



# **HH DALAI LAMA CENTRE FOR HAPPINESS**



**Newsletter Edition-4**

**July 2023 to June 2024**

# HIGHLIGHTS

● Better Together – Our Core Team

● Glimses of Events

● Happiness Interventions

● PERMA

● Skillverse – Gateway to learn and grow

● Value Added Course

● Impact Report

● Join Chitkara Happiness Centre



# BETTER TOGETHER

## OUR CORE TEAM



**Manav Bansal**  
**Chief Happiness Officer**



**Kiranjot Kaur**  
**Assitant Program Manager**



**Shivam K Mishra**  
**Management Trainee**



**Vrinda Sharma**  
**Intern**



**Daksh**  
**Intern**



**Ishika**  
**Happiness HR SPOC**



**Komal**  
**Social Media Head**



**Anchal**  
**Student Ambassador and  
Cultural Head**



**Yashmeen**  
**Student Ambassador and  
SAVERS Head**

# **SUMMARY**

## **JULY 2023 - JUNE 2024**

<b>HAPPINESS OFFERINGS</b>	<b>PAGE NO.</b>
<b>EVENTS</b>	<b>5-35</b>
<b>HAPPINESS INTERVENTIONS</b>	<b>36-39</b>
<b>PERMA STUDENTS</b>	<b>40-47</b>
<b>SKILLVERSE STUDENTS</b>	<b>48-59</b>
<b>VAC STUDENTS</b>	<b>60-65</b>

# GLIMPSES OF EVENTS

(IN TOTAL 61 EVENTS DONE IN DURATION JULY 2023 - JUNE 2024)

The programmes held by the Happiness Centre are its main attraction since they encourage all of the students to develop their enthusiasm and confidence. The HH Dalai Lama Centre for Happiness conducted the following significant events :-

## **1. Various Strategy to Enhance Mental Health (FDP)**

1st July , 2023

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 are discussed. This model emphasizes five key elements for 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. Laughter yoga, a unique and innovative approach to promoting happiness, became a highlight of the session. To add an extra layer of joy and liveliness, the session also integrated elements of dancing and singing, fostering a sense of uninhibited expression and camaraderie among the participants. In conclusion, the faculty development session conducted by Mr. Manav Bansal at Chitkara Happiness Center was a resounding success. The engaging activities, thoughtful discussions on the PERMA Model, and SAVERS model, and the incorporation of laughter yoga, dancing, and singing made the experience truly remarkable.





## 2. Workshop for Healthy Well Being

4th July , 2023

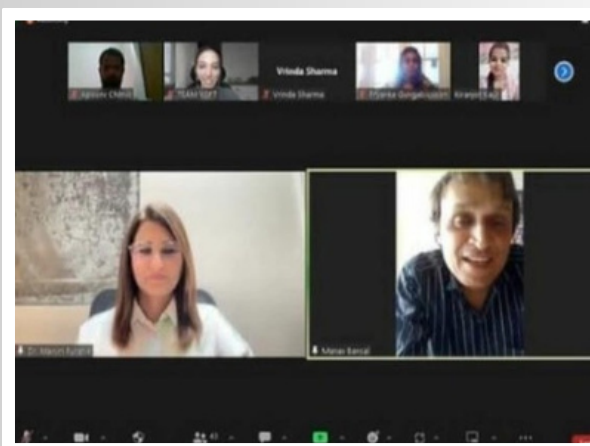
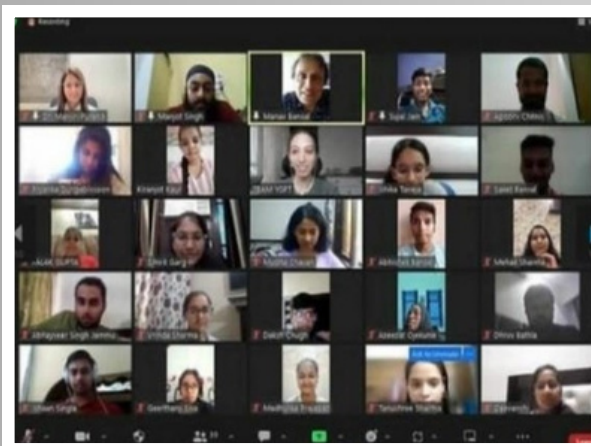
Chitkara Design School's four-day "Workshop for Healthy Well-Being," in collaboration with the Chitkara Happiness Centre, began with "Design Your Happiness." This icebreaker activity fostered a supportive environment. The "Signal Game" followed, combining mindfulness and dance. Vrinda from the Happiness Centre discussed happiness hormones and well-being. Students learned the S.A.V.E.R.S. routine–Silence, Affirmations, Visualization, Exercise, Reading, and Scribing–for personal growth. A strength survey helped students identify their strengths. The day concluded with laughter yoga, promoting stress reduction and improved mood. Overall, the workshop's first day offered a dynamic, engaging experience in designing happiness.



## 3. Combatting Stress – A Holistic Approach

15th July , 2023

Chitkara Happiness Centre and YGPT hosted "Combating Stress: A Holistic Approach" with Dr. Manjiri Puranik. This virtual session provided valuable insights into stress management, types of stress, and practical tips for leading a balanced life. Emphasizing the present moment and meaningful relationships, Dr. Puranik's wisdom resonated deeply. Students actively participated, posing questions and enjoying a concluding meditation. The session left attendees refreshed and hopeful. Mr. Manav Bansal expressed gratitude, anticipating future events for fostering personal growth and well-being.





