



TECNIA INSTITUTE OF ADVANCED STUDIES

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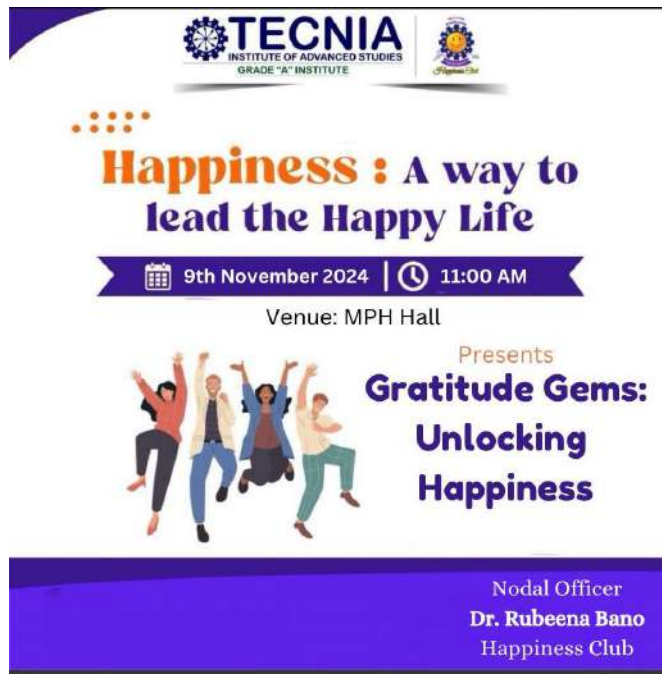


Happiness Club



Report on Gratitude Gems: Unlocking Happiness

Title of Event	Gratitude Gems: Unlocking Happiness
Activity	Daily Gratitude Notes
Values	Belongings, Harmony UNSDG 3: Good Health & Well-Being
Learning Outcomes	<ul style="list-style-type: none"> ➤ Participants gained a deeper understanding of how gratitude positively affects mental health, relationships, and resilience. They recognized its potential to shift focus from negativity to positivity. ➤ The activity of creating and using a gratitude jar inspired attendees to incorporate gratitude into their daily lives. ➤ Many expressed enthusiasms for continuing the practice at home as a source of happiness and motivation. ➤ By appreciating small daily joys, participants reported feeling more equipped to handle challenges with a positive and composed mindset. The focus on gratitude reinforced emotional stability and inner strength.
Objectives	<p>Help participants develop a consistent practice of focusing on gratitude to enhance their overall happiness and satisfaction with life.</p> <p>Encourage attendees to acknowledge and reflect on the positive aspects of their lives, fostering optimism and hope.</p> <p>Demonstrate how appreciating small daily joys can enhance emotional stability and resilience in the face of challenges.</p>

Organized by	Happiness Club
Program Theme	Cultivating Happiness and Emotional Resilience Through Daily Acts of Appreciation.
External Expert / Internal Expert	Internal Expert
Date	09.11.2024
Time	11:00 Am Onwards
Venue	MPH Hall
Poster/Flyer/Notice*	
Social media link (<i>promoting in any one Facebook/Instagram/Twitter is mandatory</i>)	NA
No. of Students* (<i>only no. to be written, list in excel or word should be maintain at department level as proof for any further requirement</i>)	25
No. of Faculty* (<i>only no. to be written , list in excel or word should be maintain at department level as proof for any further requirement</i>)	01
No. of External Participants (students + faculty) [<i>write NA if not applicable</i>]	NA



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

On November 9, 2024, the Happiness Club organized an engaging and meaningful activity

titled “**Gratitude Jar: A Treasure of Happiness.**” The event was designed to promote the habit of gratitude among participants, encouraging them to focus on the positive aspects of life and build a more optimistic mindset.

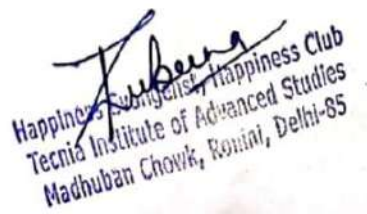
The activity revolved around the simple yet impactful practice of maintaining a daily gratitude jar. Participants were invited to reflect on their day and jot down small notes of gratitude, highlighting moments of joy, kindness, or personal achievements. These notes were then placed in a collective jar, symbolizing a treasure chest of happiness. This exercise aimed to instill a habit of acknowledging life’s positive elements, no matter how small, and served as a tangible representation of shared optimism and appreciation.

The practice of gratitude has been widely recognized as a powerful tool for enhancing emotional well-being. By encouraging participants to focus on what they are thankful for, the activity aimed to develop a more optimistic mindset and improve their overall outlook on life. Acknowledging positive aspects fosters contentment and helps individuals build emotional resilience, enabling them to better cope with challenges and setbacks.

In addition to individual benefits, the Gratitude Jar activity emphasized collective well-being by fostering a sense of **belongingness and harmony**. Participants shared their gratitude notes with others, creating an atmosphere of mutual support and understanding. This shared experience strengthened interpersonal connections and highlighted the importance of appreciating each other’s contributions.

Moreover, the activity served as a reminder that happiness often lies in simple, everyday moments. Recognizing and cherishing these moments helps cultivate a deeper appreciation for life and encourages participants to adopt a more balanced and heartfelt perspective.

In conclusion, the “Gratitude Jar: A Treasure of Happiness” activity effectively promoted the values of gratitude, positivity, and emotional resilience. By encouraging participants to focus

	on the brighter aspects of life, the event aligned with the core mission of the Happiness Club—to inspire well-being and create a supportive community centered on joy and harmony. Through such initiatives, the club continues to play a vital role in enhancing emotional health and fostering happiness among its members.
Resource Person	Dr. Rubeena Bano – 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	Dr. Rubeena Bano
For Office Use	
Signature of Event Coordinator	
List of Participants	

S. No.	Enrolment No	Name	Department
1	10521301722	NANCY GARG	BBA
2	10621301722	MEHUL GARG	BBA
3	10721301722	DIVANSH SHARMA	BBA
4	10821301722	SAMBHAV MADAAN	BBA
5	35121301722	SHAMITA SHARMA	BBA
6	35221301722	KARTIK GUPTA	BBA
7	35321301722	AKANKSHA	BBA
8	35421301722	PARI GUPTA	BBA
9	05921301722	Kavya Bansal	BBA
10	06021301722	Harshpreet Singh	BBA
11	06121301722	Lakshay Kakkar	BBA
12	06221301722	Krishanki bhasin	BBA
13	06321301722	Rahul Pahuja	BBA
14	06421301722	Prerna	BBA

15	06521301722	Chetanya gandhi	BBA
16	05921301722	Kavya Bansal	BBA
17	`03117001722	ANSH GUPTA	BBA
18	`03217001722	PRACHI RAWAT	BBA
19	`03317001722	DIVYA	BBA
20	`03417001722	DEEPANSH MANEK	BBA
21	`03517001722	NITISH	BBA
22	000217002027	UJJWALJUNEJA	BCA
23	000317002027	VEDANT KUMAR	BAJMC
24	000417002027	RISHIKA ARORA	BAJMC
25	00517002422	ARYAN KUMAR	BCA