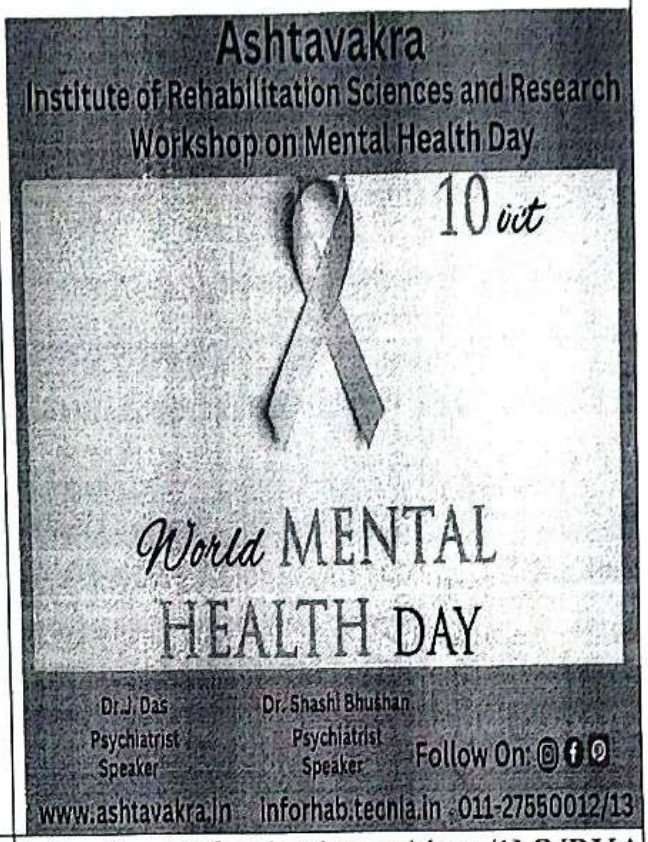
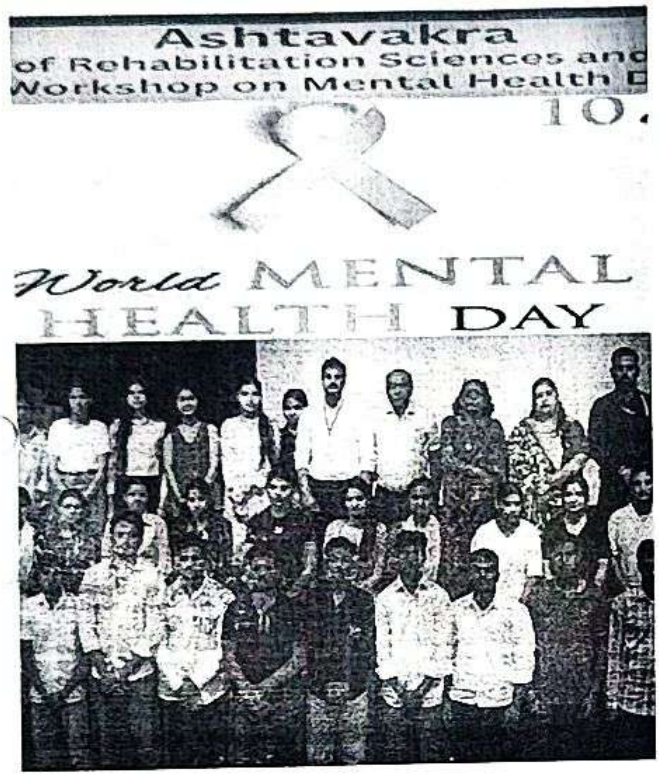
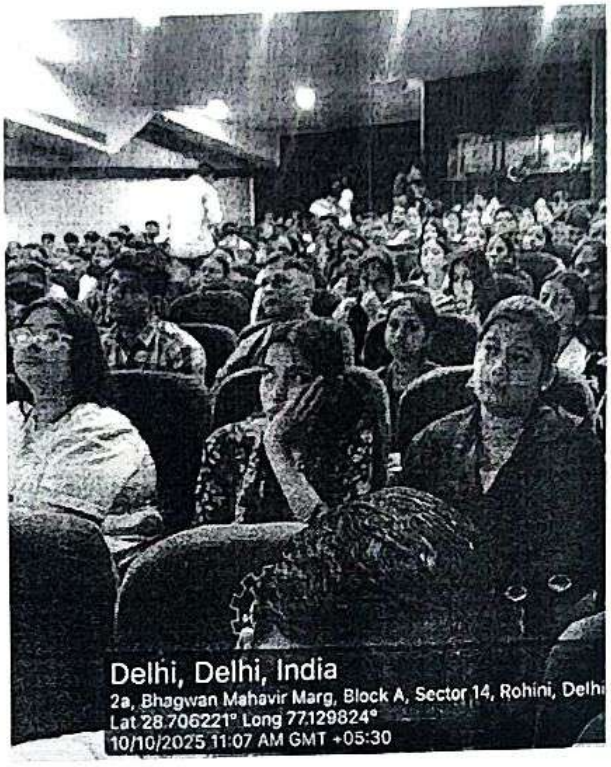
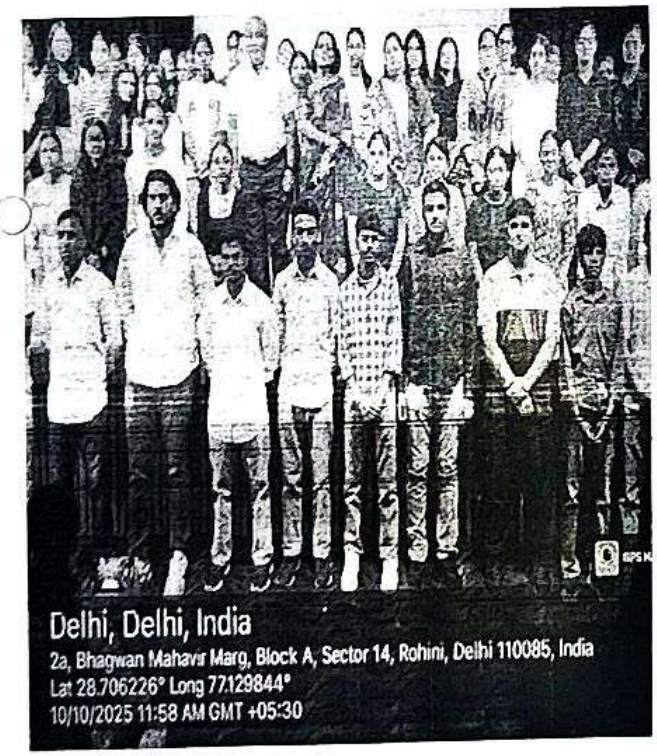
ASHTAVAKRA Institute of Rehabilitation Sciences and Research	"World Mental Health Day"
EVENT NAME: - "World Mental Health Day"	
Title of Activity*	"Workshop on Mental Health Day"
Values	**Social**
Learning Outcomes	• The students will be able to understand the importance of Mental health. • The students will be able to motivate others • The students will be able to sensitize others. • To raise awareness of mental health issues • Encourage efforts to support those experiencing mental health issues.
Organized by (Dept./ Centre/ Cells/Clubs/ Committees Name)*	**ID Dept.**
Program Theme*	"Prioritizing Mental Health: Awareness, Prevention, and Well-being for All"
External Expert / Internal Expert	**Dr. I. Das**

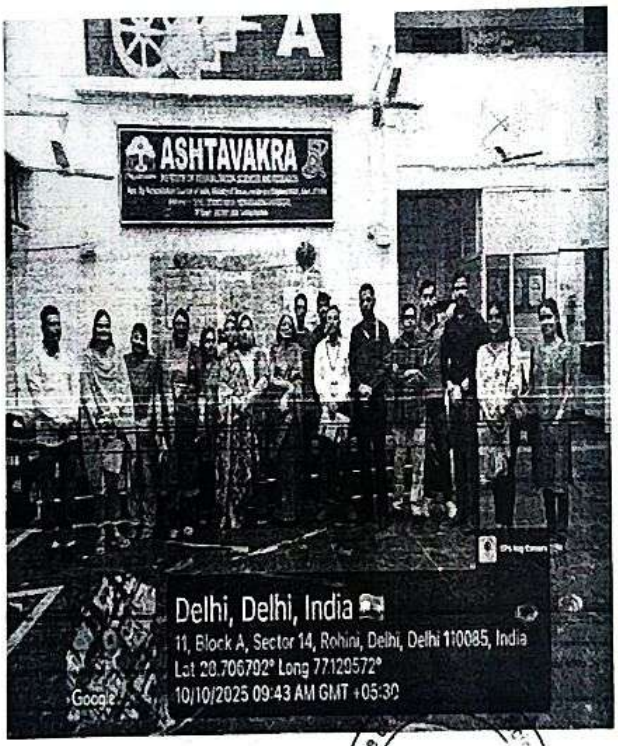
Ashtavakra Institute of Rehabilitation Sciences & Research Sector-14 Rohini, Delhi-85

Date*	**10th Oct. 2025**
Time*	**11:00A.M -12:00 P.M**
Venue	**Tecnia auditorium,** **Sec-14, Rohini Delhi -110085**
Poster/Flyer/Notice*	
Social media link (promoting in any one Facebook/Instagram/Twitter is mandatory)	https://www.facebook.com/share/1MNRYAbjo1/
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)*	**53**
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)*	**17**
No. of External Participants (students + faculty) *[write NA if not applicable]*	**NA**
(Geotag) Photograph*	
Photograph of the Event with the Caption	Sector-14 Rohini Delhi 85


Ashtavakra
of Rehabilitation Sciences and
Workshop on Mental Health
World MENTAL
HEALTH DAY


Delhi, Delhi, India
2a, Bhagwan Mahavir Marg, Block A, Sector 14, Rohini, Delhi
Lat 28.706221° Long 77.129824°
10/10/2025 11:07 AM GMT +05:30


Delhi, Delhi, India
2a, Bhagwan Mahavir Marg, Block A, Sector 14, Rohini, Delhi 110085, India
Lat 28.706226° Long 77.129844°
10/10/2025 11:58 AM GMT +05:30


ASHTAVAKRA
Delhi, Delhi, India
11, Block A, Sector 14, Rohini, Delhi, Delhi 110085, India
Lat 28.706702° Long 77.129572°
10/10/2025 09:43 AM GMT +05:30
Google

Report description: -	Every year, October 10 is observed globally as World Mental Health Day, dedicated to promoting awareness about mental well-being and mobilizing efforts to support mental health across all sections of society. The day serves as a reminder that mental health is as essential as physical health and deserves equal attention, care, and understanding. In observance of this occasion, the Ashtavakra Institute of Rehabilitation Sciences and Research organized a Workshop on "Mental Health Awareness" on 10th October 2025. The session aimed to enhance understanding of mental health issues, dispel prevailing myths, and encourage open discussions around emotional well-being. The workshop was graced by Dr. J. Das, an eminent Consultant Psychiatrist, as the resource person. Dr. Das, who has extensive experience in psychotherapy and is associated with several reputed hospitals in Delhi, addressed both

	students and faculty on key aspects of mental health. Beginning with the concept of overall health and its psychological dimensions, Dr. Das delved into crucial topics such as anxiety, depression, and the misconceptions surrounding mental illness. He discussed the factors contributing to mental distress and elaborated on how these issues manifest across different age groups. During the interactive segment, Dr. Das engaged the audience in a thought-provoking discussion on the rising cases of suicide and the underlying causes — including academic pressure, financial difficulties, body image issues, and sexual identity concerns. He highlighted practical strategies for suicide prevention, emphasizing the importance of emotional support systems, access control to means of self-harm, talk therapies, and building coping skills. Concluding the session, Dr. Das underscored that mental health fitness

Sector-14

should be given equal, if not greater, priority than physical health. The workshop concluded with a vibrant Q&A session, during which participants received insightful responses to their queries.

The session proved to be enlightening and impactful, leaving the audience with deeper awareness and empathy towards mental health challenges. The learnings from this event are expected to empower students and staff alike to foster a more supportive and understanding environment within the institute.

Institute of Rehabilitation Sciences & Re...
Sector-14
Rohini, Delhi-85

Recourse Person	NA
Attendance Sheet*	*Attached at the end of Report*
Feedback	*Program was neutral and services provided during the program was helpful. During the program community was actively involved.*
Report Submitted by Convener *(write faculty coordinator name)*	Mr. Tarun Pataanjali
For Office Use	
11/10/25 **Signature of Event Coordinator**	11/10/25 **Signature of School/Department Head** *(With Seal)* Akira Institute of Rehabilitation Sciences & Research, Sector 14, Rohini, Delhi-85
List of Beneficiary	

Fields marked with '' are mandatory*

LIST OF PARTICIPANTS

Sr. No.	Enrollment No.	Student names	Programme name
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	452312325	ZOYA AHMED	B.Ed.SE.LD
21	552312325	SONALI	B.Ed.SE.LD
22	652312325	ADITI KAUSHIK	B.Ed.SE.LD
23	752312325	DILRAJ KAUR	B.Ed.SE.LD
24	852312325	VANSHIKA	B.Ed.SE.LD
25	952312325	FATIMA KHAN	B.Ed.SE.LD
26	1052312325	PRACHI GAUTAM	B.Ed.SE.LD
27	152312325	ANJU CHAUDHARY	B.Ed.SE.LD
28	852312225	Priti Saini	B.Ed.SE.HI
29	952312225	ANJALI YADAV	B.Ed.SE.HI
30	1052312225	AJAY KUMAR YADAV	B.Ed.SE.HI
31	1152312225	ASHWANI KUMAR YADAV	B.Ed.SE.HI
32	152312225	KRITIKA	B.Ed.SE.HI
33	252312225	HIMANSHI KANWAT	B.Ed.SE.HI
34	352312225	SAVITA	B.Ed.SE.HI
35	452312225	AKSHAY KUMAR MEENA	B.Ed.SE.HI

Ashlayka Institute of Rehabilitation Sciences & Research
Sector-14
Rohini, Delhi-85

36	552312225	LAVANYA ANTIL	B.Ed.SE.HI
37	652312225	KAUSHIKA JAISWARA	B.Ed.SE.HI
38	752312225	MUSKAN	B.Ed.SE.HI
39	152312425	JYOTI RAUTELA	B.Ed.SE.ASD
40	252312425	ANSHIKA	B.Ed.SE.ASD
41	352312425	TEENA MAHAJAN	B.Ed.SE.ASD
42	452312425	VISHAL	B.Ed.SE.ASD
43	552312425	BHUMI GUPTA	B.Ed.SE.ASD
44	652312425	RACHNA KELLY	B.Ed.SE.ASD
45	752312425	Nitesh Mohan Mishra	B.Ed.SE.ASD
46	852312425	Anushka	B.Ed.SE.ASD
47	952312425	Sanjana Kumari	B.Ed.SE.ASD
48	1052312425	PRAGYA SINGH	B.Ed.SE.ASD
49	152312625	FAGUNI SOLANKI	B.Ed.SE.VI
50	252312625	HONEY MANN	B.Ed.SE.VI
51	352312625	NIDHI BHATI	B.Ed.SE.VI
52	452312625	PRIYANSHU KAPIL	B.Ed.SE.VI
53	552312625	PRIYANKA PAWAR	B.Ed.SE.VI

