

HH DALAI LAMA CENTRE FOR HAPPINESS

Newsletter Edition - 3



July, 2023 - December, 2023

HIGHLIGHTS

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**Happiness Team: United
Spirits**

2.

**Transformative Events,
Sessions, and Courses**

3.

**Centre and Event
Interventions**

4.

**The Happiness Code
Interventions**

5..

PERMA Impact

Happiness team: *United Spirits*



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Glimpses of Transformative Events and Sessions

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:

1st July, 2023

Various Strategies to Enhance Mental Health (FDP)

Chitkara Happiness Center organized an inspiring faculty development session for the faculty of various departments. The session aimed to explore the various aspects of happiness and how it can be nurtured through personal actions and scientific ways. With a diverse range of engaging activities and interactive discussions, the event left a lasting impact on all attendees.

The session kicked off with a heartwarming activity where participants were encouraged to share the positive qualities of their colleagues. This simple exercise fostered a sense of appreciation and unity among the attendees, creating a positive and supportive atmosphere for the rest of the session. The core principles of the PERMA Model were discussed. This model emphasizes five key elements of happiness: positive emotions, engagement, relationships, meaning, and accomplishments. Through thought-provoking discussions, the participants gained valuable insights into how they could integrate these elements into their personal and professional lives to enhance their overall well-being.

An important part of the session involved a gratitude activity that encouraged individuals to express gratitude for their life blessings and positive aspects. The practice of gratitude has been shown to increase feelings of contentment and promote a positive mindset.



3rd July, 2023

Full Moon Meditation

On the sacred occasion of Guru Purnima, celebrated on July 3, 2023, students gathered for a special full moon meditation session, dedicating it to honoring their mentors and teachers. Guided by His Holiness Sri Sri Ravishankar's profound teachings, the event featured Guru Pooja chants expressing gratitude. As the full moon illuminated the surroundings, the atmosphere became spiritually charged. The meditation became a powerful conduit for self-awareness and inner tranquility, leaving an indelible mark on the participants. This transformative experience reinforced the value of gratitude and the enduring impact of mentors in shaping destinies, guiding the students forward on their journeys with renewed enthusiasm and the light of wisdom.



4th July, 2023

Workshop for Healthy Well Being



Chitkara Design School recently hosted a four-day "Workshop for Healthy Well-Being" in collaboration with the Chitkara Happiness Centre. The event began with an invigorating "Design Your Happiness" day, featuring icebreakers, interactive games, and a session on happiness hormones. Students learned the S.A.V.E.R.S. routine and engaged in a strength survey, concluding with laughter yoga. The second day focused on the PERMA model, incorporating dance, singing, games, and a PERMA score calculation to foster positive emotions, engagement, relationships, meaning, and accomplishment. The third day centered on time management, combining energetic activities, an interactive session, a motivational talk, meditation, and thought-sharing to enhance productivity and well-being. Additionally, the Chitkara Happiness Centre organized a remarkable talent show, where students showcased diverse talents, including acting, singing, sketching, dancing, poetry, and stand-up comedy, with prizes awarded by esteemed judge Mr. Manav Bansal.



15th July, 2023

Combating Stress – A Holistic Approach

Chitkara Happiness Centre and YGPT (Youth for Global Peace and Transformation) collaborate to host an event of immense significance - "Combating Stress: A Holistic Approach." The virtual session, led by the esteemed Dr. Manjiri Puranik, proved to be a profound and eye-opening experience for all attendees, offering valuable insights on overcoming stress and embracing a life of happiness. Throughout the session, most tips and tricks are discussed for effectively managing stress. What is stress, types of stress, and how to deal with stress were explained with patience. With a deep focus on the present moment and the significance of nurturing meaningful relationships, her wisdom resonated deeply with the audience. Mr. Manav Bansal, expressed heartfelt gratitude to Dr. Puranik for her transformative session, leaving the attendees with renewed hope and positivity. The impact of this remarkable event was profound, leaving a lasting impression on all those who were fortunate enough to attend.



4th August, 2023

Designing Happiness Achieving Success

The Chitkara Happiness Centre organized a captivating and vibrant orientation with the Chitkara Design School, leaving an indelible mark on the students. Brimming with activities designed to promote holistic well-being and personal growth, the event ignited an atmosphere of enthusiasm and excitement among students. Kicking off with interactive ice-breaking games, the orientation swiftly broke down barriers and kindled new connections among attendees. In the middle of the orientation were the innovative Skill-Verse and Perma introduction, skillfully designed to elevate cognitive abilities, encourage problem-solving, and cultivate a strong spirit of teamwork. These dynamic activities instilled resilience and positive emotions, empowering students to face challenges with newfound confidence. One of the most remarkable highlights was the Signal Game, a deeply thoughtful initiative aimed at fostering mindfulness and understanding among the participants. In this safe and supportive environment, students engaged in open conversations, sharing personal experiences and emotions, nurturing a profound sense of belonging, and active listening. Moreover, the Talent Expression segment provided a stage for students to showcase their diverse talents, be it through singing, dancing, or poetry. This celebration of individuality reinforced self-confidence and appreciation for the unique gifts each individual brings to the community. In conclusion, the Chitkara Happiness Centre's orientation with the Chitkara Design School stood as a resounding success, setting the stage for a positive and supportive campus community. By promoting happiness, self-expression, and meaningful connections, the event sowed the seeds for a flourishing environment conducive to growth and personal transformation.



4th August, 2023

Begin with Happiness End with Success



During the orientation held at Chitkara Design School, the Chitkara Happiness Center organized a vibrant and engaging event filled with various activities to welcome M.Des students as well as to promote well-being and a positive atmosphere among the students. The highlights of the orientation were a delightful mix of activities that left everyone feeling rejuvenated and connected. The event kicked off with a lively dance session, where participants grooved to the beats of upbeat music, setting a cheerful tone for the rest of the day. This was followed by a session of interactive games that brought out the playful spirit in everyone. One of the unique features of the orientation was the inclusion of laughter yoga, a practice that combines laughter exercises with yogic breathing techniques. This left everyone in fits of laughter, relieving stress and uplifting the mood of the entire group. Adding a dose of humor and entertainment, a stand-up comedy act brought smiles and laughter to everyone's faces. To promote mindfulness and self-awareness, a session on Perma (Positive Emotion, Engagement, Relationships, Meaning, and Accomplishment) was conducted, helping participants find ways to enhance their overall happiness and life satisfaction. Lastly, the orientation featured Skillverse. Overall, the Chitkara Happiness Center's orientation with Chitkara Design School was a resounding success, creating a positive and energetic environment that set the tone for a joyful and fulfilling academic year ahead. Students left the event with a renewed sense of happiness, motivation, and a deeper connection with each other, making it a truly memorable experience for everyone involved.



5th August, 2023

Interview Skills



The Chitkara Happiness Centre organized a truly enriching event titled "Interview Skills," with the dynamic presence of Mr. Manav Bansal. The event encapsulated a diverse range of skills crucial for excelling in interviews, presented in a manner that resonated with participants from all walks of life. Mr. Bansal, a seasoned expert in the field, adeptly navigated the students through the intricacies of group discussions, shedding light on the art of constructive dialogue. While the spotlight briefly shifted, his nuggets of wisdom added a layer of depth to the experience, offering invaluable guidance on curating impactful CVs and mastering the nuances of dressing etiquette. The exchange during the Q&A session, hosted by Mr. Rawat, provided a fitting finale to the event. As the curtains descended on this enlightening event, participants departed with newfound knowledge. The Chitkara Happiness Centre had organized a remarkable event, with Mr. Bansal as the beacon of guidance, and Mr. Rawat as the embellishment that added the finishing touch.

