



# TECNIA INSTITUTE OF ADVANCED STUDIES



Estab. as per All India Council for Technical Education (AICTE)

**ANNUAL REPORT: ACADEMIC SESSION**

**2023-24**

**--: An Initiative of Internal Quality Assurance Cell:-**

**TECNIA INSTITUTE OF ADVANCED STUDIES**

**NAAC GRADE "A" INSTITUTE (CYCLE-1)**

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

Approved by AICTE, Ministry of Education Govt. of India, &

Affiliated to Guru Gobind Singh Indraprastha University, New Delhi





Estab. as per All India Council for Technical Education (AICTE)

## **PREFACE**

The Happiness Club at Tecnia Institute of Advanced Studies is dedicated to promoting emotional well-being, resilience, and personal growth while contributing to national and global priorities for holistic development. In alignment with the United Nations Sustainable Development Goals (UNSDGs), particularly Goal 3: Good Health and Well-being and Goal 4: Quality Education, our initiatives aim to integrate Social and Emotional Learning (SEL) into academic and community spaces, equipping individuals with essential life skills to navigate challenges with mindfulness and positivity.

Our efforts extend beyond emotional well-being to foster a culture of self-awareness, empathy, and ethical leadership, ensuring that individuals from all backgrounds have access to resources that enhance their mental health and overall happiness. We believe that true well-being stems from within, and by providing practical tools for stress management, emotional intelligence, and resilience, we empower students and communities to lead fulfilling lives.

In addition to the UNSDGs, our work aligns with national initiatives such as Unnat Bharat Abhiyan, a flagship program launched by the Ministry of Education, Government of India. Through various outreach programs, awareness campaigns, and community-driven initiatives, the Happiness Club extends its impact to rural and underserved communities, addressing the emotional and psychological challenges prevalent in today's world.

Guided by Mulya Pravah—our cultural values rooted in ethical, spiritual, and holistic well-being—the Happiness Club integrates traditional wisdom with modern psychological frameworks. This approach fosters a sense of collective responsibility, interconnectedness, and shared well-being, ensuring that happiness is not just an individual pursuit but a societal priority.

This report highlights the initiatives, challenges, and accomplishments of the Happiness Club over the past year, particularly in five adopted villages of the institute, detailing our contributions to UNSDG Goal 3 and Goal 4. Through our commitment to the principles of Unnat Bharat Abhiyan, we strive to create a world where emotional well-being, resilience, and mindful living form the foundation of a healthier, more inclusive, and thriving society

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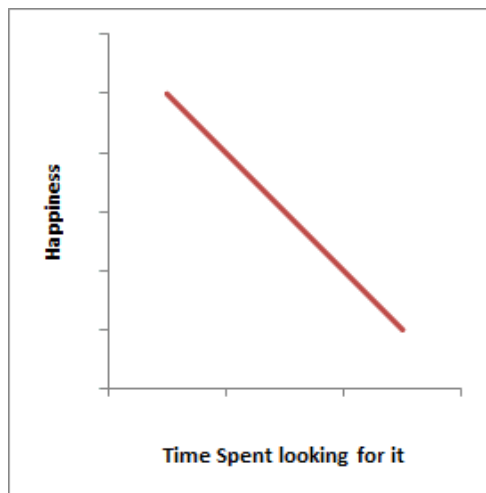
# **1. INTRODUCTION**

## HAPPINESS CLUB

Established under the norms of All India Council for Technical Education (AICTE)

### INTRODUCTION

Life's quest revolves around the pursuit of either cheese or happiness. The chase for happiness begins with dreams and desires, which come in various flavors, shapes, and sizes, sometimes even lacking dimensions or forms. When not managed well, desires can lead to one of two metaphorical states: Anorexia or Bulimia. Anorexia is an eating disorder characterized by an intense fear of gaining weight, resulting in a severely reduced intake of food due to a distorted perception of body weight. On the other hand, Bulimia is a serious, potentially life-threatening eating disorder where individuals may secretly binge—consuming large amounts of food with a loss of control—and then purge in an unhealthy attempt to eliminate the extra calories.



Desires are the building blocks of our existence and the foundation of human life. "We either have poor desires or desires that make us feel poor. The solution is that even as they tend to lose their breath over issues, they are unwilling to die. It must make them wonder and realize that the pulsing of life itself must be allowed to overwhelm their problems and not the other way around." The challenge to happiness arises not only from unfulfilled desires but also from the unmet expectations others have of us. In life, we often fail to acknowledge or express gratitude for what we have. We become detached from our own vitality as we relentlessly chase new goals, driven by a fear of failure. In this process, we lose connection with our past experiences. The pursuit of happiness does not guarantee its experience; instead, one must celebrate each moment rather than constantly chase

the next. Individual happiness is essential for energized working and success. Paradoxically, it is inversely related to the time spent seeking it.

- **Vision:** To cultivate a supportive community where students discover and sustain happiness through balance, mindfulness, and gratitude.
- **Mission:** To inspire well-being by guiding students in managing desires, exploring the "6 Sigma of Happiness," and balancing heartfelt and mindful life aspects.

### **OBJECTIVES:**

The Happiness Club envisages the following four objectives:

- E1: 'PROVOKE' the thought "How much do we need and what for?" among students.
- E2: 'INVOKE' gratitude and flexibility in opinions among learners.
- E3: 'EVOKE' curiosity to replace anxiety among students
- E4: Achieve 'BESPOKE' happiness using both mindful and heart-full activities



## **MOTIF OF HAPPINESS**

- To inspire the 'soldier within' to uncover, discover, and recover happiness from all that surrounds us, we focus on the soldier and you.
- This concept embodies three colors representing the three dimensions of the universe.
- It features four doors, symbolizing the permeation and ventilation of thoughts and energies, illustrating how our opinions can be self-limiting.
- Drawing inspiration from the five basic elements of nature, it interacts with the five senses we are endowed with, remaining in harmony or playful interaction.
- Six wavy postal lines represent the six servants that empower and enable us to achieve our dreams, dealing with life across six dimensions or six sigma. From this perspective, you will see your life emerge.

## **THE 6 SIGMA HAPPINESS**

- The universe has clues hidden only in 6 dimensions. The 6 produce all the logic and all the knowledge available. The 6 are: What, Where, Who, When, Why and How. ( a 'which' is also a 'what')
- These six questions can either be an excuse or an exercise for our happiness or unhappiness.
- Just as the earth revolves around the sun and rotates on its axis. Those six questions will help you set up and calibrate your axis

## **CIRCLE OF HAPPINESS**

- Happiness lies equally between heart and mind, spread equally across 6 heart-full and 6 mindful aspects of our lives.



- The six heart-full aspects include Conscience, Ambitions & Dreams, Dilemmas, Inhibitions, Commitments and Confessions. The six mindful aspects include Health & Fitness, Wallet & Assets, Family & Pets, Friends & Music, Travel & Entertainment and Documents.
- Each of these 12 aspects must bear equal load of our lives, much like the spokes of a wheel. Failing which it would be an uneven ride.
- There are 6 primal progenitors of the universe and all that we know of it or in it. These are ‘what’, the ‘when’, the ‘where’, the ‘why’, the ‘how’ and the ‘who’.
- Ordinary muscles grow with ordinary walks. No one grows a muscle without a work out. You go on and calibrate your desires and celebrate your life. This may require a periodic work out, so enjoy discovering, uncovering and recovering YourOneLife

### **Outcomes of the Happiness Club**

1. Students develop self-awareness by questioning, "How much do we need and what for?"
2. Gratitude and flexibility in opinions become integral to students' mindsets.
3. Anxiety is replaced with curiosity, fostering a positive approach to challenges.
4. Students achieve personalized happiness through mindful and heartfelt activities.
5. A balanced perspective between heart and mind leads to holistic well-being.
6. The "6 Sigma of Happiness" helps students navigate life with clarity and purpose.
7. Students learn to align their desires with sustainable and fulfilling goals.
8. The club nurtures resilience, helping students embrace both successes and failures.
9. A sense of community is cultivated, promoting shared happiness and support.
10. Students experience increased motivation and energy in their academic and personal lives.

## **2. REPORTS ON EVENTS CONDUCTED**

## A. AWARENESS EVENTS

### 2.1 Event: Happiness Poster: In Order to Create, Celebrate, and Calibrate Happiness

**Date:** 26.09.2023

**Objective:** Participants will understand and creatively express various perspectives on happiness, fostering a sense of joy and positivity.

#### **Report:**

To spread awareness on the meaning of 6 Sigma of Happiness among the students, The Happiness club of Tecnia Institute of Advanced Studies organized a poster making competition on happiness held on 27 Sept.2023. where the students were asked to make a poster on happiness. 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 e-poster making competition was organized. It was aimed at students understanding the difference between pleasure and happiness. The competition was under the supervision of Nodal Officer Ms. Himani Chaudhary and the coordinators. The aim of this competition is to create, celebrate and calibrate happiness. The theme of Competition is 'HAPPINESS'.

This event observed 20 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. Khushi Behl from BBA 1st year got first position, Nikita Khanna from BBA 1st year got second position and Vanshika Sharma from BBA 1st year got 3rd position. This event was successfully organised by Ms. Himani Chaudhary, Happiness club In-charge along with club coordinator.

