



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



सन्नत भारत अभियान
UNNAT BHARAT ABHIYAN

EVENT NAME

Title of Activity*

Health Talk

Values

Student will able to:

- Develop awareness about personal hygiene and community health for the preventive care.
- Students will encourage to take responsibility for promoting health awareness within society.

Learning Outcomes

After participating in the Health Talk , students will be able to:

- Explain fundamental concepts related to health, hygiene, nutrition, mental well-being, and disease prevention.
- Adopt and promote healthy lifestyle practices in daily life and community settings.

Organized by (Dept./ Centre/ Cells/Clubs/ Committees Name) *

UBA Activity

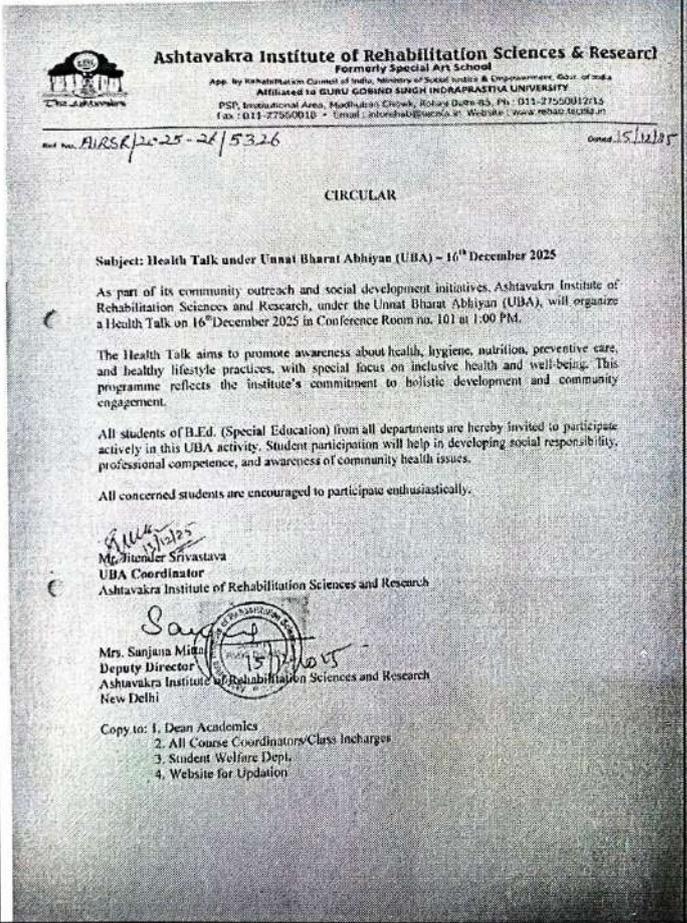
Program Theme*

Health Talk

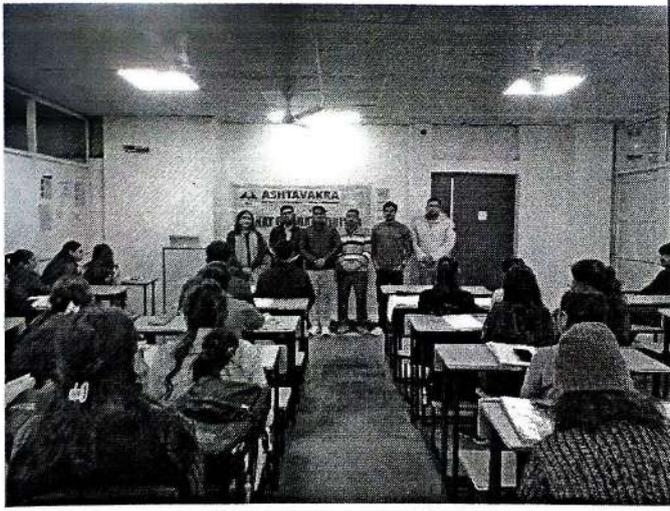
External Expert / Internal Expert

Mr. Jitender Srivastava

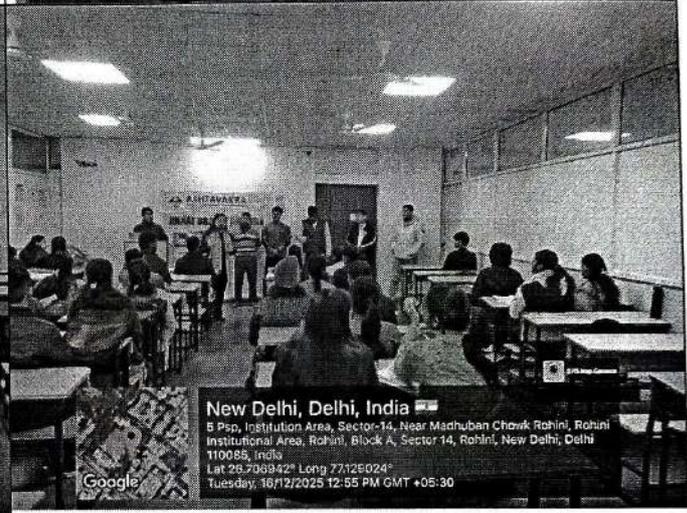
Nodal Officer - Unnat Bharat Abhiyan Club (UBA)
Institute of Rehabilitation Sciences and Research
5, PSP Institutional Area Madhuban Chowk Rohini, Sector-14, Delhi-110085

Date*	16 th December, 2025
Time*	1pm onwards
Venue	College Area
Poster/Flyer/Notice*	 <p>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, Rohtak Distt-125, Ph. 011-2756001/2/3 Fax: 011-27560010 • Email: info@ashtavakra.in Website: www.ashtavakra.in</p> <p>Ref. No. AIRSR/20-25-24/5326 Dated: 15/12/25</p> <p>CIRCULAR</p> <p>Subject: Health Talk under Unnat Bharat Abhiyan (UBA) - 16th December 2025</p> <p>As part of its community outreach and social development initiatives, Ashtavakra Institute of Rehabilitation Sciences and Research, under the Unnat Bharat Abhiyan (UBA), will organize a Health Talk on 16th December 2025 in Conference Room no. 101 at 1:00 PM.</p> <p>The Health Talk aims to promote awareness about health, hygiene, nutrition, preventive care, and healthy lifestyle practices, with special focus on inclusive health and well-being. This programme reflects the institute's commitment to holistic development and community engagement.