



Name of the activity	Value Added Course on Chitkara Happiness Learning	Date	24 August 2022 - 30 September 2022
Name of the Moderator	Dr. Rashmi Aggarwal	Time	2pm to 03:30 pm
Name of the Resource Person	Mr. Manav Jain, Chief Happiness Officer	Mode	Offline
Nature of the activity	Value Added Course	Program & Batch	B.Com (Hons.) Batch 2020
Number of students participated	101	Academic Session	2022-23

About the Activity

The sessions were very interactive and the students enjoyed every bit of it. Following amazing topics related to career and life were addressed by him: IKIGAI, Goal Setting (Pareto Principle), Happiness Hormones, Emotional Intelligence (React and Respond), Law of Attraction, Personal Branding, Mindfulness. It was a great experience for all the students. They made their happiness diaries as well in which they wrote all their learnings. The sessions helped to boost the confidence of the students as the students every day took initiative to stand and explain their part of understanding. Overall, the sessions were amazing and motivating and will definitely help to increase career prospects of the students.

It helps to reduce daily stress and improve happiness in day-to-day life. Increased mental focus, relieves anxiety and depression, increases levels of optimism, improved emotional regulation and others are some of the benefits students got during the period. As a part of happiness program taught by Mr. Manav Jain, CHO, the perspective of students towards life changed altogether.

Sustainable Development Goals Covered in activity: <https://sdgs.un.org/goals/goal4>

Aligned Activity Outcomes with Objectives

Activity Objectives	Activity Outcomes
1. To focus on holistic education	The students were made to do meditation and
2. To engage the students in a proactive and thoughtful process of self-examination with regard to personal ideals	The students were made aware about the Happiness Hormones, Emotional Intelligence (React and Respond), Law of Attraction
3. To learn how to live a happier life	The students learnt to work effectively in collaborative teams

GLIMPSES OF THE ACTIVITY



Activity of Happiness in Progress wherein features of Happiness being explained by Mr Manav Bansa