S.No.	Event Title	OBE Values	UNSDG's	Mulya Pravah	Participants
1	Happiness Poster: In order to create, celebrate and calibrate happiness	Creativity & Innovation	UNSDG's Goal 9: Industry, Innovation, and Infrastructure	Integrity, Harmony	25



## Happiness Club

is Organizing

# Poster Making Competition

Theme:- *Happiness*

“ Think Happiness  
Be Happy ”



📅 27<sup>th</sup> Sept. 2023 ⌚ 12:00 PM 📍 3rd Floor, PG Building TIAS, Rohini

Nodal Officer: **Ms Himani Chaudhary** Student Coordinators: **Nancy Garg** 9315773833  
**BBA Department** **Mehak Parnami** 8447296666

“Interested Student's may contact Nodal Officer And Student Coordinators”



## 2.2 EVENT: Dhyam aur Vigyan se Kaam Kare Tanav

**Date:** 21.10.2023

**Objective:** Participants will understand and creatively express various perspectives on happiness, fostering a sense of joy and positivity.

**Report:**

An Awareness Campaign on “Dhyan aur Vigyan se Kaam Kare Tanav” was organized by Happiness club of Tecnia Institute of Advanced Studies at Bhalswa Dairy on 21st Oct. 2023. The campaign was being done by the volunteers of the happiness club TIAS. The aim of this outreach activity was to make the people aware about stress reduction with knowledge to create happiness. The theme of drive is “Reduce stress with knowledge and science.” The students, faculty members went to the location and aware the people about the stress and techniques about how to reduce stress. All the volunteers actively communicated with the villagers. Student has enlightened the villager’s that more and more people are encountering stress, overwork, and the pressure of time constraints in their lives and some stress is good for us because it inspires us to meet life’s challenges. Also, Student is elaborated that too much ongoing stress caused an almost continuous activation of your body’s stress-response system and the overexposure to cortisol and other stress hormones can increase your risk of obesity, insomnia, digestive problems, heart disease, depression, memory impairment, and physical illness. Every villager listens us very sincerely.

S.No.	Event Title	OBE Values	UNSDG's	Mulya Pravah	Participants
2	Discussion on "Dhyan aur Vigyan se kaam kare Tanav"	Harmony: Mindfulness & Stress Management	UNSDG's Goal 3: Good Health and Well-being	Harmony, Commitment	20

**Happiness Club**

is organizing  
An Outreach Activity- Discussion  
on

# ज्ञान और विज्ञान से कम करे तनाव !

21<sup>st</sup> October 2023 | 10:00 AM Onwards

Venue: **Bhalswa Dairy, Delhi**



Nodal Officer :

**Ms. Himani Chaudhary**  
Dept. of Management Sciences (BBA)

Student Coordinators :

**Dhruv Aggarwal : 8851919535**  
**Kartik Gupta : 9315451672**



### 2.3 EVENT: Seminar on "Importance of Happiness"


**Date:** 18.11.2023


**Objective:** Attendees will gain insight into the significance of happiness for mental health, resilience, and overall life satisfaction.

**Report:**



To spread awareness on A Happy Life among the students, The Happiness club of Tecnia Institute of Advanced studies organized Seminar on "Happiness : Away to lead a happy life.. held on left 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 pictures other. Incorporate. The seminar on "Happiness: A way to Lead' a Happy Life" concluded with a call to action for attendees to the insights gained into their ties. participants multifaceted left with a deeper understanding of the nature of happiness and a toolkit of practical strategies to enhance their well-being. By fostering positive psychology, mindfulness to social connections, workie balance, and gratitude, participants were equipped with the knowledge and for to embark on a journey fulfilling toward a happier and more destination life' The event served as a catalyst f. personal growth and a reminder that happiness is not a but a continuous process of self-discovery unintentional living. It was aimed.at students understanding the difference between pleasure and happiness.

S.No.	Event Title	OBE Values	UNSDG's	Mulya Pravah	Participants
3	Seminar on "Importance of Happiness"	Integrity: Critical Thinking & Lifelong Learning	UNSDG's Goal 12: Responsible Consumption and Production	Integrity, Commitment	28




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**Seminar**  
 on  
**Happiness : A way to**  
**lead the Happy Life**


**18<sup>th</sup> 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





## 2.4. EVENT: “Hacking Happiness Hormones”- Standup Comedy

**Date:** 17.02.2023

**Objective:** Participants will learn about the science of happiness hormones (like dopamine, serotonin, and endorphins) and experience how laughter and humour positively impact .

### **Report:**

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. 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. 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

S.No.	Event Title	OBE Values	UNSDG's	Mulya Pravah	Participants
4	Activity on “Hacking Happiness Hormones” - StandUp Comedy	Belongingness: Wellness Awareness & Healthy Mind	UNSDG's Goal 10: Reduced Inequality	Well-being, Compassion	37

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GRADUATE ACADEMY

**HAPPINESS CLUB**  
*Organizing*

# STAND UP COMEDY

on  
*"Hacking Happiness  
Hormones"*

17<sup>th</sup> February, 2024  
11:00 AM onwards

Venue: PG Building, TIAS

Nodal Officer  
**Ms. Himani Chaudhary**  
BBA Department

Student Coordinators:  
**Saksham Bansal** : 8267837863  
**Nancy Garg** : 8315773833



## 2.5.EVENT: Affirmation Quotes on Positive Thinking

**Date:** 23.03.2024

**Objective:** Participants will understand the impact of positive affirmations on mindset and emotional health.

### **Report:**

To spread awareness on positive thinking toward the students, The Happiness club of Tecnia Institute of Advanced Studies organized an poster making competition on Affirmation Quotes on Positive Thinking held on 23rd 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 2nd year got first position, Kavya Bansal from BBA 2nd year got second position and Ishita Jain from BBA 1st year got 3'd position.

This event was successfully organised by Dr. Rubeena Bano, Happiness club In-charge along with club coordinator.

S.No.	Event Title	OBE Values	UNSDG's	Mulya Pravah	Participants
5	Affirmation Quotes on Positive Thinking	Commitment: Positive Outlook, Self-Motivation & Emotional Intelligence	UNSDG's Goal 11: Sustainable Cities and Communities	Commitment, Self-Motivation	25


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**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 Sciences (BBA)

Student Coordinators:  
**Nancy** : 93 15773833  
**Kartik Gupta** : 87 662 437 29



## **B. OUTREACH ACTIVITY:**

### **2.6 EVENT: Healing the Earth: Cultivating Medicinal Plants for a Sustainable Future:**

**Date:** 20.04.2024

**Objective:** Increased Awareness: A significant rise in the community's awareness of environmental issues and sustainable

#### **Report:**

On May 28, 2024, an impactful event titled “Healing the Earth: Cultivating Medicinal Plants for a Sustainable Future” was held, centred around the theme of “Green Remedies: Sustainability through Medicinal Plant Cultivation.” This event focused on promoting sustainable living through the cultivation and use of medicinal plants, highlighting their significance for personal health and environmental preservation. It aimed to raise awareness within the community about the benefits of medicinal plants, both as natural remedies and as a means to support ecological balance. The initiative provided a platform to engage participants in discussions and hands-on activities that underscored the importance of environmental responsibility, respect for nature, and a commitment to sustainability.

A key outcome of the event was a noticeable increase in environmental awareness among community members. Many attendees expressed a newfound motivation to integrate sustainable practices into their lives, inspired by the knowledge that such choices can positively impact the planet. The event fostered a sense of community and commitment to environmental stewardship, with participants exchanging ideas and resources to continue supporting sustainable practices at home.

<b>S.No.</b>	<b>Event Title</b>	<b>OBE Values</b>	<b>UNSDG's</b>	<b>Mulya Pravah</b>	<b>Participants</b>
7	Healing the Earth: Cultivating Medicinal Plants	Global Citizenship: Sustainability, Environmental Responsibility	UNSDG's Goal 11: Sustainable Cities and Communities	Sustainability, Respect for Nature	15



## HAPPINESS CLUB

*Organizing*

## OUTREACH ACTIVITY

# Healing the Earth: Cultivating Medicinal Plants for a Sustainable Future



28, May, 2024



11:00 AM  
Onwards

Venue: Nangli Puna, Delhi

Nodal Officer  
**Dr. Rubeena Bano**  
Happiness Club

Student Coordinator's:  
**Varun** : 7042727250  
**Gurpreet** : 7056052176



## **2.7 EVENT: Coats for Kids: Ensuring a Safe, Warm Winter for Children**

**Date:2.12.2024:**

**Objective:** Participants will have a better understanding of the health risks children face during the winter season due to inadequate clothing

### **Report:**

The Happiness club organized "Coats for Kids: Ensuring a Safe, Warm Winter for Children" initiative on 2nd.Dec. 2023 at Bhalswa Dairy aimed to collect and distribute winter coats to children in low-income communities. The goal was to ensure that every child had access to warm clothing, protecting them from cold-related health issues such as hypothermia, colds, and frostbite during the harsh winter season. The event also sought to foster a sense of community responsibility and empathy. Community members were encouraged to donate gently-used or new winter coats for children. Collection boxes were placed at strategic locations such as schools, community centers, and local businesses. A large-scale distribution event was held where donated coats were sorted and distributed to children in need. The event also included educational workshops on how to stay safe and healthy during winter. The program also highlighted sustainable practices through the donation of gently-used coats, encouraging participants to think more environmentally about how they can contribute to the community.

