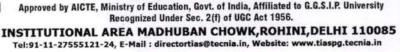
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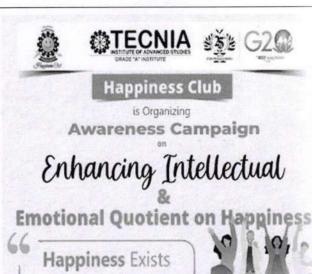
Happiness Club



Report on "Awareness Campaign on Enhancing Intellectual & Emotional Quotient on Happiness"

Title of Activity	Awareness Campaign on Enhancing Intellectual & Emotional Quotient on Happiness		
Values	Happiness Exits Within Yourself		
Learning Outcomes	 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	 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	Stress Management		
Internal Expert	Ms. Himani Chaudhary		
Date	9 th June 2023		
Time	11:00 AM - 01:00 PM		
Venue	Sampurna NGO Rajapur Sec-9, Rohini		
Beneficiaries	All the Sampurna NGO People		

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Within Yourself

Poster/Flyer/Notice*

@ 09° June 2023 ③ 11:00 AM ♀ Vinoba Kunj, Sec - 9,Rohini

Nodal Officer: Ms Himani Chaudhary Student Coordinators: Mehak Parnami Harshit Tiwari

#arsht Hwart

No. of Students

05

No. of Faculty

01

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

NA

Photographs:

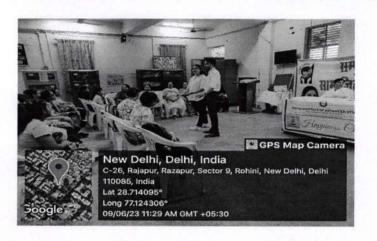


Spreading the Awareness About Happiness Within Yourself



Explaining how to stable the Emotional Quotient

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NEW DELHI - 110085



Awareness about Happy and Stable Life Style.

An Awareness Campaign about Intellectual and Emotional Quotient on Happiness for promoting the mentally healthy and happy life style was organized by Happiness club of Tecnia Institute of Advanced Studies at Sampurna NGO Rajapur Sec-9, Rohini on 9th June 2023.

Volunteers spread awarness about the ways to deal with stress and anxiety in their day-to-day lives. They made aware about the difference between Intelligence Quotient (IO) 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 and 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 relationship sand 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, ambitious etc affecting their happiness.

Report

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Attendance Sheet*	Attached at the end of Report		rt
Feedback	It was well received by the Sampurna NGO.		
Report Submitted by Convener	Ms. Himani Chaudhary		
For Office Use			
	Happiness Evangelist, Happiness Club Tecnia Institute of Admed Studies Madhuban Chowk, Adm., Delhi 85		
Signature of Event Coordinator	Ha	appiness Evangelist, Ha ecnia Institute of Ad Madhuban Chowk,	red Studies , Delhi 85
	Ha	appiness Evangelist, Hi ecnia Institute of Ad	ned Studies , Delhi 85 Name
List of Participants of "Awareness Campaign on	H	appiness Evangelist, Ha ecnia Institute of Ad Madhuban Chowk,	red Studies , Delhi 85
List of Participants of "Awareness Campaign on Enhancing Intellectual & Emotional Quotient on	H	ecnia Institute of Ad Madhuban Chowk, Ad Enrolment No	ned Studies , Delhi 85 Name
List of Participants of "Awareness Campaign on	S.No.	ppiness Evangelist, Ha ecnia Institute of Ad Madhuban Chowk, A Enrolment No 07617001721	Name Vanshika Bansal
List of Participants of "Awareness Campaign on Enhancing Intellectual & Emotional Quotient on	S.No. 1 2	ecnia Institute of Ad Madhuban Chowk, — Enrolment No 07617001721 09417001721	Name Vanshika Bansal Muskan Dhamija

Internal Quality Assessment Cell (IQAC)
Tecnia Institute vanced Studies
New Delhi-110085