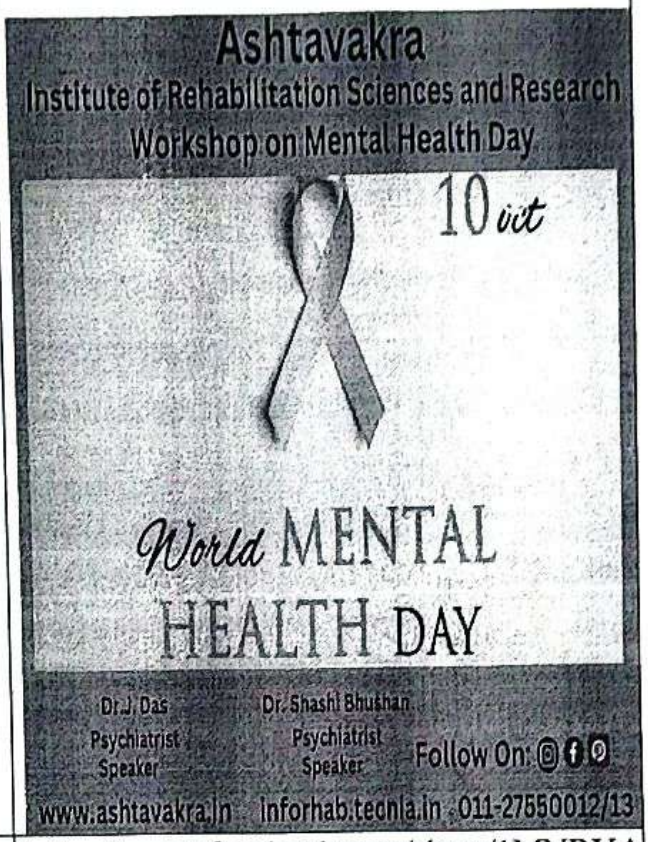
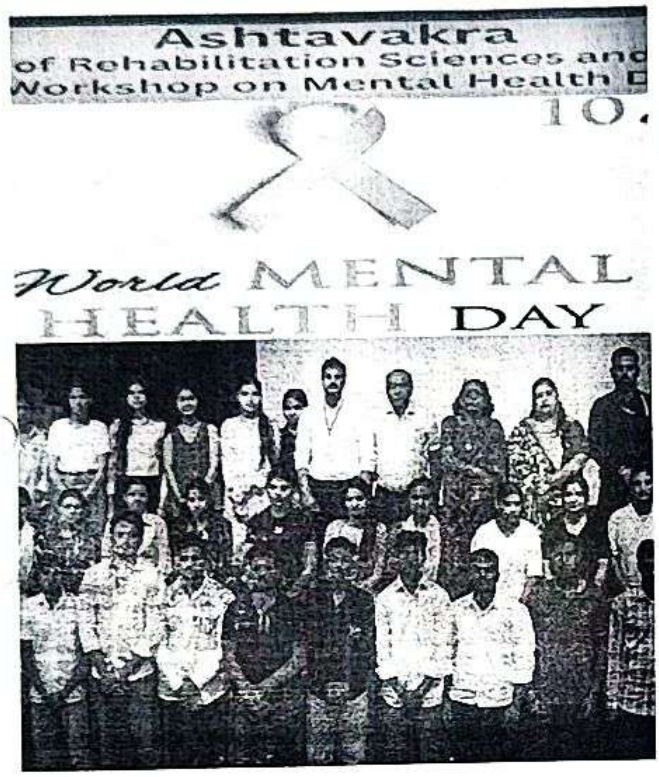
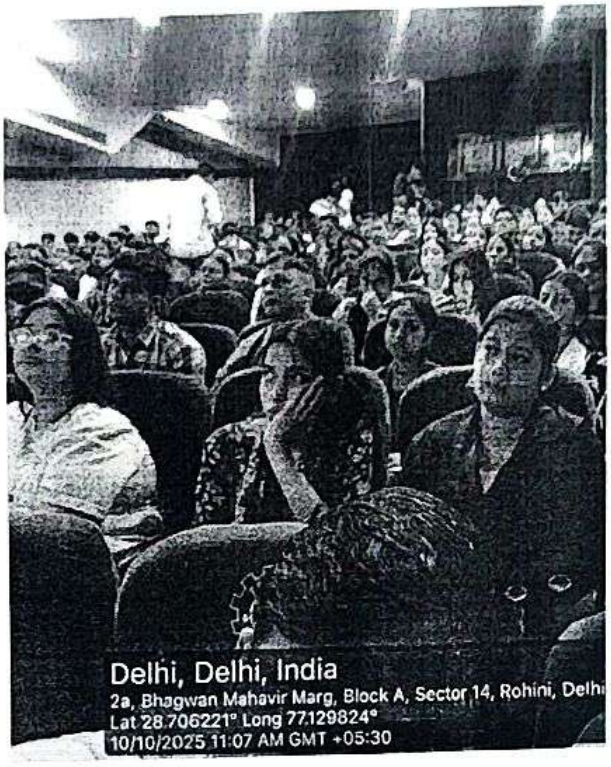
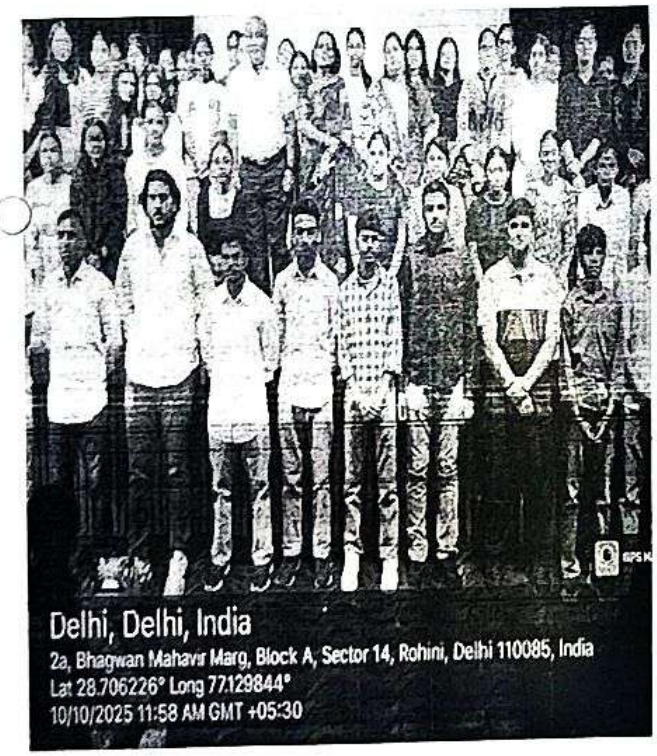
ASHTAVAKRA Institute of Rehabilitation Sciences and Research	"World Mental Health Day"
EVENT NAME: - "World Mental Health Day"	
Title of Activity*	"Workshop on Mental Health Day"
Values	**Social**
Learning Outcomes	• The students will be able to understand the importance of Mental health. • The students 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**

