



HH DALAI LAMA CENTRE  
FOR HAPPINESS

# Newsletter Edition-2

Jan, 2023 - May, 2023



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## **FROM THE DESK OF** **CHIEF HAPPINESS OFFICER**

Dear Chitkarians,

With immense joy and happiness, I am pleased to release this edition of the newsletter from January 2023 to May 2023. The last edition of the newsletter was sent on Dec,22 where we celebrated the completion of 100 events at Chitkara Happiness Centre. And we are happy to share the news that we did 50 more events in the current newsletter period, i.e. from January,23 to May 2023. Highlights of the activities and events of this period are as follows:

1. ***Chitkara Happiness Course*** - Career and Life Skills course was delivered in month of January-February and April-May. The course was reframed depending on student feedback and an element of career skills was also added along with life skills. We included 6 top Happiness Skills and 6 Career Skills in the course and delivered this course to 50 students in Jan-Feb Batch and to 44 students in Apr-May Batch.

2. ***PERMA-Based Interventions*** - All the happiness interventions at Chitkara Happiness Centre are based on the PERMA model (a scientific model developed by Martin Seligman in 2011 for overall well-being and happiness). After a lot of research, we chose this model and included all interventions to boost well-being based on this recognized model of happiness. The details of the same are mentioned later in this newsletter. The overall PERMA Score average was increased from 6.95 to 8.3 by using various interventions. Also, a White paper was published to check the effectiveness of happiness interventions based on PERMA model. There is a significant positive difference found in Grit, Resilience, Hope and Academic Satisfaction of students.

3. ***Events with different Departments, Value Added Courses, and Celebration of Important Days*** - To maintain a positive buzz and vibe, Chitkara Happiness Centre has organized 50 events in the above period along with different departments along with the celebration of important days like Happiness Day, Laughter Day, etc. Along with this, value- added courses were also organized for Chitkara Design School, Chitkara College of Pharmacy, Chitkara Business School, etc. Details of all the events are mentioned in the further pages of this newsletter.

4. ***Booknatics*** - For boosting the reading habit among students, we have launched the Booknatics initiative under Chitkara Happiness Centre, where all book lovers are joining this community, and different exciting activities like Book Reviews, Sharings, etc. are being organized for creating that extra inspiration among students.

Chitkara Happiness Centre, in its first year was establishing its presence by creating a vibe in campus which we successfully did in the last year and in this last quarter, we are focusing on making a systematic structure to the pedagogy of the happiness Centre. And in this structure, we have launched the PERMA model as a base for boosting the well-being of students.

And a systematic documentation system is being launched at Centre to capture all the interventions and their impact. We are thankful to all the Happiness Ambassadors, people from different departments who have joined hands with us to spread happiness, their support in this mission is really appreciable.

At last, we would like to request all Department heads and other senior members of the University, to support us in this mission to take our happiness scale to the next level. Following are the offerings available at our center and we encourage all to inspire their students to take all the following services:

1. ***Chitkara Happiness Course*** - New batch Starting on July,23. The complete progress report will be shared with Mentors and Department heads. Both Career and Life Skills will be improved by this course. Students will get the opportunity to interact with other students in a great environment which will not only boost skills but also the self-confidence and other soft skills of students.
2. ***Happiness Lounge Activities*** - Here, we are giving opportunities to students to express their talent and a small group of 20 to 25 students is witnessing the talent to give a great platform to students to express themselves. Also, we are offering this space to Department Heads or mentors where a happiness-sharing program is being done along with students and respective mentors/deans/seniors.
3. ***Student Induction*** - A happiness orientation program is being organized for all new students who are joining from July/August batch. This will be a 1 to 2-hour program where students will be inducted on all happiness activities and programs so that all students are aware of different offerings of the happiness department.
4. ***Department Programs*** - Also we are fixing our calendar from July to December cycle so all department heads can book department events with us for boosting the happiness of their students.
5. ***Happiness Centre Interventions*** - Students can be sent to the center to experience different interventions based on the PERMA scientific model of well-being and happiness.

For more details on above offerings, please contact the undersigned.

Wishing all of you lots of peace and joy.

Thanks.

Regards,

Manav Bansal

Chief Happiness Officer

# Better Together

## MEET OUR CORE TEAM

**Mr. Manav Bansal**  
Chief Happiness  
Officer



**Mr. Shivam K Mishra**  
Event Management Head



**Ms. Kiranjot Kaur**  
Executive Officer



**Vrinda**  
Core Executive



**Natasha**  
Core Executive



**Ishika**  
Core Executive



**Aashima**  
Core Executive



**Keshav Kumar**  
Core Executive



**Rashim Bindal**  
Core Executive

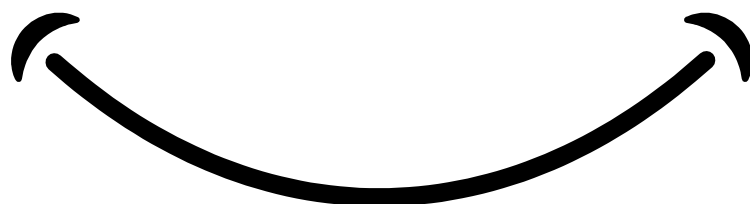


**Vibhor Jain**  
Core Executive

# Events

S. No.	Type Of Events	Number of Events
1.	Career and Life Skill Course	2
2.	Career and Life Skill Course (Baddi Campus)	1
3.	Events (Mega Events, Guest Speakers, In House Speakers, Celebrations)	18
4.	Baddi Campus Events (Mega Events, Guest Speakers, Celebrations, Value Added Course Sessions)	14
5.	Hostel Events	3
6.	Lounge Events	12
	Total:	50

***Spreading  
Happiness***



# Glimpses of Events

The Happiness center's events are its main component because they inspire all of the students build their confidence and cultivate their enthusiasm. Following are some of the major events that were conducted by HH Dalai Lama Centre for Happiness:

*12th January, 2023*

## **HAPPINESS IN STUDENT'S LIFE**

HH Dalai Lama Centre for Happiness in coordination with the Office of Student Affairs organized an engaged and interactive workshop on 12th Jan, 2023 on Happiness for Nursing students of the HP Campus.

