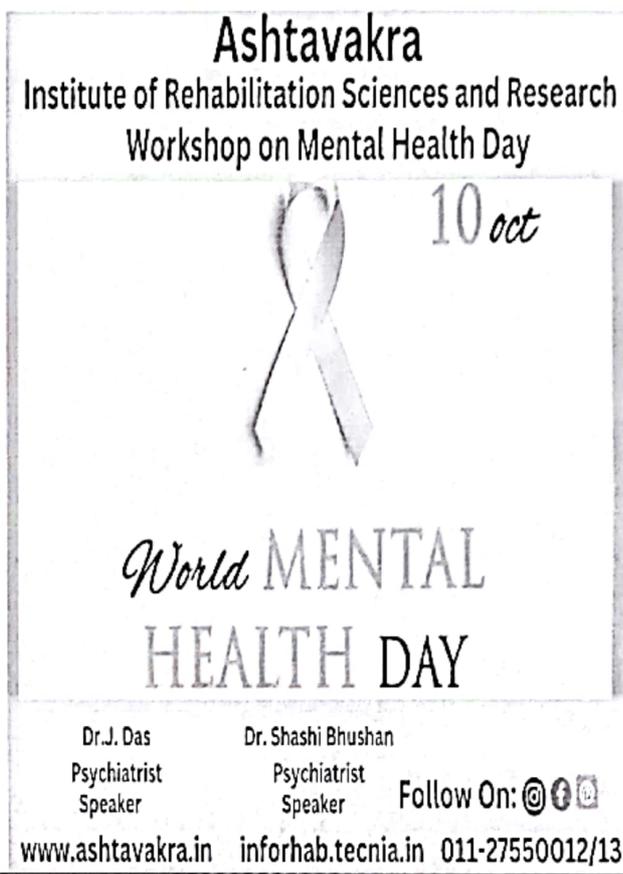
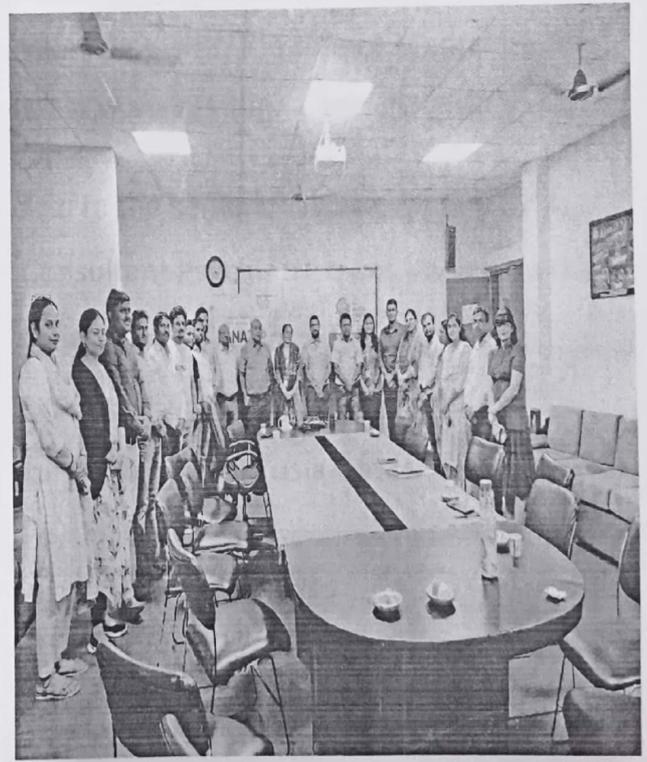
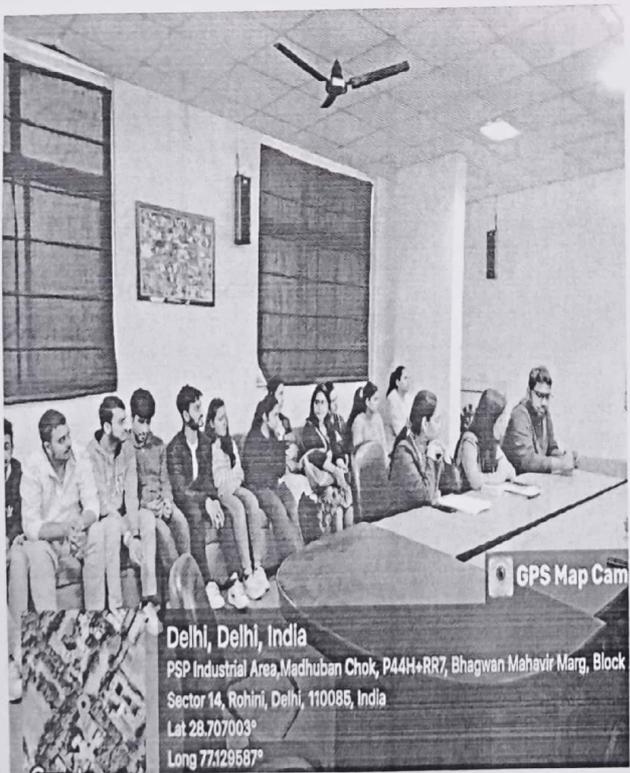


