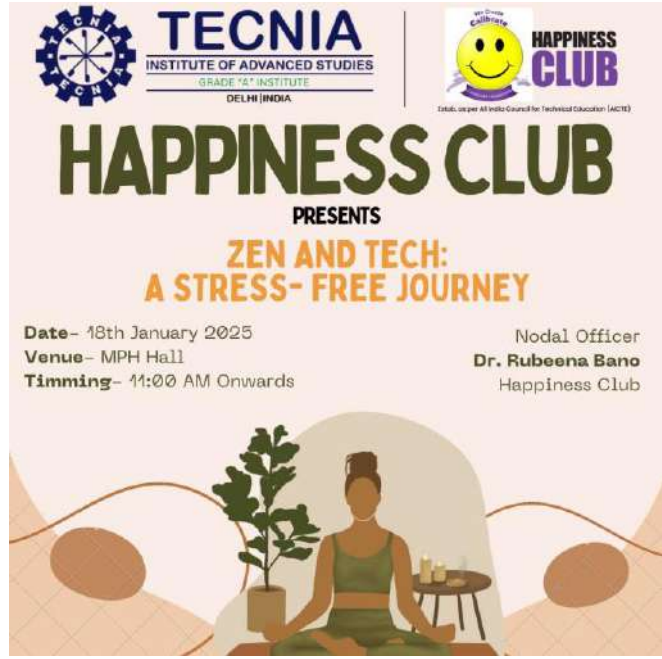




Report on Zen & Tech: A Stress-Free Journey

Title of Event	Zen & Tech: A Stress-Free Journey
Activity	Conduct meditation session focusing on mindfulness techniques
Values	UNSDG 3: Good Health & Well-Being
Learning Outcomes	<ul style="list-style-type: none"> • Gain a clear understanding of how stress affects their mental, emotional, and physical well-being. • Use meditation and mindfulness exercises to reduce stress and improve concentration. • Develop coping strategies to manage emotions and handle stressful situations more effectively. • Utilize controlled breathing methods to achieve relaxation and mental clarity. • Recognize the importance of digital detox and mindful technology use to foster a stress-free lifestyle.
Objectives	<ul style="list-style-type: none"> • To educate participants on the detrimental effects of stress and the significance of mindfulness in stress reduction. • To equip individuals with practical meditation techniques that can be incorporated into their daily routine. • To promote emotional resilience and self-awareness through mindfulness-based strategies. • To emphasize the importance of mental well-being in achieving overall health and productivity. • To align with UNSDG 3: Good Health & Well-Being by advocating for mental and emotional wellness.
Organized by	Happiness Club
Program Theme	Harmonious, balanced lifestyle.
External Expert / Internal Expert	

Date	18.01.2025
Time	11:00 AM Onwards
Venue	MPH Hall
Poster/Flyer/Notice*	 <p>The poster is for an event titled "HAPPINESS CLUB PRESENTS ZEN AND TECH: A STRESS-FREE JOURNEY". It features the logos of TECNIA (Institute of Advanced Studies, Grade 'A' Institute, Delhi, India) and HAPPINESS CLUB (affiliated with the All India Council for Technical Education, AICTE). The event details are: Date - 18th January 2025, Venue - MPH Hall, and Timing - 11:00 AM Onwards. The Nodal Officer is Dr. Rubeena Bano, Happiness Club. The illustration shows a person meditating in a green space with a potted plant and a small table with candles.</p>
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 maintain at department level as proof for any further requirement)	15
No. of Faculty* (only no. to be written , list in excel or word should be maintain at department level as proof for any further requirement)	NA
No. of External Participants (students + faculty) [write NA if not applicable]	



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

On the 18th of January 2025, the Happiness Club organized a transformative session titled "Zen & Tech: A Stress-Free Journey." The event aimed to provide participants with practical mindfulness and meditation techniques to manage stress effectively. The session focused on understanding the physiological and psychological impact of stress, developing emotional resilience, and integrating mindfulness practices into daily life. The core values of integrity and harmony guided the program, aligning with the United Nations Sustainable Development Goal 3: Good Health &

Well-Being.

