

Index

Sr. No.	Date	Event Name	Page No.
1.	5 th July, 2025	Laughter Kitty	13-14
2.	9 th July, 2025	Communication toolkit – mastering the art of communication	15-16
3.	10 th July, 2025	Decode the communication skills	17-18
4.	11 th July, 2025	Code to connect	19-20
5.	12 th July, 2025	Self-love 2.0	21-22
6.	14 th July, 2025	Connection code	23-24
7.	15 th July, 2025	The communication catalyst	25-26
8.	16 th July, 2025	Expression equation	27-28
9.	18 th July, 2025	Joy junction	29-30
10.	23 rd July, 2025	Unveiling the magic of mindfulness in daily life	31-32
11.	30 th July, 2025	Community Happiness	33-34
12.	2 nd August, 2025	Laughter Kitty	35-36
13.	4 th August, 2025	Information, Interaction and Activity	37-38
14.	5 th August, 2025	Excellence by design – define your own leadership journey	39-40
15.	6 th August, 2025	Echoes of happiness	41-42

16.	7 th August, 2025	The art of happiness: living with positivity	43-44
17.	8 th August, 2025	Joy room with happiness	45-46
18.	13 th August, 2025	Design your happiness	47-48
19.	18 th – 20 th August 2025	The science & art of lasting happiness	49-50
20.	18 th August, 2025	Know your happy power	51-52
21.	22 nd August, 2025	Happy Health with Health Science	53-54
22.	22 nd August, 2025	Health and happy vibes with health science	55-56
23.	26 th August, 2025	Happiness Welcome Fest	57-58
24.	26 th August, 2025	Elements of wellbeing	59-60
25.	27 th August, 2025	Yoga Workshop	61-62
26.	27 th August, 2025	Zumba Workshop	63-64
27.	24 th September, 2025	Community Happiness	65-66
28.	25 th September, 2025	Joy Junction	67-68
29.	25 th September, 2025	Zumba Workshop	69-70
30.	26 th September, 2025	Happiness Regularisation	71-72
31.	8 th October, 2025	Take a Pause and Relax	73-74
32.	10 th October, 2025	Wellness Carnival	75-76
33.	11 th October, 2025	Page Turners	77-78
34.	17 th October, 2025	Community Happiness	79-80

35.	1 st November, 2025	Laughter Kitty	81-82
36.	3 rd , 4 th , 6 th November, 2025	Yoga for Wellness Part 1	83-84
37.	7 th November, 2025	Joy Junction	85-86
38.	10 th November, 2025	Gratitude Gala	87-88
39.	10 th – 13 th November, 2025	Yoga for Wellness Part 2	89-90
40.	11 th – 13 th November, 2025	Happiness Interventions Part 1	91-92
41.	12 th , 14 th November, 2025	Unlock Your Magnetic Persona	93-94
42.	13 th November, 2025	Mindset Mastery & Stress Reset	95-96
43.	14 th November, 2025	Canvas of Emotions	97-98
44.	14 th November, 2025	Joy Junction	99-100
45.	17 th – 20 th November, 2025	Yoga for Wellness Part 3	101-102
46.	17 th – 21 st November, 2025	Happiness Interventions Part 2	103-104
47.	18 th November, 2025	Skillverse Rewind 7.0	105-106
48.	21 st November, 2025	Joy Junction	107-108
49.	26 th November, 2025	Voice Vibes	109-110
50.	6 th December, 2025	Laughter Kitty	111-112
51.	17 th December, 2025	Campus to Corporate	113-114
52.	19 th January, 2026	Session on Happiness and Wellbeing	115-116
53.	21 st January, 2026	Self-awareness and independent decision-making: defining freedom	117-118

		beyond social expectations	
54.	25 th January, 2026	Sunday special fufu run	119-120
55.	25 th January, 2026	Chandigarh Book Fair	121-122
56.	28 th January, 2026	Happiness and well-being series	123-124
57.	19 th , 20 th , 27 th , 28 th 29 th January, 2026	Public speaking profile	125-126
58.	4 th February, 2026	Mind Clash Inauguration	127-128
59.	6 th February, 2026	Communication: Your Real-Life Super Power	129-130
60.	7 th February, 2026	Unveiling the Magic of Gratitude	131-132
61.	7 th February, 2026	Turn the Page, Take the Mic	133-134
62.	7 th February, 2026	Mind Clash Level 1	135-136
63.	7 th February, 2026	Run and Rave	137-138
64.	8 th February, 2026	Mind Clash Level 1	139-140
65.	11 th February, 2026	Mind Clash Level 1	141-142
66.	11 th February, 2026	Mind Clash Level 1	143-144
67.	11 th February, 2026	LinkedIn Experience Zone Inauguration	145-146
68.	12 th February, 2026	Zumba Workshop	147-148
69.	13 th February, 2026	Bachata Workshop	149-150
70.	13 th February, 2026	One Colour Challenge	151-152
71.	14 th February, 2026	Love Fest	153-154

72.	14 th February, 2026	3.2.1 Happiness Challenge	155-156
73.	16 th February, 2026	Mind Clash Level 1 - IPM Department	157-158
74.	17 th February, 2026	Mind Clash Level 1 - Architecture Department	159-160
75.	19 th February, 2026	Nazariya Inauguration	161-162
76.	19 th , 20 th , 23 rd , 24 th , 25 th , 26 th & 27 th February 2026	LinkedIn Experience Zone	163-164
77.	20 th February, 2026	Special Zumba Workshop	165-166
78.	22 nd February, 2026	DJ Class	167-168
79.	22 nd February, 2026	Sunday Dhamaka	169-170
80.	22 nd February, 2026	Yoga Workshop	171-172
81.	22 nd February, 2026	Art Trip	173-174
82.	22 nd February, 2026	Mini Fun Quiz	175-176
83.	26 th February, 2026	Bollywood Night	177-178
84.	27 th February, 2026	World Science Day	179-180
85.	1 st March, 2026	Money Personality Test	181-182
86.	1 st – 7 th March, 2026	7 Day Online Page Turners Activity	183-184
87.	1 st – 7 th March, 2026	7 Day Online Voice Vibes Activity	185-186
88.	6 th March, 2026	Self - Love	187-188
89.	11 th March, 2026	Photography Workshop	189-190
90.	11 th March, 2026	LinkedIn Experience Zone	191-192

91.	13 th March, 2026	Research Club Onboarding	193-194
92.	13 th , 14 th March, 2026	Invest Punjab Summit 2026	195-196
93.	15 th March, 2026	DJ Session	197-198
94.	15 th March, 2026	Watercolour Workshop	199-200
95.	15 th March, 2026	Red Tape Marathon	201-202
96.	15 th March, 2026	Yoga Workshop	203-204
97.	18 th March, 2026	Finspark Event	205-206
98.	18 th March, 2026	MUN Club Inauguration	207-208
99.	18 th March, 2026	Mind Clash Level - 2	209-210
100.	19 th March, 2026	Thursday Diary	211-212
101.	20 th March, 2026	Happiness Reunion	213-214
102.	21 st , 25 th March, 2026	Mind Clash Level - 2	215-216
103.	21 st March, 2026	Radiance 2026	217-218
104.	22 nd March, 2026	Umang Drive	219-220
105.	22 nd March, 2026	Doublethon Marathon	221-222
106.	22 nd March, 2026	Chess Tournament	223-224
107.	22 nd March, 2026	Yoga Workshop	225-226
108.	22 nd March, 2026	Photowalk	227-228
109.	23 rd March, 2026	Hostel Series	229-230

110.	25 th March, 2026	Unfiltered Ventures Canopy	231-232
111.	25 th March, 2026	Chitkara Research Show	233-234
112.	26 th March, 2026	Hostel Ambassador Session	235-236
113.	27 th March, 2026	The Wallstreet	237-238
114.	27 th March, 2026	Yoga Workshop	239-240
115.	27 th March, 2026	Garba Night	241-242
116.	28 th March, 2026	Awaken Your Inner Power	243-244
117.	28 th March, 2026	Chess Practice Session	245-246
118.	28 th March, 2026	Beat The Lab	247-248
119.	28 th March, 2026	Umang Event	249-250
120.	28 th March, 2026	Where Thoughts Find Their Voice	251-252
121.	29 th March, 2026	Pages by Lake	253-254
122.	29 th March, 2026	Color Canvas Visit	255-256
123.	30 th March, 2026	Drishya Club Inauguration	257-258
124.	30 th March, 2026	Inner Engineering Inauguration	259-260
125.	1 st April, 2026	MUN Workshop	261-262
126.	1 st April, 2026	Excel Session	263-264
127.	3 rd April, 2026	LinkedIn Club Canopy Connect	265-266
128.	3 rd April, 2026	Unfiltered Face Off	267-268

129.	3 rd April, 2026	Excel Session	269-270
130.	4 th April, 2026	Masti Mania	271-272
131.	4 th April, 2026	Chess Paradox Tournament	273-274
132.	4 th April, 2026	DJ Club Session	275-276
133.	4 th April, 2026	Open Trading Session	277-278
134.	6 th April, 2026	Safar-e-Cinema	279-280
135.	10 th April, 2026	Happiness Unfiltered	281-282
136.	10 th April, 2026	Yoga Session	283-284
137.	11 th April, 2026	Book Quest	285-286
138.	11 th April, 2026	Inter-Hostel Volleyball Tournament	287-288
139.	11 th April, 2026	Acrylic Color Workshop	289-290
140.	11 th April, 2026	Chess Analysis Session	291-292
141.	11 th April, 2026	Happiness Gala	293-294
142.	11 th April, 2026	Unfiltered Quest	295-296
143.	11 th April, 2026	Inner Engineering Weekly Session	297-298
144.	11 th April, 2026	DJ Club – Bollywood Session	299-300
145.	13 th April, 2026	Enigma Club Inauguration	301-302
146.	13 th April, 2026	Baisakhi Night	303-304
147.	13 th April, 2026	SPARK	305-306

148.	13 th April, 2026	SPARK	307-308
149.	15 th – 17 th April, 2026	Yoga Session	309-310
150.	17 th April, 2026	Carrom Competition 2026	311-312
151.	18 th April, 2026	Mind Clash Grand Finale	313-314
152.	19 th April, 2026	Leadership Workshop	315-316
153.	19 th April, 2026	Mohali Mall Walk	317-318
154.	20 th April, 2026	Inauguration of Mandate Club	319-320
155.	20 th – 22 nd April, 2026	Yoga Session	321-322
156.	24 th April, 2026	The Grey Code	323-324
157.	25 th , 26 th April, 2026	AARAMBH MUN	325-326
158.	25 th April, 2026	Chess Analysis Session	327-328
159.	25 th April, 2026	Money Alpha 360 ⁰	329-330
160.	26 th April, 2026	Run for Sindhu 4.0	331-332
161.	26 th April, 2026	Yoga Session	333-334
162.	28 th April, 2026	Hostel Rivals Day - 1	335-336
163.	29 th April, 2026	Hostel Rivals Day - 2	337-338
164.	28 th – 30 th April, 2026	Yoga Session	339-340
165.	2 nd May, 2026	Chess Paradox Tournament	341-342
166.	2 nd May, 2026	Unmasked: A Journey Within	343-344

167.	2 nd May, 2026	Sab Khelo Sab Jeeto	345-346
168.	3 rd May, 2026	Recognition Ceremony for Dedicated Runners	347-348
169.	3 rd May, 2026	Hostel Donation Drive	349-350
170.	4 th May, 2026	Morning Yoga Session	351-352
171.	5 th May, 2026	Morning Yoga Session	353-354
172.	5 th May, 2026	Empathy In Action: Period Cramp Simulator	355-356
173.	6 th May, 2026	Morning Yoga Session	357-358
174.	6 th May, 2026	Evening Yoga Session	359-360
175.	6 th May, 2026	Unfiltered Tank Phase1: Venture Assemble	361-362
176.	7 th May, 2026	Morning Yoga Session	363-364
177.	7 th May, 2026	Evening Yoga Session	365-366
178.	8 th May, 2026	Yoga Session	367-368
179.	8 th May, 2026	SPARK ON – Grand Finale	369-370
180.	8 th May, 2026	Frame Se Fame	371-372
181.	8 th May, 2026	Vogue Voyage	373-374
182.	9 th May, 2026	LinkedIn Masterclass	375-376
183.	10 th May, 2026	Sunday Morning Run	377-378
184.	10 th May, 2026	UMANG Donation Drive	379-380
185.	10 th May, 2026	Visit to Akal Aasra Trust	381-382

186.	10 th May, 2026	Shades of Motherhood	383-384
187.	11 th May, 2026	Morning Yoga Session	385-386
188.	11 th May, 2026	Unfiltered Tank Phase 2: Ice Tea Insights	387-388
189.	11 th May, 2026	Evening Yoga Session	389-390
190.	12 th May, 2026	Evening Yoga Session	391-392
191.	13 th May, 2026	Morning Yoga Session	393-394
192.	13 th May, 2026	Speakupshowdown GD Faceoff	395-396
193.	14 th May, 2026	Evening Yoga Session	397-398
194.	15 th May, 2026	Gift Hunting	399-400
195.	15 th May, 2026	Colorbar Workshop	401-402
196.	15 th – 16 th May, 2026	The Research Hackathon	403-404
197.	15 th May, 2026	Hunt for Happiness	405-406
198.	16 th May, 2026	Bharat Shiksha Expo	407-408
199.	16 th May, 2026	Chess Practice Session	409-410
200.	17 th May, 2026	Unfiltered Tank Phase 4: The Grand Finale	411-412
201.	18 th May, 2026	Byte the Vibe	413-414
202.	18 th May, 2026	Arm Wrestling Competition	415-416
203.	20 th May, 2026	Yoga Competition	417-418
204.	22 nd May, 2026	Trading Verse	419-420

205.	22 nd May, 2026	Among Us	421-422
206.	22 nd May, 2026	Musical Chairs	423-424
207.	23 rd May, 2026	Bid War	425-426
208.	23 rd May, 2026	Money Hunt	427-428
209.	23 rd May, 2026	Mystery Room Visit	429-430

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LAUGHTER KITTY

EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Topic	LAUGHTER KITTY
Date	5th July, 2025
Time	3:00 PM to 4:00 PM
Venue	Explore Stars
Number of Attendees	45
Resource Person	Mr. Manav Bansal

The Chitkara Happiness Centre recently hosted the vibrant and much-anticipated *Laughter Kitty Series 3*, an evening dedicated to spreading joy, laughter, and community bonding. The event served as a celebration of positivity, with a lineup of engaging activities designed to uplift spirits and foster connections among participants. The festivities began with an energetic *Laughter Dance* session curated by Dr. Madan Kataria, encouraging everyone to release stress and embrace happiness through expressive movement. This was followed by an engaging *Singing* segment, highlighted by a soulful performance of “Pal Pal Dil Ke Paas” that captivated the audience. The excitement continued with a *Ball Game*, sparking healthy competition and hearty laughter, as participants enthusiastically embraced their playful sides. Another heartwarming component of the evening was the *Sharing Happy Thoughts* segment, where attendees expressed gratitude and shared positive reflections, creating a ripple of warmth and connection throughout the space. The grand finale featured a *Free Style Dance* session, where participants shed all inhibitions and celebrated the moment with carefree joy and self-expression. Adding to the delight, an award ceremony was held to recognize standout participants, with titles such as *Ms. Punctual*, *Ms. Best Attire*, *Ms. Most Involved*, and *Mr. Melodious Voice* awarded for exceptional participation and enthusiasm. The atmosphere remained electric throughout the event, with continuous laughter, smiling faces, and a contagious sense of happiness filling the room. The event concluded on a high note, leaving attendees with joyful memories, renewed energy, and a sense of togetherness. *Laughter Kitty Series 3* was not just a celebration, but a testament to Chitkara Happiness Centre’s ongoing commitment to nurturing mental well-being, building community, and showcasing the transformative power of laughter. Its success has firmly established it as a cherished and eagerly awaited event in the university’s calendar.



LAUGHTER KITTY



OFFICE OF STUDENT LIFE

COMMUNICATION TOOLKIT - MASTERING THE ART OF COMMUNICATION

EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Topic	COMMUNICATION TOOLKIT - MASTERING THE ART OF COMMUNICATION
Date	9th July, 2025
Time	2:30 PM to 4:00 PM
Venue	Pulitzer Hall, Picasso Block
Number of Attendees	74
Resource Person	Ms. Vrinda Sharma

Chitkara Happiness Center organized an impactful and highly relevant session titled “Communication Toolkit: Mastering the Art of Communication”. The workshop focused on enhancing one of the most essential skills in today’s world—effective communication. It began with a powerful insight that engineers who communicate well are four times more likely to lead projects, while a staggering 72% of technical projects fail due to communication gaps. This highlighted the critical importance of developing strong interpersonal and communication skills. During the session, students were introduced to the Mehrabian Formula, which illustrates that only 7% of communication is verbal, while 38% is conveyed through tone and 55% through body language. The session explored essential areas such as verbal and non-verbal communication, the 3 C’s—Content, Clarity, and Confidence—along with voice modulation, effective body language, active listening, and assertive yet empathetic expression. Students were also encouraged to develop their own unique and authentic communication styles. A compelling story about a highly skilled yet under-communicating engineer was shared to underscore the message that technical expertise alone is not sufficient; the ability to communicate ideas clearly and confidently is what truly drives success. The session went beyond theoretical understanding and equipped students with practical tools and strategies to express themselves confidently and purposefully in both personal and professional settings. It was a well-rounded learning experience that not only raised awareness about the nuances of effective communication but also motivated participants to actively work on their communication abilities. The workshop was a valuable step toward empowering students to become more expressive, impactful, and emotionally intelligent communicators. Chitkara Happiness Center continues to play a vital role in nurturing life skills that complement academic excellence and contribute to overall personal and professional growth.



COMMUNICATION TOOLKIT - MASTERING THE ART OF COMMUNICATION



OFFICE OF STUDENT LIFE

DECODE THE COMMUNICATION SKILLS

EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Topic	DECODE THE COMMUNICATION SKILLS
Date	10th July, 2025
Time	2:30 PM to 4:00 PM
Venue	Pulitzer Hall, Picasso Block
Number of Attendees	99
Resource Person	Ms. Vrinda Sharma

Chitkara Happiness Center organized an engaging and impactful workshop titled “Decode the Communication Skills” attended by enthusiastic students eager to sharpen one of the most vital skills of the 21st century—effective communication. The session began with a powerful insight that engineers with strong communication abilities are four times more likely to lead successful projects, while a surprising 72% of technical projects fail not due to technical flaws but because of communication breakdowns. This set the tone for a deep dive into the science and art of impactful communication. Students were introduced to the Mehrabian Model, which highlighted that only 7% of communication is verbal, while 38% relies on tone and 55% on body language, thus emphasizing the significance of how a message is delivered rather than just what is said. The workshop explored core communication skills such as content, clarity, and confidence—encouraging students to choose the right words, structure thoughts clearly, and speak with a strong presence. Practical activities allowed participants to engage in hands-on learning involving voice modulation, tone control, interpreting body language, practicing empathetic listening, expressing assertiveness respectfully, and embracing authenticity in conversations. A compelling story about a technically brilliant yet underperforming engineer served as a reminder that success is not just about technical know-how but also about the ability to connect and communicate effectively. The workshop left students inspired and better equipped with practical strategies for becoming confident and compassionate communicators. It was not merely a lesson in speaking but a session about learning to connect, lead, and inspire through communication.



DECODE THE COMMUNICATION SKILLS



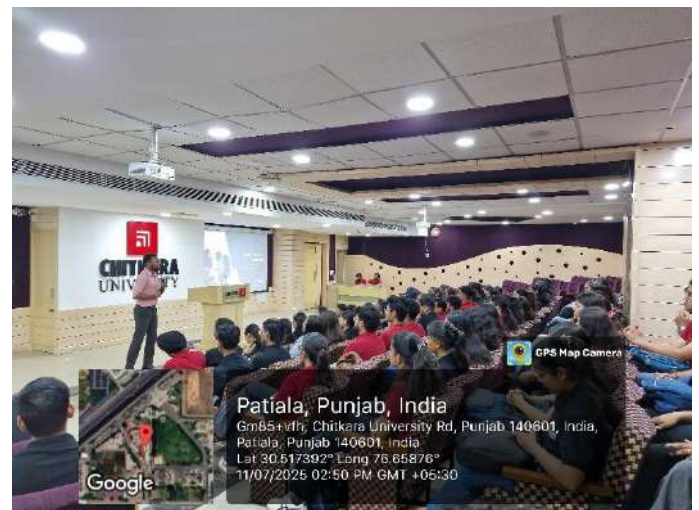
OFFICE OF STUDENT LIFE CODE TO CONNECT EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Topic	CODE TO CONNECT
Date	11th July, 2025
Time	2:30 PM to 4:00 PM
Venue	Pulitzer Hall, Picasso Block
Number of Attendees	142
Resource Person	Ms. Vrinda Sharma

Chitkara Happiness Center organized an enriching and thought-provoking session titled “Code to Connect”. The session focused not on refining programming skills, but on strengthening the human connection that supports successful teamwork and leadership in the tech-driven world. It began with a compelling message: technical knowledge builds platforms, but communication builds people. This idea led to a deeper exploration of the startling fact that 72% of technical project failures are due not to coding errors or system flaws, but to communication breakdowns. The session highlighted the importance of mastering communication as a core professional skill. Participants were introduced to the Mehrabian Model, which breaks down message interpretation into 55% body language, 38% tone of voice, and only 7% actual words. This shifted the students’ perception of communication, emphasizing the importance of expression over content alone. Through interactive activities and reflective discussions, students were guided through the three essential pillars of effective communication—content, clarity, and confidence. They learned to speak with intention, interpret non-verbal cues such as gestures and silence, and use pauses and tone to enhance delivery. The session encouraged active listening infused with empathy and emphasized the importance of authentic self-expression. A real-world case study about a technically skilled individual who struggled due to poor communication drove home the importance of interpersonal skills in real-life scenarios. The key takeaway was that the ability to influence, inspire, and lead is what transforms a coder into a communicator. “Code to Connect” left a lasting impact, reminding students that while machines may be programmed with precision, it is communication that builds trust, fosters collaboration, and enables leadership. Chitkara University, through the Chitkara Happiness Center, continues to cultivate not only sharp thinkers but also wise communicators prepared for the demands of the real world.



CODE TO CONNECT



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SELF LOVE 2.0

EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Topic	SELF LOVE 2.0
Date	12th July, 2025
Time	11:00 AM onwards
Mode	Online
Number of Attendees	19
Resource Person	Ms. Tara Verma

Chitkara Happiness Center, through its Inner Growth Hub, proudly organized an enriching online session titled “**Self-Love 2.0**”, featuring the graceful and deeply insightful **Ms. Tara Verma**. This initiative was part of the Center’s continuous efforts to promote emotional well-being, mindfulness, and personal transformation among students. The session took participants on a powerful journey to understand the deeper essence of self-love—not just as a feel-good concept, but as a foundational necessity in today’s fast-paced, tech-driven lives. Ms. Tara emphasized that self-love involves accepting both our flaws and strengths with compassion and grace. Her calm presence and empathetic words resonated deeply with students, creating a safe and uplifting digital space. The session was filled with practical takeaways, as Ms. Tara introduced easy and effective self-love practices such as gratitude journaling, mirror talk, mindful breathing, and emotional pauses. A particularly impactful segment was the guided meditation, which allowed students to pause, center themselves, and reconnect with inner peace. This was followed by a lively and healing laughter therapy session, which brought joyful smiles across the virtual room and created a shared sense of warmth. Students expressed how the session felt like “a warm hug,” and many committed to continuing these practices in their daily lives. “Self-Love 2.0” stood as a beautiful reminder that even online, spaces can become sacred when the intention is healing, reflection, and growth. The Inner Growth Hub remains committed to curating such meaningful experiences, affirming that self-love is the first step to true happiness—and that journey always begins from within.



SELF LOVE 2.0



OFFICE OF STUDENT LIFE

CONNECTION CODE

EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Topic	CONNECTION CODE
Date	14th July, 2025
Time	2:30 PM to 4:00 PM
Venue	Pulitzer Hall, Picasso Block
Number of Attendees	165
Resource Person	Ms. Vrinda Sharma

Chitkara Happiness Center organized a powerful and insightful session titled “Connection Code”. This session focused on one of the most often overlooked yet essential aspects of communication—the ability to form meaningful and genuine connections. It began with the impactful idea that communication is not just about speaking the right words, but about being felt in the right way. The session guided students beyond surface-level interactions into the deeper dimensions of presence, emotional resonance, and authenticity. Participants explored key areas such as emotional connection and the importance of non-verbal cues, including facial expressions and body language. They learned how empathy plays a vital role in creating trust, how energy is exchanged during every conversation, and how listening to understand—rather than to respond—can deepen relationships. Students were also encouraged to bring presence and intention into all interactions, recognizing that real connection is built more on focused attention than mere expression. Through thoughtful discussions and experiential learning, the session helped students realize that genuine connection can transform both personal and professional outcomes. It reinforced the idea that being truly present with someone, even in silence, can be more powerful than words alone. “Connection Code” left students with tools and insights to improve how they relate to others in everyday life. Chitkara University, through the Chitkara Happiness Center, remains committed to nurturing emotionally intelligent individuals who lead with compassion, presence, and purpose, building stronger, more connected communities.



CONNECTION CODE



OFFICE OF STUDENT LIFE THE COMMUNICATION CATALYST EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Topic	THE COMMUNICATION CATALYST
Date	15th July, 2025
Time	2:30 PM to 4:00 PM
Venue	Pulitzer Hall, Picasso Block
Number of Attendees	130
Resource Person	Ms. Vrinda Sharma

Chitkara Happiness Center organized a thought-provoking and transformative session titled “The Communication Catalyst”, which witnessed the enthusiastic participation of students. The session aimed to help students discover the power of impactful dialogue and intentional presence, moving beyond traditional notions of communication as merely speaking well. It began by challenging a widely held belief, stating that communication is not just a soft skill but a superpower that amplifies every other skill. This idea laid the foundation for a session focused on clarity, connection, and confidence. Students explored how subtle changes in tone, body language, and listening behavior can significantly influence the way messages are received and interpreted. Emphasizing that communication is not just about speaking, the session highlighted how it serves as a bridge for igniting understanding and building trust. Practical strategies were introduced, including mastering tone, pitch, and pace to maintain listener engagement, reading and responding to body language with intuition, and leading conversations through active and deep listening. The session also emphasized the importance of practicing empathy while ensuring clarity and encouraged students to embrace authenticity as a powerful communication strength. Through reflective exercises and interactive discussions, students gained both confidence and insight into the real-world impact of their words and presence. They left the session not only with refined communication techniques but with a renewed appreciation for the influence they hold in every conversation. Chitkara University, through the consistent efforts of the Chitkara Happiness Center, continues to equip students with the essential life skills needed to connect, lead, and inspire in both personal and professional spheres.



THE COMMUNICATION CATALYST



OFFICE OF STUDENT LIFE EXPRESSION EQUATION EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Topic	EXPRESSION EQUATION
Date	16th July, 2025
Time	2:30 PM to 4:00 PM
Venue	Pulitzer Hall, Picasso Block
Number of Attendees	119
Resource Person	Ms. Vrinda Sharma

Chitkara Happiness Center organized an engaging and enriching session titled “The Expression Equation”. The session focused on helping students unlock the deeper layers of communication, emphasizing that meaningful expression is not only about what we say but also about how we make others feel through our tone, gestures, and presence. The session opened with the thought that better communication does not just lead to more expression, but to deeper connection. It highlighted the importance of complementing technical knowledge with strong interpersonal skills in order to truly leave a positive and lasting impact. Students explored the essential role of both verbal and non-verbal elements in shaping how a message is perceived. Key areas of learning included mastering tone, posture, and facial expressions to support clarity and engagement, as well as the value of active listening as a foundation for mutual understanding. The session also emphasized the importance of blending assertiveness with empathy to maintain respectful and effective conversations. Through reflective exercises, storytelling, and real-life scenarios, students were encouraged to build an authentic and confident communication style rooted in purpose and presence. By combining theoretical understanding with practical strategies, the session enabled students to better express their ideas while fostering stronger connections with others. It inspired participants to view communication as a powerful tool not just for speaking but for building relationships, trust, and influence. Chitkara University, through the efforts of the Chitkara Happiness Center, continues to empower students with essential life skills that prepare them for meaningful engagement in both personal and professional environments.



EXPRESSION EQUATION



OFFICE OF STUDENT LIFE

JOY JUNCTION

EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Topic	JOY JUNCTION
Date	18th July, 2025
Time	5:00 PM to 6:00 PM
Venue	Einstein Hall, Galileo Block
Number of Attendees	37
Resource Person	Happiness Team

Chitkara Happiness Centre proudly unveiled *Joy Junction*, a vibrant new initiative aimed at enhancing the happiness and well-being of hostel students. Inaugurated by Dr. Col. Rakesh Sharma, Registrar of Chitkara University, the event marked the beginning of a bi-monthly celebration, scheduled for the first and third Friday of every month. Designed as a space where students can unwind, express themselves, and foster meaningful connections, Joy Junction revolves around four core elements—*Laughing, Singing, Dancing, and Playing*. The inaugural session brought these elements to life in the most energetic and heartfelt way possible. Students gathered with enthusiasm, filling the space with unfiltered laughter, soulful singing, joyful dancing, and spirited games. The musical moments, spontaneous dance-offs, and laughter-filled games sparked a sense of nostalgia and genuine connection, creating a joyful escape from the academic hustle. The evening was more than just entertainment; it served as a much-needed emotional reset and a celebration of community spirit. The warm and inclusive environment allowed students to shed their inhibitions and embrace joy in its purest form. Joy Junction is not just an event—it is a thoughtfully curated experience aimed at nurturing mental well-being, promoting emotional expression, and strengthening peer bonds beyond the classroom walls. The energy, smiles, and camaraderie witnessed during the launch underscored the significance of such initiatives in student life. As Joy Junction promises to return every first and third Friday, it is set to become a cornerstone of campus culture—an eagerly awaited outlet for stress relief, happiness, and human connection. With its blend of fun and mindfulness, the initiative beautifully reflects the Chitkara Happiness Centre’s ongoing commitment to embedding joy and positivity into everyday student life. At Chitkara, happiness isn’t occasional—it’s a way of life.



JOY JUNCTION



OFFICE OF STUDENT LIFE

UNVEILING THE MAGIC OF MINDFULNESS IN DAILY LIFE

EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Topic	UNVEILING THE MAGIC OF MINDFULNESS IN DAILY LIFE
Date	23rd July, 2025
Time	11:00 AM to 1:00 PM
Venue	Maslow Hall, Fleming Block
Number of Attendees	63
Resource Person	Dr. Nayamika Singh

Chitkara Happiness Centre, in collaboration with the Chitkara School of Psychology and Counselling, organized an insightful and experiential session titled “*Unveiling the Magic of Mindfulness in Daily Life*.” The session was facilitated by Dr. Nanayanika Singh, former Assistant Professor of Psychology at MGSIPA, Chandigarh, Government of Punjab. Dr. Singh began by introducing the foundational principles of mindfulness, including patience, beginner’s mind, acceptance, gratitude, and non-judgement. She emphasized how integrating these values into daily life can significantly enhance emotional balance, focus, and inner peace. The session offered participants a hands-on experience through four distinct mindfulness practices—breathing mindfulness, drawing mindfulness, listening mindfulness, and forgiveness mindfulness. These activities helped attendees anchor themselves in the present moment, promoting greater self-awareness and clarity. Both students and faculty members participated with enthusiasm and openness, engaging deeply in the reflective exercises. The energy in the room reflected a shared commitment to learning and personal growth. A special highlight of the session was the recognition of three students as *Mindful Stars*, acknowledging their exceptional attentiveness and mindful presence throughout the event. This thoughtful gesture encouraged the spirit of mindfulness and inspired others to cultivate the same in their lives. The session not only offered practical tools for managing stress and emotional challenges but also reaffirmed the growing importance of mindfulness in contemporary education and personal development. By the end of the session, participants left with a deeper appreciation for the power of present-moment awareness and a renewed motivation to embrace mindfulness in everyday living. The event was a resounding success, leaving a lasting impact on everyone who attended and further strengthening Chitkara University’s commitment to holistic well-being and mental health awareness.



UNVEILING THE MAGIC OF MINDFULNESS IN DAILY LIFE



OFFICE OF STUDENT LIFE COMMUNITY HAPPINESS EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Topic	COMMUNITY HAPPINESS
Date	30th July, 2025
Time	11:00 AM to 1:00 PM
Venue	Government School, Jhansla
Number of Attendees	123
Resource Person	Mr. Manav Bansal

Chitkara Happiness Centre, under its Community Happiness Project, visited the Government Senior Secondary School, Jhansla, to spread positivity and share practical ways of leading a happier life. The session was led by Mr. Manav Bansal, Chief Happiness Officer, who engaged the students through interactive games, gratitude tools, and meaningful discussions on mental health and overall well-being. The session emphasized the importance of cultivating resilience through a "Never Giving Up Attitude," encouraging students to stay strong and persevere through challenges. Students also learned about creating a "Positive Aura," which highlighted how maintaining a positive mindset can influence both their personal growth and their environment. Adding to the inspiration, a motivational story was shared that instilled hope and determination in the young learners. One of the unique highlights of the session was the teaching of the "3 Steps of Laughter," a simple yet powerful exercise demonstrated by Mr. Manav Bansal to help students experience the joy and health benefits of laughter in daily life. These engaging activities not only made learning about happiness enjoyable but also instilled essential life skills like emotional management, gratitude practice, and building resilience. By introducing such initiatives in government schools, the Chitkara Happiness Centre is fostering strong community connections and ensuring that the principles of joy, gratitude, and positivity reach students from diverse backgrounds. The visit to Government Senior Secondary School, Jhansla, became a memorable experience for the students, leaving them inspired, motivated, and equipped with tools to lead a balanced and joyful life. Such efforts reflect the Centre's commitment to holistic development and its vision of spreading happiness beyond the university to the larger community.



COMMUNITY HAPPINESS



OFFICE OF STUDENT LIFE LAUGHTER KITTY EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Topic	LAUGHTER KITTY
Date	2nd August, 2025
Time	3:00 PM to 4:00 PM
Venue	Einstein Hall
Number of Attendees	50
Resource Person	Mr. Manav Bansal

Chitkara Happiness Centre organised Laughter Kitty Edition 5, a fun-filled and engaging event designed to spread joy, positivity, and togetherness among students. The event featured a variety of interactive activities conducted by Team Happiness, each aimed at creating moments of laughter, entertainment, and connection. One of the highlights was the song activity *Karaoke Kissi Ki Muskrahat*, which encouraged participants to sing and share smiles through music, filling the atmosphere with warmth and cheer. Another exciting activity was the Balloon Game, which promoted teamwork, cooperation, and bonding as participants worked together in a playful and lighthearted manner. The event also included a lively dance segment that brought everyone to the floor, engaging them in energetic moves and leaving them refreshed and full of enthusiasm. Adding immense value to the event, Dr. Madhu Chitkara, Pro Vice Chancellor of Chitkara University, addressed the participants with her inspiring words on the importance of happiness and self-care. She emphasized that in order to truly be happy, one must first take care of themselves, highlighting self-care as the foundation of lasting joy and well-being. Her message resonated deeply with the audience, reminding students of the significance of nurturing their physical, emotional, and mental health in order to spread happiness to others. The combination of fun activities, laughter, music, and motivational insights created a vibrant and uplifting atmosphere that left participants with cherished memories and renewed positivity. Overall, *Laughter Kitty Edition 5* was a resounding success, reflecting the commitment of Chitkara Happiness Centre to fostering joy, mindfulness, and a strong sense of community among students. The event not only entertained but also reinforced valuable lessons on self-care, happiness, and the power of togetherness, inspiring students to carry these positive practices into their everyday lives.



LAUGHTER KITTY



OFFICE OF STUDENT LIFE INFORMATION, INTERACTION AND ACTIVITY EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Topic	INFORMATION, INTERACTION AND ACTIVITY
Date	4 th August, 2025
Time	2:00 PM to 4:00 PM
Venue	LH-204, Martin Luthar Block
Number of Attendees	38
Resource Person	Mr. Manav Bansal, Ms. Vrinda Sharma

Chitkara Happiness Centre, in collaboration with the Department of Economics, successfully organized an engaging and interactive session that beautifully blended learning, laughter, and togetherness. The event commenced with a light yet thought-provoking icebreaker centered on the question, “*Can happiness be taught?*”, which not only sparked curiosity but also set the perfect tone for meaningful reflections throughout the day. Students actively participated in open discussions, exploring what happiness personally meant to them, thereby creating a space for self-expression and collective learning. The session unfolded into a vibrant mix of meditation, fun games, and interactive conversations, each activity carefully designed to help students connect with themselves while also fostering bonds with their peers. A key highlight of the day was the joyous laughter and dance party, where students embraced the spirit of happiness in its purest form by dancing, laughing, and celebrating the moment together. These shared experiences not only brought smiles but also created lasting memories that extended far beyond the classroom walls. Adding to the excitement, the event also marked the introduction of **Skillverse 7.0**, an initiative offering students fresh opportunities to discover and nurture new skills and passions, thereby contributing to their holistic development. Overall, the session was a perfect blend of mindfulness and merriment, leaving participants with a renewed sense of positivity, deeper connections, and enthusiasm for both personal and collective growth.



INFORMATION, INTERACTION AND ACTIVITY



OFFICE OF STUDENT LIFE

EXCELLENCE BY DESIGN – DEFINE YOUR OWN LEADERSHIP JOURNEY

EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Topic	EXCELLENCE BY DESIGN – DEFINE YOUR OWN LEADERSHIP JOURNEY
Date	5th August, 2025
Time	9:00 AM onwards
Venue	LH-204, Martin Luthar Block
Number of Attendees	20
Resource Person	Mr. Manav Bansal, Ms. Vrinda Sharma

Chitkara Happiness Centre, in collaboration with Chitkara University, successfully conducted a powerful Management Development Program (MDP) for the leaders of Spray Engineering Devices Limited, focusing on redefining leadership in today's dynamic and ever-changing workplace. Designed as a one-day, high-impact workshop, the program provided participants with a blend of real-life insights, interactive models, and reflective activities that inspired them to lead with empathy, adaptability, and purpose. The session began with the transformational Funeral Activity, a deeply introspective exercise encouraging leaders to reflect on their legacy, their true purpose, and the kind of impact they aspire to create within their organizations and in society at large. Building on this reflective start, the workshop introduced the powerful Commitment-Capability Matrix, where leaders mapped their team members' capabilities and commitment levels, enabling them to develop personalized action strategies and reinforcing the message that leadership is not a one-size-fits-all concept but a contextual journey requiring adaptability and awareness. Participants also explored situational and empathetic leadership models, learning how to adapt their styles to bring out the best in their people while recognizing individual differences and motivations. The program placed strong emphasis on motivational drivers, helping leaders identify what truly inspires their team members and how to activate those drivers for optimal performance and engagement. A significant highlight of the day was the Appreciation Circle, where participants experienced the transformative power of genuine acknowledgment, gratitude, and heartfelt connection, reinforcing the importance of creating value through leadership rather than exercising control. By the end of the program, every participant left inspired to embrace leadership not merely as a title but as a legacy of impact, built on empathy, human connection, and adaptability. The session thus reflected the core philosophy of Chitkara Happiness Centre—to empower individuals and organizations with tools that foster growth, purpose, and lasting happiness.



EXCELLENCE BY DESIGN – DEFINE YOUR OWN LEADERSHIP JOURNEY



OFFICE OF STUDENT LIFE ECHOES OF HAPPINESS EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Topic	ECHOES OF HAPPINESS
Date	6th August, 2025
Time	10:00 AM to 12:00 PM
Venue	Rockefeller Block
Number of Attendees	126
Resource Person	Mr. Manav Bansal

Chitkara Happiness Centre recently organized an interactive Happiness Session for the students of BBA-DTS, Chitkara Business School, bringing smiles, energy, and valuable life lessons to the participants. The session began with an engaging icebreaker on the thought-provoking question, “Can happiness be taught?” which sparked curiosity and meaningful discussions among the students. This was followed by a heartfelt Gratitude activity, where students expressed thankfulness and shared personal stories, creating an atmosphere filled with warmth, positivity, and deeper connections. The session also highlighted the significance of Emotional Intelligence, emphasizing its role in building strong relationships, managing emotions, and achieving success in both personal and professional life. Students were introduced to the science of happiness through the four happiness hormones—Dopamine, Oxytocin, Serotonin, and Endorphins—along with simple and practical ways to boost them in daily routines. To make the experience more enriching, the session included meditation practices, engaging games, and open discussions that encouraged participation and reflection while keeping the energy levels high. One of the most memorable highlights was the laughter and dance party, where students came together to celebrate joy, unity, and the collective spirit of happiness. The vibrant energy of the activity created an unforgettable sense of togetherness and positivity. The session concluded with the introduction of *Skillverse 7.0*, a unique initiative aimed at inspiring students to explore new skills and interests beyond academics, encouraging holistic growth and personal development. Overall, the Happiness Session was a day filled with smiles, connection, and self-discovery, leaving students feeling lighter, brighter, and motivated to embrace positivity in their everyday lives. It not only provided valuable insights but also reinforced the power of gratitude, emotional intelligence, and shared joy in creating a meaningful and fulfilling college experience.



ECHOES OF HAPPINESS



OFFICE OF STUDENT LIFE

THE ART OF HAPPINESS: LIVING WITH POSITIVITY

EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Topic	THE ART OF HAPPINESS: LIVING WITH POSITIVITY
Date	7 th August, 2025
Time	10:00 AM to 12:00 PM
Venue	Maslow Hall
Number of Attendees	107
Resource Person	Mr. Manav Bansal, Ms. Ishika

Chitkara Happiness Centre organized “The Art of Happiness: Living with Positivity”, a vibrant Happiness Session for the students of the Psychology Department that was filled with energy, laughter, and meaningful moments. The session aimed to create a joyful environment where students could experience the true essence of happiness through interactive activities, fun-filled games, and opportunities to connect with one another. The day began with Ishika’s lively Adjective Game, followed by the engaging Dudki Game, both of which set a cheerful tone and encouraged students to participate wholeheartedly while breaking the ice with their peers. The excitement continued with an interactive Bingo Game led by Mr. Manav Bansal, where students moved around to find classmates who matched unique and playful traits such as “someone who can laugh a lot” or “someone curious,” sparking conversations and building connections in a lighthearted way. One of the most memorable highlights of the session was the three-step laughter activity, which filled the room with contagious joy and reached its peak during the laughter and dance party, when students let go of inhibitions and celebrated the moment with smiles and energy. Adding further value, the session also introduced students to **Skillverse 7.0**, an initiative designed to encourage them to explore skills beyond academics, fostering holistic growth and personal development. By the end of the session, students were left with not just happy memories but also a renewed sense of positivity and enthusiasm to spread happiness in their own lives and among others. The event beautifully captured the essence of Chitkara Happiness Centre’s mission—creating experiences that nurture well-being, joy, and togetherness, while empowering students to embrace positivity as a way of life.



THE ART OF HAPPINESS: LIVING WITH POSITIVITY



OFFICE OF STUDENT LIFE

JOY ROOM WITH HAPPINESS

EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Topic	JOY ROOM WITH HAPPINESS
Date	8th August, 2025
Time	10:00 AM to 12:00 PM
Venue	Warren Buffet Hall
Number of Attendees	79
Resource Person	Mr. Shivam K Mishra, Ms. Vrinda Sharma

Chitkara Happiness Centre, in collaboration with the Department of Pharmacy, organized a special happiness session titled *Joy Room with Happiness* under the orientation program *Deeksharambh* for the students of B. Pharma and M. Pharmacy. The session was conducted by Mr. Suraj Kumwar, Program Manager, Mr. Shivam K. Mishra, Executive, and Ms. Vrinda, Happiness Coach, who guided the students through an inspiring and interactive experience. The session aimed to help students explore their true potential and warmly welcomed them to the new phase of their academic journey at Chitkara University. To ease the transition into college life, a mindfulness activity was conducted that encouraged students to relax, focus on the present moment, and release any initial nervousness. In addition to this, scientific insights related to happiness and overall well-being were shared, helping students understand the importance of positivity and balance in life. The session also featured engaging elements such as fun games, storytelling activities, and a gratitude exercise, all of which created an energetic and uplifting atmosphere. These activities not only entertained the students but also helped them bond, reflect, and appreciate the value of thankfulness and mindfulness in everyday living. As part of the session, the students were also introduced to *Skillverse 7.0*, a unique initiative of the university designed to enhance skills, happiness, and holistic growth. The combination of science-based learning, playful activities, and motivational interactions left the students feeling inspired, motivated, and excited to embrace the opportunities and challenges of college life. Overall, the *Joy Room with Happiness* session was a resounding success, setting a positive tone for the students' academic journey and highlighting the commitment of Chitkara Happiness Centre towards fostering emotional well-being, personal growth, and happiness among students.



JOY ROOM WITH HAPPINESS



OFFICE OF STUDENT LIFE DESIGN YOUR HAPPINESS EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Topic	DESIGN YOUR HAPPINESS
Date	13th August, 2025
Time	2:00 PM to 4:00 PM
Venue	Pulitzer Hall, Picasso Block
Number of Attendees	75
Resource Person	Mr. Shivam K Mishra, Ms. Vrinda Sharma

Chitkara Happiness Centre organized a special event titled “Design Your Happiness” for the students of the Design Department, aiming to help them understand the science of happiness and learn practical ways to cultivate it in daily life. The session was conducted by Mr. Shivam K. Mishra, Executive, and Ms. Vrinda, Management Trainee, who guided students through an engaging and interactive program. During the event, students explored the role of the four happiness hormones—Dopamine, Oxytocin, Serotonin, and Endorphins—through lively discussions and fun activities, gaining insights into how these chemicals influence mood, motivation, and overall well-being. In addition, scientific facts about happiness were shared, providing students with new perspectives on nurturing their mental, emotional, and social health. The session began with a warm welcome for all students, encouraging them to explore their potential and make the most of their college journey with positivity and enthusiasm. A group gratitude activity was also conducted, allowing students to reflect on the power of thankfulness and appreciation, which helped foster a sense of connection and community among participants. The event was filled with laughter, energy, and inspiration, creating an atmosphere where students could freely express themselves and experience joy. Throughout the session, students actively participated, sharing their thoughts, engaging in exercises, and embracing the concepts of happiness and well-being. Many students expressed that the event left them feeling motivated, cheerful, and excited to approach college life with a positive mindset and purpose. Overall, the “Design Your Happiness” event successfully provided students with valuable tools, knowledge, and experiences to enhance their emotional well-being, mindfulness, and personal growth. It highlighted the importance of happiness as an integral part of life and encouraged students to consciously cultivate joy, gratitude, and positivity in their everyday experiences, setting the stage for a fulfilling and inspiring college journey.