The aim of this session was to spread happiness and positivity to everyone.

The main topic which was covered in the session was Happiness is a Habit, under which these sub-topics were discussed: 1. Top 5 Questions for Success and Happiness

2. The 99 Club story

3. Magical Affirmations.

Session ended with Laughter Yoga and Meditation. Students participated in all activities of session with lot of energy and enthusiasm, and the session was successful in creating a positive mindset to handle all daily challenges and also for creating new Happiness habits in life.



23rd January, 2023

## **MUSKURAYE ZINDAGI**

The HH Dalai Lama Center for Happiness has organised a mega event called "Muskuraye Zindagi" on 23rd January 2023. Mr. Sumit Mahajan, co-founder of Design Mantra and Royalways, delivered the keynote address during the event. All of the students were motivated by him to live a happy and purposeful lives. He emphasized the value of having faith in oneself.



The session included music, meditation, and wisdom. Stress management, confidence-building techniques, improving communication abilities, and handling criticism were the key subjects discussed during the session. Mr Mahajan provided elegant responses to each and every question posed by the students. At last, Everyone began to meditate with his direction. Students reported feeling incredibly peaceful and at ease after doing this extremely calming meditation.





*15th Jan, 2023*

## **HAPPINESS SHARINGS (BADDI CAMPUS)**



*19th Jan, 2023*

## **GUITAR MUSICAL EVE (BADDI CAMPUS)**



31st Jan- 1st Feb, 2023

## **BADMINTON TOURNAMENT**

Chitkara Happiness Centre in association with University Sports Board, Chitkara University, Punjab organised a Badminton Tournament to develop harmony and healthy sporting environment among the University students. There were three categories: men's singles, men's doubles, and mixed doubles.



List of each category's winners:

Number of Participants - 148

Men Singles: -

1st Position - Sukh Preet

2nd Position - Salil

3rd Position - Manav Bansal

Men Doubles: -

1st Position - Abhinav/Keshav

2nd Position - Akash/Aman

3rd Position - Aryan/Pranaya

Mix Doubles: -

1st Position - Dhiraj/Ujjwal

2nd Position - Anand/Saloni

3rd Position - Tanish/Nainsi.



8th Feb, 2023  
**MINDFULNESS SESSION**

The best way to capture moments is to pay attention. This is how we cultivate mindfulness.”The HH Dalai Lama Center for Happiness has organised a session on Mindfulness on February 8th, 2023. Dr. Jyoti Sharma, Assistant Professor at the Chitkara School of Psychology and Counseling, delivered the session. The session was started with a guided meditation.



Dr. Jyoti explained what mindfulness is and its significance in today's fast going lives. Students engaged in a mindfulness meditation exercise where they felt their breath and emotions during class. They became more aware of their bodies, minds, and thoughts as a result of this meditation. At the end, the students enjoyed singing and dancing. The session was succesful in making students aware about importance of mindfulness for happiness and success.



*21st February, 2023*

## **MASTER TRICKS OF TIME MANAGEMENT**

HH Dalai Lama Centre for Happiness has organized an event on 'Time Management' for all hostellers at Pulitzer Hall on 21st February 2023. Dr. P.K. Khosla, Mr. Sanjay Khurana, and our wardens were also part of the program, which added more energy to the session. Mr. Mahesh Rawat, Human Resource Manager, Apply Board, was the expert speaker invited for the program, and he shared amazing insights on effective time management with students. The following were some of the session's highlights: The concept of goals, priorities, and discipline, Effective use of social media and dealing with distractions, Love what you do and do what you love, Stories about Ratan Tata, Sundar Pichai, and Sachin Tendulkar and how they manage their time. The session was really inspirational, and in the end, students shared their top learnings.



3rd March, 2023

## **HAPPINESS - EK AHSAAAS**

HH Dalai Lama Center for Happiness has organized a wonderful event for wardens, caretakers, and other support staff on 3rd March, 2023 at Pierre Hall, Le Corbusier Block. The main attraction of the event was singing, dancing, and giddha which was performed by the caregivers. In this event, some participants share their feelings of gratitude for others. As we know that, smile is the only thing which the people can be connected with the other people. This program was organized to spread smile all over the campus. The main aim was to pay regards and have an interactive program with them. overall, program boosted happiness of team and gave them new tips for success and joy in life



*17th March, 2023*

## **HAPPINESS INTRODUCTORY PROGRAMME**

HH Dalai Lama Center for Happiness has organized an introductory program for the students of Chitkara Business School on 17th March 2023. The center's offerings, including Meditation, a Happiness Library, Happiness Lounge, Events and Happiness sessions, were fully disclosed to the students. This orientation also included a discussion on self-confidence and practices to develop this skill was discussed. The general wellbeing of the students was assessed using a scientific tool known as PERMA(Positive Emotions, Engagement, Relationships, Meaning, and Accomplishment). This allows them to know their own personal well-being score. Also, students were asked to explain the connection between happiness and economics. The majority of students agreed that, money may purchase happiness but to a certain extent. The Happiness Lounge was also visited by the students. They all listened to the music there and appreciated it.



31st March, 2023

## **TRANSFORMATION OF ENERGY**

An event was organized by HH Dalai Lama Center for Happiness in collaboration with Chitkara College of Pharmacy and ECE Department on 31st March at Pierre Hall, Le Corbusier Block to provide practical tools and strategies for handling rejection and failure as dealing with rejection and failures is never an easy task, but it's a part of life what we all experience at some point. The shining star of the event was Sri Pradeep Kaushal. He offered practical tips and techniques for dealing with rejection and failure such as reframing negative thoughts, building resilience, and personal development. One of the most powerful part of the event was panel discussion, where Sri Pradeep Kaushal answered the questions from audience about their rejections and failures. Many students were able to relate the stories with their life. The event was an empowering experience for all those who attended. The event was a big success in delivering the message that we can rise above our challenges and achieve our goals.



