



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



Extension Activity Report

Title of Activity : Seminar On "Happiness : A Way to Lead the Happy Life"
Values : "Happiness is not a destination; it is a journey that unfolds with every step we take, every choice we make, and every moment we embrace with gratitude."

Learning Outcomes:

Students have learnt about:

- Stress Reduction Techniques: Attendees will acquire effective stress management techniques and coping mechanisms to navigate daily stressors with greater ease.
- Increased Self-Awareness: Participants will gain a deeper understanding of their own emotions, strengths, and values, fostering greater self-awareness.
- Practical Tools for Positive Thinking: Attendees will acquire practical techniques for cultivating a positive mindset and managing negative thoughts, enhancing their overall mental well-being.
- Improved Well-being Habits: The seminar will empower participants to adopt and integrate positive habits related to gratitude, mindfulness, and physical well-being into their daily lives.
- Increased Happiness Quotient: Ultimately, attendees will leave the seminar with an elevated sense of happiness, armed with practical tools and a mindset conducive to leading a more joyful and fulfilling life.

Organized By: Happiness Club
Program Theme: Be Happy
Date: 18th November 2023
Time: 11:00 AM onwards
Venue: Room No. 1307, 3rd floor, PG Building , TIAS, Rohini
No. of Participants: 26

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



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Flyer/Poster



TECNIA
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Seminar
on

Happiness : A way to lead the Happy Life



18th November 2023



11:00 AM

Venue : Room No.:1307, 3rd Floor,
UG Building, TIAS



Resource Person

Dr. Rubeena Bano

Assistant Professor, BBA Department

Nodal Officer :

Ms. Himani Chaudhary

Dept. of Management Sciences (BBA)

Student Coordinators :

Vanshika Bansal : 9821646695

Nancy Garg : 9315773833

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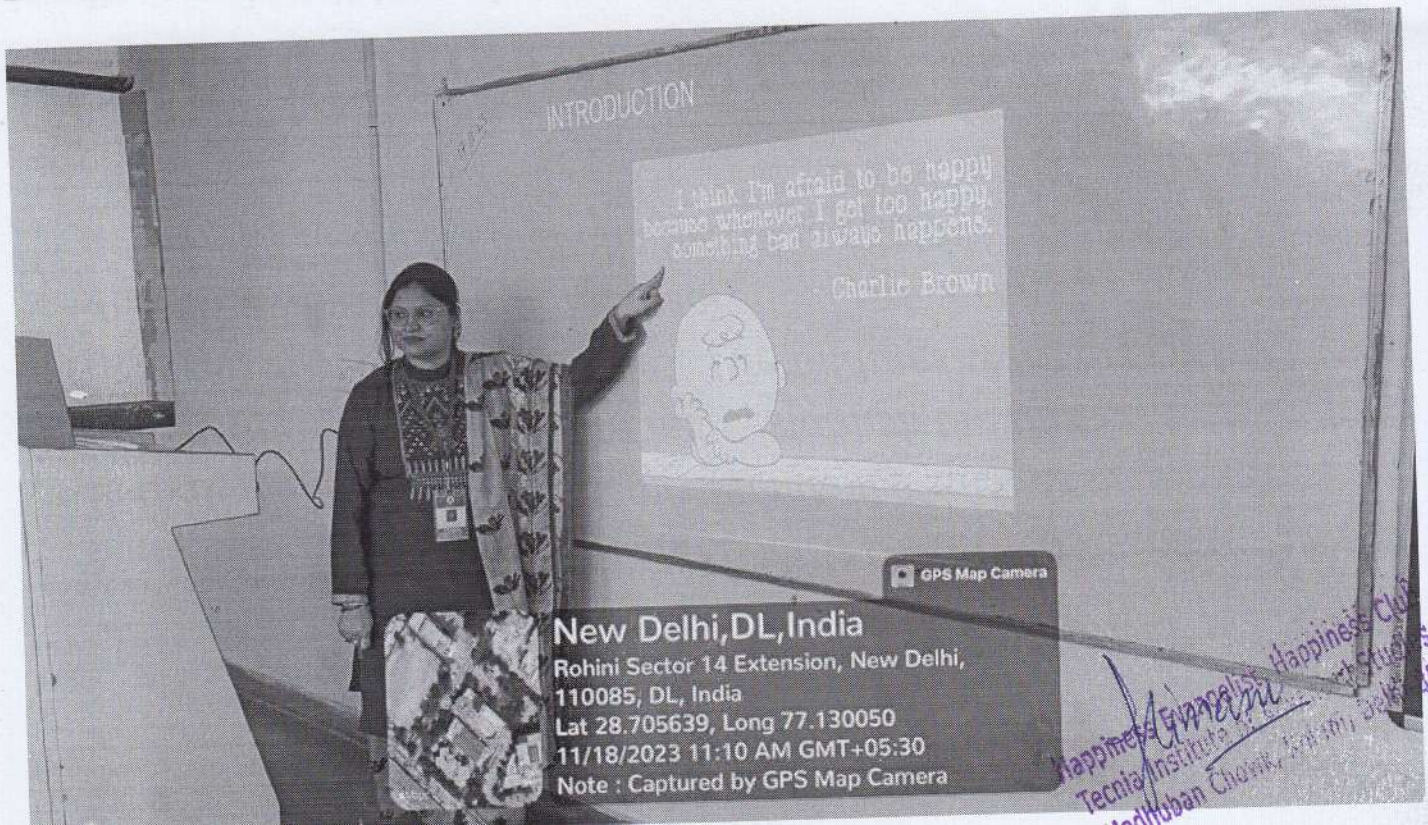
Happiness Club



