



**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  
**INSTITUTIONAL AREA MADHUBAN CHOWK, ROHINI, DELHI 110085**  
Tel:91-11-27555121-24, E-Mail : directortias@tecnia.in, Website: www.tiaspg.tecnia.in



## HAPPINESS CLUB EVENT REPORT

### Awareness Campaign on YourOneLife (YOL) Android/iOS Application

<b>Event</b>	: Awareness Campaign on YourOneLife (YOL) Android/iOS Application
<b>Date</b>	: 28 <sup>th</sup> January 2022
<b>Time</b>	: 11:00 AM onwards
<b>Mode</b>	: Online
<b>Platform</b>	: Microsoft Teams
<b>Beneficiaries</b>	: 56

The poster features the TECNIA logo at the top left, followed by the NAAC Grade A accreditation logo, the All India Council for Technical Education (AICTE) logo, and the 75th Azadi Ka Amrit Mahotsav logo. The central text reads: "Happiness Club Established under the norms of All India Council for Technical Education (AICTE) organizes Awareness Campaign on Your One Life (YOL) Android/iOS Application". Below this, it specifies: "Platform: Microsoft Teams", "https://bit.ly/5WFrfxW", "Date: 28<sup>th</sup>-Jan.-2022", and "Timing: 11:00 A.M. Onwards". The footer includes the website "tiaspg.tecnia.in" and the name of the Nodal Officer, Dr. Ruchi Srivastava, along with social media icons for Instagram, Facebook, Twitter, and YouTube.

**Learning Objective:** To spread awareness about the use of YourOneLife (YOL) Android/iOS application among the students to help them track their happiness index.

## **REPORT**

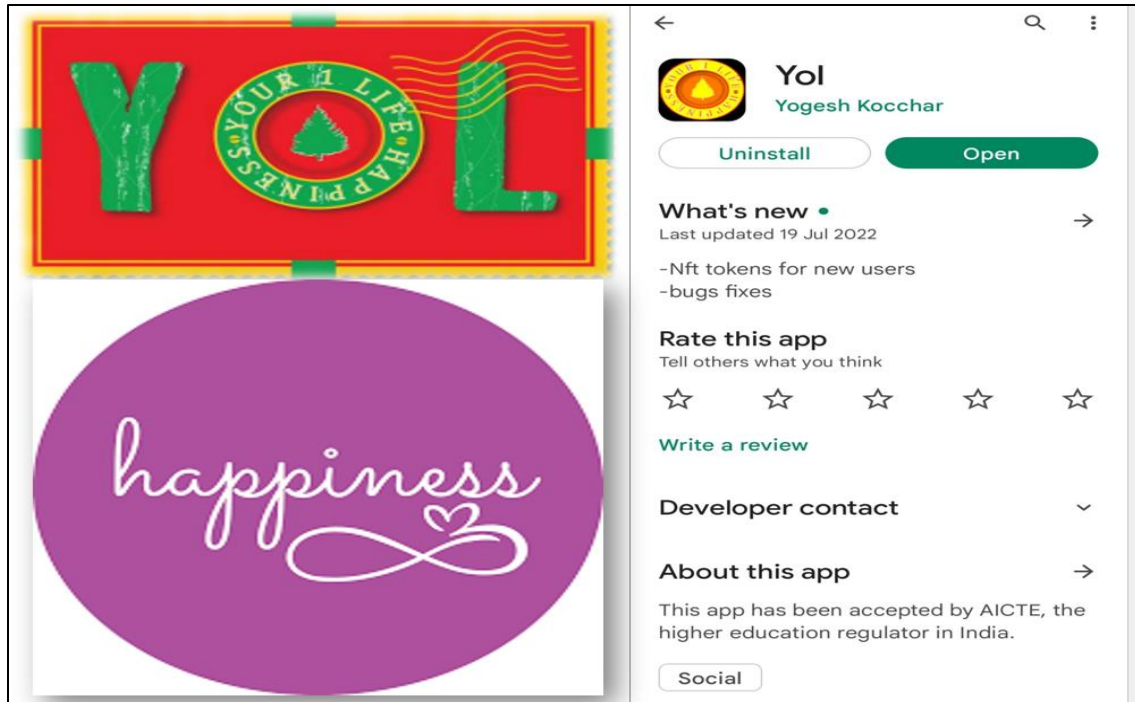
In reference to the email received from AICTE regarding “Universal Human Values and Happiness Matrix Scheme” dated 17/12/2021, the Happiness Club of Tecnia Institute of Advanced Studies organized an online awareness campaign on “YourOneLife (YOL) Android/iOS application” on 28<sup>th</sup> January, 2022. The event began with a welcome address by Dr. Ruchi Srivastava. She talked about the importance of happiness in student life and how it has been affected in the COVID-19 pandemic. She also informed the students about the Your One Life (YOL) Android/ iOS application launched by AICTE.

