



# TECNIA INSTITUTE OF ADVANCED STUDIES

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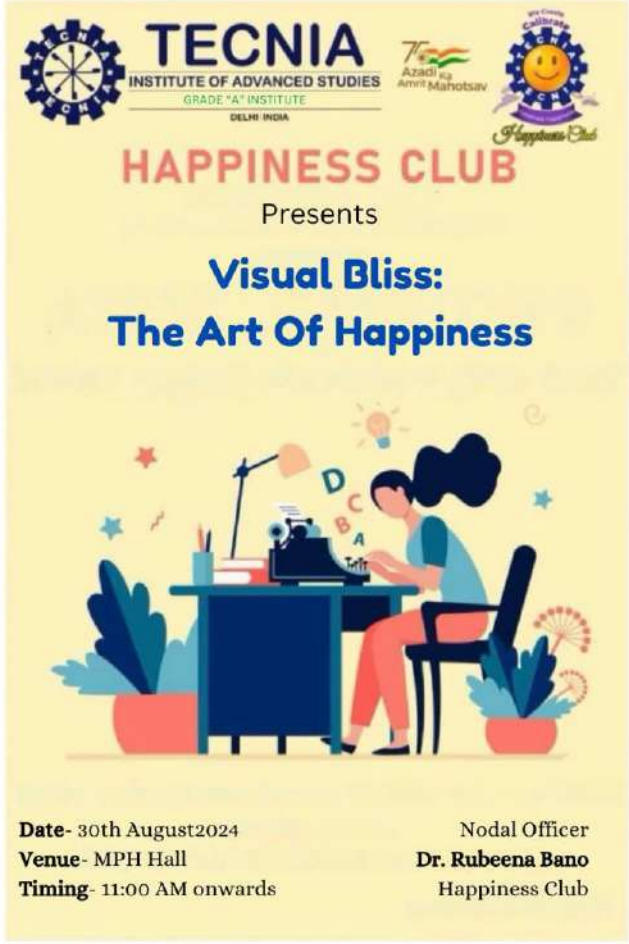


## Happiness Club



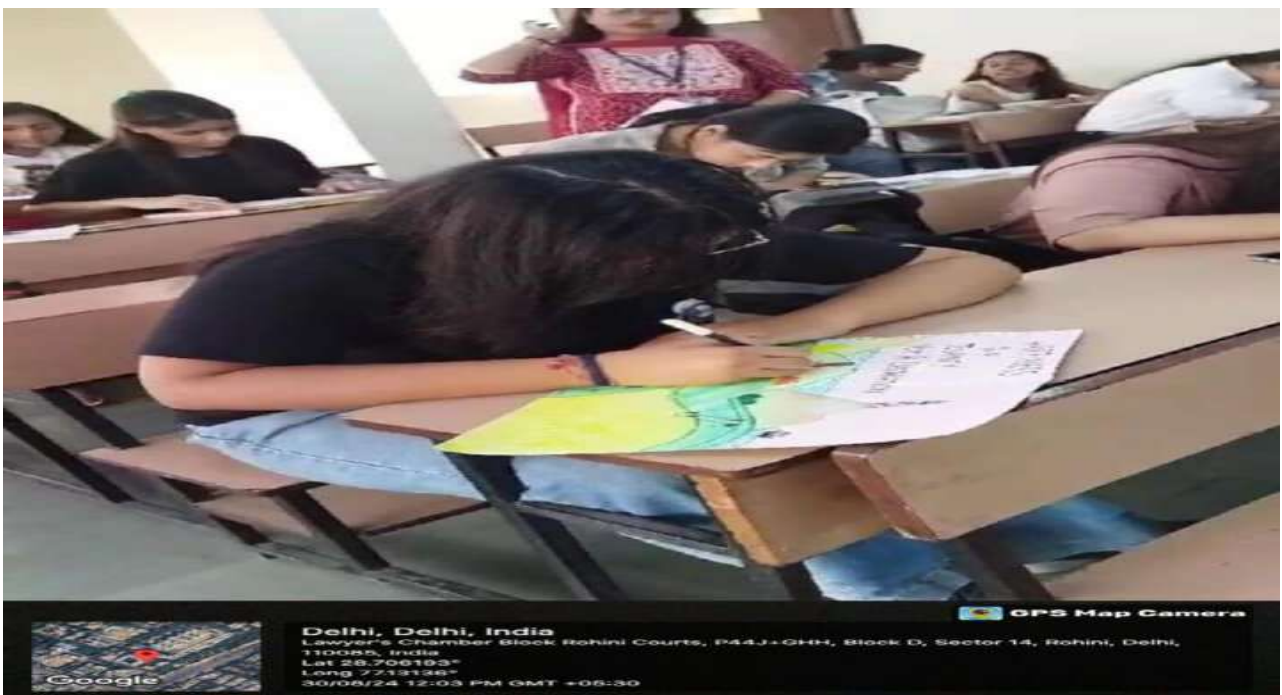
### Report on Awareness Activity: Visual Bliss :The Art of Happiness

