



SESSIONS ON HAPPINESS

**HH Dalai Lama Centre for Happiness,
Chitkara University, Punjab**



REPORT FOR JULY 2023 - JUNE 2024



HH Dalai Lama Centre for Happiness Chitkara University, Punjab

June 2023 - June 2024

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1	Happiness - Ek Ahsaas	07 June 2023
2	Various Strategies to Enhance Mental Health	01 Jul, 2023
3	Workshop For Healthy Well-Being	04 Jul, 2023
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6	Designing Success achieving Success	04 Aug, 2023
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S.N.	Event Name	Date
18	Mental Health Day Celebrations	20 Oct, 2023
19	Transition from Student life to Corporate Life	11 Oct, 2023
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21	Expert Sessions	12-14 Dec, 2023
22	The Power of Ethical Leadership	20 Dec, 2024
23	Book Bite bash	13 Feb, 2024
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25	International Women's Day Celebrations	07 Mar, 2024
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28	World Happiness Day Celebrations	20 Apr, 2024
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30	Cultural Activity	08-12 Apr, 2024
31	Harmonizing Ownership	10 Apr, 2024
32	Cultural Activity	15-18 Apr, 2024
33	Toy Donation Drive	18-19 Apr, 2024
34	Cultural Activity	22-26 Apr, 2024
35	Kahanikaar	23 Apr, 2024
36	Happiness Interventions	06-13 May, 2024
37	Skill Verse Certificate Ceremony	02 May, 2024

S.N.	Event Name	Date
38	World Laughter Day Online	03 May, 2024
39	World Laughter Day Celebrations	06 May, 2024
40	International Cultural Exchange At Chitkara University	09 May, 2024
41	Pehchan Happiness Inside You	18 May, 2024
42	Meditation day	21 May, 2024
43	Ice Breaking Session	23 May, 2024
44	Stress Management	27 May, 2024
45	Happiness At Work Place	29 May, 2024

Event: Happiness Ek Ahsaas

Event Details

Topic	Happiness ek Ahsaas
Date	07 June, 2023
Time	3:00 PM - 5:00 PM
Venue	Pulitzer Hall
Number of Participants	110
Resource Person	Mr. Manav Bansal



Glimpses of the Event

Chitkara Happiness Centre hosts "Happiness ek Ahsaas Part 2," a special event for university wardens, caretakers, security, and housekeeping. The event enhances happiness, understanding and experience, positively impacting participants' lives.

The event starts with a laughter yoga session combining laughter exercises and deep breathing to boost physical and emotional wellness. It also educates wardens, caretakers, and housekeeping staff on maintaining a healthy lifestyle and respiratory health. Participants in the event explore key teachings like "Jeena Ka Ahsaas" (The Essence of Living), "Karma Ka Ahsaas" (The Essence of Action), and "Pyaar Ka Ahsaas" (The Essence of Love) by Manav Sir. They partake in talks and discussions for

insights on living fully, acting purposefully, and nurturing love in relationships. Meditation sessions offer wardens and caretakers a chance for inner peace while interactive games promote teamwork and community. These activities bring joy and unity, enhanced by a lively musical performance from the talented students of the Happiness Centre, fostering celebration and movement.

In conclusion, the pursuit of happiness is not only a personal endeavor but also a crucial element in achieving happiness goal for students and staff in the university. By prioritizing mental and emotional well-being, individuals can enhance their overall health, academic performance, and work productivity. Embracing happiness as a fundamental right can lead to a more inclusive and supportive educational environment, ultimately contributing to the advancement of sustainable development. As we continue to foster a culture of positivity and well-being, let us remember that happiness is not just a destination, but also a continuous journey that empowers us to thrive and contribute positively to the world around us.

Event: Various Strategies to Enhance Mental Health

Event Details

Topic	Various Strategies to Enhance Mental Health
Date	01 July, 2023
Time	10:00 AM to 12:00 PM
Venue	Sopatorium
Number of Participants	20
Resource Person	Mr. Manav Bansal



Glimpses of the Event

Mental health is crucial for well-being. The Chitkara Happiness Center conducted a faculty session on happiness, highlighting ways to enhance mental wellness through the PERMA Model. Participants engaged in activities and discussions to cultivate a healthier mindset by focusing on Positive Emotion, Engagement, Relationships, Meaning, and Accomplishment. The session aims to equip educators and professionals with tools to boost mental health for themselves and students. Attendees will learn to apply the PERMA framework effectively in daily life and work. By nurturing mental health, we create supportive environments for growth and resilience through specific activities and discussions. Participants will take actionable steps to improve well-being.

During the session, participants expressed gratitude for blessings and positive experiences. Research indicates that gratitude boosts satisfaction and positivity. Laughter yoga, dancing, and singing were incorporated to enhance engagement, joy, and interpersonal connections.

In conclusion, the PERMA and SAVERS models offer valuable strategies to support mental health among faculty members at the university. By integrating these models into faculty development sessions, the university can promote well-being, resilience, and personal growth. Emphasizing positive emotions, engagement, relationships, meaning, and accomplishment, along with the SAVERS model's focus on morning rituals, further enhances the holistic approach to mental health. This proactive initiative aligns a good environment and empowers faculty members to thrive personally and professionally.

Event: Design Your Happiness

Event Details

Topic	Design Your Happiness
Date	04 July, 2023
Time	2:00 PM to 4:00 PM
Venue	Plato Hall
Number of Participants	46
Resource Person	Mr. Manav Bansal



Glimpses of the Event

In today's fast-paced world, prioritizing mental health and well-being is crucial. Chitkara Design School hosted a four-day event called "Workshop for Healthy Well-Being" with the Chitkara Happiness Centre. The first day, titled "Design Your Happiness," offers personal growth and mindfulness activities to foster a positive mindset and enhance overall well-being.

At the event, attendees kicked off with the "Signal Game," sparking a lively atmosphere. This interactive session promoted connections and set a supportive tone. Vrinda, a Chitkara Happiness Centre executive, delved into happiness hormones and well-being. Students learned to boost well-being through activities. The workshop also introduced S.A.V.E.R.S (Silence, Affirmations, Visualization, Exercise, Reading, and Scribing) a framework for personal growth and mindfulness.

Throughout the day, students explored their strengths in a treasure map-like survey, uncovering hidden gems and embracing their power. With activities and a laughter yoga session promoting joy and unity, the workshop promises a transformative journey to self-discovery and happiness.

In conclusion, the S.A.V.E.R.S method has demonstrated its effectiveness as a helpful resource for students working towards health living in both the present and the near future. By implementing these practices into everyday routines, students have improved overall health and are better poised to create a more sustainable tomorrow. Furthermore, by highlighting the advantages of S.A.V.E.R.S to the university and potential students, the institution can create a culture of wellness and resilience.

Event: PERMA Model for Human Well-being and Success

Event Details

Topic	PERMA Model for Human Well-being and Success
Date	05 July, 2023
Time	2:00 PM to 4:00 PM
Venue	Plato Hall
Number of Participants	35
Resource Person	Mr. Manav Bansal



Glimpses of the Event

The second day at Chitkara Design School centred on exploring the PERMA model, emphasizing Positive Emotion, Engagement, Relationships, Meaning, and Accomplishment. Students started with a lively dance session to boost emotions and show how engaging activities improve well-being.

To enhance the experience, interactive games, karaoke, and motivational storytelling were arranged. These activities encouraged students to reflect on their paths, promoted social connections, and assessed well-being through PERMA scores. The blend of fun and meaningful interactions underscores the importance of human and environmental health in fostering a thriving community.

Through interactive sessions, students gained a deeper understanding of how the PERMA model influences their happiness and success. The report highlights the importance of applying the PERMA model to create a supportive environment for students. In conclusion, the PERMA model provides a valuable framework for enhancing well-being and mental health. Implementing PERMA strategies at universities supports the holistic growth of students and faculty, enhancing overall well-being and academic success. Universities must prioritize integrating .

Event: Time Management

Event Details

Topic	Time Management
Date	07 July, 2023
Time	2:00 PM to 4:00 PM
Venue	Pulitzer Hall
Number of Participants	08
Resource Person	Mr. Manav Bansal



Glimpses of the Event

The workshop's third day emphasized time management, vital for students balancing studies, social life, and well-being to achieve a healthier work-life balance. Enhancing time management supports health, reduces obesity risks, and promotes a fulfilling lifestyle.

By focusing on tasks and establishing clear objectives, students can structure their schedules to incorporate both study time and activities that energize their minds and bodies. The Happiness Centre began the day with dance and singing sessions aimed at reducing stress and boosting mood. Additionally, mindfulness exercises and meditation were provided to enhance respiratory health and mental clarity for students. Interactive sessions were held to motivate students to discuss their experiences and challenges regarding life and health, helping to build a supportive community. The sessions also highlighted motivational career talks, aiming to inspire students to think about their futures, while stressing the significance of maintaining a healthy lifestyle.

Effective time management is crucial for achieving and promoting a healthy lifestyle to benefit students' well-being. Universities play a key role in supporting student success by integrating time management skills into their education strategies. Recognizing the impact of time management is vital for individuals and institutions to contribute to a sustainable society.

Event: Mindfulness And Talent Show

Event Details

Topic	Mindfulness And Talent Show
Date	08 July, 2023
Time	2:00 PM to 4:00 PM
Venue	Pierre Hall
Number of Participants	53
Resource Person	Mr. Manav Bansal



Glimpses of the Event

Mindfulness is a key practice that can lower stress and enhance overall well-being. By being mindful, we concentrate on the present moment and acknowledge our thoughts and emotions without judgment. This awareness can assist in managing stress and anxiety, especially when preparing for a talent show. Furthermore, practicing mindfulness can help prevent obesity by promoting healthy eating and frequent exercise.

The Chitkara Happiness Centre hosted a remarkable talent show for students of the Chitkara Design School, where participants displayed their outstanding abilities across multiple categories.

The event highlighted a wide array of talents, including acting, singing, sketching, dancing, Shayari (poetry), and stand-up comedy. Mr. Manav Bansal served as the distinguished judge, lending an air of prestige to the occasion. Participants exhibited their skills with enthusiasm, captivating the audience with their performances. The acting segment featured impressive portrayals that brought characters to life, while singers enchanted the crowd with their beautiful voices. Sketch artists revealed their talent through striking drawings, and dancers mesmerized everyone with their elegant movements, demonstrating their dedication to the art. Poets stirred emotions with their poignant shayaris, and stand-up comedians amused the audience with their clever humor. The level of talent exhibited was genuinely inspiring. To wrap up the event, Mr. Manav Bansal awarded prizes to the outstanding winners, recognizing their remarkable skills and dedication.

Happiness Centre

Position	Name	Category
First	Keshav & Gunjan	Musical Skit
Second	Ishika	Dancing

Design Department

Position	Name	Category
First	Guneet	Dancing
First Runner-up	Ayaan & Bhavya	Singing & Guitar Playing
Second Runner-up	Krish	Story Telling

The talent show hosted by the Chitkara Happiness Centre offered students an opportunity to display their creativity, enthusiasm, and abilities. A skill-based celebration fostered a dynamic and welcoming environment while fostering self-expression and love for the arts. The event inspired all attendees and heightened anticipation for future displays of exceptional talent from the students.

In summary, incorporating mindfulness practices into talent shows improves the experience for students and supports the attainment of Good Health and Well-Being. By fostering mental well-being and self-awareness, mindfulness assists students in managing stress, improving their focus, and developing resilience. Consequently, this leads to a beneficial effect on their overall health and well-being.

Event: Combatting Stress – A Holistic Approach

Event Details

Topic	Combatting Stress – A Holistic Approach
Date	15 July, 2023
Time	2:30 PM to 4:00 PM
Venue	Online
Number of Participants	86
Resource Person	Dr. Manjiri Puranik



Glimpses of the Event

To reduce stress and enhance overall well-being, it is essential to adopt a holistic approach to health. This approach involves considering all facets of well-being, including physical, mental, and emotional health. By tackling these various aspects, individuals can more effectively manage stress and avert detrimental consequences, such as suicidal thoughts or actions. By emphasizing holistic health practices, people can strive to reach this vital objective and enhance their overall quality of life.

Chitkara Happiness Centre and YGPT (Youth for Global Peace and Transformation) collaborated to host a significant event titled "Combating Stress: A Holistic Approach." The virtual session, led by the respected Dr. Manjiri Puranik, was a deeply insightful experience for participants, providing essential strategies for managing stress and fostering a life of happiness and fulfilment. The session covered various techniques for effectively handling stress and achieving balance in life. Participants learned about the definition of stress, its different forms, and methods for coping, all explained with care and optimism. Dr. Puranik emphasized the importance of being present and cultivating meaningful relationships, which resonated strongly with the audience. She also shared a touching story that highlighted the role of love in alleviating stress, captivating everyone in attendance. The students were actively engaged, asking numerous questions, to which Dr. Puranik responded with remarkable patience and clarity, equipping them with practical solutions for their stress-related issues. The event concluded with a calming meditation led by Dr. Puranik, leaving the students feeling refreshed and revitalized.

