





# TECNIA INSTITUTE OF ADVANCED STUDIES

NAAC GRADE "A" INSTITUTE (CYCLE-2)

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**INSTITUTIONAL AREA, MADHUBAN CHOWK, ROHINI, DELHI-110085**

## Report on "From Fear to Fearless: Veer Bal Diwas Special"

<b>Title of Activity*</b>	From Fear to Fearless: Veer Bal Diwas Special
<b>Event – Awareness/Outreach</b>	Awareness
<b>Program Theme*</b>	Courage, Resilience, and Value-Based Learning
<b>In association with (Dept./ Centre/ Cells/Clubs/ Committees Name)</b>	Manoyog – Mental Well-Being Club in association with Student Welfare Committee
<b>Objectives</b>	<ul style="list-style-type: none"><li>• To commemorate Veer Bal Diwas and honor the courage and sacrifice of the Sahibzadas.</li><li>• To promote values of bravery, resilience, and moral strength among students.</li><li>• To engage students through knowledge-based games and interactive learning activities.</li><li>• To enhance emotional awareness, ethical thinking, and confidence through participatory methods.</li></ul>
<b>Mulya Pravah</b>	Courage, Commitment, Integrity, Compassion
<b>UNSDG</b>	Good Health & Well-being (SDG 3), Quality Education (SDG 4)  
<b>Outcomes with its impact</b>	Students developed a deeper understanding of courage, moral values, and resilience through interactive discussions and knowledge-based games. The activities enhanced awareness, confidence, teamwork, and value-based decision-making, encouraging students to face challenges fearlessly and responsibly.
<b>External Expert</b>	NA
<b>Internal Expert/Faculty</b>	Ms. Rachna Garg, Incharge, Manoyog – Mental Well-Being Club Dr. Monisha, Incharge-Student Welfare Committee
<b>Date</b>	24th December 2025
<b>Time</b>	11:00 AM – 12:00 Noon
<b>Venue</b>	Room No. 1302 (PG Block) TIAS
<b>Social media link</b>	

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)

42

**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 knowledge-based games, quizzes, and interactive activities during the “From Fear to Fearless: Veer Bal Diwas Special” session organized by Manoyog – Mental Well-Being Club at TIAS.**

**Caption**

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

On **24th December 2025**, the **Manoyog – Mental Well-Being Club** of Tecnia Institute of Advanced Studies, in association with the **Student Welfare Committee**, organized a special awareness activity titled **“From Fear to Fearless: Veer Bal Diwas Special”** to commemorate **Veer Bal Diwas**. The event aimed to instill values of courage, resilience, and moral strength among students through **interactive and knowledge-based learning approaches**.

The session began with a brief introduction highlighting the historical significance of Veer Bal Diwas and the inspirational courage and sacrifice of the Sahibzadas. The discussion emphasized how fear can limit personal growth and how moral strength and resilience empower individuals to act with integrity and confidence.

A key highlight of the program was the inclusion of **knowledge-based games and quizzes**, designed to actively engage students while reinforcing values of bravery, ethical decision-making, and emotional resilience. These games encouraged teamwork, quick thinking, and value-based reasoning, making learning both meaningful and enjoyable. Students participated enthusiastically in question rounds, scenario-based discussions, and short reflective activities related to courage, fear, and moral choices.

Interactive discussions followed, where students shared their thoughts and reflections on fear, challenges, and inner strength. The activities helped participants relate historical lessons to real-life academic and personal situations. Emphasis was laid on developing emotional balance, self-belief, and responsibility while facing pressures and uncertainties.

The session concluded with a reflective note encouraging students to cultivate fearlessness through self-awareness, ethical conduct, and emotional resilience. Overall, the program successfully combined **value education with experiential learning**, fostering confidence, empathy, and psychological well-being among students.

The event strongly aligned with **Mulya Pravah values of Courage, Commitment, Integrity, and Compassion**, while supporting **UNSDG 3 (Good Health & Well-being)** and **UNSDG 4 (Quality Education)** by promoting holistic and value-based development.


**Attendance Sheet\***

Attached at the end of Report

**For Office Use: Notification No.: TIAS/Circular/Manoyog/2025–26/06**

**Name and Signature of Event Coordinator/Nodal Club Officer/Club Incharge (with stamp)**



		<b>Ms. Rachna Garg</b> <b>Dr. Monisha</b> Incharge <span style="float: right;">In/c</span> Students Welfare <i>Manoyog</i> <i>Mental Well-Being Club</i>
<b>List of Participants Attached (Separate Page)</b>		

## 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

**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*