10th August, 2023

Stress Management and Wellness

Education is not just about learning, it's about experiencing the joy of learning!" Chitkara Happiness Centre orchestrated a captivating orientation session for the BBA department, led by none other than the Chief Happiness Officer himself, Mr. Manav Bansal. The event proved to be an enlightening and memorable experience for all attendees. During the session, students were introduced to the PERMA model, a scientific approach to holistic well-being that encompasses Positive Emotions, Engagement, Relationships, Meaning, and Accomplishment. Moreover, the atmosphere was filled with laughter and positivity as students enthusiastically participated in laughter yoga exercises, leaving an indelible mark on the event. Chitkara Happiness Centre takes pride in its team of experienced faculty members and a vibrant community that is dedicated to fostering a joyful learning experience. Aspiring minds are invited to join this endeavour and bask in the magic of joyful learning, as Chitkara Happiness Centre continues to create an environment where education becomes a delightful journey of growth and discovery.



16th August, 2023

Welcome to the Paradise of Happiness



The collaborative efforts of the Chitkara Happiness Centre and the Department of Applied Engineering resulted in a captivating orientation event that left a lasting impact. The event encompassed a multifaceted journey towards holistic well-being. It commenced with an introspective exploration of the intricate nature of happiness, paving the way for a thought-provoking gratitude activity. Introducing the PERMA model added depth, as students delved into the dimensions of Positive Emotions, Engagement, Relationships, Meaning, and Accomplishment, uncovering the intricate interplay between these elements and overall well-being. "Skillverse" emerged as a dynamic platform for students to expand their horizons beyond academics. For those with a passion for reading, the introduction of the "Booknatics Club" was a delightful surprise, fostering a community of book enthusiasts who could engage in intellectual discussions and shared literary exploration. It underscored the institution's dedication to fostering not only academic excellence but also happiness, and a balanced life approach.



23rd August, 2023

Self-Management for Happiness

In a collaborative effort, the Chitkara Happiness Centre and Chitkara Business School curated an enlightening session on "Self-Management for Happiness" for BBA Retail Management students in the 2022-2023 academic year. This session seamlessly integrated elements from the PERMA model, exploring Positive Emotions, Engagement, Relationships, Meaning, and Accomplishment. SkillVerse provided a platform for practical skills essential for event planning, while gratitude activities promoted a positive mindset and mindfulness. Addressing time management, the session equipped students with valuable tools for academic and event responsibilities. Concluding with reflection on the essence of happiness, the session exemplifies a commitment to holistic education, showcasing a pioneering approach that empowers students in both their professional and personal journeys.



25th August, 2023

Session on Happiness Way to Success



The collaboration between Chitkara Happiness Centre and Chitkara College of Hotel Management brings together a comprehensive range of activities and initiatives aimed at promoting holistic well-being, personal growth, and happiness among students. The program focuses on various aspects of well-being and self-development, enhancing the overall quality of life for students. The PERMA model forms the foundation of the program, addressing five essential elements for a fulfilling life - Positive Emotion, Engagement, Relationships, Meaning, and Accomplishment. SkillVerse project is designed to equip students with practical life skills, essential for personal and professional success. Practicing gratitude has a profound impact on one's well-being. Through insightful videos and discussions, students will explore the concept of happiness. The collaboration between Chitkara Happiness Centre and Chitkara College of Hotel Management is a transformative journey towards personal growth and happiness. By integrating the PERMA model, and more, the program aims to empower students with the tools they need to lead fulfilling lives.



28th August, 2023 **Yadoon ka Karvan**

Chitkara Happiness Centre, in a delightful collaboration with the University Sports Board, organized an enchanting day of games and activities that transported everyone back to the carefree days of childhood. Aptly named 'Yadoon Ka Karvan' (The Caravan of Memories), this event was a nostalgic journey that featured a diverse array of classic games, including Pithu, Kho Kho, Stapu, Rumal Chakk, and Hop Scotch. The result was an eruption of sheer joy and exhilaration among our students. In the midst of this electrifying atmosphere, participants found themselves not just competing but also cheering each other on. The friendly matches that ensued were a testament to the spirit of camaraderie that permeated the event, reminding everyone of the simple pleasures of play and togetherness. As onlookers, witnessing our students unite in the pursuit of play was a truly heartwarming and uplifting experience. It served as a powerful reminder that amidst the rigors of academia, the essence of happiness and bonding can be found in the most delightful and unassuming moments.



1st September, 2023

Fun and Games Session of Happiness

Chitkara Happiness Centre organized a Fun and Games session on Happiness in collaboration with the Economics Department, creating joy and enthusiasm. The event brought together the students of the department, uniting them in a day filled with happiness, joy, laughter, camaraderie, and unforgettable memories. The event began energetically, with students from the Economics department showcasing their incredible talents. From musical performances to stand-up comedy acts and dance routines, the talent on display was nothing short of extraordinary. The enthusiastic audience created an electric atmosphere, resonating with cheers and applause. Laughter echoed throughout the event, as students engaged in various fun-filled activities and games. The students delved into the SAVERS method, a well-known practice for personal development. The acronym SAVERS stands for Silence, Affirmations, Visualization, Exercise, Reading, and Scribing. These elements were discussed as tools to sprinkle a touch of happiness into daily life. Students engaged in meaningful conversations about how these practices could positively impact their well-being. The event underscored the idea that happiness is not a fixed destination but an ongoing journey. By emphasizing the importance of regular self-improvement and positive practices, Chitkara Happiness Centre encouraged students to actively cultivate happiness in their lives. Overall, the "Fun and Games Session of Happiness" organized by Chitkara Happiness Centre was a resounding success. It brought students together to celebrate their talents, share laughter, and explore ways to infuse happiness into their daily routines.



1st September, 2023 Unleashing Happiness



The Architecture Department at Chitkara University recently co-hosted an exceptional event in collaboration with the Chitkara Happiness Centre, profoundly blending creativity and well-being. The event commenced with an insightful exploration of the PERMA MODEL of well-being, wherein students gained a comprehensive understanding of the core elements including positive emotions, engagement, Relationships, meaning, and Accomplishments that contribute to a fulfilling life. What truly made this day unforgettable, however, was the heartwarming gratitude exercise that encouraged attendees to recognize the beauty in the ordinary and the transformative potential of appreciation. The atmosphere was charged with joy and laughter as artistic talents were celebrated, all while reinforcing the importance of nurturing holistic well-being. As the event concluded, it left attendees eagerly anticipating more moments of inspiration and happiness, with the university committed to further exploration of the myriad ways in which creativity intersect and enrich our lives.



6th September, 2023

Career Counselling Session on Happiness – PERMA Model

The Chitkara Happiness Centre, in collaboration with Chitkara Business School, orchestrated a highly enlightening event titled "Career Counseling Session on the Happiness Code: PERMA Model." The primary objective of the event was to furnish participants with invaluable insights into the PERMA model, a well-regarded framework for comprehending and enriching happiness and well-being. The session, delved into the five key components of the PERMA model. The significance of cultivating Positive Emotions in daily life was underscored, emphasizing their role in contributing to overall well-being. The concept of Engagement, or the state of "flow" where individuals are wholly absorbed in an activity. Lastly, the focus was on Accomplishments, elucidating how setting and achieving goals contribute to a sense of accomplishment, thereby boosting happiness. The event not only fostered personal growth but also exemplified Chitkara Happiness Centre's commitment to holistic education and the pursuit of happiness and success in all facets of life.