Ashlayka Institute of Rehabilitation Sciences & Research
Sector-14
Rohini, Delhi-85

LIST OF FACULTY MEMBERS

S.No.	Name of Faculty members
1.	**Ms. Sanjana Mittal (Deputy 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.	Mr. Mohd Haseeb (HOD ASD)
9.	Mr. Sandeep Tiwari (Faculty ASD)
10.	Ms. Anoushka Sharma (HOD LD)
11.	Ms. Mansa Verma (Faculty VI)
12.	Sandeep Upadhyay (HOD-VI)
13.	Mr. Dinesh Bindal (Faculty VI)
14.	Mr. Harish Kumar (HOD MD)
15.	Vikas Kumar (Faculty MD)
16.	Mr. Ramtirath Prajapati (Faculty VI)
17.	Ms. Jyoti (Faculty HI)

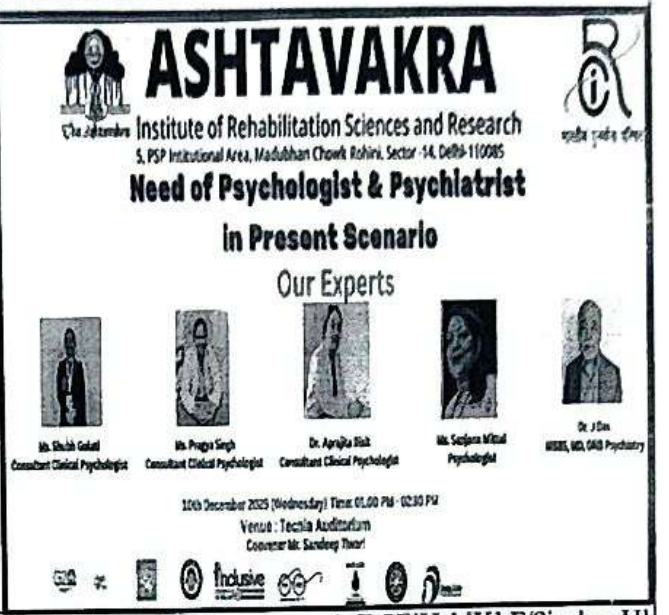
Ashlayka Institute of Rehabilitation Science & Research
Sector-14
Rohini, Delhi-85

ASHTAVAKRA Institute of Rehabilitation Sciences and Research	Mental Health Club (ASHTAYOG)

EVENT NAME :- "Need of Psychologist & Psychiatrist in Present Scenario"

Title of Activity*	**Workshop**
Values	Intrinsic
Learning Outcomes	**Learning Outcomes of the Workshop** After participating in the seminar on "Need of Psychologist & Psychiatrist in Present Scenario", the participants were able to: • Develop awareness about the growing need and importance of psychologists and psychiatrists in contemporary society. • Identify and understand various mental health challenges prevalent in the present scenario. • Gain knowledge about the roles and responsibilities of mental health professionals in psychological assessment, therapy, and rehabilitation. • Enhance understanding of mental wellness practices and develop a positive attitude towards seeking psychological and psychiatric services, thereby reducing stigma related to mental health. • Recognize the importance of early identification, prevention, and timely intervention in mental health issues. • Appreciate the role of interdisciplinary collaboration in providing holistic mental health care and support.
Organized by (Dept./ Centre/ Cells/Clubs/ Committees Name)*	**Organized by- Mental Health Club (ASHTAYOG)**
Program Theme*	"Need of Psychologist & Psychiatrist in Present Scenario"
External Expert / Internal Expert	Ms. Aprajita Dixit ,/ Ms. Sanjana Mittal Mr. Sandeep Tiwari

Ashtavakra Institute of Rehabilitation Sciences & Research Sector-14 Rohini, Delhi 85

Date*	10th December 2025
Time*	01:00 PM to 2:30 PM
Venue	Tecnia Auditorium
Poster/Flyer/Notice*	
Social media link *(promoting in any one Facebook/Instagram/Twitter is mandatory)*	https://www.instagram.com/p/DSEiHskjKhF/?igsh=aHlkaG1vcDZtc2tl https://youtu.be/TSC82Z2N8yU?si=SBbOSQp_zXKBG-G2
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)*	250
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)*	10
No. of External Participants (students + faculty) *[write NA if not applicable]*	01
(Geotag) Photograph*	
Photograph of the Event with the Caption	

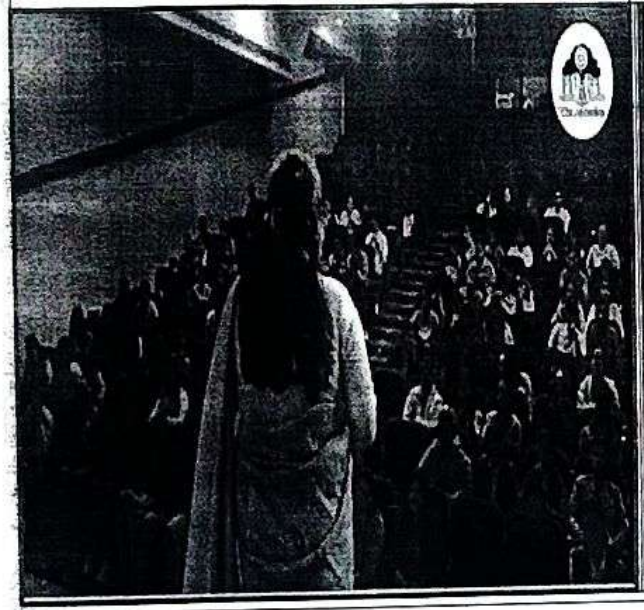
Ashtavakra Institute of Rehabilitation Science & Research
Sector-14
Rohini, Delhi-85



Dr. Mukta Goel addressing the participants during the seminar session.



Dr. Aprajita Dixit delivering an insightful lecture during the seminar.





Experts and Participants Engaged in Thoughtful Discussion

Ashtavakra Institute of Rehabilitation Sciences & Research
Sector-14
Rohini, Delhi-85

Report: Description in (min 250 to max 800 words)*	The Mental Health Club (ASHTAYOG) organized a workshop titled "Need of Psychologist & Psychiatrist in Present Scenario" on 10th December 2025 from 01:00 PM to 02:30 PM at the Tecnia Auditorium. The workshop aimed to create awareness about the growing demand for mental health professionals and to promote intrinsic values related to mental wellness and help-seeking behavior. The workshop commenced with an informative lecture by Dr. Mukta Goel, who highlighted the increasing importance of psychologists and psychiatrists in contemporary society. She discussed prevalent mental health challenges and emphasized the role of mental health professionals in assessment, therapy, rehabilitation, prevention, and early intervention. Following this, Dr. Aprajita Dixit conducted a detailed session focusing on practical aspects of mental health care, the significance of timely psychological and psychiatric support, and the need for interdisciplinary approaches in addressing mental health concerns. Her session provided in-depth understanding and real-life perspectives related to mental health services. Subsequently, all the experts participated in an interactive discussion with the participants on the topic. The discussion encouraged open dialogue, clarified doubts, addressed participant queries, and helped in reducing stigma related to mental health issues. The workshop witnessed active participation from students, faculty members, and external participant. The event was also promoted through social media platforms, ensuring wider outreach and engagement. At the end of the programme, Ms. Sanjana Mittal delivered the vote of thanks, expressing sincere gratitude to the resource person, management, organizing team, and participants for their active involvement and cooperation, which contributed to the successful completion of the Seminar . Overall, the session was informative, interactive, and impactful, significantly enhancing awareness and understanding of mental health and the essential role of psychologists and psychiatrists in the present scenario.



Recourse Person	Dr. Aprajita Dixit, Dr. Mukta Goel Shubh Guilati Pragya Singh
Attendance Sheet*	*Attached at the end of Report*
Feedback	Students are a valuable member of our team, and their positive attitude has helped us all continue to feel motivated, in this program Students understand about The Air pollution and its prevention and intervention.
Report Submitted by Convener *(write faculty coordinator name)*	**Sandeep Tiwari**
For Office Use	
Signature of Event Coordinator	**Signature of School/Department Head** *(With Seal)*
List of Beneficiary	

Fields marked with '' are mandatory*

LIST OF STUDENT PARTICIPANTS

S.No.	Name of Volunteer	Signature
1.	NITESH MOHAN MISHRA	
2.	SANJANA KUMARI	
3.	TEENA MAHAJAN	
4.	ANSHIKA	
5.	BHUMI GUPTA	
6.	MANSI	
7.	RACHNA KELLY	
8.	JYOTI RAUTELA	

Sector-14
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9.	VISHAL SINGH	Vishal Singh
10.	ANUSHKA	ANUSHKA
11.	SATUTI SIOTRA	Satuti
12.	KOMAL YADAV	Komal Yada.
13.	VANSHIKA	Vanshika
14.	KIRTI GOEL	Kirti Goel.
15.	YASH SINGH	Yash Singh
16.	BHAWANA	BHAWANA
17.	ARCHANA KUMARI	Purnima
18.	RUPAL	Rupal
19.	KARISHMA KUMARI	KARISHMA
20.	MANSI SOLANKI	Sinti Sol
21.	SIMPAL SOLANKI	Simpal
22.	PREKSHA GUPTA	Preksa.
23.	VANSHIKA	Vanshika
24.	HIMANSHI KANWAT	Himanshi Kanwat
25.	LAVANYA ANTIL	Lavanya
26.	CHARUL	Charul
27.	KRITIKA	Kritika

Institute of Rehabilitation Sciences
Sector-14
Dwarka, Delhi

28.	AKSHAY KUMAR MEENA	
29.	MUSKAN	
30.	PRITI SAINI	
31.	SAVITA	
32.	SHIVANI	
33.	VINITA VERMA	
34.	DIYA MANN	
35.	PRIYA TIWARI	
36.	ANUSHA	
37.	RITIKA KUMARI	
38.	SMRITI	
39.	RIYA AGGARWAL	
40.	ANKITA	
41.	SHREYA OBEROI	
42.	NIDHI	
43.	ANSHUL SHARMA	
44.	SUHANI	
45.	MANSI	
46.	PRABHNOOR KAUR	

47.	ISHITA	Ishita.
48.	ANSHU	ANSHU
49.	VINITA VERMA	vinita verma.
50.	DIYA MANN	Diya Mann
51.	ANISHA TIRKEY	ANISHA TIRKey
52.	DILRAJ KAUR	Dilraj kaur.
53.	ZOYA AHMAD	Zoya Ahmad
54.	POONAM	Poon
55.	VANSHIKA	vansh
56.	SUNNY SHARMA	Sunny
57.	ADITI KAUSHIK	Aditi kaushi
58.	SONALI	Sona
59.	ANJU CHAUDHARY	ANJU CH
60.	FATIMA KHAN	Fatima
61.	SHIVANI GANDHI	Shiva
62.	MANSI	Mansi
63.	ANISHA TIRKEY	A
64.	FAGUNI SOLANKI	Fagun
65.	MENAL	Men

Sector-
Rohini. D

66.	PRIYANSHU KAPIL	
67.	NIDHI BHATI	
68.	DEV DABAS	
69.	HONEY MANN	
70.	NIDHI	
71.	ARYAN DABAS	
72.	ANKITA RAWAT	
73.	PARUL SAINI	
74.	RIYA RANA	
75.	ANANYA BAWA	
76.	POOJA CHAHAL	
77.	JYOTI	
78.	RIYA SARASWAT	
79.	ALISHA MALIK	
80.	RIDHIMA PANDEY	
81.	RIYA GIRSA	
82.	MAHIMA RAJPUT	
83.	PAWAN KUMAR	
84.	POOJA	

Institute of Rehabilitation Sciences & Research
Sector-3, Rohini, Delhi-85

85.	ADITI GAUR	Aditi Gaur.
86.	KOMAL	Komal Saxena
87.	LAXMI	
88.	HARSHITA	Harshita
89.	NIDHI	Nidhi
90.	ANANYA SONI	Ananya
91.	ANVITA BHANDARI	Anvita
92.	DIKSHA BAGHAN	Diksha
93.	VEDIKA BAJAJ	Vedika
94.	MANSI	Manshi
95.	RICHA MISHRA	Richa
96.	SUMEDHA GUSAIN	Sumedha
97.	KIRTI TOMAR	Kirti
98.	SUDIKSHA	Sudiksha
99.	ANKITA	Ankita.
100.	ISHA AGGARWAL	Isha
101.	MUSKAN	Muskan
102.	RAVINA	Ravina.
103.	ALISHA	Alisha

Institute of Rehabilitation Sciences
Sec. 14
Rohini Delhi

104.	KUNAL BHARDWAJ	
105.	ANUSHKA VERMA	
106.	BHUMIKA	
107.	VISHAKHA SHARMA	
108.	DISHA	
109.	DEEPALI	
110.	JHANVI	
111.	ANUPRIYA TIRKEY	
112.	DAKSH SEHRAWAT	
113.	BHARTI SEHRAWAT	
114.	SUMIT YADAV	
115.	YOGITA	
116.	KUSHAL KHATRI	
117.	KIRTI	
118.	ANANYA SONI	
119.	VARSHA	
120.	HARSHITA GUPTA	
121.	KIRTI SINGH	
122.	RITIKA	

Institute of Rehabilitation Sciences & Research
Sector-14
Rohini, Delhi-85

123.	PRENA	Prena
124.	MUKUL	Mukul
125.	AFSANA	Afsana
126.	NEHA	Neha
127.	TEENA SHOKEEN	Teena
128.	MANSI	Mansi
129.	GEETA	Geeta
130.	PRATIKSHA	Pratiksha

Institute of Rehabilitation Sciences & Research
Sector-14
Rohini, Delhi-85

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 : irforehab@tecnia.in Website : www.rehab.tecnia.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.	Ms. Sneha (Faculty LD)	
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)	
17.	Ms. Bhawana (Faculty MD)	

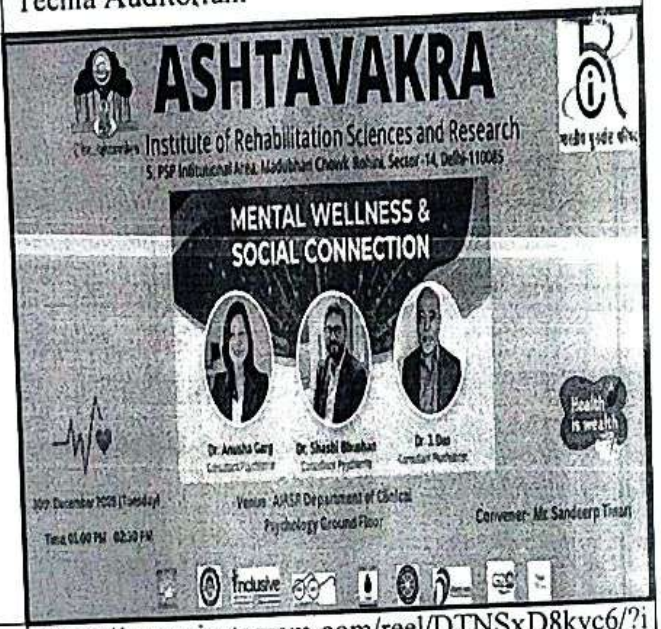
Institute of Rehabilitation Sciences & Research
Sector-14
Rohini, Delhi-85