The outreach activity, "Coats for Kids: Ensuring a Safe, Warm Winter for Children," was organized by the Happiness Club to provide winter coats to children in need, ensuring that they remain warm, safe, and healthy throughout the colder months. The initiative aimed to raise awareness about the challenges faced by children from low-income families during winter and to provide them with the necessary clothing to withstand the harsh weather. This event was also an opportunity to foster community spirit by encouraging residents to contribute to the well-being of the younger generation. The "Coats for Kids" initiative successfully provided essential winter clothing to children in need, contributing to their physical well-being while promoting empathy, community spirit, and social responsibility. The event not only met its immediate goal of distributing coats but also created lasting awareness about the importance of kindness, compassion, and giving back to the community.

To further warm the hearts and bodies of the children and their families, a Warm Winter Treats Corner was organized where hot chocolate, cookies, and other warm snacks were served. This

created a cozy, festive atmosphere, allowing families to relax and enjoy the event after receiving their winter clothing.

S.No.	Event Title	OBE Values	UNSDG's	Mulya Pravah	Participants
6	Coats for Kids: Ensuring a Safe, Warm Winter for Children	Sustainability: Safety & Responsibility	UNSDG's Goal 3: Good Health and Well-being	Commitment, Safety	32





## **2.8.EVENT: From Me to We: Collective Joy through Love and Belonging**

**Date: 27.02.2024**

**Objective:** Participants reported increased awareness of happiness techniques and showed interest in applying these methods in their daily lives.

**Report :**

The “*From Me to We: Collective Joy through Love and Belonging*” event, held on February 27, 2024, was focused on enhancing emotional intelligence through the principles of love, empathy, and compassion. The workshop aimed to help participants better understand the interconnectedness between emotional well-being, personal happiness, and a sense of community. By delving into the concepts of love and belonging, the event empowered individuals to foster deeper connections, cultivate personal happiness, and build stronger, more compassionate communities.

A key achievement of the event was the marked increase in participants’ awareness of happiness techniques, including mindfulness practices, gratitude exercises, and positive communication. Through a series of discussions and hands-on activities, participants explored how love and empathy are integral components of emotional intelligence and how these qualities can be harnessed to enhance both personal well-being and community cohesion. As a result, many participants expressed interest in incorporating these techniques into their daily routines. The emphasis on emotional intelligence helped participants better recognize their feelings, manage emotions effectively, and develop more meaningful relationships with those around them.

In conclusion, the *From Me to We* event successfully explored the powerful connection between emotional intelligence, love, and belonging, empowering participants to create more joyful, compassionate, and connected lives. The workshop’s focus on well-being, integrity, and community responsibility left participants with valuable tools and insights that will enable them to apply these principles of love and empathy to improve both their personal happiness and the collective well-being of their communities. By fostering emotional intelligence and creating a supportive environment where love, compassion, and gratitude thrive, the event provided a pathway for participants to build stronger connections, experience greater joy, and contribute to the collective happiness of those around them.

S.No.	Event Title	OBE Values	UNSDG's	Mulya Pravah	Participants
8	From Me to We: Collective Joy through Love and Belonging	Integrity: Well-being, Compassion, Community Gratitude	UNSDG's Goal 16: Peace and Justice, Strong Institutions	Compassion, Integrity	18

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**HAPPINESS CLUB**  
Organizing  
**OUTREACH ACTIVITY**

**From Me to We:  
Collective Joy through  
Love and Belonging**

27, Tuesday  
February, 2024

11:00 AM  
Onwards

Venue: Nangli Poona, Delhi

Nodal Officer  
**Ms. Himani Chaudhary**  
Happiness Club

Student Coordinator's:  
**Bhoomika Jain** : 8368017413  
**Bharat** : 8595779538



## **2.9.EVENT: One App, Endless Benefits: Unlock the Power of Health Monitoring**

Date: 4th Oct. 2023

Objective:

Report :

On October 4, 2023, the event titled “One App, Endless Benefits: Unlock the Power of Health Monitoring” introduced the YourOnclife (YOL) app, a comprehensive health-monitoring tool designed to support individuals throughout their health journeys. This event focused on raising awareness about the YOL app’s capabilities and the transformative role it can play in empowering users to take charge of their health. With its features aimed at promoting accessibility, inclusivity, and health knowledge, the YOL app positions itself as a vital resource for individuals seeking a convenient and proactive approach to health management.

The event achieved a significant increase in awareness among the target audience, emphasizing the unique features of the YOL app and its benefits for everyday health monitoring. Through live demonstrations, participants were able to explore the app’s user-friendly interface and learn how it can assist in tracking vital health metrics, managing medication schedules, setting wellness goals, and accessing tailored health recommendations. The YOL app’s ability to consolidate various aspects of health management into one platform appealed to users seeking both simplicity and reliability in their health routines. These demonstrations helped demystify the app’s technology, making it accessible to individuals across different age groups and technological comfort levels. Additionally, the YOL app’s design reflects a commitment to accessibility and inclusivity. With features that cater to various user needs, including customizable notifications, multi-language support, and user-friendly graphics, the app prioritizes usability for individuals of diverse backgrounds and abilities. The app also includes accommodations for those with different levels of technological literacy, ensuring that everyone—from tech-savvy users to those less familiar with digital tools—can benefit from its health-monitoring capabilities.

In summary, the One App, Endless Benefits event successfully highlighted the YOL app’s potential as a powerful, inclusive, and accessible health-management tool. By driving downloads and installations, increasing awareness, and fostering a commitment to health empowerment, the event demonstrated how the YOL app can make a tangible difference in personal health journeys.

S.No.	Event Title	OBE Values	UNSDG's	Mulya Pravah	Partici pants
9	One App, Endless Benefits: Unlock the Power of Health Monitoring	Commitment: Empowerment Through Knowledge, Accessibility and Inclusivity	UNSDG's Goal 3: Good Health and Well-being	Commitment, Accessibility	22

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**HAPPINESS CLUB**  
*Organizing*  
**OUTREACH ACTIVITY**  
**One App,  
Endless Benefits:  
Unlock the Power of  
Health Monitoring**

04. October, 2023 | 11:00 AM Onwards

Venue: Bhalaswa Dairy, Delhi

Nodal Officer  
**Ms. Himani Chaudhary**  
Happiness Club

Student Coordinator's:  
**Varun** : 7042727250  
**Gurpreet** : 7056052176



## **2.10EVENT: Secure Tomorrow: Empowering Women through Saving Habits**

**Date: 09.12.2023**

**Objectives:** Participants demonstrated improved academic performance and effective study habits.

### **REPORT:**

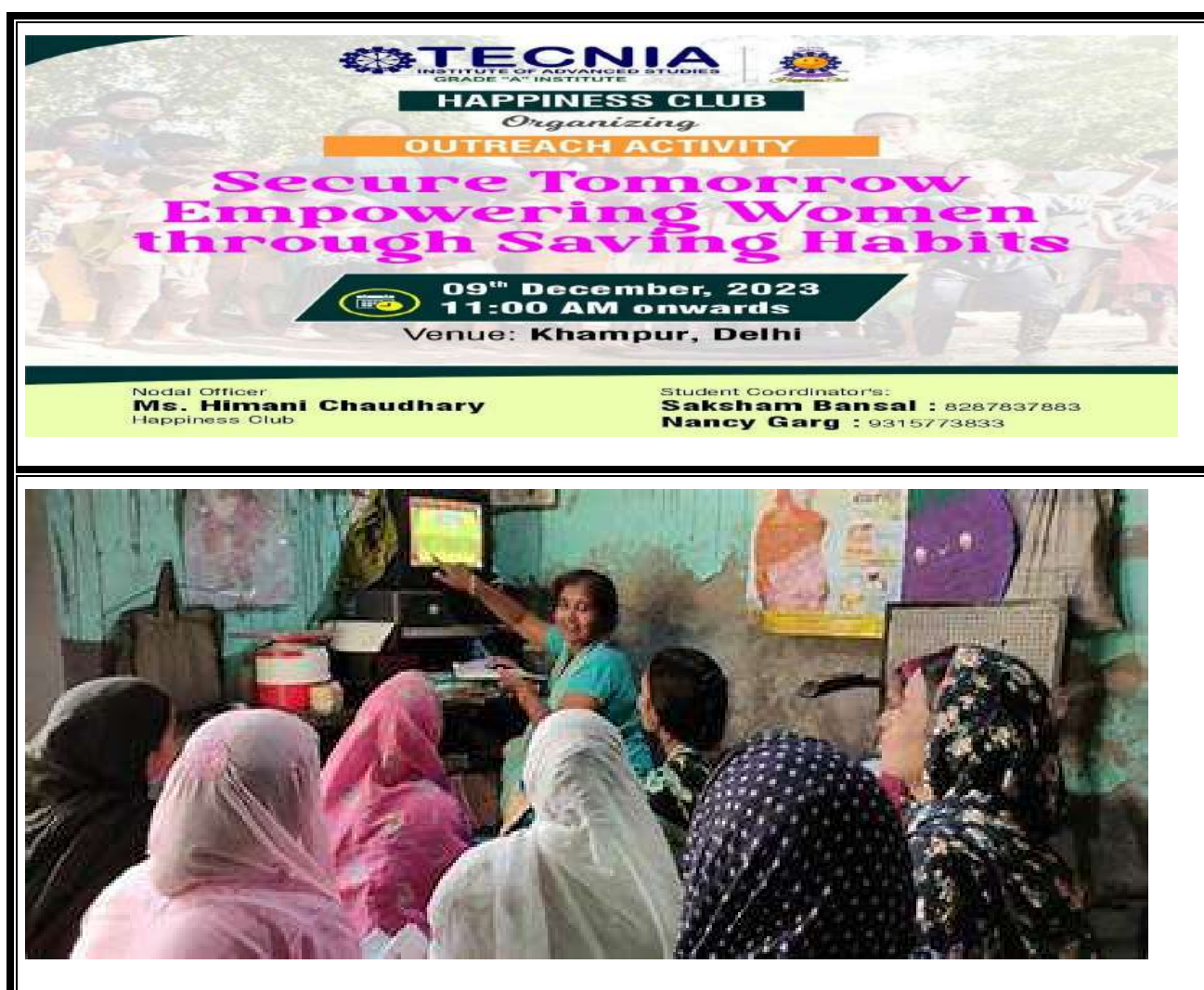
The “Secure Tomorrow: Empowering Women through Saving Habits” workshop, held on December 9, 2023, focused on empowering women by promoting effective saving and financial planning habits. This event was designed to equip women with essential financial literacy skills and foster a long-term commitment to personal growth and economic independence. Under the theme Women & Wealth: A Financially Brighter Future, participants were encouraged to adopt saving practices that contribute to financial security and empower them in managing their resources effectively.

