



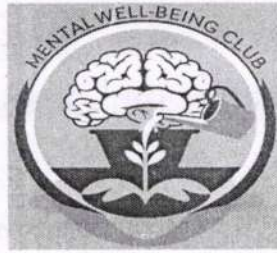
TECNIA INSTITUTE OF ADVANCED STUDIES

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/2024-25/002

Date: 5 August, 2024

Tecnia Mental Well-being Club

Title: Promoting Mental Well-being in Educators

Values:

Empathy, Self-care, Work-life Balance, Emotional Resilience, Professional Well-being

Learning Outcome:

Participants understood the significance of mental self-care, effective stress management techniques, and the role of empathy and communication in creating a healthier academic environment.

Objectives:

- To raise awareness about mental health challenges faced by educators
- To equip faculty with tools for managing emotional exhaustion and professional burnout
- To promote work-life balance and healthy interpersonal communication
- To foster a culture of well-being within academic institutions

Organized by:

Tecnia Mental Well-being Club

Program Theme:

Mental Well-being of Educators

External/Internal Expert:

Internal

Date:

5th August 2024

Time:

4PM-5PM



Pragati Ganotra
PRAGATI GANOTRA
Clinical Psychologist

Nodal Officer, Mental Health & Yoga Club
Tecnia Institute of Advanced Studies
Madhuban Chowk, Rohini, Delhi-85



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INSTITUTIONAL AREA, MADHUBAN CHOWK, ROHINI, DELHI-110085

Venue:

TIAS campus

No. of Faculty:

26

Report Description:

On 5th August 2024, the Tecnia Mental Well-being Club conducted a focused and insightful workshop for the teaching faculty titled "*Promoting Mental Well-being in Educators.*" This session addressed crucial challenges prevalent among educators, such as emotional exhaustion, stress, and burnout associated with academic responsibilities. It featured interactive discussions and guided strategies aimed at fostering mental resilience, setting healthy boundaries, and encouraging meaningful communication within professional settings. The session concluded with reflective practices and group sharing that enhanced a sense of empathy and community among faculty members. The event successfully promoted a positive, supportive environment emphasizing collective mental well-being at the workplace.

Event Flyer:



Promoting Mental Well-being in Educators

TECNIA CAMPUS | 4PM - 5PM

5th August, 2024



P. Ganotra
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Clinical Psychologist
Nodal Officer, Mental Health & Yoga Club
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Madhuban Chowk, Rohini, Delhi-85

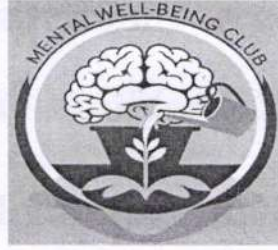


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INSTITUTIONAL AREA, MADHUBAN CHOWK, ROHINI, DELHI-110085



Ref. No: TIAS/MHYC/2024-25/003

Date: 20 September, 2024

Tecnia Mental Well-being Club

Title: Time Management and Academic Pressure Workshop

Values:

Discipline, Responsibility, Self-awareness, Balance, Resilience

Learning Outcome:

Students developed an understanding of effective time management, strategies to handle academic pressure, and the importance of maintaining balance between academic and personal life.

Objectives:

- To help students understand the impact of academic pressure on mental health
- To introduce practical time management techniques for effective study and personal organization
- To enable students to set realistic academic goals and prioritize tasks
- To encourage a healthy balance between academic responsibilities and personal well-being

Organized by: Tecnia Mental Well-being Club

Program Theme:

Managing Academic Pressure through Time Management

External/Internal Expert: Internal

Date: 20 September 2024

Time: 12:00-1:00 PM



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Venue:

Auditorium, Tecnia Institute of Advanced Studies

No. of Students:

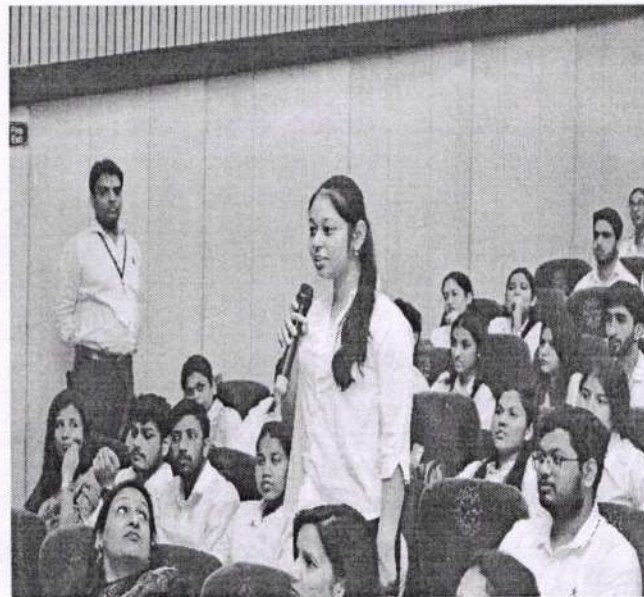
84

No. of Faculty:

3

Report Description:

On 20th September 2024, the Tecnia Mental Well-being Club organized a workshop on "Time Management and Academic Pressure" for students across all batches. The session focused on addressing the growing academic demands students face and aimed to provide them with practical tools for managing their time efficiently. Throughout the workshop, students explored methods for effective study planning, differentiating between short-term and long-term goals, and structuring their daily routines to include time for academics, extracurricular activities, self-care, and relaxation. Emphasis was placed on setting realistic academic targets, avoiding procrastination, and minimizing stress through proactive planning. Interactive discussions and relatable examples allowed students to assess and improve their current time management habits. The session concluded with the creation of individual action plans, enabling participants to better manage academic responsibilities while preserving their mental and emotional well-being.



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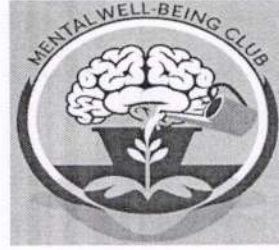
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INSTITUTIONAL AREA, MADHUBAN CHOWK, ROHINI, DELHI-110085



Ref. No: TIAS/MHYC/2024-25/004

Date: 11 October, 2024

Tecnia Mental Well-being Club

Title: Yoga, Mindfulness, and Guided Meditation Workshop

Values:

Mindfulness, Focus, Inner Peace, Mental Clarity, Well-being

Learning Outcome:

Students gained practical knowledge of yoga, breathing techniques, and meditation to enhance concentration, reduce stress, and support academic and emotional well-being.

Objectives:

- To introduce students to foundational yoga asanas and pranayama for mental and physical health
- To cultivate mindfulness and improve focus and memory
- To promote stress reduction through guided meditation and breathwork
- To encourage incorporation of daily mind-body practices for improved academic performance

Organized by: Tecnia Mental Well-being Club Committee

Program Theme: Enhancing Mental Clarity and Well-being through Yoga and Meditation

External/Internal Expert: Internal

Date: 11th October 2024

Time: 12:00-1:00 PM

Venue:

Yoga Room, Tecnia Institute of Advanced Studies

No. of Students:

57



Pragati Gandra
PRAGATI GANDRA
Clinical Psychologist

Nodal Officer, Mental Health & Yoga Club
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No. of Faculty:

2

Report Description:

On 11 October 2024, the Tecnia Mental Well-being Club conducted a refreshing and insightful workshop titled "Yoga, Mindfulness, and Guided Meditation" for students of all courses. The session aimed at fostering mental clarity, emotional balance, and academic focus through structured mind-body practices. Students were introduced to yoga asanas like Vrikshasana, Padmasana, Paschimottanasana, and Sarvangasana—each known for their positive impact on concentration and cognitive function. Additionally, pranayama techniques such as Nadi Shodhana, Bhramari, and Kapalabhati were taught, enhancing breath control, mental sharpness, and physical vitality. The session included guided mindfulness activities and a meditation practice centered on body awareness and present-moment focus. The workshop concluded with personal reflections, leaving students feeling grounded, rejuvenated, and empowered to use these practices in managing stress and enhancing their academic life.




