



# ASHTAVAKRA

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



राष्ट्रीय सेवा योजना  
National Service Scheme  
युवा कर्तव्यता और खेल मंत्रालय  
Ministry of Youth Affairs and Sports  
भारत सरकार  
Government of India

## EVENT NAME:- WORLD DIABETES DAY

Title of Activity\*

Poster Making Competition(Theme-World Diabetes Day)

Values

Social/civil

Learning Outcomes

Engaging in a poster-making activity with the theme "World Diabetes Day" can offer a variety of educational, creative, and awareness-driven learning outcomes.

Knowledge and Awareness

### 1. Understanding Diabetes

- Participants will learn about diabetes, including its types (Type 1, Type 2, gestational), causes, symptoms, and complications.
- They will gain knowledge of how diabetes impacts individuals and society globally.

### 2. Importance of Prevention and Management

- Emphasis on healthy lifestyle choices like proper nutrition, regular exercise, and routine health checks.
- Awareness of diabetes management techniques, such as medication, monitoring, and mental health care.

### 3. Global Perspective

- Understanding the significance of World Diabetes Day as a global health awareness campaign.
- Insight into global statistics, challenges, and initiatives for diabetes prevention and treatment.

Creative and Critical Thinking Skills

### 4. Design and Artistic Expression

- Development of creative skills by designing visually appealing and informative posters.
- Learning to use colors, symbols, and visuals effectively to communicate ideas.

### 5. Research and Synthesis

- Researching reliable information about diabetes to include accurate facts and messages.
- Synthesizing complex information into simple, clear, and impactful content.

### 6. Problem-Solving

Programmer NSS (SFU)

Ashtavakra Institute of Rehabilitation Sciences and Research

- Thinking critically about how to address the issue of diabetes awareness through visual storytelling.

Communication and Advocacy

**7. Effective Communication**

- Learning to convey complex health-related information in an engaging and understandable way.
- Enhancing public speaking and explanation skills when presenting the poster.

**8. Advocacy Skills**

- Understanding the role of awareness in addressing public health issues.
- Encouraging others to take action or adopt healthier behaviors through persuasive visuals and messages.

Collaboration and Teamwork

**9. Team Building (if done in groups)**

- Strengthening collaboration and teamwork skills by working together on design and content.
- Sharing responsibilities and integrating diverse ideas for a cohesive poster.

**10. Empathy Development**

- Developing empathy by learning about the struggles faced by people with diabetes and their families.

Personal Development

**11. Confidence Building**

- Boosting confidence through the successful completion and presentation of a creative project.

**12. Time Management**

- Learning to manage time effectively to research, plan, and complete the poster within the given deadline.

This activity combines health education with creativity, empowering participants to raise awareness and advocate for a healthier world.

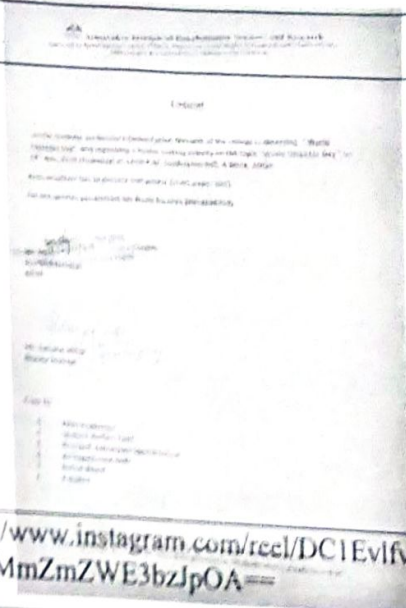
Organized by (Dept./ Centre/ Cells/Clubs/ Committees Name)\*

NSS Cell

Program Theme\*

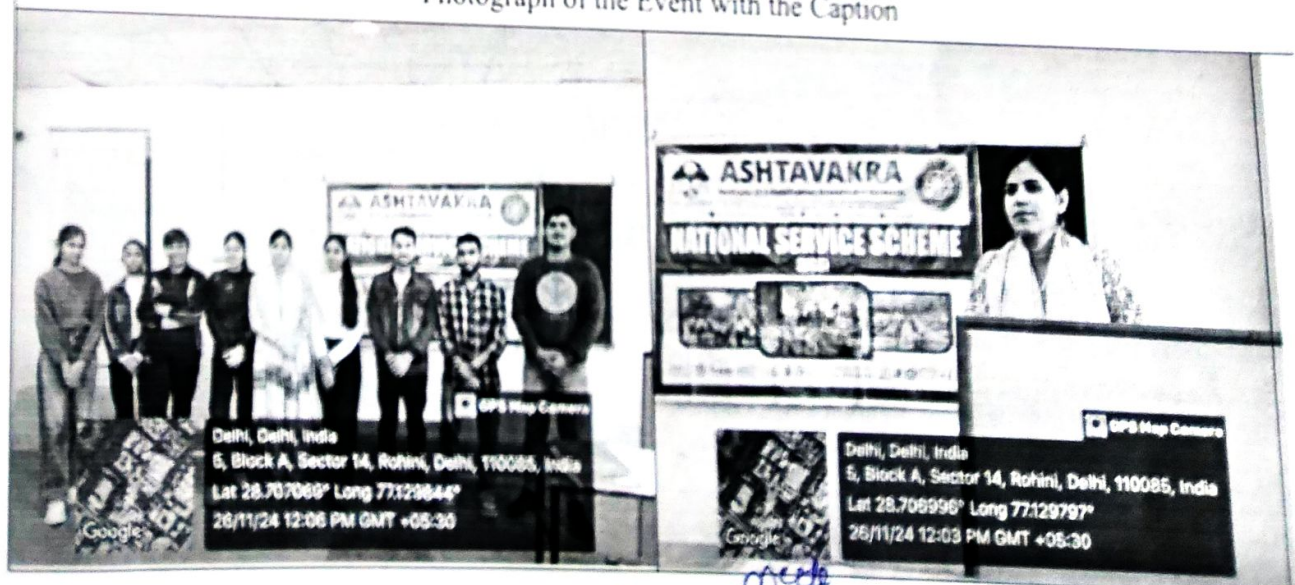
Poster Making Competition(Theme-World Diabetes Day)

*nute*  
 Program - NSS (SFU)  
 Asst. ...  
 ...