One of the significant outcomes of the workshop was the improvement in participants' financial planning and organizational skills. Women learned practical techniques for budgeting, setting savings goals, and managing expenses. These new skills allowed them to create structured financial plans that could be easily adapted to their unique needs. Many participants reported that their ability to prioritize spending and make informed financial decisions improved significantly. Additionally, the workshop underscored the importance of academic development in building a financially secure future. Participants discussed how their enhanced financial understanding translated into better time management and academic organization, as some attendees were students balancing both academic and financial responsibilities. By implementing effective study habits alongside financial planning, they experienced improved academic performance and an enhanced ability to manage their time and resources effectively.

In conclusion, the Secure Tomorrow workshop provided participants with the tools and insights necessary to develop sound saving habits and a resilient financial mindset. By combining practical saving techniques with values of integrity, empowerment, and lifelong learning, the event empowered women to take control of their financial futures confidently. The newly acquired skills in financial planning and organization have enabled participants to envision a brighter, more secure future, where they are equipped to make well-informed financial decisions that enhance their quality

of life and foster economic independence. Through this initiative, women are encouraged not only to save and plan effectively but to embrace continuous growth in financial literacy, ultimately building a community of financially empowered women.

S.No.	Event Title	OBE Values	UNSDG's	Mulya Pravah	Participants
10	Secure Tomorrow: Empowering Women through Saving Habits	Integrity: Knowledge, Empowerment, Lifelong Learning	UNSDG's Goal 5: Gender Equality	Knowledge, Empowerment	25



## 2.11 EVENT. Smart Farming: Technology-Driven Solutions for Rural Agriculture

**Date:** 15.03.2023

**Objective:** Improved Knowledge of Soil Health: Farmers learned how to perform basic soil testing and apply scientific methods to manage soil nutrients, leading to more efficient fertilizer use and increased crop yields.

**Report:** On March 15, 2024, the workshop titled “Smart Farming: Technology-Driven Solutions for Rural Agriculture” was conducted to empower rural farmers with cutting-edge agricultural techniques and enhance their understanding of the science of happiness. The event aimed to equip participants with the knowledge and tools necessary to optimize agricultural practices, improve soil health, and foster a sense of community, well-being, and empowerment.

One of the primary outcomes of the workshop was the improved knowledge of soil health. Farmers were introduced to the basics of soil testing and scientific soil management methods. Through hands-on demonstrations, participants learned how to perform simple soil tests to assess the nutrient content of their soil, understand its pH levels, and detect deficiencies that may affect crop growth. This practical knowledge enabled farmers to better manage their soil, apply fertilizers more efficiently, and optimize nutrient use for healthier crops and higher yields. By integrating these scientific techniques into their daily practices, farmers could reduce overuse of fertilizers, lower costs, and enhance the sustainability of their farming methods, ultimately leading to increased productivity and more prosperous farming operations.

In conclusion, the Smart Farming workshop was not only a lesson in soil health and farming techniques, but also a holistic approach to improving farmers’ well-being and sense of community. The knowledge gained about soil testing and nutrient management will undoubtedly lead to more effective farming practices, while the emphasis on belongingness, compassion, and empowerment nurtured a sense of joy and fulfilment in the farmers. This initiative demonstrated the powerful intersection between technology, well-being, and community in fostering long-term, sustainable growth in rural agriculture.

S.No.	Event Title	OBE Values	UNSDG's	Mulya Pravah	Participants
11	Smart Farming: Technology-Driven Solutions for Rural Agriculture	Belongingness: Knowledge, Well-being, Compassion, Empowerment	UNSDG's Goal 12: Responsible Consumption and Production	Empowerment, Compassion	16

**TECNIA**  
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**HAPPINESS CLUB**  
*Organizing*  
**OUTREACH ACTIVITY**

**Smart Farming:  
Technology-Driven Solutions  
for Rural Agriculture**

**15, Friday**  
March, 2024

**11:00 AM**  
Onwards

Venue: Nangli Poona, Delhi

Nodal Officer:  
**Dr. Rubeena Bano**  
Department of Management Sciences

Student Coordinator's:  
**Bhoomika Jain** : 8368017413  
**Bharat** : 8595779538





## **2.12EVENT. Empowering Rural Communities with LPG and Home Burner Safety: A Happiness Club Initiative**

**Date: 27 Nov.2023**

**Objective:** Participants will be able to correctly connect and disconnect LPG cylinders, inspect burners, and identify potential safety hazards.

**Report:** In 27th November 2024, the Happiness Club undertook an outreach initiative focused on educating residents in rural areas on LPG (Liquefied Petroleum Gas) and home burner safety. This project was developed in response to recurring safety incidents and concerns arising from improper handling and limited awareness regarding safe LPG practices. The primary goal was to equip residents with practical knowledge and skills, empowering them to prevent accidents associated with LPG and burners in their homes. This report presents the objectives, preparation, execution, impact, and learning outcomes derived from the initiative.

A team of fifteen trained Happiness Club volunteers prepared for a week in advance. Their preparations involved designing pamphlets, posters, and visual aids in the local language to make the content accessible and relevant to residents. The team also collected safety tools, including leak-detection sprays, emergency contact lists, and first-aid supplies. They coordinated with local leaders to identify suitable venues to ensure the sessions were easily accessible. Each session was structured to be interactive and engaging, with an emphasis on hands-on learning and real-life application.

The initiative reached over residents across rural areas, with high engagement and enthusiasm from participants of all ages. Feedback from attendees was overwhelmingly positive, with many expressing that they were previously unaware of critical safety measures. Volunteers distributed safety kits to households, including leak-detection sprays and emergency contact cards. Community leaders noted a heightened awareness of safety practices among the residents, and many participants reported immediate applications of the safety knowledge they had acquired. The initiative successfully fostered a heightened safety culture, as evidenced by increased requests for follow-up sessions on other household safety topics.

This outreach activity by the Happiness Club successfully educated the rural population on essential safety practices related to LPG and home burners. The interactive and hands-on approach enabled participants to grasp and apply the lessons learned, significantly enhancing their understanding of safe practices. The initiative's success underscores the importance of continued efforts in safety education for rural communities and lays a foundation for further community-led safety programs.

S.No.	Event Title	OBE Values	UNSDG's	Mulya Pravah	Participants
12	Empowering Rural Communities with LPG and Home Burner Safety	Sustainability	UNSDG's Goal 3: Good Health and Well-being	Sustainability, Safety	16



### 2.13EVENT. Books for All: Empowering Minds Through Education and Literacy

**Date:** 20.04.2024

**Objective:** Cultivate a sense of responsibility towards supporting educational initiatives and helping others improve their literacy through donations and volunteering.

**Report:** The “Books for All: Empowering Minds Through Education and Literacy” outreach initiative, organized by the Happiness Club, aimed to promote equal access to education through book donations and raise awareness about the importance of literacy. The event, held on 20th April 2024 at Bhalswa Dairy, focused on addressing the barriers that many individuals, particularly in underserved communities, face in obtaining educational resources. By facilitating a community-driven book donation drive, the Happiness Club sought to empower individuals by providing access to books, educational materials, and learning opportunities.