MENTAL HEALTH
AND YOGA CLUB

WELCOME
STUDENTS!

YOGA MINDFULNESS AND GUIDED MEDITATION WORKSHOP

11 OCT 2024
12PM-1PM
YOGA ROOM

Venue:
Yoga Room





Pranotra
PRAGATI GANOTRA
Clinical Psychologist

Nodal Officer, Mental Health & Yoga Club
Tecnia Institute of Advanced Studies
Madhuban Chowk, Rohini, Delhi-85



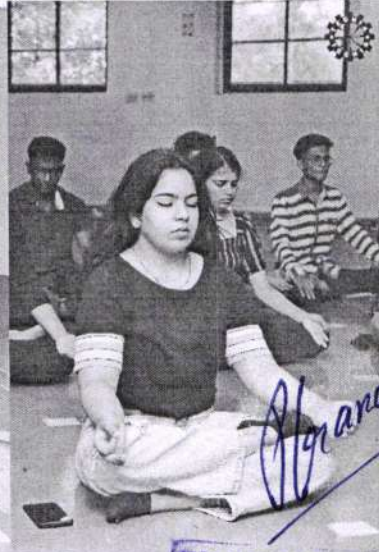
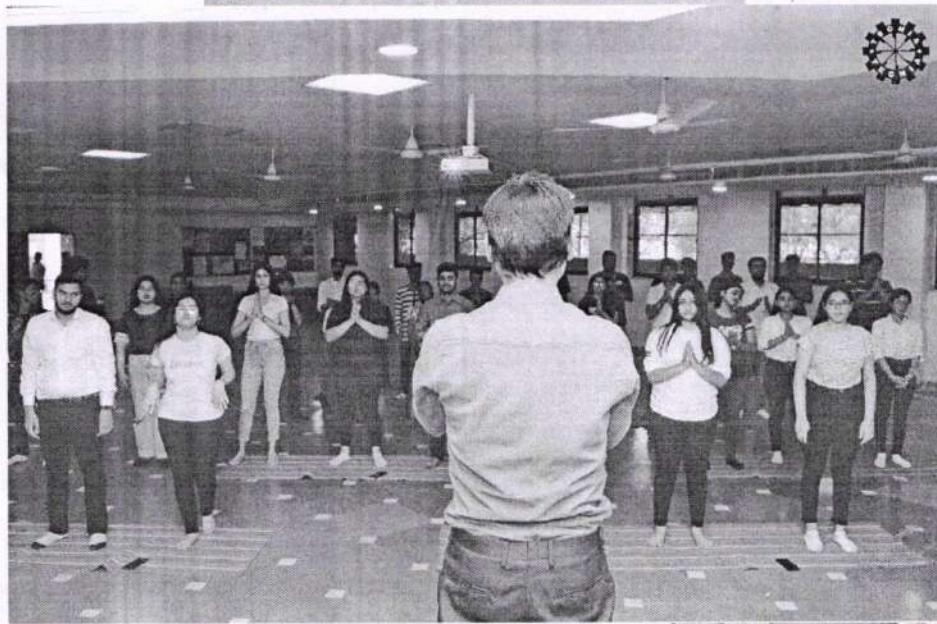
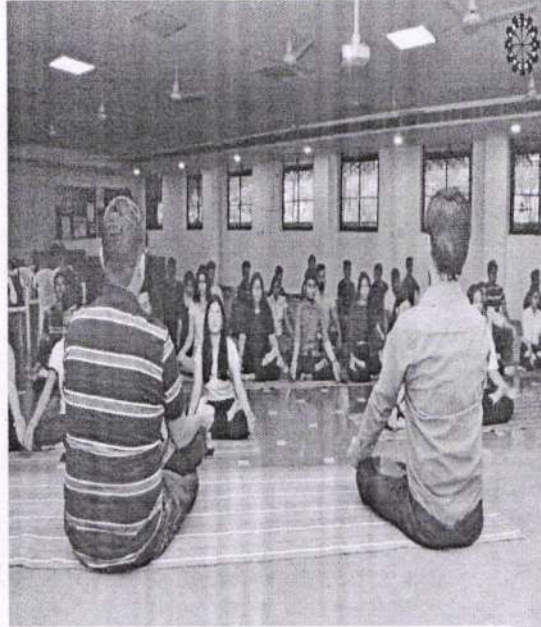
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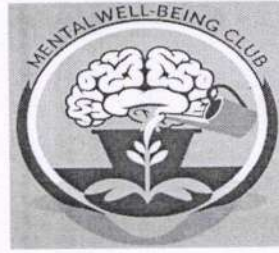