Photographs:



New Delhi, DL, India
 Rohini Sector 14 Extension, New Delhi,
 110085, DL, India
 Lat 28.705402, Long 77.130090
 11/18/2023 11:47 AM GMT+05:30
 Note : Captured by GPS Map Camera



New Delhi, DL, India
 Rohini Sector 14 Extension, New Delhi,
 110085, DL, India
 Lat 28.705639, Long 77.130050
 11/18/2023 11:10 AM GMT+05:30
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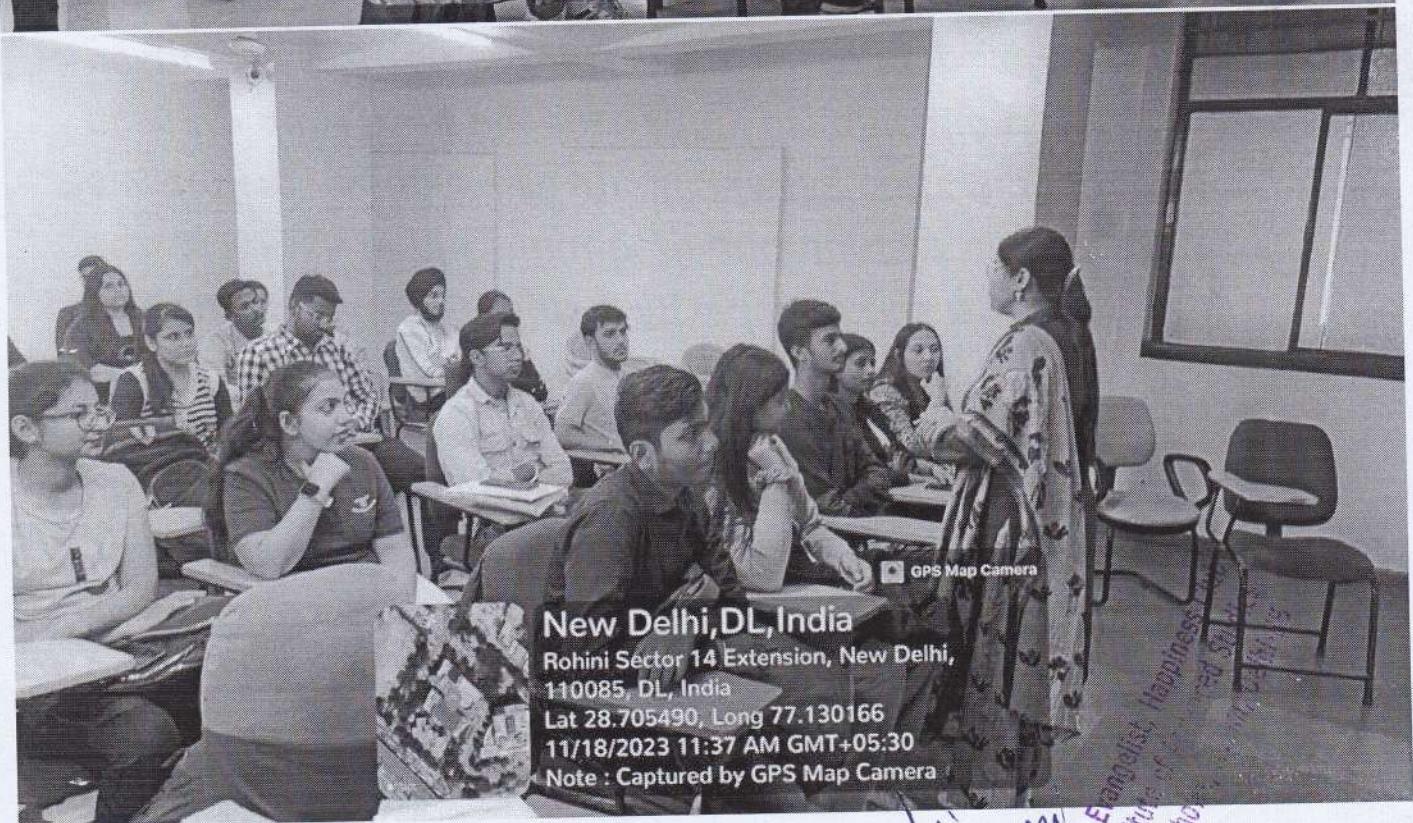
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New Delhi, DL, India
Rohini Sector 14 Extension, New Delhi,
110085, DL, India
Lat 28.705566, Long 77.130119
11/18/2023 11:43 AM GMT+05:30
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Rohini Sector 14 Extension, New Delhi,
110085, DL, India
Lat 28.705490, Long 77.130166
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New Delhi, DL, India
Rohini Sector 14 Extension, New Delhi,
110085, DL, India
Lat 28.705627, Long 77.129989
11/18/2023 11:47 AM GMT+05:30
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Jimani
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Happiness Club



