

NEWSLETTER –1
HH DALAI LAMA CENTRE
FOR HAPPINESS
OCTOBER, 2021- DECEMBER, 2022



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NOTE FROM CHIEF HAPPINESS OFFICER

"Happiness is what you feel, what you think and what you do are in harmony."

It happens when you know your priorities well , what is most important to you in your life .Happiness is being sure about how you really want your life to be, Once you know what you truly want, you will automatically be happy.

I spent many years in the corporate world, but always felt it deep down in my heart that no one in society teaches us how to cherish this beautiful life, how to face challenges in daily life, how to have a balance in life, how to be grateful for what you are already blessed with. Moreover everyone tells us to be happy but no one tells how to live happily.

So this motivated me to start this journey of happiness.

About HH Dalai Lama Centre for Happiness

HH Dalai Lama Centre for Happiness was launched by His Holiness Dalai Lama on October 14, 2019. Through a variety of happiness courses and sessions, the centre hopes to give its students an understanding of the importance of well-being, happiness, and quality of life. Since both joy and sorrow are natural aspects of life, the only thing that can contradict this Flexibility is a choice we make to be happy, and the happiness centre works to help students develop this choice.

The HH Dalai Lama Centre for Happiness is a place that enriches every being with joy, knowledge, optimism, success, and love. The mission of the centre is to empower students with the knowledge and foster their creativity so they can find happiness while overcoming obstacles in society.



This institution of joy has various rooms of learning to offer such as;

1. Happiness Course

The "Career and Life Skills" section of the Happiness Course covers eight career skills, including Communication, Networking, Creativity, Leadership, Emotional Intelligence, Time Management, Ethics, and Integrity. Additionally, four life skills— Mindfulness, IKIGAI, Self-Love, and Magical Relationships—are being taught in a fun and interactive way by having students participate in various activities.

This course is a fantastic opportunity for students to advance their career and life skills.



2. Happiness Library, Counselling Session, and Meditation

Apart from Chitkara Happiness Course, HH Dalai Lama Centre for Happiness also offers Happiness Library, Counselling, and Meditation. As books play an important role in supporting students to learn principles of happiness, so we have chosen more than 50 books in the Happiness library that give new ideas and lessons by adding some flavor and essence to our life. At HH Dalai Lama Centre for Happiness, counselling sessions are being taken by

Chief Happiness Officer, Manav Bansal where students get a chance to express themselves. In One-To-One Counselling, a student gets an opportunity to receive support and experience growth during challenging times of life. This also helps students to deal with their negative emotions like anger, depression, and anxiety, etc, and handle different life challenges such as family or relationship issues, career clarity, etc.

At HH Dalai Lama Centre for Happiness, students get to learn about their inner selves like 'What do you love?', 'What you are good at?' This is a concept of IKIGAI, by which students can figure out what they really want. There have been many students in the Chitkara Happiness Family who have understood this concept of IKIGAI and are implementing it in their lives. Here are some Glimpse of the room where One to One Counselling Takes Place:



Meditation is a practice in which 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. And, there is a separate meditation room that has an incredibly calm and peaceful aura.



Happiness Centre offers the following meditations in the Meditation room:

- 1. Mindful Breathing Meditation:** - It helps to concentrate the mind and allows one to be able to function better and more effectively. In this, all participants focus on their breath, different body parts and also their thoughts and emotions.
- 2. Guided Meditation:** This helps in handling anxiety, overthinking etc. and calming inner balance and clarity. Various chosen guided meditations are being done at the meditation room.
- 3. Silence Meditation:** This room can also be used by students on their own where they can come and just sit in silence and fill the inner self with peace and bliss.

Meditation doesn't only make us more peaceful; it also helps students to be more successful in all life endeavors. At HH Dalai Lama Centre for Happiness, there is a meditation session every day for 5 minutes at the start of our session which relaxes students' mind and releases their stress in the best way possible.



3. Happiness Lounge

It is a place where students are free to enjoy and display their talents, including poetry, singing, shayari, etc. Also this lounge can be booked by different departments for various events. Apart from this, we organize different activities such as Laughter Sessions, Happiness Sessions, Pep Talks, Open Mic Shows.

Also, movie shows are being organized on the weekend for students to relish and enjoy their weekend. And some important days like World Gratitude Day, Laughter day etc, are also being celebrated at our Happiness Lounge in a grand manner.



