



**Report on "Poster Making Competition"**

<b>Title of Activity</b>	Poster Making Competition
<b>Values</b>	Think Positive Be Positive
<b>Learning Outcomes</b>	<p>Students have learnt about</p> <ul style="list-style-type: none"> <li>• Increased life span due to decreased stress, which can also help lower blood pressure.</li> <li>• Reduced rates of depression</li> <li>• Increased self-esteem, motivation, and likelihood of achieving one's unique goals.</li> <li>• A more robust, healthy immune system and a heightened resistance to health issues</li> <li>• Nurturing students' coordination, adaptability, and creative prowess.</li> <li>• Improved psychological and physical health and well-being</li> <li>• Increased motivation to nurture a healthy diet and participate in physical activity</li> </ul>
<b>Objectives</b>	<ul style="list-style-type: none"> <li>• Advancing Education</li> <li>• Enabling Student Empowerment</li> <li>• Mitigating Educational Disparities</li> <li>• Promoting Literacy</li> <li>• Cultivating a Culture of Lifelong Learning</li> </ul>
<b>Organized by</b>	Happiness Club
<b>Program Theme</b>	Affirmative Quotes on Positive Thinking
<b>External Expert / Internal Expert</b>	Internal Expert
<b>Date</b>	23 <sup>rd</sup> March, 2024
<b>Time</b>	10:00 AM Onwards
<b>Venue</b>	Room No. 1310, PG Building, TIAS

*[Signature]*  
 Happiness Evangelist, Happiness Club  
 Tecnia Institute of  
 Madhuban Chowk, Rohini, Delhi-85

Poster/Flyer/Notice\*

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

**HAPPINESS CLUB**  
is organizing

# Poster Making Competition

THEME : **AFFIRMATIVE QUOTES ON POSITIVE THINKING**

23<sup>rd</sup> March, 2024  
10:00 AM onwards

Venue: 1310, Room no.-1310,  
PG Building, TIAS

Programme Coordinator:  
**Dr. Rubeena Bano**  
Dept. of Management Science (BBA)

Student Coordinators:  
Nancy: 93 15773833  
Kartik Gupta : 8766243729

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

NA

**No. of Students\*** (only no. to be written, list in excel or word should be maintain at department level as proof for any further requirement)

10

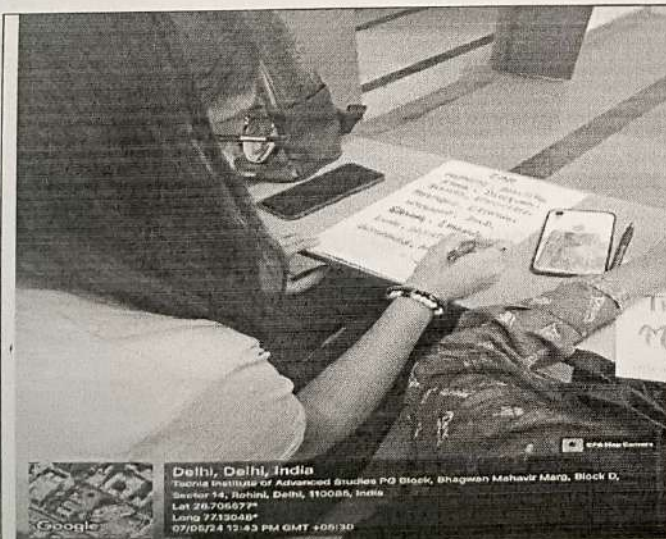
**No. of Faculty\*** (only no. to be written , list in excel or word should be maintain at department level as proof for any further requirement)

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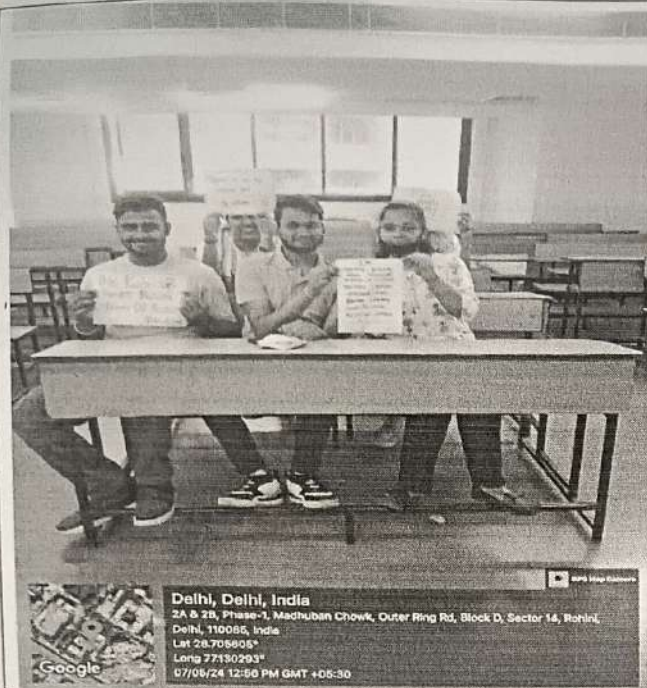
**No. of External Participants (students + faculty)** [write NA if not applicable]