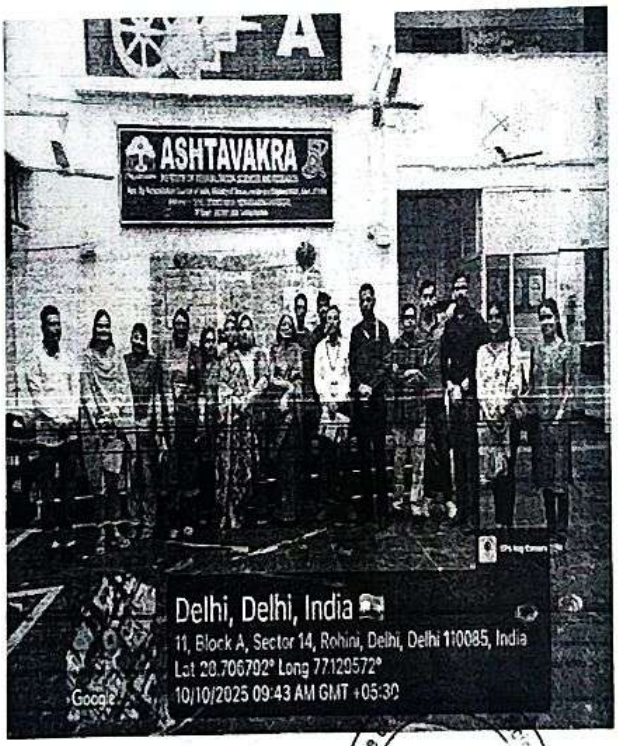
Ashtavakra Institute of Rehabilitation Sciences & Research Sector-14 Rohini, Delhi-85

