



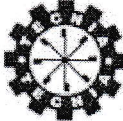
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INSTITUTIONAL AREA MADHUBAN CHOWK, ROHINI, DELHI 110085
 Tel: 91-11-27555121-24, E-Mail : directortias@tecnia.in, Website: www.tiaspg.tecnia.in





HAPPINESS CLUB EVENT REPORT


Awareness Campaign on Your One Life (YOL) Android / iOS Application

Event : Awareness Campaign on Your One Life (YOL) Android/ iOS Application
Date : 30th August 2022
Time : 3:00 PM
Nodal Officer : Ms. Neha Gupta
Mode : Online
Platform : Microsoft Teams
Time : 11:00 AM – 12:00 PM
Beneficiaries : 28



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 INSTITUTE OF ADVANCED STUDIES
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Happiness Club
Established under the norms of
 All India Council for Technical Education (AICTE)

organizes +

Awareness Campaign on

Your One Life (YOL)
Andriod/iOS Application

Platform: Microsoft Teams
<https://bit.ly/3QM2dx6>
 Date: 30th-Aug.-2022
 Timing: 11:00 A.M. to 12:00 P.M.

tiaspg.tecnia.in

Nodal Officer
 Ms. Neha Gupta

Neha Gupta
 Happiness Evangelist, Happiness Club
 Tecnia Institute of Advanced Studies
 Madhuban Chowk, Rohini, Delhi-85

Learning Objective: To spread awareness about the use of Your One Life (YOL) application among the students to track their happiness index.

REPORT

In reference to the email received from AICTE regarding “Universal Human Values and Happiness Matrix Scheme” dated 08/04/2022, the Happiness Club of Tecnia Institute of Advanced Studies organized an online event on “Your One Life (YOL) Android/ iOS application Awareness Campaign” on 30th August, 2022.

The event began with a welcome address by the nodal officer, Ms. Neha Gupta. She talked about the importance of happiness in student life and the Your One Life (YOL) Android/ iOS application launched by AICTE. Further, she welcomed Ms. Pooja, Assistant Professor, Department of ICT, TIAS and requested her to enlighten the participants on the true meaning of happiness and how the YOL app can help the students.

Ms. Pooja 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 can be linked to happiness including gratitude, pride, awe, serenity etc. Further, 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.

Further, she discussed about ways of dealing with stress and anxiety in their day-to-day lives. Next, the students were made aware about the difference between Intelligence Quotient (IQ) and Emotional Quotient (EQ). She shared several examples of how both IQ and EQ were integral parts of a student life. In addition, she described the Six Sigma of Happiness which comprised of both mindful and heart-full activities.

Moreover, she explained in detail about the YOL application to the students. She defined various features of the application like Mind Map and Mind Share. 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.

Neha Gupta
Happiness Evangelist, Happiness Club
Tecnia Institute of Advanced Studies
Mathuban Chowk, Baram, Delhi-85

At last, the nodal officer, Ms. Neha Gupta motivated the students to use the YOL application on a daily basis to keep a check on their happiness. She presented a vote of thanks to Ms. Pooja for enlightening the students on the importance of YOL in their happiness journey. She also thanked all the participants for being interacting enthusiastically.

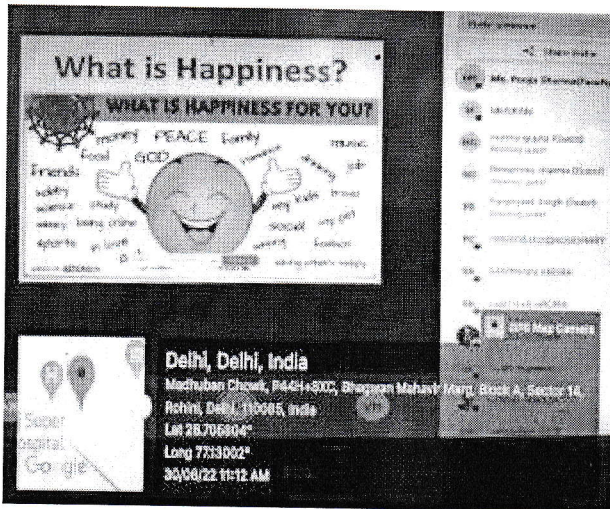


Figure 1: Meaning of Happiness

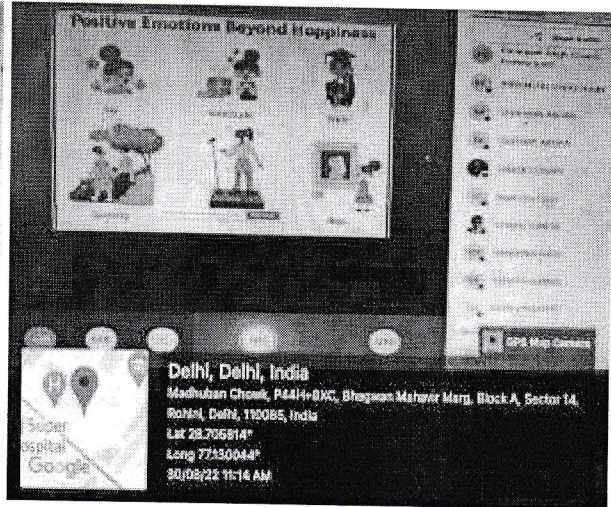


Figure 2: Various forms of Happiness

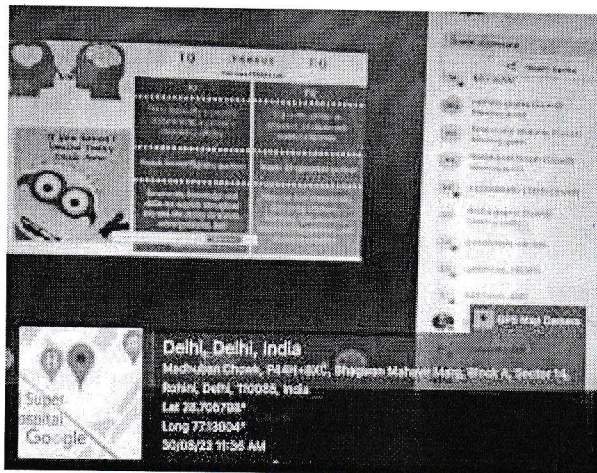


Figure 3: Intelligence Quotient & Emotional Quotient

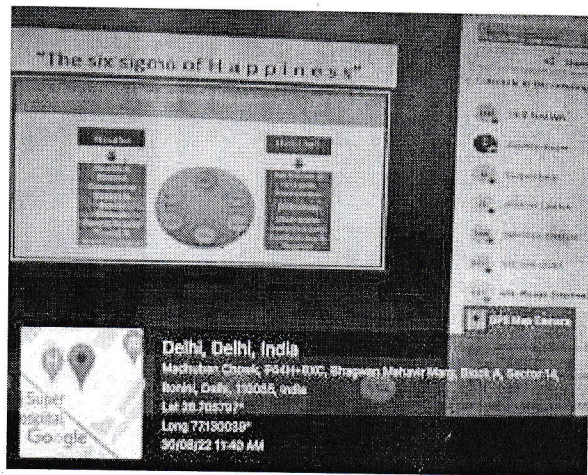


Figure 4: Six Sigma of Happiness

Neha Gupta
 Happiness Evangelist, Happiness Club
 Techno Institute of Advanced Studies
 Madhuban Chowk, Rohini, Delhi-85