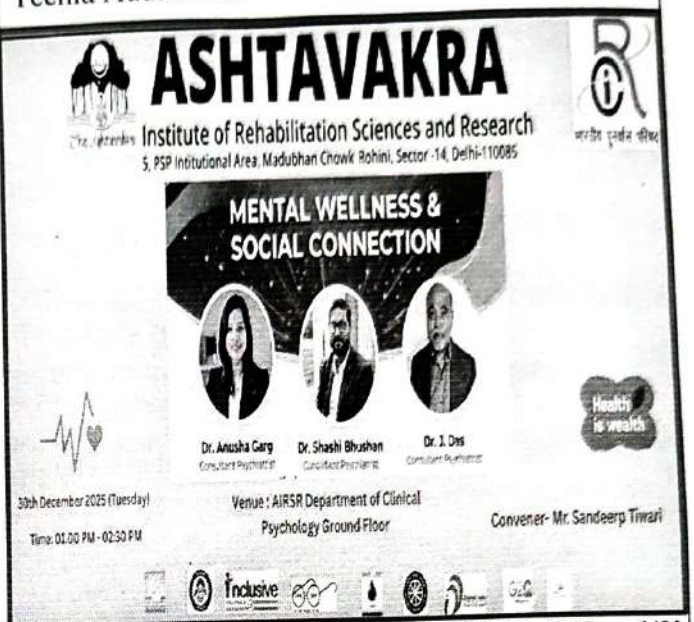
| ASHTAVAKRA Institute of Rehabilitation Sciences and Research<br>5, PSP Institutional Area Madhuban Chowk Rohini, Sector-14, Delhi-110085 | Mental Health Club (ASHTAYOG) |
|---|---|
| **EVENT NAME :-** Mental Wellness & Social Connection | |
| **Title of Activity*** | **Seminar on Mental Wellness & Social Connection** |
| **Values** | Intrinsic |
| **Learning Outcomes** | **Learning Outcomes of the Workshop**<br><br>After participating in the seminar on **"Mental Wellness & Social Connection"**, the participants were able to:<br><br>1. Develop enhanced awareness regarding mental health issues and the significance of social well-being in daily life.<br>2. Understand the importance of open dialogue in reducing stigma associated with mental health conditions and seeking professional help.<br>3. Acquire practical strategies related to mindfulness, emotional regulation, and stress management for maintaining psychological well-being.<br>4. Recognize the value of social connection, peer interaction, and community support in promoting positive mental health.<br>5. Improve self-reflection and emotional insight, enabling participants to identify personal stressors and adopt healthier coping mechanisms.<br>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 |

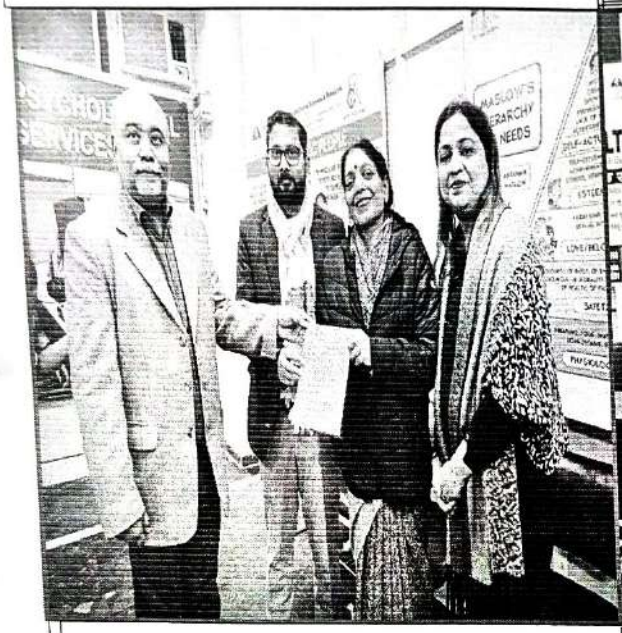
| | |
|---|---|
| **Date*** | 30th December 2025 |
| **Time*** | 06:00 PM |
| **Venue** | Tecnia Auditorium |
| **Poster/Flyer/Notice*** |  |
| **Social media link** *(promoting in any one Facebook/Instagram/Twitter is mandatory)* | https://www.instagram.com/reel/DTNSxD8kyc6/?igsh=eXludWw2NXV6b3F0<br>https://www.facebook.com/share/v/1AEKhBdx4a/<br>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 | |




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

| | |
|---|---|
| | 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. |
| **Report: Description in (min 250 to max 800 words)*** | 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.<br><br>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.<br><br>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.<br><br>Through expert talks and interactive discussions, participants gained enhanced awareness of mental 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.<br><br>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.<br><br>Overall, the seminar was informative, impactful, and well-received, contributing significantly to mental health awareness and strengthening social bonds among the participants. |

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|---|---|
| **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 | 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 |

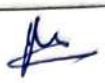
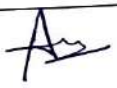
| | | |
|---|---|---|
| 9. | GITIKA | 0115231242 |
| 10. | NITESH MOHAN MISHRA | 752312425 |
| 11. | SANJANA KUMARI | 952312425 |
| 12. | TEENA MAHAJAN | 352312425 |
| 13. | ANSHIKA | 252312425 |
| 14. | BHUMI GUPTA | 552312425 |
| 15. | MANSI | 1352312425 |
| 16. | RACHNA KELLY | 652312425 |
| 17. | 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 |

| | | |
|---|---|---|
| 47. | NEETU | 1452312525 |
| 48. | JANIAL KUMAR SAGAR | 1552312525 |
| 49. | MAMTA KUMARI | 1652312525 |
| 50. | ANSHIKA KADYAN | 1752312525 |

**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 |  |
| 27. | Shruti |  |
| 28. | Payal Insan |  |
| 29. | Deepali Vashisht |  |
| 30. | Daksh Vijayran |  |
| 31. | Anshika Ageawal |  |
| 32. | Diya Bansal |  |

| | | |
|---|---|---|
| 33. | Anshika |  |
| 34. | Rashi |  |
| 35. | kirti |  |
| 36. | Kanishka |  |
| 37. | Kanika |  |
| 38. | Lavish Yadav |  |
| 39. | Yashodhara K Gulati |  |
| 40. | Nikita |  |