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)

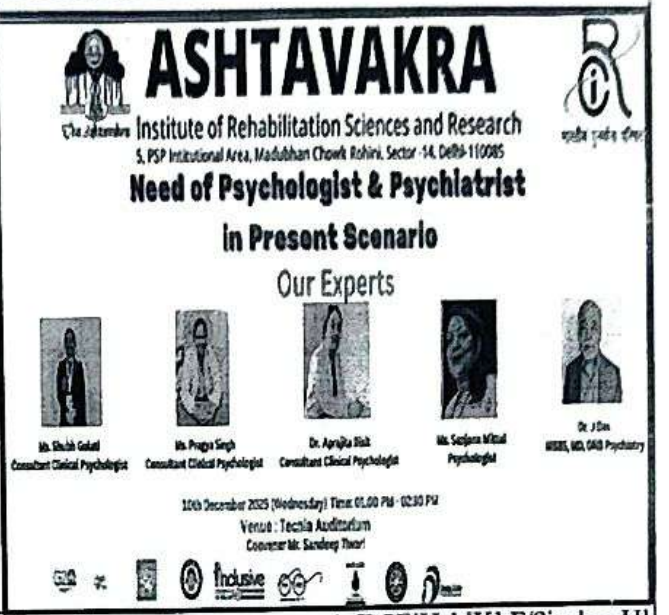
Ashlayka Institute of Rehabilitation Science & Research
Sector-14
Rohini, Delhi-85

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	

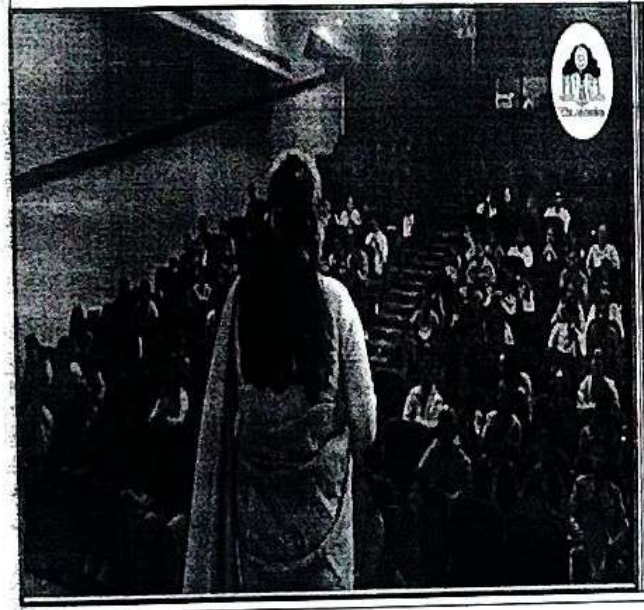
Ashtavakra Institute of Rehabilitation Science & Research
Sector-14
Rohini, Delhi-85



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
Rohini, Delhi 85

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)	