***" Some Glimpses of Our
Happiness Lounge"***

Achievements



1. Conducted 8 Batches of Chitkara Happiness Course and 2 Batches Of Career And Life Skills Course (with an average of 30 certifications per batch)



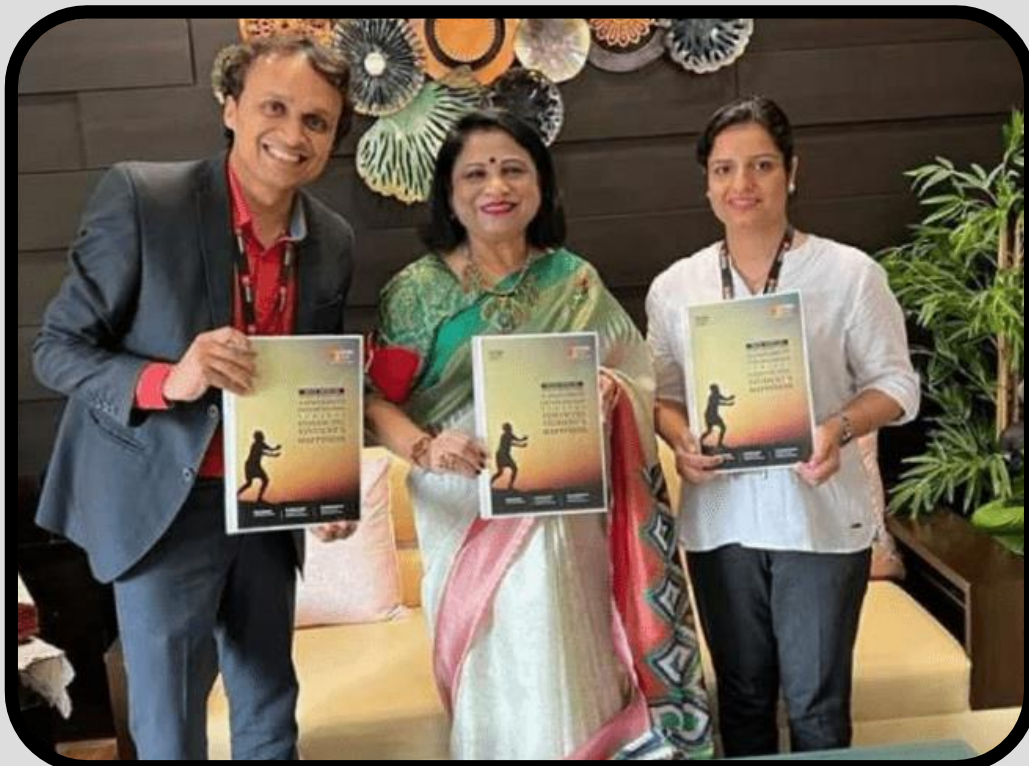
2. Happiness Lounge Launch (12th May, 2022)



3. Chitkara Happiness Course Launch at Baddi Campus (July, 2022)



4. White Research Paper titled "A University Intervention towards enhancing Student's Happiness" (September, 2022)



5. Conducted Value Added Course at Chitkara Business School (September, 2022)



6. Chitkara Happiness Centre Launch at Baddi(21st Nov, 22)



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Career and Life Skills

The HH Dalai Lama Centre for Happiness serves as a channel for providing happiness courses to students. "Learning Happiness Skills: Identifying Our Core Inner Passion, True Success, Rejuvenation, and a New Perspective to See Life" was a course that the center offered over the last year. The course includes topics like gratitude, meditation, magical relationships, goal setting, self-confidence, self-acceptance, and happiness hormones, etc. The course has a significant effect on student's lives. They learned a variety of advice for leading a contented and successful life. This course was delivered in a total of 8 batches with enthusiasm and energy. In order to improve students' career skills, Chief Happiness Officer Manav Bansal in September 2022 decided to offer a new course to cover both Career and Life Skills. This incredible course combines many life skills, such as IKIGAI, mindfulness, emotional intelligence, and Self-love, which help students live happy and fruitful lives, along with career skills, such as communication, networking, personal branding, and time management, etc. These classes are being adored by the students. The centre intends to offer these courses as a value-added course in the curriculum.



