

HH Dalai Lama Centre for Happiness, Chitkara University, Punjab  
July 2024 - June 2025



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50.	Community Happiness	12 <sup>th</sup> December, 2024
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59.	Yoga for Joy and Innerpiece with CBS	28 <sup>th</sup> January, 2025
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64.	Love Fest	14 <sup>th</sup> February, 2025
65.	Random act of kindness	17 <sup>th</sup> February, 2025
66.	Money Making Workshop	18 <sup>th</sup> February, 2025
67.	Community Happiness	28 <sup>th</sup> February, 2025
68.	Organ Donation Day	8 <sup>th</sup> March, 2025
69.	Jashan-E-Khushi	20 <sup>th</sup> March, 2025
70.	Happiness Wonderland	20 <sup>th</sup> March, 2025
71.	The Highway to Happiness	20 <sup>th</sup> March, 2025
72.	The Happiness Catalyst	21 <sup>th</sup> March, 2025
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74.	CINEMASTI	3 <sup>rd</sup> April, 2025

75.	World Art Day	15 <sup>th</sup> April, 2025
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88.	Laughter session	14 <sup>th</sup> May, 2025
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90.	Mindful moments	21 <sup>st</sup> May, 2025
91.	Happy laugh dose	23 <sup>rd</sup> May, 2025
92.	Human value & ethics	23 <sup>rd</sup> – 29 <sup>th</sup> May, 2025
93.	Resilience toolkit – lessons from one of the best countries	31 <sup>st</sup> May, 2025
94.	Anger Management Session	7 <sup>th</sup> June, 2025
95.	Laughter kitty	7 <sup>th</sup> June, 2025
96.	Laughter session	8 <sup>th</sup> June, 2025
97.	Spark within - guiding happiness and growth	16 <sup>th</sup> June, 2025
98.	Roots of joy: nurturing self & success	18 <sup>th</sup> June, 2025
99.	Linkedin leap step into your dream career	21 <sup>st</sup> June, 2025
100.	International yoga day	21 <sup>st</sup> June, 2025
101.	Laughter and meditation	22 <sup>nd</sup> June, 2025
102.	Meditation for success	25 <sup>th</sup> June, 2025
103.	Stage fear	28 <sup>th</sup> June, 2025

**Total Number of Students Engaged:- 10037**

## WELCOME LAUGHTER REFRESHERS EVENT DETAILS

<b>Topic</b>	<b>Welcome Laughter Refreshers</b>
<b>Date</b>	<b>3<sup>rd</sup> July, 2024</b>
<b>Time</b>	<b>12:30 PM</b>
<b>Venue</b>	<b>Chitkara International School, Panchkula</b>
<b>Number of Attendees</b>	<b>96</b>
<b>Resource Person</b>	<b>Mr. Manav Bansal</b>



Chitkara International School Panchkula recently hosted an enlightening and enjoyable session titled "Welcome Laughter Refresher," led by the charismatic Mr. Manav Bansal. The event, designed to promote well-being through laughter, proved to be a resounding success, leaving participants refreshed and equipped with valuable tools for daily life. The session commenced with a burst of energy as attendees engaged in a lively dance and an entertaining lemon race. These activities not only served as icebreakers but also set an upbeat tone for the afternoon, preparing participants for the laughter-filled journey ahead. Mr. Bansal, demonstrating his expertise in the field, introduced the audience to a variety of laughter types. The participants were guided through exercises featuring Aloha Laughter, Lassi Laughter, and Handshake Laughter, among others. These diverse forms of laughter showcased the versatility of this natural stress-reliever and mood enhancer. A significant portion of the session was dedicated to Laughter Yoga, a practice that combines laughter exercises with yogic breathing. Mr. Bansal led the group through these exercises, demonstrating how intentional laughter can be just as beneficial as spontaneous laughter. Participants learned techniques they could easily incorporate into their daily routines, promoting regular laughter practice. To reinforce the session's message, a motivational video titled "Helping Hand" was screened. This video effectively illustrated the far-reaching benefits of laughter, emphasizing its positive impact on mental, emotional, and physical well-being. Mr. Bansal further elaborated on these benefits, discussing how regular laughter can alleviate stress, improve mood, boost the immune system, and foster better interpersonal relationships. An innovative aspect of the session was the introduction of Mr. and Ms. Happiness. This concept highlighted the importance of not only experiencing joy personally but also spreading it to others. It encouraged participants to become ambassadors of happiness in their communities, creating a ripple effect of positivity.

## LAUGHTER AND LEARNING REFRESHERS EVENT DETAILS

<b>Topic</b>	<b>Laughter and Learning Refreshers</b>
<b>Date</b>	<b>8<sup>th</sup> July,2024</b>
<b>Time</b>	<b>1:00 PM to 2:30 pm</b>
<b>Venue</b>	<b>Chitkara International School, Chandigarh</b>
<b>Number of Attendees</b>	<b>207</b>
<b>Resource Person</b>	<b>Mr. Manav Bansal</b>



Students at Chitkara International School were treated to a unique and engaging session titled "Laughter and Learning Refresher," led by Mr. Manav Bansal. The session, designed to uplift spirits and foster a positive atmosphere, began with a lively karaoke singing activity. Students enthusiastically showcased their vocal talents, setting a vibrant tone for the rest of the event. Following the karaoke session, mindfulness games were introduced, aimed at helping students relax and sharpen their focus. These activities encouraged mindfulness and provided students with practical techniques for stress relief and mental clarity. A thought-provoking video titled "Rat Race" was screened, emphasizing the importance of finding joy in everyday life. This was a poignant moment that resonated with the students, prompting reflection on personal happiness amidst daily challenges. Mr. Bansal then highlighted the four essential elements of joy: singing, dancing, laughter, and playing. Students actively participated in understanding these elements, engaging in various types of laughter exercises and a hilarious ramp walk session that brought laughter and joy to everyone present. Adding a delightful touch to the session, Mr. and Ms. Happiness were introduced, promoting positivity and spreading smiles among the students. This interactive segment encouraged students to embrace happiness as a daily practice. The session concluded with Mr. Bansal sharing the top five happiness habits for students: reading, gratitude journaling, regular exercise, establishing sleep rituals, and reflecting on three positive aspects of their day daily. These habits were presented as practical tools for maintaining mental well-being and fostering a positive outlook. Overall, the "Laughter and Learning Refresher" session left a lasting impact on the students of Chitkara International School, leaving them feeling refreshed, rejuvenated, and equipped with valuable happiness habits to navigate their academic and personal lives with resilience and joy. The event was a testament to the school's commitment to holistic student development and well-being.

## SESSION ON ETHICAL LEADERSHIP

### EVENT DETAILS

<b>Topic</b>	<b>Session on Ethical Leadership</b>
<b>Date</b>	<b>9<sup>th</sup> July,2024</b>
<b>Time</b>	<b>2:00 PM to 3:00 pm</b>
<b>Venue</b>	<b>Pierre Hall, Le-Corbusier Block</b>
<b>Number of Attendees</b>	<b>101</b>
<b>Resource Person</b>	<b>Mr. Mahesh Rawat</b>



The Chitkara Happiness Centre, in collaboration with the Chitkara School of Psychology and the Chitkara School of Hospitality, recently hosted an insightful session on ethical leadership delivered by Mr. Mahesh Rawat. The event brought together students and professionals eager to understand the nuances of leadership through the lens of ethics and skills. Mr. Rawat began by emphasizing the distinction between ethics and skills. He defined ethics as the moral principles that guide our actions, while skills are the abilities that enable us to act effectively. He argued that both elements are crucial for effective leadership. Ethics ensure that leaders make morally sound decisions, while skills enable the execution of these decisions efficiently. Throughout the session, Mr. Rawat illustrated the importance of ethics using real-life examples and compelling stories. He highlighted values such as integrity, walking the talk, purity, forgiveness, patience, emotions, and spirituality as essential traits for leaders. To bring these concepts to life, he cited inspiring examples from renowned personalities like Sachin Tendulkar, APJ Abdul Kalam, JRD Tata, and Satish Sharma. Each of these figures demonstrated exceptional ethical leadership in their respective fields, setting a high standard for others to follow. Mr. Rawat underscored that ethical leaders lead by example, showcasing integrity and accountability in their actions. They prioritize the greater good, foster a culture of trust and transparency, and cultivate emotional intelligence. He stressed that ethical leadership is not just about making the right decisions but also about inspiring and guiding others to do the same. The session concluded with a call to action, encouraging the audience to integrate ethics into their daily lives. Mr. Rawat inspired attendees to become beacons of hope and inspiration, using their ethical leadership to create a better world. This session was a profound reminder of the transformative power of ethical leadership, leaving a lasting impact on all who attended.

## TIME MANAGMENT EVENT DETAILS

<b>Topic</b>	<b>Time Management</b>
<b>Date</b>	<b>22<sup>nd</sup> July,2024</b>
<b>Time</b>	<b>2:00 PM to 4:00 PM</b>
<b>Venue</b>	<b>Pulitzer Hall, Picasso Block</b>
<b>Number of Attendees</b>	<b>47</b>



Chitkara Happiness Centre, in collaboration with Chitkara Business School, recently hosted an engaging and informative session on Time Management led by Ms. Vrinda Sharma and Mr. Shivam K Mishra, the workshop offered a dynamic blend of interactive activities, theoretical concepts, and practical advice. The session began with the Signal Game, an icebreaker that effectively set a positive and participatory tone. This was followed by a Time Awareness Activity, where participants estimated a one-minute duration. This exercise proved to be an eye-opener, highlighting the subjective nature of time perception and its impact on daily activities. Ms. Vrinda and Mr. Shivam then delved into several key time management techniques. They covered the Eisenhower Matrix, a tool for prioritizing tasks based on urgency and importance; Time Blocking, a method for allocating specific time slots to tasks; the ABCDE Model for task prioritization; and the concept of Time Effectiveness Ratio. These techniques were presented with relatable examples, making them accessible and applicable for the participants. To add variety and maintain engagement, the session included a singing performance, providing a refreshing interlude. The facilitators also shared the inspiring story of Warren Buffett, focusing on his 5/25 formula. This real-world example emphasized the importance of identifying and focusing on key priorities, a crucial aspect of effective time management. A motivational video(priority) on time management and prioritization further reinforced the session's core messages. Throughout the workshop, Ms. Vrinda and Mr. Shivam encouraged active participation and self-reflection, prompting attendees to consider their current time usage patterns and areas for improvement. The session concluded on a high note, with participants equipped with practical strategies to enhance their productivity and time management skills. Overall, this Time Management session provided a comprehensive, engaging, and practical learning experience, empowering participants to take control of their time and maximize their potential.

## ART AND CRAFT WORKSHOP EVENT DETAILS

<b>Topic</b>	<b>Art and Craft Workshop</b>
<b>Date</b>	<b>24<sup>th</sup> July, 2024</b>
<b>Time</b>	<b>11:30 AM to 12:30 PM</b>
<b>Venue</b>	<b>Chitkara Happiness Center, Bloom Block</b>
<b>Number of Attendees</b>	<b>20</b>



Chitkara Happiness Center recently organized Art and Craft Workshop that was a resounding success, providing participants with an engaging platform to explore their creative potential and produce an array of impressive handmade pieces. The event attracted a diverse group of enthusiasts, each eager to delve into the world of artistic expression and craftsmanship. The workshop focused on three main projects: dream catchers, personalized key chains, and handcrafted jewelry. Participants embraced the opportunity to create colorful dream catchers adorned with intricate knots and various embellishments, showcasing their ability to blend colors and textures. The key chain project allowed for individual expression, with attendees crafting unique designs incorporating personal touches and decorative elements. The jewelry-making segment proved particularly popular, as participants fashioned stunning pieces using an assortment of beads, wires, and metals. Beyond the joy of creation, the workshop served as an educational experience. Attendees were introduced to a range of art and craft techniques, including knotting, beading, and metal-stamping. These skills not only enhanced the quality of their projects but also provided valuable knowledge for future creative endeavors. The sense of accomplishment was palpable as participants proudly took home their finished creations, tangible reminders of their artistic journey. The workshop's primary aim was to empower individuals to tap into their innate creativity. By providing a supportive and inspiring environment, we encouraged participants to break free from self-imposed limitations and embrace their inner artist. The diverse range of projects ensured that everyone, regardless of their prior experience or perceived artistic ability, could find a medium that resonated with them. The atmosphere during the workshop was electric, with participants sharing ideas, offering encouragement, and marveling at each other's creations. Many attendees expressed surprise at their own capabilities, discovering hidden talents they never knew they possessed. The collaborative spirit fostered during the event led to new friendships and connections, as participants bonded over their shared passion for creativity.

## MEDITATION SESSIONS

### EVENT DETAILS

#### Gratitude meditation:

Details	
<b>Date</b>	17 <sup>th</sup> July, 2024
<b>Time</b>	1:15 PM to 1:45 PM
<b>Venue</b>	Meditation Room, Chitkara Happiness Center
<b>No of attendees</b>	6

Chitkara Happiness Centre organized a gratitude meditation session led by Mr. Manav Bansal, a renowned meditation expert. The session aimed to cultivate a sense of gratitude and positivity among participants. Mr. Bansal guided the attendees through a series of meditation techniques, encouraging them to focus on the present moment and appreciate the good things in their lives. The session began with a brief introduction to the concept of gratitude and its benefits. Mr. Bansal then led the participants through a guided meditation, using visualization techniques and soothing music to create a peaceful atmosphere. The attendees were encouraged to reflect on their personal experiences and express gratitude for the people, circumstances, and blessings in their lives. The session received an overwhelming response, with participants reporting feelings of calmness, relaxation, and renewed positivity. The Chitkara Happiness Centre plans to organize more such sessions in the future, promoting mindfulness and well-being among its community.

#### Visualization meditation:

Details	
<b>Date</b>	24 <sup>th</sup> July, 2024
<b>Time</b>	1:05 PM to 1:35 PM
<b>Venue</b>	Meditation Room, Chitkara Happiness Center
<b>No of attendees</b>	9

Chitkara Happiness Centre recently hosted a successful visualization meditation session led by Mr. Manav Bansal. The event focused on helping participants access their subconscious mind and manifest their desires through guided visualization techniques. Mr. Bansal expertly led attendees through a series of exercises, incorporating vivid imagery and positive affirmations to create an immersive and powerful experience. The session aimed to enhance mental well-being and promote happiness among participants. Feedback from attendees was overwhelmingly positive, with many reporting feelings of relaxation, focus, and inspiration. Participants expressed gratitude for the transformative nature of the experience, highlighting its impact on their mental state.

## THRIVING AT WORKPLACE EVENT DETAILS

<b>Topic</b>	<b>Thriving at Workplace</b>
<b>Date</b>	<b>3<sup>rd</sup> August, 2024</b>
<b>Time</b>	<b>3:30 pm to 5:30 pm</b>
<b>Venue</b>	<b>Spray Engineering Devices, Baddi</b>
<b>Number of Attendees</b>	<b>14</b>
<b>Resource Person</b>	<b>Mr. Manav Bansal</b>



A dynamic and informative session titled "Thriving at the Workplace" was recently conducted for new joiners at SED Baddi. Led by Mr. Manav Bansal, the event provided invaluable insights and practical tools to help newcomers excel in their roles and contribute effectively to the organization. The session commenced with a welcoming song, setting a positive atmosphere for the day's activities. Mr. Bansal introduced the Thriving Model, which encompasses five key elements: Purpose, Relationships, Skill Building, Etiquettes, and Energy. These components were identified as crucial for achieving success and fulfillment in the workplace. To illustrate real-world applications of these principles, Mr. Bansal shared inspiring case studies of tech industry leaders Sundar Pichai and Satya Nadella. These examples offered participants valuable lessons on leadership and professional growth. Additionally, research-based insights were presented to highlight the skills and attributes necessary for thriving in today's fast-paced work environment. The session featured interactive elements designed to reinforce learning and promote engagement. A Skill Swap Activity encouraged participants to share knowledge with one another, fostering a culture of continuous learning. The Etiquette Bingo game creatively reinforced important workplace etiquettes, making the learning process both enjoyable and memorable. Throughout the day, group activities and discussions encouraged active participation and collaboration among the new joiners. The session concluded with a final group activity, leaving a lasting impression on the participants. Overall, the "Thriving at the Workplace" session successfully equipped new employees with essential knowledge and skills for their roles at SED Baddi. Mr. Bansal's expertise and engaging presentation style contributed significantly to the event's success. As the new joiners embark on their professional journeys, they are now better prepared to excel and contribute to the organization's growth.

## SELF MANAGEMENT AND WELLNESS EVENT DETAILS

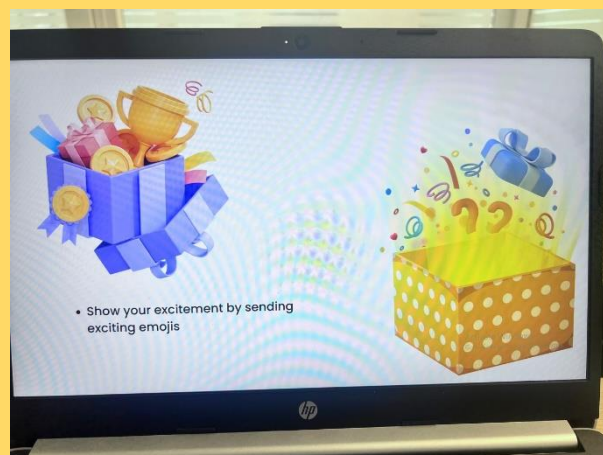
<b>Topic</b>	<b>Self Management and Wellness</b>
<b>Date</b>	<b>5<sup>th</sup> August,2024</b>
<b>Time</b>	<b>11:30 am to 12:30 pm</b>
<b>Mode</b>	<b>Online</b>
<b>Number of Attendees</b>	<b>84</b>



The Chitkara Happiness Centre recently organized an online session titled "Self Management and Wellness" for the BBA (Logistics Supply Chain Management and Aviation Management) batch of 2024-27. This initiative aimed to equip students with crucial skills for managing stress and maintaining wellness throughout their academic and professional careers. Mr. Manav Bansal, the session facilitator, began by emphasizing the significance of stress management and wellness in today's fast-paced world. The session covered a comprehensive range of stress management techniques, including: adopting a healthy lifestyle, effective time management strategies, enhancing communication skills, prioritizing self-care practices, setting clear purposes and goals. A key focus of the session was the role of perception in stress management. Students learned how altering their perspective on challenging situations can lead to more positive outcomes and reduced stress levels. To enhance engagement and practical understanding, the session incorporated interactive activities. These exercises created a supportive learning environment where students could apply the concepts in real-time. Additionally, students were introduced to the diverse courses offered through Skillverse and the basic offerings of the Happiness Centre. This information provided them with resources for continued personal and professional development beyond the session. The event was deemed a success, effectively achieving its objective of empowering students with valuable stress management and wellness skills. By equipping the future workforce with these essential tools, the initiative contributes to fostering a more balanced and thriving professional landscape.

## UNBOXING HAPPINESS EVENT DETAILS

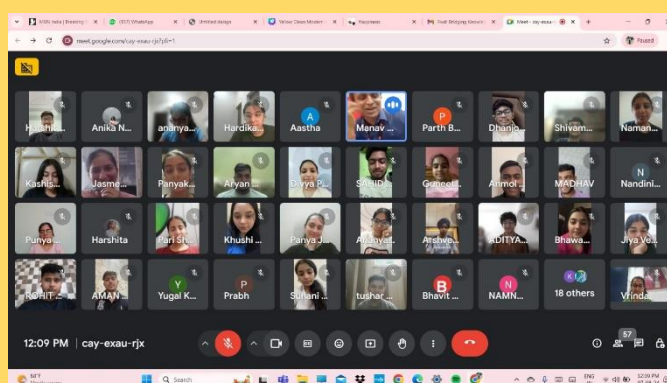
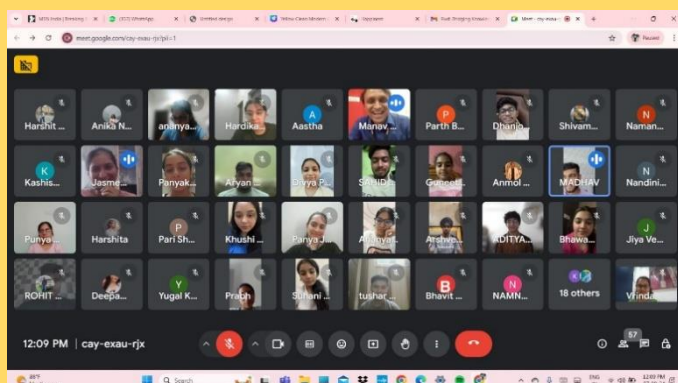
<b>Topic</b>	<b>Unboxing Happiness</b>
<b>Date</b>	<b>6<sup>th</sup> August, 2024</b>
<b>Mode</b>	<b>Online</b>
<b>Number of Attendees</b>	<b>48</b>
<b>Resource Person</b>	<b>Mr. Manav Bansal</b>



The Chitkara Happiness Centre recently conducted an enlightening session for BBA Fintech students, led by Mr. Manav Bansal. The session was designed to introduce students to the concept of happiness, explore its significance in daily life, and equip them with research-based strategies to cultivate it. Mr. Bansal expertly guided students through the science behind happiness, emphasizing the importance of evidence-based interventions such as Gratitude, Mindfulness, and the pursuit of Purpose and Passion. The session was both informative and interactive, with Mr. Bansal fostering meaningful discussions that allowed students to delve deeper into the concepts being presented. These discussions not only enhanced their understanding but also encouraged them to reflect on how they could apply these happiness strategies in their own lives. Activities were integrated throughout the session to reinforce these concepts, making the experience dynamic and engaging. A key highlight of the session was the heartfelt pledge taken by all participants to prioritize happiness in their lives. This collective commitment inspired a sense of unity and determination among the students, motivating them to integrate these positive practices into their daily routines. The session effectively met its objectives, leaving students with practical tools and strategies to enhance their emotional well-being and live a more fulfilling life. By the end of the session, students were empowered with a renewed enthusiasm and a strong sense of purpose. They left with a deeper understanding of the importance of happiness and well-being, equipped to spread positivity and happiness in their own lives and the lives of those around them. Mr. Manav Bansal's impactful delivery and the engaging nature of the session sparked a happiness revolution among the students, fulfilling the session's goals and leaving a lasting impression.

## UNBOXING HAPPINESS 2.0 EVENT DETAILS

<b>Topic</b>	<b>Unboxing Happiness 2.0</b>
<b>Date</b>	<b>7<sup>th</sup> August,2024</b>
<b>Mode</b>	<b>Online</b>
<b>Number of Attendees</b>	<b>30</b>
<b>Resource Person</b>	<b>Mr. Manav Bansal</b>



The Chitkara Happiness Centre recently organized an enlightening session for BBA Fintech students, expertly led by Mr. Manav Bansal. This innovative initiative was designed with multiple objectives: to educate students about the scientific underpinnings of happiness, provide them with research-based interventions, encourage the prioritization of happiness in their lives, and create an engaging, dynamic learning experience. The session delved deep into the fascinating science of happiness, exploring key evidence-based interventions such as Gratitude, Mindfulness, and the pursuit of Purpose and Passion. Through a series of interactive discussions and carefully crafted activities, students were able to gain hands-on experience in applying these concepts to their daily lives. This practical approach ensured that the knowledge imparted was not merely theoretical but immediately applicable. A highlight of the event was the collective pledge taken by all participants to prioritize happiness in their lives. This symbolic act served to reinforce the importance of emotional well-being and inspired a lasting commitment among the students. The "Unboxing Happiness" session proved to be highly effective in empowering students with both knowledge and practical tools to cultivate happiness. Participants gained a deeper understanding of the scientific basis of happiness and developed a more positive mindset. They learned to recognize the crucial role that happiness plays in overall well-being and success, both personally and professionally. Moreover, students had the opportunity to learn and practice evidence-based interventions that can significantly improve emotional well-being. These skills and strategies are expected to have long-lasting benefits, potentially influencing the students' approach to challenges and opportunities throughout their lives. Overall, the "Unboxing Happiness" session was a resounding success, effectively combining scientific insights with practical applications to promote happiness and well-being among the student community at Chitkara University.

