



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 : inforehab@tecia.in Website : www.rehab.tecia.in

Ref. No. AIRSR/2023-24/4228

Dated 05/04/23

Circular

“Health is one of the precious intangibles that must be recognized, appreciated and guarded without negligence”

All the students are hereby informed that World Health Day will be celebrated at Ashtavakra Institute on 6th April 2023. The below mentioned activities are planned for the day:

S.No	Activity	Department	In-Charge
1.	Get Active: Through Run is a way to stay healthy	MD Dept	Mr Harish <i>Harish Kumar</i>
2.	Eat Healthy : A way to ensure that you are getting nutrients you need to stay healthy	ASD Dept.	Ms Anupma Gupta <i>Anupma Gupta</i>
3.	Learn about Health and Wellness! Know about yourself and stay healthy	ID Dept	Mr Pankaj <i>Pankaj</i>
4.	Drink Plenty of Water: This will keep you hydrated and Healthy	VI	Mr Ramtirath <i>Ramtirath</i>
5.	Spread the Word : Share your favorite tips for staying healthy on Social media	LD Dept.	Ms Anoushka <i>Anoushka</i>
6.	Get Moving: Exercise can help improve your mood, reduce stress and keep your body healthy.	HI Dept.	Ms Radha Rani <i>Radha Rani</i>
7.	Plant Trees: Planting trees clean air by trapping pollutants and improve mental health	CP Dept	Mr Sandeep Tiwari <i>Sandeep Tiwari</i>

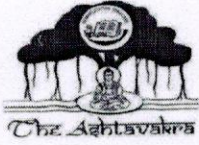
Harish Kumar
Mr Harish Kumar
Fitness Club In-Charge

Anupma
Ms Anupma Gupta
NSS In-Charge

Sanjana Mittal
Ms Sanjana Mittal
Deputy Director



- Copy to:**
1. Dean Academics
 2. All course coordinator/ Class in charges
 3. Students' welfare Dept.
 4. Website for updating.



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On the occasion of
World Health Day
Promoting Healthy Eating Habits

GET MOVING:
EXERCISE HELPS TO
IMPROVE YOUR MOOD,
REDUCE STRESS &
KEEPS YOU HEALTHY

WORLD HEALTH DAY
Get Active: Through Run is away to stay Healthy

Tips to Stay Fit & Healthy
Healthy food has lots of healthy nutrients to protect our bodies from various kinds of diseases, as well as build resilience to stay healthy.

WORLD HEALTH DAY
"Learn about Health and Wellness. Know about yourself and Stay Healthy"

Event:- World Health day

Date:- 6th April 2023(Thursday)

Time:- 10:00 AM

Venue:- District Park and conference room

Convener:- Ms. Anupama Gupta (NSS Program Incharge)

Number of Beneficiaries:- 100

Learning Objective:-

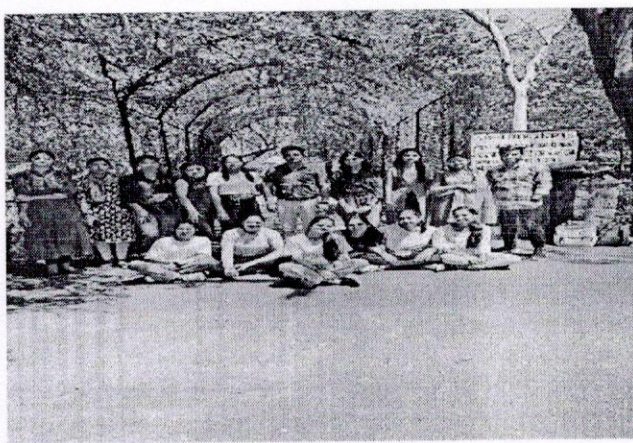
- To learn the benefits of good health
- To encourage students to follow a healthy lifestyle in routine life
- To promote healthy, well-being, and mindfulness in the society