*4th April, 2023*

## **YAADON KA KARAWAN**

Each of us carries a child within. We must always keep that child alive within us to live a happier and more interesting life. In order to give students a chance to taste that lovely childhood stage, the Chitkara Happiness Center organized an event called "Yaadon Ka Karawan" on 4th April, 2023 in collaboration with the Office of Student Affairs. Games like Rupal Chakk, Kho-Kho, Marbles (Kanche), Pithu, and Hopscotch were played by the students. The students have had fun playing the games. The celebration exuded joy, fun, and vitality. Prizes were distributed to the winners at the end of the event. Students enjoyed a lot as everybody's childhood memories are brought back by this wonderful event.





16th April, 2023

## **HOSTEL FUN & GAMES**

HH Dalai Lama Centre for Happiness organized a fun and games event on 15th April, 2023 in the girls' Hostels including Pie A, C, B, IBN A, and IBN B, which brought a lot of joy and happiness to the students. The event provided an opportunity for students to participate in various games and learn about the center's courses and events. The girls participated in various games such as Rupal Chak, Musical Chair, Chit Passing, and more, and the winners were awarded prizes, adding to the excitement of the event. The girls also danced together, creating a joyful and happy atmosphere.

This event was a great initiative to spread happiness and positivity among the students. The center aims to provide a fun-filled experience for the students and contribute to their overall well-being. The fun and games event organized was a great success. Such events play an important role in promoting a healthy and happy campus culture, which is essential for students' academic and personal growth.



26th April, 2023

## **LOVE YOU ZINDAGI**

HH Dalai Lama Centre for Happiness organized an incredible event titled "Love You Zindagi" on 26th April 2023 with the eminent Col Rakesh Sharma, Director - University Affairs. The event was a true source of inspiration for all the attendees, especially the students who got the opportunity to listen to Col Rakesh Sharma's life secrets. During the session, Col Rakesh Sharma shared some famous dialogues of Shahrukh Khan from the iconic movies "Bazigar", "Chak De India", and "DDLJ", which were filled with deep insights into life. The top learnings of today's session were to never give up, to live life to the fullest potential with mindfulness, to love your failures and to not take situations and circumstances too seriously in life. The event was concluded by Manav Bansal (Chief Happiness Officer) who gave a vote of thanks to Mr. Sharma for sharing his valuable insights with us. The students were seen dancing with full enthusiasm, and the environment was filled with joy, bliss, and happiness..



27th April, 2023

## **HUMAN VALUES AND PROFESSIONAL ETHICS**

A session was organized by the HH Dalai Lama Centre for Happiness and the Office Of Student Affairs on Human Values and Professional Ethics on 27th April 2023 at Chitkara University(Baddi Campus). The session was delivered by Mr. Mahesh Rawat (Recruitment Manager, Apply Board) and was attended by all the students of BE-CSE(1st year). During the session Mr. Rawat shared some valuable points with us on Qualities of a leader. He also told the difference between a successful people and a unsuccessful people. These facts were really motivating and inspiring. Mr Rawat emphasized the values used in personal and professional life. He encouraged students to how to be humble with others and how to forgive others on their mistake. The session was interactive and the students enjoyed it. Those who attended the session found it very knowledgeable and beneficial. They left the session feeling motivated to apply what they learned.



*5th May, 2023*

## **HAPPINESS PASSWORDS**

HH Dalai Lama Centre for Happiness in collaboration with Chitkara Business School organized an event named "Happiness Passwords" on 5th May 2023 for the first-year BBA students of the Business Analytics department. The session kicked off with an energetic dance performance, which set the tone for an exciting event. The PERMA Model of Happiness was presented and explained in detail, sharing actionable points to help students increase each component of happiness in their lives. PERMA stands for positive emotions, commitment, relationship, meaning, and achievement. The PERMA model provides individuals with a framework for identifying areas of their lives where they can focus on improving their levels of well-being. By incorporating each element into their daily routines, individuals can lead happier, more fulfilling lives. The event also featured a range of fun games, including a message through action and mindfulness game, to help students understand the importance of teamwork and mindfulness to well-being. The highlight of the event was the Laughter Yoga session, which left everyone feeling refreshed, rejuvenated, and happy. Overall, this event was the perfect way to end the first year and start the new year with renewed enthusiasm, energy, and new joyous habits.



*10th May, 2023*

## **SCIENCE OF WELL BEING**

HH Dalai Lama Center for Happiness hosted a session on 10th May, 2023 on the science of well-being specially designed for students from Spain as part of "Doing Business in Asia in 2023". The session was chaired by Manav Bansal, the main aim of the session was to explore the factors that contribute to personal happiness. The session began with a thought-provoking question: What makes people truly happy? This question set the stage for participants to delve deeper into the science behind well-being and gain insight into their own happiness. To further engage the students, a film about "Club 99" by Gaur Gopal Das was shown. The film emphasizes the importance of cherishing precious moments in life and finding joy in the simplest things. This inspired the participants to cultivate a positive attitude and appreciate the beauty around them. The session continued with an internal conversation, which encouraged participants to reflect on their internal dialogue and identify ways to change negative internal conversations into positive and empowering affirmations. Laughter Yoga was introduced to end the session on a light and uplifting note.



*12th May, 2023*

## **WORLD LAUGHTER DAY CELEBRATIONS**

HH Dalai Lama Centre for Happiness, in collaboration with the Department of Nursing, organized a joyous event on 'World Laughter Day' at Faraday Hall on 12th May 2023. The event was inaugurated by the inspiring words of Col. Rakesh Sharma and was followed by an engaging program that captivated all attendees. The expert speaker for the session, Mr. Manish Aggarwal, shared the scientific benefits of laughter and motivated everyone to prioritize laughter in their lives. Practical techniques were demonstrated to cultivate daily laughter habits, and stand-up comedy performances provided an opportunity for a select few students to display their talents and bring joy to the audience. Finally, laughter yoga was conducted to elevate happiness hormones for everyone present. Our deep appreciation goes to the Department of Nursing for their incredible support, which played a pivotal role in making this celebration an overwhelming success. .