Dr. Ruchi began her presentation by interacting with the students about what happiness means to them. Many students shared their views on the meaning of happiness. Then, she discussed about various positive emotions that the students witness in their daily lives. She also discussed about the growing levels of stress and anxiety among students. She asked students the reason that had caused them stress in recent times. Students shared different situations from their life that had caused stress to them.

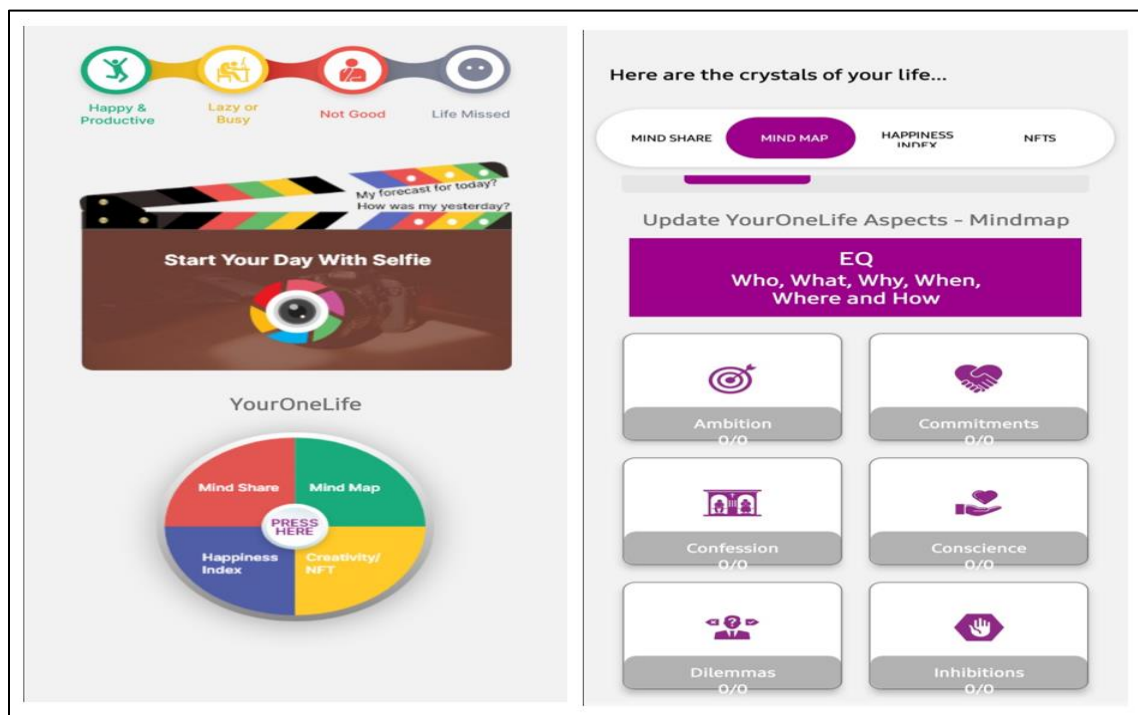
Next, Dr. Ruchi explained in detail about the Your One Life (YOL) application to the students. She mentioned about the importance of this initiative by AICTE and Mr. Yogesh Kochhar. She then informed the students about the two ways of accessing the application: either on Android or on iOS-based devices. Further, she defined various features of the application like Mind Map, Happiness Index and Mind Share. This was followed by a detailed description of the parts of Mind Share section.