- Vrinda Sharma
(Happiness Coach)

LIST OF EVENTS

S. No.	Type Of Events	No. Of Events
1.	Chitkara Happiness Course Batches	8
2.	Career and Life Skills Course	2
3.	Mega Events	6
4.	Events at Baddi Campus	13
5.	Celebrations	9
6.	Departmental Events	16
7.	Hostel Events (Girls)	4
8.	Expert Talks (Guest Speaker, In House Speakers)	42
	Total Events	100

*Spreading
Happiness*



MEGA 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 the different events that were conducted by HH Dalai Lama Centre for Happiness:

1. Fun Happy Sessions

HH Dalai Lama Centre for Happiness organized Fun Happy sessions for CSE 2nd Year students at Exploretorium on 1st and 2nd December, 2021. This event comprised of happiness talk by Mr. Manav, meditation, dance, Laughter Yoga and fun activities to engage students.

In this session, students were told about the role of happiness hormones in uplifting our mood and an important message was delivered to students by the Story of Rabia that Happiness is within us, if we will keep looking for it in outer world we will never feel contented or happy inside.



2. Happiness Secrets

HH Dalai Lama Centre for Happiness organized a happiness secrets session for students of Allied Health Science, Optometry, and Physiotherapy at Exploretorium on 24th March 2022. This event comprised of Happiness talk, Laughter Yoga, Storytelling, Singing Performance, etc.

In this session, students were told different ways by which they can keep themselves happy and motivated all day by following Happiness Routine and finding creative ways to do things that they love. Plan whole week in advance (Set weekly goals) and review performance on weekends.

"Happiness is within us, make a choice. Every moment of life is worth enjoying."



3. Badminton Tournament

HH Dalai Lama Centre for Happiness organized a Badminton Tournament in association with University Sports Board on 30th March and 31st March. The tournament had three categories – Men Singles, Men Doubles, Mix Doubles.

The objective of this event was to create a chance to interact and build relationship among students and main focus was to promote spirit of sportsmanship among participants. Students across the University participated with lot of energy and passion in this tournament and we witnessed a great enthusiasm over entire 2 days of this event.



4. Agaaz- The Talent Hunt Show

We organized a talent hunt show on 1st April 2022 in Exploratorium. This event was organized to inspire students to express themselves by showing their talent. This talent hunt was judged by Ms. Mansi Uppal (Innovation Manager of EDUREFORM, Chitkara University), Ms. Akanksha Ghai (Assistant Professor, Chitkara Design School), Mr. Manav Bansal (Chief Happiness Officer).

In this talent hunt, we had three categories for participation as follows-Dance, Singing, Poetry. Students from different departments participated with great enthusiasm and zeal in this event.



5. Passwords to Unlock Happiness

A webinar about happiness was organised by Studomatrix in collaboration with our HH Dalai Lama Centre for Happiness on 14th August 2022. Students under the age of 20 joined the webinar. In this session, Mr. Manav Bansal majorly covered IKIGAI, goal setting, the Pareto principle, Self Love and the relation between success and happiness.

Students asked some questions related to negativity and criticism. He told all his students to be the hero and the master of their own lives.

One of the amazing learning about Self-love was “You always fall in love with others but you always rise in love with yourself.”



6. Tokenising Happiness

HH Dalai Lama Centre for Happiness, Chitkara University, in collaboration with YOL organised the event "Tokenising Happiness" on October 7th, 2022 highlighting the various aspect of happiness.

Mr. Yogesh Kochhar, the founder of YOL, spearheaded the session which was also attended by Hon'ble Dr. Ashok K Chitkara, Chancellor, Chitkara University, Dr. S.S Guleria, Retired IAS; Mr. Yogesh Kochhar, Global Happiness Ambassador; Ms. Anjali Verma, Director of YOL; Dr. Archana Mantri, Vice-Chancellor, Chitkara University; and Dr. Rajneesh Sharma, Pro Vice-Chancellor, Chitkara University.

In this session, Mr. Yogi shared about today's need for students i.e. to improve their IQ and EQ skills through a Happiness App Concept.



CELEBRATIONS



1. Christmas Celebrations (24th December, 2021)



2. World Happiness Day (21st March, 2022)

World Happiness Day was celebrated at HH Dalai Lama Centre of Happiness in beautiful way at Pulitzer Hall, Picasso Block on 21st March. On this occasion, New Logo of our Centre was being launched. The event started with Deep Prajvalan by Chief Guests for the day, Mr.PK Khurana (Chairman Quick Relations Pvt. Ltd. and Ms. Deepika Mahajan (Marketing Professional). The event comprised of Happiness Talk, dance and amazing musical performances.



