




TECNIA INSTITUTE OF ADVANCED STUDIES

NAAC GRADE "A" INSTITUTE (CYCLE-2)

Approved by AICTE, Ministry of Education Govt. of India,
Affiliated to G.G.S.I.P University & Recognized Under Sec. 2(f) of UGC Act 1956.

INSTITUTIONAL AREA, MADHUBAN CHOWK, ROHINI, DELHI-110085

Report on "Myths & Awareness About Brain Stroke"

Title of Activity*	Myths & Awareness About Brain Stroke
Event – Awareness/Outreach	Awareness
Program Theme*	Health Awareness and Preventive Well-being
In association with (Dept./ Centre/ Cells/Clubs/ Committees Name)	Manoyog – Mental Well-Being Club in association with Max Healthcare and Student Welfare Committee
Objectives	<ul style="list-style-type: none">• To spread awareness about the causes, warning signs, and prevention of brain stroke.• To dispel myths and misconceptions related to neurological health.• To educate faculty and staff about early response and treatment options for stroke.• To promote a health-conscious and supportive work environment.
Mulya Pravah	Compassion, Empathy 
UNSDG	Good Health & Well-being (SDG 3)
Outcomes with its impact	Participants gained accurate knowledge about stroke symptoms, risk factors, and preventive measures. The session cleared common myths, enhanced health awareness, and emphasized timely medical response. It encouraged the TIAS community to value early intervention and healthy living practices.
External Expert	Dr. Shailesh Jain , Associate Director – Neurosurgery & Head, Neuro-intervention Neurosciences, Max Healthcare
Internal Expert/Faculty	Ms. Rachna Garg, Incharge, Manoyog – Mental Well-Being Club Dr. Monisha, Incharge-Student Welfare Committee
Date	11th October 2025
Time	11:00 AM – 12:00 PM
Venue	TIAS Conference Hall (PG Block – 2nd Floor)
Social media link	

Poster/Flyer/Notice*

TECNIA
INSTITUTE OF ADVANCED STUDIES
ROHINI, DELHI
NMAC GRADE 'A' INSTITUTE (CYCLE-2)

Tecnia Institute of Advanced Studies, Delhi in association with
MAX Healthcare

**MYTHS & AWARENESS
ABOUT BRAIN STROKE**

Associate Director - Neurosurgery & Head
**Neurointervention Neurosurgery, Neurosciences, Interventional
Neurology, Spine Surgery *Experience: 23+ Years***

Resource Person:
Dr. Shailesh Jain

DATE: 11.10.2025 TIME: 11:00 AM to 12:00 PM
VENUE: TIAS Conference Hall (PG block 2nd floor)

Only those Teaching/non-teaching staff will join who doesn't have classes
and not have any important assignment

No. of Students* (only no. to be written, list in excel or word should be maintained at department level as proof for any further requirement) 25

No. of Faculty* (only no. to be written, list in excel or word should be maintained at department level as proof for any further requirement) 10

No. of External Participants (students + faculty) [write NA if not applicable] NA

Geotag Photographs(with Caption)*




Check In

Delhi, Delhi, India 



Tecnia institute of advanced studies, 3 PSP, Institutional Area
Madhuban Chowk, Bhagwan Mahavir Marg, Sector 14, Rohini, New
Delhi, Delhi 110085, Delhi, Delhi 110085, India
Lat 28.706237° Long 77.130061°
11/10/2025 12:17 PM GMT +05:30

 GPS Map Camera



A CASE FOR BETTER UNDERSTANDING



Delhi, Delhi, India 🇮🇳

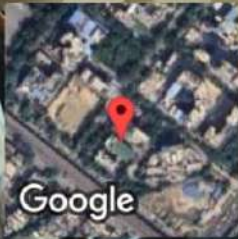
Tecnia Institute Of Advanced Studies Pg Block, Bhagwan Mahavir Marg, Block D, Sector 14, Rohini, Delhi, Delhi 110085, India

Lat 28.705688° Long 77.130238°


Saturday, 11/10/2025 11:50 AM GMT +05:30

Google

GPS Map Camera



Google

Delhi, Delhi, India 

Tecnia Institute Of Advanced Studies Pg Block, Bhagwan Mahavir Marg, Block D, Sector 14, Rohini, Delhi, Delhi 110085, India

Lat 28.705741° Long 77.130165°

Saturday, 11/10/2025 11:18 AM GMT +05:30





Faculty members attending the awareness session “Myths & Awareness About Brain Stroke” conducted by *Manoyog – Mental Well-Being Club* in collaboration with *Max Healthcare* at TIAS.

