



**TECNIA**  
INSTITUTE OF ADVANCED STUDIES  
NAAC GRADE "A" INSTITUTE (CYCLE-2)



MANOYOG  
MENTAL WELL BEING CLUB

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**

# Manoyog: Mental Well-Being Club

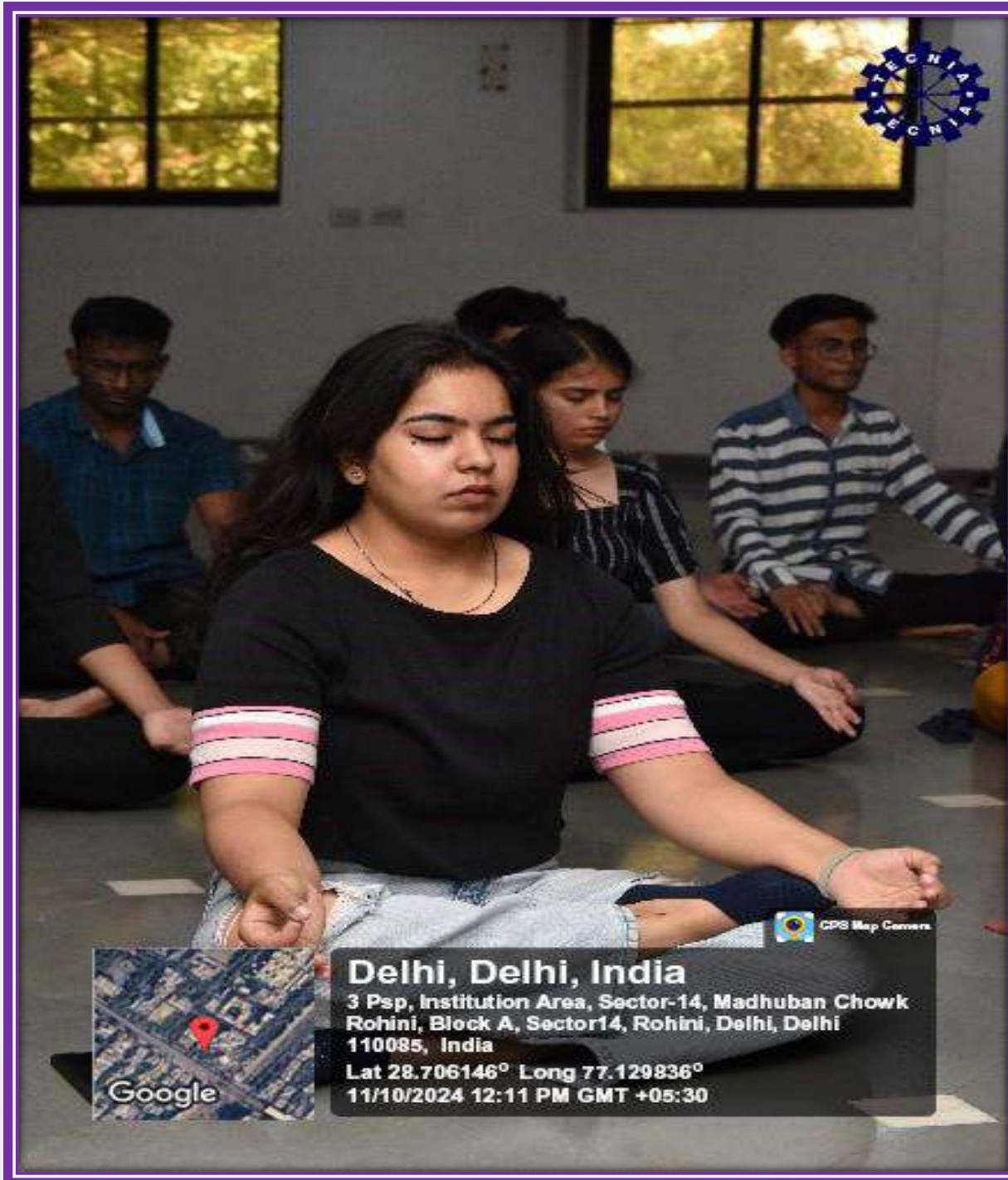
**Tecnia Institute of Advanced Studies**

(Affiliated to Guru Gobind Singh Indraprastha University)

Established on August 1, 2024

"Promoting Mental Well-being through Awareness,  
Care & Positivity"

# Why Mental Well-Being Matters



## The Reality We Face

- **1 in 5 college students** experience mental health challenges annually according to WHO
- Stress, anxiety, and burnout significantly impact **academic performance** and overall quality of life
- Creating a **supportive community** reduces stigma and fosters lasting resilience

Mental wellness isn't a luxury—it's essential for thriving in academic and personal life.