 ASHTAVAKRA Institute of Rehabilitation Sciences and Research <small>S, PSP Institutional Area Madhuban Chowk, Rohini, Sector-14, Delhi-110085</small> 	“World Mental Health Day”
EVENT NAME: - “World Mental Health Day”	
Title of Activity*	“Workshop on Mental Health Day”
Values	Social
Learning Outcomes	<ul style="list-style-type: none"> • 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*	
Photograph of the Event with the Caption	





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

Report description: -



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 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)





ASHTAVAKRA
Institute of Rehabilitation Sciences and Research
A, PSP Institutional Area Madhuban Chowk Rohini, Sector-14, Delhi-110085



"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.

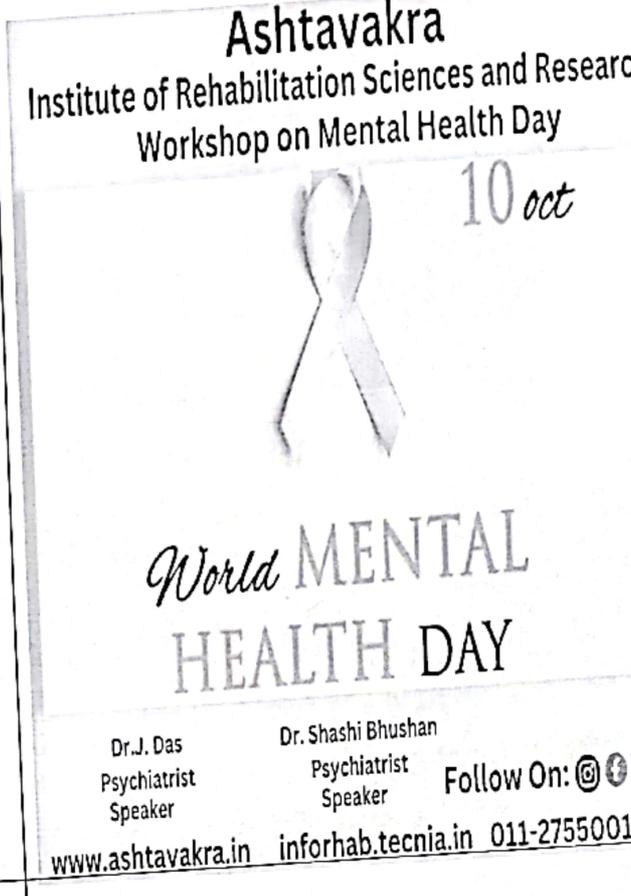
Program Theme*

"Prioritizing Mental Health: Awareness, Prevention, and Well-being for All"

External Expert / Internal Expert

Dr. J. Das



Date*	10 th Oct. 2025
Time*	11:00-12:00 AM
Venue	Tecnia auditorium
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)	17
No. of External Participants (students + faculty) [write NA if not applicable]	NA
(Geotag) Photograph*	
Photograph of the Event with the Caption	

Ashtavakra
of Rehabilitation Sciences and
Workshop on Mental Health D



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



Delhi, Delhi, India
11, Block A, Sector 14, Rohini, Delhi, Delhi 110085, India
Lat 28.706792° Long 77.129572°
10/10/2025 09:43 AM GMT +05:30

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.

