



TECNIA INSTITUTE OF ADVANCED STUDIES

GRADE "A" INSTITUTE

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Happiness Club



Ref No: TIAS/CLUB/HC/24-25/01

Date: 05.07.2024

Event Activity Annual Calendar (2024-2025)

A. AWARENESS ACTIVITY					w.e.f -28.07.2024
Date	Event Name	Activity	Learning Outcomes	OBE Values	
30.08.2024	Visual Bliss: The Art of Happiness	Vision Board of Joy	Understand the impact of visual representation on emotional well-being. Explore personal sources of happiness and reflect on daily incorporation. Develop a creative outlet to boost positivity and mindfulness.	Dedication, Harmony	
5.10.2024	Digital Balance: Pathway to Joy	Tech-Free Hour Challenge	Recognize the effects of technology on mental health and productivity. Experience benefits of reduced screen time. Develop strategies for digital balance.	Commitment, Belongingness	
09.11.2024	Gratitude Gems: Unlocking Happiness	Daily Gratitude Notes	Build a habit of gratitude for enhanced happiness. Develop an optimistic mindset. Strengthen emotional resilience by appreciating small joys.	Belongingness, Harmony	
18.01.2025	Zen & Tech: A Stress-Free Journey	Conduct meditation session focusing on mindfulness techniques.	Understand the physiological and psychological impact of stress. Learn practical mindfulness and meditation techniques. Develop emotional resilience.	Integrity, Harmony	
01.02.2025	Happiness Summit	Facilitate group discussions on finding joy in everyday life.	Appreciate the importance of gratitude in cultivating happiness. Recognize small joys and develop a positive mindset.	Harmony, Belongingness	

15.02.2025	Giggle Fest	Host a stand-up comedy event or laughter yoga session.	Recognize the therapeutic benefits of humor and laughter on mental health. Strengthen social bonds through joyful experiences.	Harmony, Belongingness
08.03.2025	Mindful Travel Retreat	Organize a collaborative travel activity promoting positivity and inclusiveness.	Learn the power of inclusiveness in shaping thoughts and emotions. Foster a positive and supportive community.	Inclusiveness, Belongingness


B. OUTREACH ACTIVIT

w.e.f: 16.01.2025

Date	Event Name	Activity	Learning Outcomes	OBE Values
24.09.2024	Food for Smiles	Community Meal Sharing Event	Understand the importance of combating hunger and promoting food security. Develop empathy and social responsibility. Learn teamwork and organizational skills.	Dedication
28.09.2024	Books of Hope	Library for All: Book Donation Campaign	Recognize the role of education in empowerment. Cultivate generosity by sharing resources. Develop awareness of literacy challenges.	Belongingness, Harmony
23.11.2024	Warm Hearts, Warm Winters	Winter Warmth Drive	Learn about underprivileged communities' struggles during winter. Foster compassion through tangible actions. Enhance organizational and leadership skills.	Respectfulness, Belongingness
25.01.2025	Awaken Your Day: A Mindful Living Event	Breathing exercises and a gratitude journaling session.	Cultivate mindfulness techniques to reduce stress and enhance focus. Develop gratitude as a tool for mental well-being.	Respectfulness, Harmony

08.02.2025	Fit for Life Expo	Discussion on the role of balanced diets and sustainable fitness habits.	Recognize the importance of regular physical activity. Learn simple strategies to maintain fitness and nutrition.	Harmony, Dedication
22.02.2025	Secure Your Future Expo	Session on budgeting, saving, and investing basics.	Understand personal finance for secure and happy living. Learn effective budgeting and investment planning.	Sustainability, Commitment
15.03.2025	Bonding Better	Pet therapy corner exploring the role of pets in stress relief.	Develop interpersonal skills and recognize emotional benefits of human-pet relationships.	Harmony, Belongingness
29.03.2025	Global Escapes Celebration	Travel planning for budget-friendly vacations.	Appreciate the value of travel and entertainment for happiness. Develop skills to plan rejuvenating leisure activities.	Harmony, Belongingness
12.04.2025	Melodies of Joy Festival	Organize a musical outreach event featuring live performances.	Experience the therapeutic and unifying effects of music. Build confidence and emotional expression through performance.	Belongingness, Harmony

Note: As per the NAAC Criteria 6-Extended Curricular Engagements (6.6-Community related activities)

Dr. Rubeena Bano

Happiness Club, In Charge

CC to:

Director, TIAS

Dean, Academics

IQAC

HoD- MBA, BBA, B. Com, BA(JMC), MCA, BCA

All In/C Clubs, Committee, Cells, Coe, T&P, Admin, Accounts, Library

ICT Dept. for uploading on the website

Social Media Cell, TIAS

Event -In- Charge, TIAS