ASHTAVAKRA Institute of Rehabilitation Sciences and Research	Mental Health Club (ASHTAYOG)

EVENT NAME :- Mental Wellness & Social Connection

Title of Activity*	**Seminar on Mental Wellness & Social Connection**
Values	Intrinsic
Learning Outcomes	**Learning Outcomes of the Workshop** After participating in the seminar on **"Mental Wellness & Social Connection"**, the participants were able to: 1. Develop enhanced awareness regarding mental health issues and the significance of social well-being in daily life. 2. Understand the importance of open dialogue in reducing stigma associated with mental health conditions and seeking professional help. 3. Acquire practical strategies related to mindfulness, emotional regulation, and stress management for maintaining psychological well-being. 4. Recognize the value of social connection, peer interaction, and community support in promoting positive mental health. 5. Improve self-reflection and emotional insight, enabling participants to identify personal stressors and adopt healthier coping mechanisms. 6. Gain knowledge about professional mental health support services, including when and how to seek psychiatric or psychological assistance.
Organized by (Dept./ Centre/ Cells/Clubs/ Committees Name)*	**Organized by- Menthal Health Club (ASHTAYOG)**
Program Theme*	**Seminar on Mental Wellness & Social Connection**
External Expert / Internal Expert	Dr. Anusha Garg , Dr. Shashi Bhushan Gupta , Dr. J Das / Ms. Sanjana Mittal, Mr. Sandeep Tiwari

Institute of Rehabilitation Sciences Sector-14 Rohini, Delhi-85

Date*	30th December 2025
Time*	06:00 PM
Venue	Tecnia Auditorium
Poster/Flyer/Notice*	
Social media link *(promoting in any one Facebook/Instagram/Twitter is mandatory)*	https://www.instagram.com/reel/DTNSxD8kyc6/?igsh=eXludWw2NXV6b3F0 https://www.facebook.com/share/v/1AEKhBdx4a/ https://pin.it/5BEfwn0Ul
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)*	40
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)*	3
No. of External Participants (students + faculty) *[write NA if not applicable]*	35
(Geotag) Photograph*	
Photograph of the Event with the Caption	

Institute of Rehabilitation Sciences
Sector-14
Rohini, Delhi



Dr. Abhishek, Consultant Psychiatrist, delivering the introductory session on Connecting Minds, Nurturing Wellness.



Dr. Shashi Bhushan Gupta and Dr. J. Dass felicitating Dr. Pooja, Consultant Gynecologist.



Dr. J. Dass felicitating Ms. Sanjana Mittal Deputy Director AIRSR



Dr. Anusha Garg & Ms. Sanjana Mittal Deputy Director AIRSR Engaged in Thoughtful Discussion



Group Photograph of External and Internal Faculty Members after the Workshop

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

The Mental Health Club (ASHTAYOG) successfully organized a seminar titled "Mental Wellness & Social Connection" on 30th December 2025 at 02:30 PM in the Department of Clinical Psychology AIRSR. The seminar was organized with the objective of creating awareness about mental health, promoting social connectedness, and fostering intrinsic values related to emotional and psychological well-being among students, faculty members, and external participants.

The seminar began with an introductory session by Dr. Shashi Bhushan Gupta, who formally introduced the theme of the program and highlighted the growing importance of mental wellness and social connection in today's fast-paced and digitally driven society. Following this, Dr. Anusha Garg delivered an insightful talk on the use and impact of social media on mental health. She discussed both the positive and negative effects of social media usage, emphasizing the need for balanced digital habits, mindful consumption, and awareness of its influence on emotional well-being and self-esteem.

Subsequently, Dr. J. Das addressed the participants on mental wellness and therapeutic approaches. He elaborated on various mental health challenges, stress-related issues, and the importance of therapy, counseling, and timely professional intervention.

The seminar was further supported by the contributions of Variopus Doctors and Ms. Sanjana Mittal and Mr. Sandeep Tiwari, who facilitated interaction and engagement among participants, encouraging open dialogue and reflection on mental health concerns.

Through expert talks and interactive discussions, participants gained enhanced awareness of men health issues, learned the importance of reducing stigma through open communication, acquired practical mindfulness and stress-management strategies, and understood the value of social connection and community support.

The event witnessed the active participation of students, faculty members, and external participants. The seminar was effectively promoted through social media platforms such as Instagram, Facebook, and Pinterest, ensuring wider outreach and engagement.

Overall, the seminar was informative, impactful, and well-received, contributing significantly to mental health awareness and strengthening social bonds among the participants.

Institute of Rehabilitation Sciences
Sector-14
Rohini, Delhi

Recourse Person	Dr. Sashi Bhushan Gupta, Dr.J. Dass, Dr Anusha , Dr Abhishek .
Attendance Sheet*	*Attached at the end of Report*
Feedback	Students are a valuable member of our team, and their positive attitude has helped us all continue to feel motivated, in this program Students understand about The Air pollution and its prevention and intervention.
Report Submitted by Convener *(write faculty coordinator name)*	**Sandeep Tiwari**
For Office Use	
Signature of Event Coordinator	**Signature of School/Department Head** *(With Seal)*
List of Beneficiary	

Fields marked with '' are mandatory*

LIST OF STUDENT PARTICIPANTS

S.No.	Name of Volunteer	Signature
1.	NITESH MOHAN MISHRA	
2.	SANJANA KUMARI	
3.	TEENA MAHAJAN	
4.	ANSHIKA	
5.	BHUMI GUPTA	
6.	MANSI	
7.	RACHNA KELLY	
8.	JYOTI RAUTELA	

Institute of Rehabilitation Sc... Sector ... Noida

9.	VISHAL SINGH	
10.	ANUSHKA	
11.	SATUTI SIOTRA	
12.	KOMAL YADAV	
13.	VANSHIKA	
14.	KIRTI GOEL	
15.	YASH SINGH	
16.	BHAWANA	
17.	ARCHANA KUMARI	
18.	RUPAL	
19.	KARISHMA KUMARI	
20.	MANSI SOLANKI	
21.	SIMPAL SOLANKI	
22.	PREKSHA GUPTA	
23.	VANSHIKA	
24.	HIMANSHI KANWAT	
25.	LAVANYA ANTIL	
26.	CHARUL	
27.	KRITIKA	

Institute of Rehabilitation Sc

28.	AKSHAY KUMAR MEENA	
29.	MUSKAN	
30.	PRITI SAINI	
31.	SAVITA	
32.	SHIVANI	
33.	VINITA VERMA	
34.	DIYA MANN	
35.	PRIYA TIWARI	

LIST OF External Participants

SR.N.	Name	Signature
1.	Dr. Abhishek	
2.	Dr. Anusha Garg	
3.	Dr. Pooja Desai	
4.	Dr. Rashmi Mugdal	
5.	Dr. Arunima Kapoor	
6.	Dr Harish Mathai	
7.	Dr. Amrita Mathai	
8.	Dr. Mk Singhal	
9.	Dr Rachna Singhal	

10.	Dr Nitin Panday	
11.	Dr Varun Tyagi	
12.	Dr. Naina	
13.	Dr Mukta Goel	
14.	Dr. Madhu	
15.	Kirti	
16.	Sameer Mathur	
17.	Arpita Jha	
18.	Manpreet Kaur	
19.	Priyanshi Sharma	
20.	Pari Aggarwal	
21.	Tanishq	
22.	Km. Garima Rastogi	
23.	Jaya Dahiya	
24.	Palak Shokeen	
25.	Ismita	
26.	Anurag	



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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 : inforehab@tecnia.in Website : www.rehab.tecnia.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)	
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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)	
17.	Ms. Bhawana (Faculty MD)	

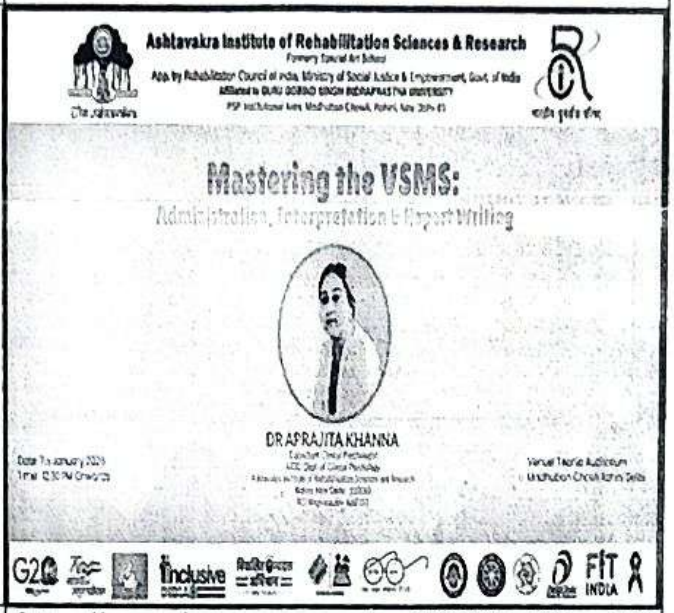
Institute of Rehabilitation Sciences
Sector 14

ASHTAVAKRA Institute of Rehabilitation Sciences and Research	Mental Health Club (ASHTAYOG)

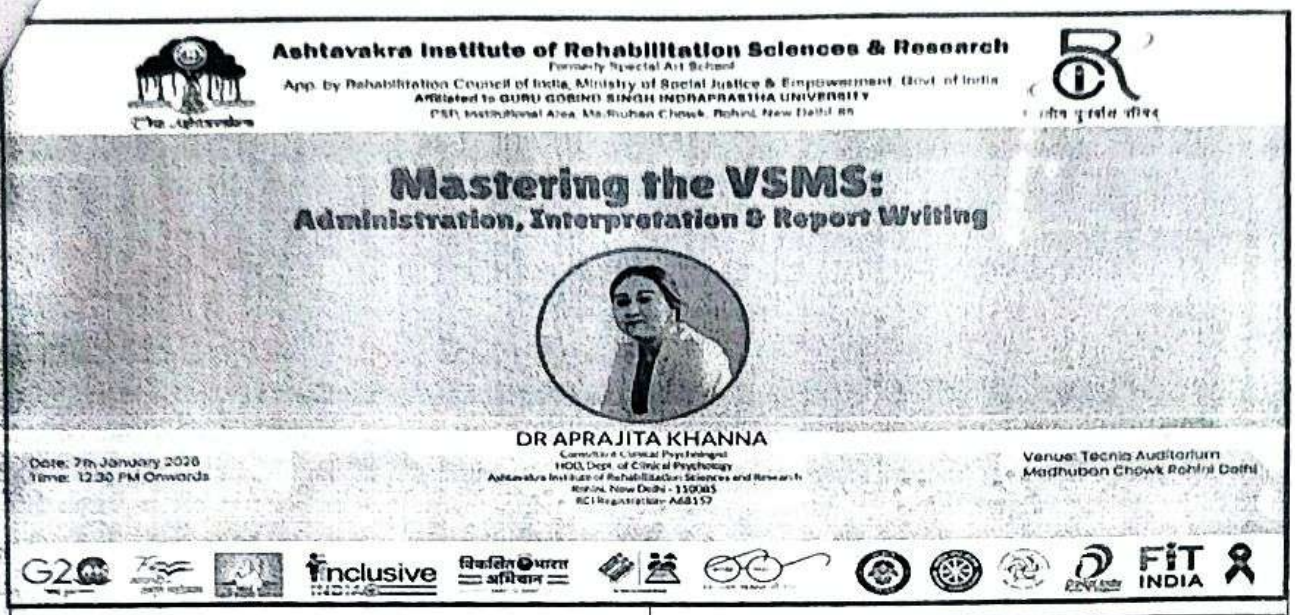
EVENT NAME :- Mastering the VSMS: Administration, Interpretation & Report Writing

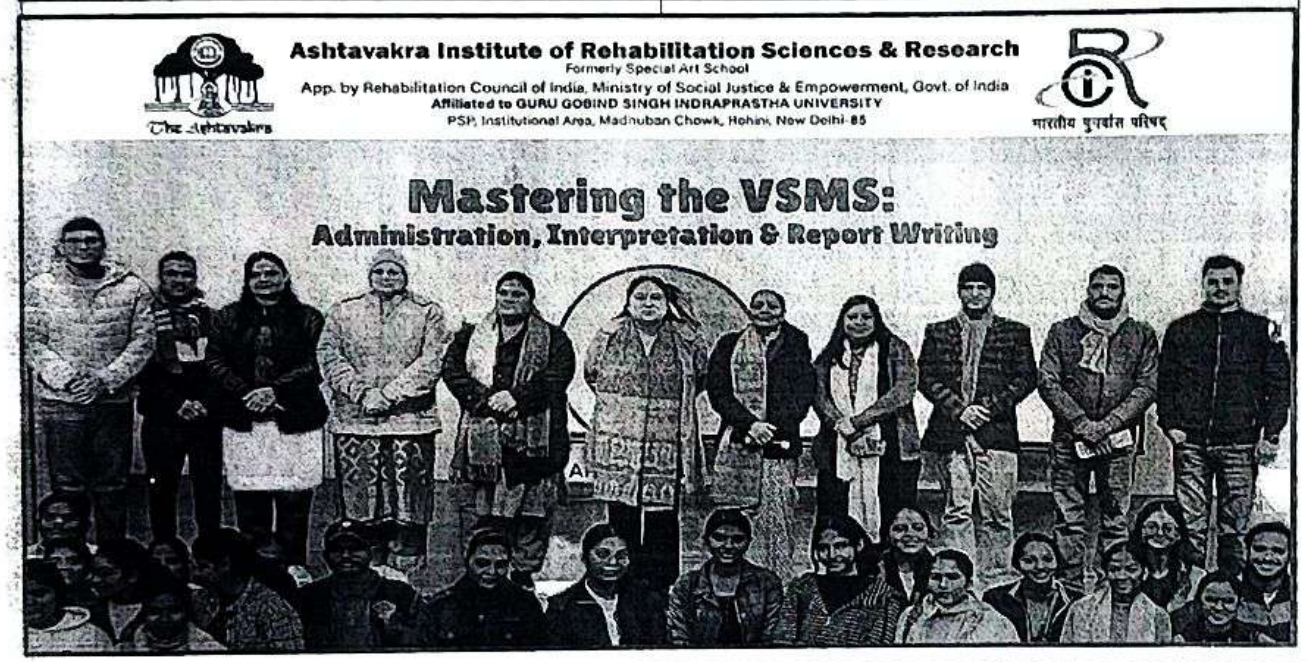
Title of Activity*	**Workshop**
Values	Intrinsic
Learning Outcomes	**Learning Outcomes of the Workshop** After successful completion of the workshop, the participants were able to: 1. Demonstrate in-depth understanding of the Vineland Social Maturity Scale (VSMS), including its purpose, structure, and clinical relevance. 2. Accurately administer the VSMS by following standardized procedures and ethical guidelines during assessment. 3. Apply appropriate scoring techniques and interpret Social Age and Social Quotient effectively for diagnostic and educational decision-making. 4. Prepare structured, clear, and professional psychological reports based on VSMS findings, including conclusions and recommendations. 5. Enhance assessment accuracy while evaluating children with intellectual disability, developmental delays, autism spectrum disorder, and adaptive behavior difficulties.
Organized by (Dept./ Centre/ Cells/Clubs/ Committees Name)*	**Organized by- Menthal Health Club (ASHTAYOG)**
Program Theme*	Mastering the VSMS: Administration, Interpretation & Report Writing
External Expert / Internal Expert	Ms. Aprajita Dixit ,/ Ms. Sanjana Mittal Mr. Sandeep Tiwari

