



**TECNIA INSTITUTE OF ADVANCED STUDIES**

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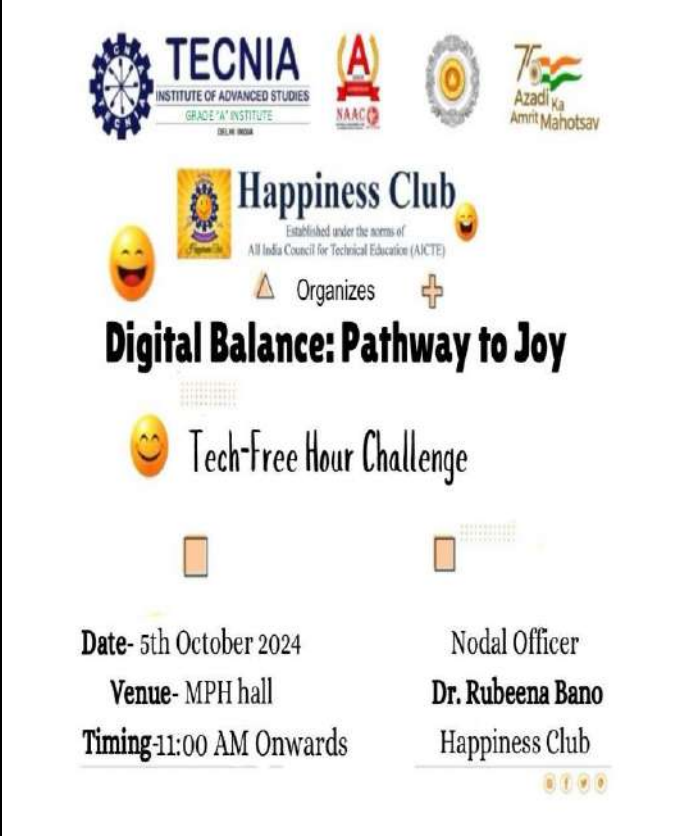















# Happiness Club



## Report on Digital Balance: Pathway to Joy

<b>Title of Event</b>	<b>Digital Balance: Pathway to Joy</b>
<b>Activity</b>	Tech-Free Hour Challenge
<b>Values</b>	Dedication, Harmony
<b>Learning Outcomes</b>	<p>Participants gained insights into their patterns of technology use and its effects on their productivity and emotional well-being. Many reported recognizing the need to reassess their reliance on digital devices.</p> <p>The <i>Tech-Free Hour Challenge</i> demonstrated the immediate advantages of disconnecting from technology, with participants experiencing a sense of relief, mindfulness, and presence.</p> <p>Attendees noted feeling more connected to themselves and those around them during the tech-free</p> <p>Participants left the workshop equipped with strategies to manage screen time, such as setting tech-free periods and designating device-free zones.</p>
<b>Objectives</b>	<p>To Educate participants about the psychological and physical impacts of excessive screen time, including stress, reduced focus, and digital overstimulation.</p> <p>To Encourage self-awareness regarding personal digital habits and their effects on well-being.</p> <p>To Provide participants with a hands-on experience of disconnecting from technology through the <i>Tech-Free Hour Challenge</i>.</p> <p>To Highlight the immediate benefits of reduced screen time, such as improved focus, clarity, and emotional connection.</p>
<b>Organized by</b>	Happiness Club

<b>Program Theme</b>	Promoting a harmonious balance between technology use and personal well-being.
<b>External Expert / Internal Expert</b>	Internal Expert
<b>Date</b>	5 October 2024
<b>Time</b>	11:00 Am Onwards
<b>Venue</b>	MPH
<b>Poster/Flyer/Notice*</b>	 <p><b>Poster/Flyer/Notice*</b></p> <p>  <b>TECNIA</b>  <small>INSTITUTE OF ADVANCED STUDIES</small>  <small>GRADE 'A' INSTITUTE</small>  <small>DELHI, INDIA</small> </p> <p>   </p> <p>  <b>Happiness Club</b>  <small>Established under the norms of</small>  <small>All India Council for Technical Education (AICTE)</small> </p> <p>   Organizes  </p> <p><b>Digital Balance: Pathway to Joy</b></p> <p>  <b>Tech-Free Hour Challenge</b> </p> <p>  <b>Date- 5th October 2024</b> </p> <p>  <b>Venue- MPH hall</b> </p> <p>  <b>Timing-11:00 AM Onwards</b> </p> <p>  <b>Nodal Officer</b>  <b>Dr. Rubeena Bano</b>  <b>Happiness Club</b> </p> <p style="text-align: right;"></p>
<b>Social media link</b> (promoting in any one Facebook/Instagram/Twitter is mandatory)	NA
<b>No. of Students*</b> (only no. to be written, list in excel or word should be maintain at department level as proof for any further requirement)	25
<b>No. of Faculty*</b> (only no. to be written , list in excel or word should be maintain at department level as proof for any further requirement)	01
<b>No. of External Participants (students + faculty)</b> [write NA if not applicable]	NA

**Photographs:**



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

On 5th October 2024, a meaningful workshop titled **Digital Balance: Pathway to Joy** was conducted, focusing on the relationship between technology and mental well-being. At its heart was the *Tech-Free Hour Challenge*, an activity designed to help participants recognize the effects of technology on their mental health and productivity, experience the advantages of reduced screen time, and develop actionable strategies for balancing digital use with offline wellness practices. The workshop emphasized the values of commitment and belongingness as crucial aspects of achieving a harmonious balance between digital engagement and real-world

connections.

