



# TECNIA INSTITUTE OF ADVANCED STUDIES GRADE "A" INSTITUTE

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## Happiness Club



### Outreach Activity Report on “ Dhyan aur Vigyan se Kaam Kare Tanav”

<b>Title of Activity</b>	Dhyan aur Vigyan se Kaam Kare Tanav
<b>Values</b>	Aware about techniques for relaxing Stress
<b>Learning Outcomes</b>	<ul style="list-style-type: none"> <li>• The ability to aware people about new things.</li> <li>• Understand the basic principles of stress management</li> <li>• Recognize your stress triggers and how to manage them.</li> <li>• Develop proactive responses to stressful situations.</li> <li>• Learn to manage stress through diet, sleep and other lifestyle factors.</li> <li>• Communication skills</li> <li>• Develop a long term action plan to minimize and better manage stress.</li> <li>• Aware about techniques for relaxing Stress</li> </ul>
<b>Objectives</b>	<ul style="list-style-type: none"> <li>• To raise awareness about the importance of managing stress in daily life.</li> <li>• To introduce participants to practical techniques from both traditional meditation (Dhyan) and modern science (Vigyan) for stress relief.</li> <li>• To encourage participants to incorporate these techniques into their daily routines for better mental well-being.</li> </ul>
<b>Organized by</b>	Happiness Club
<b>Program Theme</b>	Reduce stress with knowledge and science
<b>External Expert / Internal Expert</b>	Internal Expert
<b>Date</b>	21 <sup>st</sup> Oct. 2023

*H.C.*  
Happiness Evangelist, Happiness Club  
Tecnia Institute of Advanced Studies  
Madhuban Chowk, Rohini, Delhi-85

<b>Time</b>	11:00 AM – 01:00 PM
<b>Venue</b>	Bhalswa Dairy
<b>Beneficiaries</b>	Bhalswa Dairy People
<b>Poster/Flyer/Notice*</b>	<p><b>TECNIA</b> INSTITUTE OF ADVANCED STUDIES GRADE "A" INSTITUTE</p> <p><b>Happiness Club</b></p> <p>is organizing An Outreach Activity- Discuss on</p> <p><b>ज्ञान और वि से कम करे तन</b></p> <p>21<sup>st</sup> October 2023   10:00</p> <p>Venue: <b>Bhalswa Dairy, I</b></p> <p>Nodal Officer : <b>Ms. Himani Chaudhary</b> Dept. of Management Sciences (BBA)</p> <p>Student: <b>Dhru Karti</b></p>
<b>No. of Students</b>	09
<b>No. of Faculty</b>	01
<b>No. of External Participants (students + faculty) [write NA if not applicable]</b>	NA
<b>Photographs:</b>	

*H.C.*  
Happiness Evangelist, Happiness Club  
Tecnia Institute of Advanced Studies  
Madhuban Chowk, Rohini, Delhi-85




Awaring people in the shops, stalls and all.



Aware people about techniques for relaxing stress.

*Happiness Evangelist: Happiness Club  
Tecnia Institute of Advanced Studies  
Madhuban Chowk, Rohini, Delhi-05*

<p><b>Report: Description in (min 250 to max 800 words)*</b></p>	<p>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 21<sup>st</sup> 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 “<b>Reduce stress with knowledge and science.</b>”</p> <p>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 enlighten 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 actually good for us because it inspires us to meet life’s challenges. Also Student’s 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 listen us very sincerely.</p>
<p><b>Attendance Sheet*</b></p>	<p><i>Attached at the end of Report</i></p>
<p><b>Feedback</b></p>	<p>This event was well received by society ,Bhalswa Dairy</p>

<b>Report Submitted by Convener</b>	Ms. Himani Chaudhary		
<i>For Office Use</i>			
<b>Signature of Event Coordinator</b>			
<b>List of Participants</b>	<b>SL.No</b>	<b>Enrollment No</b>	<b>Name</b>
	1	35221301722	Kartik Gupta
	2	03721301722	Dhruv Aggarwal
	3	36121301722	Vishakha Vaswani
	4	70121201722	Geetanshu Gupta
	5	10521301722	Nancy Garg
	6	05121301721	Tanush
	7	05921301721	Sanyam Jain
	8	80117001722	Bharat Gupta
	9	02021301722	Sayam Bansal