<b>Title of Event</b>	The Art of Happiness
<b>Activity</b>	Vision Board of Joy
<b>Values</b>	Dedication, Harmony <b>UNSDG 3: Good Health &amp; Well-Being</b>
<b>Learning Outcomes</b>	<p>Students have learnt about:-</p> <ul style="list-style-type: none"> <li>➤ Students will demonstrate the ability to creatively represent happiness through visual art.</li> <li>➤ They will deepen their understanding of happiness as a multidimensional experience</li> <li>➤ Participants enhanced their ability to convey complex ideas through visual art, learning how to use colour, imagery, and composition effectively to communicate a message.</li> <li>➤ Participants developed a deeper understanding of the various dimensions of happiness and how these can be measured and celebrated in their lives.</li> <li>➤ The competition provided a platform for participants to think outside the box, fostering creative thinking and originality in their artistic expressions.</li> <li>➤ Through the process of creating their posters, participants engaged in personal reflection on what happiness means to them and how they can strive to achieve it in their daily lives.</li> </ul>
<b>Objectives</b>	<ul style="list-style-type: none"> <li>➤ The competition aimed to help participants develop and refine their ability to communicate complex ideas visually. By translating abstract concepts of happiness into visual art, participants were encouraged to think creatively about how to convey their message effectively.</li> <li>➤ The competition sought to inspire participants to contemplate what happiness means to them and how it can be measured and celebrated. By focusing on the "six sigma" of happiness, participants were motivated to consider the pursuit of excellence in understanding and achieving happiness.</li> <li>➤ The event provided a platform for participants to showcase their creative talents, encouraging them to produce original and thought-provoking artwork that resonates with the theme of happiness.</li> </ul>

<b>Organized by</b>	Happiness Club
<b>Program Theme</b>	Expressing Happiness Through Art
<b>External Expert / Internal Expert</b>	Internal Expert
<b>Date</b>	30.August.2024
<b>Time</b>	11:00 Am Onwards
<b>Venue</b>	MPH Hall
<b>Poster/Flyer/Notice*</b>	 <p><b>Date-</b> 30th August 2024  <b>Venue-</b> MPH Hall  <b>Timing-</b> 11:00 AM onwards</p> <p>Nodal Officer  <b>Dr. Rubeena Bano</b>  Happiness Club</p>
<b>Social media link</b> (promoting in any one Facebook/Instagram/Twitter is mandatory)	<a href="https://www.instagram.com/p/C_QACJlyFMG/?igsh=endpd2twc3VncDhv">https://www.instagram.com/p/C_QACJlyFMG/?igsh=endpd2twc3VncDhv</a>
<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







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

On 30 August 2024, a transformative workshop titled Visual

Bliss: *The Art of Happiness* took place, centred around the creation of vision boards to explore the connection between visual representation and emotional well-being. This workshop provided a unique platform for individuals to reflect on personal sources of happiness, incorporate these insights into daily life, and engage in a creative process aimed at enhancing positivity and mindfulness.

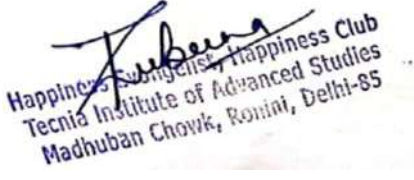
The event's theme, *Vision Board of Joy*, underscored the power of visuals in shaping emotions and inspiring a positive mindset. The workshop had three primary objectives: to help participants understand the impact of visual representation on emotional well-being, to explore and identify personal sources of happiness, and to develop a creative outlet for fostering positivity and mindfulness. These goals were intricately woven into the workshop's structure, ensuring a comprehensive and engaging experience for all attendees.

