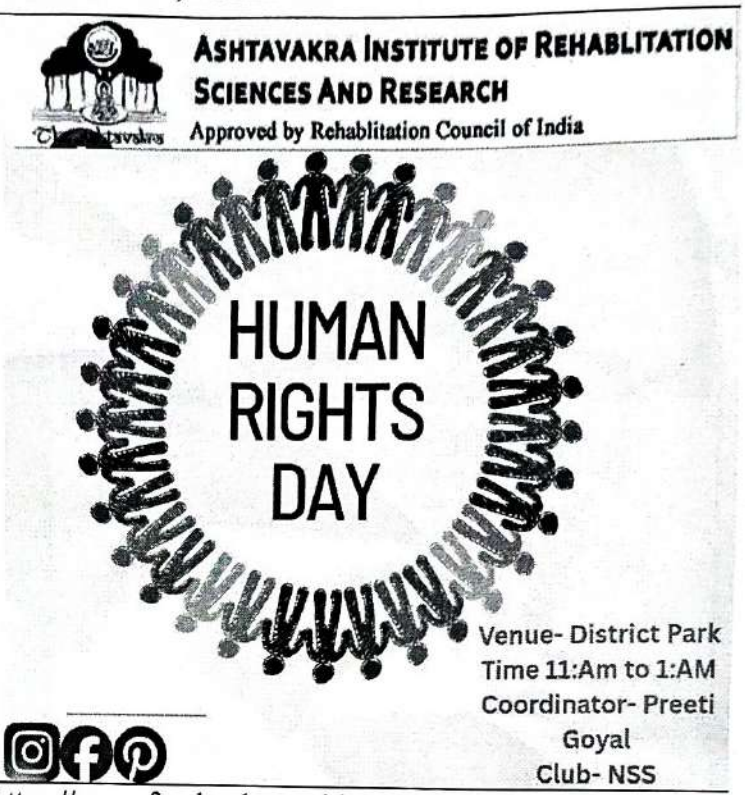
ASHTAVAKRA
Institute of Rehabilitation Sciences and Research
5, PSP Institutional Area Madhuban Chowk Rohini, Sector-14, Delhi-110085