Mr. Manav Bansal expressed sincere gratitude to Dr. Puranik for her impactful session, instilling renewed hope and positivity in the attendees. The event had a profound impact, creating a lasting impression on all who participated. The Chitkara Happiness Centre and YGPT are eager to organize more such sessions in the future, promoting personal growth and the pursuit of happiness and well-being.

By taking a holistic approach in addressing student stress, universities can help achieve good health. This method, covering mental health, nutrition, fitness, and mindfulness, not only tackles immediate stress but also boosts long-term well-being. Supportive educational environments empower students to handle stress and improve health.

Event: Designing Happiness Achieving Success

Event Details

Topic	Designing Happiness Achieving Success
Date	04 August, 2023
Time	10:00 AM to 12:00 PM
Venue	Pulitzer Hall
Number of Participants	186
Resource Person	Mr. Manav Bansal



Glimpses of the Event

In today's world, happiness links with success, health, and sustainability. Challenges like diseases and dependence affect well-being. Understanding this connection helps promote a balanced lifestyle for fulfillment and health. The Chitkara Happiness Centre's orientation for the Design School left a lasting impression by promoting well-being and personal development through engaging activities, fostering an enthusiastic atmosphere among attendees.

The orientation began with engaging ice-breaking games that built connections among participants. Skill-Verse and Perma introductions enhanced cognitive skills, teamwork, and problem solving. These activities fostered resilience and positive emotions, empowering students to approach challenges confidently. The Signal Game encouraged mindfulness and understanding. Open discussions and sharing experiences in a supportive environment fostered belonging and active listening. Moreover, the Talent Expression segment provided a stage for students to highlight their diverse talents, be it through singing, dancing, or poetry. This celebration of individuality reinforced self-confidence and appreciation for the unique gifts each individual brings to the community.

By prioritizing happiness and success in our design approach, it directly contributes to promoting healthy lives and well-being for all. This focus on mental and emotional wellness supports students' growth, academic performance, and aligns with the university's goal of a thriving learning environment.

Event: Begin with Happiness End with Success

Event Details

Topic	Begin with Happiness End with Success
Date	04 August, 2023
Time	10:00 AM to 12:00 PM
Venue	Pulitzer Hall
Number of Participants	28
Resource Person	Mr. Manav Bansal



Glimpses of the Event

Success often hinges on happiness, a crucial foundation for personal and professional achievements. Prioritizing mental well-being equips individuals to overcome obstacles, make sound decisions, and cultivate resilience. However, issues like substance abuse and harmful coping mechanisms like excessive drinking can derail progress, leading to a cycle of illness and compromised health.

During the orientation at Chitkara Design School, the Chitkara Happiness Center hosted an event welcoming M.Des students with a range of activities promoting well-being. The day featured a dance session, interactive games, laughter yoga, and a stand-up comedy show, fostering positivity and connection. A session on Perma guided participants on enhancing happiness and life satisfaction. The event concluded with Skillverse, encouraging mindfulness and self-awareness.

The orientation event at the Chitkara Happiness Center, in collaboration with Chitkara Design School, was a successful kick-off for the academic year, leaving students with renewed joy, motivation, and stronger bonds.

Promoting happiness benefits students and fosters a positive university environment. Prioritizing happiness helps individuals succeed and uplift community well-being. Educational institutions must back initiatives linking happiness to success.

Event: The Interview Skills

Event Details

Topic	The Interview Skills
Date	05 August, 2023
Time	11:15 AM to 12:45 PM
Venue	LH 1, Picasso Block
Number of Participants	10
Resource Person	Mr. Manav Bansal



Glimpses of the Event

Mastering interview skills is crucial in today's competitive job market. Interviews go beyond technical knowledge to include diverse interpersonal and communication skills. Candidates must handle questions, show problem-solving abilities, and demonstrate their value to employers. Health is vital for interview success, affecting confidence and clarity. Preparing entails more than rehearsing; it involves mental and physical readiness.

The Chitkara Happiness Centre hosted a beneficial event titled "Interview Skills" with Mr. Manav Bansal, covering essential interview skills for participants from diverse backgrounds. Mr. Bansal expertly guided students through group discussions, highlighting communication's importance. The event, filled with insightful guidance, transformed the interview waiting area into a calm space, paving the way for enhanced interview techniques. Mr. Mahesh Rawat contributed valuable insights on impactful CVs and dressing etiquette, wrapping up with a Q&A session. Participants left equipped with knowledge and confidence for future interviews.

In conclusion, Developing strong interview skills benefits job seekers and supports by improving communication, enhancing employment prospects, and fostering well-being. This training empowers individuals to secure opportunities, participate in society, and contribute to global health initiatives.

Event: Stress Management and Wellness

Event Details

Topic	Stress Management and Wellness
Date	10 August, 2023
Time	09:30 AM to 10:45 PM
Venue	LH 13, Fleming Block
Number of Participants	27
Resource Person	Mr. Manav Bansal



Glimpses of the Event

Effectively managing stress is crucial for well-being and health. Prolonged stress causes health issues like obesity, affecting many globally. Obesity harms physical and mental health, often linked to stress-driven poor eating habits in a challenging cycle.

"Education transcends mere learning; it embodies the joy of discovery. Chitkara Happiness Centre hosted an engaging orientation session for the BBA department, led by the Chief Happiness Officer, Mr. Manav Bansal. This event was both enlightening and unforgettable for everyone present. Participants were introduced to the PERMA model, a research-based framework for overall well-being that includes Positive Emotions, Engagement, Relationships, Meaning, and Accomplishment. The atmosphere was lively and cheerful, as students eagerly took part in laughter yoga exercises, leaving a lasting impression on the occasion. Chitkara Happiness Centre is proud of its skilled faculty and vibrant community, dedicated to creating a joyful educational experience. This event exemplifies the Centre's dedication to blending happiness with holistic growth. Aspiring individuals are encouraged to partake in this journey and experience the enchantment of joyful learning, as Chitkara Happiness Centre strives to maintain an environment where education is a delightful path of growth and exploration.

Stress management and wellness programs are vital for advancing Good Health and Well-being. These initiatives foster mental and physical health, enhancing societies' productivity and well-being. Implementing such programs at universities boosts academic performance, creating a positive campus environment. Educational institutions must prioritize mental health and well-being efforts for student success and resilience.

Event: Happiness Productivity Equation

Event Details

Topic	Happiness Productivity Equation
Date	11 August, 2023
Time	10:00 AM to 12:00 PM
Venue	LH 2, Fleming Block
Number of Participants	26
Resource Person	Mr. Manav Bansal



Glimpses of the Event

The link between happiness and productivity emphasizes the importance of well-being for personal success and community health. Happier individuals are often more productive, which can lower the risk of heart disease and stroke by promoting healthy habits like exercise, nutrition, and sleep. Conversely, stress and unhappiness are linked to health issues like hypertension and heart disease. Prioritizing happiness not only boosts productivity but also reduces health risks, highlighting the need to foster happy environments for better health outcomes.

The Chitkara Happiness Centre hosted an event on the "Happiness Productivity Equation" for students at Chitkara Business School. Led by Mr. Manav Bansal, the Chief Happiness Officer, the session explained the PERMA model's five core elements and ways to boost happiness and productivity scientifically. Laughter yoga highlighted the event, emphasizing the connection between movement, laughter, and wellness. Mr. Dhires, the department's Dean, shared stories on happiness practices. Students actively participated, eager to apply happiness-boosting techniques and integrate them into daily life, showing a keen interest in learning. The event offered valuable insights, encouraging students to embrace the Happiness Productivity Equation principles in their lives.

The Happiness Productivity Equation highlights the strong link between happiness and productivity in university settings. Implementing this equation can help universities work towards Sustainable Development by fostering a positive environment that enhances academic performance, mental health, and satisfaction among staff and students.

Event: Welcome to the Paradise of Happiness

Event Details

Topic	Welcome to the Paradise of Happiness
Date	16 August, 2023
Time	02:00 PM to 04:00 PM
Venue	Einstein Hall
Number of Participants	80
Resource Person	Mr. Manav Bansal



Glimpses of the Event

Prioritizing happiness and well-being is crucial for university students facing academic stress. Unhealthy habits, like inactivity and poor diet, increase the risk of heart disease. Encouraging healthy behaviors – exercise, mindfulness, and good nutrition – fosters student well-being. Integrating environmental health programs in universities empowers students to improve their health and connect with their surroundings.

The Chitkara Happiness Centre and Department of Applied Engineering collaborated on an engaging orientation event to help students manage stress and promote overall well-being through activities like reflecting on happiness, practicing gratitude, exploring the PERMA model, and incorporating elements of Positive Emotions, Engagement, Relationships, Meaning, and Accomplishment. The event offered a mix of theory and practical applications with platforms like "Skillverse" for diverse experiences, "Happiness Codes" for personal development, and the "Booknatics Club" for book lovers. Students participated in laughter yoga, mindful meditation, and discussions, emphasizing a holistic approach to well-being in alignment with the institution's focus on academic success, personal growth, happiness, and balanced living.

Prioritizing mental health, work-life balance, and a supportive community enables the university to contribute to a healthier society, and a positive change.

Event: Self-Management

Event Details

Topic	Self-Management
Date	23 August, 2023
Time	10:00 AM to 12:00 PM
Venue	LH 12, Fleming Block
Number of Participants	26
Resource Person	Mr. Manav Bansal



Glimpses of the Event

Self-management is crucial for personal well-being and promoting a positive outlook. Mindfulness aids in understanding thoughts and feelings, reducing stress and anxiety. It supports mental, emotional health, and when integrated into daily routines, it boosts physical health. Thus, mindfulness and self-management are essential for overall well-being.

The Chitkara Happiness Centre and Chitkara Business School collaborated to create an enlightening session focused on "Self-Management for Happiness." The session was specifically designed for BBA Retail Management students for the academic year 2022-2023. It skillfully combined various elements to enhance the learning experience. Central to the session was the PERMA model, which explores Positive Emotions, Engagement, Relationships, Meaning, and Accomplishment. Another key aspect was SkillVerse, which provided students with practical skills essential for effective event planning. The session included gratitude activities aimed at developing a positive mindset and fostering mindfulness among students. Additionally, it addressed time management by equipping students with valuable tools and techniques, crucial for both academic success and event management. The session concluded with reflections on the nature of happiness, encouraging students to consider different viewpoints on well-being. Overall, this initiative by the Chitkara Business School and Chitkara Happiness Centre represents a commitment to holistic education, promoting an innovative approach that supports students in their professional and personal growth.

In conclusion, practicing self-management is crucial for personal and professional growth. Developing self-management skills benefits students, universities, and employees by improving well-being, mental health, and productivity, fostering a positive environment for learning, working, and thriving.

Event: Session on Happiness Way to Success

Event Details

Topic	Session on Happiness Way to Success
Date	25 August, 2023
Time	11:00 AM to 01:00 PM
Venue	LH 9, Escoffier Block
Number of Participants	55
Resource Person	Mr. Manav Bansal



Glimpses of the Event

Prioritizing happiness and mental health leads to success in personal and professional endeavors, enhancing goal achievement, resilience, and creativity. Well-being encompasses physical health, achieved through a balanced lifestyle with nutritious eating and regular exercise, while environmental health is crucial for fostering thriving communities amidst challenges like climate change and obesity.

The collaboration between Chitkara Happiness Centre and Chitkara College of Hotel Management offers activities and initiatives to enhance students' well-being, personal development, and happiness. The program focuses on improving various dimensions of well-being, utilizing the PERMA model's five elements: Positive Emotion, Engagement, Relationships, Meaning, and Accomplishment. The SkillVerse project provides students with essential life skills for personal and professional success. Gratitude practices boost well-being by fostering contentment. The Happiness Walk, joyful learning, engaging videos, and discussions deepen students' understanding of happiness. Laughter Yoga and meditation sessions help calm the mind and promote inner tranquility. This collaboration aims to guide students towards personal growth and happiness through the PERMA model, life skills, gratitude practices, and mindfulness.

In conclusion, by focusing on mental well-being, creating positive environments, and promoting balance, institutions support community health. This boosts academic performance and fulfills healthy lives and well-being.

Event: Unleashing Happiness In collaboration with CSPA

Event Details

Topic	Unleashing Happiness In collaboration with CSPA
Date	01 September, 2023
Time	02:00 PM to 04:00 PM
Venue	Pierre Hall, Le-Corbusier Block
Number of Participants	57
Resource Person	Mr. Manav Bansal



Glimpses of the Event

Achieving happiness involves maintaining balance amidst stress and addiction. Mental health is closely linked to physical well-being; stress may lead some to rely on unhealthy coping mechanisms like alcohol. However, temporary relief from alcohol can create dependency, hindering true happiness. Engaging in physical activity, mindfulness, and social connections reduces stress and offers lasting fulfillment. A holistic health approach, emphasizing nutrition and self-care, empowers individuals to combat addiction and regain control.