Ashtavakra Institute of Rehabilitation Sciences & Research Sector-14 Rohini, Delhi-85

Date*	7th January 2026
Time*	12:30 PM to 2:30 PM
Venue	Tecnia Auditorium
Poster/Flyer/Notice*	
Social media link *(promoting in any one Facebook/Instagram/Twitter is mandatory)*	https://www.instagram.com/reel/DTNSxD8kyc6/?igsh=eXludWw2NXV6b3F0 https://www.facebook.com/share/v/1AEKhBdx4a/ https://pin.it/5BEfwn0Ul
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)*	250
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)*	10
No. of External Participants (students + faculty) *[write NA if not applicable]*	01
(Geotag) Photograph*	
Photograph of the Event with the Caption	

Institute of Rehabilitation Sciences & Research
Sector-14
Rohini, Delhi 85





Group Photograph of External and Internal Faculty Members along with Students after the Workshop

Ashtavakra Institute of Rehabilitation Sciences & Research
Sector-14
Rohini, Delhi-85

Report: Description in (min 250 to max 800 words)*	The workshop "Mastering the VSMS: Administration, Interpretation & Report Writing" was conducted successfully at Tecnia Auditorium, Madhuban Chowk, Rohini, Delhi on 7th January 2026. The programme commenced with a welcome address by Ms. Sanjana Mittal, who warmly welcomed the resource person, faculty members, students, and participants. She briefly introduced the theme of the workshop and highlighted the importance of the Vineland Social Maturity Scale (VSMS) in the assessment of social and adaptive functioning of children with developmental and intellectual challenges. Following the welcome address, Dr. Aprajita Dixit, Consultant Clinical Psychologist, took over the session. She provided a comprehensive overview of the Vineland Social Maturity Scale, explaining its purpose, areas assessed, and relevance in clinical and educational settings. She elaborated on the standardized administration procedures, emphasizing ethical considerations, rapport building with caregivers, and accurate data collection. Dr. Dixit further explained the scoring process, calculation of Social Age (SA) and Social Quotient (SQ), and the interpretation of results. She also discussed common errors in assessment and guided participants on how to avoid them. A significant part of the session was devoted to psychological report writing, where she explained the proper format, use of professional language, interpretation of findings, and formulation of recommendations with practical case examples. The session was highly interactive, with participants actively engaging in discussions and clarifying their doubts related to administration, interpretation, and application of VSMS in real-life cases. Dr. Dixit concluded the session by summarizing the key points discussed and emphasizing the role of accurate assessment in planning effective interventions for children with intellectual, developmental, and adaptive behavior concerns. At the end of the programme, Ms. Sanjana Mittal delivered the vote of thanks, expressing sincere gratitude to the resource person, management, organizing team, and participants for their active involvement and cooperation, which contributed to the successful completion of the workshop.

Sector-14 Rohini, Delhi 85

Recourse Person	Dr. Aprajita Dixit
Attendance Sheet*	*Attached at the end of Report*
Feedback	Students are a valuable member of our team, and their positive attitude has helped us all continue to feel motivated, in this program Students understand about The Air pollution and its prevention and intervention.
Report Submitted by Convener *(write faculty coordinator name)*	**Sandeep Tiwari**
For Office Use	
Signature of Event Coordinator	**Signature of School/Department Head** *(With Seal)*
List of Beneficiary	

Fields marked with '' are mandatory*

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6.	MANSI	
7.	RACHNA KELLY	
8.	JYOTI RAUTELA	
9.	VISHAL SINGH	

Ashlaya Institute of Rehabilitation Sciences
Sector-14, Rohini, Delhi-85

10.	ANUSHKA	
11.	SATUTI SIOTRA	
12.	KOMAL YADAV	
13.	VANSHIKA	
14.	KIRTI GOEL	
15.	YASH SINGH	
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25.	LAVANYA ANTIL	
26.	CHARUL	
27.	KRITIKA	
28.	AKSHAY KUMAR MEENA	

Ashwini Institute of Rehabilitation Sciences & Research
Sector-14
Rohini, Delhi-85

29.	MUSKAN	
30.	PRITI SAINI	
31.	SAVITA	
32.	SHIVANI	
33.	VINITA VERMA	
34.	DIYA MANN	
35.	PRIYA TIWARI	
36.	ANUSHA	
37.	RITIKA KUMARI	
38.	SMRITI	
39.	RIYA AGGARWAL	
40.	ANKITA	
41.	SHREYA OBEROI	
42.	NIDHI	
43.	ANSHUL SHARMA	
44.	SUHANI	
45.	MANSI	
46.	PRABHNOOR KAUR	
47.	ISHITA	

48.	ANSHU	
49.	VINITA VERMA	
50.	DIYA MANN	
51.	ANISHA TIRKEY	
52.	DILRAJ KAUR	
53.	ZOYA AHMAD	
54.	POONAM	
55.	VANSHIKA	
56.	SUNNY SHARMA	
57.	ADITI KAUSHIK	
58.	SONALI	
59.	ANJU CHAUDHARY	
60.	FATIMA KHAN	
61.	SHIVANI GANDHI	
62.	MANSI	
63.	ANISHA TIRKEY	
64.	FAGUNI SOLANKI	
65.	MENAL	
66.	PRIYANSHU KAPIL	

67.	NIDHI BHATI	Nidhi
68.	DEV DABAS	Dev
69.	HONEY MANN	Honey
70.	NIDHI	Nidhi
71.	ARYAN DABAS	Aryan
72.	ANKITA RAWAT	Ankita
73.	PARUL SAINI	Parul
74.	RIYA RANA	Riya
75.	ANANYA BAWA	Ananya
76.	POOJA CHAHAL	Pooja.
77.	JYOTI	Jyoti
78.	RIYA SARASWAT	Riya
79.	ALISHA MALIK	Alisha.
80.	RIDHIMA PANDEY	Ridhima
81.	RIYA GIRSA	Riya
82.	MAHIMA RAJPUT	Mahima.
83.	PAWAN KUMAR	Pawan
84.	POOJA	Pooja
85.	ADITI GAUR	Aditi

86.	KOMAL	Komal
87.	LAXMI	Laxmi
88.	HARSHITA	Harshita
89.	NIDHI	Nidhi
90.	ANANYA SONI	Ananya.
91.	ANVITA BHANDARI	Anvita
92.	DIKSHA BAGHAN	Diksha
93.	VEDIKA BAJAJ	Vedika
94.	MANSI	Mansi
95.	RICHA MISHRA	Richa
96.	SUMEDHA GUSAIN	Sumedha
97.	KIRTI TOMAR	Kirti
98.	SUDIKSHA	Sudiksha
99.	ANKITA	Ankita
100.	ISHA AGGARWAL	Isha.
101.	MUSKAN	Muskan
102.	RAVINA	Ravina
103.	ALISHA	Alisha
104.	KUNAL BHARDWAJ	Kunal

Institute of Rehabilitation Sciences & Research
Sector-14
Rohini, Delhi-85

124.	MUKUL	Mukul
125.	AFSANA	Afsana
126.	NEHA	Neha.
127.	TEENA SHOKEEN	Teena
128.	MANSI	Mansi
129.	GEETA	Geeta
130.	PRATIKSHA	Pratiksha

Institute of Rehabilitation Sciences & Technology
Sector-14
Rohini, Delhi 85

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Fax : 011-27550018 • Email : inforehab@tecnia.in Website : www.rehab.tecnia.in

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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)	
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16.	Mr. Vikas Kumar (HOD MD)	
17.	Ms. Bhawana (Faculty MD)	

Institute of Rehabilitation Sciences
Sector-14
Rohini, Delhi 85

ASHTAVAKRA Institute of Rehabilitation Sciences and Research	Mental Health Club (ASHTAYOG)

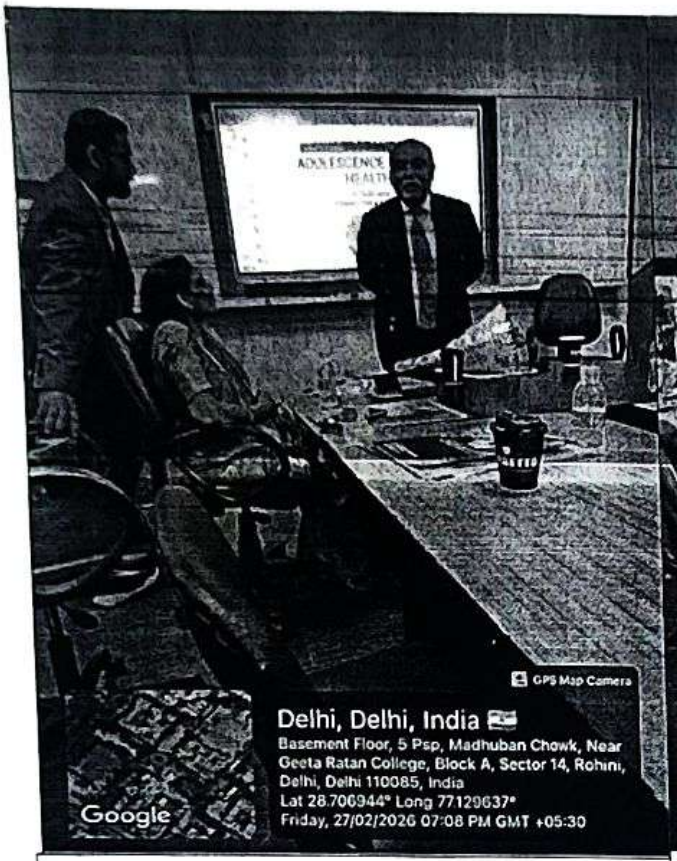
EVENT NAME: - Workshop on Adolescent Mental Health

Title of Activity*	**Workshop on Adolescent Mental Health**
Topic	Understanding Adolescent Mental Health in the Current Scenario
Learning Outcomes	**Learning Outcomes of the Workshop** After attending the workshop on **"Understanding Adolescent Mental Health in the Current Scenario,"** the participating school teachers and counsellors were able to: 1. Develop an in-depth understanding of the psychological, emotional, and developmental changes that occur during adolescence. 2. Identify early warning signs of emotional distress, behavioural concerns, academic decline, peer-related issues, and risk behaviours among students. 3. Understand the impact of academic pressure, social media influence, peer relationships, and family dynamics on adolescent mental health. 4. Apply effective communication strategies to engage empathetically and non-judgmentally with adolescents. 5. Strengthen their role as first-line support providers in schools by implementing early intervention strategies within the classroom and counselling setting. 6. Recognize when specialized mental health intervention is required and facilitate timely referral to appropriate mental health professionals. 7. Promote a safe, inclusive, and stigma-free school environment that supports students' emotional well-being.
Organized by (Dept./ Centre/ Cells/Clubs/ Committees Name)*	**Organized by- Mental Health Club (ASHTAYOG)**
Program Theme*	**Workshop on Adolescent Mental Health**
External Expert / Internal Expert	Dr. Shashi Bhushan Gupta, Dr. J Das, Ms. Sanjana Mittal, Mrs. Shubh Gulati, Mr. Sandeep Tiwari

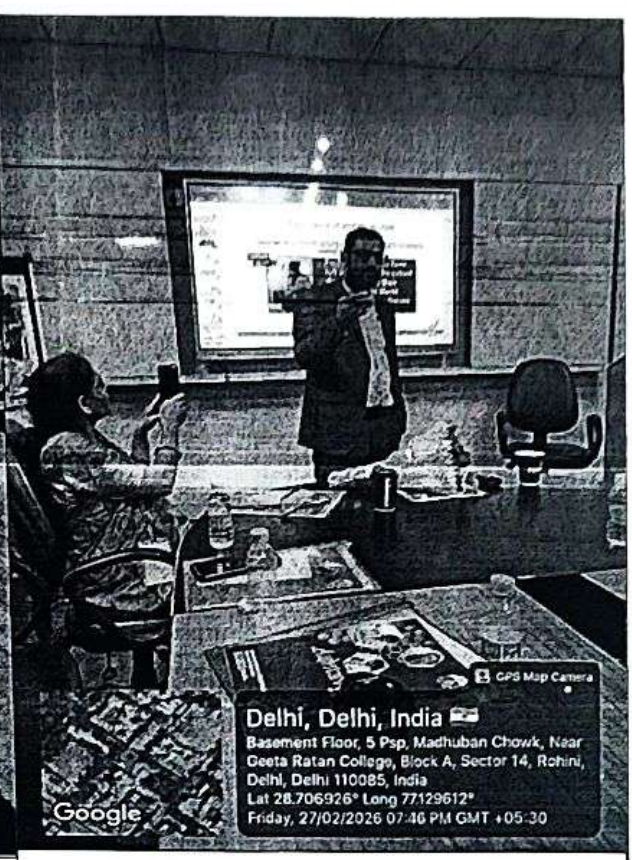
Institute of Rehabilitation Sciences Sector-14 Rohini, Delhi-85

Date*	27th February, 2026
Time*	5:00 PM
Venue	Ashtavakra Institute
Poster/Flyer/Notice*	
Social media link *(promoting in any one Facebook/Instagram/Twitter is mandatory)*	https://www.instagram.com/airsrrehab?igsh=MTN6dGU1eTRja3F1bQ==
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)*	3
No. of External Participants (students + faculty) *[write NA if not applicable]*	25+17
(Geotag) Photograph*	
Photograph of the Event with the Caption	

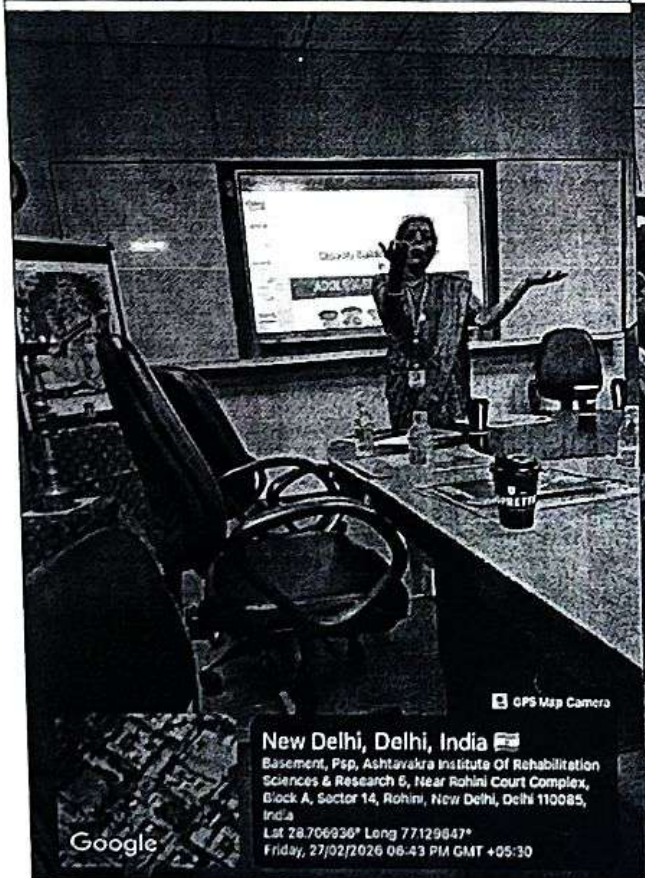
Ashtavakra Institute of Rehabilitation Sciences & Research
Sector-14
Rohini, Delhi-85



