



Vocational & Rehabilitation Centre

Persons with Disabilities

A Sewa Project of Bharatiya Vidya Bhavan Amritsar





Bhavans Aashray

B Block, Bhai Gurdasji Nagar (New Amritsar) E-mail: ashrayamritsar@gmail.com

AASHRAY VOCATIONAL & REHABILITATION CENTRE

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 the rapeutic 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





D) Horticulture



Yoga



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) Self regulation & 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.



Teaching Brain Gym, Safety Signs in Special Education

- **C)** Sensory Integration Therapy.
- E) Recreational Activities: Singing, Dancing, Harmonium, Tabla, Casio, Yoga & Adapted Sports Table Cricket.

B) Special Education & Speech Therapy.



Speech therapy

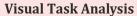
- Life Skills and Activities of daily living.
- **F)** Basic Computer Skills

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



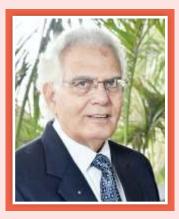




Using AAC Device Nonverbal Trainees

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



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