The Architecture Department at Chitkara University, in collaboration with the Chitkara Happiness Centre, hosted a creative well-being event featuring discussions on the PERMA MODEL. Students grasped the model's core elements: positive emotions, engagement, relationships, meaning, and accomplishments. A standout moment was a gratitude exercise encouraging participants to find joy in daily life. The day included student performances that included singing and dancing, with an emphasis on holistic well-being. Attendees left eagerly anticipating more enriching experiences, as the university remains committed to exploring how creativity and well-being enrich our lives.

By prioritizing happiness within universities, stakeholders can foster a positive environment that supports mental wellness. Active involvement in sustaining a culture that values happiness is crucial for enhancing overall health within the university community.

Event: Career Counselling Session on Happiness Code – PERMA Model in Collaboration with CBS

Event Details

Topic	Career Counselling Session on Happiness Code – PERMA Model in Collaboration with CBS
Date	06 September, 2023
Time	01:30 PM to 02:30 PM
Venue	LH4, New Extension, Law Block
Number of Participants	44
Resource Person	Mr. Manav Bansal



Glimpses of the Event

In career counseling sessions focusing on the Happiness Code and PERMA model, we explore key factors for well-being in personal and professional life. These elements are crucial for health and career satisfaction, enabling students to balance success with their well-being, fostering holistic personal and professional growth.

Chitkara Happiness Centre, in collaboration with Chitkara Business School, held an important event called "Career Counselling Session on the Happiness Code: PERMA Model." The purpose of the event was to offer participants meaningful insights into the PERMA model, a recognized framework for comprehending and improving happiness and well-being. He clarified that PERMA represents:

Positive Emotions: Experiencing positive emotions in everyday life is crucial for our overall well-being.

Engagement: The idea of "flow" refers to a state in which individuals are completely focused and immersed in an activity, resulting in a deep sense of fulfillment.

Relationships: Healthy relationships and social connections play a vital role in increasing happiness and life satisfaction.

Meaning: Having a sense of purpose and meaning in one's career and life journey can greatly influence overall well-being.

Accomplishments: Setting and reaching goals is important, as it fosters a sense of achievement and enhances happiness.

Mr. Bansal's expert presentation captivated the audience, leaving them inspired and armed with practical insights to boost happiness and well-being in their careers. The event not only fostered personal development but also highlighted the Chitkara Happiness Centre's commitment to comprehensive education and the pursuit of joy and success in all areas of life.

In conclusion, by using the PERMA model in career counseling, universities help students to promote good health and well-being. This approach equips students with tools for positive emotions, relationships, purpose, growth, and overall well-being. Prioritizing student happiness fosters a positive learning environment and contributes to global well-being goals. Educational institutions should continue integrating such models for a resilient and fulfilled generation.

Event: Session on PERMA Model In collaboration with Psychology Department

Event Details

Topic	Session on PERMA Model In collaboration with Psychology Department
Date	06 September, 2023
Time	02:30 PM to 04:00 PM
Venue	Pulitzer Hall, Picasso Block
Number of Participants	94
Resource Person	Mr. Manav Bansal



Glimpses of the Event

The Chitkara Happiness Centre, in partnership with the Psychology Department, organized an informative event called the "Session on the PERMA Model." This session focused on the PERMA model, a psychological framework created by Martin Seligman to explore well-being.

Mr. Bansal skillfully detailed the five key components of the PERMA model, which are:
Positive Emotions: Emphasizing the significance of experiencing positive emotions in everyday life and their contribution to overall well-being.

Engagement: Introducing the idea of "flow," where individuals become fully immersed in an activity, leading to a sense of fulfillment.

Relationships: Highlighting the importance of nurturing healthy relationships and social connections to enhance happiness and life satisfaction.

Meaning: Discussing how having a sense of purpose and meaning in one's career and life journey can greatly influence overall well-being.

Accomplishments: Stressing the value of setting and achieving goals, which fosters a sense of success and enhances happiness.

In conclusion, the “Session on the PERMA Model,” hosted by the Chitkara Happiness Centre and the Psychology Department, was a stimulating and engaging experience that enriched participants' understanding of the PERMA model and its real-life applications. The event ended with an interactive digital game designed to help participants apply the PERMA model in practical situations. This enriching experience illuminated the concept of happiness and illustrated how individuals can actively improve it through intentional actions and behaviors in their daily lives.

Event: Happiness Unboxed

Event Details

Topic	Happiness Unboxed
Date	18 September, 2023
Time	10:30 AM to 12:30 PM
Venue	4th floor, Fleming Block
Number of Participants	57
Resource Person	Mr. Manav Bansal (Happiness Team)



Glimpses of the Event

The Chitkara Happiness Centre, in partnership with the Chitkara Business School, launched a three-day event focused on enhancing happiness, personal development, and fostering positive relationships. By providing students with tools and strategies, it promotes a balanced approach to health and well-being. Emphasizing the importance of mental health, Happiness Unboxed encourages individuals to engage in practices that boost their overall satisfaction and joy. Participants develop important skills for personal and academic growth through mindfulness exercises and community activities. Ultimately, this program serves as a catalyst for creating a supportive environment where happiness can thrive.

The first day featured a range of engaging activities and sessions focused on personal and emotional growth. Mr. Manav Bansal skillfully led the program, creating a motivating and insightful environment. The event began with a signal game, a team-building exercise designed to encourage students to work together without verbal communication. Following this interactive icebreaker, participants viewed inspirational videos that underscored the significance of happiness in life. The session then moved to Skill Verse, which examined various skill-based courses. It continued with a storytelling segment that emphasized themes of motivation and kindness. The stories resonated with the audience, inspiring participants to weave kindness into their daily lives.

Overall, the inaugural day of the workshop organized by the Chitkara Happiness Centre and Chitkara Business School was an enlightening and educational experience. It established a strong foundation for personal and emotional development, highlighted the importance of happiness, and equipped students with practical strategies to navigate life's challenges.

Event: Happiness Unboxed

Event Details

Topic	Happiness Unboxed
Date	19 September, 2023
Time	10:30 AM to 12:30 PM
Venue	4th floor, Fleming Block
Number of Participants	57
Resource Person	Mr. Manav Bansal (Happiness Team)



Glimpses of the Event

The second day of the workshop organized by the Chitkara Happiness Centre and Chitkara Business School offered students important insights into happiness and building effective relationships.

A key moment of the day was a session led by Mr. Manav Bansal, who skillfully discussed methods to enhance happiness and cultivate positive relationships in life. The session explored the essential question, "What is happiness?" prompting students to contemplate their own views on the topic and provide insightful contributions. Mr. Bansal detailed various approaches that can positively affect people's lives, including acknowledging mistakes, practicing active listening, remembering names, avoiding conflicts, steering clear of complaints, and harnessing the power of a smile. Khyati Singh from the BBA department contributed her valuable perspective on happiness and personal growth. Participants left the day equipped with practical tools to improve their well-being and relationships, marking a significant advancement in their journey toward personal development and happiness. The partnership between the Chitkara Happiness Centre and Chitkara Business School remains successful, empowering students with the knowledge and skills needed for fulfilling lives.

Event: Happiness Unboxed

Event Details

Topic	Happiness Unboxed
Date	20 September, 2023
Time	10:30 AM to 12:30 PM
Venue	4th floor, Fleming Block
Number of Participants	52
Resource Person	Mr. Manav Bansal (Happiness Team)



Glimpses of the Event

The third day of the workshop organized by the Chitkara Happiness Centre and Chitkara Business School wrapped up with an emphasis on enjoyable and mindfulness activities. Unboxed happiness refers to the exploration of joy through mindful practices that enhance well-being and minimize stress. These mindful activities relieve stress, improve health, and pave the way for a more fulfilling life, embracing challenges as opportunities for growth and happiness.

Mr. Manav Bansal led the sessions of the day, focusing on increasing participant engagement, promoting physical activity, and encouraging mindfulness. The day began with lively entertainment that featured a guitar performance, captivating dance routines, and heartfelt singing, creating an uplifting atmosphere for all attendees. Highlights included the "Sit-Stand Game," which promoted physical activity, and the "Durki Game," aimed at enhancing mindfulness and concentration. This entertainment segment provided a refreshing contrast to the more demanding sessions from previous days, allowing students to relax and enjoy themselves. The combination of entertainment and interactive activities, alongside mindfulness practices, offered participants a well-rounded experience that supported personal development and fostered an appreciation for the present.

Overall, this day played a crucial role in the event's success, boosting the well-being and happiness of everyone involved.

In conclusion, it is clear that our path to happiness and well-being is closely linked to improving health and lowering stress. By acknowledging the significance of both physical and mental health, we can play a vital role in creating a more sustainable and rewarding future for everyone.

Event: Mental Health Day Celebrations In collaboration with CCE

Event Details

Topic	Mental Health Day Celebrations In collaboration with CCE
Date	10 October, 2023
Time	11:00 AM Onwards
Venue	Alpha Zone and Pierre Hall
Number of Participants	294
Resource Person	Mr. Manav Bansal & Happiness Team



Glimpses of the Event

Mental health plays a crucial role in overall well-being and is affected by several factors, such as obesity, stress, and overweight. These factors are interconnected and can greatly influence both physical and mental health. Addressing these concerns in a comprehensive manner is vital for sustaining a healthy lifestyle and achieving complete well-being. The Chitkara Happiness Centre and the College of Education celebrated World Mental Health Day on October 10, 2023, emphasizing mental health as a universal human right. The event, enriched by the Chitkara School of Mass Communication and the NSS Wing, featured a session by Mr. Manav Bansal, Chief Happiness Officer at Chitkara University.

He stressed the importance of mental health alongside physical health, referencing UNESCO's theme and encouraging open discussions about well-being. Students engaged in diverse activities like dancing, talent showcases, and games to create a positive and supportive environment, attracting participants from various programs, especially BAJMC and MAJMC students.

The inclusive strategy at the Chitkara Happiness Centre benefited a wide range of students, leading to an overall improvement in well-being. Participants found a space for self-expression, fostering community and support. Many students expressed gratitude through notes, while others committed to adopting positive habits post-event. The focus on mental health routines resonated with attendees, encouraging self-care prioritization. The World Mental Health Day celebration was impactful, merging informative sessions with interactive activities. The response of the enthusiastic student emphasized the success of the event in improving mental well-being and demonstrating the University's dedication to comprehensive education and support for student mental health.

In conclusion, Universities promoting mental well-being create a positive impact on students' health. Educational institutions must prioritize mental health initiatives, providing students with resources and support.

Event: Transition from Student Life to Corporate Life

Event Details

Topic	Transition from Student Life to Corporate Life
Date	11 October, 2023
Time	02:00 PM to 4:00 PM
Venue	Einstein Hall
Number of Participants	188
Resource Person	Ms. Yogita Sharma



Glimpses of the Event

Transitioning from student life to the corporate world can be a challenging process that can affect one's health in various ways. The stress of adapting to a new environment, meeting deadlines, and juggling multiple responsibilities can take a toll on both mental and physical well-being. This increased stress can lead to unhealthy coping mechanisms such as addiction to substances like drugs, which can further deteriorate both human health and environmental health. It is important for individuals to prioritize their well-being and seek support when needed in order to maintain a healthy balance between their personal and professional lives.

The session, named "Transition from Student Life to Corporate Life," showcased Ms. Yogita Sharma, the respected Founder of People Gains, as the guest speaker. Ms. Sharma shared her extensive experience and skillfully addressed the vital skills needed for a successful move into the corporate environment. She emphasized the significance of leaving comfort zones, adhering to deadlines, and refraining from making judgments. These essential insights provided a strong base for the students, equipping them to face the challenges and expectations of corporate life.

The informative and engaging session led by Ms. Yogita Sharma captivated the audience with intriguing stories and questions, encouraging active involvement and reflection. Students gained valuable insight into the corporate world through a blend of real-world examples and theoretical concepts, making the session enlightening and relevant for their future careers.

The shift from student to corporate life is a key for enhancing mental well-being through employment and healthcare access. This change aids students and universities in career progression and continuous learning. Seeking mentorship, networking, and skill enhancement are crucial for corporate success.

Event: Budgeting Happiness In collaboration with CBS

Event Details

Topic	Budgeting Happiness In collaboration with CBS
Date	23 November, 2023
Time	02:00 PM to 4:00 PM
Venue	Fleming Block
Number of Participants	78
Resource Person	Mr. Mahesh Rawat



Glimpses of the Event

Budgeting plays a crucial role in our overall well-being and happiness. By carefully managing our finances, we can ensure that we have the resources to take care of ourselves both physically and mentally. Being aware of our spending habits and making a plan for our financial future can reduce stress and anxiety, leading to a healthier mindset. It is important to prioritize self-care and invest in activities that bring us joy and fulfilment, as this can have a positive impact on our overall happiness and well-being. By practicing good financial planning and self-awareness, we can create a more stable and fulfilling life for ourselves.