</p> <p>All students of B.Ed. (Special Education) from all departments are hereby invited to participate actively in this UBA activity. Student participation will help in developing social responsibility, professional competence, and awareness of community health issues.</p> <p>All concerned students are encouraged to participate enthusiastically.</p> <p><i>[Signature]</i> Mr. Anand Srivastava UBA Coordinator Ashtavakra Institute of Rehabilitation Sciences and Research</p> <p><i>[Signature]</i> Mrs. Sanjana Mittal Deputy Director Ashtavakra Institute of Rehabilitation Sciences and Research New Delhi</p> <p>Copy to: 1. Dean Academics 2. All Course Coordinators/Class Incharges 3. Student Welfare Dept. 4. Website for Update</p>
Social media link (promoting in any one Facebook/Instagram/Twitter is mandatory)	https://www.instagram.com/p/DSUk8tdjGPQ/?igsh=NWh0c2YwdTkxZ3Bm
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)	45
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]	1
(Geotag) Photograph* Photograph of the Event with the Caption	

Nodal Officer, Unnat Bharat Abhiyan Club (UBA)
Ashtavakra Institute of Rehabilitation Sciences and Research
Madhuban Chowk, Rohtak, Delhi-110085



Delhi, Delhi, India
 Basement Floor, 5 Psp, Madhuban Chowk, Near Geeta Ratan College,
 Block A, Sector 14, Rohini, Delhi, Delhi 110085, India
 Lat 28.706929° Long 77.129601°
 Tuesday, 16/12/2025 01:00 PM GMT +05:30



New Delhi, Delhi, India
 05, Prashant Vihar, Sector 14, Rohini, New Delhi, Delhi 110085, India
 Lat 28.70697° Long 77.128957°
 Tuesday, 16/12/2025 12:53 PM GMT +05:30

New Delhi, Delhi, India
 5 Psp, Institution Area, Sector-14, Near Madhuban Chowk Rohini, Rohini
 Institutional Area, Rohini, Block A, Sector 14, Rohini, New Delhi, Delhi
 110085, India
 Lat 28.706942° Long 77.129024°
 Tuesday, 16/12/2025 12:55 PM GMT +05:30

Report: Description in (min 250 to max 800 words)*

Ashtavakra Institute of Rehabilitation Sciences and Research organized a **Health Talk** on **16th December 2025** as part of its **Unnat Bharat Abhiyan (UBA)** activities. The programme aimed to enhance awareness among students about health, hygiene, nutrition, and overall well-being, with special emphasis on inclusive health practices.