NA

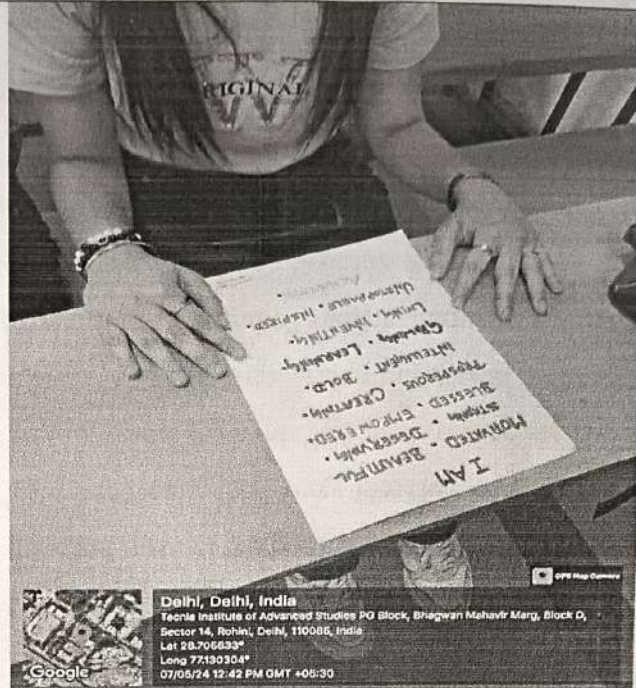
**(Geotag) Photograph\***



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



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

To spread awareness on positive thinking toward the students, The Happiness club of Tecnia Institute of Advanced Studies organized a poster making competition on Affirmation Quotes on Positive Thinking held on 23<sup>rd</sup> March, 2024, where the students were asked to make a poster on related to positive thinking. Happiness is the primary human quest even as mankind progresses. It is an arbitrage that settles somewhere between what one has and what one desires. To provoke the true meaning of happiness among students, this poster making competition was organized. It was aimed at students understanding the difference between positive thinking and negative thinking.

The competition was under the supervision of Nodal Officer Dr. Rubeena Bano and the coordinators. The aim of this competition is to create, celebrate and calibrate happiness. The theme of Competition is "Affirmation Quotes on Positive Thinking". This event observed 10 participants from BBA department. The students actively participated in the competition as they got an opportunity to get a break and think about the happiness. Devanshi Kapoor from BBA 2<sup>nd</sup> year got first position, Kavya Bansal from BBA 2<sup>nd</sup> year got second position and Ishita Jain from BBA 1<sup>st</sup> year got 3<sup>rd</sup> position.

This event was successfully organized by Dr. Rubeena Bano, Happiness club in-charge along

*Rubeena Bano*  
 Happiness Club  
 Tecnia Institute of Advanced Studies  
 Madhuban Chowk, Rohini, Delhi-85

with club coordinator.

**Resource Person**

Dr. Rubeena Bano – Club In-charge

**Attendance Sheet\***

*Attached at the end of Report*

**Feedback**

This event was well organized by students.

**Report Submitted by Convener**


Dr. Rubeena Bano

*For Office Use*

**Signature of Event Coordinator**

**List of Participants of “Books and Stationary Donation Drive”:**

S. No.	Enrolment No	Name
1	08221301722	Devanshi Kapoor
2	05921301722	Kavya Bansal
3	35721301723	Ishita Jain
4	9621301723	Chetna Sharma
5	01621301723	Alok Kumar
6	04021301723	Chetna Jindal
7	12317001722	Mehak Malhotra
8	10521301722	Nancy Garg
9	80117001722	Bharat Gupta
10	70121301722	Geetanshu Gupta

  
Happiness through Business Club  
Technia Institute of Advanced Studies  
Madhuban Chowk, Noida, Delhi-85

