

Event Details	
Event Name	Expert Talk
Topic	Science of Happiness
Date	2024 -04 -04 to 2024 -04 -05
Mode	Offline
Venue	Chitkara Happiness Centre , First Floor Near Bloom block
Organizer Name	Dr. Monika Gupta , Department of SCM & General Management
Resource Person	Mr. Manav Bansal Chief Happiness Officer
No. of Participants	25
SDG No	SDG 4: Quality Education , SDG 17: Partnership for the Goals

### Objective :

1. Enhanced Understanding of Happiness : Students will gain a deeper understanding of the science behind happiness , moving beyond simplistic ideas and towards sustainable well-being practices .
2. Empowered with Happiness Tools: Participants will walk away with a toolkit of practical strategies and habits , backed by science , to cultivate happiness in their daily lives .
3. Increased Resilience : Students will be equipped with tools to manage stress , navigate challenges , and bounce back from setbacks

### Description :

This two-day event, led by a Chief Happiness Officer (CHO), aimed to equip first-year undergraduate students with the knowledge and tools to cultivate lasting happiness throughout their academic journey. Through interactive sessions, presentations, and group discussions, students explored the science behind happiness and developed practical strategies for integrating well-being practices into their daily lives. Day 1: Demystifying Happiness : The CHO led an engaging session that unpacked the concept of happiness, moving beyond fleeting emotions and towards a sustainable state of well-being grounded in scientific principles. Building Healthy Habits: Students were introduced to science-backed strategies for cultivating happiness. This included techniques for managing stress, practicing gratitude, and fostering positive self-talk. Interactive activities allowed participants to explore and identify habits they could implement in their daily routines. Building Resilience: The session delved into tools for navigating challenges and bouncing back from setbacks. Students practiced reframing negative thoughts and developing coping mechanisms to manage stress and maintain a positive outlook. Day 2: The Happiness of Connection : The CHO explored the science of social connection and its impact on happiness. Students participated in activities designed to develop communication skills, strengthen existing relationships, and build connections with peers.

### Outcomes :

1. Enhanced Understanding of Happiness : Students will gain a deeper understanding of the science behind happiness , moving beyond simplistic ideas and towards sustainable well-being practices .



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- 2. Empowered with Happiness Tools: Participants will walk away with a toolkit of practical strategies and habits, backed by science, to cultivate happiness in their daily lives.
- 3. Stronger Relationship Skills: The session will equip students with the skills to build and nurture positive relationships.



Students with the Speaker Mr. Manav Bansal. 04.04.2024



Students performing activity during the session. 04.04.2024



Capturing Smiling faces during the session. 05.04.2024



Students having fun in the Session. 05.04.2024