DESIGN YOUR HAPPINESS



OFFICE OF STUDENT LIFE

THE SCIENCE & ART OF LASTING HAPPINESS

EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Topic	THE SCIENCE & ART OF LASTING HAPPINESS
Date	18th – 20th August, 2025
Time	9:30 AM to 3:30 PM
Venue	LH 303, Rockefeller Block
Number of Attendees	56
Resource Person	Mr. Manav Bansal

Chitkara Happiness Centre, in collaboration with Chitkara Business School, organized a three-day workshop on happiness for students of the Integrated Programme in Management (IPM) and BBA (H) Liberal Education from 18th to 20th August 2025. The workshop was led by Mr. Manav Bansal, Chief Happiness Officer, Mr. Shivam K. Mishra, Executive, and Ms. Vrinda, Management Trainee, who guided students through a series of interactive and insightful sessions. The program introduced participants to the PERMA Model of Happiness, helping them understand the key elements that contribute to well-being and a fulfilling life. Various activities were conducted to engage students actively, including fun games, storytelling sessions, and a debate on the theme "Happiness versus Success," which encouraged critical thinking and reflection. Students were also divided into teams to present their perspectives on happiness, sharing practical strategies and approaches to cultivating joy in daily life. The workshop emphasized the importance of balancing happiness with personal, academic, and professional growth, allowing students to explore ways to integrate positive practices into their routines. Throughout the three days, students participated enthusiastically, demonstrating curiosity, creativity, and openness to learning. The sessions were not only informative but also highly motivating, providing students with tools and insights to enhance their emotional well-being and overall life satisfaction. Overall, the three-day workshop proved to be inspiring, interactive, and enriching, leaving a lasting impression on the participants. It successfully highlighted the significance of happiness as an essential aspect of personal and professional development, encouraging students to embrace positivity, mindfulness, and resilience as they move forward in their academic and future careers.



THE SCIENCE & ART OF LASTING HAPPINESS



OFFICE OF STUDENT LIFE KNOW YOUR HAPPY POWER EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Topic	KNOW YOUR HAPPY POWER
Date	19th August, 2025
Time	12:30 PM to 1:30 PM
Venue	Martin Luthur Block, Hall
Number of Attendees	153
Resource Person	Mr. Manav Bansal

Chitkara Happiness Centre organised a vibrant and engaging introductory session for the students of CUIET–Applied Engineering, aimed at welcoming them to the college in a cheerful and positive environment. The session created an atmosphere full of energy and excitement as students stepped into the center, ready to begin their academic journey on a joyful note. Throughout the event, students actively participated in activities that encouraged laughter, dance, and a sense of togetherness. A special gratitude activity was conducted, allowing students to reflect on and appreciate the small blessings in their lives, fostering a sense of mindfulness and inner contentment. The session also included an informative discussion on the four happiness hormones—dopamine, oxytocin, serotonin, and endorphins—which helped students understand the scientific aspects of happiness and how these chemicals influence mood and well-being. To make the experience livelier and more interactive, various fun mindfulness games were played, leaving students both entertained and inspired to carry positivity, awareness, and presence into their new academic chapter. The energy, enthusiasm, and laughter displayed by the students during the session created a memorable and motivating start to their college life. Overall, the day successfully emphasized the importance of happiness, mindfulness, gratitude, and positive relationships, encouraging students to embrace joy, friendships, and personal growth as they move forward in their educational journey. The session not only provided an enjoyable experience but also instilled a sense of optimism and motivation, setting a strong foundation for a happy and fulfilling college life ahead.



KNOW YOUR HAPPY POWER



OFFICE OF STUDENT LIFE

HAPPY HEALTH WITH HEALTH SCIENCE

EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Topic	HAPPY HEALTH WITH HEALTH SCIENCE
Date	22nd August, 2025
Time	10:30 PM to 12:00 PM
Venue	Warren Buffet Hall
Number of Attendees	132
Resource Person	Mr. Manav Bansal

Chitkara Happiness Centre, under the guidance of Mr. Manav Bansal, Chief Happiness Officer, recently conducted an engaging and impactful session for the students of the Healthcare and Health Science department, aiming to welcome and energize them as they embark on their academic journey at Chitkara University. The session began with a powerful gratitude meditation, where students reflected on life's simple blessings, such as the gift of sight, which created a deep sense of appreciation and mindfulness. This was followed by the highlight of the event—a lively laughter and dance party that filled the room with energy and joy. Through this interactive segment, students not only experienced fun and togetherness but also learned about the many benefits of laughter and its positive influence on mental well-being, encouraging them to integrate such joyful practices into daily life. The session also introduced the science behind happiness, highlighting that life circumstances contribute only 10%, genetics account for 50%, while intentional activities make up 40% of overall happiness. Students were motivated to engage more in intentional activities such as singing, dancing, and pursuing hobbies to enhance their emotional well-being. An open discussion towards the end provided a platform for students to share their personal thoughts and perspectives on happiness, creating an environment of connection, empathy, and shared learning. The session was expertly facilitated by Mr. Manav Bansal and his dedicated team, whose enthusiasm and guidance made the entire experience both informative and enjoyable. Overall, the session left a lasting impression on the students, inspiring them to prioritize gratitude, positivity, and intentional living. Chitkara Happiness Centre continues to play a pivotal role in nurturing student well-being, and this session stood as a testament to its commitment to fostering a supportive, positive, and enriching environment at Chitkara University.



HAPPY HEALTH WITH HEALTH SCIENCE



OFFICE OF STUDENT LIFE

HEALTHY AND HAPPY VIBES WITH HEALTH SCIENCE

EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Topic	HEALTHY AND HAPPY VIBES WITH HEALTH SCIENCE
Date	22nd August, 2025
Time	3:00 PM to 4:00 PM
Venue	Room 301, Galileo Block
Number of Attendees	47
Resource Person	Mr. Shivam K Mishra, Ms. Vrinda Sharma

Chitkara Happiness Centre hosted an engaging and inspiring session for the students of Healthcare and Health Sciences, designed to ignite positivity, enthusiasm, and a deeper understanding of happiness as they begin their academic journey. The session was facilitated by Mr. Shivam K. Mishra, Executive at Chitkara Happiness Centre, and Ms. Vrinda Sharma, Happiness Coach, who guided the students through a series of meaningful activities and discussions. The program began with a focus on cultivating gratitude through a guided meditation that encouraged participants to reflect on life's simple joys and develop a habit of thankfulness, fostering inner peace and well-being. Moving forward, students explored ways of unlocking positivity through interactive activities that highlighted the benefits of laughter and positive expression, helping them learn how to bring joy into their daily lives. The session also introduced students to the science of happiness, breaking down its dynamics into three key components: intentional activities, which account for 40% and involve consciously engaging in fulfilling practices; genetics, which play a 50% role in influencing happiness; and life circumstances, contributing 10% through external factors. This scientific perspective gave students valuable insights into how much control they hold over their own happiness by choosing intentional, joyful activities. A lively group discussion followed, where students openly shared their perspectives on happiness, leading to a strong sense of connection, community, and mutual understanding among peers. The session was filled with energy, reflection, and interaction, leaving the students not only informed but also inspired to prioritize their emotional well-being alongside academics. Overall, the event proved to be a memorable and motivating experience, reinforcing the commitment of Chitkara Happiness Centre to nurture the well-being of students and empower them to thrive in a positive, supportive, and growth-oriented environment. It served as a reminder that happiness is both a science and a practice, and students walked away motivated to embrace it in their everyday lives.



HEALTHY AND HAPPY VIBES WITH HEALTH SCIENCE



OFFICE OF STUDENT LIFE HAPPINESS WELCOME FEST EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Topic	HAPPINESS WELCOME FEST
Date	26th August, 2025
Time	10:00 AM to 4:00 PM
Venue	Square 1
Number of Attendees	302
Resource Person	Happiness Team

Chitkara Happiness Centre organized a vibrant and engaging Happiness Welcome Fest for freshers. The event was designed to provide new students with a warm and memorable introduction to college life, successfully creating an atmosphere full of energy, excitement, and positivity. The Welcome Fest featured a variety of thematic canopies, each offering unique experiences and activities to engage students in meaningful ways. The "Inner Shift" canopy introduced students to the upcoming program "Inner Engineering" and provided a dedicated space for mindfulness meditation, promoting self-awareness and mental well-being. The "Happiness and Success Blueprint" canopy featured a selfie booth and a Gratitude Tree, where students could write notes of appreciation and tie them to the tree, encouraging reflection and gratitude. The "Confidence Hub" allowed students to participate in a fun game based on expressing movie dialogues using emojis, fostering creativity and self-expression. Other canopies, including "Rise and Lead," "Turn and Twist," and "Bachata and Yoga Glow," offered a mix of activities such as yoga poses and dance moves, helping students experience physical wellness, rhythm, and coordination. Additionally, the "Next Generation Marketing" canopy provided insights into innovative marketing strategies, adding an educational component to the event. The Welcome Fest also featured two special performances—a Bachata dance show and a Zumba session—which were highly appreciated by the students and added an extra layer of excitement to the day. Overall, the Happiness Welcome Fest was a resounding success, creating an inclusive, lively, and motivational environment for the freshers. The efforts of the Chitkara Happiness Centre in organizing such a thoughtfully planned event not only helped students feel welcomed but also encouraged them to embrace happiness, confidence, creativity, and personal growth as they embarked on their new academic journey.



HAPPINESS WELCOME FEST



OFFICE OF STUDENT LIFE ELEMENTS OF WELLBEING EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Topic	ELEMENTS OF WELLBEING
Date	26th August, 2025
Time	1:30 PM to 4:00 PM
Venue	Explore Stars
Number of Attendees	17
Resource Person	Mr. Manav Bansal

Chitkara Happiness Centre recently organized a unique and engaging event for ASU batch students, focusing on nurturing four essential elements of well-being: Gratitude, Joy, Peace, and Curiosity. The session was designed to help students understand these important aspects of life and explore practical ways to incorporate them into their daily routines. During the Gratitude activity, students reflected on the things they are thankful for, fostering a sense of appreciation and positivity. The Joy segment encouraged playfulness and happiness, helping students experience moments of lightheartedness and enthusiasm. The Peace component promoted inner calm and emotional balance, while the Curiosity activity inspired students to explore new ideas, perspectives, and possibilities, nurturing a mindset of continuous learning and discovery. The event featured a variety of interactive and enjoyable activities that enhanced participation and engagement, including a serene nature walk, eye meditation exercises, Laughter Yoga Therapy, and a fun Musical Chair game. These activities not only provided relaxation and entertainment but also encouraged students to bond and connect with one another, creating a sense of community, friendship, and mutual support. The combination of mindfulness exercises, playful games, and reflective practices made the experience holistic, allowing students to develop emotional awareness, stress management skills, and a positive outlook. Overall, the event was a remarkable success, leaving students motivated, happy, and equipped with valuable insights and tools to enhance their well-being, emotional resilience, and positivity. The initiative demonstrated the Chitkara Happiness Centre's commitment to fostering a supportive and joyful learning environment, emphasizing the importance of mental and emotional health alongside academic growth. Events like these not only promote individual well-being but also strengthen community spirit, encouraging students to carry forward the lessons learned into their daily lives. The Centre continues to inspire and engage students through innovative programs aimed at creating a happier, healthier, and more mindful student community.



ELEMENTS OF WELLBEING



OFFICE OF STUDENT LIFE

YOGA WORKSHOP

EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Topic	YOGA WORKSHOP
Date	27th August, 2025
Time	3:00 PM to 4:00 PM
Venue	Explore Stars
Number of Attendees	18
Resource Person	Mr. Pradeep Yogi

Chitkara Happiness Centre organised a Yoga Workshop conducted by Mr. Pradeep Kumar Yogi, with the aim of promoting physical well-being, mental focus, and overall health among students. During the workshop, Mr. Yogi guided the students through the practice of Surya Namaskar, or Sun Salutation, which they performed ten times with attention to proper breathing techniques and correct postures. The session included a complete sequence of asanas, beginning with Pranamasana (Prayer Pose), followed by Hasta Uttanasana (Raised Arms Pose), Padahasthasana (Hand to Foot Pose), Ashwa Sanchalanasana (Equestrian Pose), Dandasana (Stick Pose), Ashtanga Namaskar (Salute with Eight Parts), Bhujangasana (Cobra Pose), and Adho Mukha Svanasana (Downward-Facing Dog Pose). Each pose was carefully explained and demonstrated, ensuring that students could understand the correct alignment, breathing, and rhythm for maximum benefit. The workshop emphasized not only the physical aspects of yoga but also the importance of mental focus, mindfulness, and regular practice for maintaining overall health. Students actively participated in the session, experiencing improvements in flexibility, balance, and body awareness while also gaining knowledge about the long-term benefits of incorporating yoga into their daily routine. The interactive and hands-on approach of the workshop helped create a positive and calming environment, encouraging students to continue practicing yoga beyond the session. Overall, the Yoga Workshop at Chitkara Happiness Centre provided a valuable opportunity for students to connect with their bodies and minds, enhance concentration, reduce stress, and cultivate a sense of well-being. The event successfully highlighted the significance of a healthy lifestyle, demonstrating how regular yoga practice can contribute to physical fitness, mental clarity, and emotional balance, leaving students motivated to embrace yoga as a part of their daily lives.



YOGA WORKSHOP



OFFICE OF STUDENT LIFE

ZUMBA WORKSHOP

EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Topic	ZUMBA WORKSHOP
Date	27th August, 2025
Time	9:30 PM to 10:30 PM
Venue	Explore Stars
Number of Attendees	65
Resource Person	Mr. Manav, Mr. Kundan

Chitkara Happiness Centre recently hosted an electrifying Zumba Workshop exclusively for hostel students under the Skillverse program, aiming to promote fitness, fun, and social bonding among participants. The evening turned into a vibrant celebration of music, dance, and energy, as students enthusiastically joined in, grooving, laughing, and enjoying every beat to the fullest. The session was led by the dynamic trainers, Mr. Manav and Mr. Kundan from the Office of Student Affairs, who are the head choreographers of Chitkara University. Their infectious energy and expert guidance ensured that every student, regardless of prior experience, could participate actively and feel included in the high-spirited environment. The workshop combined lively music with coordinated Zumba moves, creating a perfect blend of exercise and entertainment that energized both the body and mind. Students not only experienced a significant fitness boost but also enjoyed moments of camaraderie, teamwork, and shared joy, fostering stronger connections among hostel mates. The session encouraged students to embrace physical activity as a fun and enjoyable way to stay healthy, while also relieving stress and enhancing overall well-being. The interactive nature of the workshop allowed students to gain confidence in dancing, express themselves freely, and create lasting memories in a supportive and energetic setting. The event successfully demonstrated how physical activity, when combined with music and group participation, can uplift mood, improve coordination, and strengthen social bonds. Overall, the Zumba Workshop at Chitkara Happiness Centre was a highly engaging and memorable experience that left students motivated, happy, and more connected with their peers. It not only emphasized the importance of fitness and wellness but also celebrated joy, enthusiasm, and community spirit, leaving an everlasting impression on all who participated.



ZUMBA WORKSHOP



OFFICE OF STUDENT LIFE COMMUNITY HAPPINESS EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Topic	COMMUNITY HAPPINESS
Date	24th September, 2025
Time	10:30 AM to 11:30 AM
Venue	Pingalwara, Chandigarh
Number of Attendees	35
Resource Person	Mr. Manav Bansal

The Chitkara Happiness team recently visited Pingalwara, Chandigarh, to spend a joyful and meaningful day with the residents, creating memories that truly touched everyone's hearts. The session began on a melodious note with bhajans and old Hindi songs that filled the atmosphere with warmth and nostalgia. The residents enthusiastically joined in, singing along and enjoying every moment. A delightful welcome dance followed, showcasing the spirit of togetherness and joy. The visit continued with an engaging talent-based game where the residents shared their hidden gifts through singing and dancing, spreading smiles all around. One of the most refreshing parts of the session was laughter therapy, during which everyone laughed wholeheartedly, forgetting their worries and celebrating the beauty of the present moment. A mindfulness story was then shared, sparking a thoughtful and interactive discussion that encouraged everyone to reflect and express themselves freely. To conclude the visit on a lively note, the entire group came together for a vibrant group dance, symbolizing unity and happiness. As the session ended, team members shared their reflections, expressing how the visit left them inspired, grateful, and emotionally fulfilled. The visit to Pingalwara was not just an event—it was a heartfelt experience that strengthened bonds, spread positivity, and reminded everyone of the simple yet profound power of compassion, connection, and shared happiness.



COMMUNITY HAPPINESS



OFFICE OF STUDENT LIFE

JOY JUNCTION

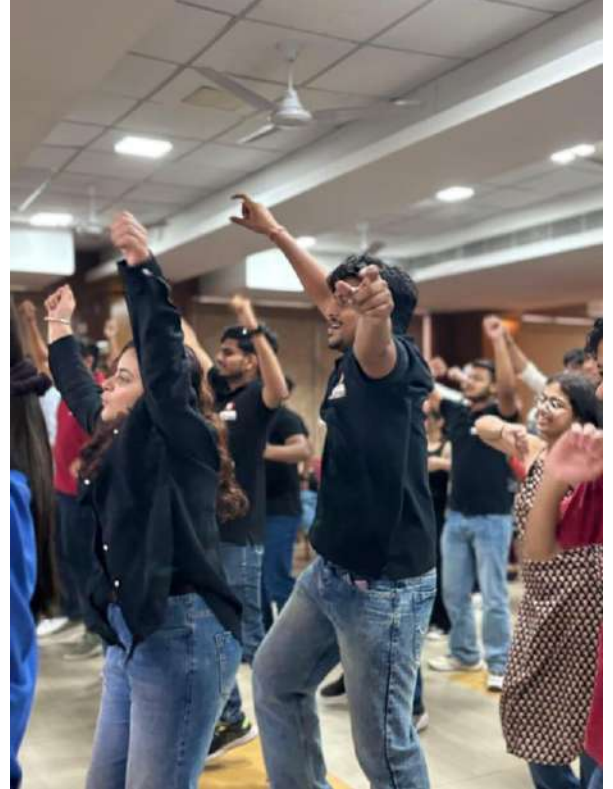
EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Topic	JOY JUNCTION
Date	25th September, 2025
Time	5:00 PM to 6:00 PM
Venue	Einstein Hall, Galileo Block
Number of Attendees	65
Resource Person	Mr. Manav Bansal

Chitkara Happiness Centre, in collaboration with the Office of Residential Services, recently organized a lively and heartwarming event titled “*Joy Junction*” for the students of Chitkara University. The event aimed to spread joy, positivity, and togetherness through four vibrant elements—singing, dancing, laughing, and playing. The celebration began with an exciting round of *Bollywood Antakshri*, where students were divided into teams and competed with great enthusiasm, filling the air with music, laughter, and nostalgia. This was followed by a spirited *Zumba choreography* session that brought everyone to their feet, dancing in rhythm to energetic beats. The highlight of this segment was a fun reel capturing the smiles, energy, and infectious joy shared by the participants. The laughter therapy session added a refreshing twist to the event, with activities like *Lassi laughter*, *empty pocket laughter*, and the *three-step laughter therapy*, allowing students to unwind and embrace happiness wholeheartedly. The *playing segment* further boosted the fun quotient with engaging games such as *Fire in the Mountain*, *Jump In*, *Jump Out*, and *Kho-Kho*, which encouraged teamwork, agility, and camaraderie among students. Adding a touch of glamour and confidence, the *Ramp Walk* for the titles of *Mr. Joy* and *Miss Joy* celebrated the students who best embodied the spirit of happiness, while punctual stars of the show were also recognized for their dedication. The event concluded on a high note with a *freestyle dance session*, where students danced their hearts out, radiating pure joy and energy. *Joy Junction* truly lived up to its name, leaving everyone smiling and connected. The Chitkara Happiness Centre expressed heartfelt gratitude to all participants, volunteers, and organizers for making the event a memorable celebration of happiness, unity, and positivity, promising more such joyful experiences in the future.



JOY JUNCTION



OFFICE OF STUDENT LIFE HAPPINESS REGULARISATION EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Topic	HAPPINESS REGULARISATION
Date	26th September, 2025
Time	10:30 12:00
Venue	Pulitzer Hall, Picasso Block
Number of Attendees	23
Resource Person	Mr. Manav Bansal

Chitkara Happiness Centre organized a refreshing and engaging Happiness Session in collaboration with the Office of Talent Management and the HR team, aiming to create moments of joy, connection, and rejuvenation at the workplace. The session was thoughtfully designed to help colleagues unwind, build stronger bonds, and celebrate positivity in everyday work life. The event began with a fun-filled activity, Bingo with Energy, which instantly brought smiles and laughter, setting a cheerful tone for the day. This was followed by Laughter Meditation, where participants let go of stress and embraced a sense of lightness and calm through shared laughter. The atmosphere grew even more vibrant with the Music and Ramp Walk segment, where confidence and creativity took center stage as participants expressed themselves freely, radiating happiness and enthusiasm. The session continued with Expression and Story Sharing, creating heartfelt moments of openness and emotional connection, allowing everyone to share their personal reflections and experiences in a supportive environment. Adding an element of excitement, the Engaging Games segment encouraged teamwork, communication, and camaraderie among participants, blending fun with collaboration. The special highlight of the event was the announcement of Mr. and Mrs. Happiness, honoring individuals who truly embodied the spirit of positivity, joy, and enthusiasm throughout the session. This celebration not only recognized individual happiness but also reinforced the collective spirit of the workplace. The impact of the Happiness Session went far beyond the activities—it left participants feeling refreshed, re-energized, and more connected to one another. It served as a beautiful reminder that small moments of joy can have a transformative effect on our mindset and relationships, fostering a positive and vibrant workplace culture. Overall, the session was a delightful experience filled with laughter, learning, and lasting memories.



HAPPINESS REGULARISATION



OFFICE OF STUDENT LIFE ZUMBA WORKSHOP EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Topic	ZUMBA WORKSHOP
Date	26th September, 2025
Time	9:45 PM to 10:45 PM
Venue	Explore Stars
Number of Attendees	80
Resource Person	Mr. Kundan and Mr. Manav

Chitkara Happiness Centre organized an energetic and refreshing Zumba Workshop in collaboration with the Office of Student Affairs, exclusively for hostellers of Chitkara University. The session aimed to promote physical fitness, mental well-being, and happiness through dance and movement. Conducted by skilled choreographers Mr. Kundan and Mr. Manav, the workshop witnessed enthusiastic participation from around 80 students who came together to enjoy an hour of rhythm, energy, and joy. The session began with warm-up exercises that quickly transitioned into dynamic Zumba routines set to upbeat music, creating an atmosphere filled with excitement and motivation. The students actively participated, matching their steps to the rhythm, and their enthusiasm was evident in every move. The instructors maintained a lively tempo throughout the workshop, encouraging everyone to let go of stress and simply enjoy the experience. The energy in the room was contagious as students cheered for one another, making the event not just a fitness activity but also a celebration of togetherness and positivity. By the end of the session, the sense of achievement and happiness among the participants was clearly visible. Many students shared their appreciation for the workshop and expressed their eagerness to continue practicing Zumba as a regular form of exercise. Towards the conclusion of the event, several participants successfully registered for Zumba Batch 2 under Skillverse, reflecting the success and impact of the initiative. The workshop not only helped students unwind and rejuvenate but also emphasized the importance of maintaining a healthy and joyful lifestyle. Overall, the Zumba Workshop was a lively, engaging, and memorable experience that perfectly aligned with the Chitkara Happiness Centre's mission of spreading happiness, promoting wellness, and fostering a vibrant campus environment.



ZUMBA WORKSHOP



OFFICE OF STUDENT LIFE TAKE A PAUSE AND RELAX EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Topic	TAKE A PAUSE AND RELAX
Date	8th October, 2025
Time	3:00 PM to 4:00 PM
Venue	Rockefeller Classroom
Number of Attendees	29
Resource Person	Mr. Manav Bansal

Chitkara Happiness Centre organised an engaging and interactive session titled “Take a Pause and Relax: Happiness Blueprint” for B.Ed students at Chitkara University. The session aimed to help students understand the true essence of happiness and how it can be nurtured in daily life. Participants discussed what happiness means to them, leading to an insightful exchange of thoughts and personal experiences. The session introduced the Happiness Blueprint with special emphasis on the PERMA model, which focuses on Positive Emotions, Engagement, Relationships, Meaning, and Accomplishment as key components of overall well-being. Students were encouraged to reflect on how these elements shape their emotional and mental health. A major highlight of the session was the Gratitude Activity, where students formed a circle and expressed appreciation for their peers, acknowledging the kindness, support, and positive impact of one another. This simple yet powerful activity strengthened bonds, created a warm and supportive environment, and encouraged a culture of thankfulness. The session concluded with a lively Laugh and Dance Party that infused the atmosphere with joy, relaxation, and togetherness. The unique hybrid mode of the session, with participants joining both from the Chitkara University campus and Dubai, allowed students to connect beyond physical boundaries and share happiness collectively. Overall, the session served as a meaningful step toward enhancing emotional awareness, fostering connection, and promoting a joyful state of mind among students. The Chitkara Happiness Centre continues to remain dedicated to nurturing well-being and spreading smiles through its thoughtful and impactful initiatives.



TAKE A PAUSE AND RELAX



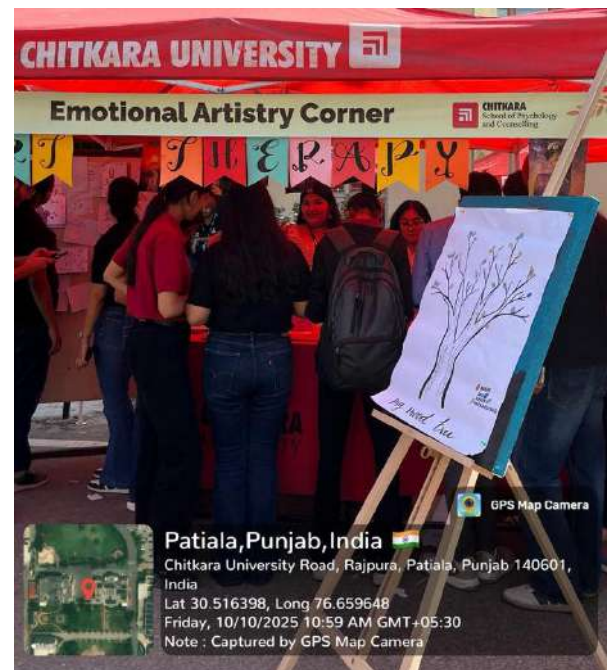
OFFICE OF STUDENT LIFE WELLNESS CARNIVAL EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Topic	WELLNESS CARNIVAL
Date	10th October, 2025
Time	9:00 AM to 2:00 PM
Venue	Newton Front Area
Number of Attendees	920
Resource Person	Happiness Team

Chitkara Happiness Centre organised a meaningful celebration of World Mental Health Day in collaboration with the Department of Education and Chitkara School of Psychology to spread awareness about the importance of mental well-being. The event featured a series of thoughtfully curated canopies and activity zones aimed at encouraging relaxation, self-reflection, emotional expression, and joy. The Games Zone set a lively tone with activities like Go with the Flow and Emotional Adventure, offering students fun ways to de-stress while understanding their emotions. The Gratitude Oasis created a warm and reflective atmosphere through the Wishing Well and Thank You Giving Letter, allowing participants to express appreciation and convey heartfelt thoughts. Patel's Zone of Self Love encouraged students to embrace self-worth through creative activities like Bandhanvaar Making, Face Painting, the Self Love Studio, and the Self Love Corner, each designed to promote confidence and individuality. Mindful Heaven offered a calming experience with its Mindful Tunnel and surroundings inspired by nature and meditation, helping students relax and reconnect with themselves. Adding excitement and awareness, the Joy Vibes Only Zone hosted a Run for Awareness, spreading the message of prioritizing mental well-being in a fun and energetic way. The event also included impactful activities like taking a pledge to care for one's mental health and the Kalpvarksha Thumb Paint Activity, symbolizing hope, growth, and positivity. The presence of the chief guest, Smt. Kamal Sisodiya, SSP, CRPF, added great value as she emphasized the significance of acknowledging and addressing mental health concerns. The celebration successfully fostered a supportive, joyful, and empathetic environment, encouraging students to nurture their mental health and spread positivity within their community.



WELLNESS CARNIVAL



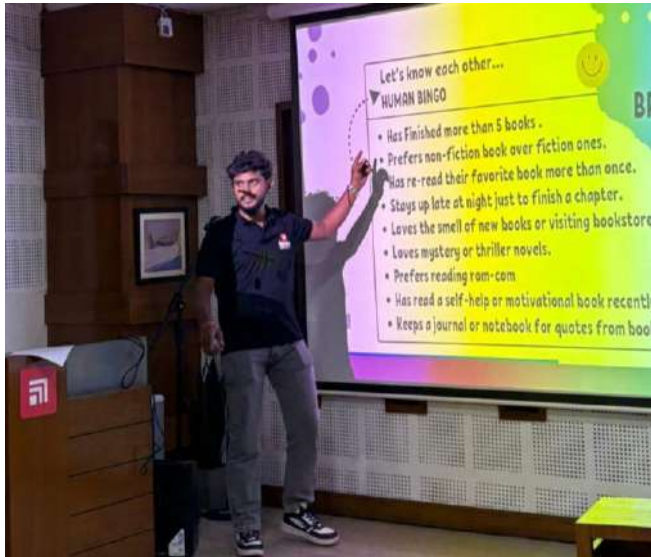
OFFICE OF STUDENT LIFE PAGE TURNERS FIESTA EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Topic	PAGE TURNERS FIESTA
Date	11th October, 2025
Time	10:00 AM to 1:00 PM
Venue	Einstein Hall
Number of Attendees	32
Resource Person	Ms. Ishika

Chitkara Happiness Centre organised Page Turners Fiesta to celebrate the joy of reading and togetherness among students. The event began with an energetic ice-breaker activity, “Sit, Stand, Jump, Clap”, which filled the atmosphere with laughter and enthusiasm, helping participants feel comfortable and connected. Students then shared heartfelt reviews of their favourite books, speaking about the emotions, lessons, and inspirations they drew from their reading experiences. To further strengthen bonds, a Human Bingo activity was conducted, encouraging students to interact, discover shared interests, and form new friendships within the reading community. A short yet powerful story was narrated, reminding everyone that success often comes when we learn to ignore unnecessary criticism and believe in ourselves. This message encouraged self-confidence and resilience among the participants. The Book Bond activity followed, where students were grouped into teams and each group presented thoughtful insights from a book of their choice. The discussions reflected teamwork, creativity, and meaningful engagement with literature. The event concluded with a cheerful celebration as Miss Reader – Himanshi and Mr Reader – Manraj were announced for their expressive participation and evident love for books. The Page Turners Fiesta offered a warm and inspiring environment, where students experienced the joy of sharing stories, appreciating literature, and building connections. It was a soulful morning that highlighted the beauty of reading as a way to learn, grow, and come together as a community.



PAGE TURNERS FIESTA



OFFICE OF STUDENT LIFE COMMUNITY HAPPINESS EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Topic	COMMUNITY HAPPINESS
Date	17th October, 2025
Time	4:00 PM to 5:00 PM
Venue	Prabh Asara Home for Homeless Kharar
Number of Attendees	70
Resource Person	Happiness Team

Chitkara Happiness Centre under the Community Happiness Project organised a community session outreach visit to Prabh Aasra, Kharar with the purpose of spreading happiness and bringing smiles to the faces of children. Gifts for the visit were lovingly arranged from the contributions of Laughter Kitty members, reflecting a spirit of care, togetherness, and compassion. During the visit, the Happiness Team distributed these thoughtfully prepared gift packs, which were received with great excitement and joy by the children. Their happy expressions and warm responses created a heart-touching atmosphere. To make the day even more memorable, the team conducted a series of fun-filled activities, including singing, dancing, and interactive games, encouraging the children to participate freely and enjoy themselves. The centre ensured that every child felt valued, loved, and included, turning the space into a lively celebration of joy and connection. The event concluded with the announcement of the Super Boy and Super Girl of the show, where two children were appreciated for their wonderful energy, enthusiasm, and active involvement throughout the activities. This small gesture added a special moment of pride and confidence to their day. The initiative was made possible by the generous contributions of Laughter Kitty members, whose kindness played a vital role in bringing happiness to the children. We extend heartfelt gratitude to each member for supporting this act of giving and helping create a positive difference. The visit truly reflected the essence of spreading joy and highlighted the meaningful impact of community care.



COMMUNITY HAPPINESS



OFFICE OF STUDENT LIFE

LAUGHTER KITTY

EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Topic	LAUGHTER KITTY
Date	1st November, 2025
Time	3:00 PM to 4:00 PM
Venue	Einstein Hall, Galileo Block
Number of Attendees	72
Resource Person	Happiness Team

Chitkara Happiness Center organised the delightful Laughter Kitty, a vibrant celebration of joy, creativity, and togetherness. The event brought an atmosphere filled with cheer as participants actively engaged in a variety of thoughtfully curated activities. The day began with the Happiness Race, a playful and nostalgic game that rekindled the carefree spirit of childhood and witnessed enthusiastic participation from everyone present. Adding charm to the event was the Queen of Kitty segment, where participants responded to fun and engaging questions posed by our Honourable Pro Chancellor, making the session both lively and memorable. The energy further elevated with Creative Singing combined with a Quiz, an innovative blend that tested knowledge while offering a melodious experience. The dance sessions kept the momentum high as attendees grooved joyfully, creating an environment of true celebration. One of the most impactful highlights of the event was Laughter Therapy, which spread positivity and reinforced the power of collective laughter in reducing stress and uplifting emotions. The event concluded on an exciting note with the announcement of special titles such as Samay ka Badshah, Shehanshah Laughter, and Mr. and Ms. Dhamaka. These recognitions added an element of thrill and appreciation, leaving participants with beaming smiles and cherished memories. Overall, Laughter Kitty Edition 5 proved to be a wholesome and refreshing experience, successfully fulfilling the mission of Chitkara Happiness Center to promote well-being, connection, and joy among the community.



LAUGHTER KITTY



OFFICE OF STUDENT LIFE YOGA FOR WELLNESS PART 1 EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Topic	YOGA FOR WELLNESS PART 1
Date	3rd, 4th, 6th November, 2025
Time	5:00 PM to 6:00 PM
Venue	Outer Area of Columbus Hostel
Number of Attendees	121
Resource Person	Mr. Pradeep Yogi

Chitkara Happiness Center organised a successful three-day Yoga Workshop in collaboration with the Office of Residential Services, creating an enriching and refreshing experience for the students. Held in front of Columbus Hostel, the workshop offered participants a chance to practice yoga in a serene natural environment, enhancing both their physical and mental well-being. Under the guidance of the experienced trainer, Mr. Pradeep Yogi, students engaged in a variety of yoga asanas, including Surya Namaskar, along with basic meditation techniques that helped them relax, focus, and develop mindfulness. The peaceful surroundings of the hostel area added greatly to the calming atmosphere, making each session a meaningful and rejuvenating experience. Throughout the three days, students participated with enthusiasm and showed genuine interest in learning and understanding the essence of yoga. Their positive response and encouraging feedback highlighted the impact of the workshop and its role in promoting healthy habits. Motivated by the success of this event, Chitkara Happiness Center, along with the Office of Residential Services, plans to introduce regular yoga sessions in the hostel premises to make wellness an integral part of students' daily lives. This initiative aims to nurture their holistic development by supporting both emotional balance and physical fitness. The Center extends heartfelt gratitude to Mr. Pradeep Yogi for his valuable guidance and to all the students for their active involvement, which contributed significantly to the success of the workshop. Chitkara Happiness Center remains dedicated to fostering a culture of well-being, mindfulness, and positive living among students, ensuring that such initiatives continue to enrich their overall campus experience.



YOGA FOR WELLNESS PART 1



OFFICE OF STUDENT LIFE

JOY JUNCTION

EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Topic	JOY JUNCTION
Date	7th November, 2025
Time	5:00 PM to 6:30 PM
Venue	Outer Area of Columbus Hostel
Number of Attendees	65
Resource Person	Ms. Vrinda Sharma, Mr. Shivam K Mishra

Chitkara Happiness Center organised a new weekly initiative in collaboration with Residential Services, aimed at promoting the physical, mental, and social well-being of hostel residents. Over the past two weeks, the program has provided students with an engaging and joyful platform to unwind, connect, and rejuvenate in a lively and supportive environment. Held every Friday under the banner of Joy Junction, the initiative celebrates the four essential elements of joy — singing, dancing, laughing, and playing. Students enthusiastically participated in singing sessions, where they could express themselves and uplift their spirits, while dance activities encouraged them to move to the rhythm, experience freedom of expression, and enjoy the physical benefits of movement. Laughter was a central feature of the program, with interactive games designed to spark joy, reduce stress, and foster camaraderie among participants. Additionally, playful competitions such as tug-of-war, mindfulness games, and the Happiness Race added an element of fun, teamwork, and friendly challenge, further enhancing the overall experience. The vibrant energy and enthusiasm in the hostel courtyard reflected the positive impact of the initiative, as students connected with each other, shared moments of joy, and embraced opportunities for both relaxation and active participation. By offering a structured yet flexible setting for social interaction, creative expression, and physical activity, Joy Junction has successfully encouraged students to prioritize their well-being while building a sense of community within the hostel. Chitkara Happiness Center remains committed to continuing this initiative every week, providing a consistent space where students can experience happiness, engage in meaningful activities, and take steps toward a healthier, balanced, and more joyful campus life.



JOY JUNCTION



OFFICE OF STUDENT LIFE

GRATITUDE GALA

EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Topic	GRATITUDE GALA
Date	10th November, 2025
Time	11:00 AM to 5:00 PM
Venue	Conference Room, Chitkara Happiness Centre
Number of Attendees	104
Resource Person	Happiness Team

Chitkara Happiness Center organised a heartwarming happiness initiative titled “The Gratitude Gala,” led by the enthusiastic students of the Happiness Code course, and the event emerged as a wonderful celebration of gratitude, joy, and meaningful connections. Designed as part of their happiness project, the initiative beautifully captured the essence of thankfulness and the power of positive reflection. One of the most engaging highlights of the event was the vibrant Gratitude Wall, where participants shared three things they were grateful for, filling the space with heartfelt messages that radiated positivity. The students had set a target of engaging 100 participants, and they proudly surpassed this goal by connecting with 104 students, reflecting their dedication and the growing culture of gratitude within the campus. Adding a charming element to the celebration was the Wishing Well, where students dropped coins along with personal wishes, symbolizing hope, happiness, and appreciation for life’s simple joys. The entire experience reinforced the belief that gratitude is a powerful tool for emotional well-being and community bonding. The event truly embodied the message that “Gratitude is the Best Attitude,” encouraging everyone to pause, reflect, and acknowledge the small yet meaningful moments that enrich life. Chitkara Happiness Center extends heartfelt congratulations to the students and the entire Happiness Code team for their creativity, passion, and teamwork in bringing this thoughtful initiative to life. Their efforts have not only made the event a success but have also inspired many to embrace gratitude as a daily practice.



GRATITUDE GALA



OFFICE OF STUDENT LIFE

YOGA FOR WELLNESS PART 2

EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Topic	YOGA FOR WELLNESS PART 2
Date	10th – 13th November, 2025
Time	5:00 PM to 6:00 PM
Venue	Outer Area of Columbus Area
Number of Attendees	86
Resource Person	Mr. Pradeep Yogi

Chitkara Happiness Center organised a meaningful “Self-Reflection” session in collaboration with Residential Services, offering students a peaceful and inspiring space to reconnect with themselves. The session began with a light warm-up to ease the body, after which students were guided into a reflective exercise with their eyes closed. They were introduced to the visualisation of a radiant power ball held in their hands, symbolising their inner strength and the potential for positive transformation. This imagery helped participants focus on their abilities and the changes they wish to bring into their lives. The exercise smoothly transitioned into a calming meditation that encouraged students to turn their reflections into purposeful actions in their daily routines. To deepen the sense of relaxation and mental clarity, the session continued with Shavasana, allowing both body and mind to absorb the experience and find complete stillness. Throughout the session, practical insights were shared on how regular self-reflection can bring greater clarity, emotional balance, and beauty into life. Students were encouraged to cultivate a consistent meditation practice to support long-term well-being. The peaceful atmosphere and thoughtful guidance helped participants feel refreshed, motivated, and more connected to their inner selves. The session concluded with a sense of renewed energy and emotional grounding among the students. This initiative once again highlighted Chitkara Happiness Centre’s commitment to nurturing holistic growth and mental wellness within the campus community, ensuring that students continue to receive opportunities that support their personal development and emotional health.



YOGA FOR WELLNESS PART 2



OFFICE OF STUDENT LIFE

HAPPINESS INTERVENTIONS PART 1

EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Topic	HAPPINESS INTERVENTIONS PART 1
Date	11th - 13th November, 2025
Time	9:00 AM to 4:30 PM
Venue	Conference Room, Chitkara Happiness Centre
Number of Attendees	220
Resource Person	Happiness Team

Chitkara Happiness Center organised a vibrant and engaging week of Happiness Interventions, designed to promote student well-being, gratitude, and joy through creative and meaningful activities. The week brought together over 40 enthusiastic students each day, who participated in three specially curated experiences — Appreciation Day, Retro Rumble, and Smile Station — each aimed at fostering reflection, playfulness, and positive connections. The first day, Appreciation Day, provided a space for students to express gratitude and celebrate the people who make their lives special. Activities included the Appreciation Wall, Kindness Corner, handwritten appreciation notes for peers and mentors, and the Smile Spreader activity, all of which encouraged students to pause, reflect, and acknowledge everyday moments of care and support. The second day, Retro Rumble, transported students back to their childhood with nostalgic games, fun challenges, and retro-themed activities. Highlights such as Tic Tac Toe face-offs, Connect the Dots, and Guess the Childhood Games and Foods allowed students to relive joyful memories, bond with friends, and experience the carefree spirit of their early years. The final day, Smile Station, created a cheerful environment for students to unwind and spread happiness. With activities like the Joy Wall, Joy Challenge, and Secret Joy Notes, participants shared their happiest moments, engaged in small acts of kindness, and left the space feeling lighter and more connected. Across all three days, the Happiness Interventions facilitated reflection, emotional expression, stress relief, and community bonding, while also fostering a positive and uplifting campus culture. The week was filled with laughter, warmth, and creativity, leaving participants inspired and rejuvenated.



HAPPINESS INTERVENTIONS PART 1



OFFICE OF STUDENT LIFE

UNLOCK YOUR MAGNETIC PERSONA

EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Topic	UNLOCK YOUR MAGNETIC PERSONA
Date	12th & 14th November, 2025
Time	2:15 PM to 4:10 PM
Venue	Hipocrates Hall, 3rd floor, Fleming Block
Number of Attendees	61
Resource Person	Happiness Team

Chitkara Happiness Center organised an enriching two-day workshop titled “Unlock Your Magnetic Persona” for the M.Pharm students of the Pharmacy Department, focusing on developing the qualities that contribute to a charismatic, confident, and influential personality. The workshop aimed to help students understand the deeper aspects of presence, communication, and emotional intelligence, enabling them to enhance both their personal and professional interactions. On the first day, students were introduced to the core idea that charisma is a combination of presence, power, and warmth, where presence is cultivated through mindfulness and conscious awareness, power is built through self-confidence, passion, self-love, and effective communication, and warmth is expressed through empathy, kindness, and humility. The session included engaging mindfulness practices designed to help students ground themselves, sharpen their focus, and build greater self-awareness. On the second day, the workshop explored the guiding principles of becoming a truly magnetic personality, drawing inspiration from Dale Carnegie’s timeless book “How to Win Friends and Influence People.” Through interactive discussions, students learned valuable techniques for building meaningful connections, improving influence, and strengthening interpersonal relationships. The session also introduced the concept of the three ego states — Child Ego, Adult Ego, and Parent Ego — helping students understand how balancing these states can improve emotional regulation, communication, and relationship-building. Both days were filled with reflective tasks, mindfulness activities, and open discussions that encouraged students to explore their inner strengths and identify areas for growth. Participants expressed that the workshop helped them gain clarity about their own personality traits and motivated them to bring positive changes into their everyday interactions.



UNLOCK YOUR MAGNETIC PERSONA



OFFICE OF STUDENT LIFE

MINDSET MASTERY AND STRESS RESET

EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Topic	MINDSET MASTERY AND STRESS RESET
Date	13th November, 2025
Time	11:00 AM to 1:00 PM
Venue	Lh 101, Rockefeller Block
Number of Attendees	105
Resource Person	Dr. Monika Bammi

Chitkara Happiness Center organised a deeply insightful and empowering session titled “Mind Mastery & Stress Reset” in collaboration with Chitkara College of Pharmacy, further strengthening its commitment to promoting emotional well-being and mindful growth among students. The session was conducted by Ms. Monika Bammi, a Mind and Body Transformation Coach and International NLP Trainer, who guided participants through a series of reflective, experiential, and practical activities designed to help them reconnect with themselves and build emotional resilience. Students engaged in meaningful discussions and guided techniques that allowed them to understand their thought patterns more clearly and explore healthier ways to manage stress. One of the key takeaways was “The Brain Hack,” which encouraged a shift in perspective from avoiding tasks to understanding why they are necessary, helping students break procrastination cycles. The “Wolf Reflection” metaphor highlighted the importance of choosing which inner voice to nurture — the one filled with fear or the one rooted in gratitude, courage, and hope. Another impactful tool shared was the Stress Reset PCP Technique, which stands for Pause, Compose, and Propose, offering a simple and effective method to regain balance during stressful moments. Students also learned the Art of Letting Go, focusing on releasing emotional burdens and mental clutter before sleep to improve rest and clarity. Pre- and post-evaluation sheets helped participants observe real-time shifts in their emotional states, making the experience more meaningful and personally relevant. The session left students feeling grounded, refreshed, and more equipped to handle emotional challenges with awareness and strength.