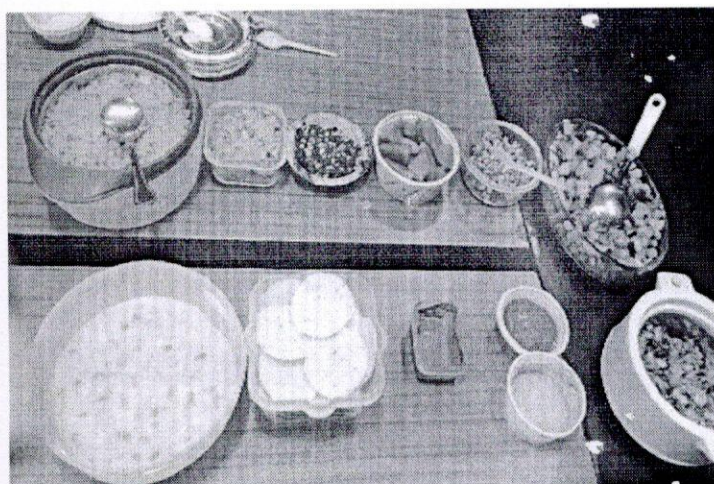
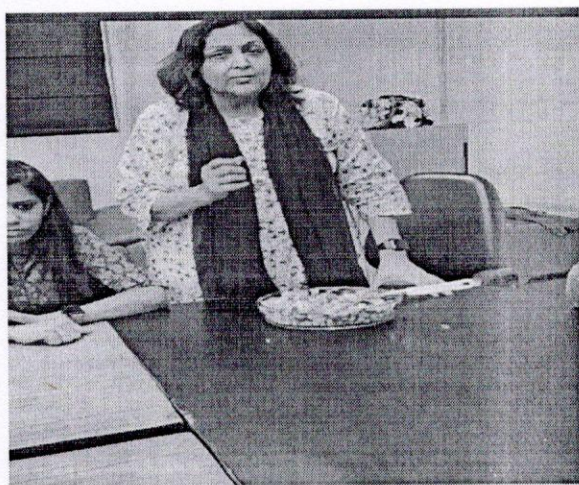
Report

Ms. Sanjana Mittal Deputy Director unravels the importance of making changes in lifestyle to lead a healthy life. Different activities were organized like running, healthy diet, staying hydrated, spreading awareness, exercise, etc. The event was successful in creating awareness amongst the students and society.

Glimpses of depicting awareness in society

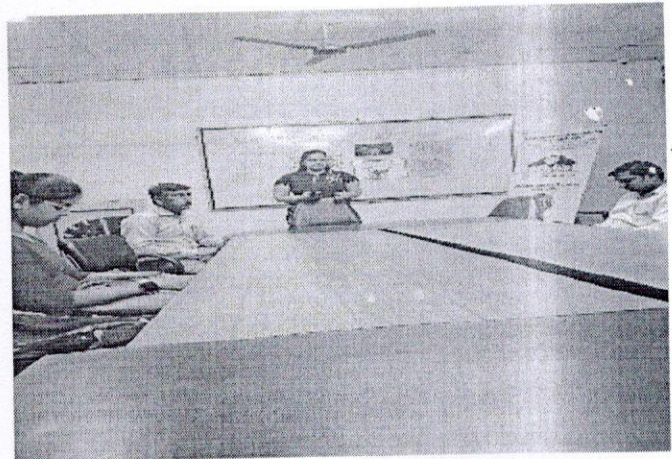
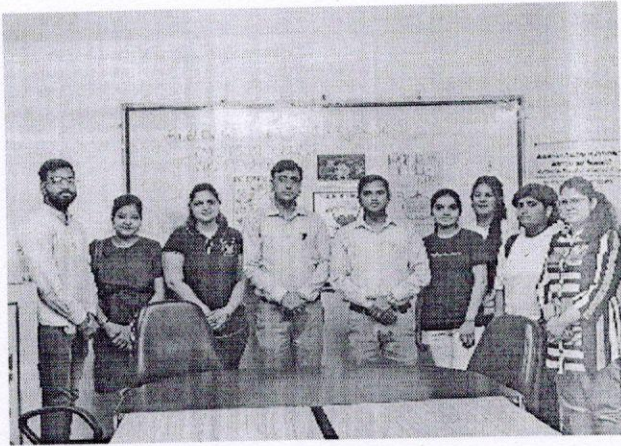


