



TECNIA INSTITUTE OF ADVANCED STUDIES
GRADE "A" INSTITUTE

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Happiness Club



Report on "Happiness Redefined: Where Emotional and Intellectual Intelligence Meet"

Title of Activity	Happiness Redefined: Where Emotional and Intellectual Intelligence Meet
Values	Happiness Exits Within Yourself
Learning Outcomes	<ul style="list-style-type: none"> ➤ To interact effectively, convey themselves freely, and think critically. ➤ What they want in connections, create compassion, as well as ensure positive interactions with peoples. ➤ How to apply life skills to handle difficult and challenging circumstances around them. ➤ The skills for analytical thinking and developed Interpersonal Skills.
Objectives	<ul style="list-style-type: none"> ➤ Promoting Understanding of IQ and EQ ➤ Highlighting the Relationship between IQ, EQ and Happiness ➤ Offering Strategies for Personal Growth ➤ Empowering Individuals to Manage Stress ➤ Fostering Emotional Literacy
Organized by	Happiness Club
Program Theme	Exploring the synergy between Emotional and Intellectual Intelligence to achieve deeper fulfillment and success
External Expert / Internal Expert	Internal Expert
Date	9 th June 2023
Time	11:00 AM Onwards
Venue	Vinoba Kunj, Rajapur Sec-9, Rohini
Poster/Flyer/Notice*	<p style="text-align: right;">Coordinator Internal Quality Assessment Cell (IQAC) Tecnia Institute of Advanced Studies New Delhi-110085</p>

*Happiness Redefined: Happiness Club
 Tecnia Institute of Advanced Studies
 Madhuban Chowk, Rohini, Delhi-85*

HAPPINESS CLUB
Organizing
OUTREACH ACTIVITY
HAPPINESS
REDEFINED

*"WHERE EMOTIONAL
AND INTELLECTUAL
INTELLIGENCE MEET"*

09th June, 2023 11:00 AM
Onwards

Venue: Vinoba Kunj, Rajapur Sec-9, Rohini, Delhi

Nodal Officer:
Ms. Himani Chaudhary
Happiness Club:

Student Coordinators:
Varun : 7042727250
Gurpreet : 7056052176

No. of Students

05

No. of Faculty

01

No. of External Participants (students + faculty)
[write NA if not applicable]

NA

Photographs:



Spreading the Awareness About Happiness
Within Yourself



Explaining how to stable the Emotional Quotient



Awareness about Happy and Stable Life Style.

Report: Description in (min 250 to max 800 words)*


Happiness Redefined: Where Emotional and Intellectual Intelligence Meet was organized by Happiness club of Tecnia Institute of Advanced Studies at Sampurna NGO Rajapur Sec-9, Rohini on 9th June 2023.

Volunteers spread awareness about the ways to deal with stress and anxiety in their day-to-day lives. They made aware about the difference between Intelligence quotient (IQ) and Emotional Quotient (EQ). They shared several examples of how both IQ and EQ were integral parts of a student life. In addition, They described the Six Sigma of Happiness which comprised of both mindful and heart-full activities. They explained how Emotional intelligence helps an individual to understand, use, and manage their emotions in positive ways to relieve stress, communicate effectively, sympathy with others, overcome challenges and defuse conflict. It helps us to build stronger relationships and achieve your career and personal goals. It can also help you to connect with your feelings, turn intention into action, and make informed decisions about what matters most to you.

Moreover, Volunteers explained in detail about the YoL application to the students and local people. They defined various features of the application like Mind Map and Mind Share and concluded their presentation by discussing how anyone can use this application to track various factors such as family, friends, health, goals, ambitions etc affecting their happiness.

H.C.
Happiness Evangelist, Happiness Club
Tecnia Institute of Advanced Studies
Madhuban Chowk, Rohini, Delhi-85

Coordinator
Internal Quality Assessment Cell (IQAC)
Tecnia Institute of Advanced Studies

Attendance Sheet*	Attached
Feedback	It was well received by the Sampurna NGO.
Report Submitted by Convener	Ms. Himani Chaudhary
For Office Use	
Signature of Event Coordinator	
List of Participants	

S.No.	Enrolment No	Name
1	07617001721	Vanshika Bansal
2	09417001721	Muskan Dhamija
3	11721301721	Aaditya Raj
4	07317001721	Dev Chawla
5	02517001721	Mehak Parnami