MINDSET MASTERY AND STRESS RESET



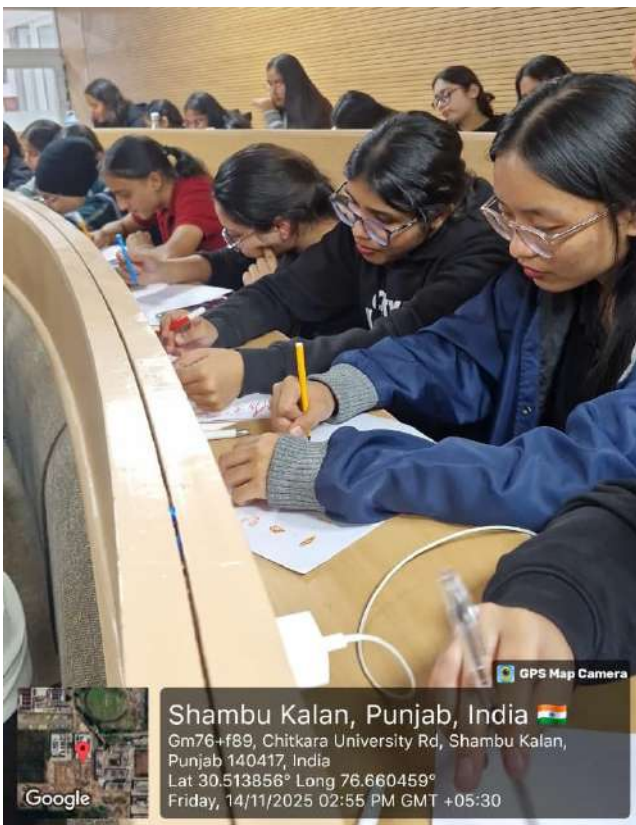
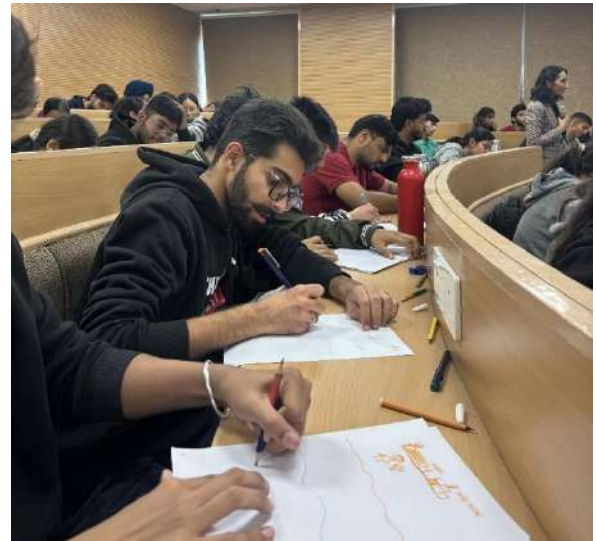
OFFICE OF STUDENT LIFE THE CANVAS OF EMOTIONS EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Topic	THE CANVAS OF EMOTIONS
Date	14th November, 2025
Time	2:00 PM to 4:00 PM
Venue	Lh 103 martin Luther Block
Number of Attendees	79
Resource Person	Dr. Nayanika Singh

Chitkara Happiness Center organised “The Canvas of Emotions” on 14 November 2025 to celebrate Children’s Day, in collaboration with the Department of Allied Health Sciences and Chitkara Law School. Led by Dr. Nayanika Singh, a certified art and mindfulness practitioner, the event created a warm, reflective, and creatively enriching space for students to reconnect with their childhood emotions and inner child. The session began with a Childhood Memory Visualisation activity, accompanied by the nostalgic song “Woh Din Bhi Kya Din The,” allowing students to recall and relive their happiest early memories. This emotional journey smoothly transitioned into the Childhood Memory Drawing, where students closed their eyes, revisited those cherished moments, and illustrated them on paper. The River of Life or Tree of Life activity encouraged participants to identify and draw the strengths, qualities, and experiences that have shaped their life journey. This was followed by the Childhood Collage activity, where students creatively arranged memories into visual collages, with the best three being recognised as the “Stars of the Show.” Another engaging segment, Scribble Your Sorrows Away, helped students express emotions freely through spontaneous scribbling, after which Dr. Nayanika offered meaningful insights into personality traits based on their expressions. An Online IQ Test further supported students in understanding their cognitive patterns and personal traits. The event concluded with the announcement of the three collage winners, who received prizes for their creativity and expression. Through its thoughtful blend of art, emotion, reflection, and fun, The Canvas of Emotions offered students a heartfelt Children’s Day celebration, helping them reconnect with their memories, emotions, and the child within themselves.



THE CANVAS OF EMOTIONS



OFFICE OF STUDENT LIFE

JOY JUNCTION

EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Topic	JOY JUNCTION
Date	14th November, 2025
Time	5:00 PM to 6:30 PM
Venue	Outer Area of Columbus Hostel
Number of Attendees	51
Resource Person	Ms. Vrinda Sharma, Mr. Shivam K Mishra

Chitkara Happiness Center organised a special edition of its weekly initiative in collaboration with Residential Services, aimed at promoting the physical, mental, and social well-being of hostel residents. On Friday, November 14th, the event, titled Joy Junction: A Night of Nostalgia, was offering students an evening filled with laughter, play, music, and dance. The program began with icebreaker activities under the theme of Laughing and Playing, including fun and engaging games such as Mindful Games and Freeze and Dance, which encouraged students to relax, share laughter, and bond with one another. The energy continued to build with Classic Games like Kho Kho and Dog in the Pond, evoking cherished schoolyard memories and fostering friendly competition and teamwork. The evening further elevated with a lively Jam Session, where students sang and danced together, creating a vibrant and energetic atmosphere that strengthened connections and enhanced the sense of community among participants. To conclude the night, students engaged in a spontaneous Fun Free Style Dance, celebrating joy and creativity in a carefree and playful manner. The most spirited participants were recognized and crowned Mr. Joy and Miss Joy, adding an element of celebration and encouragement. This special edition of Joy Junction reflected the success of the weekly initiative in providing hostel residents with opportunities for enjoyment, reflection, and social interaction. By combining nostalgic games, interactive activities, and music, the event created a memorable and uplifting experience for all attendees.



JOY JUNCTION



OFFICE OF STUDENT LIFE

YOGA FOR WELLNESS PART 3

EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Topic	YOGA FOR WELLNESS PART 3
Date	17th – 20th November, 2025
Time	5:00 PM to 6:00 PM
Venue	Outer Area of Columbus Area
Number of Attendees	62
Resource Person	Mr. Pradeep Yogi

Chitkara Happiness Center organised the event “Monday Magic of Well-Being” in collaboration with Residential Services, creating a refreshing and energising experience for the hostellers. The session was conducted by certified yoga instructor Mr. Pradeep Yogi, who led the students through a well-structured and mindful practice. The programme began with a gentle warm-up that prepared the body for deeper movement, followed by a series of loosening exercises aimed at releasing stiffness and increasing mobility. Participants then practiced the traditional Surya Namaskar, which helped them build focus and balance. The flow gradually progressed to Vinyasa A, Vinyasa B, and a dedicated Vinyasa jump sequence designed to enhance strength, coordination, and fluidity. Each segment was guided with care, allowing students to understand the importance of breath and movement connection. After the physical practice, Mr. Yogi shared an inspiring reflection on the significance of surrender and the role of a guru in personal development, encouraging students to embrace humility and openness in their journey of growth. The session concluded with a collective prayer offered for the well-being of the campus community, the larger society, and the world, creating a sense of unity and positivity. Participants expressed high levels of satisfaction, noting improved energy levels, increased clarity, and a deeper sense of inner connection. The event’s success was made possible through the continuous support of the Residential Services team and the enthusiastic involvement of all attendees. Chitkara Happiness Center remains dedicated to promoting holistic well-being and mindful living among students, ensuring that such engaging initiatives continue to enrich the campus atmosphere.



YOGA FOR WELLNESS PART 3



OFFICE OF STUDENT LIFE

HAPPINESS INTERVENTIONS PART 2

EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Topic	HAPPINESS INTERVENTIONS PART 2
Date	17th – 21st November, 2025
Time	9:00 AM to 4:30 PM
Venue	Conference Room, Chitkara Happiness Centre
Number of Attendees	238
Resource Person	Happiness Team

Chitkara Happiness Center organised a meaningful and engaging week of Happiness Interventions, designed to help students unwind, express themselves, and reconnect with their inner joy and creativity. Over five days, more than 40 students participated daily in diverse activities that combined fun, reflection, learning, play, and creative expression. The week began with Movie Mania, where students enjoyed games, music, and film-themed challenges, including Guess the Movie — Emoji Edition and Music Vibes, creating a lively and nostalgic start. Day two, Pause & Pour Day, offered a slower, reflective experience with self-help videos and heartfelt Letter to Your Own Self activities, allowing students to pause, process emotions, and feel lighter. On the third day, Reader's Retreat transformed the space into a calm, book-filled haven, encouraging mindful reading, book sharing, and quiet reflection, providing a sense of peace amid busy schedules. Day four, Happy Hustle, brought back energy and excitement through mini dares, quick games, and playful surprises, offering students opportunities to challenge themselves, laugh, and feel refreshed. The week concluded with Craft Corner, a creative and therapeutic activity where students designed bookmarks using paints, stickers, and paper, expressing their personal styles and enjoying the joy of art. Across all five days, the interventions provided a balanced mix of excitement, emotional reflection, playful engagement, and creative exploration, helping students feel more connected, centred, and joyful. Participants expressed appreciation for the thoughtful design of each day, highlighting how the activities supported their emotional well-being, mindfulness, and sense of community.



HAPPINESS INTERVENTIONS PART 2



OFFICE OF STUDENT LIFE SKILLVERSE REWIND 7.0 EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Topic	SKILLVERSE REWIND 7.0
Date	18th November, 2025
Time	11:00 AM to 1:00 PM
Venue	Faraday Hall, Edison Block
Number of Attendees	97
Resource Person	Mr. Suraj Kanwar Singh

Chitkara Happiness Center organised the vibrant and impactful event “Skillverse Rewind,” which brought enthusiastic learners together in a celebration of growth, creativity, and collaborative learning. Designed and led by the Program Head of Skillverse, the event reflected a strong blend of student-driven passion and structured learning experiences that encouraged participants to explore their potential beyond the classroom. The atmosphere was filled with positive energy as learners showcased remarkable confidence, communication abilities, and leadership skills, demonstrating the true essence of Skillverse. The presence of Sanjay Khurana Sir, Vice President – Operations, along with his team, added great value to the occasion, making the event even more memorable. Deep appreciation was also expressed towards Manav Bansal Sir, Chief Happiness Officer, for his continuous guidance and unwavering support, which consistently strengthens Skillverse every season. The event stood as a testament to Chitkara University’s commitment to fostering innovative, student-centric learning platforms that prepare learners for real-world challenges. A major highlight of the event was the visible improvement in collaboration, community bonding, and the development of a positive learning culture among participants. Skillverse Rewind successfully reinforced the bridge between academic knowledge and essential life skills, equipping students with the readiness required for future-oriented careers. The success of the event has further encouraged openness towards more collaborations with different departments and partners in the upcoming season, ensuring that Skillverse continues to evolve as a strong platform for holistic development and meaningful skill enhancement.



SKILLVERSE REWIND 7.0



OFFICE OF STUDENT LIFE

JOY JUNCTION

EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Topic	JOY JUNCTION
Date	21st November, 2025
Time	5:00 PM to 6:30 PM
Venue	Outer Area of Columbus Hostel
Number of Attendees	40
Resource Person	Ms. Vrinda Sharma, Mr. Shivam K Mishra

Chitkara Happiness Center organised the latest edition of its weekly initiative in collaboration with the Office of Residential Services, aimed at promoting the physical, mental, and social well-being of hostel residents. On Friday, November 21st, the event, titled Joy Junction: Game On, Tune In!, was held, providing students with an evening full of laughter, play, music, and dance. The program began with Laughing and Playing through Mindful Games, including a concentration-based Cup Game that challenged students' focus while creating moments of fun and shared laughter. The Playing segment introduced a fresh variation of a classic game, similar to Kho Kho but adapted to be played in circles, encouraging teamwork, strategic movement, and friendly competition. Students also enjoyed the Singing activity with "Guess the Song from the Word," a challenging and entertaining round that allowed them to test their musical knowledge and express themselves vocally. The excitement peaked with the Dancing element, featuring a Flash Mob Dance Competition between the boys and girls, where participants displayed rhythm, coordination, and creativity, energizing the entire courtyard. The evening concluded with a spontaneous Fun Free Style Dance, giving everyone an opportunity to let loose and celebrate joy collectively. To recognize enthusiasm and spirited participation, the most energetic students were crowned Mr. Joy and Miss Joy, adding a celebratory and motivating touch to the program. This edition of Joy Junction successfully combined mindful engagement, playful challenges, creative expression, and social interaction, leaving students feeling refreshed, connected, and uplifted.



JOY JUNCTION



OFFICE OF STUDENT LIFE

VOICE VIBES 2025

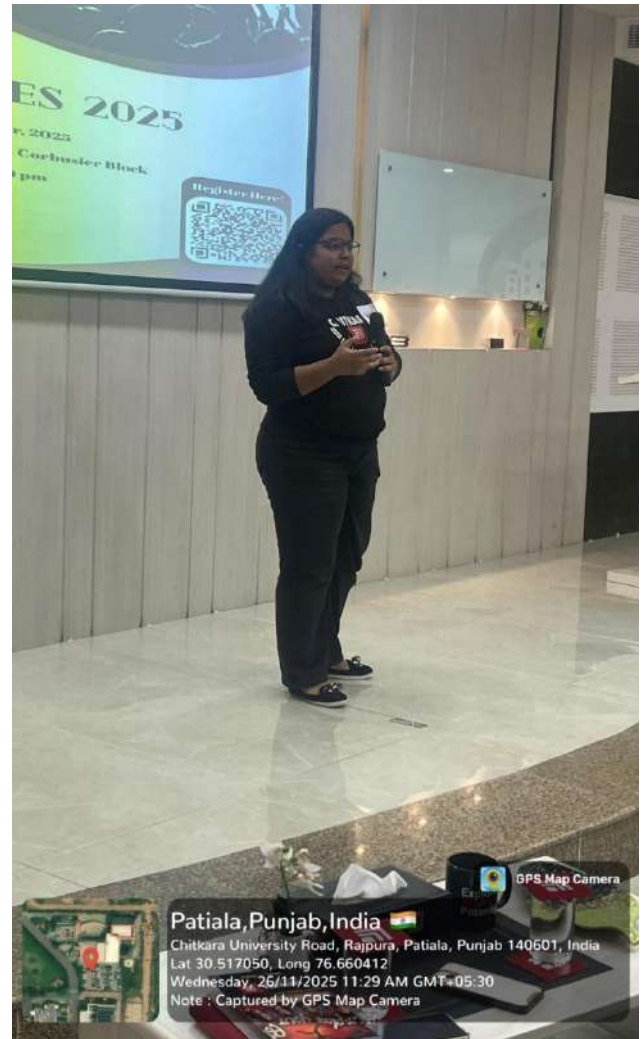
EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Topic	VOICE VIBES 2025
Date	26th November, 2025
Time	11:00 AM to 1:00 PM
Venue	Pierre Hall, Le-Corbusier Block
Number of Attendees	57
Resource Person	Happiness Team

Chitkara Happiness Center organised Voice Vibes 2025, a dynamic public speaking event with the aim of nurturing confident expression, mindful communication, and holistic student development across the campus. The event brought together enthusiastic participants who engaged in two thoughtfully structured rounds designed to enhance clarity of thought, spontaneity, and stage presence. In the first round, the Free Flow Round titled “Your Voice, Your Choice,” students presented self-selected topics and spoke for 1 to 1.5 minutes, showcasing their preparation and personal insights. Shortlisted participants then entered Round 2, the Impromptu Spotlight, where they were given topics on the spot and challenged to speak instantly for the same duration, demonstrating composure, quick thinking, and the ability to organize ideas under pressure. The event was further enriched by an esteemed panel of judges including Mr. Uday Pratap Singh, Director Discipline; Ms. Savita Srivastava, Chief Warden; Ms. Vikki Chauhan, Warden IBN-C; and Mr. Manav Bansal, Chief Happiness Officer, whose experience added depth and thoughtful evaluation to the competition. After an engaging and well-contested set of performances, Saksham Thatai (First Year, BBA FinTech & AI) was declared the winner, followed by Rumani Singh (Second Year, CSE AI) as the first runner-up and Lucky Arora (Second Year, CSE) as the second runner-up. Two consolation awards were also presented to Rasam (First Year, CSE) and Vanshika Bhatia (First Year, Health Sciences) for their commendable efforts. The event concluded with heartfelt appreciation for the judges, participants, and performers whose energy and enthusiasm made Voice Vibes 2025 both meaningful and memorable.



VOICE VIBES 2025



OFFICE OF STUDENT LIFE LAUGHTER KITTY EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Topic	LAUGHTER KITTY
Date	6th December, 2025
Time	3:00 PM to 4:00 PM
Venue	Einstein Hall, Galileo Block
Number of Attendees	73
Resource Person	Happiness Team

Chitkara Happiness Center organised the sixth edition of Laughter Kitty, a joyful and heartwarming event that beautifully highlighted the power of laughter in transforming ordinary moments into magical memories. The program concluded on a cheerful and festive note, with participants dressed in red and white, perfectly complementing the Christmas theme that filled the room with warmth, positivity, and togetherness. What once began as a vision a few months ago has now become a consistent and meaningful reality, reflecting the dedication and collective efforts behind the initiative. One of the most engaging highlights of the evening was the fun-filled singing activity, where participants listened to English translations of popular Bollywood songs, guessed the original tracks, and enthusiastically sang the choruses together, creating an atmosphere of shared excitement and nostalgia. This was followed by an energetic dance segment that encouraged everyone to move freely, smile wholeheartedly, and enjoy the present moment without hesitation. The laughter exercises added another layer of joy, echoing happiness throughout the space and strengthening bonds among participants. Interactive games such as the “Tree Pyramid” challenge and the Christmas-character bucket toss promoted teamwork, friendly competition, and plenty of cheerful noise. Adding a personal and emotional touch to the celebration, the Secret Santa exchange brought smiles and heartfelt connections among everyone involved. To further appreciate the enthusiasm and festive spirit of the participants, exciting titles like Mr. Jingle and Ms. Jingle were awarded. Special recognition was also given to the consistent group *Panchatantra* for being part of every edition and continuously spreading positivity.



LAUGHTER KITTY



OFFICE OF STUDENT LIFE CAMPUS TO CORPORATE EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Topic	CAMPUS TO CORPORATE
Date	17th December, 2025
Time	2:00 PM to 4:00 PM
Venue	Pierre Hall, Le Corbusier block
Number of Attendees	
Resource Person	Mr. Suraj Kanwar Singh

Chitkara Happiness Center organised the Campus to Corporate World session with the aim of preparing students for a confident and smooth transition from academic life to the professional corporate environment. The session was thoughtfully designed to bridge the gap between classroom learning and real-world workplace expectations, helping students understand the skills and mindset required to succeed in today's competitive corporate world. The program covered several important aspects of professional development, including professional grooming and workplace etiquette, which emphasized the importance of first impressions, discipline, and professional conduct in an organizational setting. Students were guided on how to build impactful resumes and create strong LinkedIn profiles that effectively highlight their skills, achievements, and career aspirations. Another key focus area was effective communication, where students learned the significance of clear verbal and non-verbal communication during interviews, presentations, and teamwork scenarios. Practical email writing skills commonly used in corporate settings were also discussed, enabling students to understand the tone, structure, and clarity required for professional communication. The session was highly interactive, featuring real-life examples, open discussions, and engaging activities that encouraged active student participation and made the learning experience relatable and meaningful. Students showed keen interest, asked thoughtful questions, and gained valuable insights into corporate culture and expectations. The overall atmosphere of the session was engaging and informative, helping students build confidence, self-awareness, and clarity about their career readiness.



CAMPUS TO CORPORATE



OFFICE OF STUDENT LIFE

SESSION ON HAPPINESS AND WELLBEING

EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Happiness Club
Topic	SESSION ON HAPPINESS AND WELLBEING
Date	19th January, 2026
Time	2:00 PM to 4:00 PM
Venue	4th Floor, Escoffier Block
Number of Attendees	66
Resource Person	Mr. Manav Bansal

Office of Student Life (OSL), Chitkara University organized an enriching and interactive session on *Happiness and Well-being* for the students of the Centre of Global Education, grounded in the globally recognized PERMA well-being model. The session thoughtfully explored the five core pillars—Positive Emotions, Engagement, Relationships, Meaning, and Accomplishment—through reflective discussions and hands-on activities designed to promote holistic development. Students were actively engaged in understanding how positive emotions can enhance daily life, while meaningful engagement helps build focus and purpose. A lively segment on the Four Elements of Joy—singing, dancing, laughing, and playing created an atmosphere of enthusiasm and openness, encouraging students to step beyond their comfort zones and embrace challenges as opportunities for personal growth and happiness. Under the Relationships pillar, a gratitude activity allowed students to express heartfelt appreciation by calling or messaging their loved ones, reinforcing emotional bonds and fostering a sense of connection. The session also emphasized the importance of meaning and contribution, encouraging students to reflect on how small acts of service and kindness can create a lasting impact on their own well-being and that of others. Discussions on recent personal achievements helped students recognize their accomplishments and build self-confidence, while mindful practices introduced techniques to remain present and balanced in everyday life.



SESSION ON HAPPINESS AND WELLBEING



OFFICE OF STUDENT LIFE

SELF-AWARENESS AND INDEPENDENT DECISION-MAKING: DEFINING FREEDOM BEYOND SOCIAL EXPECTATIONS

EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Happiness Club
Topic	SELF-AWARENESS AND INDEPENDENT DECISION-MAKING: DEFINING FREEDOM BEYOND SOCIAL EXPECTATIONS
Date	21st January, 2026
Time	1:20 PM to 3:00 PM
Venue	Carnegie Hall, Rockefeller Block
Number of Attendees	230
Resource Person	Ms. Anand Darshana

Office of Student Life organised an insightful and reflective session titled “Self Awareness and Independent Decision Making: Defining Freedom Beyond Social Expectations” for the students, with the objective of nurturing self-awareness, emotional clarity, and conscious decision-making skills. The session was facilitated by Ms. Anand Darshana, an Inner Freedom Coach and a guide in mindfulness and inner awareness, whose calm presence and thoughtful approach created a safe and engaging learning environment. She introduced the concept of inner freedom as the ability to live with clarity, courage, and self-trust, encouraging students to move beyond societal expectations and external validation. Throughout the session, Ms. Darshana shared practical techniques to help students release the fear of failure, fear of judgment, and internal conflicts that often influence decision-making. She emphasized the importance of observing both bodily sensations and mental patterns while making choices, enabling students to align their decisions with inner awareness rather than external pressure. One of the key highlights of the session was a deeply relaxing mind–body meditation that gently guided students into a state of calmness and presence. This meditation allowed participants to experience inner stillness, emotional balance, and mental clarity, setting a positive tone for the day. Ms. Darshana also introduced a simple yet powerful decision-making technique that helps individuals assess whether a decision is right by mindfully observing bodily responses and mental reactions. The interactive nature of the session encouraged students to ask questions, which were addressed with patience and clarity, further deepening their understanding.



SELF-AWARENESS AND INDEPENDENT DECISION-MAKING: DEFINING FREEDOM BEYOND SOCIAL EXPECTATIONS



OFFICE OF STUDENT LIFE

SUNDAY SPECIAL FUFU RUN

EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Running Club
Topic	SUNDAY SPECIAL FUFU RUN
Date	25th January, 2026
Time	6:00 AM to 10:00 AM
Venue	Sector 17 running track, Chandigarh
Number of Attendees	15
Resource Person	Running club team

Office of Student Life organised a vibrant and health-focused initiative through the Running Club at Chitkara University, reaffirming its commitment to promoting physical fitness, discipline, and a balanced lifestyle among students. As part of this student-driven initiative, 39 enthusiastic runners from Chitkara University participated in an early-morning group run at the Sector 17 running track, Chandigarh, demonstrating strong dedication toward prioritizing health and overall well-being. The early start not only reflected the participants' commitment but also encouraged the development of discipline, consistency, and a positive daily routine. The Running Club serves as a platform that actively engages students in structured physical activities, helping them maintain physical fitness while effectively balancing academic responsibilities. Regular running sessions, conducted both on and off campus, are designed to improve cardiovascular endurance, stamina, and physical strength, while also contributing significantly to mental clarity, emotional resilience, and improved focus. Beyond physical benefits, the initiative plays a crucial role in instilling essential life skills such as time management, self-discipline, perseverance, and goal setting. Running together as a group also fosters a sense of community, teamwork, and mutual motivation, allowing students to support and inspire one another in their fitness journeys. The off-campus run at a public track provided students with exposure to a professional running environment, further enhancing their enthusiasm and commitment toward maintaining an active lifestyle. Such initiatives by the Office of Student Life encourage students to adopt healthy habits that extend beyond university life, emphasizing the importance of long-term well-being.



SUNDAY SPECIAL FUFU RUN



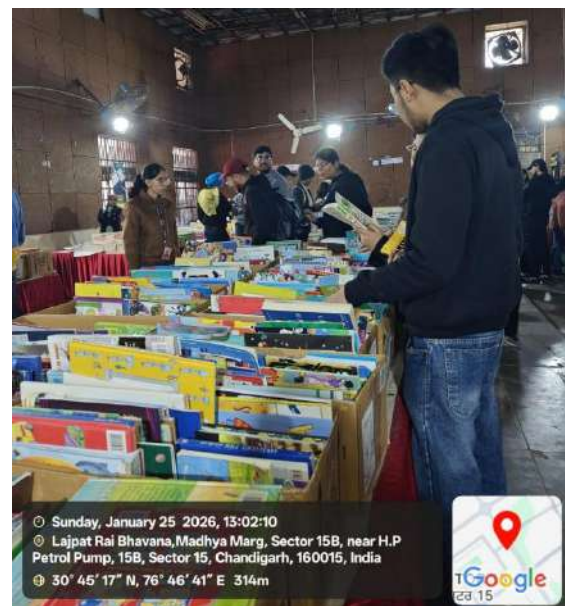
OFFICE OF STUDENT LIFE CHANDIGARH BOOK FAIR EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Reading club
Topic	CHANDIGARH BOOK FAIR
Date	25th January, 2026
Time	10:00 AM to 3:00 PM
Venue	Sector 17 running track, Chandigarh
Number of Attendees	51
Resource Person	Reading club team

Office of Student Life organised a meaningful literary initiative through the Chitkara Reading Club with a visit to the Chandigarh Book Fair, marking an important step toward strengthening the reading culture on campus. The visit offered students a valuable opportunity to explore a wide and diverse range of books across genres, encouraging them to engage deeply with literature beyond academic texts. Students immersed themselves in thoughtful browsing, reading, and discussions, making the experience both intellectually enriching and personally rewarding. The response from participants was highly encouraging, with many students expressing that the Reading Club has grown into a close-knit and inspiring community where they feel intellectually stimulated, connected, and motivated to read regularly. Throughout the visit, students displayed great enthusiasm by actively purchasing books, exchanging recommendations, and sharing reflections on their reading preferences and interests. These interactions fostered peer learning and meaningful conversations, allowing students to broaden their perspectives and develop a deeper appreciation for literature. The visit also encouraged students to invest time in mindful reading, helping them slow down, reflect, and engage with ideas in a thoughtful manner. By creating such experiences, the Reading Club provides a platform that nurtures curiosity, critical thinking, and creativity among students. The initiative reinforced the importance of reading as a lifelong habit that contributes to personal growth, emotional intelligence, and informed thinking.



CHANDIGARH BOOK FAIR



OFFICE OF STUDENT LIFE

HAPPINESS AND WELL-BEING SERIES

EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Happiness Club
Topic	HAPPINESS AND WELL-BEING SERIES
Date	28th January, 2026
Time	2:00 PM to 4:00 PM
Venue	Pulitzer Hall, Picasso Block
Number of Attendees	26
Resource Person	Mr. Manav Bansal

Office of Student Life organised another enriching session under the Happiness and Well-Being Series at Chitkara University with the objective of fostering emotional balance, inner joy, and a positive mindset among students. The session highlighted the importance of maintaining a cheerful and mindful state of mind, emphasizing how positivity can make learning experiences lighter, more engaging, and meaningful while enhancing overall well-being. Students were introduced to the idea that happiness is not just an outcome but a practice that can be consciously cultivated in daily life. One of the key activities conducted during the session was a gratitude practice, where students shared messages of appreciation, encouraging mindfulness, thankfulness, and stronger emotional connections. A laughter activity was also conducted, allowing participants to experience laughter as a conscious tool to release stress, uplift mood, and cultivate inner joy. Interactive discussions helped students understand the role of happiness in improving life satisfaction, productivity, focus, and emotional resilience. The session further explored the elements of happiness through engaging activities such as games, singing, dancing, and other fun exercises, enabling students to experience joy in a natural, playful, and inclusive environment. These activities helped break monotony, encouraged self-expression, and strengthened peer bonding. Additionally, students were guided on emotional regulation, where they learned simple yet effective ways to observe, understand, and manage their emotions from within, promoting self-awareness and inner stability. The session concluded on a positive and energetic note, leaving students feeling refreshed, motivated, and emotionally balanced.



HAPPINESS AND WELL-BEING SERIES



OFFICE OF STUDENT LIFE PUBLIC SPEAKING PROFILE EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Voice Vibes
Topic	PUBLIC SPEAKING PROFILE
Date	19th 20th, 27th, 28th 29th January, 2026
Time	11:00 am – 5:00 pm
Venue	Conference Room, Chitkara Happiness Centre
Number of Attendees	88
Resource Person	Ms. Ishika

Office of Student Life organised the first introductory activity session of its student-led club, VoiceVibe, with the aim of creating a supportive and encouraging platform for students to begin their public speaking journey. The session was designed to promote initial engagement and help participants take their first confident steps toward effective communication. During the activity, students filled out a structured form and introduced themselves in front of the group, sharing details such as their name, achievements, hobbies, interests, and personal aspirations. This exercise allowed students to express themselves openly while fostering familiarity and connection among peers. Presenting in a small and comfortable setting of approximately seven to eight participants helped reduce hesitation and anxiety, enabling students to speak more freely and confidently. A key aspect of the session was the emphasis on constructive peer feedback, where participants were encouraged to share supportive observations and suggestions. This process helped students understand the importance of clarity, body language, voice modulation, and overall presence while speaking in front of an audience. The interactive nature of the session created a positive learning environment, where students felt safe to experiment, make mistakes, and learn from one another. The activity also highlighted the value of active listening and mutual respect, strengthening peer bonds and encouraging collaborative growth. Overall, the session marked a meaningful and promising beginning for VoiceVibe, reflecting the club's commitment to nurturing communication skills, leadership qualities, and personal development among students.



PUBLIC SPEAKING PROFILE



OFFICE OF STUDENT LIFE MIND CLASH INAUGURATION EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Mind Clash
Topic	MIND CLASH INAUGURATION
Date	4th February, 2026
Time	1:30 PM to 4:30 PM
Venue	Carnegie Hall, Rockefeller Block
Number of Attendees	155
Resource Person	Mind Clash Team

Office of Student Life organized the Mind Clash Inauguration on 4th February 2026 at Carnegie Hall, Rockefeller Block, marking the official launch of the Mind Clash Quiz Competition. The event was conducted in an engaging and intellectually stimulating environment, setting the tone for the upcoming quiz sessions.

The inauguration featured expert sessions by Dr. Anuj Gupta, Dean - QAC, Chitkara University and Founder of Mockopedia, and Dr. Sandhaya Kumari, Professor (Law), Chitkara Law School. Their insightful talks motivated students, encouraged critical thinking, and highlighted the importance of quizzes in enhancing knowledge, analytical abilities, and confidence.

The smooth and successful conduct of the inauguration ceremony contributed significantly to the overall success of the event, effectively initiating Mind Clash 2026 and inspiring enthusiastic participation among students.



MIND CLASH INAUGURATION



OFFICE OF STUDENT LIFE

COMMUNICATION: YOUR REAL-LIFE SUPER POWER

EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Happiness Club
Topic	COMMUNICATION: YOUR REAL-LIFE SUPER POWER
Date	6th February, 2026
Time	1:10 PM to 2:50 PM
Venue	Hippocrates Hall, Fleming Block
Number of Attendees	75
Resource Person	Mr. Shivam K Mishra, Ms. Vrinda Sharma

The Chitkara Happiness Centre successfully organized an engaging and insightful session titled: Communication: Your Real-Life Superpower. The session was specially conducted for the students of Pharmacy, focusing on the critical role communication plays in their academic journey and future professional practice. Through interactive discussions, practical insights, and real-life examples, students explored how effective communication enhances both personal growth and professional excellence. The session emphasized how strong communication skills help Pharmacy students:

- Boost self-confidence in presentations, viva, and patient interactions
- Improve professional relationships with peers, faculty, doctors, and patients
- Express themselves clearly and fearlessly in clinical and academic settings
- Stand out in college and healthcare careers through impactful and ethical communication

Students actively participated and reflected on how communication is not merely a soft skill, but a core professional competency in the healthcare field. The session concluded with the powerful message that communication is a real-life superpower - one that builds trust, strengthens credibility, and shapes successful careers.



COMMUNICATION: YOUR REAL-LIFE SUPER POWER



OFFICE OF STUDENT LIFE UNVEILING THE MAGIC OF GRATITUDE EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Happiness Club
Topic	UNVEILING THE MAGIC OF GRATITUDE
Date	7th February, 2026
Time	2:00 PM to 4:00 PM
Venue	Pierre Hall, Architecture Block
Number of Attendees	51
Resource Person	Dr. Nayanika Singh

The Happiness Club, a student-led initiative under the Office of Student Life, is officially inaugurated to promote emotional well-being, positivity, and inner growth among students. The inauguration is led by Dr. Nayanika Singh, renowned psychologist and behavioral trainer, along with the Chief Warden, Ms. Savita Srivastava.

The club's first initiative, "Unveiling the Magic of Gratitude in Daily Lives" engages students in reflective and experiential activities such as Gratitude Affirmation Cards and the Gratitude Tree, encouraging them to recognize and express appreciation meaningfully. The session concludes with a thought-provoking gratitude video, leaving the hall filled with warmth and reflection.

With the enthusiastic participation of 50 students, the event marks a meaningful beginning for the Happiness Club's journey toward nurturing emotional growth alongside academic excellence.



UNVEILING THE MAGIC OF GRATITUDE



OFFICE OF STUDENT LIFE TURN THE PAGE, TAKE THE MIC EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Page Turners & Voice Vibes
Topic	TURN THE PAGE, TAKE THE MIC
Date	7th February, 2026
Time	1:30 PM to 4:30 PM
Venue	Einstein Hall, Galileo Block
Number of Attendees	38
Resource Person	Ms. Ishika

Office of Student Life's student-led clubs Voice Vibes and Page Turners collaborated to organized Turn the Page, Take the Mic on 7th February from 1:30 pm to 4:30 pm. The event created a heartfelt platform for students to celebrate stories, confidence, and the power of expression. The session began with an ice-breaker, "Passing the Ball," where music, dance, and excitement filled the room. When the music stopped, the participant holding the ball came on stage to share a book or movie that had inspired them. Laughter followed with the "Wrong Answers Only" game, bringing energy and spontaneity to the audience. In a reflective activity, students received a one-word personality description based on their conversations with ChatGPT and habits give as prompt. They wrote these on sticky notes and placed them onto a book prepared by the volunteers, symbolizing how every individual adds a page to a larger story. The tongue-twister challenge further tested confidence, and winners shared their personality traits on stage. Towards the end, participants created impromptu stories from random words, realizing that creativity comes from within and that speaking with courage makes every narrative powerful. In the final activity, students titled the current phase of their life as a chapter of a book, and many bravely shared their thoughts with the audience. The event concluded with gifts for the winners and special recognition for Yash and Aishwarya as Mr. Great and Miss Great. The afternoon stood as a beautiful reminder that everyone has a voice, and every page of life deserves to be spoken aloud.



TURN THE PAGE, TAKE THE MIC



OFFICE OF STUDENT LIFE

MIND CLASH LEVEL 1

EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Mind Clash
Topic	MIND CLASH LEVEL 1
Date	7th February, 2026
Time	1:30 PM to 3:30 PM
Venue	Carnegie Hall, Rockefeller Block
Number of Attendees	57
Resource Person	Mind Clash Team

Office of Student Life organized Mind Clash - University Level Quiz Competition on 7th February 2026 at Carnegie Hall, Rockefeller Block. The event provided an engaging platform for students to challenge their knowledge and logical thinking skills in a competitive environment.

The quiz witnessed active participation from over 50 students, who competed enthusiastically in the opening round. The questions were designed to test analytical ability, quick thinking, and general awareness, encouraging students to think critically under time constraints.

The successful conduct of the event marked a strong beginning for Mind Clash 2026, fostering a spirit of healthy competition and intellectual engagement among the participants.



MIND CLASH LEVEL 1



GPS Map Camera
Rajpura, Punjab, India 🇮🇳
Gm75+jx3, Rajpura, Punjab 140417, India
Lat 30.51406° Long 76.660067°
Saturday, 07/02/2026 03:03 PM GMT
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GPS Map Camera
Rajpura, Punjab, India 🇮🇳
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OFFICE OF STUDENT LIFE

RUN AND RAVE

EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Running Club
Topic	RUN AND RAVE
Date	7th February, 2026
Time	5:00 PM to 10:00 PM
Venue	HLP Galleria Mall, Mohali
Number of Attendees	24
Resource Person	Running Team

Today, chitkara Running Club successfully organized the Run and Rave program in collaboration with Fufu, creating a memorable and energetic experience for all participants. The event began with a three-kilometer race, where students enthusiastically showcased their endurance, teamwork, and sporting spirit. Following the run, a series of engaging fitness activities were conducted, promoting physical well-being and active lifestyles among students. The participants displayed great excitement and involvement throughout the session. The program concluded on a high note with a vibrant DJ party, adding fun and celebration to the day. Overall, the event was extremely well-received, and the students thoroughly enjoyed every moment. Organizing this program was a truly rewarding experience and a great success for the club.



RUN AND RAVE



OFFICE OF STUDENT LIFE

MIND CLASH LEVEL 1

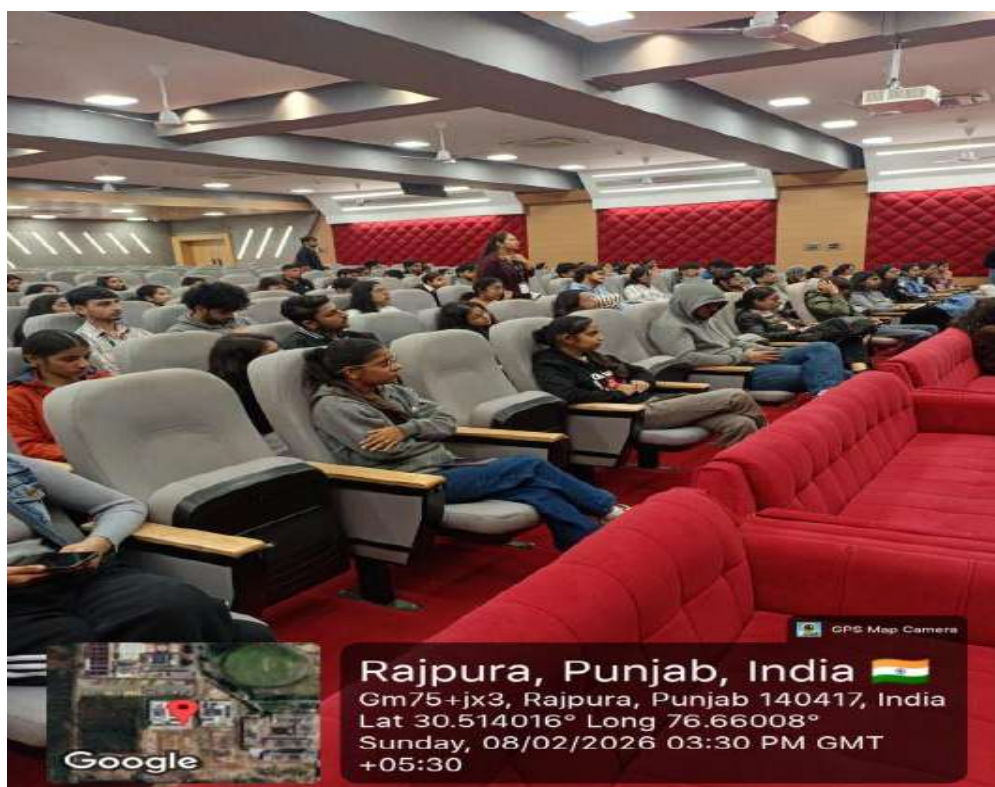
EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Mind Clash
Topic	MIND CLASH LEVEL 1
Date	8th February, 2026
Time	10:30 AM to 3:30 PM
Venue	Carnegie Hall, Rockefeller Block
Number of Attendees	113
Resource Person	Mind Clash Team

Office of Student Life organized Mind Clash - University Level Quiz Competition on *8th February 2026 from 10:30 AM to 3:30 PM at Carnegie Hall, Rockefeller Block. The event continued to provide an intellectually stimulating platform for students to showcase their knowledge and analytical skills.

The quiz session witnessed the participation of 113 students, who actively engaged in the competitive rounds. The questions challenged their logical reasoning, quick decision-making, and subject awareness, fostering an environment of healthy competition and learning.

The successful execution of the session further strengthened the momentum of Mind Clash 2026, reinforcing its aim to promote curiosity, confidence, and critical thinking among students.



MIND CLASH LEVEL 1



OFFICE OF STUDENT LIFE MIND CLASH LEVEL 1 EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Mind Clash
Topic	MIND CLASH LEVEL 1
Date	11th February, 2026
Time	1:30 PM to 3:30 PM
Venue	Moot Room, Flemming Block
Number of Attendees	112
Resource Person	Mind Clash Team

Office of Student Life organized Mind Clash – University Level Quiz Competition on 11th February 2026 from 1:30 PM to 3:30 PM at Moot room Flemming Block. The session continued to engage students in a stimulating and competitive quiz environment.

A total of 112 students participated in the quiz, actively taking part in the rounds designed to test their knowledge, logical reasoning, and quick thinking. The event encouraged intellectual curiosity and fostered a spirit of healthy competition among the participants.

The smooth and successful conduct of the session further contributed to the overall success of Mind Clash 2026, reinforcing its objective of promoting analytical skills and academic engagement.



MIND CLASH LEVEL 1



OFFICE OF STUDENT LIFE MIND CLASH LEVEL 1 EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Mind Clash
Topic	MIND CLASH LEVEL 1
Date	11 th February, 2026
Time	1:30 PM to 3:30 PM
Venue	Carnegie Hall, Rockefeller Block
Number of Attendees	169
Resource Person	Mind Clash Team

Office of Student Life organized Mind Clash - University Level Quiz Competition on 11th February 2026 from 1:30 PM to 3:30 PM at Carnegie Hall, Rockefeller Block. The session continued to engage students in a stimulating and competitive quiz environment.

A total of 169 student participated in the quiz, actively taking part in the rounds designed to test their knowledge, logical reasoning, and quick thinking. The event encouraged intellectual curiosity and fostered a spirit of healthy competition among the participants.

The smooth and successful conduct of the session further contributed to the overall success of Mind Clash 2026, reinforcing its objective of promoting analytical skills and academic engagement.



MIND CLASH LEVEL 1



OFFICE OF STUDENT LIFE

LINKEDIN EXPERIENCE ZONE INAUGURATION

EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	LinkedIn Club
Topic	LINKEDIN EXPERIENCE ZONE INAUGURATION
Date	11th February, 2026
Time	10:00 AM to 4:00 PM
Venue	Exploratorium and Sportorium
Number of Attendees	453
Resource Person	LinkedIn Team

Office of Student Life, in collaboration with the LinkedIn Team, successfully organized the LinkedIn Experience Zone Inauguration & Career Enablement Session on 11th February 2026 at Exploratorium and Sportorium. The event aimed to empower students with industry-relevant skills and insights to enhance their career readiness using the LinkedIn platform.

The session witnessed enthusiastic participation from 453 students, where the LinkedIn team conducted an engaging and insightful workshop on leveraging LinkedIn for job opportunities, using AI-based roleplay for interview and professional skill training, and maximizing the benefits of the LinkedIn Learning platform. The interactive format encouraged students to actively participate, ask questions, and gain hands-on exposure to career-building tools.

As part of the event, the LinkedIn Experience Zone was formally inaugurated, providing students and faculty with an innovative space to explore LinkedIn tools, participate in guided activities, and experience real-time learning. Additionally, LinkedIn Ambassadors from Chitkara University were felicitated and rewarded for their exceptional contributions in promoting digital networking and professional growth on campus.

The successful execution of the event marked a significant step towards fostering career awareness, digital professionalism, and industry engagement, leaving a lasting impact on students and faculty alike.



LINKEDIN EXPERIENCE ZONE INAUGURATION



OFFICE OF STUDENT LIFE

ZUMBA WORKSHOP

EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Skillverse
Topic	ZUMBA WORKSHOP
Date	12th February, 2026
Time	10:30 PM to 11:30 PM
Venue	Zumba Room, Sportorium
Number of Attendees	38
Resource Person	Ms. Ishika

Office of Student Life successfully organized a Zumba Workshop on 12th February 2026 at the Zumba Room, creating an energetic and refreshing experience for the participants. The workshop witnessed enthusiastic participation from 38 students, who actively engaged in the high-energy session.

The students thoroughly enjoyed grooving to vibrant Punjabi beats and lively Zumba melodies, making the session both fun-filled and rejuvenating. The interactive workout not only boosted energy levels but also promoted physical fitness, mental well-being, and stress relief among the participants.

The workshop also served as a platform to promote the Zumba Fitness Course under Skillverse 8.0, encouraging students to explore structured fitness training and adopt a healthy lifestyle. The event concluded on a high note, leaving participants refreshed, motivated, and eager for more such wellness-driven initiatives.

ZUMBA WORKSHOP



OFFICE OF STUDENT LIFE BACHATA WORKSHOP EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Skillverse
Topic	BACHATA WORKSHOP
Date	13th February, 2026
Time	1:30 PM to 3:00 PM
Venue	Zumba Room, Sportorium
Number of Attendees	15
Resource Person	Gurdeep Singh

Office of Student Life successfully organized a Bachata Dance Workshop on 13th February 2026 at the Zumba Room, creating a vibrant, rhythmic, and engaging experience for the participants. The workshop witnessed enthusiastic participation from 15 students, who actively immersed themselves in learning the elegant and expressive moves of Bachata.

The students thoroughly enjoyed dancing to soulful Latin beats and smooth Bachata rhythms, making the session both enjoyable and energizing. The interactive dance workshop not only enhanced coordination and rhythm but also promoted physical fitness, confidence, and emotional well-being among the participants.

The workshop also served as a platform to promote the Bachata Dance Course under Skillverse 8.0, motivating students to explore structured dance training and embrace creative expression through movement. The event concluded on a high note, leaving participants inspired, refreshed, and eager to be part of more such dynamic cultural initiatives.



BACHATA WORKSHOP



OFFICE OF STUDENT LIFE ONE COLOUR CHALLENGE EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Color Canvas
Topic	ONE COLOUR CHALLENGE
Date	13th February, 2026
Time	10:00 PM to 12:00 PM
Venue	Conference Hall, Chitkara Happiness Centre
Number of Attendees	12
Resource Person	Color Canvas Team

Office of Student Life presents the Colour Canvas Club. As this new journey begins, the start was marked not by grandeur, but by purpose small yet deeply engaging activities where creativity spoke louder than words.

With Mahashivratri as the inspiring theme, students expressed their imagination through heartfelt artworks submitted by 13th February, each piece reflecting devotion and originality.

Adding to the excitement was a delightful “One Colour Challenge,” where a single shade became the foundation for limitless creativity.

The results were announced by the Chief Happiness Officer, Mr. Manav Bansal, and the First, Second, and Third prizes were awarded to honour exceptional artistic expression.