REPORT:

To spread awareness on A Happy Life among the students, **The Happiness club of Tecnia Institute of Advanced Studies** organized a Seminar on "Happiness : A way to lead a happy life " held on 18th November 2023. The seminar incorporated interactive workshops where participants engaged in activities such as mindfulness exercises, gratitude journaling, and group discussions. These hands-on sessions allowed attendees to apply the concepts discussed and share their experiences with one another.

The seminar on "Happiness: A Way to Lead a Happy Life" concluded with a call to action for attendees to incorporate the insights gained into their lives. Participants left with a deeper understanding of the multifaceted nature of happiness and a toolkit of practical strategies to enhance their well-being. By fostering positive psychology, mindfulness, strong social connections, work-life balance, and gratitude, participants were equipped with the knowledge and tools to embark on a journey toward a happier and more fulfilling life. The event served as a catalyst for personal growth and a reminder that happiness is not a destination but a continuous process of self-discovery and intentional living. It was aimed at students understanding the difference between pleasure and happiness.

This event observed 26 participants from various departments. The students actively participated in the competition as they got an opportunity to get a break and think about the happiness.

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: The event was very interesting and useful.

Himani

Happiness Club
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Happiness Club



List Of Participants:

S.NO	BATCH	NAME
1	3 rd year	Vanshika Bansal
2	2 nd year	Nancy Garg
3	2 nd year	Bharat Gupta
4	1 st year	Divanshu
5	1 st year	Asif
6	1 st year	Saksham
7	1 st year	Tanishq Daksh
8	1 st year	Diya Nijhawan
9	1 st year	Nidhi
10	1 st year	Vidhi Singhal
11	1 st year	Vedang Mohta
12	1 st year	Urvashi
13	1 st year	Nakshatra
14	1 st year	Yashpreet Singh
15	1 st year	Tushar
16	1 st year	Prachi Bhatia
17	1 st year	Prachi Gupta
18	1 st year	Khushi Behl
19	1 st year	Kushal Nischal
20	1 st year	Abhishek Arora
21	1 st year	Harshit Kalra
22	1 st year	Parth Gulati
23	1 st year	Gaurav Kumar
24	1 st year	Vandana
25	1 st year	Tushar Saini
26	1 st year	Sanchita Bhatia

Himani

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