6th September, 2023

Session on PERMA Model



The collaboration between the Chitkara Happiness Centre and the Psychology Department culminated in an insightful event titled "Session on PERMA Model." At the heart of this event was the exploration of the PERMA model, a psychological framework crafted by Martin Seligman to decipher the intricacies of well-being. Beginning with Positive Emotions, he emphasized their pivotal role in daily life contribution to overall well-being. The concept of Engagement is akin to achieving a state of "flow" during activities. The discourse extended to the paramount importance of Relationships, underlining their role in enhancing happiness and satisfaction. Meaning, as a cornerstone of the model, was explored in the context of one's career. Finally, the focus shifted to Accomplishments, underscoring the significance of setting and achieving goals. In summary, the "Session on the PERMA Model" emerged as a thought-provoking and engaging experience, deepening participants' comprehension of the model and its practical applications. The event concluded with a hands-on digital game designed to facilitate the application of the PERMA model in real-life scenarios.

13th September, 2023

Grooming with Happiness

The Chitkara Happiness Centre recently hosted a specialized session titled "Grooming with Happiness" exclusively for girls, aiming to empower them with essential skills and knowledge crucial for their professional journeys. Led by Ms. Kiranjot Kaur, the session covered key areas such as interview dressing skills, job expertise, and behavioral guidelines. Participants delved into the nuances of selecting and presenting professional attire for interviews, gaining insights into the importance of continuous learning and industry-specific skills. The session also emphasized the significance of soft skills, effective communication, and maintaining a positive attitude in the workplace. An open discussion on the unique challenges and opportunities for women in their careers provided practical advice on handling specific situations and building resilience. The positive feedback from participants highlighted the value of the session, with many expressing gratitude for the practical advice and newfound confidence in their career prospects. This initiative underscores the Chitkara Happiness Centre's commitment to promoting personal and professional development among young women.



19th September, 2023

Happiness Unboxed

The collaborative three-day workshop between the Chitkara Happiness Centre and Chitkara Business School proved to be a transformative experience for participants, fostering personal growth, happiness, and positive relationships. Led by Mr. Manav Bansal, the first day set a motivational tone with team-building activities like the signal game, promoting effective communication. Inspirational videos and a storytelling session emphasized the significance of happiness and kindness. Day two continued the exploration of happiness and relationship-building, with Mr. Bansal sharing strategies for a fulfilling life. Khyati Singh's insights further enriched the session, leaving students equipped with practical tools. The concluding day focused on fun and mindfulness, featuring entertainment and engaging activities led by Mr. Bansal. The "Sit-Stand Game" and "Durki Game" added a dynamic touch, offering a balance of enjoyment and mindfulness. This well-rounded workshop not only provided valuable knowledge but also contributed to the overall well-being and happiness of the participants, affirming the success of the collaborative effort between the Happiness Centre and Business School at Chitkara.



21st September, 2023

Mahool e Shayarana

The Chitkara Happiness Centre recently hosted "Mahool e Shayarana," featuring Simar Kaur's heartfelt Shayari. Touching on themes like happiness, life's journey, love, and motivation, Simar's poetry captivated the audience and forged a strong emotional connection. Her verses left a lasting impact, encouraging reflection on life's simple joys, resilience, and positivity. This event stood as a powerful testament to the ability of poetry to foster community, promote well-being, and spark meaningful conversations.



26th September, 2023

Tri-Sports Showdown

The Chitkara Happiness Centre Tri-Sports Showdown, organized in collaboration with the Chitkara University Sports Board, marked an electrifying convergence of athletic prowess and camaraderie among students. This exclusive competition, featuring volleyball, tug of war, and badminton, showcased the diverse talents of participants from various university departments. The event, strategically scheduled across different times and venues, accommodated the busy schedules of enthusiastic participants, ensuring maximum engagement.

The Tri-Sports Showdown was a celebration of skill, teamwork, and sportsmanship, creating an environment of healthy competition and community spirit. Heartfelt congratulations are extended to the deserving winners and all participants for their unwavering dedication and outstanding performances across Badminton, Volleyball, and Tug of War.

The list of winners reflects the diverse talents within our university community, highlighting the achievements of individuals like Aaditya and Lakshita in Badminton, Tarun and Nishit in Volleyball, and Chirag and Garvit in Tug of War. The collaborative efforts of the Chitkara Happiness Centre and the University Sports Board have proven to be a triumphant partnership, promoting not only physical fitness but also emotional well-being among our student community. This successful collaboration fosters a holistic approach to student development, ensuring that they excel both on and off the field, embodying the spirit of a balanced and thriving university community.



10th October, 2023

Mental Health Day Celebrations

Chitkara Happiness Centre, in collaboration with the College of Education, celebrated World Mental Health Day on October 10, 2023. The event aimed to raise awareness about the significance of mental health and promote its equal status as a universal human right. The collaborative efforts of the Chitkara School of Mass Communication and the NSS Wing added depth and diversity to the event. The highlight of the day was a one-hour session conducted by Mr. Manav Bansal, the Chief Happiness Officer at Chitkara University. The session focused on the importance of mental health and the need to prioritize it alongside physical well-being. Mr. Bansal shed light on UNESCO's latest theme, which underscores mental health as a fundamental human right, encouraging open conversations about mental well-being. The event drew participation from students across different courses, specifically BAJMC-1 and 2nd year, and MAJMC-1st year. The inclusive approach ensured that a broad spectrum of students had the opportunity to benefit from the session. The emphasis on integrating mental health into their lifestyles resonated with attendees, fostering a commitment to prioritize self-care and well-being. The World Mental Health Day celebration at Chitkara Happiness Centre proved to be a holistic and impactful event. By combining informative sessions with engaging activities, the organizers successfully conveyed the importance of mental health as a universal human right. The positive response from students and their commitment to cultivating positive habits underscored the success of the event in promoting mental well-being within the university community. This initiative reflects Chitkara Happiness Centre's commitment to holistic education and nurturing the mental health of its students. The collaborative effort of various departments and the enthusiastic participation of students contributed to the success of the event, leaving a lasting impact on the university community.



11th October, 2023

Transition from Student Life to Corporate Life

The Chitkara Happiness Centre hosted a transformative session to guide students through the critical transition from student life to the corporate world. The session, titled "Transition from Student Life to Corporate Life," featured Ms. Yogita Sharma, the esteemed Founder of People Gains, as the guest speaker. With precision and expertise, Ms. Yogita Sharma brought her wealth of experience to the forefront, navigating through the essential skills required for a successful transition into the corporate world. She underscored the importance of stepping out of comfort zones, meeting deadlines, and avoiding judgments. These key points served as a foundation for the students, preparing them for the challenges and expectations of corporate life. The session was not only informative but also highly engaging and interactive. The entire session captivated the audience with captivating stories and posed thought-provoking questions, encouraging active participation and reflection. The event provided an eye-opening experience for all students, offering practical insights into the corporate landscape. Ms. Yogita Sharma's ability to blend real-world examples with theoretical concepts made the session enlightening and applicable to the students' future endeavors. The "Transition from Student Life to Corporate Life" session at Chitkara Happiness Centre was a resounding success, fulfilling its objective of providing students with practical insights, fostering an understanding of the corporate world, and empowering them for the challenges that lie ahead. The Chitkara Happiness Centre remains committed to organizing events that contribute to the holistic development and well-being of its students.



