



TECNIA INSTITUTE OF ADVANCED STUDIES
NAAC ACCREDITED GRADE "A" INSTITUTE
Approved by AICTE, Ministry of HRD, Govt. of India, Affiliated to GGSIP University
Recognized Under Sec. 2(f) of UGC Act 1956
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HAPPINESS CLUB EVENT REPORT

Event: Article Writing Competition on theme "What makes me happy and Why"
Date: 22nd March 2022
Time: 12 – 1 pm
Nodal Officer: Dr. Ruchi Srivastava
Mode: Hybrid
Participants: 64

The poster features the TECNIA logo at the top left, the 75th Azadi Ka Amrit Mahotsav logo in the center, and the Happiness Club logo at the top right. The main text reads: "HAPPINESS CLUB Established under the norms of All India Council for Technical Education (AICTE) organizes ARTICLE WRITING on WHAT MAKES ME HAPPY AND WHY". Below the text is an illustration of a woman sitting at a desk with a typewriter, surrounded by decorative elements like a lightbulb, stars, and plants. At the bottom, it states: "Entry Submission Dates : 22nd March 2022 Submit on: happinessclub@tecnia.in Mode: Hybrid Dr. Ruchi Srivastava Nodal Officer".

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75
Azadi Ka
Amrit Mahotsav

We Create
Calibrates
TECNIA
Happiness Club

HAPPINESS CLUB
Established under the norms of
All India Council for Technical Education (AICTE)
organizes
ARTICLE WRITING
on
WHAT MAKES ME HAPPY AND WHY

Entry Submission Dates : **22nd March 2022**
Submit on: happinessclub@tecnia.in
Mode: **Hybrid**
Dr. Ruchi Srivastava
Nodal Officer

Learning Objective: Students will learn to express their emotions through writing.

REPORT

To ignite creativity among its students, the Happiness Club of Tecnia Institute of Advanced Studies organized an Article Writing competition on 22nd March 2022 in hybrid mode. The theme of this event was “What makes me happy and why” where the students were asked to submit their entries in the form of articles. The aim of this event was to give a chance to students to express what happiness means to them and what factors affect their happiness.

The students actively participated in the competition. The event received 30 entries from different departments of TIAS. The judges for the competition were Dr. Ruchi Srivastava and Dr. Keenika Saini who judged the articles submitted by students in a very rational way. The articles were judged on the message communicated, simplicity;vocabulary, sentence formation, adherence to grammar etc.Sarthak Arora secured the first position and Khayatisecured the second position.

Learning Outcome: Students have learnt to express their emotions through writing.



Figure: Student participation in Article writing competition



Article by Khayati

What is happiness? Happiness is defined as "The state of pleasurable contentment of mind; deep pleasure in or contentment with one's circumstances" by Oxford. It could be as little as a pizza for a meal or as simple as binge watching your favourite show. For me, happiness resonates with helping others. I love to see life with an optimistic lens. When someone near me is in distress, I try to help them however I can, it can be by giving them some advice or just by listening to them. Motivating people makes me feel content.

Scientifically speaking, there is a strong association between happiness and helping others. Firstly, happiness helps in helping everyone. When you are happy yourself, you develop empathy for everyone. Happy people are more likely to be interested in or be inclined towards helping others. Trying to understand the situation from someone's perspective who you don't agree with is surely difficult, but it's absolutely rewarding too.

Bringing happiness to the lives that need the most uplifting, being able to make people happy on even the gloomiest of days, and always being kind no matter the circumstances. Smiling is the result of happiness, so making others do that is a true achievement in itself. To me, making a positive impact is the core foundation of my success.

Article by Sarthak Arora

There are a lot of things in life that can make me happy. Spending time with my family and friends, traveling to new places, and experiencing new things are all things that bring me happiness. However, there are also a lot of little things that can make me happy on a day-to-day basis. Some of the small things that make me happy include: -A good cup of coffee in the morning -A sunny day -A beautiful sunset -Hearing a song that I love -Laughing until I cry -A warm hug -A kind word from a stranger

There are a lot of things that can make me happy. I enjoy spending time with my family and friends, going on trips and vacations, and doing things that make me feel good. I also like to have new experiences, learn new things, and challenge myself. When I am able to do these things, I feel happy and fulfilled.

When I'm happy, I feel like I can accomplish anything. I'm in a good mood and everything seems possible. I'm also more likely to be kind to others and enjoy their company. Happiness is contagious, so when I'm happy, I tend to make those around me happy as well.

Why I want happiness

There are many reasons why people want happiness. For some, happiness is a state of mind that allows them to enjoy life more fully. For others, happiness may be a measure of how successful they feel in their personal or professional lives. Whatever the reason, happiness is something that everyone wants to experience. Happiness has been linked with better physical health, increased longevity, and improved mental health. Happier people are also more productive, have better relationships, and are more likely to make positive contributions to their community. There are many things you can do to increase your happiness, such as spending time with loved ones, pursuing hobbies and interests, and giving back to your community. No matter what your reasons for wanting happiness, there are ways to achieve it.

Participants

S. No.	Name	Course
1	Bharat Mathur	MBA
2	Vanshika Negi	BCA
3	Deepak Chandel	BCA
4	Aayushi Tyagi	BCA
5	Anmol Gupta	MBA
6	Sarthak Arora	BCA
7	Ankit	MBA
8	Sweta	BBA
9	Jayesh Lakra	BCA
10	Mahiva Bansal	BCA
11	Muskan	BCA
12	Keshav Garg	BCA
13	Gagan	BCA
14	Sampann Arora	BCA
15	Ishita	BBA
16	Nishita Gupta	BCA
17	Radhika Jangid	BBA
18	Yash Gupta	BBA
19	Vivek Singh	BBA
20	Niwanshu Sharma	BCA
21	Ujjwal Juneja	BCA
22	Paramjeet	BCA
23	Swati Chandola	BCA
24	Aatif Khan	BCA
25	Vedant Kumar	BCA
26	Priyanshu Choudhary	BCA
27	DevinaDugar	BCA
28	Mehak Goel	BCA

29	Ruchika Sawan	BAJMC
30	Agrima	BAJMC
31	Akshita Chauhan	MBA
32	Naman Vij	BBA
33	Sarthak Arora	BCA
34	Risha Gupta	BCA
35	Preeti	BCA
36	Ashwin Singh Rawat	BCA
37	Khayati Luthra	BCA
38	Ashima Mehta	BCA
39	ShivekGosain	BCA
40	Yash Upadhyay	BCA
41	Dhruv Verma	BCA
42	Sarthak Jain	BCA
43	Akriti Malhotra	BAJMC
44	PriyamPurang	BAJMC
45	Kanishka Garg	BAJMC
46	Shrey	BBA
47	Arpit Kumar	BBA
48	Vivek Manocha	BAJMC
49	Harshita Maheshwari	BBA
50	Arshpreet	BBA
51	Nandini Sharma	BBA
52	Ayushi	BBA
53	Kajal Goyal	BBA
54	Divyanshu Sharma	BBA
55	Shruti Dwivedi	BBA
56	Kanika Jain	BBA
58	Richa Singh	BBA
59	Nishant Narang	BBA

60	Namya	BCA
61	Parth	BCA
62	Ankush	BCA
63	Akshit	BCA
64	Rishika	BCA