*18th April, 2023-13th May, 2023*

## ***BUILDING THE FUTURE YOU***

HH Dalai Lama Centre for Happiness organized a special 8-day workshop in partnership with Peakmind at Pulitzer Hall, Picasso Block. The groundbreaking event included four immersive live sessions followed by four exciting online sessions for weekly challenges, questions, and challenge winners Announce.

The workshop began its first energizing session on goal setting. Students enthusiastically seize the opportunity to unleash their creativity by writing memorable headlines that define their unique identities. They paint a vivid image of themselves, showing how they wish to be described. These challenges encourage deep self-reflection and move each individual toward a future that lives up to their deepest aspirations.

In the second session that followed on Strengths in You, we delved into the realm of self-discovery with the help of 24 strengths discovery, focusing on each individual's strengths. Participants embark on an imaginative journey and design their own superheroes. They chose specific strengths for their heroes and wrote compelling stories about their origins and adventures. This empowering practice allows participants to recognize and celebrate their own excellence.

Cultivating a positive mindset took center stage in the third session. Participants immersed themselves in exploring the highs and lows of each day. They brainstormed innovative approaches to tackle challenges and transform them into opportunities for growth. Capturing pictures of themselves engaging in positive affirmations, participants harnessed the power of positivity to nurture their well-being.

Finally, the fourth session centered on developing self-confidence. Attendees celebrated their accomplishments and reflected on their personal journeys of growth. Filling in the blanks of their achievements, they shared inspiring pictures that captured moments of triumph.

Throughout the workshop, we strived to create an innovative and fascinating experience. Attendees left inspired, motivated, and equipped with practical tools to thrive. The collaboration between Peakmind, and the H H Dalai Lama Happiness Centre, and all the participants made a transformative journey.





*18th May, 2023*

## **HAPPINESS TALK BY MS.DEEPIKA MAHAJAN**

A session on Happiness Talks was held on 18th May, 2023 by Chitkara Happiness Centre, Himachal Pradesh. The session was organized by the Chief Happiness Officer Mr. Manav Bansal and was presented by Dipika Mahajan, Founder of DipikaM Production. She is a singer/cinematographer by passion and Marketer by profession. Students present there were filled with excitement and curiosity after meeting her and they learnt how to remain consistent for happy habits. An exciting activity with the help of coins was performed. At last the session was ended with Soothing Songs and Energetic dance.



*26th May, 2023*

## **HAPPINESS TALK**

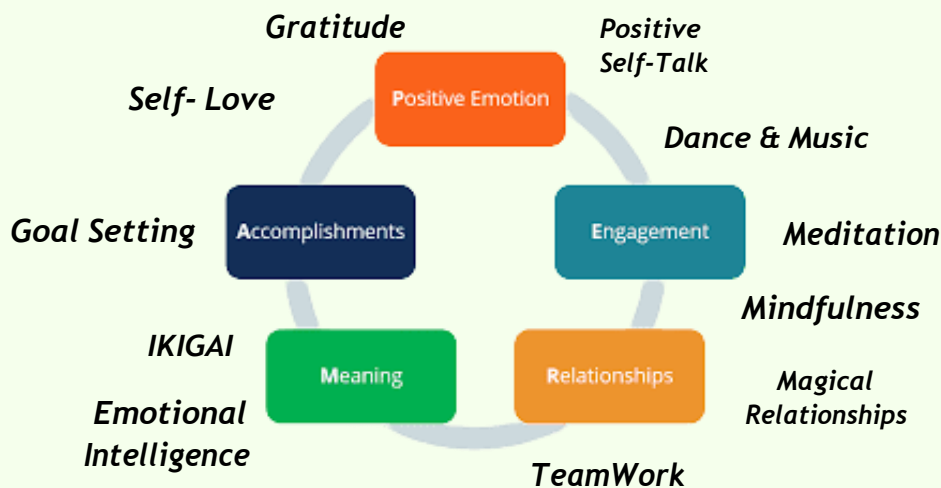
HH Dalai Lama Centre for Happiness organized a remarkable event on 26th May 2023 in collaboration with Chitkara International School, dedicated to our esteemed students. The session was led by Mr. Manav Bansal, Chief Happiness Officer. To kick off the event, an energetic dance was presented to warmly welcome all the students. The atmosphere in the hall became electrifying and vibrant, setting the perfect tone for the rest of the day. Mr. Bansal proceeded to deliver an engaging discussion on a fascinating topic: IKIGAI, a powerful self-discovery tool. The session incorporated various entertaining games and activities that were thoroughly enjoyed by everyone. The best part of the event was the laughter yoga session, which brought infectious joy and laughter to the students, leaving them feeling refreshed and invigorated. Students were also given the exclusive opportunity to explore our beautiful Chitkara University campus. This allowed them to experience firsthand the resources and facilities available, providing a glimpse into the enriching academic environment that awaits them



# Happiness Interventions

## ***PERMA-EMBEDDED FRAMEWORK***

All the happiness interventions at HH Dalai Lama Centre for Happiness are based on PERMA model (a scientific model developed by Martin Seligman in 2011 for the overall well being and happiness) where P stands for Positive Emotion, E for Engagement, R for Relationships, M for Meaning and A for Accomplishments. After lot of research, we chose this model and included all interventions to boost well being based on this recognized model of happiness. Thus all our activities and interventions are embedded in PERMA framework.



