



**ASHTAVAKRA**  
Institute of Rehabilitation Sciences and Research  
5, 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**

Heart Health Awareness: Spreading knowledge about heart diseases, signs and symptoms, and preventive care is central.

Prevention and Early Action: Advocates for healthy lifestyles—including proper nutrition, physical activity, and stress management—to reduce risks.

Equity in Health: Highlights the global burden of heart disease, especially in low- and middle-income countries, and calls for bridging healthcare gaps.

Compassion and Empathy: Encourages individuals to care not only for their own hearts but also for others, fostering values like kindness and emotional support.

Environmental Link: Recognizes the impact of air pollution and environmental factors on heart health, promoting eco-friendly actions as part of cardiovascular care.

**Learning Outcomes**

Increased Awareness: Learners gain essential knowledge about heart diseases, common risk factors (such as high blood pressure, poor diet, smoking, physical inactivity), early signs, and preventive measures.

Health Literacy: Participants learn how lifestyle choices—nutrition, physical activity, stress management—directly impact cardiovascular health.

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

**NSS CLUB**

**Program Theme\***

**World Heart Day**

**External Expert / Internal Expert**

**Ms. Preeti Goyal**

**Date\***

**29/09/25**

**Time\***

**11:00A.M – 1:00 Noon**

**Venue**

**AIRSR, Sector-14, Rohini, Delhi-110085**

Program of NSS (SFU)  
Ashtavakra Institute of Rehabilitation Sciences and Research  
Madhuban Chowk, Rohini, Delhi-110085

*Preeti Goyal*

*[Signature]*

ster/Flyer/Notice\*

# Ashtavakra Institute of Rehabilitation Sciences and Research

## World Heart Day

Venue AIRSR  
Time-11am to 12am  
29th September

Wishing you a vibrant and heart-  
healthy life on World Heart Day!



<https://www.facebook.com/share/v/19YjPTMrM4/?mibextid=wwXIfr>

**Social media link** (promoting in any  
one Facebook/Instagram/Twitter is  
mandatory)

**No. of Student\*** (only no. to be written,  
list in excel or word should be maintain  
at department level as proof for any  
further requirement)

Program Officer, NSS (SFU)  
Ashtavakra Institute of  
45  
45

*Handwritten signature*

<b>No. of Faculty*</b> (only no. to be written, list in excel or word should be maintain at department level as proof for any further requirement)	20
<b>No. of External Participants</b> (students + faculty) [write NA if not applicable]	NA
<b>(Geotag) Photograph*</b> Photograph of the Event with the Caption	

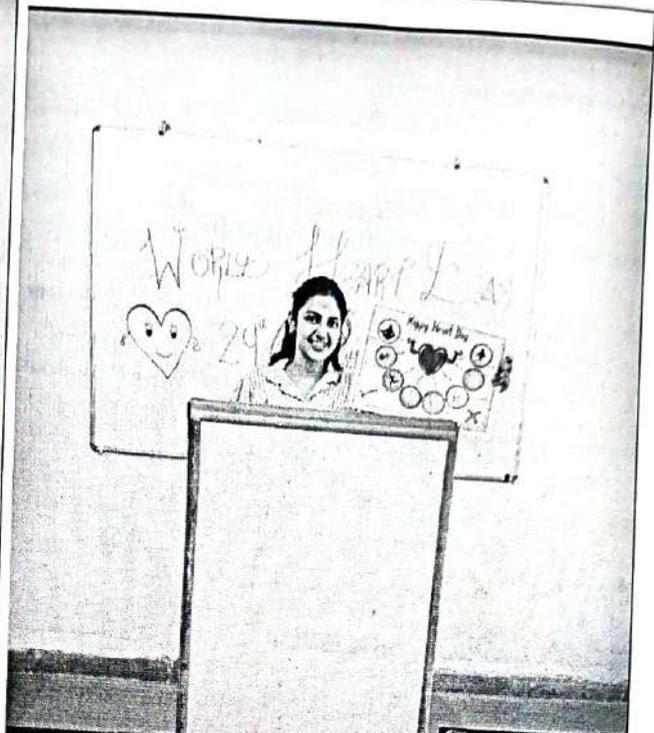
*Deep*

**Program Officer, NSS (SFU)**  
 Ashvakra Institute of Professional Sciences and Research  
 Medhuban Chowk, Delhi-110085

*Preethi*



Delhi Division, Delhi, India  
5, Block A, Sector 14, Rohini, Delhi, 110085, India  
Lat 28.706908°  
Long 77.129730°  
29/9/2025 11:52 AM



Delhi Division, Delhi, India  
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Lat 28.706908°  
Long 77.129730°  
29/9/2025 11:46 AM



Delhi Division, Delhi, India  
5, Block A, Sector 14, Rohini, Delhi, 110085, India  
Lat 28.706908°  
Long 77.129730°  
29/9/2025 11:42 AM



Delhi Division, Delhi, India  
5, Block A, Sector 14, Rohini, Delhi, 110085, India  
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Long 77.129730°  
29/9/2025 11:43 AM

*Preethi*

Program Officer, NSS (SFU)  
Ashvakra Institute of Health Sciences and Research  
Kirti Nagar, Delhi-110085

The Ashtavakra Institute of Rehabilitation Sciences and Research observed World Heart Day on 29th September 2025, aligning with the global theme "Don't Miss a Beat." The event aimed to create awareness about cardiovascular health, emphasize prevention of heart diseases, and encourage timely medical check-ups and healthy lifestyle habits among the participants.

**Event Highlights**

- **Health Awareness Sessions:** Expert talks and interactive sessions were held explaining the causes, symptoms, and preventive measures for heart diseases. Participants learned about lifestyle modifications and the importance of regular health check-ups.
- **Heart Health Screening Camp:** A free screening camp was organized on-site, including blood pressure measurement, cholesterol tests, and blood sugar checks, identifying early risk factors among attendees.
- **Fitness Activities:** Yoga and light aerobics sessions were conducted to demonstrate the role of physical activity in cardiovascular health.
- **Healthy Eating Demonstration:** Nutritionists presented heart-friendly diet plans focusing on reducing salt, sugar, and unhealthy fats while promoting fruits, vegetables, and whole grains.
- **Community Engagement:** Attendees participated in a pledge to adopt heart-healthy habits and spread awareness within their families and communities. Informative brochures and posters emphasizing the theme "Don't Miss a Beat" were distributed.

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

<b>Recourse Person</b>	NA
<b>Attendance Sheet*</b>	Attached at the end of Report
<b>Feedback</b>	Event was full of joy, productive and interactive.
<b>Report Submitted by Convener (write faculty coordinator name)</b>	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

### 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	PRATI KSHA	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

Prakash

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Gandhinagar, Mumbai-400005

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	0B.ed . ASD
26	TANU BAI SOYA	B.ed . ASD
27	CHAN CHAL	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

Preet Koyal

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Machhli Chauki, Lucknow-226005

42	RUPAL	B.ed . ASD
43	PREKSHA GUPTA	B.ed . ASD
44	SIMPLE SOLANKI	B.ed . ASD
45	MANSI SOLANKI	B.ed . ASD

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Preksha