



TECNIA INSTITUTE OF ADVANCED STUDIES

GRADE "A" INSTITUTE

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INSTITUTIONAL AREA MADHUBAN CHOWK, ROHINI, DELHI 110085

Tel: 91-11-27555121-24, E-Mail : directortias@tecnia.in, Website: www.tiaspg.tecnia.in



Happiness Club



Event/Activity Calendar

Session: 2023-2024

S.No.	Date	Event	Learning Outcomes	OBE Values
Awareness Activities				
	26.09.2023	Happiness Poster : In order to create, celebrate and calibrate happiness	Participants will understand and creatively express various perspectives on happiness, fostering a sense of joy and positivity.	Creativity & Innovation
2	28.10.2023	Discussion on "Dhyan aur Vigyan se kaam kare Tanav"	Participants will understand and creatively express various perspectives on happiness, fostering a sense of joy and positivity.	Mindfulness & Stress Management
3	18.11.2023	Seminar on "Importance of Happiness"	Attendees will gain insight into the significance of happiness for mental health, resilience, and overall life satisfaction.	Critical Thinking & Lifelong Learning
4	17.02.2023	Activity on "Hacking Happiness Hormones"- StandUp Comedy	Participants will learn about the science of happiness hormones (like dopamine, serotonin, and endorphins) and experience how laughter and humor positively impact these.	Wellness Awareness & Healthy Mind
5	23.03.2024	Affirmation Quotes on Positive Thinking	Participants will understand the impact of positive affirmations on mindset and emotional health.	Positive Outlook, Self-Motivation & Emotional Intelligence
Outreach Activities				

1	2 th December, 2023	Coats for Kids: Ensuring a Safe, Warm Winter for Children	Participants will have a better understanding of the health risks children face during the winter season due to inadequate clothing.	Safety and Responsibility, Sustainability
2	28 th May, 2024.	Healing the Earth: Cultivating Medicinal Plants for a Sustainable Future	Increased Awareness: A significant rise in the community's awareness of environmental issues and sustainable	Environmental Responsibility, Sustainability, Respect for Nature
3	27 th February 2024	From Me to We: Collective Joy through Love and Belonging	<ul style="list-style-type: none"> • Participants reported increased awareness of happiness techniques and showed interest in applying these methods in their daily lives. 	Well-being, Compassion, Community Gratitude
4	18 th May, 2024	Healing Hands: First Aid for Children's Safety	<ul style="list-style-type: none"> • Improved First Aid Confidence: Participants reported feeling more confident in their ability to handle minor cuts and injuries. They were able to demonstrate proper wound cleaning, dressing, and bandaging techniques by the end of the session. • Increased Knowledge of Infection Prevention: Participants were able to identify the signs of infection and understood the importance of cleanliness in preventing complications. This increased awareness led to better hygiene practices 	Fostering a sense of community responsibility for child safety, compassion, empathy

5	4 th October, 2023	One App, Endless Benefits: Unlock the Power of Health Monitoring”	<ul style="list-style-type: none"> • Significant increase in awareness among the target audience about the YOL app and its unique features. • Encouraged a notable number of downloads and installations of the YOL app across Android and iOS platforms. 	Empowerment Through Knowledge, Accessibility and Inclusivity
6	11 th October, 2023	Safety First: Mastering LPG Operations and Emergency Preparedness	<p>Continuous education sessions should be conducted to reinforce safe practices and keep the community informed about updates in safety standards and emergency protocols.</p> <p>Partnering with local fire departments and health agencies can enhance the outreach program and provide additional resources for community safety initiatives.</p>	Safety and Responsibility, Sustainability and Environmental Awareness
7	9 th December, 2023	Secure Tomorrow: Empowering Women through Saving Habits	<ul style="list-style-type: none"> • Participants demonstrated improved academic performance and effective study habits. • Enhanced time management and organizational skills were reported. 	Knowledge, Empowerment, Lifelong Learning
8	15 th December, 2023	Smart Farming: Technology-Driven Solutions for Rural Agriculture"	<ul style="list-style-type: none"> • 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. 	Knowledge, Well-being, Compassion, Empowerment