### ***1. CAREER AND LIFE SKILLS COURSE:***

HH Dalai Lama Centre for Happiness organized a month-long course on Career and Life Skills, consisting of 12 interactive and engaging sessions conducted by Chief Happiness Officer Mr. Manav Bansal. The course focused on practical tips and activities that can be easily implemented to enhance life and career skills. Each session began with a five-minute meditation to help students relax, followed by various activities to teach specific skills. The course also included weekly challenges to encourage students to apply what they learned in the sessions. Students were even encouraged to take the Perma test, a scientific questionnaire measuring overall happiness and wellbeing. Additionally, the course featured laughter yoga, mindful meditation, and dance to provide a holistic learning experience. And the content that was covered in different sessions is mentioned below:

## ***SELF - LOVE***

1. Safeguarding your Happiness:
  - Magic of Affirmations
  - Bless Everything around you.
  - Awareness to protect diamonds of love, Joy, and Peace
  - Happiness is a Priority, it's all that matters.
  - Consider negativity your friend.
  - Self-Acceptance (Mirror Love)
2. Prioritizing Laughter, Dance, Music
3. Positive Lifestyle Habits
  - Choose real friends.
  - Express Gratitude
  - Nutrition and Water.
  - Self-Talk
  - Take out some time/ Meditate.
4. **Activity**- Record a positive self-talk on your mobile of around 30-60 sec.



## ***GOAL-SETTING***

Everyone has a goal in life to achieve great heights, But sometimes they are not able to do that. That's why the Happiness center gives students the idea "How to choose your Ambition?" and "How to work upon it?". The various aspects of goal setting are made on plan by taking particular actions, schedule and giving time for your goal.

### ***Activity:-***

- Write your interests on a page.
- Work on your interests and set a particular goal.
- Set both short and long term goals
- Set goals that motivate you
- Adjust your goals as necessary
- Recognise and reward yourself when you meet a goal.



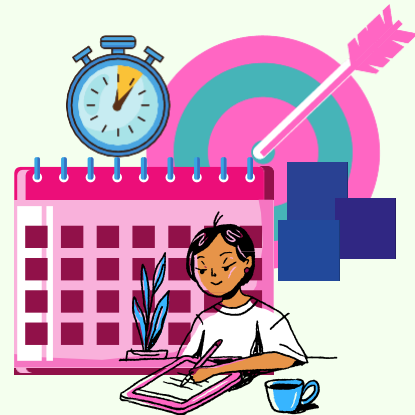
# TIME-MANAGEMENT

Time Management = Priority Management

Make a list of Tasks (Weekly / Daily)

## Goal Setting Tips

- PARETO Principle
- Mentor and Weekly Feedback
- Set Realistic but Challenging Goals



## Don'ts while setting Goals

- Don't Write too many goals.
- Not keeping your goals visible.
- Not identifying the next action.
- Not aligning your goals with your vision.

Do 1 (Very Important and Urgent)	Do 2 (Very Important but not Urgent)
Delegate (Urgent but not Important)	Don't (Neither important nor Urgent)

**Activity:** Make a weekly Goal sheet for 4 major domains of Life (Career/ Work, Family & Friends, Health, Self). Now divide your goals in the quadrant matrix given below to ensure you use your time effectively.

# POSITIVE LIFESTYLE HABITS

Happiness habits is a guide to true happiness that's entwined with your daily-life even as you navigate life and everything that comes with it. These are like foundations for a happy and fulfilling life. Following are some happiness habits:-

- Wake-up Early
- Meditate Early
- Have a gratitude practice
- Write down daily affirmations
- Plan your day as per your goal
- Do exercise at least for 15 minutes
- Do the things you are interested in
- Do walks in nature
- Take proper rest and sleep
- Smile Daily..!!



## **MINDFULNESS:**

Mindfulness is the basic human ability to be fully present, aware of where we are and what we are doing, and not overly reactive or overwhelmed by what's happening around us. It means maintaining moment-to-moment awareness of our thoughts, feelings, bodily sensations, and surrounding environment.

### ***Types of Mindfulness Practices:***

- Seated, Walking, Standing, and Moving Meditation
- Short Pauses we insert into everyday life
- Yoga/Sports-Mindful Awareness
- Check-in with Yourself - What's happening inside and outside of me?  
Become an observer instead of someone reacting to thoughts and feelings.
- Eat Mindfully-Pay attention to how food looks, smells, and tastes
- Body Scanning/Mindful Observation - FEET ON GROUND
- Shower Mindfulness
- Mindful Listening
- Sound of Fans, Birds, Water
- Seeing Fingers, Seeing PC, Seeing Body poster
- Mobile ringing mindfulness



### ***STOP Technique:***

S- Stop what you are doing, put things down for a minute

T- Take a breath

O-Otherwise your thoughts, feelings, and emotions

P-Proceed with something that will support you at the moment



# GRATITUDE:

Gratitude means thankfulness, counting your blessings, and learning to live with simple pleasures.

## 3 E's of Gratitude:

- Emote: Feel the Emotion
- Extend: Give gratitude to include other people.
- Exercises: Do your daily gratitude exercise

## 5 Ways To Express Gratitude:

- 5 Finger exercise
- Write a gratitude letter or note
- Be an Active Listener
- Give a thoughtful gift.
- Write a gratitude journal.



ACTIVITY: Call your loved ones and express Gratitude

**IKIGAI:** A Reason Of Your Being/ Purpose of Your Life

IKIGAI	
What do you love? 1) 2) 3) 4) 5)	What you are good at? 1) 2) 3) 4) 5)
What the world needs? 1) 2) 3) 4) 5)	What you can be paid for? 1) 2) 3) 4) 5)

IKIGAI=> \_\_\_\_\_

Action Points for Living IKIGAI:-

- 1)
- 2)
- 3)
- 4)
- 5)

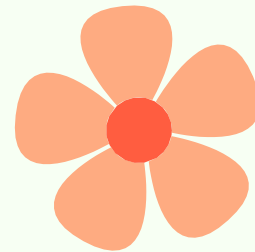
## **MAGICAL RELATIONSHIP S:**

### Relationship Skills

Ways to maintain great relations:

- Show Genuine Interest.
- Active Listening (Scale 0-10, distracted-full attention. Things that distract me and write ways to ignore.)
- What you enjoy or celebrate together "CHOOSE YOUR FRIENDS WISELY."
- Art of Acceptance (Accept others as he/she is).
- Be the kind of friend you want to have (Qualities I am looking for in a friend).
- Nurture (Letter of gratitude/appreciation/surprises, Prioritize friendship by making friends board creatively).

