



TECNIA INSTITUTE OF ADVANCED STUDIES

NAAC GRADE "A" INSTITUTE (CYCLE-2)

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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 "Work-Life Balance & Digital Detox"

Title of Activity*	Work-Life Balance & Digital Detox
Event – Awareness/Outreach	Awareness
Program Theme*	Mindful Living and Stress Management
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 maintaining a healthy balance between academic, professional, and personal life.• To encourage students to manage their time consciously and limit digital distractions.• To promote mindfulness and emotional well-being by practicing short digital detox routines.• To cultivate healthier screen habits and improve focus, productivity, and self-control.
Mulya Pravah	Sustainability, Respectfulness
UNSDG	Good Health & Well-being (SDG 3), Responsible Consumption and Production (SDG 12)
Outcomes with its impact	Students understood the importance of balancing study life and personal well-being by managing screen time effectively. The session helped them recognize the need for mindful digital habits, improved focus, and emotional regulation. It encouraged responsible use of technology for mental peace and sustainable living.
External Expert	NA
Internal Expert/Faculty	Ms. Rachna Garg, Incharge, Manoyog – Mental Well-Being Club Dr. Monisha, Incharge-Student Welfare Committee
Date	7th November 2025
Time	11:00 AM – 11:30 PM
Venue	Room No. 1302, PG Building, TIAS
Social media link	

Poster/Flyer/Notice*



MANOYOG – MENTAL WELL-BEING CLUB
in Collaboration with Student Welfare Committee

Session On:
"WORK-LIFE BALANCE & DIGITAL DETOX"

DATE: 07.11.2025

TIME: 11:00 AM – 11:30 AM

VENUE: Room No.1302, PG Building, TIAS



"Work-Life Balance & Digital detox"

Club Incharge:
Ms. Rachna Garg

Student Welfare Incharge:
Dr. Monisha

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)

68

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)*



Students participating in the “Work-Life Balance & Digital Detox” session organized by Manoyog – Mental Well-Being Club, TIAS, to encourage mindful living and healthy screen habits.

Caption

Report: Description in (min 250 to max 800 words)*	<p>On 7th November 2025, the <i>Manoyog – Mental Well-Being Club</i> of Tecnia Institute of Advanced Studies organized a short awareness session on “Work-Life Balance & Digital Detox.” The session aimed to help students understand the importance of balancing their academic and personal lives while reducing the negative effects of excessive screen exposure.</p> <p>The event began with an introduction to the concept of <i>work-life balance</i>, emphasizing the need to manage priorities and take mindful breaks from digital devices. The discussion focused on how constant connectivity, social media overuse, and multitasking can lead to stress, anxiety, and reduced productivity.</p> <p>Practical tips and exercises were shared to help students plan “digital detox” periods by limiting screen time before bedtime, practicing mindfulness, engaging in offline hobbies, and setting daily digital boundaries. Students reflected on their personal habits and identified areas where digital distractions interfered with their focus and relationships.</p> <p>The interactive discussion also highlighted simple lifestyle adjustments—like spending time outdoors, journaling, or mindful breathing—to restore energy and attention. Participants actively shared their challenges and resolutions to manage screen dependency.</p> <p>The session concluded with a short guided mindfulness exercise to reinforce mental calmness and present-moment awareness. Overall, the activity aligned with <i>Mulya Pravah</i> values of Sustainability and Respectfulness, encouraging students to use technology responsibly while maintaining harmony between work, study, and personal life.</p>
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)	<div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;">  <p>Ms. Rachna Garg Incharge, <i>Manoyog</i> <i>Mental Well-Being Club</i></p> </div> <div style="text-align: center;">  <p>Dr. Monisha In/c Students Welfare</p> </div> </div>
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	70321301723	Divanshu Patel	BBA
12	00217001723	Navya Vashisht	BBA
13	08917001723	Khushi Behl	BBA
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)
75	00717088824	Riddhi Keshri	B.Com(H)
76	00817088824	Vineet Dubey	B.Com(H)
77	00917088824	Mehak Pal	B.Com(H)
78	51017088824	Shreya Jain	B.Com(H)

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


 Nodal Officer, Mental Wellbeing Club
 Teona Institute of Advanced Studies
 Madhuban Chowk, Rohni, Delhi-85

Ms. Rachna Garg

Incharge, Manoyog – Mental Well-Being Club


 STUDENT WELFARE
 TEONA INSTITUTE OF ADVANCED STUDIES
 MADHUBAN CHOWK, ROHNI, NEW DELHI-85

Dr. Monisha

In/c Students Welfare