



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.R University & Recognized Under Sec. 2(f) of UGC Act 1956.

INSTITUTIONAL AREA, MADHUBAN CHOWK, ROHINI, DELHI-110085

Ref. No: TIAS/MWBC/2025-26/001

w.e.f: 1st August 2025



Event Calendar

2025-26

| S. No | Date | Time | Event/ Workshop/ Activity | Attendees | Event Outcomes | Mulya Pravah 2.0 Value | UNSDG |
|-------|----------|-----------------|---|--------------------------|---|-----------------------------------|---|
| 01 | 23.08.25 | 11-1pm | Promoting Mental Well-being in Educators & Conflict Management | All Students & faculties | Preventing burnout, addressing educator challenges, and learning conflict management strategies | Integrity, Commitment | SDG 3 – Good Health & Well-being |
| 02 | 25.09.25 | 11:00 -11:30am | Time Management and Academic Pressure | All students | Learning practical techniques for study goal-setting and time management | Dedication, Responsibility | SDG 3 – Good Health & Well-being, SDG 4 – Quality Education |
| 03 | 11.10.25 | 11:00 -12:00 pm | Myths & Awareness about Brain Stroke | All students & Faculties | Enhancing awareness and preventive understanding of brain stroke. | Compassion, Empathy | SDG 3 – Good Health & Well-being |
| 04 | 07.11.25 | 11:00 -11:30am | Work-Life Balance & Digital detox | All students & Faculties | Balancing personal and academic life, reducing screen-time through a digital detox activity | Sustainability, Respectfulness | SDG 3 – Good Health & Well-being |
| 05 | 23.12.25 | 1:00–12:00 pm | Courage Circles: Group Discussion on Veer Bal Values (Veer Bal Diwas Special) | All Students | Encouraging courage, moral strength, peer learning, and value-based reflection inspired by the Sahibzadas through guided group discussions. | Courage, Integrity | SDG 3 – Good Health & Well-being, SDG 4 – Quality Education |
| 06 | 24.12.25 | 11:00 –12:00 pm | From Fear to Fearless: Veer Bal Diwas Special (Knowledge-Based Activities) | All Students | Enhancing awareness of Veer Bal Diwas through quizzes, knowledge-based games, and interactive learning to build resilience, confidence, and historical understanding. | Courage, Commitment | SDG 3 – Good Health & Well-being, SDG 4 – Quality Education |
| 07 | 09.02.26 | 11:00 -11:30am | Yoga, Mindfulness & Guided Meditation | All students & Faculties | Relaxation through yoga, meditation, and mindfulness practices (facilitated by trainer) | Belongingness, Global Citizenship | SDG 3 – Good Health & Well-being |



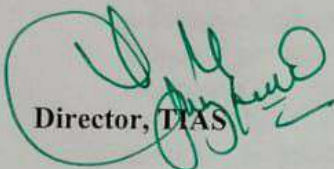
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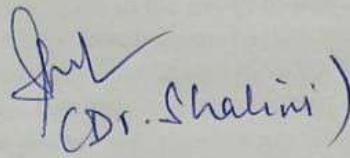
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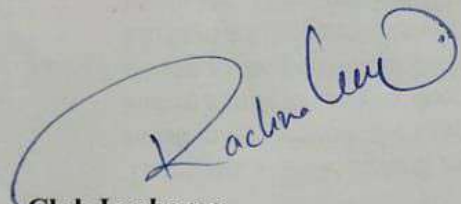
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|----|----------|--------------|--|--------------------------|---|----------------------------|----------------------------------|
| 08 | 28.03.26 | 3:00-4:00 PM | Psychological Counseling for Emotional Well-being & Stress Coping | All Students & Faculties | Enhancing emotional awareness and stress-coping skills through psychological counseling-based guidance , promoting healthy emotional adjustment. | Empathy, Resilience | SDG 3 – Good Health & Well-being |
| | 25.04.26 | 3:00-4:00 PM | Mental Health Awareness & Psychological Counseling Session | All Students & Faculties | Creating awareness about psychological counseling services , reducing stigma around mental health, and encouraging timely help-seeking behavior. | Compassion, Inclusiveness | SDG 3 – Good Health & Well-being |
| | 16.05.26 | 3:00-4:00 PM | Psychological Counseling for Building Emotional Resilience & Self-Care | All Students & Faculties | Strengthening resilience, emotional regulation, and self-care practices through structured psychological counseling inputs . | Responsibility, Commitment | SDG 3 – Good Health & Well-being |


Director, TIAS


CDr. (Shalini)



Club In charge

CC to:

1. IQAC
2. Dean (All Departments)
4. HOD – (All Departments)
5. All Nodal Club Incharges, Cells, CoE, T&P, Admin, Accounts, Library
6. ICT Dept., Media Lab For uploading on the website.