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

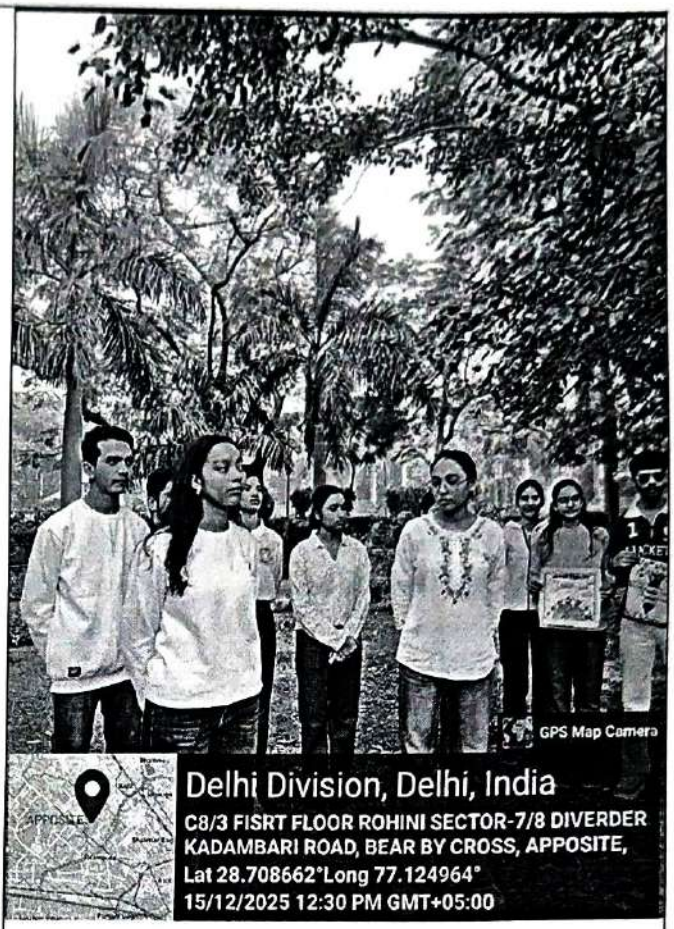
EVENT NAME:- Human Rights Day

Title of Activity*	**Drama (Human Rights Day)**
Values	**Social Awareness**
Learning Outcomes	Explain the concept of health as a state of physical mental, and social well-being, and differentiate betweer communicable and non-communicable diseases. Identify major risk factors (poor hygiene, unhealthy diet inactivity, substance use, stress) and describe at leas three evidence-based strategies to prevent commor lifestyle and infectious diseases. Demonstrate key self-care practices such as correc hand-washing, safe drinking-water practices, balancec food choices, regular physical activity, and adequate sleep in daily routine. Recognise early warning signs of physical and menta health problems and state when and how to seek help from parents, teachers, or health professionals anc services available in the community. Show positive attitudes toward individuals with illness o disability, avoiding stigma and using respectful supportive language and behaviours in inclusive settings. Analyse health information from media and peers distinguish reliable from unreliable sources, and make informed, responsible decisions about behaviours such as substance use, sexual health, and screen time. Participate in at least one health-promoting actior (poster, rally, peer session, cleanliness or fitness drive and communicate key health messages clearly to peers and family members.

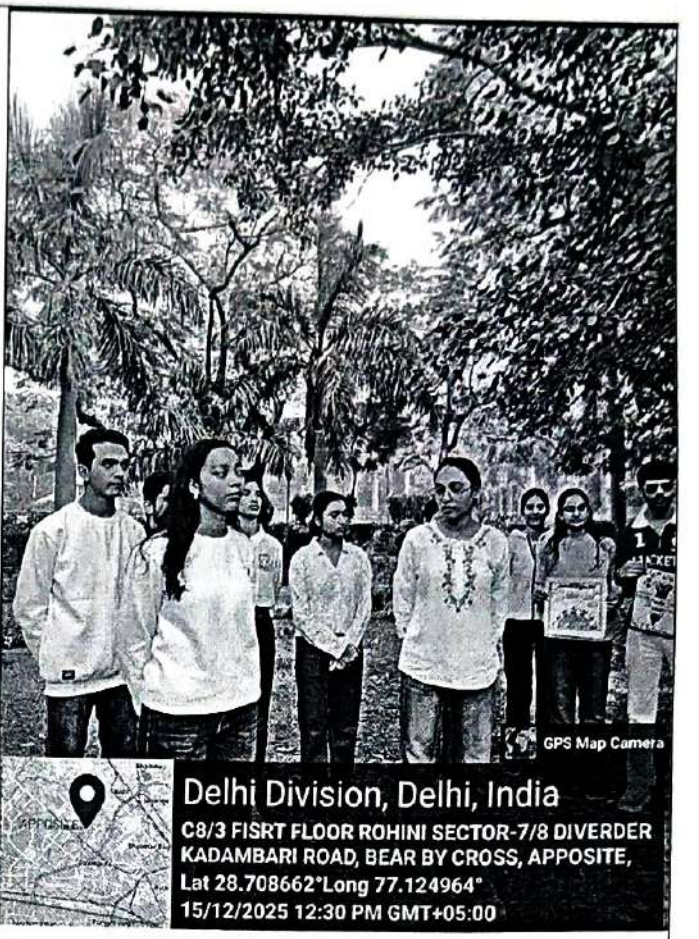
Institute of Rehabilitation Sciences
4/1, Sector-14

Organized by (Dept./ Centre/ Cells/Clubs/ Committees Name)*	**NSS Club**
Program Theme*	**Health Awareness Play**
External Expert / Internal Expert	**Ms. Preeti Goyal**
Date*	**10th December, 2025**
Time*	**11:00AM – 12:00Noon.**
Venue	**District Park, Rohini**
Poster/Flyer/Notice*	
Social media link *(promoting in any one Facebook/Instagram/Twitter is mandatory)*	https://www.facebook.com/share/p/1BwiMR5fZv/?mibextid=wwXIfr
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)*	**1**
No. of External Participants (students + faculty) *[write NA if not applicable]*	**NA**
(Geotag) Photograph*	
Photograph of the Event with the Caption	

Institute of Rehabilitation Sciences 4/1, Sector-14



Report: Description in (min 250 to max 800 words)*	Health awareness refers to the understanding, attitudes, and practices that individuals develop to maintain and promote their physical, mental, and social well-being. In the context of an educational institution, a health awareness programme or activity aims to sensitize students, staff, and sometimes community members about important health issues, risk factors, and preventive measures. Such programmes typically cover topics like personal hygiene, nutrition, physical activity, mental health, substance abuse, reproductive health, and communicable as well as non-communicable diseases. By increasing awareness, the institution helps participants make informed decisions about their lifestyle and encourages early identification of health problems for timely intervention. A well-planned health awareness programme begins with identifying the specific needs of the