A simple yet soulful start painted with passion, joy, and the promise of many vibrant moments ahead.



ONE COLOUR CHALLENGE



OFFICE OF STUDENT LIFE

LOVE FEST

EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Office of Student Life
Topic	LOVE FEST
Date	14th February, 2026
Time	10:00 AM to 4:00 PM
Venue	Alpha Zone
Number of Attendees	146
Resource Person	Office of Student Life Team

Office of Student Life (OSL) successfully organized Love Fest Canopies on 14th February 2025 at the Alpha Zone, creating a vibrant and joyful atmosphere for students to celebrate connection, friendship, and togetherness. The event witnessed enthusiastic participation from 146 students, who actively engaged in a series of fun-filled and interactive activities.

The canopies featured a diverse range of engaging activities designed to promote bonding, creativity, teamwork, and gratitude. One of the key attractions was “How Much Do You Know Each Other”, where partners and best friends answered a set of common questions, strengthening their understanding and connection. Another popular activity was Thumb Printing and Doodle Art, conducted by the Color Canvas Team, allowing students to express their creativity through colorful impressions and artistic doodles.

Adding excitement and energy to the event, students enthusiastically participated in the 3-Leg Race, fostering teamwork, coordination, and a spirit of healthy competition. Additionally, the Gratitude Chit Activity encouraged students to pick a thoughtful message and share it with their loved ones, spreading positivity, appreciation, and warmth across the campus.

The Love Fest Canopies successfully created an environment of joy, celebration, creativity, and emotional connection, making the event a memorable experience for all participants.



LOVE FEST



OFFICE OF STUDENT LIFE

3.2.1 HAPPINESS CHALLENGE

EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Happiness Club
Topic	3.2.1 HAPPINESS CHALLENGE
Date	14th February, 2026
Time	Full Day
Venue	Online, WhatsApp
Number of Attendees	26
Resource Person	Happiness Team

The Happiness Club recently conducted an online engagement activity titled “3.2.1 Happiness Challenge” to welcome and interact with new members of the Happiness Tribe.

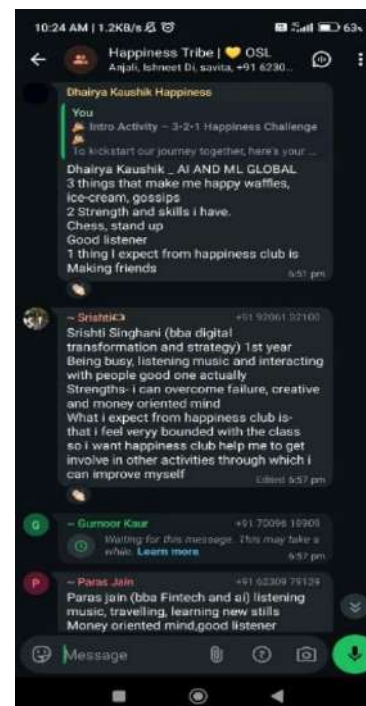
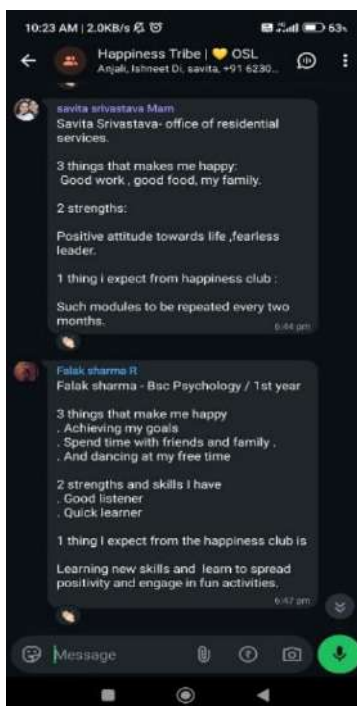
The activity encouraged participants to share three things that make them happy, two strengths or skills they possess, and one expectation from the club. This interactive format helped create a positive and comfortable space for self-expression and connection.

Around 26 students actively participated in the activity, making it a vibrant and energetic start to the journey. The session successfully fostered engagement, meaningful conversations, and a strong sense of community among members.

The initiative marked a promising beginning toward building a more connected and happiness-driven campus culture.



3.2.1 HAPPINESS CHALLENGE



OFFICE OF STUDENT LIFE MIND CLASH LEVEL 1 - IPM DEPARTMENT EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Mind Clash
Topic	MIND CLASH LEVEL 1 - IPM DEPARTMENT
Date	16 th February, 2026
Time	1:30 PM to 3:30 PM
Venue	LH 303, Rockefeller Block
Number of Attendees	63
Resource Person	Mind Clash Team

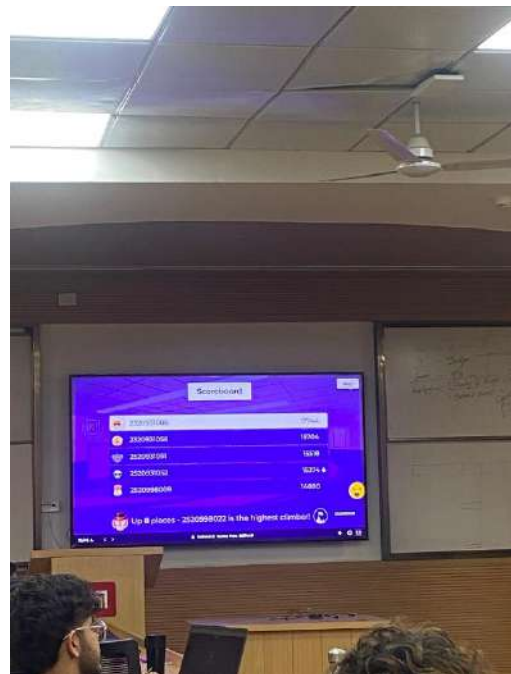
Office of Student Life organized Mind Clash - University Level Quiz Competition on 16th February 2026 from 1:30 PM to 3:30 PM at LH 303 , Rockefeller Block. The session continued to engage students in a stimulating and competitive quiz environment.

A total of 63 students participated in the quiz, actively taking part in the rounds designed to test their knowledge, logical reasoning, and quick thinking. The event encouraged intellectual curiosity and fostered a spirit of healthy competition among the participants.

The smooth and successful conduct of the session further contributed to the overall success of Mind Clash 2026, reinforcing its objective of promoting analytical skills and academic engagement.



MIND CLASH LEVEL 1 - IPM DEPARTMENT



OFFICE OF STUDENT LIFE

MIND CLASH LEVEL 1 - ARCHITECTURE DEPARTMENT

EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Mind Clash
Topic	MIND CLASH LEVEL 1 - ARCHITECTURE DEPARTMENT
Date	17th February, 2026
Time	11:45 AM to 12:45 PM
Venue	LH 2, Architecture Block
Number of Attendees	61
Resource Person	Mind Clash Team

Office of Student Life organized Mind Clash - University Level Quiz Competition on 17th February 2026 from 11:45 AM to 12:4 PM at LH 2 , Architecture Block. The session continued to engage students in a stimulating and competitive quiz environment.

A total of 61 students participated in the quiz, actively taking part in the rounds designed to test their knowledge, logical reasoning, and quick thinking. The event encouraged intellectual curiosity and fostered a spirit of healthy competition among the participants.

The smooth and successful conduct of the session further contributed to the overall success of Mind Clash 2026, reinforcing its objective of promoting analytical skills and academic engagement



MIND CLASH LEVEL 1 - ARCHITECTURE DEPARTMENT



OFFICE OF STUDENT LIFE NAZARIYA INAUGURATION EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Nazariya - Film Making Club
Topic	NAZARIYA INAUGURATION
Date	19th February, 2026
Time	1:30 PM to 3:30 PM
Venue	LH 105, Martin Luther Block
Number of Attendees	40
Resource Person	Mr. Sumeer Walia

The Office of Student Life organized the Nazariya Inauguration on 19th February 2026 from 1:30 PM to 3:30 PM at LH 105, Martin Luther Block. The event marked the official launch of Nazariya, creating an enthusiastic and inspiring atmosphere among students.

A total of 40 attendees participated in the session, engaging actively in the inaugural activities and discussions. The program introduced the vision, objectives, and future plans of Nazariya, encouraging creativity, collaboration, and student involvement.

The event was conducted smoothly and successfully, contributing to a strong and impactful beginning for Nazariya. It effectively set the foundation for fostering artistic expression, innovation, and a vibrant creative community within the university.



NAZARIYA INAUGURATION



OFFICE OF STUDENT LIFE LINKEDIN EXPERIENCE ZONE EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	LinkedIn Club
Topic	LINKEDIN EXPERIENCE ZONE
Date	19th, 20th, 23rd, 24th, 25th, 26th & 27th February, 2026
Time	11:00 PM to 1:30 PM
Venue	Basement, Edison Block
Number of Attendees	175
Resource Person	LinkedIn Team

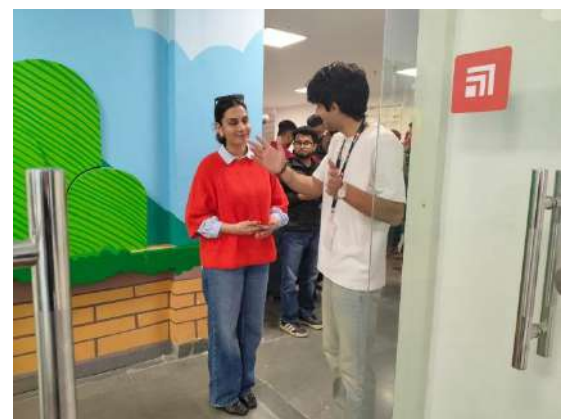
The LinkedIn Club under the Office of Student Life successfully organized daily visits to the LinkedIn Experience Zone from 19th to 27th February 2026 (on 19th, 20th, 23rd, 24th, 25th, 26th and 27th) at the basement of Edison Block, from 11:00 AM to 1:30 PM. The initiative witnessed active participation from students of various departments, creating a dynamic and engaging professional learning environment.

During the sessions, students explored a wide range of interactive activities including AI roleplay, LinkedIn Learning modules, and the engaging “Spin the Wheel” challenge, which encouraged participants to complete tasks and create short professional videos for posting on LinkedIn. Additionally, students had the opportunity to get their professional photographs clicked, helping them enhance their LinkedIn profiles and personal branding.

The LinkedIn Experience Zone served as an innovative platform to promote digital professionalism, career readiness, and confidence among students. The daily visits enabled students to gain practical exposure, improve their online presence, and develop essential employability skills. The successful execution of this initiative reflected the club’s commitment towards empowering students with industry-relevant tools and knowledge.



LINKEDIN EXPERIENCE ZONE



OFFICE OF STUDENT LIFE SPECIAL ZUMBA WORKSHOP EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Skillverse
Topic	SPECIAL ZUMBA WORKSHOP
Date	20 th February, 2026
Time	10:30 PM to 11:30 PM
Venue	Explore Stars
Number of Attendees	46
Resource Person	Mr. Kundan

Office of Student Life successfully organized a Special Zumba Workshop on 20th February 2026 at Explore Stars, led by Mr. Kundan, Head Choreographer, Office of Student Affairs. The session was designed to energize, refresh, and uplift students through an engaging fitness experience.

The workshop witnessed enthusiastic participation, where students grooved to high-energy Zumba beats, enjoyed dynamic dance routines, and actively took part in the vibrant session. With his infectious energy and motivating style, Mr. Kundan ensured that every participant stayed engaged, energized, and thoroughly enjoyed the workout.

The session created an atmosphere filled with positivity, enthusiasm, and fitness motivation, leaving students refreshed and invigorated. The successful conduct of the workshop reinforced the importance of physical fitness, mental well-being, and an active lifestyle among the university community.



SPECIAL ZUMBA WORKSHOP



OFFICE OF STUDENT LIFE

DJ CLASS

EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	DJ Club
Topic	DJ CLASS
Date	22nd February, 2026
Time	2:00 PM to 3:00 PM
Venue	LH 303, Rockefeller Block
Number of Attendees	15
Resource Person	Dev

The DJ Club under the Office of Student Life (OSL) successfully conducted its first introductory session on 22nd February 2026, witnessing enthusiastic participation from around 15 students. The session marked an energetic and promising beginning for the DJ Club on campus.

The class commenced with a basic introduction to DJing, familiarizing students with core concepts, terminology, and essential equipment used in the field. This was followed by an engaging introductory activity on frequency matching, enabling participants to understand sound balance, beat alignment, and rhythm coordination.

The interactive and hands-on nature of the session created a lively learning environment, motivating students to explore the art of DJing. The successful conduct of the first class laid a strong foundation for future sessions, fostering creativity, technical skills, and musical expression among the participants.



DJ CLASS



OFFICE OF STUDENT LIFE SUNDAY DHAMAKA EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Running Club
Topic	SUNDAY DHAMAKA
Date	22nd February, 2026
Time	9:00 AM to 10:30 AM
Venue	Chitkara University
Number of Attendees	11
Resource Person	Running Team

Sunday Dhamaka Run - Powered by Chitkara Running Club. Today, we successfully conducted the Sunday Dhamaka Run with the Chitkara Running Club, and it was filled with energy, enthusiasm, and excitement. We encouraged students to complete a 3 kilometer non-stop run, pushing their limits and building endurance. To track performance accurately, we used the Strava app to record each participant's running data, including time and distance. A healthy competition was organized where participants raced to complete the 3 km distance in the shortest time. The fastest runners won exciting prizes, which added extra motivation and thrill to the event. The session began with warm-up exercises and engaging activities to prepare everyone physically and mentally. The energy throughout the event was incredible, and the enthusiasm of the students made the run even more special. It was not just about competition - it was about fitness, fun, teamwork, and self-improvement. Everyone loved the experience, and we look forward to many more powerful runs together.



SUNDAY DHAMAKA



OFFICE OF STUDENT LIFE YOGA WORKSHOP EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Yoga Club
Topic	YOGA WORKSHOP
Date	22nd February, 2026
Time	5:00 PM to 6:00 PM
Venue	Stage of Picasso Block
Number of Attendees	12
Resource Person	Yoga Team

The Yoga Club under the Office of Student Life successfully conducted a refreshing and peaceful yoga session on 22nd February 2026 at the Picasso Stage. The session focused on meditation, yoga asanas, and stretching exercises, creating a calm and rejuvenating experience for the participants.

The session began with gentle warm-up stretches to relax the muscles and prepare the body, followed by guided meditation and a series of yoga postures aimed at enhancing flexibility, balance, and inner calm. The mindful flow of activities helped participants relieve stress, improve focus, and promote overall physical and mental well-being.

The tranquil atmosphere and structured practice encouraged students to embrace a healthier and more balanced lifestyle. The successful conduct of the session left participants feeling relaxed, refreshed, and motivated to continue their yoga journey.



YOGA WORKSHOP



OFFICE OF STUDENT LIFE

ART TRIP

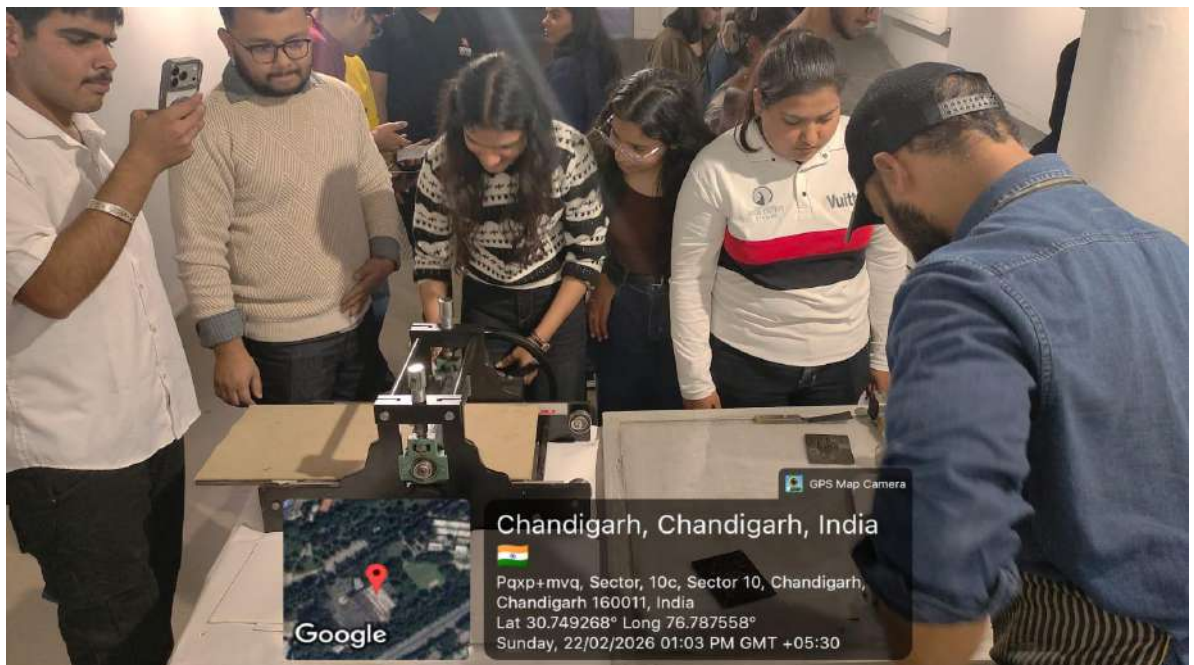
EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Color Canvas
Topic	ART TRIP
Date	22nd February, 2026
Time	9:00 AM to 3:00 PM
Venue	Museum Art Gallery, Sector 10, Chandigarh
Number of Attendees	18
Resource Person	Color Canvas Team

Office of Student Life presents Colour Canvas Club - Art Trip. The Colour Canvas Club recently organized an enriching art visit for students to the Govt. Museum Art Gallery, where 20 students participated in a Printmaking Workshop on 22nd Feb 2026. This hands-on session provided them with a unique opportunity to learn and experience the intricate process of printmaking, allowing them to explore a new dimension of artistic expression. Their enthusiasm and active engagement reflected their deep interest in learning and creating. Students also visited the art exhibition “Impression to Expression” where they witnessed remarkable artworks by renowned painters. Observing these diverse styles and visual narratives helped students understand how ideas evolve into meaningful artistic expressions. Earlier in the day, students also explored the Rose Festival, where they enjoyed a vibrant fair and appreciated various art forms, making the overall experience both joyful and inspiring. The visit proved to be a meaningful learning experience, nurturing creativity, artistic appreciation, and exposure beyond the classroom. Students returned with new skills, inspiration, and memorable experiences.



ART TRIP



OFFICE OF STUDENT LIFE

MINI FUN QUIZ

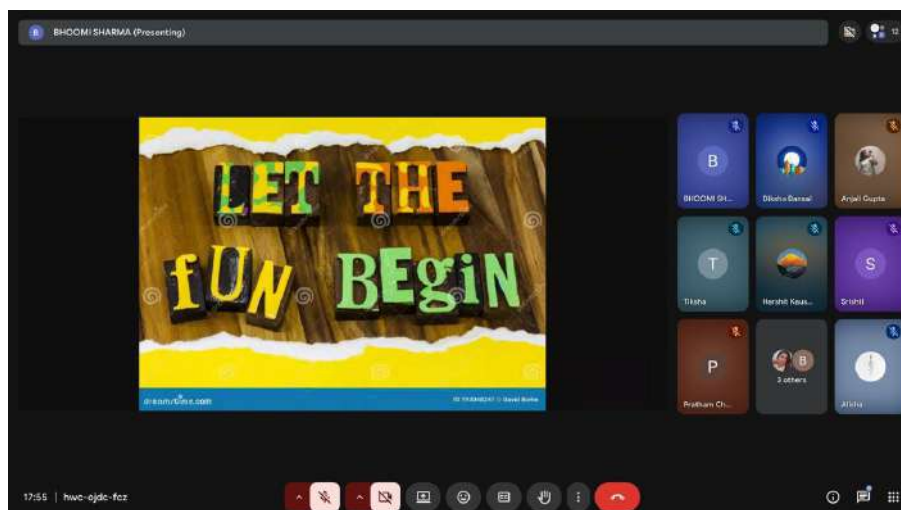
EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Happiness Club
Topic	MINI FUN QUIZ
Date	22nd February, 2026
Time	5:45 PM to 6:15 PM
Venue	Google Meet
Number of Attendees	15
Resource Person	Happiness Team

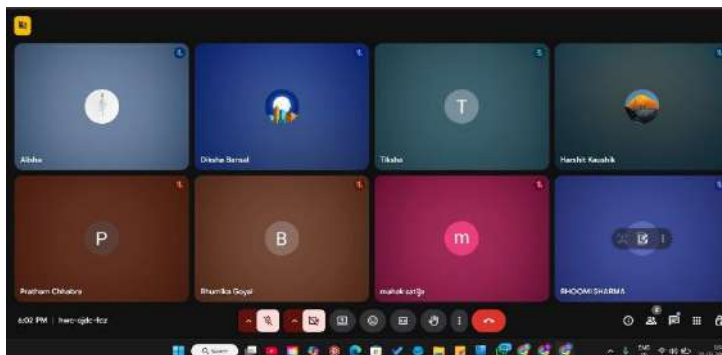
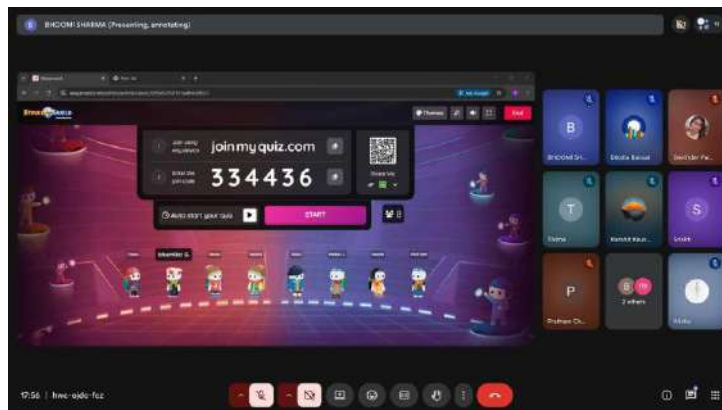
The Happiness Club recently conducted an engaging and energetic activity titled “Mini Fun Quiz” for members of the Happiness Tribe. The quiz was designed to create a lively atmosphere while encouraging quick thinking, creativity, and healthy competition among participants. The session featured a series of fun, brain-storming questions that challenged students to think smartly and respond swiftly. The interactive format kept the energy high and ensured active participation throughout the activity. Around 15 students enthusiastically participated, making it an exciting and competitive experience. The event not only entertained the participants but also strengthened bonding, boosted engagement, and added a spark of joy to the community. We are delighted to congratulate our winners:

- 🏆 1 Diksha - 1st Position
- 🏆 2 Madhur Jain - 2nd Position
- 🏆 3 Yashika - 3rd Position

Their quick thinking and enthusiasm truly stood out during the session. The initiative successfully contributed to fostering a positive, connected, and happiness-driven campus environment, reinforcing the club’s mission to spread smiles through meaningful engagement.



MINI FUN QUIZ



8 participants

Rank	Name	Score	Correct	Incorrect
1	Tikaar	1990	6/6	0/0
2	PRATHAM	1800	6/6	0/0
3	Yoshika	1750	6/6	0/0
4	Madhur Jain	920	5/5	0/0
5	Harshit	800	5/5	0/0
6	Alkha	740	5/5	0/0
7	Bhumiika Goyal	0	0/0	0/0
8	Diksha	0	0/0	0/0



OFFICE OF STUDENT LIFE BOLLYWOOD NIGHT EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Office of Student Life
Topic	BOLLYWOOD NIGHT
Date	26th February, 2026
Time	9:30 PM to 10:30 PM
Venue	Backside NGH B
Number of Attendees	82
Resource Person	Girls Hostel Ambassador Team

The Bollywood Night, powered by the Office of Student Life (OSL) in collaboration with Project Hostel Ambassadors and the Office of Residential Services, was a vibrant and engaging event that brought together over 80+ enthusiastic girls from the hostels. The evening was filled with energy, excitement, and meaningful interaction, creating a lively atmosphere that celebrated both entertainment and community spirit. The primary objective of the event was not only to provide a fun recreational platform but also to introduce students to the vision and mission of OSL. During the program, the team interacted closely with participants and shared how the Office of Student Life is committed to enhancing student engagement, fostering inclusivity, and enriching campus life through various initiatives and activities. The night featured a series of Bollywood-themed games, creative activities, and interactive sessions that encouraged participation and strengthened bonds among students. Laughter, music, and teamwork defined the spirit of the evening. Overall, the event successfully combined fun with purpose. It reinforced OSL's dedication to student happiness and engagement while creating memorable experiences that contributed positively to hostel life and campus culture.



BOLLYWOOD NIGHT



OFFICE OF STUDENT LIFE WORLD SCIENCE DAY EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Office of Student Life
Topic	WORLD SCIENCE DAY
Date	27th February, 2026
Time	12:00 PM to 3:30 PM
Venue	Alpha Zone
Number of Attendees	140
Resource Person	Office of Student Life Team

Office of Student Life successfully organized an interactive activity canopy on the occasion of World Science Day on 27th February 2026 at the Alpha Zone. The initiative was designed to engage students through fun, learning-based, and experiential activities, creating an exciting and educational environment. The canopy featured a unique concept of three distinguished zones, where students picked chits and participated in activities based on the category they received. The three zones included: (1) Knowledge, Awareness, and Positivity through Science, where students took part in a quiz to test and enhance their scientific knowledge. (2) Creativity and Expression in Science, where students either showcased their artistic skills through drawings or shared their thoughts by speaking on the topics mentioned in the chits. (3) Science in Body and Mind, where participants performed engaging physical tasks, emphasizing the connection between science, fitness, and mental well-being. The interactive format encouraged active participation, curiosity, and creativity among students. The successful execution of the canopy made the celebration of World Science Day both impactful and memorable, fostering scientific awareness, innovation, and holistic development among the participants.



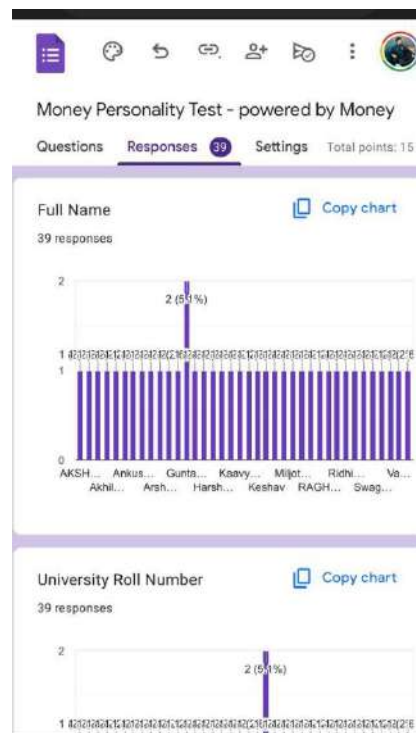
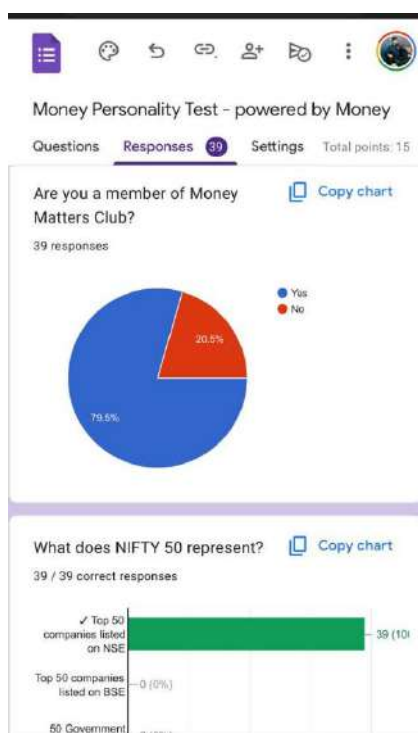
WORLD SCIENCE DAY



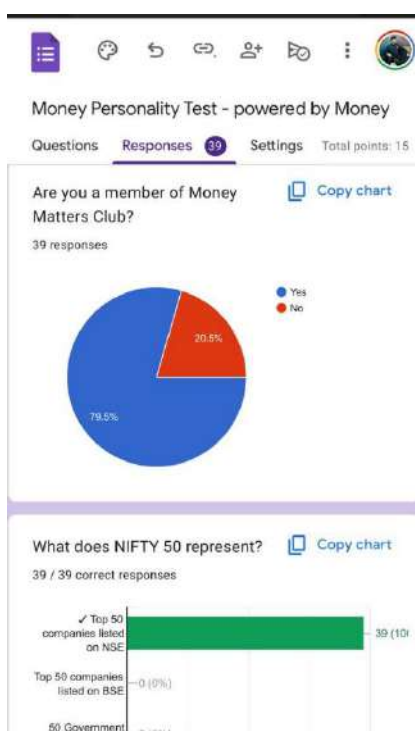
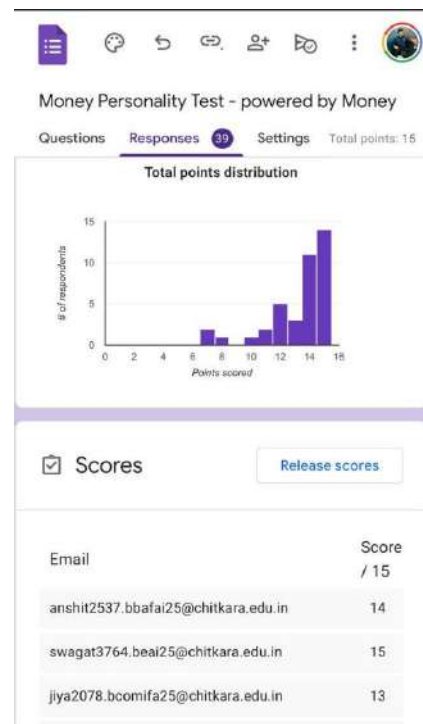
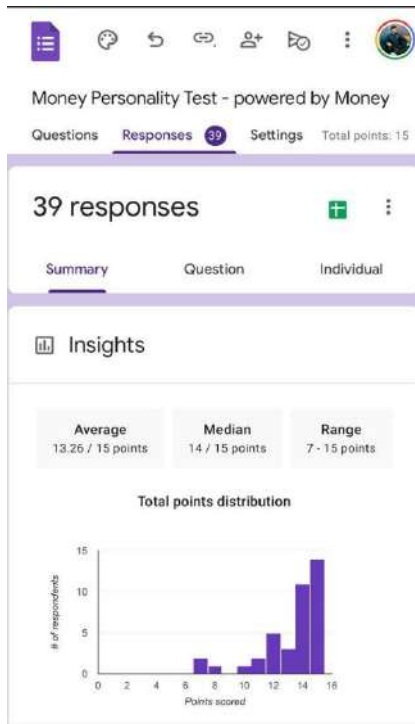
OFFICE OF STUDENT LIFE MONEY PERSONALITY TEST EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Money Matters
Topic	Money Personality Test
Date	1st March, 2026
Time	5:30 pm – 6:00 pm
Mode	Online
Number of Attendees	40
Resource Person	Money Matters Team

Office of Student Life’s Club Money Matters organised a Money Personality Test on 1st March 2026. The event was thoughtfully planned and executed with great attention to detail. A structured Google Form was used for smooth registration and coordination. This made the entire process simple and convenient for participants. The form was easy to access and quick to fill out. It helped in managing participant data efficiently. The organisers ensured that everything was handled in a systematic manner. The event reflected strong planning and professionalism. Participants experienced a seamless and hassle-free process. The coordination throughout the event was smooth and well-managed. Overall, it provided an accessible and enjoyable experience for everyone involved.



MONEY PERSONALITY TEST



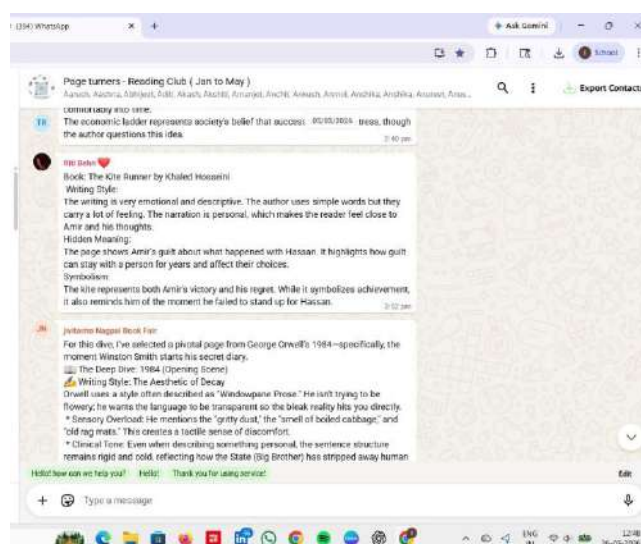
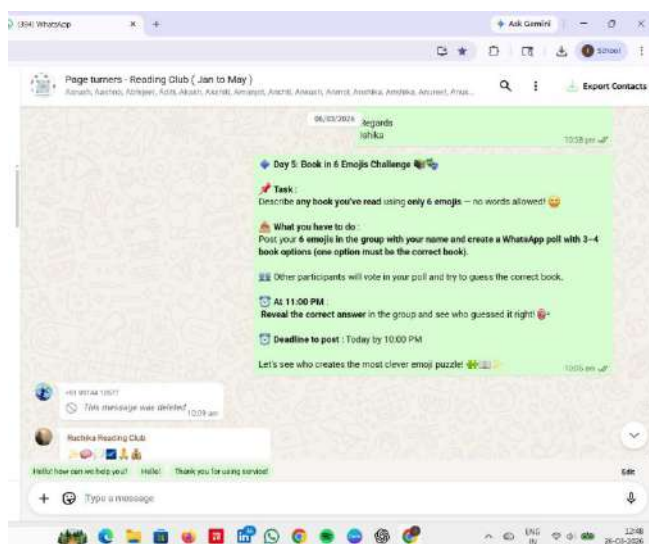
OFFICE OF STUDENT LIFE

7 DAY ONLINE PAGE TURNERS ACTIVITY

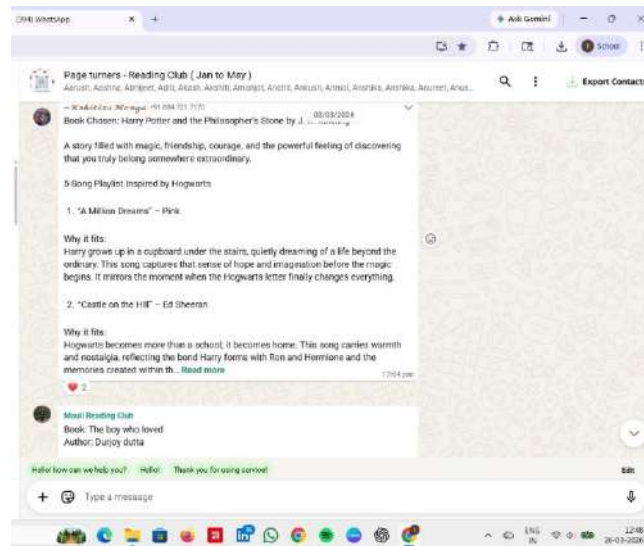
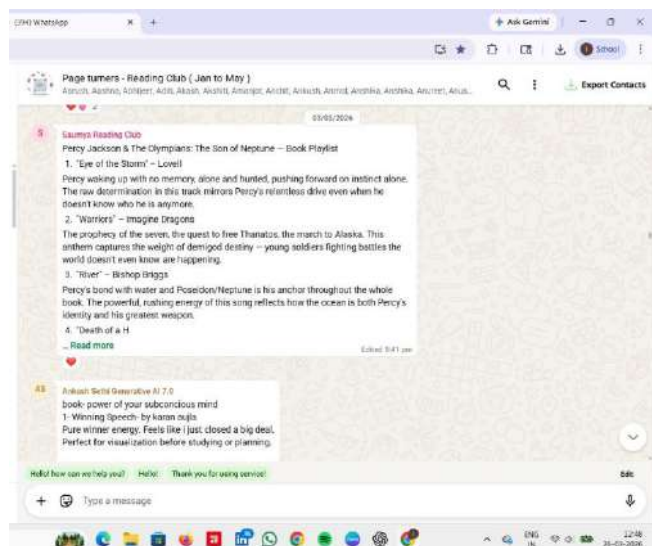
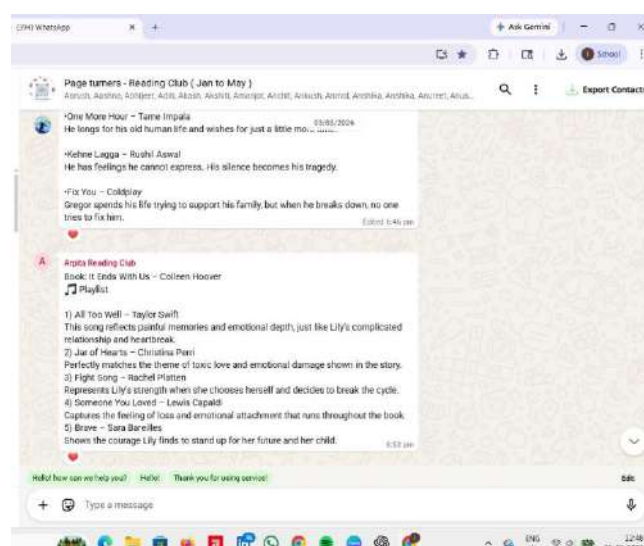
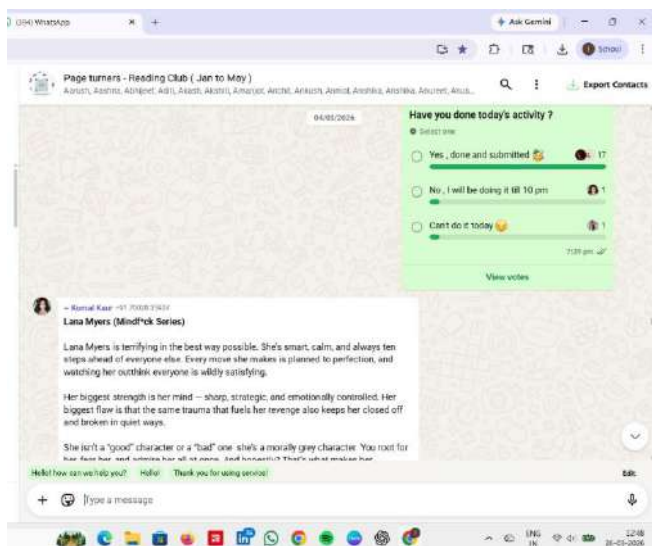
EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Page Turners
Topic	7 Day Page Turners Online Activity
Date	1st – 7th March, 2026
Time	10:00 am – 8:00 pm
Mode	Online
Number of Attendees	45
Resource Person	Ms. Ishika

Office of Student Life's Club Page Turners organized a 7-day online Page Turners literary challenge from 1st March to 7th March 2026. The event was designed to deepen students' engagement with reading and enhance their creative thinking. Each day featured a unique activity such as rewriting book endings, creating book-based playlists, character investigation, deep-diving into a single page, emoji storytelling, and writing concise book reviews. These activities encouraged participants to think beyond the text and explore different perspectives. Students were able to express their ideas creatively and analytically. A total of 45 students actively participated in the challenge. They shared thoughtful and imaginative responses throughout the week. The event provided an interactive and meaningful platform for readers. It helped participants connect with literature in a refreshing way. The initiative successfully promoted creativity and critical thinking. Overall, it reflected the true essence of Page Turners by encouraging thoughtful reading and a deeper appreciation for literature.



7 DAY ONLINE PAGE TURNERS ACTIVITY



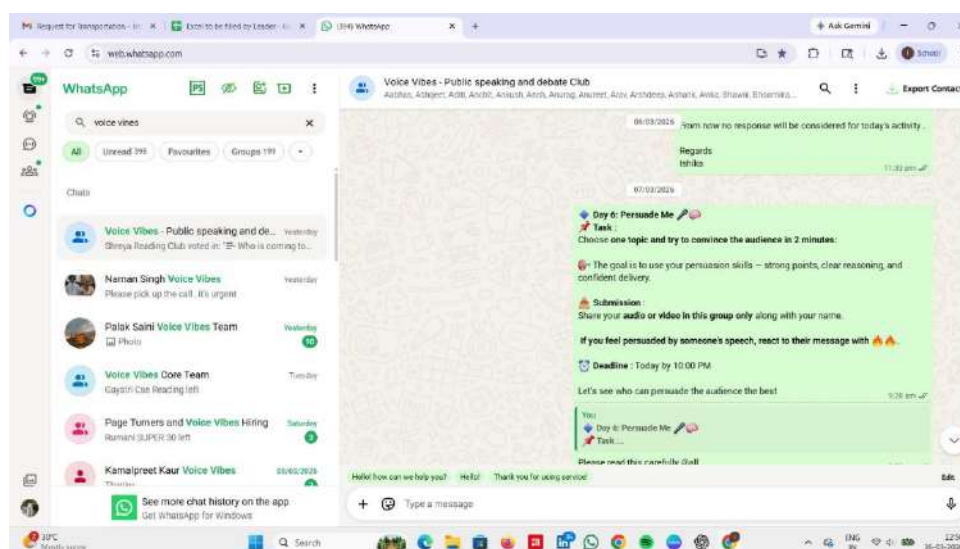
OFFICE OF STUDENT LIFE

7 DAY ONLINE VOICE VIBES ACTIVITY

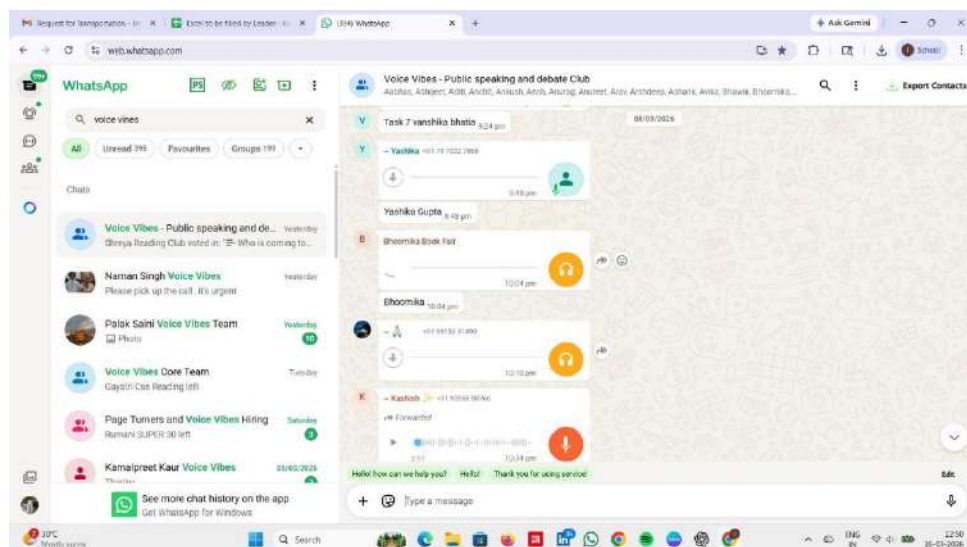
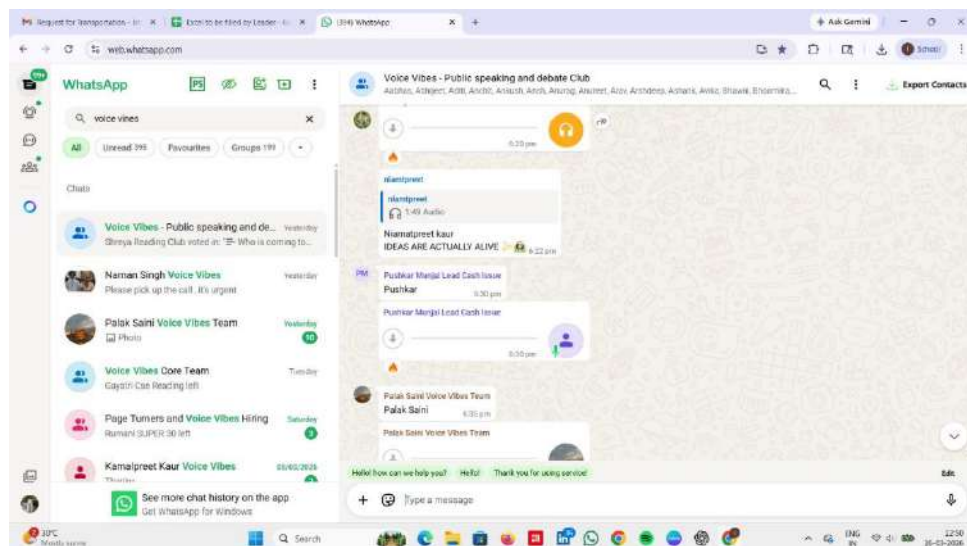
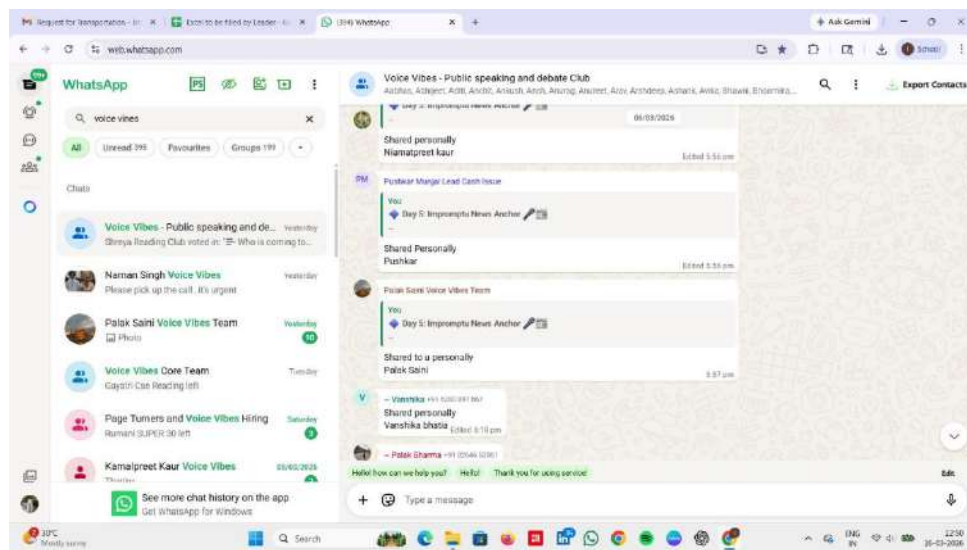
EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Voice Vibes
Topic	7 Day Online Voice Vibes Activity
Date	1st – 7th March, 2026
Time	10:00 am – 8:00 pm
Mode	Online
Number of Attendees	30
Resource Person	Ms. Ishika

Office of Student Life's Club Voice Vibes organized a 7-day speaking challenge from 1st March to 7th March 2026. The event aimed to strengthen students' communication skills, confidence, and spontaneity. Each day included engaging activities such as eliminating filler words, reverse debating, impromptu storytelling, persuasive speaking, news anchoring, and expressing the same message in different styles. These tasks encouraged participants to step out of their comfort zones. They also helped students explore various aspects of public speaking. A total of 30 students actively participated in the challenge. Participants shared audio and video submissions showcasing creativity and clarity. The challenge promoted confidence and effective expression. It also encouraged peer interaction and real-time feedback. The event created a supportive and interactive environment for learning. Overall, it helped students find their voice and communicate with greater impact, reflecting the true vision of Voice Vibes.