Dr. Ruchi explained to the students that Mind Share has been divided into two main parts: Emotional Quotient (EQ) and Intelligence Quotient (IQ). The EQ part mainly includes Ambition, Confession, Concession, Conscious, Dilemmas and Inhibitions. Whereas, the IQ part consists of Family, Friends, Health, Outcomes, Documents and Wallet.

At the end, she concluded her presentation by discussing how students can use this application to track various factors such as family, health, friends, goals, ambitions etc. affecting their happiness. Lastly, she thanked all the participants for being interacting enthusiastically.



**Figure: Installation of YOL application on Android**



**Figure: Different sections of YOL application**

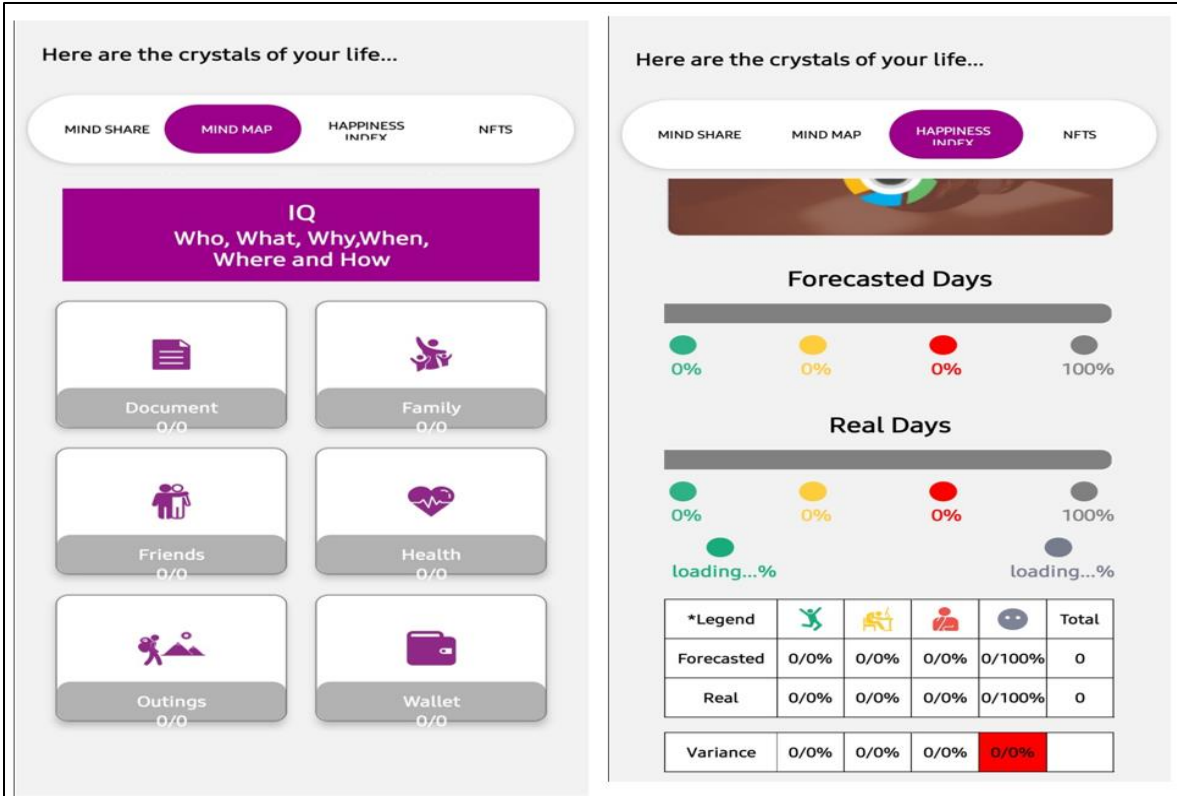