## 4. Designing Happiness Achieving Success

4th August , 2023

The Chitkara Happiness Centre's orientation with Chitkara Design School was a vibrant, activity-filled event promoting well-being and personal growth. Interactive ice-breakers and innovative activities like Skill-Verse and Perma enhanced cognitive abilities and teamwork. The Signal Game fostered mindfulness and connection, while the Talent Expression segment celebrated individuality and self-confidence. This successful event cultivated a supportive campus community, promoting happiness, self-expression, and meaningful connections, laying the groundwork for a flourishing, transformative environment.



## 5. Begin With Happiness End With Success

4th August , 2023

The Chitkara Happiness Center's orientation at Chitkara Design School was vibrant and engaging, welcoming M.Des students with activities promoting well-being and connection. Highlights included a lively dance session, interactive games, laughter yoga, and a stand-up comedy act, all fostering joy and stress relief. A session on Perma promoted mindfulness and self-awareness, while Skillverse enhanced skills. The event's success created a positive atmosphere, leaving students rejuvenated, motivated, and deeply connected, setting the tone for a fulfilling academic year.



## 6. The Interview Skill

5th August , 2023

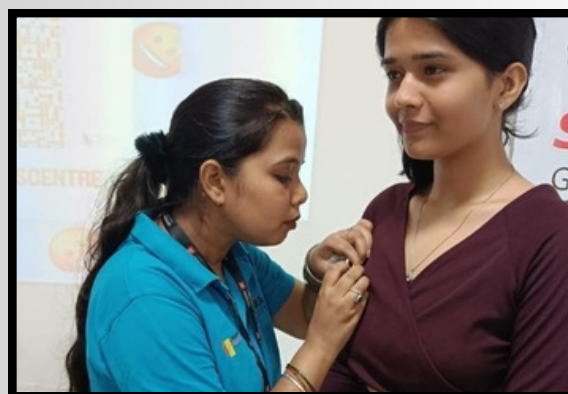
The Chitkara Happiness Centre hosted "Interview Skills" with Mr. Manav Bansal, offering vital insights on excelling in interviews. Mr. Bansal covered group discussions, effective communication, and turning the waiting area into a space of poised anticipation. Mr. Mahesh Rawat added depth with advice on impactful CVs and dressing etiquette. The event concluded with an enriching Q&A session. Participants left with a holistic understanding of interviews, equipped with confidence and knowledge for their future endeavors.



## 7. Stress Management And Wellness

10th August , 2023

"Education is not just about learning; it's about experiencing the joy of learning!" Chitkara Happiness Centre's captivating orientation for the BBA department, led by Chief Happiness Officer Mr. Manav Bansal, was enlightening and memorable. Students explored the PERMA model for holistic well-being and enjoyed laughter yoga, fostering a positive atmosphere. The Centre, known for its experienced faculty and vibrant community, showcased its commitment to joyful learning and holistic development, inviting aspiring minds to join this delightful journey of growth and discovery.





## 8. Happiness Productivity Equation

11th August , 2023

The Chitkara Happiness Centre hosted "Happiness Productivity Equation" for Chitkara Business School, featuring Chief Happiness Officer Mr. Manav Bansal and Dean Mr. Dhires. Mr. Bansal explained the PERMA model's five dimensions and discussed scientific interventions for enhancing happiness and productivity. A highlight was the laughter yoga session, emphasizing physical movement and well-being. Mr. Dhires's anecdotes reinforced integrating happiness into daily routines. The event's insights and enthusiastic student participation left a lasting impact, fostering well-being and contentment.



## 9. Welcome To The Paradise Of Happiness

16th August , 2023

The Chitkara Happiness Centre and the Department of Applied Engineering organized a multifaceted orientation event promoting holistic well-being. It featured an exploration of happiness, a gratitude activity, and the PERMA model's dimensions. Practical aspects included "Skillverse" for skill expansion, "Happiness Codes" for personal growth, and the "Booknatics Club" for book enthusiasts. The event concluded with laughter yoga and meditation, highlighting mindfulness and inner tranquility. This orientation underscored the institution's commitment to academic excellence, personal growth, and balanced living.



## **10. Yoga Workshop – By Pradeep Yogi**

18th August , 2023



## **11. Salsa Workshop – By Varun DS Rana**

23rd August , 2023





## 12. Self-Management For Happiness

23rd August , 2023

Chitkara Happiness Centre and Chitkara Business School collaborated on "Self-Management for Happiness" for BBA Retail Management students (2022-2023). The session integrated the PERMA model's principles, SkillVerse for practical event planning skills, and gratitude activities to foster positivity. It addressed time management, providing essential tools for academic and event management success. The session concluded with reflections on happiness, encouraging diverse perspectives. This holistic approach empowers students to thrive professionally and personally, exemplifying a commitment to comprehensive education.



## 13. Happiness Way to Success

25th August , 2023

Chitkara Happiness Centre and Chitkara College of Hotel Management collaborated to promote holistic well-being and personal growth. The program is built on the PERMA model, focusing on Positive Emotion, Engagement, Relationships, Meaning, and Accomplishment. It includes SkillVerse for practical skills, gratitude activities for contentment, and joyful learning. Mindfulness activities like the Happiness Walk, insightful videos, laughter yoga, and meditation sessions enhance understanding and inner peace. This transformative journey equips students with tools for fulfilling lives and positive societal contributions.



