



# TECNIA INSTITUTE OF ADVANCED STUDIES

GRADE "A" INSTITUTE

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Recognized Under Sec. 2(f) of UGC Act 1956.

INSTITUTIONAL AREA MADHUBAN CHOWK, ROHINI, DELHI 110085

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## Happiness Club



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

<b>Title of Activity</b>	Awareness Campaign on Enhancing Intellectual & Emotional Quotient on Happiness
<b>Values</b>	Happiness Exits Within Yourself
<b>Learning Outcomes</b>	<ul style="list-style-type: none"> <li>To interact effectively, convey themselves freely, and think critically.</li> <li>What they want in connections, create compassion, as well as ensure positive interactions with peoples.</li> <li>How to apply life skills to handle difficult and challenging circumstances around them.</li> <li>The skills for analytical thinking and developed Interpersonal Skills.</li> </ul>
<b>Objectives</b>	<ul style="list-style-type: none"> <li>Promoting Understanding of IQ and EQ</li> <li>Highlighting the Relationship between IQ, EQ and Happiness</li> <li>Offering Strategies for Personal Growth</li> <li>Empowering Individuals to Manage Stress</li> <li>Fostering Emotional Literacy</li> </ul>
<b>Organized by</b>	Happiness Club
<b>Program Theme</b>	Stress Management
<b>Internal Expert</b>	Ms. Himani Chaudhary
<b>Date</b>	9 <sup>th</sup> June 2023
<b>Time</b>	11:00 AM – 01:00 PM
<b>Venue</b>	Sampurna NGO Rajapur Sec-9, Rohini
<b>Beneficiaries</b>	All the Sampurna NGO People

INTERNAL QUALITY ASSESSMENT CELL (IQAC)  
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NEW DELHI - 110085

Poster/Flyer/Notice\*

**TECNIA**  
INSTITUTE OF ADVANCED STUDIES  
GRADE "A" INSTITUTE

**G20**

**Happiness Club**

is Organizing  
**Awareness Campaign**  
on  
*Enhancing Intellectual*  
&  
**Emotional Quotient on Happiness**

**“Happiness Exists Within Yourself”**

09<sup>th</sup> June 2023 11:00 AM Vinoba Kunj, Sec - 9, Rohini

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

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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Awareness about Happy and Stable Life Style.

## Report

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 9<sup>th</sup> 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 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.

Attendance Sheet*	Attached at the end of Report																		
Feedback	It was well received by the Sampurna NGO.																		
Report Submitted by Convener	Ms. Himani Chaudhary																		
<i>For Office Use</i>																			
Signature of Event Coordinator	 Himani Happiness Evangelist, Happiness Club Tecnia Institute of Advanced Studies Madhuban Chowk, New Delhi-110085																		
List of Participants of "Awareness Campaign on Enhancing Intellectual & Emotional Quotient on Happiness":	<table border="1"> <thead> <tr> <th>S.No.</th> <th>Enrolment No</th> <th>Name</th> </tr> </thead> <tbody> <tr> <td>1</td> <td>07617001721</td> <td>Vanshika Bansal</td> </tr> <tr> <td>2</td> <td>09417001721</td> <td>Muskan Dhamija</td> </tr> <tr> <td>3</td> <td>11721301721</td> <td>Aaditya Raj</td> </tr> <tr> <td>4</td> <td>07317001721</td> <td>Dev Chawla</td> </tr> <tr> <td>5</td> <td>02517001721</td> <td>Mehak Parnami</td> </tr> </tbody> </table>	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
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Coordinator  
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