




TECNIA INSTITUTE OF ADVANCED STUDIES

NAAC GRADE "A" INSTITUTE (CYCLE-2)

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

Report on "Conflict Management"

Title of Activity*	Promoting Mental Well-being in Educators & Conflict Management
Event – Awareness/Outreach	Awareness
Program Theme*	Mental Well-being and Conflict Resolution
In association with (Dept./ Centre/ Cells/Clubs/ Committees Name)	Manoyog – Mental Well-Being Club in association with Student Welfare Committee
Objectives	<ul style="list-style-type: none">• To raise awareness about emotional well-being among educators and students.• To equip participants with tools for managing stress, burnout, and interpersonal conflicts.• To encourage empathy, communication, and problem-solving in academic settings.• To foster a culture of harmony and mutual respect within the institution.
Mulya Pravah	Integrity, Commitment 
UNSDG	Good Health & Well-being (SDG 3), Quality Education (SDG 4)
Outcomes with its impact	The session enhanced awareness about self-care and stress management. Participants learned effective techniques for resolving conflicts and maintaining emotional balance. It promoted a healthy work and study culture emphasizing respect, collaboration, and empathy.
External Expert	NA
Internal Expert/Faculty	Ms. Rachna Garg, Incharge, Manoyog – Mental Well-Being Club Dr. Monisha, Incharge-Student Welfare Committee
Date	23rd August 2025
Time	11:00 AM – 1:00 PM
Venue	Room No. 1302 (PG Block)
Social media link	

Poster/Flyer/Notice*



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)

65

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)

10

No. of External Participants (students + faculty) [write NA if not applicable]

NA

Geotag Photographs(with Caption)*



Delhi, Delhi, India

2a, Bhagwan Mahavir Marg, Block A, Sector 14, Rohini, Delhi,
Delhi 110085, India

Lat 28.706025° Long 77.130076°

23/08/2025 12:08 PM GMT +05:30

Google

GPS Map Camera



Delhi, Delhi, India

2a, Bhagwan Mahavir Marg, Block A, Sector 14, Rohini, Delhi,
Delhi 110085, India

Lat 28.705932° Long 77.130038°

23/08/2025 12:08 PM GMT +05:30

Google

GPS Map Camera



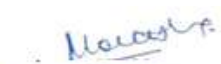



Participants engaging in interactive discussions and reflective exercises during the “Promoting Mental Well-being in Educators & Conflict Management” session organized by *Manoyog – Mental Well-Being Club* at TIAS.

Caption

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

On 23rd August 2025, *Manoyog – Mental Well-Being Club* of **Tecnia Institute of Advanced Studies** organized an awareness session titled “**Promoting Mental Well-being in Educators & Conflict Management.**” The program aimed to sensitize faculty members and students to the growing need for mental well-being, emotional regulation, and effective conflict resolution in academic and personal contexts. The session began with an introduction to the importance of emotional self-care, empathy, and maintaining a balanced mindset in high-pressure educational environments. Practical discussions highlighted challenges like burnout, communication gaps, and professional stress. Participants shared their personal experiences, followed by expert insights on managing emotional exhaustion and handling interpersonal conflicts constructively. Interactive activities, reflective discussions, and real-life scenarios made the session engaging and relatable. The event encouraged participants to practice calm communication, mutual respect, and active listening as tools to strengthen collaboration. The session concluded with a mindfulness reflection that reinforced the need to prioritize mental health and cultivate emotional resilience. The initiative successfully fostered awareness about workplace well-being and healthy conflict management, aligning with *Mulya Pravah* values of **Integrity** and **Commitment**.

Attendance Sheet*	Attached at the end of Report
For Office Use: Notification No.	
Name and Signature of Event Coordinator/Nodal Club Officer/Club Incharge (with stamp)	    Ms. Rachna Garg Incharge, <i>Manoyog</i> <i>Mental Well-Being Club</i>
List of Participants Attached (Separate Page)	