23rd November, 2023

Budgeting Happiness



Chitkara Happiness Centre, in collaboration with Chitkara Business School, recently organized a session on Budgeting Happiness for students pursuing an MBA in Finance. The session aimed to shed light on the crucial intersection of financial planning and personal well-being. The session featured distinguished guests, Mr Mahesh Rawat and Chief Happiness Officer Mr. Manav Bansal. Mr Rawat provided valuable insights into the 5 S strategy, offering a structured approach to life budgeting. This strategy likely covered areas such as self-awareness, self-care, setting priorities, and maintaining a healthy work-life balance. The speakers highlighted the need to integrate happiness into financial planning and provided practical tools and strategies for the students to implement in their daily lives. In conclusion, the session organized by Chitkara Happiness Centre in collaboration with Chitkara Business School was a tremendous success. The combination of experienced speakers, practical guidance, and a focus on holistic well-being made it an incredible opportunity for MBA Finance students to enhance their understanding of aligning financial planning.



7th December, 2023

Happiness Unboxed

Chitkara Happiness Centre, in collaboration with Chitkara Business School, recently organized a session on the secrets of Okinawa City. The session, led by Chief Happiness Officer Mr. Manav Bansal, delved into the lifestyle factors contributing to the remarkable longevity of Okinawa's residents. The event covered a spectrum of insights, including diet plans, exercise routines, social connections and engaging activities promoting overall well-being.

The session was not only informative but also interactive, featuring highlights such as dance meditations and gratitude activities that resonated well with the participants. Students thoroughly enjoyed the experience, gaining valuable knowledge on leading a fulfilling and extended life. The holistic approach to happiness and health made the session a memorable and enriching occasion.



Skillverse Showcase

Welcome to Skillverse, the latest offering from Chitkara Happiness Centre. Here, we present an array of diverse evening courses, inviting you to embark on a journey of self-discovery and growth. Whether you're pursuing a passion, acquiring a new skill, honing an old one, or preparing for job interviews, our expert mentors will guide you along this enriching path. Upgrade your abilities, create lasting memories, and connect with like-minded individuals as you let your aspirations take flight!

for more info, Visit - <https://www.chitkara.edu.in/skillverse/>

Money Making

"Everyone works for Money but here we make Money work for You!!"

People worldwide now seek education and work diligently to earn money quickly, aiming to retire early or pursue their passion as a career once financially stable. The volatile geopolitical situation and fluctuating business models drive the youth to work harder in their early careers, amass wealth, and achieve early retirement. Their goal is to let their hard-earned money work for them in later stages of life. Unfortunately, the necessary knowledge for such financial endeavors is scarce, and available information on social media, articles, or news prints is often misleading, designed to deceive retail investors. Consequently, we entrust our hard-earned money to individuals with vested interests, such as earning commission, brokerage, incentives, and promotions, believing they possess the expertise to invest wisely. Tragically, even these individuals lack authentic knowledge, leading to inappropriate allocation of our funds. In recent times, the desire for quick money has turned many into speculators, leading to losses instead of gains. It is vital to understand authentic money investing to avoid becoming mere speculators. Relying solely on conventional investments like fixed deposits may not beat inflation, resulting in a loss of money's value. To overcome these challenges, people from all walks of life must grasp the principles of money investing. Our Course aims to equip the youth with practical knowledge in live markets, empowering them to manage their hard-earned money effectively from an early stage. With our guidance, individuals will witness their money working for them, creating a secure financial future. And that's why we say "We will make YOU capable of Making YOUR MONEY work for YOU before YOUR own eyes



Happiness Code

"Decoding Career and Life Skills for a Thriving Tomorrow"

"The Happiness Code" is a comprehensive program that focuses on enhancing the personal and professional lives of students by empowering them with career and life skills. The course is designed to uplift students' overall well-being through the application of the scientific PERMA model, which encompasses positive emotions, engagement, relationships, meaning, and accomplishment. Beyond theoretical knowledge, the program incorporates group activities, team-building games, interesting discussions, mindfulness practices, and a Happiness Buddy system. Students will develop the ability to effectively manage emotions, find joy and fulfillment in daily activities, establish meaningful connections, and discover their purpose and meaning. Successful participants will receive a certificate, a valuable addition to their curriculum vitae, acknowledging their achievement in "The Happiness Code."



Salsa Sensation

"Unleash Your Dance Swagger"

"The Salsa Sensation" offers an exhilarating dance journey for individuals of all levels, whether they are absolute beginners or have some dancing experience. Our classes cultivate a warm and supportive atmosphere, encouraging students to embrace the joy of dancing and connecting with others. The enchanting beats of Latin music elevate the experience, infusing every step with energy and excitement, making each session an unforgettable celebration of movement and expression. Get ready to unlock your inner rhythm, as the Salsa Sensation sweeps you off your feet and leaves you yearning for more.



Yoga

"Inhale Yoga and Exhale Success"

"Finding Inner Balance" is a meticulously designed yoga program that aims to improve your physical and mental well-being through the transformative practice of yoga and meditation. Our comprehensive classes cater to all levels, from beginners to advanced practitioners, providing a nurturing and enriching environment. Led by certified yoga professional Pradeep Kumar, each session guides you through yoga poses, breathing exercises, and yogic detox practices to build strength, flexibility, and overall balance. With a focus on mind-body-spirit connection, this course offers a holistic approach to finding inner peace and harmony.

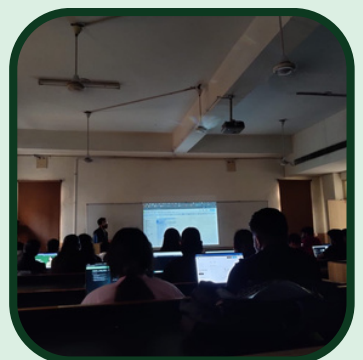
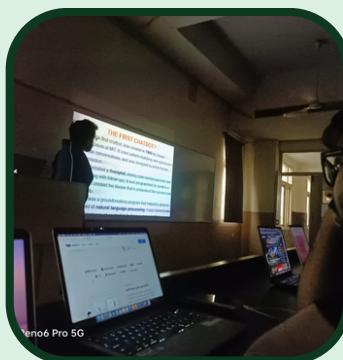


AI and ChatGPT Unleashed

"Empower Your Future - Equip with AI"

Prepare to embark on an extraordinary journey of learning and growth with the exciting AI Mastery Workshop. You will be introduced to the captivating world of Artificial Intelligence (AI) and witness how it is shaping the future and revolutionising every aspect of our lives. This program dives deep into AI concepts and tools and their groundbreaking impact. Get ready to unleash your potential as you dive into the realm of AI and explore its boundless possibilities for the future.

No prior knowledge of AI is required just bring your curiosity, a computer, and an open mind! Join us in shaping the future with AI and ChatGPT. Don't miss this incredible opportunity to equip yourself with the skills that will set you apart in an AI-driven world. Enrol now and unleash the power of AI.



