





# TECNIA INSTITUTE OF ADVANCED STUDIES

NAAC GRADE "A" INSTITUTE (CYCLE-2)

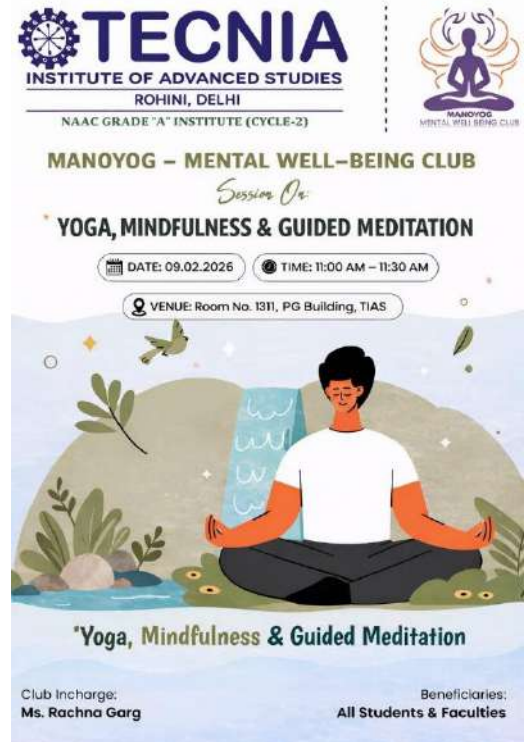
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**INSTITUTIONAL AREA, MADHUBAN CHOWK, ROHINI, DELHI-110085**

## Report on "Yoga, Mindfulness & Guided Meditation Session"

<b>Title of Activity*</b>	Yoga, Mindfulness & Guided Meditation Session
<b>Event – Awareness/Outreach</b>	Awareness
<b>Program Theme*</b>	Stress Management, Emotional Balance & Psychological Well-being
<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 promote psychological well-being through guided yoga and mindfulness practices.</li><li>• To reduce stress and enhance emotional regulation among students and faculty.</li><li>• To encourage awareness about psychological self-care and help-seeking behaviour.</li><li>• To create a safe and relaxed space for experiential mental health learning.</li></ul>
<b>Mulya Pravah</b>	Belongingness, Self-Discipline, Responsibility
<b>UNSDG</b>	Good Health & Well-being (SDG 3), Quality Education (SDG 4)  
<b>Outcomes with its impact</b>	Participants experienced immediate relaxation and improved emotional awareness through structured breathing, chair yoga, and guided visualization practices. The session enhanced concentration, stress management skills, and self-regulation abilities. Students reported feeling calmer, more focused, and emotionally balanced after the activity. The initiative strengthened awareness about the importance of psychological counseling, mindfulness practices, and preventive mental health care within the academic environment.
<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>	9th Feb 2026
<b>Time</b>	11:00 AM – 11:30 AM
<b>Venue</b>	Room No. 1311 (PG Block) TIAS
<b>Social media link</b>	<a href="https://www.instagram.com/p/DUiNU2gAVaC/?igsh=bTd0OWM2OTVud3Fk">https://www.instagram.com/p/DUiNU2gAVaC/?igsh=bTd0OWM2OTVud3Fk</a>

Poster/Flyer/Notice\*



<b>No. of Students*</b> (only no. to be written, list in excel or word should be maintained at department level as proof for any further requirement)	18
<b>No. of Faculty*</b> (only no. to be written, list in excel or word should be maintained at department level as proof for any further requirement)	2
<b>No. of External Participants (students + faculty)</b> [write NA if not applicable]	NA
<b>Geotag Photographs (with Caption) *</b>	



**Students and faculty actively participating in guided chair yoga, breathing exercises, and mindfulness practices during the “Yoga, Mindfulness & Guided Meditation Session” organized by Manoyog – Mental Well-Being Club at TIAS.**

**Caption**

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

On 09th February 2026, the Manoyog – Mental Well-Being Club of Tecnia Institute of Advanced Studies, in association with the Student Welfare Committee, organized a wellness-oriented activity titled “Yoga, Mindfulness & Guided Meditation Session” at Room No. 1311 (PG Block). The session aimed to promote psychological well-being, stress reduction, and emotional balance among students and faculty members. The program commenced with a brief welcome address highlighting the importance of mental health in academic settings. Participants were encouraged to view mental well-being not as a luxury but as a necessity for effective learning and personal growth. The facilitator emphasized creating a safe, non-judgmental, and relaxed environment where everyone could comfortably participate.

The session began with gentle chair-based yoga and stretching exercises to release physical tension accumulated due to academic workload and prolonged sitting. Neck relaxation movements, shoulder rolls, spinal stretches, and wrist exercises were conducted slowly with proper breathing coordination. Participants were guided to move mindfully without force, paying attention to bodily sensations.

This was followed by structured breathing practice using the 4-4 breathing technique. Participants inhaled slowly through the nose, held the breath briefly, and exhaled gently, helping regulate their nervous system. The breathing practice visibly reduced restlessness and enhanced calmness in the room.

A short body awareness scan was conducted where participants were asked to close their eyes and observe sensations from head to toe. This mindfulness practice encouraged present-moment awareness and emotional grounding. The guided visualization segment allowed participants to imagine a peaceful and safe space, helping them experience mental relaxation and inner stability.

The session concluded with a brief reflection where participants were invited to think of one small habit, they could adopt to support their mental health, such as mindful breathing, time management, or positive self-talk. The activity reinforced the significance of preventive psychological care and the availability of psychological counseling support when needed.

Overall, the program successfully integrated physical relaxation techniques with psychological mindfulness practices, fostering emotional resilience, concentration, and stress management skills. The initiative aligned with Mulya Pravah values of Belongingness and Responsibility while supporting UNSDG 3 (Good Health & Well-being) and UNSDG 4 (Quality Education). The session received positive feedback from participants, who appreciated the calm and refreshing experience within the academic environment.

**Attendance Sheet\***

Attached at the end of Report

**For Office Use: Notification No.: TIAS/Circular/Manoyog/2025–26/07**



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



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

**Ms. Rachna Garg**  
Incharge, *Manoyog: Mental Well-Being Club*



Monisha  
Students Welfare  
TEONA INSTITUTE OF ADVANCED STUDIES  
MADHUBAN CHOWK, ROHINI, NEW DELHI-85

**Dr. Monisha**  
*In/c Students Welfare*