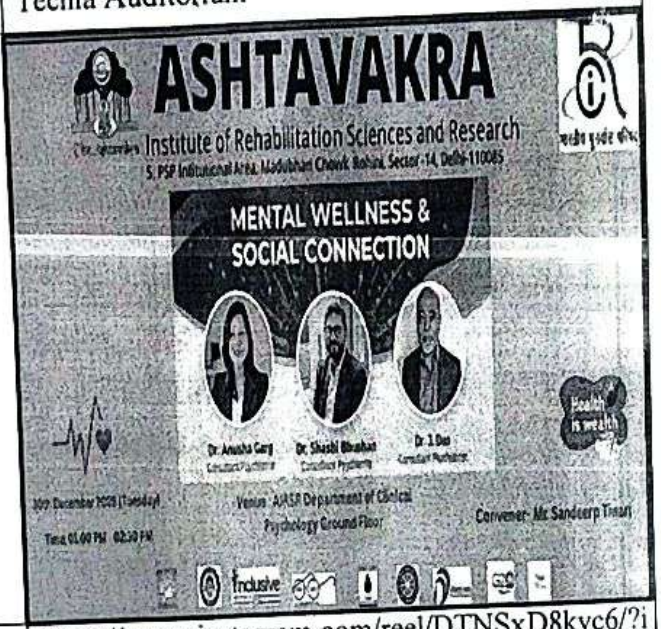
Institute of Rehabilitation Sciences & Research
Sector-14
Rohini, Delhi-85

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	
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19.	KARISHMA KUMARI	
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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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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)	

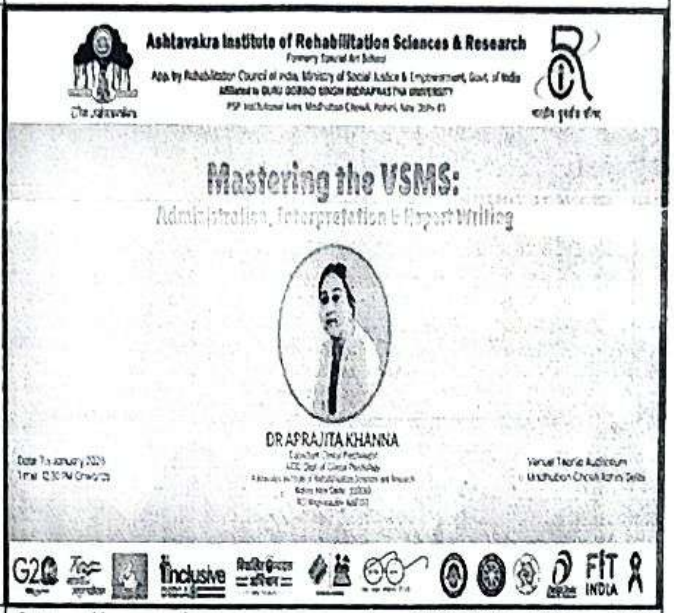
Institute of Rehabilitation Sciences
Sector 14

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

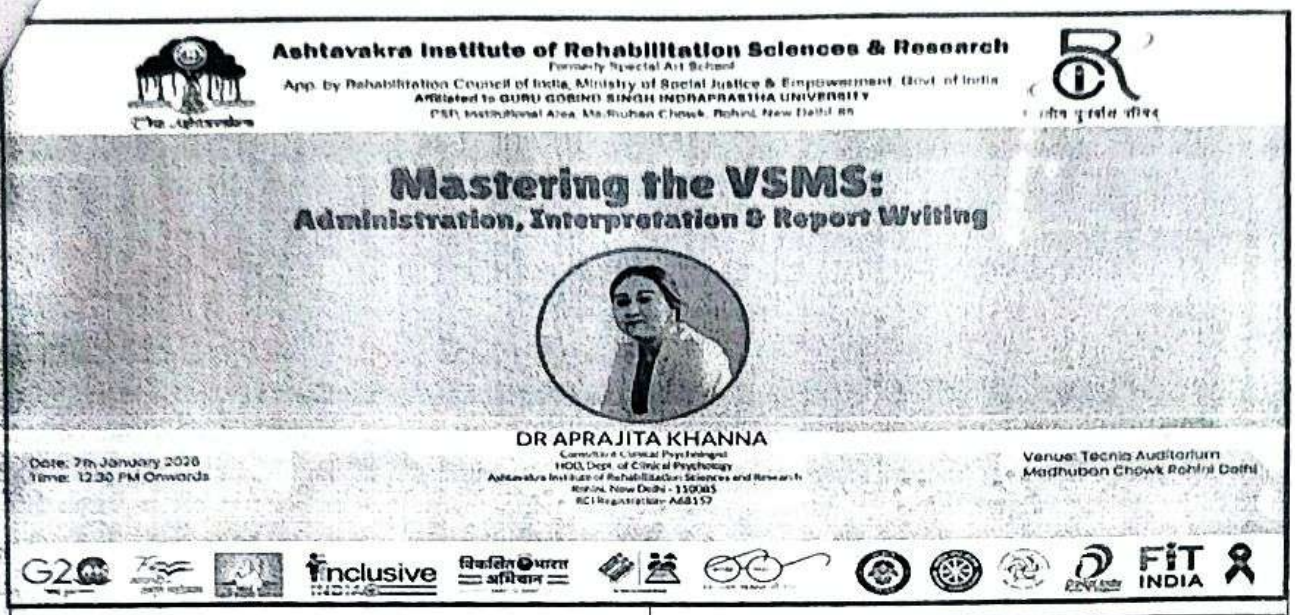
EVENT NAME :- Mastering the VSMS: Administration, Interpretation & Report Writing