## 14. Yaadon Ka Karvan

28th August , 2023

Chitkara Happiness Centre and the University Sports Board organized 'Yaadon Ka Karvan,' a nostalgic event filled with classic games like Pithu, Kho Kho, Stapu, Rumaal Chakk, and Hop Scotch. The day transported students back to their carefree childhood, sparking joy and exhilaration. Friendly matches and enthusiastic cheers fostered camaraderie and togetherness, creating a heartwarming atmosphere. The event reminded everyone that amidst academic rigors, happiness and bonding thrive in simple, delightful moments of play.



## 15. Explore Skillverse From Course Experts

28th August , 2023





## 16. Fun and Games Session On Happiness

1st September, 2023

Chitkara Happiness Centre and the Economics Department organized a vibrant "Fun and Games Session on Happiness," uniting students in joy, laughter, and camaraderie. Talented students showcased musical performances, stand-up comedy, and dance routines, creating an electric atmosphere. Engaging in the SAVERS method (Silence, Affirmations, Visualization, Exercise, Reading, Scribing), students discussed personal development and well-being. The event emphasized happiness as an ongoing journey and encouraged regular self-improvement. Overall, it was a resounding success, fostering unity and joyful memories.



## 17. Unleashing Happiness

1st September, 2023

Chitkara University's Architecture Department and Chitkara Happiness Centre co-hosted an exceptional event blending creativity and well-being. Students explored the PERMA model's core elements of well-being and participated in a heartwarming gratitude exercise. The highlight was the university's talented students showcasing their singing and dancing, filling the event with energy and excitement. This celebration of artistic talents reinforced holistic well-being. The event concluded with attendees eagerly anticipating more inspirational moments, highlighting the enriching intersection of creativity and well-being.



## 18. Career Counseling Session On PERMA

6th September, 2023

Chitkara Happiness Centre and Chitkara Business School organized the "Career Counseling Session on the Happiness Code: PERMA Model." Mr. Bansal explained the PERMA model, covering Positive Emotions, Engagement, Relationships, Meaning, and Accomplishments, and their impact on well-being and career success. His engaging presentation inspired participants with practical insights for enhancing happiness in their careers. The event highlighted Chitkara Happiness Centre's commitment to holistic education, promoting personal growth, happiness, and success in all life aspects.



## 19. Session On PERMA Model

6th September, 2023

Chitkara Happiness Centre and the Psychology Department hosted the enlightening "Session on PERMA Model." Mr. Bansal detailed the PERMA model's five elements: Positive Emotions, Engagement, Relationships, Meaning, and Accomplishments. He explained how each aspect contributes to overall well-being and happiness. The event concluded with a hands-on digital game, allowing participants to apply the PERMA model in practical scenarios. This engaging session deepened understanding of happiness and its enhancement through intentional actions in daily life.





## 20. Grooming With Happiness

13th September, 2023

The Chitkara Happiness Centre hosted "Grooming with Happiness," a session for girls led by Ms. Kiranjot Kaur, focusing on interview attire, job expertise, and behavioral skills. It emphasized soft skills, effective communication, and a positive workplace attitude. The session included discussions on career challenges and opportunities for women, offering practical advice and resilience-building tips. Participants appreciated the insights and confidence gained, highlighting the Centre's dedication to promoting young women's personal and professional development.



## 21. Happiness Unboxed

19th September, 2023

The Chitkara Happiness Centre and Chitkara Business School launched a three-day event focused on happiness and personal growth. The first day, led by Mr. Manav Bansal, featured engaging activities like the signal game, inspirational videos, and Skillverse skill-based courses. A storytelling session highlighted motivation and kindness, captivating attendees with inspiring anecdotes. The event laid a strong foundation for emotional development, emphasizing happiness and equipping students with practical tools to navigate life's challenges.



## 22. Tri-Sports Showdown

26th September, 2023

The Chitkara Happiness Centre and University Sports Board's Tri-Sports Showdown celebrated athleticism and camaraderie through volleyball, tug of war, and badminton competitions. Strategically scheduled to maximize participation, the event fostered skill, teamwork, and sportsmanship. Congratulations to winners Aaditya, Lakshita, Tarun, Nishit, Chirag, and Garvit for their outstanding performances. This successful collaboration promoted physical fitness and emotional well-being, embodying a holistic approach to student development and reinforcing the spirit of a balanced and thriving university community.



## 23. Salsa Workshop

27th September, 2023





## 24. Hostel Fun and Games

27th September, 2023

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



## 25. Kalaripayattu Workshop

27th September, 2023



## 26. Skillverse Talent Hunt

29th September, 2023

Event was organised specially for Skillverse Students .



## 27. Mental Health Day Celebrations

10th September, 2023

Chitkara Happiness Centre and the College of Education celebrated World Mental Health Day on October 10, 2023, emphasizing mental health as a universal human right. Featuring a session by Chief Happiness Officer Mr. Manav Bansal, the event highlighted UNESCO's theme and engaged students in diverse activities like dancing and interactive games. The initiative fostered a supportive atmosphere, with students pledging to adopt positive habits. This holistic event reflected Chitkara's commitment to mental well-being and holistic education.