**ACTIVITY:** Draw a flower in your diary and in the centre of that flower write your name, and in each petal write any 1 quality that makes you a good friend to others, And in each leaf, Write 1 quality that you want to develop in yourself.



## **NETWORKING SKILLS:**

Genuine Interest in people with whom you are networking with (Curiosity Skill)

Initiate conversation or email, future plan (Cracking Skill)

Writing Mails with meaningful comment, be gemini in expression (Penning Skill)

Know people whom u wanna network with, keep in touch without expectation(Exploration skill)

Connect with people who are in network of those whom u wanna connect with(Reference Skill)

Aura/Vibe skills-smile, knowing yourself (Character Skill)

Give space don't indulge in deep conversations initially (Space Skill)

**ACTIVITY:** Make a good LinkedIn Profile and select 5 top people you want to network with in your field.

Write down ways how can u initiate a conversation with a person





# EMOTIONAL INTELLIGENCE:

## Components of Emotional Intelligence:

- 1) Social skills
- 2) Self Awareness
- 3) Decision Making
- 4) Empathy
- 5) Self-Regulation

How to improve these components?

### Social Skills:

- 1) Practice Eye Contact
- 2) Show interest in others.
- 3) Active Listening

### Self-Awareness:

- 1) Meditation
- 2) Keep a Journal
- 3) Set Goals
- 4) Ask for constructive Feedback

### Empathy:

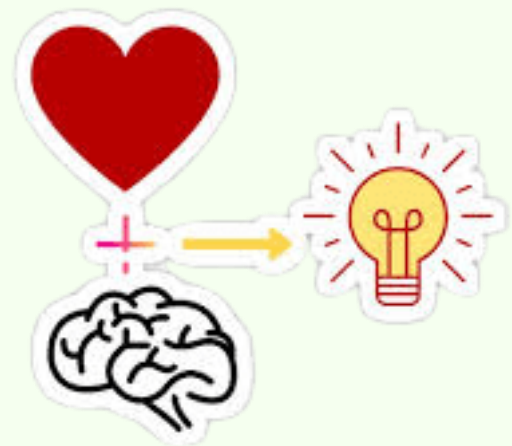
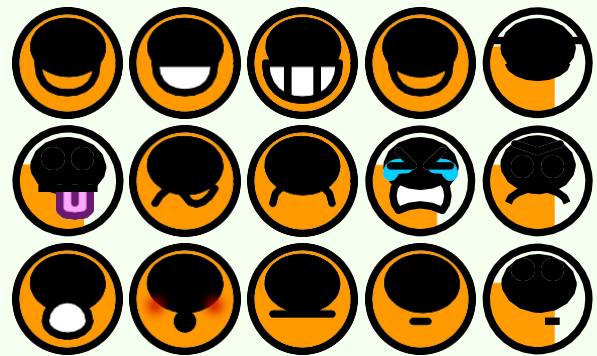
- 1) Be willing to share your feelings.
- 2) Practice guided meditation.
- 3) Watch your body Language.

### Self-Regulation:

- 1) Respond not react
- 2) Be mindful of your thoughts and emotions
- 3) Accepting your emotions

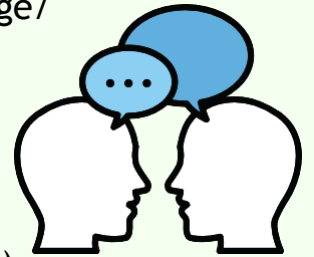
### Motivation:

- 1) Celebrate your results.
- 2) Focus on setting small and achievable goals.
- 3) Work with a friend to find accountability.



## **COMMUNICATION SKILLS:**

- What is the signal that one's communication is good? (Group Discussion)
- Self-Work (Intent- Content/ Read-Write-Hear)
- Understanding purpose/asking meaningful questions/readiness of the Listener
- Signals (Giving-Observation) Pausing hand movement/ body language/ eye contact/ expression
- Listening (Be an empathetic listener)
- Believe in what you say / No ambiguity (Concise, Crisp, and Clear)
- Interest in what you say (Establishing you are on the same page)
- Content (How to Initiate/ Language + Grammar/ Descriptive Storytelling)
- Interaction (Practice-Practice-Practice/ Love for Speaking)



**ACTIVITY:** Read an inspirational book of your choice and make a video of your sharing its learning and sharing it with your close friends (This helps to boost confidence and improve your communication skills).

OR

- Introduce yourself to others apart from your name, qualification, or family.
- Tell about yourself as a human being, the qualities that you possess, hobbies, etc.

## **LEADERSHIP SKILLS:**

- Purpose and belief in what a leader does.
- Leadership with Love (Communicate effectively/ Inspire confidence/ Demonstrate High Ei)
- Honesty/ Integrity
- Mindfulness
- Initiative at Challenging Times (Team member Challenge = Leader Challenge/ Team Failure = Leader Failure, One to One Constructive Feedback)
- Seizing the moment (Gut feel/ Instincts)
- Taking calculated risks
- Innovation and Creativity



**ACTIVITY:** Write 5 qualities of a good leader and how it makes a person a good leader

## 2. LAUGHTER YOGA:

Laughter yoga is one of our most important exercises to bring instant happiness, excitement and a smile on everyone's face. This is a very unique technique to improve physical and mental health that we practice at our Happiness Centre. Laughter yoga is a unique concept that combines laughter exercises with yogic breathing techniques.