Chitkara Happiness Centre, in partnership with Chitkara Business School, hosted a session on "Budgeting Happiness" for MBA Finance students to explore the link between financial planning and personal well-being. Distinguished guests, Mr. Mahesh Rawat and Chief Happiness Officer, Mr. Manav Bansal, shared insights. Mr. Rawat discussed the 5S strategy for life budgeting, focusing on self-awareness, self-care, setting priorities, and work-life balance. The session emphasized integrating happiness into financial planning, offering practical advice on financial management and well-being. Attendees gained tools for self-care, boundaries, and relationships. The successful event empowered students to align financial planning with personal happiness.

The session effectively combined expert insights, practical advice, and a focus on well-being, enabling students to connect financial planning with personal happiness. This approach provides students with essential life skills that enhance their health. By prioritizing emotional well-being in conjunction with academic pursuits, we foster resilient and satisfied individuals.

Event: Decoding Your Happiness

Event Details

Topic	Hack Decoding Your Joy
Date	12 December,, 2023
Time	03:00 PM to 4:00 PM
Venue	Happiness Centre
Number of Participants	16
Resource Person	Subodh Sir



Glimpses of the Event

Decoding Your Joy is an important aspect of achieving good health and well being. By managing stress, preventing illness, reducing alcohol intake, and prioritizing self-care, we improve our health and well-being. Understanding joy, caring for physical and mental health, and making healthy choices help create a healthier community.

The "Hack Decoding Your Joy" session at the Chitkara Happiness Centre, conducted by Associate Professor Subodh, offered an in-depth look at innovative methods for improving happiness and overall well-being. Mr. Subodh shared important insights on joy-hacking techniques, which included mindfulness exercises, principles of positive psychology, and practical advice for incorporating happiness into everyday life. The session emphasized a holistic view of happiness, addressing both mental and emotional aspects of well-being. Mr. Subodh's practical tips likely featured actionable steps that participants could easily add to their daily routines, fostering a lasting impact on their happiness. The session encouraged participant engagement through interactive elements such as group discussions, hands-on activities, and Q&A sessions, promoting a collaborative learning atmosphere.

It is clear that Hack Decoding Your Joy plays a vital role in promoting mental health and well-being among students. Through its innovative approach and practical strategies, it equips students with the tools to manage stress, anxiety, and other mental health challenges.

Event: Life Lessons of Success & Happiness

Event Details

Topic	Life Lessons of Success and Happiness
Date	13 December,, 2023
Time	02:00 PM to 3:00 PM
Venue	Einstein Hall
Number of Participants	NA
Resource Person	Mr. Vivek Verma



Glimpses of the Event

A key lesson in life is that health is closely connected to success and happiness. Taking care of your physical, mental, and emotional well-being is crucial in achieving your goals and living a fulfilling life. Maintaining a healthy lifestyle, such as eating nutritious foods, exercising regularly, and managing stress, can reduce the risk of heart disease and other health issues. By prioritizing your overall health and well-being, you can increase your chances of success and happiness in all aspects of life.

Chitkara Happiness Centre recently organized an enlightening session on the Life Lessons of Success and Happiness, featuring Mr. Vivek Verma, the Managing Director of Spray Engineering Devices. During this engaging event, Mr. Verma shared his valuable experiences and insights on achieving success and finding happiness in both personal and professional life. Participants had the opportunity to explore Mr. Verma's remarkable journey and learn about the strategies and principles that have led to his achievements. The session highlighted the milestones reached by Spray Engineering Devices under Mr. Verma's leadership, focusing on the key principles that have driven their success. Attendees left feeling inspired and equipped with practical lessons applicable to their own paths toward success and happiness. The Chitkara Happiness Centre remains a center for transformative discussions, inviting accomplished individuals like Mr. Vivek Verma to share their experiences and enhance the collective wisdom of the community.

In summary, the pursuit of success and happiness is linked to our well-being, aligning with the objective of promoting healthy lives. By embracing life lessons, students can enhance their well-being and help create a healthier world.

Event: Gratitude: A magnet for Miracles

Event Details

Topic	Gratitude: A magnet for Miracles
Date	14 December,, 2023
Time	01:00 PM to 2:00 PM
Venue	Happiness Centre
Number of Participants	14
Resource Person	Ms. Swati Gupta



Glimpses of the Event

Gratitude is a powerful force that can attract miracles, health and happiness into our lives. When we express gratitude for the things we have we are more likely to attract positive energy and opportunities. By focusing on the good in our lives, we can cultivate a mindset of abundance and joy. Gratitude can also improve our physical and mental well-being by reducing stress and increasing feelings of contentment.

Chitkara Happiness Center recently held an insightful session on the transformative effects of gratitude, led by Swati Gupta, Assistant Professor at Chitkara Design School. Entitled "Gratitude: A Magnet for Miracles," the session examined how fostering gratitude can significantly influence one's life. Swati Gupta shared her expertise and offered various methods to weave gratitude into everyday practices. The discussion emphasized not only the importance of appreciating the present moment but also how gratitude can serve as a catalyst for bringing about positive changes and miracles. Participants gained valuable insights into how a grateful mindset can improve overall well-being, strengthen resilience, and generate a positive ripple effect in both personal and professional areas.

In the end, Swati Gupta's session at the Chitkara Happiness Center provided a profound exploration of gratitude as a dynamic force for attracting miracles into our lives, inspiring attendees and equipping them with practical strategies to incorporate gratitude into their daily lives.

Event: The Power of Ethical Leadership in collaboration with CBS

Event Details

Topic	The Power of Ethical Leadership
Date	20 December,, 2023
Time	03:00 PM to 4:00 PM
Venue	Warren Buffett Hall
Number of Participants	34
Resource Person	Mr Mahesh Rawat



Glimpses of the Event

The Chitkara Happiness Center organized a session on "The Power of Ethical Leadership" in association with Chitkara Business School conducted by Mr. Mahesh Rawat. The session aimed to explore various aspects of ethical leadership, including essential values for effective leadership, and practical strategies on how to be an ethical leader. These sessions were conducted in both online and offline modes, ensuring widespread accessibility and engagement among the diverse audience.

Mr. Rawat delved into different leadership styles, highlighting the traits and characteristics associated with each, covering autocratic, transformational, transactional, and several leadership styles, offering in sight sin to their respective impacts on organizational culture and employee motivation. Integrity, accountability, and transparency were among the core values discussed as essential for fostering trust and collaboration within a team.

Students were encouraged to explore literature that delves into the experiences and wisdom of successful leaders, fostering a culture of continuous learning and self-improvement. These session provided practical guidance that the Skill verse Program, launched by Chitkara Happiness Centre, i.e. ,Ethical Leadership, on cultivating ethical leadership skills. Some actionable strategies are discussed for decision-making and conflict resolution.

The session on "The Power of Ethical Leadership" has successfully provided a holistic exploration of ethical leadership concepts. The event proved to be a valuable resource for individuals aspiring to enhance their leadership skills with a strong ethical foundation.

Event: Book Bite Bash

Event Details

Topic	Book Bite Bash
Date	13 February, 2024
Time	11:00 AM to 01:00 PM
Venue	Pulitzer Hall
Number of Participants	24
Guests Honored	Dr. Vandana (Deputy Registrar at CDS) Dr. Pooja Dogra (Asst. Dean DASH)
Resource Person	Mr. Manav Bansal



Glimpses of the Event

The Chitkara Happiness Centre recently hosted the much-anticipated "Book Bite Bash" event, immersing students in a literary journey that celebrated the love for reading. The event brought together students, esteemed guests, and a star-studded judging panel.

Students showcased their passion for reading through insightful book reviews. The atmosphere was vibrant, filled with the enthusiasm of young minds eager to share their literary discoveries. This event featured distinguished guests and judges, including Dr. Vandana, Professor and Deputy Registrar at Chitkara Design School, and Dr. Pooja Dogra, Assistant Dean of the Department of Allied Health Sciences. Their presence added scholarly depth and expertise to the occasion and adding a touch of leadership and inspiration to the event was Mr Manav Bansal, Chief Happiness Officer (CHO). His participation reinforced the commitment to happiness and holistic well-being at Chitkara University. Students experienced a blend of learning and celebration throughout the morning. The event not only provided a platform for showcasing literary talents but also fostered an environment conducive to the exchange of ideas and knowledge. Congratulations echoed through the venue as the winners were announced.

S.N.	Name	Book	Position
01.	Harneet Atwal	Tuesday with Morrie	First
02.	Aashi Garg	Only love is Real	Second
03.	Ishika Sharma	A Story Can Change Your Life	Third

Their outstanding contributions and insightful reviews were recognized and celebrated. A big round of applause resonated for all students who, through their enthusiasm and dedication, contributed to making the "Book Bite Bash" successful, organized by the Chitkara Happiness Centre, proved to be a harmonious blend of literature, learning, and celebration. It not only showcased the literary prowess of the students but also underscored the commitment of Chitkara University to holistic education and the pursuit of happiness.

Event: Happy Verse

Event Details

Topic	Happy Verse
Date	02 March, 2024
Time	12:30 PM to 01:30 PM
Venue	Happiness Centre (Bloom Block)
Number of Participants	08
Resource Person	Mr. Manav Bansal



Glimpses of the Event

Personal development plays a crucial role in maintaining good health and happiness. By focusing on personal growth and self-improvement, individuals can reduce stress levels and prevent diseases. Engaging in activities such as exercise meditation and healthy eating can lead to a happier and healthier life. It is important to prioritize personal development in order to achieve a balanced and fulfilling lifestyle.

In the vibrant realm of academia, the Faculty of Computer Science and Engineering (CSE) embarked on an initiative called the "Happy Verse." This special event aimed to boost the happiness levels of mentors while providing them with research-driven tools for personal growth. The event presented a wonderful blend of fun and self-improvement, with participatory exercises like the "Power Circle" and the introduction of three significant tools: career development, gratitude, and mindfulness. Mentors participated in career development, a technique that allows people to reframe their responsibilities to increase job satisfaction. The concept of gratitude was examined through activities aimed at fostering appreciation. Participants were fully engaged, bringing laughter and joy to the forefront. Laughter yoga acted as a stress reliever and helped create a positive, uplifting environment among mentors. The Happy Verse session for CSE faculty mentors proved to be a significant success, merging enjoyment, personal development, and positive energy. By integrating research-backed tools, interactive games, and laughter yoga, the event nurtured a culture of well-being and teamwork. The Happy Verse experience highlights the value of incorporating joy and personal growth into the academic journey.

In the end, Happy Verse is vital for faculty development and stress reduction. It provides personalized support, resources, and community for educators to excel professionally and personally.

Event: International Women's Day Celebrations

Event Details

Topic	International Women's Day Celebrations
Date	07 March, 2024
Time	02:00 PM Onwards
Venue	Carnegie Hall
Number of Participants	83
Resource Person	Dr. Pallavi Bansal



Glimpses of the Event

International Women's Day is a day to celebrate the achievements and contributions of women around the world. It is also a time to raise awareness about important issues that affect women's health, such as skin diseases. Skin diseases can have a significant impact on a woman's quality of life and overall well-being. It is important to prioritize women's health and address the challenges they face in order to create a more equitable and healthy world for all.

The Chitkara Happiness Centre, in partnership with the Chitkara College of Pharmacy, marked International Women's Day with a celebration focused on empowering and valuing women. The session presented valuable insights into skincare, particularly tailored to the demands of college life. A key highlight was Dr. Pallavi Bansal's session on skincare tailored for busy students. Her presentation was both informative and enjoyable, offering practical skincare tips suitable for a hectic schedule. Participants found her advice valuable, and Dr. Bansal's expertise played a crucial role in the event's success. Women from various departments participated enthusiastically, engaging in discussions, games, and activities that fostered an atmosphere of empowerment and appreciation. Attendees shared their thoughts on women's issues, exchanged personal stories, and offered self-care tips, building a sense of community and solidarity. The International Women's Day event at the Chitkara Happiness Centre, in collaboration with the Pharmacy Department, was a significant and empowering occasion. Through interactive sessions and activities, attendees were encouraged to celebrate and support women every day. The event underscored the importance of women's empowerment, self-care, community support, and appreciation. International Women's Day events at universities enhance the experiences of staff and students by advocating for gender equality and the well-being of women. These initiatives create a nurturing atmosphere and encourage gender inclusivity, which in turn enriches the entire university community through better health, empowerment, and equality.