Report: Description in (min 250 to max 800 words)*	Health awareness refers to the understanding, attitudes, and practices that individuals develop to maintain and promote their physical, mental, and social well-being. In the context of an educational institution, a health awareness programme or activity aims to sensitize students, staff, and sometimes community members about important health issues, risk factors, and preventive measures. Such programmes typically cover topics like personal hygiene, nutrition, physical activity, mental health, substance abuse, reproductive health, and communicable as well as non-communicable diseases. By increasing awareness, the institution helps participants make informed decisions about their lifestyle and encourages early identification of health problems for timely intervention. A well-planned health awareness programme begins with identifying the specific needs of the

target group, such as common health complaints, local disease patterns, or behavioural risk factors like irregular eating habits or sedentary lifestyle. Sessions may be organised in the form of lectures, interactive workshops, poster presentations, role plays, health exhibitions, or community outreach activities. Experts such as doctors, psychologists, nutritionists, nurses, and special educators are often invited to provide accurate information and practical guidance. The use of audio-visual aids, real-life case examples, and simple screening tools (for BMI, blood pressure, vision, etc.) helps participants relate concepts to their own lives and increases engagement. When health awareness activities are integrated into the curriculum or co-curricular calendar, they support broader educational goals of developing responsible and autonomous learners.

The learning outcomes of a health awareness programme can be described at the cognitive, affective, and behavioural levels. Cognitively, participants gain knowledge about causes, symptoms, prevention, and management of common health conditions, as well as about available health services and referral pathways. They learn to differentiate between myths and scientific facts, interpret basic health information (such as food labels or vaccination schedules), and understand the long-term consequences of unhealthy behaviours. Affectively, programmes aim to foster positive attitudes toward self-care, empathy for individuals with illnesses or disabilities, and a sense of responsibility for one's own and others' well-being. Behaviourally, expected outcomes include adoption of healthier routines such as regular handwashing, balanced diet, adequate sleep, physical exercise, stress-management practices, and readiness to seek timely professional help when needed.

In educational settings, evidence shows that structured health education and awareness initiatives contribute not only to better health indicators but also to improved academic performance, attendance, and classroom behaviour. Students who understand the link between health and learning are more likely to

	avoid risk behaviours like substance use and to participate actively in school activities. Institutions can assess the effectiveness of health awareness programmes through pre- and post-tests, feedback forms, observation of behaviour changes, and follow-up activities such as health clubs or peer educator programmes. International guidelines from organisations such as UNESCO and national school health policies emphasise that sustained, age-appropriate health awareness, delivered through participatory and inclusive methods, is essential for building healthy, resilient, and productive citizens.
Recourse Person	Ms.Preeti Goyal
Attendance Sheet*	*Attached at the end of Report*
Feedback	*Event was full of joy,productive and interactive.*
Report Submitted by Convener *(write faculty coordinator name)*	Ms..Preeti Goyal
For Office Use	
Signature of Event Coordinator	**Signature of School/Department Head** *(With Seal)* 26/12/2025
List of Beneficiary	

Fields marked with '' are mandatory*

LIST OF STUDENT PARTICIPANTS

S. No.	Name	Course
1.	Kashish	D.Ed SE IDD
2.	Kumkum	D.Ed SE IDD

3.	Khushi	D.Ed SE IDD
4.	Shaksham	D.Ed SE IDD
5.	Harshita Rathore	D.Ed SE IDD
6.	Samriddhi	D.Ed SE IDD
7.	Jiya khatri	D.Ed SE IDD
8.	Chetna Rohilla	D.Ed SE IDD
9.	Bhumika	D.Ed SE IDD
10.	Vanshika	D.Ed SE IDD
11.	Muskan	D.Ed SE IDD
12.	Tanya	D.Ed SE IDD
13.	Kareena Solanki	D.Ed SE IDD
14.	Vanshika	D.Ed SE IDD
15.	Vansh Khatri	D.Ed SE IDD
16.	Dev joon	D.Ed SE IDD
17.	Dimple Bhardwaj	D.Ed SE IDD
18.	Manoj	D.Ed SE IDD
19.	Prateek rana	D.Ed SE IDD
20.	Madhuri	D.Ed SE IDD
21.	Shivansh	D.Ed SE IDD
22.	Piyush Dabas	D.Ed SE IDD
23.	Aditya Khatri	D.Ed SE IDD
24.	Chirag	D.Ed SE IDD
25.	Shreya	D.Ed SE IDD
26.	Neetu Jha	D.Ed SE IDD
27.	Kanishka	D.Ed SE IDD

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28.	Jyoti	D.Ed SE IDD
29.	Neha	D.Ed SE IDD
30.	Ms. Neeti kaushik	Faculty

