



## Happiness Club Meeting

### Session: 2021-22

Ref. No: TIAS/Club/HC/2021-22/2

Date: 17/1/2022

### Minutes of the Meeting

A meeting of the steering committee of the Happiness Club was held on 14/1/2022 at 1:00 pm in the Conference Room (TIAS PG building) under the chairmanship of Dr. Ruchi Srivastava to discuss and approve the agenda. The following members were present:

1. Dr. Ruchi Srivastava (Chairperson)
2. Dr. Rubeena Bano (Faculty)
3. Dr. Rajneesh Pandey (Faculty)
4. Dr. Deepak Sonker (Faculty)
5. Dr. Sheenu Arora (Faculty)
6. Ms. Priyanka (Faculty)
7. Lavanya Jain (Student)
8. Archit Chawla (Student)
9. Agam Jindal (Student)

The meeting started with a welcome note by the chair. The following agenda points were discussed and approved:

1. **Objectives of the Happiness Club:** The objectives of the Happiness Club provided in the manual were discussed and propagated by the chair among the members of the steering committee. The following objectives were discussed:
  - E1: 'PROVOKE' the thought "How much do we need and what for?" among students.
  - E2: 'INVOKE' gratitude and flexibility in opinions among learners.
  - E3: 'EVOKE' curiosity to replace anxiety among students
  - E4: Achieve 'BESPOKE' happiness using both mindful and heart-full activities

2. **Activity Calendar of the Happiness Club for session 2021-22:** As per the guidelines of club manual, the activity calendar of the Club for session 2021-22 was discussed. The proposed calendar was unanimously approved by all the members.
3. **Website of the Happiness Club:** The Chairperson discussed about the creation of the Happiness Club webpage on the Institute's website. She also apprised the members about the Happiness Club manual named Six Sigma of Happiness and the YourOneLife application.
4. **List of student volunteers:** A short discussion was held to finalize the list of student volunteers for the academic session 2021-22. The updated list of student volunteers was approved by all the members and finalized.
5. **Roles and responsibilities of student coordinators:** The roles and responsibilities of student coordinators in the activities of the Club were discussed and approved by all the members.

All the resolutions and minutes are put-up in front of Institutional Academic Committee for approval.



Dr. Ruchi Srivastava  
Head, Steering Committee  
Happiness Club, TIAS

CC:

- To Dean, Tecnia Institute of Advanced Studies for kind information
- To Director, Tecnia Institute of Advanced Studies for kind information
- HOD's- MBA/BBA/BCA/BAJMC