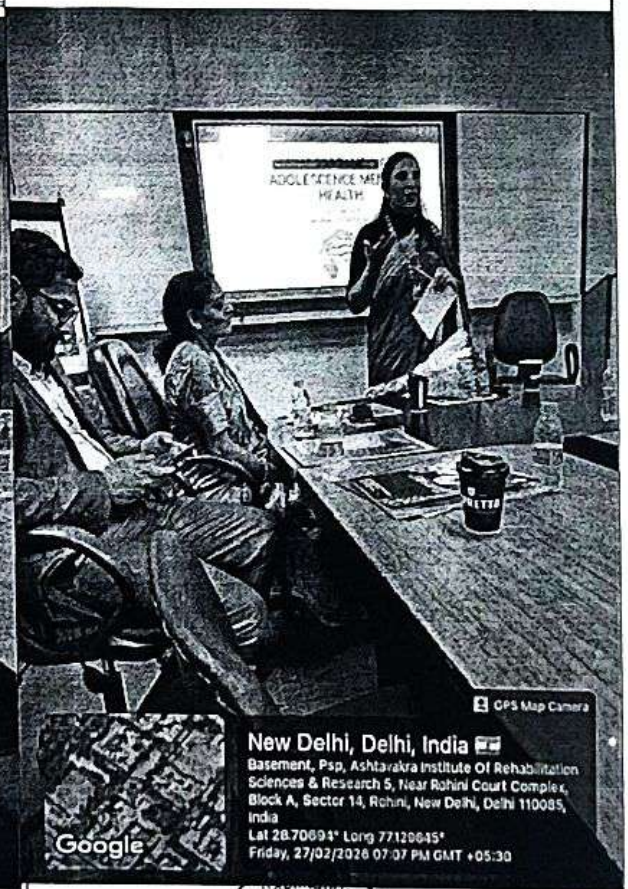
Dr. J. Das, Consultant Psychiatrist, delivering the Session on Adolescent Mental Health.



Dr. Shashi Bhushan Gupta, Consultant Psychiatrist, delivering the Session on Adolescent Mental Health.



Ms. Sanjana Mittal, Deputy Director, Ashtavakra Institute, delivering the Session on Adolescent Mental Health.



Mrs. Shubh Gulati, Consultant Clinical Psychologist, delivering the Session on Adolescent Mental Health.

Report: Description in (min 250 to max 800 words)*	The Mental Health Club (ASHTAYOG) organized a workshop on **"Understanding Adolescent Mental Health in the Current Scenario"** on 27th February 2026 at 5:00 PM at Ashtavakra Institute. The workshop was conducted for school teachers and counsellors with the objective of enhancing their understanding of adolescent psychological well-being and strengthening their role as frontline support providers within educational settings. Adolescence is a critical developmental phase marked by significant emotional, cognitive, social, and behavioural changes. In the current scenario, adolescents face increasing pressures related to academics, peer relationships, family expectations, and social media exposure. The workshop aimed to provide participants with practical insights into recognizing early warning signs of distress and responding to them effectively within the school environment. The session was conducted by esteemed experts including Dr. Shashi Bhushan Gupta, Dr. J Das, Ms. Sanjana Mittal, and Mrs. Shubh Gulati. The speakers discussed key developmental aspects of adolescence, common mental health concerns such as anxiety, mood disturbances, behavioural issues, identity-related struggles, and the growing impact of digital exposure on emotional regulation and self-esteem. A significant focus of the workshop was on helping teachers identify subtle behavioural and emotional changes in students — including withdrawal, irritability, sudden academic decline, attention difficulties, aggression, and psychosomatic complaints. The importance of early identification and timely intervention was emphasized, highlighting the crucial role educators play in observing day-to-day changes in students. The workshop also addressed practical communication strategies for engaging with adolescents empathetically and non-judgmentally. Participants were guided on how to create safe classroom spaces where students feel heard and validated. Techniques for supportive listening, boundary-setting, and maintaining confidentiality were discussed in detail. Additionally, the importance of interdisciplinary collaboration was highlighted. Teachers and counsellors were encouraged to work in coordination with parents and mental health professionals when specialized intervention is required. The need to reduce stigma around mental

Institute of Rehabilitation Sciences
Sector-14
Rohini, Delhi-85

	health and foster an emotionally supportive school climate was strongly reinforced. The session was interactive in nature, with participants sharing real-life challenges faced in schools. Case-based discussions enabled practical understanding and application of the concepts discussed. The workshop concluded with a reflective discussion on the collective responsibility of educators in nurturing not only academic growth but also emotional resilience among adolescents. Overall, the workshop served as a valuable platform for capacity building, awareness enhancement, and strengthening mental health support systems within educational institutions. Institute of Rehabilitation Sciences Sector-14 Rohini, Delhi-85

Recourse Person	Dr. Sashi Bhushan Gupta, Dr. J. Dass, Ms. Sanjana Mittal, Mrs. Shubh Gulati
Attendance Sheet*	*Attached at the end of Report*
Feedback	*"The workshop was highly informative and practical. It helped in understanding early signs of emotional distress in adolescents and the importance of responding with empathy rather than judgment. The strategies shared for communication and classroom support were very useful.*
Report Submitted by Convener *(write faculty coordinator name)*	**Mr. Sandeep Tiwari & Mrs. Shubh Gulati**
For Office Use	
Signature of Event Coordinator	**Signature of School/Department Head** *(With Seal)*
List of Beneficiary	

Fields marked with '' are mandatory*

LIST OF STUDENT PARTICIPANTS

S.No.	Name of Volunteer	Signature
1.	NITESH MOHAN MISHRA	
2.	SANJANA KUMARI	
3.	TEENA MAHAJAN	
4.	ANSHIKA	
5.	BHUMI GUPTA	
6.	MANSI	
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8.	JYOTI RAUTELA	

9.	VISHAL SINGH	
10.	ANUSHKA	
11.	SATUTI SIOTRA	
12.	KOMAL YADAV	
13.	VANSHIKA	
14.	KIRTI GOEL	Kirti Goel
15.	YASH SINGH	
16.	BHAWANA	Bhawna
17.	ARCHANA KUMARI	
18.	RUPAL	
19.	KARISHMA KUMARI	
20.	MANSI SOLANKI	Mansi Solanki
21.	SIMPAL SOLANKI	
22.	PREKSHA GUPTA	
23.	VANSHIKA	
24.	HIMANSHI KANWAT	
25.	LAVANYA ANTIL	

Institute of Rehabilitation Sciences & Research
Sector-14
Rohini, Delhi-86

Ashtavakra Institute of Rehabilitation Sciences & Research

Workshop on "Understanding Adolescent Mental Health in the Current Scenario "

S. No.	Name	Mobile No.	E-mail Id	Address/Institute Name	Signature
1.	RAJESH SAHNI	9999080457	sahnirajesh8 @gmail.com	Orleans The Forest	
2.	Dr. M K Singla	9868866700	mksanuja1@gmail.com	D-1/7 GF Sec-16 Rohini	
3.	Aakanksha	9599586135	aakankshaverma6@gmail.com	Mayur Vihar	
4.	Madhu Gaur	9212236037			
5.	Surender Aggarwal	9873413414	forward block13 @gmail.com		
6.	Monika Chahar	9667669599			
7.	Dr Sashi	9910588852	drvermasashi@gmail.com	Counselling Psychologist	
8.	Vaishalli	8368649926	Vaishalijain223@gmail.com	Shanti Apartment Sector -13	
9.	Meenu	9650017106		Bahadurgarh	
10.	Dr Jitendra	7976794306	drchandra.jitendra@gmail.com	Meerut	

Ashtavakra Institute of Rehabilitation Sciences & Research * Sector-13 Rohini, Delhi-85

Ashtavakra Institute of Rehabilitation Sciences & Research

Workshop on "Understanding Adolescent Mental Health in the Current Scenario "

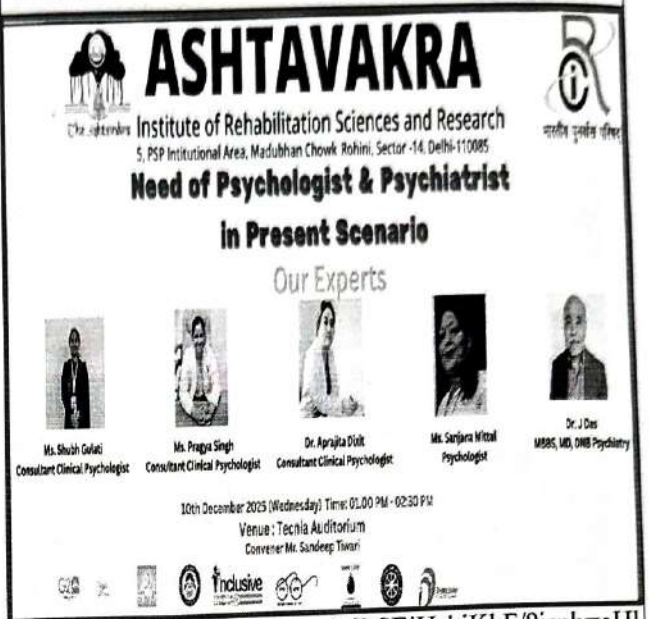
S. No.	Name	Mobile No.	E-mail Id	Address/Institute Name	Signature
1.	Pooja	8527778033		Sec-8 Rohini	
2.	Pooja	9999258026		MPS, Shalimar G	
3.	Dr Meenakshi	9899064441		Meenak	Dr Meenakshi Mittal
4.	Aparna Prashna	8527212377		Kavala, Delhi	
5.	Sachin	9811709809		Delhi, Narayna	
6.	Somnath Mann	9899044749		Alipur, Delhi	
7.	Rukhsa	9599543932		Alipur Delhi	
8.	PRERNA	8800660875		Burari	
9.	Navdeep				
10.					

LIST OF External Participants

SR.N.	NAME	SIGNATURE
1.	RAJESH SAHNI	
2.	DR. MK SINGLA	
3.	AKANKSHA	
4.	MADHU GAM	
5.	SURUCHI AGGARWAL	
6.	MONICA CHEHAR	
7.	DR. SHASHI	
8.	VAISHALI	
9.	MEENU	
10.	DR. DHARMENDRA	
11.	POOJA	
12.	PRIYA	
13.	DR. MEENAKSHI	
14.	AKANKSHA	
15.	SAACHI	
16.	RUCHIKA	
17.	PRERNA	

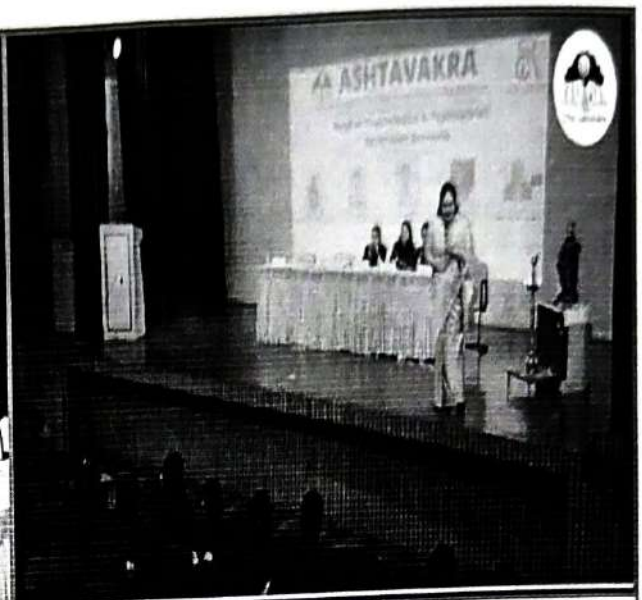
Ashlin Institute of Rehabilitation Sciences & Research
Sector-14
Rohini, Delhi-85

ASHTAVAKRA Institute of Rehabilitation Sciences and Research	Mental Health Club (ASHTAYOG)
EVENT NAME :- "Need of Psychologist & Psychiatrist in Present Scenario"	
Title of Activity*	**Workshop**
Values	Intrinsic
Learning Outcomes	**Learning Outcomes of the Workshop** After participating in the seminar on "Need of Psychologist & Psychiatrist in Present Scenario", the participants were able to: • Develop awareness about the growing need and importance of psychologists and psychiatrists in contemporary society. • Identify and understand various mental health challenges prevalent in the present scenario. • Gain knowledge about the roles and responsibilities of mental health professionals in psychological assessment, therapy, and rehabilitation. • Enhance understanding of mental wellness practices and develop a positive attitude towards seeking psychological and psychiatric services, thereby reducing stigma related to mental health. • Recognize the importance of early identification, prevention, and timely intervention in mental health issues. • Appreciate the role of interdisciplinary collaboration in providing holistic mental health care and support.
Organized by (Dept./ Centre/ Cells/Clubs/ Committees Name)*	**Organized by- Mental Health Club (ASHTAYOG)**
Program Theme*	"Need of Psychologist & Psychiatrist in Present Scenario"
External Expert / Internal Expert	Ms. Aprajita Dixit ,/ Ms. Sanjana Mittal Mr. Sandeep Tiwari

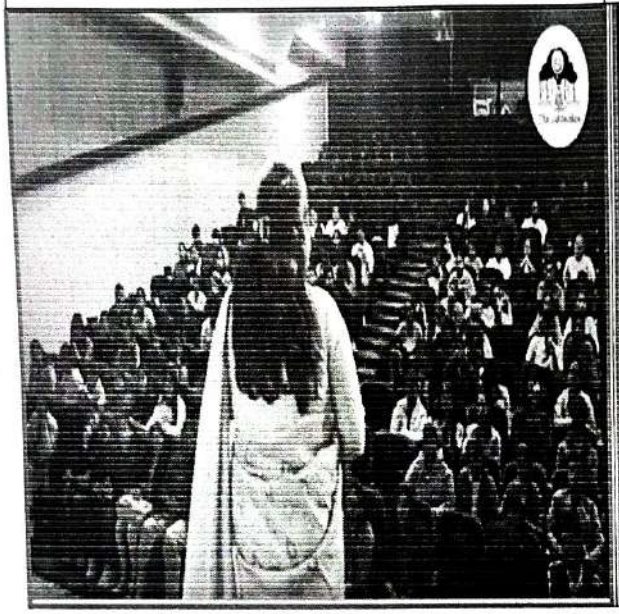
Date*	10th December 2025
Time*	01:00 PM to 2:30 PM
Venue	Tecnia Auditorium
Poster/Flyer/Notice*	
Social media link *(promoting in any one Facebook/Instagram/Twitter is mandatory)*	https://www.instagram.com/p/DSEiHskjKhF/?igsh=aHlkaG1vcDZtc2tl https://youtu.be/TSC82Z2N8yU?si=SBbOSQp_zXKBG-G2
No. of Students* *(only no. to be written, list in excel or word should be maintain at department level as proof for any further requirement)*	250
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)*	10
No. of External Participants (students + faculty) *[write NA if not applicable]*	01
(Geotag) Photograph*	
Photograph of the Event with the Caption	

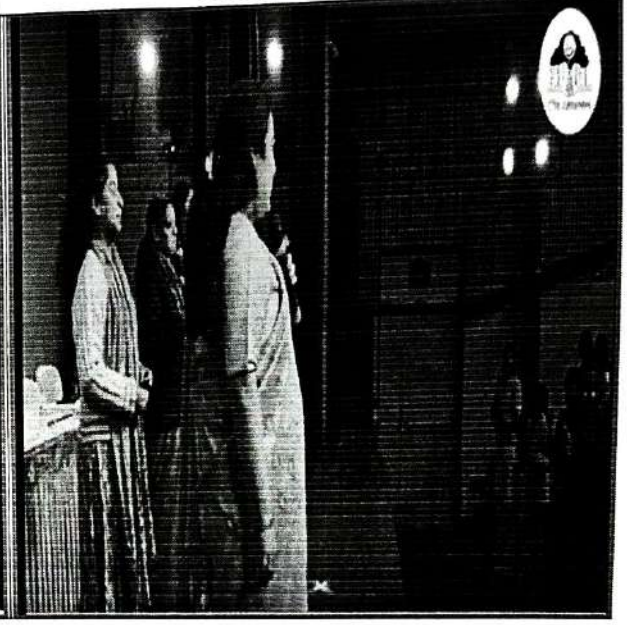


Dr. Mukta Goel addressing the participants during the seminar session.