Report description: -

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 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.

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)



List of Beneficiary

Fields marked with '*' are mandatory

LIST OF PARTICIPANTS

S.No.	Name of Volunteer	Class
1.	Anvita	B.Ed.SE.ID 2 nd year
2.	Sumit Yadav	B.Ed.SE.ID 2 nd year
3.	Diksha	B.Ed.SE.ID 2 nd year
4.	Kirti tomar	B.Ed.SE.ID 2 nd year
5.	Jhanvi	B.Ed.SE.ID 2 nd year
6.	Kushal khatri	B.Ed.SE.ID 2 nd year
7.	Kunal Bhardwaj	B.Ed.SE.ID 2 nd year
8.	Vedika Bajaj	B.Ed.SE.ID 2 nd year
9.	Prabhnoor kaur	B.Ed.SE.ID 1 st year
10.	Suhani	B.Ed.SE.ID 1 st year
11.	Anshul sharma	B.Ed.SE.ID 1 st year
12.	Anshu	B.Ed.SE.ID 1 st



		year
13.	Diya	B.Ed.SE.ID 1 st year
14.	Ankita	B.Ed.SE.ID 1 st year
15.	Riya	B.Ed.SE.ID 1 st year

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17.	Ms. Jyoti (Faculty HI)





Ashtavakra Institute of Rehabilitation Sciences & Research

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

Email: inforehab@ashtavakra.in

Website: www.ashtavakra.in

Report

ACTIVITIES	DETAILS	DATE OF WORKSHOP
Workshop	Workshop on "Disability awareness: Understanding disability and its impact".	16 th January 2025

Report description:-

This workshop report delves into the critical topic of disability awareness, emphasizing the importance of understanding disability and its multifaceted impact on individuals and society. Disability is not merely a medical condition; it encompasses a range of experiences that affect how individuals interact with their environment and the opportunities available to them. Research indicates that raising awareness about disabilities can significantly enhance inclusivity and accessibility, fostering a more equitable society. By understanding the barriers faced by individuals with disabilities, organizations can implement strategies that promote participation and empowerment. This report aims to illuminate the current landscape of disability awareness, explore best practices for fostering understanding, and highlight the potential benefits for communities and organizations alike. It serves as a foundational resource for stakeholders seeking to enhance their approach to disability inclusion and



awareness. Moreover, this document is intended to spark ongoing dialogue and action, recognizing that the journey toward full inclusion is just beginning.

Key Insights

- Disability awareness is vital across all sectors. In 2020, over 1 billion people were estimated to have a disability, underscoring the need for inclusive practices. As awareness grows, creating an inclusive environment is crucial for harnessing diverse talents and perspectives, which can drive innovation and growth in today's economy.
- Understanding Disability and Its Implications The workshop highlighted how awareness of disability can transform societal perceptions and interactions. By fostering an inclusive environment, we can better address the diverse needs of individuals with disabilities. Our findings indicate a significant trend where increased awareness leads to improved accessibility, empowerment, and overall quality of life for those affected by disabilities.
- Challenges to Fully Embrace Disability Awareness As we strive to enhance disability awareness, several challenges must be addressed, including societal stigma, lack of resources, and insufficient training for professionals. Another pressing issue is the need for comprehensive policies that promote inclusion and protect the rights of individuals with disabilities. Instances of discrimination still persist, highlighting the urgent need for change.