Event: The Art Of Thinking

Event Details

Topic	The Art Of Thinking
Date	11 March, 2024
Time	10:00 AM to 12:00 PM
Venue	Pulitzer Hall
Number of Participants	45
Resource Person	Dr. Monit Kapoor



Glimpses of the Event

Chitkara Happiness Centre hosted an enriching session led by Dr. Monit Kapoor, the esteemed Dean of Academics, titled 'The Art of Thinking.' The session aimed to delve into the complexities of discerning truth from reality and to equip students with essential techniques for honing their critical thinking skills. Dr. Kapoor expertly navigated through various topics, including initiating a deep exploration of the distinction between truth and reality and challenging students to question their perceptions and interpretations of the world around them. Dr. Kapoor provided students with practical strategies for enhancing critical thinking, emphasizing the importance of analytical reasoning and evidence-based decision-making. A significant portion of the discussion revolved around self-awareness and its role in fostering personal growth. Dr. Kapoor offered insightful roadmaps for self-reflection and introspection, encouraging students to embark on a journey of self-discovery. The session transcended traditional lectures by incorporating interactive activities to keep the atmosphere lively and engaging. These activities not only reinforced theoretical concepts but also provided students with hands-on experience in applying critical thinking techniques. Dr. Kapoor's expertise illuminated the path for students, leaving them with newfound insights and a deeper understanding of the art of thinking. From exploring the depths of critical thinking to fostering self-awareness, the session provided a holistic approach to intellectual development. Students expressed immense gratitude for the enlightening session and praised Dr. Kapoor's ability to facilitate meaningful discussions. Many highlighted the practical applicability of the techniques learned and expressed a desire for more such interactive sessions in the future. The 'Art of Thinking' served as a testament to the commitment of Chitkara University towards nurturing well-rounded individuals equipped with critical thinking skills essential for success in today's rapidly evolving world.

Event: Skillverse Premier League

Event Details

Topic	Skillverse Premier League
Date	15 March, 2024
Time	04:00 PM to 06:00 PM
Venue	Omega Zone
Number of Participants	36
Resource Person	Skillverse Team



Glimpses of the Event

The Chitkara Happiness Centre organized the Skillverse Premier League, a unique event tailored for students to showcase their cricketing skills. This initiative aimed to provide students with a platform to engage in healthy competition, foster teamwork, and promote physical activity. The event witnessed enthusiastic participation from students, with three teams competing for the championship title. Some key learning from this event are:

- **Team Participation:** Three teams, comprising students from the Skillverse program, participated in the league.
- **Cricket Matches:** The league featured cricket matches, allowing participants to exhibit their skills in batting, bowling, and fielding.
- **Healthy Competition:** The event promoted healthy competition among students, fostering sportsmanship and camaraderie.
- **Entertainment:** Alongside cricket matches, the event included various entertainment activities to keep participants engaged and energized.

Participants experienced significant improvement in their cricketing skills, including batting techniques, bowling variations, and fielding agility. The Skillverse Premier League organized by Chitkara Happiness Centre was a resounding success, showcasing the talent and enthusiasm of students in cricket. The event not only promoted physical activity and skill development but also fostered a sense of unity and sportsmanship among participants.

Event: International Happiness Day Celebrations

Event Details

Topic	International Happiness Day Celebrations
Date	20 March, 2024
Time	10:00 AM to 02:00 PM
Venue	Alpha Zone and Carnegie Hall
Number of Participants	969
Resource Person	Jass K Shaan And Happiness Team



Glimpses of the Event

International Happiness Day is a special occasion celebrated worldwide to promote the importance of happiness and well-being in our lives. This day acts as a reminder to focus on our mental and physical health, reduce stress, and prevent harmful habits such as addiction. By focusing on our overall well-being we can contribute to achieving good health and well being.

The Chitkara Happiness Centre, in collaboration with the School of Psychology and Counselling, hosted a vibrant celebration for International Happiness Day 2024 at the Chitkara Campus in Punjab. The event was filled with joy, laughter, and a sense of community, welcoming faculty, staff, and students from various departments to join in the festivities themed 'Happier Together.' The day began with the unveiling of happiness canopies, each representing a different aspect of happiness.

Participants enjoyed a variety of delicious treats from food stalls in the Alpha Zone, pleasing both their taste buds and spirits.

Canopy Name	Activity
Express Your Happiness	A space dedicated to embracing and expressing individual happiness.
I Am The Best	Encouraging self-affirmation and confidence-building activities.
Gratitude Garden	Alpha Zone and Carnegie Hall
Bachpan Ki Yaadein	969
DOSE of Happiness	Jass K Shaan And Happiness Team
Craft Your Happiness	Providing a platform for creative expression & crafting happiness.

The latter part of the day featured an engaging session led by Jas K Shan, a well-known Wellness Coach. His expertise and charm resonated with attendees as he discussed several practices to enhance happiness. Key points from the session included:

- **Prioritizing Self-Care:** Mr. Shan highlighted the significance of self-care as a crucial element for happiness, offering practical strategies for incorporating it into daily routines.
- **Journaling and Gratitude Practices:** Attendees were introduced to the benefits of journaling and gratitude as tools for fostering a positive mindset and were encouraged to adopt these practices for improved well-being.
- **The Happiness Wheel Model:** The session culminated with the presentation of the Happiness Wheel model, a comprehensive framework that integrates various life aspects—such as physical health, relationships, career, and personal development—to promote enduring happiness.

The active involvement of participants significantly contributed to the event's success. This celebration not only nurtured joy and connection but also provided essential insights and resources for promoting happiness in daily living. As attendees reflected on their experiences, they felt motivated to prioritize happiness both individually and as a community.

Looking back on this remarkable day, let us commit to making happiness a priority in our lives and work towards creating a world filled with joy. The International Happiness Day 2024 celebration at Chitkara Campus served as a powerful reminder of the importance of fostering well-being and positivity in our communities.

In summary, the celebrations for International Happiness Day highlight the significance of mental well-being. These events held at universities create a positive atmosphere on campus, raise awareness about mental health, and enhance a sense of community, enabling students to thrive both academically and emotionally.

Event: Cultural Activity

Event Details

Topic	Cultural Activity
Date	1 April, 2024 to 5 April, 2024
Time	09:00 AM to 04:00 PM
Venue	Happiness Centre
Number of Participants	267
Resource Person	Happiness Team



Glimpses of the Event

Taking part in cultural activities can greatly benefit both human health and personal growth. Involvement in music, dance, art, or theatre can alleviate stress and enhance overall wellness. These activities offer chances for creative expression and social engagement, which can raise self-esteem and confidence. Integrating cultural activities into our daily routines can contribute to a healthier and more satisfying lifestyle.

Throughout the week, the happiness team planned a range of inspiring activities to nurture students' personal growth and mental health. This program included daily unique activities aimed at promoting overall wellness. Detailed descriptions of each day's activities highlight a variety of experiences enhancing students' well-being.

- Monday: Perma Meeting, Gratitude Meditation, Special Activity

The PERMA meeting highlighted different aspects of well-being, such as mindful meditation and the importance of balancing positive emotions. Attendees discovered how deep breathing can help them remain present and engaged, and they explored ways to show appreciation to others. Gratitude meditation promotes contemplation of life's positive elements to enhance overall well-being. Moreover, participants took time to reflect on and write about their three greatest achievements, cultivating a sense of pride and fulfilment.

- Tuesday: Video, Special Activity

Students enjoyed an inspiring video on "Don't Lose Hope" this Tuesday, gaining valuable motivation and insights. The session likely offered helpful strategies for overcoming obstacles and enhancing resilience. Additionally, a creative activity involved guessing movies with emojis, promoting engagement and showcasing problem-solving skills through nine film choices.

- Wednesday: Interview video, Mindfulness Meditation, Special Activity

Students were introduced to a video highlighting the significance of attitude during interviews, stressing the crucial impact of maintaining a positive mindset. This informative session probably gave helpful tips and ideas for dealing with work interactions in a confident and positive way. Additionally, a special Gratitude Day Challenge prompted students to consider the positive influences in their lives by identifying five individuals and describing their contributions, encouraging a sense of appreciation and connection. Furthermore, Dr. Jyoti Sharma conducted a mindfulness meditation session aimed at directing the mind toward positivity through practices such as silence, body scanning, and energy healing. The tranquil setting, enhanced by calming music and lit candles, created a transformative atmosphere that fostered relaxation and inner peace.

- Thursday: Perma Meeting, Special Activity

At Thursday's PERMA meeting attendees discussed the SAVERS principles and how they can be applied in daily life to improve overall health and happiness. Discussions focused on how to incorporate SAVERS—Silence, Affirmations, Visualization, Exercise, Reading, and Scribing—into daily habits, highlighting the advantages of each practice. Questions about PERMA certifications and personal values emerged, leading to conversations about individual growth and fulfilment. Strategies for maintaining consistency in these practices were also shared, emphasizing the importance of commitment and perseverance. To add a playful touch, a fun activity featuring tongue twisters encouraged laughter and strengthened connections among attendees.

- Friday: Special Activity

On Friday, an engaging event called the "Dare Challenge" brought energy and a sense of community to the environment. Students were encouraged to step beyond their comfort zones by picking slips from a bowl containing a different dare. This hands-on activity was designed to boost participation, encourage relationships, and facilitate introductions. By challenging students to complete a variety of tasks, the event nurtured spontaneity, creativity, and a spirit of adventure, leading to unforgettable moments and deepening connections within the group.

As we conclude this week-long exploration of self-awareness and overall wellness at Chitkara Happiness Centre, we look back on the valuable experiences that have influenced our minds and emotions. The meditation sessions provided an opportunity to explore the calm within, enhancing our connection to our thoughts and goals. Participating in PERMA meetings served as a guide, leading us towards positive feelings, meaningful connections, a sense of purpose, and significant achievements. Together, these activities tell a story of growth, awareness, and unity within the community. Moving forward, the impact of this transformative week lingers, motivating us to hold onto our positivity.

Event: Cultural Activity

Event Details

Topic	Cultural Activity
Date	8 April, 2024 to 12 April, 2024
Time	09:00 AM to 04:00 PM
Venue	Happiness Centre
Number of Participants	194
Resource Person	Happiness Team



Glimpses of the Event

Happiness plays a crucial role in mental health and personal growth. Meditation is one effective method to attain happiness, as it enhances mindfulness and overall wellness. By engaging in mindfulness and concentrating on the present, individuals can lower stress and anxiety, resulting in a healthier mind and body.

During the week, the happiness team thoughtfully organized a range of engaging and informative activities designed to enhance student's personal development and mental health. This comprehensive program featured a variety of activities, each with a distinct focus, collectively aimed at supporting overall wellness. Here are the plans for each day which include a variety of activities to help students grow and stay healthy in different parts of their lives.

- Monday: Perma Meeting, Visualization Meditation, Special Activity

During the PERMA meeting, a story was shared emphasizing the importance of celebrating small accomplishments, highlighting the perspective that even minor achievements deserve recognition. In the Visualization Meditation session, participants were encouraged to focus on mindfulness and awareness while visualizing their goals and aspirations. The calming ambiance was set with a lighted lamp and soothing music, perfect for meditation. Each participant shared their visualization experiences, fostering a sense of community and shared growth. Additionally, a special activity involved students solving puzzles related to happiness, promoting engagement and critical thinking.

- Tuesday: Special Activity

The day's highlight was Riddle Day, where students worked together on challenging riddles, fostering teamwork and enhancing critical thinking. The event encouraged collaboration, offering a fun and interactive experience that promoted friendship and mental sharpness.

- Wednesday: Happiness video, Special Activity

The day featured a happiness-themed video presentation revealing insightful perspectives. An activity called "Draw What You Get" involved students sketching various prompts, aiming to convey them to peers who guessed based on the drawings. This fostered creativity, communication, and teamwork, resulting in an interactive and fun experience focused on art and social engagement.

- Thursday: Gup Shup session, Vipassana Meditation, Special Activity

The day began with Manjot Singh leading a discussion, encouraging interactive conversations. This was followed by a peaceful Vipassana meditation session with candlelight and music, exploring techniques taught by Buddha. Gratitude was expressed at the end. Additionally, an "Appreciation Day" activity fostered positivity within the community as students acknowledged friends and teachers.

- Friday: Special Activity

The goal-setting exercise prompted students to reflect on recent achievements and future goals, listing five accomplishments and setting five new goals. Additionally, the "Letter to Yourself" activity encouraged students to write letters to their future selves, fostering motivation, gratitude, and self-reflection. These activities provided valuable opportunities for students to set intentions, express appreciation, and cultivate a positive mindset for personal growth.

As we conclude our self-discovery week at the Chitkara Happiness Centre, we cherish the impactful experiences that guided our thoughts and emotions. Through meditation, we found inner peace to connect with our aspirations. PERMA meetings helped us foster positivity and meaningful connections for a narrative of growth, mindfulness, and community. This transformative week inspires us to live with purpose and awareness.