Dr. Aprajita Dixit delivering an insightful lecture during the seminar.





Experts and Participants Engaged in Thoughtful Discussion

Report: Description in (min 250 to max 800 words)*	The Mental Health Club (ASHTAYOG) organized a workshop titled "Need of Psychologist & Psychiatrist in Present Scenario" on 10th December 2025 from 01:00 PM to 02:30 PM at the Tecnia Auditorium. The workshop aimed to create awareness about the growing demand for mental health professionals and to promote intrinsic values related to mental wellness and help-seeking behavior. The workshop commenced with an informative lecture by Dr. Mukta Goel, who highlighted the increasing importance of psychologists and psychiatrists in contemporary society. She discussed prevalent mental health challenges and emphasized the role of mental health professionals in assessment, therapy, rehabilitation, prevention, and early intervention. Following this, Dr. Aprajita Dixit conducted a detailed session focusing on practical aspects of mental health care, the significance of timely psychological and psychiatric support, and the need for interdisciplinary approaches in addressing mental health concerns. Her session provided in-depth understanding and real-life perspectives related to mental health services. Subsequently, all the experts participated in an interactive discussion with the participants on the topic. The discussion encouraged open dialogue, clarified doubts, addressed participant queries, and helped in reducing stigma related to mental health issues. The workshop witnessed active participation from students, faculty members, and external participant. The event was also promoted through social media platforms, ensuring wider outreach and engagement. At the end of the programme, Ms. Sanjana Mittal delivered the vote of thanks, expressing sincere gratitude to the resource person, management, organizing team, and participants for their active involvement and cooperation, which contributed to the successful completion of the Seminar . Overall, the session was informative, interactive, and impactful, significantly enhancing awareness and understanding of mental health and the essential role of psychologists and psychiatrists in the present scenario.

Recourse Person	Dr. Aprajita Dixit, Dr. Mukta Goel Shubh Guilati Pragya Singh
Attendance Sheet*	*Attached at the end of Report*
Feedback	Students are a valuable member of our team, and their positive attitude has helped us all continue to feel motivated, in this program Students understand about The Air pollution and its prevention and intervention.
Report Submitted by Convener *(write faculty coordinator name)*	**Sandeep Tiwari**
For Office Use	
Signature of Event Coordinator	**Signature of School/Department Head** *(With Seal)* 21/4/2016
List of Beneficiary	

Fields marked with '' are mandatory*

LIST OF STUDENT PARTICIPANTS

S.No.	Name of Volunteer	Class/ Enrollment
1.	POOJA	00552312423
2.	SARASWATI DASS	00252312423
3.	MANSI GUPTA	00352312423
4.	TANNU SHOKEEN	0652312423
5.	SHIWANI	00752312423
6.	ANSHIKA	00852312423
7.	KAVITA 1	00952312423
8.	JYOTI YADAV	1052312423

9.	GITIKA	0115231242
10.	NITESH MOHAN MISHRA	752312425
11.	SANJANA KUMARI	952312425
12.	TEENA MAHAJAN	352312425
13.	ANSHIKA	252312425
14.	BHUMI GUPTA	552312425
15.	MANSI	1352312425
16.	RACHNA KELLY	652312425
17.	JYOTI RAUTELA	152312425
18.	VISHAL SINGH	452312425
19.	ANUSHKA	852312425
20.	SATUTI SIOTRA	1252312425
21.	KOMAL YADAV	1152312425
22.	PRAGYA SINGH	1052312425
23.	Priti Saini	852312225
24.	ANJALI YADAV	952312225
25.	AJAY KUMAR YADAV	1052312225
26.	ASHWANI KUMAR YADAV	1152312225
27.	KRITIKA	152312225

28.	HIMANSHI KANWAT	252312225
29.	SAVITA	352312225
30.	AKSHAY KUMAR MEENA	452312225
31.	LAVANYA ANTIL	552312225
32.	KAUSHIKA JAISWARA	652312225
33.	MUSKAN	752312225
34.	SMRITI	152312525
35.	SUHANI	252312525
36.	ANKITA	352312525
37.	ANSHU	452312525
38.	DIYA MANN	552312525
39.	VINITA VERMA	652312525
40.	ISHITA	752312525
41.	ANUSHA	852312525
42.	PRIYA TIWARI	952312525
43.	RITIKA KUMARI	1052312525
44.	SHREYA OBEROI	1152312525
45.	NIDHI	1252312525
46.	RIYA AGGARWAL	1352312525

LIST OF External Participants

SR.N.	Name	Signature
1.	KIRTI	
2.	SAMEER MATHUR	
3.	ARPITA JHA	
4.	MANPREET KAUR	
5.	PRIYANSHI SHARMA	
6.	PARI AGGARWAL	
7.	TANISHQ	
8.	KM. GARIMA RASTOGI	
9.	JAYA DAHIYA	
10.	PALAK SHOKEEN	
11.	ISMITA	
12.	ANURAG	
13.	SHRUTI	
14.	PAYAL INSAN	
15.	DEEPALI VASHISHT	
16.	DAKSH VIJAYRAN	
17.	ANSHIKA AGEAWAL	

18.	DIYA BANSAL	
19.	ANSHIKA	
20.	RASHI	
21.	KIRTI	
22.	KANISHKA	
23.	KANIKA	
24.	LAVISH YADAV	
25.	YASHODHARA K GULATI	
26.	NIKITA	
27.	NISHIKA	
28.	FAIZAN RAZA	
29.	HIMANSHI SINGH	
30.	NITYA	
31.	MEHAK	
32.	NIDHI SHARMA	
33.	ISHA KUMARI	
34.	SACHIN SINGH	
35.	KHUSHI	
36.	ARPITA DRALL	

37.	SHIKHA SHARMA	
38.	LAXITA	
39.	GARGI	
40.	KASHISH	
41.	YASHIKA	
42.	NISHANT BALYAN	
43.	PRIYA LAKRA	
44.	NIKHIL	
45.	RIMANSHI	
46.	SANJANA KUMARI	
47.	VIDHITA MEHRA	
48.	NIKITA	
49.	KANISHKA	
50.	MEENAKSHI	
51.	RIYA	
52.	DIYA	
53.	TAMANNA DRALL	
54.	ANKIT	
55.	SHAGUN	

56.	SABA	
57.	VISHWENDER RANA	
58.	MOHD AYAN	
59.	MANYA	
60.	ASHUTOSH JHA	
61.	SANA BATUL	
62.	CHHAVI	
63.	TANUJA	
64.	DIVYANSHI	
65.	VINAY	
66.	RITIKA PAL	
67.	DEEPANSHI	
68.	KARINA	
69.	ISHIKA MAAN	
70.	MUKUL	

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 "Vigilance awareness week"

Title of Activity*	"Workshop on: **Vigilance awareness week**
Values	**Social Awareness Activity**
Learning Outcomes	• Understand the importance of vigilance and its role in promoting transparency, honesty, and accountability in personal and professional life. • Recognize how vigilance contributes to preventing corruption and building a corruption-free society. • Develop a sense of ethical responsibility and moral integrity in day-to-day conduct. • Promote awareness about citizens' duties in maintaining integrity and adhering to laws and organizational rules. • Appreciate the role of institutions like the Central Vigilance Commission (CVC) in safeguarding public interest. • Cultivate a spirit of self-discipline and active participation in institutional and community-level vigilance activities. • Encourage students and staff to apply the values of honesty, fairness, and transparency in academic and personal decisions.

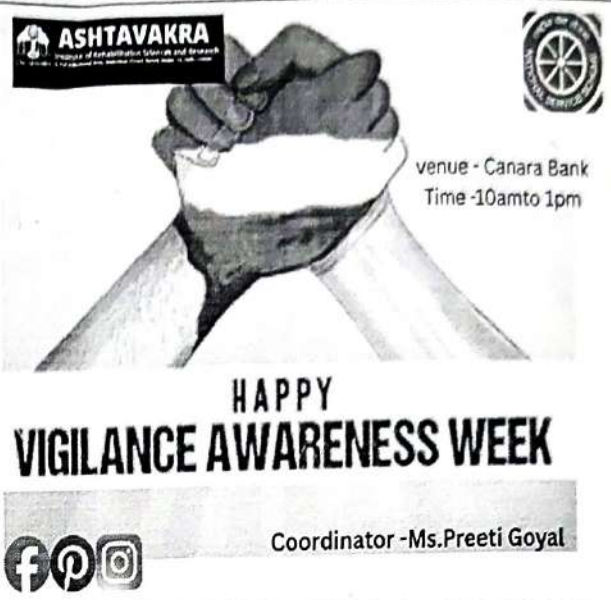
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Program Officer - NSS (SFU)
Ashtavakra Institute of Rehabilitation Sciences and Research
Madhuban Chowk, Rohini, Delhi-110085

	• Foster teamwork through activities such as poster making, debates, and pledge-taking related to vigilance and good governance.
Organized by (Dept./ Centre/ Cells/Clubs/ Committees Name)*	**ASD Dept.**
Program Theme*	As per the Central Vigilance Commission (CVC) guidelines, the official activities for Vigilance Awarene Week 2025 (observed from 27 October to 2 November 2025) revolve around the theme "Vigilance: Our Share Responsibility". The following are the officially recommended activities:
External Expert / Internal Expert	**Ms. Preeti Goyal**

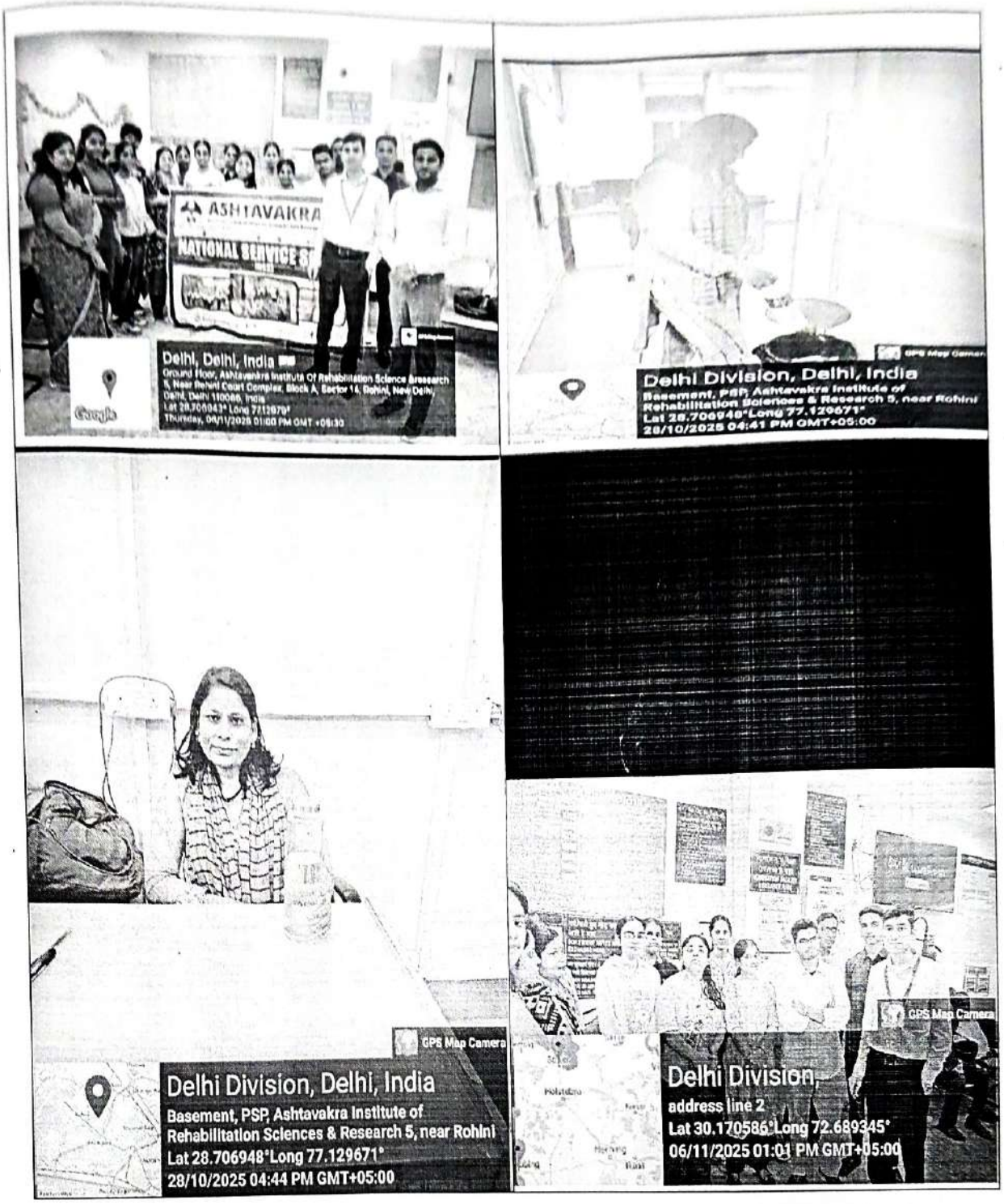
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Sector-14
Rohini, Delhi-85

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

Date*	**10th Oct. 2024**
Time*	**11:00-12:00 AM**
Venue	**Canara Bank ,Pitampura Gaon, AIRSR Canteen**
Poster/Flyer/Notice*	
Social media link *(promoting in any one Facebook/Instagram/Twitter is mandatory)*	https://www.instagram.com/p/DQswxbuj7VU/?igsh=MWhnbHBteDd4cnR1Zw==
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)*	30
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)*	6
No. of External Participants (students + faculty) *[write NA if not applicable]*	00
(Geotag) Photograph*	
Photograph of the Event with the Caption	

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



Ashtavakra Institute of Rehabilitation Science & Research
Sector-14
Rohini, Delhi-85

Program Officer NSS (SFU)
Ashtavakra Institute of R... Sciences and Research
Madhuban Chowk, ...ini, Delhi-110085

Report: Description in (min 250 to max 800 words)*	The learning outcomes for Vigilance Awareness Week 2025 focus on fostering integrity, ethical conduct, and the importance of vigilance in public and personal life. Participants are expected to: • Demonstrate an understanding of vigilance as crucial for promoting transparency, accountability, and fairness in society and institutions. • Develop greater awareness of ethical principles and anti-corruption measures in governance, workplaces, and civic responsibilities. • Exhibit enhanced ability to identify, prevent, and report corrupt practices or unethical behavior, supporting a culture of honesty. • Cultivate public speaking, creative, and analytical skills through engagement in activities like debates, essay writing, quizzes, and slogan/poster creation related to vigilance and integrity. • Become proactive, responsible, and vigilant citizens dedicated to building a transparent and fair society. These outcomes are designed to make students, employees, and community members more conscious of their roles in promoting honesty and combating corruption in all walks of life.

