CONFERENCE REPORT

15th National Conference (CRE Accredited)

Theme: “Fostering Rehabilitation for Holistic Development: From Intervention to Empowerment”

Date: 29th – 31st January 2026

Venue: Tecnia Auditorium, Madhuban Chowk, Rohini, Delhi

AIMS OF THE CONFERENCE

- To promote a deeper understanding of holistic rehabilitation
- To strengthen professional knowledge and practice
- To facilitate collaboration for better rehabilitation outcomes
- To highlight empowerment as the core outcome of rehabilitation
- To provide a platform for research, innovation, and shared learning

OBJECTIVES OF THE CONFERENCE

- To explore holistic development models relevant to rehabilitation
- To discuss assessment tools and individualized intervention planning
- To understand evidence-based and technology-driven intervention strategies
- To strengthen interdisciplinary approaches
- To emphasize family involvement and psychosocial support
- To focus on inclusion, participation, and societal acceptance
- To enhance understanding of vocational training and transition planning
- To create awareness about rights, policies, and advocacy
- To develop capacity for monitoring progress and evaluating outcomes
- To promote empowerment-focused rehabilitation

The **Ashtavakra Institute of Rehabilitation Sciences & Research (AIRSR)** organized the **15th National Conference**, a three-day Continuous Rehabilitation Education (CRE) program accredited by the **Rehabilitation Council of India (RCI)**. The conference aimed to foster a deeper understanding of holistic development, transitioning from initial intervention strategies to sustainable empowerment for persons with disabilities.



DAY 1: Thursday, 29th January 2026

REGISTRATION OF THE DELEGATES

Inaugural Session

The conference commenced at 09:00 AM with the registration of delegates, followed by the formal **Inaugural Ceremony** at 09:30 AM.







- **Lamp Lighting:** The auspicious lamp lighting ceremony was performed by the Chief Guests and Guests of Honour to invoke knowledge and wisdom.





- **Saraswati Vandana:** A soulful rendition of the Saraswati Vandana was presented by the **Visually Impaired (VI) students** of the institute, setting a spiritual tone for the event.



- **Welcome Song:** This was followed by a vibrant Welcome Song performed by the **Hearing Impairment (HI) students**, showcasing the diverse talents of the institute's learners.



- **Welcome Address: Mrs. Sanjana Mittal**, Deputy Director, AIRSR, delivered the welcome address, extending warm greetings to the dignitaries and delegates. She highlighted the significance of the conference theme in the current rehabilitation landscape.


15th National Conference
Zonal Level CRE Programme on
"Fostering Rehabilitation for Holistic
Date:
January


Zonal Level CRE Programme on
"Fostering Rehabilitation for Holistic
Development from Intervention to Empowerment"
Venue:
Tecnia Auditorium
FIT
INDIA


15th National Conference
Zonal Level CRE Programme on
"Fostering Rehabilitation
for Holistic Development
from Intervention to
Empowerment"


15th National Conference
Zonal Level CRE Programme on
Venue:
FIT
INDIA







- **Felicitation:** The session concluded with the felicitation of the esteemed Chief Guests and Guests of Honour, including **Ms. Deepti Sharma Joshi**, **Dr. Prerna Sharma**, **Mr. Ramesh Singh (ACP, Delhi Police)**, **Dr. Ram Kailash Gupta**, **Dr. Sandhya Bindal**, and Dr. Vandana Talwar.

PLENARY SESSION 1



Dr. Sampurna Guha (Asst. Professor, Amity Institute of Rehabilitation Sciences) elaborated on the topic *Conceptual Foundation of Holistic Rehabilitation*. Dr. Guha opened the academic discourse by establishing the theoretical framework for the conference. She emphasized that holistic rehabilitation must transcend the traditional medical model, integrating social, emotional, and vocational dimensions. Her lecture highlighted the necessity of a multidisciplinary approach to treat the "whole person" rather than just the impairment, laying a strong foundation for the subsequent sessions on empowerment and intervention.