The primary objective of the event was to raise awareness about the critical need for literacy and educational resources, especially for children and young adults in underprivileged areas. Volunteers encouraged participants to donate gently used books and educational materials, creating an avenue for those in need to receive vital resources that could enhance their learning experiences. By engaging in the donation process, participants also developed a deeper understanding of the barriers to education, including financial limitations and lack of access to resources.

The outreach initiative highlighted the role of community engagement in supporting literacy. Volunteers not only assisted with collecting, sorting, and distributing the donated books, but they also led discussions on the importance of education as a basic right and the long-term benefits of improving literacy skills. The initiative emphasized that education is a powerful tool for personal and societal transformation, and by improving literacy, individuals can unlock opportunities for better employment, health, and community involvement.

In addition to the book donation, participants were encouraged to reflect on the broader implications of education and its role in building stronger, more inclusive communities. The event also provided a platform for participants to get involved in future literacy initiatives, fostering a spirit of giving and social responsibility. As the event concluded, attendees expressed their gratitude for the opportunity to contribute to such an important cause and pledged to continue supporting educational efforts in their community.

The “Books for All” initiative succeeded in not only collecting much-needed educational resources but also in fostering a collective commitment to improving literacy and ensuring that education remains accessible to all. Through community involvement and shared efforts, the event exemplified the power of collaboration in overcoming educational inequities.

S.No.	Event Title	OBE Values	UNSDG's	Mulya Pravah	Participants
13	Books for All: Empowering Minds Through Education and Literacy	Inclusiveness	UNSDG's Goal 4: Quality Education	Empowerment, Community Support	15



## **2.14EVENT. Unity in Diversity: Promoting Equality in Our Community**

**Date:** 31.08.2023

**Objective:** Improve their ability to engage in open and respectful dialogues about cultural differences and shared human values

**Report:** The Happiness Club organized an outreach activity titled “Unity in Diversity: Promoting Equality in Our Community” to foster cultural understanding and promote equality among individuals from diverse backgrounds. The event, held on 31th Aug.2023 at Nangli Poona, aimed to educate participants on the importance of inclusivity and mutual respect. By engaging in interactive activities and discussions, attendees explored the shared values that unite them while celebrating their unique differences.

The event commenced with a warm welcome from the Happiness Club volunteers, setting a friendly and inclusive tone. An icebreaker session followed, allowing participants to introduce themselves and share interesting aspects of their cultural heritage. This initial activity encouraged openness and built connections among attendees.

A session on equality emphasized the significance of treating everyone with fairness, regardless of cultural or social differences. Volunteers used real-world examples and facilitated an interactive discussion, allowing participants to share their thoughts on promoting inclusivity in daily life.

The session, titled “My Culture, My Pride,” was a highlight of the event. Participants from various backgrounds narrated personal experiences that reflected their cultural values and challenges faced due to inequality. This activity deepened understanding among attendees and inspired empathy.

To further engage participants, a group session featured scenarios addressing cultural misunderstandings. Each group explored practical solutions rooted in empathy and respect. Volunteers guided women's these discussions, emphasizing constructive communication and active listening.

The “Unity in Diversity” outreach activity successfully brought together a diverse group of individuals to celebrate cultural differences and reinforce the principles of equality. Through brainstorming session, collaboration, and creative expression, the event inspired a shared

commitment to fostering unity and respect in a culturally rich society. The Happiness Club's efforts exemplify the power of collective action in building an inclusive and empathetic community.

S.No.	Event Title	OBE Values	UNSDG's	Mulya Pravah	Participants
14	Unity in Diversity: Promoting Equality in Our Community	Harmony	UNSDG's Goal 10: Reduced Inequality	Equality, Respect for Diversity	25



**2.15EVENT. Bridging the Gap: Empowering Communities Through Digital Literacy**

**Date:** 15.10.2023

**Objective:** Learn foundational digital literacy skills, including navigating the internet, using productivity software, understanding online safety, and leveraging digital tools for personal and professional purposes

**REPORT:** In today's rapidly evolving world, digital literacy has become essential for success in education, work, and daily life. To address the challenges posed by the digital divide, the Happiness Club organized the "Bridging the Gap: Empowering Communities Through Digital Literacy" outreach activity. This event, held on 15.October.23 at Khampur Rohini aimed to equip individuals from underserved communities with essential digital skills to ensure equal access to the opportunities technology offers.

The primary goal of the initiative was to raise awareness about the importance of digital literacy in today's society, emphasizing that technology is no longer a luxury, but a necessity for personal and professional development. Many individuals, particularly in rural or low-income communities, face significant barriers to accessing technology and digital resources. These barriers can impede their ability to pursue educational opportunities, secure employment, and fully engage in the modern world. By focusing on digital literacy, the Happiness Club sought to empower participants to overcome these barriers and ensure they are prepared for the challenges and opportunities of a digital future.

The event also emphasized the importance of lifelong learning. Participants were encouraged to view digital literacy as an ongoing process, with many resources and opportunities for continuous learning available online. The Happiness Club provided information on free online courses and digital learning platforms, allowing participants to continue building their skills beyond the event.

Feedback from participants was overwhelmingly positive, with many expressing gratitude for the opportunity to learn essential digital skills that they previously felt were out of reach. Several participants mentioned how the event had opened up new pathways for them to pursue further education, connect with potential employers, and engage more meaningfully with their communities. Volunteers and organizers were also moved by the strong sense of unity and collective effort in the community, as people came together to bridge the digital divide.

In conclusion, the "Bridging the Gap: Empowering Communities Through Digital Literacy" initiative successfully addressed a critical need in today's world. By equipping individuals with the

tools they need to succeed in the digital age, the event not only provided immediate benefits but also helped lay the foundation for long-term empowerment and community growth. The Happiness Club plans to continue these efforts and expand its outreach to ensure that digital literacy becomes a shared resource accessible to all.

S.No.	Event Title	OBE Values	UNSDG's	Mulya Pravah	Participants
15	Bridging the Gap: Empowering Communities Through Digital Literacy	Trusteeship	UNSDG's Goal 4: Quality Education	Knowledge, Digital Empowerment	22





## **2.16EVENT. Healing Hands: Providing First Aid and Safety to Children in Need**

**Date:** 13 .04. 2024

**Objective:** Learn essential first aid skills such as how to treat cuts, burns, sprains, or recognize signs of common illnesses and injuries.

**REPORT:** To enhance the health and safety of children in underserved communities, the Happiness Club launched the “Healing Hands: Providing First Aid and Safety to Children in Need” outreach initiative. This event, held on 13th April 2024 at Bhalswa Dairy, was designed to equip children and their families with essential first aid skills and resources. Volunteers worked tirelessly to ensure that participants not only learned basic first aid techniques but also understood the importance of safety practices in everyday life.

The initiative began with an interactive session where trained volunteers conducted hands-on to teach children and their caregivers vital first aid skills. The activity covered basic injury treatment such as cleaning and dressing wounds, addressing sprains, and learning how to recognize the symptoms of common illnesses. Participants were encouraged to actively engage in demonstrations, which helped build their confidence in applying these techniques in real-life situations. In addition to first aid skills, the event also focused on safety awareness, including injury prevention at home, at school, and in public spaces. Volunteers explained key safety measures, such as the importance of wearing helmets when cycling, using seatbelts in cars, and maintaining good hygiene to prevent the spread of illness.

In conclusion, the “Healing Hands” initiative successfully empowered children and their families by providing them with the necessary tools and skills to respond to health and safety challenges. By emphasizing the importance of first aid and safety practices, the Happiness Club played a crucial role in helping build a more resilient and informed community. The event demonstrated the power of education in improving public health and safety, and it highlighted the positive impact that community-driven efforts can have on long-term well-being. The Happiness Club plans to continue this initiative, expanding its reach to ensure that more children have the opportunity to learn and grow in a safe environment.

S.No.	Event Title	OBE Values	UNSDG's	Mulya Pravah	Participants
16	Healing Hands: Providing First Aid and Safety to Children in Need	Belongingness	UNSDG's Goal 3: Good Health and Well-being	Compassion, Empathy	20

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DELHI, INDIA

**Happiness Club**

**Healing Hands: Providing First Aid and Safety to Children in Need**

**Date: 13th April, 2024**  
**Time: 11:00 AM Onwards**  
**Venue: Bhalswa Dairy, New Delhi**

**Club Incharge: Dr Rubeena Bano**



## **2.17EVENT. Path to Progress: Promoting Healthy Lifestyles in Rural Communities**

**Date:** 30.10.2023

**Objective:** Gain awareness of the negative effects of alcohol and substance abuse on health, family life, and community development.

### **Report:**

In an effort to improve the health, well-being, and overall progress of rural communities, the Happiness Club conducted the outreach initiative “Path to Progress: Promoting Healthy Lifestyles in Rural Communities”. The activity, held on 30th Oct 2023 in Bhalswa Dairy focused on educating community members about the harmful effects of alcohol and substance abuse while promoting positive habits and alternative activities for personal and communal growth.

The session began with an awareness session, where volunteers presented the short-term and long-term effects of alcohol consumption and other harmful habits on physical health, mental well-being, family life, and economic stability. Interactive discussions highlighted the root causes of substance abuse, such as stress, peer pressure, and lack of constructive engagement, while emphasizing the importance of informed decision-making and the value of self-control.

