





TECNIA INSTITUTE OF ADVANCED STUDIES

NAAC GRADE "A" INSTITUTE (CYCLE-2)

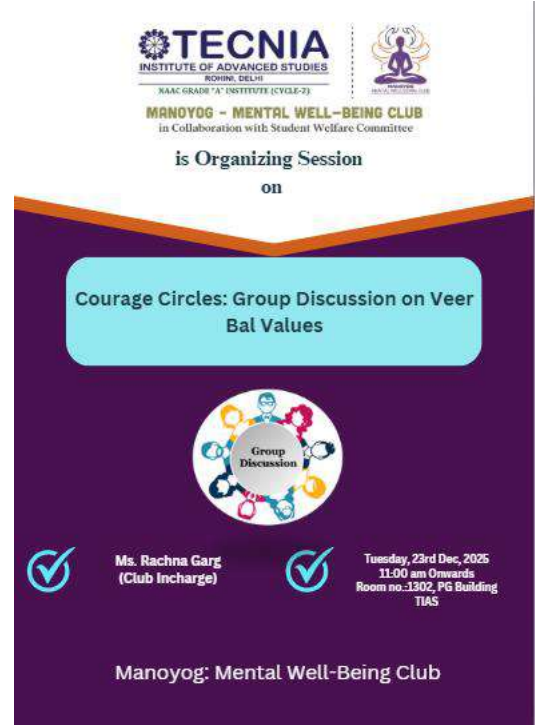
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INSTITUTIONAL AREA, MADHUBAN CHOWK, ROHINI, DELHI-110085

Report on "Courage Circles: Group Discussion on Veer Bal Values"

Title of Activity*	Courage Circles: Group Discussion on Veer Bal Values
Event – Awareness/Outreach	Awareness
Program Theme*	Peer Learning, Courage, and Value-Based Mental Well-being
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 memorialize Veer Bal Diwas by promoting values of courage, resilience, and integrity.• To encourage peer learning through group discussions and reflective dialogue.• To help students overcome fear, build confidence, and develop moral strength.• To foster empathy, responsible decision-making, and emotional awareness among students.
Mulya Pravah	Courage, Commitment, Integrity
UNSDG	Good Health & Well-being (SDG 3), Quality Education (SDG 4)  
Outcomes with its impact	The activity enhanced students' understanding of courage and ethical values inspired by the lives of the Sahibzadas. Participants actively engaged in group discussions, shared perspectives, and learned to express thoughts confidently. The session strengthened emotional resilience, peer bonding, and value-based thinking, contributing to a positive and supportive learning environment.
External Expert	NA
Internal Expert/Faculty	Ms. Rachna Garg, Incharge, Manoyog – Mental Well-Being Club Dr. Monisha, Incharge-Student Welfare Committee
Date	23rd December 2025
Time	11:00 AM – 12:00 Noon
Venue	Room No. 1302 (PG Block), Tecnia Institute of Advanced Studies
Social media link	

Poster/Flyer/Notice*



No. of Students* (only no. to be written, list in excel or word should be maintained at department level as proof for any further requirement)	48
No. of Faculty* (only no. to be written, list in excel or word should be maintained 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 peer group discussions during the “Courage Circles: Group Discussion on Veer Bal Values” session organized by Manoyog – Mental Well-Being Club at TIAS.

Caption



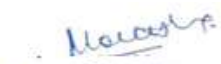

Report: Description in (min 250 to max 800 words)*

On 23rd December 2025, Manoyog – Mental Well-Being Club of Tecnia Institute of Advanced Studies, in association with the Student Welfare Committee, organized an awareness-based interactive session titled **“Courage Circles: Group Discussion on Veer Bal Values”** to commemorate Veer Bal Diwas. The activity aimed to instill values of courage, resilience, integrity, and moral strength among students through peer learning and reflective discussions.

The session began with a brief introduction highlighting the significance of Veer Bal Diwas and the inspirational sacrifice and bravery of the Sahibzadas. Students were then divided into small discussion circles where they engaged in guided conversations on themes such as fear versus courage, standing up for values, emotional strength, and ethical decision-making in contemporary life.