# Our Mission & Vision



## Our Mission

To nurture a safe, stigma-free space where mental wellness awareness and support flourish naturally. We believe every voice matters and every story deserves compassion.



## Our Vision

Empower every student and faculty member to thrive mentally, emotionally, and socially—creating a campus culture where well-being is prioritized and celebrated.



# What We Offer



## Interactive Workshops

Regular sessions on stress management, mindfulness techniques, and emotional intelligence development. Led by experienced facilitators and mental health professionals.



## Peer Support Groups

Confidential listening sessions and peer support circles where students can share experiences, find understanding, and build meaningful connections in a judgment-free environment.



## Awareness Campaigns

Comprehensive mental health resource sharing, educational materials, and campus-wide initiatives to normalize conversations about mental wellness and break down barriers.



# Engaging Activities & Events

1

## Monthly Mindfulness Sessions

Guided meditation and mindfulness practices to help manage stress, improve focus, and cultivate inner peace in the midst of academic pressures.

3

## Creative Expression Workshops

Therapeutic art therapy, music sessions, and expressive writing workshops that provide healthy outlets for emotional healing and self-discovery.

2

## Mental Health Awareness Week

Annual celebration featuring expert guest speakers, interactive information booths, mental health screenings, and engaging activities designed to educate and inspire.

4

## Wellness Challenges

Fun, engaging self-care campaigns including 30-day gratitude challenges, digital detox initiatives, and healthy habit-building activities with rewards and recognition.







# Engaging Activities & Events



Event/ Workshop/ Activity	Event Outcomes	Mulya Pravah 2.0 Value	UNSDG
<b>Promoting Mental Well-being in Educators</b>	Preventing burnout, addressing educator challenges, and learning conflict management strategies	Integrity, Commitment	
<b>Time Management and Academic Pressure</b>	Learning practical time management strategies, balancing academics & personal life	Dedication, Responsibility	
<b>Yoga, Mindfulness &amp; Guided Meditation</b>	Improving focus, reducing stress, and enhancing well-being through yoga & meditation	Harmony, Inclusiveness	
<b>Work-Life Balance &amp; Digital detox</b>	Achieving balance in life and adopting mindful digital practice	Sustainability, Respectfulness	 
<b>Examination Anxiety &amp; Focus Enhancement</b>	Managing exam stress, enhancing focus, and developing coping strategies	Belongingness, Global Citizenship	

# Engaging Activities & Events



Event/ Workshop/ Activity	Event Outcomes	Mulya Pravah 2.0 Value	UNSDG
<b>Promoting Mental Well-being in Educators &amp; Conflict Management</b>	Preventing burnout, addressing educator challenges, and learning conflict management strategies	Integrity, Commitment	
<b>Time Management and Academic Pressure</b>	Learning practical techniques for study goal-setting and time management	Dedication, Responsibility	
<b>Myths &amp; Awareness about Brain Stroke</b>	Enhancing awareness and preventive understanding of brain stroke.	Compassion, Empathy	
<b>Work-Life Balance &amp; Digital detox</b>	Balancing personal and academic life, reducing screen-time through a digital detox activity	Sustainability, Respectfulness	 
<b>Yoga, Mindfulness &amp; Guided Meditation</b>	Relaxation through yoga, meditation, and mindfulness practices (facilitated by trainer)	Belongingness, Global Citizenship	

# Meet Our Team



## Club Incharge

**Ms. Rachna Garg** Passionate mental wellness Counselor dedicated to creating meaningful impact in students & faculty members psychological wellness.



## Student Volunteers

Dedicated team of peer supporters committed to outreach, event coordination, and creating inclusive spaces for all.



## Success Stories & Impact

100+

Students Reached

Participated in our programs during the first three months since launch

85%


Improved Coping

Report enhanced coping skills and stress management after attending workshops

+ive

Support Available

Through collaboration with campus counseling center for seamless assistance

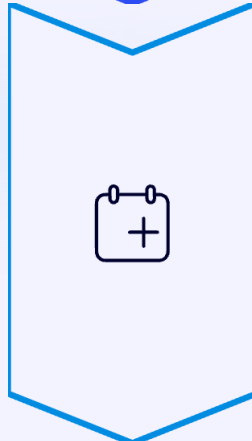
 **Real Impact:** "Manoyog gave me a community where I felt understood. The mindfulness sessions helped me manage exam anxiety, and the peer support made me realize I'm not alone." – Anonymous Student

# How to Join & Get Involved



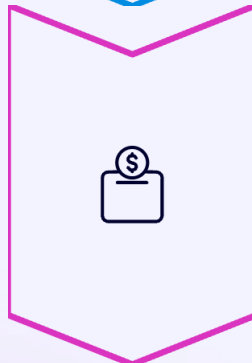
## Who Can Join?

