural appreciation. Feedback was collected from participants to understand their experience and identify areas for improvement. A debriefing session was held with the organizing team to discuss the event's successes and areas for enhancement. The Intra-Institute Sports Competition featuring Carrom was a resounding success, achieving its objectives of promoting physical and mental agility, fostering community spirit, and encouraging healthy competition. The event provided a platform for participants to showcase their skills, build friendships, and engage in a popular traditional game. Based on the positive feedback and enthusiastic participation, it is recommended to make the Carrom tournament an annual event, with potential expansion to include other board games in future editions.
Recourse Person	NA
Attendance Sheet*	*Attached at the end of Report*
Feedback	*Sample feedback Attached at the end of Report*
Report Submitted by Convener *(write faculty coordinator name)*	Mr. Vikas Kumar
For Office Use	
 **Signature of Event Coordinator**	 **Signature of Club In-Charge** *(With Seal)*
List of Beneficiary	20

LIST OF STUDENT PARTICIPANTS

S. No.	Name of Participants	Course
1.	**Kirti Singh**	B.ED SE ID
2.	**Prerna**	B.ED SE LD
3.	**Apurv**	B.ED SE LD
4.	**Akshay**	B.ED SE ID
5.	**Swapnil**	B.ED SE HI
6.	**Niteish Khatri**	B.ED SE HI
7.	**Vipen Malik**	B.ED SE HI
8.	**Ankit**	B.ED SE ID
9.	**Aryan Dabas**	B.ED SE LD
10.	**Sumit**	B.ED SE ID
11.	**Harshita**	B.ED SE ID
12.	**Hema Vats**	B.ED SE HI
13.	**Isha**	B.ED SE ID
14.	**Anu**	B.ED SE ID
15.	**Ananya**	B.ED SE LD
16.	**Anushka Verma**	B.ED SE VI
17.	**Bharti Sehrawat**	B.ED SE ID
18.	**Ankita**	B.ED SE LD
19.	**Akansha Sharma**	B.ED SE LD
20.	**Mahima**	B.ED SE LD



ASHTAVAKRA Institute of Rehabilitation Sciences and Research 5, PSP Institutional Area Madhuban Chowk Rohini, Sector-14, Delhi-110085	FIT INDIA
EVENT NAME	
Title of Activity*	**Talk by Mental Health Specialist : Supporting Mental Health**
Values	• Awareness of Sleep Importance • Knowledge of Sleep Benefits • Motivation to Improve Sleep • Understanding Sleep Hygiene • Integration of Sleep into Fitness Plans • Healthier Lifestyle Choices • Prevention of Negative Outcomes • Enhanced Mental Health • Commitment to Balance
Learning Outcomes	• Understanding Sleep's Role in Fitness • Identifying Benefits of Adequate Sleep • Evaluating Personal Sleep Habits • Applying Sleep Hygiene Practices • Integrating Sleep into Fitness Plans • Balancing Lifestyle Choices
Organized by (Dept./ Centre/ Cells/Clubs/ Committees Name)*	**Fit India Youth Club**
Program Theme*	Fitness Quiz
External Expert / Internal Expert	Mr. Vikas Kumar
Date*	**30.01.2026**
Time*	1:00 PM
Venue	Room No. 101, Block A, AIRSR
Poster/Flyer/Notice*	

Social media link *(promoting in any one Facebook/Instagram/Twitter is mandatory)*	https://www.instagram.com/reel/Cz84teepprR/?igshid=MTc4MmM1YmI2Ng==
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)*	22
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)*	2
No. of External Participants (students + faculty) *[write NA if not applicable]*	N.A

(Geotag) Photograph*

Photograph of the Event with the Caption



Group Photo consisting Club In-charge & Participants.



Expert defining the Instructions of the Supporting Mental Health



Students feedback



Q/A Session

Report: Description in (min 250 to max 800 words)*	The programme aimed to emphasize that fitness is not limited to physical health alone but also includes emotional and psychological well-being. In today's competitive and fast-paced environment, students often experience stress, anxiety, academic pressure, and emotional challenges. Therefore, maintaining mental balance is essential for overall growth and success. The session began with a brief introduction to the importance of mental health in daily life. Mr. Vikas Kumar explained that mental health refers to a person's emotional, psychological, and social well-being, which affects how individuals think, feel, and act. He highlighted that mental health is equally important as physical fitness and plays a significant role in decision-making, stress management, and building healthy relationships. During the talk, various important topics were discussed, including stress management techniques, coping strategies for anxiety, building self-confidence, and maintaining a positive mindset. The resource person shared practical strategies such as deep breathing exercises, meditation, time management skills, and maintaining a healthy routine. He also encouraged students to engage in regular physical activities, as exercise contributes significantly to reducing stress and improving mood. One of the key highlights of the session was the discussion on breaking the stigma surrounding mental health issues. Mr. Kumar emphasized that seeking help from counselors, teachers, or family members should not be considered a weakness. Instead, it is a sign of strength and self-awareness. He encouraged students to openly communicate their feelings and support their peers who may be facing emotional difficulties. The programme was interactive and engaging. Students actively participated by asking questions related to exam stress, peer pressure, social media influence, and emotional challenges. The resource person addressed these queries with real-life examples and practical solutions, making the session relatable and impactful. The two-hour session concluded with a motivational message encouraging students to prioritize their mental well-being and adopt healthy lifestyle habits. The programme successfully reinforced the message of the Fit India Movement — "Healthy Body, Healthy Mind." Participants expressed that the session was informative,

	inspiring, and highly beneficial. Overall, the "Supporting Mental Health" talk proved to be a meaningful initiative in promoting awareness about mental wellness and encouraging a supportive and positive environment within the institution. Such programmes contribute significantly to the holistic development of youth and should be organized regularly.
Recourse Person	NA
Attendance Sheet*	*Attached at the end of Report*
Feedback	*Sample feedback Attached at the end of Report*
Report Submitted by Convener *(write faculty coordinator name)*	Mr. Vikas Kumar
For Office Use	
 **Signature of Event Coordinator**	 **Signature of Club In-Charge** *(With Seal)*
List of Beneficiary	22

LIST OF STUDENT PARTICIPANTS

S. No.	Name of Participants	Course
1.	**Ashish Panwar**	B.ED SE LD
2.	**Abhishek Khatri**	B.ED SE LD
3.	**Apurv**	B.ED SE LD
4.	**Akshay**	B.ED SE ID
5.	**Swapnil**	B.ED SE HI
6.	**Niteish Khatri**	B.ED SE HI
7.	**Vipen Malik**	B.ED SE HI
8.	**Ankit**	B.ED SE ID
9.	**Aryan Dabas**	B.ED SE LD
10.	**Sumit**	B.ED SE ID
11.	**Harshita**	B.ED SE ID
12.	**Hema Vats**	B.ED SE HI
13.	**Isha**	B.ED SE ID
14.	**Anu**	B.ED SE ID
15.	**Ananya**	B.ED SE LD
16.	**Anushka Verma**	B.ED SE VI
17.	**Bharti Sehrawat**	B.ED SE ID
18.	**Ankita**	B.ED SE LD
19.	**Akansha Sharma**	B.ED SE LD
20.	**Mahima**	B.ED SE LD
21.	**Kirti Singh**	B.ED SE ID
22.	**Prerna**	B.ED SE LD

