



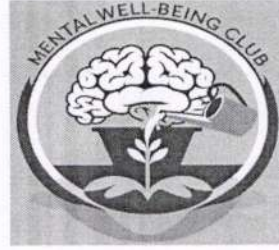
TECNIA INSTITUTE OF ADVANCED STUDIES

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/2024-25/004

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 Ganoora
PRAGATI GANOORA
Clinical Psychologist

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



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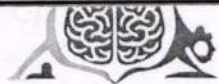
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No. of Faculty:

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





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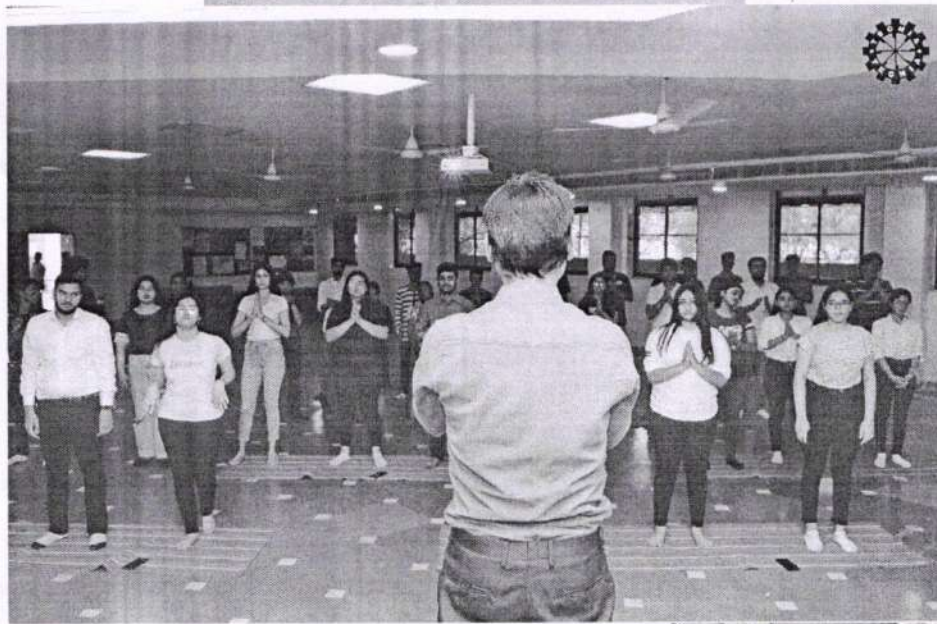
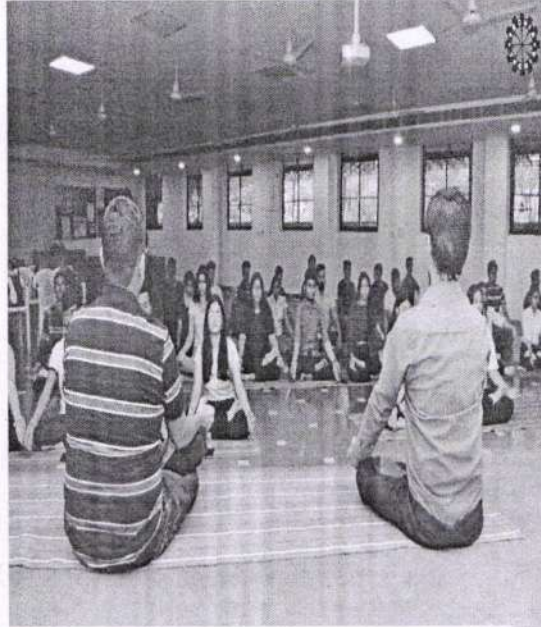
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