The event began with an insightful session on the pervasive role of technology in modern life and its impact on mental health. Facilitators highlighted research showing how excessive screen time contributes to stress, reduced productivity, and a sense of disconnection. They discussed the psychological effects of digital overstimulation, such as decreased attention spans and heightened anxiety. Participants were encouraged to reflect on their own digital habits and identify areas where technology use might be negatively affecting their well-being.

To deepen the understanding of these issues, the workshop introduced the *Tech-Free Hour Challenge*. Participants committed to spending one uninterrupted hour without any digital devices, focusing instead on offline activities that nurtured their mental and emotional health. This challenge was undertaken during the workshop itself, allowing attendees to experience the immediate benefits of stepping away from screens. Activities included journaling, meditation, engaging in creative hobbies, or simply connecting with others in the room.

The challenge proved transformative for many attendees. Participants reported feeling a sense of relief and clarity, often describing the experience as a much-needed pause in their otherwise digitally dominated lives. The facilitators then guided a group discussion, encouraging individuals to share their experiences and insights. Many noted an increase in mindfulness and presence, highlighting how even a brief break from technology allowed them to reconnect with themselves and those around them.

Following the challenge, the workshop shifted focus to strategies for incorporating digital wellness into daily routines. Facilitators shared practical tips for reducing screen time without compromising productivity or connection. Suggestions included setting specific "tech-free" periods during the day, creating designated no-device zones at home, and utilizing apps that track and manage screen time. Emphasis was placed on the importance of intentional technology use—employing digital tools as resources rather than

distractions.

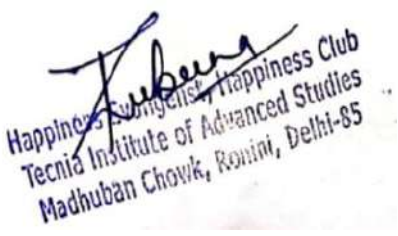
The session also explored the value of integrating offline wellness activities into one's routine. Participants were encouraged to identify activities that brought them joy and relaxation, such as exercise, reading, or spending time outdoors. These practices, when prioritized alongside digital engagement, could significantly improve mental health and foster a sense of balance.

Throughout the workshop, the themes of commitment and belongingness resonated strongly. Commitment referred to the dedication required to make conscious choices about digital use and consistently prioritize mental well-being. Belongingness emphasized the importance of real-world connections and the fulfillment derived from meaningful interactions with others. Participants were reminded that while technology facilitates communication, true belonging often comes from face-to-face connections and shared experiences.

The event concluded with a call to action, encouraging attendees to incorporate the lessons learned into their daily lives. Participants were invited to set personal goals for digital wellness, such as limiting screen time during meals or dedicating an hour each day to offline activities. Many left feeling empowered to take control of their digital habits and inspired to foster a healthier relationship with technology.

Feedback from participants underscored the workshop's impact. One attendee shared, "*The Tech-Free Hour Challenge made me realize how much I rely on my devices. It was a refreshing reminder to focus on the present moment.*" Another remarked, "*I now have a clearer understanding of how to balance technology with activities that genuinely make me happy.*"

In conclusion, *YOL: Embracing Digital Wellness for a Happier Life* successfully addressed the critical issue of digital overuse and its implications for mental health. By combining reflective exercises, experiential learning, and practical strategies, the workshop empowered participants to make meaningful changes in their digital habits. The integration of commitment and

	<p>belongingness into the framework ensured that attendees left with a deeper appreciation of both self-discipline and human connection. Future workshops could expand on these themes by exploring long-term digital detox practices or hosting follow-up sessions to track participants' progress</p>
<b>Resource Person</b>	Dr. Rubeena Bano – Club In-charge
<b>Attendance Sheet*</b>	<i>Attached at the end of Report</i>
<b>Feedback</b>	This event was well received by society.
<b>Report Submitted by Convener</b>	Dr. Rubeena Bano
<b><i>For Office Use</i></b>	
<b>Signature of Event Coordinator</b>	
<b>List of Participants</b>	

S. NO.	ENROLMENT NO	NAME	DEPARTMENT
1	004121301722	Anushka Jain	BBA
2	00521301722	Navkar Jain	BBA
3	00621301722	Krishan Kant Sharma	BBA
4	00721301722	Bhoomika Jain	BBA
5	00821301722	Nilanjan Ghosh	BBA
6	004121301722	Anushka Jain	BBA
7	02021301722	Sayam Bansal	BBA
8	02121301722	Shivdeep Krishnani	BBA
9	02221301722	Rahul Gupta	BBA
10	02321301722	Shreyansh Grover	BBA
11	02421301722	Riya Gupta	BBA
12	`04117001722	Vinay Kumar	BBA
13	`04217001722	Rakshit Pruthi	BBA
14	`04317001722	Pratham Yadav	BBA
15	`04517001722	Parshav Goyal	BBA
16	`04617001722	Bharat	BBA
17	`04717001722	Mehak Trikha	BBA
18	`12117001722	Parth Garg	BBA
19	12217001722	Kriti Jain	BBA
20	12317001722	Mehak Malhotra	BBA
21	12417001722	Taranpreet Kaur	BBA
22	12517001722	Sarthak Madaan	BBA
23	`12117001722	Parth Garg	BBA
24	12217001722	Kriti Jain	BBA
25	10421301722	Vivek Kumar Lunawat	BBA