## HOW TO COMMUNICATE EFFECTIVELY EVENT DETAILS

<b>Topic</b>	<b>How To Communicate Effectively</b>
<b>Date</b>	<b>7<sup>th</sup> August, 2024</b>
<b>Time</b>	<b>1:30 PM to 3:30 PM</b>
<b>Venue</b>	<b>LH RB 503, 5<sup>TH</sup> floor, Rockfellow Block</b>
<b>Mode</b>	<b>Offline</b>
<b>Number of Attendees</b>	<b>47</b>
<b>Resource person</b>	<b>Vrinda Sharma</b>

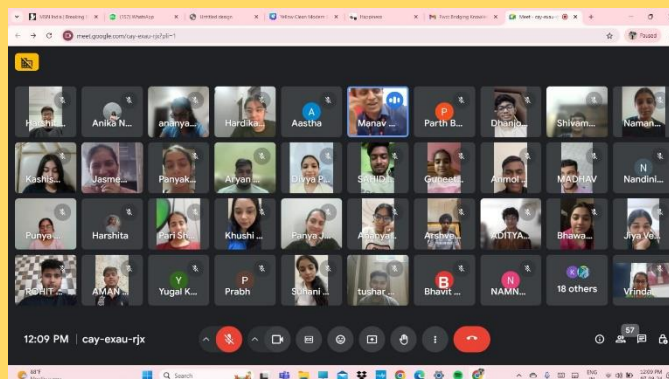
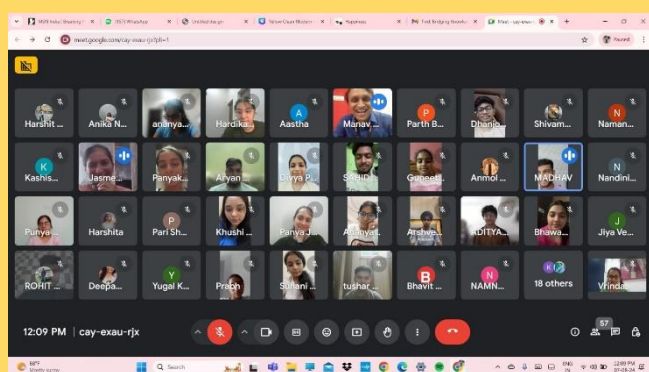


Chitkara Happiness Centre Hosts Impactful Session on Effective Communication for BBA Students. In a bid to empower and equip the next generation of professionals, Chitkara Happiness Centre organized a session on effective communication, delivered by the esteemed Vrinda Sharma. The session aimed to provide BBA students with essential communication skills, debunk common myths, and inspire positive change. The session commenced with a thought-provoking presentation on "Myths vs. Facts of Communication," where Vrinda Sharma skillfully clarified the misconceptions surrounding effective communication and presented the factual principles that underpin it. This set the stage for an engaging and informative exploration of the topic. Vrinda Sharma then shared the "Mantras of Communication," providing students with a comprehensive set of essential principles and phrases to improve their communication skills. This practical approach enabled the participants to immediately apply the learnings in their personal and professional interactions. The session also featured captivating case studies of famous personalities who exemplified exceptional communication skills, offering valuable lessons and insights. Inspiring stories of individuals who overcame communication challenges were shared, demonstrating the transformative power of effective communication in achieving success. To reinforce the learning, an engaging activity on communication was conducted, allowing students to practice and apply the concepts discussed. The activity encouraged participation, creativity, and teamwork, making the session an enjoyable and enriching experience. The session concluded with a interactive Q&A session, where students had the opportunity to clarify their doubts and seek guidance on effective communication from the expert. Vrinda Sharma's expertise and interactive approach made the session informative, engaging, and memorable. The students left the session with a renewed understanding of effective communication and the tools to apply their learnings in their personal and professional lives. The collaboration between Chitkara Happiness Centre and Vrinda Sharma proved to be a resounding success, empowering the BBA students to become confident and effective communicators.

## STRESS MANAGEMENT WITH ACTIVITIES

### EVENT DETAILS

<b>Topic</b>	<b>Stress Management with Activities</b>
<b>Date</b>	<b>9<sup>th</sup> August, 2024</b>
<b>Time</b>	<b>1:30 PM to 3:30 PM</b>
<b>Mode</b>	<b>Online</b>
<b>Number of Attendees</b>	<b>70</b>
<b>Resource person</b>	<b>Mr. Manav Bansal</b>



Chitkara Happiness Centre, in collaboration with Chitkara Business School, recently organized a comprehensive orientation for the B.Com 2024 batch. The event focused on equipping students with essential stress management techniques and introducing resources for personal and professional growth, setting the stage for their academic and professional journeys. The orientation had three primary objectives: to provide students with effective stress management strategies, to foster a supportive learning environment, and to introduce resources for personal and professional development. The program explored various stress management techniques, including maintaining a healthy lifestyle, effective time management, enhancing communication skills, practicing self-care, and identifying purpose and goals. A significant emphasis was placed on the role of perception in stress management, highlighting how altering one's perspective can lead to more positive outcomes. The event featured interactive activities that encouraged full student participation, creating a lively and supportive atmosphere. This approach fostered open communication and collaboration among attendees, reinforcing the importance of a positive learning environment. This diverse array of resources aims to support students in their personal and professional growth throughout their academic journey. The orientation's outcomes were twofold. Firstly, students gained enhanced stress management skills, acquiring practical strategies to improve their mental and emotional well-being. Secondly, participants increased their awareness of the various resources available to them, empowering them to take charge of their personal and professional development. The enthusiasm and engagement demonstrated by the students were particularly inspiring. As they explored these vital concepts and resources, it became clear that the orientation had successfully laid the groundwork for their future success. The event aimed to equip students with essential skills to manage stress and contribute to a more balanced and thriving professional landscape. It will be exciting to see how they apply these skills in their future endeavors, both in their academic pursuits and beyond.

# BE PRODUCTIVE AND THINK SMARTER - INTERNATIONAL YOUTH DAY

## EVENT DETAILS

Topic	Be Productive and Think Smarter - International Youth Day
Date	12 <sup>th</sup> August, 2024
Mode	Offline
Venue	Einstein Hall, Galileo Block
Number of Attendees	60



Chitkara Happiness Centre Organizes Productive Thinking Session with Chitkara School of Planning and Architecture. The session was led by Mr. Manav Bansal, an expert in the field of productivity and personal development, who aimed to equip the participants with effective strategies to boost their productivity and achieve success. The session commenced with an engaging presentation on the "Story of Productive Work," which set the tone for the discussion. Mr. Bansal captivated the audience by sharing an inspiring account of Warren Buffett's success story, highlighting the importance of discipline, focus, and smart decision-making. He emphasized that these qualities are not only essential for professional advancement but also crucial for personal growth and well-being. Participants were then shown a thought-provoking video on the "5/25 Rule," which illustrated the significance of prioritizing tasks and avoiding distractions. Mr. Bansal delved deeper into this concept, urging the attendees to be mindful of their time and to focus on the essential tasks that truly contribute to their long-term goals. He also explored the concept of Parkinson's Law, which states that "work expands to fill the time available for its completion," underscoring the need for effective time management. Furthermore, Mr. Bansal introduced the "5S Methodology" as a powerful tool for streamlining workflows, eliminating waste, and enhancing productivity. Through interactive discussions and hands-on activities, participants gained valuable insights into applying these principles in their personal and professional lives. They learned how to create a organized and efficient work environment, prioritize tasks, and develop strategies to minimize distractions and boost their overall productivity. By the end of the session, the participants were equipped with a comprehensive toolkit of practical strategies to optimize their productivity, think smarter, and achieve their goals. The collaboration between Chitkara Happiness Centre and Chitkara School of Planning and Architecture, led by the dynamic and inspiring Mr. Manav Bansal, proved to be a resounding success in fostering a culture of productivity, innovation, and well-being among the students.

## BOOK INSIGHT SHOW EVENT DETAILS

Topic	Book Insight Show
Date	12 <sup>th</sup> August, 2024
Time	11:00 AM to 1:00 PM
Venue	Conference Room, Chitkara Happiness Center
Mode	Offline
Number of Attendees	10



The Chitkara Happiness Centre organized a "Book Insight Show" book review competition with the objective of encouraging students to develop a reading habit, explore various genres, and express their creativity. The competition aimed to foster critical thinking by having students analyze and review books, providing a platform for them to showcase their insights and opinions. Participants from various disciplines enthusiastically submitted reviews of a wide range of books, demonstrating their intellectual engagement and passion for reading. The competition saw Ashi Garg emerge as the winner for her outstanding review of the book "Legends and Lattes", while other notable reviews included "Get Epic Shit Done," "Grits, Guts, and Glory," and "IKIGAI." The diversity of books selected by the participants reflected the competition's success in motivating students to explore different literary genres. The "Book Insight Show" achieved its objectives by promoting a culture of reading and intellectual growth among students. The event provided a valuable platform for students to express themselves creatively and develop their critical thinking skills through thoughtful book analysis. The Chitkara Happiness Centre's initiative not only encouraged reading but also inspired students to engage in meaningful discussions and reflect on the ideas presented in the books they reviewed. The competition was a resounding success, with students benefiting from the opportunity to enhance their analytical abilities and share their perspectives with peers. The Chitkara Happiness Centre congratulates all participants and looks forward to organizing more such events to promote a love for reading and lifelong learning among students.

## HOW TO THINK DURING YOUR 20's

### EVENT DETAILS

<b>Topic</b>	<b>How To Think During Your 20's</b>
<b>Date</b>	<b>13<sup>th</sup> August, 2024</b>
<b>Time</b>	<b>2:00 PM to 3:15 PM</b>
<b>Venue</b>	<b>Pulitzer Hall</b>
<b>Number of Attendees</b>	<b>21</b>
<b>Resource Person</b>	<b>Mr. Mandeep Singh (Financial Expert)</b>



Chitkara Happiness Centre recently organized a thought-provoking session. The session was led by the esteemed Mr. Mandeep Singh, who shared valuable insights on navigating the pivotal decade of one's twenties. Mr. Singh's session was a wake-up call for the audience, emphasizing the significance of their twenties as the blueprint for the life they build. He stressed that this transformative decade lays the foundation for future success, relationships, and happiness, urging the participants to make the most of this crucial time. Through his engaging and inspiring delivery, Mr. Singh shared valuable insights on how to approach life's challenges with confidence, cultivate a growth mindset for continuous learning, and create a vision for one's dream life. He emphasized the importance of self-reflection, exploration, and experimentation during one's twenties, encouraging the audience to try new things, take risks, and step out of their comfort zones to discover their passions and interests. The session highlighted key areas of focus during this pivotal decade, including building meaningful relationships, developing emotional intelligence, exploring career options, and cultivating healthy habits. Mr. Singh's expertise and deep understanding of the unique challenges and opportunities of one's twenties made the session informative, inspiring, and memorable. By the end of the session, the audience left with a renewed sense of purpose and a clear understanding of how to make the most of their twenties. Mr. Singh's message was a powerful call to action, urging the participants to take control of their lives, make intentional decisions, and shape their futures with purpose and determination.

## MEDITATION SESSIONS EVENT DETAILS

### Mindfulness meditation:

Details	
<b>Date</b>	14 <sup>th</sup> July, 2024
<b>Time</b>	1:05 PM to 1:35 PM
<b>Venue</b>	Meditation Room, Chitkara Happiness Center
<b>No of attendees</b>	5
<b>Resource Person</b>	Ms. Kiranjot Kaur

Chitkara Happiness Center organized a session for mindfulness Meditation. In the session, we explored the importance of mindfulness through various practical tips. It began with focusing on the breath as a simple yet effective way to cultivate mindfulness, followed by awareness of body parts, like toes touching the ground. Participants were encouraged to use everyday sounds like the fan, rain, or lightning as cues to stay present. The power of mindfulness was discussed, highlighting how it helps release the past and enhances focus on the current moment. We also learned how mindfulness improves daily activities like walking, along with tips for integrating mindfulness into our routines for greater well-being.



### Vipassana meditation:

Details	
<b>Date</b>	28 <sup>th</sup> July, 2024
<b>Time</b>	12:20 PM to 12:50 PM
<b>Venue</b>	Meditation Room, Chitkara Happiness Center
<b>No of attendees</b>	9
<b>Resource Person</b>	Ms. Kiranjot Kaur

Vipassana Meditation is an ancient mindfulness technique that promotes self-awareness and inner peace. The session began with a brief explanation of Vipassana, emphasizing the practice of observing one's thoughts without attachment or reaction. To create a soothing atmosphere, light meditation music was played, helping participants relax into the experience. We started with deep breathing exercises, focusing on inhaling positivity and exhaling negativity and stress. The guided meditation encouraged participants to simply observe their thoughts, without trying to hold on to or react to them. The session was calming and peaceful, offering a refreshing mental break and fostering a deeper connection with the present moment. Participants left feeling more centered and at ease.



## THRIVING AT WORKPLACE 2.0 EVENT DETAILS

<b>Topic</b>	<b>Thriving At Workplace 2.0</b>
<b>Date</b>	<b>17<sup>th</sup> August,2024</b>
<b>Venue</b>	<b>Spray engineering devices, Mohali, Conference hall</b>
<b>Mode</b>	<b>Offline</b>
<b>Number of Attendees</b>	<b>15</b>
<b>Resource person</b>	<b>Mr. Manav Bansal</b>



A highly engaging and impactful session conducted by Mr. Manav Bansal at the Chitkara Happiness Centre for employees of SED Mohali. The event commenced with a welcoming song, setting a positive atmosphere for the day's activities. Mr. Bansal introduced the Thriving Model, focusing on five key elements: Purpose, Relationships, Skill Building, Etiquettes, and Energy. These components were presented as essential factors for achieving success and fulfillment in the workplace. To illustrate the practical application of these principles, inspiring case studies of tech industry leaders Sundar Pichai and Satya Nadella were shared, offering valuable insights into their leadership styles and professional growth trajectories. The session incorporated research-based insights, providing participants with a solid understanding of the requirements for excelling in today's dynamic work environment. Interactive elements were a cornerstone of the event, with a Skill Swap Activity encouraging peer-to-peer learning and fostering a culture of continuous improvement. The innovative Etiquette Bingo game served as an engaging method to reinforce important workplace etiquettes. Throughout the day, group activities and discussions promoted active participation and engagement among attendees. These collaborative exercises allowed employees to apply the concepts learned and share their perspectives, enhancing the overall learning experience. The session concluded with a final group activity, leaving a lasting impression on the participants. The primary goal of the event was to equip SED Mohali employees with the necessary knowledge, skills, and insights to thrive in their roles and contribute effectively to the organization's growth. The employees departed with best wishes for their continued professional journey, it was evident that they were now better prepared to excel in their roles and face workplace challenges with confidence. This session exemplified the power of collaborative learning and employee engagement in fostering professional growth and organizational success.

## ENERGIZE AND ALIGN – WELLNESS AND YOGA EVENT DETAILS

<b>Topic</b>	<b>Energize and Align - Wellness and Yoga</b>
<b>Date</b>	<b>19<sup>th</sup> August,2024 to 21<sup>st</sup> August, 2024</b>
<b>Venue</b>	<b>LH : 301, 304 Galilio Block , Ramanujan Block</b>
<b>Number of Attendees</b>	<b>156</b>
<b>Resource Person</b>	<b>Mr. Pardeep Kumar Yoga Trainer , Mr. Shivam K Mishra Executive , Ms . Vrinda Sharma</b>



The Chitkara Happiness Centre, in collaboration with the Chitkara School of Health Sciences, organized a transformative 3-day. This workshop aimed to empower participants to prioritize their holistic well-being and self-awareness, while also educating them on the crucial role of happiness and wellness in achieving a balanced life. The event featured a series of engaging sessions led by students from the Allied Health Sciences, who shared their knowledge and enthusiasm with participants. Day 1 of the workshop kicked off with a session on "Happiness and Wellness," where students facilitated lively discussions, singing, and interactive activities. This session encouraged participants to reflect on the significance of happiness and wellness in their lives, fostering a deeper understanding of these concepts. On Day 2, the focus shifted to mindfulness with a session titled "Meditation from Yoga." Here, participants were guided through various meditation techniques aimed at calming the mind and promoting inner peace, helping them cultivate a sense of balance in their daily lives. The final day featured a session on "Happiness and Success," which creatively combined singing and discussions. This session empowered participants to align their goals and aspirations with their core values and passions, providing them with practical tools to achieve success in a way that resonates with their true selves. Throughout the workshop, a supportive environment was maintained, allowing participants to explore their values, passions, and goals in a safe and nurturing space. Participants left the workshop feeling energized, inspired, and equipped with practical strategies to enhance their lives. The collaboration between the two institutions not only showcased the students' expertise in Allied Health Sciences but also emphasized the importance of integrating wellness into everyday life.

## GOAL SETTING AND TIME MANAGEMENT EVENT DETAILS

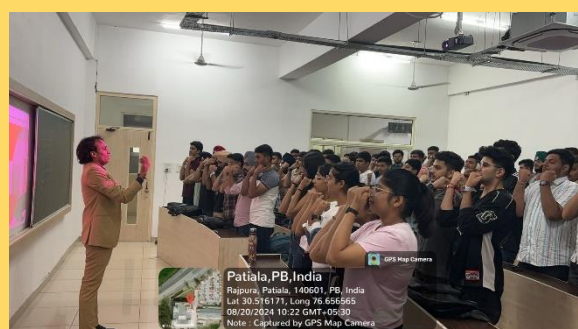
<b>Topic</b>	<b>Goal Setting &amp; Time Management</b>
<b>Date</b>	<b>20<sup>th</sup> August, 2024</b>
<b>Mode</b>	<b>Offline</b>
<b>Time</b>	<b>2:00 PM to 4:00 PM</b>
<b>Venue</b>	<b>Pulitzer Hall, Picasso Block</b>
<b>Number of Attendees</b>	<b>77</b>
<b>Resource Person</b>	<b>Mr. Manav Bansal</b>



The Chitkara Happiness Centre recently organized an engaging session on Goal Setting and Time Management for the students of CUIT Applied Engineering, conducted by Mr. Manav Bansal. The primary objective was to equip students with effective strategies for setting and achieving their goals, fostering a positive mindset, and managing their time efficiently. A central focus of the session was the introduction of the SMART policy, a widely recognized framework for setting goals that are Specific, Measurable, Achievable, Relevant, and Time-bound. Mr. Bansal expertly explained how breaking down large goals into smaller, manageable tasks and creating a clear action plan can significantly enhance students' ability to succeed. The session also highlighted the importance of cultivating a positive mindset through practices such as gratitude, mindfulness, and self-reflection. These skills are essential not only for academic success but also for personal growth and well-being. The interactive nature of the session encouraged students to participate in group discussions, activities, and exercises, which helped them apply the concepts directly to their lives. Through real-life examples and actionable techniques, students learned how to create personalized action plans and manage their goals more effectively. Mr. Bansal's engaging delivery and practical insights provided students with tools to manage stress, remain focused, and approach their goals with confidence. By the end of the session, students had developed personalized SMART goals and action plans, understanding how to break down larger goals into achievable steps. Additionally, they left with a stronger appreciation of the role of a positive mindset in accomplishing their ambitions. The session was well-received, and the Chitkara Happiness Centre's dedication to promoting well-being and success among students was once again demonstrated through this impactful event.

## UNBOXING HAPPINESS 3.0 EVENT DETAILS

<b>Topic</b>	<b>Unboxing Happiness 3.0</b>
<b>Date</b>	<b>20<sup>th</sup> August,2024</b>
<b>Mode</b>	<b>Offline</b>
<b>Time</b>	<b>9:30 AM to 11:00 AM</b>
<b>Venue</b>	<b>Room no.321 Tesla Block</b>
<b>Number of Attendees</b>	<b>52</b>
<b>Resource Person</b>	<b>Mr. Manav Bansal</b>



The Chitkara Happiness Centre recently organized a captivating session titled "Unboxing Happiness" for students from various departments, including Applied Engineering and Computer Science at Chitkara University Institute of Engineering and Technology (CUIET). Led by Mr. Manav Bansal, the session aimed to foster a positive mindset, promote a deeper understanding of happiness, and inspire students to prioritize well-being in their lives. The event provided students with research-based interventions to lead happier and healthier lives while spreading positivity within their communities. The session began with an engaging discussion on the importance of happiness in everyday life, followed by an exploration of the science behind happiness. Mr. Bansal introduced students to powerful evidence-based strategies such as Gratitude, Mindfulness, and the pursuit of Purpose and Passion. These concepts were not only discussed but also applied through interactive activities and group discussions, allowing students to personalize these practices and foster a positive mindset. Practical tools and strategies for cultivating happiness were also shared, with a focus on how these techniques could lead to improved emotional well-being and a more fulfilling life. A key highlight of the session was when students collectively took a heartfelt pledge to prioritize happiness in their lives, which created a sense of unity and commitment among the group. This pledge symbolized their determination to integrate happiness and well-being into their daily routines. The session concluded with students feeling empowered and motivated, equipped with practical strategies to lead happier lives. Mr. Manav Bansal's engaging and interactive delivery made the session a resounding success, leaving a lasting impact on the students. With renewed enthusiasm and purpose, participants left ready to spread happiness and positivity, marking the beginning of a happiness revolution within their community.

## UNBOXING HAPPINESS WITH SUCCESS STORIES

### EVENT DETAILS

<b>Topic</b>	<b>Unboxing Happiness With Success Stories</b>
<b>Date</b>	<b>28<sup>th</sup> August, 2024</b>
<b>Time</b>	<b>9:30 AM to 11:00 AM</b>
<b>Venue</b>	<b>LH 405, 4<sup>TH</sup> floor, Rockfellow Block</b>
<b>Mode</b>	<b>Offline</b>
<b>Number of Attendees</b>	<b>64</b>
<b>Resource person</b>	<b>Mr. Manav Bansal</b>



The Chitkara Happiness Centre, in collaboration with Chitkara Business School, hosted an inspiring session featuring speaker Mr. Manav Bansal. This session, attended by students of BBA DTS, aimed to cultivate a growth mindset among participants, encouraging them to reframe challenges as opportunities and to articulate their big dreams and aspirations. Mr. Bansal captivated the audience with the remarkable success story of Srikanth Bolla, a blind entrepreneur who triumphed over incredible odds to achieve his dreams. Srikanth's journey from being born blind to becoming a successful business owner served as a powerful example of resilience, determination, and hard work. Through engaging storytelling and interactive exercises, Mr. Bansal urged students to reflect on their own goals and aspirations. He provided valuable insights on overcoming obstacles, staying motivated, and maintaining a positive mindset, drawing inspiration from Srikanth's life. The session also emphasized the importance of self-care, mindfulness, and the power of believing in oneself as essential components of achieving happiness and success. The collaboration between Chitkara Happiness Centre and Chitkara Business School created a unique opportunity for students to learn from Srikanth Bolla's experiences, as shared by Mr. Bansal, and to apply these lessons to their own lives. The session encouraged students to develop resilience and understand the value of learning from failures, empowering them with positive affirmations and self-care practices. By the end of the session, students demonstrated a noticeable shift in mindset, approaching challenges with newfound confidence and optimism. They also gained increased clarity and focus on their goals and aspirations, leaving the session inspired to unlock their potential and take actionable steps toward making their dreams a reality. The success of this event highlighted the profound impact that sharing real-life success stories can have on fostering growth and empowerment among students.

## UNBOXING HAPPINESS WITH SUCCESS STORIES 2.0

### EVENT DETAILS

<b>Topic</b>	<b>Unboxing Happiness With Success Stories 2.0</b>
<b>Date</b>	<b>28<sup>th</sup> August,2024</b>
<b>Time</b>	<b>2:00 PM to 4:00 AM</b>
<b>Venue</b>	<b>Rockfellow Block</b>
<b>Mode</b>	<b>Offline</b>
<b>Number of Attendees</b>	<b>71</b>
<b>Resource person</b>	<b>Mr. Manav Bansal</b>



The Chitkara Happiness Centre, in collaboration with Chitkara Business School, hosted an inspiring session featuring speaker Mr. Manav Bansal. This session, attended by students of BBA RM, aimed to cultivate a growth mindset among participants, encouraging them to reframe challenges as opportunities and to articulate their big dreams and aspirations. Mr. Bansal captivated the audience with the remarkable success story of Srikanth Bolla, a blind entrepreneur who triumphed over incredible odds to achieve his dreams. Srikanth's journey from being born blind to becoming a successful business owner served as a powerful example of resilience, determination, and hard work. Through engaging storytelling and interactive exercises, Mr. Bansal urged students to reflect on their own goals and aspirations. He provided valuable insights on overcoming obstacles, staying motivated, and maintaining a positive mindset, drawing inspiration from Srikanth's life. The session also emphasized the importance of self-care, mindfulness, and the power of believing in oneself as essential components of achieving happiness and success. The collaboration between Chitkara Happiness Centre and Chitkara Business School created a unique opportunity for students to learn from Srikanth Bolla's experiences, as shared by Mr. Bansal, and to apply these lessons to their own lives. The session encouraged students to develop resilience and understand the value of learning from failures, empowering them with positive affirmations and self-care practices. By the end of the session, students demonstrated a noticeable shift in mindset, approaching challenges with newfound confidence and optimism. They also gained increased clarity and focus on their goals and aspirations, leaving the session inspired to unlock their potential and take actionable steps toward making their dreams a reality. The success of this event highlighted the profound impact that sharing real-life success stories can have on fostering growth and empowerment among students.

## PERMA MODEL OF WELLBEING EVENT DETAILS

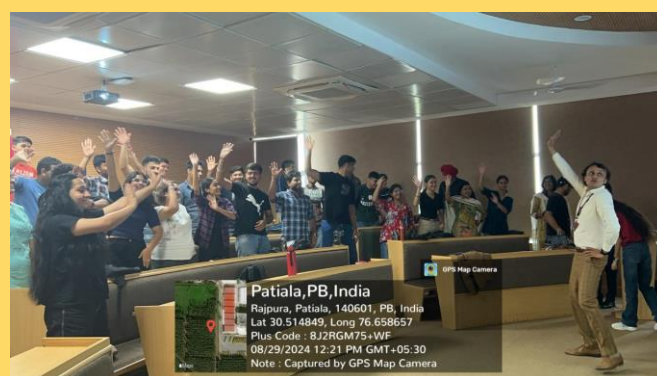
<b>Topic</b>	<b>Perma Model Of Wellbeing</b>
<b>Date</b>	<b>29<sup>th</sup> August,2024</b>
<b>Time</b>	<b>9:30 AM to 11:00 PM</b>
<b>Venue</b>	<b>LH 3/ Escoffier Block</b>
<b>Mode</b>	<b>Offline</b>
<b>Number of Attendees</b>	<b>5</b>
<b>Resource person</b>	<b>Mr. Manav Bansal</b>



Chitkara Happiness Centre organized an insightful session on the PERMA Model and Wellbeing for the Bachelor of Culinary Management students, delivered by Mr. Manav Bansal, a well-known expert in the field. The session aimed to familiarize students with the PERMA model—Positive Emotions, Engagement, Relationships, Meaning, and Accomplishment—and its significance in promoting well-being. Mr. Bansal began the session with a laughter exercise, followed by guided meditation and deep breathing techniques to create a calm and engaging atmosphere. He then delved into each component of the PERMA model, offering practical insights on gratitude practices, discovering personal values, building positive relationships, and setting meaningful goals. The session also included interactive activities that fostered peer connection and allowed students to reflect on their experiences. Students were encouraged to share their thoughts, making the environment collaborative and supportive. The highlight of the session was the creation of a personalized action plan, enabling students to apply the PERMA model in their daily lives and actively work towards enhancing their well-being. The session successfully achieved its objectives, equipping students with the knowledge and skills to cultivate positive emotions, engagement, relationships, purpose, and accomplishment. Through Mr. Bansal's expertise and interactive approach, students left feeling empowered to prioritize their well-being, develop resilience, and achieve happiness and success both personally and professionally. The objective of the session was to help students understand the PERMA model and its five components: Positive Emotions, Engagement, Relationships, Meaning, and Accomplishment. The session aimed to equip students with practical strategies to cultivate well-being and resilience, encourage self-awareness, and apply the PERMA model in their daily lives. Additionally, it sought to foster peer connections and build positive relationships through interactive activities and discussions.

