



TECNIA INSTITUTE OF ADVANCED STUDIES

NAAC GRADE "A" INSTITUTE (CYCLE-2)

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INSTITUTIONAL AREA, MADHUBAN CHOWK, ROHINI, DELHI-110085

MANOYOG – MENTAL WELL-BEING CLUB

Report on “Break Free: Building a Life Beyond Addiction”

Event	Awareness
Type of Activity:	De-Addiction Awareness / Mental Health Awareness
OBE Values	Responsibility, Self-Discipline
Mulya Pravah	Responsibility, Self-Discipline
Global Impact-UNSDG No.	SDG 3 – Good Health & Well-being
Objectives	• To create awareness about addictive behaviours and their impact on mental well-being. • To promote understanding of healthy coping mechanisms and responsible choices. • To encourage students to recognize risk factors associated with addiction. • To promote a healthier and more balanced lifestyle.
Course Mapping	NA
Course Outcome (CO)	NA
BT Level	NA
Expected Outcomes	Students will develop greater awareness of addictive behaviours, understand their impact on mental well-being, recognize the importance of healthy coping strategies, and make more responsible lifestyle choices.
In collaboration/association with	UHV Cell and Student Welfare
Name & Designation details of Resource Person- Internal Expert (LinkedIn Profile Link)	Ms. Rachna Garg, Incharge, Manoyog – Mental Well-Being Club; Dr. Parul Gaba, Incharge, Students Welfare https://www.linkedin.com/in/rachna-garg-a76717a8/?isSelfProfile=true
Name & Designation details of Resource Person- External Expert Trained counseling expert (LinkedIn Profile Link)/	Bk Sushma (Speaker-1) Bk Savita (Speaker-2)
Duration (Date & Time)	28 September 2026, 09:00 AM – 10:00 AM
Mode (Offline/Hybrid)	Offline
Venue	Room No. 1311, PG Block, TIAS
No. of Internal Participants	51 +2 Faculties

No. of External Participants <i>[write NA if not applicable]</i>	NA
No. of Institutions Participated	NA
University Representation	NA
Awards/Recognition (if any) (Attach e-copy of Awards/Certificates)	NA

Innovation / Best Practice

The activity adopted an awareness-based and preventive approach to de-addiction by connecting addictive behaviours with mental well-being, healthy coping, self-discipline and responsible decision-making. The approach is suitable for replication across departments to promote a healthier and supportive student environment.

Feedback:

Mode of feedback collection (form / oral / reflection / survey)	Form
Key feedback highlights	Students gained awareness about addictive behaviours, their impact on mental well-being, and the importance of healthy coping and responsible choices.
Suggestions for improvement (if any)	To be added, if received

Concluding remarks (s): *(In about 50-100 words)*

The session “**Break Free: Building a Life Beyond Addiction**” aimed to create awareness among students about addictive behaviours and their potential impact on mental well-being. The activity encouraged students to understand the importance of healthy coping, self-discipline and responsible decision-making. It promoted a preventive and supportive approach towards de-addiction and healthy living. The session contributed to **SDG 3 – Good Health & Well-being** and reinforced the values of Responsibility and Self-Discipline among students.

Media Coverage:

Social media link(s) (Mandatory)	https://www.instagram.com/p/Dd8yYuTludy/?utm_source=ig_web_copy_link&stkn=MzRIODBiNWF1ZA== https://lnkd.in/g8miXgQj
Print Media	
Evidence (If any)	



PAUSE. BREATHE. RECONNECT.

BREAK FREE: BUILDING A LIFE BEYOND ADDICTION

TO BE ORGANISED BY
MANOYOG – MENTAL WELL-BEING CLUB
IN COLLABORATION WITH
STUDENTS WELFARE



Event Coordinator
Ms. Rachna Garg
(Club In-charge: Manoyog
Mental Well-being Club)

📅 28th Sep. 2026 | ⌚ 09:00 AM Onwards | 📍 Room No. 1311, PG Building, TIAS

☎ +91-9212080415

✉ admission@tecniaindia.com

🌐 www.tiastc.tecniaindia.com

Geotag photos (with Caption):