3. World Laughter Day (2nd May, 2022)



World Laughter day was celebrated at HH Dalai Lama Centre of Happiness, in a grand way at Pulitzer Hall, Picasso Block on 2nd May. The celebrations were launched by our Chief Guest of evening, Mr Rajat Bhatia, CFO. The event comprises of talk on benefits of laughter in life, laughter skit, laughter yoga, laughter exercises and at the end, all were inspired to add one minute laughter exercise on daily basis in life.

"Laughter is the shortest distance between two people."

4. World Mindfulness & Suicide Prevention Day (15th Sept, 2022)

Mindfulness day and Mental Health day was celebrated in a fatastic way at Chitkara University, Baddi today. Experts were invited in the area of both mental health and mindfulness (Mr. Manish Kumar Aggarwal for Mindfulness, Owner of Mindfood Chef and Mr. P.K.Khurana, Happiness Guru).



Mr. Khurana told students that Pencil, eraser, and sharpener is all that is needed for creating a magical life. Pencil to write destiny, Eraser to rub mistakes, Sharpener to sharp your skills. And Mr. Aggarwal who is an expert of mindfulness gave tips on how we can live in the moment and be more aware of our surroundings by SOCCER AND SMILES techniques

5. World Gratitude Day (21st Sept, 2022)



World Gratitude Day, September 21 was celebrated in a grand way across the University. HH Dalai Lama Centre for Happiness took this initiative to create a Gratitude Board for Chitkara University and faculty/students have expressed their gratitude by putting their gratitude notes on this board at Happiness Lounge. Across the departments, beautiful gratitude slips were sent and this day was celebrated with a great spirit & beautiful moments of gratitude were captured.

"Gratitude is the best attitude."

6. Global Week Celebrations

**(14th October,
2022)**



***Happiness Kodak Moments
of Global
Week Celebrations***

7. Diwali Celebrations (20th Oct, 2022)

HH Dalai Lama Centre for Happiness in coordination with Office of Student Affairs organised an event 'Diwali Utsav' on 20th October for the students, Faculty and staff at HP Campus. Event was full of fun activities, games, ramp walk, and dance performances. The occasion energized the students with enthusiasm and happy vibrations. Exciting gifts and prizes were also distributed to the winners of different categories of events.



8. Global Peace and Humanity March (4th November,2022)

HH Dalai Lama Centre for Happiness participated in “Global Peace and Humanity March” Organised by Sri Guru Nanak Devji Chair, Chitkara University on the auspicious occasion Of Gurupurab. Everyone marched across the university and this march was organized to enlighten all with holy teachings of Guru Nanak Dev Ji to bring peace and wisdom in everyone’s lives.

"Peace starts with a Smile."



9. Christmas Celebrations (23rd December, 2022)

HH Dalai Lama Centre for Happiness organised Christmas Celebrations for the Happiness Students where all of the students gathered and participated in different games, talent expressions and fun activities. A great happy vibe was created on the eve of Christmas. In addition, bonfire was also organised for giving extra happiness to everyone. Jamming was done with great zeal and students refreshed their spirits with new joy and enthusiasm on this evening.



1. Quest for Happiness (27th Jan, 2022)

HH Dalai Lama Centre for Happiness invited Mr. Aditya Raj Kapoor for an online session in which he told students about the true quest for happiness in one's life.

Major learnings of the session were:

- Be friends with fear.
- Accept your Mortality.
- When you go from knowledge to higher knowledge, Filter yourself with compassion.
- Having faith in yourself is the degree that you need to get all the degrees in your life.



2. Happiness Session by Ms. Pratibha (5th April, 2022)

HH Dalai Centre for Happiness invited Mrs. Pratibha (Professional) for telling happiness students how to live each day to the fullest by learning something new each day. She has strong passion for Kathak and she also has interest in Kalari martial arts, yoga and music.

In this session, she taught a lot of lessons by making everyone acknowledge the fact that there is no age for learning



So Learn as much as you can, find an opportunity to learn something new in every moment

Always follow your passion; never find something out of passion.

3. Fun Talk with Sameer Kharbanda (13th April, 2022)

HH Dalai Centre for Happiness organized an amazing session on 'Secrets Of Happiness', Le Corbusier Block by Mr. Sameer Kharbanda (Founder of Mentoroida, UK Based organization). He is international speaker on his expertise area of Life Skills. He included various interesting activities to engage students and gave beautiful learnings on leading a happy and successful life.



Students were inspired to become friends with books as reading books trains our mind to think differently for growth. Students were also advised to schedule tasks according to priorities and mind map their day in advance.