Get Active: Students Run to stay healthy

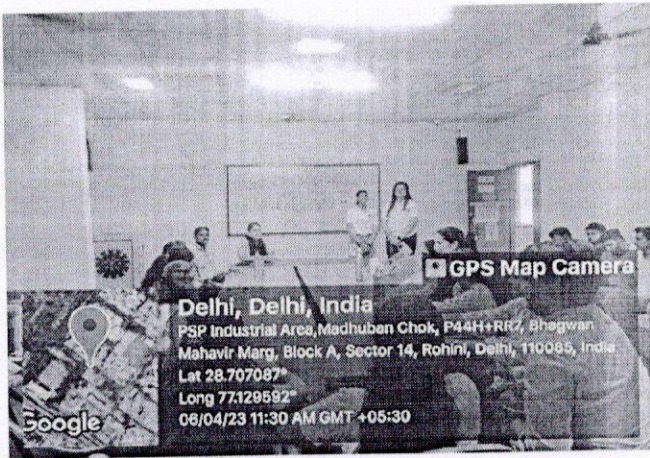


Eat Healthy Presentation: Having nutritious diet to stay healthy





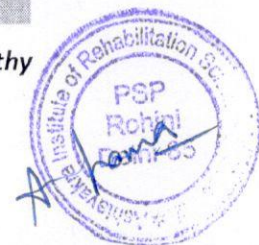
Learn about Health & Wellness! Learn about yourself & stay healthy

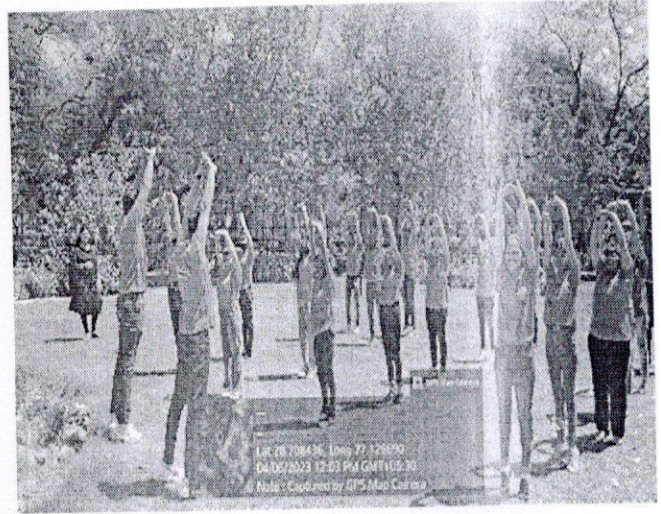


Drink Plenty of Water: This will keep you Hydrated & Healthy



Spread the Word: Sharing Tips on social media for staying Healthy





Get Healthy: Exercise can help improve your mood, reduce stress, and keep you healthy

Learning Outcomes

- The students gained knowledge about the benefits of good health
- The students were encouraged to lead a healthy lifestyle
- The students were able to promote healthy, well-being, and mindfulness in the society