## SCIENCE OF WELLBEING EVENT DETAILS

<b>Topic</b>	<b>Science Of Wellbeing</b>
<b>Date</b>	<b>29<sup>th</sup> August,2024</b>
<b>Time</b>	<b>11:00 AM to 12:30 PM</b>
<b>Venue</b>	<b>Room no 506, Rockfellow Block</b>
<b>Mode</b>	<b>Offline</b>
<b>Number of Attendees</b>	<b>41</b>
<b>Resource person</b>	<b>Mr. Manav Bansal</b>



The Chitkara Happiness Centre recently organized a Science and Wellbeing session for the students of B.A. Economics with Data Science, conducted by Mr. Manav Bansal, a renowned expert in happiness and well-being. The session aimed to provide students with a deeper understanding of the science behind happiness and practical strategies for cultivating well-being in their personal and professional lives. Mr. Bansal's presentation was tailored specifically to meet the needs of economics students, highlighting the intersection of economics, data science, and well-being. He introduced key concepts such as happiness, mindfulness, gratitude, and positive relationships, linking them to the students' academic pursuits. One of the session's focal points was the PERMA model of well-being, which emphasizes Positive Emotions, Engagement, Relationships, Meaning, and Accomplishment as the pillars of happiness. Mr. Bansal also introduced the Savera tool, a framework designed to help students assess and enhance their well-being effectively. Furthermore, the session explored how data science can be applied to measure and improve well-being, offering students a unique perspective on how their discipline can contribute to the field of happiness studies. The interactive nature of the session kept students engaged, with discussions, exercises, and a guided meditation session. An inspirational video on kindness and compassion sparked a lively conversation about the importance of empathy in both personal and professional relationships. The session received overwhelmingly positive feedback, with students expressing their gratitude for the valuable insights and practical tips shared by Mr. Bansal. Many felt empowered to take control of their own well-being and appreciated the relevance of the session to their studies. The event was a resounding success, and the Chitkara Happiness Centre plans to organize similar sessions in the future.

## TOKENIZING HAPPINESS EVENT DETAILS

<b>Topic</b>	<b>Tokenizing Happiness</b>
<b>Date</b>	<b>29<sup>th</sup> August,2024</b>
<b>Time</b>	<b>2:00 PM to 4:00 PM</b>
<b>Venue</b>	<b>Galilio Block , Einstein Hall</b>
<b>Mode</b>	<b>Offline</b>
<b>Number of Attendees</b>	<b>40</b>
<b>Resource person</b>	<b>Mr. Manav Bansal</b>



Chitkara Happiness Centre, in collaboration with the School of Psychology and Counselling, organized a transformative session titled "Tokenizing Happiness - Relation between Happiness and Success." The session, led by Mr. Manav Bansal, aimed to deepen participants' understanding of the concept of happiness and its critical role in achieving success. Mr. Bansal, an expert in the field, offered an engaging presentation that delved into the science behind happiness, exploring its relationship with success. He introduced the 50-40-10 rule, which highlights the percentage of happiness attributed to genetic factors, intentional activities, and circumstances, underscoring the power of intentional actions in enhancing happiness. Throughout the session, participants were actively involved in discussions and exercises that helped them grasp the significance of gratitude and a positive mindset, with a particular focus on the impact of smiling. Mr. Bansal emphasized mindfulness as a vital tool for reducing stress and cultivating happiness, providing practical techniques that participants could incorporate into their daily routines. The session was well-received, with participants expressing appreciation for the practical insights and actionable strategies shared. By the end of the session, participants not only recognized the importance of happiness in achieving success but also left with a personal plan to incorporate intentional activities into their lives. These activities included practicing gratitude, smiling more often, and using mindfulness techniques to promote well-being. The session successfully achieved its objectives, leaving participants with a deeper understanding of how happiness can be cultivated and how it directly contributes to personal and professional success.

## UNITY AND WELLNESS EVENT DETAILS

<b>Topic</b>	<b>Unity and Wellness</b>
<b>Date</b>	<b>29<sup>th</sup> August, 2024</b>
<b>Time</b>	<b>9:30 AM to 11:00 AM</b>
<b>Venue</b>	<b>Room no 301, Fleming Block</b>
<b>Mode</b>	<b>Offline</b>
<b>Number of Attendees</b>	<b>88</b>
<b>Resource person</b>	<b>Ms. Vrinda Sharma</b>



Chitkara Happiness Centre, in collaboration with the School of Psychology and Counselling, organized a transformative session titled "Tokenizing Happiness - Relation between Happiness and Success." The session, led by Mr. Manav Bansal, aimed to deepen participants' understanding of the concept of happiness and its critical role in achieving success. Mr. Bansal, an expert in the field, offered an engaging presentation that delved into the science behind happiness, exploring its relationship with success. He introduced the 50-40-10 rule, which highlights the percentage of happiness attributed to genetic factors, intentional activities, and circumstances, underscoring the power of intentional actions in enhancing happiness. Throughout the session, participants were actively involved in discussions and exercises that helped them grasp the significance of gratitude and a positive mindset, with a particular focus on the impact of smiling. Mr. Bansal emphasized mindfulness as a vital tool for reducing stress and cultivating happiness, providing practical techniques that participants could incorporate into their daily routines. The session was well-received, with participants expressing appreciation for the practical insights and actionable strategies shared. By the end of the session, participants not only recognized the importance of happiness in achieving success but also left with a personal plan to incorporate intentional activities into their lives. These activities included practicing gratitude, smiling more often, and using mindfulness techniques to promote well-being. The session successfully achieved its objectives, leaving participants with a deeper understanding of how happiness can be cultivated and how it directly contributes to personal and professional success.

## UNITY AND WELLNESS 2.0 EVENT DETAILS

<b>Topic</b>	<b>Unity and Wellness 2.0</b>
<b>Date</b>	<b>29<sup>th</sup> August, 2024</b>
<b>Time</b>	<b>2:00 PM to 4:00 PM</b>
<b>Venue</b>	<b>Room no. 301, Fleming Block</b>
<b>Mode</b>	<b>Offline</b>
<b>Number of Attendees</b>	<b>67</b>
<b>Resource person</b>	<b>Ms. Vrinda Sharma</b>



Chitkara Happiness Centre, in collaboration with the School of Psychology and Counselling, organized a transformative session titled "Tokenizing Happiness - Relation between Happiness and Success." The session, led by Mr. Manav Bansal, aimed to deepen participants' understanding of the concept of happiness and its critical role in achieving success. Mr. Bansal, an expert in the field, offered an engaging presentation that delved into the science behind happiness, exploring its relationship with success. He introduced the 50-40-10 rule, which highlights the percentage of happiness attributed to genetic factors, intentional activities, and circumstances, underscoring the power of intentional actions in enhancing happiness. Throughout the session, participants were actively involved in discussions and exercises that helped them grasp the significance of gratitude and a positive mindset, with a particular focus on the impact of smiling. Mr. Bansal emphasized mindfulness as a vital tool for reducing stress and cultivating happiness, providing practical techniques that participants could incorporate into their daily routines. The session was well-received, with participants expressing appreciation for the practical insights and actionable strategies shared. By the end of the session, participants not only recognized the importance of happiness in achieving success but also left with a personal plan to incorporate intentional activities into their lives. These activities included practicing gratitude, smiling more often, and using mindfulness techniques to promote well-being. The session successfully achieved its objectives, leaving participants with a deeper understanding of how happiness can be cultivated and how it directly contributes to personal and professional success.

## A HAPPINESS KICKOFF EVENT DETAILS

<b>Topic</b>	<b>A Happiness Kickoff</b>
<b>Date</b>	<b>9<sup>th</sup> September, 2024</b>
<b>Time</b>	<b>12:00 pm onwards</b>
<b>Venue</b>	<b>Escoffier Block , Multipurpose Hall</b>
<b>Mode</b>	<b>Offline</b>
<b>Number of Attendees</b>	<b>54</b>
<b>Resource Person</b>	<b>Mr. Manav Bansal</b>



Chitkara Happiness Centre, in collaboration with Chitkara School of Culinary Arts, recently hosted an engaging session. The session aimed to help students understand the true definition of happiness, recognize India's global ranking in happiness, and identify key traits of happy individuals, such as gratitude, zest, and hopefulness. Led by an expert facilitator, the session explored the science behind happiness and emphasized the significance of embracing individuality and celebrating personal uniqueness. A compelling analogy—"life is a dish, and experiences are ingredients"—encouraged students to view their life journey as a unique culinary creation, filled with diverse experiences that contribute to overall well-being. One of the session's highlights was a 3-minute laughter therapy activity, which had students laughing heartily, releasing endorphins, and fostering a strong sense of community. This simple yet powerful exercise demonstrated how humor and shared joy can enhance mental and emotional well-being. By the end of the session, students felt empowered and inspired to prioritize happiness in their lives. The collaboration between Chitkara Happiness Centre and Chitkara School of Culinary Arts reflects a shared commitment to fostering a culture of well-being and positivity within the student community. The anticipated outcomes of this session include the development of a sustainable positive attitude, healthy coping mechanisms, improved academic performance, and increased empathy and compassion towards others. Ultimately, the session aims to enhance the overall quality of life for students, encouraging them to live more fulfilling and meaningful lives by embracing the traits and practices that lead to genuine happiness.

## ETHICAL LEADERSHIP EVENT DETAILS

<b>Topic</b>	<b>Ethical Leadership</b>
<b>Date</b>	<b>12<sup>th</sup> September, 2024</b>
<b>Time</b>	<b>3:00 pm to 4:00 pm</b>
<b>Venue</b>	<b>Faraday Hall, Edison Block ,1st Floor</b>
<b>Mode</b>	<b>Offline</b>
<b>Number of Attendees</b>	<b>117</b>
<b>Resource Person</b>	<b>Mr. Mahesh Rawat</b>



Chitkara Happiness Centre recently organized an insightful session on "Ethical Leadership" led by Mr. Mahesh Rawat. The primary objective was to nurture ethical leadership practices and foster a culture of integrity, responsibility, and morality among participants. The session aimed to develop leaders who prioritize people, planet, and purpose alongside profit, promoting self-awareness, reflection, and personal growth. Mr. Rawat initiated the session with a welcoming icebreaker, prompting participants to reflect on the true essence of leadership beyond mere titles and positions. He highlighted the dangers of valuing wealth, success, and power over ethics and character, asserting that authentic leadership is rooted in moral integrity rather than material achievements. Throughout the session, participants engaged in dynamic discussions, sharing personal insights and experiences, further enriched by Mr. Rawat's anecdotes on navigating ethical dilemmas. A guided meditation, "What drives you?", encouraged introspection, allowing attendees to identify the core motivations and influences that shape their leadership styles. The session concluded with a profound exploration of spirituality and purpose in leadership, where Mr. Rawat posed thought-provoking questions like, "What are you living for?" and encapsulated the discussion with the compelling metaphor, "A man without purpose is like a phone without internet." The outcomes of this session were significant, with participants adopting an ethical leadership mindset, demonstrating improved decision-making and problem-solving skills, and enhancing their credibility and confidence as leaders. Overall, the session served as an inspiring platform for leaders to reassess their values, reaffirm their commitment to ethical practices, and embrace a leadership approach that is purposeful, impactful, and aligned with the greater good.

## MINDFULNESS DAY EVENT DETAILS

Topic	Mindfulness Day
Date	12 <sup>th</sup> September, 2024
Time	10:30 am to 4:00 pm
Venue	Chitkara Happiness Center
Number of Attendees	56
Resource Person	Happiness Team



Chitkara Happiness Centre recently organized a highly successful Mindfulness Day celebration, an event that left students feeling energized, connected, and refreshed. The day was packed with engaging activities, including the much-anticipated Gratitude and Mindfulness Bingo, which ran from 10:30 am to 4 pm. Students actively participated in these activities, embracing the spirit of mindfulness and gratitude as they played along. Each game provided an opportunity for self-reflection and bonding, helping students to acknowledge and appreciate the small joys in life while fostering a positive atmosphere. In addition to the Bingo, the Mindfulness Meditation session, held from 2 pm to 2:30 pm, was a highlight of the day. This 30-minute guided meditation session offered a moment of calm amidst the busy schedule, allowing students to relax, rejuvenate, and focus on their mental well-being. The serene environment created during the meditation left a lasting impact, helping students feel more centered and at peace. The meditation provided a welcome break from the academic rigor, offering solace and clarity of mind. Overall, the event was a resounding success, with students expressing their enthusiasm and enjoyment throughout the day. The carefully planned activities not only entertained but also deepened the students' understanding of mindfulness and gratitude, leaving everyone with a renewed sense of purpose and tranquility. The Mindfulness Day truly fulfilled its goal of promoting mental well-being and fostering a culture of mindfulness within the Chitkara community.

## COMMUNITY HAPPINESS EVENT DETAILS

Topic	Community Happiness
Date	13 <sup>th</sup> September, 2024
Time	12:00 pm to 12:40 pm
Venue	Government High School, Thua
Resource Person	Mr. Manav Bansal and Team
Number of Attendees	75
Resource Person	Mr. Manav Bansal



Chitkara Happiness Centre conducted an inspiring session for the students of Government High School, Thua, led by Mr. Manav Bansal and the Happiness Team as part of the Community Happiness project. The initiative aimed to uplift and motivate students of Classes 9 and 10 through interactive and engaging activities. For Class 10, the session began with Mr. Bansal narrating impactful stories from the life of Dr. APJ Abdul Kalam, emphasizing the importance of having dreams and aspirations. This sparked a wave of self-reflection among students, who eagerly shared their ambitions. The session also included a laughter therapy segment that lightened the atmosphere, followed by a discussion on the significance of gratitude in daily life. The program concluded with an awards ceremony, where students were recognized for their enthusiastic participation, leaving them feeling appreciated and motivated. For Class 9, the session started on a positive note with an uplifting shayari, setting an encouraging tone. A laughter session spread smiles, followed by a touching story on gratitude that resonated deeply with the students. The highlight of the session was the "gratitude game" (statue game), which energized the room as students danced and learned about the value of thankfulness in a fun and interactive way. Mr. Bansal then shared inspiring anecdotes from Dr. Kalam's life, urging students to dream big and strive for success. The day concluded with an awards ceremony to honor students for their active engagement. The Community Happiness project at Thuha village was a remarkable initiative, leaving students inspired, joyous, and motivated to pursue their dreams with a renewed sense of purpose and gratitude.

## MONEY MAKING EVENT DETAILS

<b>Topic</b>	<b>Money Making</b>
<b>Date</b>	<b>19<sup>th</sup> September, 2024</b>
<b>Time</b>	<b>3:00 pm to 4:00 pm</b>
<b>Venue</b>	<b>Warren Buffet Hall, Fleming Block</b>
<b>Resource Person</b>	<b>CA Dr. Aman Chugh</b>
<b>Number of Attendees</b>	<b>111</b>



Chitkara Happiness Centre recently hosted an enlightening Money Making Workshop, offering participants valuable insights into finance and economics. Led by CA Dr. Aman Chugh, the session began with an introduction to his extensive experience in the field, setting the stage for an in-depth exploration of various financial topics. Dr. Chugh covered crucial aspects such as India's GDP, derivatives, interest rate markets, and commodity markets, explaining how these factors influence economic activities and, consequently, the stock market and the performance of different industries. His detailed explanation helped attendees grasp the complex relationships between economic indicators and their impact on the financial landscape. The workshop served as an interactive platform where participants could engage with sophisticated financial concepts, enhancing their understanding of the dynamics that drive the economy. Dr. Chugh's expertise and engaging presentation style made the session not only informative but also accessible, encouraging active participation and dialogue among attendees. The workshop was a resounding success, equipping participants with the knowledge and tools needed to make informed financial decisions. Key takeaways included a deeper understanding of India's GDP and its economic implications, as well as insights into navigating derivatives, interest rate, and commodity markets. Participants also learned to analyze the effects of economic indicators on the stock market and recognize the interplay between economic activities and industry performance. Chitkara Happiness Centre's initiative in organizing this workshop demonstrated its commitment to fostering financial literacy and empowering individuals with the expertise to confidently navigate the complexities of the financial world. Through Dr. Aman Chugh's guidance, attendees left the session with a solid foundation for making informed financial decisions and a clearer perspective on the factors shaping the economy.

## HAPPINESS HACKS EVENT DETAILS

<b>Topic</b>	<b>Happiness Hacks</b>
<b>Date</b>	<b>26<sup>th</sup> September, 2024</b>
<b>Time</b>	<b>3:00 pm onwards</b>
<b>Venue</b>	<b>Lh-306, 3<sup>rd</sup> floor, Rockfellow Block</b>
<b>Resource Person</b>	<b>Mr. Manav Bansal</b>
<b>Number of Attendees</b>	<b>55</b>
<b>Resource Person</b>	<b>Mr. Manav Bansal</b>



Chitkara Happiness Centre, in collaboration with Chitkara Business School, recently hosted an inspiring session for the students of the Integrated Programme in Management (IPM) Batch 2024. The session was led by Mr. Manav Bansal, a renowned speaker, who focused on equipping students with practical strategies to foster happiness and success in their personal and professional lives. Mr. Bansal began by underscoring the critical role of happiness in achieving career success. He introduced "Happiness Hacks," a series of simple yet effective strategies to cultivate joy and positivity in everyday life, engaging the students through interactive games and activities that vividly demonstrated these concepts. One of the key takeaways was the power of gratitude, as Mr. Bansal discussed its profound impact on mental well-being and encouraged students to incorporate gratitude into their daily routines through practical techniques. He also explored the essential "Happiness Ingredients," such as fostering positive relationships, maintaining physical well-being, and having a sense of purpose, all of which contribute significantly to overall happiness and success. A highlight of the session was the introduction of the PERMA model—Positive Emotions, Engagement, Relationships, Meaning, and Accomplishments—through which Mr. Bansal illustrated the strong link between happiness and success. He emphasized that happiness is not merely a result of achieving success but an essential precursor to it, thereby encouraging students to prioritize their well-being as they strive for their goals. The session left a lasting impression on the attendees, equipping them with practical tools and insights to lead a fulfilling and successful life.

## WORLD SMILE DAY EVENT DETAILS

<b>Topic</b>	<b>World Smile Day</b>
<b>Date</b>	<b>4<sup>th</sup> October, 2024</b>
<b>Time</b>	<b>11:00 am to 12:00 pm</b>
<b>Venue</b>	<b>Faraday Hall, 2<sup>nd</sup> floor, Edison Block</b>
<b>Number of Attendees</b>	<b>48</b>
<b>Resource Person</b>	<b>Ms. Vrinda Sharma</b>



The Chitkara Happiness Centre, in collaboration with the School of Mass Communication, recently hosted an engaging session on Smile Day, led by Ms. Vrinda Sharma. The session focused on the significance of smiling and its positive impact on both physical and mental well-being. Ms. Sharma began by tracing the origins and history of Smile Day, explaining its importance in promoting positivity and human connection. She highlighted that a smile is not just a facial expression but a universal gesture that fosters warmth and kindness, helping to bridge gaps between people. Throughout the session, Ms. Sharma emphasized the importance of smiles in everyday life, outlining the numerous benefits associated with this simple act. She referred to research showing that smiling can elevate mood, reduce stress, and even lower blood pressure. Smiles release endorphins, which are natural mood-boosting chemicals, creating a ripple effect that positively influences not only the person smiling but also those around them. Smiling, she explained, is a powerful tool for improving relationships and enhancing emotional well-being. One of the most interesting parts of the session was the exploration of the science behind smiles. Ms. Sharma explained the neural pathways that connect smiling with emotions, demonstrating how the brain associates smiling with feelings of happiness. Even in difficult situations, a smile can trigger positive emotions and improve one's mindset. Ms. Sharma also provided practical tips on how students can cultivate smiles and kindness in their daily lives. Small acts, such as offering a genuine smile or a kind gesture, can make a significant difference in someone's day and help spread positivity. The session concluded with an inspiring message from Ms. Sharma, urging participants to embrace the power of smiles and use them to create a more compassionate and connected world.

## MEDITATION SESSIONS

### EVENT DETAILS

#### Gratitude meditation:

Details	
<b>Date</b>	3 <sup>rd</sup> October, 2024
<b>Time</b>	1:00 PM to 1:30 PM
<b>Venue</b>	Meditation Room, Chitkara Happiness Center
<b>No of attendees</b>	8
<b>Resource Person</b>	Ms. Kiranjot Kaur

Chitkara Happiness Center organized a session for Gratitude Meditation. The session commenced with an introduction to the concept of gratitude, setting a positive tone for the experience. Calming meditation music played in the background, creating a serene atmosphere. Participants were guided to focus on their breathing, instructed to inhale positive energy and release stress with each exhale. The meditation progressed to visualization exercises, asking attendees to picture someone or something they're grateful for, followed by recalling a joyful experience or memory. Special emphasis was placed on expressing gratitude for our eyes, which allow us to perceive the world's beauty. Participants were encouraged to reflect on various aspects of their lives they appreciate. The session concluded with a period of quiet contemplation, allowing everyone to bask in feelings of gratitude. Overall, the experience provided a relaxing and calming environment for cultivating a sense of appreciation and mindfulness.

#### Visualisation meditation:

Details	
<b>Date</b>	8 <sup>th</sup> October, 2024
<b>Time</b>	12:30 PM to 1:00 PM
<b>Venue</b>	Meditation Room, Chitkara Happiness Center
<b>No of attendees</b>	10
<b>Resource Person</b>	Ms. Kiranjot Kaur

Chitkara Happiness Center organized a session for Visualisation Meditation. The session emphasized the importance of daily meditation practice, highlighting its numerous benefits. Gentle sounds of flowing water created a natural, calming atmosphere. Participants were guided to focus on their breath sensations, then visualize moving from darkness towards light. A vivid guided imagery followed, with participants imagining a nature walk, feeling wet grass underfoot. The visualization intensified, describing a serene setting with a large rock amidst lush greenery. Attendees were encouraged to immerse themselves in the experience, listening to and feeling the imaginary water flow. The session concluded with expressions of gratitude for everyone's participation. Overall, the experience provided a soothing and calming environment, promoting relaxation and mindfulness through sensory-rich meditation techniques.

## Vipasana meditation:

Details	
<b>Date</b>	16 <sup>th</sup> October, 2024
<b>Time</b>	1:00 PM to 1:30 PM
<b>Venue</b>	Meditation Room, Chitkara Happiness Center
<b>No of attendees</b>	11
<b>Resource Person</b>	Ms. Kiranjot Kaur

Chitkara Happiness Center organized a session for Vipasana Meditation. The session began with soothing Vipassana meditation music, allowing participants to settle into comfortable positions. A brief introduction to meditation principles was provided. The practice commenced with instructions to focus solely on breathing, setting aside distractions. Participants were guided to inhale positivity and exhale work-related stress. A period of silent breath observation followed, encouraging awareness of positive energy in the surroundings. After the meditation, attendees shared their experiences and feedback. The facilitator offered practical tips for maintaining a regular meditation practice. The session concluded with the facilitator extending blessings to all participants. Overall, the experience created a relaxing and soothing atmosphere, promoting mindfulness and stress relief through guided Vipassana meditation techniques.

## Gratitude meditation:

Details	
<b>Date</b>	29 <sup>th</sup> October, 2024
<b>Time</b>	1:00 PM to 1:30 PM
<b>Venue</b>	Meditation Room, Chitkara Happiness Center
<b>No of attendees</b>	6
<b>Resource Person</b>	Mr. Manav Bansal

Chitkara Happiness Center organized a session for Gratitude Meditation. The mindfulness session started with calming meditation music, creating a peaceful atmosphere for participants. This was followed by a gentle guide through five deep breaths, encouraging everyone to be fully present and aware. The facilitator then led participants in expressing gratitude for life's simple yet profound gifts, beginning with our breath—our constant, quiet companion. Participants reflected on the beauty of sight, made possible by our eyes, and the invaluable support of parents. A unique activity encouraged everyone to consider what truly matters in their lives, fostering a sense of appreciation for the essentials. Through a body-scanning technique, gratitude was expressed for each part, from teeth to ears, highlighting the often-overlooked gifts we possess. The facilitator shared a personal gratitude list to inspire others, emphasizing the richness and value of a healthy human body. Participants were invited to share one thing they felt deeply grateful for, creating a sense of connection and appreciation. The session concluded with warm gratitude extended to all participants for their presence, closing on a heartfelt and positive note.

## WELLNESS OASIS EVENT DETAILS

Topic	Wellness Oasis
Date	10 <sup>th</sup> October, 2024
Time	11:00 am to 2:00 pm
Venue	Alpha Zone , Chitkara University
Resource Person	Happiness Team
Number of Attendees	717



In celebration of Mental Health Day 2024, themed "It's Time to Prioritize Your Mental Health at the Workplace," the Chitkara Happiness Centre, in partnership with the College of Education and Department of Psychology, organized a transformative Wellness Oasis. The event aimed to enhance mental well-being, create a supportive environment for students, faculty, and staff, and underscore the importance of accessible mental health resources within the workplace. At the heart of the Wellness Oasis were 11 thoughtfully curated canopies, each dedicated to different aspects of mental health and wellness. The journey began with the Mindful Harmony Hub, where participants registered and received a Wellness Pass. The Mental Health Station encouraged visitors to take a Mental Health Day pledge and utilize a Mood Meter to identify and understand their emotions. The Happiness Lab offered PERMA-based activities and happiness-inducing games, creating a space for playful self-discovery. Nature's Nest educated participants on nature's impact on mental well-being through eco-friendly activities aligned with the UN's Sustainable Development Goals (SDGs). Art Your Emotions provided a therapeutic outlet with diya decoration, wall hangings, and art therapy sessions, while Laugh and Heal encouraged joyful expression through laughter-based games. The Khel Dhamaka canopy featured engaging activities like a Happiness Maze, hoops games, and a Lemon Race, all designed to release stress. Peaceful Pedals offered a gratitude cycle, calming cycling experiences, and Bollywood-inspired quotes to foster relaxation. Melodious Moments of Mindfulness provided sound therapy and soothing music for a sensory retreat. Digital Detox encouraged participants to disconnect from their phones temporarily, promoting relaxation, while Mood Bingo engaged attendees in fun mental health awareness games.

