

Event Details	
Event Type	Career Counseling
Topic	The Happiness Code: PERMA Model
Date	2023-09-06 to 2023-09-06
Mode	Offline
Venue	LH-4.2nd floor, New Extension, Law Block
Organizer Name	Chitkara Business School
Resource Person	Manav Bansal chief Happiness Officer
No. of Participants	39
SDG No	SDG 4: Quality Education, SDG 9: Industry, Innovation and Infrastructure

Objective:

- 1.)Introduce participants to the PERMA model of well-being as a framework for career and life satisfaction.
- 2.)Help participants explore the connection between career choices, happiness, and fulfillment.
- 3.)Equip individuals with tools to evaluate their personal and professional goals based on the five pillars of PERMA.
- 4.)Enable participants to design a career roadmap that aligns with their strengths, passions, and aspirations.
- 5.)Foster a positive mindset and resilience to navigate challenges in career development.

Description:

This career counseling session focuses on integrating the principles of the PERMA model (Positive Emotion, Engagement, Relationships, Meaning, and Accomplishment) into career planning and development. Participants will learn how to leverage the PERMA framework to identify their strengths, set meaningful goals, and achieve greater satisfaction in their personal and professional lives. The session will include interactive activities, reflective exercises, and case studies to demonstrate how happiness and well-being can be cultivated through intentional career choices. By the end of the session, participants will have actionable insights to build a fulfilling career aligned with their values and aspirations.

Outcomes:

- 1.)Understand the PERMA Model
- 2.)Identify Career Goals
- 3.)Foster Engagement
- 4.)Build Meaningful Relationships
- 5.)Cultivate Positivity



Students with Manav Sir after the completion of the Career Counselling Session(06.09.2023)



The PERMA Model being explained to the students by Manav Sir(06.09.2023)



Students engaged in different activities during the session(06.09.2023)



Manav Sir explaining the activity to the students of IPM Batch 2022(06.09.2023)