



# 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, Website: www.tiaspg.tecnia.in



## Happiness Club



### Outreach Activity Report

**Title of Activity:** Dhyam aur Vigyan se Kaam Kare Tanav

**Values:** Aware about techniques for relaxing Stress

#### Learning Outcomes:

Students have learnt about

- The ability to aware people about new things.
- Understand the basic principles of stress management
- Recognize your stress triggers and how to manage them.
- Develop proactive responses to stressful situations.
- Learn to manage stress through diet, sleep and other lifestyle factors.
- Communication skills
- Develop a long term action plan to minimize and better manage stress.
- Aware about techniques for relaxing Stress

**Organized By:** Happiness Club

**Program Theme:** Reduce stress with knowledge and science

**Date:** 21<sup>st</sup> Oct. 2023

**Time:** 10:00 AM onwards

**Venue:** Bhalswa Dairy

**No. of Volunteers:** 9 students

*Simran*  
Happiness Evangelist, Happiness Club  
Tecnia Institute of Advanced Studies  
Madhuban Chowk, Rohini, Delhi-85



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**Happiness Club**



Flyer/Poster



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**Happiness Club**

is organizing  
An Outreach Activity- Discussion  
on

**ज्ञान और विज्ञान  
से कम करे तनाव !**

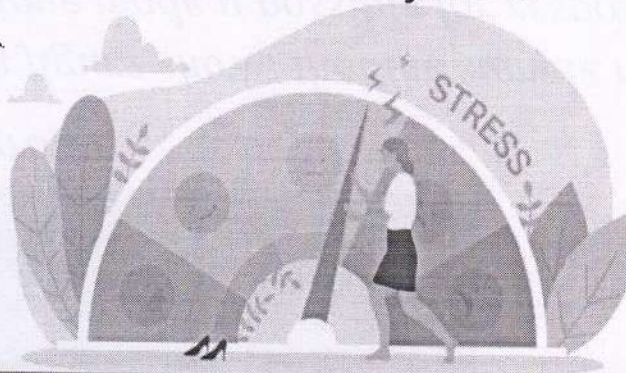


**21<sup>st</sup> October 2023**



**10:00 AM Onwards**

**Venue: Bhalswa Dairy, Delhi**



Nodal Officer :

**Ms. Himani Chaudhary**

Dept. of Management Sciences (BBA)

Student Coordinators :

**Dhruv Aggarwal : 8851919535**

**Kartik Gupta : 9315451672**

*Himani*  
Happiness Evangelist, Happiness Club  
Technia Institute of Advanced Studies  
Madhuban Chowk, Rohini, Delhi-85





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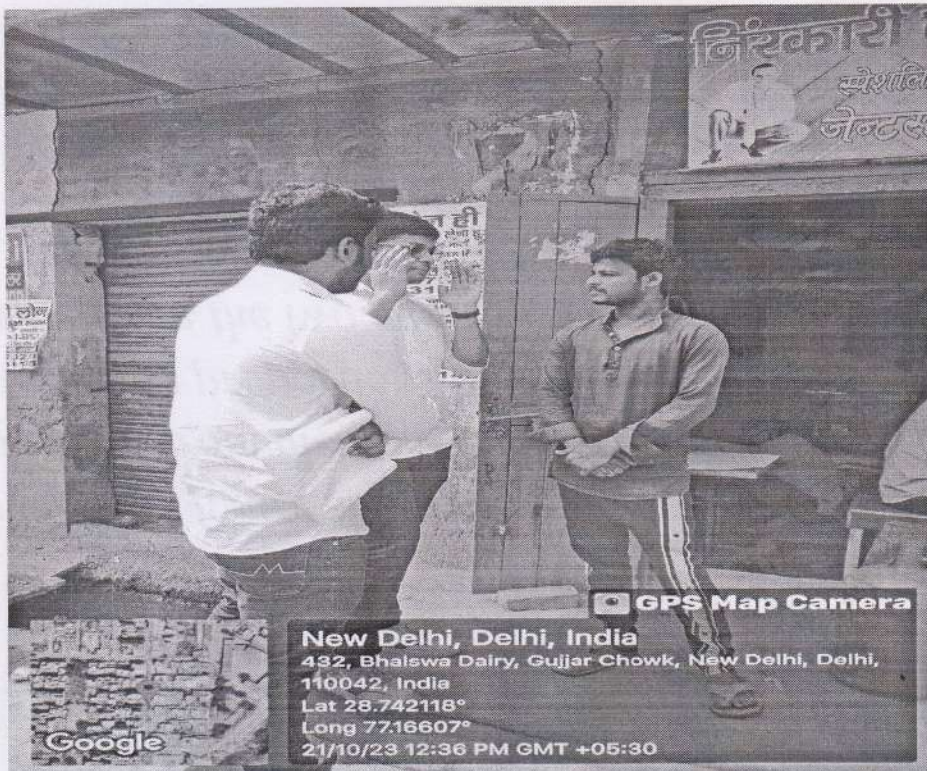
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## Happiness Club



Photographs:



Awareing people in the shops, stalls and all.

