



TECNIA INSTITUTE OF ADVANCED STUDIES

GRADE "A" INSTITUTE

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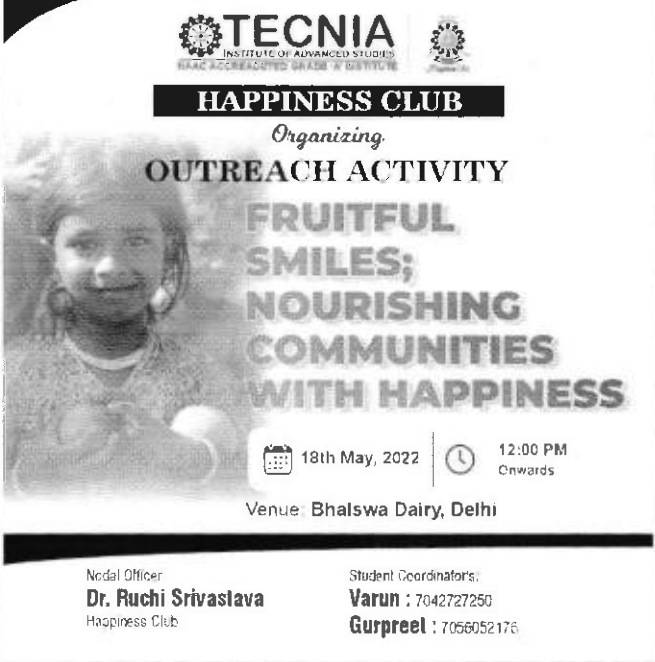


Report on "Fruitful Smiles: Nourishing Communities with Happiness"

Title of Activity	Fruitful Smiles: Nourishing Communities with Happiness
Values	Sharing is Caring, Health and Well-being, Generosity, promoting health, kindness, and happiness.
Learning Outcomes	<p>Students have learnt about</p> <ul style="list-style-type: none"> • Understand the importance of nutritious food, particularly fruits, in maintaining overall health and well-being. • Develop a sense of social responsibility by contributing to the well-being of others. • Learn how community-centered efforts can bring happiness and positivity to society. • Gain awareness of sustainable practices, such as reducing food waste by sharing surplus produce. • Enhance leadership and teamwork skills by organizing community service initiatives..
Objectives	<ul style="list-style-type: none"> • To promote the distribution of fresh, nutritious fruits within communities to improve public health. • To encourage acts of kindness and social engagement by involving community members in the project. • To create awareness about the importance of nutrition and its role in fostering happiness and well-being. • To build a sense of unity and cooperation among different community members through shared efforts. • To reduce food waste by sharing surplus fruit that may otherwise go unused..
Organized by	Happiness Club
Program Theme	Community Nourishment and Happiness through Sharing.

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

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

External Expert / Internal Expert	Internal Expert
Date	18 th May 2022
Time	12:00 AM Onwards
Venue	Bhalswa Dairy, Delhi
Poster/Flyer/Notice*	
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)	01
No. of External Participants (students + faculty) [write NA if not applicable]	NA
Photograph*	<p style="text-align: center;">Cobrinator</p> <p style="text-align: center;">Internal Quality Assessment Cell (IQAC) Tecnia Institute of Advanced Studies New Delhi-110085</p> <p style="text-align: right;">Happiness Evangelist, Happiness Club Tecnia Institute of Advanced Studies Madhuvan Chowk, Rohini, Delhi-85</p>



Happiness Grows Where Communities Nourish Each Other



Fruitful Smiles: Sowing Seeds of Health and Happiness in Every Home

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

On May 18, 2022, the Happiness Club of Tecnia Institute of Advanced Studies organized **Fruitful Smiles: Nourishing Communities with Happiness**" to distribute fresh fruits to underprivileged communities.

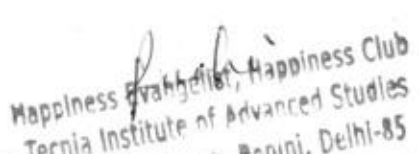
Fruitful Smiles: Nourishing Communities with Happiness" is a project aimed at improving public health and promoting community well-being through the simple yet impactful act of sharing fresh fruits. The project highlights the positive correlation between nutrition, community engagement, and happiness.

Fruits, being rich in vitamins, fiber, and essential nutrients, are not only beneficial to physical health but also serve as a symbol of abundance and care. By distributing fresh fruits to community members, particularly those who may have limited access to such nutritious foods, this initiative directly supports healthier lifestyles. Furthermore, the act of giving instills a sense of happiness and satisfaction in both the giver and the receiver, contributing to the overall emotional well-being of the community.

The project encourages community participation by organizing fruit collection drives. Local farmers, grocers, and individuals with surplus produce are invited to contribute to the cause. In return, these donations are distributed to

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	<p>underprivileged sections, schools, orphanages, and old-age homes. This ensures that nutritious food reaches those who need it the most while reducing food waste, aligning with broader sustainability goals.</p> <p>One of the project's significant achievements is how it brings people together. It fosters collaboration among diverse groups—students, local businesses, and volunteers—who share a common goal: to spread happiness through nourishment. By participating in the project, individuals not only learn the importance of nutrition but also experience the joy that comes from helping others, thus creating a ripple effect of positivity within the community.</p> <p>Through events like community fruit days, awareness campaigns, and nutrition workshops, the initiative educates the public on the importance of healthy eating. Volunteers engage in these educational efforts, providing practical knowledge about how fruits contribute to better health, how to reduce food waste, and how small acts of sharing can make a big difference in someone's life.</p> <p>Ultimately, "Fruitful Smiles" showcases the idea that happiness can be cultivated through kindness, health, and community spirit. It reminds us that nourishment is not just about feeding the body but also about feeding the soul through shared experiences and acts of generosity. The project has successfully created a model where communities thrive by coming together, spreading joy, and nourishing each other—physically, mentally, and emotionally.</p>
Resource Person	Dr. Ruchi Srivastava Club In-charge
Attendance Sheet*	<i>Attached at the end of Report</i>
Feedback	This event was well received by society.
Report Submitted by Convener	Dr. Ruchi Srivastava
<i>For Office Use</i>	
Signature of Event Coordinator <small>Internal Quality Management Cell (IQAC) Tecnia Institute of Advanced Studies New Delhi-110085</small>	

List of Participants

S. No.	Enrolment No	Name
1	36017001722	Anandita Sharma
2	12317001722	Mehak Malhotra
3	36121301722	Vishakha Vaswani
4	06917001722	Ayushi Tyagi
5	70421301722	Rubal Narang
6	09821301722	Dhruv Khandelwal
7	00721301722	Bhoomika Jain
8	10521301722	Nancy Garg
9	80117001722	Bharat Gupta
10	70121301722	Geetanshu Gupta

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