Figure: Mind Map section of YOL application

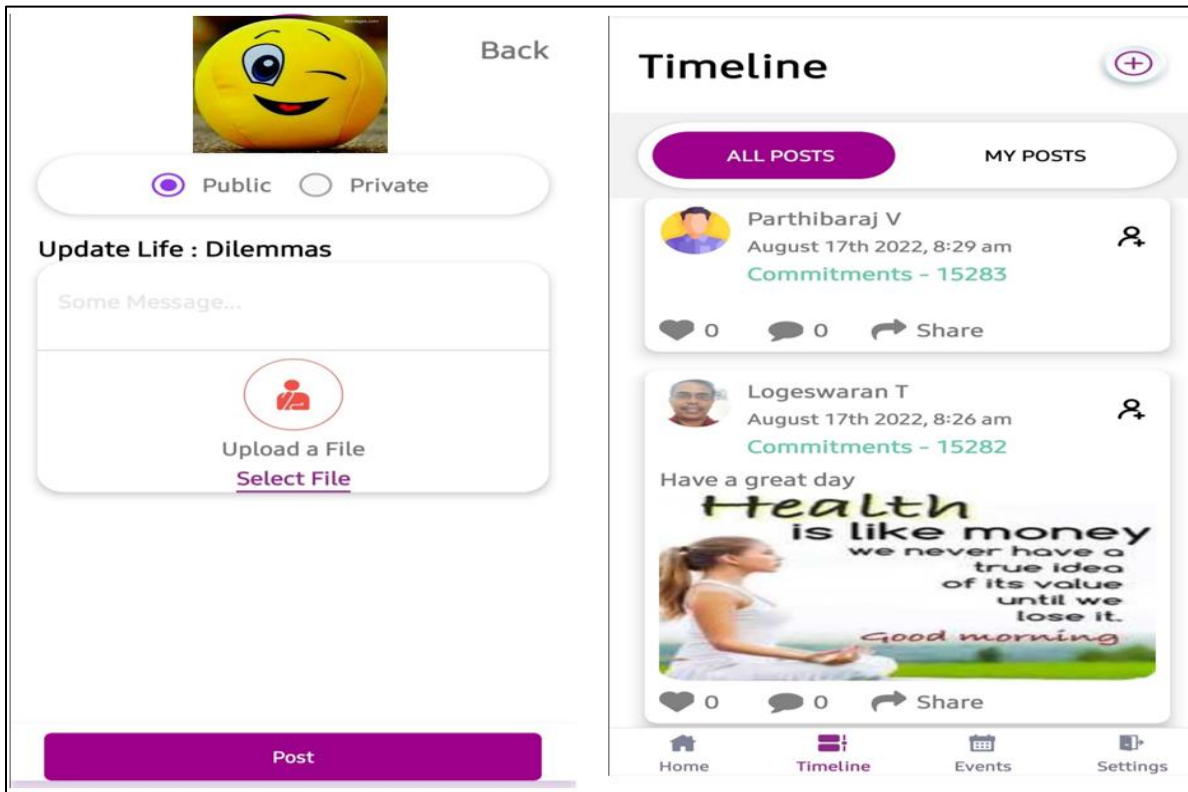


Figure: Timeline section in YOL application

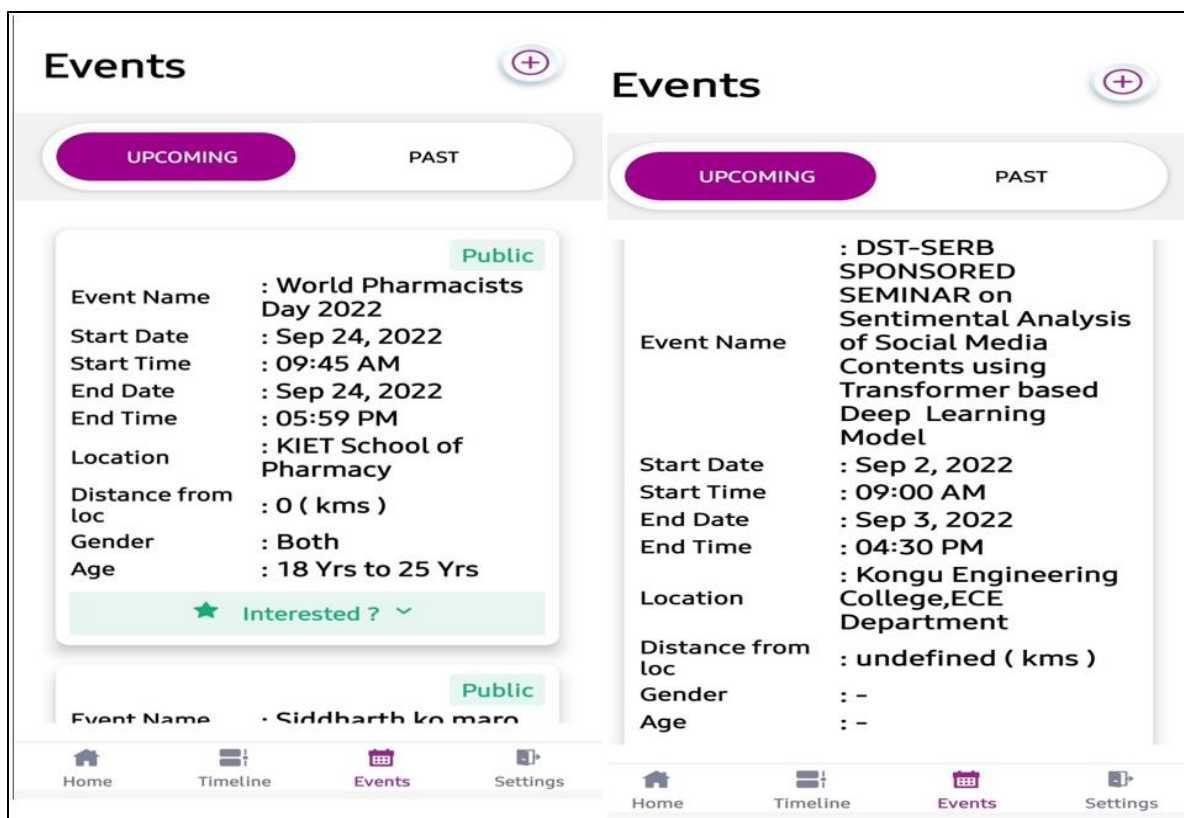


Figure: Events section in YOL application

### Learning Outcome:

Students have learnt about:

- The importance of happiness in a student's life
- The use of Your One Life (YOL) application for tracking their happiness index

### Beneficiaries

S. No.	Name	Course
1	Aatif Khan	BCA
2	Vedant Kumar	BCA
3	Priyanshu Choudhary	BCA
4	Jayesh Lakra	BCA
5	Mahiva Bansal	BCA
6	Swati Chandola	BCA
7	Mehak Goel	BCA
8	Deepak Chandel	BCA

9	Ujjwal Juneja	BCA
10	Paramjeet	BCA
11	Vanshika Negi	BCA
12	Devina Dugar	BCA
13	Aayushi Tyagi	BCA
14	Sampann Arora	BCA
15	Sarthak Arora	BCA
16	Nishita Gupta	BCA