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LIST OF BENEFICIARIES

S.No.	GGSIU Enrollment No	Name
1.	00152312422	MANVI MITTAL
2.	00252312422	HARSHPREET KAUR
3.	00352312422	RASHMI VERMA
4.	00452312422	AROOSHI NANDWANI
5.	00552312422	PRIYANKA
6.	00652312422	ASHISH
7.	00752312422	GEETIKA YADAV
8.	00852312422	KAVITA
9.	00952312422	PRIYANKA ARORA
10.	01052312422	ASHA BAIRWA
11.	01152312422	POOJA BANKOTI
12.	01252312422	KRITI DHUNNA
13.	01352312422	KIRAT KAUR MATHARU
14.	01452312422	BHARTI
15.	01552312422	MUSKAN
16.	01652312422	SUMAN
17.	01752312422	SUNAINA SHARMA
18.	01852312422	ANCHAL KUMARI
19.	01952312422	KANISHKA SHARMA
20.	02052312422	HARSHITA GUPTA
21.	02152312422	FIRDAUS
22.	02252312422	ANJALI KAUR
23.	02352312422	MANIKA
24.	02452312422	NIKITA
25.	70152312422	PRAGATI
26.	35352312422	SAKSHI MATHUR
27.	35152312422	SHRUTI RANA
28.	35252312422	MANISH
29.	00352312520	URMI AGRAWAL
30.	01252312520	DEEPIKA
31.	01952312520	RUHI
32.	01152312520	BHAWNA



33.	00652312520	ANKUR BHARDWAJ
34.	00852312520	AASHIMA AGARWAL
35.	01852312520	HIMANSHI DHINGRA
36.	00152312520	ANKIT CHHIKARA
37.	00952312520	NIKITA ARORA
38.	01452312520	TANNU MALIK
39.	00552312520	PARUL JINDAL
40.	01352312520	UMA KUMARI
41.	00452312520	SAKSHI
42.	00252312520	MANASVI
43.	01752312520	MUSKAN RANA
44.	02352312520	MANISHA
45.	01552312520	HIMANI BENIWAL
46.	02252312520	MINKU
47.	01052312520	AASHIMA NANDA
48.	02052312520	INDU NIGAM
49.	35252312520	SHIVANI
50.	35152312520	VANDANA SHARMA
51.	01652312520	SANCHITA KHANNA
52.	00352312420	SHRISHTI SINGHAL
53.	01052312420	VANSHIKA
54.	00452312420	MANISHA TIWARI
55.	01252312420	MONIKA SHARMA
56.	00652312420	JYOTI NAHARIA
57.	00152312420	SONALI SWAROOP
58.	00752312420	HIMANI SHARMA
59.	01152312420	ABHISHEK RAGHAV
60.	00552312420	SAKSHI JOSHI
61.	00252312420	NAMAN KUMAR
62.	01352312420	MANMEET KAUR SETHI
63.	00852312420	SAFEZ MALIK
64.	01552312420	SANJAY
65.	01852312420	SUMIT
66.	02152312420	AAKANSHA SINGH
67.	02252312420	MUSKAN WADHWA
68.	01652312420	KIRAN KUMARI
69.	01952312420	SALONI
70.	01752312420	DIVYA GUPTA
71.	00952312420	LAKSHMI HARIKA AKEY
72.	02052312420	SANA
73.	01452312420	SHELIKA MADAN
74.	35252312420	NITI MEHRA
75.	01052312220	POOJA KUMARI
76.	01452312220	TANU
77.	01552312220	KHUSHALI
78.	01652312220	PRATIBHA
79.	00352312220	VARSHA MEENA
80.	00952312220	PRIYANKA SHARMA
81.	00552312220	VIBHA GUPTA



82.	00152312220	TEENA KHANNA
83.	00252312220	KOMAL SHARMA
84.	01752312220	PAYAL NAGPAL
85.	00852312220	SAKSHI
86.	01252312220	MEGHA BISHT
87.	00452312220	NIRUKTA TRIPATHI
88.	01152312220	BHAVIKA
89.	00752312220	SHIVANI YADAV
90.	01852312220	BABITA POUDEL
91.	01952312220	SAKSHI YADAV
92.	35152312220	KAJAL RATHEE
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