Ashtavakra Institute of Rehabilitation Sciences & Research Sector-14 Rohini, Delhi-85

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

Recourse Person	NA
Attendance Sheet*	*Attached at the end of Report*
Feedback	*Sample feedback Attached at the end of Report*
Report Submitted by Convener *(write faculty coordinator name)*	Mrs.Preeti Goyal
For Office Use	
Signature of Event Coordinator Program Officer, NSS (SFU) Ashtavakra Institute of Rehabilitation Sciences and Research Madhuban Chowk, Rohini, Delhi-110085	**Signature of School/Department Head** *(With Seal)* Ashtavakra Institute of Rehabilitation Sciences and Research Rohini, Delhi-110085 8/11/2015
List of Beneficiary	

Fields marked with '' are mandatory*

LIST OF STUDENT PARTICIPANTS

S.No.	Name of Volunteer	Class
S.No.	Name of Volunteer	Class
1	NEHA	B.Ed(HI)
2	TEENA SHOKEEN	B.Ed(HI)
3	MUKUL	B.Ed(HI)
4	Afsana	B.Ed(HI)
5	Mansi	B.Ed(HI)
6	GEETA	B.Ed(HI)
7	PRATIKSHA	B.Ed(HI)
8	Isha Aggarwal	B.Ed(ID)
9	YOGITA	B.Ed(ID)
10	KHUSHAL KHATRI	B.Ed(ID)
11	KIRTI	B.Ed(ID)

12	JHANVI	B.Ed(ID)
13	ANKITA	B.Ed(ID)
14	VISHAKHA	B.Ed(ID)
15	KUNAL BHARDWAJ	B.Ed(ID)
16	SARASWATI DASS	B.ed . ASD
17	MANSI GUPTA	B.ed . ASD
18	PAYAL JAIN	B.ed . ASD
19	KHUSHI AHUJA	B.ed . ASD
20	TANNU SHOKEEN	B.ed . ASD
21	SHIWANI	B.ed . ASD
22	ANSHIKA	B.ed . ASD
23	KAVITA	B.ed . ASD
24	JYOTI YADAV	B.ed . ASD
25	GITIKA	0B.ed . ASD
26	TANU BAISOYA	B.ed . ASD
27	CHANCHAL	B.ed . ASD
28	AKANKSHA GANGULY	B.ed . ASD
29	JASPREET KAUR	B.ed . ASD
30	KALYANI	B.ed . ASD

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Sector-14
Rohini, Delhi-85

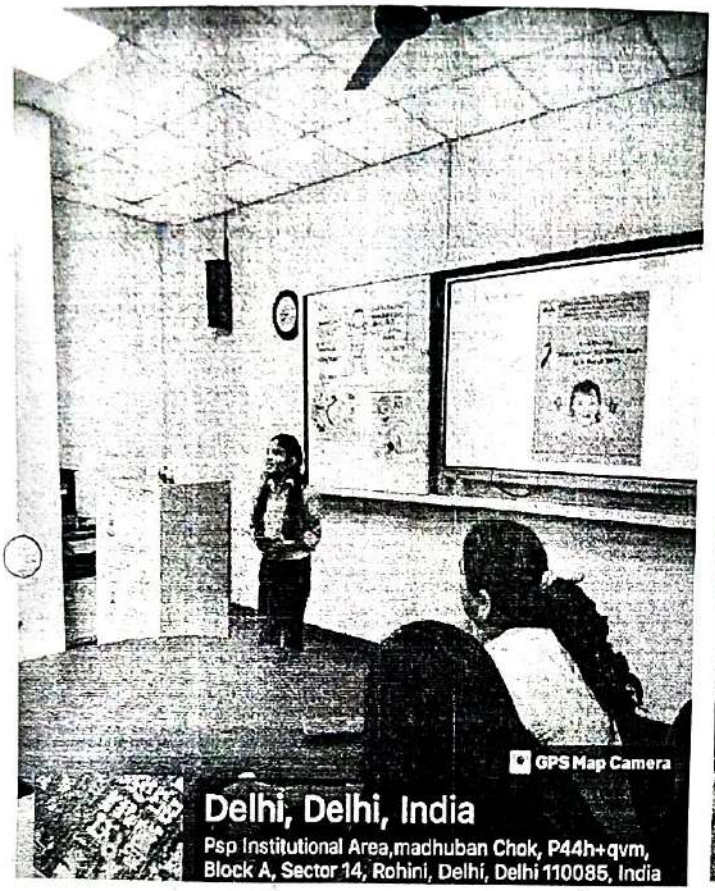
Program Officer, NSS (SFU)
Ashtavakra Institute of Rehabilitation Sciences and Research
Madhuban Chowk, Rohini, Delhi-110085

ASHTAVAKRA Institute of Rehabilitation Sciences and Research, 5, PSP Institutional Area Madhuban Chowk Rohini, Sector-14, Delhi-110085	"World Down Syndrome Day"
EVENT NAME: - "Workshop on World Down Syndrome Day"	
Title of Activity*	"Celebrating World Down Syndrome Day"
Values	**Social Awareness**
Learning Outcomes	Students will: • Understand the characteristics of Down syndrome and its impact on development. • Learn about early intervention strategies for children with Down syndrome. • Gain awareness of inclusive education practices. • Recognize the importance of prenatal testing in Down syndrome prevention.
Organized by (Dept./ Centre/ Cells/Clubs/ Committees Name)*	**ID Dept.**
Program Theme*	"Celebrating uniqueness: Down Syndrome"
External Expert / Internal Expert	**Mr. Tarun Pataanjali, Assistant Professor – Special Education (ID)** **Ms. Geeta Bhutani, Principal & H.O.D - ID** **Ms. Preeti Goyal Assistant Professor –ASD**

Ashtavakra Institute of Rehabilitation Sciences & Research * Sector-14 Rohini, Delhi-85

Date*	**21st March 2025**
Time*	**12:00 PM onwards**
Venue	**Conference Hall, Room No. 101**
Poster/Flyer/Notice*	
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)*	**66**
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)*	**17**
No. of External Participants (students + faculty) *[write NA if not applicable]*	**NA**
(Geotag) Photograph*	
Photograph of the Event with the Caption	

Ashtavakra Institute of Rehabilitation Sciences & Research * Sector-14 Rohini, Delhi-85









Ashlayam Institute of Rehabilitation Sciences
Sector-14
Rohini, Delhi-85

Report description: -	On 21st March 2025, the Intellectual Disability (ID) Department organized a World Down Syndrome Day Celebration in the conference hall (Room No. 101) with students from B.Ed. Special Education (ID). The event aimed to spread awareness and enhance understanding of Down syndrome, early intervention, and inclusive education strategies. The session commenced with an insightful presentation by Mr. Tarun Pataanjali, who elaborated on Down syndrome, its characteristics, early intervention techniques, and educational approaches. His session provided a strong theoretical foundation for the students, enabling them to comprehend the challenges and strengths of individuals with Down syndrome. Following this, Ms. Geeta Bhutani, Principal & H.O.D - ID, addressed the students regarding factors contributing to Down syndrome and the significance of prenatal testing. Her session

Sector-14
Rohini, Delhi-85

emphasized the medical aspects and preventive measures related to Down syndrome.

The event concluded with an engaging talk by Ms. Preeti Goyal, who shared her personal experiences and insights related to working with children with Down syndrome. Her practical perspectives provided the students with real-world applications of inclusive education strategies.

Overall, the World Down Syndrome Day Celebration was a great success, offering students valuable knowledge and awareness about Down syndrome and best practices in inclusive education. The interactive sessions encouraged meaningful discussions and promoted advocacy for individuals with Down syndrome.

Institute of Rehabilitation Sciences
Sector-14

Recourse Person	NA
Attendance Sheet*	*Attached at the end of Report*
Feedback	*Program was neutral and services provided during the program was helpful. During the program community was actively involved.*
Report Submitted by Convener *(write faculty coordinator name)*	Mr. Tarun Pataanjali
For Office Use	
Tarun 22/03/2025 **Signature of Event Coordinator**	Neeta 22/03/25 **Signature of School/Department Head** *(With Seal)* Ashlayam Institute of Rehabilitation Sciences & Research Sector-14 Rohini, Delhi-85
List of Beneficiary	

Fields marked with '' are mandatory*

LIST OF PARTICIPANTS

Sr. No.	Enrolment No.	Student names	Programme
1	2152312524	JHANVI	B.Ed.SE.ID
2	452312524	VEDIKA BAJAJ	B.Ed.SE.ID
3	352312524	DIKSHA BAGHAN	B.Ed.SE.ID
4	1052312524	ANKITA	B.Ed.SE.ID
5	50252312524	BHARTI SEHRAWAT	B.Ed.SE.ID
6	1152312524	ISHA AGGARWAL	B.Ed.SE.ID
7	50152312524	DAKSH SEHRAWAT	B.Ed.SE.ID
8	1252312524	MUSKAN	B.Ed.SE.ID
9	1752312524	BHUMIKA	B.Ed.SE.ID
10	652312524	RICHA MISHRA	B.Ed.SE.ID
11	35152312524	YOGITA	B.Ed.SE.ID
12	852312524	KIRTI TOMAR	B.Ed.SE.ID
13	252312524	ANVITA BHANDARI	B.Ed.SE.ID
14	1852312524	VISHAKHA SHARMA	B.Ed.SE.ID
15	2252312524	ANUPRIYA TIRKEY	B.Ed.SE.ID
16	952312524	SUDIKSHA	B.Ed.SE.ID
17	1652312524	ANUSHKA VERMA	B.Ed.SE.ID
18	35352312524	KIRTI	B.Ed.SE.ID
19	1352312524	RAVINA	B.Ed.SE.ID
20	752312524	SUMEDHA GUSAIN	B.Ed.SE.ID
21	35252312524	KUSHAL KHATRI	B.Ed.SE.ID
22	552312524	MANSI	B.Ed.SE.ID
23	50352312524	SUMIT YADAV	B.Ed.SE.ID
24	1552312524	KUNAL BHARDWAJ	B.Ed.SE.ID
25	1452312524	ALISHA	B.Ed.SE.ID
26	35352312424	MANSI SOLANKI	B.Ed.SE.ASD

Institute of Rehabilitation Sciences & Allied
Sector-14
Rohini, Delhi-85

27	752312424	ARCHANA KUMARI	B.Ed.SE.ASD
28	252312424	VANSHIKA GOYAL	B.Ed.SE.ASD
29	352312424	KIRTI GOEL	B.Ed.SE.ASD
30	35252312424	SIMPLE SOLANKI	B.Ed.SE.ASD
31	852312424	RUPAL	B.Ed.SE.ASD
32	452312424	YASH SINGH	B.Ed.SE.ASD
33	652312424	BHAWANA	B.Ed.SE.ASD
34	35152312424	PREKSHA GUPTA	B.Ed.SE.ASD
35	552312424	KARISHMA KUMARI	B.Ed.SE.ASD
36	352312224	NEHA	B.Ed.SE.HI
37	252312224	AFSANA	B.Ed.SE.HI
38	35352312224	PRATIKSHA	B.Ed.SE.HI
39	35152312224	MANSI	B.Ed.SE.HI
40	152312224	MUKUL	B.Ed.SE.HI
41	452312224	TEENA SHOKEEN	B.Ed.SE.HI
42	35252312224	GEETA	B.Ed.SE.HI
43	152312624	VARSHA	B.Ed.SE.VI
44	35152312624	KIRTI SINGH	B.Ed.SE.VI
45	35252312624	RITIKA	B.Ed.SE.VI
46	35352312624	PRERNA	B.Ed.SE.VI
47	252312624	HARSHITA GUPTA	B.Ed.SE.VI
48	552312324	RIYA RANA	B.Ed.SE.LD
49	35252312324	LAXMI	B.Ed.SE.LD
50	35152312324	KOMAL	B.Ed.SE.LD
51	752312324	POOJA CHAHAL	B.Ed.SE.LD
52	852312324	JYOTI	B.Ed.SE.LD
53	1052312324	ALISHA MALIK	B.Ed.SE.LD
54	1152312324	RIDHIMA PANDEY	B.Ed.SE.LD
55	1352312324	MAHIMA RAJPUT	B.Ed.SE.LD
56	1452312324	PAWAN KUMAR	B.Ed.SE.LD
57	152312324	NIDHI	B.Ed.SE.LD
58	252312324	ARYAN DABAS	B.Ed.SE.LD
59	352312324	ANKITA RAWAT	B.Ed.SE.LD
60	35352312324	HARSHITA	B.Ed.SE.LD
61	452312324	PARUL SAINI	B.Ed.SE.LD
62	952312324	RIYA SARASWAT	B.Ed.SE.LD
63	50152312324	ADITI GAUR	B.Ed.SE.LD
64	1552312324	POOJA	B.Ed.SE.LD
65	652312324	ANANYA BAWA	B.Ed.SE.LD
66	1252312324	RIYA GIRSA	B.Ed.SE.LD

Ashlayka Institute of Rehabilitation Sciences & Research
Sector-14
Rohini, Delhi-85

LIST OF FACULTY MEMBERS

S.No.	Name of Faculty members
1.	**Ms. Sanjana Mittal (Deputy 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.	Mr. Mohd Haseeb (HOD ASD)
9.	Mr. Sandeep Tiwari (Faculty ASD)
10.	Ms. Anoushka Sharma (HOD LD)
11.	Ms. Mansa Verma (Faculty VI)
12.	Sandeep Upadhyay (HOD-VI)
13.	Mr. Dinesh Bindal (Faculty VI)
14.	Mr. Harish Kumar (HOD MD)
15.	Vikas Kumar (Faculty MD)
16.	Mr. Ramtirath Prajapati (Faculty VI)
17.	Ms. Jyoti (Faculty HI)

Ashlayaka Institute of Rehabilitation Sciences & Research
Sector-14
Rohini, Delhi-85

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 : inforehab@tecnia.in Website : www.rehab.tecnia.in

LANGUAGE/ SIGN LANGUAGE PERSONALITY DEVELOPMENT LAB REPORT

Academic Session: 2025–26

ABOUT THE SIGN LANGUAGE LAB

The Sign Language Lab at Ashtavakra Institute of Rehabilitation Sciences & Research is an academic and skill-development facility designed to provide students with practical exposure to Indian Sign Language (ISL) and effective communication with individuals who are Deaf or Hard of Hearing. The lab provides a structured and interactive learning environment where students develop basic sign-language communication skills through demonstrations, guided practice, visual learning resources, role-play and interactive communication activities.