## VISIONARY THREADS AN ART EXHIBITION - CUM-SALE

### EVENT DETAILS

Topic	VISIONARY THREADS AN ART EXHIBITION - CUM-SALE
Date	22 <sup>nd</sup> October, 2024
Time	11:00 am to 2:00 pm
Venue	Alpha Zone , Chitkara University
Resource Person	Happiness Team
Number of Attendees	209



“Visionary Threads,” an Art Exhibition-cum-sale hosted by Chitkara Happiness Centre in collaboration with the Department of Interior Design, CSPA, successfully unfolded at the Chitkara University campus, creating an inspiring platform for artistic expression. The event aimed to showcase diverse creative talents, strengthen emotional connections, and foster aesthetic appreciation. With an array of artistic displays, including face painting and diverse art forms like paintings, sculptures, and installations, the exhibition offered visitors a vibrant exploration of creativity. Additionally, live tattoo stalls provided custom designs, adding a unique element for attendees seeking a memorable and personal artistic experience. The Happiness Team contributed to the interactive aspect of the event, organizing fun and engaging games that delighted participants. These included “Blow the Balloon and Catch the Toffees” and the “Flip the Paper Challenge,” along with other games that brought a lively, participatory energy to the exhibition. Through these activities, the event promoted mental well-being and happiness, aligning with the mission of Chitkara Happiness Centre to uplift spirits through creative engagement. Visitors responded enthusiastically, commending the exhibition as an uplifting experience that offered a rare platform for emerging artists and featured artwork that was both beautiful and thought-provoking. "Visionary Threads" not only provided a space for artistic display but also encouraged meaningful dialogue around art, identity, and mental well-being, connecting ideas, emotions, and aesthetics in a single inclusive venue.

## THE SUSTAINABILITY FAIR EVENT DETAILS

<b>Topic</b>	<b>The Sustainability Fair</b>
<b>Date</b>	<b>24<sup>th</sup> October, 2024</b>
<b>Time</b>	<b>11:00 am to 2:00 pm</b>
<b>Venue</b>	<b>Alpha Zone , Chitkara University</b>
<b>Resource Person</b>	<b>Happiness Team</b>
<b>Number of Attendees</b>	<b>147</b>



Chitkara Happiness Centre actively participated in the Sustainability Fair organized by Chitkara University in celebration of United Nations Day, focusing on promoting awareness of the 17 Sustainable Development Goals (SDGs) and encouraging sustainable practices. The fair provided a platform for students, faculty, and staff to learn about and engage with the UN's 2030 Agenda for Sustainable Development. The Happiness Centre contributed by setting up a unique and interactive stall, "Shuffle Your SDG," designed to educate and inspire action toward achieving the SDGs. The "Shuffle Your SDG" stall featured three main activities that captivated participants and fostered a deeper understanding of the SDGs. The first activity, also titled "Shuffle Your SDG," tested participants' knowledge by challenging them to match disposable cups labeled with SDG logos, creating an engaging way to learn about each goal. The second activity, "Green Race," allowed participants to select an SDG and then navigate a course representing obstacles such as pollution, inequality, poverty, hunger, and war, symbolizing the real-world challenges that hinder the achievement of these global goals. Finally, "Pin Your SDG" invited participants to choose their SDG and pin it on a board, visually representing the collective commitment to sustainability across the university community. The event saw enthusiastic participation from students, faculty, and staff, each eager to learn more about sustainable practices and how they could contribute to the SDGs. Through these interactive and educational activities, Chitkara Happiness Centre effectively raised awareness about the importance of the SDGs, encouraged a spirit of sustainable action, and fostered a sense of community engagement and responsibility.

## STRESS AND TIME MANAGEMENT EVENT DETAILS

<b>Topic</b>	<b>Stress and Time Management</b>
<b>Date</b>	<b>24<sup>th</sup> October, 2024</b>
<b>Time</b>	<b>2:00 pm to 4:00 pm</b>
<b>Venue</b>	<b>Faraday Hall, 2<sup>nd</sup> floor, Edison Block</b>
<b>Number of Attendees</b>	<b>69</b>
<b>Resource Person</b>	<b>Ms. Vrinda Sharma</b>



Chitkara Happiness Centre, in collaboration with the School of Mass Communication, recently hosted an engaging session on Smile Day, led by Ms. Vrinda Sharma. The session focused on the significance of smiling and its positive impact on both physical and mental well-being. Ms. Sharma began by tracing the origins and history of Smile Day, explaining its importance in promoting positivity and human connection. She highlighted that a smile is not just a facial expression but a universal gesture that fosters warmth and kindness, helping to bridge gaps between people. Throughout the session, Ms. Sharma emphasized the importance of smiles in everyday life, outlining the numerous benefits associated with this simple act. She referred to research showing that smiling can elevate mood, reduce stress, and even lower blood pressure. Smiles release endorphins, which are natural mood-boosting chemicals, creating a ripple effect that positively influences not only the person smiling but also those around them. Smiling, she explained, is a powerful tool for improving relationships and enhancing emotional well-being. One of the most interesting parts of the session was the exploration of the science behind smiles. Ms. Sharma explained the neural pathways that connect smiling with emotions, demonstrating how the brain associates smiling with feelings of happiness. Even in difficult situations, a smile can trigger positive emotions and improve one's mindset. Ms. Sharma also provided practical tips on how students can cultivate smiles and kindness in their daily lives. Small acts, such as offering a genuine smile or a kind gesture, can make a significant difference in someone's day and help spread positivity. The session concluded with an inspiring message from Ms. Sharma, urging participants to embrace the power of smiles and use them to create a more compassionate and connected world.

## MEDITATION SESSIONS

### EVENT DETAILS

#### Mindfulness meditation:

Details	
SDG Goals	SDG 3, (Good Health and Wellbeing)
Date	5 <sup>th</sup> November, 2024
Time	1:05 PM to 1:35 PM
Venue	Meditation Room, Chitkara Happiness Center
No of attendees	10
Resource Person	Mr. Manav Bansal

The session on Mindfulness Meditation was an enriching experience that emphasized the significance of being present and aware in our daily lives. The practice began with soothing music to create a calming atmosphere, followed by instructions to focus on body parts touching the ground, such as the toes, to cultivate a deep sense of physical awareness. Participants were guided to concentrate solely on their breath, highlighting the power of the present moment and its ability to center the mind. The session underscored that a mindful person focuses entirely on their current actions, fostering clarity and reducing distractions. Gratitude was an integral part of the practice, encouraging participants to appreciate and be mindful of their body parts and the role they play in daily life. Practical insights were shared on incorporating mindfulness into everyday activities, such as mindful walking, to enhance focus and reduce stress. Additionally, tips for sustaining mindfulness practices were provided, equipping participants with tools to integrate this transformative habit into their routines. The session beautifully illustrated how mindfulness enhances well-being, promoting a deeper connection with oneself and the present moment, leaving attendees inspired to practice mindfulness regularly for a more balanced and fulfilling life.



## ZINDAGI NA MILEGI DOBARA EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Topic	ZINDAGI NA MILEGI DOBARA
Date	12 <sup>th</sup> November, 2024
Time	11:00 am onwards
Venue	Carnegie Hall, Rockfellow Block
Number of Attendees	245
Resource Person	Mr. Sumeer Walia



The Chitkara Happiness Centre organized an inspiring session titled **“Zindagi Naa Milegi Dobara”**, delivered by Mr. Sumeer Walia, Vice President of the Office of University Communication, Chitkara University. This impactful talk encouraged students to embrace life with renewed vigor and highlighted the importance of adapting to its uncertainties. Mr. Walia shared valuable life lessons, motivating students to take chances, persevere through challenges, and never settle for less. He emphasized the significance of hard work, loyalty, discipline, and professionalism in achieving success. Drawing attention to the unpredictable nature of life, he urged attendees to seize good opportunities, nurture lasting friendships, and seek inspiration from role models. He further highlighted the importance of cherishing family as an unwavering pillar of support and guidance. The session also encouraged students to reevaluate their perspectives on life, promoting the idea of accepting surprises and embracing change as stepping stones to personal growth. Through his anecdotes and insights, Mr. Walia instilled a sense of optimism and determination among the participants, inspiring them to overcome obstacles and pursue their aspirations with confidence. The interactive and motivational nature of the session left a lasting impression on the attendees. Students expressed gratitude for the opportunity to learn from such an accomplished and insightful speaker. The initiative by the Chitkara Happiness Centre reflects its dedication to fostering holistic well-being and empowering students to make positive transformations in their lives. Mr. Walia’s words continue to resonate, inspiring students to embrace life’s journey with a renewed sense of purpose and determination.

## LEVEL UP EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Topic	LEVEL UP
Date	12 <sup>th</sup> November, 2024
Time	2:00 PM TO 4:00 PM
Venue	Explotorium
Number of Attendees	214
Resource Person	Dr. Mona Chopra



The Chitkara Happiness Centre recently organized an enlightening session titled **"LevelUp!"**, led by Dr. Mona Chopra, focusing on the benefits of meditation and Inner Engineering for mental well-being. The session began with a guided breathing practice designed to help participants relax and focus their minds. This was followed by a meditation exercise aimed at quieting the mind and fostering inner peace. Dr. Chopra further introduced the principles of Inner Engineering, a program crafted to help individuals achieve a harmonious state of inner peace and happiness. She elaborated on how Inner Engineering principles could be seamlessly integrated into daily life and their profound impact on altering brain wave patterns. Through a detailed exploration of its effects on mental states, she demonstrated how these practices could lead to a more focused and relaxed mind. The session successfully provided participants with a comprehensive understanding of how meditation and Inner Engineering contribute to enhanced mental well-being. Attendees gained valuable insights into cultivating inner peace, happiness, and relaxation through practical techniques and tools. The outcomes were remarkable, with participants reporting reduced stress and anxiety levels, increased mindfulness, and a renewed commitment to prioritizing their mental health. Moreover, the session highlighted the transformative potential of meditation and Inner Engineering in promoting emotional resilience and overall happiness. The Chitkara Happiness Centre, through this initiative, reaffirmed its commitment to fostering holistic well-being and empowering individuals with skills to enhance their quality of life. By integrating traditional wisdom with practical applications, the "LevelUp!" session left a lasting impact, encouraging participants to incorporate these practices into their daily routines for sustainable happiness and mental health.

## PUBLIC SPEAKING WORKSHOP EVENT DETAILS

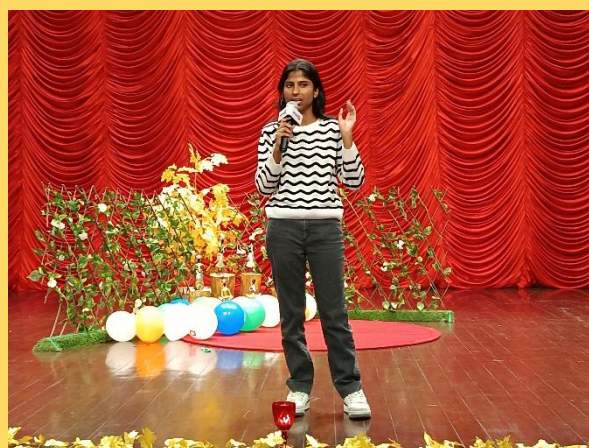
<b>SDG Goals</b>	<b>SDG 3, (Good Health and Wellbeing)</b>
<b>Topic</b>	<b>PUBLIC SPEAKING WORKSHOP</b>
<b>Date</b>	<b>13<sup>th</sup> November, 2024</b>
<b>Time</b>	<b>11:00 am onwards</b>
<b>Venue</b>	<b>Pierre Hall, Le-Corbusier Block</b>
<b>Number of Attendees</b>	<b>126</b>
<b>Resource Person</b>	<b>Dr. Hardeep S Anant</b>



Chitkara Happiness Centre recently hosted a transformative Public Speaking workshop led by the esteemed Dr. Hardeep S. Anant. The session was an overwhelming success, offering students practical tools and profound insights to become confident and effective speakers. Dr. Anant's expertise shone through as he shared a range of techniques to enhance speaking abilities, focusing on critical elements such as voice modulation, body language, and audience engagement. He also provided a comprehensive overview of the opportunities and pathways available to students pursuing the Public Speaking course, helping them envision their journey toward mastering this essential skill. The workshop created an inspiring and encouraging environment, motivating students to overcome their fears and embrace public speaking with enthusiasm. Dr. Anant's passion for empowering learners was evident, leaving a lasting impression on everyone present. Attendees walked away with actionable strategies, such as structuring speeches effectively, managing stage presence, and delivering impactful messages. Moreover, the session instilled a deeper understanding of the art of communication and its role in shaping personal and professional success. The event not only boosted students' confidence but also underscored the Centre's commitment to holistic development. By providing such enriching opportunities, the Chitkara Happiness Centre continues to support students in becoming well-rounded individuals. Dr. Anant's extraordinary ability to connect with the audience and inspire change was a highlight of the session. His guidance motivated students to refine their communication skills and embrace the challenges of public speaking as a pathway to growth. The workshop was a testament to the Centre's dedication to fostering personal development and empowering students to thrive. We express our heartfelt gratitude to Dr. Hardeep S. Anant for delivering such a valuable session and look forward to witnessing the positive transformations it will bring to the lives of the participants.

## EXPERT TALK – JHANVI PANWAR (CHILDREN DAY CELEBRATION) EVENT DETAILS

<b>SDG Goals</b>	<b>SDG 3, (Good Health and Wellbeing)</b>
<b>Topic</b>	<b>EXPERT TALK – JHANVI PANWAR (CHILDREN DAY CELEBRATION)</b>
<b>Date</b>	<b>14<sup>th</sup> November, 2024</b>
<b>Time</b>	<b>11:30 am onwards</b>
<b>Venue</b>	<b>Explotorium</b>
<b>Number of Attendees</b>	<b>425</b>
<b>Resource Person</b>	<b>Jhanvi Panwar</b>



The Chitkara Happiness Centre commemorated Children’s Day with an enriching expert talk by Jahanvi Panwar, fondly known as the Wonder Girl of India. The session aimed to inspire and motivate students to set ambitious goals and work diligently towards achieving them, while fostering personal growth and a balanced approach to life. Jahanvi captivated the audience by sharing her incredible journey to success, underlining the importance of discipline, consistency, and hard work. She encouraged students to set clear, achievable goals and pursue them with dedication while maintaining a balance between academics, productivity, and enjoying life’s moments. Drawing inspiration from iconic figures like Dr. APJ Abdul Kalam and Sarojini Naidu, she stressed the significance of self-awareness, understanding personal values and aspirations, and crafting a clear roadmap for personal improvement and fulfillment. The talk also focused on the power of positive thinking, the law of attraction, and the necessity of avoiding judgment. Jahanvi emphasized the importance of listening to constructive criticism, encouraging students to view feedback as an opportunity for growth rather than a source of discouragement. She urged them to cultivate a resilient mindset and embrace challenges as stepping stones to success. Additionally, she shared practical advice on excelling in college, such as maintaining focus, engaging actively in academic discussions, and building meaningful relationships with peers and professors. Jahanvi also highlighted the role of critical thinking in developing a deeper understanding of concepts and navigating complex situations effectively. The session resonated deeply with the attendees, leaving them inspired and motivated to approach their academic and personal goals with renewed determination and optimism.

## RULES OF SUCCESS AND HAPPINESS EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Topic	RULES OF SUCCESS AND HAPPINESS
Date	19 <sup>th</sup> November, 2024
Time	11:10 AM TO 1:00 PM
Venue	LH-02, Chitkara Law School
Number of Attendees	36
Resource Person	Mr. Manav Bansal



Chitkara Happiness Center in collaboration with Chitkara Law School recently hosted an inspiring session on the **Rules of Happiness and Success**, which left students energized and motivated. This engaging and interactive session combined fun activities, games, and research-based insights to emphasize the critical role of happiness in achieving success. Creative use of videos effectively conveyed powerful messages about gratitude and positivity, while hands-on exercises and relatable examples made the session practical and impactful. Students participated enthusiastically, exploring actionable techniques for integrating joy into their lives and understanding how emotional well-being can drive academic and personal success. The session aimed to empower students by highlighting the connection between happiness and success, providing strategies to enhance academic performance through fulfillment, and encouraging gratitude as a daily practice. Participants gained valuable tools to cultivate positivity, unlocking their potential to lead meaningful and purposeful lives. The introduction of platforms like Skillverse and the Happiness Community further inspired students to continue their journey of growth and well-being. Students responded with enthusiasm, expressing interest in joining the Happiness Community and applying the gratitude techniques they had learned. Many participants reported feeling a newfound confidence and a positive mindset, motivated to align happiness with their goals and aspirations. The session left a lasting impact by equipping attendees with practical methods to integrate happiness into academics and personal growth. By combining fun, learning, and inspiration, the session successfully demonstrated how joy and gratitude are essential drivers of success. It reinforced the importance of emotional well-being and provided students with tools to navigate their journey with a positive outlook.

## FINANCIAL LITERACY EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Topic	FINANCIAL LITERACY
Date	28 <sup>th</sup> November, 2024
Time	10:00 AM TO 12:00 PM
Venue	Faraday Hall, Edison Block
Number of Attendees	70
Resource Person	CA Dr. Aman Chugh



Chitkara Happiness Centre, in collaboration with the Chitkara School of Psychology and Counselling, organized an insightful workshop titled **"Financial Literacy: Navigating the Changing Global Financial System and Economic Landscape for Career Success"**, led by CA Dr. Aman Chugh. The session offered valuable knowledge to Psychology Department students, emphasizing the critical role of financial literacy in career development and success. Dr. Chugh underscored how understanding financial systems and economic shifts is essential for making informed decisions in both personal and professional spheres. He highlighted the impact of emerging technologies on future economies, preparing students to adapt to the dynamic global financial landscape. The session covered key concepts, such as the importance of informed financial decision-making for growth and the significance of staying updated on economic changes to leverage career opportunities effectively. The workshop aligned with the National Education Policy (NEP) goals 11we.3 and 12.1, while also supporting the United Nations' Sustainable Development Goals (SDGs) 4 (Quality Education) and 8 (Decent Work and Economic Growth). By focusing on financial empowerment, it aimed to equip students with essential skills to navigate today's evolving economic environment. The session resonated deeply with attendees, leaving them better prepared to face financial challenges and integrate these insights into their career planning. It fostered an understanding of how financial literacy contributes to personal resilience and professional success, enabling students to make strategic decisions about their futures. This workshop was a testament to the Chitkara Happiness Centre's commitment to holistic student development, ensuring they are well-equipped for success in a competitive world.

## KALARIPAYATTU WORKSHOP EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Topic	KALARIPAYATTU WORKSHOP
Date	28 <sup>th</sup> November, 2024
Time	2:00 PM TO 3:30 PM
Venue	Faraday Hall, Edison Block
Number of Attendees	78
Resource Person	Baiju Mohandas



The Chitkara Happiness Centre organized an engaging session on Kalaripayattu, the ancient Indian martial art form, led by the renowned expert Baiju Mohandas. The session offered attendees a deep dive into the rich history, techniques, and cultural significance of this traditional art form, leaving them with a newfound appreciation for its legacy. Baiju Mohandas provided a comprehensive overview of Kalaripayattu, elaborating on its origins and the philosophy behind its movements. He discussed postures such as the back posture, defense posture, and peacock posture, showcasing their symbolic and practical importance in the discipline. Drawing from his book, *Kalaripayattu: The Essence of Indian Martial Arts*, Mohandas highlighted the art form's relevance in contemporary times and its enduring influence on martial practices worldwide. A notable highlight of the session was the demonstration of self-defence techniques tailored specifically for women. Using a simple dupatta, Mohandas illustrated how everyday items could serve as tools for protection. These practical demonstrations not only emphasized the versatility of Kalaripayattu but also empowered the attendees with effective strategies for self-defence. The session was attended by an enthusiastic audience comprising students and faculty members of Chitkara University. It offered participants valuable insights into the art of Kalaripayattu, blending cultural education with practical skills. The focus on empowering individuals, particularly women, resonated strongly with the audience, inspiring confidence and awareness. This session exemplified the Chitkara Happiness Centre's commitment to promoting holistic learning experiences. By blending tradition with practical modern applications, the workshop not only celebrated Indian heritage but also provided tools for personal safety and empowerment.

## TALENT SHOW EVENT DETAILS

<b>SDG Goals</b>	<b>SDG 3, (Good Health and Wellbeing)</b>
<b>Topic</b>	<b>TALENT SHOW</b>
<b>Date</b>	<b>5<sup>th</sup> December, 2024</b>
<b>Time</b>	<b>2:30 pm to 4:30 pm</b>
<b>Venue</b>	<b>Pierre Hall, Le-corbusier Block</b>
<b>Number of Attendees</b>	<b>30</b>



Chitkara Happiness Centre hosted a spectacular Talent Show under its flagship project, Happiness Champions. The event provided a dynamic platform for students to showcase their unique abilities in a variety of art forms, including singing, shayari, poetry, dancing, and more. The Talent Show was a vibrant and colorful affair, marked by enthusiastic participation and an electrifying atmosphere. Students took the stage with confidence and pride, celebrating their creative expressions and diverse talents. The event not only highlighted their exceptional abilities but also encouraged participants to step out of their comfort zones, fostering a deeper sense of self-belief. Each performance was met with applause and appreciation, reflecting the support and encouragement from peers and mentors alike. The impact of the event went beyond entertainment, as it embodied the essence of the week dedicated to self-confidence and self-expression. Students embraced the opportunity to shine and communicate their individuality, creating a sense of empowerment and accomplishment. The Talent Show also served as a reminder of the importance of creativity and self-expression in building resilience and confidence among young individuals. As the event drew to a close, the energy and excitement in the air were undeniable, leaving a lasting impression on both participants and the audience. The Talent Show was a testament to Chitkara Happiness Centre's dedication to fostering personal growth and happiness among students. Through initiatives like this, the Centre continues to create meaningful opportunities for students to discover their potential, build self-confidence, and celebrate the joy of self-expression, making it a memorable experience for everyone involved.

## CBSE REGIONAL ADOLESCENT SUMMIT 2024

### EVENT DETAILS

<b>SDG Goals</b>	<b>SDG 3, (Good Health and Wellbeing)</b>
<b>Topic</b>	<b>CBSE REGIONAL ADOLESCENT SUMMIT 2024</b>
<b>Date</b>	<b>9<sup>th</sup>, 10<sup>th</sup> December, 2024</b>
<b>Time</b>	<b>9:00 am to 4:00 pm</b>
<b>Venue</b>	<b>Chitkara International School</b>
<b>Number of Attendees</b>	<b>30</b>



Chitkara Happiness Centre proudly participated in the CBSE Regional Adolescent Summit 2024, hosted by Chitkara International School. The event was a remarkable success, highlighted by an inspiring session led by Mr. Manav Bansal, Chief Happiness Officer of Chitkara University. His session introduced the innovative concept of a "Magic Remote" featuring three symbolic buttons: Pause, Rewind, and Fast Forward. The Pause button emphasized mindfulness and living in the moment, Rewind focused on cherishing memories and learning from the past, and Fast Forward encouraged goal visualization and future aspirations. This thought-provoking approach resonated deeply with students, faculty, and principals. Adding to the engaging experience, participants immersed themselves in the "4 Elements of Joy": Singing, Dancing, Laughing, and Playing. Activities like laughter yoga, interactive sessions, and an atmosphere buzzing with music and dance created a vibrant and uplifting environment. The event also featured unique and exciting canopies such as the Mindful Run, Blissful Blow, and Collect Your Happiness, which further enriched the participants' journey of self-discovery and joy. Heartwarming stories and a calming mindfulness meditation provided deeper insights into the importance of self-reflection and cultivating inner happiness. These moments inspired participants to connect with their emotions and embrace a positive outlook on life. The session concluded with a profound sense of rejuvenation and purpose, equipping attendees with tools to practice mindfulness, foster happiness, and pursue meaningful goals. The CBSE Regional Adolescent Summit 2024 was a memorable celebration of well-being, mindfulness, and personal growth. Chitkara Happiness Centre was honored to contribute to this transformative experience, reinforcing its commitment to spreading joy and promoting holistic development.

## COMMUNITY HAPPINESS EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Topic	COMMUNITY HAPPINESS
Date	13 <sup>th</sup> December, 2024
Time	11:30 am to 12:30 pm
Venue	Sai Vridh Ashram, Patiala
Number of Attendees	30
Resource Person	Mr. Manav Bansal



As part of its Community Happiness Project, the Chitkara Happiness Centre organized a visit to Sai Vridh Ashram in Patiala, aiming to bring joy and happiness to the residents of the old age home. The visit was a heartfelt initiative to spread smiles and create memorable moments with the elderly. The day began with a rejuvenating session of Laughter Therapy, which immediately uplifted the spirits of the residents. The therapeutic exercise not only relaxed their minds but also set a positive tone for the rest of the day. Following this, the team organized a Singing and Dancing activity, where the residents enthusiastically joined in, singing their favorite songs and dancing to lively tunes. This activity filled the atmosphere with energy and enthusiasm. To evoke childhood nostalgia, the team engaged the residents in fun-filled games, which they participated in wholeheartedly, reliving cherished moments from their past. Another highlight of the day was the Story Sharing session. The residents shared their life experiences, wisdom, and inspiring stories, leaving everyone in awe of their resilience and insights. This activity fostered a sense of connection and mutual respect between the volunteers and the residents. The most touching moment came when the volunteers distributed smiles by offering tokens of love and spent time taking blessings from the residents. This selfless act of kindness created an atmosphere of love, compassion, and gratitude, deeply moving everyone involved. The visit was a testament to the power of human connection and the importance of bringing joy to others. It was a day filled with laughter, music, and heartfelt interactions, leaving both the residents and volunteers with lasting memories. This initiative by the Chitkara Happiness Centre beautifully embodied the spirit of spreading happiness and fostering community bonds.