The workshop began with an introductory session that delved into the psychology of visual representation. Facilitators explained how images, colors, and symbolic visuals influence our mental and emotional states. Participants were guided through an exploration of how visual cues evoke specific emotions, enhance mood, and inspire motivation. They also learned about the scientific basis behind using vision boards as a tool for achieving clarity, focus, and emotional balance. This session provided a strong foundation for the hands-on activities that followed.

In the next phase, participants were invited to engage in a reflective exercise aimed at identifying their personal sources of happiness. Through guided prompts and group discussions, attendees explored what truly brings them joy, fulfillment, and peace. This introspection led to a deeper understanding of their individual emotional needs and priorities. Facilitators emphasized the importance of gratitude and mindfulness in recognizing everyday moments of happiness, encouraging participants to view their lives through a lens of positivity and appreciation.

The most engaging part of the workshop was the creation of vision boards, a hands-on activity that allowed participants to translate their reflections into tangible, visual forms. Armed with magazines, printed images, art supplies, and personal photographs, attendees crafted boards that represented their dreams, values, and sources of happiness. The creative process proved to be both therapeutic and inspiring, as participants immersed themselves in selecting and arranging visuals that resonated with their personal aspirations. Each board was a unique representation of the creator's journey toward joy and fulfillment.

Throughout the session, the concepts of dedication and harmony emerged as key themes. The participants recognized the importance of dedicating intentional time and effort to reflect on their well-being and incorporate positive practices into their lives. Harmony, both internal and external, was highlighted as a crucial element of sustained happiness. Many attendees expressed that the process of creating a vision board instilled a sense of

	<p>balance and alignment between their goals and emotions.</p> <p>The workshop concluded with a sharing circle where participants presented their vision boards and reflected on their experiences. Feedback revealed that the session had a profound impact on attendees, fostering emotional clarity, motivation, and a renewed sense of purpose. Participants reported feeling more connected to their personal goals and equipped with practical tools to maintain positivity in their daily routines.</p> <p>One participant shared, <i>“This workshop helped me refocus on what truly brings me joy. My vision board is now a constant reminder to prioritize my happiness.”</i> Another attendee commented, <i>“I didn’t realize how powerful visual representation could be in shaping my mindset. The process was incredibly enlightening and uplifting.”</i></p> <p>The workshop successfully demonstrated the interplay between creativity and mindfulness as tools for emotional well-being. By dedicating time to reflect on happiness and translating these reflections into visual forms, participants were able to gain a deeper understanding of themselves and their aspirations. Moreover, the activity of creating vision boards served as a meditative exercise that encouraged focus, creativity, and inner peace.</p> <p>In conclusion, <i>The Art of Happiness: Crafting Visual Joy</i> was a resounding success, leaving participants inspired and empowered to integrate joy into their daily lives. The workshop highlighted the transformative potential of visual tools in fostering positivity and well-being. Moving forward, organizers could consider offering follow-up sessions to track participants’ progress and explore digital vision boards to expand accessibility and engagement.</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>	

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<b>S. No.</b>	<b>Enrolment No</b>	<b>Name</b>	<b>Department</b>
1	10421301722	VIVEK KUMAR LUNAWAT	BBA
2	10521301722	NANCY GARG	BBA
3	01421301722	ANUBHAV KATARIA	BBA
4	02021301722	SAYAM BANSAL	BBA
5	09517001722	TASHI JAIN	BBA
6	08517001722	KANGNA GOTHWAL	BBA
7	07317001722	RIDHI JAIN	BBA
8	80117001722	BHARAT GUPTA	BBA
9	35117001722	DEEPIKA BANSAL	BBA
10	13917001722	RIYA JAIN	BBA
11	05217001722	JAYANT JAIN	BBA
12	08417001723	MANVI BEHL	BBA
13	03217001723	KHUSBOO	BBA
14	125220021114	TUSHAR SHARMA	BBA
15	125220013870	SANYA AGARWAL	BBA
16	125220008416	SANYA JADWANI	BBA
17	125220015120	SANYA SUKHIJA	BBA
18	125220019714	SANYAM PAHWA	BBA
19	035317003923	MUSKAN	MBA
20	125220009549	SARTHAK KAPOOR	BCA
21	000117002027	DHRUV VERMA	BCA
22	000217002027	UJJWALJUNEJA	BCA
23	000317002027	VEDANT KUMAR	BAJMC
24	000417002027	RISHIKA ARORA	BAJMC
25	00517002422	ARYAN KUMAR	BCA