7 DAY ONLINE VOICE VIBES ACTIVITY



OFFICE OF STUDENT LIFE

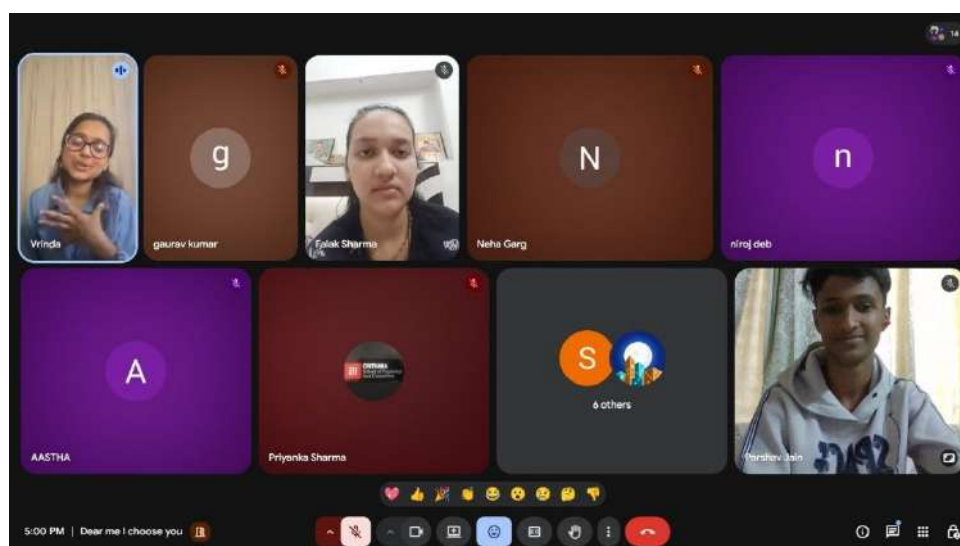
SELF LOVE

EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Happiness Club
Topic	Self-Love
Date	6th March, 2026
Time	4:00 pm – 4:45 pm
Mode	Online
Number of Attendees	17
Resource Person	Ms. Vrinda Sharma

Office of Student Life's Club Happiness Club organised a Self-Love & Inner Awareness Session on 6th March 2026 from 4:00 PM to 4:45 PM in online mode. The session was conducted by Ms. Vrinda Sharma, who guided participants towards self-reflection and inner clarity. It focused on the idea of self-acceptance, self-worth, and understanding one's true self beyond societal expectations.

Participants were encouraged to pause, reflect, and reconnect with themselves in a meaningful way. The session created a calm and supportive environment for introspection. Students actively engaged and gained valuable insights into personal growth and emotional well-being. It reminded everyone that they are enough just as they are. Overall, the session was peaceful, impactful, and inspiring, promoting the importance of self-love and inner awareness.



SELF LOVE



OFFICE OF STUDENT LIFE PHOTOGRAPHY WORKSHOP EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Nazariya: The FilmMaking Club
Topic	Photography Workshop
Date	11th March, 2026
Time	1:30 PM to 3:00 PM
Venue	Faraday Hall
Number of Attendees	78
Resource Person	Dr. Manpal Setia

Office of Student Life's Club Nazariya: The Film Making Club organized a photography session on 11th March 2026. The event took place at Faraday Hall, Edison Block from 1:30 PM to 3:00 PM. The session was conducted by Dr. Manpal Setia, who shared valuable insights on photography techniques and creative expression. The workshop focused on enhancing visual storytelling skills. Participants learned about composition, lighting, and creativity in photography. A total of 78 students attended the session. They actively engaged and showed great interest throughout the workshop. The session was interactive and informative. It encouraged students to explore their creative potential. The event was well-organized and smoothly conducted. Overall, it concluded successfully, inspiring students to develop their skills in photography.



PHOTOGRAPHY WORKSHOP



OFFICE OF STUDENT LIFE LINKEDIN EXPERIENCE ZONE EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	LinkedIn Club
Topic	LinkedIn Experience Zone
Date	11th March, 2026
Time	9:00 am – 4:00 pm
Venue	Edison Block Basement
Number of Attendees	66
Resource Person	LinkedIn Team

Office of Student Life’s Club LinkedIn Club organised a LinkedIn Experience Zone on 11th March 2026 from 9:00 AM to 4:00 PM. The initiative witnessed active participation from students of various departments, creating a dynamic and engaging professional learning environment. During the sessions, students explored a wide range of interactive activities including AI roleplay, LinkedIn Learning modules, and the engaging “Spin the Wheel” challenge, which encouraged participants to complete tasks and create short professional videos for posting on LinkedIn. Additionally, students had the opportunity to get their professional photographs clicked, helping them enhance their LinkedIn profiles and personal branding. The LinkedIn Experience Zone served as an innovative platform to promote digital professionalism, career readiness, and confidence among students. The event enabled students to gain practical exposure, improve their online presence, and develop essential employability skills. Overall, the successful execution of this initiative reflected the club’s commitment towards empowering students with industry-relevant tools and knowledge.



LINKEDIN EXPERIENCE ZONE



OFFICE OF STUDENT LIFE RESEARCH CLUB ONBOARDING EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Chitkara Research Club
Topic	Research Club Onboarding
Date	13 th March, 2026
Time	1:30 pm – 3:00 pm
Venue	Einstein Hall
Number of Attendees	57
Resource Person	P.K. Khosla Sir

Office of Student Life's Club Chitkara Research Club organised an Onboarding Research Club event on 13th March 2026. The inauguration began with a visionary formal session graced by Chief Happiness Officer Manav Bansal and PK Khosla Sir. A major highlight was the skit titled *The Court of Knowledge*, a courtroom drama that explored India's deep roots in research by contrasting a traditional Sanskrit-speaking historian with a modern Gen Z researcher. The performance beautifully conveyed that true innovation requires both the accuracy of the past and the speed of the present.

Following the formal session, the event transitioned into an engaging informal mixer aimed at building connections among members. Participants enjoyed music jamming sessions and interactive games like *Never Have I Ever* and *Clap and Grab Your Fortune*. These activities helped break the ice and created a lively and comfortable environment. The energy peaked with the flagship "10 Min Research Lab" activity, where participants collaboratively analyzed a complex image and mapped their observations onto a shared canvas. This activity tested their analytical and teamwork skills effectively. Overall, the event was dynamic and successful, marking a strong and engaging launch of the Chitkara Research Club.



REASEARCH CLUB ONBOARDING



OFFICE OF STUDENT LIFE INVEST PUNJAB SUMMIT 2026 EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Money Matters
Topic	Invest Punjab Summit 2026
Date	13th – 14th March, 2026
Time	9:00 am – 4:00 pm
Venue	Plaksha University
Number of Attendees	68
Resource Person	Money Matters Team

Office of Student Life’s Club Money Matters visited Plaksha University from 13th to 14th March 2026. On Day 1, members explored the exhibition area at the Invest Punjab Summit, where they observed various startups, companies, and innovative business ideas. Students actively participated in networking sessions and interacted with professionals and entrepreneurs, gaining valuable insights into investment and business opportunities. During the networking lunch, members connected with like-minded individuals, making the experience highly enriching and exposure-driven.

On Day 2, members attended multiple industry-focused sessions across Bharti and Havells Buildings. These sessions covered diverse domains such as Startups, Renewable Energy, EV & Auto Components, Academia & Research, Pharmaceuticals & Biotechnology, and Artificial Intelligence. Students also continued exploring the exhibition area, engaging with industry experts and startups while building meaningful professional connections. The visit provided practical exposure to real-world business ecosystems, entrepreneurship opportunities, and emerging market trends. Overall, the two-day experience was highly informative and beneficial, enhancing students’ understanding of finance, innovation, and investment landscapes.



INVEST PUNJAB SUMMIT 2026



OFFICE OF STUDENT LIFE

DJ SESSION

EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	DJ Club
Topic	DJ Session
Date	15th March, 2026
Time	2:00 pm – 3:00 pm
Venue	LH 303, Rockefeller Block
Number of Attendees	14
Resource Person	DJ Team

Office of Student Life's Club DJ Club organised a DJ session on 15th March 2026. The event created an engaging and energetic atmosphere, providing a vibrant and memorable experience for participants. It reflected creativity, passion, and the growing interest of students in the art of DJing. During the session, students were introduced to the fundamentals of DJing, including live mixing, beat matching, and understanding BPM (beats per minute). Participants also gained hands-on experience with professional DJ software like Rekordbox, exploring real-time mixing techniques.

The session witnessed enthusiastic participation, with students actively engaging in learning and experimenting with music transitions and sound control. The interactive environment encouraged creativity and boosted confidence among beginners as well as aspiring DJs. Overall, the event was highly successful, offering both practical learning and an enjoyable musical experience for everyone involved.



DJ SESSION



OFFICE OF STUDENT LIFE

WATERCOLOUR WORKSHOP

EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Color Canvas
Topic	Watercolour Workshop
Date	15th March, 2026
Time	10:00 am – 12:00 pm
Venue	Explore Stars
Number of Attendees	18
Resource Person	Color Canvas Team

Office of Student Life's Club Colour Canvas Club organised a Watercolour Workshop on 15th March 2026 at Explore Star from 10:00 AM to 12:00 PM. The session witnessed the enthusiastic participation of 18 students, creating a vibrant and creative atmosphere. During the workshop, students explored new mediums and techniques of watercolour painting. They learned about colour blending, brush techniques, and artistic expression on canvas.

The session encouraged participants to experiment freely and enhance their creativity. Students actively engaged in the activities and showcased their artistic skills. The environment was interactive, enjoyable, and learning-focused. Participants not only improved their painting abilities but also gained confidence in expressing their ideas through art. Overall, the workshop was a fulfilling and enriching experience for all attendees.



WATERCOLOUR WORKSHOP



OFFICE OF STUDENT LIFE

RED TAPE MARATHON

EVENT DETAILS

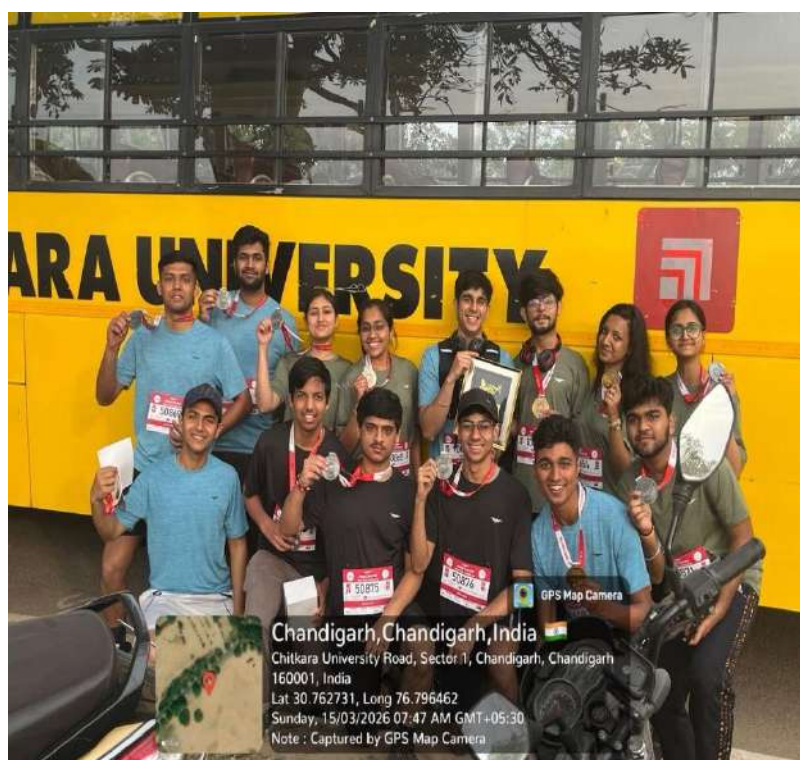
SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Running Club
Topic	Red Tape Marathon
Date	15th March, 2026
Time	4:30 am – 9:00 am
Venue	Chandigarh
Number of Attendees	21
Resource Person	Running Team

Office of Student Life's Club Running Club participated in the Red Tape Official Marathon on 15th March 2026. The event marked a proud and memorable moment for Chitkara University, with a team of 21 enthusiastic runners representing the university with great energy, determination, and team spirit. The runners showcased incredible discipline and dedication, achieving an outstanding total of 21 medals. This included 6 Gold Medals in the 10 km run and 15 Silver Medals in the 5 km run, along with a prestigious shield for the university.

In the marathon, 6 students successfully completed the challenging 10-kilometer run, demonstrating exceptional endurance and strength. The remaining 15 students participated in the 5-kilometer category, completing the race with remarkable enthusiasm and commitment. This achievement reflects the passion, consistency, and teamwork of the Running Club members. Overall, it was an inspiring and memorable event, with the team bringing pride to the university and returning with remarkable achievements and unforgettable experiences.



RED TAPE MARATHON



OFFICE OF STUDENT LIFE YOGA WORKSHOP EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Tejas Yoga Club
Topic	Yoga Workshop
Date	15th March, 2026
Time	5:00 pm – 6:00 pm
Venue	Explore Stars
Number of Attendees	6
Resource Person	Yoga Team

Office of Student Life's Club Tejas Yoga Club organised a Yoga Session on 15th March 2026 from 5:00 PM to 6:00 PM at Explore Stars. The session focused on promoting physical health, mental relaxation, and overall well-being among participants. During the session, students practiced various yoga asanas that helped improve flexibility, balance, and body strength. The activities were conducted in a calm and positive environment, encouraging participants to stay focused and active.

The session also included a guided meditation practice, allowing participants to relax their minds and reduce stress. Students experienced a sense of calmness and mental clarity through the exercises. The event saw active participation and enthusiasm from attendees. It provided a refreshing break from daily routines while promoting a healthy lifestyle. Overall, the session was peaceful, engaging, and beneficial for both physical and mental wellness.



YOGA WORKSHOP



OFFICE OF STUDENT LIFE

FINSPARK EVENT

EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Finpreneurs Club
Topic	Finspark Event
Date	18th March, 2026
Time	1:30 pm – 3:00 pm
Venue	Einstein Hall
Number of Attendees	90
Resource Person	Dr. Sarabjeet Singh, Dr. Satinder Singh

Office of Student Life's Club Finpreneurs Club organised a FinSpark Event (Inaugural Ceremony) on 18th March 2026. The event marked a successful launch, engaging over 90 students in a dynamic mix of formal sessions and interactive activities. It highlighted the club's vision of fostering excellence in finance, Excel, and entrepreneurship. The ceremony was graced by distinguished guests Dr. Sarabjeet Singh, Dr. Satinder Singh, and Mr. Bansal, who delivered insightful addresses and set an inspiring tone.

The event featured a competitive quiz with live leaderboards and exciting prizes, along with energetic dance performances. Participants also experienced hands-on trading simulations and gained a comprehensive understanding of the club's operations and future initiatives. The interactive nature of the session encouraged active participation and enthusiasm among students. It provided a platform for learning, networking, and innovation. Overall, the event was vibrant and impactful, establishing Finpreneurs Club as a promising space for aspiring finance professionals and future business leaders.



FINSPARK EVENT



OFFICE OF STUDENT LIFE MUN CLUB INAUGURATION EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Chitkara MUN Society
Topic	MUN Club Inauguration
Date	18th March, 2026
Time	1:30 pm – 3:00 pm
Venue	Pierre Hall
Number of Attendees	39
Resource Person	Mr. Ritvik Mehta

Office of Student Life's Club Chitkara MUN Society organised a MUN Club Inauguration and Orientation Session on 18th March 2026. The event witnessed enthusiastic participation from around 50 students, creating an engaging and lively atmosphere. It was graced by the esteemed guest speaker Mr. Ritvik Mehta, Director of Nititantra and a renowned MUN personality. The session began with a ceremonial lamp lighting by the guest speaker along with Manav Bansal Sir, Shivam Mishra Sir, and Ishika Ma'am, marking an auspicious start.

The event included insightful discussions where students were introduced to key aspects of Model United Nations, such as policy making and effective speech writing. The session was highly interactive and informative, encouraging active participation. Students felt motivated and gained valuable knowledge and confidence throughout. The event concluded on a vibrant note with a melodious singing performance by Chaitanya Puri, adding a special charm to the occasion. Overall, the inauguration was memorable and successful, setting a strong foundation for the activities of the Chitkara MUN Society.



MUN CLUB INAUGURATION



OFFICE OF STUDENT LIFE

MIND CLASH LEVEL - 2

EVENT DETAILS

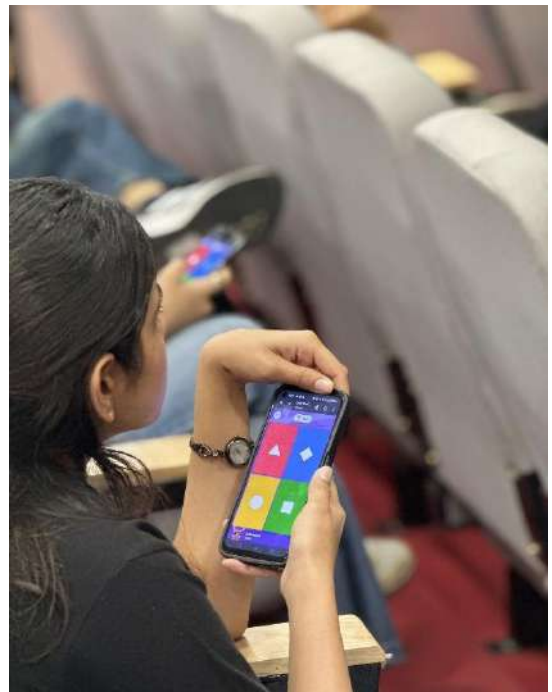
SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Mind Clash
Topic	Mind Clash Level - 2
Date	18th March 2026
Time	1:30 pm – 3:00 pm
Venue	Carnegie Hall
Number of Attendees	91
Resource Person	Mind Clash Team

Office of Student Life's Club Mind Clash (Quiz Club) organised Mindclash Quiz Championship – Level 2 (Slot 1) on 18th March 2026. The round was successfully conducted with enthusiastic participation from 90+ qualified contestants who advanced from Level 1. It brought together some of the brightest minds, making the competition more challenging and engaging. Participants showcased their knowledge, quick thinking, and analytical skills in a highly competitive yet spirited environment.

The atmosphere throughout the session was filled with excitement, focus, and determination as each participant aimed to secure their place in the next stage. The quiz was conducted smoothly, ensuring a seamless and well-organized experience for all. Participants remained actively engaged and demonstrated strong competitive spirit. The event highlighted the importance of knowledge, speed, and accuracy in decision-making. With Slot 1 of Level 2 successfully concluded, participants now eagerly await their results. Overall, the session was dynamic and impactful, setting the stage for the upcoming Slot 2 with the same energy and enthusiasm.



MIND CLASH LEVEL - 2



OFFICE OF STUDENT LIFE THURSDAY DIARY EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Nazariya: The Filmmaking Club
Topic	Thursday Diary
Date	19th March 2026
Time	10:30 pm – 12:30 am
Venue	Happiness Lounge
Number of Attendees	26
Resource Person	Nazariya Team

Office of Student Life's Club Nazariya: The Film Making Club organised Thursday Diary on 19th March 2026 from 10:30 PM to 12:30 AM at the Happiness Lounge. The session witnessed the participation of 26 students and focused on creative expression through writing, storytelling, and script presentation. It aimed to provide a platform for students to showcase their original ideas while building confidence and enhancing literary creativity.

During the session, students actively shared their scripts and participated in storytelling activities, presenting their ideas in front of the audience. The event created a highly interactive environment where participants listened, appreciated, and exchanged thoughts on different writing styles and perspectives. It also served as a space for showcasing individual creativity through narration, dialogue, and original concepts.

The session proved to be enriching and engaging for all participants. It encouraged creative thinking, boosted confidence, and allowed students to learn from one another. Overall, Thursday Diary was a meaningful and inspiring initiative that nurtured storytelling and script-writing talent among students.



THURSDAY DIARY



OFFICE OF STUDENT LIFE HAPPINESS REUNION EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Happiness Club
Topic	Happiness Reunion
Date	20th March, 2026
Time	5:00 pm – 6:30 pm
Venue	Pulitzer Hall
Number of Attendees	160
Resource Person	Mr. Manav Bansal

Office of Student Life’s Club Happiness Club organised Happiness Reunion on 20th March 2026. The event was conducted to celebrate the spirit of International Happiness Day, bringing together students from diverse clubs in a vibrant and positive environment. It witnessed enthusiastic participation from student leaders, members, and Ambassadors of Happiness, making the session engaging and impactful. The presence of esteemed dignitaries Dr. Madhu Chitkara Ma’am, Dr. K.K. Mishra, Lt. Col. Rakesh, and Mr. Sumeet Walia added great value to the event through their inspiring words and presence.

The event included a variety of meaningful and interactive activities such as gratitude writing (“A Letter to Home”), laughter therapy, exploring emotions of happiness, karaoke sessions, motivational videos, group singing, a magic show, and storytelling on a positive mindset. One of the most memorable moments was when Dr. Madhu Chitkara Ma’am encouraged students to experience the soulful song *“Main Zindagi Ka Saath Nibhata Chala Gaya”*, adding a heartfelt touch to the celebration. The event successfully promoted emotional well-being, positivity, and stronger connections among students. Overall, Happiness Reunion reflected the true vision of the club by fostering a joyful, supportive, and emotionally aware campus community.



HAPPINESS REUNION



OFFICE OF STUDENT LIFE

MIND CLASH LEVEL - 2

EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Mind Clash
Topic	MIND CLASH LEVEL - 2
Date	21st March, 2026
Time	10:30 am – 12:00 pm
Venue	Einstein Hall
Number of Attendees	63
Resource Person	Mind Clash Team

Office of Student Life's Club Mind Clash (Quiz Club) organised Mindclash Quiz Championship – Level 2 (Slot 2) on 21st March 2026. Following the success of Slot 1, this round witnessed enthusiastic participation from talented qualifiers, making the competition more intense and engaging. It brought together some of the sharpest minds from Level 1, further raising the level of difficulty and challenge. Participants demonstrated exceptional knowledge, quick reflexes, and strong analytical abilities throughout the session.

The atmosphere remained vibrant and full of excitement as contestants aimed to secure their place in the next stage of the championship. The quiz was conducted smoothly, ensuring a seamless and well-managed experience for all participants. Students actively engaged and showcased a strong competitive spirit. The event highlighted critical thinking, speed, and accuracy. Overall, the session was dynamic and successful, continuing the momentum of the Mindclash Quiz Championship with great energy and enthusiasm.



MIND CLASH LEVEL - 2



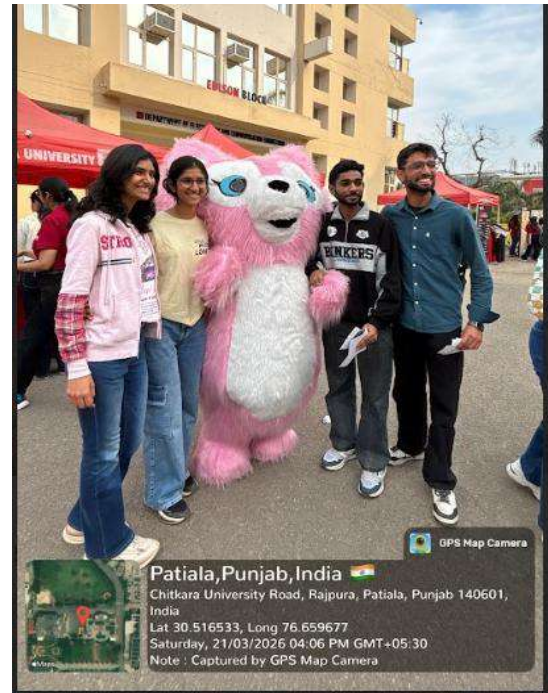
OFFICE OF STUDENT LIFE RADIANCE 2026 EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Office of Student Life
Topic	Radiance 2026
Date	21st March, 2026
Time	3:00 pm – 7:00 pm
Venue	Edison – Newton Outer Space
Number of Attendees	500
Resource Person	OSL Team

Office of Student Life's Club Happiness Club, in collaboration with Office of Student Life, organised Radiance 2026 – World Happiness Day Celebration on 21st March 2026. The event was designed to create a vibrant and joyful atmosphere, bringing together students through creativity, engagement, and shared happiness. Multiple clubs participated by setting up their own canopies, each offering unique and interactive activities aligned with their themes. The venue came alive with energetic student performances, creating a lively and festive environment throughout. Around 500 students participated, making the event dynamic and memorable. The celebration encouraged connection, positivity, and active engagement among students. It concluded with freestyle dancing, ending the day on a high note and leaving everyone energized and happy. Overall, the event successfully fostered a positive and connected campus environment, truly reflecting the spirit of "Small Moments, Big Happiness."



RADIANCE 2026



OFFICE OF STUDENT LIFE UMANG DRIVE EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Umang Club
Topic	Umang Drive
Date	22nd March, 2026
Time	10:00 am – 4:00 pm
Venue	Panchkula
Number of Attendees	36
Resource Person	Umang Team

Office of Student Life’s Club Umang Club visited Panchkula on 22nd March 2026 for their first drive, which turned out to be a deeply emotional and unforgettable experience. What started as a simple initiative soon became a heartfelt journey that reminded everyone of the true purpose behind Umang. As the club continues to grow under OSL, this drive marked the beginning of something truly meaningful.

The team spent their day with children whose smiles reflected strength, whose laughter felt like sunshine, and whose energy filled the space with pure joy. While the members initially thought they were going to give, they soon realized they were receiving much more in return. They shared stationery kits and refreshments—small gestures that brought priceless happiness to the children. The day was filled with dancing, singing, and laughter, where everyone came together like one big family.

The drive was full of emotions, warmth, and beautiful memories that will stay forever. The club expressed heartfelt gratitude to all members who contributed to making this initiative successful. A special thanks was extended to Manav Sir for his constant guidance and support. Overall, the experience marked a powerful beginning, inspiring the team to continue spreading kindness, touching more lives, and building a growing chain of compassion and joy.



UMANG DRIVE



OFFICE OF STUDENT LIFE DOUBLETHON MARATHON EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Running Club
Topic	Doublethon Marathon
Date	22nd March, 2026
Time	3:30 am – 9:30 am
Venue	Sukhna Lake
Number of Attendees	370
Resource Person	Running Club Team

Office of Student Life's Club Running Club participated in the Doublethon Marathon on 22nd March 2026 at Sukhna Lake. The event witnessed an inspiring participation of approximately 370 students, showcasing energy, enthusiasm, and commitment towards fitness. It began early in the morning from 3:30 AM to 9:30 AM, setting a refreshing and health-focused tone for the day.

Students actively took part in the 5 km run, pushing their limits while embracing the spirit of perseverance and discipline. Alongside the marathon, participants also engaged in an exciting push-ups challenge, adding an element of strength and endurance. The serene surroundings of Sukhna Lake combined with the vibrant participation created a highly motivating and positive atmosphere.

More than just a run, the event became a celebration of healthy living, teamwork, and self-discipline. Students not only enjoyed the experience but also took a meaningful step towards building a fitter lifestyle. Overall, the Doublethon Marathon reflected the true spirit of the Running Club and the Office of Student Life by promoting holistic well-being and encouraging students to stay active and healthy.



DOUBLETHON MARATHON



OFFICE OF STUDENT LIFE CHESS TOURNAMENT EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Chess Paradox Club
Topic	Chess Tournament
Date	22nd March, 2026
Time	5:00 pm – 6:30 pm
Mode	Online
Number of Attendees	17
Resource Person	Chess Team

Office of Student Life's Club Chess Paradox Club organised an Online Chess Tournament (Blitz Format) on 22nd March 2026. The event was conducted in an online mode, providing participants with a fast-paced and competitive platform to test their strategic thinking and quick decision-making skills. The tournament followed a 3+2 blitz format and consisted of 5 rounds, ensuring fair competition and continuous engagement among players.

The event witnessed enthusiastic participation from chess players who competed with great energy and sportsmanship. It was efficiently managed with smooth pairing, timely rounds, and adherence to fair play standards. Each round was conducted systematically, allowing balanced and exciting matchups based on player performance.

The winners of the tournament were Knightingale_14 securing 1st place with 4.5/5, GRAGHAV_05 achieving 2nd place with 3.5/5, and Chessloard1 securing 3rd place with 3/5. The tournament highlighted competitive gameplay, strong participation, and effective time management. Overall, the event was a great success, promoting interest in chess while enhancing analytical thinking and decision-making skills among participants.



CHESS TOURNAMENT



OFFICE OF STUDENT LIFE YOGA WORKSHOP EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Tejas Yoga Club
Topic	Yoga Workshop
Date	22nd March, 2026
Time	5:00 – 6:00 pm
Venue	Alpha Zone
Number of Attendees	9
Resource Person	Tejas Yoga Team

Office of Student Life's Club Tejas Yoga Club organised a Yoga Workshop on 22nd March 2026 from 5:00 PM to 6:00 PM at Alpha Zone. The session included a variety of activities such as warm-up exercises, different yoga asanas, stretching techniques, and a guided meditation aimed at promoting relaxation and mindfulness.

Students felt highly engaged and refreshed throughout the session. The activities helped them relax their minds, improve focus, and enhance overall physical and mental well-being. The calm and positive environment encouraged participants to stay active and mindful. Overall, the workshop was a rejuvenating and beneficial experience, promoting a healthy and balanced lifestyle among students.



YOGA WORKSHOP



OFFICE OF STUDENT LIFE

PHOTOWALK

EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Nazariya: The Filmmaking Club
Topic	Photowalk
Date	22nd March, 2026
Time	4:30 am – 12:00 pm
Venue	Chandigarh
Number of Attendees	32
Resource Person	Nazariya Team

Office of Student Life's Club Nazariya: The Film Making Club organised a Photo Walk on 22nd March 2026 from early morning till 12:00 noon. The activity took 32 students outside the campus to Sukhna Lake and Rock Garden, Chandigarh for an outdoor photography experience. The event aimed to provide practical exposure by allowing students to explore different compositions, lighting conditions, and creative perspectives in real environments. During the visit, students actively captured photographs using various techniques and experimented with different styles of composition. They observed changing natural light from early morning, including sunrise conditions, reflections, landscapes, human subjects, and textures. Both locations offered diverse visual elements, helping participants understand framing, angles, balance, and storytelling through images. The activity proved to be an enriching and hands-on learning experience. It enhanced students' observation skills and helped them understand how different environments influence creativity. The interactive outdoor setting kept participants highly engaged throughout. Overall, the photo walk was a valuable and memorable experience, strengthening students' practical knowledge and appreciation for photography.



PHOTOWALK



OFFICE OF STUDENT LIFE HOSTEL SERIES EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Girls Hostel Engagement Club
Topic	Hostel Series
Date	23rd MARCH, 2026
Time	10:30 PM – 11:30 PM
Venue	Happiness Lounge
Number of Attendees	25
Resource Person	Ms. Aastha Luthra

Office of Student Life's Club Girls Hostel Engagement Club organised a Hostel Series on 23rd March 2026. The initiative invited residents from Hostel Columbus and Hostel Vasco for a warm and interactive get-together, with around 20–25 girls participating. The session was designed to create a comfortable space for open conversations and meaningful connections among students.

The event included fun games, engaging icebreaker rounds, and thoughtful gratitude activities that encouraged participants to express themselves freely and bond with one another. It turned out to be an enriching one-to-one interaction session, allowing the team to connect with new students on a personal level.

Through this initiative, the club also promoted the Office of Student Life by understanding students' interests, passions, and preferences. Based on their responses, participants were guided toward suitable clubs, helping them find their place within the campus community. Overall, the Hostel Series proved to be a successful step toward building stronger connections and spreading awareness about OSL in a personalized and impactful manner.



HOSTEL SERIES



OFFICE OF STUDENT LIFE UNFILTERED VENTURES CANOPY EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Unfiltered Ventures Club
Topic	Unfiltered Ventures Canopy
Date	25th March, 2026
Time	9:00 am – 4:30 pm
Venue	Square One
Number of Attendees	150
Resource Person	Unfiltered Ventures Team

Office of Student Life's Club Unfiltered Ventures Club organised University Entrepreneurship Fair on 23rd March 2026. The event was designed to push students beyond their comfort zones through a high-energy, hands-on experiential format that replaced traditional learning with real-world challenges. It created an interactive arena where aspiring entrepreneurs could test their street smarts and business acumen.

The session featured engaging activities like "Chit Se Startup," where participants had just 60 seconds to pitch a business idea from a random prompt, followed by the "Negotiation Hunt," a live challenge requiring students to borrow items from strangers using persuasion and confidence. Participants who completed these challenges unlocked the Secret Sticker Hunt, adding excitement with surprise rewards.

Students felt highly engaged and exhilarated by the dynamic and unpredictable nature of the event. The experience helped them overcome hesitation, build confidence, and develop strong communication and negotiation skills. Overall, the event was impactful and energetic, giving participants a practical understanding of entrepreneurship, adaptability, and real-world problem-solving.



UNFILTERED VENTURES CANOPY



OFFICE OF STUDENT LIFE

CHITKARA RESEARCH SHOW

EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Chitkara Research Club
Topic	Chitkara Research Show
Date	25th March, 2026
Time	1:00 pm – 4:00 pm
Venue	Einstein Hall
Number of Attendees	60
Resource Person	Research Club Team

Office of Student Life's Club Chitkara Research Club organised a Chitkara Research Show on 25th March 2026. The session aimed to demystify the world of academia and create a collaborative space for aspiring innovators to explore research methodologies and ideas. It was highly informative, covering the fundamental basics of research and simplifying complex processes into easy and accessible steps for beginners.

A key highlight of the event was an in-depth segment on the Google Student Researcher Program, where students learned about the required skills and application process to gain valuable industry experience. Participants felt highly engaged and motivated throughout the session, finding the content both practical and inspiring. The interactive environment encouraged collaboration and meaningful discussions among research enthusiasts. Overall, the session successfully equipped students with foundational knowledge and confidence to begin their academic and professional research journeys.



CHITKARA RESEARCH SHOW



OFFICE OF STUDENT LIFE HOSTEL AMBASSADOR SESSION EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Boys Hostel Engagement Club
Topic	Hostel Ambassador Session
Date	26th March, 2026
Time	10:00 pm – 12:00 am
Venue	Happiness Lounge / Chitkara Woods
Number of Attendees	30
Resource Person	Mr. Lucky Arora

Office of Student Life's Club Boys Hostel Engagement Club organised a Hostel Ambassador Session on 26th March 2026 from 10:00 PM to 12:00 AM at Happiness Lounge / Chitkara Woods. The session was attended by 30 students and was conducted by Lucky Arora, Head of the Boys Hostel Engagement Club. It focused on strengthening hostel engagement by encouraging interaction, leadership, and active student participation in hostel activities.

Participants discussed ideas for upcoming hostel events and explored ways to improve coordination among residents. They also shared valuable suggestions to create a more active and inclusive hostel environment. The session encouraged open communication and collaborative thinking among students.

Overall, the session served as a productive platform for building teamwork, leadership, and community spirit. It reinforced the important role of hostel ambassadors in enhancing hostel life and student engagement.



HOSTEL AMBASSADOR SESSION



OFFICE OF STUDENT LIFE THE WALLSTREET EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Money Matters Club
Topic	The Wallstreet
Date	27th March, 2026
Time	12:00 pm – 4:00 pm
Venue	Square One
Number of Attendees	330
Resource Person	Money Matters Team

Office of Student Life’s Club Money Matters organised The Wallstreet Event on 27th March 2026. The event aimed to promote financial awareness among students in an engaging and interactive manner. It featured multiple activities set up across four canopies—Shark Tank Chitkara, FinQuest, Money Grab, and Vault Breaker, each offering unique games and challenges to simplify financial concepts.

A total of 330 students actively participated in the event, showing great enthusiasm and interest. The gamified approach made learning about finance fun, practical, and easy to understand. Participants remained highly engaged throughout the event, gaining confidence in financial concepts. The lively environment encouraged interaction and active learning. Overall, the event was a great success, effectively spreading financial awareness while creating an enjoyable and impactful experience for students.



THE WALLSTREET



OFFICE OF STUDENT LIFE YOGA WORKSHOP EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Tejas Yoga Club
Topic	Yoga Workshop
Date	27th March, 2026
Time	6:30 am – 7:30 am
Venue	Alpha Zone
Number of Attendees	14
Resource Person	Tejas Yoga Team

Office of Student Life's Club Tejas Yoga Club organised a Yoga Session on 27th March 2026 from 6:00 AM to 7:30 AM at Alpha Zone. The early morning setting created a calm and peaceful atmosphere, making it an ideal start to the day. The session began with a short meditation that helped participants clear their minds and focus inward. This was followed by a series of yoga asanas and stretching exercises aimed at improving flexibility, posture, and overall physical fitness.

Along with the structured activities, fun and interactive exercises were also included, adding energy and enthusiasm to the session. Participants actively engaged in all activities and showed great interest throughout. By the end of the session, everyone felt relaxed, refreshed, and more focused. The session successfully highlighted the importance of maintaining both physical and mental well-being. Overall, it was a rejuvenating and impactful experience for all participants.



YOGA WORKSHOP



OFFICE OF STUDENT LIFE

GARBA NIGHT

EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Girls Hostel Engagement Club
Topic	Garba Night
Date	27th March, 2026
Time	10:00 pm – 12:00 am
Venue	Girls Hostel Area
Number of Attendees	51
Resource Person	Girls Hostel Ambassador Team

Office of Student Life's Club Girls Hostel Engagement Club organised a Garba Night on 27th March 2026 in collaboration with the Residential Department for hostel girl students. The event aimed to create a friendly and inclusive environment where students could connect, interact, and build a sense of community. It also served as a platform to spread awareness about the Office of Student Life and its initiatives.

The evening was filled with energy, colors, and joy, making it a lively and impactful experience. A total of 51 participants enthusiastically took part in the event. Highlights included a vibrant ramp walk, fun games like *"Guess the OSL Club,"* an exciting photo booth, and other interactive activities. Participants actively engaged and enjoyed every moment of the celebration.

The event not only entertained but also strengthened bonds among students, creating meaningful connections. Overall, it was a memorable and successful celebration that brought students together in a joyful and engaging way.



GARBA NIGHT



OFFICE OF STUDENT LIFE AWAKEN YOUR INNER POWER EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Happiness Club
Topic	Awaken Your Inner Power
Date	28 th March, 2026
Time	10:00 am – 12:00 pm
Venue	Pierre Hall
Number of Attendees	50
Resource Person	Mr. Dheeraj Datta

Office of Student Life's Club Happiness Club organised a motivational session titled "Awaken Your Inner Power: Passion, Purpose, and the Science of Manifestation" on 28th March 2026. The session featured Dheeraj Datta, whose powerful words and genuine energy inspired students to look within, rediscover their purpose, and believe in their limitless potential. The presence of Major General Uday Pratap Singh added immense value, as his journey reflected discipline, resilience, and a strong sense of purpose.

The session went beyond just learning—it created an emotional and meaningful experience for everyone present. Students actively connected, reflected, and felt inspired throughout. They walked away with renewed clarity, confidence, and a positive mindset. The session encouraged them to overcome self-doubt and embrace personal growth. There was a strong sense of energy and positivity in the room, motivating students to become better and more aware versions of themselves. Overall, the session was deeply impactful, truly reflecting the vision of the Happiness Club that growth begins from within.



AWAKEN YOUR INNER POWER



OFFICE OF STUDENT LIFE CHESS PRACTICE SESSION EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Chess Paradox Club
Topic	Chess Practice Session
Date	28th March, 2026
Time	10:00 am – 1:00 pm
Venue	Edison Basement
Number of Attendees	10
Resource Person	Chess Paradox Team

Office of Student Life's Club Chess Paradox Club organised a Chess Practice Session on 28th March 2026 from 10:00 AM to 1:00 PM. The event aimed to introduce students to the club, promote strategic thinking, and encourage participation among both beginners and experienced chess players.

The session provided a platform for students to learn, practice, and enhance their gameplay skills in a supportive environment. Participants actively engaged in matches and discussions, improving their analytical thinking and decision-making abilities. The event created an interactive and focused atmosphere where students could explore different strategies and techniques. Overall, the session was informative, engaging, and beneficial for all participants, strengthening interest in chess within the campus community.



CHESS PRACTICE SESSION



OFFICE OF STUDENT LIFE

BEAT THE LAB

EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	DJ Club
Topic	Beat The Lab
Date	28th March, 2026
Time	2:00 pm – 4:30 pm
Venue	Faraday Hall
Number of Attendees	26
Resource Person	DJ Club Team

Office of Student Life's Club DJ Club organised a Beat the Lab Session on 28th March 2026. The session turned out to be an incredibly exciting and memorable experience for everyone involved. From the beginning, the atmosphere was vibrant and engaging, creating the perfect environment for both learning and enjoyment.

The session was highly interactive, allowing students to explore their creativity and gain hands-on experience with DJing techniques. Participants actively engaged in live mixing and experimented with different sounds, making the experience both fun and educational. The blend of music, practical exposure, and performance created a unique and dynamic learning space.

Students showed great enthusiasm throughout the session and enjoyed every moment. They were able to understand the basics of DJing while also experiencing the thrill of performing. The positive energy and response reflected the success of the event. Overall, it was a well-conducted and impactful session, leaving participants with great memories and enhanced skills.



BEAT THE LAB



OFFICE OF STUDENT LIFE

UMANG EVENT

EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Umang Club
Topic	Umang Event
Date	28th March, 2026
Time	11:00 am – 3:00 pm
Venue	Chitkara University
Number of Attendees	58
Resource Person	Umang Team

Office of Student Life's Club Umang Club organised Drive 2 – Gratitude Initiative on 28th March 2026. The drive was conducted within the campus to appreciate the hardworking staff members who contribute every day to keeping the college running smoothly. It was not just an initiative, but a heartfelt expression of gratitude and kindness.

The team distributed small tokens of appreciation including chocolates, happiness balls, and handwritten notes to the workers. Though the gestures were simple, they brought genuine smiles and happiness to the recipients. In return, the members experienced a deeper sense of joy and fulfillment. The drive highlighted the importance of acknowledging and valuing those who often go unnoticed.

Participants felt emotionally connected and realized that even the smallest acts of kindness can make a big difference. The experience encouraged everyone to practice gratitude in everyday life. Overall, the drive was meaningful and impactful, spreading positivity and reinforcing the value of appreciation and human connection.



UMANG EVENT



OFFICE OF STUDENT LIFE

WHERE THOUGHTS FIND THEIR VOICE

EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Voice Vibes
Topic	Where Thoughts Find Their Voice
Date	28 th March, 2026
Time	10:00 am – 12:00 pm
Venue	Pulitzer Hall
Number of Attendees	15
Resource Person	Voice Vibes Team

Office of Student Life's Club Voice Vibes organised "Where Thoughts Find Their Voice" – Debate Competition and Fun Games Event on 28th March 2026. The event featured a debate competition where participants were divided into two teams to discuss the topic *"Should uniform be mandatory in college or not?"* The debate encouraged students to express their opinions, think critically, and communicate effectively.

Following the debate, the event included fun and engaging games such as *"Guess the Movie by Emoji"* and *"Learn 10 Image Names in 10 Seconds,"* which tested participants' cognitive memory and added an element of excitement. Students actively participated and enjoyed the lively and interactive environment. The event concluded with the distribution of goodies to the winners and an introduction to the club's future plans and ideology. Overall, it was a fun-filled and engaging session that promoted communication skills, critical thinking, and active participation.



WHERE THOUGHTS FIND THEIR VOICE



OFFICE OF STUDENT LIFE

PAGES BY LAKE

EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Page Turners
Topic	Pages By Lake
Date	29th March, 2026
Time	4:00 am – 10:00 am
Venue	Sukhna Lake
Number of Attendees	14
Resource Person	Page Turners Team

Office of Student Life's Club Page Turners Reading Club organised a Reading and Community Outing on 29th March 2026 at Sukhna Lake. The event aimed to promote reading culture and strengthen bonding among students in a peaceful and engaging environment. It included activities such as quiet reading sessions by the lakeside, group discussions on books and current topics, interactive games, and informal idea sharing.

The serene surroundings of the lake enhanced the overall experience, making it both relaxing and intellectually stimulating. Students felt highly engaged and rejuvenated throughout the event. They appreciated the blend of nature, meaningful conversations, and creative interaction. Many participants expressed that the outing helped them connect better with fellow readers and develop a deeper interest in reading. Overall, the event was refreshing, impactful, and successful in fostering a strong reading community.



PAGES BY LAKE



OFFICE OF STUDENT LIFE COLOR CANVAS VISIT EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Color Canvas
Topic	Color Canvas Visit
Date	29th March, 2026
Time	10:00 am – 4:00 pm
Venue	Japanese Park, Chandigarh
Number of Attendees	29
Resource Person	Color Canvas Team

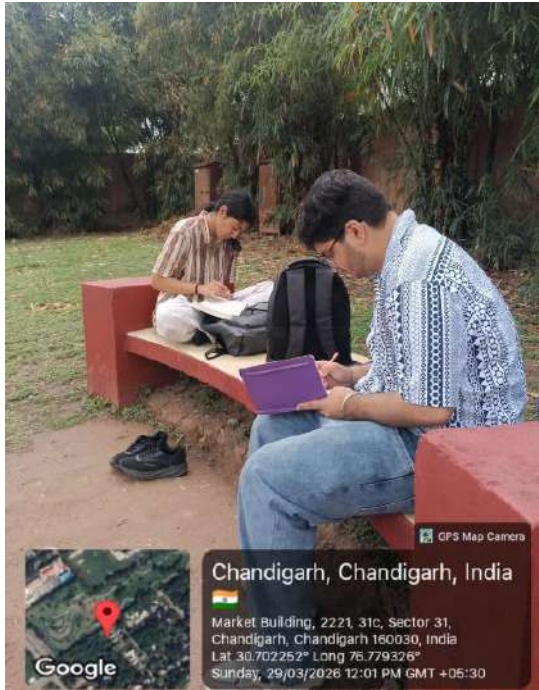
Office of Student Life's Club Colour Canvas Club organised an Educational Art Trip to Japanese Garden on 29th March 2026. The trip witnessed the participation of 30 enthusiastic students and was designed to provide experiential learning beyond the classroom. It offered students an opportunity to immerse themselves in a serene natural environment that inspires artistic expression.

During the visit, students actively engaged in live sketching, capturing the intricate details of the landscape, including its harmonious design, lush greenery, and tranquil water features. This hands-on experience enhanced their observational and creative skills while encouraging them to explore new artistic techniques and perspectives.