The Work Ready World Ready Program

"Unlock Your Potential and Leave the Crowd Behind"

In this program, students learn how to scientifically craft their CVs in an internationally acceptable format to maximize their chances of getting shortlisted for internships and jobs. The program gives an in-depth insight into the Applicant Tracking System algorithms used by recruiters and head-hunters worldwide to understand how major organizations around the world select candidates for entry-level and premium positions. Mastering ATS will also allow the students to understand and assign a realistic 'Dollar Value' to their CV and skills so that they don't fumble while negotiating salaries and important breaks in their professional careers. Students will learn how to master the art of speaking sensibly and confidently, as well as how to be active listeners during interviews and group discussions. They will also learn how to engage in meaningful conversations and maintain their presence and gravitas. The trainer will pass down all corporate presentation skills such as cadence, breathing style, diction, pause, and breathwork to the students so that they come across as mature, well-groomed personalities. Students will learn how to intelligently interpret perspectives and analyse them to figure out the cryptic logic and requirements of various job descriptions.



Kalaripayattu

"Reviving the Ancient Indian Martial Arts"

Discover the captivating world of Kalaripayattu (Kalari), an ancient Indian martial art form hailing from Kerala with a rich history spanning over 3000 years. Delve into a comprehensive and holistic discipline that weaves together physical training, self-defence techniques, healing practices, and spiritual development. Experience the art's mesmerizing blend of fluid and graceful movements, reminiscent of a dance, as you learn to wield your entire body as a powerful weapon. Emphasising footwork, balance, and flexibility, Kalari equips you with a profound sense of control and agility.



French Language

“Learn the language of Fashion, Romance, Elegance, Nobility, Cuisine, and Hospitality.”

In "THE FRENCH LANGUAGE PROGRAM," students will immerse themselves in approximately 1500 of the most frequently used French vocabulary words, carefully curated to cover essential everyday expressions and phrases. Engaging lessons and practical exercises will lay a strong language foundation, enabling effective communication in various situations. Students will learn to construct sentences, ask questions, and express ideas with confidence, comprehending responses from native speakers. The program emphasises developing all four language abilities - listening, reading, writing, and speaking - to ensure proficiency in understanding spoken and written French and expressing oneself eloquently. Travel-specific phrases will also be covered, empowering students to navigate foreign destinations independently, handling transportation, ordering food, booking hotels, and exploring local attractions.



Kathak

"Step into the Graceful World of Indian Classical Dance"

Experience the enchanting world of Kathak, an ancient Indian classical dance form rooted in storytelling and expression. Its graceful movements, intricate footwork, and emotive gestures create a captivating dance experience. Dancers wear ghungroos (ankle bells) that add a melodious and percussive element to their movements, composing a harmonious symphony of sound. This program focuses on teaching Kathak basics: footwork, postures, hand gestures, expressions, taal, and choreography. Participants embark on a transformative journey that hones not only their dance skills but also fosters discipline, concentration, and emotional expression.



Sustainable Lifestyle

"Adapting to the Changing World"

The Sustainable Lifestyle Program aims to empower participants with the knowledge and skills needed to lead eco-friendly and sustainable lives. This empowering program offers a comprehensive exploration of eco-friendly practices, renewable energy solutions, waste reduction, and mindful consumption. Participants will learn how to make conscious choices that positively impact the environment and their daily lives, fostering sustainable habits that contribute to a more resilient and environmentally conscious society. In addition to classroom learning, this program includes group activities, quizzes, showcasing awareness videos, and site visits. Participants will have hands-on experience managing waste at various facilities, such as Sewage Treatment Plants, Paper Recycling Plants, Bio Gas Plants, Vermi Composting, Organic Waste Recycling, organic farming, and gardening facilities.

Upon successful program completion, participants will receive a certificate, a testament to their dedication towards building a more resilient and environmentally conscious society. Embrace sustainability and join us on the path to a greener future!



Happiness Rocks

Skillverse Promotional *Events*

Chitkara Happiness Centre

23/08/2023

Salsa Event

Capturing the Essence of Salsa

The recently concluded salsa workshop was a resounding success, infusing participants with the vibrant energy and passion of Latin dance. Hosted by skilled instructors, the workshop provided an immersive experience that catered to dancers of varying levels, from newcomers eager to learn the basics to experienced dancers seeking to refine their moves. Throughout the event, attendees were guided through an engaging curriculum that covered essential footwork, partner connection techniques, and distinctive styling elements that define salsa.



Salsa, a spirited and rhythm-infused dance style, originated in the vibrant cultural landscapes of Latin America. With its roots deeply intertwined in Afro-Cuban and Latin traditions, salsa has evolved into a global phenomenon celebrated for its lively movements and passionate expression.



Chitkara Happiness Center is committed to empowering individuals with the technical aspects, salsa encapsulates a sense of joy and connection that transcends language barriers, uniting individuals in a shared celebration of movement and music.

SKILLVERSE



The Chitkara Happiness Centre, in collaboration with the Office of Student Affairs, organised an engaging event to acquaint students with the diverse courses offered by Skillverse. Accomplished Course Experts presented these courses, sparking inspiration and generating enthusiastic anticipation among hostellers. The graceful presence of esteemed directors and wardens has bestowed an enchanting allure upon the event.

Going beyond its role as an information session, this event transformed into a catalyst for aspiring minds, leaving them motivated and eager to embark on their Skillverse journey. By bridging knowledge and camaraderie, it empowered attendees to confidently stride towards personal growth and excellence.



Kalaripyattu

The event started with introducing with the Resource person , Baiju Mohandas , who is the teacher of our kalaripyattu trainer Ms. Pratibha Goyal. Baiju sir introduced the crowd of 60 students to the kalaripyattu, marma points, ancient manuscript and techniques of kalaripyattu. Baiju Mohandas extended his heartfelt gratitude to Chitkara University for pioneering the first certified Kalaripyattu course in Northern India.



The event featured an interactive session where, Baiju Mohandas ensured that each inquiry was addressed thoughtfully, fostering a dynamic and informative atmosphere. The practical Kalaripyattu class contributed to an engaging and educational experience for all attendees. Chitkara University's pioneering efforts in promoting traditional Indian martial arts were prominently showcased throughout the event.

Discovering the martial art form of Ancient India



Students had the privilege of participating in a practical Kalaripyattu class, led by Baiju Mohandas. During this engaging session, students were introduced to novel techniques involving the use of a stick (silambam) and were guided through various animal poses within Kalaripyattu. The event served as a significant platform for the dissemination of knowledge and appreciation for Kalaripyattu.



FUN and GAMES

Skillverse 2.0: Where Fun Meets Future Skills!

The Chitkara Happiness Centre, in Skillverse 2.0, organized a lively and engaging event aimed at promoting Skillverse 2.0 among hostellers. This event combined fun and games with valuable information about Skillverse 2.0, creating an interactive and enjoyable experience for the participants.



Gamify, Learn, and Win Big!"



This event contributed to the promotion of personal development and skill enhancement among hostellers, aligning with the mission of both the Chitkara Happiness Centre and Skillverse 2.0.

Centre and Event Interventions



Chitkara' Transformative Synergy

As individuals engage in the diverse array of activities, the collective energy takes on a life of its own. Each person becomes a brushstroke, contributing to the vibrant canvas of shared experiences. The synergy of positive emotions cultivated through reflections, the dynamic goal-setting spun into existence, and the profound exploration of personal Ikigai collectively mold an environment where growth is not just individual but communal.

