



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 “Emotional Wellness & Counseling Session”

Event	Awareness
Type of Activity:	Emotional Wellness & Counselling / Mental Health Awareness
OBE Values	Emotional, Well-being, Self-Awareness, Empathy
Mulya Pravah	Compassion, Empathy
Global Impact-UNSDG No.	SDG 3 – Good Health & Well-being; SDG 4 – Quality Education
Objectives	• Create awareness about emotional wellness and psychological well-being among students. • Increase awareness regarding the availability and importance of counselling support. • Encourage students to recognize and appropriately address emotional concerns. • Promote timely help-seeking and a positive attitude towards psychological counselling.
Course Mapping	NA
Course Outcome (CO)	NA
BT Level	NA
Expected Outcomes	Enhanced awareness of emotional well-being and counselling support; improved openness towards mental health concerns; promotion of compassionate and empathetic attitudes.
In collaboration/association with	Student Welfare Committee
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 Committee https://www.linkedin.com/in/rachna-garg-a76717a8/?isSelfProfile=true
Name & Designation details of Resource Person- External Expert Trained counseling expert (LinkedIn Profile Link)/	NA
Duration (Date & Time)	27 August 2026, 09:00 AM – 10:00 AM
Mode (Offline/Hybrid)	Offline

Venue	Room No. 1311, PG Block, TIAS
No. of Internal Participants	15 (13 Students + 2 Faculty)
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 used an interactive awareness-based approach focusing on emotional awareness, healthy coping, counselling support, and timely help-seeking. The activity can be replicated across departments to strengthen a supportive and stigma-free campus environment.

Feedback:

Mode of feedback collection (form / oral / reflection / survey)	Form
Key feedback highlights	Students demonstrated awareness and openness towards emotional well-being and counselling support.
Suggestions for improvement (if any)	To be added, if received

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

The Emotional Wellness & Counseling Session successfully promoted awareness regarding emotional well-being, psychological support, and timely help-seeking among students. The session encouraged students to understand their emotional experiences, adopt healthy coping approaches, and view counselling as a supportive and confidential resource. The activity also promoted Compassion and Empathy and contributed to SDG 3 and SDG 4 by supporting students' mental well-being and creating a healthy learning environment.

Media Coverage:

Social media link(s) (Mandatory)	https://www.facebook.com/share/1CmgTRsweN/ https://lnkd.in/p/d36ecifu
Print Media evidence (If any)	

Poster / Flyer


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MANOYOG
 MENTAL WELL-BEING CLUB

Session One

EMOTIONAL WELLNESS & COUNSELING SESSION

Awareness of Counselling Support and Emotional Well-being

DATE:
 27.08.2026
 (Thursday)

TIME:
 9:00 AM -
 10:00 AM

VENUE:
 Room No. 1311,
 PG Building, TIAS

ATTENDEES:
 All Students

FOCUS:
 Awareness of
 counselling support
 and emotional
 well-being

KEY TAKEAWAYS:

- Understand the importance of emotional well-being
- Know where and how to seek counselling support
- Develop self-awareness and healthy coping
- Promote a supportive and empathetic campus culture

“Taking care of your mind is just as important as taking care of your body.”




MULYA PRANAVI 2.0 VALUES
 Compassion, Empathy

UNSDG ALIGNMENT

- 3 Good Health
- 4 Quality Education

Club Incharge: Ms. Rachna Garg *Your well-being matters. Seek support. Stay strong.* Beneficiaries: All Students

TOGETHER FOR A HEALTHIER, HAPPIER AND RESILIENT CAMPUS

Geotag photos (with Caption):





Students actively participating in the “Emotional Wellness & Counseling Session” organized by Manoyog – Mental Well-Being Club, focusing on emotional awareness, psychological well-being and awareness of counselling support.

List of Participants (Attendance Sheet):

S. No.	Enrolment No.	Name of the Student	Prog & Year
1	03117001724	Tejas Jain	BBA; 3 rd Year
2	03721317024	Naina	BBA; 3 rd Year
3	05317001724	Komal Saini	BBA; 3 rd Year
4	03817001724	Aditya Sharma	BBA; 3 rd Year
5	03917001724	Simran Relan	BBA; 3 rd Year
6	03917001724	Utsavi	BBA; 3 rd Year
7	01617001724	Vaishnavi	BBA; 3 rd Year
8	04417001724	Tashu	BBA; 3 rd Year
9	03417001724	Saatvik	BBA; 3 rd Year
10	01017001724	Diya Gupta	BBA; 3 rd Year
11	06017001724	Kanishka	BBA; 3 rd Year
12	05217001724	Aarushi	BBA; 3 rd Year
13	05817001724	Yashika Mittal	BBA; 3 rd Year

Event Coordinator/Club Incharge

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

Ms. Rachna GargIncharge, *Mental Well-Being Club*

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

Dr. Parul GabaIn/c Students Welfare *Manoyog*