The peaceful atmosphere of the garden contributed to a focused and inspiring learning environment. Students felt motivated and creatively engaged throughout the trip. Overall, the visit was a valuable and memorable experience, promoting creativity, artistic growth, and appreciation for nature.



COLOR CANVAS VISIT



OFFICE OF STUDENT LIFE DRISHYA CLUB INAUGURATION EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Drishya: The Video Editing Club
Topic	Drishya Club Inauguration
Date	30 th March, 2026
Time	1:30 pm – 3:00 pm
Venue	LH – 104, Martin Luther
Number of Attendees	68
Resource Person	Drishya Team

Office of Student Life's Club Drishya Photo and Video Editing Club organised an Inauguration Event on 30th March 2026. The event featured a variety of engaging activities, including a *"Guess the Editing Version"* activity, where students explored different editing styles and techniques. The club also showcased campus projects and edited videos, giving participants insight into creative work and digital editing skills.

A special session by Harjeet Sir added value to the event, providing guidance and knowledge about photo and video editing. Students felt highly engaged and actively participated in the activities, making the session lively and interactive. The event also included gift distribution for winners of the previous Rangreel Showdown event, adding excitement and appreciation. Overall, the inauguration was successful and enjoyable, marking a strong and creative beginning for the club.



DRISHYA CLUB INAUGURATION



OFFICE OF STUDENT LIFE INNER ENGINEERING CLUB INAUGURATION EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Inner Engineering
Topic	Inner Engineering Club Inauguration
Date	30th March, 2026
Time	1:30 pm – 3:00 pm
Venue	Pierre Hall
Number of Attendees	50
Resource Person	Inner Engineering Team

Office of Student Life's Club Inner Engineering Club organised an Inauguration Event on 30th March 2026. The event was vibrant and uplifting, filled with enthusiasm and positivity. It began with a ceremonial lamp lighting, symbolizing the dispelling of darkness and the awakening of inner wisdom. Participants actively engaged in fun activities and interactive games that fostered connection and joy.

A key highlight of the session was the Miracle of Mind meditation, where students learned a powerful technique for self-empowerment and well-being. The atmosphere was both lively and serene, creating a perfect balance of energy and calmness. Students felt inspired, relaxed, and motivated throughout the session. Overall, the event was a grand success, marking a promising and meaningful beginning for the Inner Engineering Club.



INNER ENGINEERING INAUGURATION



OFFICE OF STUDENT LIFE

MUN WORKSHOP

EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Chitkara MUN Society
Topic	MUN Workshop
Date	1st April, 2026
Time	1:30 pm – 3:00 pm
Venue	Martin Luther Class
Number of Attendees	39
Resource Person	MUN Club Team

Office of Student Life's Club Chitkara MUN Society organized its first MUN Workshop on 1 April 2026. The workshop witnessed enthusiastic participation from around 40 students who were eager to learn about the fundamentals of Model United Nations. The session focused on simplifying important aspects of MUNs, including the Rules of Procedure (ROPs), the flow of debates, different committee formats, and the process of passing motions in committees. The interactive nature of the workshop encouraged students to actively ask questions and participate in discussions. Participants gained practical insights into how debates function and how delegates communicate effectively during committee sessions. The engaging environment helped students feel more confident and comfortable with MUN procedures. Overall, the session proved to be informative, motivating, and highly beneficial, leaving students inspired to participate in future MUN conferences.



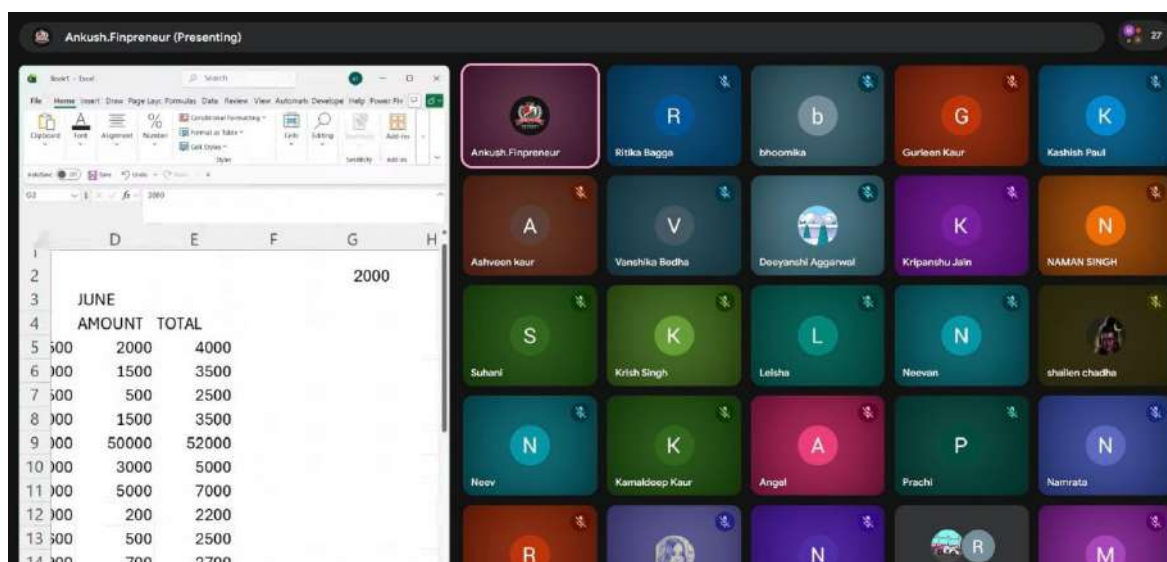
MUN WORKSHOP



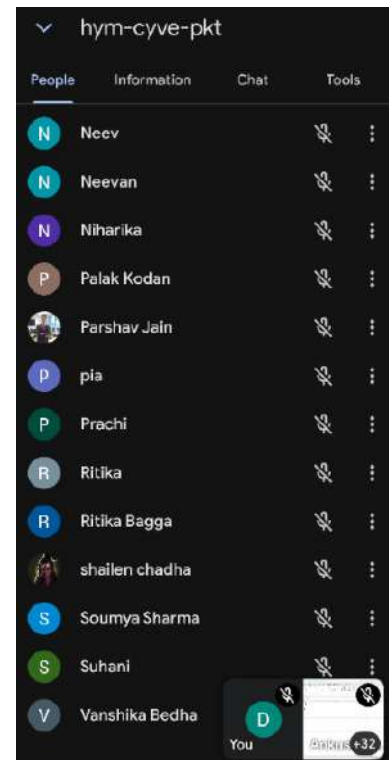
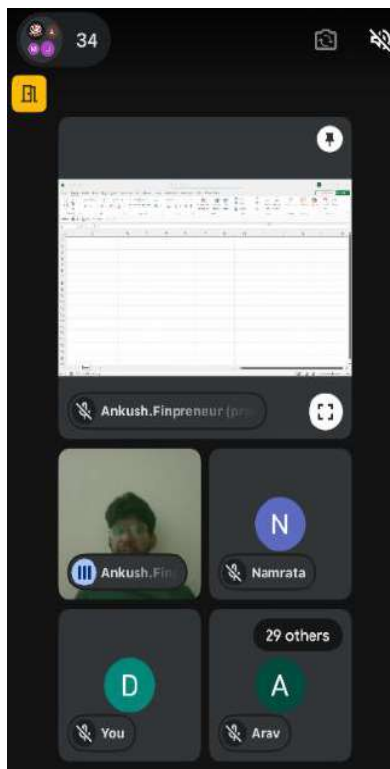
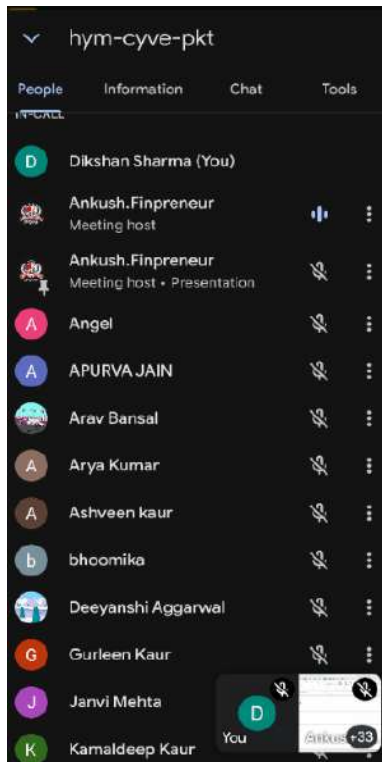
OFFICE OF STUDENT LIFE EXCEL SESSION EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Finpreneurs Club
Topic	Excel Session
Date	1st April, 2026
Time	10:00 pm – 11:30 pm
Mode	Online
Number of Attendees	34
Resource Person	Finpreneurs Team

Office of Student Life's Club Finpreneurs Club organised its second Excel session on Wednesday, 1 April 2026. This session marked an important step in enhancing students' practical knowledge of Excel, especially for fintech applications. Participants learned essential tools and techniques used in financial analysis and data handling. The workshop focused on improving efficiency, accuracy, and real-world problem-solving skills. It also encouraged students to explore how Excel is applied in the fintech industry. Overall, the session was interactive, informative, and beneficial for skill development.



EXCEL SESSION



OFFICE OF STUDENT LIFE LINKEDIN CLUB CANOPY CONNECT EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	LinkedIn Club
Topic	LinkedIn Club Canopy Connect
Date	3rd April, 2026
Time	10:00 am – 4:00 pm
Venue	Square One
Number of Attendees	92
Resource Person	LinkedIn Team

Office of Student Life's Club LinkedIn Club organised an interactive canopy titled “Canopy Connect” on 3 April 2026 at Square One. The event was designed to create an engaging and immersive experience for students while introducing them to the importance of professional networking and digital presence. The session included a variety of activities such as interactive games, quick challenges, onboarding experiences, and hands-on exploration of LinkedIn tools. Students actively participated in fun yet meaningful tasks that helped them understand concepts like networking, personal branding, and building a professional identity. The energetic and interactive atmosphere kept participants engaged throughout the session. Students gained valuable insights and developed a better understanding of how LinkedIn can support their professional growth. The Experience Zone successfully blended learning with entertainment, making the session both enjoyable and informative. Overall, the event left participants feeling motivated, confident, and more prepared for their professional journey.



LINKEDIN CLUB CANOPY CONNECT



OFFICE OF STUDENT LIFE UNFILTERED FACE OFF EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Unfiltered Ventures Club
Topic	Unfiltered Face off
Date	3rd April, 2026
Time	12:30 pm – 2:50 pm
Venue	Architecture Classroom
Number of Attendees	60
Resource Person	Unfiltered Ventures Team

Office of Student Life's Club Unfiltered Ventures organised Unfiltered Face-Off: Startup vs Corporate on 3 April 2026. We are thrilled to share that the event was a massive success and a spectacular triumph. It served as the flagship event of the Unfiltered Ventures club, generating great enthusiasm among students. The event provided a dynamic platform to explore the differences between startup culture and corporate life. Participants engaged in insightful discussions and thought-provoking exchanges. The atmosphere was energetic, interactive, and full of learning opportunities. It encouraged students to think critically about career choices and real-world challenges. The event witnessed strong participation and active involvement from the audience. Overall, it was a well-executed and impactful event that left a lasting impression on everyone involved.



UNFILTERED FACE OFF



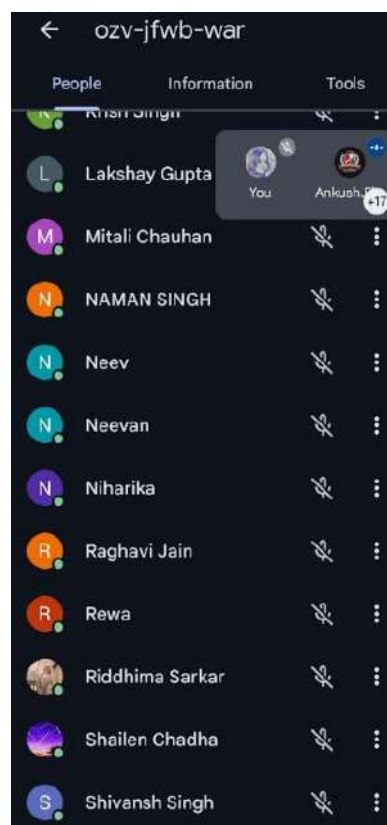
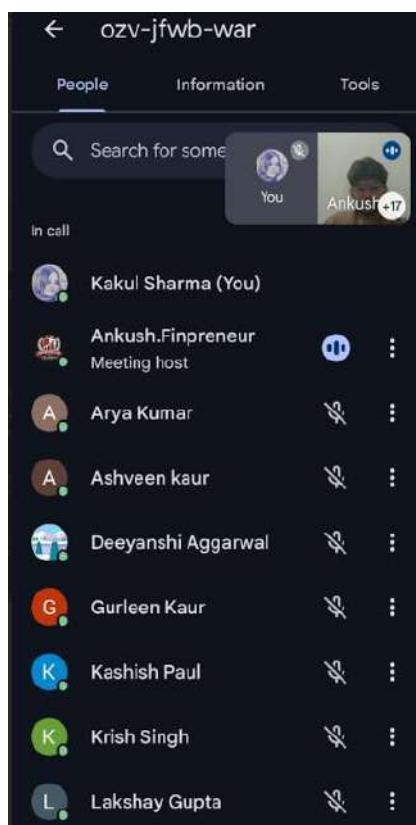
OFFICE OF STUDENT LIFE

EXCEL SESSION 3

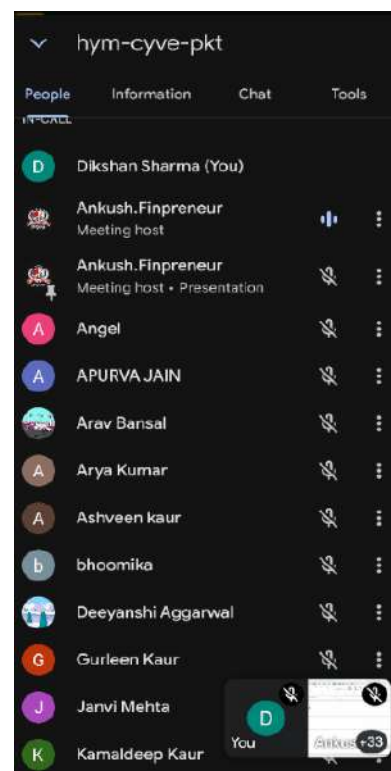
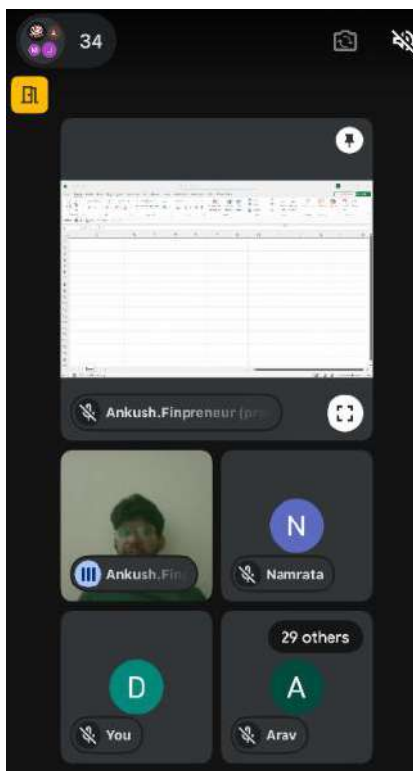
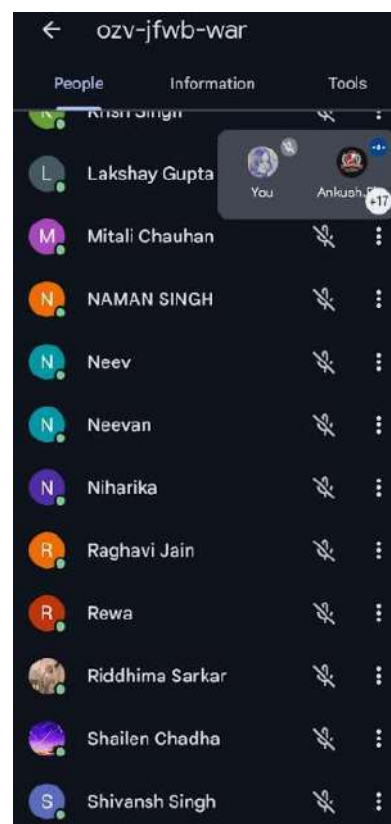
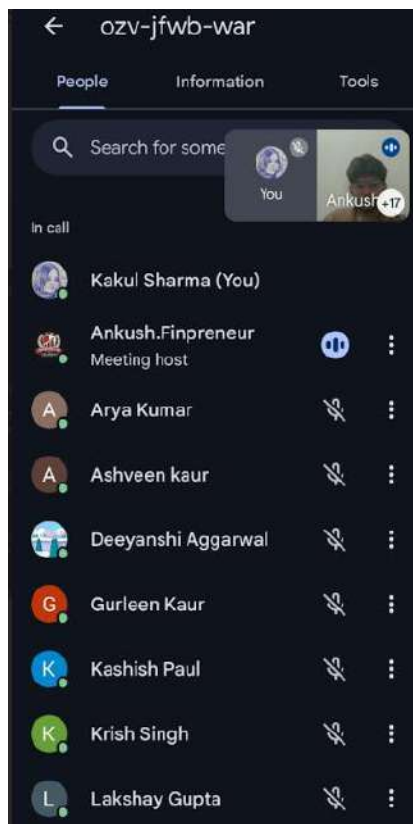
EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Finpreneurs Club
Topic	Excel Session 3
Date	3rd April, 2026
Time	9:00 am – 4:00 pm
Mode	Online
Number of Attendees	36
Resource Person	Finpreneurs Team

Office of Student Life's Club Finpreuner Club organised its second Excel session on 3 April 2026. The session marked an important step in enhancing students' practical knowledge of Excel, with a strong focus on skills relevant to fintech and data analysis. Participants were introduced to essential tools and techniques used for managing and analyzing financial data effectively. The session emphasized accuracy, efficiency, and real-world applications, helping students understand how Excel is used in professional settings. Through hands-on activities and interactive learning, participants were able to grasp concepts more clearly. The session also encouraged exploration of Excel's role in the fintech industry. Overall, it was an informative and engaging experience that significantly contributed to skill development.



EXCEL SESSION 3



OFFICE OF STUDENT LIFE MASTI MANIA EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Happiness Club
Topic	Masti Mania
Date	4th April, 2026
Time	1:00 pm – 3:00 pm
Venue	Henry Ford Hall
Number of Attendees	35
Resource Person	Happiness Team

Office of Student Life's Club Happiness Club organised Masti Mania on 4 April 2026. The event turned out to be an incredibly engaging and lively session, bringing together students for an afternoon full of joy, energy, and connection. Participants actively took part in a variety of fun-filled games and interactive activities, including exciting challenges, creative dares, and entertaining group debates that encouraged self-expression and bonding. One of the major highlights was the popular “Balloon Smash Fun” game, which added a thrilling and playful vibe to the atmosphere. Laughter and enthusiasm filled the space as students wholeheartedly participated in each activity. The event concluded on a high note with a mini music experience, where everyone relaxed, enjoyed the beats, and celebrated the cheerful spirit of the session. Overall, Masti Mania was a memorable and well-executed event that truly reflected the essence of happiness, connection, and fun.



MASTI MANIA



OFFICE OF STUDENT LIFE CHESS PARADOX TOURNAMENT EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Chess Paradox Club
Topic	Chess Paradox Tournament
Date	4th April, 2026
Time	1:00 pm – 4:00 pm
Venue	Edison Basement
Number of Attendees	28
Resource Person	Chess Team

Office of Student Life's Club Chess Paradox Club organised a Swiss Chess Tournament on 4 April 2026. The event was conducted from 1:00 PM to 4:00 PM and aimed to provide a competitive platform for students to test their strategic thinking and decision-making skills. Participants engaged in matches following the Swiss format, allowing fair competition and maximum participation. The tournament helped students gain valuable experience in a structured and disciplined environment. It also encouraged critical thinking, patience, and focus among participants. Overall, the event was well-organized and successfully promoted a spirit of healthy competition and learning.



CHESS PARADOX TOURNAMENT



OFFICE OF STUDENT LIFE

DJ CLUB SESSION

EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	DJ Club
Topic	DJ Club Session
Date	4th April, 2026
Time	3:00 pm – 5:00 pm
Venue	Faraday Hall, Edison Block
Number of Attendees	26
Resource Person	DJ Club Team

Office of Student Life's Club DJ Club organised a Bollywood DJ Session on 4 April 2026. The session aimed to introduce students to the basics of DJing while providing an engaging musical experience. It began with a knowledge-sharing segment where participants learned about DJ equipment, basic mixing techniques, and how transitions are created in Bollywood music. This helped students understand both the technical and creative aspects of DJing in an interactive way. Following this, a live DJ performance created a high-energy atmosphere with an exciting Bollywood mix. Students actively participated and enjoyed the lively environment, making the event highly engaging. The blend of learning and entertainment made the session both informative and fun. Overall, the event was a great success with strong participation and positive response, and the DJ Club looks forward to organizing more such sessions in the future.



DJ CLUB SESSION



OFFICE OF STUDENT LIFE OPEN TRADING SESSION EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Money Matters Club
Topic	Open Trading Session
Date	4th April, 2026
Time	4:00 pm – 5:30 pm
Venue	Pierre Hall
Number of Attendees	19
Resource Person	Money Matters Team

Office of Student Life's Club Money Matters Club organised an Option Trading Session on 4 April 2026. The session aimed to introduce students to the basics of financial markets and build awareness about trading beyond classroom learning. It provided a strong foundation for beginners to understand how trading works in real-world scenarios. Participants learned key concepts such as stock market fundamentals, call and put options, and the importance of risk management. The speaker also explained the difference between actual trading practices and the perception created on social media. This helped students develop a more realistic and practical understanding of the field. The session was interactive, with students actively asking questions and engaging in discussions. It also guided students on how to start trading and the tools required. The session sparked interest in financial literacy among participants. Overall, it was an informative and engaging experience that encouraged students to explore trading as a valuable future skill.



OPEN TRADING SESSION



OFFICE OF STUDENT LIFE SAFAR-E-CINEMA EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Nazariya: The Filmmaking Club
Topic	Safar-e-Cinema
Date	6 th April, 2026
Time	1:00 pm – 3:00 pm
Venue	Einstein Hall
Number of Attendees	60
Resource Person	Mr. Maninder Singh

Office of Student Life's Club Nazariya: The Filmmaking Club organised the Safar-e-Cinema Filmmaking Workshop on 6 April 2026. The session was conducted from 1:00 PM to 3:00 PM at Einstein Hall, Galileo Block, with the participation of 60 students. The workshop featured Maninder Singh, owner of APE Media, as the guest speaker. During the 2-hour session, students gained valuable insights into filmmaking, including practical techniques and real-world industry perspectives. The session was interactive and informative, allowing participants to learn directly from the speaker's experiences and expertise. It encouraged students to explore their creativity and understand the process of visual storytelling. Overall, the workshop proved to be an engaging and enriching experience that enhanced students' knowledge and interest in filmmaking. 🎬 ✨



SAFAR-E-CINEMA



OFFICE OF STUDENT LIFE

HAPPINESS UNFILTERED

EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Happiness Club
Topic	Happiness Unfiltered
Date	10th April 2026
Time	1:15 pm – 2:30 pm
Venue	LH - 506
Number of Attendees	42
Resource Person	Dr. Manav Bansal

Office of Student Life's Club Happiness Club, in collaboration with BA (Hons.) Economics with Data Science & AI, organised Happiness Unfiltered on 10 April 2026 at LH-506. The session was facilitated by Manav Bansal sir, who introduced students to SPARK and shared its vision and significance in personal growth and self-awareness. The session featured a series of interactive activities centered around SPARK, where participants actively engaged, expressed themselves, and connected with others in an open and supportive environment. The atmosphere was filled with energy, laughter, and meaningful conversations, encouraging everyone to be their authentic selves. Students experienced a sense of belonging and confidence through active participation. The session successfully blended learning with fun and emotional connection. Overall, Happiness Unfiltered turned out to be more than just a session—it was a memorable experience that left everyone feeling inspired, expressive, and deeply connected.



HAPPINESS UNFILTERED



OFFICE OF STUDENT LIFE YOGA SESSION EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Tejas Yoga Club
Topic	Yoga Session
Date	10th April, 2026
Time	6:00 am – 8:00 am
Venue	Alpha Zone
Number of Attendees	14
Resource Person	Yoga Team

Office of Student Life's Club Tejas Yoga Club organised a Morning Yoga Session on 10 April 2026 at Alpha Zone from 6:00 AM to 8:00 AM. The session began with warm-up and stretching exercises to prepare the body and prevent injuries. This was followed by a series of asanas aimed at improving flexibility, strength, and overall physical well-being. Participants actively engaged in the practice and followed the guided instructions with enthusiasm. The session emphasized the importance of maintaining a healthy lifestyle through regular yoga. It also helped participants enhance their focus and mindfulness. The session concluded with a short meditation, allowing everyone to relax and feel calm and energized. Overall, it was a refreshing and rejuvenating experience for all participants.



YOGA SESSION

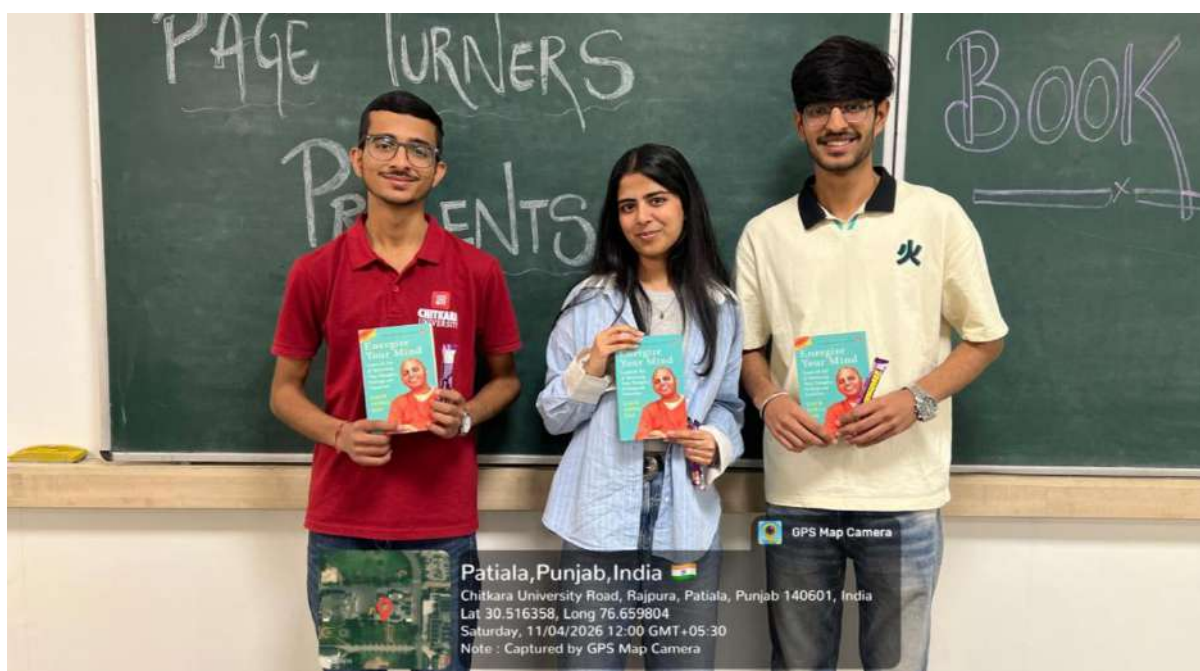


OFFICE OF STUDENT LIFE

BOOK QUEST EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Page Turners Club
Topic	Book Quest
Date	11th April, 2026
Time	11:00 am – 1:00 pm
Venue	Edison Block
Number of Attendees	12
Resource Person	Page Turners Team

Office of Student Life's Club Page Turners Club organised a “Book Quests” session on 11 April 2026. The event brought together enthusiastic readers for an engaging and interactive experience. Participants explored different genres, shared their thoughts on books, and discussed their favorite reads. The session encouraged reading habits and promoted meaningful conversations among students. Various activities and discussions made the environment lively and intellectually stimulating. It also helped participants improve their communication and critical thinking skills. The event created a welcoming space for book lovers to connect and express their ideas. Overall, the session was enjoyable, enriching, and successfully fostered a love for reading among students.



BOOK QUEST



OFFICE OF STUDENT LIFE

INTER-HOSTEL VOLLEYBALL TOURNAMENT

EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Boys Hostel Engagement Club
Topic	Inter-Hostel Volleyball Tournament
Date	11th April, 2026
Time	10:00 am – 1:00 pm
Venue	Volleyball Court
Number of Attendees	70
Resource Person	Boys Hostel Ambassador Team

Office of Student Life's Club Boys Hostel Engagement Club organised the Inter-Hostel Volleyball Tournament on 11 April 2026 at the Volleyball Court from 10:00 AM to 1:00 PM. The tournament brought together students from various hostels, with the enthusiastic participation of 70 students, creating a lively and energetic atmosphere. The matches were filled with intense rallies, strong teamwork, and remarkable sportsmanship, showcasing the players' skills and determination. Teams competed with great spirit, making the event thrilling and engaging for both participants and spectators. The tournament encouraged interaction and bonding among students from different hostels. It also highlighted the importance of physical fitness and active participation in sports. Overall, the event was dynamic and enjoyable, fostering camaraderie and promoting a healthy competitive spirit among students.



INTER-HOSTEL VOLLEYBALL TOURNAMENT



OFFICE OF STUDENT LIFE ACRYLIC COLOR WORKSHOP EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Color Canvas Club
Topic	Acrylic Color Workshop
Date	11th April, 2026
Time	2:00 pm – 4:00 pm
Venue	
Number of Attendees	11
Resource Person	Color Canvas Team

Office of Student Life's Club Colour Canvas organised an Acrylic Colour Workshop on 11 April 2026. The workshop created a vibrant and engaging space for students to explore their artistic side while experiencing relaxation through creativity. Participants of all skill levels came together to express themselves freely using colours and imagination. The session featured two main activities that introduced different styles of painting. The first activity focused on monochromatic painting, where students learned to create depth and emotion using a single colour and its shades. The second activity encouraged a free-theme artwork, allowing complete creative freedom. Participants created a variety of artworks, ranging from abstract designs to meaningful illustrations, reflecting their unique perspectives. The environment was calm, expressive, and inspiring for everyone involved. Overall, the workshop was a refreshing and enriching experience that promoted creativity and self-expression among students.



ACRYLIC COLOR WORKSHOP



OFFICE OF STUDENT LIFE CHESS ANALYSIS SESSION EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Chess Paradox Club
Topic	Chess Analysis Session
Date	11th April, 2026
Time	1:00 pm – 4:00 pm
Mode	Online
Number of Attendees	12
Resource Person	Chess Team

Office of Student Life's Club Chess Paradox Club organised a Swiss Chess Tournament on 11 April 2026. The tournament included multiple Swiss-format rounds where participants competed against players with similar scores in each round. The event witnessed intense matches, strategic gameplay, and enthusiastic participation from students. Each round challenged players to think critically and adapt their strategies. The competition remained engaging and competitive throughout. After several rounds, the top performers emerged with outstanding performances. Aayush secured 1st place with 4.5 points, Tanmay achieved 2nd place with 4.0 points, and Ananya Kalra from Chess Paradox secured 3rd place with 4.0 points. The tournament successfully promoted analytical thinking and healthy competition. Overall, it was a well-organized and exciting event for all participants.



CHESS ANALYSIS SESSION



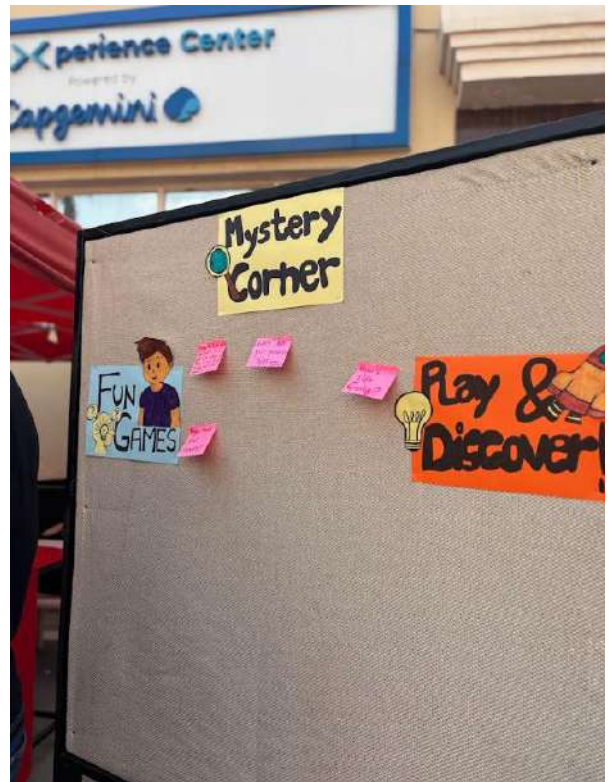
OFFICE OF STUDENT LIFE HAPPINESS GALA EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Happiness Club
Topic	Happiness Gala
Date	11th April, 2026
Time	2:00pm – 6:00 pm
Venue	Outside Edison Block
Number of Attendees	150
Resource Person	Happiness Team

Office of Student Life's Club Happiness Club organised the Happiness Gala on 11 April 2026 outside the Edison Block. The event brought together students from across the campus in a vibrant and inclusive atmosphere. The gala featured around 11 unique canopies, each representing powerful elements of happiness such as joy, gratitude, hope, connection, positivity, mindfulness, kindness, and a dedicated registration desk. Each canopy offered engaging activities and interactive games, allowing participants to experience these emotions in a fun and meaningful way. From expressing gratitude to building connections, every part of the event encouraged students to explore and engage. The gala was further enhanced by lively performances, including dance and music, which added energy and excitement to the celebration. Students enthusiastically participated, creating a joyful and memorable environment. Overall, the Happiness Gala was a beautiful celebration of positivity, connection, and togetherness, leaving everyone with smiles and unforgettable memories.



HAPPINESS GALA



OFFICE OF STUDENT LIFE UNFILTERED QUEST EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Unfiltered Ventures Club
Topic	Unfiltered Quest
Date	11 th April, 2026
Time	12:00 pm – 3:00 pm
Venue	
Number of Attendees	25
Resource Person	Unfiltered Ventures Team

Office of Student Life's Club Unfiltered Ventures organised Unfiltered Quest on 11 April 2026. The event began with a formal *Founder's Agreement* signing, immersing participants in a high-stakes, startup-themed environment. Teams of five, acting as a startup's Board of Directors, navigated a campus-wide treasure hunt designed as a corporate strategy matrix. Participants decoded business-oriented riddles and entrepreneurial jargon to uncover hidden mandates across various locations. The quest tested their lateral thinking, physical agility, and decision-making under time pressure as they worked to solve "market problems" while following corporate rules. The competition concluded with an exciting *IPO finale*, where teams used collected data points to unlock a 4-digit valuation lock. The winning team successfully secured the ultimate "Seed Funding," marking a thrilling end to the event. Overall, the event effectively blended business concepts with dynamic activities, fostering teamwork, leadership, strategic thinking, and critical problem-solving skills among participants.



UNFILTERED QUEST



OFFICE OF STUDENT LIFE

INNER ENGINEERING WEEKLY SESSION

EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Inner Engineering Club
Topic	Inner Engineering Weekly Session
Date	11th April, 2026
Time	12:00 pm – 1:00 pm
Mode	Offline – Faraday Hall
Number of Attendees	9
Resource Person	Inner Engineering Team

Office of Student Life's Club Inner Engineering Club organised an interactive wellness session on 11 April 2026. Students enthusiastically participated in engaging activities such as a yoga pose guessing game and an attention training exercise, creating a lively and interactive atmosphere. These activities encouraged active involvement, focus, and collaboration among participants. The highlight of the session was the Miracle of Mind meditation, which introduced a simple yet powerful technique for inner wellbeing. Students experienced a sense of calm, clarity, and relaxation during the practice. The session successfully blended fun activities with meaningful learning. Participants left feeling inspired, energized, and more open to exploring inner transformation. Overall, it marked a promising and impactful beginning for the club.



INNER ENGINEERING WEEKLY SESSION



OFFICE OF STUDENT LIFE

DJ CLUB – BOLLYWOOD SESSION

EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	DJ Club
Topic	DJ Club – Bollywood Session
Date	11th April, 2026
Time	3:00 pm – 5:00 pm
Venue	Faraday Hall
Number of Attendees	26
Resource Person	DJ Team

Office of Student Life's Club DJ Club organised an Interactive DJ Session on 11 April 2026 at Chitkara University. The session created a vibrant and memorable experience, reflecting creativity, passion, and the growing interest of students in the art of DJing. Participants were introduced to the fundamentals of DJing, including live mixing, beat matching, and understanding BPM (beats per minute). The session also provided hands-on experience with professional DJ software like Rekordbox, allowing students to explore real-time mixing techniques. Students actively engaged in experimenting with music transitions and sound control. The interactive environment encouraged creativity and boosted confidence among both beginners and aspiring DJs. Overall, the session was energetic, informative, and highly engaging, making it a successful learning experience for all participants.



DJ CLUB – BOLLYWOOD SESSION



OFFICE OF STUDENT LIFE ENIGMA CLUB INAUGURATION EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Enigma Club
Topic	Enigma Club Inauguration
Date	13th April, 2026
Time	1:25 pm – 3:00 am
Venue	LH – B003, Edison Block
Number of Attendees	51
Resource Person	Enigma Club Team

Office of Student Life's Club Enigma Club organised its Inauguration Event on 13 April 2026 at B003, Edison Block. The event was a great success with the enthusiastic participation of 50+ attendees, marking the beginning of an exciting journey filled with creativity, talent, and vibrant energy. The inauguration was graced by Manav Sir, whose presence and encouragement added great value to the occasion. The event commenced with a formal inauguration ceremony, setting a positive and inspiring tone. The session featured a variety of engaging activities, including a captivating magic show that amazed the audience and soulful singing performances that added charm to the atmosphere. Fun games such as the Whisper Challenge and Guess the Words kept participants actively involved, creating moments of laughter and excitement. The lively environment encouraged interaction and bonding among students. Overall, it was a well-executed and memorable event, successfully organised by the Enigma Club Heads, celebrating a new beginning with enthusiasm and unity.



ENIGMA CLUB INAUGURATION



OFFICE OF STUDENT LIFE

BAISAKHI NIGHT

EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Girls Hostel Engagement Club
Topic	Baisakhi Night
Date	13th April, 2026
Time	10:30 pm – 12:00 am
Venue	Girls Hostel Area
Number of Attendees	72
Resource Person	Girls Hostel Ambassador Team

Office of Student Life's Club Girls Hostel Engagement Club organised Baisakhi Night on 13 April 2026. The event was a grand success with the enthusiastic participation of more than 75 members, creating a joyful and energetic atmosphere throughout the evening. The celebration featured a variety of fun games that kept everyone actively engaged and entertained. Students also enjoyed wonderful dance performances, including energetic group dances that added excitement and vibrancy to the event. The DJ further enhanced the atmosphere by setting the perfect musical vibe, making the celebration lively and memorable for everyone present. The event encouraged interaction, togetherness, and cultural celebration among participants. Laughter, music, and enthusiasm filled the venue, creating unforgettable moments for all attendees. Overall, it was a well-executed and successful event, beautifully organised by the Girls Hostel Engagement Club, bringing students together in a spirit of celebration and unity.



BAISAKHI NIGHT



OFFICE OF STUDENT LIFE

SPARK

EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Happiness Club
Topic	SPARK
Date	13 th April, 2026
Time	1:00 pm – 2:00 pm
Venue	B-011, Edison Block
Number of Attendees	28
Resource Person	Dr. Manav Bansal

Office of Student Life's Club Happiness Club organised the first session of the SPARK Program on 13 April 2026. The session was led by Manav Bansal Sir, Chief Happiness Officer, and marked a powerful beginning to a transformative journey focused on self-awareness, growth, curiosity, confidence, kindness, and karma. Students participated with high energy and enthusiasm, engaging in creative introductions, meaningful storytelling, and interactive activities. One of the most unique aspects of the session was the digital detox, where students kept their phones aside and fully immersed themselves in the experience. The environment was filled with positivity, connection, and a strong sense of camaraderie. The session encouraged openness, self-expression, and personal reflection. Overall, it was a vibrant and impactful start to the SPARK journey, leaving participants inspired and motivated for the sessions ahead.



SPARK



OFFICE OF STUDENT LIFE

SPARK

EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Happiness Club
Topic	SPARK
Date	13th April, 2026
Time	5:00 pm – 6:00 pm
Venue	B-011, Edison Block
Number of Attendees	23
Resource Person	Dr. Manav Bansal

Office of Student Life's Club Happiness Club organised the first session of the SPARK Program on 13 April 2026. The session was led by Manav Bansal Sir, Chief Happiness Officer, and marked a powerful beginning to a transformative journey focused on self-awareness, growth, curiosity, confidence, kindness, and karma. Students participated with high energy and enthusiasm, engaging in creative introductions, meaningful storytelling, and interactive activities. One of the most unique aspects of the session was the digital detox, where students kept their phones aside and fully immersed themselves in the experience. The environment was filled with positivity, connection, and a strong sense of camaraderie. The session encouraged openness, self-expression, and personal reflection. Overall, it was a vibrant and impactful start to the SPARK journey, leaving participants inspired and motivated for the sessions ahead.



SPARK



OFFICE OF STUDENT LIFE

YOGA SESSION EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Tejas Yoga Club
Topic	Yoga Session
Date	15th – 17th April, 2026
Time	5:00 pm – 6:00 pm
Venue	B-012, Edison Block
Number of Attendees	31
Resource Person	Yoga Team

Office of Student Life's Club Tejas Yoga Club organised a series of Yoga Sessions from 15 April to 17 April 2026 at the Basement of Edison Block B12. The sessions focused on promoting physical well-being, mental relaxation, and overall mindfulness among participants. On 15 April, the session included basic stretching, guided yoga postures, and breathing exercises that helped improve posture and focus. On 16 April, participants practiced different asanas along with controlled breathing techniques, which contributed to reducing stress and enhancing overall well-being. On 17 April, the session emphasized regular yoga practices, including stretching, balance-based asanas, and a calming meditation at the end. Students actively participated in all sessions, experiencing relaxation and improved concentration. Overall, the series was refreshing and beneficial, encouraging students to adopt a healthier and more balanced lifestyle.



YOGA SESSION



OFFICE OF STUDENT LIFE CARROM COMPETITION 2026 EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Athletica Club
Topic	Carrom Competition 2026
Date	17th April, 2026
Time	1:00 pm – 3:00 pm
Venue	B-012, Edison Block
Number of Attendees	20
Resource Person	Athletica Club Team

Office of Student Life's Club Athletica Club organised a Carrom Competition on 17 April 2026. The event provided students with a refreshing recreational break beyond academics. Participants played with great enthusiasm and focus, showcasing their skills and strategic thinking. The matches were engaging and competitive, creating an exciting atmosphere. The event promoted teamwork, friendly rivalry, and active campus involvement. Students enjoyed the opportunity to relax, connect, and engage in a fun indoor activity. Overall, the competition reflected the vibrant spirit of the Athletica Club and was a successful and enjoyable experience for all participants.



CARROM COMPETITION 2026



OFFICE OF STUDENT LIFE MIND CLASH GRAND FINALE EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Mind Clash
Topic	Mind Clash Grand Finale
Date	18th April, 2026
Time	12:30 pm – 4:00 pm
Venue	Carnegie Hall
Number of Attendees	100
Resource Person	Mind Clash Team

Office of Student Life's Club Mind Clash organised the Mind Clash University Quiz Championship – Grand Finale on 18 April 2026. The championship began with an impressive participation of 648 students in Level 1 and progressed through five highly competitive rounds, narrowing down to the Top 20 finalists. The finale was conducted in two stages, beginning with an Essay Round that assessed conceptual clarity and depth of knowledge, from which the Top 10 participants qualified for the Grand Finale. The final stage featured an exciting Buzzer Round consisting of 25 questions from multiple sectors, where participants showcased their speed, accuracy, and presence of mind in front of an audience of around 150 students. The quiz was conducted by Mr. Harpreet Bhatia in the esteemed presence of Dr. Madhu Chitkara, Pro-Chancellor of Chitkara University, and Colonel Rakesh, Registrar of the university. Dr. Madhu Chitkara also graciously presented prizes to the winners. The championship concluded on a high note with enthusiastic participation and appreciation from everyone present. Prize distributions included ₹51,000 for the winner, ₹31,000 for the runner-up, ₹21,000 for third position, and ₹11,000 each for fourth and fifth positions. Overall, the event successfully promoted knowledge, analytical thinking, and healthy academic competition among students.



MIND CLASH GRAND FINALE



OFFICE OF STUDENT LIFE LEADERSHIP WORKSHOP EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Office of Student Life
Topic	Leadership Workshop
Date	19th April, 2026
Time	11:00 am – 3:00 pm
Venue	Einstein Hall
Number of Attendees	21
Resource Person	Mr. Vikas and Ms. Singh

Office of Student Life organised a Leadership Workshop on 19 April 2026 starting from 9:30 AM onwards. The session brought together enthusiastic participants eager to explore the true essence of leadership. It was led by the dynamic trainers Mr. Vikas and Ms. Singh, whose engaging approach and practical insights made the workshop both inspiring and meaningful. Participants explored key aspects such as the power of positivity in leadership, the qualities of an ideal leader, and the importance of leading with purpose and clarity. The session focused not only on concepts but also on experiential learning. One of the highlights was a heartfelt activity where participants wrote and shared meaningful letters, creating emotional connections and a sense of appreciation. The environment was interactive, reflective, and motivating throughout. Overall, the workshop concluded on an uplifting note, leaving participants inspired, confident, and ready to embrace leadership with a positive mindset.



LEADERSHIP WORKSHOP



OFFICE OF STUDENT LIFE MOHALI MALL WALK EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Page Turners Club
Topic	Mohali Mall Walk
Date	19th April, 2026
Time	11:00 am – 4:00 pm
Venue	Mohali
Number of Attendees	12
Resource Person	Page Turners Team

Office of Student Life's Club Page Turners Club organised a visit to Mohali Mall Walk on 19 April 2026. The activity was planned as an engaging recreational and community-building experience for students. Participants explored the Book Carnival, where they browsed a wide variety of books across different genres. The visit also included interactive discussions among readers, allowing them to share thoughts and recommendations. Students spent leisure time together, discovering new authors and literary interests. The environment was lively, enriching, and full of enthusiasm. The activity encouraged bonding over shared interests and promoted a culture of reading. Overall, students felt highly engaged and enjoyed the experience, making it a refreshing and memorable outing.