List of Participants

S.No.	Enrollment No.	Name of the Beneficiary	Dept./Course
1	Faculty	Dr. Monisha	DMS
2	Faculty	Dr. Pooja Sharma	DMS
3	Faculty	Dr. Archana Dixit	DMS
4	Faculty	Dr. Sheenu Arora	DMS
5	Faculty	Dr. Rubeena Bano	DMS
6	Faculty	Dr. Pragati	DMS
7	Faculty	Dr. Shalini Gupta	DMS
8	Faculty	Ms. Rachna Garg	DMS
9	Faculty	Ms. Aparna Vats	DMS
10	Faculty	Ms. Shreya Chauhan	DMS
11	00817088824	Vineet Dubey	B.Com(H)
12	00917088824	Mehak Pal	B.Com(H)
13	51017088824	Shreya Jain	B.Com(H)
14	06217001723	Sarthak Bansal	BBA
15	09117001723	Harsh Tayal	BBA
16	09217001723	Vihaan Ahuja	BBA
17	70621301723	Kushal Nischal	BBA
18	70621301723	Kushal Nischal	BBA
19	70721301723	Utsav Goel	BBA
20	09517001723	Vaishnavi Chaudhary	BBA
21	09717001723	Priyansh Singhal	BBA
22	71421301723	Riddhi Mehra	BBA
23	71521301723	Urvashi	BBA
24	00417001723	Aditya Kaushik	BBA
25	00517001723	Khushi Luthra	BBA
26	00717001723	Abhishek Jain	BBA
27	35317003923	Muskan	MBA
28	00917001723	Disha Bansal	BBA

29	01117001723	Tushar	BBA
30	01217001723	Akshi Sethi	BBA
31	01417001723	Priyanshu Mittal	BBA
32	01517001723	Daksh Bothra	BBA
33	01717001723	Gurvansh Singh	BBA
34	00917088824	Mehak Pal	B.Com(H)
35	01917001723	Shubham Rustagi	BBA
36	02117001723	Arushi Bansal	BBA
37	00217003924	Sarika Jaiswal	MBA
38	02317001723	Astha Dua	BBA
39	02517001723	Krishang Suri	BBA
40	02617001723	Vaishnavi	BBA
41	02817001723	Kush Singhal	BBA
42	35117003923	Khyati Rajput	MBA
43	03117001723	Diya Nijhawan	BBA
44	03217001723	Khushboo	BBA
45	07317001723	Tushar Saini	BBA
46	07417001723	Vishesh Goyal	BBA
47	07617001723	Advay	BBA
48	07717001723	Pratham Kohli	BBA
49	50217088824	Kashish Chauhan	B. Com(H)
50	08117001723	Deepanshu Bohara	BBA
51	08217001723	Pratham Chopra	BBA
52	08417001723	Manvi Behl	BBA
53	02321301723	DEV Verma	BBA
54	02421301723	Sanchita Bhatia	BBA
55	02521301723	Bhawna Rathore	BBA
56	02721301723	Vani Verma	BBA
57	02821301723	Kartik Sehrawat	BBA
58	00417088824	Devesh	B.Com(H)
59	03121301723	Nishita Dhingra	BBA
60	03721301723	Vishu Dhankar	BBA
61	03821301723	Kanishka Tripathi	BBA
62	50117003924	Yuvraj Luthra	MBA
63	35121301723	Pranav Bansal	BBA
64	35221301723	Manvi Kaushik	BBA
65	00217088824	Arpit Bansal	B.Com(H)
66	72221301723	Riya	BBA
67	70121301723	Anshul Dalal	BBA
68	70221301723	Mehak Jain	BBA
69	00117088824	Divya Bhargava	B.Com(H)
70	00217088824	Arpit Bansal	B.Com(H)
71	00317088824	Tanya Gupta	B.Com(H)
72	00417088824	Devesh	B.Com(H)
73	00517088824	Manav Sinha	B.Com(H)
74	00617088824	Suhani Gupta	B.Com(H)

Name and Signature of Event Coordinator/Nodal Club Officer/Club In-charge(with stamp)

Rachna Garg
Nodal Officer, Mental Wellbeing Club
Tezina Institute of Advanced Studies
Madhuban Chowk, Rohini, Delhi-85

Ms. Rachna Garg*Incharge, Manoyog – Mental Well-Being Club*

Monisha
Students Welfare
TEJINA INSTITUTE OF ADVANCED STUDIES
MADHUBAN CHOWK, ROHINI, NEW DELHI-85

Dr. Monisha*In/c Students Welfare*