The peer learning format encouraged open expression, active listening, and respectful dialogue. Participants shared personal experiences, academic challenges, and situations where courage and integrity play a vital role. Facilitators guided the discussions to ensure constructive participation and deeper reflection.

The activity also included short knowledge-based prompts and value-oriented questions that helped students connect historical values with

	<p>modern-day academic and personal life challenges. The interactive nature of the session enhanced confidence, emotional awareness, and mutual respect among participants.</p> <p>The session concluded with a collective reflection emphasizing the relevance of courage, commitment, and integrity in shaping emotionally resilient individuals. The initiative successfully aligned with Mulya Pravah values and reinforced the importance of mental well-being through peer support and value-based learning.</p>
Attendance Sheet*	Attached at the end of Report
For Office Use: Notification No. : TIAS/Circular/Manoyog/2025-26/05	
Name and Signature of Event Coordinator/Nodal Club Officer/Club Incharge (with stamp)	    <p>Ms. Rachna Garg In/c Students Welfare</p> <p>Dr. Monisha Incharge Manoyog Mental Well-Being Club</p>
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	72221301723	Riya	BBA
12	70121301723	Anshul Dalal	BBA
13	70221301723	Mehak Jain	BBA
14	00117088824	Divya Bhargava	B.Com(H)
15	00217088824	Arpit Bansal	B.Com(H)
16	00317088824	Tanya Gupta	B.Com(H)
17	00417088824	Devesh	B.Com(H)
18	00517088824	Manav Sinha	B.Com(H)
19	00617088824	Suhani Gupta	B.Com(H)
20	00717088824	Riddhi Keshri	B.Com(H)

21	00817088824	Vineet Dubey	B.Com(H)
22	00917088824	Mehak Pal	B.Com(H)
23	51017088824	Shreya Jain	B.Com(H)
24	00417001723	Aditya Kaushik	BBA
25	00517001723	Khushi Luthra	BBA
26	00717001723	Abhishek Jain	BBA
27	35317003923	Muskan	MBA
28	03121301723	Nishita Dhingra	BBA
29	03721301723	Vishu Dhankar	BBA
30	03821301723	Kanishka Tripathi	BBA
31	50117003924	Yuvraj Luthra	MBA
32	35121301723	Pranav Bansal	BBA
33	35221301723	Manvi Kaushik	BBA
34	00217088824	Arpit Bansal	B.Com(H)
35	00917001723	Disha Bansal	BBA
36	01117001723	Tushar	BBA
37	01217001723	Akshi Sethi	BBA
38	01417001723	Priyanshu Mittal	BBA
39	01517001723	Daksh Bothra	BBA
40	01717001723	Gurvansh Singh	BBA
41	00917088824	Mehak Pal	B.Com(H)
42	01917001723	Shubham Rustagi	BBA
43	02117001723	Arushi Bansal	BBA
44	00217003924	Sarika Jaiswal	MBA
45	02317001723	Astha Dua	BBA
46	02517001723	Krishang Suri	BBA
47	02617001723	Vaishnavi	BBA
48	02817001723	Kush Singhal	BBA
49	35117003923	Khyati Rajput	MBA
50	03117001723	Diya Nijhawan	BBA
51	03217001723	Khushboo	BBA
52	07317001723	Tushar Saini	BBA
53	07417001723	Vishesh Goyal	BBA
54	07617001723	Advay	BBA
55	07717001723	Pratham Kohli	BBA
56	50217088824	Kashish Chauhan	B. Com(H)
57	08117001723	Deepanshu Bohara	BBA
58	08217001723	Pratham Chopra	BBA

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

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

Mehak Pal
 Student Welfare
 TEZINA INSTITUTE OF ADVANCED STUDIES
 MADHUBAN CHOWK, ROHINI, NEW DELHI-85

Ms. Rachna Garg

Incharge, *Manoyog – Mental Well-Being Club*

Dr. Monisha

In/c Students Welfare