## 28. Transition From Student to Corporate Life

11th October, 2023

The Chitkara Happiness Centre hosted a transformative session titled "Transition from Student Life to Corporate Life" with Ms. Yogita Sharma, Founder of People Gains. Ms. Sharma shared her expertise on essential skills for corporate success, emphasizing stepping out of comfort zones, meeting deadlines, and avoiding judgments. The interactive session captivated students with real-world examples and thought-provoking questions. It successfully provided practical insights, fostering understanding of the corporate world and empowering students for future challenges.



## 29. Budgeting Happiness

23rd November, 2023

Chitkara Happiness Centre and Chitkara Business School hosted a successful session on "Budgeting Happiness" for MBA Finance students. Featuring Mr. Mahesh Rawat and Mr. Manav Bansal, the event explored the intersection of financial planning and well-being. Mr. Rawat introduced the 5 S strategy, emphasizing self-awareness and work-life balance. The session provided practical tools for integrating happiness into financial decisions, covering topics like self-care and setting boundaries. This insightful event enhanced students' understanding of aligning finances with personal happiness.



## 30. Joyful Journeys– Unveiling Happiness For Quotient In Indian Lives

7th December, 2023



## 31. Hack Decoding Your Joy

12th December, 2023

The "Hack Decoding Your Joy" session at Chitkara Happiness Centre, led by Associate Professor Subodh Sir, offered innovative strategies for enhancing happiness and well-being. Subodh Sir's insights included mindfulness exercises, positive psychology principles, and practical tips for daily happiness. The session featured interactive elements like group discussions and experiential activities, fostering collaborative learning. Though detailed feedback is unavailable, the Chitkara Happiness Centre remains a key resource for information on the session's positive impact on participants' well-being.



## 32. Life Lesson Of Success and Happiness

13th December, 2023

Chitkara Happiness Centre recently hosted an insightful session featuring Mr. Vivek Verma, Managing Director of Spray Engineering Devices. Mr. Verma shared his invaluable experiences and strategies for achieving success and happiness in personal and professional realms. Attendees delved into his remarkable journey, gaining profound insights into leadership principles that have driven his success. The session left participants inspired and equipped with practical life lessons for their paths to success and happiness. Chitkara Happiness Centre remains a hub for transformative discussions.



## 33. Gratitude– A Magnet For Miracles

14th December, 2023

Chitkara Happiness Centre recently hosted an enlightening session titled "Gratitude: A Magnet for Miracles," featuring Swati Gupta, Assistant Professor at Chitkara Design School. The session explored the transformative power of gratitude, emphasizing its role in attracting positive change and enhancing well-being. Swati Gupta shared practical approaches for incorporating gratitude into daily life, highlighting its impact on resilience and positivity. Attendees left inspired, equipped with valuable insights on fostering a grateful mindset for personal and professional growth.





20th December, 2023



10th January, 2024



## **36. Hostel Fun and Games**

17th January, 2024



## **37. Kathak And Kalaripayattu Workshop**

23rd January, 2024





## 38. Why is Attitude More Important than Intelligence ?

31st January, 2024



## 39. Book Bite Bash

13th February, 2024

The Chitkara Happiness Centre's "Book Bite Bash" celebrated the love for reading, with students presenting insightful book reviews. Esteemed guests Dr. Vandana and Dr. Pooja Dogra, alongside Mr. Manav Bansal, enriched the event. Winners Harneet Atwal, Aashi Garg, and Ishika were recognized for their outstanding reviews. The event blended literature, learning, and celebration, showcasing students' literary talents and Chitkara University's commitment to holistic education and happiness, making it a resounding success.





## 40. Yogic Approach to Health Care

16 February, 2024

The HH Dalai Lama Centre for Happiness at Chitkara University, in collaboration with Allied Health Sciences, recently organized a well-being event featuring Pradeep Yogi's discourse on the 'Yogic Approach to Healthcare.' Skillverse's renowned Yoga Professional highlighted the benefits of yoga, including pranayama and Surya Namaskar. The event left a lasting impact, inspiring attendees towards holistic well-being. This collaboration underscores Chitkara University's commitment to integrating physical and mental health practices for comprehensive student development.



## 41. The Science Of Happiness

28 February, 2024

Chitkara Happiness Centre celebrated Science Day with a captivating event on "The Science of Happiness," featuring discussions on gratitude, affirmation, happiness hormones, and engaging fun games. Participants enjoyed activities like the Signal Game and a rejuvenating session of Laughter Yoga, fostering a union of physical and mental well-being. The event highlighted the Centre's commitment to promoting holistic well-being through science-backed approaches, aiming to positively impact individuals' lives with practical applications of happiness science.



## 42. Happy Verse

2 March, 2024

Chitkara Happiness Centre organised a Happiness workshop for faculty and mentors of different departments. The workshop included power circle activity, application of Gratitude and Positive attitude, 3 research techniques for more happiness at work which enhances productivity too, laughter yoga and fun activities. Also everyone was oriented with Skillverse new initiatives and all were inspired to contribute in this mission. Overall, it was an interactive workshop for learning, rejuvenation and happiness.



## 43. Motive and Motivation

7 March, 2024

The Faculty of Computer Science and Engineering (CSE) ventured into the "Motive and Motivation," a session enhancing mentor happiness with research-based tools for personal development. Activities like the "Power Circle" and tools such as job crafting, gratitude, and mindfulness created a blend of fun and growth. Laughter yoga served as a stress-buster, promoting positivity. This successful event fostered well-being and collaboration, highlighting the importance of joy and personal growth in academia.