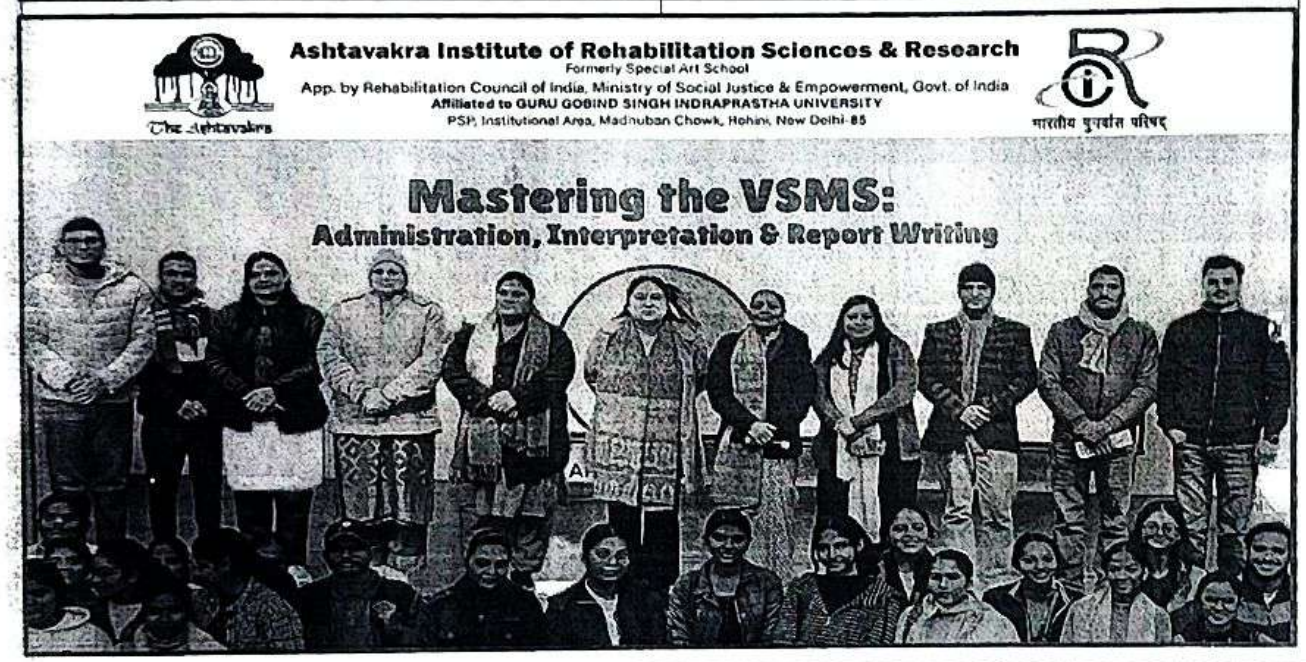
Title of Activity*	**Workshop**
Values	Intrinsic
Learning Outcomes	**Learning Outcomes of the Workshop** After successful completion of the workshop, the participants were able to: 1. Demonstrate in-depth understanding of the Vineland Social Maturity Scale (VSMS), including its purpose, structure, and 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	

