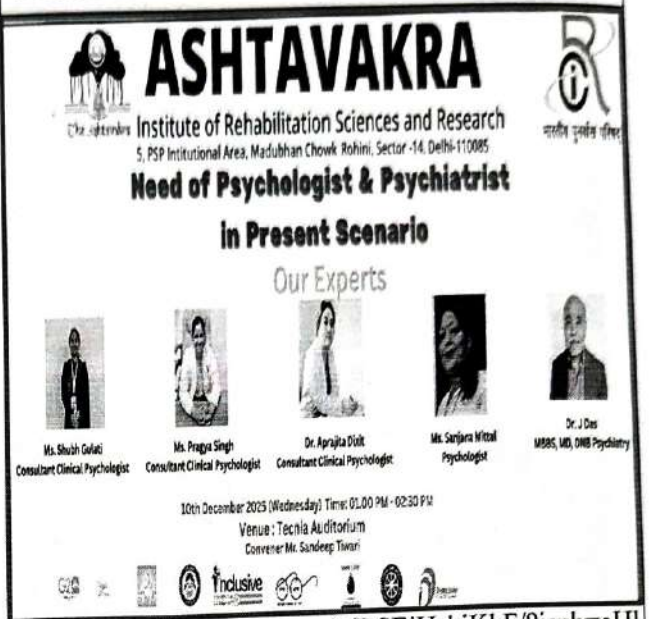
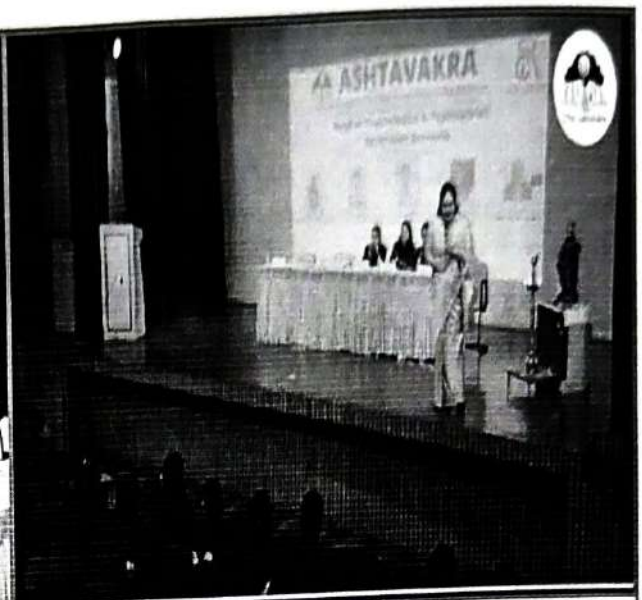
ASHTAVAKRA Institute of Rehabilitation Sciences and Research	Mental Health Club (ASHTAYOG)
EVENT NAME :- "Need of Psychologist & Psychiatrist in Present Scenario"	
Title of Activity*	**Workshop**
Values	Intrinsic
Learning Outcomes	**Learning Outcomes of the Workshop** After participating in the seminar 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

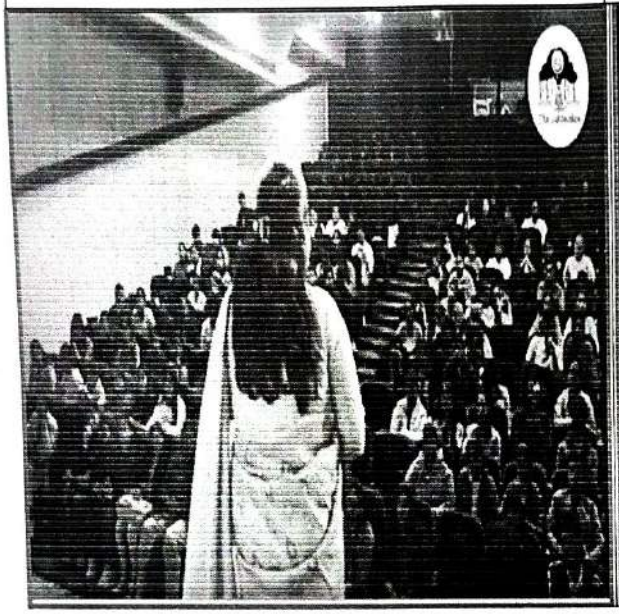
Date*	10th December 2025
Time*	01:00 PM to 2:30 PM
Venue	Tecnia Auditorium
Poster/Flyer/Notice*	
Social media link *(promoting in any one Facebook/Instagram/Twitter is mandatory)*	https://www.instagram.com/p/DSEiHskjKhF/?igsh=aHlkaG1vcDZtc2tl https://youtu.be/TSC82Z2N8yU?si=SBbOSQp_zXKBG-G2
No. of Students* *(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	

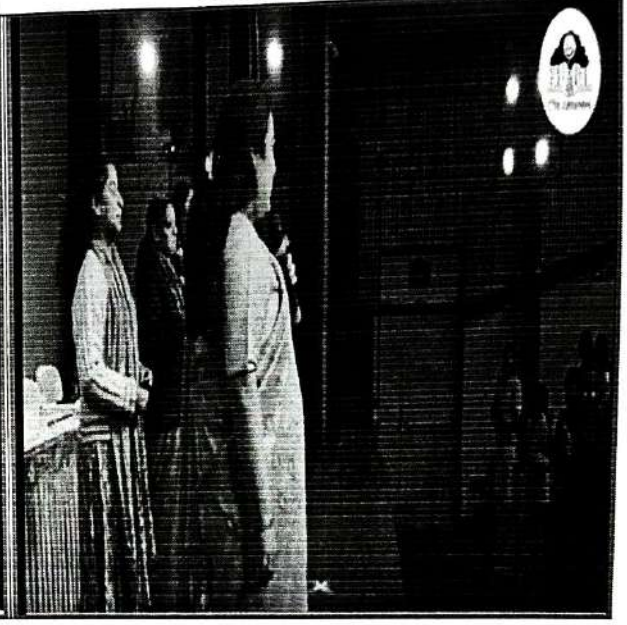


Dr. Mukta Goel addressing the participants during the seminar session.



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	