## 44. International Women Day Celebration

7 March, 2024

The Pharmacy Department's event, featuring Dr. Pallavi Bansal's insightful skincare session, was a resounding success. Dr. Bansal shared practical tips for busy college life, making the session both educational and enjoyable. A heartfelt thank you to all the amazing women who participated, creating an atmosphere of empowerment and appreciation through discussions, games, and activities. Let's continue to honor and support women daily, making a meaningful difference together!



## 45. The Art of Thinking

11 March, 2024

Chitkara Happiness Centre hosted "The Art of Thinking" session led by Dr. Monit Kapoor, Dean of Academics. The session focused on discerning truth from reality and honing critical thinking skills. Dr. Kapoor emphasized analytical reasoning, evidence-based decision-making, and self-awareness. Interactive activities reinforced these concepts, providing hands-on experience. Students expressed gratitude for the practical insights and engaging format, highlighting the session's impact on their intellectual development. This event underscored Chitkara University's commitment to nurturing well-rounded, critically thinking individuals.



## 46. Skillverse Premier League

15 March, 2024

The Chitkara Happiness Centre's Skillverse Premier League showcased student cricketing skills, fostering teamwork and promoting physical activity. Three teams from the Skillverse program participated, competing in cricket matches that highlighted their batting, bowling, and fielding abilities. The event also included entertainment activities to keep participants engaged. This successful initiative not only improved participants' cricket skills but also promoted healthy competition, sportsmanship, and camaraderie, demonstrating the students' talent and enthusiasm for cricket.



## 47. International Happiness Day Celebrations

20 March, 2024

The Chitkara Happiness Centre, with the School of Psychology and Counselling, celebrated International Happiness Day 2024 at Chitkara Campus Punjab. The event, themed 'Happier Together,' featured happiness canopies with activities like self-affirmation, gratitude, and creative expression. Attendees enjoyed food stalls and a session by Wellness Coach Jas K Shan, who emphasized self-care, journaling, and the Happiness Wheel model. The event fostered joy, camaraderie, and provided valuable tools for nurturing happiness in daily life.





## 48. Harmonizing Ownership– Cultivating Unified and Workplace Culture

10 April, 2024

The Chitkara Happiness Centre hosted an enriching session for faculty members, led by esteemed monk Gaur Gopal Das ji. Das ji emphasized the importance of teachers instilling life lessons and fostering positivity beyond textbook knowledge. Highlighting stress management, diverse perspectives, and teamwork, he used powerful metaphors to convey his messages. The session provided practical strategies for enhancing teaching practices and creating a supportive, harmonious environment, leaving faculty with invaluable insights for positively impacting students and the educational community.



## 49. Toy Donation Drive (Khilono Me Khushiyaan)

18 April, 2024 - 19 April, 2024

In collaboration with the Chitkara School of Psychology and Counselling and Chitkara College of Education, the Chitkara Happiness Center celebrated Autism Awareness Month with the theme "Khilono me Khushiyaan." The event aimed to spread joy among underprivileged children by donating toys. The initiative, supported by students, faculty, and staff, extended kindness to the Sifaaz Foundation and Laadli Foundation children at Triveni Park Kachi Colony. This collective effort exemplified empathy and altruism, reflecting Chitkara University's commitment to making a positive impact on society.



## 50. Kahanikaar

23 April, 2024

Chitkara Happiness Centre hosted a captivating Storytelling Competition on World Book Day, showcasing narratives of Happiness, Inspiration, and Love for Nature. Winners included Harshil for Happiness, Yashasvi for Inspiration, and Rashim for Happiness. Esteemed judges Mr. Manav Bansal, Dr. Ashutosh, Dr. Swati Gupta, and Dr. Sidharth Bedi provided insightful feedback, enriching the experience. Participants mesmerized the audience, demonstrating the profound impact of human expression and shared experiences through storytelling brilliance.



## 51. Laughter Day Online

3 May, 2024

Chitkara Happiness Centre, along with partners like Chitkara College of Education, WICCI, and NSS, illuminated World Laughter Day with the theme "LIVE, LAUGH, CELEBRATE." Led by Mr. Manav Bansal, Chief Happiness Officer, the event emphasized the significance of laughter in promoting well-being. Participants engaged in laughter yoga and discussions led by Mr. Manish Aggarwal, exploring the health benefits of laughter. The event left attendees with a deeper appreciation for laughter's positive impact on life and career.





## 52. World Laughter Day Celebration

6 May, 2024

Chitkara Happiness Centre, alongside Chitkara School of Health Science, Chitkara School of Psychology and Counseling, and the Office of Student Affairs, orchestrated a vibrant celebration of 'World Laughter Day.' The event featured laughter activities, engaging discussions on laughter's benefits, and laughter yoga. Participants embraced laughter's transformative power, fostering camaraderie and relaxation. Three individuals were honored for spreading joy. The event affirmed laughter as a daily practice for well-being, inspiring all to embrace its magic wholeheartedly.



## 53. International Cultural Exchange At Chitkara University

9 May, 2024

Chitkara University's Rockefeller block came alive as the Chitkara Happiness Centre and the Office of International Affairs collaborated to welcome students from Spain. The event fostered cultural exchange, unity, and joy, guided by our Chief Happiness Officer. Activities included discussions on positive thinking, Laughter Yoga, Affirmations, and the Signal Game. The event successfully created a stronger, happier community, highlighting the power of unity and collaboration to uplift spirits and foster belonging.