## RULES OF SUCCESS AND HAPPINESS STRATEGIES TO ACHIEVE PERSONAL AND PROFESSIONAL FULFILMENT EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Topic	RULES OF SUCCESS AND HAPPINESS STRATEGIES TO ACHIEVE PERSONAL AND PROFESSIONAL FULFILMENT
Date	18 <sup>th</sup> December, 2024
Time	9:00 am to 11:00 am
Venue	Carneige Hall, Rockfellow Block
Number of Attendees	153



The Chitkara Happiness Centre, in collaboration with the Institutions Innovations Council, organized an inspiring session titled *"Rules of Success and Happiness: Unlocking the Secrets to Achieving Personal and Professional Fulfillment"* for Computer Science Engineering students. Led by Mr. Manav Bansal and Ms. Vrinda, the session explored diverse topics, blending life lessons, practical insights, and interactive activities to foster personal and professional growth. Highlights included learnings from popular movies, such as the mantra "All is Well" from *3 Idiots* and the discipline epitomized by Akshay Kumar. The session also delved into Swami Vivekananda's profound teachings and the transformative power of Mind Lake visualization, offering students a roadmap to inner peace and clarity. Drawing inspiration from *The Secret Shifter*, students discovered the incredible potential of the mind in shaping success and happiness. Adding an element of fun and engagement, the session featured a 3-step laughter therapy, mindfulness exercises, and dynamic dance and music activities, creating a vibrant and uplifting atmosphere. This holistic approach underscored the connection between happiness and success, leaving participants motivated, energized, and equipped with valuable strategies for fulfillment.

## JASHN-e-KHUSHI EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Topic	JASHN-e-KHUSHI
Date	21 <sup>st</sup> December,2024
Time	2:00 pm to 3:00 pm
Venue	Explotorium
Number of Attendees	158



The Chitkara Happiness Centre, in collaboration with the Admin Department, organized a vibrant and rejuvenating session titled "*Jashn-e-Khushi*," led by the dynamic and inspiring Mr. Manav Bansal. The session was designed to promote happiness, well-being, and positivity among employees, fostering a supportive and joyful work environment. The event commenced with a heartwarming welcome song performed by Ashta, which set the tone for an engaging and lively gathering. Mr. Bansal then led the participants through a series of laughter yoga exercises, emphasizing the transformative power of laughter in alleviating stress and boosting happiness levels. This interactive activity filled the room with infectious energy, leaving participants feeling light-hearted and refreshed. The session also featured impactful lessons on life, gratitude, and the significance of embracing and loving one's work. Drawing from real-life examples and practical insights, Mr. Bansal shared valuable tips on cultivating a positive mindset, overcoming challenges, and finding joy in everyday tasks. His words resonated deeply, encouraging attendees to approach their personal and professional lives with renewed enthusiasm. A standout moment of the event was the spectacular showcase of employee talents, as they took center stage with vibrant dance and singing performances. These acts not only highlighted the diverse talents within the team but also fostered a sense of camaraderie and celebration among colleagues. The session concluded with a calming meditation exercise, guiding participants to connect with their inner selves and embrace their work with a sense of purpose and fulfillment. The "*Jashn-e-Khushi*" session was a resounding success, leaving employees feeling energized, inspired, and motivated. Initiatives like these reflect the Chitkara Happiness Centre's commitment to enhancing employee well-being and fostering a culture of positivity, ensuring a harmonious and thriving workplace environment.

## JOY IN THE JOURNEY – THRIVING NOT SURVIVING EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Topic	Joy in the journey – Thriving not Surviving
Date	17 January, 2025
Time	11:00 am to 2:00 pm
Venue	Explotorium
Number of Attendees	457
Resource Person	Mr. Hitesh Gulati



Chitkara Happiness Centre organized an inspiring session titled “*Joy in the Journey – Thriving, Not Just Surviving*,” featuring renowned motivational speaker Mr. Hitesh Kumar Gulati. The session aimed to instill positivity, self-awareness, and a growth-oriented mindset among students, equipping them with valuable insights for personal and academic success. Mr. Gulati engaged the audience with his thought-provoking ideas and practical wisdom. He emphasized the importance of mindfulness and living in the present moment, urging students to focus on the “*now*” instead of dwelling on the past or worrying about the future. His words resonated deeply, inspiring students to cultivate a more positive and fulfilling approach to life. A key takeaway from the session was his discussion on stepping out of one’s comfort zone to unlock true potential. He introduced a transformative model for adapting to change, highlighting four crucial stages: denial, resistance, exploration, and commitment. This structured framework helped students understand how to navigate challenges, adapt to new experiences, and embrace opportunities with confidence. Adding an element of fun and creativity, a fashion show activity was conducted, where students were divided into teams and encouraged to present themselves in unique and innovative ways. This engaging exercise fostered teamwork, self-expression, and confidence, making the session even more interactive and memorable. The session left a lasting impact on students, who appreciated its engaging format and relatable lessons. It reinforced the significance of embracing change, maintaining mindfulness, and finding joy in life’s journey. The Chitkara Happiness Centre is proud to have hosted such a transformative event and remains committed to organizing more initiatives that inspire growth, happiness, and well-being among students.

## INNER ENGINEERING SESSION FOR SUPPORT AND WORKER STAFF EVENT DETAILS

<b>SDG Goals</b>	<b>SDG 3, (Good Health and Wellbeing)</b>
<b>Topic</b>	<b>Inner Engineering Session for Support and Worker Staff</b>
<b>Date</b>	<b>23 January, 2025</b>
<b>Time</b>	<b>3:00 PM to 4:00 PM</b>
<b>Venue</b>	<b>Einstein Hall, Galileo Block</b>
<b>Number of Attendees</b>	<b>55</b>
<b>Resource Person</b>	<b>Mr. Saurav Thakur</b>



The Inner Engineering session, organized by the Chitkara Happiness Center and conducted by volunteers from the Isha Foundation, was a transformative event aimed at enhancing mindfulness, well-being, and energy levels for the support and worker staff. The session focused on providing practical tools and techniques to help participants manage stress, increase focus, and improve overall health, leaving them feeling rejuvenated and balanced. The session began with interactive mindfulness games designed to bring participants into the present moment. These activities encouraged focus, awareness, and teamwork in a relaxed setting, helping to promote a sense of camaraderie among the participants. Following this, a guided Nadi Shuddhi (alternate nostril breathing) practice was introduced to cleanse the energy channels, calm the mind, and bring about mental clarity. Participants were able to experience the soothing and refreshing effects of this ancient technique firsthand. Energy balancing practices were also incorporated into the session, teaching simple but effective exercises to maintain vitality and prevent burnout. These techniques proved to be valuable for daily life, enabling participants to manage their energy levels more effectively. Additionally, the power of sound was explored through chanting the AUM mantra and practicing Naad Yoga. This practice helped participants feel centered and energized by connecting with the vibrations of sound. By the end of the session, participants reported feeling lighter, more balanced, and recharged. The techniques shared were easy to follow and applicable to their daily routines, and many staff members expressed their appreciation for the enriching experience. The session proved to be a meaningful step towards fostering a healthier and more mindful workplace environment, allowing staff to feel empowered and better equipped to manage the demands of their roles.

## COMMUNITY HAPPINESS EVENT DETAILS

<b>SDG Goals</b>	<b>SDG 3, (Good Health and Wellbeing)</b>
<b>Topic</b>	<b>Community Happiness</b>
<b>Date</b>	<b>23 January, 2025</b>
<b>Time</b>	<b>10:30 AM to 12:30 AM</b>
<b>Venue</b>	<b>Kartar Asra Sc-1, Near Rock Garden, Chandigarh</b>
<b>Number of Attendees</b>	<b>21</b>
<b>Resource Person</b>	<b>Mr. Manav Bansal</b>



As part of the Community Happiness Project Workshop, the Chitkara Happiness Centre organized a visit to Kartar Asra Ashram in Chandigarh, an old age home filled with kind and inspiring individuals. This visit was a heartwarming experience that allowed us to connect with the elderly, listen to their life stories, and share moments of joy and companionship. It was a day filled with emotions, smiles, and unforgettable memories. Throughout the day, we engaged in various activities to bring happiness and warmth to the elderly residents. We played games, danced, sang songs, and had heartfelt conversations with them. Their stories of resilience, love, and wisdom left a deep impact on all of us. Many of them shared experiences from their past, offering valuable life lessons and insights that inspired us. Seeing the joy on their faces as they interacted with us was truly priceless and fulfilling. Beyond just an event, this visit was a lesson in compassion and human connection. We realized that happiness is often found in the simplest of moments—a shared laugh, a warm hug, or an engaging conversation. It reinforced the importance of caring for the elderly and making them feel loved, valued, and appreciated. This workshop was not just about spreading happiness—it was about discovering it in unexpected places. The experience strengthened our commitment to bringing joy and positivity to the lives of those in need. The Chitkara Happiness Centre remains dedicated to organizing such meaningful initiatives, ensuring that love, kindness, and connection continue to bring hope and happiness to every corner of our community.

## EMPOWER EXAM PREPARATION THROUGH JOY AND PEACE EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Topic	Empower Exam Preparation through Joy and Peace
Date	25 January, 2025
Time	9:30 am to 10:30 am and 12:00 pm to 1:00 pm
Venue	Explotorium – Chitkara International School, Chandigarh, Panchkula
Number of Attendees	55
Resource Person	Mr. Atheer Al-Sarayfi



The Chitkara Happiness Centre organized an insightful workshop titled "Empower Exam Preparation Through Joy & Peace" at Chitkara International School, Panchkula, and Chandigarh. The session was led by Isha volunteer Atheer Al-Sarayfi and aimed to help students reduce exam stress and improve focus through mindfulness techniques. The workshop emphasized the importance of inner well-being for academic success. Atheer encouraged students to prioritize their mental and emotional health, explaining how a calm mind enhances performance under pressure. He highlighted that true success comes not just from hard work but also from maintaining a peaceful and balanced mindset. A key highlight of the session was the introduction of the Nadi Shuddhi technique, an ancient yogic breathing practice that helps calm the mind and improve focus. Atheer guided students through a step-by-step process, allowing them to experience its immediate benefits in reducing anxiety and improving clarity. Many students found this technique helpful in managing their exam-related stress. Another powerful practice discussed was the AUM chanting technique. This method promotes inner harmony, emotional stability, and relaxation. Students actively participated in chanting AUM and felt its grounding and soothing effects. Atheer explained how this simple practice can be used daily to reduce stress and enhance concentration. The session provided students with practical techniques to manage stress, improve focus, and cultivate peace and joy in their daily lives. The interactive and engaging format helped students understand how mindfulness can positively impact their academic journey. This empowering session was a valuable step toward promoting holistic well-being, ensuring students approach their exams with confidence, positivity, and a calm mind.

## LANDSCAPING AND GARDENING EVENT DETAILS

<b>SDG Goals</b>	<b>SDG 3, (Good Health and Wellbeing)</b>
<b>Topic</b>	<b>Landscaping and Gardening</b>
<b>Date</b>	<b>27 January, 2025</b>
<b>Time</b>	<b>12:00 PM to 1:00 PM</b>
<b>Venue</b>	<b>LH-2, Le-Corbusier Block</b>
<b>Number of Attendees</b>	<b>64</b>
<b>Resource Person</b>	<b>Ms. Seema Sharma</b>



The Chitkara Happiness Centre organized an informative session on landscaping and gardening, conducted by Ms. Seema Sharma. The session aimed to educate participants on the fundamentals of landscaping, the benefits of gardening, and practical techniques for plant care. Ms. Sharma shared her valuable experiences and insights into the landscaping market, inspiring participants with her journey in this field. She began the session by discussing how she started her career in landscaping and gardening, highlighting the challenges she faced and the lessons she learned. Participants gained a deeper understanding of the numerous benefits of gardening, such as environmental conservation, stress reduction, and enhancing the beauty of surroundings. Her inspiring story encouraged many to consider landscaping not just as a hobby but as a potential career path. One of the key topics covered was the impact of El Niño and La Niña on gardening. Ms. Sharma explained how these climate changes affect weather patterns and, in turn, plant growth. She provided practical tips on selecting plants based on seasonal changes, ensuring that participants could apply this knowledge effectively. The session also featured Ms. Sharma's well-known landscaping projects, showcasing different techniques and approaches in garden design. She emphasized the importance of environmentally friendly methods in landscaping and linked her discussion to global sustainability goals. By focusing on eco-friendly practices, she encouraged participants to adopt sustainable gardening methods. Through her engaging and insightful presentation, Ms. Sharma not only educated but also motivated attendees to explore landscaping and gardening as a rewarding activity.

## HAPPINESS BLUEPRINT EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Topic	Happiness Blueprint
Date	27 January, 2025
Time	2:00 PM to 5:00 PM
Venue	Pulitzer Hall, Picasso Block
Number of Attendees	55
Resource Person	Mr. Manav Bansal



The Chitkara Happiness Centre, in collaboration with Chitkara Design School, organized an inspiring session titled "Happiness Blueprint," conducted by Mr. Manav Bansal. The session aimed to introduce students to key principles of happiness and motivate them to apply these ideas in their daily lives. The event combined engaging discussions and interactive activities, leaving students energized and inspired. Mr. Bansal shared the five important aspects of happiness, which included positive emotions, engagement, relationships, meaning, and accomplishments. He explained how making conscious choices can lead to happiness, how mindfulness helps in turning obstacles into strengths, and how a simple smile can help build strong relationships. He also highlighted the importance of finding purpose through self-reflection and taking bold steps to create a meaningful life. One of the most exciting moments of the session was "The Happiness Fashion Show," where students were divided into four teams and challenged to create costumes using newspapers. They then showcased their designs in a lively ramp walk, which encouraged teamwork, creativity, and self-expression. The activity was not only fun but also reinforced the session's key message of joy and confidence. Throughout the session, students actively participated, sharing smiles, laughter, and enthusiasm. The positive energy in the room was proof of how much they enjoyed and benefited from the experience. The Chitkara Happiness Centre continues its mission to spread happiness through such meaningful initiatives. The session provided valuable life lessons and created an environment where students could truly embrace and celebrate happiness. Events like these inspire young minds to approach life with optimism and purpose, making every day a step towards personal growth and fulfillment.

## YOGA FOR JOY AND INNERPIECE WITH CBS

### EVENT DETAILS

<b>SDG Goals</b>	<b>SDG 3, (Good Health and Wellbeing)</b>
<b>Topic</b>	<b>YOGA FOR JOY AND INNERPIECE WITH CBS</b>
<b>Date</b>	<b>28 January, 2025</b>
<b>Time</b>	<b>3:00 PM to 4:00 PM</b>
<b>Venue</b>	<b>Einstein Hall, Galileo Block</b>
<b>Number of Attendees</b>	<b>57</b>
<b>Resource Person</b>	<b>Mr. Atheer Al-Sarayfi</b>



Chitkara Happiness Centre recently organized an insightful Inner Engineering session for business school students, led by a volunteer from the Isha Foundation. The session aimed to introduce participants to practical tools for inner well-being, helping them cultivate peace, clarity, and balance in their daily lives. It began with an introduction to the Isha Foundation, a non-profit organization founded by Sadhguru, highlighting its global initiatives in personal growth, environmental conservation, and social welfare. Students learned about the transformative practices offered by the foundation that aid in inner transformation. A key part of the session featured a video by Sadhguru, where he shared a compelling story illustrating the power of inner peace and stillness. He explained how achieving a state of calmness can help individuals navigate life's challenges with clarity and resilience. The session also introduced students to the Naadi Shuddhi technique, a simple yogic breathing practice designed to cleanse the energy channels and promote mental and physical balance. Students actively participated in this exercise, experiencing its immediate calming effects. Another significant aspect of the session was the practice of AUM chanting, which was demonstrated as a method for relaxation and inner harmony. Participants engaged in the activity and reported feeling a sense of tranquility and balance afterward. The session also included a discussion on the Inner Engineering program, where Sadhguru explained how true joy and fulfillment come from mastering one's inner self rather than external comforts. He emphasized that by practicing self-awareness and balance, individuals can lead more meaningful and purposeful lives. The session concluded with an invitation for students to explore the Inner Engineering program further for a deeper understanding of inner well-being and self-mastery.

## INNER ENGINEERING SESSION WITH HEALTH SCIENCES EVENT DETAILS

<b>SDG Goals</b>	<b>SDG 3, (Good Health and Wellbeing)</b>
<b>Topic</b>	<b>Inner Engineering Session with Health Sciences</b>
<b>Date</b>	<b>29 January, 2025</b>
<b>Time</b>	<b>3:00 PM to 4:00 PM</b>
<b>Venue</b>	<b>Einstein Hall, Galileo Block</b>
<b>Number of Attendees</b>	<b>88</b>
<b>Resource Person</b>	<b>Mr. Atheer Al-Sarayfi</b>



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Chitkara Happiness Centre recently organized an insightful Inner Engineering session for students of the Health Sciences department. Delivered by a dedicated volunteer from the Isha Foundation, the session introduced participants to simple yet profound tools aimed at enhancing inner well-being, mental clarity, and balance. The session began with an engaging introduction to the Isha Foundation, a global non-profit organization founded by Sadhguru, which focuses on personal growth, environmental conservation, and social welfare. Students were introduced to the foundation's transformative practices, designed to help individuals achieve inner peace and self-mastery. A key highlight of the session was a video featuring Sadhguru, where he explained the essence of inner peace and calmness. Through an inspiring story, Sadhguru demonstrated how mastering inner stillness can empower individuals to face life's uncertainties and challenges with greater ease and resilience. Students were also introduced to the Naadi Shuddhi technique, an ancient yogic breathing practice aimed at cleansing the nadis (energy channels) and promoting mental and physical balance. This simple yet effective technique provided participants with immediate benefits, helping them feel more grounded and relaxed. In addition, the practice of chanting the AUM sound was explored as a tool for relaxation and inner harmony. Students participated in this exercise and reported feeling a sense of peace and balance afterward. Sadhguru's video explained that true joy and fulfillment come from engineering one's inner self, rather than seeking comfort and convenience from the external world. The Inner Engineering program offers practical tools to enhance clarity, balance, and overall well-being, enabling individuals to lead more purposeful and joyful lives.

## COMMUNICATION SKILLS WITH COL RAKESH SHARMA

### EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Topic	Communication skills with Col Rakesh Sharma
Date	31 January, 2025
Time	11:00 AM to 1:00 PM
Venue	Conference Room, Fleming Block
Number of Attendees	16
Resource Person	Col Rakesh Sharma



As part of our ongoing mission to spread happiness within the community, Chitkara Happiness Center collaborated with Ananta Group, a rapidly growing real estate and construction company. This collaboration aims to enhance communication, professional development, and overall well-being. Today, we had the privilege of hosting the Ananta Group team on our campus, where they actively engaged with our faculty and students, fostering a culture of learning and collaboration. A key highlight of the visit was an inspiring session on **Communication Skills** delivered by **Col. Rakesh Sharma**. His insightful address emphasized the importance of effective communication in both personal and professional spheres. He shared valuable strategies to enhance interpersonal skills, confidence, and clarity in communication, which left a lasting impact on the attendees. The session proved to be an enriching experience, equipping students with practical tools to improve their communication abilities and navigate professional interactions successfully. Following the session, the Ananta Group team explored our **Civil Engineering Department**, engaging in meaningful discussions about potential internship opportunities for students. They expressed keen interest in fostering knowledge-sharing programs that could bridge the gap between academic learning and industry practices. This interaction provided students with valuable exposure to industry trends, enhancing their readiness for real-world challenges. Moreover, the team reflected on the impact of our **Happiness Programs**, which we previously conducted at their premises. They acknowledged the positive influence of these initiatives in promoting employee well-being and motivation, reinforcing the significance of happiness in the workplace. Their encouraging feedback strengthened our commitment to spreading happiness and creating a positive work environment through structured interventions.

## INNER ENGINEERING EVENT DETAILS

<b>SDG Goals</b>	<b>SDG 3, (Good Health and Wellbeing)</b>
<b>Topic</b>	<b>Inner Engineering</b>
<b>Date</b>	<b>20 January, 2025 to 5 February, 2025</b>
<b>Time</b>	<b>11:15 AM to 12:45 PM and 5:15 PM to 6:45 PM</b>
<b>Venue</b>	<b>Einstein Hall, Galileo Block</b>
<b>Number of Attendees</b>	<b>100</b>
<b>Resource Person</b>	<b>Team Isha Foundation</b>



Chitkara Happiness Centre successfully hosted the transformative "Inner Engineering" program, an enriching 13-day, 30-hour journey designed for students and faculty. Conducted by a dedicated team from Isha Foundation, Coimbatore, India, the program aimed to enhance self-awareness and inner well-being. A significant highlight was the final weekend, where Saturday served as the preparation day for Shambhavi Kriya, followed by a 12-hour full-day session on Sunday, during which participants received the powerful practice. Throughout the program, participants engaged in deep discussions on fundamental aspects of life, including Responsibility Vs Ability, Understanding Karma and Desire, and the realization that one is neither the body nor the mind. These thought-provoking sessions encouraged profound self-reflection and understanding, helping participants embrace life's inevitabilities with a new perspective. Students and faculty were deeply involved throughout the 13 days, reflecting on these concepts and integrating them into their daily lives. The final weekend served as the culmination of this immersive experience, reinforcing the learnings in an enlightening manner. To maintain a high level of engagement, interactive games were incorporated, allowing participants to stay present in the moment. This was followed by the practice of Shambhavi Kriya, a powerful yogic technique that left everyone feeling energized, refreshed, and joyful. The program received immense appreciation from all participants, who found it to be a truly transformational and life-changing experience.

## HAPPINESS PILL PRESCRIPTION FOR WELL-BEING EVENT DETAILS

<b>SDG Goals</b>	<b>SDG 3, (Good Health and Wellbeing)</b>
<b>Topic</b>	<b>Happiness Pill Prescription for Well-Being</b>
<b>Date</b>	<b>13<sup>th</sup> February, 2025</b>
<b>Time</b>	<b>11:00 am to 12:30 pm</b>
<b>Venue</b>	<b>Martin Luther Block, Hall</b>
<b>Number of Attendees</b>	<b>105</b>
<b>Resource Person</b>	<b>Mr. Manav Bansal</b>



Chitkara Happiness Centre, in collaboration with the Pharmacy Department, successfully organized an insightful and interactive session titled “Happiness Pill: A Prescription for Well-Being.” This unique session was designed to promote mental well-being, gratitude, and mindfulness, leaving participants energized, joyful, and inspired. The event featured a series of engaging activities that combined science, creativity, and fun, making it an enriching experience for all. The session began with the Mindfulness Capsule, where participants took a moment of calm and awareness, allowing them to reconnect with the present. This was followed by a Booster Dose of Gratitude, encouraging students to cultivate appreciation in their daily lives, reinforcing the power of gratitude in achieving long-term happiness. A key highlight was The Happiness Dose, where students explored the role of the four happiness hormones—Dopamine, Oxytocin, Serotonin, and Endorphin—in enhancing emotional well-being. Adding a creative twist, the Happiness Pill Pitch activity had students form groups and design their own "happiness pills," presenting innovative and fun concepts on how to spread joy. This interactive session sparked creativity and teamwork, making it a memorable experience. To conclude the event on a high note, Dance & Music Meditation combined movement and mindfulness, allowing participants to express themselves freely while immersing in a state of joy and relaxation. The session was truly a blend of learning, engagement, and positivity, leaving everyone with smiles and a refreshed mindset.

## LOVE FEST EVENT DETAILS

<b>SDG Goals</b>	<b>SDG 3, (Good Health and Wellbeing)</b>
<b>Topic</b>	<b>Love Fest</b>
<b>Date</b>	<b>14<sup>th</sup> February, 2025</b>
<b>Time</b>	<b>10:00 am to 1:00 pm</b>
<b>Venue</b>	<b>Beta Zone</b>
<b>Number of Attendees</b>	<b>217</b>
<b>Resource Person</b>	<b>Team Happiness</b>



Chitkara Happiness Centre organized a heartwarming celebration of self-love and gratitude at Love Fest, themed "Love Your Happiness." The event was designed to inspire students to embrace self-care, express gratitude, and celebrate meaningful connections. Through a variety of engaging activities, the atmosphere was filled with laughter, joy, and positivity. A key attraction was the Love & Gratitude Tree, where students expressed their emotions by writing love letters, heartfelt messages, and gratitude notes. This beautiful gesture allowed participants to reflect on their relationships, personal growth, and appreciation for the people in their lives. Adding to the excitement, balloon games and fun activities brought friends and couples together, fostering a sense of connection and happiness. The "Love You Zindagi" segment was a powerful reminder of the importance of self-love, encouraging students to value themselves and their unique journeys. A special audio message further deepened the emotional impact, urging students to appreciate their parents, life, and passions. This touching moment left many feeling inspired and grateful. Students also participated in Heartfelt Creations, where they poured their emotions into meaningful and personalized expressions through artwork, poetry, and other creative outlets. This segment provided a platform for self-expression and allowed students to share their love and gratitude in a tangible form. Overall, Love Your Happiness was a resounding success, spreading warmth, gratitude, and a deeper sense of self-worth among students. The event served as a beautiful reminder that love begins with self-care, appreciation, and the joy of sharing happiness with others.