Event: Harmonizing Ownership

Event Details

Topic	Harmonizing Ownership
Date	10 April, 2024
Time	12:00 AM to 01:10 PM
Venue	Exploratorium
Number of Participants	All Faculty
Resource Person	Gaur Gopal Dass Ji



Glimpses of the Event

Gopal Dass Ji highlighted the significance of aligning ownership to alleviate stress-related illnesses and enhance both human and environmental health. By taking responsibility for our actions and decisions, we can boost our well-being and support a healthier planet. Gopal Dass Ji aims to tackle problems like obesity and other health issues through collaborative efforts and mindful decision-making. It is essential for individuals to recognize how their choices affect themselves and their surroundings to create a sustainable and healthy future.

The event arranged by the Chitkara Happiness Centre for faculty members, featuring the renowned Indian Hindu monk Gaur Gopal Das ji, proved to be both insightful and enlightening. Gaur Gopal Das is a renowned Indian spiritual leader, motivational speaker, and lifestyle coach known for his insightful advice on personal growth, mindfulness, and general well-being. He combines ancient Hindu texts with contemporary concepts to motivate individuals around the globe to pursue more meaningful and purposeful lives. In a comprehensive faculty development program, Das Ji emphasized teachers' roles in teaching life lessons and promoting positivity beyond textbooks. He highlighted the importance of educators maintaining a positive attitude, managing stress, and embracing diverse perspectives to tackle challenges effectively. Using impactful metaphors, he illustrated teamwork's significance and the benefits of diversity within groups. Das Ji's teachings aim to create a supportive work environment that fosters growth and collaboration.

In conclusion, the session provided faculty with key insights and strategies to enhance teaching and positively impact students and the educational community. Embracing an ownership culture within the university community benefits students, faculty, and the institution. By encouraging accountability, empowerment, and collaboration, individuals are more invested, leading to a productive environment. Let us maintain ownership to inspire positive change and foster a dynamic academic community.

Event: Cultural Activity

Event Details

Topic	Cultural Activity
Date	15 April, 2024 to 18 April, 2024
Time	09:00 AM to 04:00 PM
Venue	Happiness Centre
Number of Participants	152
Resource Person	Happiness Team



Glimpses of the Event

Over the course of the week, the happiness team carefully organized a selection of activities to foster students' personal development and mental wellness. This all-encompassing program comprised a range of daily activities, each with a unique focus, all designed to promote overall health and well-being. Here is a breakdown of the activities for each day, demonstrating the diverse experiences created to support students' wellness across different facets of their lives.

- Monday: Divya-Milan Meditation, Special Activity

The Chitkara Happiness Centre conducted a transformative session of Divya Milan Meditation on Monday, guiding participants through a journey of self-exploration and inner awakening. Various techniques, such as defining oneself, feeling one's energy, chanting "Aum," and releasing negative thoughts, were utilized to encourage enthusiasm and clarity. The session, accompanied by calming music, helped establish a deep connection with inner light and prompted participants to let go of emotional burdens. The "Let It Go Day" activity allowed students to symbolically release their fears and regrets, providing a cathartic experience. Overall, Monday's activities promoted a holistic approach to health and well-being, empowering individuals to embrace inner peace and self-acceptance.

- Tuesday: Motivational video, Special Activity

On Tuesday, students were shown a motivational video designed to inspire and uplift them. This was followed by a unique activity called "Affirmation Day," where students were motivated to write their own affirmations and recite them five times in front of a mirror. The goal of this activity was to enhance students' confidence, self-esteem, and positive self-talk, fostering a mindset of self-belief and empowerment.

- Wednesday: Vipassana Meditation, Interview Session, Special Activity

Throughout the Vipassana meditation session, participants encountered a tranquil atmosphere enhanced by gentle meditation music. They began with participants engaging in deep breathing exercises to ground themselves, directing their attention inward in order to let go of any negative thoughts and alleviate stress. The session fostered a positive environment, allowing participants to sense the energy around them and enter a state of peace and calmness. Discussions on concepts such as karma and maintaining positive intentions in one's actions contributed to personal growth and self-awareness. Following this, an interview session with Sparsh Malik highlighted the transformative impact of the Happiness Centre on his two-month journey towards happiness and growth. Lastly, a treasure hunt activity engaged students in a fun and interactive challenge, promoting teamwork and problem-solving skills.

- Thursday: Special Activity

In the activity "Guess Movie/Song/Word," students completed unfinished titles to guess movies or songs. This exercise sparked creativity and critical thinking as they deciphered clues, fostering a fun atmosphere. Through teamwork and individual effort, students tackled the challenge of incomplete phrases, adding excitement to the session. This activity helped students reduce stress and stay more focused.

Reflecting on the enriching week at the Chitkara Happiness Centre, we appreciate the diverse experiences that boosted our mental and spiritual well-being through mindfulness, meditation, and engaging discussions, guiding our journey towards self-discovery and personal growth. Various activities, including visualization, gratitude practices, motivational content, and inspiring interactions, broadened our perspectives, nurturing resilience and positivity. Departing with newfound insights and connections, we are now better equipped to tackle life's challenges with mindfulness, compassion, and determination.

Event: Toy Donation Drive “Khilono Me Khushiyaan”

Event Details

Topic	Toy Donation Drive
Date	18 April, 2024 - 19 April, 2024
Time	11:00 AM to 02:00 PM
Venue	Happiness Centre
Resource Person	Edison Block



Glimpses of the Event

Chitkara Happiness Center in collaboration with Chitkara School of Psychology and Counselling and Chitkara College of Education, under Autism awareness month with a theme of "Khilono me Khushiyan". This event aimed to spread joy and create smiles among underprivileged children. The initiative resonated with the ethos of spreading happiness and fostering well-being within the community. Students, faculty, and staff enthusiastically contributed to the cause, donating a variety of toys to brighten the lives of children in need.

The collected toys were generously donated to Sifaaz Foundation, Laadli Foundation children at Triveni Park Kachi Colony, extending the reach of kindness beyond the university campus. This collaborative effort not only brought joy to the children but also instilled a sense of compassion and social responsibility among the participants.

"Khilono me Khushiyan" exemplified the spirit of giving and compassion, embodying the core values of empathy and altruism championed by Chitkara University. It stands as a testament to the power of collective action in making a positive impact on society and spreading happiness to those who need it most.

Event: Cultural Activity

Event Details

Topic	Cultural Activity
Date	22 April, 2024 to 26 April, 2024
Time	09:00 AM to 04:00 PM
Venue	Happiness Centre
Number of Participants	155
Resource Person	Happiness Team



Glimpses of the Event

The happiness team diligently planned a series of activities during the week to promote students' personal development and mental health. Each day of the comprehensive program had a unique theme, providing a wide array of experiences to nurture overall well-being. The following is a detailed summary of the daily activities, highlighting the diverse opportunities offered to enhance students' wellness in different areas of their lives.

- Monday: Stress-release Meditation, Special Activity

A stress-free meditation session was conducted on Monday, featuring guided meditation via YouTube. The session emphasized the importance of connecting with the air around us and fostering a sense of relaxation and calmness. Participants were encouraged to feel every cell in their body smiling and to focus on their breath for enhanced relaxation, particularly post-lunch. Additionally, a special activity called Damsharas was organized, where students engaged in a lively game of guessing movie names through actions alone, adding a fun and interactive element to the day's events.

- Tuesday: Motivational video, Special Activity

To boost the students' morale and inspire them to tackle their tasks with renewed enthusiasm, a motivational video was shown. Subsequently, a special event called "Bachpan ki Yaadein" was organized to evoke nostalgia and fond memories of childhood. The students engaged in a guessing game involving various images associated with childhood fun activities and food, allowing them to reminisce about their carefree days and cherish those precious moments. This activity served as a heart-warming reminder of the joy and innocence of childhood, fostering a sense of connection and nostalgia among the participants.

- Wednesday: Gratitude Meditation, Book Review Session, Special Activity

The day kicked off with a gratitude meditation, emphasizing deep breathing and forgiveness. Participants admired nature and positive aspects of life, ending with well wishes. A discussion on "A Story Can Change Your Life" followed, aligning with the theme, "Happiness is an Insider Job." This explored internal happiness. Students played Mindfulness Bingo for mindfulness tasks.

- Thursday: Gratitude Video, Special Activity

The day began with a gratitude video illustrating how gratitude can enhance lives by promoting contentment and acknowledging blessings. It emphasized the importance of appreciation for people and things, fostering happiness and positivity. Students then engaged in a gratitude letter exercise, writing heartfelt messages of thanks to individuals or groups. This aimed to encourage reflection and gratitude expression, fostering an atmosphere of appreciation and connection among participants.

- Friday: Photography Day, Special Activity

Students began the day by setting weekly goals, reflecting on achievements, and outlining five objectives for the week ahead. They engaged in a photography event, capturing and sharing moments of joy on Instagram to foster positivity and enhance connections at the Chitkara Happiness Centre. These activities encouraged personal development and a focus on celebrating life's happy experiences.

As we wrap up this transformative week at the Chitkara Happiness Centre, participants engaged in a variety of uplifting activities aimed at enhancing well-being and personal development. From stress-relief meditation to gratitude exercises, each session offered valuable insights and experiences to improve mental and emotional health. Special activities like Dumbsharas and Mindfulness Bingo introduced an element of enjoyment and camaraderie, helping to strengthen connections among attendees. The week concluded with an emphasis on goal-setting and capturing joyful moments through photography, encouraging students to reflect on their accomplishments and foster a positive mindset. As the weekends approach, the shared path of mindfulness and self-discovery makes a lasting impression, inspiring students to pursue pleasure and contentment in their daily lives.

Event: Kahanikaar

Event Details

Topic	Kahanikaar
Date	23 April, 2024
Time	11:30 AM to 01:30 PM
Venue	Pulitzer Hall
Number of Participants	43
Resource Person	Happiness Team



Glimpses of the Event

Chitkara Happiness Centre organized the Story Telling Competition (कहानीकार) on the occasion of World Book Day. Step into a realm of boundless imagination and heartfelt narratives at the Chitkara Happiness Center's storytelling competition. This event transcends mere storytelling; it's a celebration of human emotions, aspirations, and connections with the world around us. Participants will regale the audience with stories on three diverse yet profoundly resonant topics: Happiness, Inspiration and Love for Nature. From tales of overcoming adversity to accounts of finding joy in the simplest of moments, each narrative promises to stir the soul and ignite the imagination. List of winners given below:

Position	Name	Genre
First Runner-up	Harshil	Happiness
Second Runner-up	Yashasvi	Inspirational
Third Runner-up	Rashim	Happiness

Guiding the proceedings with their expertise and discernment are our esteemed judges: Mr. Manav Bansal (Chitara Happiness Center), Dr Ashutosh (Mass communication), Dr Swati Gupta (Chitkara Business School), Dr Sidharth Bedi (Chitara School of Hospitality). Their keen insights and thoughtful deliberations ensure that each story receives the appreciation it deserves, enriching the experience for participants and audience alike. Students that joined us for the event of storytelling brilliance, where every tale is a testament to the power of human expression and the beauty of shared experiences.

Event: Happiness Interventions

Event Details

Topic	Happiness Interventions
Date	6 May, 2024 to 13 May, 2024
Time	09:00 AM to 04:00 PM
Venue	Happiness Centre
Number of Participants	110
Resource Person	Happiness Team



Glimpses of the Event

The happiness team has meticulously planned a series of inspiring and educational activities throughout the week, aimed at nurturing students' personal development, mental health, and well-being. Each day of the week-long program will feature a unique activity, contributing to a holistic approach to promoting wellness. Detailed descriptions of each day's activities are provided below, highlighting the richness and diversity of experiences designed to foster students' overall well-being.

- Monday: Video related to happiness, Tongue Twister

Students at the Happiness Centre recently took part in two enriching activities. First, they viewed a video related to happiness, which they thoroughly enjoyed. The video sparked joy and laughter, leaving everyone in high spirits. The second activity was a tongue-twister challenge, where students tested their verbal agility. Despite the tricky phrases, they tackled the challenge with enthusiasm and completed it contentedly. Both activities not only entertained but also fostered a sense of community and fun, embodying the spirit of the Happiness Centre.

- Tuesday: Vipassana Meditation, Riddle Day

On Tuesday, we had a fulfilling day at the Happiness Centre with two unique activities: Vipassana meditation and Riddle Day. The day began with a serene session of Vipassana meditation, where participants practiced mindfulness and self-awareness, finding inner peace and relaxation. Later, the atmosphere shifted to one of excitement and mental stimulation as Riddle Day kicked off. Students and participants eagerly engaged in solving riddles, challenging their minds, and enjoying the collaborative spirit. Both activities provided a perfect balance of tranquility and fun, enhancing mental clarity and fostering a joyful, interactive community experience.

