



Vocational & Rehabilitation Centre  
*For*  
Persons with Disabilities

**A Sewa Project of Bharatiya Vidya Bhavan Amritsar**



# Bhavans Ashray

B Block, Bhai Gurdasji Nagar (New Amritsar)

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## OUR VISION

All persons with disabilities live a life of dignity and independence.

## OUR OBJECTIVES

1. To provide comprehensive education, vocational training and work opportunities to persons with disabilities.
2. To train for self care and skills for functional independence.
3. To provide therapeutic intervention and rehabilitation services.
4. To endeavor for inclusion of persons with disabilities in all fields of life.
5. To provide training opportunities to develop skills & knowledge so as to enhance the scope of employability.
6. To conduct training & teaching programs for professionals as well as Persons With Disabilities and their families.

Aashray offers separate programs for adults and children.

### FOR ADULTS : Age group 16 yrs - 45 yrs

#### Vocational Training Programme Courses Offered:-

##### A) Creative Arts :

Stationary items, paper bags, table mats, coasters, photo frames, gift items, napkin holders, baskets, painting, jewellery making, art & craft products etc.



Art & Craft



Paper Plates (Dona) Making

**B) Culinary Arts :** Cooking /Baking cakes and cookies, Making pickles and squashes, salads, sandwiches etc. Masala grinding & packing.



Sandwich Making



Masala Grinding & Packing



Dish Washing

**C) Performing Arts :** Music, Western Dance, Bhangra, Tabla, Casio, Harmonium, Singing, Dramatics, Yoga Training etc.



Dance



Yoga



Singing

##### D) Horticulture



##### E) Computers/Graphic Designing/Data Entry Operation



## F) Housekeeping and Hospitality



Ironing



Table Laying



Making a Bed

## G) Pottery



\*Employability skills/Entrepreneurial skills will be taught using individual learning style & task analysis.  
\* Once mastery level has been achieved the same can be marketed and profits will be shared among trainees.

## II. Independent Adult Living Programme

This program includes life skills essential to lead an independent life. It includes :

**A) Activities of daily living** like brushing, bathing, grooming, dressing/undressing, buttoning/unbuttoning, lace tying etc.



Grooming



Hand Hygiene



Buttoning/Unbuttoning

**B) Daily household chores** like laundry, cleaning, ironing, making a bed, folding clothes, table setting etc.



Basic cooking for oneself

**C) Functional Academics:-** Time management, shopping/financial literacy, safety, transport and community services, digital literacy etc.

**D) Social etiquettes** and environmental awareness.



Social etiquettes & Communication

## Sensory Integration Therapy

**E) Selfregulation & emotional development:** Behaviour management



**F) Physiotherapy/Occupational therapy:** Treadmill, exercises, yoga, physical fitness, weight training etc

**G) Recreation:** Board games and adapted sports



## Table Cricket



## FOR CHILDREN : Age group 7 yrs-16 yrs

### Rehabilitation Programme

Services/Therapies provided:

**A) Physiotherapy/Occupational Therapy.**

**B) Special Education & Speech Therapy.**



Teaching Brain Gym, Safety Signs in Special Education



Speech therapy

**C) Sensory Integration Therapy.**

**D) Life Skills and Activities of daily living.**

**E) Recreational Activities:** Singing, Dancing, Harmonium, Tabla, Casio, Yoga & Adapted Sports Table Cricket.

**F) Basic Computer Skills**

### Highlights of our programs:

To teach each skill we use scientific approach/methodologies and multi media such as :

- Alternate Augmentative Communication (AAC)
- Backward chaining
- Visual task analysis
- Individual learning style (VAKT method)
- Theory of multiple intelligence
- Use of social stories
- Positive reinforcements
- Structure, routines and modeling



Visual Task Analysis



Using AAC Device Nonverbal Trainees

Center is fully accessible and there is round the clock security.

## OUR PATRONS



**Avinash Mohindru**  
Chairman  
Bharatiya Vidya Bhavan  
Amritsar Kendra



**Dr. Anita Bhalla**  
Director  
Bharatiya Vidya Bhavan  
Amritsar Kendra

## THE MOTHER FORCE BEHIND SAKSHAM'S REHABILITATION & VOCATIONAL CENTER FOR PWDs



**PRERNA KHANNA**  
Special Educator.  
Registered With RCI.  
Executive Member of GIEN  
(Global Inclusive Education Network)  
Received Punjab Teacher of The Year  
2020 Award  
**Mother of Kavish Khanna**  
Age: 21 years  
Disability: Cerebral Palsy



**Chaman Mehra**  
Principal  
The driving force  
behind the creation  
and day to day  
operations of Saksham



**Renu Bhandari**  
Associate Professor,  
B.B.K. D.A.V. College for Women.  
**Mother of Bharat Bhandari**  
Age: 29 years  
Disability: Intellectual Disability



**Dr. Geetinder Mann**  
Associate Professor,  
Khalsa College, Amritsar.  
**Mother of Mehareen Mann**  
Age: 22 years  
Disability: Intellectual Disability



**Aarti Mehra**  
Educationist.  
**Mother of Niyati Mehra**  
Age: 23 years  
Disability: Intellectual Disability



**Cherry Wadhwa**  
Home maker.  
**Mother of Manas Wadhwa**  
Age: 19 years  
Disability: Cerebral Palsy

