



TECNIA INSTITUTE OF ADVANCED STUDIES

NAAC GRADE "A" INSTITUTE (CYCLE-1)

Approved by AICTE, Ministry of Education Govt. of India,
Affiliated to G.G.S.I.P. University & Recognized Under Sec. 2(f) of UGC Act 1956.

INSTITUTIONAL AREA, MADHUBAN CHOWK, ROHINI, DELHI-110085

Ref. No: TIAS/MHYC/2024-25/001

w.e.f: 1st August 2024



Mental Health Club Calendar 2024–25

S. No	Date	Time	Event/ Workshop/ Activity	Attendees	Event Outcomes	Mulya Pravah 2.0 Value	UNSDG
01	05.08.24	4:00–5:00 pm	Promoting Mental Well-being in Educators	Teaching faculties	Preventing burnout, addressing educator challenges, and learning conflict management strategies	Integrity, Commitment	
02	20.09.24	12:00–1:00 pm	Time Management and Academic Pressure	All students	Learning practical time management strategies, balancing academics & personal life	Dedication, Responsibility	
03	11.10.24	12:00–1:00 pm	Yoga, Mindfulness & Guided Meditation	All students	Improving focus, reducing stress, and enhancing well-being through yoga & meditation	Harmony, Inclusiveness	
04	05.11.24	12:00–1:00 pm	Work-Life Balance & Digital detox	All students	Achieving balance in life and adopting mindful digital practice	Sustainability, Respectfulness	
05	05.02.25	12:00–1:00 pm	Examination Anxiety & Focus Enhancement	All students	Managing exam stress, enhancing focus, and developing coping strategies	Belongingness, Global Citizenship	

Rachme Gowd
 Nodal Officer, Mental Wellbeing Club
 Tecnia Institute of Advanced Studies
 Madhuban Chowk, Rohini, Delhi-85

In-charge signature:

Director, TIAS

CC to:



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- 1. Event In-charge, TIAS**
- 2. IQAC**
- 3. Dean (DMS, DICT, DJMS)**
- 4. HOD – MBA, MCA, BBA, BCA, BA(JMC), B.Com.**
- 5. All In/c Clubs, Committees, Cells, CoE, T&P, Admin, Accounts, Library**
- 6. ICT Dept. For uploading on the website.**