




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 "Time Management & Academic Pressure"

Title of Activity*	Promoting Mental Well-being in Educators & Conflict Management
Event – Awareness/Outreach	Awareness
Program Theme*	Academic Well-being and Mindfulness
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 help students manage time effectively and set academic goals.• To create awareness about handling academic pressure through mindfulness and planning.• To promote dedication, responsibility, and a balanced approach to studies.• To enhance productivity and emotional well-being among students.
Mulya Pravah	Dedication, Responsibility 
UNSDG	Good Health & Well-being (SDG 3), Quality Education (SDG 4)
Outcomes with its impact	Students learned practical study and time management strategies, recognized the importance of goal setting, and developed awareness on reducing stress and pressure during academic tasks. The session promoted a mindful and structured approach to learning.
External Expert	NA
Internal Expert/Faculty	Ms. Rachna Garg, Incharge, Manoyog – Mental Well-Being Club Dr. Monisha, Incharge-Student Welfare Committee
Date	25 th September 2025
Time	11:00 AM – 11:30 AM
Venue	Room No. 1302 (PG Block) TIAS
Social media link	

Poster/Flyer/Notice*

TECNIA
INSTITUTE OF ADVANCED STUDIES
ROHINI, DELHI
NAAC GRADE "A" INSTITUTE (CYCLE-2)

MANOYOG - MENTAL WELL-BEING CLUB
Session On
TIME MANAGEMENT & ACADEMIC PRESSURE

DATE: 25.09.2025 TIME: 11:00 AM - 11:30 AM
VENUE: Room No. 1302, PG Building, TIAS

Key Takeaways:

- Practical study & goal-setting tips
- Managing academic pressure smartly
- Building dedication & responsibility

Club Incharge:
Ms. Rachna Garg

Beneficiaries:
All Students

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)

63

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)*




GPS Map Camera

Delhi, Delhi, India 


Tecnia Institute Of Advanced Studies Pg Block, Bhagwan Mahavir
Marg, Block D, Sector 14, Rohini, Delhi, Delhi 110085, India
Lat 28.705751° Long 77.129935°
25/09/2025 12:07 PM GMT +05:30

Google



 GPS Map Camera

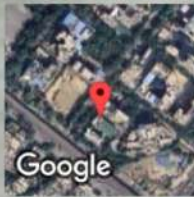


Delhi, Delhi, India 

Tecnia Institute Of Advanced Studies Pg Block, Bhagwan Mahavir Marg, Block D, Sector 14, Rohini, Delhi, Delhi 110085, India

Lat 28.705779° Long 77.129908°


25/09/2025 12:05 PM GMT +05:30



Google

Delhi, Delhi, India

Tecnia Institute Of Advanced Studies Pg Block, Bhagwan Mahavir Marg, Block D, Sector 14, Rohini, Delhi, Delhi 110085, India
Lat 28.705779° Long 77.130074°
25/09/2025 11:27 AM GMT +05:30

 GPS Map Camera



Thank you

GPS Map Camera



Delhi, Delhi, India 

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

Lat 28.705812° Long 77.129855°

25/09/2025 12:06 PM GMT +05:30

Students actively participating in the “Time Management & Academic Pressure” session organized by Manoyog – Mental Well-Being Club at TIAS, focused on practical strategies for academic success and well-being.

Caption

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

On **25th September 2025**, the *Manoyog – Mental Well-Being Club* of **Tecnia Institute of Advanced Studies** conducted an awareness session titled “**Time Management & Academic Pressure**” for all students. The session aimed to help students develop better study habits, manage academic stress, and cultivate self-discipline for personal and academic growth.

The session began with an introduction on the importance of managing time effectively to reduce stress and improve concentration. Through interactive discussion, participants identified common challenges such as procrastination, lack of planning, and exam anxiety. Practical tips on creating study timetables, prioritizing daily goals, and balancing academics with relaxation were shared.

A short mindfulness activity was conducted to help students stay calm and focused while dealing with academic pressure. The discussion emphasized the importance of maintaining a positive mindset, self-compassion, and consistency in daily tasks. Students reflected on their study patterns and learned how small habit changes can bring big improvements in performance and well-being.

The event concluded with an engaging Q&A session where students shared their personal experiences and strategies for managing academic challenges. Overall, the session helped participants understand that effective time management is not just about scheduling but also about maintaining mental balance and motivation.

The activity successfully aligned with the *Mulya Pravah* values of **Dedication** and **Responsibility**, reinforcing the message that mindfulness and discipline are essential for academic excellence and emotional health.

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,
Manoyog
Mental Well-Being Club

Dr. Monisha
In/c Students Welfare

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	00617088824	Suhani Gupta	B.Com(H)
12	00717088824	Riddhi Keshri	B.Com(H)
13	00817088824	Vineet Dubey	B.Com(H)
14	00917088824	Mehak Pal	B.Com(H)
15	51017088824	Shreya Jain	B.Com(H)
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)

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

Ms. Rachna Garg

Incharge, Manoyog – Mental Well-Being Club

Dr. Monisha

In/c Students Welfare