*Waman*  
Happiness Evangelist, Happiness Club  
Tecnia Institute of  
Madhuban Chowk, Rohini, Delhi-85





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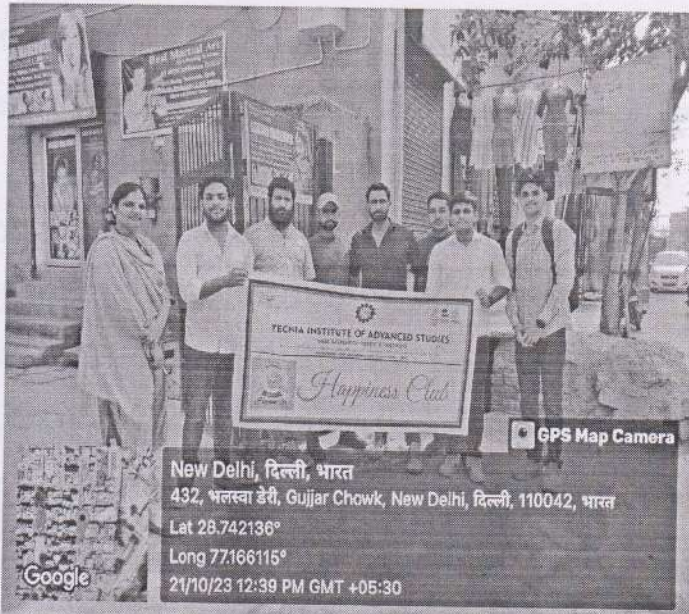
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## Happiness Club



New Delhi, दिल्ली, भारत  
432, भलस्वा डेरी, Gujjar Chowk, New Delhi, दिल्ली, 110042, भारत  
Lat 28.742136°  
Long 77.166115°  
21/10/23 12:39 PM GMT +05:30



दिल्ली, दिल्ली, भारत  
547, भलस्वा डेरी, जहाँगीरपुरा, दिल्ली, 110042, भारत  
Lat 28.742662°  
Long 77.165852°  
21/10/23 12:53 PM GMT +05:30

*Simani*  
Happiness Evangelist Happiness Club  
Tecnia Institute of Advanced Studies  
Madhuban Chowk, Rohini, Delhi-85





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## Happiness Club



Aware people about techniques for relaxing stress.

*Mimani*





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## Happiness Club



### REPORT

An Awareness Campaign on "Dhyan aur Vigyan se Kaam Kare Tanav" was organized by Happiness club of Tecnia Institute of Advanced Studies at Bhalswa Dairy on 21<sup>st</sup> Oct. 2023. The campaign was being done by the volunteers of the happiness club TIAS. The aim of this outreach activity was to make the people aware about stress reduction with knowledge to create happiness. The theme of drive is "Reduce stress with knowledge and science."

The students, faculty members went to the location and aware the people about the stress and techniques about how to reduce stress. All the volunteers actively communicated with the villagers. Student has enlightened the villager's that more and more people are encountering stress, overwork, and the pressure of time constraints in their lives and some stress is actually good for us because it inspires us to meet life's challenges. Also Student's elaborated that too much ongoing stress caused an almost continuous activation of your body's stress-response system and the overexposure to cortisol and other stress hormones can increase your risk of obesity, insomnia, digestive problems, heart disease, depression, memory impairment, and physical illness. Every villager listen us very sincerely.

This event was successfully organised by Ms. Himani Chaudhary, Happiness club In-charge along with club coordinator.

**Programme Officer :** Ms. Himani Chaudhary, Happiness Club

**Feedback:** This event was well received by society.

**Signature of Event Coordinator:**

*Himani*  
Happiness Evangelist Happiness Club  
Tecnia Institute of Advanced Studies  
Madhuban Chowk, Rohini, Delhi-85



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## Happiness Club



### List of volunteers :

SL.No	Enrollment No	Name
1	35221301722	Kartik Gupta
2	03721301722	Dhruv Aggarwal
3	36121301722	Vishakha Vaswani
4	70121201722	Geetanshu Gupta
5	10521301722	Nancy Garg
6	05121301721	Tanush
7	05921301721	Sanyam Jain
8	80117001722	Bharat Gupta
9	02021301722	Sayam Bansal

*Jomani*  
Happiness Evangelist, Happiness Club  
TECNIA INSTITUTE OF ADVANCED STUDIES  
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