MOHALI MALL WALK



OFFICE OF STUDENT LIFE INAUGURATION OF MANDATE CLUB EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Mandate Club
Topic	Inauguration of Mandate Club
Date	20th April, 2026
Time	1:30 pm – 3:00 pm
Venue	Pierre Hall
Number of Attendees	34
Resource Person	Col. Rakesh Sharma

Office of Student Life's Club The Mandate Club organised its Inauguration Event on 20 April 2026 from 1:30 PM to 3:00 PM. The event marked the beginning of an inspiring journey for the club and its members. The session was graced by the presence of the esteemed Faculty Advisor, Colonel Rakesh Sharma Sir, whose expertise and guidance added immense value to the occasion. The club was also honored by the presence of Dr. Sarabjeet Sir, whose encouragement made the event even more special. The inauguration featured engaging and interactive activities, including fun games, insightful documentary reels, and participation-based sessions that kept students actively involved. The distribution of goodies added a cheerful and memorable touch to the event. The atmosphere remained energetic, welcoming, and enthusiastic throughout the session. Overall, the inauguration concluded on a positive note, reflecting the club's vision of promoting learning, growth, and meaningful engagement among students.



INAUGURATION OF MANDATE CLUB



OFFICE OF STUDENT LIFE

YOGA SESSION

EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Tejas Yoga Club
Topic	Yoga Session
Date	20 th – 22 nd April, 2026
Time	5:00 pm – 6:00 pm
Venue	Alpha Zone
Number of Attendees	35
Resource Person	Yoga Team

Office of Student Life's Club Tejas Yoga Club organised a series of Evening Yoga Sessions from 20 April to 22 April 2026 at the Alpha Zone from 5:00 PM to 6:00 PM. The sessions focused on promoting physical fitness, mental relaxation, and overall well-being among participants. The sessions included a combination of warm-up exercises, stretching, and a variety of yoga asanas aimed at improving flexibility, strength, and balance. Participants also practiced controlled breathing techniques that helped reduce stress and enhance focus. Special emphasis was given to maintaining consistency in yoga practice and building a healthy routine. The sessions concluded with relaxation techniques and short meditation, allowing participants to feel calm and refreshed. Students actively participated and enjoyed the peaceful and positive environment. Overall, the sessions were rejuvenating and beneficial, encouraging a balanced and healthy lifestyle.



YOGA SESSION



OFFICE OF STUDENT LIFE

THE GREY CODE

EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Enigma Club
Topic	The Grey Code
Date	24th April, 2026
Time	1:35 pm – 3:00 pm
Venue	LH-104, Martin Luther Block
Number of Attendees	50
Resource Person	Enigma Team

Office of Student Life's Club Enigma Club organised an Interactive Investigation Event on 24 April 2026 at Martin Luther Hall (LH-104). The event commenced around 1:35 PM and brought together enthusiastic participants eager to test their creativity, analytical thinking, and quick decision-making skills. The competition featured three well-structured rounds, each designed to challenge different abilities. It began with an Emoji-Based Investigation round, where teams decoded emoji sequences to uncover hidden clues. This was followed by a Case File Solving round, requiring logical reasoning, teamwork, and detailed analysis. The event concluded with a high-energy Rapid Fire round, testing participants' presence of mind under time pressure. The atmosphere remained engaging, competitive, and intellectually stimulating throughout. Overall, the event successfully blended creativity, logic, and excitement, encouraging collaboration and critical thinking among participants.



THE GREY CODE



OFFICE OF STUDENT LIFE CHESS ANALYSIS SESSION EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Chess Paradox Club
Topic	Chess Analysis Session
Date	25th April, 2026
Time	1:00 pm – 4:00 pm
Venue	B-012, Edison Block
Number of Attendees	12
Resource Person	Chess Team

Office of Student Life's Club Chess Paradox Club organised a Practice Session with Post Game Analysis on 25 April 2026 from 1:00 PM to 4:00 PM at the Karate Room. The session aimed to provide students with practical gameplay experience along with insights into improving their strategies through detailed analysis. Participants engaged in multiple practice matches, experiencing competitive gameplay in an interactive environment. Selected matches were later analyzed, where players discussed their moves, identified mistakes, and explored better alternatives with proper guidance. The session helped students understand important concepts such as positioning, tactics, and endgame strategies. Participants remained highly involved throughout the event and actively exchanged ideas and strategies. The combination of gameplay and analysis enhanced their understanding of chess and improved critical thinking abilities. Overall, the session was informative, engaging, and highly beneficial, motivating students to refine their skills and perform better in future tournaments.



CHESS ANALYSIS SESSION



OFFICE OF STUDENT LIFE

MONEY ALPHA 360°

EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Mandate Club
Topic	Money Alpha 360°
Date	25th April, 2026
Time	3:00 am – 10:00 pm
Venue	Greater Noida
Number of Attendees	50
Resource Person	Mandate Club Team

Office of Student Life's Club The Mandate Club organised the Money Alpha 360° Summit on 25 April 2026 at Greater Noida. The summit served as a comprehensive platform that brought together the entire digital finance ecosystem, where innovation, capital, and intelligence converged to shape the future of finance. The event connected industry leaders, investors, and aspiring professionals to explore emerging trends such as fintech, blockchain, and AI-driven financial solutions. Participants gained valuable insights through expert discussions, networking opportunities, and forward-thinking sessions. The platform encouraged knowledge sharing and meaningful collaborations, enabling innovative ideas to transform into real opportunities. The summit also inspired students and participants to stay updated with the rapidly evolving financial landscape. The interactive environment fostered learning, innovation, and professional growth. Overall, Money Alpha 360° Summit proved to be an impactful and enriching experience that promoted a more innovative and inclusive vision for the future of finance.



MONEY ALPHA 360⁰



OFFICE OF STUDENT LIFE AARAMBH MUN EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	MUN Club
Topic	AARAMBH MUN
Date	25TH- 26TH April, 2026
Time	9:00 am – 7:00 pm
Venue	Omicron Labs, Square One, Carnegie Hall
Number of Attendees	150
Resource Person	MUN Team

Under the Office of Student Life, the Chitkara MUN Society successfully organized *Aarambh MUN 2026* — the first-ever Model United Nations conference at Chitkara University. Conducted over two dynamic days, the event brought together students from diverse backgrounds onto one platform filled with diplomacy, intellect, debate, leadership, and creativity. The conference featured five engaging committees including AIPPM, UNHRC, UNCSW, IPL Auction, and International Press, with enthusiastic participation from delegates and members across all committees. Each committee was guided by experienced Executive Board members from reputed institutions, ensuring professional moderation and meaningful discussions throughout the sessions. Day 1 witnessed energetic committee proceedings, agenda-based debates, and active delegate engagement, followed by an exciting DJ Night by DJ The Wall and a ramp walk that encouraged confidence and interaction among participants. Day 2 continued with intense deliberations, improved clarity in discussions, and concluded with a grand Closing Ceremony where delegates, Executive Boards, and organizers were appreciated for their efforts. Awards including Best Delegate and other recognitions were presented to outstanding participants. Aarambh MUN 2026 successfully blended formal diplomatic discourse with engaging student activities, creating a platform where students could express perspectives, challenge ideas, and emerge as confident future leaders and decision-makers.



AARAMBH MUN



OFFICE OF STUDENT LIFE RUN FOR SINDHU 4.0 EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Running Club
Topic	Run for Sindhu 4.0
Date	26 th April, 2026
Time	4:00 am – 11:00 am
Venue	Punjab University, Chandigarh
Number of Attendees	21
Resource Person	Running Team

Office of Student Life's Club Running Club organised participation in Sindhu Marathon 4.0 on 26 April 2026 at Punjab University. The event provided students with an exciting opportunity to promote fitness, endurance, and team spirit through a 5K marathon. A total of 21 students from the club actively participated in the run and showcased remarkable dedication and determination throughout the event. Their hard work paid off as the participants performed exceptionally well and proudly brought back medals for the university. It was inspiring to witness every participant successfully complete the 5K marathon, making the experience memorable and rewarding for all. Students were also awarded certificates in recognition of their efforts and achievements. Apart from the marathon, the event included energetic Zumba sessions, engaging warm-up activities, and a lively atmosphere that kept everyone motivated. Overall, it was an enriching and enjoyable experience that strengthened physical fitness, confidence, and team bonding among participants.



RUN FOR SINDHU 4.0



OFFICE OF STUDENT LIFE

YOGA SESSION

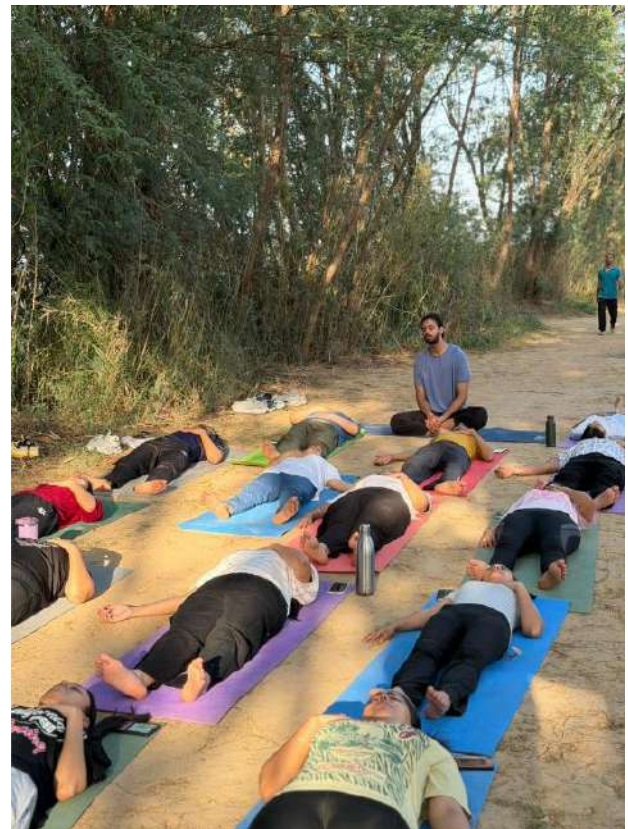
EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Tejas Yoga Club
Topic	Yoga Session
Date	26th April, 2026
Time	6:00 am – 10:00 am
Venue	Sukhna Lake
Number of Attendees	20
Resource Person	Yoga Team

Office of Student Life's Club Tejas Yoga Club organised “Yoga by the Lake” on 26 April 2026 at Sukhna Lake. The early morning session brought together students for a refreshing experience focused on yoga, meditation, and overall wellness. Participants practiced various yoga asanas along with guided breathing exercises, helping them relax and improve their focus. The serene natural surroundings added to the calm and peaceful atmosphere of the session. Students also engaged in meditation, allowing them to feel more mindful and energized. The session encouraged participants to connect with nature while enhancing their physical and mental well-being. It provided a perfect balance of relaxation and rejuvenation. Overall, the event was a memorable and refreshing experience that promoted a healthy and mindful lifestyle.



YOGA SESSION



OFFICE OF STUDENT LIFE

HOSTEL RIVALS DAY 1

EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	BroCode Club
Topic	Hostel Rivals Day 1
Date	28th April, 2026
Time	10:30 pm – 1:30 am
Venue	Jio Games, Newton Block
Number of Attendees	112
Resource Person	BroCode Team

Office of Student Life, in collaboration with Club Bro Code and Digit Squad, organised the Inter-Hostel BGMI Tournament on 28 April 2026 at Jio Games, Newton Block. The event witnessed the enthusiastic participation of 112 students, creating a highly energetic and competitive gaming environment. It began with a briefing session where participants were informed about the rules, match structure, and fair play guidelines. The matches were intense and engaging, with teams showcasing strategic gameplay, coordination, and quick decision-making skills. In Round 1, all 22 teams competed fiercely to secure a place in the next stage, out of which 16 teams advanced based on their performance. The tournament maintained excitement and competitiveness throughout. It promoted teamwork, strategic thinking, and healthy competition among students. Overall, the event was a great success, providing a platform for gamers to showcase their skills and connect with like-minded peers.



HOSTEL RIVALS DAY 1



OFFICE OF STUDENT LIFE HOSTEL RIVALS DAY 2 EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	BroCode Club
Topic	Hostel Rivals Day 2
Date	29th April, 2026
Time	10:10 pm – 2:15 am
Venue	Einstein Hall
Number of Attendees	90
Resource Person	BroCode Team

Office of Student Life's Club Bro Code, in collaboration with Digit Squad, organised the Inter-Hostel BGMI Tournament on 29 April 2026 at Einstein Hall, Galileo Block. The event witnessed enthusiastic participation from 112 students, with 90 students competing in the final stage, creating a highly energetic and competitive gaming environment. The tournament began with a briefing session covering rules, match structure, and fair play guidelines. The matches were intense and engaging, with teams demonstrating strong strategic gameplay, coordination, and quick decision-making skills. In Round 1, all 22 teams competed, out of which 16 teams advanced to the next stage based on their performance. Rounds 2 and 3 further intensified the competition, leading to the final round where top teams showcased exceptional strategy and teamwork. In the final stage, Team Dealer secured the 1st position, while Team Versatile claimed the 2nd position with an impressive performance. Overall, the event was a great success, promoting teamwork, strategic thinking, and healthy competition, while providing a platform for students to showcase their gaming skills.



HOSTEL RIVALS DAY 2



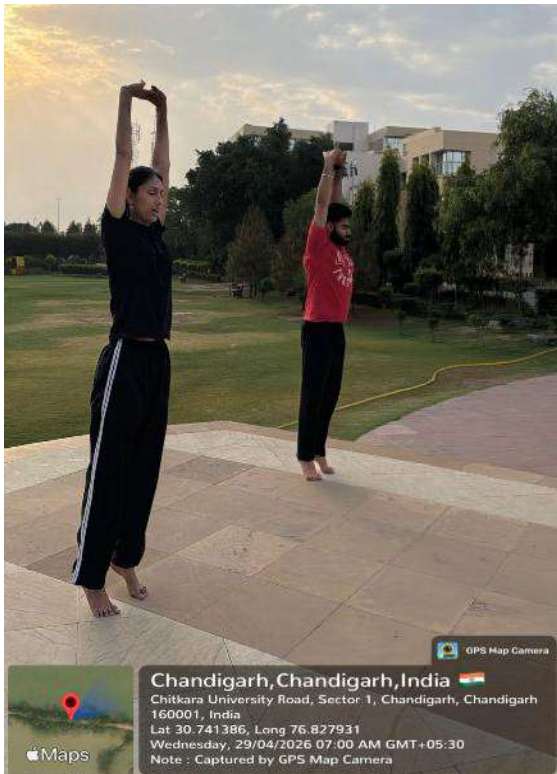
OFFICE OF STUDENT LIFE YOGA SESSION EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Tejas Yoga Club
Topic	Yoga Session
Date	28th - 30th April, 2026
Time	6:30 am – 7:30 am
Venue	Alpha Zone
Number of Attendees	38
Resource Person	Yoga Team

Office of Student Life's Club Tejas Yoga Club organised a series of Morning Wellness Sessions from 28 April to 30 April 2026 at Alpha Zone. The sessions focused on promoting physical fitness, mental peace, and a balanced lifestyle among students. Each session included yoga practices, breathing techniques, and meditation to enhance overall well-being. Participants actively engaged in the activities, improving their flexibility, focus, and mindfulness. The sessions created a calm and refreshing environment, helping students start their day with positivity and energy. Regular practice encouraged discipline and consistency in maintaining a healthy routine. Students experienced relaxation and better concentration through guided exercises. Overall, the sessions were rejuvenating and beneficial, inspiring participants to adopt a healthier and more mindful lifestyle.



YOGA SESSION



OFFICE OF STUDENT LIFE CHESS PARADOX TOURNAMENT EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Chess Paradox Club
Topic	Chess Paradox Tournament
Date	2nd May, 2026
Time	12:00 pm – 4:00 pm
Venue	B-012, Edison Block
Number of Attendees	25
Resource Person	Chess Paradox Team

Office of Student Life's Club Chess Paradox Club organized the first slot of a Chess Tournament on 2 May 2026 from 12:00 PM to 4:00 PM. The event aimed to provide a competitive platform for students to showcase their chess skills and experience structured tournament play. The tournament included multiple rounds in which participants competed against each other in a well-organized format. Players demonstrated strategic thinking, effective time management, and strong competitive spirit throughout the matches. The event witnessed enthusiastic participation and smooth coordination, ensuring fair gameplay and an engaging experience for all. Students remained highly focused and competitive, enjoying the challenging matches and disciplined structure of the tournament. The session also encouraged sportsmanship, analytical thinking, and active participation. Overall, the event was a successful and exciting experience that motivated players to continue improving and participate in future tournament slots and club activities.



CHESS PARADOX TOURNAMENT



OFFICE OF STUDENT LIFE

UNMASKED: A JOURNEY WITHIN

EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Happiness Club
Topic	Unmasked: A Journey Within
Date	2nd May, 2026
Time	2:00 pm – 4:00 pm
Venue	LH004 – Pythagoras Block
Number of Attendees	31
Resource Person	Happiness Team

Office of Student Life's Club Happiness Club, in collaboration with Tejas Yoga & Wellness Circle, organised Unmasked: A Journey Within on 2 May 2026. The session was a thoughtfully curated and engaging experience focused on self-expression and personal growth. It commenced with a calming meditation that helped participants relax and become more mindful. This was followed by activities such as voice modulation, mirror reflection, and a creative mask-making exercise, where students expressed their present selves and envisioned their future identities. The event concluded with an interactive debate that encouraged thoughtful dialogue and the exchange of diverse perspectives. Participants actively engaged throughout the session, creating a supportive and reflective atmosphere. The activities promoted confidence, creativity, and deeper self-awareness. Overall, the session provided a meaningful and enriching experience that inspired participants to connect with themselves and others.



UNMASKED: A JOURNEY WITHIN



OFFICE OF STUDENT LIFE SAB KHELO SAB JEETO EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Happiness Ambassador Club
Topic	Sab Khelo Sab Jeeto
Date	2nd May, 2026
Time	12:00 pm – 2:00 pm
Venue	Einstein Hall
Number of Attendees	35
Resource Person	Happiness Ambassador Team

Office of Student Life's Club Happiness Ambassador Club organised Sab Khelo Sab Jeeto on 2 May 2026. The session was an interactive and enjoyable experience where students enthusiastically participated in a variety of fun games and engaging group activities. Each activity was designed to encourage teamwork, effective communication, and active participation among all attendees. The lively nature of the session helped students connect with one another in a positive and supportive environment. The atmosphere was filled with energy, laughter, and meaningful interactions throughout the event. Participants remained highly engaged and enjoyed every aspect of the session. The event successfully promoted collaboration, bonding, and a spirit of inclusiveness. Overall, Sab Khelo Sab Jeeto turned out to be a memorable and joyful experience that spread happiness and strengthened connections among students.



SAB KHELO SAB JEETO



OFFICE OF STUDENT LIFE

RECOGNITION CEREMONY FOR DEDICATED RUNNERS

EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Running Club
Topic	Recognition Ceremony for Dedicated Runners
Date	3rd May, 2026
Time	7:00 am – 3:00 pm
Venue	Sukhna Lake
Number of Attendees	13
Resource Person	Running Team

Office of Student Life's Club Running Club organized the Recognition Ceremony for Dedicated Runners on 3 May 2026 at Sukhna Lake from 7:00 AM to 3:00 PM. The event was conducted to appreciate and recognize students who consistently participate in running and fitness activities with dedication and enthusiasm. The ceremony celebrated the discipline, commitment, and perseverance of students who actively maintain their fitness routines and inspire others through their healthy lifestyle. A total of 13 students participated in the event. The atmosphere was highly motivating and energetic, encouraging students to continue prioritizing physical fitness and overall well-being. Participants were acknowledged for their hard work, consistency, and passion for running. The event also strengthened the sense of community within the club and inspired others to stay committed to their fitness goals. Overall, it was a meaningful and inspiring ceremony that honored the efforts of dedicated runners and promoted a culture of health and wellness.



RECOGNITION CEREMONY FOR DEDICATED RUNNERS



OFFICE OF STUDENT LIFE HOSTEL DONATION DRIVE EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	UMANG Club
Topic	Hostel Donation Drive
Date	3rd May, 2026
Time	2:30 pm – 5:30 pm
Venue	Boys and Girls Hostel
Number of Attendees	11
Resource Person	UMANG Team

Office of Student Life's Club Umang Team organised a University-Wide Donation Drive on 3 May 2026 across all hostels within the university premises. The drive was conducted to collect essential items and contributions for underprivileged children, old age homes, NGOs, and other communities in need of support and care. Team members were assigned to different hostels to ensure smooth coordination and efficient collection of donations from across the campus. The initiative brought together students, volunteers, and hostel staff for a meaningful social cause. The event witnessed active participation and generous contributions, reflecting a strong sense of compassion and social responsibility within the university community. The collected donations were intended to bring hope, support, and happiness to those in need. The drive also encouraged students to contribute towards building a more supportive and inclusive society. Overall, the initiative was a heartwarming and impactful effort that successfully promoted kindness, empathy, and community service.



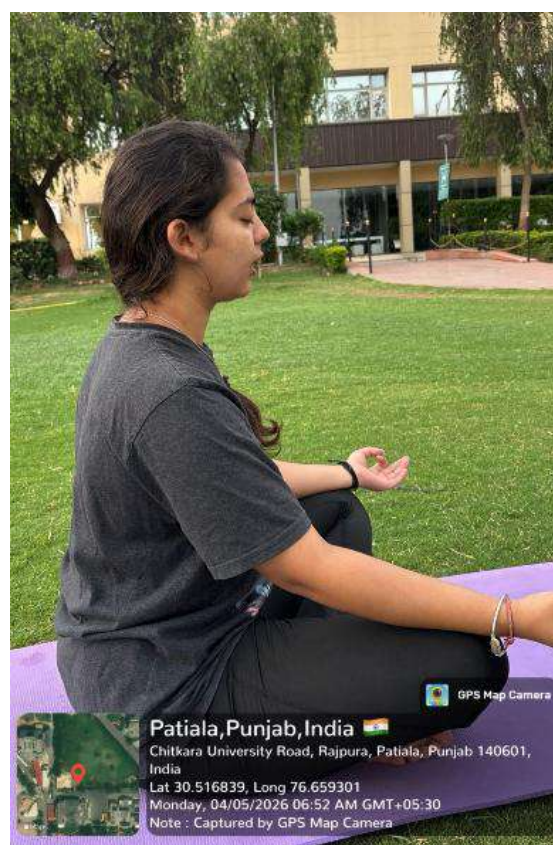
HOSTEL DONATION DRIVE



OFFICE OF STUDENT LIFE MORNING YOGA SESSION EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Tejas Yoga Club
Topic	Morning Yoga Session
Date	4 th May, 2026
Time	6:30 am – 7:30 am
Venue	Alpha Zone
Number of Attendees	6
Resource Person	Yoga Team

Office of Student Life's Club Tejas Yoga Club organised a Morning Yoga Session on 4 May 2026 at the Alpha Zone. The session focused on basic yoga asanas, breathing techniques, and relaxation exercises to help students unwind and rejuvenate after their academic schedule. Participants actively engaged in the session and experienced a sense of calmness, improved flexibility, and mental relaxation. The guided practices encouraged mindfulness and helped students reduce stress while enhancing their concentration and overall well-being. The peaceful environment created a refreshing and positive atmosphere throughout the session. Students enjoyed the opportunity to reconnect with themselves and restore their energy. The session also emphasized the importance of maintaining consistency in yoga practice. Overall, it was a soothing and beneficial experience that inspired students to adopt a healthy and balanced lifestyle.



MORNING YOGA SESSION



OFFICE OF STUDENT LIFE MORNING YOGA SESSION EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Tejas Yoga Club
Topic	Morning Yoga Session
Date	5th May, 2026
Time	6:30 am – 7:30 am
Venue	Alpha Zone
Number of Attendees	10
Resource Person	Yoga Team

Office of Student Life's Club Tejas Yoga Club organised a Morning Yoga Session on 5 May 2026 at the Alpha Zone. The session included stretching exercises, pranayama, and meditation practices designed to energise students for the day ahead. Participants enthusiastically took part in the activities and experienced a sense of refreshment, increased activity, and improved mental focus. The guided yoga practices helped students enhance flexibility, concentration, and inner calm. The session created a peaceful and positive environment that encouraged mindfulness and self-discipline. Students enjoyed the opportunity to begin their day with renewed energy and clarity. The event also promoted the importance of regular yoga practice for maintaining physical and mental well-being. Overall, the session was rejuvenating and beneficial, inspiring participants to adopt a healthier and more balanced lifestyle.



MORNING YOGA SESSION



OFFICE OF STUDENT LIFE

EMPATHY IN ACTION: PERIOD CRAMP SIMULATOR

EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Unfiltered Ventures Club
Topic	Empathy in Action: Period Cramp Simulator
Date	5 th May, 2026
Time	11:00 am – 3:00 pm
Venue	Square One
Number of Attendees	300
Resource Person	Unfiltered Ventures Team

Office of Student Life's Club Unfiltered Ventures Club organised Empathy in Action: Period Cramp Simulator Experience on 5 May 2026 in collaboration with NGO Tammana. The event was a highly interactive and impactful initiative aimed at breaking societal taboos and fostering genuine empathy regarding women's health. During the session, male students were invited to use a period cramp simulator machine to physically experience pain levels associated with menstruation. The activity generated significant student participation and drew large crowd engagement throughout the event. It sparked open, mature, and meaningful conversations about menstrual health and awareness. The initiative successfully combined experiential learning with social sensitivity, encouraging participants to better understand the challenges faced by women. Students appreciated the bold and thought-provoking concept. Overall, the event was a powerful and memorable experience that promoted empathy, awareness, and social responsibility.



EMPATHY IN ACTION: PERIOD CRAMP SIMULATOR



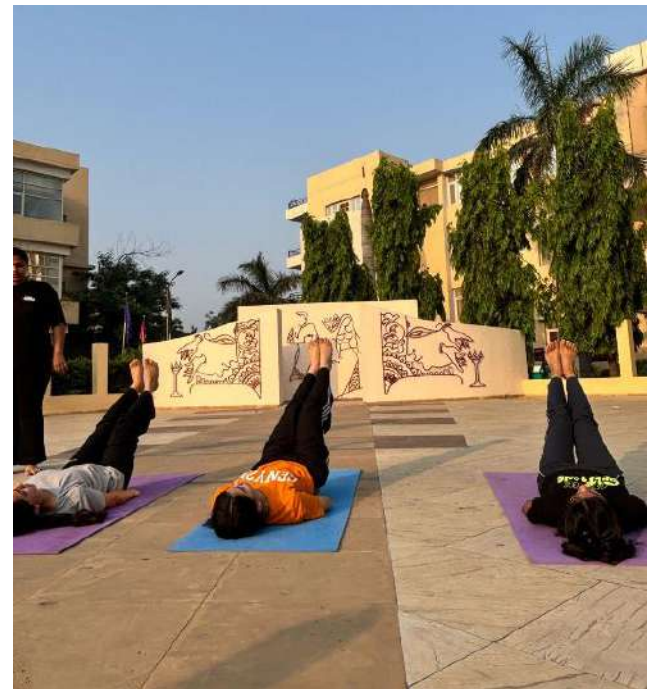
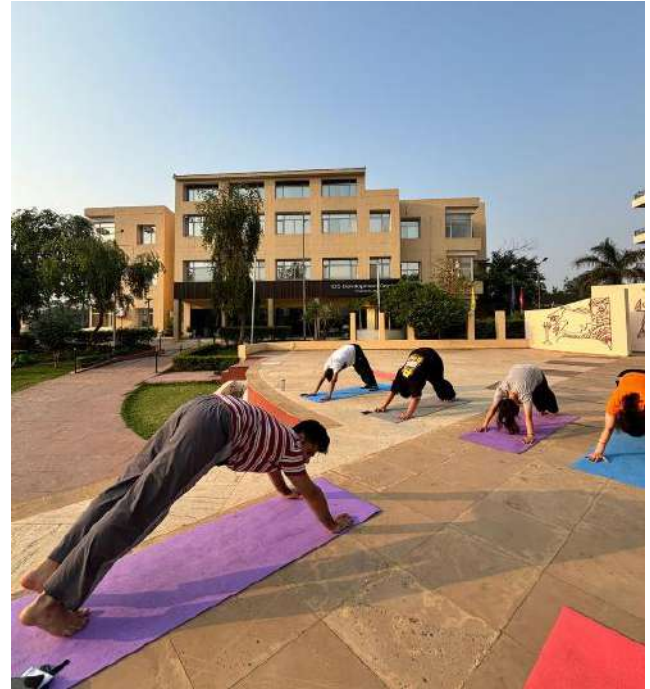
OFFICE OF STUDENT LIFE MORNING YOGA SESSION EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Tejas Yoga Club
Topic	Morning Yoga Session
Date	6th May, 2026
Time	6:30 am – 7:30 am
Venue	Alpha Zone
Number of Attendees	12
Resource Person	Yoga Team

Office of Student Life's Club Tejas Yoga Club organised a Morning Yoga & Meditation Session on 6 May 2026 at the Alpha Zone. The session focused on guided meditation, breathing control, and gentle yoga poses to help students relieve stress and improve concentration. Participants actively engaged in the structured practice and experienced a deep sense of relaxation and rejuvenation by the end of the session. The breathing techniques and mindful movements helped enhance mental clarity, emotional balance, and physical well-being. The calm and peaceful environment encouraged students to reconnect with their inner peace and develop greater self-awareness. Students appreciated the opportunity to pause, unwind, and restore their energy. The session also reinforced the importance of regular mindfulness practices in maintaining a healthy lifestyle. Overall, it was a soothing and enriching experience that promoted wellness and inner harmony.



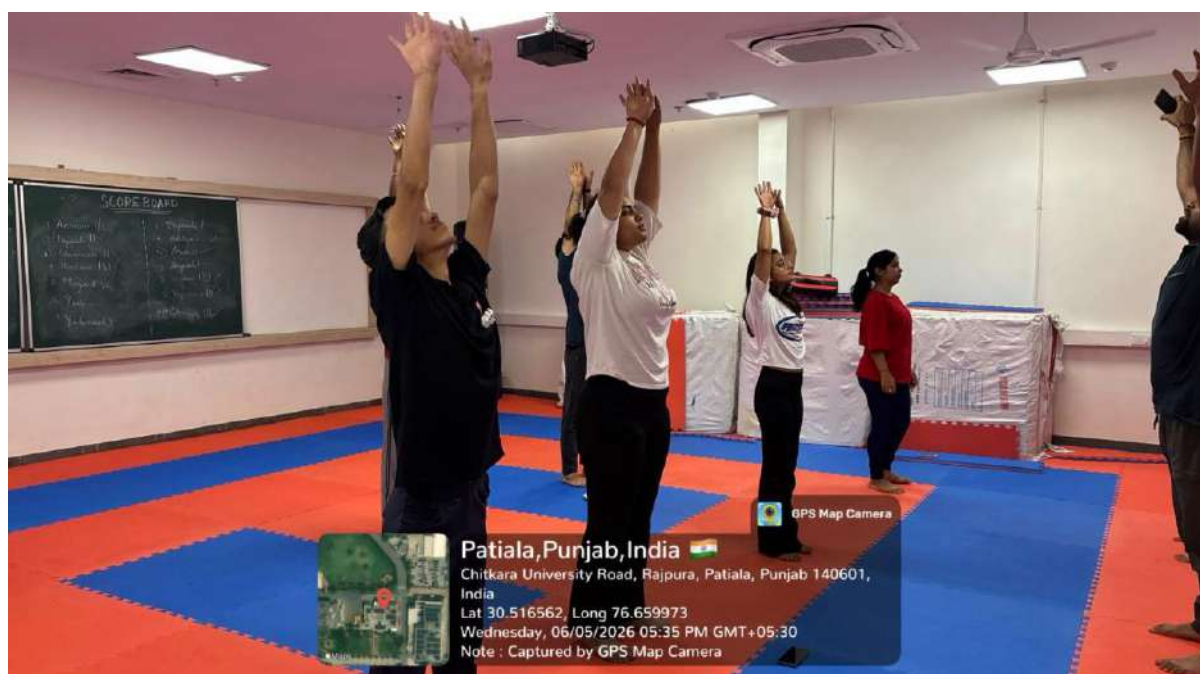
MORNING YOGA SESSION



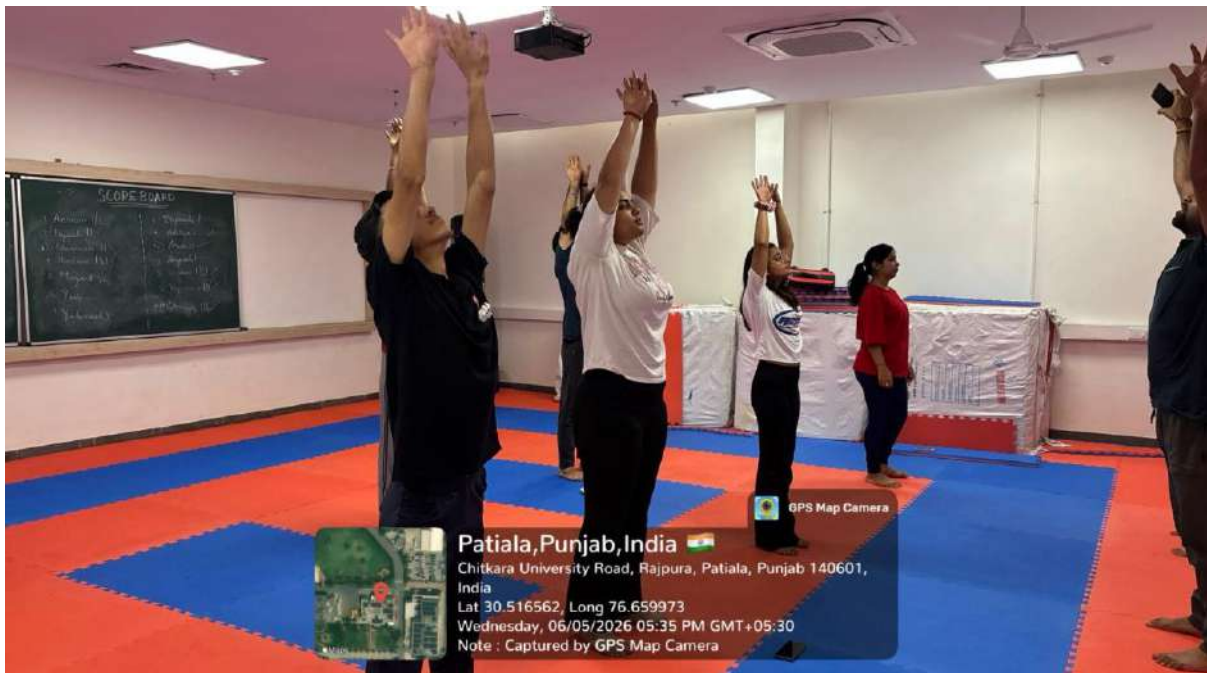
OFFICE OF STUDENT LIFE EVENING YOGA SESSION EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Tejas Yoga Club
Topic	Evening Yoga Session
Date	6th May, 2026
Time	5:00 pm – 6:15 pm
Venue	Edison Basement
Number of Attendees	10
Resource Person	Yoga Team

Office of Student Life's Club Tejas Yoga Club organised an Evening Yoga & Meditation Session on 6 May 2026 at Edison Block. The session focused on guided meditation, breathing control, and gentle yoga poses to help students relieve stress and improve concentration. A total of 10 students participated enthusiastically in the session. The structured practice enabled participants to relax, rejuvenate, and reconnect with their inner peace. The calm and positive environment encouraged mindfulness and emotional balance. Students reported feeling refreshed, mentally focused, and physically relaxed by the end of the session. Overall, the event was a soothing and enriching experience that promoted wellness, self-awareness, and a healthy lifestyle.



EVENING YOGA SESSION



OFFICE OF STUDENT LIFE

UNFILTERED TANK PHASE 1: VENTURE ASSEMBLE

EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Unfiltered Ventures Club
Topic	Unfiltered Tank Phase 1: Venture Assemble
Date	6th May, 2026
Time	1:00 pm – 2:50 pm
Venue	LH-104, Martin Luther Block
Number of Attendees	55
Resource Person	Unfiltered Ventures Team

Office of Student Life's Club Unfiltered Ventures Club organised Unfiltered Tank Phase 1: Venture Assemble on 6 May 2026 at LH-104, Martin Luther Block. The event marked the official launch of the Unfiltered Tank 2026 Startup Ecosystem, aimed at transforming students' ideas into actionable ventures. A total of 55 students participated in the session, where pre-analysed cross-functional teams of five, consisting of tech, business, and design talents, were formally introduced to their co-founders. Under the expert mentorship and guidance of Dr. Shubhkaran Sir, participants engaged in high-impact brainstorming, vision mapping, and role delegation exercises. By the end of the session, all teams successfully finalised their core problem statements and officially registered their startup names. The event laid a strong foundation for the upcoming stages of MVP development and startup pitching. Overall, the session was highly interactive, inspiring, and instrumental in fostering innovation, collaboration, and entrepreneurial thinking among students.



UNFILTERED TANK PHASE 1: VENTURE ASSEMBLE



OFFICE OF STUDENT LIFE MORNING YOGA SESSION EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Tejas Yoga Club
Topic	Morning Yoga Session
Date	7th May, 2026
Time	6:30 am – 7:30 am
Venue	Alpha Zone
Number of Attendees	5
Resource Person	Yoga Team

Office of Student Life's Club Tejas Yoga Club successfully organised a Morning Yoga Session on 7 May 2026 at Alpha Zone from 6:30 AM to 7:30 AM with the participation of 5 students. The session focused on promoting physical fitness, mental relaxation, and a healthy lifestyle among participants. Various yoga postures, stretching exercises, and breathing techniques were practiced under proper guidance, creating a positive and energetic atmosphere. The session encouraged participants to begin their day with mindfulness, discipline, and wellness. Students experienced a sense of calmness, improved flexibility, and renewed energy by the end of the session. Overall, the event was refreshing, engaging, and highly beneficial for everyone present.



MORNING YOGA SESSION



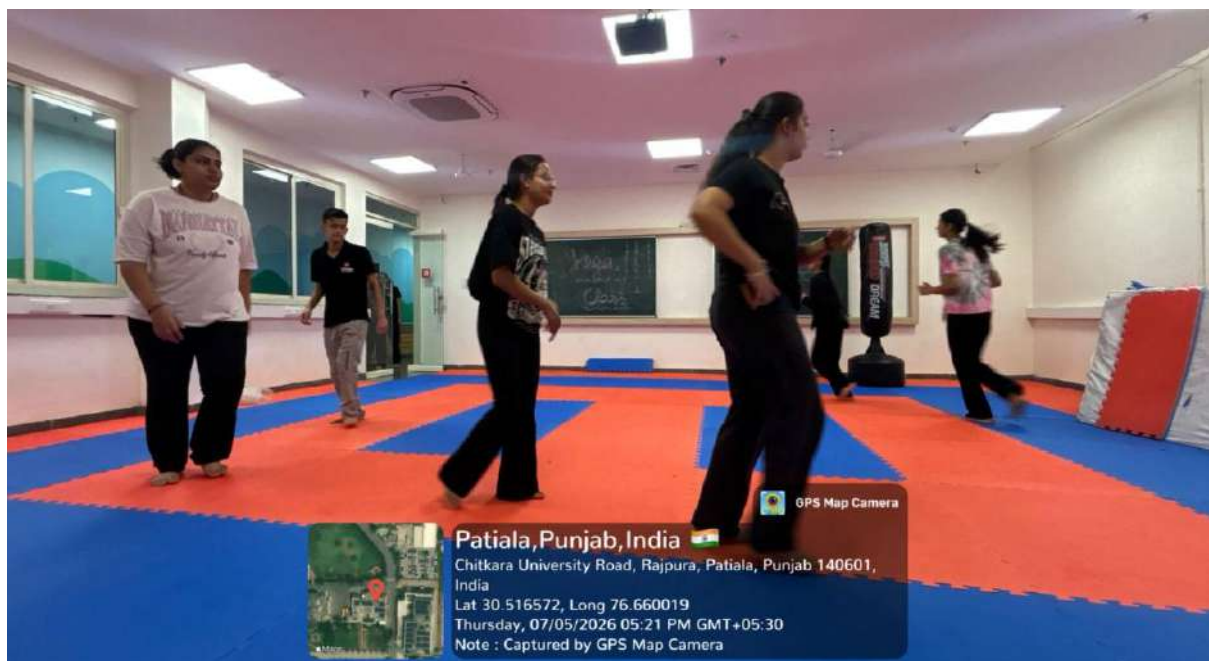
OFFICE OF STUDENT LIFE EVENING YOGA SESSION EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Tejas Yoga Club
Topic	Evening Yoga Session
Date	7th May, 2026
Time	5:00 pm – 6:00 pm
Venue	Edison Basement
Number of Attendees	8
Resource Person	Yoga Team

Office of Student Life's Club Tejas Yoga Club successfully organised an Evening Yoga Session on 7 May 2026 at Edison Block from 5:00 PM to 6:00 PM with the participation of 8 students. The session focused on relaxation, flexibility, and stress management through guided yoga practices and breathing exercises. Participants showed great enthusiasm and actively took part in the activities. The calm and energetic environment of the session helped everyone unwind and end the day on a healthy and peaceful note. Students experienced mental relaxation, improved flexibility, and a renewed sense of balance by the end of the session. Overall, the event was interactive, beneficial, and well-received by all participants.



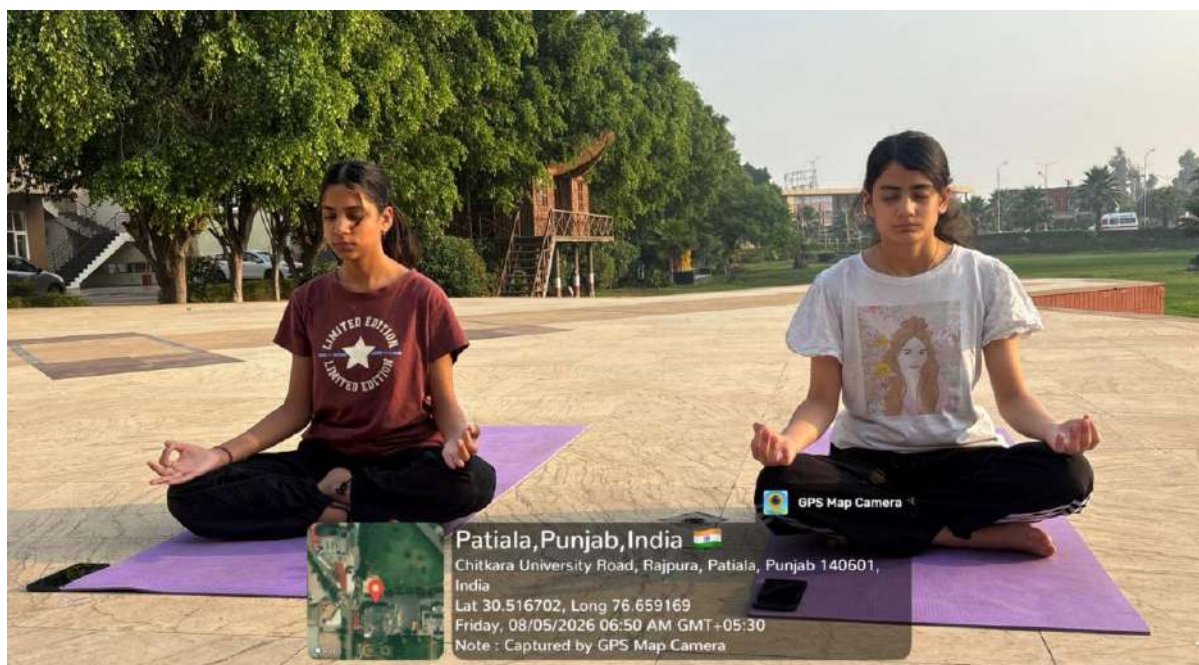
EVENING YOGA SESSION



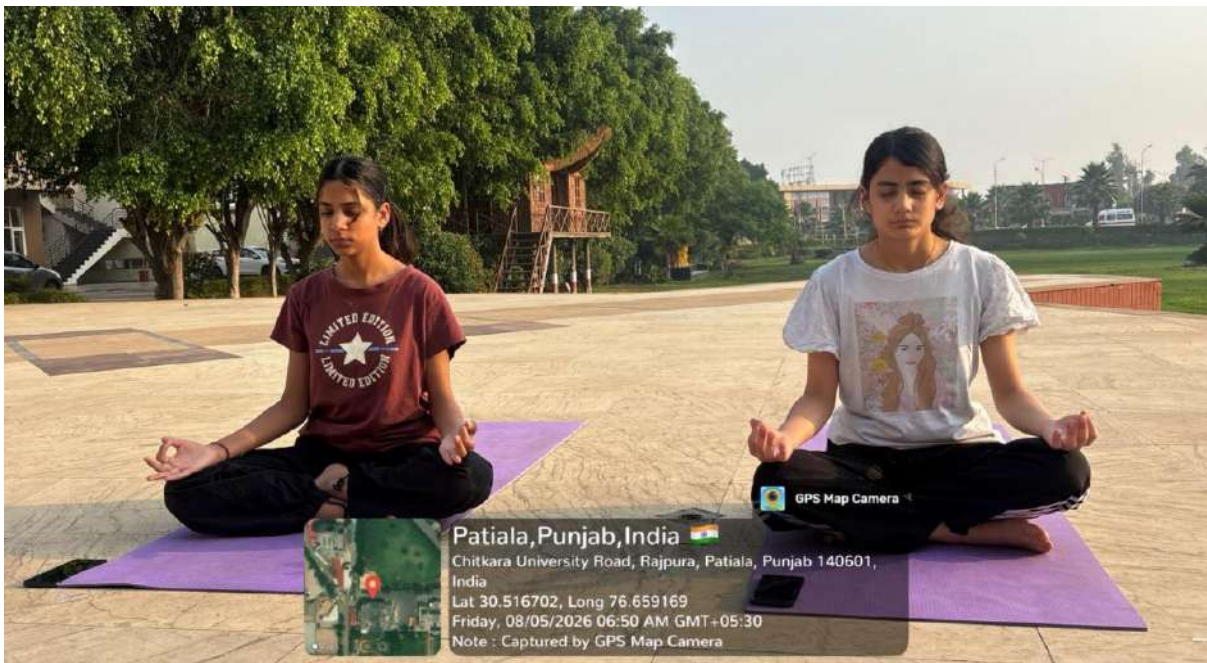
OFFICE OF STUDENT LIFE YOGA SESSION EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Tejas Yoga Club
Topic	Yoga Session
Date	8th May, 2026
Time	6:30 am – 8:00 am
Venue	Alpha Zone
Number of Attendees	5
Resource Person	Yoga Team

Office of Student Life's Club Tejas Yoga Club successfully organised a Morning Yoga Session on 8 May 2026 at Alpha Zone from 6:30 AM to 8:00 AM. The session began with stretching and warm-up exercises, followed by various yoga asanas and breathing techniques. Participants actively took part in the activities and maintained a positive and disciplined environment throughout the session. The guided practices helped promote physical fitness, mental calmness, and overall well-being among the attendees. Students experienced improved flexibility, better concentration, and a refreshing sense of energy by the end of the session. The peaceful atmosphere encouraged mindfulness and a healthy start to the day. Overall, the event was refreshing, energetic, and highly beneficial for everyone present.