## 54. Pehchan – Happiness Inside You

18 May, 2024

Chitkara Happiness Centre, in collaboration with the Office of Administration, hosted "Pehchan (Happiness Inside You)," an event aimed at boosting positivity and satisfaction among administration staff. Through motivational videos, singing performances, and interactive discussions, employees learned to appreciate their work and find joy in everyday tasks. Emphasizing professional presentation, the event empowered staff to nurture inner happiness and create a supportive work environment. Participants left inspired, equipped to contribute positively and find fulfillment in their roles.



## 55. World Meditation Day Celebration

21 May, 2024

Chitkara University's Happiness Centre and Office of Student Affairs marked World Meditation Day with a special event led by Varun Upadhyay from the Art of Living organization. Upadhyay guided participants through meditation techniques such as asana, pranayam, and dhiyaan, emphasizing their role in promoting mental health. Attendees learned to integrate these practices into their daily routines for improved clarity, reduced stress, and greater peace. The event reflects the university's commitment to mental well-being and holistic education.

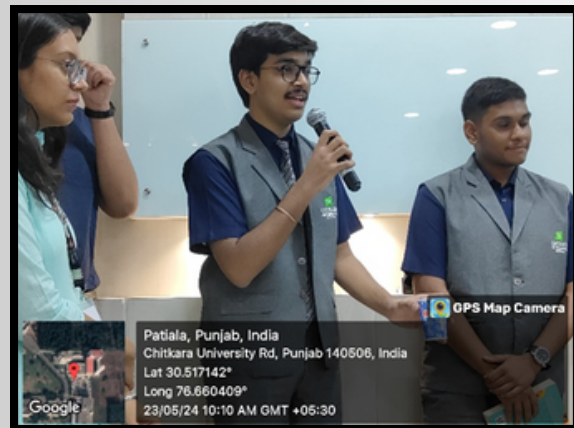




## 56. Ice Breaking Session

23 May, 2024

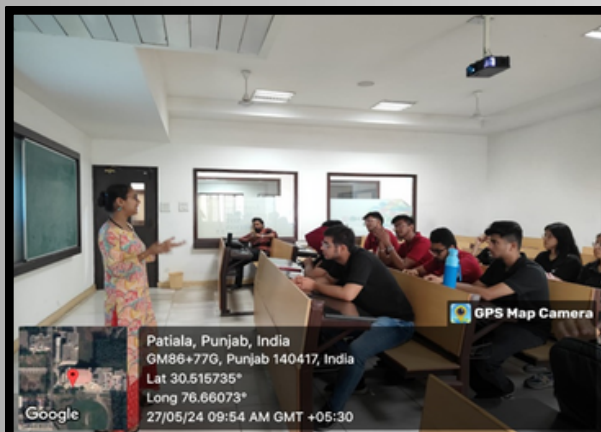
Under Mr. Manav Bansal's guidance, the Chitkara Happiness Centre orchestrated an ice-breaking session at Chitkara International School, focusing on gratitude, exercise, and meditation. Through mindfulness games, dancing, and singing, students connected and expressed themselves freely, fostering positivity and community spirit. Bansal's insights encouraged students to prioritize mental well-being, setting a positive tone for the event. Overall, the session promoted self-care and camaraderie, laying a solid foundation for students' holistic development.



## 57. Stress Management

27 May, 2024

Chitkara Happiness Centre organized a transformative session for BBA Digital Marketing students with stress management expert Ms. Sharma. Through the "Signal Game of Communication," students explored non-verbal cues' significance, fostering workplace understanding. Sharma's emphasis on storytelling as a motivational tool resonated deeply, inspiring resilience and positivity amidst challenges. An interactive singing activity highlighted music's stress-relief effects, fostering unity. Equipped with effective communication and stress management tools, students are better prepared for success in their digital marketing careers.



## 58. Happiness At Workplace

29 May, 2024

Chitkara Happiness Centre orchestrated an insightful session for Chitkara International School, Panchkula faculty, focused on workplace happiness, led by Mr. Manav Bansal. Emphasizing gratitude and the PERMA model's elements, Bansal highlighted positivity, engagement, relationships, meaning, and accomplishment's role. Laughter activities, self-talk exercises, motivational stories, and an appreciation activity enriched the session, offering practical tools for fostering workplace well-being. Participants left empowered to cultivate a positive work environment through gratitude and positivity.



## 59. IKIGAI Workshop

27 May, 2024

The IKIGAI workshop at HP Campus, honored by the Vice Chancellor's presence, delved into understanding the IKIGAI tool and its application via Job Crafting for professional development. Participants gained insights into finding genuine purpose by aligning passion, profession, vocation, and mission. A laughter yoga session added a refreshing touch, promoting holistic well-being. Key takeaways encompassed a deeper grasp of IKIGAI principles, stress-relief techniques, and practical methods for integrating IKIGAI into the workplace through job crafting.





## Skillverse Certification Ceremony

60. 29 November , 2023 (For Skillverse 1.0 and 2.0 )

61. 2nd May (For Skillverse 3.0)

Skillverse hosted a vibrant certification ceremony for its students, celebrating their successful completion of various courses. The event was marked by an array of captivating performances, including traditional Kathak and energetic Salsa dances. Students were awarded certificates for their achievements, recognizing their dedication and hard work. The ceremony highlighted Skillverse's commitment to fostering talent and skill development, leaving attendees inspired and proud of their accomplishments.