- **Dr. Siddharth Pokhriyal**, Programme Coordinator, Uttarakhand Open University) talked about the *Family Empowerment and Caregiver Support*, Focusing on the support system, Dr. Pokhriyal discussed the pivotal role of families in the rehabilitation process. He elaborated on strategies to empower caregivers, who often act as primary therapists in the Indian context. The session addressed the psychological burden on families and provided actionable frameworks for creating a supportive home environment to ensure rehabilitation continues effectively beyond the clinical setting.



- **Mr. Jitender Srivastava** (Asst. Professor, AIRSR) explained about the *Early Identification, Screening and Functional Assessment*. Mr. Srivastava tackled the technical aspects of early intervention. He stressed the importance of the 'golden period' in child development, explaining how timely screening tools can prevent secondary disabilities. He differentiated between medical diagnosis and functional assessment, urging professionals to focus on assessing a child's specific capabilities and limitations to design effective, individualized education and therapy plans.

PLENARY SESSION 2



Dr. Aprajita Khanna (Consultant Clinical Psychologist, Arohan Mental Health Clinic) elaborated about the *Mental Health and Holistic Development*. Dr. Khanna shed light on the critical intersection of mental health and physical rehabilitation. She argued that true empowerment is impossible without addressing the psychological well-

being of the individual. Her session provided insights into identifying signs of distress and anxiety in persons with disabilities, offering counseling techniques and social support strategies to foster emotional resilience and mental wellness.



Dr. Mukta Goyal (Principal, Manvi Institute of Education & Technology) taled about the *Psycho-Social Rehabilitation and Mental Well-being.* Dr. Goyal expanded on the social dimensions of rehabilitation. She discussed the stigma and social barriers that hinder the integration of persons with disabilities. Her lecture focused on "Psycho-Social Rehabilitation" as a tool to rebuild social skills and community connections. She emphasized the need for creating inclusive social environments that support the mental well-being and dignity of every individual.



Ms. Sanjana Mittal (Deputy Director, AIRSR) explained about the *Inclusive Education and Classroom Adaptation*, Concluding the technical sessions for Day 1,

Ms. Mittal addressed the practical challenges faced by educators in inclusive settings. She provided a detailed roadmap for classroom adaptation, focusing on how curriculum and physical environments can be modified. She shared specific pedagogical strategies to ensure that children with diverse needs are not just physically present but are actively participating and learning alongside their peers.

Vote of Thanks

The day concluded with a formal Vote of Thanks proposed by Ms. Anoushka Sharma, Assistant Professor and HOD LD, AIRSR, acknowledging the contributions of the Chief Guests, Guest of Honours, Resource Persons and active participation of the participants.



