



**TECNIA INSTITUTE OF ADVANCED STUDIES**

**GRADE "A" INSTITUTE**

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# Happiness Club



## Event/Activity Calendar

Session: 2021-22

| S.No.                       | Date       | Event  | Learning Outcomes  | OBE Values                                    |
|-----------------------------|------------|--|--|---|
| <b>Awareness Activities</b> |            |  |  |   |
| 1                           | 28-01-2022 | YourOneLife (YOL)<br>Android/iOS application<br>Awareness Campaign                         | Bespoke the circle of happiness<br>including mindful and heartfelt<br>activities | Track Happiness<br>Index                      |
| 2                           | 16-02-2022 | Talk on "Enhancing<br>Intellectual and<br>Emotional Quotient"                              | Understand the cycle of<br>happiness   | Emotional Quotient &<br>Intelligence Quotient |
| 3                           | 22-03-2022 | Article writing on What<br>makes me happy and<br>why?                                      | Evoke the feeling<br>"Happiness exists within"                                   | Celebrate Happiness                           |
| 4                           | 15-04-2022 | Poster making on<br>"Affirmation Quotes on<br>Positive Thinking"                           | Provoke and Reinforce Positive<br>Attitude among students                        | Positive Outlook                              |
| 5                           | 23-05-2022 | Activity on Collage Making<br>"Gratitude is the best<br>Attitude"                          | Invoke the feeling of "Gratitude is<br>the best attitude"                        | Gratitude                                     |
| 6                           | 21-06-2022 | Posters for Happiness<br>Wall: In order to create,<br>celebrate and calibrate<br>happiness | Provoke the six sigma of<br>happiness  | Create, Celebrate and<br>Calibrate Happiness  |

## Outreach Activities

|   |            |   |   |  |
|---|------------|---|---|--|
| 1 | 18-05-2022 | Fruitful Smiles:<br>Nourishing<br>Communities with<br>Happiness | 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. | Sharing is Caring, Health and Well- being, Generosity, promoting health & kindness |
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Neha  
Gupta