At our happiness center, we believe that laughter is the best medicine, and laughter yoga is the perfect way to experience the many benefits of laughter. Through guided laughter exercises, we encourage our students to laugh freely and without inhibition, which helps to reduce stress, release endorphins, and improve overall well-being.



Laughter has also been shown to improve mental health by reducing anxiety and depression, boosting self-esteem, and promoting feelings of joy and happiness. Through laughter yoga, our students learn to let go of negative emotions, connect with others, and embrace a more positive outlook on life. At our happiness center, we offer laughter yoga that is designed to be fun, uplifting, and energizing.

## 3. MEDITATION:

Meditation is a practice in which an individual uses a technique- such as mindfulness, or focusing the mind on a particular object, thought or activity- to train attention and awareness, and achieve a mentally clear and emotionally calm and stable state. Happiness Centre offers following meditations at Meditation room:



1. Mindfulness of Breathing Meditation: - It helps concentrate the mind and allows us to be able to function better and more effectively, both in our everyday and in our spiritual life. In this, all participants focus on their breath and body parts and also on their thoughts and emotions.

2. Guided Meditation
3. Silence Meditation

## 4. DANCE AND MUSIC:



Dancing & Music has always been a part of our culture, from traditional rituals to celebration. It is something that widely appeals to people from all walks of life. It is highly associated with good physical health but most people don't know that Dancing can affect their mental health too.

In the happiness centre, we show the same, how dancing on different rhythms and light music can improve our mood. This helps a person release happy hormones like dopamine. It creates a good environment and makes people "loosen up" and helps curing social anxiety. That's why over the years therapists have prescribed dance to people who are feeling anxiety or depression. It also helps in gaining the Self-Confidence. There's a wonderful quote by Paulo Coelho:

"When you dance, you can enjoy the luxury of being you."



## 5. BOOKNATICS (BOOK REVIEWS) :

Book Reviewing is one of the best activities done by the happiness centre for motivating students towards reading books. One Student will be taking a book to read out in front of others followed by giving explanation to it. He/she will be inspiring others so that they can take initiative in reading new books. It will enhance their confidence for public speaking and their level of thinking. Providing Review of the book gives other Students a brief idea of that book so that they can easily read and understand it. So, it's a wonderful and fun activity for gaining a student's interest and making them more interactive.



## 6. **POSITIVE SELF TALK:**

Positive Self-talk is the internal narrative you hold about yourself. It's our inner voice that can have a bigger influence on our thoughts and the world around us. Always talk positively and be kind to yourself. It will make you feel good about everything going on in your life. It's an optimistic voice in your head that encourages you to look at the bright side, pick yourself up when face difficult time in life .Our Happiness Centre helps you to work upon your thoughts and helps you to happy in every situation:

**Activities:**

1. Students sit together in a Group
2. Students talk positively about them by sharing their qualities, achievements and their lessons of life



# Feedbacks

*"My experience with the happiness center was so amazing it was wonderful! Nd I really feel grateful to be a part of happiness family.... from there I came to learn about so many things...like we should be grateful for everything we have bcz those things can be need of someone.... I love enjoying games there and I won them tooo....that was the best part...happiness Centre literally feels like a home where we can do anything which make us happy...A big thanks to MANAV SIR who helps a lot to boost my confidence level.. thanks to everyone" ♥*

*-Bhumi Gupta*

*"I wanted to share with you my incredible experience after joining the Chitkara Happiness Centre. It has truly been a life-changing journey, and I couldn't be more grateful for the positive impact it has had on my life.*

*One of the most noticeable changes I've felt since becoming a part of this center is a significant boost in my confidence. Previously, I used to struggle with connecting with people and expressing myself freely. However, through the various activities and Courses offered at the centre, I have gained the ability to easily connect with individuals from all walks of life.*

*This Happiness Centre has empowered me to concentrate more on my goals. Prior to joining, I often found myself easily distracted and struggled to maintain focus on my ambitions. However, with the support and guidance provided by the Manav Sir and All other Members of Happiness Centre. I have developed effectively techniques to enhance my concentration and productivity. Now, I feel more determined and driven to achieve my aspirations."*

*-Yuvika (BCA)*

*"Happiness centre is best platform for me I get the chance to get explore the most and got so many opportunity to work over here I got family like environment over there I do not even feel I am far away from my home I got opportunity to express my self."*

*-Himani Goel (CSE)*

*"I feel very happy after joining the Centre and I have so many changes.*

*There are lot of changes I have seen myself after joining center few of them are I started to live my life more positively. Got opportunity to enhance my skills and even explore new skills in me."*

*-Harshit Bhargave (CSE)*

# Feedbacks

*"After joining happiness centre I felt positivity in me and I got to know how to be grateful for small things also. It also helped me in gaining confidence and leadership skills. Secondly in career it helped in setting up my goals and fulfilling them with enthusiasm and confidence. Happiness centre is a place where you are motivated for each and every thing and I thanks Mr. Manav Sir and everyone at the centre for their great support and motivation."*

*-Palak (BCA)*

*"I had the pleasure of attending session on Time Management and Goal Setting by Manav Sir, and I must say, it was an incredible experience. Manav Sir is a true master of his craft, and his knowledge and expertise on the topic were evident from the very start. After the Few Minutes of the session began, Manav sir went with an engaging and interactive activity, where Manav Sir divided us into six groups and presented us with a puzzling picture to decipher. It was a great way to get our minds thinking and working together as a team, and it set the tone for the rest of the session.*

*Overall Yesterday Session was Just "*

*-Ashish*

*" Hello everyone, myself Ayush, first of all Thank you so much Manav sir for an amazing session of mindfulness. I thoroughly enjoyed it and learned a lot about the benefits of mindfulness practice. One of the key takeaways for me was the importance of being present in the moment and being aware of my thoughts and emotions without judgment. I also found the breathing exercises and body scan meditation to be particularly helpful in calming my mind and reducing stress. Overall, I feel that the session has provided me with valuable tools to improve my mental well-being and I am excited to incorporate mindfulness into my daily routine. Thank you again for sharing your knowledge and expertise on this important topic. And I promise you that I will try to stay away from my phone for 2 hours a day*

