



ASHTAVAKRA

Institute of Rehabilitation Sciences and Research
A, PSP Institutional Area Madhuban Chowk Rohini, Sector-14, Delhi-110041



“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*

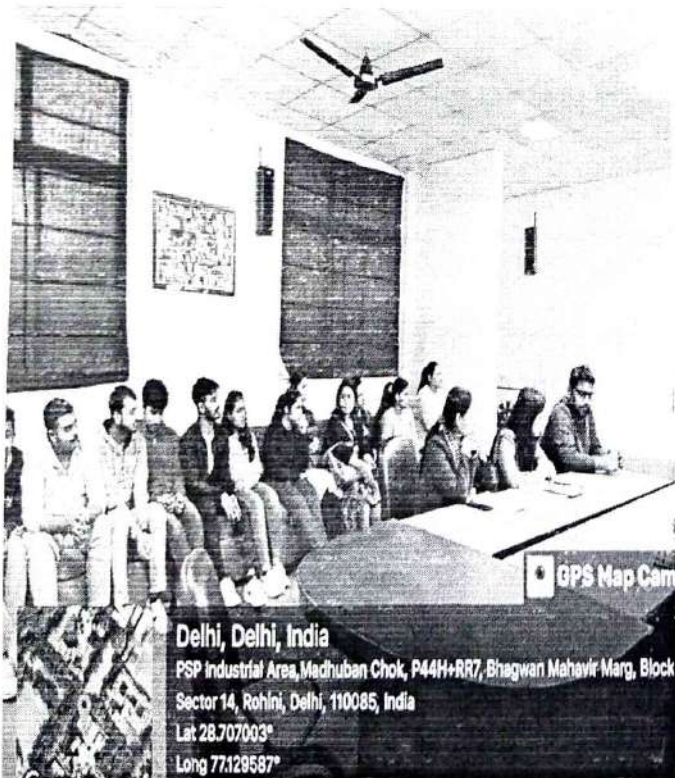
"Mental Health at Work" is the theme of the Mental Health Day 2024.

External Expert / Internal Expert

Dr. J. Das



Date*	10 th Oct. 2024
Time*	11:00-12:00 AM
Venue	Conference Room No. 101
Poster/Flyer/Notice*	
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)	15
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)	18
No. of External Participants (students + faculty) [write NA if not applicable]	NA
(Geotag) Photograph*	<p>Photograph of the Event with the Caption</p>



Report description: -

Every year, the 10th of October is celebrated as World Mental Health Day.

The overall objective of World Mental Health Day is to raise awareness of mental health issues around the world and to mobilize efforts in support of mental health. The Day provides an opportunity for all stakeholders working on mental health issues to talk about their work, and what more needs to be done to make mental health care a reality for people worldwide.

Ashtavakra Institute of Rehabilitation Sciences and Research conducted a Workshop with the title of Mental Health Awareness, dated on 10th October 2024.

And in the series of above, Dr. J. Das, a Consultant Psychiatrist was invited as the speaker for the same. He has vast experience in Psychotherapy. He is currently working as a Consultant Psychiatrist and associated with various Hospitals in delhi. Elucidating the topic of Mental health and awareness he addressed the students and the staff.






Beginning with the basic prospect of health and the factors it is based on, he covered concerning and important topics like anxiety, depression and some commonly spread myths in detail. He illustrated the inciting causes of mental illness and how it is being spread among the different age groups. Taking a note of it, Dr. J.Das interacted with the students and discussed the elements leading to suicides in every age group. Academic pressure, financial issues, body image concerns, sexual identity are a few comprising the list. Further, he imbued the audience with measures to prevent suicides such as providing support services, reducing access to means of selfharm, talk therapies and enhancing coping strategies of people having suicidal tendencies. Dr. J. Das concluded the program by emphasizing that people should be more attentive towards mental health fitness in comparison to their physical health fitness. In the end, he answered the queries in detail raised by the audience. The information imparted



during the workshop served to be an eye-opener for the young students. The learning from the event would go a long way in tackling mental and emotional issues.



Recourse Person	NA
Attendance Sheet*	<i>Attached at the end of Report</i>
Feedback	<i>Program was neutral and services provided during the program was helpful During the program community was actively involved</i>
Report Submitted by Convener (write faculty coordinator name)	Mr. Tarun Pataanjali
For Office Use	
 Signature of Event Coordinator	 Signature of School Department Head (With Seal) 
<u>List of Beneficiary</u>	

Fields marked with '*' are mandatory

LIST OF STUDENT PARTICIPANTS

S.No.	Name of Volunteer	Class
1.	Geeta	B. ED SE HI
2.	Tanisha Vats	B. ED SE HI

3.	Karishma	B. ED SE HI
4.	Swapnil Garg	B. ED SE HI
5.	Mansi	B. ED SE HI
6.	Teena Shokeen	B. ED SE HI
7.	Ratan Priya	B. ED SE HI
8.	Deepali Yadav	B. ED SE HI
9.	Varsha Chikara	B. ED SE VI
10.	Appurva Kakkar	B. ED SE VI
11.	Diksha Baghan	B. ED SE ID
12.	Disha	B. ED SE ID
13.	Akshay Jangra	B. ED SE ID
14.	Kushal	B. ED SE ID
15.	Sumit	B. ED SE ID

LIST OF FACULTY MEMBERS

S.No.	Name of Faculty members
1.	Ms. Sanjana Mittal (Deputy Director)
2.	Ms. Geeta Bhutani (Principal / HOD ID)
3.	Ms. Neeti Kaushik (Faculty ID)
4.	Mr. Tarun Pataanjali (Faculty ID)
5.	Ms. Radha Rani Rawat (HOD HI)
6.	Mr. Jitender Srivastava (Faculty HI)



7.	Mr. Prabhat Ranjan (Faculty HI)
8.	Mr. Devesh Ahiwar (Faculty HI)
9.	Mr. Mohd Haseeb (HOD ASD)
10.	Mr. Sandeep Tiwari (Faculty ASD)
11.	Ms. Anoushka Sharma (HOD LD)
12.	Ms. Mansa Verma (Faculty VI)
13.	Sandeep Upadhyay (HOD-VI)
14.	Mr. Dinesh Bindal (Faculty VI)
15.	Mr. Harish Kumar (HOD MD)
16.	Vikas Kumar (Faculty MD)
17.	Mr. Ramtirath Prajapati (Faculty VI)
18.	Ms. Jyoti (Faculty HI)