OBJECTIVES

- To develop basic competency in Indian Sign Language (ISL) among students.
- To create awareness regarding communication accessibility and inclusion.
- To develop confidence in using signs during academic and professional interactions.
- To strengthen students' professional competencies in rehabilitation and psychological settings.

MAJOR AREAS COVERED

Introduction to Indian Sign Language (ISL) | ISL alphabet and finger spelling | Numbers, greetings and introductions | Family and commonly used vocabulary | Educational, health and rehabilitation-related signs | Emotions and psychological well-being | Basic sentence formation | Role-play and conversational practice

ACTIVITIES UNDERTAKEN

S. No.	Activity	Description
1	ISL Orientation	Introduction to Indian Sign Language and its importance.
2	Alphabet & Finger Spelling	Practice of ISL alphabet and spelling of names.
3	Basic Vocabulary	Learning and practising commonly used signs.
4	Greetings & Introduction	Practice of self-introduction and greetings.
5	Health & Rehabilitation	Relevant signs used in professional settings.
6	Role Play	Practice of real-life communication situations.

7	Interactive Practice	Pair and group-based sign-language communication.

BATCH / STUDENT PARTICIPATION

S. No.	Programme/Class	No. of Students	Venue
1	**B. Ed. SE ASD**	**07**	Room No. 101
2	**B. Ed. SE ID**	**08**	Room No. 101
3	**B. Ed. SE LD**	**06**	Room No. 101
4	**B. Ed. SE HI**	**09**	Room No. 101
5	**B. Ed. SE VI**	**05**	Room No. 101

Total Students Participated: **35** Faculty Coordinator: **Mr. Prabhat Ranjan**
Deaf Instructor/Resource Person: **Devesh Ahirwar**

SIGN LANGUAGE LAB – OUTCOMES & EVIDENCE

VENUE & INFRASTRUCTURE

The Sign Language Lab is conducted in the designated laboratory/classroom facility of Ashtavakra Institute of Rehabilitation Sciences & Research. The learning environment supports visual learning, demonstration, guided practice, audio-visual resources, interactive activities and individual/group practice.

OBSERVATIONS

Students actively participated in the Sign Language Lab sessions and demonstrated interest in learning basic Indian Sign Language. Students were provided opportunities to observe signs, practise them individually and in group, and use learned signs during simple communication exercises. The practical sessions helped students gain confidence in visual and non-verbal communication and enhanced their awareness of the communication needs of Deaf and Hard-of-Hearing individuals.

OUTCOME OF THE SIGN LANGUAGE LAB

- Students developed awareness of Indian Sign Language and inclusive communication.
- Students learned basic signs and finger-spelling techniques.
- Students improved their ability to communicate using visual and non-verbal methods.
- Students developed greater confidence in interacting with Deaf and Hard-of-Hearing individuals.
- Students gained exposure to communication strategies relevant to rehabilitation and psychological services.

- The activity promoted inclusion, accessibility and equal participation.

PHOTOGRAPHIC EVIDENCE



Students learned basic signs and finger-spelling techniques





Mock Examination Session for Strengthening Test-Taking Skills and Confidence

CONCLUSION

The Sign Language Lab at Ashtavakra Institute of Rehabilitation Sciences & Research provides an important platform for developing students' practical communication competencies. The sessions combine orientation with hands-on practice and support the institute's commitment to inclusive education, rehabilitation, accessibility and professional skill development.

Faculty/Activity Coordinator	Name: Prabhat Ranjan Signature:
Deaf Instructor	Name: Devesh Ahirwar Signature:

Ashtavakra Institute of Rehabilitation Sciences & Research
Sector-14
Rohini, Delhi-85

Sanjana Mittal
Deputy Director

Participants' List

Sr.No.	Name of the Students	Course	Signature
1.	Varsha	B.Ed. SE VI	
2.	Ritika	B.Ed. SE VI	
3.	Harshita Gupta	B.Ed. SE VI	
4.	Kirti Singh	B.Ed. SE VI	
5.	Prerna	B.Ed. SE VI	
6.	Jyoti Rautela	B.Ed. SE ASD	
7.	Rachna Kelly	B.Ed. SE ASD	
8.	Nitesh Mohan Mishra	B.Ed. SE ASD	
9.	Sanjana	B.Ed. SE ASD	
10.	Komal	B.Ed. SE ASD	
11.	Bhumi Gupta	B.Ed. SE ASD	
12.	Anushka	B.Ed. SE ASD	
13.	Ayush Saini	B.Ed. SE HI	
14.	Shivani	B.Ed. SE HI	
15.	Savita	B.Ed. SE HI	
16.	Charul	B.Ed. SE HI	
17.	Anjali Yadav	B.Ed. SE HI	
18.	Himanshi Kanwat	B.Ed. SE HI	
19.	Kritika	B.Ed. SE HI	
20.	Mushkan	B.Ed. SE HI	
21.	Akshay kumarmeena	B.Ed. SE HI	
22.	Diya Mann	B.Ed. SE ID	
23.	Priya Tiwari	B.Ed. SE ID	
24.	Prbhnoor Kaur	B.Ed. SE ID	
25.	Anshu	B.Ed. SE ID	
26.	Mamta Kumari	B.Ed. SE ID	
27.	Janial Kumar Sagar	B.Ed. SE ID	
28.	Anshika	B.Ed. SE ID	
29.	Manshi	B.Ed. SE ID	
30.	Dilraj Kaur	B.Ed. SE LD	
31.	Vanshika	B.Ed. SE LD	
32.	Sunny Sharma	B.Ed. SE LD	
33.	Aditi Kaushik	B.Ed. SE LD	
34.	Manshi	B.Ed. SE LD	
35.	Fatima Khan	B.Ed. SE LD	

Ashlaya Institute of Rehabilitation Sciences & Research
Sector-14
Rohini, Delhi-85

ASHTAVAKRA Institute of Rehabilitation Sciences and Research S, PSP Institutional Area Madhuban Chowk Rohini, Sector-14, Delhi-110085	International Sign Language Week 2026
EVENT NAME	
Title of Activity*	International Sign Language Week 2026
Values	The students will be able to value Indian Sign Language (ISL) as an important means of communication, participation, identity, and inclusion; develop respect, empathy, dignity, and sensitivity towards Deaf persons and the Deaf community; promote equal opportunities for communication and participation by reducing communication barriers; appreciate diversity in communication and recognize the importance of accessible and inclusive practices; develop positive attitudes towards sign language through collaborative, creative, and awareness-based activities; and develop a commitment towards early identification, appropriate hearing assessment, and timely support for persons with hearing impairment.
Learning Outcomes	• The Students will be able to Demonstrate greater awareness of the role and importance of Indian Sign Language in creating an inclusive and accessible society. • The Students will be able to Participate in sign language-based games and interactive activities to strengthen communication through signs. • The Students will be able to Communicate key messages related to the importance, role, and promotion of ISL through presentations and creative poster-making. • The Students will be able to Gain exposure to activities related to Indian Sign Language and Deaf awareness through the ISLRTC programme. • The Students will be able to Explain the importance of inclusive

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	communication and demonstrate a positive attitude towards the use of sign language. • The Students will be able to Take part in a Sign Language Pledge reflecting commitment towards respectful, inclusive, and accessible communication. • The Students will be able to Explain basic concepts related to hearing testing, including its importance, early identification, and relevant assessment practices. • The Students will be able to Develop greater awareness of the relationship between communication accessibility, hearing identification, and participation in education and society. • The Students will be able to Apply the learning from the week-long activities to promote awareness, respect, and inclusive communication within educational and community settings.
Organized by (Dept./ Centre/ Cells/Clubs/ Committees Name)*	Hearing Impairment Department, Ashtavakra Institute of Rehabilitation Sciences and Research
Program Theme*	Promoting Sign Language for an Inclusive and Accessible Society
External Expert / Internal Expert	Internal Expert: Mr. Harsh

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Date*	21st to 25th September 2026
Time*	10:00 AM onwards, as per the scheduled activities
Venue	Room No. 207, AIRSR Campus
Poster/Flyer/Notice*	
Social media link *(promoting in any one Facebook/Instagram/Twitter is mandatory)*	https://www.instagram.com/reel/DZXDD_ETokj/?igsh=MWMyaTFhaTZla3VwNQ==
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)*	51
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)*	05
No. of External Participants (students + faculty) *[write NA if not applicable]*	NA
(Geotag) Photograph*	
Photograph of the Event with the Caption	

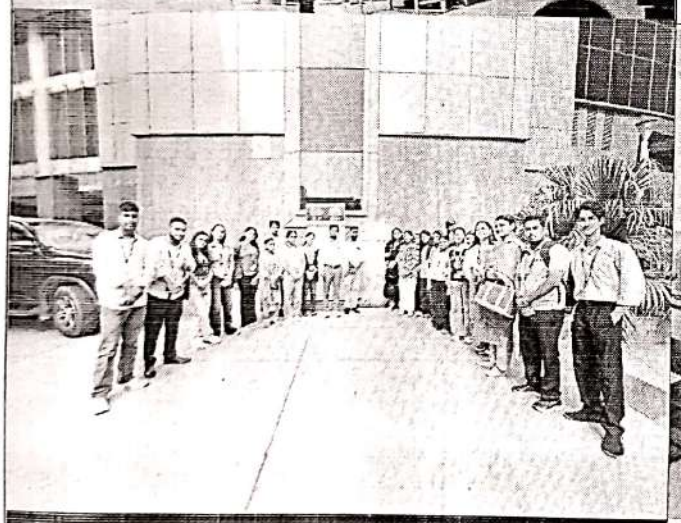
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:port: Description in (min 250 to max 800)rds)*

International Sign Language Week 2026 was observed at Ashtavakra Institute of Rehabilitation Sciences and Research under the theme "Promoting Sign Language for an Inclusive and Accessible Society." The programme was organized through a series of awareness, interactive, creative, experiential, and academic activities from 21st to 25th September 2026. The week-long programme aimed to promote awareness and appreciation of Indian Sign Language (ISL), encourage inclusive communication, strengthen understanding of Deaf awareness, and highlight the importance of early identification and hearing assessment.

The programme commenced on 21st September 2026 with Games & Interactive Activities coordinated by Mr. Harsh. The session included sign language-based games, interactive activities, and fun learning exercises designed to encourage communication through signs. The activity provided an engaging platform to experience communication beyond spoken language and appreciate the importance of accessible communication.

On 22nd September 2026, Ms. Jyoti coordinated the Presentation & Poster Making activity. Student presentations and creative poster-making focused on the importance, role, and promotion of Indian Sign Language. The activity encouraged participants to communicate awareness messages creatively and strengthened their understanding of ISL as an important component of inclusive and accessible education and society.

The third day, 23rd September 2026, featured an ISLRTC Programme coordinated by Ms. Radha Rawat. Students attended the programme and participated in activities related to Indian Sign Language and Deaf awareness. The exposure broadened participants' understanding of sign language, Deaf awareness, communication accessibility, and the

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importance of creating supportive environments for persons with hearing impairment.

On 24th September 2026, Mr. Jitender Srivastava coordinated an Awareness Programme & Sign Language Pledge. The awareness session highlighted the importance of sign language, followed by a Sign Language Pledge encouraging inclusive communication and respect for the Deaf community. The activity reinforced the responsibility of educational institutions and individuals in promoting communication access and social inclusion.

The final activity on 25th September 2026 was an Expert Lecture on Hearing Testing, coordinated by Mr. Prabhat Ranjan. The session covered basic concepts of hearing testing, the importance of early identification, and relevant assessment practices. It helped participants understand the role of timely hearing assessment in identifying hearing-related needs and facilitating appropriate support and intervention.

Overall, International Sign Language Week provided a meaningful combination of experiential learning, creative expression, awareness building, community-oriented participation, and academic learning. The programme promoted positive attitudes towards Indian Sign Language and strengthened awareness of inclusive communication, Deaf awareness, hearing assessment, and accessibility. Through these activities, participants were encouraged to recognize communication diversity, respect the Deaf community, and contribute towards building a more inclusive and accessible society.

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Resource Person	Ms. Radha Rawat
Attendance Sheet*	Attached at the end of Report
Feedback	Attached at the end of Report
Report Submitted by Convener *(write faculty coordinator name)*	Ms. Radha Rawat, HoD, HI Department
For Office Use	
Signature of Event Coordinator 6/10/26	**Signature of School/Department Head** 6/10/2026 *(With Seal)*
List of Beneficiary	

Fields marked with '' are mandatory*

LIST OF THE PARTICIPANTS

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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 : inforehab@tecnia.in Website : www.rehab.tecnia.in

LIST OF STUDENT 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	452312325	ZOYA AHMED	B.Ed.SE.LD	
21	552312325	SONALI	B.Ed.SE.LD	
22	652312325	ADITI KAUSHIK	B.Ed.SE.LD	
23	752312325	DILRAJ KAUR	B.Ed.SE.LD	
24	852312325	VANSHIKA	B.Ed.SE.LD	
25	952312325	FATIMA KHAN	B.Ed.SE.LD	
26	1052312325	PRACHI GAUTAM	B.Ed.SE.LD	
27	152312325	ANJU CHAUDHARY	B.Ed.SE.LD	
28	852312225	Priti Saini	B.Ed.SE.HI	
29	952312225	ANJALI YADAV	B.Ed.SE.HI	
30	1052312225	AJAY KUMAR YADAV	B.Ed.SE.HI	
31	1152312225	ASHWANI KUMAR YADAV	B.Ed.SE.HI	
32	152312225	KRITIKA	B.Ed.SE.HI	
33	252312225	HIMANSHI KANWAT	B.Ed.SE.HI	
34	352312225	SAVITA	B.Ed.SE.HI	

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35	452312225	AKSHAY KUMAR MEENA	B.Ed.SE.HI	
36	552312225	LAVANYA ANTIL	B.Ed.SE.HI	
37	652312225	KAUSHIKA JAISWARA	B.Ed.SE.HI	
38	752312225	MUSKAN	B.Ed.SE.HI	
39	152312425	JYOTI RAUTELA	B.Ed.SE.ASD	
40	252312425	ANSHIKA	B.Ed.SE.ASD	
41	352312425	TEENA MAHAJAN	B.Ed.SE.ASD	
42	452312425	VISHAL	B.Ed.SE.ASD	
43	552312425	BHUMI GUPTA	B.Ed.SE.ASD	
44	652312425	RACHNA KELLY	B.Ed.SE.ASD	
45	752312425	Nitesh Mohan Mishra	B.Ed.SE.ASD	
46	852312425	Anushka	B.Ed.SE.ASD	
47	952312425	Sanjana Kumari	B.Ed.SE.ASD	
48	1052312425	PRAGYA SINGH	B.Ed.SE.ASD	
49	152312625	FAGUNI SOLANKI	B.Ed.SR.VI	
50	252312625	HONEY MANN	B.Ed.SR.VI	
51	352312625	NIDHI BHATI	B.Ed.SR.VI	
52	452312625	PRIYANSHU KAPIL	B.Ed.SR.VI	
53	552312625	PRIYANKA PAWAR	B.Ed.SR.VI	

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