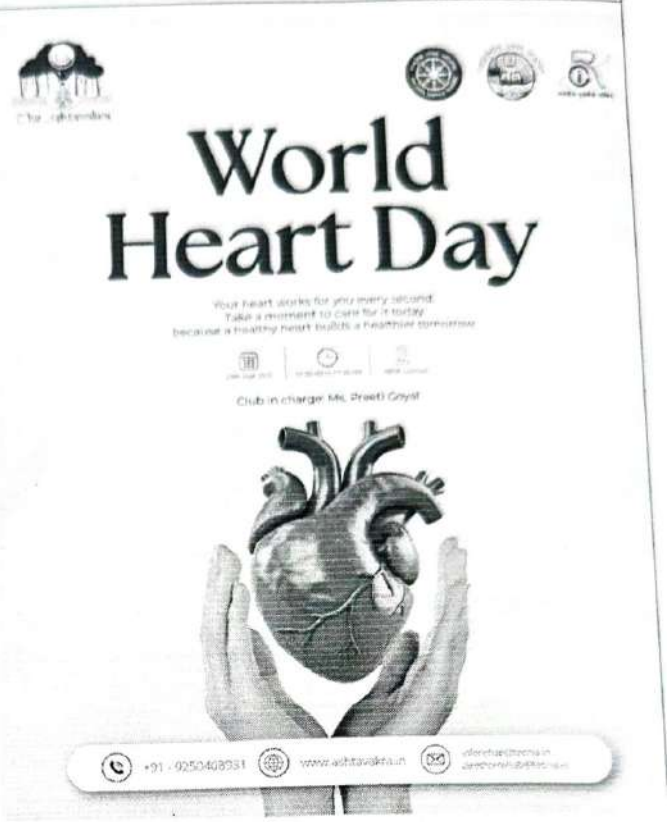
ASHTAVAKRA Institute of Rehabilitation Sciences and Research S, PSP Institutional Area Madhuban Chowk Rohini, Sector-14, Delhi-110085	राष्ट्रीय सेवा योजना National Service Scheme युवा कार्यक्रम और खेल मंत्रालय Ministry of Youth Affairs and Sports भारत सरकार Government of India

EVENT NAME: - World Heart Day	
Title of Activity*	**World Heart Day**
Values	Act now, save your heart.
Learning Outcomes	The students will be able to explain the global significance of World Heart Day and the impact of cardiovascular diseases on public health. The students will be able to identify key risk factors and early warning signs associated with various heart conditions. The students will be able to apply heart-healthy lifestyle habits, such as balanced nutrition and regular physical activity, to their daily routines. The students will be able to actively spread awareness and educate their families and community members about preventive cardiac care.
Organized by (Dept./ Centre/ Cells/Clubs/ Committees Name)*	**NSS CLUB**
Program Theme*	**World Heart Day**
External Expert / Internal Expert	**Ms. Preeti Goyal**
Date*	**29/09/26**
Time*	**11:00A.M – 1:00 Noon**
Venue	**AIRSR,Room No -207, Rohini, Delhi-110085**

Date*	29nd September2026
Time*	10:30 AM to 12:30 PM
Poster/Flyer/Notice*	
Social media link *(promoting in any one Facebook/Instagram/Twitter is mandatory)*	https://lnkd.in/p/dp2XvVmu
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)*	75
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)*	14
No. of External Participants (students + faculty) *[write NA if not applicable]*	10
(Geotag) Photograph*	
Photograph of the Event with the Caption	

Report: Description in (min 250 to max 800 words)*	World Heart Day was celebrated to create awareness about the importance of heart health and the prevention of cardiovascular diseases. The programme included an awareness talk, poster-making, slogan writing, a quiz, and a yoga and exercise session. Students learnt that healthy eating, daily physical activity, adequate sleep, stress management, and avoiding tobacco can help keep the heart healthy. They also understood the importance of regular health check-ups for blood pressure, diabetes, and cholesterol. The celebration encouraged everyone to adopt healthy lifestyle habits and take care of their heart every day.
Recourse Person	NA
Report Submitted by Convener *(write faculty coordinator name)*	Ms. Preety Goyal
For Office Use	
Signature of Event Coordinator	**Signature of School/Department Head** *(With Seal)*
List of Beneficiary	