*🌟"*

*-Ayush*

# Feedbacks

*"My journey in happiness Centre has been a very interesting one when I came to happen a Centre I was very distressed with my regular life I was unhappy ,sad face and lacked everything. Then when I met Manav sir and did the happiness course alone many new things I didn't had any communication skill as well as any networking skill but after attending the happiness course my life became a heaven now after so much progress and development in my behaviour and personality I have become the core executive of happiness centre only because of the support of Mr Manav Bansal and my friends at happiness centre "*

*-Rashim Bindal (BCA)*

*"1. I have joined the happiness centre because I was getting so much vibes of improving myself... First time when I listen the name of centre, from inside a voice had come that was saying, yes Ashima this the platform where You will brush up ur skills....*

*2. There are 3 topics which I like the most that is - personal branding and emotional intelligence.. Really I love these topics*

*3. The things which I imply in my life after the course are -smile , positively, meditation, proper routine, follow your passion*

*Overall experience is very Awesome 😊😊😊 My life is totally changed....."*

*-Ashima*

*"I joined Happiness Centre because I liked the atmosphere there, and my major goal there was to get over my past and concentrate on the present. I was able to restore my confidence, get over my stage fright, be more creative, and practise mindfulness thanks to the Happiness Centre. The topics that have had the biggest impact on me are mindfulness, time management, and gratitude. Gratitude, mindfulness, and putting your attention on the present are the key concepts I have incorporated into my life. My time at the Chitkara Happiness Centre has been incredibly fantastic and amazing. I'm really grateful to have this incredible place in my life"*

*-Ishika Arora (CSE)*



# IMPACT REPORT

The purpose of this report is to evaluate the effectiveness and impact of the career and life skill course offered at the Chitkara Happiness Centre. The course, conducted by Mr. Manav Bansal, Chief Happiness Officer, aimed to equip students with essential skills for personal and professional growth. The evaluation focuses on the sessions conducted during both batches i.e., during (Jan-Feb and April-May).

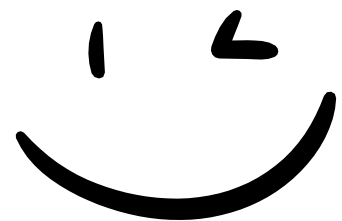
## **1. Course Overview:**

The career and life skill course at Chitkara Happiness Centre provided students with a comprehensive learning experience covering twelve key skills. These skills included mindfulness, IKIGAI, positive lifestyle habits, communication skills, networking skills, personal branding, and more. Through interactive sessions, students were given the opportunity to acquire and develop these skills.

## **2. Evaluation Methodology:**

The evaluation of the course was done on 2 methods:

1) based on students' self-assessment of their skill improvement. Students were encouraged to reflect on their progress and rate their improvement on a scale from low to high for each skill taught. The self-assessment results provide insights into the effectiveness of the course and its impact on the students.



Topic	Before	After	Growth
Gratitude	3.5	4.6	1.1
Mindfulness	3.25	4.38	1.13
Positive Lifestyle Habits	3.27	4.27	1.00
IKIGAI	3.25	4.02	0.77
Dealing with Failure/Criticism	3.19	4.07	1.08
KAIZEN	3.05	3.97	0.92
Goal Setting	3.22	4.25	1.03
Emotional Intelligence	3.27	4.16	0.89
Networking Skills	3.02	4.25	1.23
Communication Skills	2.97	4.22	1.25
Time Management	2.86	3.88	1.02
Personal Branding	3.00	3.94	0.94

3) **Through PERMA measurement:** A scientific questionnaire to find the wellbeing. When students entered the course, they were asked to measure their well being using PERMA survey which had 23 questions and return the well being score based on the ratings given by one in different fields. The 23 questions of this PERMA questionnaire are as follows:

How much of the time do you feel you are making progress towards accomplishing your goals?	0 = never, 10 = always
How often do you become absorbed in what you are doing?	
In general, how often do you feel joyful?	
In general, how often do you feel anxious?	
How often do you achieve the important goals you have set for yourself?	
In general, how would you say your health is?	0 = terrible, 10 = excellent
In general, to what extent do you lead a purposeful and meaningful life?	0 = not at all, 10 = completely
To what extent do you receive help and support from others when you need it?	



In general, to what extent do you feel that what you do in your life is valuable and worthwhile?

In general, to what extent do you feel excited and interested in things?

How lonely do you feel in your daily life?

How satisfied are you with your current physical health?

0 = not at all,  
10 = completely

In general, how often do you feel positive?

0 = never,  
10 = always

In general, how often do you feel angry?

How often are you able to handle your responsibilities?

In general, how often do you feel sad?

How often do you lose track of time while doing something you enjoy?

Compared to others of your same age and sex, how is your health?

0 = terrible,  
10 = excellent

To what extent do you feel loved?

0 = not at all,  
10 = completely

To what extent do you generally feel you have a sense of direction in your life?

How satisfied are you with your personal relationships?

In general, to what extent do you feel contented?

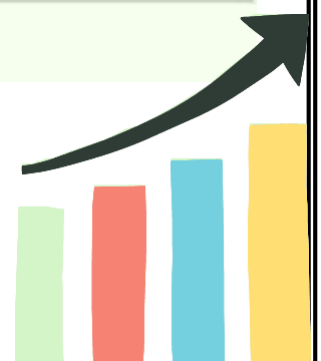
Taking all things together, how happy would you say you are?

0 = not at all,  
10 = completely

The score was also measured after the end of the course as well and we found that well being score increased from 6.955 to 8.301, this elevation in score represents that how the well being was boosted using different interventions and activities during the course.

## PERMA Based Evaluation

Before	After
6.955	8.301





<https://www.chitkara.edu.in/>



<https://instagram.com/chitkarahappinesscentre?igshid=MzRIODBiNWFIZA==>

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