



TECNIA INSTITUTE OF ADVANCED STUDIES

GRADE "A" INSTITUTE

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

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Happiness Club

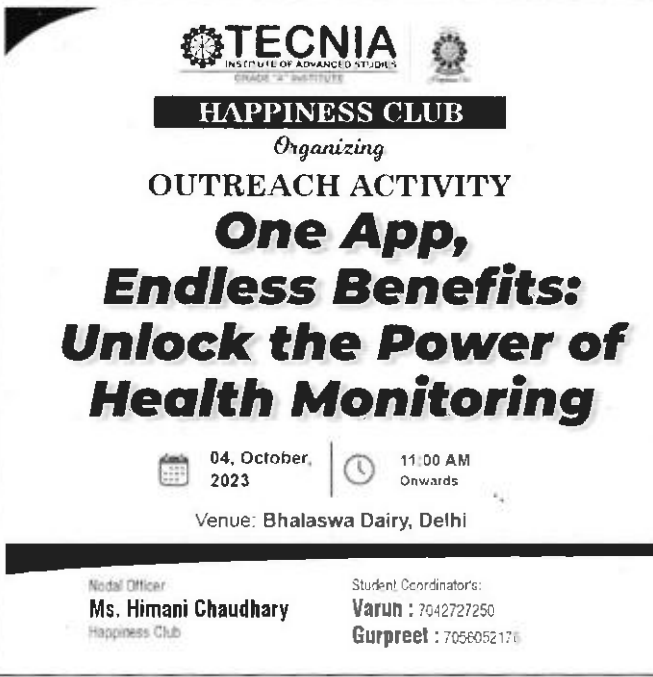



Outreach Activity Report on "One App, Endless Benefits: Unlock the Power of Health Monitoring"

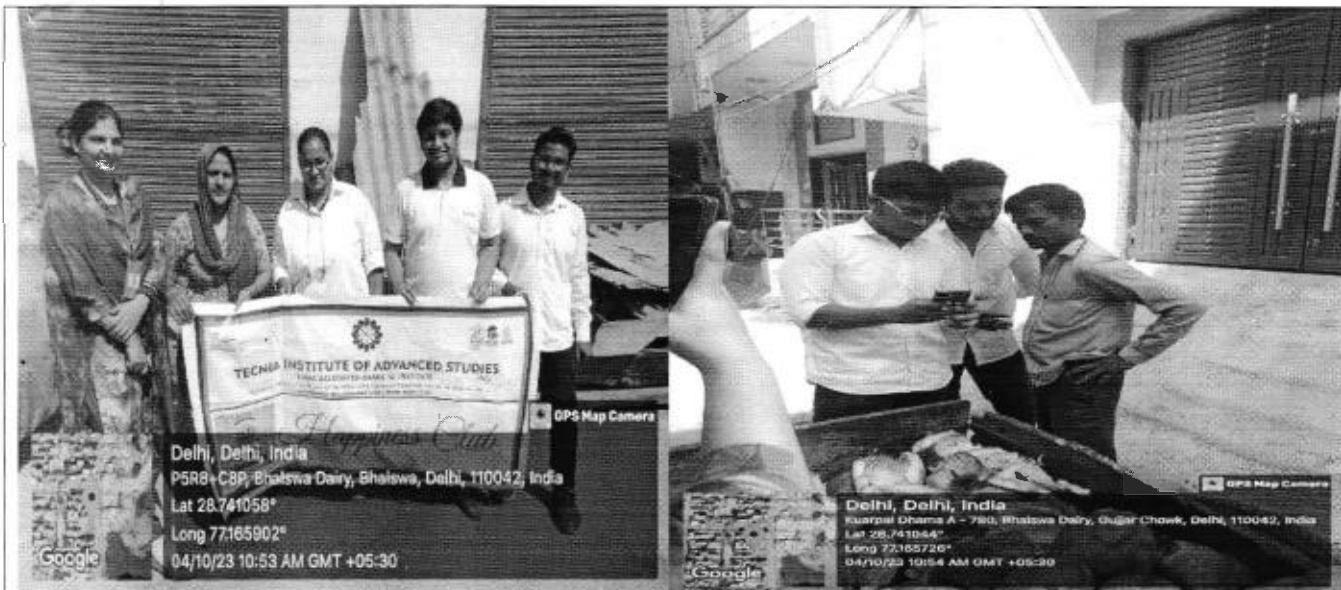
Title of Activity	One App, Endless Benefits: Unlock the Power of Health Monitoring
Values	Empowerment Through Knowledge, Accessibility and Inclusivity
Learning Outcomes	<ul style="list-style-type: none"> • Significant increase in awareness among the target audience about the YOL app and its unique features. • Encouraged a notable number of downloads and installations of the YOL app across Android and iOS platforms. • Generated positive user engagement through comments, likes, shares, and interactions on social media, indicating interest and potential long-term usage of the app..
Objectives	<ul style="list-style-type: none"> • To introduce the YOL mobile application to a wider audience and educate them about its features and benefits. • To encourage users to download and install the YOL app on their Android or iOS devices. • To engage users with the concept of tracking their happiness index and motivate them to actively use the app to monitor and improve their well-being.
Organized by	Happiness Club
Program Theme	YourOneLife: The App That Supports Every Step of Your Health Journey
External Expert / Internal Expert	Internal Expert
Date	4 th Oct. 2023