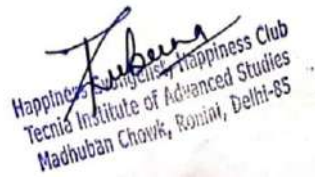
The session began with an introduction to the concept of mindfulness and its significance in modern life. In today's fast-paced digital world, stress has become an inevitable part of daily routines. Experts explained the effects of chronic stress on mental and physical health, emphasizing the importance of mindfulness in reducing anxiety and improving overall well-being. The discussion helped participants recognize the need for self-awareness and conscious relaxation to foster a stress-free life.

A guided meditation session was conducted to help attendees experience mindfulness firsthand. Participants practiced deep breathing techniques, body scanning, and visualization exercises to calm their minds and enhance focus. These activities allowed them to gain practical experience in reducing stress levels and improving emotional resilience. The meditation session was followed by interactive discussions where individuals shared their personal experiences and challenges related to stress management.

Another key highlight of the program was the integration of mindfulness with technology. The session emphasized the importance of using digital tools responsibly to maintain mental balance. Experts shared strategies on how to leverage technology for well-being, such as using meditation apps, setting screen-time limits, and practicing digital detox routines. Participants were encouraged to adopt mindful habits that promote a healthier relationship with technology without feeling overwhelmed.

Additionally, the role of a balanced lifestyle in stress management was discussed. The significance of proper nutrition, sleep, and physical activity in reducing stress was highlighted. Experts shared insights on how diet and rest contribute to emotional stability and mental clarity. Simple lifestyle changes, such as mindful eating and maintaining a regular sleep schedule, were suggested to promote long-term well-being.

By the end of the session, participants had a deeper understanding of mindfulness techniques

	<p>and their application in everyday life. They left with practical skills to manage stress, build emotional resilience, and integrate mindfulness into their routines. The session successfully provided a holistic approach to well-being, reinforcing the importance of self-care in today's fast-paced world.</p> <p>The "Zen & Tech: A Stress-Free Journey" event proved to be a valuable initiative in promoting mental wellness. By combining traditional mindfulness practices with modern technology, the program empowered participants to navigate stress in a more balanced and conscious manner. The Happiness Club's initiative successfully aligned with the goal of fostering good health and well-being, inspiring individuals to continue their mindfulness journey beyond the session.</p>
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	`07017001722	SAKSHAM GUPTA	BBA
2	`07117001722	PARLEEN KAUR	BBA
3	`07217001722	KUMAR KRISH GOEL	BBA
4	`07317001722	RIDHI JAIN	BBA
5	`07417001722	RISHABH NAGPAL	BBA

6	14117001722	GAGAN	BBA
7	14217001722	ANSH KUMAR	BBA
8	14317001722	DEVESH SHARMA	BBA
9	14417001722	ADITI MITTAL	BBA
10	14517001722	KRISHNAM	BBA
11	10421301722	VIVEK KUMAR LUNAWAT	BBA
12	10521301722	NANCY GARG	BBA
13	35321301722	AKANKSHA	BBA
14	35421301722	PARI GUPTA	BBA
15	`08017001722	PRACHI GARG	BBA
16	`08117001722	VAIBHAV GANDHI	BBA
17	`08217001722	SHREY GOEL	BBA
18	36517001722	VRINDA SACHDEVA	BBA
19	36617001722	CHIRAG PULASTYA	BBA
20	36717001722	NAMAN ANEJA	BBA
21	36817001722	HRITIK AGGARWAK	BBA
22	00317003923	ADITI KUKREJA	MBA
23	00417003923	MANAN ARORA	MBA
24	00517003923	UMANG ARORA	MBA
25	35117003923	KHYATI RAJPUT	MBA