## RANDOM ACT OF KINDNESS DAY

### EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Topic	Random Act of Kindness Day
Date	17 <sup>th</sup> February, 2025
Time	9:00 am to 2:00 pm
Venue	Chitkara Happiness Center, Bloom Block
Number of Attendees	60
Resource Person	Team Happiness



Chitkara Happiness Centre joyfully celebrated Random Act of Kindness Day, a special occasion dedicated to spreading joy, positivity, and selfless acts of goodwill. Inspired by Aesop's timeless wisdom, *"No act of kindness, no matter how small, is ever wasted,"* the event aimed to foster a spirit of compassion and warmth among students and faculty. The day was filled with meaningful activities designed to uplift spirits and create a ripple effect of positivity throughout the campus. One of the key activities involved passing positive quotes to others, encouraging participants to share words of encouragement and motivation with their peers. This simple yet powerful gesture helped brighten people's days and reinforced the impact of kind words. Another engaging activity was the Thumbprint Tree, where participants colored their thumbs and stamped them onto a symbolic tree, signifying their commitment to kindness and unity. This collective effort not only created a beautiful visual representation of togetherness but also reminded everyone that each small act of kindness contributes to a greater purpose. These activities successfully fostered an environment filled with happiness, encouragement, and warmth, leaving participants with smiles on their faces and a renewed sense of positivity. The event truly embodied the essence of Random Act of Kindness Day, reminding everyone that kindness is contagious and has the power to create lasting change. The Chitkara Happiness Centre takes pride in organizing such uplifting events that nurture emotional well-being and strengthen community bonds.

## THE MONEY MAKING SHOW EVENT DETAILS

<b>SDG Goals</b>	<b>SDG 3, (Good Health and Wellbeing)</b>
<b>Topic</b>	<b>The Money Making Show</b>
<b>Date</b>	<b>18<sup>th</sup> February, 2025</b>
<b>Time</b>	<b>2:30 pm to 4:00 pm</b>
<b>Venue</b>	<b>The Art Gallery</b>
<b>Number of Attendees</b>	<b>99</b>
<b>Resource Person</b>	<b>CA Dr. Aman Chugh</b>



Chitkara Happiness Centre successfully organized an insightful and engaging session on Money Making for students of the Design Department, led by the esteemed Dr. CA Aman Chugh. The session aimed to equip students with valuable financial strategies to help them make informed decisions about investments, money management, and financial stability. Through an interactive approach, students explored practical methods to manage their finances wisely, gaining confidence in their ability to handle money effectively. The session was highly engaging, incorporating fun activities and thought-provoking discussions that made the topic of financial literacy both enjoyable and easy to understand. Students actively participated, asking questions and sharing their perspectives on financial planning, making the learning experience even more enriching. The session not only emphasized the importance of financial discipline and smart investment choices but also encouraged students to develop a mindset of long-term wealth creation. Towards the end, the Happiness Team addressed the students with uplifting words of encouragement and motivation, reinforcing the idea that financial success is closely linked to happiness and well-being. To make the event even more special, students were rewarded with goodies and gifts, which added to their enthusiasm and made the experience even more memorable. The Money Making Show was a power-packed and enlightening experience, leaving students with practical financial knowledge that they can apply in both their personal and professional lives. It not only provided valuable insights into money management but also empowered students to take control of their financial future with confidence.

## COMMUNITY HAPPINESS EVENT DETAILS

<b>SDG Goals</b>	<b>SDG 3, (Good Health and Wellbeing)</b>
<b>Topic</b>	<b>Community Happiness</b>
<b>Date</b>	<b>28<sup>th</sup> February, 2025</b>
<b>Time</b>	<b>3:00 PM to 4:00 PM</b>
<b>Venue</b>	<b>Neelam Hospital, Seminar Hall</b>
<b>Number of Attendees</b>	<b>53</b>
<b>Resource Person</b>	<b>Mr. Manav Bansal</b>



Chitkara Happiness Centre recently organized a transformative Stress Management Session for the dedicated employees of Neelam Hospitals as part of our ongoing Happiness Community Project. This session was designed to equip individuals with practical strategies to manage stress effectively by addressing both mental and physical well-being. By integrating techniques for a stress-free mind and fostering a healthier body, the session aimed to create a balanced and fulfilling work-life experience for all participants. The session emphasized key strategies for nurturing a healthy mind. Mindfulness was highlighted as a crucial practice, encouraging individuals to stay present in the moment and reduce anxiety caused by past regrets or future worries. The concept of Contribution vs. Results was introduced to shift the focus from performance pressure to a sense of purpose, helping employees find fulfillment in their work. Additionally, the power of Gratitude and Appreciation was explored, reinforcing the importance of cultivating a positive mindset to enhance overall well-being. Equally important was the focus on maintaining a healthy body, as physical health significantly impacts stress levels. Participants were educated on the importance of proper Nutrition and how fueling the body with the right food contributes to sustained energy and mental clarity. Hydration was emphasized as a fundamental factor in maintaining cognitive function and overall health. The role of Sunlight and Sleep in regulating mental well-being was discussed, highlighting their influence on mood and productivity. Furthermore, the necessity of Movement and Exercise was stressed as an effective means of reducing stress and enhancing overall vitality. The session also featured the inspiring story of the 99 Club, sparking deep reflection among participants. A meaningful video message reinforced the core idea that happiness is a journey, not a destination. To make the session interactive and engaging, elements of music were incorporated, adding joy and energy to the experience.

## ORGAN DONATION DAY EVENT DETAILS

<b>SDG Goals</b>	<b>SDG 3, (Good Health and Wellbeing)</b>
<b>Topic</b>	<b>ORGAN DONATION DAY</b>
<b>Date</b>	<b>8<sup>th</sup> March, 2025</b>
<b>Time</b>	<b>12:00 PM to 3:00 PM</b>
<b>Venue</b>	<b>Conference Room, Neelam Hospital</b>
<b>Number of Attendees</b>	<b>72</b>
<b>Resource Person</b>	<b>Happiness Team</b>



Chitkara Happiness Centre, in collaboration with Neelam Hospital, organized a meaningful celebration of Organ Donation Day to raise awareness about the significance of organ donation. The event aimed to educate individuals on the life-saving impact of organ donation and encourage them to pledge their organs to help those in need. Through a series of engaging activities, the event successfully conveyed the importance of this noble cause. One of the most impactful moments of the event was a thought-provoking skit that depicted the emotional journey of a donor's family and the transformation of a recipient's life after receiving an organ. The performance deeply resonated with the audience, illustrating the profound impact of selfless giving. The heartfelt storytelling not only created awareness but also inspired many attendees to consider organ donation as a means of leaving a lasting legacy. In addition to the skit, an interactive session was conducted where medical experts addressed various questions and concerns regarding organ donation. Participants gained valuable insights into the medical, ethical, and legal aspects of the donation process. To further facilitate the cause, information pamphlets and registration forms were distributed, making it easier for individuals to take the pledge. The event successfully reinforced Chitkara Happiness Centre's commitment to promoting social causes and fostering a culture of kindness and awareness. The enthusiasm and participation of attendees reflected the growing acceptance and understanding of organ donation. By celebrating Organ Donation Day, the Centre took a significant step toward inspiring positive change and saving lives through increased awareness and pledges.

## JASHAN-E-KHUSHI EVENT DETAILS

<b>SDG Goals</b>	<b>SDG 3, (Good Health and Wellbeing)</b>
<b>Topic</b>	<b>Jashan-E-Khushi</b>
<b>Date</b>	<b>20<sup>th</sup> March, 2025</b>
<b>Time</b>	<b>11:00 AM to 1:00 PM</b>
<b>Venue</b>	<b>Explorium</b>
<b>Number of Attendees</b>	<b>700</b>
<b>Resource Person</b>	<b>Dr. Madan Kataria</b>



Chitkara Happiness Centre, in collaboration with the Office of Student Affairs and the Office of University Communication, hosted a grand celebration of International Happiness Day. The event was made even more special with the presence of Dr. Madan Kataria, the founder of Laughter Yoga and widely recognized as the World Laughter Guru. His presence infused the event with wisdom, humor, and an in-depth understanding of the power of laughter in promoting well-being. The highlight of the celebration was a captivating session on Laughter Yoga conducted by Dr. Kataria at the Exploretorium. The session provided research-backed insights into the numerous benefits of laughter, including strengthening the immune system, enhancing confidence and leadership skills, improving public speaking abilities, and fostering overall mental well-being. His expertise and engaging delivery created an atmosphere of positivity and liveliness. The event was highly interactive, with students enthusiastically participating in various laughter exercises. Dr. Kataria introduced innovative techniques such as Bollywood laughter and different laughter yoga methods, making the session not only educational but also immensely enjoyable. The air was filled with laughter, breaking barriers and creating a shared sense of happiness among the participants. The celebration successfully reinforced the importance of happiness and mental wellness among students and faculty. It served as a reminder that laughter is a universal language that brings people together and enhances overall well-being.

## HAPPINESS WONDERLAND EVENT DETAILS

<b>SDG Goals</b>	<b>SDG 3, (Good Health and Wellbeing)</b>
<b>Topic</b>	<b>HAPPINESS WONDERLAND</b>
<b>Date</b>	<b>20<sup>th</sup> March, 2025</b>
<b>Time</b>	<b>11:00 AM to 2:00 PM</b>
<b>Venue</b>	<b>Alpha Zone</b>
<b>Number of Attendees</b>	<b>562</b>
<b>Resource Person</b>	<b>Happiness Team</b>



Chitkara Happiness Centre, in collaboration with the Office of Student Affairs and the Office of University Communication, hosted a grand celebration of International Happiness Day. This year's event was particularly special as the university had the honor of welcoming Dr. Madan Kataria, the founder of Laughter Yoga and the World Laughter Guru. His inspiring session on Laughter Yoga at the Exploretorium provided valuable insights into the power of laughter in boosting the immune system, enhancing confidence and leadership skills, improving public speaking, and promoting overall mental well-being. Students actively participated in various laughter exercises, including Bollywood laughter and other interactive techniques, creating an atmosphere of infectious joy. Following this enlightening session, Alpha Zone transformed into a vibrant Happiness Wonderland, offering a series of engaging activities designed to help students explore and express joy in creative ways. The "Draw Your Happiness" activity encouraged students to visually represent what happiness meant to them, fostering self-reflection and artistic expression. The "Happiness Interventions" segment provided insights into practices from the world's happiest countries, inspiring students to incorporate these approaches into their lives. The Singing Zone became a hub of musical joy, where students sang together, spreading positivity through melodies. The "Gratitude Walk" encouraged participants to reflect on and appreciate the good in their lives, enhancing mindfulness and appreciation. Additionally, "Peaceful Paradise" provided a serene space for mindfulness and relaxation, allowing students to unwind and embrace inner peace. The highlight of the Wonderland was the impactful "Nukkad Natak," a powerful street play performed by students that creatively emphasized the importance of happiness in daily life. The combination of laughter, music, art, and mindfulness made the International Happiness Day celebration a truly unforgettable experience.

## THE HIGHWAY TO HAPPINESS EVENT DETAILS

<b>SDG Goals</b>	<b>SDG 3, (Good Health and Wellbeing)</b>
<b>Topic</b>	<b>THE HIGHWAY TO HAPPINESS</b>
<b>Date</b>	<b>20<sup>th</sup> March, 2025</b>
<b>Time</b>	<b>5:00 PM to 6:00 PM</b>
<b>Venue</b>	<b>Pulitzer Hall, Picasso Block</b>
<b>Number of Attendees</b>	<b>137</b>
<b>Resource Person</b>	<b>Dr. Madan Kataria</b>



Chitkara Happiness Centre, in collaboration with the Office of Student Affairs and the Office of University Communication, hosted a grand celebration of International Happiness Day. The event was marked by a series of engaging activities designed to promote well-being, positivity, and mindfulness. A special highlight of the day was the presence of Dr. Madan Kataria, the founder of Laughter Yoga and the World Laughter Guru. His interactive session on Laughter Yoga provided students with profound insights into the benefits of laughter, including its impact on mental health, confidence, and overall well-being. Through fun and engaging exercises like Bollywood laughter and various laughter yoga techniques, students experienced firsthand how laughter can be a powerful tool for stress relief and happiness. As the evening unfolded, the celebration continued with an exciting event titled Highway to Happiness – Live & Laugh. Hostellers enthusiastically participated in another Laughter Yoga session, where they discovered how laughter could serve as an enjoyable and effective exercise for both the mind and body. This session encouraged students to engage in different forms of laughter and movement, fostering a space of mindfulness, positivity, and pure joy. The activity strengthened the sense of community among students, making them feel more connected and uplifted. The entire day was a testament to the spirit of happiness, togetherness, and shared laughter. The energy in the university was truly infectious, with endless smiles and a vibrant atmosphere that reflected the core values of the celebration. Everyone who participated left with a renewed sense of joy, feeling lighter, more positive, and motivated to carry this spirit forward in their daily lives.

## THE HAPPINESS CATALYST EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Topic	THE HAPPINESS CATALYST
Date	21 <sup>ST</sup> March, 2025
Time	11:00 AM to 1:00 PM
Venue	Martin Luthur Block, Hall
Number of Attendees	44
Resource Person	Dr. Madan Kataria



Chitkara Happiness Centre recently organized an inspiring Laughter Yoga Trainer Workshop, conducted by the esteemed Dr. Madan Kataria, the founder of Laughter Yoga. The workshop aimed to introduce participants to the power of laughter as a therapeutic and wellness tool, emphasizing its benefits in reducing stress, improving mood, and fostering social connections. Throughout the session, Dr. Kataria demonstrated various types of laughter, each designed to target specific emotions and situations. Participants engaged in different laughter exercises such as Argument Laughter, Gratitude Laughter, Silent Laughter, and Heartfelt Laughter, among many others. Each type of laughter had a unique purpose, helping individuals cultivate joy, positivity, and emotional resilience. The interactive and engaging nature of the training made it an enriching experience for all attendees. Dr. Kataria emphasized that laughter is not only an expression of happiness but also a powerful tool for mental and physical well-being. The session combined clapping, breathing exercises, and playful laughter techniques, ensuring that participants experienced firsthand the profound impact of voluntary laughter on their overall mood and energy levels. The atmosphere was filled with joy and enthusiasm as attendees wholeheartedly participated in the exercises. As the workshop concluded, Dr. Kataria, fondly known as the ‘Laughter Guru’, distributed certificates to all trainees, acknowledging their participation and commitment to spreading happiness through Laughter Yoga. The session left a lasting impression on the attendees, equipping them with techniques to incorporate laughter into their daily lives and share its benefits with others.

## HAPPINESS WORKSHOP EVENT DETAILS

<b>SDG Goals</b>	<b>SDG 3, (Good Health and Wellbeing)</b>
<b>Topic</b>	<b>HAPPINESS WORKSHOP</b>
<b>Date</b>	<b>4<sup>th</sup> April, 2025</b>
<b>Time</b>	<b>11:30 PM to 12:30 PM</b>
<b>Venue</b>	<b>Pierre Hall, Le-Corbusier Block</b>
<b>Number of Attendees</b>	<b>29</b>
<b>Resource Person</b>	<b>Mr. Manav Bansal</b>



Chitkara Happiness Centre proudly hosted a dynamic and engaging Happiness Workshop as part of the “Sustainable Eco-Harvest – Agro Expo for a Greener Future,” organized by the Chitkara University Research and Innovation Network (CURIN) in collaboration with the Punjab State Council for Science and Technology. The event was further supported by the Ministry of Environment, Forest and Climate Change (MoEFCC), Government of India, emphasizing the connection between environmental sustainability and emotional well-being. The workshop aimed to uplift the participants' mood and energy by introducing them to the science of happiness, centered around the four key happiness hormones – Dopamine, Oxytocin, Serotonin, and Endorphins, collectively known as DOSE. Through a series of interactive activities, lively games, and thought-provoking discussions, students discovered how these hormones influence their emotions and how they can consciously boost them in daily life. The creative approach and warm facilitation made the session both informative and enjoyable, fostering a deeper understanding of mental wellness in the context of sustainable living. The students engaged wholeheartedly, displaying immense enthusiasm and curiosity throughout the session. Laughter echoed through the hall, as participants bonded over shared experiences and newfound knowledge. The workshop didn’t just educate—it inspired a ripple of positivity that resonated well beyond the confines of the event, reinforcing the idea that emotional health is a vital aspect of a sustainable future. Overall, the Happiness Workshop served as a refreshing break from academic rigor, enriching the Agro Expo with a meaningful focus on mental and emotional well-being.

## CINEMASTI EVENT DETAILS

<b>SDG Goals</b>	<b>SDG 3, (Good Health and Wellbeing)</b>
<b>Topic</b>	<b>CINEMASTI</b>
<b>Date</b>	<b>3<sup>rd</sup> April, 2025</b>
<b>Time</b>	<b>10:00 AM to 1:00 PM</b>
<b>Venue</b>	<b>Carneige Hall, Rockfellow Block</b>
<b>Number of Attendees</b>	<b>150</b>
<b>Resource Person</b>	<b>Happiness Team</b>



The Chitkara Happiness Centre, in collaboration with the Institution of Engineers (India) Club (I.E.I) and the Office of Student Affairs, successfully organized the vibrant and memorable “Cinemine Show”—an event dedicated to celebrating talent, creativity, and self-expression among students. The event began with an enchanting ramp walk, where students walked with grace and confidence, showcasing their unique style and personality. This was followed by a diverse and energetic talent round that became the heart of the event. Participants captivated the audience with stunning dance performances, soulful singing, expressive poetry, and heartfelt shayari. The event offered students a valuable platform to uncover and exhibit their hidden talents, boost their confidence, and engage meaningfully with their peers. The show witnessed an enthusiastic turnout, with a packed audience comprising students, faculty members, and guests who brought the venue alive with their cheers and support. A panel of distinguished judges graced the occasion, including Dr. Neelam Verma, Dean, Office of Student Affairs; Mr. Manav Bansal, Chief Happiness Officer; and Dr. Priyanka from the IEI Club. Their insightful feedback and appreciation motivated all participants, and winners were honored with prizes and certificates of appreciation for their outstanding performances. The “Cinemine Show” was not just an event but a celebration of student spirit and community, reinforcing the core values of the Chitkara Happiness Centre—fostering well-being, personal growth, and a sense of belonging. By encouraging students to step out of their comfort zones and express themselves creatively, the centre continues its mission to nurture a holistic, supportive, and joyful campus environment where every individual is inspired to shine.

## WORLD ART DAY EVENT DETAILS

<b>SDG Goals</b>	<b>SDG 3, (Good Health and Wellbeing)</b>
<b>Topic</b>	<b>WORLD ART DAY</b>
<b>Date</b>	<b>15<sup>th</sup> April, 2025</b>
<b>Time</b>	<b>10:00 AM to 1:00 PM</b>
<b>Venue</b>	<b>Outer front area of Picasso Building</b>
<b>Number of Attendees</b>	<b>42</b>
<b>Resource Person</b>	<b>Happiness Team</b>



To mark the celebration of World Art Day, Chitkara Happiness Centre organized a vibrant and inspiring art competition that served as a celebration of creativity, innovation, and self-expression. The event welcomed enthusiastic student participation across multiple categories, including painting, sketching, and best out of waste, providing a diverse platform for young artists to showcase their talents. Each artwork reflected the individuality and imagination of its creator, making the competition a colorful tapestry of ideas and emotions. A distinguished panel of judges—Dr. Sangeeta Pant and Dr. Vani Parwez from the College of Education, along with Mr. Manav Bansal, Chief Happiness Officer—graced the occasion and undertook the difficult task of evaluating the thoughtful and artistic submissions. After a thorough assessment based on creativity, execution, and originality, three exceptional students—Kanchan, Annya, and Disha—were declared the winners. Their outstanding pieces stood out and earned them well-deserved recognition in the form of prizes that acknowledged their artistic skill and effort. More than just a contest, the art competition created a lively, inclusive space for students to explore their artistic potential, communicate personal stories through visual mediums, and interact with like-minded peers. The event not only motivated participants to think creatively but also encouraged them to embrace sustainable practices, particularly in the "best out of waste" category, where innovation met environmental consciousness. The vibrant atmosphere, the exchange of creative ideas, and the appreciation of art in all its forms made the event a memorable success.

## WORKSHOP ON SELF-CONFIDENCE EVENT DETAILS

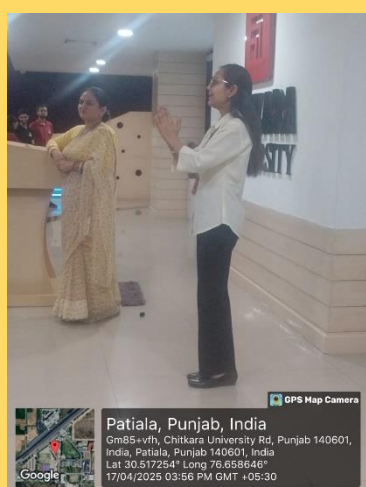
<b>SDG Goals</b>	<b>SDG 3, (Good Health and Wellbeing)</b>
<b>Topic</b>	<b>WORKSHOP ON SELF-CONFIDENCE</b>
<b>Date</b>	<b>15<sup>th</sup> – 17<sup>th</sup> April, 2025</b>
<b>Time</b>	<b>5:00 PM to 6:00 PM</b>
<b>Venue</b>	<b>Pulitzer Hall, Picasso Block</b>
<b>Number of Attendees</b>	<b>94</b>
<b>Resource Person</b>	<b>Lt. Col. Rakesh Sharma</b>



The Chitkara Happiness Centre successfully conducted a transformative three-day workshop on Self-Confidence, aimed at empowering students with essential life skills to thrive personally and professionally. The workshop was led by the esteemed Col. Dr. Rakesh Sharma, Registrar of Chitkara University, whose dynamic and engaging sessions left a profound impact on all participants. Throughout the workshop, Dr. Sharma focused on the fundamental importance of cultivating a positive attitude, conquering the fear of failure, and stepping beyond one's comfort zone—elements crucial for self-growth and long-term success. He emphasized that true confidence stems from a combination of desire, consistency, and self-discipline, and urged students to harness these qualities to achieve their goals. Through personal anecdotes, practical advice, and interactive discussions, he inspired students to develop self-love and self-appreciation, reinforcing the belief that every individual has unique strengths worth celebrating. The sessions encouraged participants to identify their passions, select their area of expertise, and pursue it with unwavering dedication and discipline. Dr. Sharma's words instilled a powerful sense of motivation, urging students to never give up, regardless of challenges faced. The interactive nature of the workshop allowed students to actively engage, reflect on their personal experiences, and gain clarity on their journey towards self-confidence. The atmosphere was filled with positivity, encouragement, and genuine inspiration, leaving students energized and more aware of their potential. The workshop was widely appreciated and well-received by attendees, who praised its relevance and effectiveness in helping them build inner strength and a confident mindset.

## DOSE WORKSHOP EVENT DETAILS

<b>SDG Goals</b>	<b>SDG 3, (Good Health and Wellbeing)</b>
<b>Topic</b>	<b>DOSE WORKSHOP</b>
<b>Date</b>	<b>17<sup>th</sup> April, 2025</b>
<b>Time</b>	<b>3:00 PM – 4:00 PM</b>
<b>Venue</b>	<b>Pulitzer Hall, Picasso Block</b>
<b>Number of Attendees</b>	<b>130</b>
<b>Resource Person</b>	<b>Mr. Manav Bansal, Dr. Lekha Rani, Ms. Vrinda Sharma</b>



The Chitkara Happiness Centre successfully conducted a transformative three-day workshop on The Chitkara Happiness Centre recently conducted a dynamic and enriching DOSE Workshop for the students of the Computer Science and Engineering (CSE) Department, aimed at promoting emotional well-being and a deeper understanding of happiness as a learnable life skill. The session was led by an enthusiastic and passionate team consisting of Mr. Manav Bansal (Chief Happiness Officer), Dr. Lekha, and Ms. Vrinda, whose vibrant energy and insightful approach created an inspiring atmosphere. At the heart of the workshop was a compelling message: “Happiness is a skill—and like any other skill, it can be learned, practiced, and mastered.” Students were introduced to the scientifically grounded DOSE framework, which highlights the four key “happy hormones”: Dopamine, Oxytocin, Serotonin, and Endorphins. Through a fun-filled and interactive session that included laughter, games, and dance, students not only enjoyed themselves but also learned practical and accessible techniques to naturally boost these hormones in their daily lives. The facilitators offered simple yet impactful strategies to help students build lasting positivity, emotional resilience, and self-awareness. A major highlight of the workshop was the administration of the PERMA Test, based on Dr. Martin Seligman’s well-being model, which allowed students to evaluate their personal happiness levels across five essential pillars: Positive Emotion, Engagement, Relationships, Meaning, and Accomplishment. This personalized assessment gave students meaningful insights into their current state of well-being and actionable steps for improvement. The workshop successfully blended science with joy.

## HAPPINESS HORMONES EVENT DETAILS

<b>SDG Goals</b>	<b>SDG 3, (Good Health and Wellbeing)</b>
<b>Topic</b>	<b>HAPPINESS HORMONES</b>
<b>Date</b>	<b>18<sup>th</sup> April, 2025</b>
<b>Time</b>	<b>2:00 PM to 3:00 PM</b>
<b>Venue</b>	<b>Turing Block Lh-103, Lh-112</b>
<b>Number of Attendees</b>	<b>117</b>
<b>Resource Person</b>	<b>Ms. Vrinda Sharma, Dr. Lekha Rani</b>



The Chitkara Happiness Centre recently organized a highly engaging and impactful DOSE Workshop for the students of the Computer Science and Engineering (CSE) Department, designed to promote emotional well-being, positivity, and self-awareness. Led by an enthusiastic and compassionate team comprising Mr. Manav Bansal, Dr. Lekha, and Ms. Vrinda, the workshop emphasized the empowering idea that “Happiness is a skill that can be learned, practiced, and mastered.” Centered around the DOSE framework—which represents the four key happiness hormones: Dopamine, Oxytocin, Serotonin, and Endorphins—the session introduced students to the science behind happiness and provided practical, easy-to-apply techniques to boost these hormones in daily life. The workshop created a vibrant and joyful environment through a creative mix of laughter, games, and dance, making learning fun, interactive, and memorable. A significant highlight of the session was the PERMA Test, based on Dr. Martin Seligman’s model of well-being, which allowed students to assess their personal levels of happiness across five crucial pillars: Positive Emotion, Engagement, Relationships, Meaning, and Accomplishment. The personalized results offered students valuable insights into their emotional landscape and actionable steps for personal growth and greater well-being. The workshop had a deep and lasting impact, encouraging students to embrace a positive mindset, build emotional resilience, and take charge of their own happiness journey. It successfully merged scientific knowledge with joyful activities, empowering students with tools and strategies to navigate life with more confidence and optimism. Overall, the DOSE Workshop was a resounding success, widely appreciated for its relevance, warmth, and effectiveness.