Caption

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

On 11th October 2025, *Manoyog – Mental Well-Being Club* of **Tecnia Institute of Advanced Studies** organized a special health awareness session titled “**Myths & Awareness About Brain Stroke**” in association with **Max Healthcare**. The event aimed to promote awareness of neurological health, debunk prevalent myths regarding brain stroke, and educate staff about prevention and early management. The session was conducted by **Dr. Shailesh Jain**, Associate Director – Neurosurgery & Head, Neuro-intervention Neurosciences, Max Healthcare, a leading expert with over 23 years of experience. Dr. Jain explained how lifestyle factors such as hypertension, stress, and poor diet contribute to stroke risk. He clarified common misconceptions—for instance, that strokes affect only older adults or cannot be treated after a certain time—and stressed the importance of the “Golden Hour” for effective medical intervention. Through real-life case discussions, Dr. Jain highlighted early warning signs

	<p>like sudden numbness, facial drooping, difficulty speaking, and loss of coordination. The interactive nature of the talk encouraged participants to ask questions and share experiences, making the session engaging and educational.</p> <p>The program concluded with practical advice on maintaining neurological health through regular exercise, balanced diet, blood-pressure monitoring, and stress reduction. Participants appreciated the informative nature of the session and the opportunity to learn directly from a medical expert. The event successfully aligned with the <i>Mulya Pravah</i> values of Compassion and Empathy, fostering a culture of awareness and care among educators and staff. It also contributed toward UNSDG 3 – Good Health and Well-Being, reinforcing TIAS’s commitment to holistic wellness and preventive health education.</p>
Attendance Sheet*	Attached at the end of Report
For Office Use: Notification No.	
Name and Signature of Event Coordinator/Nodal Club Officer/Club Incharge(with stamp)	 <p>Ms. Rachna Garg Incharge, <i>Manoyog</i> <i>Mental Well-Being Club</i></p>  <p>Dr. Monisha In/c Students Welfare</p>
List of Participants Attached(Separate Page)	

List of Participants

S.No.	Enrollment No.	Name of the Beneficiary	Dept./Course
1	Faculty	Dr. Monisha	DMS
2	Faculty	Dr. Pooja Sharma	DMS
3	Faculty	Dr. Archana Dixit	DMS
4	Faculty	Dr. Sheenu Arora	DMS
5	Faculty	Dr. Rubeena Bano	DMS
6	Faculty	Dr. Pragati	DMS
7	Faculty	Dr. Shalini Gupta	DMS
8	Faculty	Ms. Rachna Garg	DMS
9	Faculty	Ms. Aparna Vats	DMS
10	Faculty	Ms. Shreya Chauhan	DMS
11	01417001723	Priyanshu Mittal	BBA
12	01517001723	Daksh Bothra	BBA
13	01717001723	Gurvansh Singh	BBA

14	00917088824	Mehak Pal	B.Com(H)
15	01917001723	Shubham Rustagi	BBA
16	02117001723	Arushi Bansal	BBA
17	00217003924	Sarika Jaiswal	MBA
18	02317001723	Astha Dua	BBA
19	02517001723	Krishang Suri	BBA
20	02617001723	Vaishnavi	BBA
21	02817001723	Kush Singhal	BBA
22	35117003923	Khyati Rajput	MBA
23	03117001723	Diya Nijhawan	BBA
24	03217001723	Khushboo	BBA
25	07317001723	Tushar Saini	BBA
26	07417001723	Vishesh Goyal	BBA
27	07617001723	Advay	BBA
28	07717001723	Pratham Kohli	BBA
29	50217088824	Kashish Chauhan	B. Com(H)
30	08117001723	Deepanshu Bohara	BBA
31	08217001723	Pratham Chopra	BBA
32	08417001723	Manvi Behl	BBA
33	02321301723	DEV Verma	BBA
34	02421301723	Sanchita Bhatia	BBA
35	02521301723	Bhawna Rathore	BBA

Name and Signature of Event Coordinator/Nodal Club Officer/Club In-charge(with stamp)


 Nodal Officer, Mental Wellbeing Club
 Technia Institute of Advanced Studies
 Madhuban Chowk, Rehtim, Delhi-85

Ms. Rachna Garg

Incharge, Manoyog – Mental Well-Being Club


 STUDENTS WELFARE
 Technia Institute of Advanced Studies
 MADHUBAN CHOWK, REHTIM, NEW DELHI-85

Dr. Monisha

In/c Students Welfare