



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

INSTITUTIONAL AREA, MADHUBAN CHOWK, ROHINI, DELHI-110085

MANOYOG – MENTAL WELL-BEING CLUB

Report on “Yoga, Mindfulness & Guided Meditation for Stress Management”

Event	Awareness / Wellness
Type of Activity:	Yoga, Mindfulness & Guided Meditation
OBE Values	Emotional Well-being, Self-Awareness, Holistic Development
Mulya Pravah	Belongingness, Global Citizenship
Global Impact-UNSDG No.	SDG 3 – Good Health & Well-being
Objectives	• To promote physical, mental and emotional well-being among students and faculty. • To introduce mindfulness and guided meditation as practical techniques for managing stress. • To enhance self-awareness, emotional balance and concentration. • To encourage healthy and sustainable practices for overall well-being.
Course Mapping	NA
Course Outcome (CO)	NA
BT Level	NA
Expected Outcomes	Participants will develop greater awareness of stress-management practices and experience the benefits of yoga, mindfulness and guided meditation for emotional balance, relaxation and overall well-being.
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)/	Dr. Nandan Singh Thakur (Trained Yoga Expert)
Duration (Date & Time)	01 Oct 2026, 11:00 AM – 11:30 AM
Mode (Offline/Hybrid)	Offline

Venue	Yoga Room, UG Block, TIAS
No. of Internal Participants	36 +6 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 integrated **yoga, mindfulness and guided meditation** as experiential techniques for stress management and emotional balance. The experiential approach enabled participants to practise simple, accessible well-being techniques that can be incorporated into their daily routine. The activity is easily replicable across departments and student groups.

Feedback:

Mode of feedback collection (form / oral / reflection / survey)	Form
Key feedback highlights	Participants reported greater awareness of practical techniques for relaxation, mindfulness and stress management.
Suggestions for improvement (if any)	To be added, if received

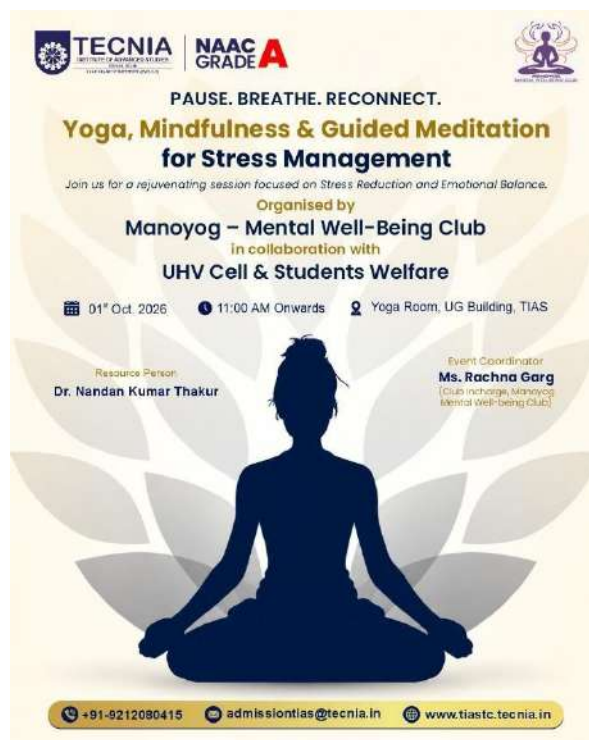
Concluding remarks (s): *(In about 50-100 words)*

The **Yoga, Mindfulness & Guided Meditation for Stress Management** activity provided students and faculty with practical techniques to promote relaxation, mindfulness and emotional balance. The experiential session encouraged participants to incorporate healthy stress-management practices into their daily routines. The activity reinforced the values of **Belongingness and Global Citizenship** and contributed to **SDG 3 – Good Health & Well-being** by promoting holistic mental and emotional wellness.