# HAPPINESS INTERVENTIONS

IN TOTAL 32 INTERVENTIONS ARE DONE

## APRIL ACTIVITIES

Guess the Movie	Mindfulness Meditation	Tongue Twisters	Dare Challenge
Bachpan ki Yaadein	Gup Shup	Riddle Day	Dumb charades
Draw What You Get	Guess Movie/Song/ Word	Treasure Hunt	Mindfulness Bingo
Photography Day	Goal Setting	Affirmation Day	Let It Go Day

Perma Meeting, Visualization Meditation, Puzzles

During the PERMA meeting, a story was shared emphasizing the importance of celebrating small accomplishments, highlighting the perspective that even minor achievements deserve recognition. In the Visualization Meditation session, participants were encouraged to focus on mindfulness and awareness while visualizing their goals and aspirations. The ambiance was enhanced with a lighted lamp and soothing music to create a calming environment conducive to meditation. Each participant shared their visualization experiences, fostering a sense of community and shared growth. Additionally, a special activity involved students solving puzzles related to happiness, promoting engagement and critical thinking.

Riddle Day

The special activity for the day was Riddle Day, where students were presented with a variety of challenging riddles to solve. This activity served as an icebreaker, fostering teamwork and encouraging participants to collaborate and share ideas. As students worked together to decipher the riddles, they engaged in a stimulating brain exercise that promoted critical thinking and problem-solving skills. Overall, Riddle Day provided an enjoyable and interactive experience that encouraged camaraderie and mental agility among the participants.

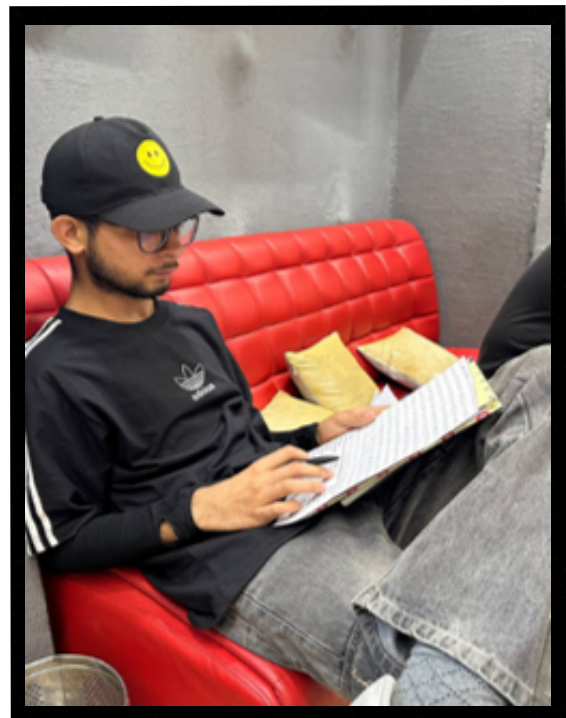
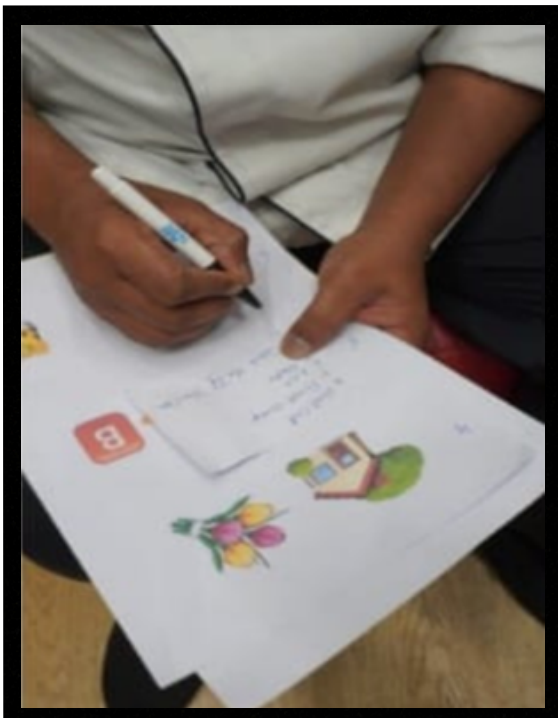
Happiness video, Draw What You Get

The day featured a video presentation on happiness, offering valuable insights and perspectives on the topic. Additionally, a special activity called "Draw What You Get" was organized, where students were given prompts to draw various objects or concepts on a sheet of paper. Their task was to convey these drawings to their friends, who then had to guess the objects or concepts based on the drawings alone. This activity encouraged creativity, communication, and teamwork among the participants, fostering an enjoyable and interactive experience centered around artistic expression and social interaction.



### Letter to Yourself

The goal-setting activity encouraged students to reflect on their accomplishments and aspirations, prompting them to jot down five achievements from their week and set five goals for the upcoming week. Additionally, the "Letter to Yourself" activity prompted students to write letters to their future selves, fostering a sense of motivation, gratitude, and self-reflection.



# HAPPINESS INTERVENTIONS

## MAY ACTIVITIES

Tongue Twisters	Vipassana Meditation	Riddle Day	Joyful Quotes
old is gold	Gup Shup	Visulisation Meditaiton	Dumb charades
Draw What You Get	Movie Twist	Treasure Hunt	Dare Day
Video related to happiness	Goal Setting	Affirmation Day	Let It Go Day

### Tongue Twister

The activity was a tongue twister challenge, where students tested their verbal agility. Despite the tricky phrases, they tackled the challenge with enthusiasm and completed it contentedly. Both activities not only entertained but also fostered a sense of community and fun, embodying the spirit of the Happiness Center. It was a delightful experience that highlighted the joy of learning and the power of positive engagement.