The event concluded with the distribution of health kits containing educational materials, hygiene essentials, and motivational booklets. Community leaders were also encouraged to continue advocating for health and wellness, creating a sustainable environment where the initiative's message could thrive.

In conclusion, the “Path to Progress” initiative proved to be a transformative step toward promoting healthier lifestyles and reducing the prevalence of harmful habits in rural communities. By equipping individuals with the knowledge, skills, and resources to avoid substance abuse, the Happiness Club contributed to building a foundation for stronger, more progressive rural communities. This initiative reflects the Club’s commitment to fostering positive change and empowering individuals to lead healthier, more fulfilling lives.

S.No.	Event Title	OBE Values	UNSDG's	Mulya Pravah	Participants
17	Path to Progress: Promoting Healthy Lifestyles in Rural Communities	Inclusiveness, Sustainability	UNSDG's Goal 3: Good Health and Well-being	Sustainability, Health Awareness	22



## 2A. AWARENESS REPORT

S.No.	Event Title	OBE Values	UNSDG's	Mulya Pravah	Participants
1	Happiness Poster: In order to create, celebrate and calibrate happiness	Creativity & Innovation	UNSDG's Goal 9: Industry, Innovation, and Infrastructure	Integrity, Harmony	25
2	Discussion on "Dhyan aur Vigyan se kaam kare Tanav"	Harmony: Mindfulness & Stress Management	UNSDG's Goal 3: Good Health and Well-being	Harmony, Commitment	20
3	Seminar on "Importance of Happiness"	Integrity: Critical Thinking & Lifelong Learning	UNSDG's Goal 12: Responsible Consumption and Production	Integrity, Commitment	28
4	Activity on "Hacking Happiness Hormones" - StandUp Comedy	Belongingness: Wellness Awareness & Healthy Mind	UNSDG's Goal 10: Reduced Inequality	Well-being, Compassion	37
5	Affirmation Quotes on Positive Thinking	Commitment: Positive Outlook, Self-Motivation & Emotional Intelligence	UNSDG's Goal 11: Sustainable Cities and Communities	Commitment, Self-Motivation	25

## B.OUTREACH REPORT

S.No.	Event Title	OBE Values	UNSDG's	Mulya Pravah	Participants
1	Coats for Kids: Ensuring a Safe, Warm Winter for Children	Sustainability: Safety & Responsibility	UNSDG's Goal 3: Good Health and Well-being	Commitment, Safety	32
2	Healing the Earth: Cultivating Medicinal Plants	Global Citizenship: Sustainability, Environmental Responsibility	UNSDG's Goal 11: Sustainable Cities and Communities	Sustainability	15
3	From Me to We: Collective Joy through Love and Belonging	Integrity: Well-being, Compassion, Community Gratitude	UNSDG's Goal 16: Peace and Justice, Strong Institutions	Compassion, Integrity	18
4	One App, Endless Benefits: Unlock the Power of Health Monitoring	Commitment: Empowerment Through Knowledge, Accessibility and Inclusivity	UNSDG's Goal 3: Good Health and Well-being	Commitment, Accessibility	22
5	Secure Tomorrow: Empowering Women through Saving Habits	Integrity: Knowledge, Empowerment, Lifelong Learning	UNSDG's Goal 5: Gender Equality	Knowledge, Empowerment	25
6	Smart Farming: Technology-Driven Solutions for Rural Agriculture	Belongingness: Knowledge, Well-being, Compassion, Empowerment	UNSDG's Goal 12: Responsible Consumption and Production	Empowerment, Compassion	16
7	Empowering Rural Communities with LPG and Home Burner Safety	Sustainability	UNSDG's Goal 3: Good Health and Well-being	Sustainability, Safety	16
8	Books for All: Empowering Minds Through Education and Literacy	Inclusiveness	UNSDG's Goal 4: Quality Education	Empowerment, Community Support	15
9	Unity in Diversity: Promoting Equality in Our Community	Harmony	UNSDG's Goal 10: Reduced Inequality	Equality, Respect for Diversity	25
10	Bridging the Gap: Empowering Communities Through Digital Literacy	Trusteeship	UNSDG's Goal 4: Quality Education	Knowledge, Digital Empowerment	22
11	Healing Hands: Providing First Aid and Safety to Children in Need	Belongingness	UNSDG's Goal 3: Good Health and Well-being	Compassion, Empathy	20
12	Path to Progress: Promoting Healthy Lifestyles in Rural Communities	Inclusiveness, Sustainability	UNSDG's Goal 3: Good Health and Well-being	Sustainability, Health Awareness	22

## 2C.WEBSITE EVENTS & LINKS

### A.AWARENESS ACTIVITIES

S. No.	Date	Event Name	Links
1	27.09.2023	Happiness Poster: In Order to Create, Celebrate, and Calibrate Happiness	<a href="https://tiaspg.tecna.in/wp-content/uploads/2023/11/Poster-Making-Competition.pdf">https://tiaspg.tecna.in/wp-content/uploads/2023/11/Poster-Making-Competition.pdf</a>
2	21.10.2023	Discussion on "Dhyan aur Vigyan se kaam Kare Tanav"	<a href="https://tiaspg.tecna.in/wp-content/uploads/2023/11/Dhyan-aur-Vigyan-se-kaam-Kare-Tanav.pdf">https://tiaspg.tecna.in/wp-content/uploads/2023/11/Dhyan-aur-Vigyan-se-kaam-Kare-Tanav.pdf</a>
3	18.11.2023	Seminar on "Importance of Happiness"	<a href="https://tiaspg.tecna.in/wp-content/uploads/2023/11/Seminar-on-Happiness.pdf">https://tiaspg.tecna.in/wp-content/uploads/2023/11/Seminar-on-Happiness.pdf</a>
4	17.02.2023	Activity on "Hacking Happiness Hormones" - StandUp Comedy	<a href="https://tiaspg.tecna.in/wp-content/uploads/2024/02/Report-of-StandUp-Comedy.pdf">https://tiaspg.tecna.in/wp-content/uploads/2024/02/Report-of-StandUp-Comedy.pdf</a>

<b>A. OUTREACH ACTIVITIES</b>			
6	<b>02.12. 2023</b>	Coats for Kids: Ensuring a Safe, Warm Winter for Children	<a href="https://tiaspg.tecna.in/wp-content/uploads/2024/01/Winter-Cloth-Donation-Drive.pdf">https://tiaspg.tecna.in/wp-content/uploads/2024/01/Winter-Cloth-Donation-Drive.pdf</a>
7	<b>27.05. 2024</b>	Healing the Earth: Cultivating Medicinal Plants	<a href="https://tiaspg.tecna.in/wp-content/uploads/2024/06/Book-Donation-Drive.pdf">https://tiaspg.tecna.in/wp-content/uploads/2024/06/Book-Donation-Drive.pdf</a>
8	<b>27.02. 2024</b>	From Me to We: Collective Joy through Love and Belonging	<a href="https://tiaspg.tecna.in/wp-content/uploads/2024/06/27_FEB_2024_FROM-ME-TO-WE.pdf">https://tiaspg.tecna.in/wp-content/uploads/2024/06/27_FEB_2024_FROM-ME-TO-WE.pdf</a>
9	<b>4.10.2023</b>	One App, Endless Benefits: Unlock the Power of Health Monitoring	<a href="https://tiaspg.tecna.in/wp-content/uploads/2024/01/04_OCT_2023_ONE-APP.pdf">https://tiaspg.tecna.in/wp-content/uploads/2024/01/04_OCT_2023_ONE-APP.pdf</a>
10	<b>9.12. 2023</b>	Secure Tomorrow: Empowering Women through Saving Habits	<a href="https://tiaspg.tecna.in/wp-content/uploads/2024/01/09_DEC_2023_EMPOWERING-WOMEN-THROUGH.pdf">https://tiaspg.tecna.in/wp-content/uploads/2024/01/09_DEC_2023_EMPOWERING-WOMEN-THROUGH.pdf</a>
11	<b>15.03.2024</b>	Smart Farming: Technology-Driven Solutions for Rural Agriculture	<a href="https://tiaspg.tecna.in/wp-content/uploads/2024/06/15_MAR_2024_SMART-FARMING.pdf">https://tiaspg.tecna.in/wp-content/uploads/2024/06/15_MAR_2024_SMART-FARMING.pdf</a>
12	<b>27.11. 2023</b>	<b>Empowering Rural Communities with LPG and Home Burner Safety: A Happiness Club Initiative</b>	<a href="https://naac.tecna.in/wp-content/uploads/2024/11/Empowering-Rural-Communities-with-LPG-and-Home-Burner-Safety.pdf">https://naac.tecna.in/wp-content/uploads/2024/11/Empowering-Rural-Communities-with-LPG-and-Home-Burner-Safety.pdf</a>
13	<b>20.04. 2024</b>	<b>Books for All: Empowering Minds Through Education and Literacy</b>	<a href="https://naac.tecna.in/wp-content/uploads/2024/11/Books-for-All-Empowering-Minds-Through-Education-and-Literacy.pdf">https://naac.tecna.in/wp-content/uploads/2024/11/Books-for-All-Empowering-Minds-Through-Education-and-Literacy.pdf</a>
14	<b>31.08.2023</b>	<b>Unity in Diversity: Promoting Equality in Our Community</b>	<a href="https://naac.tecna.in/wp-content/uploads/2024/11/Unity-in-Diversity-Promoting-Equality-in-Our-Community.pdf">https://naac.tecna.in/wp-content/uploads/2024/11/Unity-in-Diversity-Promoting-Equality-in-Our-Community.pdf</a>
15	<b>15.10.2023</b>	<b>Bridging the Gap: Empowering Communities Through Digital Literacy</b>	<a href="https://naac.tecna.in/wp-content/uploads/2024/11/Bridging-the-Gap-Empowering-Communities-Through-Digital-Literacytt.pdf">https://naac.tecna.in/wp-content/uploads/2024/11/Bridging-the-Gap-Empowering-Communities-Through-Digital-Literacytt.pdf</a>
16	<b>13.04.2024</b>	<b>Healing Hands: Providing First Aid and Safety to Children in Need</b>	<a href="https://naac.tecna.in/wp-content/uploads/2024/11/Healing-Hands-Providing-First-Aid-and-Safety-to-Children-in-Need.pdf">https://naac.tecna.in/wp-content/uploads/2024/11/Healing-Hands-Providing-First-Aid-and-Safety-to-Children-in-Need.pdf</a>
17	<b>30.10.2023</b>	<b>Path to Progress: Promoting Healthy Lifestyles in Rural Communities</b>	<a href="https://naac.tecna.in/wp-content/uploads/2024/11/Path-to-Progress-Promoting-Healthy-Lifestyles-in-Rural-Communities.pdf">https://naac.tecna.in/wp-content/uploads/2024/11/Path-to-Progress-Promoting-Healthy-Lifestyles-in-Rural-Communities.pdf</a>