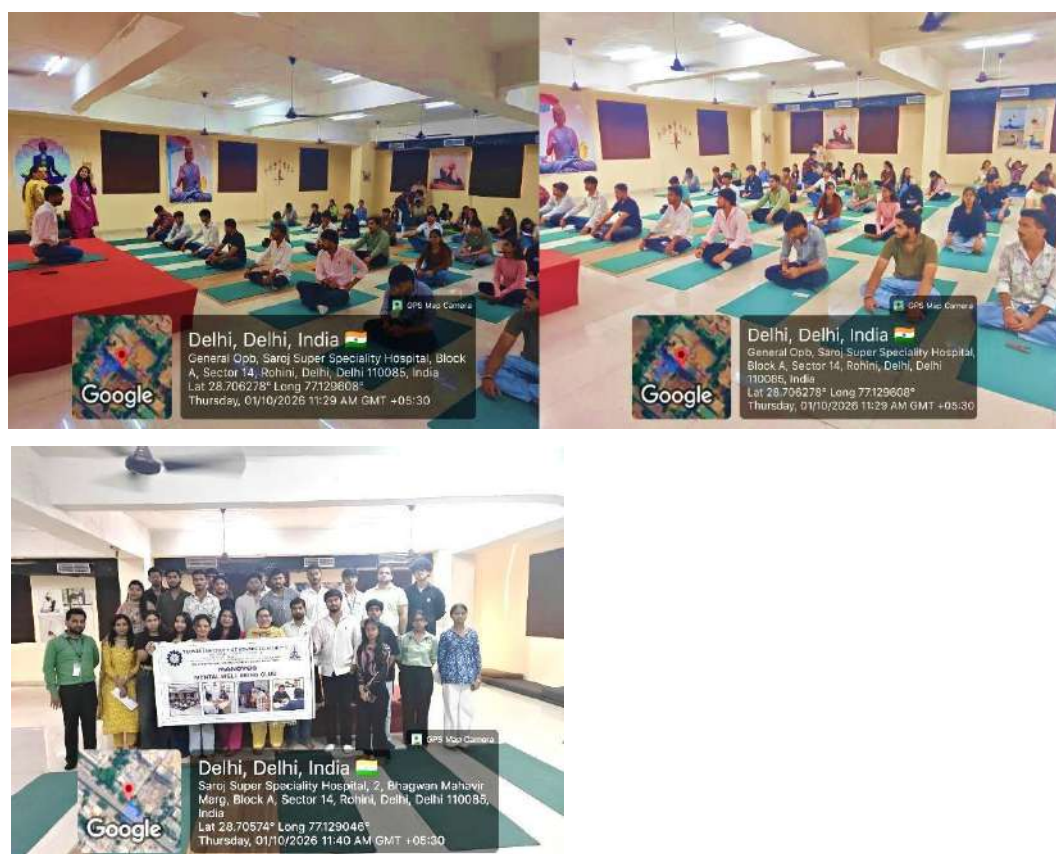
Media Coverage:

Social media link(s) (Mandatory)	https://www.instagram.com/p/Dd6NC4XDCxx/?utm_source=ig_web_copy_link&stkn=MzRIODBiNWF1ZA== https://lnkd.in/g4BiKMm8
Print Media	
evidence (If any)	

Poster / Flyer



Geotag photos
(with Caption):



List of Participants (Attendance Sheet):

S. No.	Enrolment No.	Name of the Student	Prog & Year
1	06617001725	Ketan Kapoor	BBA, 2 nd Year
2	06517001725	Ayush Mishra	BBA, 2 nd Year
3		Sarthak Gupta	BBA, 1 st Year
4	07021301725	Rudraksh Gupta	BBA, 2 nd Year
5	8595027417	Mudit Trehan	BBA, 1 st Year
6	9650217054	Kartik Khatri	BBA, 1 st Year
7	9650717472	Chandresh Bahuni	BBA, 1 st Year
8	7015795451	Parth	BBA, 1 st Year
9	01721301788	Piyush	BBA, 2nd Year
10	0019001725	Vansh Raj	BBA, 2nd Year
11	09517001725	Rahul	BBA, 2nd Year
12	08021301725	Vaishnavi	BBA, 2nd Year
13	10517001725	Mokshi Jain	BBA, 2nd Year
14	09221301725	Aashka Singh	BBA, 2nd Year
15	09021301725	Shivangi Kumari	BBA, 2nd Year
16	06217001725	Himanshu	BBA, 2nd Year
17	08917001725	Garv Dhingra	BBA, 2nd Year
18	01517001725	Aryan Singh	BBA, 2nd Year
19	09721301725	Rajveer Thakur	BBA, 2nd Year
20	06921301725	Mohit Sahu	BBA, 2nd Year
21	08317001725	Vivid Sharma	BBA, 2nd Year
22	07717001725	Dhruv Bhoopat	BBA, 2nd Year
23	10617001725	Sagar Negi	BBA, 2nd Year
24	06317001725	Aarush Grover	BBA, 2nd Year
25	06917001725	Dakshesh Sharma	BBA, 2nd Year
26	09917001725	Khushi Vij	BBA, 2nd Year
27		Vaishnavi Lodhi	BBA, 1st Year
28		Aaditya Goyal	BBA, 1st Year
29	9625427799	Vanya Sharma	BBA, 1st Year
30	8796901488	Lakshay	BBA, 1st Year
31	837393016	Ram	BBA, 1st Year
32	9318322821	Lavish	BBA, 1st Year
33	8860248662	Bhoomika Singh	BBA, 1st Year
34	8016938108	Janvi	BBA, 1st Year
35		Ms. Sonia Ruhil	DMS, Faculty
36		Mr. Jitender	DMS, Faculty
37	9560774849	Ms. Simran	Media Lab
38	9560774849	Mr. Aashish	Media Lab
39	9113314960	Dr. Nandan	Yoga Expert

Event Coordinator/Club Incharge



Rachna Garg
Nodal Officer, Mental Wellbeing Club
Tecnica Institute of Advanced Studies
Mathurba Chowk, Rohtak, Delhi-85

Ms. Rachna Garg

Incharge, *Manoyog_Mental Well-Being Club*



Parul Gaba
STUDENTS' WELFARE
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Dr. Parul Gaba

In/c Students Welfare