YOGA SESSION



OFFICE OF STUDENT LIFE SPARK ON – GRAND FINALE EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Happiness Club
Topic	Spark On – Grand Finale
Date	8th May 2026
Time	5:00 pm – 7:00 pm
Venue	Explore Stars
Number of Attendees	35
Resource Person	Dr. Manav Bansal

Office of Student Life's Club Happiness Club organised the Grand Finale of Happiness Lab: SPARK on 8 May 2026. The finale marked the successful completion of a beautiful 21-day journey filled with learning, confidence, growth, emotions, challenges, and unforgettable memories. What began as a simple initiative gradually transformed into a supportive family where every participant discovered a stronger, more confident, and improved version of themselves. Through meaningful sessions, interactive activities, and inspiring discussions, students explored the importance of positivity, self-belief, discipline, teamwork, and personal growth. The grand finale was filled with excitement, energy, smiles, and heartfelt emotions as participants celebrated their transformation and dedication throughout the program. A special congratulations was extended to Shine for becoming the SPARK Student, along with recognition for the Rising Stars for their consistency and remarkable growth. The event created an atmosphere of appreciation, motivation, and togetherness. Overall, SPARK proved to be more than just a course—it became a memorable journey of self-discovery, confidence, and lifelong learning that will continue to inspire participants in the future.



SPARK ON – GRAND FINALE



OFFICE OF STUDENT LIFE

FRAME SE FAME

EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Nazariya: The Filmmaking Club
Topic	Frame se Fame
Date	8th May 2026
Time	1:00 pm – 3:00 pm
Venue	Einstein Hall
Number of Attendees	50
Resource Person	Mrs. Tanushri Upadhay, Mr. Amit Mishra, Mr. Sumeer Walia

Office of Student Life's Club Nazariya – The Filmmaking Club organised “Frame Se Fame”, a Reel Making Competition, on 8 May 2026 at Einstein Hall from 1:00 PM to 3:00 PM. The event witnessed enthusiastic participation from more than 50 students, creating an energetic and creative atmosphere throughout the session. The competition provided students with a platform to showcase their storytelling, editing, and filmmaking skills through engaging and innovative reels. Participants presented remarkable creativity across different themes and concepts, reflecting their talent and imagination. The event was judged by Mrs. Tanushri Upadhay and Mr. Amit Mehra, while Mr. Sumeer Walia attended as the special guest. Their valuable insights, feedback, and interaction added greatly to the overall learning experience and encouraged students to explore digital content creation further. The event also promoted teamwork, creativity, and confidence among participants. Overall, “Frame Se Fame” turned out to be a successful and inspiring competition that celebrated filmmaking and student creativity.



FRAME SE FAME



OFFICE OF STUDENT LIFE VOGUE VOYAGE EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	The Style Society
Topic	Vogue Voyage
Date	8th May, 2026
Time	1:00 pm – 3:00 pm
Venue	B-003, Edison Basement
Number of Attendees	15
Resource Person	Style Society Team

Office of Student Life's Club The Style Society organised an Interactive Fashion Event on 8 May 2026. The event featured engaging activities such as Fashion Bingo, Runway Walk, Style Confession, and the introduction of the club's core team. The session created an energetic and lively atmosphere where students enthusiastically participated in various fashion-based games and interactive activities. The runway walk provided participants with an opportunity to showcase their confidence, personality, and sense of style. The Style Confession segment added a fun and relatable element, making the event more entertaining and interactive. Fashion Bingo further encouraged audience participation and excitement throughout the session. The event successfully promoted creativity, confidence, and self-expression among students. It also provided a platform for students to connect, interact, and celebrate fashion in a positive and engaging environment. Overall, the event was vibrant, enjoyable, and highly successful in enhancing student engagement and enthusiasm.



VOGUE VOYAGE



OFFICE OF STUDENT LIFE LINKEDIN MASTERCLASS EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	LinkedIn Club
Topic	LinkedIn Masterclass
Date	9th May, 2026
Time	2:00 pm – 4:00 pm
Venue	Carnegie Hall
Number of Attendees	100
Resource Person	LinkedIn Club Team

Office of Student Life's Club LinkedIn Club organised a LinkedIn Masterclass on 9 May 2026 at Carnegie Hall from 2:00 PM to 4:00 PM for the Chitkara School of Psychology & Counselling and the Department of Education. The session focused on professional identity building, LinkedIn profile optimization, smart networking, content creation, and the effective use of AI tools in career development. Students actively participated in interactive challenges and insightful discussions, gaining practical knowledge about the importance of digital presence in today's professional world. The session encouraged participants to understand how personal branding and networking can enhance career opportunities. The engaging environment kept students involved throughout the masterclass. Participants felt motivated, career-ready, and more confident in presenting themselves professionally online. Overall, the session was highly informative, interactive, and beneficial for students aiming to strengthen their professional identity and career growth.



LINKEDIN MASTERCLASS



OFFICE OF STUDENT LIFE

SUNDAY MORNING RUN

EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Running Club
Topic	Sunday Morning Run
Date	10th May, 2026
Time	6:00 am – 7:30 am
Venue	Omega Zone
Number of Attendees	15
Resource Person	Running Club Team

Office of Student Life's Club Chitkara Running Club organised a Sunday Morning Run Session on 10 May 2026. The session began with stretching and warm-up exercises to energise participants and prepare them for the run. Students then took part in a refreshing morning run that encouraged everyone to stay active, healthy, and motivated. The event created a positive and energetic atmosphere filled with enthusiasm and teamwork. After the run, participants enjoyed a variety of fun games and interactive activities that strengthened bonding and collaboration among club members. The session helped students build stronger connections while promoting fitness and positivity. Laughter, motivation, and active participation remained constant throughout the event. Overall, it was a memorable and refreshing experience that provided a healthy and joyful start to the day.



SUNDAY MORNING RUN



Patiala, Punjab, India 🇮🇳
Chitkara University Road, Rajpura, Patiala, Punjab 140601,
India
Lat 30.514920, Long 76.660597
Sunday, 10/05/2026 06:53 AM GMT+05:30
Note : Captured by GPS Map Camera

OFFICE OF STUDENT LIFE UMANG DONATION DRIVE EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	UMANG Club
Topic	UMANG Donation Drive
Date	10th May, 2026
Time	9:40 am – 1:00 pm
Venue	Prabh Aasra
Number of Attendees	14
Resource Person	UMANG Team

Office of Student Life's Club Team Umang organised a Donation Drive Visit to Prabh Aasra, Kharar on 10 May 2026 with a team of 14 volunteers. During the visit, the volunteers interacted with the people managing the organisation and learned about the meaningful work being carried out there. The team met individuals from different age groups, including children, women, and elderly residents, many of whom were specially abled and facing various physical and mental challenges. Despite these hardships, the positivity and warmth shown by the residents left a deep emotional impact on everyone present. As part of the initiative, Team Umang donated clothes, stationery items, and other essential materials collected through contributions from hostellers. Volunteers also spent quality time with the residents by playing games, distributing smiley balls and small gifts, and spreading happiness among them. The visit created an atmosphere of compassion, connection, and kindness throughout the interaction. Overall, the experience was deeply enriching and heartfelt, inspiring the team to continue contributing towards creating a positive impact in society.



UMANG DONATION DRIVE



OFFICE OF STUDENT LIFE

VISIT TO AKAL AASRA TRUST

EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Community Happiness
Topic	Visit to Akal Aasra Trust
Date	10th May, 2026
Time	9:50 am – 2:30 pm
Venue	Akal Aasra Trust, Chandigarh
Number of Attendees	8
Resource Person	Community Happiness Team

Office of Student Life's Club Community Happiness Club organised a Volunteering Visit to Akaal Asara Trust, Chandigarh on 10 May 2026. The visit was organised with the purpose of spreading joy, care, and positivity among the residents through meaningful interaction and engaging activities. A team of 8 students enthusiastically participated and dedicated their time to making the experience memorable for everyone present. Various fun-filled games, including musical chairs, were organised, creating an atmosphere of excitement, laughter, and togetherness. Students also danced with the residents, encouraging everyone to participate and enjoy the joyful moments together. Creative colouring sheets were distributed, allowing participants to express their creativity with enthusiasm. At the end of the visit, each resident received a special handmade card containing kind and motivating messages written by the volunteers, bringing smiles to their faces. The experience highlighted the importance of empathy, compassion, and human connection. Overall, the visit was heartwarming and fulfilling, leaving the volunteers inspired and motivated to continue contributing positively towards society.



VISIT TO AKAL AASRA TRUST



OFFICE OF STUDENT LIFE SHADES OF MOTHERHOOD EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Color Canvas Club
Topic	Shades of Motherhood
Date	10 th May, 2026
Time	5:00 pm – 6:30 pm
Mode	Square One
Number of Attendees	22
Resource Person	Color Canvas Team

Office of Student Life's Club Colour Canvas Club organised a special Mother's Day event titled "Shades of Motherhood" on 10 May 2026. The event was organised to celebrate and express love, gratitude, and emotions for mothers through art and creativity. A total of 22 students enthusiastically participated in the session, creating heartfelt handmade cards, sketches, paintings, and written messages dedicated to their mothers. The atmosphere throughout the event was filled with warmth, happiness, and emotional connection. Participants used colours, paints, and craft materials to design creative artworks that beautifully reflected their feelings and appreciation for their mothers. Many students also wrote emotional poems and heartfelt messages, making the celebration even more meaningful and memorable. One of the most touching moments was when a participant's mother, present at the venue, received a handmade card and heartfelt message from her child, creating an emotional and unforgettable experience for everyone present. The event successfully encouraged artistic expression, emotional bonding, and creativity among students. Overall, "Shades of Motherhood" turned out to be a wholesome and memorable celebration that beautifully highlighted the essence of a mother's love while creating lasting memories for all participants.



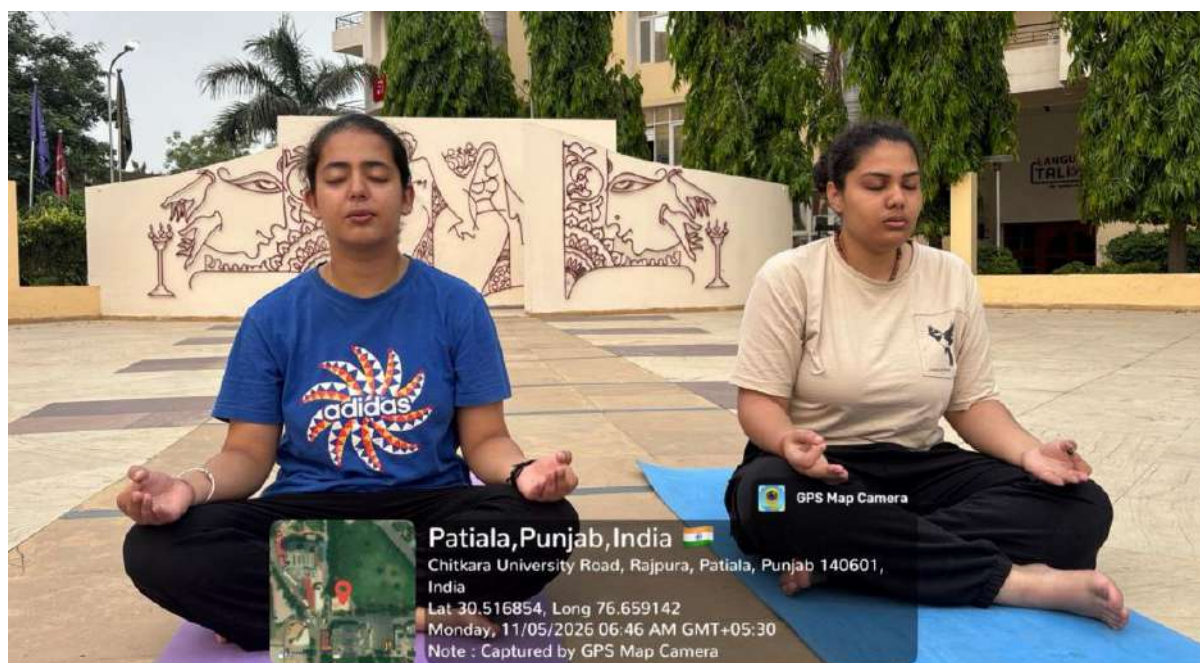
SHADES OF MOTHERHOOD



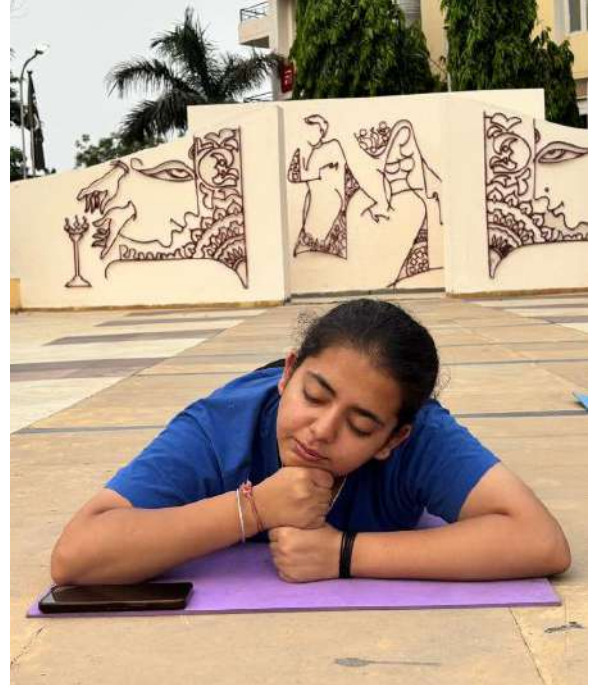
OFFICE OF STUDENT LIFE MORNING YOGA SESSION EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Tejas Yoga Club
Topic	Morning Yoga Session
Date	11th May, 2026
Time	6:30 am – 7:30 am
Venue	Alpha Zone
Number of Attendees	8
Resource Person	Yoga Team

Office of Student Life's Club Tejas Yoga Club successfully organised a Morning Yoga Session on 11 May 2026 at Alpha Zone from 6:30 AM to 7:30 AM. The session focused on basic yoga asanas, stretching exercises, breathing techniques, and relaxation practices to promote physical fitness and mental well-being among participants. The peaceful morning environment helped students improve their concentration, flexibility, and overall energy levels. Participants actively engaged in the guided activities and maintained a calm and positive atmosphere throughout the session. The breathing and relaxation exercises helped reduce stress and encouraged mindfulness. Students felt refreshed, relaxed, and more focused by the end of the session. Overall, the event was interactive, rejuvenating, and highly beneficial for everyone involved.



MORNING YOGA SESSION



OFFICE OF STUDENT LIFE

UNFILTERED TANK PHASE 2: ICE TEA INSIGHTS

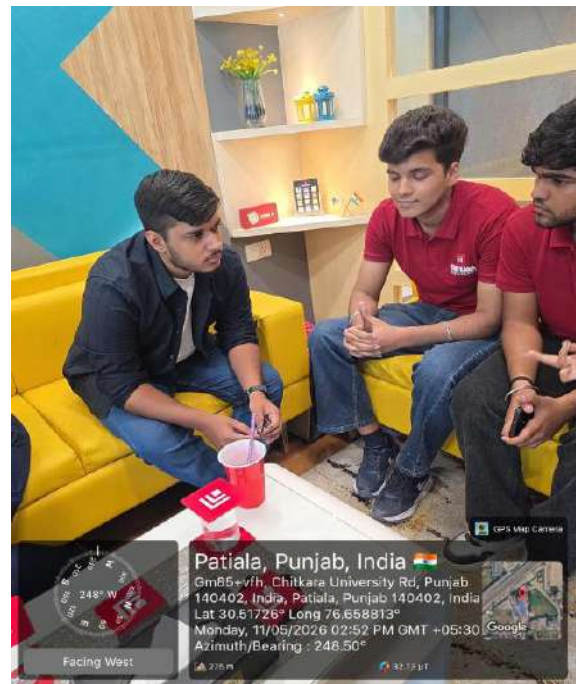
EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Unfiltered Ventures Club
Topic	Unfiltered Tank Phase 2: Ice Tea Insights
Date	11th May, 2026
Time	1:10 pm – 2:50 pm
Venue	Pulitzer Hall
Number of Attendees	100
Resource Person	Unfiltered Ventures Team

Office of Student Life's Club Unfiltered Ventures Club organised Phase 2 of Unfiltered Tank 2026: "Ice Tea Insights – Sip and Scale" on 11 May 2026. The session served as a high-stakes mentorship and reality-check platform for student-led startups, aimed at strengthening entrepreneurial thinking and business execution skills. The event commenced with an insightful keynote session by Dr. Neeraj Anand, Dean of LSCM & General Management, who shared valuable perspectives on resilient entrepreneurship and startup growth. Under the guidance of the club mentor, Dr. Shubhkaran, participating teams presented their startup ideas in a verbal pitching round before an audience of more than 100 students. This was followed by intensive one-on-one mentorship sessions where industry experts critically analysed and refined the teams' business models. The event concluded with an interactive iced tea networking mixer that encouraged professional discussions between founders, mentors, and students. The session successfully bridged the gap between classroom learning and real-world industry execution. Overall, the event proved to be highly engaging, insightful, and impactful for aspiring entrepreneurs.



UNFILTERED TANK PHASE 2: ICE TEA INSIGHTS



OFFICE OF STUDENT LIFE EVENING YOGA SESSION EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Tejas Yoga Club
Topic	Evening Yoga Session
Date	11 th May, 2026
Time	5:00 pm – 6:00 pm
Venue	Edison Basement
Number of Attendees	8
Resource Person	Yoga Team

Office of Student Life's Club Tejas Yoga Club conducted an Evening Yoga Session on 11 May 2026 at Edison from 5:00 PM to 6:00 PM. The session focused on relaxation, flexibility, and mindfulness through various yoga asanas and breathing exercises. Students actively participated in the activities and enjoyed the calm and positive environment throughout the session. The guided practices helped participants relieve stress, improve concentration, and enhance overall well-being. The peaceful atmosphere encouraged mindfulness and inner balance among students. Participants felt refreshed, energetic, and mentally relaxed by the end of the session. Overall, the event was soothing, interactive, and highly beneficial for everyone involved.



EVENING YOGA SESSION



OFFICE OF STUDENT LIFE EVENING YOGA SESSION EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Tejas Yoga Club
Topic	Evening Yoga Session
Date	12th May, 2026
Time	5:00 pm – 6:00 pm
Mode	Edison Basement
Number of Attendees	8
Resource Person	Yoga Team

Office of Student Life's Club Tejas Yoga Club conducted a Yoga Session on 12 May 2026 at Edison Block from 5:00 PM to 6:00 PM. The session aimed to promote physical fitness, mental relaxation, and overall well-being among students. Participants enthusiastically took part in various yoga asanas, stretching exercises, and pranayama techniques under guided practice. The session created a peaceful and positive atmosphere that helped students relieve stress and improve their focus and flexibility. Students actively engaged in the activities and experienced a sense of calmness and rejuvenation by the end of the session. The event also encouraged mindfulness, discipline, and healthy lifestyle habits among participants. Overall, the session was refreshing, beneficial, and well-received by everyone present.



EVENING YOGA SESSION



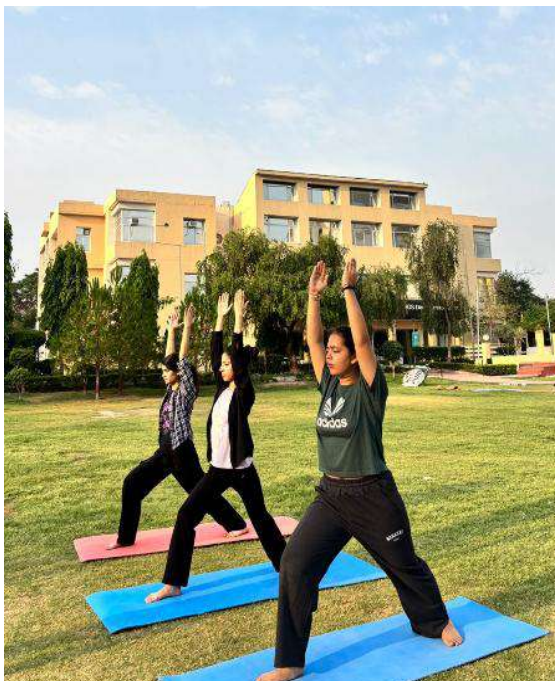
OFFICE OF STUDENT LIFE MORNING YOGA SESSION EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Tejas Yoga Club
Topic	Morning Yoga Session
Date	13th May, 2026
Time	6:30 am – 7:30 am
Venue	Alpha Zone
Number of Attendees	8
Resource Person	Yoga Team

Office of Student Life's Club Tejas Yoga Club successfully conducted a Yoga Session on 13 May 2026 at Alpha Zone. The session focused on improving flexibility, mindfulness, breathing techniques, and the overall well-being of participants. Students actively participated in various yoga asanas and relaxation exercises under proper guidance. The session created a calm and positive environment that encouraged students to relieve stress and improve mental focus. Participants experienced relaxation, better flexibility, and renewed energy through the guided practices. The event also promoted the importance of maintaining a healthy and balanced lifestyle through regular yoga practice. Students remained enthusiastic and engaged throughout the session. Overall, the yoga session was peaceful, refreshing, and highly beneficial for everyone involved.



MORNING YOGA SESSION



OFFICE OF STUDENT LIFE

SPEAKUPSHOWDOWN GD FACEOFF

EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Chitkara MUN Society and Finpreneurs Club
Topic	Speakupshowdown GD Faceoff
Date	13th May, 2026
Time	12:30 pm – 3:30 pm
Venue	LH – 104, Martin Luther Block
Number of Attendees	36
Resource Person	Chitkara MUN Team and Finpreneurs Team

Office of Student Life's Club Finpreneurs Club, in collaboration with Chitkara MUN Society and ORS (Office of Residential Services), organised the Group Discussion phase of SpeakUp Showdown on 13 May 2026. The event brought together passionate students for dynamic and intellectually engaging discussions on trending real-world topics. Participants showcased exceptional communication skills, analytical thinking, confidence, and teamwork while presenting arguments and debating ideas with facts and clarity. The healthy competitive environment encouraged students to think critically and express their perspectives effectively under pressure. Evaluators provided constructive feedback that helped participants improve their public speaking and discussion skills. The session was filled with energetic exchanges, insightful viewpoints, and meaningful learning experiences. Students remained highly engaged throughout the event, making it interactive and impactful. Overall, SpeakUp Showdown successfully promoted leadership, critical thinking, collaboration, and personal growth among participants, making it a remarkable and enriching experience for everyone involved.



SPEAKUPSHOWDOWN GD FACEOFF



OFFICE OF STUDENT LIFE

EVENING YOGA SESSION

EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Tejas Yoga Club
Topic	Evening Yoga Session
Date	14th May, 2026
Time	5:00 pm – 6:00 pm
Venue	Edison Basement
Number of Attendees	8
Resource Person	Yoga Team

Office of Student Life's Club Tejas Yoga Club conducted a Yoga Session on 14 May 2026 at Edison Block. The session focused on meditation and relaxing yoga practices aimed at promoting mental peace, relaxation, and overall well-being among participants. Students actively participated in guided meditation and gentle yoga exercises that helped reduce stress, improve concentration, and create a calm and positive atmosphere. Breathing exercises and relaxing postures were also included to help participants feel refreshed, balanced, and energized. The peaceful environment encouraged mindfulness and emotional well-being throughout the session. Students remained engaged and experienced a sense of calmness and mental clarity by the end of the event. Overall, the session was soothing, beneficial, and highly refreshing for everyone involved.



EVENING YOGA SESSION



OFFICE OF STUDENT LIFE

GIFT HUNTING

EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Enigma Club
Topic	Gift Hunting
Date	15th May, 2026
Time	12:40 pm – 3:00 pm
Venue	LH – 407, Le Corbusier Block
Number of Attendees	45
Resource Person	Enigma Club Team

Office of Student Life's Club The Enigma Club organised "Gift Hunting" on 15 May 2026. The event was designed as an exciting treasure-hunt activity where participants searched for hidden point items while seekers attempted to identify and eliminate them from the game. The activity tested students' observation skills, strategic thinking, teamwork, and quick decision-making abilities in an engaging and competitive environment. Participants actively took part in the event with great enthusiasm and sportsmanship, making the session energetic, interactive, and enjoyable for everyone involved. The challenges encouraged collaboration, alertness, and active participation throughout the activity. Winners were announced based on the highest points collected during the game. The event successfully created a fun-filled atmosphere while promoting critical thinking and teamwork among students. Overall, "Gift Hunting" turned out to be a lively and memorable experience for all participants.



GIFT HUNTING



OFFICE OF STUDENT LIFE COLORBAR WORKSHOP EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Office of Student Life
Topic	Colorbar Workshop
Date	15th May, 2026
Time	11:00 am – 4:00 pm
Venue	Explore Stars
Number of Attendees	46
Resource Person	OSL Team

Office of Student Life organised the Colorbar Workshop on 15 May 2026 at Chitkara University, creating a complete glam-filled and interactive experience for students. The workshop provided participants with valuable insights into everyday makeup looks, self-grooming techniques, interview presentation, personality enhancement, and hair setting. Students had the opportunity to interact directly with renowned beauty experts, ask questions, and gain practical knowledge in an engaging learning environment. The session successfully combined beauty, confidence-building, and personality development, making it both informative and enjoyable. The excitement continued outside the venue through the vibrant Colorbar canopy, where students explored products and shopped for their favourite beauty essentials. Participants enthusiastically engaged throughout the event, enjoying the blend of learning and fun activities. The workshop encouraged self-expression, confidence, and professional grooming among students. Overall, the event turned out to be a memorable and enriching experience filled with learning, confidence, and glamorous moments.



COLORBAR WORKSHOP



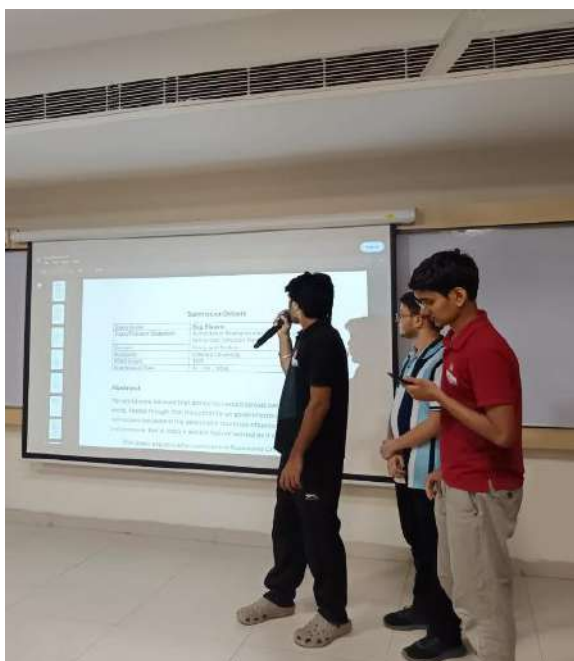
OFFICE OF STUDENT LIFE THE RESEARCH HACKATHON EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Chitkara Research Club
Topic	The Research Hackathon
Date	15th – 16th May, 2026
Time	10:30 pm – 12:00 pm
Venue	Einstein Hall and Faraday Hall
Number of Attendees	70
Resource Person	Research Club Team

Office of Student Life's Club Chitkara Research Club successfully organised Research Hackathon 2026 on 15–16 May 2026 at Einstein Hall, Galileo Block and Faraday Hall, Edison Block. The overnight hackathon brought together students from diverse academic backgrounds to promote innovation, collaborative learning, and research-driven problem-solving. The event commenced with an opening ceremony followed by an interactive training session covering research methodology, literature review, data analysis, review paper writing, and presentation skills. Participants worked both individually and in teams on research topics selected from multiple domains to develop innovative solutions for real-world challenges. Continuous mentoring and guidance were provided by the club leader and team members, supporting participants throughout the stages of research, documentation, and presentation preparation. To maintain academic integrity and research quality, plagiarism detection tools were used, and only submissions with plagiarism below 35% were considered for evaluation. The event concluded with final presentations before the judging panel, where participants showcased their critical thinking, teamwork, and innovative ideas. The top three teams were awarded for their outstanding research work and presentation performance. Overall, the hackathon proved to be a highly enriching and impactful experience that encouraged research excellence and intellectual growth among students.



THE RESEARCH HACKATHON



OFFICE OF STUDENT LIFE HUNT FOR HAPPINESS EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Happiness Club
Topic	Hunt for Happiness
Date	15th May, 2026
Time	10:30 pm – 12:00 am
Venue	Chitkara University
Number of Attendees	80
Resource Person	Happiness Club Team

Office of Student Life's Club Happiness Club organised “HUNT FOR HAPPINESS” on 15 May 2026 with great energy and enthusiasm. Around 80 students enthusiastically participated in the treasure hunt, creating a lively and exciting atmosphere across the campus. The event involved solving clues, decoding puzzles, and racing to reach the final destination, making the experience highly engaging and interactive for all participants. Students showcased excellent teamwork, quick thinking, problem-solving skills, and competitive spirit throughout the activity. The event was filled with fun, laughter, excitement, and thrilling moments that kept participants motivated until the very end. From searching for the next clue to celebrating victory, the enthusiasm remained high throughout the session. The treasure hunt successfully encouraged collaboration, strategic thinking, and active participation among students. Overall, “HUNT FOR HAPPINESS” turned out to be a memorable and enjoyable experience that spread positivity, excitement, and happiness among everyone involved.



HUNT FOR HAPPINESS



OFFICE OF STUDENT LIFE BHARAT SHIKSHA EXPO EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Finpreneurs Club
Topic	Bharat Shiksha Expo
Date	16 th May, 2026
Time	2:00 am – 10:30 pm
Venue	Greater Noida Expo Mart
Number of Attendees	36
Resource Person	Finpreneurs Club Team

Office of Student Life's Club Finpreneurs Club organised a visit to “Bharat Shiksha Expo 2026” on 16 May 2026. The club proudly took 36 students to the expo, providing them with valuable hands-on exposure to emerging fintech trends, AI in finance, MVP development, data-driven decision-making, and agile teamwork. Participants actively took part in codethons and hackathons, where they built functional prototypes under tight deadlines while collaborating in competitive environments. The event also provided students with networking opportunities with industry mentors and professionals, enhancing their practical understanding of innovation and entrepreneurship. A major highlight of the event was the remarkable achievement of two students representing Chitkara University, who won the Ideathon 2026 Gold Medal for presenting an innovative and scalable fintech solution that combined usability with social impact. The experience successfully transformed classroom knowledge into practical skills and inspired students with new ideas for projects and internships. Overall, the visit proved to be highly enriching and impactful, strengthening the club’s spirit of innovation, collaboration, and real-world problem-solving.



BHARAT SHIKSHA EXPO



OFFICE OF STUDENT LIFE CHESS PRACTICE SESSION EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Chess Paradox Club
Topic	Chess Practice Session
Date	16th May, 2026
Time	1:00 pm – 4:00 pm
Venue	B-012, Edison Basement
Number of Attendees	13
Resource Person	Chess Paradox Team

Office of Student Life's Club Chess Paradox Club conducted a Chess Practice Session on 16 May 2026 from 1:00 PM to 4:00 PM at the Karate Room. The session was organised to help students improve their gameplay through regular practice and interactive learning. Participants engaged in multiple friendly matches against players of different skill levels, allowing them to strengthen their strategic thinking, opening preparation, and endgame techniques. Players also discussed key moves and shared insights from their games, creating a collaborative and engaging learning environment. Students actively participated throughout the session and displayed great enthusiasm toward enhancing their chess skills. The event successfully encouraged discipline, analytical thinking, and sportsmanship among participants. It also strengthened bonding and teamwork within the Chess Paradox community. Overall, the session turned out to be highly interactive, educational, and beneficial for all chess enthusiasts involved.



CHESS PRACTICE SESSION



OFFICE OF STUDENT LIFE

UNFILTERED TANK PHASE 4: THE GRAND FINALE

EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Unfiltered Ventures Club
Topic	Unfiltered Tank Phase 4: The Grand Finale
Date	17th May, 2026
Time	10:00 am – 2:00 pm
Venue	Pierre Hall
Number of Attendees	45
Resource Person	Unfiltered Ventures Club Team

Office of Student Life's Club Unfiltered Ventures Club organised Unfiltered Tank 2026 – Phase 4: The Grand Finale on 17 May 2026 at Pierre Hall from 10:00 AM to 2:00 PM with the participation of 45 students. The event featured the Top 7 startups presenting their business ideas, prototypes, and market validation before an esteemed panel of judges including CA Ramneet Kaur and Dr. Neeraj Anand. Participants pitched their startups under the 7+5 format, followed by rapid-fire questioning focused on business scalability and innovation. The finale was further elevated by the presence of Col. Rakesh Sharma and the mentorship of Dr. Shubhkaran Singh and Dr. Manav Bansal. A live audience voting segment added excitement to the event, making the finale highly interactive and engaging. Overall, the event successfully showcased entrepreneurship, innovation, leadership, and real-world problem-solving among students.



UNFILTERED TANK PHASE 4: THE GRAND FINALE



OFFICE OF STUDENT LIFE

BYTE THE VIBE

EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Code2Chill Club
Topic	Byte the Vibe
Date	18 th May, 2026
Time	1:00 pm – 4:00 pm
Venue	Pierre Hall
Number of Attendees	115
Resource Person	Code2Chill Club Team

Office of Student Life's Club Code2Chill organised “Byte the Vibe” on 18 May 2026 at Pierre Hall from 1:00 PM to 4:00 PM with the participation of around 110–115 students. The high-energy coding event brought together enthusiastic participants for a live build sprint where teams worked in pairs to create innovative solutions based on on-the-spot problem statements. Student mentors guided participants throughout the session, while the top teams later pitched their ideas before the judging panel. The event was supported by sponsors including The Fifth Note Perfume, Flounge Restaurant, and Craftstudio, who provided exciting rewards and goodies for participants and winners. With engaging competition, creative problem-solving, and impressive demos, the event turned out to be a huge success, promoting innovation, teamwork, and coding skills among students.



BYTE THE VIBE



OFFICE OF STUDENT LIFE ARM WRESTLING COMPETITION EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Athletica Club
Topic	Arm Wrestling Competition
Date	18 th May, 2026
Time	12:00 pm – 2:00 pm
Venue	Happiness Lounge
Number of Attendees	22
Resource Person	Athletica Club Team

Office of Student Life's Club Athletica Club organised an Arm Wrestling Competition on 18 May 2026 for its members. The event witnessed enthusiastic participation from students, with matches showcasing strength, determination, focus, and sportsmanship. Participants competed with great energy and competitive spirit, creating an exciting and engaging atmosphere throughout the competition. The event provided a platform for students to challenge themselves in a healthy and inclusive environment while promoting physical fitness and active campus involvement. Overall, the competition was a great success, encouraging enthusiasm for sports and highlighting the vibrant and energetic spirit of the Athletica Club.



ARM WRESTLING COMPETITION



OFFICE OF STUDENT LIFE YOGA COMPETITION EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Tejas Yoga Club
Topic	Yoga Competition
Date	20th May, 2026
Time	5:00 pm – 7:00 pm
Mode	B-012, Edison Basement
Number of Attendees	10
Resource Person	Yoga Team

Office of Student Life's Club Tejas Yoga Club successfully organised a Yoga Competition on 20 May 2026 from 5:00 PM to 7:00 PM at Edison Block. The event witnessed enthusiastic participation from students who showcased different yoga asanas demonstrating flexibility, balance, concentration, and physical strength. The competition created a motivating and energetic atmosphere, encouraging students to adopt yoga as a part of a healthy lifestyle. Participants actively engaged throughout the event with discipline and enthusiasm. The competition also promoted wellness, mindfulness, teamwork, and self-confidence among students. Overall, the event was successfully conducted and proved to be a refreshing and inspiring experience for everyone involved.



YOGA COMPETITION



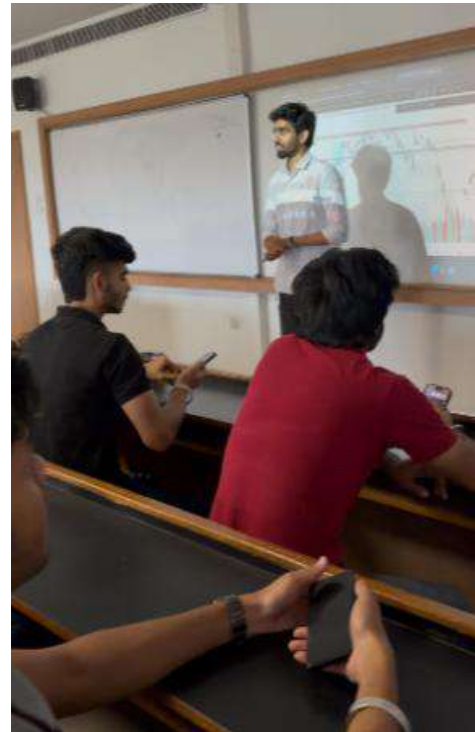
OFFICE OF STUDENT LIFE TRADING VERSE EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Money Matters Club and Mandate Club
Topic	Trading Verse
Date	22nd May, 2026
Time	10:30 am – 12:00 pm
Mode	Room No. – 407, Le Corbusier Block
Number of Attendees	20
Resource Person	Money Matters Team and Mandate Team

Office of Student Life's Club Money Matters, in collaboration with Mandate Club, organised “Trading Verse” on 22 May 2026 at Architecture Block, Room No. 407 from 10:30 AM to 12:00 PM. The event witnessed the participation of 20 students and served as the opening event of Capital Carnival. The session provided participants with an opportunity to explore the fundamentals of trading and financial markets through interactive discussions and practical learning activities. Students actively engaged in understanding market trends, trading strategies, and investment concepts, making the session both informative and insightful. The event encouraged financial awareness, analytical thinking, and interest in the world of trading and investments. Overall, Trading Verse proved to be a valuable learning experience that enhanced participants' understanding of financial markets and investment decision-making.



TRADING VERSE



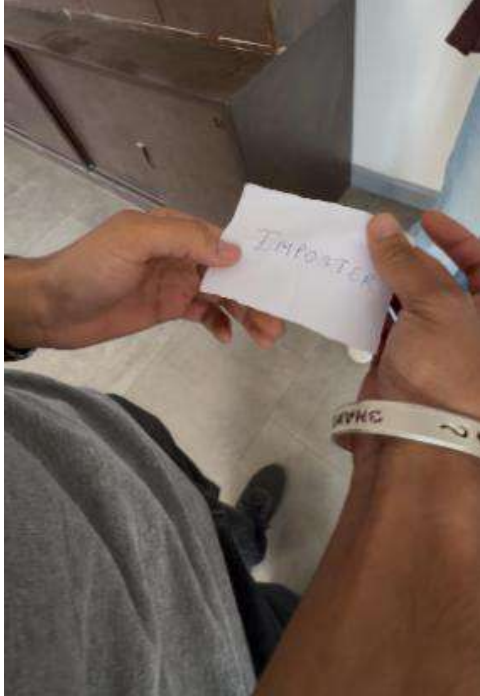
OFFICE OF STUDENT LIFE AMONG US EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Money Matters Club and Mandate Club
Topic	Among Us
Date	22nd May, 2026
Time	2:00 pm – 4:00 pm
Mode	Room No. – 407, Le Corbusier Block
Number of Attendees	35
Resource Person	Money Matters Team and Mandate Team

Office of Student Life's Club Money Matters, in collaboration with Mandate Club, organised "Among Us" on 22 May 2026 at Architecture Block, Room No. 407 from 2:00 PM to 4:00 PM. The event witnessed enthusiastic participation from 35 students and was conducted as an interactive team-based activity. Participants worked together to complete various tasks while simultaneously identifying hidden imposters within their teams. The activity encouraged teamwork, communication, observation, critical thinking, and strategic decision-making in a fun and competitive environment. Students remained actively engaged throughout the session, making the event both exciting and memorable. Overall, the event successfully promoted collaboration, problem-solving skills, and healthy competition among participants while creating an energetic and enjoyable atmosphere.



AMONG US



OFFICE OF STUDENT LIFE

MUSICAL CHAIRS

EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Money Matters Club and Mandate Club
Topic	Musical Chairs
Date	22nd May, 2026
Time	10:00 pm – 12:00 am
Mode	Square One
Number of Attendees	125
Resource Person	Money Matters Team and Mandate Team

Office of Student Life's Club Money Matters, in collaboration with Mandate Club, organised “Musical Chairs” on 22 May 2026 at SQ One from 10:00 PM to 12:00 AM. The event witnessed an overwhelming participation of 125 students, making it one of the most popular attractions of Capital Carnival. Participants enthusiastically competed through multiple rounds, showcasing their quick reflexes, focus, and sportsmanship. The lively music, energetic atmosphere, and friendly competition kept students engaged throughout the event. Filled with excitement, laughter, and enthusiasm, the activity created a fun-filled and memorable experience for all participants. Overall, the event was a grand success and added vibrant energy to the celebration.



MUSICAL CHAIRS



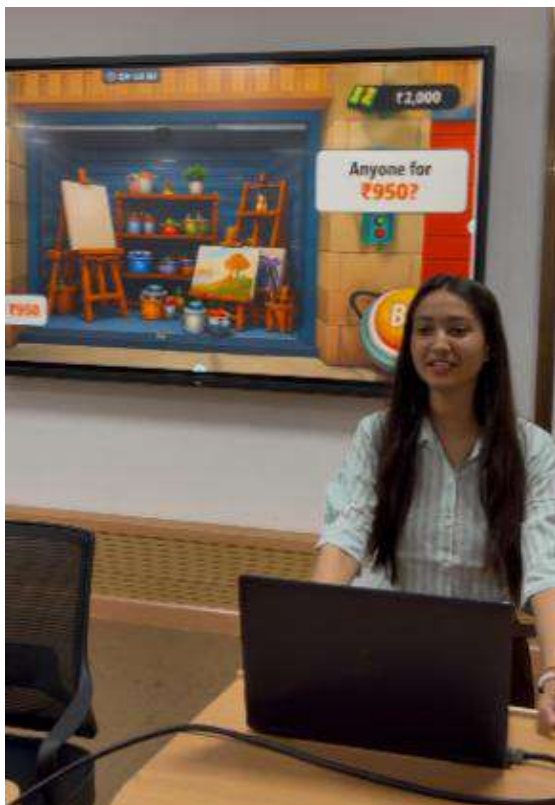
OFFICE OF STUDENT LIFE

BID WAR

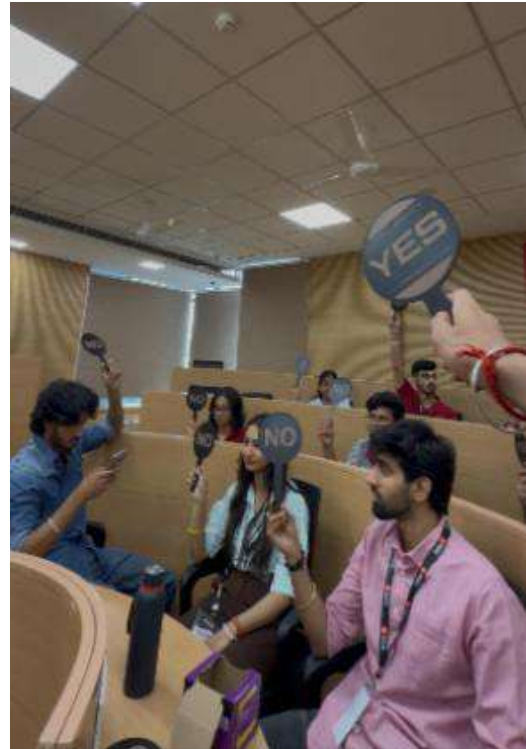
EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Money Matters Club and Mandate Club
Topic	Bid War
Date	23 rd May, 2026
Time	2:00 pm – 4:00 pm
Mode	LH – 104, Martin Luther Block
Number of Attendees	55
Resource Person	Money Matters Team and Mandate Team

Office of Student Life's Club Money Matters, in collaboration with Mandate Club, organised “Bid War” on 23 May 2026 at Martin Luther Block, LH-104 from 2:00 PM to 4:00 PM. The event witnessed the enthusiastic participation of 55 students and provided an exciting platform for strategic thinking, decision-making, and financial planning. Through multiple auction-style rounds, participants evaluated opportunities, managed resources, and placed calculated bids to outperform their competitors. The activity encouraged analytical thinking, risk assessment, and smart decision-making in a competitive yet engaging environment. Students remained actively involved throughout the session, making the event both educational and enjoyable. Overall, Bid War successfully combined learning with competition while promoting financial awareness and strategic problem-solving among participants.



BID WAR



OFFICE OF STUDENT LIFE MONEY HUNT EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Money Matters Club and Mandate Club
Topic	Money Hunt
Date	23rd May, 2026
Time	10:00 pm – 12:00 am
Mode	Square One and Campus Area
Number of Attendees	100
Resource Person	Money Matters Team and Mandate Team

Office of Student Life's Club Money Matters, in collaboration with Mandate Club, organised “Money Hunt” on 23 May 2026 as the grand finale of Capital Carnival. The event witnessed the enthusiastic participation of 100 students and transformed the campus into an exciting adventure zone filled with clues, puzzles, and challenges. Participants raced against time while working together to solve problems and uncover the next stages of the hunt. The activity encouraged teamwork, coordination, critical thinking, and strategic decision-making in a highly engaging environment. Students remained enthusiastic throughout the event, making it both competitive and enjoyable. Overall, Money Hunt proved to be a thrilling and memorable conclusion to Capital Carnival, leaving participants with an exciting and rewarding experience.



MONEY HUNT



OFFICE OF STUDENT LIFE MYSTERY ROOM VISIT EVENT DETAILS

SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Enigma Club
Topic	Mystery Room Visit
Date	23rd May, 2026
Time	9:00 am – 4:00 pm
Venue	Mystery Rooms, Chandigarh
Number of Attendees	14
Resource Person	Enigma Club Team

Office of Student Life's Club The Enigma Club organised an exciting visit to Mystery Rooms Chandigarh, Sector 35C on 23 May 2026 for 14 students. Two mystery rooms, The Lockout and Cabin in the Woods, were booked for the activity where participants enthusiastically solved clues, puzzles, and mystery challenges together. The teams successfully completed the tasks through teamwork, communication, coordination, and problem-solving skills. Students actively supported one another throughout the experience and enjoyed the thrilling atmosphere of the activity. Participants were also awarded medals for successfully completing the mystery rooms, making the experience even more memorable and exciting. After the activity, students went for lunch together and spent quality time bonding with each other. Overall, the event turned out to be a fun-filled, engaging, and unforgettable experience for all participants.



MYSTERY ROOM VISIT