DAY 2: Friday, 30th January 2026

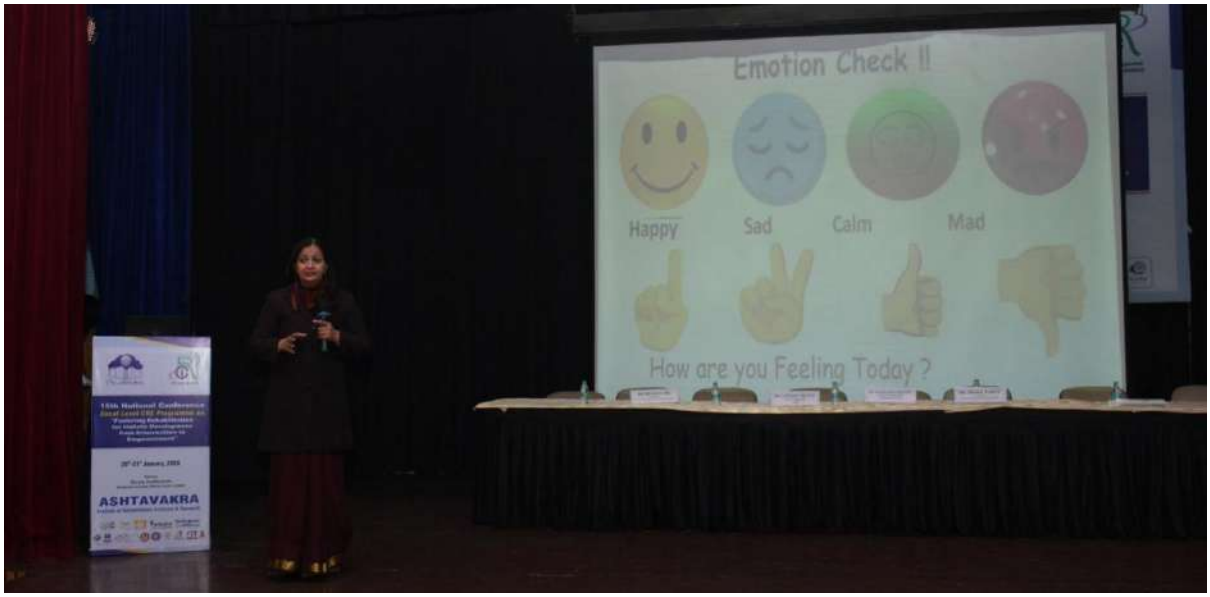
Inaugural Session

- **Lamp Lighting & Prayer:** The second day began at 09:30 AM with the Lamp Lighting ceremony, followed by a **Saraswati Vandana** performed by **Students with Intellectual Disabilities (ID)**, showcasing their devotion and talent.
- **Welcome Address:** Mrs. Sanjana Mittal delivered the welcome address and felicitated the day's resource persons.



Plenary Session 1

Ms. Shalu Yadav, Lecturer, Directorate of Education, GNCTD, explained on the topic *Evidence-Based Interventions for Functional Independence*. Ms. Yadav discussed the importance of using data-driven, scientific methods in rehabilitation. She argued that interventions must be evidence-based to ensure they effectively lead to functional independence. Her session highlighted specific therapeutic techniques and educational strategies that have proven successful in enhancing daily living skills, reducing dependency, and promoting autonomy among persons with disabilities.



Dr. Amarkesh Mahendru, Asst. Professor, AYJNIHH, CRC, discussed on the *Community Based Rehabilitation and Social Inclusion*. Dr. Mahendru presented a comprehensive view of Community Based Rehabilitation (CBR) as a vehicle for social inclusion. He explained how CBR shifts the focus from institutional care to community mobilization, utilizing local resources to support individuals in rural and urban settings. The lecture underscored that true inclusion happens when the community takes ownership, ensuring equal access to social and economic opportunities.



Mr. Vijay Vikram Sharma, Director, Sharma Child Care Centre, Drawing from his extensive experience as a Director of a child care centre, Mr. Sharma provided insights into the nuances of institutional care. He discussed the challenges and best practices in managing child care institutions to ensure they provide a nurturing environment. His session emphasized the need for holistic child development practices within institutions to support the physical, emotional, and cognitive growth of children with special needs.



Plenary Session 2

Mr. Tarun Pataanjali, Assistant Professor, AIRSR, talked on the topic "*Assistive Technology and Digital Tools for Empowerment"*. Mr. Pataanjali explored the transformative power of technology in rehabilitation. He demonstrated how modern software, apps, and hardware are breaking down communication and learning barriers. The discussion centered on assistive technology as a great equalizer, empowering individuals to perform tasks they previously could not, effectively moving them from a state of dependence to active digital citizenship and empowerment.



Ms. Aakansha, Special Educator, Kothari International School elaborated on "*Transition Planning and Vocational Rehabilitation"*. Ms. Aakansha addressed the critical phase of moving from school to adulthood. She highlighted the gap often found after formal schooling ends and provided strategies for preparing adolescents for the workforce. Her lecture covered vocational assessment, skill training, and the creation of transition portfolios to ensure that students with special needs can secure sustainable livelihoods and financial independence.