External Expert / Internal Expert	Ms. Neeti kaushik
Date*	14th Nov 2024.
Time*	12:30P.M – 1:30 P.M.
Venue	Room
Poster/Flyer/Notice*	
Social media link (promoting in any one Facebook/Instagram/Twitter is mandatory)	<a href="https://www.instagram.com/reel/DC1EvlfvOY4/?igsh=MWU4MmZmZWE3bzJpOA==">https://www.instagram.com/reel/DC1EvlfvOY4/?igsh=MWU4MmZmZWE3bzJpOA==</a>
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)	29
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]	NA

**(Geotag) Photograph\***

Photograph of the Event with the Caption



Program Officer MSS (SFU)  
 Ashtavakra Institute of Education Sciences and Research  
 Madhuban, Delhi-110085



Report: Description in (min 250 to max 800 words)\*

On November 14<sup>th</sup> 2024 NSS club conducted Poster competition on the theme titled "World Diabetes day" with a series of engaging and educational events aimed at raising awareness about diabetes.

The event was started with the introductory speech of Ms. Neeti kaushik, Nodal Officer of NSS. In her speech she discussed about the diabetes and its causes.

The event saw enthusiastic participation from 29 individuals. Participants used their artistic skills to create visually impactful posters that highlighted the importance of healthy lifestyles, regular exercise, balanced diets, and early detection in combating diabetes.

The activity was divided into the following segments:

1. **Introduction:** A brief session on the significance of World Diabetes Day.
2. **Poster Creation:** Participants were provided with materials and allotted [mention time duration] to create their posters.
3. **Presentation:** Participants explained the ideas and messages conveyed through their artwork.

**Key Messages Conveyed:**

- Importance of healthy eating and active living.
- Awareness about the symptoms and early

- signs of diabetes.
- Role of regular health check-ups in managing diabetes.
- Educating society about the myths and realities of diabetes.

**Highlights:**

- A visually vibrant collection of posters showcasing innovative ideas and deep understanding of the theme.
- The involvement of participants of all age groups, reflecting community-wide interest.
- A concluding speech by [mention speaker], emphasizing the importance of continued awareness efforts.

**Conclusion:**

The poster-making activity was a resounding success, achieving its goal of spreading awareness about diabetes through creative expression. Participants demonstrated exceptional creativity and commitment to the cause. This event served as a reminder of the collective responsibility to combat diabetes and ensure a healthier future.

<b>Recourse Person</b>	NA
<b>Attendance Sheet*</b>	<i>Attached at the end of Report</i>
<b>Feedback</b>	<i>Event was full of joy, productive and interactive.</i>
<b>Report Submitted by Convener (write faculty coordinator name)</b>	
<b>For Office Use</b>	
<i>Meete</i> <b>Signature of Event Coordinator</b>	<b>Signature of School/Department Head (With Seal)</b>
<u>List of Beneficiary</u>	

*Fields marked with '\*' are mandatory*

**LIST OF STUDENT PARTICIPANTS**

	Name	Course
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*Meete*  
Program ... 1102 105111

No.		
1.	Kashish	D.Ed SE IDD
2.	Kumkum	D.Ed SE IDD
3.	Khushi	D.Ed SE IDD
4.	Shaksham	D.Ed SE IDD
5.	Harshita Rathore	D.Ed SE IDD
6.	Samriddhi	D.Ed SE IDD
7.	Jiya khatri	D.Ed SE IDD
8.	Chetna Rohilla	D.Ed SE IDD
9.	Bhumika	D.Ed SE IDD
10.	Vanshika	D.Ed SE IDD
11.	Muskan	D.Ed SE IDD
12.	Tanya	D.Ed SE IDD
13.	Kareena Solanki	D.Ed SE IDD
14.	Vanshika	D.Ed SE IDD
15.	Vansh Khatri	D.Ed SE IDD
16.	Dev joon	D.Ed SE IDD
17.	Dimple Bhardwaj	D.Ed SE IDD
18.	Manoj	D.Ed SE IDD
19.	Prateek rana	D.Ed SE IDD
20.	Madhuri	D.Ed SE IDD
21.	Shivansh	D.Ed SE IDD
22.	Piyush Dabas	D.Ed SE IDD
23.	Aditya Khatri	D.Ed SE IDD
24.	Chirag	D.Ed SE IDD
25.	Shreya	D.Ed SE IDD

*meeti*  
 Program Director  
 Ashwadevi Institute of Education, Gandhinagar, Gandhinagar  
 Madhavpur, Gandhinagar, Gandhinagar  
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 Gandhinagar, Gandhinagar, Gandhinagar  
 Date: 1/10/2025

26.	Nectu Jha	D.Ed SE IDD
27.	Kanishka	D.Ed SE IDD
28.	Jyoti	D.Ed SE IDD
29.	Neha	D.Ed SE IDD
30.	Ms. Neeti kaushik	Faculty

neeti  
~~Neeti Kaushik~~  
~~Faculty~~