

**Govt. Rehabilitation Institute for Intellectual  
Disabilities (GRIID)**  
Sector-31C, Chandigarh-160047

# GRIID-TIMES



**QUARTERLY NEWSLETTER**  
**April-June, 2025**

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# GRIID QUARTERLY NEWSLETTER, APRIL-JUNE, 2025

## *From the Chief Editor's Desk*

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Dear Readers,

It is my pleasure to extend warm greetings to the readers of our GRIID newsletter. I am glad that all the sections of the institute have been vibrant so far. Various programs and events were organised on contemporary topics by the Special School, Clinic, and College. All the staff members are working really hard to fulfill their vision. One (01) day workshop was organised on the occasion of Autism Awareness Day in the month of April. School and College students also represented the Institute in the 11<sup>th</sup> International Yoga Day at the State level program. A disability diagnosis camp was also organised by the clinic.

College also observed various significant days like Poshan Pakhwada, World Environment Day, including a Blood Donation camp, collecting 27 units of blood from the donors.

This edition of the Newsletter (April-June) is an initiative to spread awareness and report on highlights of the institute's activities and achievements to applaud and acknowledge our readers.

I hope that this practice of newsletter would continue in the future also, and there would be more contributions from all the sections of GRIID.

Wishing all a happy reading!

Best wishes for all future endeavors!!!

Best Regards,  
Dr. Ajeet Sidana

## GRIID SCHOOL ACTIVITIES

### WORKSHOP ON AUTISM AWARENESS DAY

On the occasion of World Autism Awareness Day i.e. 2<sup>nd</sup> April, GRIID organised a workshop on the topic of *therapeutic interventions and behavioral management of individuals with autism spectrum disorder (ASD)* for special educators, clinic staff, and college students. The speaker of the workshop was Ms. Amrita Buzar Baruah from Action For Autism New Delhi. She gave insightful advice for the management and training of individuals with ASD.

As GRIID has more than 60 students diagnosed with autism, the workshop proved very beneficial for special educators, vocational instructors, and college students as well. The workshop was inaugurated by Dr. Ajeet Sidana, Joint Director, GRIID.



## INTERNATIONAL YOGA DAY

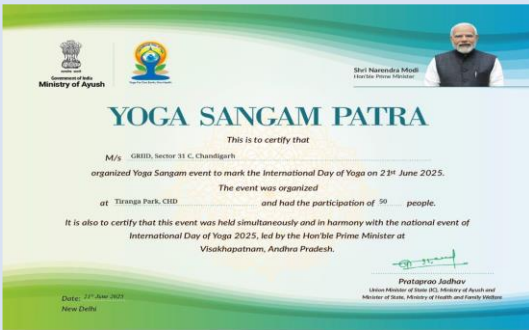
On 21<sup>st</sup> June, GRIID proudly participated in the 11<sup>th</sup> International Day of Yoga celebrations held at Tiranga Park, Sector-17, Chandigarh. 50 students from GRIID showcased their enthusiasm and dedication to yoga in this state-level event.



A rehearsal was conducted the day before, on 19<sup>th</sup> June, to perfect their yoga poses and techniques. Notably, 10 students from GRIID College were part of this vibrant group. The institution's participation was recognized by the Ministry of Ayush, New Delhi, with an appreciation certificate for its contribution to the 2025 celebrations. This event promoted yoga's benefits and showcased institute's commitment to a healthy lifestyle.



A certificate was awarded by the Ministry of Ayush, New Delhi, for participating in the 11<sup>th</sup> International Day of Yoga 2025 celebrations.



### GRIID CLINIC ACTIVITIES

A disability camp was organised at the Government Model Senior Secondary School (GMSSS) Modern Housing Complex, in collaboration with the Department of Psychiatry, GMCH, and GRIID Clinic on 23<sup>rd</sup> May 2025 for assessment of the patients for disability diagnosis and evaluation. 2 patients were facilitated with UDID Cards.

Identification of children with developmental delays was carried out in the Mauli Jagran Colony, Bapu Dham Colony, and Manimajra areas under the Community-Based Rehabilitation (CBR) program. Parents and caregivers accompanying the students were also guided to enhance their understanding of developmental delays and the importance of timely interventions.