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

[Signature]
Coordinator
Internal Quality Assessment Cell (IQAC)
Tecnia Institute of Advanced Studies
New Delhi-110085

Time	11:00 AM – 01:00 PM
Venue	Adopted Village-Bhalswa Dairy
Beneficiaries	Bhalswa Dairy People
Poster/Flyer/Notice*	
No. of Students	09
No. of Faculty	01
No. of External Participants (students + faculty) [write NA if not applicable]	NA
Photographs:	
<p>One App, One Goal: Empowering You to Take Control of Your Health. Coordinator</p> <p style="text-align: right;">Internal Quality Assessment Cell (IQAC) Tecnia Institute of Advanced Studies New Delhi-110085</p>	

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



Health at Your Fingertips: Discover the Endless Benefits of Digital Health Monitoring.



Your One Life (YOL) Android/I OS Application Campaign

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

One App, Endless Benefits: Unlock the Power of Health Monitoring was organized by Happiness club of Technia Institute of Advanced Studies at Bhalswa Dairy Village on 4th Oct. 2023. The campaign was being done by the students of TIAS campus. The aim of this outreach activity was to make the people aware about the YourOneLife(YOL) Android/iOS application to create, celebrate and calibrate happiness. The theme of drive is **“Be Healthy and take care of yourself, be happy with the beautiful things that make you, you.”**

The volunteers of Happiness Club went to the

Handwritten signature
 Happiness Analyst, Happiness Club
 Technia Institute of Advanced Studies
 Madhuban Chowk, Rohini, Delhi-85

Handwritten signature
 Coordinator
 Technia Institute of Advanced Studies
 New Delhi-110085

location i.e., Bhalswa Dairy and aware the people about the how to use YOL Application. All the volunteers actively communicated and explained the detailed information about the various features of application like Mind Map and Mind Share. Volunteers discussed how a person can use this application to track various factors such as family, friends, goals, ambitions etc affecting their happiness.


Health App Demonstrations:

- Blood Pressure Monitoring: A demonstration was held on how to use mobile apps connected to wireless blood pressure monitors to track daily readings and identify trends.
- Diabetes Management: Participants were introduced to apps that allow users to log blood sugar levels, track insulin usage, and manage diet plans. The integration of these apps with wearable devices was also discussed.
- Fitness and Activity Tracking: A fitness expert showcased popular apps that track steps, calories burned, sleep patterns, and workout routines, encouraging participants to maintain an active lifestyle.
- Heart Rate and ECG Monitoring: Apps that monitor heart rate and electrocardiogram (ECG) readings via smartwatches were demonstrated, highlighting their usefulness in detecting early signs of heart conditions.

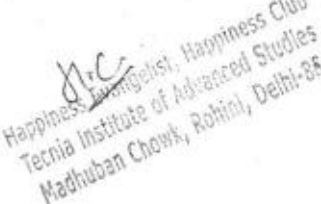
The "**One App, Endless Benefits: Unlock the Power of Health Monitoring**" outreach activity successfully empowered community members to take control of their health using digital tools. With increased awareness of health apps and their benefits, participants left the event feeling more confident in using technology to track their wellness and manage chronic conditions. The Happiness Club's initiative to promote health through modern technology not only improved participants' health literacy but also fostered a greater sense of responsibility towards personal health monitoring.

Attendance Sheet*

Attached at the end of Report

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

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



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