Open to **all students and faculty** of Tecnia Institute. Everyone is welcome regardless of background or experience.



## Attend Meetings

Join our monthly gatherings where we plan events, share resources, and support one another in a welcoming environment.



## Get Active

Volunteer for events, lead new initiatives, mentor peers, or simply participate as a supportive community member.



# Stay Connected With Us



## Email Us

[mwbclub@tecnia.in](mailto:mwbclub@tecnia.in)

For inquiries, support requests, or collaboration opportunities

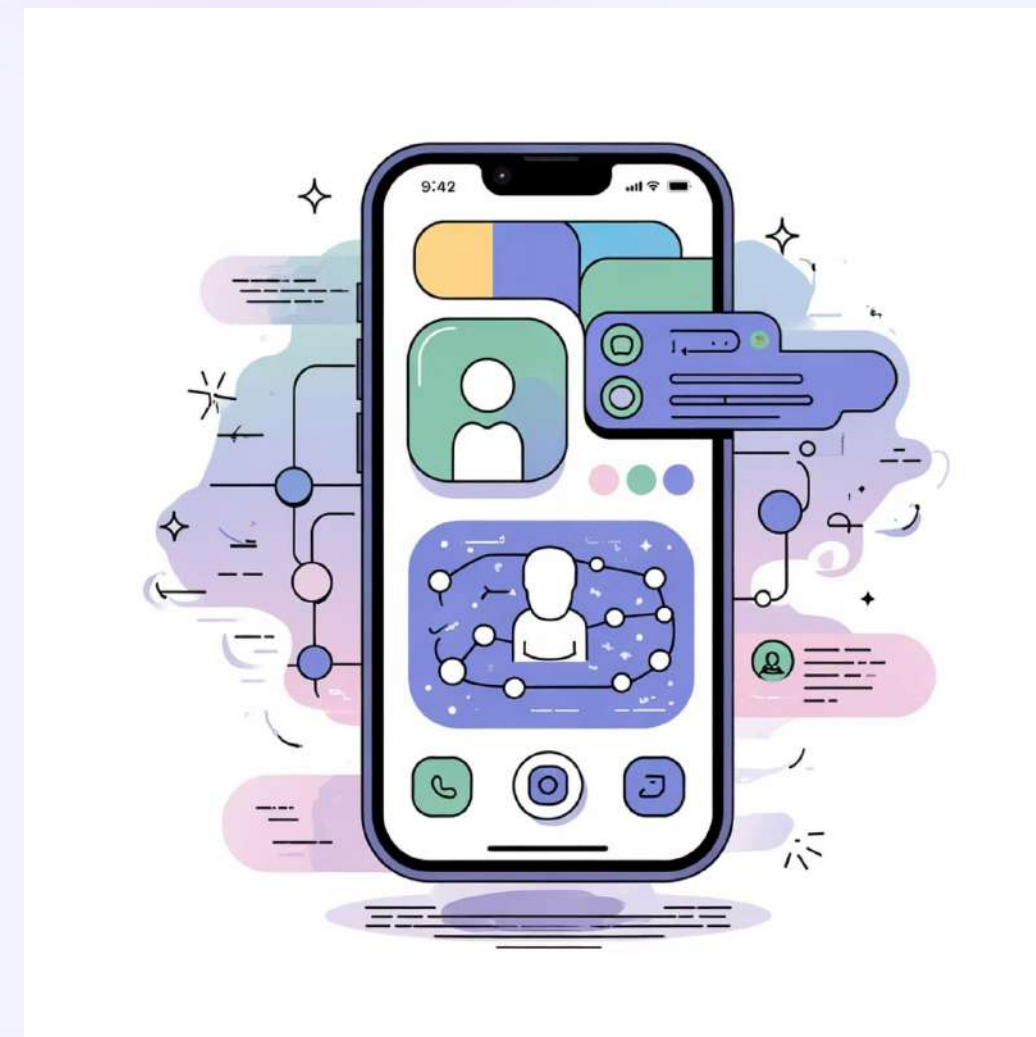
## Visit Our Website

<https://tiaspg.tecnia.in/manoyog-mental-well-being-club/>

Resources, event calendar, and latest updates

## Follow Social Media

Stay updated with daily inspiration, event announcements, mental health tips, and community stories



Join our digital community for regular wellness tips, event reminders, and a supportive network available anytime you need it.



# Together, Let's Build A Healthier Mind & Happier Campus

*Your mental well-being is our priority.*

Join Manoyog and be part of the change. Every journey toward wellness begins with a single step—and that step starts here, with us, today.