### JOB PLACEMENT OF PERSONS WITH INTELLECTUAL DISABILITIES

Dr. Yashvinder Kapil, In-charge of CBR, visited the Confederation of Indian Industries (CII), Sector-31C, Chandigarh, where Mr. Narender Verma, Officer of Community Education, provided guidance and shared a list of companies that could be approached to support the placement of children from GRIID, Chandigarh.

### GRIID COLLEGE OF SPECIAL EDUCATION ACTIVITIES

#### BLOOD DONATION CAMP

College of Special Education, GRIID, hosted a successful blood donation camp on 27<sup>th</sup> March. Dr. Ajeet Sidana, Joint Director delivered an inspiring address, motivating numerous participants to contribute to this noble cause. A team of esteemed medical professionals from GMCH-32, Chandigarh, comprising four doctors and four nurses, lent their expertise to ensure the camp's success. Before donation, all participants including parents, staff, faculty and students of college completed a registration process, resulting in a total of approximately 27 units of blood. To express gratitude, refreshments along with certificates were provided to all donors. Moreover, comprehensive medical check-ups were conducted by the medical team to ensure the safety and well-being of participants. The blood donation camp concluded at 1:00 pm, having fostered a spirit of community service, social responsibility, and selflessness among all involved.





### POSHAN PAKHWADA

On 17<sup>th</sup> April, **Poshan Pakhwada**, with great enthusiasm and community involvement, was observed by college trainees. The event aimed to spread awareness about the importance of a **healthy and balanced diet**, especially among children and youth. As part of the activities, **height and weight measurements** were conducted for GRIID students to monitor their growth and assess nutritional health. This initiative helped in reinforcing the value of regular health check-ups and maintaining proper nutrition. A key highlight of the celebration was the participation of **D.Ed. 2nd Year students** of GRIID, who actively led the awareness campaign. They organized informative sessions and interactive discussions, educating their peers and the surrounding community about the benefits of proper nutrition, the components of

a balanced diet, and the long-term advantages of healthy eating habits. The event witnessed **strong community engagement**, reflecting an increased level of health consciousness and nutritional awareness among the participants. Through educational posters, demonstrations, and direct interaction, the message of **“Poshan Bhi Jaruri”** was effectively conveyed. Overall, the celebration of Poshan Pakhwada at GRIID served as a valuable platform for promoting nutritional health, showcasing student leadership, and strengthening the community’s commitment to wellness.



### WORLD ENVIRONMENT DAY

Under the United Nations Environment Program (UNEP), and held annually on 5<sup>th</sup> June 1973, is the largest program for Environmental Public outreach. To observe this day, college trainees organised **Tree Plantation Drive**.



## 11<sup>TH</sup> INTERNATIONAL YOGA DAY

On **International Yoga Day** celebration GRIID college students along with around 35 special students, faculty and staff participated in main event of Yoga which was held at **Tiranga Urban Park** in Sector-17, Chandigarh. In this event, 2,000 citizens from all age groups performed yoga, embracing this year's themes **"Yoga for Self and Society"** and **"One Earth, One Health."** Punjab Governor and U.T. Chandigarh Administrator, Shri Gulab Chand Kataria led the celebrations as the Chief Guest. He highlighted yoga's transformation from an ancient Indian tradition to a global movement, calling it **"a people's movement"** that not only strengthens individuals but also unites communities across boundaries.



## Five Days (05) Trekking and Hiking Camp at Dalhousie

A five-day trekking and hiking camp was organized by Panjab University, Chandigarh in the beautiful hill station **Dalhousie**, located in Himachal Pradesh, from 17<sup>th</sup> to 21<sup>st</sup> June 2025. The camp aimed to develop physical strength, mental calmness, team bonding, and cultural awareness among students. The camp itinerary included daily morning yoga, trekking to scenic locations, exploring nature, visiting local landmarks, and enjoying a cultural evening. Ms. Nisha and Ms.

Anjali Rai represented the institute and joined camp with other participants.



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