- Wednesday: Visualization Meditation, old is gold, Joyful Quotes

The following day at the Happiness Centre was equally enriching with three distinct activities. We started with a session of visualization meditation, allowing participants to harness their imagination and find tranquility through guided imagery. Following this, we had the "Old is Gold" activity, where students shared cherished memories, creating a nostalgic and heartwarming atmosphere. The day concluded with the Joyful Quotes activity, where everyone shared uplifting and inspiring quotes. Each activity contributed to a sense of well-being and connection, making it a memorable and joyful day for all involved.

- Thursday: Movie Twist

On Thursday, the Happiness Centre hosted a fun-filled Movie Twist activity. Students received chits with famous movie dialogues written on them and had to guess the movie each dialogue came from. The activity sparked excitement and laughter as participants showcased their movie knowledge and quick thinking. It was delightful to see everyone enthusiastically engaging, reminiscing about their favorite films, and bonding over shared cinematic memories. The Movie Twist activity not only tested their movie trivia but also created an enjoyable and interactive atmosphere for all.

- Friday: Dare Day

Friday was Dare Day. Students were given various dares to complete, ranging from funny challenges to light-hearted tasks. The atmosphere was buzzing with anticipation and laughter as participants showcased their bravery and creativity. Each completed dare brought cheers and applause, fostering a sense of camaraderie and fun. Dare Day encouraged everyone to step out of their comfort zones and embrace new experiences, making it a thrilling and memorable end to the week.

In conclusion, the week's diverse activities at the Happiness Centre brought joy, creativity, and connection to everyone involved. From meditation and memory sharing to movie trivia and daring challenges, each day offered unique experiences that fostered personal growth and community spirit. These activities not only entertained but also promoted mindfulness, nostalgia, and camaraderie. The Happiness Centre continues to be a place where students can explore, learn, and create lasting memories together.

Event: Skillverse Certification Ceremony

Event Details

Topic	Skillverse Certification Ceremony
Date	2 May, 2024
Time	4:00 PM to 7:30 PM
Venue	Carnegie Hall
Number of Participants	120
Resource Person	Happiness Team



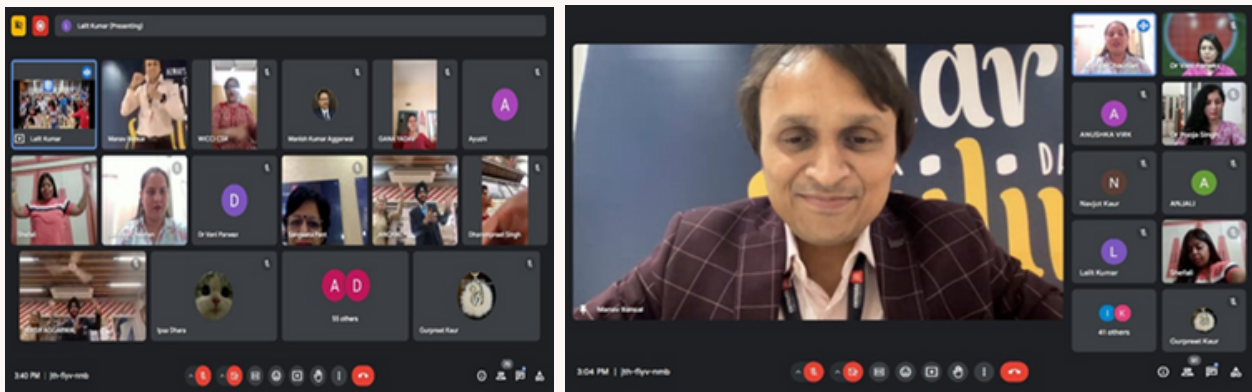
Glimpses of the Event

Chitkara Happiness Center unfolded an extraordinary event – the Skillverse Certification Ceremony. It was a celebration of dedication, perseverance, and the pursuit of excellence, as students who excelled in Skillverse 3.0 programs were honored. The ceremony was a testament to the diverse talents nurtured within the Skillverse community. From the rhythmic beats of salsa to the intricate movements of kathak by students and Ms Pratibha (Kathak trainer) the event radiated with cultural vibrancy and artistic prowess. Certificates were awarded, not just as symbols of achievement, but as tokens of recognition for the students' unwavering commitment to mastering their skills. Trainers and Chief guests i.e. Ms Indira (Office of Residential services) and Mr Sanjay Khurana (Office of Residential services), with their wealth of experience, shared insights and encouragement, ignited a fire within students to continue their journey of learning and growth through the Skillverse platform. As the ceremony concluded, there was a palpable sense of pride and accomplishment among all attendees. It was a momentous occasion that celebrated not just individual achievements, but the collective spirit of learning and self-improvement. Congratulations resonated throughout, marking this event as a milestone in the journey towards personal and professional fulfillment.

Event: World Laughter Day

Event Details

Topic	World Laughter Day
Date	03 May, 2024
Time	3:00 PM to 4:00 PM
Venue	Online
Number of Participants	79
Resource Person	Mr. Manav Bansal



Glimpses of the Event

World Laughter Day is celebrated each year to emphasize the significance of laughter in promoting good health. Studies indicate that laughter can lower stress and anxiety, contributing to better overall health. Research shows that laughter can help reduce illness and decrease the likelihood of heart issues. World Laughter Day aims to encourage a healthy lifestyle and well-being for individuals of every generation by cultivating joy and positivity.

Chitkara Happiness Centre celebrated World Laughter Day with the theme "LIVE, LAUGH, CELEBRATE," in partnership with Chitkara College of Education, Women's Indian Chamber of Commerce, and Industry (WICCI), and the National Service Scheme (NSS). Mr. Manav Bansal, Chief Happiness Officer of Chitkara University, led the event, which radiated positivity and well-being. His enthusiasm for spreading joy set an inspiring tone, encouraging everyone to make laughter a priority in their daily lives. Through laughter yoga and engaging discussions, he highlighted the significance and health advantages of laughter. Alongside Mr. Manish Aggarwal, Founder of the Mindfood Chef, we examined how laughter enhances physical health, alleviates stress, and strengthens the immune system.

The insights gained about laughter's impact on our well-being were truly enlightening. The event was filled with high energy as participants took part in laughter exercises and enjoyed hearty laughs. We left with a deeper understanding of laughter's ability to enrich our lives and careers, armed with strategies to incorporate happiness into every facet of our journey. As we move ahead, we cherish the joyful memories from this celebration, ready to greet each day with joy and positivity. World Laughter Day serves as a powerful reminder of the importance of laughter and its positive impact on the well-being of students and university staff. This day not only promotes mental and emotional health but also strengthens social bonds and creates a more positive and productive environment. By incorporating laughter and humour into our daily lives, we can reduce stress, enhance collaboration, and foster a more vibrant and inclusive campus community.

Event: World Laughter Day Celebrations

Event Details

Topic	World Laughter Day Celebrations
Date	06 May, 2024
Time	11:00 PM to 02:00 PM
Venue	Pulitzer Hall
Number of Participants	149
Resource Person	Mr. Manish Kumar



Glimpses of the Event

Each year, World Laughter Day is celebrated to highlight the importance of laughter in enhancing our health and well-being. Proven to reduce stress levels and strengthen our immune system, laughter contributes to feelings of happiness and relaxation. By marking this day, we should prioritize healthy living and promote well-being across all age groups.

Chitkara Happiness Centre, in collaboration with Chitkara School of Health Science, Chitkara School of Psychology and Counselling, and the Office of Student Affairs, hosted a festive commemoration of 'World Laughter Day'. The programme kicked off with a retrospective on the significance of this day, retracing its origins and echoing the visionary words of its founder, Dr. Madan Kataria. Participants engaged in seven laughter-inducing activities, filling the venue with contagious joy while exploring the myriad benefits laughter brings to both health and career. Subsequently, they took part in interactive activities showcasing the transformative power of laughter, shifting pessimistic mindsets to optimistic ones. The event peaked with laughter yoga and tongue-twister challenges, fostering camaraderie and relaxation among attendees. Three individuals were honoured with the title "Hasta huanooranichehra" (Radiant Smiling Face) for their infectious laughter, active participation, and enthusiasm throughout the programme. Laughter, hailed as a divine gift, was celebrated as a daily practice, inspiring all present to embrace its enchantment wholeheartedly.

As the event concluded, gratitude was extended to all participants for their contributions, reaffirming the ability of laughter to uplift spirits and cultivate a culture of joy and well-being.

Event: International Exchange

Event Details

Topic	International Exchange
Date	09 May, 2024
Time	02:30 PM to 03:30 PM
Venue	LH 301, Rockefeller Block
Number of Participants	30
Resource Person	Mr. Manav Bansal



Glimpses of the Event

Chitkara University's Rockefeller block buzzed with anticipation as the Chitkara Happiness Centre and the Office of International Affairs joined forces to orchestrate a special event welcoming students from Spain. The day was a vibrant celebration of cultural exchange, fostering unity and joy among attendees. Under the guidance of our Chief Happiness Officer, the event kicked off with uplifting activities aimed at cultivating positivity and happiness. From discussions on positive thinking to sharing personal sources of joy, everyone engaged in soul-nourishing interactions. A highlight of the day was the introduction of Laughter Yoga, a unique blend of laughter and breathing exercises that transcended language barriers, bringing participants closer and infusing the atmosphere with infectious joy. Further enhancing the sense of camaraderie, Affirmations provided an opportunity for heartfelt expressions of appreciation, strengthening bonds and fostering gratitude among peers. The Signal Game brought a dynamic twist to the proceedings, challenging participants to communicate non-verbally and emphasizing the importance of teamwork and understanding. As the event drew to a close, it was evident that it had achieved its goal of creating a stronger, happier community at Chitkara University. Through shared experiences and mutual respect, attendees left inspired by the power of unity and collaboration to uplift spirits and foster a sense of belonging.

Event: Pehchan Happiness Inside You

Event Details

Topic	Pehchan Happiness Inside You
Date	18 May, 2024
Time	02:00 PM to 04:00 PM
Venue	Exploratorium
Number of Participants	70
Resource Person	Mr. Manav Bansal



Glimpses of the Event

Chitkara Happiness Centre, in collaboration with the Office of Administration, recently organized an inspiring event aimed at promoting positivity and satisfaction in the workplace for our dedicated administration staff. The event, titled "Pehchan (Happiness Inside You)," was designed to provide employees with various techniques to love and enjoy their work, fostering a happier and more productive work environment. The session kicked off with a motivating video showcase that set the tone for the day. This was followed by singing performances that added a lively and joyful atmosphere, reminding everyone of the simple pleasures that contribute to overall happiness. Interactive discussions formed the core of the event, encouraging employees to share their experiences and learn from each other. These discussions emphasized the importance of valuing one's work and finding contentment in everyday tasks. A key highlight of "Pehchan" was its focus on the professional presentation of employees. Participants were encouraged to dress well, as personal appearance can significantly impact workplace positivity and professional satisfaction. The event underscored that nurturing one's inner happiness and presenting oneself confidently are crucial for creating a supportive and enthusiastic work environment. The "Pehchan" event was a resounding success, leaving participants inspired and equipped with practical insights on how to find joy and satisfaction in their professional lives. By recognizing and nurturing inner happiness, our administration staff is now better prepared to contribute positively to the workplace and experience greater fulfillment in their roles.

Event: World Meditation Day

Event Details

Topic	World Meditation Day
Date	21 May, 2024
Time	10:00 AM to 11:00 AM
Venue	Spotorium
Number of Participants	75
Resource Person	Pradeep Yogi



Glimpses of the Event

World Meditation Day serves as a significant platform for advocating the practice of meditation to enhance human health. By alleviating stress and fostering relaxation, meditation can contribute to disease prevention and overall well-being promotion. This international event brings people together globally to meditate and raise awareness about the benefits of this ancient practice. With numerous scientifically proven health benefits, meditation stands as a powerful tool for improving both physical and mental health.

Chitkara Happiness Centre and the Office of Students Affairs at Chitkara University recently observed World Meditation Day with a special event aimed at improving mental well-being and inner peace. The event featured a meditation session led by Varun Upadhyay, an expert from the Art of Living organization, who shared valuable insights into the practice and benefits of meditation. Upadhyay stressed the importance of meditation in promoting mental health and introduced various techniques such as asana, pranayam, and dhiyaan to help individuals relax, de-stress, and connect with their inner selves. Participants also learned the three golden rules of meditation, essential for a successful and rewarding meditation experience. The event highlighted the numerous benefits of regular meditation, including enhanced mental clarity, reduced stress, and a greater sense of peace, all crucial in today's fast-paced world for maintaining mental health and effectively navigating daily challenges. By organizing events like this, Chitkara University reaffirms its commitment to the mental health and well-being of its community, as part of a broader initiative to create a supportive and nurturing environment for students and staff, emphasizing the importance of mental well-being in leading a fulfilling and balanced life.

In conclusion, prioritizing mental health in universities contributes to the good health and well-being of students. By offering support services, promoting open conversations, and integrating mental health awareness into the curriculum, universities play a pivotal role in cultivating a healthy environment for students. It is essential for educational institutions to continue investing in mental health resources and destigmatizing seeking help. By doing so, they not only positively impact individual students but also contribute to building a healthier and more sustainable society.

