

**ASHTAVAKRA**Institute of Rehabilitation Sciences and Research
5, PSP Institutional Area Madhuban Chowk Rohini, Sector-14, Delhi-110085**VIKSIT BHARAT CLUB****EVENT NAME****Title of Activity***

Poster Making Competition on "Mental Health"

Values

- Emotional well-being
- Psychological balance
- Empathy
- Self-reflection
- Creativity
- Social sensitivity
- Commitment towards building a mentally strong and responsible society.

Learning Outcomes

- Students will be able to understand the concept and dimensions of mental health.
- Students will be able to express ideas related to emotional well-being through creative art forms.
- Students will be able to develop empathy and sensitivity towards psychological challenges.
- Students will be able to connect mental well-being with personal growth and national development.

Organized by (Dept./ Centre/ Cells/Clubs/ Committees Name)***Viksit Bharat Club****Program Theme***

Mental Health and Emotional Well-being

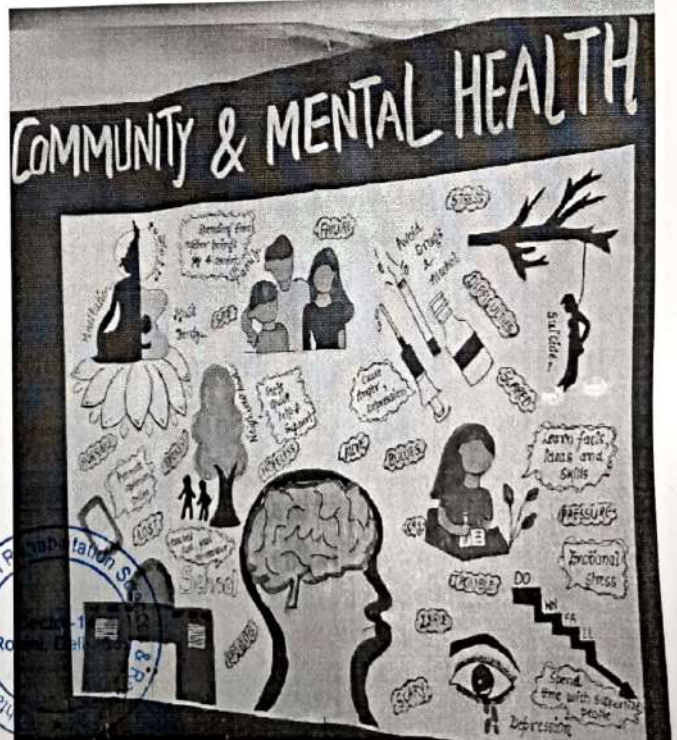
External Expert / Internal Expert

Ms. Radha Rani Rawat

Date*	27 February 2026
Time*	11:00A.M. to Onwards
Venue	AIRSR Campus, Room no. 207
Poster/Flyer/Notice*	
Social media link (promoting in any one Facebook/Instagram/Twitter is mandatory)	https://www.instagram.com/p/DVN5ltEDKA9/?igsh=MW56dzdiN2w4c2Q5dg==
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)	52
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)	16
No. of External Participants (students + faculty) [write NA if not applicable]	Dr. J. Das, Consultant Psychiatrist Dr. Sashi Bhushan, Consultant Psychiatrist.
(Geotag) Photograph*	Photograph of the Event with the Caption







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



The Viksit Bharat Club organized a Poster Making Competition on the theme "Mental Health" with the objective of fostering critical reflection, creative expression, and holistic understanding of psychological and emotional well-being among students. The programme was conducted with the kind permission and guidance of **Ms. Sanjana Mittal, Deputy Director**, whose visionary support ensured the systematic planning and successful execution of the activity.

Recognizing mental health as a crucial dimension of holistic education and sustainable development, the session was designed to encourage students to thoughtfully engage with themes such as emotional resilience, stress management, empathy, mindfulness, self-awareness, and social connectedness. The programme commenced with an introductory address highlighting the growing relevance of mental well-being in academic performance, professional growth, and balanced personal life. The introduction emphasized that emotionally strong and mentally healthy individuals form the foundation of a progressive and developed nation.

As part of the academic enrichment of the session, **Janvi and Anshu delivered insightful speeches on the theme of Mental Health**. They addressed contemporary challenges faced by students, including academic pressure, social expectations, and emotional struggles. Their speeches highlighted the importance of open communication, supportive environments, early recognition of psychological distress, and the development of positive coping strategies. Their thoughtful perspectives added intellectual depth to the programme and encouraged active reflection among participants.