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## Happiness Club



### 3. FUTURE PLANS

#### 1. Promote Mental Health and Well-being (UNSDG 3)

- **Mindfulness and Meditation Programs:** Introduce meditation and mindfulness workshops that focus on mental well-being. These programs could incorporate practices that emphasize compassion, emotional intelligence, and mindfulness in daily life, which connect well with Mulya Prawah.
- **Community Support Networks:** Build strong peer support systems within the club to help members with mental health challenges, creating a safe and supportive environment.

#### 2. Inclusive Education and Knowledge Sharing (UNSDG 4)

- **Educational Outreach:** Organize educational programs that target marginalized communities, promoting access to quality education for all. This could include free tutoring sessions, workshops, and online learning resources.
- **Skill Development Programs:** Provide members with vocational skills and life skills training to help them gain employment or improve their quality of life, in alignment with Mulya Prawah's focus on personal development and dignity.

#### 3. Gender Equality and Empowerment (UNSDG 5)

- **Leadership Development for Women and Minorities:** Establish programs aimed at empowering underrepresented groups, such as women, youth, and minorities, through skill-building workshops, leadership training, and career guidance, aligned with both gender equality and the concept of Mulya Prawah—creating an inclusive, respectful environment for all.

- Safe Spaces for Discussion: Develop safe spaces within the Happiness Club where issues related to gender inequality, violence, and discrimination can be openly discussed, contributing to social justice and equality.

#### 4. Social Entrepreneurship and Economic Growth (UNSDG 8)

- Social Enterprises: Encourage members to initiate social enterprises or projects that address local community needs while promoting social and environmental responsibility. These projects could focus on creating jobs, promoting fair trade, or supporting sustainable development initiatives.
- Financial Literacy Programs: Conduct workshops on financial planning, savings, and entrepreneurship, enabling members to improve their financial well-being and achieve financial independence.

#### 5. Healthy Eating and Sustainable Agriculture (UNSDG 2, 12)

- Promote Sustainable Diets: Launch campaigns that promote plant-based, sustainable, and locally sourced diets, along with workshops on how to grow food at home (e.g., urban gardening, community gardening).
- Support Local Farmers and Organic Products: Work with local farmers to promote organic, sustainable agriculture that supports both local economies and environmental health.

#### 6. Sustainable Lifestyle and Environment Protection (UNSDG 12, 13, 15)

- Eco-Friendly Initiatives: Launch sustainability drives, such as recycling campaigns, tree plantation drives, or promoting a zero-waste lifestyle. These actions align with UNSDGs on climate action, responsible consumption, and the preservation of life on land.
- Educational Workshops on Sustainable Living: Create educational programs to teach sustainable practices, such as the use of renewable energy, reducing waste, and sustainable consumption, while integrating values of responsibility towards the environment (Mulya Prawah).

## **4. CONCLUSION**

The **Happiness Club** of Tecnia Institute of Advanced Studies has made significant strides in fostering an environment that emphasizes emotional well-being, self-awareness, and holistic development. Through its innovative initiatives, rooted in Yogi Kochhar's "Six-Sigma of Happiness" framework, the club has successfully integrated Social and Emotional Learning (SEL) into the academic experience, empowering students to cultivate resilience, empathy, and a sense of purpose.

More importantly, the club's activities align with the institutional mandate to inculcate **Mulya Pravah**, nurturing core values such as harmony, integrity, inclusivity, and responsibility. These efforts not only enrich the lives of students but also equip them to become role models and ambassadors of Tecnia, embodying the spirit of a true **Global Citizen**. By shaping individuals who prioritize happiness and emotional intelligence, the Happiness Club contributes to building a compassionate, innovative, and cohesive society.

This club is a testament to the dedication and enthusiasm of the Happiness Club members, faculty advisors, and institutional leadership, whose collaborative efforts have been instrumental in the club's success. The progress and achievements highlighted here reflect the unwavering commitment to fostering a culture of happiness and emotional well-being within the institution.

As we move forward, the Happiness Club remains steadfast in its mission to **Create, Calibrate, and Celebrate Happiness**, expanding its reach and impact within the student community and beyond. With continued support and collaboration, we look forward to a future where happiness and emotional intelligence become integral to the fabric of education and society.

Together, let us keep the flame of happiness burning brightly and empower students to lead fulfilling, joyful, and meaningful lives.

The initiatives organized under the Happiness Club, infused with the principles of *Mulya Pravah* (Value Flow), have not only touched the lives of participants but have also set the foundation for a transformative movement. By integrating creativity, mindfulness, resilience, humor, and positivity, the Happiness Club serves as a beacon for fostering moral values and a sense of global citizenship. These efforts transcend personal happiness, aiming to cultivate individuals who act as ambassadors of joy, embodying moral integrity, and driving positive change at local, national, and international levels.

Each activity within the Happiness Club is carefully designed to instill a deep sense of responsibility, empathy, and self-awareness. Whether through the artistic celebration of happiness, mindful practices to manage stress, understanding the science of well-being, or promoting positive thinking, participants are equipped with tools to lead with values and compassion. The inclusion of *Mulya Pravah* ensures that these activities are anchored in cultural, ethical, and spiritual dimensions, enriching the moral fabric of individuals while emphasizing the importance of collective well-being.

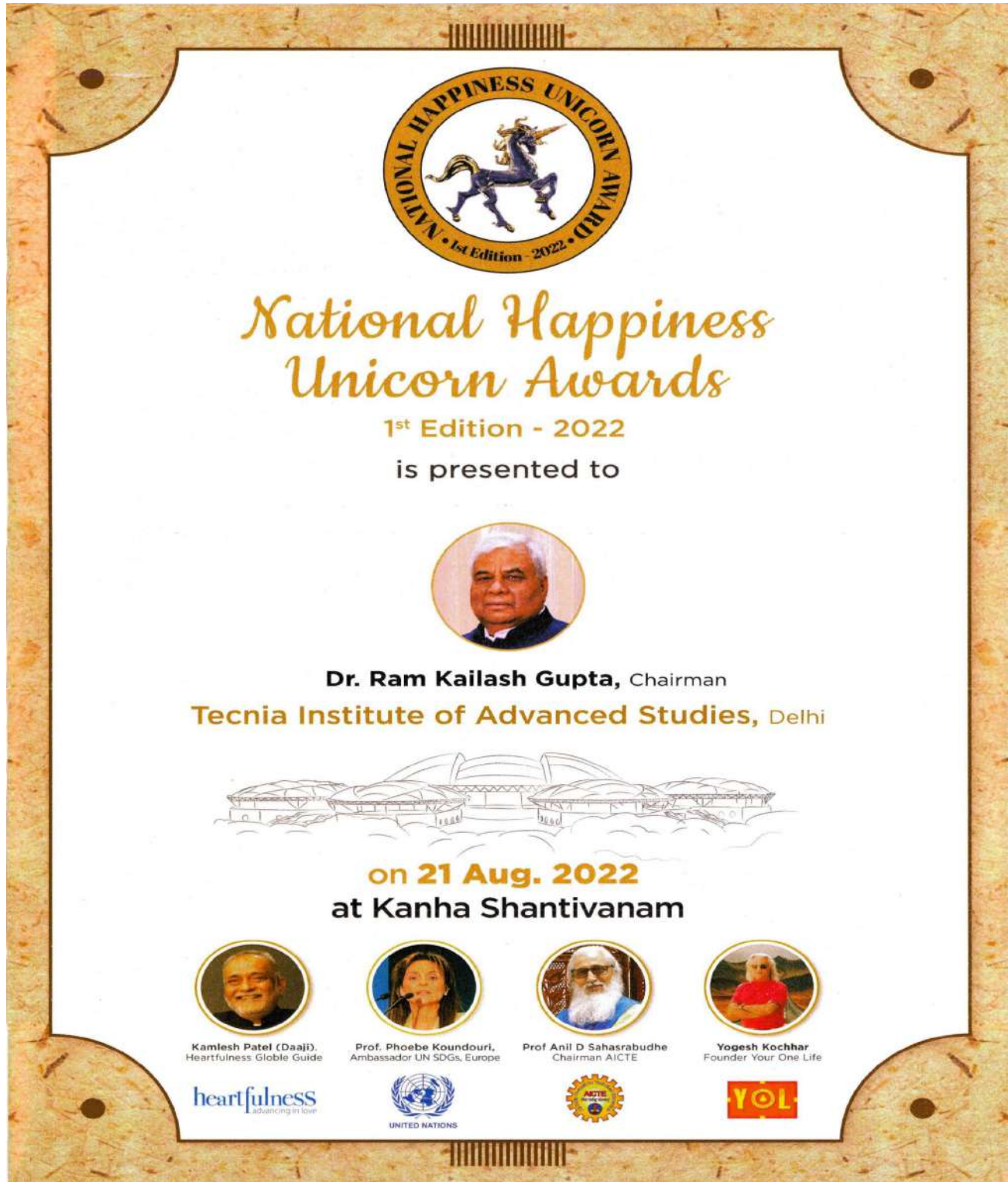
These initiatives align seamlessly with the vision of creating global citizens who uphold the pride of their nation through values-driven actions. Participants are not only encouraged to thrive individually but are also empowered to influence their communities and the world. As ambassadors of the Happiness Club, they act as international change agents, spreading the principles of positivity, empathy, and integrity. They are inspired to address global challenges with a solutions-oriented mindset, bridging cultural divides and fostering harmony.