At the heart of Chitkara Happiness Center, transformative interventions and engaging events are meticulously crafted to cultivate personal growth and wellbeing. These purpose-driven initiatives are designed to foster a holistic approach to happiness, encompassing both self-reflection and communal connection.

From fostering positive emotions through the "Three Good Things" reflection to gamifying goal-setting with the "Wheel of Fortune," participants embark on a journey encompassing meaning, purpose, time management, mindfulness, engagement, and gratitude expression. Each activity, from the Ikigai exploration to the Eisenhower Matrix for effective time utilization, contributes to a harmonious approach to personal growth and fulfillment, making the Chitkara Happiness Center a sanctuary for holistic development.



Three Good Things for Positive Emotions



Exploring Booknatics



Three Good Things for Positive Emotions:

This activity involves reflecting on three good things that happened during the day and identifying why they were positive. The purpose of this activity is to increase positive emotions and gratitude. Participants are asked to write down three good things that happened during the day and why they were positive. They are encouraged to reflect on the small things that often go unnoticed, such as a kind gesture from a stranger or a compliment from a colleague.



Phone Calls for Gratitude Expression for Relationship Component:

Phone Calls for Gratitude Expression is an activity that involves making phone calls to friends or family members to express gratitude. Participants are asked to identify someone in their life who they are grateful for and call them to express their gratitude.



Remember the Pictures for Engagement

Remember the Pictures is an activity that involves showing participants a series of pictures and asking them to remember as many details as possible. Participants are then asked to recall the details of each picture. This activity helps improve memory and attention to detail, and can be used as a warm-up activity or icebreaker.



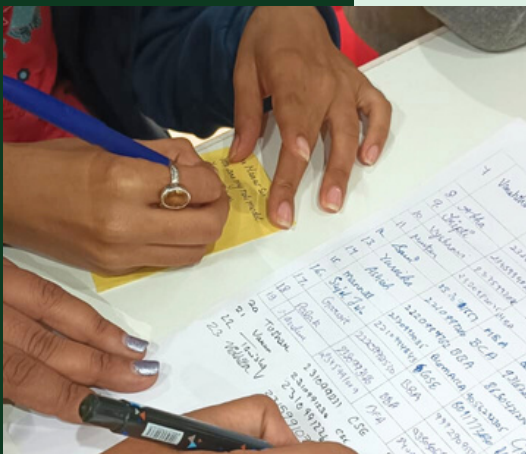
Mindfulness Bingo

Mindfulness Bingo is a fun and engaging way to practice mindfulness. Participants are given a bingo card with different mindfulness activities, such as taking deep breaths, noticing sensations in the body, and practicing gratitude. They are asked to complete the activities throughout the day and mark them off on their bingo card. This activity helps participants develop a mindfulness practice and increase their awareness of the present moment.



Eisenhower Matrix for Time Management

The Eisenhower Matrix is a tool for prioritizing tasks based on their urgency and importance. Participants are asked to divide a sheet of paper into four quadrants labeled Urgent and Important, Not Urgent but Important, Urgent but Not Important, and Not Urgent and Not Important. They are then asked to list their tasks in each quadrant based on their urgency and importance.



Ikigai Activity for Meaning and Purpose

Ikigai is a Japanese concept that translates to "reason for being." This activity helps participants identify their passions, values, and skills to find their purpose in life. Participants are asked to draw a Venn diagram with four circles representing what they love, what they are good at, what the world needs, and what they can be paid for. This activity helps participants find meaning and purpose in their lives and align their actions with their values.



Wheel of Fortune for Goal Setting

The Wheel of Fortune activity is a fun and engaging way to set goals. Participants are asked to spin a wheel that has different categories, such as career, health, relationships, and personal growth. Once the wheel lands on a category, participants are asked to set a goal related to that category. This activity helps participants identify areas in their life where they want to improve and sets them on a path towards achieving their goals.



Meditation

Amidst the event's energy, our Meditation Activity offers a tranquil retreat. Guided by experts, participants find serenity, recalibrate, and return rejuvenated. In a brief but transformative pause, mindfulness unfolds, providing clarity within the vibrant festivities.

POSITIVE EMOTIONS

Embrace activities that evoke joy, gratitude, and optimism. Daily gratitude journaling and incorporating positive affirmations cultivate a mindset of appreciation and happiness



ENGAGEMENT

Immerse yourself in activities that provide a state of flow and complete absorption. Whether it's pursuing a passion, participating in a challenging project, or enjoying a hobby, sustained engagement enhances overall well-being.



RELATIONSHIPS

Cultivate meaningful connections and social bonds. Acts of kindness, expressing gratitude, and participating in group activities strengthen interpersonal relationships, fostering a sense of belonging and support.



MEANING

Explore activities that align with personal values and contribute to a greater purpose. Volunteering, setting meaningful goals, and engaging in activities that resonate with one's core values provide a profound sense of purpose.



ACCOMPLISHMENTS

Set and achieve realistic goals, celebrating milestones along the way. Whether big or small, accomplishments contribute to a sense of competence and self-efficacy, promoting a positive outlook on life.



SELF-LOVE

Embarking on the path of self-love, affirmations weave positivity into our journey, while the act of blessing everything nurtures interconnected joy. With mindfulness as our shield, we prioritize the treasures of love, joy, and peace within, making happiness an unwavering priority. Negativity transforms into a companion, guiding us towards resilience. Mirrored in self-acceptance, we dance through life, cherishing laughter, genuine connections, and expressions of gratitude. As we nourish both body and spirit, the symphony of self-love resonates through positive habits, authentic friendships, and moments of quiet reflection.



MINDFULNESS

Mindfulness, the intrinsic human ability to exist fully in the present moment, transcends mere awareness; it's a conscious state where one remains attuned to surroundings without succumbing to reactivity or overwhelm. The STOP technique serves as a simple yet potent tool, prompting individuals to momentarily halt, take a breath, observe their thoughts and emotions, and then proceed with actions supportive of their well-being. In essence, mindfulness becomes a guiding thread woven through the fabric of everyday experiences, offering a pathway to heightened presence and inner calm.



NETWORKING SKILLS

Embarking on a journey of professional networking requires a multifaceted skill set. Genuine curiosity forms the foundation, steering interactions with authentic interest. The Cracking Skill initiates conversations and articulates future plans, fostering collaborative visions. Penning Skill, encapsulated in meaningful emails with a versatile expression. The Exploration Skill encourages knowing individuals within the professional sphere and maintaining connections without expectations. The Reference Skill amplifies networking by connecting with individuals in the desired network's periphery.



EMOTIONAL INTELLIGENCE

Enhancing emotional intelligence involves a deliberate focus on key components, starting with Social Skills. Practicing eye contact, demonstrating genuine interest, and actively listening foster stronger interpersonal connections. Self-awareness meditation, journaling, goal-setting, and seeking constructive feedback form a toolkit for developing a deep understanding of oneself. Empathy flourishes through a willingness to share feelings, practicing guided meditation, and paying attention to body language cues.



LEADERSHIP

At the core of impactful leadership lies a deep sense of purpose and unwavering belief in one's mission. Leadership with love intertwines effective communication, confidence-inspiring inspiration, and a demonstration of high emotional intelligence, fostering a harmonious and productive environment. The essence of leadership extends to cultivating innovation and creativity, creating a dynamic and forward-thinking atmosphere. In essence, leadership is a tapestry woven with purpose, love, honesty, mindfulness, initiative, and a fearless embrace of innovation, ultimately steering teams towards success.