## SCIENCE OF HAPPINESS EVENT DETAILS

<b>SDG Goals</b>	<b>SDG 3, (Good Health and Wellbeing)</b>
<b>Topic</b>	<b>SCIENCE OF HAPPINESS</b>
<b>Date</b>	<b>22<sup>nd</sup> April, 2025</b>
<b>Time</b>	<b>2:00 PM to 4:00 PM</b>
<b>Venue</b>	<b>Turing Hall, Lh-212</b>
<b>Number of Attendees</b>	<b>132</b>
<b>Resource Person</b>	<b>Dr. Lekha Rani, Ms. Vrinda Sharma</b>



The Chitkara Happiness Centre recently hosted an enlightening and interactive "Science of Happiness" workshop for students of the Computer Science and Engineering (CSE) Department. Led by - Dr. Lekha Rani, and Ms. Vrinda Sharma—the session delved into the scientific foundations of well-being, emphasizing that happiness is not merely a fleeting emotion but a skill that can be learned, practiced, and mastered. At the heart of the workshop was the DOSE framework, representing the four major "happy hormones": Dopamine, Oxytocin, Serotonin, and Endorphins. Through engaging activities like laughter exercises, energizing games, and expressive dance, students learned how these hormones influence mood and how to naturally boost them in daily life. The facilitators shared practical, research-backed strategies to help students take control of their mental and emotional well-being, reinforcing the idea that happiness stems from intentional choices and habits. A standout element of the workshop was the administration of the PERMA Test, grounded in Dr. Martin Seligman's positive psychology model, which allowed participants to assess their well-being across five key pillars: Positive Emotion, Engagement, Relationships, Meaning, and Accomplishment. This personalized evaluation provided students with clear insights and actionable steps to enhance their quality of life. The overall ambiance of the workshop was both joyful and reflective, successfully blending science with experience. Students left the session feeling not only uplifted but also equipped with a deeper understanding of what truly drives lasting happiness. The Science of Happiness workshop was a powerful initiative in nurturing emotional resilience and positive mental health.

## WORLD BOOK DAY(Meri Kahani, Mera Kirdar)

### EVENT DETAILS

<b>SDG Goals</b>	<b>SDG 3, (Good Health and Wellbeing)</b>
<b>Topic</b>	<b>WORLD BOOK DAY(Meri Kahani, Mera Kirdar)</b>
<b>Date</b>	<b>23<sup>rd</sup> April, 2025</b>
<b>Time</b>	<b>10:00 AM to 1:00 PM</b>
<b>Venue</b>	<b>Martin Luthur Hall</b>
<b>Number of Attendees</b>	<b>112</b>
<b>Resource Person</b>	<b>Dr. Sangeeta Pant, Happiness Team</b>



The Chitkara Happiness Centre celebrated World Book Day with great enthusiasm and purpose, highlighting the transformative power of books in shaping young minds and promoting lifelong learning. The celebration featured an inspiring session by Dr. Sangeeta Pant titled “Your Way to Read, Lead, and Represent,” where she emphasized the profound impact of reading on personal growth, knowledge enhancement, and creativity. Dr. Pant shared insightful and practical tips on cultivating a consistent reading habit, such as dedicating regular time to read and exploring various genres to broaden one’s perspective. She also underlined the role of reading in improving vocabulary, critical thinking, and communication skills—essential tools for both academic and personal success. Additionally, she touched upon the importance of staying informed through newspapers, particularly in relation to books, authors, and literary events, fostering a deeper engagement with the literary world. A powerful highlight of her session was the story of Malala Yousafzai, illustrating how books and education played a pivotal role in her courageous journey and advocacy for girls' education. To further ignite students' imagination and expressive abilities, the Centre organized a storytelling competition titled “Meri Kahani Mera Kirdaar”, which offered students a platform to showcase their creativity, confidence, and unique storytelling abilities. The competition was judged by a distinguished panel comprising Mr. Manav Bansal (Chief Happiness Officer), Mr. Kautaq Cheema (Office of University Communication), and Dr. Sangeeta Pant (College of Education), who evaluated the stories based on creativity, expression, and impact. The event not only celebrated literature but also encouraged students to embrace reading as a gateway to leadership and self-expression.

## HAPPINESS AND SCIENCE EVENT DETAILS

<b>SDG Goals</b>	<b>SDG 3, (Good Health and Wellbeing)</b>
<b>Topic</b>	<b>HAPPINESS AND SCIENCE</b>
<b>Date</b>	<b>23<sup>rd</sup> April, 2025</b>
<b>Time</b>	<b>2:00 PM to 4:00 PM</b>
<b>Venue</b>	<b>Turing Hall, Lh-102</b>
<b>Number of Attendees</b>	<b>138</b>
<b>Resource Person</b>	<b>Ms. Lekha, Ms. Vrinda Sharma</b>



The Chitkara Happiness Centre recently conducted a highly impactful Happiness and Science workshop for the students of the Computer Science and Engineering (CSE) Department, offering a vibrant and insightful experience centered around the scientific understanding of happiness. The session, skillfully led by Dr. Lekha and Ms. Vrinda, was designed to help students realize that happiness is not just a fleeting emotion, but a learnable and developable life skill. Emphasizing the relevance of emotional well-being in both academic and personal spheres, the workshop introduced students to the neurochemical basis of happiness through the DOSE framework—representing Dopamine, Oxytocin, Serotonin, and Endorphins. These four “happy hormones” are responsible for motivation, connection, mood stability, and stress relief, and were explained in an engaging, easy-to-grasp manner. To help students understand and apply this knowledge practically, the session included interactive activities such as laughter exercises, joyful games, and energetic dance movements. These elements not only brought a sense of fun to the workshop but also demonstrated how simple, daily actions can naturally trigger these happiness hormones. A major highlight of the event was the PERMA Test, based on Dr. Martin Seligman’s positive psychology model, which enabled students to assess their individual well-being across five foundational pillars: Positive Emotion, Engagement, Relationships, Meaning, and Accomplishment. The test provided personalized insights and actionable feedback, empowering students to make conscious efforts towards enhancing their overall happiness.

## YOGIC APPROACH TO HEALTHCARE EVENT DETAILS

<b>SDG Goals</b>	<b>SDG 3, (Good Health and Wellbeing)</b>
<b>Topic</b>	<b>YOGIC APPROACH TO HEALTHCARE</b>
<b>Date</b>	<b>25<sup>th</sup> April, 2025</b>
<b>Time</b>	<b>1:15 PM to 2:15 PM</b>
<b>Venue</b>	<b>Pierre Hall, Le-Corbusier Block</b>
<b>Number of Attendees</b>	<b>104</b>
<b>Resource Person</b>	<b>Mr. Pardeep Yogi</b>



Chitkara Happiness Centre, in collaboration with the Department of Allied Health Sciences, Chitkara School of Health Sciences, organized an enlightening session on the "Yogic Approach to Healthcare", aimed at promoting holistic wellness and sustainable health practices. The session was led by Mr. Pardeep Kumar Yogi, a renowned Yoga Trainer, who brought deep insights into the transformative role of yoga in modern healthcare systems. Through his engaging discourse, Mr. Yogi emphasized how integrating yoga into healthcare not only aids in managing stress and chronic conditions but also serves as a preventive tool that nurtures overall physical, mental, and emotional well-being. He shed light on the alignment of yogic principles with global health goals, advocating for a balanced, mindful lifestyle that supports both individual and societal health. Participants were introduced to practical yoga techniques and philosophies that support sustainable wellness, highlighting the importance of consistency and mindfulness in daily routines. The session offered a fresh perspective on healthcare by promoting a shift from reactive treatment to proactive and preventive care. By blending traditional yogic wisdom with contemporary medical understanding, the initiative broadened students' and faculty members' perspectives on healthcare delivery and personal wellness. Moreover, the session contributed meaningfully to the goals of quality education and sustainable health by encouraging the adoption of natural, holistic approaches to health. Attendees walked away with valuable tools to enhance their lifestyle, improve their mental clarity, and strengthen their resilience against modern-day health challenges.

## COMMUNITY HAPPINESS EVENT DETAILS

<b>SDG Goals</b>	<b>SDG 3, (Good Health and Wellbeing)</b>
<b>Topic</b>	<b>COMMUNITY HAPPINESS</b>
<b>Date</b>	<b>26<sup>th</sup> April, 2025</b>
<b>Time</b>	<b>1:00 PM to 2:00 PM</b>
<b>Venue</b>	<b>PKR Jain Vatika School Nasirpur, Hisar Road, Ambala, Haryana 134003</b>
<b>Number of Attendees</b>	<b>114</b>
<b>Resource Person</b>	<b>Mr. Manav Bansal</b>



Chitkara Happiness Centre conducted an inspiring session for the students of P.K.R. Jain Senior Secondary School of Class 9, led by Mr. Manav Bansal and the Happiness Team as part of the Community Happiness project. This special initiative aimed to instill awareness about mental and emotional wellness through the science of happiness, introducing the students to the concept of DOSE—an acronym representing the four key happiness hormones: Dopamine, Oxytocin, Serotonin, and Endorphins. The session began with an engaging icebreaker activity that simplified the science behind these hormones in a fun, relatable, and memorable way, setting a vibrant tone for the rest of the workshop. Through a rich blend of storytelling, gratitude exercises, dance, karaoke, and shared laughter, the session brought the essence of happiness to life, encouraging students to recognize and embrace the power of positivity in their everyday lives. Each activity was thoughtfully designed to promote emotional connection, self-expression, and joy, leaving a lasting impact on the young participants. The highlight of the session was the enthusiastic participation and cheerful spirit of the students, who not only embraced the activities with open hearts but also radiated a contagious wave of happiness throughout the room. The session successfully created a safe and joyful space where students could express themselves freely, learn valuable life skills, and understand the importance of emotional health in a holistic and enjoyable manner. This outreach effort stands as a testament to the Chitkara Happiness Centre's commitment to nurturing emotional well-being, not just within the university but in the wider community as well.

## LAUGHTER CASCADES CELEBRATIONS EVENT DETAILS

<b>SDG Goals</b>	<b>SDG 3, (Good Health and Wellbeing)</b>
<b>Topic</b>	<b>LAUGHTER CASCADES CELEBRATIONS</b>
<b>Date</b>	<b>2<sup>nd</sup> May, 2025</b>
<b>Time</b>	<b>3:00 PM to 4:00 PM</b>
<b>Mode</b>	<b>Online</b>
<b>Number of Attendees</b>	<b>162</b>
<b>Resource Person</b>	<b>Mr. Manav Bansal</b>



Chitkara Happiness Centre, in collaboration with Chitkara School of Psychology and Counselling and Department of Education, virtually celebrated World Laughter Day under the theme “Laughter Cascades Celebration.” The event aimed to promote global friendship, emotional well-being, and unity, reflecting the spirit of harmony and peace through the powerful medium of laughter. The session was graced by Mr. Manav Bansal, Chief Happiness Officer at Chitkara University, as the esteemed resource person. Renowned for his work in spreading happiness and positivity, Mr. Bansal led an inspiring and interactive session that explored the transformative power of laughter. Through engaging discussions and lively activities, he demonstrated how laughter transcends social and cultural barriers, acting as a universal language that connects individuals and builds stronger communities. He highlighted both the psychological and physiological benefits of laughter, including stress reduction, improved mood, and enhanced interpersonal relationships. Practical techniques to integrate laughter into daily life were also shared, encouraging participants to embrace joy as a daily practice. Dr. Parul Sood, Associate Dean, Department of Education, also addressed the attendees, enriching the celebration with her insightful words and support. The event served not only as a celebration but also as a reflective platform for participants to understand the deeper value of laughter in nurturing a positive mindset and emotional resilience. It was a vibrant, heartfelt experience that left everyone with smiles, a renewed sense of connection, and the inspiration to spread happiness in their own spheres. Overall, the Laughter Cascades Celebration was a resounding success, reinforcing the importance of collective joy and well-being in today’s fast-paced world.

## LAUGHTER KITTY

## EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Topic	LAUGHTER KITTY
Date	3 <sup>rd</sup> May, 2025
Time	3:30 PM to 4:30 PM
Venue	Einstein Hall, Galileo Block
Number of Attendees	47
Resource Person	Mr. Manav Bansal



On the occasion of World Laughter Day, Chitkara Happiness Center started a heartwarming initiative titled *Laughter Kitty* was launched to prioritize happiness in everyday life and spread joy across society. Spearheaded by the ever-inspiring Honourable Pro Chancellor Ma'am of Chitkara University, this initiative aims to infuse positive energy into our lives and communities. During the inaugural event, the Pro Chancellor encouraged everyone to spread happiness to at least five people daily, a small but impactful practice that fosters a more joyful and energetic life. A conscious decision was also made by participants to replace the usual greeting “Good Morning” with “Happy Morning” as a symbolic commitment to embracing happiness in daily interactions. This initiative not only promotes individual well-being but also aligns with the Sustainable Development Goal (SDG) 3, which focuses on ensuring good health and well-being. The Laughter Kitty gatherings are designed as monthly rituals filled with four key elements of joy: Dancing, Singing, Laughter, and Playing. These activities are aimed at cultivating a lively and cheerful atmosphere, further motivating individuals to take happiness-driven actions within the community. Suggestions were also invited from participants to improve and expand the reach of the Laughter Kitty sessions. The broader goal is to contribute meaningfully to the happiness of society through regular engagement and shared joyful experiences. This initiative stands as a testament to the university’s commitment to holistic well-being and community upliftment. The members of the Chitkara family express deep gratitude to the Honourable Pro Chancellor Ma'am for her enthusiastic leadership and unwavering dedication to spreading happiness. Her presence and message continue to inspire many to live a life rooted in joy, compassion, and purpose.

## WORLD LAUGHTER DAY CELEBRATIONS EVENT DETAILS

<b>SDG Goals</b>	<b>SDG 3, (Good Health and Wellbeing)</b>
<b>Topic</b>	<b>WORLD LAUGHTER DAY CELEBRATIONS</b>
<b>Date</b>	<b>4<sup>TH</sup> May, 2025</b>
<b>Time</b>	<b>11:00 AM to 11:45 AM</b>
<b>Mode</b>	<b>Online</b>
<b>Number of Attendees</b>	<b>23</b>
<b>Resource Person</b>	<b>Mr. Manav Bansal</b>



On the joyous occasion of World Laughter Day, Chitkara Happiness Center organized an open and inclusive session was enthusiastically organized, inviting everyone to come together in celebration of joy, unity, and well-being. The event centered around the transformative practice of Laughter Yoga, creating a heartwarming and high-energy environment that uplifted every participant. The session began by introducing the importance and relevance of Laughter Yoga, explaining how and why it is practiced across the globe. Participants discovered the profound mental and physical health benefits associated with this unique form of exercise, which blends unconditional laughter with yogic breathing techniques to enhance emotional resilience and overall vitality. Guided by the facilitator, the session featured a variety of engaging and playful laughter exercises such as Namaste Laughter, Clapping and Chanting, Milkshake Laughter, Lion Laughter, and more. Each activity was designed to release stress, boost mood, and foster a sense of connectedness among the participants. The laughter-filled environment not only encouraged lightheartedness but also promoted deeper breathing, relaxation, and mental clarity. Following the energizing laughter session, attendees were led into a soothing Yoga Nidra practice—a guided meditation technique that allowed everyone to experience deep relaxation and inner peace. The celebration reached its joyful peak with a vibrant Bollywood dance party, filling the virtual space with rhythm, laughter, and smiles. This memorable event left a lasting impact on everyone who attended, reinforcing the idea that laughter truly is the best medicine. It served as a powerful reminder of the healing power of community, positivity, and shared joy. Overall, the celebration was a resounding success, leaving all participants refreshed, connected, and inspired to integrate laughter and mindfulness into their daily lives.

## SCIENCE OF WELLBEING EVENT DETAILS

<b>SDG Goals</b>	<b>SDG 3, (Good Health and Wellbeing)</b>
<b>Topic</b>	<b>SCIENCE OF WELLBEING</b>
<b>Date</b>	<b>7<sup>th</sup> May, 2025</b>
<b>Time</b>	<b>2:30 PM to 4:00 PM</b>
<b>Venue</b>	<b>Rockefeller block LH101</b>
<b>Number of Attendees</b>	<b>38</b>
<b>Resource Person</b>	<b>Mr. Manav Bansal</b>



Chitkara Happiness Centre, in collaboration with the Office of International Affairs, conducted an impactful session on the “Science of Wellbeing” for students and faculty from Mondragon University, Spain, under the Student Exchange Program. This unique session aimed to provide participants with a scientific understanding of happiness by focusing on the four key happiness hormones—Oxytocin, Serotonin, Endorphins, and Dopamine—and how they contribute to emotional well-being. Through a variety of interactive activities, students explored practical ways to boost these hormones. Laughter Yoga and Dance helped stimulate Endorphins and Dopamine, while a Gratitude Activity encouraged the release of Serotonin, fostering a sense of contentment and positivity. Group Hugging and Teamwork exercises were used to enhance Oxytocin, promoting trust and bonding among participants. Additionally, the Musical Cup Game added an element of fun and teamwork, creating an atmosphere of shared joy and enthusiasm. The session successfully blended science with experience, equipping students with useful tools to enhance their happiness in everyday life. The energy and enthusiasm shown by the participants highlighted the effectiveness of this experiential learning approach. This initiative reflected Chitkara University’s commitment to holistic education, emotional wellness, and global collaboration. The university extends its sincere appreciation to the students and faculty of Mondragon University for their active participation.

## LAUGHTER SESSION EVENT DETAILS

<b>SDG Goals</b>	<b>SDG 3, (Good Health and Wellbeing)</b>
<b>Topic</b>	<b>LAUGHTER SESSION</b>
<b>Date</b>	<b>14<sup>th</sup> May, 2025</b>
<b>Time</b>	<b>5:45 PM to 6:15 PM</b>
<b>Venue</b>	<b>Guru Nanak School, Batala</b>
<b>Number of Attendees</b>	<b>20</b>
<b>Resource Person</b>	<b>Ms. Aastha</b>



Chitkara Happiness Center organized a joyful and energizing Laughter Yoga session at Guru Nanak School, Batala, bringing together students and faculty in a shared celebration of wellness and happiness. Led by the Resource Person in collaboration with an enthusiastic yoga team, the session aimed to introduce the concept of Laughter Yoga and its powerful impact on mental and physical well-being. The event served as an engaging platform to explore why this practice is termed “laughter” yoga and how it contributes to a healthier, more positive lifestyle. Participants were guided through a variety of playful and mindful laughter exercises, including Namaste Laughter, Lassi Laughter, Credit Card Laughter, and Mind Floss Laughter. These activities not only promoted spontaneous laughter but also encouraged deep breathing, relaxation, and emotional release. The session was filled with moments of joy, spontaneous dancing, and genuine connection, allowing everyone to experience the healing power of laughter in a supportive environment. Throughout the session, the focus remained on building a sense of togetherness, reducing stress, and enhancing overall happiness. The participants, both young and old, embraced the experience with openness and enthusiasm, creating an atmosphere of positivity and unity. The session concluded on a high note, leaving everyone refreshed, cheerful, and motivated to incorporate laughter into their daily lives. The opportunity to lead this session as the Resource Person was a meaningful and fulfilling experience, reinforcing the mission to spread wellness and emotional resilience through laughter. The event was a beautiful reminder of the simple yet profound ways in which joy and connection can uplift a community and support holistic well-being.

## COMMUNITY HAPPINESS EVENT DETAILS

<b>SDG Goals</b>	<b>SDG 3, (Good Health and Wellbeing)</b>
<b>Topic</b>	<b>COMMUNITY HAPPINESS</b>
<b>Date</b>	<b>20<sup>th</sup> May, 2025</b>
<b>Time</b>	<b>11:00 PM to 1:00 PM</b>
<b>Venue</b>	<b>Old Age Home, Rajpura</b>
<b>Number of Attendees</b>	<b>17</b>
<b>Resource Person</b>	<b>Mr. Manav Bansal</b>



Chitkara Happiness Centre, under its flagship Community Happiness Project, organized a profoundly heartwarming and impactful community engagement session at Shri Satguru Jagjit Singh Vridhashram, located in Rajpura. The primary objective of this thoughtfully planned event was to spread love, warmth, and emotional well-being among the elderly residents, many of whom long for meaningful social interaction and compassionate companionship. Spearheaded by Mr. Manav Bansal and enthusiastically supported by the dedicated members of the Happiness Team, the session was filled with an array of interactive and joyful activities. These included gratitude sharing, soulful singing, expressive dancing, and the narration of personal life stories and reflections on happiness. These activities were not only entertaining but also emotionally enriching, as they helped the residents feel acknowledged, celebrated, and deeply connected to those around them. The vibrant and compassionate energy brought by the team transformed the atmosphere into one of positivity, inclusion, and shared joy. As a result, the elderly participants were visibly uplifted, their faces lighting up with genuine smiles and heartfelt laughter. The initiative proved to be an overwhelming success in achieving its core mission—to foster happiness, social engagement, and emotional support for senior citizens who often face loneliness and isolation. Moreover, it emphasized the critical role of community interaction in enhancing the mental and emotional health of the elderly. Chitkara Happiness Centre extends its sincere gratitude to the management and staff of Shri Satguru Jagjit Singh Vridhashram for their generous support, seamless coordination, and warm hospitality.

## MINDFUL MOMENTS EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Topic	MINDFUL MOMENTS
Date	21 <sup>ST</sup> May, 2025
Time	2:00 PM to 3:00 PM
Venue	Einstein Hall, Galileo Block
Number of Attendees	38
Resource Person	Mr. Pardeep Kumar Yogi



Chitkara Happiness Centre, in collaboration with the National Service Scheme (NSS), organized a serene and transformative meditation session titled “Mindful Moments,” aimed at promoting mindfulness, inner peace, and a profound connection with nature. The session was skillfully led by Mr. Pardeep Kumar Yogi, whose gentle guidance created a peaceful and introspective atmosphere for all participants. The meditation experience was thoughtfully structured around three key components, each offering unique insights into the practice of mindfulness. The session began with *Giving Love to Mother Earth*, an exercise that emphasized gratitude and reverence towards nature, helping participants reconnect with the natural world on a deeper emotional and spiritual level. Following this, Mr. Yogi introduced participants to *Asanas of Meditation*, where various physical postures were demonstrated to support comfort, focus, and relaxation during meditation. These asanas served as a gateway for individuals to align their bodies and minds, setting the stage for a deeper meditative state. The final component, *The Way to Meditation*, provided participants with practical techniques and simple methods to cultivate mindfulness and experience lasting inner peace. Throughout the session, emphasis was placed on the holistic benefits of meditation, including stress reduction, enhanced emotional well-being, and increased mental clarity. The participants not only learned the theoretical aspects of meditation but also experienced its calming effects first-hand. The session fostered a welcoming and inclusive environment, where students could reflect inwardly, reset mentally, and carry forward a sense of calm and clarity into their daily lives. By offering practical tools and spiritual guidance, the “Mindful Moments” session underscored the vital role of mindfulness in modern life.

## HAPPY LAUGH DOSE EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Topic	HAPPY LAUGH DOSE
Date	23 <sup>rd</sup> May, 2025
Time	11:30 AM to 1:00 pm
Venue	GPS Old Rajpura Government School
Number of Attendees	23
Resource Person	Mr. Shivam K Misha, Dr. Lekha Rani



Chitkara Happiness Centre conducted a heartwarming and impactful session at GPS Old Rajpura Government School, focused on the themes of Happiness and Laughter Yoga. This meaningful initiative was led by Dr. Lekha Rani and Mr. Shivam K Mishra, and brought together the school's faculty members in an uplifting atmosphere filled with joy, positivity, and mutual connection. The session was thoughtfully curated using scientifically backed toolkits and research-based practices aimed at enhancing emotional well-being, mindfulness, and inner joy—essentials for every educator who dedicates themselves to nurturing young minds. The program included a vibrant mix of activities, starting with energizing Laughter Yoga routines that helped release stress and activate happiness hormones, followed by soulful music, dance, and engaging interactive games. These moments were crafted to refresh the mind and uplift the spirit, encouraging participants to embrace the lighter side of life. The genuine enthusiasm and wholehearted participation of the teachers added immense value to the session. Their laughter, openness, and radiant smiles transformed the gathering into a memorable celebration of life and human connection. What made the session truly special was the shift it created—not just in understanding happiness but in feeling it. By the end of the session, faculty members expressed a renewed sense of joy, inner calm, and emotional clarity. Many shared how the activities brought not only knowledge but also a deep sense of rejuvenation and positivity. Chitkara Happiness Centre is immensely grateful for the opportunity to serve the teaching community—our everyday heroes—with tools to support their emotional well-being. This session stood as a powerful reminder of the importance of joy, connection, and self-care in the lives of educators. Together, we laughed, we learned, and we grew a little happier.