The Poster Making Competition provided a structured platform for students to translate conceptual understanding into creative visual representation. Participants demonstrated originality and conceptual clarity through impactful slogans, symbolic illustrations, and balanced artistic expression. The posters explored themes such as self-care, emotional intelligence,

positivity, inner peace, self-acceptance, and the importance of mental equilibrium in achieving success. Several entries creatively illustrated the connection between mental stability and productivity, thereby reinforcing the idea that psychological well-being is central to both individual excellence and societal development.

The evaluation of posters was conducted in a transparent and academically rigorous manner by an esteemed panel of judges comprising **Ms. Sanjana Mittal, Deputy Director; Dr. J. Da, Consultant Psychiatrist; and Dr. Sashi Bhushan, Consultant Psychiatrist.** The presence of experienced mental health professionals added academic credibility and professional insight to the assessment process. Posters were evaluated on clearly defined criteria including originality, thematic relevance, clarity of message, creativity, presentation, and overall impact. The expert feedback provided valuable encouragement and recognition to the participants.

The programme concluded with a formal prize distribution ceremony wherein **First, Second, and Third prizes were awarded by Ms. Sanjana Mittal, Deputy Director.** She appreciated the creativity, sensitivity, and thoughtful engagement of students and emphasized the importance of prioritizing mental well-being within academic institutions. The recognition of winners further motivated students and fostered a spirit of healthy competition and academic excellence.

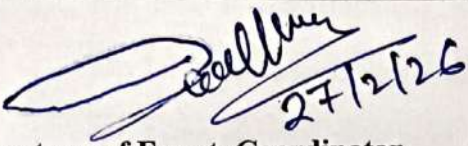
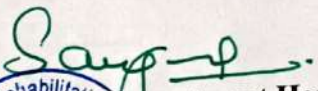
The activity significantly contributed to enhancing students' creative thinking, critical reflection, communication skills, and social sensitivity. It also encouraged interdisciplinary understanding by integrating art, psychology, and social responsibility. The initiative aligned strongly with the broader vision of Viksit Bharat, which emphasizes the development of intellectually competent, emotionally balanced, and socially responsible citizens capable of contributing meaningfully to nation-building.

Overall, the Poster Making Competition on Mental Health was conducted successfully and



achieved its intended objectives. The enthusiastic participation of students, guidance of faculty members, leadership support of the Deputy Director, and expert evaluation by psychiatric professionals collectively ensured that the programme was academically enriching, socially relevant, and institutionally impactful. The session reinforced the importance of mental health as an integral component of holistic education and sustainable national development.



Recourse Person	Dr. J. Das, Consultant Psychiatrist Dr. Sashi Bhushan, Consultant Psychiatrist.
Attendance Sheet*	<i>Attached at the end of Report</i>
Feedback	<i>NA</i>
Report Submitted by Convener (write faculty coordinator name)	Ms. Radha Rani Rawat
For Office Use	
 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



Ashtavakra Institute of Rehabilitation Sciences & Research

Formerly Special Art School

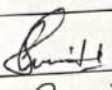
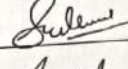
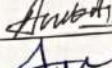
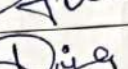
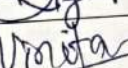
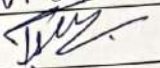
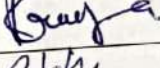
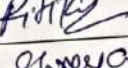
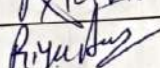
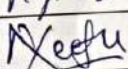
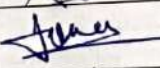
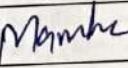
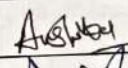
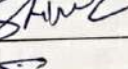
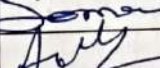
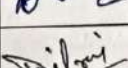
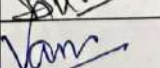
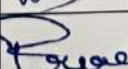
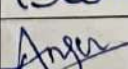
App. by Rehabilitation Council of India, Ministry of Social Justice & Empowerment, Govt. of India
Affiliated to GURU GOBIND SINGH INDRAPRASTHA UNIVERSITY
PSP, Institutional Area, Madhuban Chowk, Rohini Delhi-85, Ph : 011-27550012/13
Fax : 011-27550018 • Email : info@rehab@tecna.in Website : www.rehab.tecna.in

LIST OF FACULTY MEMBERS

S. No.	Name of Faculty members	Signature
1.	Ms. Sanjana Mittal (Dy. Director)	
2.	Ms. Geeta Bhutani (Principal / HOD ID)	
3.	Mr. Tarun Pataanjali (Faculty ID)	
4.	Ms. Radha Rani Rawat (HOD HI)	
5.	Mr. Jitender Srivastava (Faculty HI)	
6.	Mr. Prabhat Ranjan (Faculty HI)	
7.	Mr. Devesh Ahiwar (Faculty HI)	
8.	Ms. Jyoti (Faculty HI)	
9.	Ms. Preeti Goyal (Class In charge ASD)	
10.	Mr. Mohd. Haseeb (Class In charge ASD)	
11.	Mr. Sandeep Tiwari (Faculty ASD)	
12.	Ms. Anoushka Sharma (HOD LD)	
13.	Mr. Sandeep Upadhyay (HOD-VI)	
14.	Mr. Dinesh Bindal (Faculty VI)	
15.	Mr. Ramtirath Prajapati (Faculty VI)	
16.	Mr. Vikas Kumar (HOD MD)	