LAUGHTER YOGA

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.



MEDITATION

Welcome to the serene realm of self-discovery and inner tranquility with the Chitkara Happiness Centre's meditation sessions. Rooted in the profound understanding that peace of mind is essential for holistic well-being, our meditation sessions provide a sanctuary for individuals to embark on a journey of mindfulness and introspection. As we delve into the art of meditation, we invite you to explore the transformative power of stillness, breath, and focused awareness, creating a space where profound relaxation and a heightened sense of presence unfold.



Vipassana Meditation:

Vipassana, rooted in Gautama Buddha's teachings, is an insight meditation technique aiming to develop heightened awareness of the present moment. Through extended silent meditation, participants focus on bodily sensations, breath, and thoughts, fostering equanimity and a deep comprehension of impermanence and suffering. Conducted in silent retreats, Vipassana provides a transformative journey into consciousness, fostering heightened mindfulness.

Gratitude Meditation:

Gratitude meditation is a purposeful practice cultivating appreciation and thankfulness. In a tranquil setting with closed eyes, participants reflect on life aspects evoking gratitude, nurturing a mindset that values life's richness. Regular practice significantly contributes to overall well-being, fostering increased positivity and a profound sense of connection with the world.

Mindfulness Meditation:

Mindfulness meditation centers on cultivating heightened awareness of the present moment. It prompts individuals to focus on breath, bodily sensations, thoughts, or external stimuli without judgment. With roots in ancient traditions, it is embraced for stress reduction, improved concentration, and overall mental well-being. Commonly practiced through guided sessions or silent contemplation.

Visualization Meditation:

Visualization, or guided imagery, involves creating vibrant mental images for specific outcomes or relaxation. Practitioners visualize scenes, engaging multiple senses. Utilized for stress reduction, goal-setting, and self-confidence, guided by an instructor or recorded scripts. Visualization taps into the mind-body connection, finding applications in various therapeutic contexts.

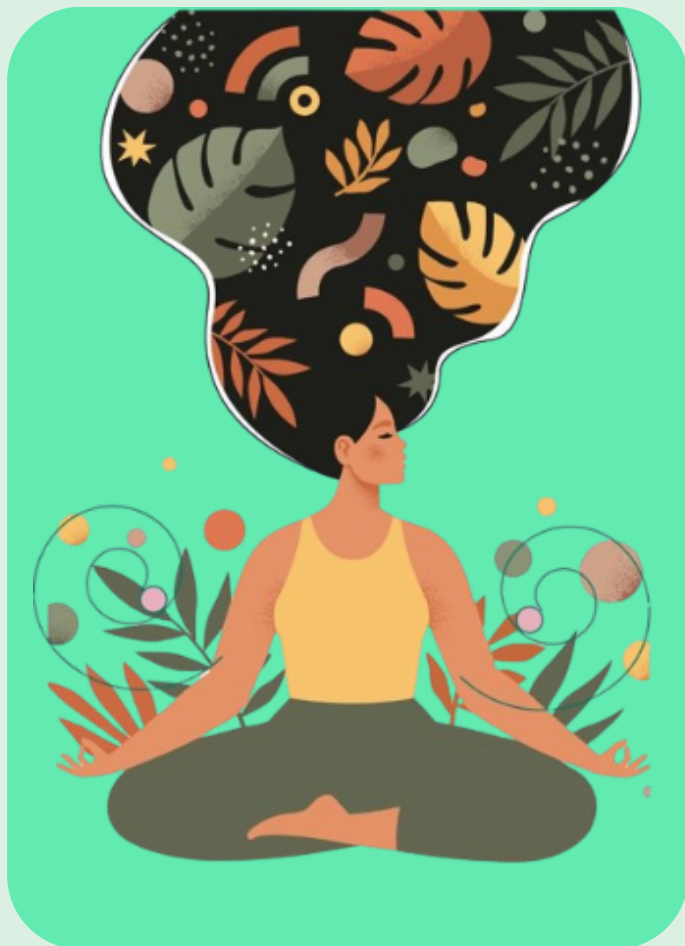
PERMA PROJECT

INITIATIVE

The Chitkara Happiness Centre embarked on a transformative journey with the PERMA Project, a 6-month initiative dedicated to enhancing the well-being of students and faculty at Chitkara University. The project centered around the PERMA model, a framework designed to promote positive emotions, engagement, relationships, meaning, and accomplishment.



1. **Resilience Building:** Equip participants with resilience skills to effectively navigate challenges and setbacks in academic and personal life.
2. **Mindfulness Integration:** Introduce mindfulness practices to enhance present-moment awareness, reduce stress, and improve overall mental well-being.
3. **Skill Development:** Offer sessions that focus on developing practical skills related to communication, problem-solving, and emotional intelligence.
4. **Promoting Physical Well-being:** Integrate elements of physical well-being by incorporating activities such as exercise, nutrition guidance, or wellness challenges into the project.
5. **Cultural Inclusivity:** Foster an inclusive environment that celebrates diversity and cultural richness, promoting a sense of belonging among all participants.
6. **Self-Reflection and Goal Setting:** Encourage participants to engage in self-reflection, set personal goals, and track their progress throughout the project duration.
7. **Community Service and Giving Back:** Incorporate a component that encourages participants to engage in community service or acts of kindness, linking well-being to social contribution.
8. **Feedback Loop:** Establish a continuous feedback loop to assess the effectiveness of the interventions, allowing for adjustments and improvements based on participant input.



Positive Emotions

Engagement

Relationship

Meaning

Accomplishment



For the well being
of our Students

for
Students to
REALIZE
their own
POTENTIAL

PERMA Journey: Assess, Intervene, Transform



- 1. Course Overview:** This 6 month initiative at Chitkara Happiness Centre provided students with a comprehensive learning experience covering all aspect of PERMA Model. These skills included mindfulness, IKIGAI, positive lifestyle habits, communication skills, networking skills, personal branding, and more. Through interactive intervention, students were given the opportunity to acquire and develop these skills.
- 2. Baseline Assessment:** Students measure well-being using a 23-question PERMA survey upon course entry, gauging Positive Emotions, Engagement, Relationships, Meaning, and Accomplishment. Individualized scores are provided, offering insights into strengths and areas for improvement. This assessment helps in understanding the starting point of each participant's well-being and guides the customization of interventions based on individual needs. 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

3. 5-Week Intervention: Over the course of five weeks, participants engage in targeted interventions designed to enhance specific elements of well-being in alignment with the PERMA model. Each week concentrates on one dimension of well-being, ensuring a systematic and focused approach to interventions as shown:

- Cultivating Positivity Emotions with SAVERS - In the first week, students embrace SAVERS concepts—Silence, Affirmations, Visualization, Exercise, Reading, and Scribing. These practices foster mindfulness and positivity, setting the tone for the day ahead.