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2.	SANJANA KUMARI	
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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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1.	Ms. Sanjana Mittal (Dy. Director)	
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13.	Mr. Sandeep Upadhyay (HOD-VI)	
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15.	Mr. Ramtirath Prajapati (Faculty VI)	
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)

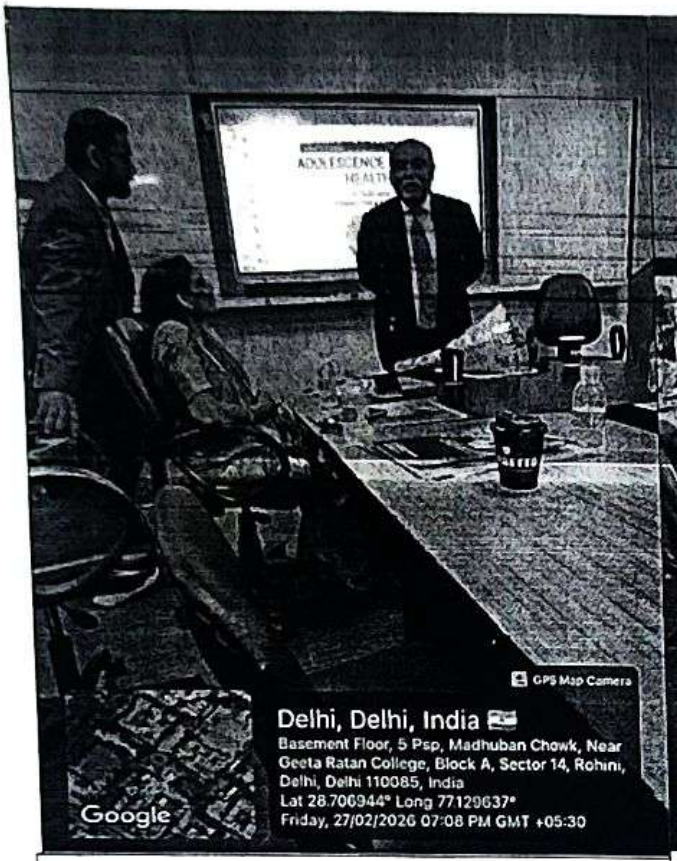
EVENT NAME: - Workshop on Adolescent Mental Health

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

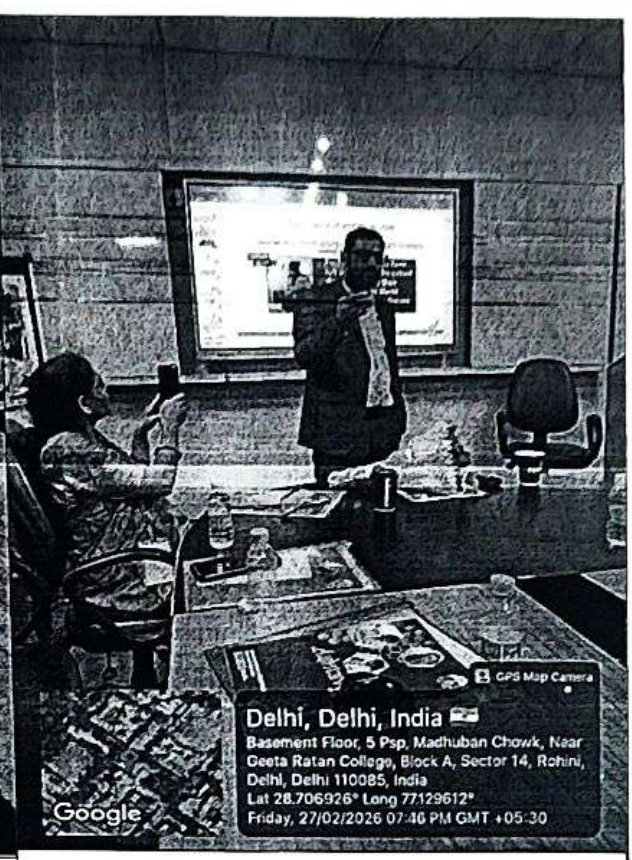
Institute of Rehabilitation Sciences Sector-14 Rohini, Delhi-85