The Health Talk was conducted by **Dr. Mukta Goyal**, who served as the **Resource Person** for the session. Dr. Goyal explained various important health-related concepts in a simple and comprehensive manner. The session covered key terms related to **physical health, mental health, nutrition, personal hygiene, preventive healthcare, lifestyle disorders, stress management, and health promotion**. Special attention was given to the importance of maintaining good health while working with children with special needs and diverse learning abilities.

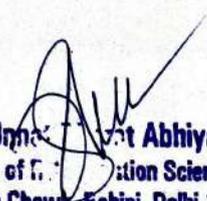
Dr. Goyal highlighted the significance of balanced diet, regular physical activity, cleanliness, adequate rest, and mental well-being in leading a healthy life. She also discussed common health issues faced by students and educators and suggested practical

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preventive measures. The session emphasized the role of future special educators in spreading health awareness within schools and communities.

Students of **B.Ed. (Special Education)** from all departments actively participated in the programme. The interaction between the resource person and the students made the session engaging and informative. Students clarified their doubts and gained practical insights into adopting healthy lifestyle practices.

The Health Talk successfully fulfilled its objectives by sensitizing students towards health awareness and reinforcing the institute's commitment to community engagement and holistic development under the **Unnat Bharat Abhiyan**.


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Recourse Person	Mr. Jitender Srivastava
Attendance Sheet*	Attached at the end of Report
Feedback	Sample feedback Attached at the end of Report
Report Submitted by Convener (write faculty coordinator name)	Mr. Jitender Srivastava
For Office Use	
Signature of Event Coordinator	Signature of School/Department Head Nodal Officer, Unnat Bharat Abhiyan Club (UBA) Ashtavakra Institute of Rehabilitation Sciences and Research Madhuban Chowk, Lucknow, Distt-226005 (With Seal)
List of Beneficiary	

Fields marked with '*' are mandatory

LIST OF STUDENT PARTICIPANTS

S.No.	Name of Volunteer	Class	Signature of Student
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)	

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Ashtavakra Institute of Rehabilitation Sciences and Research
Madhuban Chowk, Lucknow, Distt-226005

12	JHANVI	B.Ed(ID)	Jhanvi
13	ANKITA	B.Ed(ID)	Ankita
14	VISHAKHA	B.Ed(ID)	Vishakha
15	KUNAL BHARDWAJ	B.Ed(ID)	Kunal
16	SARASWATI DASS	B.Ed . ASD	Saraswati
17	MANSI GUPTA	B.Ed . ASD	Mansi
18	PAYAL JAIN	B.Ed . ASD	Payal
19	KHUSHI AHUJA	B.Ed . ASD	Khushi
20	TANNU SHOKEEN	B.Ed . ASD	Tannu
21	SHIWANI	B.Ed . ASD	Shiwani
22	ANSHIKA	B.Ed . ASD	Anshika
23	KAVITA	B.Ed . ASD	Kavita
24	JYOTI YADAV	B.Ed . ASD	Jyoti
25	GITIKA	B.Ed . ASD	Gitika
26	TANU BAISOYA	B.Ed . ASD	Tanu
27	CHANCHAL	B.Ed . ASD	Chanchal
28	AKANKSHA GANGULY	B.Ed . ASD	Akanksha
29	JASPREET KAUR	B.Ed . ASD	Jaspreet
30	KALYANI	B.Ed . ASD	Kalyani
31	VARSHA	B.Ed . VI	Varsha
32	HARSHITA GUPTA	B.Ed . VI	Harshita
33	KIRTI SINGH	B.Ed . VI	Kirti
34	RITIKA	B.Ed . VI	Ritika
35	PRENA	B.Ed . VI	Prena
36	VANSHIKA GOYAL	B.Ed. ASD	Vanshika

Nodal Officer, Unnao
Ashtavakra Institute of Education, Sciences and Research
Madhuban, Ghazipur, Distt. 201005
Vishwanath Club (USA)

37	KIRTI GOEL	B.Ed . ASD	Kirti
38	YASH	B.Ed . ASD	Yash
39	KARISHMA KUMARI	B.Ed . ASD	Karishma
40	BHAWANA	B.Ed . ASD	Bhawana
41	ARCHANA KUMARI	B.Ed . ASD	Archana
42	RUPAL	B.Ed . ASD	Rupal
43	PREKSHA GUPTA	B.Ed . ASD	Preksha
44	SIMPLE SOLANKI	B.Ed . ASD	Simple
45	MANSI SOLANKI	B.Ed . ASD	Mansi

Nodal Officer, United Bharat Abhiyan Club (USA)
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