- **Embracing Character Strengths for Personal Growth** - During the second week, our focus shifts to the exploration and application of individual character strengths. Students engage in reflective exercises, such as questionnaires and self-assessments, to identify their inherent strengths. Whether it be creativity, perseverance, kindness, or leadership, participants discover the unique qualities that resonate most authentically with their identities.
- **Cultivating Gratitude and Appreciation** - In the third week, the focus is on cultivating gratitude and appreciation. Students embark on a journey to recognize and acknowledge the abundance in their lives, shifting their focus from what they lack to what they have. Daily gratitude practices, such as keeping a gratitude journal or expressing appreciation to others, become part of their routine.
- **Discovering Ikigai** - During week four, students delve into the concept of Ikigai—a Japanese philosophy that represents the intersection of passion, mission, vocation, and profession. Through thought-provoking exercises and introspection, participants explore their innermost desires, talents, and values.
- **Achieving Milestones and Celebrating Accomplishments** - In the last week of the PERMA Project, our focus turns towards the pillar of Accomplishment. This week empowers participants to set meaningful goals aligned with their passions and aspirations. Through a structured approach to goal-setting, participants break down their objectives into actionable steps, fostering a sense of clarity and purpose.

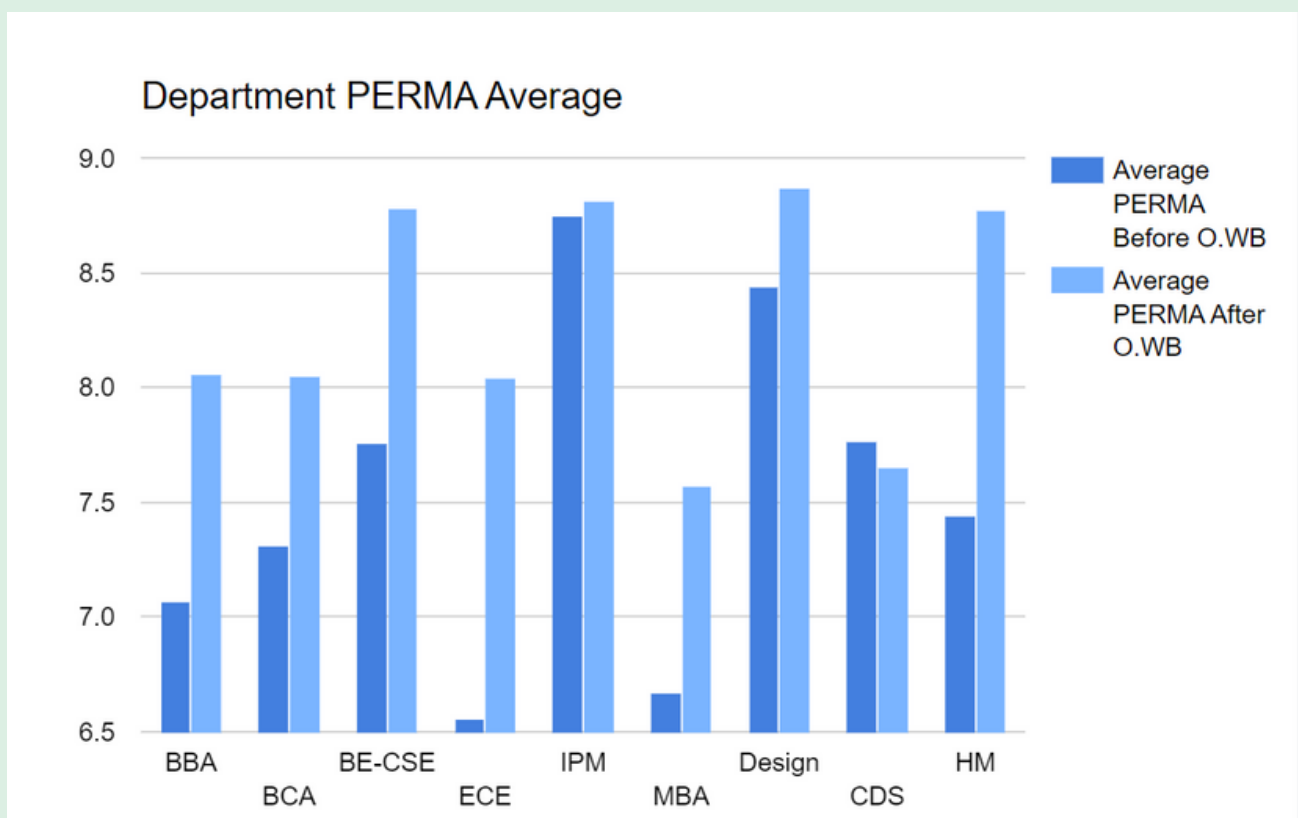
4. Daily Integration: Participants engage in daily interventions aligned with the week's focus, incorporating practical strategies into their daily lives. The course emphasizes the seamless integration of well-being practices into routine activities.

5. Post-Intervention Reassessment: After completing the 5-week intervention, participants retake the PERMA survey for a post-intervention assessment. A comparison of baseline and post-intervention scores allows participants to evaluate the impact of the course on their well-being.

The PERMA assessment reveals a significant improvement in the well-being of **100 students** after the PERMA interventions. The average well-being score increased from approximately **7.10** before the program to about **8.34** post-intervention, indicating a positive shift in positive emotions, engagement, relationships, meaning, and accomplishment. This notable enhancement underscores the effectiveness of the targeted PERMA interventions, showcasing a tangible impact on students' overall well-being and affirming the success of the PERMA initiative in fostering positive and lasting change.

Average Before PERMA : 7.10

Average After PERMA: 8.34



Chitkara Happiness Centre

2024: Cultivating Excellence, and Unleashing Potential

- 1. *PERMA Project***- In the spirited pursuit of academic and personal growth, the “PERMA” initiative is set to blaze a trail of inspiration for 500 students in the upcoming year. This program, shrouded in anticipation, promises an immersive experience aimed at unlocking the latent potential within each participant. By blending innovative learning methodologies, mentorship, and experiential opportunities, PERMA aspires to be the catalyst that propels students toward a future of limitless possibilities.
- 2. *Happiness Ambassador Policy*** - Enter the realm of positivity and academic fervor with the Ambassador Policy at the Chitkara Happiness Center. Faculty members, appointed as ambassadors of their respective departments, embark on a mission to cultivate an environment of joy, learning, and collaboration. Through a point-based system, these ambassadors channel their enthusiasm to foster a sense of community, contributing to the overall well-being and happiness of the Chitkara academic family.
- 3. *Skillverse 3.0*** - Skillverse 3.0 unveils a rich tapestry of diverse courses, merging the art of self-expression with the pursuit of knowledge. From the rhythmic beats of Salsa to the serenity of Yoga, and the strategic mastery of CAT and GRE, Skillverse 3.0 encompasses a myriad of offerings. The addition of Spanish, Ethical Leadership, and GRE, CAT introduces a holistic approach to personal and professional development. As we step into the third iteration of Skillverse, we invite students to embrace a journey of self-discovery and skill enhancement like never before.



Chitkara Happiness Centre

The Chitkara Happiness Centre stands as a beacon of well-being, providing a nurturing and supportive environment where individuals can explore and enhance their overall wellness.

Important Links:

 Instagram - <https://www.instagram.com/chitkarahappinesscentre/>

 Website - <https://www.chitkara.edu.in/happiness-centre/>

 PERMA - <https://www.chitkara.edu.in/happiness-centre/#perma>

 Skillverse - <https://www.chitkara.edu.in/skillverse/>

Contact Us

Happiness Centre, First Floor, Bloom Block

Mob No. - 9056644490

Email - happiness.centre@chitkara.edu.in

Timings - 9:00AM to 4:00 PM

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