Through this value-rich approach, the Happiness Club not only nurtures joy and positivity but also builds a generation that takes pride in its roots while embracing its role in the global community. By emphasizing moral values and promoting happiness as a shared goal, the club contributes to a brighter, more compassionate world where individuals work collaboratively to bring about meaningful change.

The Happiness Club, rooted in the ethos of *Mulya Pravah* (Value Flow), exemplifies the integration of moral values and sustainable practices to foster responsible, compassionate global citizens. The recent and upcoming events highlight the club's unwavering dedication to promoting happiness, safety, sustainability, and community well-being, positioning participants as change agents on a global scale.

## **5. ANNEXURES**


AWARD AND ACCOLADES

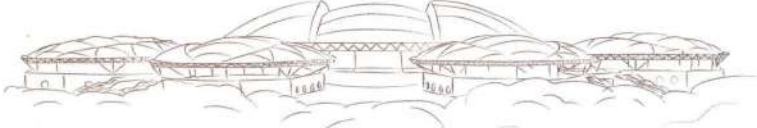



The certificate features a circular logo at the top center with a unicorn and the text "NATIONAL HAPPINESS UNICORN AWARD" and "1st Edition - 2022". Below the logo, the title "National Happiness Unicorn Awards" is written in a large, elegant font. The text "1st Edition - 2022" and "is presented to" follows. A circular portrait of Dr. Ram Kailash Gupta is shown, with his name and title "Chairman, Tecnia Institute of Advanced Studies, Delhi" below it. A line drawing of a modern building is depicted. The date and location "on 21 Aug. 2022 at Kanha Shantivanam" are prominently displayed. At the bottom, four circular portraits of judges are shown with their names and titles: Kamlesh Patel (Daaji), Heartfulness Global Guide; Prof. Phoebe Koundouri, Ambassador UN SDGs, Europe; Prof Anil D Sahasrabudhe, Chairman AICTE; and Yogesh Kochhar, Founder Your One Life. Logos for heartfulness, UNITED NATIONS, AICTE, and YOL are also present.


**NATIONAL HAPPINESS UNICORN AWARD**  
1st Edition - 2022


*National Happiness Unicorn Awards*  
1st Edition - 2022  
is presented to


  
**Dr. Ram Kailash Gupta**, Chairman  
**Tecnia Institute of Advanced Studies, Delhi**





  
**on 21 Aug. 2022**  
**at Kanha Shantivanam**

  
**Kamlesh Patel (Daaji)**,  
Heartfulness Global Guide

  
**Prof. Phoebe Koundouri**,  
Ambassador UN SDGs, Europe

  
**Prof. Anil D. Sahasrabudhe**,  
Chairman AICTE

  
**Yogesh Kochhar**,  
Founder Your One Life

CERTIFICATE OF ESTABLISHMENT





**HAPPINESS COMMITTEE MEMBERS****Session: 2023-24****Ref. No: TIAS/Club/HC/2023-24/7****Date: 10/02/2024****NOTICE**

As per the mandate of the All-India Council for Technical Education (AICTE), Happiness Club is being established at Tecnia Institute of Advanced Studies (TIAS). This is to inform all the concerned that the following members have been selected as Core Committee Members of TIAS Happiness Club for the session 2023-2024:

<b>S. No.</b>	<b>Name</b>
1.	Ms. Himani Chaudhary (Happiness Evangelist)
2.	Dr. Ruchi Srivastava (Faculty)
3.	Dr. Rajneesh Pandey (Faculty)
4.	Dr. Rubeena Bano (Faculty)
5.	Dr. Sheenu Arora (Faculty)
6.	Mehak Goel (BCA student)
7.	Sarthak Arora (BCA student)
8.	Parmeet Kaur (BBA student)
9.	Naman Vij (BBA student)
10.	Khushi Manchanda (BAJMC student)
11.	Manya Grover (BAJMC student)
12.	Aanchal (MBA student)
13.	Nancy Garg ( BBA student)

**Ms. Himani Chaudhary**  
(Happiness Evangelist)

CC to:

- Dr. Ajay Kumar, Director, TIAS
- Dr. M. N. Jha, Dean Academics, TIAS
- Dr. Ruchi Srivastava, Events Incharge, TIAS
- Student Cordinators, Happiness Club, TIAS
- All department Heads (HODs) (For necessary action- dissemination of information amongstudents and sending active participation in the meeting)
- Mr. Deepak Sharma, Website Incharge (For uploading the Notice on the website).

### LIST OF STUDENT VOLUNTEERS

The list of student volunteers for Happiness Club for the academic session 2023-24 is as follows:

S. No.	Name of student	Department	Year
1	Naman Vij	BBA	Third
2	Manya Grover	BAJMC	Third
3	Parmeet Kaur	BBA	Third
4	Khushi Manchanda	BAJMC	Second
5	Aanchal	MBA	Second
6	Arpan Jain	MBA	Second
7	Mehak Goel	BCA	Second
8	Sarthak Arora	BCA	Second
9	Anandita Sharma	BBA	Second
10	Mehak Malhotra	BBA	Second
11	Vishakha Vaswani	BBA	Second
12	Ayushi tyagi	BBA	Second
13	Rubal Narang	BBA	Second
14	Dhruv Khandelwal	BBA	Second
15	Bhoomika Jain	BBA	Second
16	Nancy Garg	BBA	Second
17	Bharat Gupta	BBA	Second
18	Geetanshu Gupta	BBA	Second
19	Rohit	BCA	First
20	Shaurya Sharma	BCA	First

Happiness Club volunteers will join the Club as Happiness Evangelists and help create, calibrate and celebrate happiness. Happiness Evangelists will be assigned the following responsibilities:

- To volunteer for activities/events for creating and spreading happiness across the campus.
- To initiate discussions, workshops, poster creation, presentations etc. in the campus for promoting happiness.
- To create an enabling environment in the Institute to advocate happiness as a way of life
- To identify those who are facing intellectual or emotional issues and help them by providing appropriate guidance for the same.

Ms. Himani Chaudhary  
(Happiness Evangelist)

# CERTIFICATES



## TECNIA INSTITUTE OF ADVANCED STUDIES

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## HAPPINESS CLUB

Established under the norms of  
All India Council for Technical Education (AICTE)  
अखिल भारतीय तकनीकी शिक्षा परिषद

Gratitude  
is the best  
attitude.

E1  
PROVOKE

E2  
INVOKE

E-3  
EVOKE

E4  
BESPOKE

This is to Certify that Mr/Ms. **Bhoomika Jain** is a Student of Tecnia Institute of Advanced Studies has Participated in the event of outreach activity on **Book & Stationary Donation Drive** at Bhalswa Dairy organized by Happiness Club, TIAS-Delhi on **20<sup>th</sup> April, 2024**.

*Happy Student will Contribute to Nation Building as Good Citizen  
We Create, Calibrate, Celebrate Happiness*

Convener  
**Dr. Rubeena Bano**  
Department of Management Sciences



Chairperson  
**Dr. Ajay Kumar**  
Director, TIAS

\*Happiness Evangelist are responsible for development of IQ and EQ factors in shaping careers; Happiness Club has been established in Tecnia Institute of Advanced Studies, as per the directions of the AICTE, vide letter Dt. 03.12.2021 and YOL-YourOneLife.



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