4. Maverick Mentor (19th May, 2022)

HH Dalai Lama Centre for Happiness organized a Maverick Mentor session in collaboration with Victory Dome on 19th May, 2022 at Einstein Hall, Galileo Block. In this session, speaker Mr. Puneet Sandhu (Pro body builder, Entrepreneur & an Actor) and Manav Bansal (Chief Happiness Officer) talked about turning Dreams to Reality. In this session, Mr. Sandhu shared his secrets of how he turned his dreams into reality.



" Make your life a dream, and a dream a reality."

5. Sustainable Happiness (20th May, 2022)

HH Dalai Lama Centre for Happiness organised a session on 'Sustainable Happiness' by Dr Lerwen Liu, who is the founding Managing Director of Nanoglobe and the Editor of Emerging Nanotechnology. Also, she is Director of STEAM (Science ,Technology, Engineering, Technology with soul and purpose and Mathematics



In this session, students were told how to sustain happiness during difficult times. She also told students that before helping others we need to help ourselves as we need to have that power in us through which we can help others

6. Manifesting Life (27th May, 2022)

HH Dalai Lama Centre for Happiness organised a wonderful session On Manifesting Life for all to hear from an inspiring person, Mr. Nitin Sonawane on 27th May, 2022 at Pulitzer Hall, Picasso Block. He travelled around world by foot and bicycle to celebrate 150th birth anniversary of Mahatma Gandhi, to share his message of Non violence and peace, which he started on 18th of November 2016. In this session he shared his inspiring lessons from his life .

Moreover students were inspired to listen their own inner self without getting affected by the point of view of people.

" Manifest Securities from insecurities."



7. Art Of Happiness (22nd July, 2022)

The session was delivered by amazing personality Mr. Aditya Sood. The session was started with a meditation. Students were also told about the role of meditation in the life.

”Meditation is not about stopping thoughts, but recognizing the fact that we are more than our thoughts and our feelings.”

Students were also guided about a special breathing meditation known as ***Bhastrika***.

They felt so relaxed and fresh after doing this meditation.



8. Relationship Management (17th Aug, 2022)

HH Dalai Lama organised a session on **Relationship Management** on 17th August 2022.

In which Mr. Mahesh Rawat was invited as the key speaker. He is a HR Professional, Apply Board, Chandigarh. Students were told about the importance of relationships in one's life and Ego was referred as the murderer of any relationship. Students asked him many insightful questions about having good relations in life, creating a balance in work and family etc. Major Learnings :

It's only the Supreme God who is meant to be Perfect in the whole universe.

So Don't expect others to be perfect as Accepting anyone with imperfections is what makes a relationship perfect 😊



9. Muskuraye Zindagi (22nd Nov, 2022)

The HH Dalai Lama Centre For Happiness hosted an event “Muskuraye Zindagi” on November 22, 2022 at Chitkara University, Baddi Campus. This event emphasized the significance of internal happiness. We were fortunate to have Mr. Sumit Mahajan, a passionate and inspiring speaker, among us. He shared his wisdom by telling about his journey, struggles, and challenges that he overcame while remaining happy. He gave an interactive talk about the importance of having a happy mindset and assisted participants in discovering their own internal happiness. During the session, students were entertained with dance, music, and lots of laughter. Students were also encouraged to keep a positive attitude and to have believe in themselves. Students experienced a sense of relaxation and calmness as a result of meditation during session. They were taught that it is always preferable to respond rather than react.



10. Mindfulness Session (12th December, 2022)



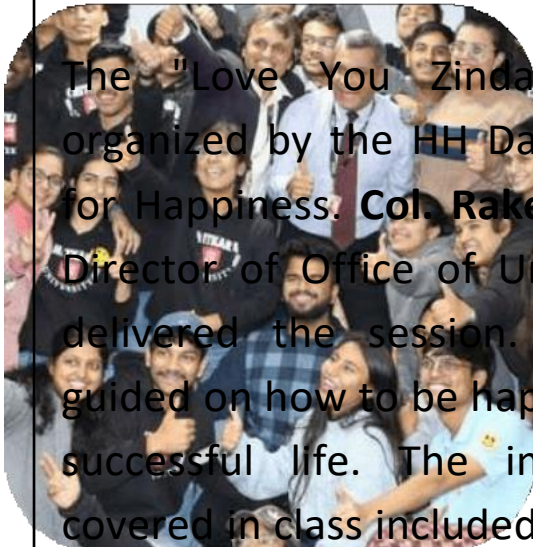
A mindfulness session has been organized by the HH Dalai Lama Center for Happiness.