List of Participants (Attendance Sheet):

S. No.	Enrolment No.	Name of the Student	Prog & Year
1	01017001724	Diya Gupta	BBA; 3rd Year
2	50817001724	Priyanka Bora	BBA; 3rd Year
3	03417001724	Saatvik Khanna	BBA; 3rd Year
4	50521301724	Kartik Mittal	BBA; 3rd Year
5	02921301724	Shourya Garg	BBA; 3rd Year
6	02621301724	Raghav Chauhan	BBA; 3rd Year
7	02617001724	Lavish Shakya	BBA; 3rd Year
8	03317001724	Abhimanyu Arora	BBA; 3rd Year
9	04517001724	Yogesh Bhatt	BBA; 3rd Year
10	01517001724	Kostubh Bhatther	BBA; 3rd Year
11	01917001724	Swayam Khurana	BBA; 3rd Year
12	07117001724	Vipul Kumar	BBA; 3rd Year
13	52817001724	Yash Pal	BBA; 3rd Year
14	52317001724	Ashutosh	BBA; 3rd Year
15	50517001724	Gagan Deep	BBA; 3rd Year
16	36221301724	Akshay	BBA; 3rd Year
17	01321301724	Mridul Gupta	BBA; 3rd Year
18	03221301724	Aditya	BBA; 3rd Year
19	35921301724	Deepanshu	BBA; 3rd Year
20	02517001724	Jai Agarwal	BBA; 3rd Year
21	03921301724	Ansh Mittal	BBA; 3rd Year
22	03117001724	Om Jha	BBA; 3rd Year
23	05817001724	Komal Saini	BBA; 3rd Year
24	03721301724	Naina Goyal	BBA; 3rd Year
25	01821301724	Ambuj	BBA; 3rd Year
26	03017001724	Krish Mittal	BBA; 3rd Year
27	50617001724	Manish	BBA; 3rd Year
28	57717001724	Ayush Rawat	BBA; 3rd Year
29	07017001724	Yuvraj Bhardwaj	BBA; 3rd Year
30	35517001724	Pratham Gupta	BBA; 3rd Year
31	36117001724	Aryan Sondhi	BBA; 3rd Year
32	04117001724	Malik Mutreja	BBA; 3rd Year
33	07417001724	Arsh Dua	BBA; 3rd Year
34	35217001724	Navshika Chadha	BBA; 3rd Year
35	00821301724	Manish Goel	BBA; 3rd Year
36	01221301724	Piyush Anand	BBA; 3rd Year
37	01317001724	Anisha Mahal	BBA; 3rd Year
38	04417001724	Tashu	BBA; 3rd Year

39	01617001724	Vaishnavi	BBA; 3rd Year
40	03817001724	Utsavi	BBA; 3rd Year
41	01817001724	Vibhu	BBA; 3rd Year
42	06717001724	Sakshi	BBA; 3rd Year
43	52617001724	Angel Dahiya	BBA; 3rd Year
44		Nisha Rai (Faculty)	DMS; Faculty
45	07517001724	Pari Goyal	BBA; 3rd Year
46	50921301724	Khushi Gupta	BBA; 3rd Year
47	02221301724	Saumya Lokhande	BBA; 3rd Year
48	52917001724	Manvi Gupta	BBA; 3rd Year
49	07617001724	Kunal Chauhan	BBA; 3rd Year
50	50117001724	Charvi Anand	BBA; 3rd Year
51	01621301724	Aryan Khanna	BBA; 3rd Year
52		Ms. Rachna Garg	Club Incharge
53		Dr. Parul Gaba	Students welfare Incharge

Event Coordinator/Club Incharge



Rachna Garg
Kushi Officer, Mental Wellbeing Club
Tecnia Institute of Advanced Studies
Madhuban Chowk, Ramesh, Delhi-85

Ms. Rachna Garg

Incharge, Manoyog_Mental Well-Being Club



Parul Gaba
STUDENTS' WELFARE
TECNIA INSTITUTE OF ADVANCED STUDIES
MADHUBAN CHOWK, RAMESH, NEW DELHI-85

Dr. Parul Gaba

In/c Students Welfare