



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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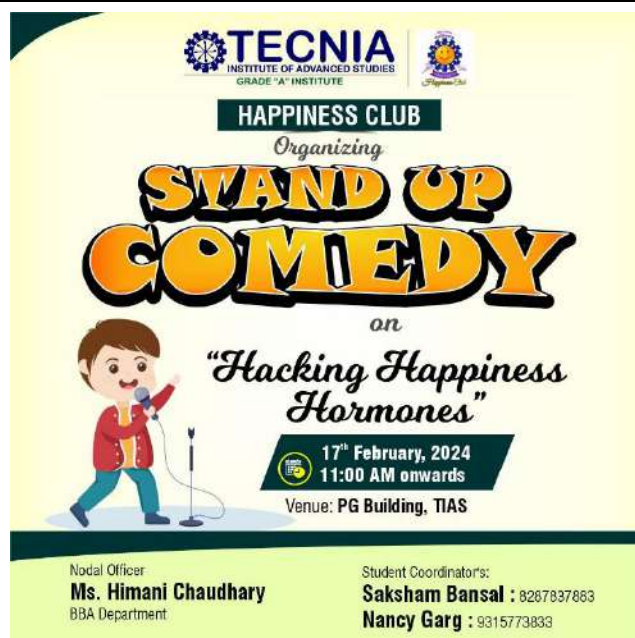
Happiness Club



Report on “Stand-up Comedy on Hacking Happiness Hormones”

Title of Activity*	Stand-up Comedy on Hacking Happiness Hormones
Values	Feel Good Be Good
Learning Outcomes	<ul style="list-style-type: none"> • The conceptual skills while dealing with the strategic decision making. • The coordination, presence of mind and creativity of students • Innovative skills, presentation skills, communication skills, intelligence level, spontaneous level of students. • Positive vibes, decrease depression. • Gain insight from positive psychology techniques that can boost happiness , such as gratitude practices, mindfulness, and positive affirmations.
Organized by	Happiness Club
Program Theme	Hacking Happiness Hormones
External Expert / Internal Expert	Internal Expert
Date	17 th February, 2024
Time	11:00 AM Onwards
Venue	Tecnia Institute of Advanced Studies , Bhagwan Mahavir Marg, Block A, Sector 14,Rohini, Delhi

Poster/Flyer/Notice*



Social media link (promoting in any one Facebook/Instagram/Twitter is mandatory)

NA

No. of Students

16

No. of Faculty

01

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

NA

Beneficiaries

(Geotag) Photograph*





Delhi, Delhi, India
State Bank of India, Bhagwan Mahavir Marg, Sector 14, Rohini, Block D, Sector 14, Rohini, Delhi, 110085, India
Lat 28.705782°
Long 77.129978°
17/02/24 11:50 AM GMT +05:30



Delhi, Delhi, India
2A, Bhagwan Mahavir Marg, Block A, Sector 14, Rohini, Delhi, 110085, India
Lat 28.705818°
Long 77.129995°
17/02/24 11:37 AM GMT +05:30



New Delhi, Delhi, India
2502/6, Block D, Sector 14, Karol Bagh, New Delhi, Delhi, 110085, India
Lat 28.705724°
Long 77.130831°
17/02/24 12:57 PM GMT +05:30



Delhi, Delhi, भारत
Tecnia Institute of Advanced Studies PG Block, Bhagwan Mahavir Marg, Block D, Sector 14, Rohini, Delhi, 110085, भारत
Lat 28.70565°
Long 77.130659°
17/02/24 12:54 PM GMT +05:30

<p>Report</p>	<p>The Happiness Club of Tecnia Institute of Advanced Studies(TIAS) organised a Stand-up Comedy on Hacking Happiness Hormones. To Gain insight from positive psychology techniques that can boost happiness, such as gratitude practices, mindfulness, and positive affirmations.</p> <p>Stand-up comedy on hacking happiness hormones proves to be a captivating fusion of entertainment and neuroscience. Comedians adeptly navigate the complexities of human emotions, crafting performances that not only elicit laughter but also contribute to the audience's physiological and psychological well-being. This innovative approach to comedy adds a new dimension to the power of humour in promoting happiness.</p> <p>This event observed 16 participants from various departments. The students actively participated competition in the as they got an opportunity to get a break and think about the happiness.</p>
<p>Resource Person</p>	<p>Ms. Himani Chaudhary</p>
<p>Attendance Sheet*</p>	<p><i>Attached at the end of Report</i></p>
<p>Feedback</p>	<p>It was an positive effect on the students thoughts.</p>
<p>Report Submitted by Convener <i>(write faculty coordinator name)</i></p>	<p>Ms. Himani Chaudhary</p>
<p>For Office Use</p>	

**Signature of
Event
Coordinator**

**List of
Participants:**

S.NO.	ENROLLM ENT NO.	NAME	Batch
1	04121302023	SHIVAM JHA	BCA
2	04521302023	RITIK GARG	BCA
3	08621302023	SAKSHI SHOKEEN	BCA
4	02521302023	DIVYANSH THAKUR	BCA
5	03821302023	CHETAN KUMAR SHARMA	BCA
6	02121302023	LUV BHARDWAJ	BCA
7	72321302023	NIKHIL PATEL	BCA
8	03521302023	CHIRAG	BCA
9	03021302023	ALOK SHARMA	BCA
10	10421302023	HARSHIT YADAV	BCA
11	10521301722	NANCY GARG	BBA
12		MEHAK SHARMA	BBA
13		GURVANSI	BBA
14		RISHABH SANKRIT	BBA
15		PRINCE WADWA	BBA
16		SHARVAN	BBA