Ms. Akanksha Ganguly, Special Educator, G.D. Goenka Public School discussed about the *Challenges and Strategies in Inclusive Schooling.* Ms. Ganguly shared her practical experiences from a mainstream school setting. She discussed the day-to-day challenges faced by special educators in inclusive schools, from curriculum modifications to peer sensitization. Her session offered tangible strategies for overcoming these hurdles, emphasizing the importance of collaboration between special educators, general teachers, and parents to create a truly inclusive school culture.



Vote of Thanks

The proceedings of the second day ended with a Vote of Thanks by Mr. Shailesh Jaiswal, Deputy Registrar,



DAY 3: Saturday, 31st January 2026

Inaugural Session

- **Lamp Lighting & Prayer:** The final day commenced at 09:30 AM with Lamp Lighting and a prayer by **Visually Impaired (VI) Students**.
- **Welcome Address:** Mrs. Sanjana Mittal welcomed the gathering, followed by the felicitation of guests.



Plenary Session 1

Dr. Bijender Sindhu, Dean, Sanskaram University, Jhajjar. He talked about the *Empowerment Leadership and Self Advocacy of Person with Disabilities*. Dr. Sindhu delivered a powerful session urging professionals to shift their perspective from 'helping' to 'enabling leadership'. He discussed the importance of training persons with disabilities to know their rights and advocate for themselves. The session focused on building confidence and leadership skills, ensuring that individuals become active stakeholders in policy-making and their own life decisions rather than passive beneficiaries.



Ms. Kiran Vats, Welfare Officer, Dept. of Social Welfare, GNCTD talked about the *Assessment Framework for Needs based Rehabilitation*. Ms. Vats provided an administrative perspective, detailing how government welfare schemes utilize specific assessment criteria to allocate resources. Her session enlightened delegates on aligning clinical assessments with government frameworks to ensure clients access financial aids, devices, and social security benefits. She highlighted the role of the Department of Social Welfare in supporting the rehabilitation ecosystem.



Dr. Sheela Rajeshwari, Asst. Professor, Miranda House College, Dr. Rajeshwari focused on the landscape of higher education for persons with disabilities. She discussed the accessibility challenges in colleges and universities and the importance of social integration at this level. Her lecture emphasized that higher education is a gateway to professional success and social status, and universities must adapt their pedagogies and infrastructure to be truly inclusive.



Plenary Session 2

Dr. Mustafa Nadeem Kirmani, Associate Professor, Amity University, Haryana, Dr. Kirmani discussed the integral role of clinical psychology in the rehabilitation process. He explored various therapeutic approaches to manage behavioral issues and emotional trauma associated with disabilities. His session underscored the need for a compassionate, evidence-based psychological framework to support the holistic recovery and adjustment of individuals and their families.



Mr. Suraj Kumar, Asst. Professor, GGSIPU, talked about the *Assistive Technology, AI and Digital Rehabilitation*. Expanding on the technological theme, Mr. Kumar delved into the cutting-edge applications of Artificial Intelligence (AI) in rehabilitation. He discussed how AI and machine learning are being used to customize rehabilitation protocols and predict outcomes. The session highlighted future trends where smart devices and AI-driven diagnostics will make rehabilitation more accessible and personalized, enhancing functional capabilities.



Mr. Prabhat Ranjan, Asst. Professor, AIRSR discussed about "*Monitoring Evaluation and Measuring Rehabilitation Outcomes".* Concluding the academic sessions, Mr. Ranjan spoke on the importance of data in rehabilitation. He emphasized that rehabilitation is a scientific process requiring rigorous monitoring to

determine success. He outlined various scales and metrics used to evaluate the effectiveness of interventions, stressing that objective measurement is essential for quality assurance and for refining strategies to achieve holistic development.



Vote of Thanks

The 3-day conference concluded with a heartfelt Vote of Thanks by Ms. Anoushka Sharma, CRE Coordinator, and expressed gratitude to the RCI, the management, speakers, and delegates for making the event a resounding success.



Graphics of CRE Participants








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