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INSTITUTIONAL AREA, MADHUBAN CHOWK, ROHINI, DELHI-110085



Ref. No: TIAS/MHYC/2024-25/005

Date: 5 November, 2024

Tecnia Mental Well-being Club

Title: Work-Life Balance and Digital Detox Workshop

Values:

Balance, Mindfulness, Self-regulation, Intentional Living, Digital Well-being

Learning Outcome:

Students learned to create a healthier balance between academic life and personal well-being while adopting mindful digital habits to improve focus, mental health, and overall productivity.

Objectives:

- To help students understand the importance of work-life balance
- To equip students with techniques for prioritizing responsibilities and managing time effectively
- To raise awareness about the mental health impact of excessive screen time and digital overload
- To encourage the adoption of mindful digital practices and self-care routines

Organized by:

Tecnia Mental Well-being Club

Program Theme:

Balancing Life and Technology for Well-being

External/Internal Expert:

Internal

Date:

5th November 2024

Time:

12:00 to 1:00 PM

Venue:

Tecnia Institute of Advanced Studies



Pranoti

PRAGATI GANOTRA
Clinical Psychologist

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INSTITUTIONAL AREA, MADHUBAN CHOWK, ROHINI, DELHI-110085

No. of Students:

65

No. of Faculty:

12

Report Description:

On 5th November 2024, the Tecnia Mental Well-being Club conducted a dynamic workshop titled "*Work-Life Balance and Digital Detox*" for students of all courses. The session was designed to help students achieve a healthier balance between academic duties and personal life. Through engaging discussions and reflective exercises, students explored strategies for task prioritization, time management, and setting boundaries for study, relaxation, and social engagement. A core component of the workshop addressed the growing reliance on digital devices and the detrimental effects of screen overuse—particularly doom scrolling—on sleep, mental well-being, and academic focus. Students were introduced to digital detox strategies such as app usage monitoring, establishing tech-free times/zones, and reconnecting with offline experiences. The session concluded with a focus on intentional living and self-care, leaving students with actionable insights to foster a more balanced, productive, and meaningful daily life.



Work-Life Balance and Digital Detox

Date: 5th November 2024

Time: 12:00 PM - 1:00 PM

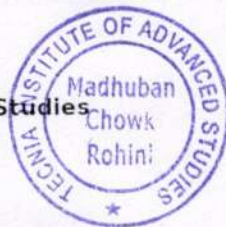
Venue: Auditorium, TIAS

Why You Should Attend:

- Understand the impact of digital overload
- Learn simple strategies to maintain work-life balance
- Tips for mindfulness, productivity, and peace of mind
- Explore how digital detoxing improves mental health

Organized by:

- Mental Health and Yoga Club
- Tecnia Institute of Advanced Studies



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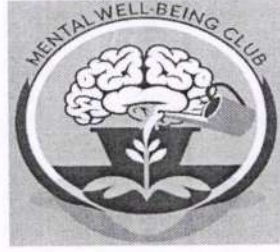
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INSTITUTIONAL AREA, MADHUBAN CHOWK, ROHINI, DELHI-110085



Ref. No: TIAS/MHYC/2024-25/006

Date: 5 February, 2025

Tecnia Mental Well-being Club

Title: Examination Anxiety and Focus Enhancement Workshop

Values:

Emotional Resilience, Self-awareness, Mindfulness, Confidence, Mental Preparedness

Learning Outcome:

Students learned practical techniques to manage exam-related anxiety, improve concentration, and develop a positive mental approach toward academic performance under pressure.