17	Muskan	BCA
18	Keshav Garg	BCA
19	Gagan	BCA
20	Niwanshu Sharma	BCA
21	Ashima Mehta	BCA
22	Shivek Gosain	BCA
23	Yash Upadhyay	BCA
24	Dhruv Verma	BCA
25	Sarthak Jain	BCA
26	Risha Gupta	BCA
27	Preeti	BCA
28	Ashwin Singh Rawat	BCA
29	Bharat Mathur	MBA
30	Anmol Gupta	MBA
31	Akshita Chauhan	MBA
32	Ankit	MBA
33	Ruchika Sawan	BAJMC
34	Kanishka Garg	BAJMC
35	Akriti Malhotra	BAJMC
36	Agrima	BAJMC
37	Vivek Manocha	BAJMC
38	Priyam Purang	BAJMC

39	Kajal Goyal	BBA
40	Radhika Jangid	BBA
41	Yash Gupta	BBA
42	Shrey	BBA
43	Naman Vij	BBA
44	Kanika Jain	BBA
45	Harshita Maheshwari	BBA
46	Ayushi	BBA
47	Arpit Kumar	BBA
48	Divyanshu Sharma	BBA
49	Ishita	BBA
50	Arshpreet	BBA
51	Nandini Sharma	BBA
52	Vivek Singh	BBA
53	Richa Singh	BBA
54	Nishant Narang	BBA
55	Shruti Dwivedi	BBA
56	Sweta	BBA