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	

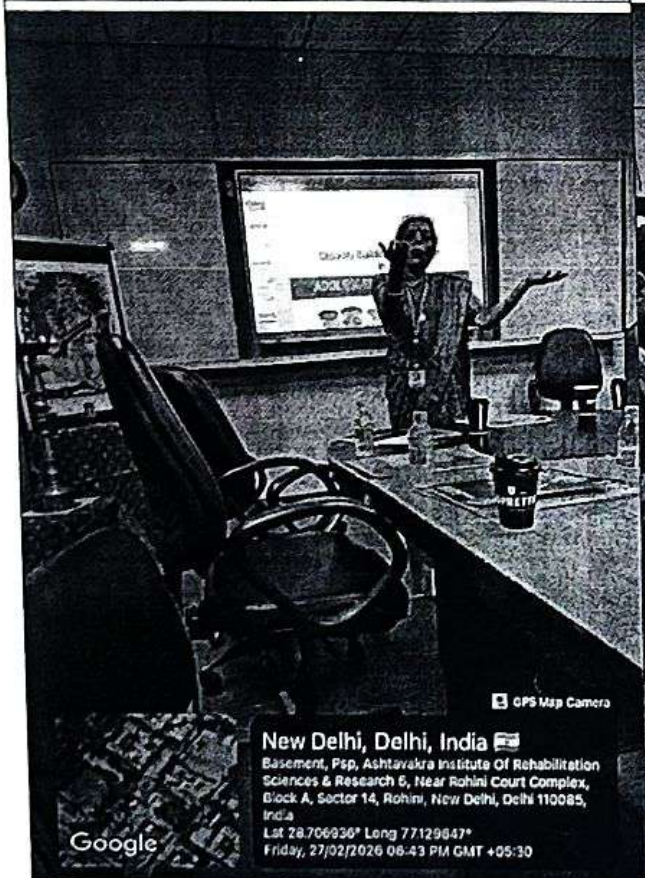
Ashtavakra Institute of Rehabilitation Sciences & Research
Sector-14
Rohini, Delhi-85



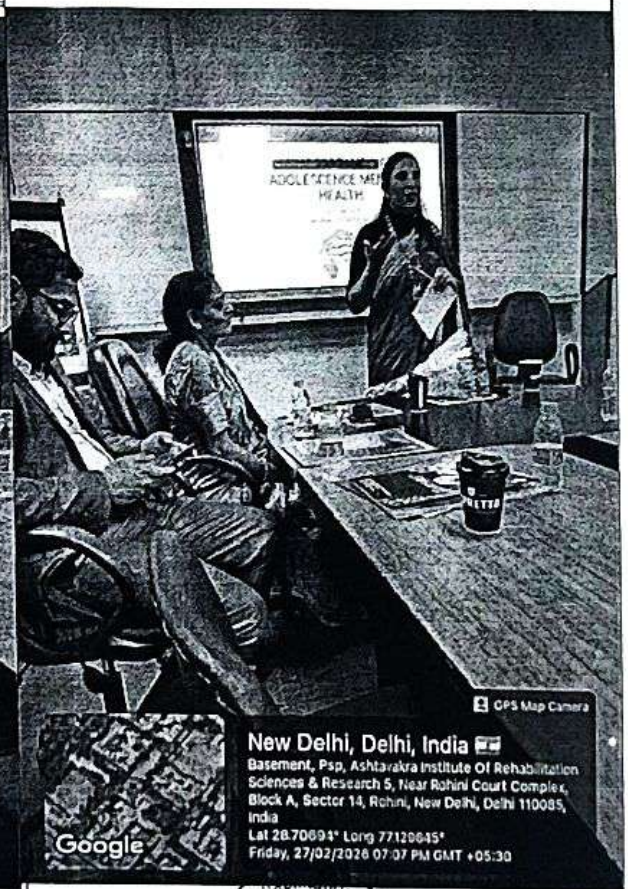
Dr. J. Das, Consultant Psychiatrist, delivering the Session on Adolescent Mental Health.



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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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