Objectives:

- To address the psychological challenges of examination anxiety
- To introduce relaxation and mindfulness strategies for calming the mind
- To teach focus enhancement techniques for effective study and performance
- To help students develop personalized coping strategies for academic stress

Organized by: Tecnia Mental Well-being Club

Program Theme: Managing Examination Stress and Enhancing Focus

External/Internal Expert: Internal

Date: 5th February 2025

Time: 12:00-1:00 PM

Venue: TIAS Campus

No. of Students:

80

No. of Faculty:

10



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Report Description:

On 5th February 2025, the Tecnia Mental Well-being Club conducted a targeted workshop titled "Examination Anxiety and Focus Enhancement" for students of all courses. The session provided students with practical psychological tools to manage test-related stress and enhance concentration during critical academic periods. Key strategies covered included progressive muscle relaxation, diaphragmatic breathing, and cognitive restructuring—aimed at challenging and transforming negative thoughts related to exam performance. The Pomodoro technique was introduced to support efficient time-bound study habits, alongside mindfulness-based attention training to improve sustained focus. Students also practiced visualization and mental rehearsal to boost exam preparedness and self-confidence. Through open discussion, the workshop normalized the emotional impact of academic pressure and empowered students with individual action plans to mindfully approach their exams. By the end of the session, participants reported feeling more confident, focused, and mentally equipped to face their academic challenges.

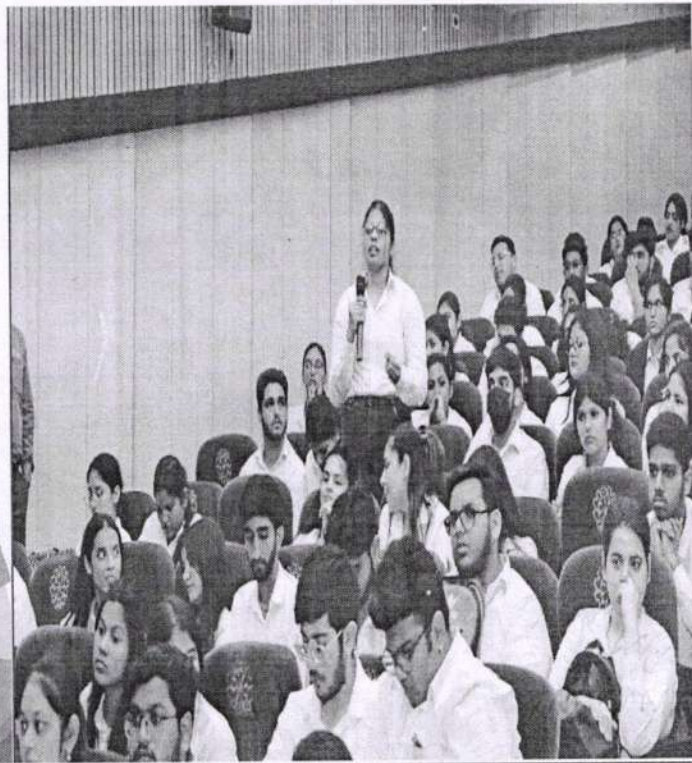
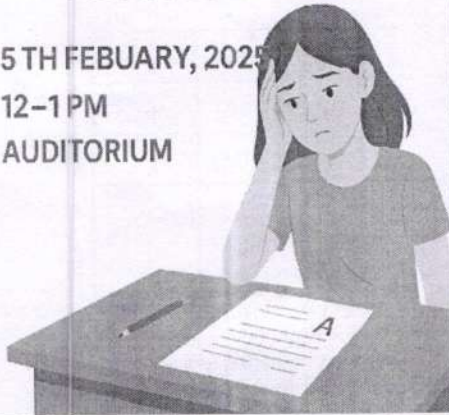


MENTAL HEALTH
AND YOGA CLUB



Welcome Students! EXAMINATION, ANXIETY, AND FOCUS ENHANCEMENT

5 TH FEBRUARY, 2025
12-1 PM
AUDITORIUM



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