## HUMAN VALUE & ETHICS EVENT DETAILS

<b>SDG Goals</b>	<b>SDG 3, (Good Health and Wellbeing)</b>
<b>Topic</b>	<b>HUMAN VALUE &amp; ETHICS</b>
<b>Date</b>	<b>23<sup>rd</sup> – 29<sup>th</sup> May, 2025</b>
<b>Time</b>	<b>10:00 AM to 12:00 PM and 2:00 PM to 4:00 PM</b>
<b>Venue</b>	<b>Carneige Hall, Rockfellow block</b>
<b>Number of Attendees</b>	<b>161</b>
<b>Resource Person</b>	<b>Ms. Vrinda Sharma, Dr. Lekha Rani</b>



Chitkara Happiness Centre, in collaboration with Chitkara Business School, successfully conducted a five-day immersive workshop on Human Values and Professional Ethics for the enthusiastic students of B.Com. This thoughtfully designed initiative aimed to cultivate ethical consciousness, inner well-being, and essential life skills among the budding professionals, equipping them not only for their careers but also for a fulfilling personal life grounded in values. The workshop offered a comprehensive understanding of human values and professional ethics, guiding students through key concepts such as the Law of Karma and its practical relevance in everyday life. One of the engaging sessions focused on assertive communication, teaching students how to express themselves clearly while remaining empathetic and respectful. A deep dive into the 3 Gunas and 5 Koshas further enriched the participants' understanding of consciousness and human personality, offering profound insights into self-awareness and personal growth. Another powerful aspect of the workshop was stress management, explored through the DOSE framework—highlighting how the happiness hormones dopamine, oxytocin, serotonin, and endorphins can be activated to lead a healthier and more joyful life. The sessions were dynamic and experiential, incorporating interactive activities, storytelling, reflective exercises, debates, discussions, and real-life examples. Students actively participated in every aspect of the workshop, bringing vibrant energy, thoughtful reflections, and meaningful questions that elevated the overall learning environment. Their enthusiasm and engagement made the sessions highly impactful and enjoyable for both the facilitators and the attendees.

## RESILIENCE TOOLKIT – LESSONS FROM ONE OF THE BEST

## COUNTRIES EVENT DETAILS

<b>SDG Goals</b>	<b>SDG 3, (Good Health and Wellbeing)</b>
<b>Topic</b>	<b>RESILIENCE TOOLKIT – LESSONS FROM ONE OF THE BEST COUNTRIES</b>
<b>Date</b>	<b>31<sup>st</sup> May, 2025</b>
<b>Time</b>	<b>10:00 AM to 12:00 PM</b>
<b>Venue</b>	<b>Pulitzer Hall, Picasso Block</b>
<b>Number of Attendees</b>	<b>166</b>
<b>Resource Person</b>	<b>Gina Azaric, Cecilia Mortimer</b>



Chitkara Happiness Centre, organized by the Department of Talent Management in collaboration with esteemed partners, successfully conducted an enlightening session titled "Resilience Toolkit: Lessons from One of the Happiest Countries in the World." Drawing inspiration from the Nordic countries—globally admired for their exceptional levels of happiness and resilience—the session focused on sharing practical and culturally-rooted strategies to integrate well-being into everyday life. The event highlighted the Nordic ways to resilience, shedding light on the cultural and lifestyle practices that support high happiness levels in these nations. Participants explored simple yet powerful tools for fostering personal resilience, such as building strong community bonds, maintaining work-life balance, and embracing mindfulness in daily routines. The session also included engaging segments on activities for a happier life, featuring hands-on exercises designed to cultivate emotional strength and a positive mindset. The importance of giving back to the community and promoting collective well-being was emphasized, inspiring attendees to contribute positively to their surroundings. Another significant aspect of the session was nature therapy, which encouraged individuals to spend time in natural environments to boost mental clarity and emotional calm. Through a mix of presentations, interactive discussions, and experiential activities, the session provided participants with a well-rounded understanding of the Nordic approach to happiness and resilience. The collaborative efforts of Chitkara Happiness Centre and the Department of Talent Management made this event a meaningful platform for personal growth and reflection. Attendees left with practical tools and fresh perspectives on enhancing their emotional resilience and overall well-being.

## **ANGER MANAGEMENT SESSION EVENT DETAILS**

<b>SDG Goals</b>	<b>SDG 3, (Good Health and Wellbeing)</b>
<b>Topic</b>	<b>ANGER MANAGEMENT SESSION</b>
<b>Date</b>	<b>7<sup>th</sup> June, 2025</b>
<b>Time</b>	<b>11:00 AM onwards</b>
<b>Mode</b>	<b>Online</b>
<b>Number of Attendees</b>	<b>34</b>
<b>Resource Person</b>	<b>Mr. Manav Bansal</b>

Chitkara Happinenss Center organized Anger Management Session which commenced with a lively and cheerful icebreaker that immediately set a warm and inclusive tone, encouraging openness and connection among the participants. Led by Mr. Manav Bansal, the session offered a refreshing and insightful perspective on the emotion of anger, encouraging students to view it not as an enemy but as a valuable and meaningful emotion that signals deeper needs or concerns. The discussion was enriched through engaging activities that helped students identify their personal anger triggers and recognize early warning signs. One of the highlights was a creative task involving storytelling and roleplay, which provided a safe and imaginative space for students to explore and reframe their emotional reactions. Adding depth to the learning, Mr. Bansal introduced mindfulness techniques such as the “5-4-3-2-1 grounding” exercise and deep breathing practices, which helped instill a sense of calm and emotional regulation among participants. The session’s atmosphere remained vibrant and relatable, thanks to real-life anecdotes, shared laughter, and an interactive Q&A that encouraged student participation and reflection. These elements ensured that the concepts discussed were not just theoretical but also practical and actionable. By the end of the session, students walked away equipped with simple yet powerful tools to manage anger mindfully, demonstrating a clear understanding that anger, when acknowledged with awareness, becomes a message rather than a monster. The session left a lasting impact, inspiring students to embrace emotional intelligence in their daily lives and respond to anger with compassion, clarity, and control.

## LAUGHTER KITTY EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Topic	LAUGHTER KITTY
Date	7 <sup>th</sup> June, 2025
Time	3:00 PM to 3:45 PM
Venue	Einstein Hall, Galilio Block
Number of Attendees	47
Resource Person	Mr. Manav Bansal



Chitkara Happiness Centre successfully hosted “Laughter Kitty” a vibrant and uplifting event dedicated to promoting emotional well-being, relaxation, and joyful expression. Led by the dynamic duo Mr. Manav Bansal and Lt Sqn Dr. Rina Angel, the event offered a lively blend of laughter therapy, interactive games, soulful music, singing, meditation, and dance. Designed to help participants unwind and connect, the session began with contagious laughter exercises that immediately energized the atmosphere and encouraged spontaneous joy. The guided laughter not only sparked laughter but also served as a powerful stress reliever and mood booster. Following the laughter therapy, participants enthusiastically engaged in a series of *fun-filled games* that fostered teamwork, creativity, and social bonding. The energy flowed effortlessly into the music and singing segment, where everyone joined in with melodious tunes, creating a sense of shared happiness and rhythm. The event also offered a calm and reflective moment through *guided meditation*, allowing attendees to pause, breathe, and reconnect with themselves amidst the liveliness. To conclude on a high note, *energetic dance performances* brought the group together in a spirit of movement and celebration. “Laughter Kitty” was not just an event — it was a beautiful experience that blended mindfulness with playfulness, helping participants release tension, express themselves freely, and build deeper social connections. The response was overwhelmingly positive, with attendees expressing their appreciation for such a refreshing and meaningful initiative. Many highlighted how the event allowed them to step away from their daily stresses, embrace the moment, and rediscover their inner joy.

## LAUGHTER SESSION EVENT DETAILS

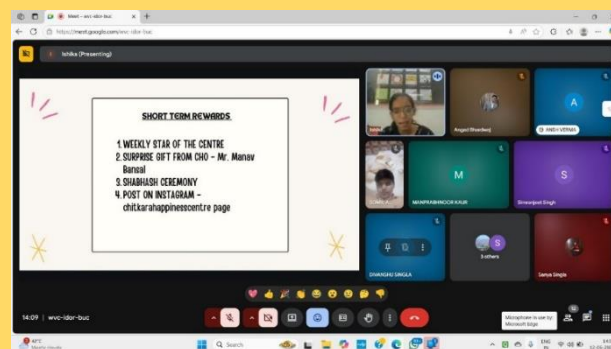
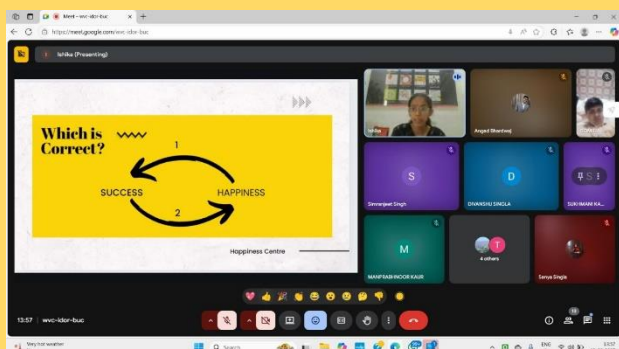
SDG Goals	SDG 3, (Good Health and Wellbeing)
Topic	LAUGHTER SESSION
Date	8 <sup>th</sup> June, 2025
Time	12:00 PM to 12:45 PM
Mode	Online
Number of Attendees	52
Resource Person	Mr. Manav Bansal



Chitkara Happiness Center organized Laughter session which was a vibrant celebration of joy, thoughtfully crafted through four powerful elements Dancing, Singing, Playing, and Laughing each designed to elevate energy, happiness, and connection among participants. The session began with an energizing round of laughter exercises that instantly uplifted the mood and helped release stress. Participants joyfully engaged in various laughter techniques, including Mind Floss Laughter to mentally refresh, Namaste Laughter to spread cheerful greetings, Problem Juice Laughter to dissolve worries with humor, Connection Laughter to deepen bonds, and Deep Breathing with Laughter to cultivate inner calm. The contagious laughter set a spirited tone, seamlessly transitioning into the musical segment of the session. The group came together in unison to sing a variety of songs, transforming the space into a joyful chorus of voices that echoed unity and shared joy. This musical harmony was followed by the lively game “Fire on the Mountain,” which added an exciting burst of movement, spontaneity, and collective laughter. Participants enthusiastically took part, sharpening their alertness and enjoying playful interactions. The session culminated with an uplifting dance to the soulful tunes of Krishna Bhajans. The combination of graceful movements and devotional rhythm created a serene yet joyful ambiance, allowing everyone to fully express themselves in the moment. The dance floor became a space of shared bliss, where devotion met celebration. Through this beautiful sequence of expressive activities, the session served as a powerful reminder that true joy is not something we search for externally — it is something we create through mindful presence, connection, and wholehearted participation. Participants left with glowing smiles and uplifted spirits, carrying with them the essence of togetherness, expression, and inner joy that marked this truly unforgettable experience

## SPARK WITHIN - GUIDING HAPPINESS AND GROWTH EVENT DETAILS

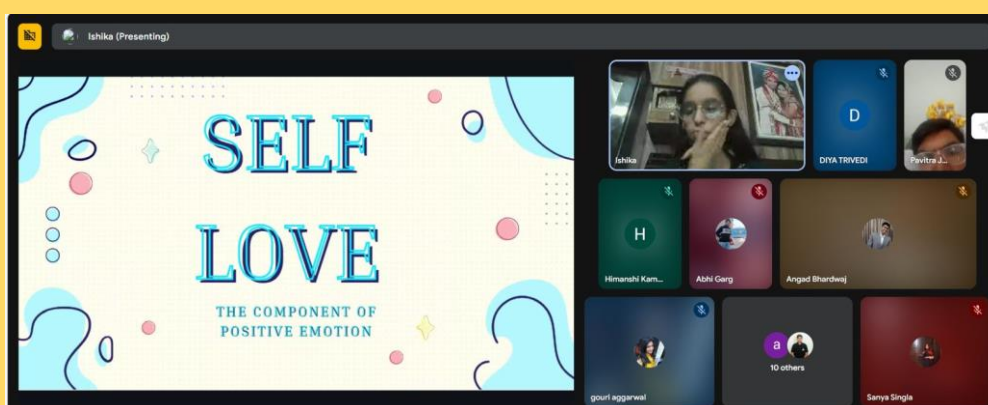
SDG Goals	SDG 3, (Good Health and Wellbeing)
Topic	SPARK WITHIN - GUIDING HAPPINESS AND GROWTH
Date	12 <sup>th</sup> June, 2025
Time	1:30 PM onwards
Mode	Online
Number of Attendees	11
Resource Person	Ms. Ishika



Chitkara Happiness Centre organized an exclusive online session. The session began with a fun and engaging ice-breaking activity, where each participant introduced themselves using an adjective that started with the first letter of their name and shared one thing they appreciate about the Chitkara Happiness Centre. This light-hearted start created an atmosphere of connection and positivity. The session was thoughtfully divided into three insightful segments. The first part focused on three simple yet powerful tips to enhance happiness in daily life — smiling when meeting others, practicing gratitude (which included a live gratitude activity), and understanding that happiness is not a destination but a journey. This idea was beautifully reinforced through a motivational video featuring *Hrithik Roshan*, leaving participants inspired. The second segment provided clarity on the criteria for staying in the Super 30 group. Students were guided through five key expectations: actively following the PERMA and SAVERS models, completing tasks on time, maintaining at least 80% participation, ensuring consistency, and making daily visits to the Happiness Centre. Ms. Ishika also explained the *1 to 5 rating map* in detail, helping students understand how their efforts and engagement would be evaluated. The final part of the session focused on *reward and recognition*, outlining both short-term and long-term incentives for students who consistently maintain a rating between 3 and 5. This segment added a layer of excitement and motivation, encouraging all participants to stay dedicated to their growth journey. Overall, the session was not only informative but deeply inspiring — a perfect blend of joy, reflection, and goal-setting that left students energized and aligned with their personal development goals.

## ROOTS OF JOY: NURTURING SELF & SUCCESS EVENT DETAILS

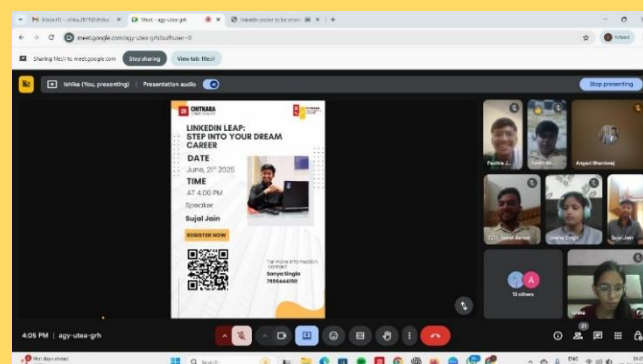
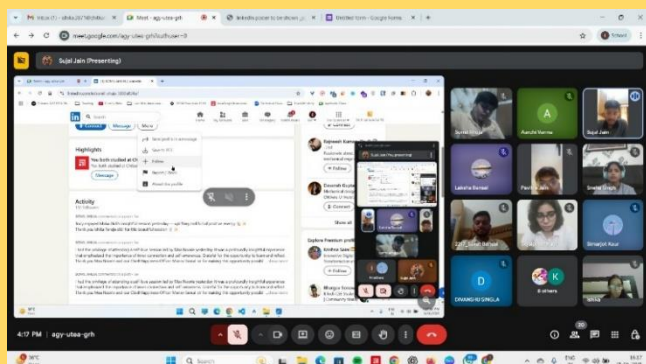
SDG Goals	SDG 3, (Good Health and Wellbeing)
Topic	ROOTS OF JOY: NURTURING SELF & SUCCESS
Date	16 <sup>th</sup> June, 2025
Time	12:30 PM onwards
Mode	Online
Number of Attendees	20
Resource Person	Ms. Ishika



Chitkara Happiness Centre organised an insightful online session titled *"Roots of Joy: Nurturing Self and Success"*, thoughtfully led by Ms. Ishika. The session opened with two engaging ice-breaker activities that set a warm and interactive tone. Participants first rated their current happiness level on a scale of 1 to 10, encouraging self-reflection, and then took part in a lively round of *Human Bingo*, fostering fun and connection among the group. The session's core content was structured around three essential pillars of happiness. The first focus was on incorporating *GEMS* — *Gratitude, Exercise, Meditation, and Sharing* — into daily life, while also consciously avoiding the 3Cs: *Complaining, Criticising, and Comparing*. This segment included a powerful gratitude video, a heartwarming activity of writing gratitude letters, and a thoughtful discussion on the concept of mind wandering and how to regain focus through meditation. The second focus shifted to the importance of *self-love*, where Ms. Ishika shared five effective techniques to nurture a positive relationship with oneself. Participants also engaged in a reflective activity, where they were encouraged to compliment themselves — a simple yet impactful practice for boosting self-esteem. The final part of the session highlighted *self-awareness*, introducing its meaning and importance in daily life. A self-awareness matrix was shared to help participants evaluate their actions and emotions more clearly, fostering personal growth. Each part of the session was designed to be both experiential and practical, leaving participants with not just insights but actionable tools to implement in their lives. The session beautifully emphasized that joy and success begin with nurturing oneself from within. With warmth, reflection, and interactive learning, this session left a lasting impact, inspiring everyone to build a more conscious and joyful life.

## LINKEDIN LEAP STEP INTO YOUR DREAM CAREER EVENT DETAILS

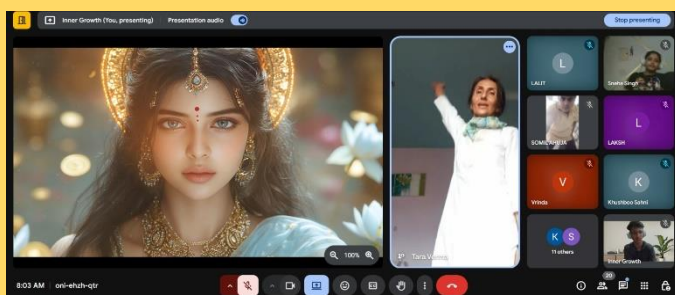
<b>SDG Goals</b>	<b>SDG 3, (Good Health and Wellbeing)</b>
<b>Topic</b>	<b>LINKEDIN LEAP STEP INTO YOUR DREAM CAREER</b>
<b>Date</b>	<b>21<sup>st</sup> June, 2025</b>
<b>Time</b>	<b>4:00 PM onwards</b>
<b>Mode</b>	<b>Online</b>
<b>Number of Attendees</b>	<b>24</b>
<b>Resource Person</b>	<b>Mr. Sujal Jain</b>



Chitkara Happiness Centre organized an enlightening online session titled “LinkedIn Leap: Step to Your Dream Career” led by Mr. Sujal Jain, a 4th-year CSE student at Chitkara University, known for his impactful presence on LinkedIn with over 500+ connections and 800+ followers. With his practical experience and relatable journey, Mr. Sujal effectively connected with the audience, making the session both informative and inspiring. The session highlighted the growing importance of LinkedIn as a professional networking platform and its significant role in today’s career landscape. Mr. Sujal began by explaining how LinkedIn is rapidly becoming a central tool in recruitment, backed by hiring statistics that emphasize its influence. He elaborated on how regular posting, meaningful engagement, and consistency help in building a visible and credible professional identity. A clear distinction was drawn between connections and followers, helping students understand how each plays a role in professional reach. Mr. Sujal also shared tips on how to send personalized connection requests to expand one’s network effectively. One of the most valuable parts of the session was the detailed, step-by-step profile optimization walkthrough — covering everything from profile photos, headlines, and cover images to key sections like About, Experience, and Skills. The session concluded with strategies for content creation and an exploration of the LinkedIn Jobs section, encouraging participants to actively seek internships and job opportunities. Overall, the session was highly appreciated by all attendees, who found it not only informative but also action-oriented. It empowered participants with clear, practical strategies to build a compelling LinkedIn presence and take confident steps toward their dream careers. The session was a perfect blend of guidance, motivation, and digital professionalism.

## INTERNATIONAL YOGA DAY EVENT DETAILS

<b>SDG Goals</b>	<b>SDG 3, (Good Health and Wellbeing)</b>
<b>Topic</b>	<b>INTERNATIONAL YOGA DAY</b>
<b>Date</b>	<b>21<sup>st</sup> June, 2025</b>
<b>Time</b>	<b>7:30 AM onwards</b>
<b>Mode</b>	<b>Online</b>
<b>Number of Attendees</b>	<b>19</b>
<b>Resource Person</b>	<b>Ms. Tara Verma</b>



Chitkara Happiness Center organized a beautiful and uplifting celebration on the occasion of International Yoga Day, bringing together students, faculty, and mentors for a meaningful session of connection, movement, and mindfulness. Practicing alongside Ma, Mam, and friends made the experience even more special and memorable. The session began with energizing warm-up exercises that awakened the body and set a positive tone for the rest of the practice. This was followed by a joyful round of laughter yoga, which filled the space with contagious laughter, light-heartedness, and a strong sense of togetherness. Every moment felt refreshing — from laughing freely to moving mindfully — allowing participants to let go of daily distractions and become fully present in the moment. Through conscious breathing and gentle postures, a deep sense of calm and inner awareness emerged, creating a space for healing and reflection. What made the session even more impactful was the emotional presence of familiar faces — turning every stretch and smile into a shared expression of gratitude and harmony. It was a reminder that yoga is not just a physical practice, but a deeper journey of self-awareness, inner peace, and personal growth. The ambiance was filled with warmth, joy, and a collective spirit of celebration. As the session concluded, participants felt lighter, more centered, and connected — not just to themselves but to each other. This celebration of Yoga Day beautifully reflected the core essence of Chitkara Happiness Center’s mission: to cultivate wellness, awareness, and a joyful way of living. It was more than just a session; it was an experience of unity, presence, and the transformative power of yoga — reminding us that true happiness begins within.

## LAUGHTER AND MEDITATION EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Topic	LAUGHTER AND MEDITATION
Date	22 <sup>nd</sup> June, 2025
Time	12:00 PM to 12:45 PM
Mode	Online
Number of Attendees	32
Resource Person	Swami Bodhi Vartman (Dr. Manoj Rangarh)



Chitkara Happiness Center organized a truly transformative and joy-filled session led by the inspiring Swami Bodhi Vartman (Dr. Manoj Rangarh), which turned out to be a powerful journey of emotional release, mindfulness, and inner peace. The session radiated positivity from the very beginning, starting with an impactful introduction that set the tone for what followed — a vibrant sequence of 20 to 30 laughter exercises. As the participants joined in with open hearts, the virtual space was soon filled with genuine smiles, contagious laughter, and an uplifting energy that made it easy to forget the stresses of everyday life. Each laughter activity served as a gentle yet effective tool to release emotional blockages and elevate mental well-being, reminding us of the healing power of simple joy. Following this energetic and freeing experience, the session gracefully transitioned into a guided silent meditation. In this peaceful space, participants focused on their breath, turned inward, and connected with a deep sense of calm and stillness. The harmonious balance between high-spirited laughter and serene meditation created a unique atmosphere of wholeness and clarity. Swami Bodhi Vartman's presence was a beautiful blend of light-heartedness and spiritual depth, making it easy for every individual — regardless of experience — to feel included and engaged. His words and guidance resonated with all, fostering both joy and reflection. This session was not just an event; it was a soulful experience that left a lasting imprint on everyone's heart. It reminded us that laughter and silence, though opposite in nature, can together unlock profound levels of awareness, healing, and happiness. Chitkara Happiness Center's thoughtful initiative once again proved how meaningful moments of connection and mindfulness can nourish the mind, body, and soul.

## MEDITATION FOR SUCCESS EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Topic	MEDITATION FOR SUCCESS
Date	25 <sup>th</sup> June, 2025
Time	3:00 PM to 4:00 PM
Venue	Einstein Hall, Galilio Block
Number of Attendees	43
Resource Person	Mr. Atheer Al Safyari



Chitkara Happiness Centre, in collaboration with the Office of Talent Management, organized a rejuvenating and deeply enriching session titled “Meditation for Success”, exclusively designed for faculty members. The session was facilitated by renowned Isha Foundation trainer, Mr. Atheer Al Safyari, and aimed to empower educators with practical tools to incorporate meditation, relaxation, and mindfulness into their daily routines for enhanced inner peace and professional effectiveness. The session began by exploring the *importance of meditation*, where Mr. Atheer emphasized how regular practice helps in significantly reducing stress, improving concentration, and enhancing emotional resilience. He explained the scientific and spiritual benefits of meditation in simple, relatable terms, making it accessible even for first-time practitioners. One of the key highlights was the *Neck Practice* — a series of guided physical movements aimed at releasing tension and promoting overall physical well-being. Faculty members actively participated and experienced immediate relief from the accumulated stress of their busy schedules. The session smoothly transitioned into techniques that foster *relaxation and peace*, introducing ways to quiet the mind and enter deeper states of stillness. A major takeaway from the session was the *7-minute guided meditation*, during which participants were gently led through a calming process of conscious breathing and inner awareness. This brief yet impactful experience allowed attendees to recharge mentally and emotionally while experiencing the serenity that meditation brings.

## STAGE FEAR

### EVENT DETAILS

<b>SDG Goals</b>	<b>SDG 3, (Good Health and Wellbeing)</b>
<b>Topic</b>	<b>STAGE FEAR</b>
<b>Date</b>	<b>28<sup>th</sup> June, 2025</b>
<b>Time</b>	<b>11:00 AM onwards</b>
<b>Mode</b>	<b>Online</b>
<b>Number of Attendees</b>	<b>32</b>
<b>Resource Person</b>	<b>Ms. Vrinda Sharma</b>



Chitkara Happiness Center organized an insightful and empowering session that focused on addressing and overcoming stage fear — a common yet deeply rooted challenge faced by many individuals. Led by the dynamic and empathetic Ms. Vrinda, the session explored the true causes behind stage fright, going beyond the surface to reveal its emotional core. She explained that stage fear is not merely about public speaking but stems from deeper fears such as the pressure to be perfect, the fear of judgment, overthinking, and the shadows of past failures. Through her warm and engaging approach, Ms. Vrinda gently guided participants toward self-awareness and offered a toolkit of practical techniques to tackle these fears head-on. The session introduced mindful breathing exercises to calm anxiety, positive visualization practices to instill inner confidence, and the power of confident body language to project assurance. One particularly impactful practice shared was “mirror talk,” a simple yet transformative daily habit to reinforce self-belief and silence the inner critic. Participants resonated deeply with the reminder to release the burden of “what will people think” — a mindset that often stands between them and their true potential. The session created a safe and supportive environment for reflection, growth, and empowerment, encouraging everyone to take the first step toward expressing themselves more freely and fearlessly. With relatable examples and interactive discussions, Ms. Vrinda made each concept accessible and actionable. This thoughtful initiative by Chitkara Happiness Center not only helped participants recognize the root of their fears but also left them equipped with tools and strategies to move forward with courage and authenticity. It was a meaningful reminder that confidence is not something we’re born with — it is something we can build, one mindful step at a time.