CHITKARA UNIVERSITY

CHITKARA UNIVERSITY
Centre of Excellence for Sustainability

Dear Friends, its



GOOD TO FEEL HAPPY

with

Dr. Manav Bansal
(Associate professor, OSL)

Happiness & Well-Being Session for Support Staff

7 October 2026
2:30 PM – 3:30 PM

Carnegie Hall, Rockefeller Block

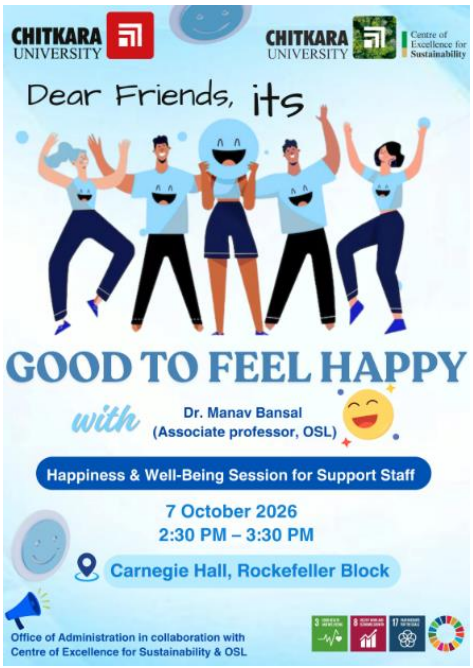
Office of Administration in collaboration with Centre of Excellence for Sustainability & OSL

3 GOOD HEALTH AND WELL-BEING
8 DECENT WORK AND ECONOMIC GROWTH
17 PARTNERSHIPS FOR THE GOALS

Event details	
Event Name	Happiness & Well-Being Session for Support Staff
Date	07 October 2026
Venue	Carnegie Hall, Rockefeller Block
Organized by	Centre of Excellence for Sustainability (CUCES) in collaboration with Office of Administration & Office of Student Life
Resource Person	Dr. Manav Bansal, Associate Professor Ms. Vrinda, Management Trainee, Office of Student Life
No. of Participants	Support Staff – 155, Supervisors – 07
SDGs	SDG 3, SDG 8, SDG 17

OBJECTIVES

As part of the **UN Day Celebrations**, the **Centre of Excellence for Sustainability (CUCES)**, in collaboration with the **Office of Administration** and **Office of Student Life**, organised a Happiness & Well-Being Session for Support Staff titled **"Khushi Ka Safarnama."** The session was conducted by Dr. Manav Bansal, with the support of Ms. Vrinda, and created a cheerful and energetic environment. The session focused on promoting happiness, positivity, and emotional well-being in everyday life, encouraging the support staff to maintain a positive outlook and nurture their overall well-being.



DESCRIPTION

The session highlighted simple and practical ways to bring happiness and positivity into daily life. The support staff actively engaged in laughter therapy, dancing, singing, and fun-filled interactive activities, creating an atmosphere of joy and togetherness.

To encourage confidence and active involvement, attendees were invited to come on stage and showcase their talent. The first three individuals who came forward and confidently performed were appreciated with small gifts, including keychains, chocolates, and smiley balls.

The resource person also shared five simple practices for a happier life:

1. Give time to family and value meaningful relationships.
2. Choose work that you enjoy and find satisfaction in what you do.
3. Make daily routine work interesting and enjoyable by adopting a positive approach.
4. Meet four people every day and make them happy through a kind word, smile, or positive interaction.
5. Chant the name of God and maintain a sense of inner peace and gratitude.

OUTCOMES

The session provided support staff with an opportunity to relax, connect, express themselves, and experience moments of happiness beyond their routine work environment. The interactive activities and practical messages encouraged them to adopt simple habits that can contribute to a more positive, joyful, and fulfilling personal and professional life.






4 PEOPLE:
SMILE AND
APPRECIATE