Amazing certified mindfulness coach Dr. Jyoti Sharma led the session. In a lovely way, she explained what mindfulness is.



She clarified that mindfulness involves being aware of our internal states as well as the present moment. The session included a guided meditation using a Tibetan meditation bowl. After the meditation, the students felt incredibly calm and relaxed. The session included lot of activities, which is what made it so interacting.

11. Love You Zindagi (13th December, 2022)



The "Love You Zindagi" event was organized by the HH Dalai Lama Center for Happiness. **Col. Rakesh Sharma**, the Director of Office of University Affairs, delivered the session. Students were guided on how to be happy while living a successful life. The important topics covered in class included the significance of aims and goals, the fear of failure, the value of different experiences, and the necessity of hard work and smart work.

Session was full of energy and zeal.

2022-23 PROGRESS

1. Happiness Course

Founding in positive psychology interventions literature, a questionnaire to measure the response on the dimensions of Grit, Resilience, Hope and Academic Satisfaction. We employed likert scale to measure Grit, Resilience, Hope and Academic satisfaction. We carried out a pilot test for 58 participants, and reviewed the results from the pilot test, a few items in the questionnaire were modified.

We send the feedback questionnaire to 300 students who have attended this course in the past

and were able to collect responses for 178 students (i.e. a response rate of 89%) who have attended the Happiness course and after removing incomplete responses, we reached a total of 150 valid responses. We analyzed data using RStudio.

Particulars	Details	Number (percentage)
AGE	16-19	97 (65%)
	20-25	53 (35%)
GENDER	Male	94 (63%)
	Female	56 (37%)
STREAM	Engineering	78 (52%)
	Non-Engineering	72 (48%)

2022-23 PROGRESS

The Happiness course has led to improvements in the emotional status quo and guides students towards flourishing their self. With the happiness course, a channel in building well-being, hope and happiness among students at Chitkara University, Punjab. Even considering a short 24 hours multi-component positive psychology intervention can help in achieving significant improvements in emotional well-being of students.

Hope, resilience, grit and academic tenacity are essential elements in context of making happiness a choice during student life. Students can learn, practice and train themselves on such dimensions.

Building on the different dimensions of happiness like tenacity, grit, resilience and hope among students, universities can contribute in creating more self-sustaining societies by training today's students in making more responsible future citizens.



2022-23 PROGRESS

2. Career & Life Skill Course

In order to improve students' career skills, Chief Happiness Officer Manav Bansal has now decided to offer The Career and Life Skills. For students, career is the most important aspect of their life. This incredible course combines many life skills, such as IKIGAI, mindfulness, emotional intelligence, and ethics and integrity, which help students live happy and fruitful lives, with career skills, such as communication, networking, personal branding, and time management. Mr. Bansal has so far delivered two batches. These classes are being adored by the students. The centre intends to offer these courses as a value-added course in the curriculum.

Out of the eight career skills, students' networking and communication abilities have improved the most as a result of the course. Furthermore, out of the four life skills, self-love and magical relationships have seen the most improvement.

Top Career & Life Skills

1. Networking Skills
 2. Communication
 3. Self-Love
 4. Magical Relationships
-

Average self-rating of students (out of 5) before and after the course.

Career Skills	Average Before	Average After
Networking Skill	2.53	3.9
Personal Branding	2.36	3.56
Communication	2.70	4.07
Leadership Skills	2.63	3.68
Emotional Intelligence	2.85	4.0
Creativity	2.87	3.85
Ethics and Integrity	3.05	4.02
Time Management	2.65	3.80

Life Skills	Average Before	Average After
Mindfulness	2.77	3.80
IKIGAI	2.55	3.67
Self-Love	3.10	4.42
Magical Relationship	2.52	3.92



NEXT STEPS

Below is a list of the objectives we have for the upcoming year..

01 — Credit Course



To offer students value-added classes on Happiness and Career Skills in various Departments. This will be included in their regular curriculum.

02 — Happiness Calender



We intend to create a beautiful Happiness Calendar that will include information about all upcoming events and sessions for different Departments.

03 — Happiness Community Project



We intend to create a number of Happiness Ambassadors from various departments. The Ambassadors of Happiness will be one member of faculty and one student from each department. They will be involved for all significant discussions pertaining to all sessions or interventions offered by us for their respective department.

Thank

You