



# TECNIA INSTITUTE OF ADVANCED STUDIES

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](mailto:directortias@tecnia.in), Website: [www.tiaspg.tecnia.in](http://www.tiaspg.tecnia.in)



## HAPPINESS CLUB EVENT REPORT

**Event:** Article Writing Competition on theme "What makes me happy and Why"  
**Date:** 10<sup>th</sup> -30<sup>th</sup> November 2022  
**Nodal Officer:** Dr. Neha Gupta  
**Mode:** Online

The poster features the TECNIA logo on the left and the Happiness Club logo on the right. The central 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 person sitting at a desk with a typewriter, a lamp, and a plant. At the bottom, it states: "Entry Submission Dates: 10 Nov-30 Nov 2022 Mode: Online Submit on: [happinessclub@tecnia.in](mailto:happinessclub@tecnia.in)".

*Neha Gupta*  
 Happiness Club  
 Tecnia Institute of Advanced Studies  
 Madhuban Chowk, Rohini, Delhi-110085



## REPORT

To evoke creative writing among its students, the Happiness Club of Tecnia Institute of Advanced Studies organized an Article Writing competition from 10<sup>th</sup> November 2022 to 30<sup>th</sup> November 2022 in online as well as offline mode. The theme of this event was "What makes me happy and why" where the students were asked to submit their entries through their email ids. The aim of this event was to give a platform to students for expressing what happiness means to them and what factors contribute to 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. Deepak Sonker, Head of Department (BCA), TIAS and Dr. Neha Gupta, Assistant Professor, BCA, TIAS who have 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. Nav Verma, BCA I Semester (Shift I) secured the first position and Mehak Goel, BCA III Semester (Shift I) secured the second position. E-Certificates were awarded to the winners and participants.

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

### Article by Naman Kumar

The word happiness when comes to our mind displays the images of a smiling or a laughing face in front of us. Isn't it true? This is the fact that no one in this world wants to be sad. We all are in search of happiness. The way of finding happiness is different in every person in this universe. There are many things in this world that bring smiles and satisfaction to the face of people.

I feel happy when I help my mother in her kitchen work, water the plants, eat my favorite dish, go for a walk, listen to music, play with pets, spend time with family, gossip with friends, etc. We need to find ways of getting happy instead of waiting for it to come by itself.

It is presumed that happiness lies in doing big things. Many of us think that earning a lot of money and holding a nice position is necessary for getting happiness. It is true that success brings happiness but it does not mean that it is only the way to be happy. In reality, happiness

*Neha Gupta*  
Happiness Club  
Tecnia Institute of Advanced Studies  
Madhuban Campus, Gurgaon, Delhi-85

lies in enjoying small-small things in our life. The happiness that we get by doing these things is a very beautiful experience

The best way to keep ourselves stress-free is to be happy. Therefore we must try to find ways to be happy and make others happy too

### **Article by Himesh**

Happiness lies in enjoying small things in life.

It is presumed that happiness lies in doing big things. Many of us think that earning a lot of money and holding a nice position is necessary for getting happiness. It is true that success brings happiness but it does not mean that it is only the way to be happy. In reality, happiness lies in enjoying small-small things in our life. The happiness that we get by doing these things is a very beautiful experience. I feel happy when I help my mother in her kitchen work, water the plants, eat my favorite dish, go for a walk, listen to music, play with pets, spend time with family, gossip with friends, etc. We need to find ways of getting happy instead of waiting for it to come by itself.

The beauty of nature and melody of music enhances the feeling of happiness

We must try to listen to music or feel the beauty of nature when we are happy. Happiness is enhanced when enjoyed in nature with the melody of music. Music has the power to reduce the pain of sadness. We have often noticed that people listen to music when they are very sad or depressed. It helps them in ending the pain of their sorrow and makes them feel better.

### **Article by Kamar Alam**

We are happy because we have friends. They make us happy and they make us feel better when we are sad. They are there for us and they give us hope and happiness.

The human brain is wired to be happy. If we are not happy, it's because something has gone wrong. This is the reason why we are happy:

- friends make us happy
- when we see a smiling face, our brain releases dopamine which makes us feel good about ourselves and the person who smiled at us.
- when we see a sad face, our brain releases serotonin which makes us feel bad about ourselves and the person who had that expression on their face.

*Neha Gupta*  
Happiness Evangelist, Happiness Club  
Technia Institute of Management Studies  
Madhuban Ghosh, Delhi-85



- when we see a neutral expression on somebody's face, our brain starts releasing oxytocin which makes us feel comfortable with that person.
- being around people with positive attitudes will make you feel better about yourself and your own life.

### **Article by Mahiva Bansal**

Topic - What makes me happy and why

Travelling and spending time happy time with my family naked happy.

Travelling around and exploring new things makes me happy as i am staying away from my family to complete my studies. So i miss my family and parents so spending time with my family makes me happy. When i acheive or do something which makes my family happy also makes me happy as when they are happy because of me then it is a very great feeling. But as i am staying away so i have very less chances to be happy. Every chlid loves his/her parents but when we are away from parents they we really miss our parents ,siblings and cousins.

I just pray to god to please provide me these moments again and again. When i will make my parents proud that will be my happiest moment in my life as i would be able to try to help my parents in every condition. So i wish that my this dream may come true as soon as possible.

Thats all this makes me happy.

By - Mahiva Bansal

### **Article by Nav Verma**

Developing logical code solving complicated programs, developing websites, and troubleshooting errors makes me happy and motivates me to complete the tasks because doing so builds my problem-solving ability, which moves me one step closer to my goal.

It helps me to stay connected with the latest technology and also helps me to solve real-world problems and boost my confidence level, which is an important goal for everyone. It also helps me to think about the problem in a different way, in other words, it helps me to think outside the box, and it helps me to overcome my fear of being average.

The motivation for not giving up on solving errors is also linked to changing my perspective on things and avoiding being an introverted person when I acquire creating logical code. The habits