

ACTIVITYREPORT

Name of the activity	Catalyst to Wellbeing and Success	Date	6 th –13 th Feb., 2023
Name of the Moderator	Dr. Rajni Bala	Time	1:15 – 4:15 pm
Name of the Resource Person	Mr. Manav Bansal	Mode	Offline
Nature of the activity	Value Added Course	Program & Batch	BBA(DM) 2021-2024 BBA (DM) 2022-2025
Number of students participated	42	Academic Session	Jan- June, 2023

About the Activity

Mr. Manav Bansal, Head of Happiness Center, Chitkara University India conducted session of BBA Digital Marketing students on Catalyst to Wellbeing and Success. The session was insightful and started with full zeal. Students were quite eager to involve themselves in various activities planned by happiness center. Students were taught about meaning of Emotional Intelligence how students can develop in their routine life. The session also focused on the importance of healthy food, taking good sleep, doing exercise and meditation on daily basis. Session also focused on the importance of positive thinking and the role of it in shaping life. Six positive lifestyle habits that can bring change in life were discussed with students. In one week session, so many activities were conducted for students and at the end certificates were distributed to students for their active participation in activities.

Aligned Activity Outcomes with Objective

Activity Objectives	Activity Outcomes
1. To enable learners to apply life skills to deal with stressful & conflicting situations around them	Students learned different life skills to face stressful situations in life
2. To enable learners to communicate effectively and express themselves freely and creatively	Students learned the importance of effective communication in life
3. To focus on the importance of positive thinking and the role of it in shaping life.	Students understood the importance of happiness in life
4. To develop social awareness & human values in learners to engage in meaningful contribution in society	Students learned about various human values that are important to live happy and to contribute in society.

GLIMPSES OF THE ACTIVITY



Image 1: Happiness center conducting an activity for students.



Image 2: Mr. Manav Bansal and Dr. Prachi Gupta providing certificates to winners.