

**TECNIA INSTITUTE OF ADVANCED STUDIES**

GRADE "A" INSTITUTE

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INSTITUTIONAL AREA MADHUBAN CHOWK, ROHINI, DELHI 110085

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**Report on Empowerment Through Education: Transforming Lives, One Mind at a Time**

Title of Activity	Empowering through Education: Transforming Lives, One Mind at a Time
Values	Core values of the Happiness Club: inclusivity, empowerment, continuous learning, and community support.
Learning Outcomes	<ul style="list-style-type: none"> • Participants demonstrated improved academic performance and effective study habits. • Enhanced time management and organizational skills were reported. • Increased self-confidence and motivation to pursue personal and academic goals. • Stronger interpersonal skills and a sense of community among participants. • Positive feedback highlighted a noticeable improvement in mental well-being and overall happiness.
M,mm mObjectives	<ul style="list-style-type: none"> • To equip participants with essential educational tools and techniques for academic success. • To enhance personal development through targeted life skills training. • To empower individuals to achieve their full potential in both personal and academic spheres. • To build a supportive and collaborative learning community. • To promote mental well-being and overall happiness through educational empowerment.
Organized by	Happiness Club
Program Theme	Empowered and Happy: Workshops for lifelong happiness
External Expert / Internal Expert	Internal Expert
Date	10 March 2023
Time	11:00 AM Onwards

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

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

Venue	Adopted Village-Khampur, 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 maintained 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 maintained at department level as proof for any further requirement)	04
No. of External Participants (students + faculty) [write NA if not applicable]	NA
<p>Photograph*</p>  <p>Empowering through Education</p> <p style="text-align: center;"> <i>Coordinator</i> Internal Quality Assessment Cell (IQAC) Tecnia Institute of Advanced Studies New Delhi-110025 </p> <p style="text-align: right;"> <i>Himani Chaudhary</i> Happiness Club Tecnia Institute of Advanced Studies Madhuban Chowk, Kirti, Delhi-85 </p>	

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

On March 10, 2023, the Happiness Club conducted an outreach activity titled **"Empowerment Through Education: Transforming Lives, One Mind at a Time"** with the goal of empowering individuals by highlighting the transformative role of education in creating opportunities, enhancing well-being, and fostering personal growth. This initiative was designed to provide both intellectual stimulation and emotional support to participants, emphasizing the integration of emotional intelligence (EQ) and intellectual growth (IQ) in achieving personal success and happiness. Participants were equipped with the skills and knowledge necessary for personal and academic excellence. The event comprised multiple sessions focused on key areas such as effective study techniques, time management, goal setting, financial literacy, and stress management.


Participants were divided into small mentorship groups, each led by a facilitator or volunteer from the Happiness Club. These circles provided a safe space for participants to ask questions, share their personal challenges, and receive guidance. The discussions ranged from academic advice to emotional well-being, creating a holistic support system for the attendees.

Expert facilitators led interactive sessions that combined theoretical knowledge with practical application. Participants engaged in group discussions, hands-on activities, and real-life scenario analyses, making the learning process dynamic and impactful. The workshops emphasized the importance of a balanced approach to education, integrating cognitive skills with emotional and social competencies.

The event also included motivational talks from successful individuals who shared their personal journeys and insights, inspiring attendees to pursue their goals with determination and resilience. Resources and materials were provided to support continued learning and development beyond the workshops. It effectively combined emotional and intellectual development, empowering participants to view education not just as a pathway to academic achievement, but as a holistic tool for personal growth and happiness. The program's emphasis on emotional intelligence complemented traditional learning, resulting in an enriched and uplifting experience for all involved.

Coordinator
Internal Quality Assessment Cell (IQAC)
T
New Delhi-110002

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

Resource Person	Ms Himani Chaudhary – 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	Ms Himani Chaudhary																																				
For Office Use																																					
Signature of Event Coordinator	 Happiness Evangelist, Happiness Club Technia Institute of Advanced Studies Madhuban Chowk, Rohini, Delhi-85																																				
List of Participants	<table border="1"> <thead> <tr> <th colspan="3">Enrolment</th> </tr> <tr> <th>S. No.</th> <th>No</th> <th>Name</th> </tr> </thead> <tbody> <tr> <td>1</td> <td>70221301723</td> <td>Mehak Jain</td> </tr> <tr> <td>2</td> <td>70321301723</td> <td>Divanshu Patel</td> </tr> <tr> <td>3</td> <td>70421301723</td> <td>Divesh Berri</td> </tr> <tr> <td>4</td> <td>70521301723</td> <td>Parth Bhardwaj</td> </tr> <tr> <td>5</td> <td>70621301723</td> <td>Kushal Nischal</td> </tr> <tr> <td>6</td> <td>70721301723</td> <td>Utsav Goel</td> </tr> <tr> <td>7</td> <td>70821301723</td> <td>Piyush Jangid</td> </tr> <tr> <td>8</td> <td>70921301723</td> <td>Sarthak Jain</td> </tr> <tr> <td>9</td> <td>71021301723</td> <td>Ansh Kaushik</td> </tr> <tr> <td>10</td> <td>71121301723</td> <td>Cheshta Narang</td> </tr> </tbody> </table>	Enrolment			S. No.	No	Name	1	70221301723	Mehak Jain	2	70321301723	Divanshu Patel	3	70421301723	Divesh Berri	4	70521301723	Parth Bhardwaj	5	70621301723	Kushal Nischal	6	70721301723	Utsav Goel	7	70821301723	Piyush Jangid	8	70921301723	Sarthak Jain	9	71021301723	Ansh Kaushik	10	71121301723	Cheshta Narang
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