Fields marked with '' are mandatory*




DELHI TECHNOLOGICAL UNIVERSITY, ROHINI, DELHI
Location: Room 207, Dept. of Mechanical Engineering
Coordinates: Lat 28.7495°N, Long 77.1167°E
Time: 10:30 AM IST
Date: 29 September 2026


ASHTAVAKRA
GPS Map Camera
Delhi, Delhi, India
5, Block A, Sector 14, Rohini, Delhi, Delhi
110085, India
Lat 28.706882° Long 77.129536°
Tuesday, 29/09/2026 11:10 AM GMT +05:30
Google


ASHTAVAKRA
GPS Map Camera
Delhi, Delhi, India
5, Block A, Sector 14, Rohini, Delhi, Delhi
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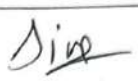
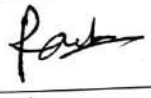
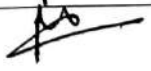
Recourse Person	NA
Feedback	. The students found the World Heart Day awareness activity informative, engaging and useful. They appreciated the opportunity to learn about the importance of heart health and the role of a healthy lifestyle in preventing cardiovascular problems. Students stated that the session helped them understand the importance of balanced nutrition, regular physical activity, adequate sleep, stress management and avoiding unhealthy habits. They actively participated in the discussion and shared their views on maintaining a healthy routine. The activity motivated them to become more conscious of their daily health choices and encouraged them to spread awareness about heart health among their family members and friends.
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)*

LIST OF STUDENT PARTICIPANTS

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	B.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	
31.	VARSHA	B.Ed . VI	
32.	HARSHITA GUPTA	B.Ed . VI	
33.	KIRTI SINGH	B.Ed . VI	
34.	RITIKA	B.Ed . VI	
35.	PRENA	B.Ed . VI	
36.	VANSHIKA GOYAL	B.Ed. ASD	
37.	KIRTI GOEL	B.Ed . ASD	
38.	YASH	B.Ed . ASD	
39.	KARISHMA KUMARI	B.Ed . ASD	
40.	BHAWANA	B.Ed . ASD	
41	ARCHANA KUMARI	B.Ed . ASD	
42	RUPAL	B.Ed . ASD	

43	PREKSHA GUPTA	B.Ed . ASD	
44	SIMPLE SOLANKI	B.Ed . ASD	
45	MANSI SOLANKI	B.Ed . ASD	
46	ANSHIKA	B.Ed . ASD	
47	JYOTI	B.Ed . ASD	
48	NITISH	B.Ed . ASD	
49	BHUMI	B.Ed . ASD	
50	KOMAL	B.Ed . ASD	
51	MANSI	B.Ed . ASD	
52	SANJANA	B.Ed . ASD	
53	VISUAL	B.Ed . ASD	
54	RACHNA	B.Ed . ASD	
55	SATUTI	B.Ed . ASD	
56	TEENA	B.Ed . ASD	
57	AKANSHA	B.Ed . ASD	
58	SUHANI	B.Ed. ID	
59	JANNIEL	B.Ed. ID	
60	PRAGYA	B.Ed. ASD	
61	MENAL	B.Ed. ID	

62	ADITI	B.Ed. ID
63	ANKITA	B.Ed. LD
64	SUNNY	B.Ed. LD
65	SHIVANI	B.Ed. LD
66	ANSHISA	B.Ed. LD
67	SAANVI	B.CLINICAL
68	TARANG	B.CLINICAL
69	SHIFA	B.CLINICAL
70	ADITI	B.CLINICAL
71	GAYATRI	B.CLINICAL
72	LAVANYA	B.CLINICAL
73	KHUSHI	B.CLINICAL
74	DIVYAM	B.CLINICAL
75	VARSHIKA	B.CLINICAL
74	MANYA	B.CLINICAL
75	YASHASVI	B.CLINICAL