Event: Ice Breaking Session

Event Details

Topic	Ice Breaking Session
Date	23 May, 2024
Time	09:00 AM to 10:30 AM
Venue	Piere Hall
Number of Participants	64
Resource Person	Mr. Manav Bansal



Glimpses of the Event

Ice-breaking sessions are important for reducing stress and promoting good health. These sessions help people relax and feel more comfortable in social situations. By engaging in ice-breaking activities, individuals can improve their mental well-being and build stronger connections with others. Ice-breaking sessions are a simple yet effective way to support overall health and wellness.

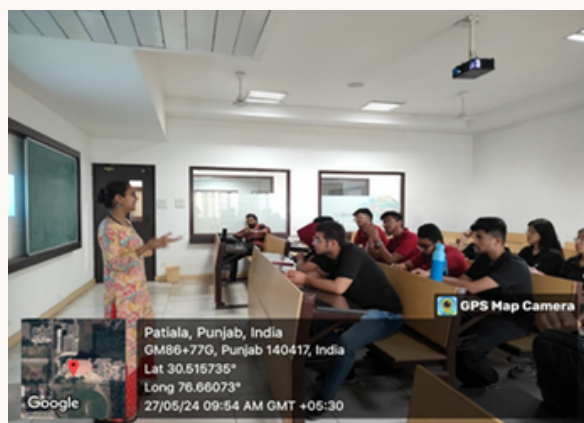
The Chitkara Happiness Centre, led by Mr. Manav Bansal, organized an interactive ice-breaking session at Chitkara International School. Mr. Bansal emphasized gratitude, exercise, and meditation as key principles for success. The event featured mindfulness games, introduction activities, dancing, and singing to promote positivity and thereby helping students in reducing stress. His insights created a positive atmosphere, encouraging students to prioritize mental well-being. The session allowed students to express themselves, build friendships, and learn mindfulness.

Overall, the activities were a success, fostering self-care, community, and happiness among students.

Event: Ice Breaking Session

Event Details

Topic	Stress Management
Date	27 May, 2024
Time	09:15 AM to 11:00 AM
Venue	LH-11, Fleming Block
Number of Participants	18
Resource Person	Ms. Vrinda Sharma



Glimpses of the Event

Stress management is crucial for maintaining good health and overall well-being. It is important to learn how to effectively cope with stress to lead a balanced life. By practicing relaxation techniques such as deep breathing and meditation, individuals can reduce their stress levels and improve their mental and physical health. It is also important to prioritize self-care activities such as exercise, healthy eating, and getting enough sleep to help manage stress.

Chitkara Happiness Centre conducted a workshop for BBA Digital Marketing students with stress management expert Ms. Sharma. The workshop focused on reducing stress in the corporate world through communication methods. Ms. Sharma introduced the "Signal Game of Communication," improving understanding using non-verbal signals. She emphasized storytelling for motivation, highlighting resilience and positivity in work challenges. The stories inspired students to stay focused. A singing exercise showcased music's stress-relief benefits, promoting unity and teamwork. The workshop provided valuable insights and strategies for stress management in digital marketing, equipping students for success.

In the end, Stress management is crucial for students transitioning to corporate life, ensuring well-being and success. Equipping students with stress management tools enhances productivity, job performance, and overall lifestyle. Managing stress helps students thrive professionally and personally. Institutions and workplaces should prioritize and support stress management to cultivate resilience and well-being.

Event: Happiness At Work place

Event Details

Topic	Happiness At Work place
Date	29 May, 2024
Time	10:00 AM to 12:30 PM
Venue	Chitkara International School
Number of Participants	107
Resource Person	Mr. Manav Bansal



Glimpses of the Event

The presence of happiness in the workplace is essential for upholding good health and reducing stress among employees. When individuals maintain a positive mindset and experience happiness within their work environment, they are more likely to demonstrate productivity and dedication towards their duties. By encouraging a culture of happiness and positivity within the workplace, organizations can create a nurturing and conducive space for their employees to thrive and achieve success.

Chitkara Happiness Centre recently organized an enlightening session for the faculty of Chitkara International School, Panchkula, focusing on workplace happiness. Led by Mr. Manav Bansal, the session highlighted the importance of finding strength and contentment in one's professional life. Mr. Bansal began by emphasizing the significance of gratitude, using quotes like "Happiness is wanting what we have." He introduced the PERMA model, which outlines five essential elements for workplace happiness: positive emotions, engagement, relationships, meaning, and accomplishment. By nurturing these elements, individuals can achieve greater satisfaction and well-being at work. To promote positivity, Mr. Bansal conducted a laughter activity, emphasizing the role of laughter in reducing stress and enhancing overall well-being. Participants also engaged in a self-talk activity, learning to cultivate positive and empowering internal dialogues that can boost confidence and motivation. The session included motivational stories that demonstrated the power of perseverance and a positive mindset in overcoming challenges. An appreciation activity further encouraged participants to express gratitude by writing appreciation cards for their loved ones, strengthening relationships and creating a positive workplace environment. Additionally, a motivational video by Gaur Gopal Das Ji was shown, providing valuable insights on maintaining.

Mr. Bansal's presentation offered concrete methods and tactics for attaining happiness in the workplace. By incorporating positive feelings, involvement, significant connections, a feeling of achievement, and appreciation into their careers, attendees were given the ability to establish a more satisfying and cheerful work atmosphere.

Conclusion

In summary, the Chitkara Happiness Centre stands as a key player in promoting holistic well-being by providing a variety of engaging and enjoyable activities, such as yoga and meditation. Led by Chief Happiness Officer Manav Bansal, the center has emerged as an essential resource for enhancing health, alleviating stress, and nurturing a positive atmosphere. By tackling challenges related to obesity, disease prevention, and environmental health, the center aligns with the Sustainable Development Goal 3, benefiting both the university community and its staff and students. As we move forward, it is important to continue prioritizing our well-being and supporting initiatives like the Chitkara Happiness Centre to ensure a healthier and happier future for everyone.

Skillverse

Skillverse - Where you follow your passion leisurely.

“If you feel like there’s something out there that you’re supposed to be doing, if you have a passion for it, then stop wishing and just do it.” –Wanda Sykes



Nothing is as important as passion....and for students it is necessary for them to follow their passion and understand their purpose of life. It is necessary that they be provided the opportunities where they can participate in various activities in their leisure time and understand on their own, what their passion is - that is exactly what The HH Dalai Lama Centre of Happiness at Chitkara University, Punjab does! It organizes various workshops and sessions, in the evenings where students can participate and enjoy their leisure time, under the series of **SkillVerse**.

Skillverse offers a wide range of activities from dancing to courses on happiness, tips on money making, and sustainable lifestyle. Have a look at the courses offered....!!

- **Money Making**

"Everyone works for Money ...we make Money work for You!!"

The course on Money Making aims to equip the youth with practical knowledge in live markets, empowering them to manage their hard-earned money effectively from an early stage. With our guidance, individuals will witness their money working for them, creating a secure financial future. That’s why we say “We will make YOU capable of Making YOUR MONEY work for YOU before YOUR own eyes.



- **Happiness Code**

“Decoding Career and Life Skills for a Thriving Tomorrow”

"The Happiness Code" is a comprehensive program that focuses on enhancing the personal and professional lives of students by empowering them with career and life skills. The course is designed to uplift students' overall well-being through the application of the scientific PERMA model, which encompasses positive emotions, engagement, relationships, meaning, and accomplishment. Beyond theoretical knowledge, the program incorporates group activities, team-building games, interesting discussions, mindfulness practices, and a Happiness Buddy system. Students will develop the ability to effectively manage emotions, find joy and fulfillment in daily activities, establish meaningful connections, and discover their purpose and meaning.



- **Salsa Sensation**

“Unleash Your Dance Swagger”

"The Salsa Sensation" offers an exhilarating dance journey for individuals of all levels, whether they are absolute beginners or have some dancing experience. Our classes cultivate a warm and supportive atmosphere, encouraging students to embrace the joy of dancing and connecting with others. The enchanting beats of Latin music elevate the experience, infusing every step with energy and excitement, making each session an unforgettable celebration of movement and expression.



- **Yoga**

“Inhale Yoga and Exhale Success”

"Finding Inner Balance" is a meticulously designed yoga program that aims to improve your physical and mental well-being through the transformative practice of yoga and meditation. Our comprehensive classes cater to all levels, from beginners to advanced practitioners, providing a nurturing and enriching environment. Led by certified yoga professional Pradeep Kumar, each session guides you through yoga poses, breathing exercises, and yogic detox practices to build strength, flexibility, and overall balance. With a focus on mind-body-spirit connection, this course offers a holistic approach to finding inner peace and harmony.



- **AI and ChatGPT Unleashed**

“Empower Your Future - Equip with AI”

This program dives deep into AI concepts and tools and their groundbreaking impact. Get ready to unleash your potential as you dive into the realm of AI and explore its boundless possibilities for the future.



- **The Work Ready World Ready Program**

“Unlock Your Potential and Leave the Crowd Behind”

In this program, students learn how to scientifically craft their CVs in an internationally acceptable format to maximize their chances of getting shortlisted for internships and jobs. The program gives an in-depth insight into the Applicant Tracking System algorithms used by recruiters and head-hunters worldwide to understand how major organizations around the world select candidates for entry-level and premium positions. Mastering ATS will also allow the students to understand and assign a realistic 'Dollar Value' to their CV and skills so that they don't fumble while negotiating salaries and important breaks in their professional careers. Students will learn how to master the art of speaking sensibly and confidently, as well as how to be active listeners during interviews and group discussions. They will also learn how to engage in meaningful conversations and maintain their presence and gravitas. The trainer will pass down all corporate presentation skills such as cadence, breathing style, diction, pause, and breathwork to the students so that they come across as mature, well-groomed personalities. Students will learn how to intelligently interpret perspectives and analyse them to figure out the cryptic logic and requirements of various job descriptions.



- **Kalarippayattu**

"Reviving the Ancient Indian Martial Arts"

An opportunity to discover the captivating world of Kalarippayattu (Kalari), an ancient Indian martial art form hailing from Kerala with a rich history spanning over 3000 years. Delve into a comprehensive and holistic discipline that weaves together physical training, self- defense techniques, healing practices, and spiritual development. Experience the art's mesmerizing blend of fluid and graceful movements, reminiscent of a dance, as you learn to wield your entire body as a powerful weapon. Emphasizing footwork, balance, and flexibility, Kalari equips you with a profound sense of control and agility.



- **French Language**

"Learn the language of Fashion, Romance, Elegance, Nobility, Cuisine, and Hospitality."

In "THE FRENCH LANGUAGE PROGRAM," students will immerse themselves in approximately 1500 of the most frequently used French vocabulary words, carefully curated to cover essential everyday expressions and phrases. Engaging lessons and practical exercises will lay a strong language foundation, enabling effective communication in various situations. Students will learn to construct sentences, ask questions, and express ideas with confidence, comprehending responses from native speakers. The program emphasises developing all four language abilities - listening, reading, writing, and speaking - to ensure proficiency in understanding spoken and written French and expressing oneself eloquently. Travel-specific phrases will also be covered, empowering students to navigate foreign destinations independently, handling transportation, ordering food, booking hotels, and exploring local attractions.



- **Kathak**

"Step into the Graceful World of Indian Classical Dance"

Students get an opportunity to experience the enchanting world of Kathak, an ancient Indian classical dance form rooted in storytelling and expression. Its graceful movements, intricate footwork, and emotive gestures create a captivating dance experience. Dancer's wear ghungroos (ankle bells) that add a melodious and percussive element to their movements, composing a harmonious symphony of sound. This program focuses on teaching Kathak basics: footwork, postures, hand gestures, expressions, taal, and choreography. Participants embark on a transformative journey that hones not only their dance skills but also fosters discipline, concentration, and emotional expression.



- **Sustainable Lifestyle**

"Adapting to the Changing World"

The Sustainable Lifestyle Program aims to empower participants with the knowledge and skills needed to lead eco-friendly and sustainable lives. This empowering program offers a comprehensive exploration of eco-friendly practices, renewable energy solutions, waste reduction, and mindful consumption. Participants will learn how to make conscious choices that positively impact the environment and their daily lives, fostering sustainable habits that contribute to a more resilient and environmentally conscious society. In addition to classroom learning, this program includes group activities, quizzes, showcasing awareness videos, and site visits. Participants shall be provided hands-on experience managing waste at various facilities, such as Sewage Treatment Plants, Paper Recycling Plants, Biogas Plants, Vermi Composting, Organic Waste Recycling, organic farming, and gardening facilities.



Come and be part of this wonderful journey!!

**MEET THE TEAM THAT ENERGISES YOUR HAPPINESS QUOTIENT
@ Chitkara University, Punjab**