LIST OF PARTICIPANTS

Sr. No.	Enrollment No.	Student names	Programme name	Signature
1	152312525	SMRITI	B.Ed.SE.ID	
2	252312525	SUHANI	B.Ed.SE.ID	
3	352312525	ANKITA	B.Ed.SE.ID	
4	452312525	ANSHU	B.Ed.SE.ID	
5	552312525	DIYA MANN	B.Ed.SE.ID	
6	652312525	VINITA VERMA	B.Ed.SE.ID	
7	752312525	ISHITA	B.Ed.SE.ID	
8	852312525	ANUSHA	B.Ed.SE.ID	
9	952312525	PRIYA TIWARI	B.Ed.SE.ID	
10	1052312525	RITIKA KUMARI	B.Ed.SE.ID	
11	1152312525	SHREYA OBEROI	B.Ed.SE.ID	
12	1252312525	NIDHI	B.Ed.SE.ID	
13	1352312525	RIYA AGGARWAL	B.Ed.SE.ID	
14	1452312525	NEETU	B.Ed.SE.ID	
15	1552312525	JANIAL KUMAR SAGAR	B.Ed.SE.ID	
16	1652312525	MAMTA KUMARI	B.Ed.SE.ID	
17	1752312525	ANSHIKA KADYAN	B.Ed.SE.ID	
18	252312325	ANISHA TIRKEY	B.Ed.SE.LD	
19	352312325	SHIVANI GANDHI	B.Ed.SE.LD	
20	552312325	SONALI	B.Ed.SE.LD	
21	652312325	ADITI KAUSHIK	B.Ed.SE.LD	
22	752312325	DILRAJ KAUR	B.Ed.SE.LD	
23	852312325	VANSHIKA	B.Ed.SE.LD	
24	952312325	FATIMA KHAN	B.Ed.SE.LD	
25	1052312325	PRACHI GAUTAM	B.Ed.SE.LD	
26	152312325	ANJU CHAUDHARY	B.Ed.SE.LD	



27	852312225	Priti Saini	B.Ed.SE.HI	Priti
28	952312225	ANJALI YADAV	B.Ed.SE.HI	Anjali
29	1052312225	AJAY KUMAR YADAV	B.Ed.SE.HI	Ajay
30	1152312225	ASHWANI KUMAR YADAV	B.Ed.SE.HI	Ashwani
31	152312225	KRIKA	B.Ed.SE.HI	Krika
32	252312225	HIMANSHI KANWAT	B.Ed.SE.HI	Himanshi
33	352312225	SAVITA	B.Ed.SE.HI	Savita
34	452312225	AKSHAY KUMAR MEENA	B.Ed.SE.HI	Akshay
35	552312225	LAVANYA ANTIL	B.Ed.SE.HI	Lavanya
36	652312225	KAUSHIKA JAISWARA	B.Ed.SE.HI	Kaushika
37	752312225	MUSKAN	B.Ed.SE.HI	Muskan
38	152312425	JYOTI RAUTELA	B.Ed.SE.ASD	Jyoti
39	252312425	ANSHIKA	B.Ed.SE.ASD	Anshika
40	352312425	TEENA MAHAJAN	B.Ed.SE.ASD	Teena
41	452312425	VISHAL	B.Ed.SE.ASD	Vishal
42	552312425	BHUMI GUPTA	B.Ed.SE.ASD	Bhumi Gupta
43	652312425	RACHNA KELLY	B.Ed.SE.ASD	Rachna
44	752312425	Nitesh Mohan Mishra	B.Ed.SE.ASD	Nitesh
45	852312425	Anushka	B.Ed.SE.ASD	Anushka
46	952312425	Sanjana Kumari	B.Ed.SE.ASD	Sanjana
47	1052312425	PRAGYA SINGH	B.Ed.SE.ASD	Pragya
48	152312625	FAGUNI SOLANKI	B.Ed.SE.VI	Faguni
49	252312625	HONEY MANN	B.Ed.SE.VI	Honey
50	352312625	NIDHI BHATI	B.Ed.SE.VI	Nidhi
51	452312625	PRIYANSHU KAPIL	B.Ed.SE.VI	Priyanshu
52	552312625	PRIYANKA PAWAR	B.Ed.SE.VI	Priyanka

