

Event Details	
Event Name	Career Counseling
Topic	Boost Your Career with Happier Mindset Happiness Hacks
Date	2024-09-26 to 2024-09-26
Mode	Offline
Venue	306, 3rd Floor, Rockefeller Block
Organizer Name	Chitkara Business School
Resource Person	Mr.Manav Bansal Associate Professor
No. of Participants	56
SDG No	SDG 4: Quality Education, SDG 9: Industry, Innovation and Infrastructure

Objective:

- 1.)Understand the Connection between Happiness and Career Success
- 2.)Introduce Practical Happiness Hacks for the Workplace
- 3.)Develop a Growth-Oriented Mindset
- 4.)Cultivate Work-Life Balance and Stress Management Techniques
- 5.)Enhance Emotional Intelligence and Positive Relationships at Work

Description:

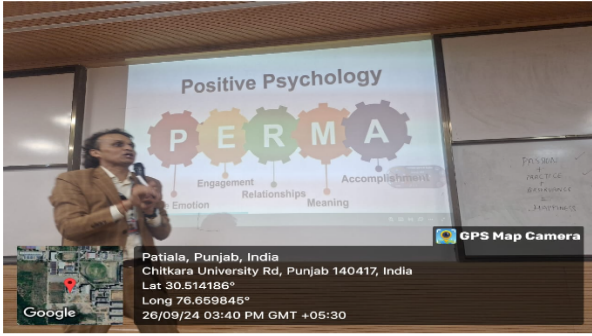
The session conducted by the department fits as a Career Counseling event thereby fulfilling the purpose of creative learning and bringing the budding students closer to their Career goals with happy mindset. It was an insight for these future entrepreneurs to understand how creative they need to be with good amount of communication skills, positive and happy frame of mind. The IPM (Integrated Programme in Management) is a flagship program thereby preparing students to be market ready for facing the challenges of the business world. The session also talked about PERMA model based on understanding happiness level of an individual.

Outcomes:

- 1.)Increased Awareness of the Impact of a Happiness Mindset.
- 2.)Implementation of Practical Happiness Hacks.
- 3.)Adoption of a Growth-Oriented Career Approach.
- 4.)Enhanced Stress Management and Work-Life Balance.
- 5.)Empowerment in Career Decision-Making.



Integrated Programme Chitkara Business School



Mr. Manav Bansal, Chief Happiness Officer while conducting the session.
(26.09.2024)



Students of IPM Batch 2024 presenting a plant to Mr. Manav Bansal after the session.
(26.09.2024)



Mr. Manav Bansal with the winners after conducting activities.
(26.09.2024)



Mr. Manav Bansal with the faculty (IPM) and the students of IPM Batch 2024
(26.09.2024)