

**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 कार्यक्रम और खेल मंत्रालय

Ministry of Youth Affairs and Sports

भारत सरकार

Government of India

EVENT NAME: - World Health Day**Title of Activity***

World Health Day Celebration Food Exhibition

Values

The Students will be able to rethink habits and value well-being by continuously assessing their daily choices. Furthermore, students will be able to:

- **Adopt healthier lifestyles** through the active integration of balanced nutrition, consistent physical activity, adequate sleep hygiene, and effective stress management.
- **Rebuild trust in public health** by critically engaging with evidence-based scientific research and health protocols.
- **Advocate for science-led solutions** to support sustainable and innovative approaches toward a healthier community future.

Learning Outcomes**The Students will be able to:**

- Critically rethink their daily habits and prioritize holistic well-being.
- Adopt and maintain healthier lifestyle choices, including a balanced diet, regular exercise, proper sleep, and effective stress management.
- Rebuild their trust in science and public health institutions by engaging with evidence-based information.
- Support and advocate for science-led solutions to ensure a healthier future for themselves and their communities.

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

NSS Cell

Program Theme*

World Health Day

External Expert / Internal Expert

Ms. Preeti Goyal

Date*7th April 2026**Time***

11:00A.M – 12:00 Noon

Venue

AIRSR, SECTOR-14 ROHINI DEHLI-110085

Ashtavakra

Pranav

Poster/Flyer/Notice*



ASHTAVAKRA
Institute of Rehabilitation
Sciences and Research

Healthier Today
Stronger tomorrow

WORLD HEALTH DAY

(7 April 26)

"Our Planet, Our Health"

Let's commit to building a healthier future for ourselves and the planet we live in.



Eat Healthy



Stay Active



Manage Stress



Protect Our Planet

CELEBRATION DATE

26/May/26

Centre 306 (Room number)

Club Activity NSS

Incharge Preeti Goyal

Time 10:00 AM To 12:00 PM

Activity World Health Day Celebration

Address
5, Institutional Area, Sector-14,
Madhuban Chowk, Rohini,
Delhi - 110085

Contact Us
9212080410 /
27550012/13

Follow Us



Website / ashtavakra.in
www.ashtavakra.in

Good Health is the Foundation of Happiness.
Stay Healthy, Stay Happy!

Social media link (promoting in any one Facebook/Instagram/Twitter is mandatory)

https://www.instagram.com/reel/DY0_YiwvE3M/?igsh=MXQyM2JicXo1NDc0OA==

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) Google Form Link

7

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)

14

No. of External Participants (students + faculty) [write NA if not applicable]

NA

(Geotag) Photograph*

[Signature]

Program Officer, NSS (SFU)
Ashtavakra Institute of Rehabilitation Sciences and Research
Madhuban Chowk, Rohini, Delhi-110085

Photograph of the Event with the Caption



[Handwritten signature]

Program Officer, NSS (SFU)
Ashtavakra Institute of Sciences and F
Madhuban Chowk, Delhi-110085

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

A comprehensive Health and Nutrition Awareness event was successfully organized on April 7, 2026, at the Ashtavakra Institute of Rehabilitation Sciences and Research. The initiative was designed to educate participants on the holistic definition of health, emphasizing that true well-being encompasses physical, mental, and social dimensions. During the educational sessions, students developed a deep understanding of the vital role nutritious food plays in directly impacting their overall health. They learned to recognize various food items rich in essential nutrients, including proteins, vitamins, carbohydrates, and minerals, and became adept at clearly identifying and differentiating between healthy dietary choices and junk food.

Furthermore, the event successfully highlighted the crucial relationship between a balanced diet and regular physical activity, with students clearly articulating the distinct advantages of combining both for optimal health. To reinforce this theoretical knowledge, students engaged in hands-on creative activities, such as designing informational posters that detailed the specific health benefits of different foods and preparing beautiful, vibrant collages through dedicated drawing and coloring exercises. The initiative culminated in a strong display of advocacy, as students effectively and confidently communicated their newly acquired nutrition knowledge and key health insights to their peers and community members.

Recourse Person	Ms. Preeti Goyal
Attendance Sheet*	<i>Attached at the end of Report</i>
Feedback	<i>Event was full of joy, productive and interactive.</i>



Report Submitted by Convener (write faculty coordinator name)	Ms. Preeti Goyal
For Office Use	
 Program Officer, NSS (SFU) Ashtavakra Institute of Sciences and Research Madhuban Chowk, Varanasi, Delhi-110085 Signature of Event Coordinator	 Signature of School/Department Head (With Seal)
<u>List of Beneficiary</u>	

Fields marked with '**' are mandatory

LIST OF STUDENT PARTICIPANTS

S.No.	Name of Volunteer	Enrollment
1.	SARASWATI DASS	00252312423
2.	MANSI GUPTA	00352312423
3.	PAYAL JAIN	00452312423
4.	KHUSHI AHUJA	00552312423
5.	TANNU SHOKEEN	00652312423
6.	SHIWANI	00752312423
7.	ANSHIKA	00852312423
8.	KAVITA	00952312423
9.	JYOTI YADAV	01052312423

Saraswati

Mansi

Payal

Khushi

Tannu

Shiwani

Anshika

Kavita

Jyoti

10.	GITIKA	01152312423
11.	DEEPANSHI	01352315645
12.	PARUL BHATIA	01352312423
13.	MAITREYI	01452312423
14.	TANU BAISOYA	01552312423
15.	CHANCHAL	01652312423
16.	AKANKSHA GANGULY	01752312423
17.	JASPREET KAUR	01852312423
18.	KALYANI	35152312423
19.	SIMRAN	35252312423
20.	MANIKA	02352312422
21.	NIKITA	02452312422
22.	SHIVANI	00552312424
23.	Vanshika Goyal	00252312424
24.	KIRTI GOEL	00352312424
25.	yash	00452312424
26.	KARISHMA KUMARI	00552312424
27.	BHAWANA	00652312424
28.	ARCHANA KUMARI	00752312424

Gitika

Deepanshi

Parul

Maitreyi

Tanu

Chanchal

Akanksha

Jaspreet

Kalyani

Simran

Manika

Nikita

Shivani

Vanshika

Kirti

Yash

Karishma

Bhawana

Archana

29.	RUPAL	00852312424	<i>Rupali</i>
30.	PREKSHA GUPTA	35152312424	<i>Priyanka</i>
31.	SIMPLE SOLANKI	35252312424	<i>Simple</i>
32.	MANSI SOLANKI	35352312424	<i>Mansi</i>
33.	MUKUL	00152312224	<i>Mukul</i>
34.	Afsana	00252312224	<i>Afsana</i>
35.	NEHA	00352312224	<i>Neelam</i>

LIST OF FACULTY MEMBERS

S.No.	Name	Enrollment Number/Course
1	Mrs. Geeta Bhutani	HOD(ID)
2	Mrs. Preeti Goyal	Coordinator (ASD)
3	Mr. Sandeep Tiwari	Faculty (ASD)
4	Mr. Mohd Haseeb	Coordinator (ASD)
5	Ms. Radha Rawat	HOD (HI)
6	Mr. Jitender	Faculty (HI)
7	Ms. Anoushka Sharma	HOD (LD)
8	Ms. Sneha	Faculty (LD)
9	Ms. Bhawana	Faculty (MD)