### Riddle Day

Students and participants eagerly engaged in solving riddles, challenging their minds and enjoying the collaborative spirit. Both activities provided a perfect balance of tranquility and fun, enhancing mental clarity and fostering a joyful, interactive community experience.

### Vipassana Meditation

We had a fulfilling day at the Happiness Center with two unique activities: Vipassana meditation and Riddle Day. The day began with a serene session of Vipassana meditation, where participants practiced mindfulness and self-awareness, finding inner peace and relaxation.



### Movie Twist

The Happiness Center hosted a fun-filled Movie Twist activity. Students received chits with famous movie dialogues written on them and had to guess the movie each dialogue came from. The activity sparked excitement and laughter as participants showcased their movie knowledge and quick thinking. It was delightful to see everyone enthusiastically engaging, reminiscing about their favorite films, and bonding over shared cinematic memories.



# PERMA

## **PERMA (Free Online Happiness Course - Limited seats of 25 per batch) -**

Every month we start on 1st of month and end on last day of month. Currently, the June batch is on which will end on 30th June and July registrations are on. In this online course, every day an interesting activity of happiness comes on whatsapp where all participants respond within a days time to practice happiness. Also one online session is organised with all participants to revise all learnings. Certification is provided at the end of course which gives you an edge in your career as you can also spread joy and positivity by organising these happiness activities at your respective work places. This course is useful for all i.e. students, faculty and staff.



The project aims to **build resilience** by equipping participants with skills to navigate academic and personal challenges. **Mindfulness practices** will be introduced to enhance present-moment awareness and reduce stress. Sessions will develop practical skills like **communication, problem-solving, and emotional intelligence**. **Physical well-being** will be promoted through exercise, nutrition guidance, and wellness challenges. **An inclusive environment** celebrating diversity will foster a sense of belonging. Participants will engage in **self-reflection, goal setting, and tracking progress**. Community service will link personal well-being to social contribution. **A continuous feedback** loop will assess and improve the project's effectiveness based on participant input.



# PERMA JOURNEY

Over the course of five weeks, participants engage in targeted interventions designed to enhance specific elements of well-being, aligning with the PERMA model. Each week focuses on one dimension of well-being, ensuring a systematic and focused approach to interventions.

## **Week 1: Cultivating Positive Emotions with SAVERS**

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

## **Week 2: 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.

## **Week 3: 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.

## **Week 4: 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.

## **Week 5: 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.

**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 their well-being.

The PERMA assessment reveals a significant improvement in the well- being of **150 students** after the PERMA interventions. The average well-being score increased from approximately **6.97 before** the program to about **8.31 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 : 6.97**

**Average After PERMA : 8.31**





# TESTIMONIALS

## Arshdeep

Week 1: Savers- which was to be done in week 1 but I think it has become a part of my life and especially the exercise time because I feel relaxed and motivated.

Week 2: This week was wonderful because I got to know my inner strengths in public speaking, leadership and spirituality. I was a shy person but I'm trying to overcome it day by day.

Week 3: This week I learned how to present gratitude and it helped me create stronger bonds with everyone .

Week 4: God helped me to find the purpose of my life and with that I always feel happy and contented to live, by helping others and meditation. Week 5: It helped me to create a growth mindset which is necessary to achieve the goals. Overall it was a great experience and I made a lot of new friends

## Honey Bansal

My journey commenced with a solitary walk, and within just 20 minutes, I had an epiphany. However, all of us must allocate even a mere 20 minutes each day to ourselves. By doing so, we gain a clearer perspective on our surroundings and our position in life. Throughout this journey, the Skillverse team presented us with a series of incredible tasks as part of the PERMA model. These tasks included activities like engaging with children, forgiving those who have wronged us, sharing motivational stories, delving into the stories behind success, expressing gratitude through thank-you notes, and engaging in short 15-minute breaks. I would like to share some key insights I've gained and how I've applied them in my daily life. In summary, all these activities have had a profound impact on me, making me even more positive and practical in my approach to life.

# TESTIMONIALS

Nischal

As Perma tells us about positive emotion, engagement, relationship, meaning, and accomplishment. Firstly positive emotion taught me the skill of managing negative emotions and always looking for positivity and teachings in every aspect of life. Engagement taught me the concepts of mindfulness and flow. I learned about flow and how to bring flow into our life for better results and more engagement. Coming on to relationships, helped me to increase my bonding tremendously with gratitude and genuine appreciation. Meaning introduced me to a whole new area of life, like what it is like to have a purpose in life, i started talking to strangers and had a lot of fun while going through it. Accomplishment taught me the importance of goals and how to stabilize my life in terms of professional and personal goals.

HariOm

I have done Perma, I put my all efforts into doing this wonderful model and loved the way the volunteers from the happiness center helped me do this. first of all, I want to thank my friend Rashmi Bindal for encouraging me to do the happiness code of Skillverse. He also helped me understand the everyday tasks related to perma. I loved all the tasks while doing them as they increased my confidence, which I lacked and my fears also vanished, somewhat. tasks like making a video of myself, which was a fear of the camera, I faced. His efforts were beyond my imagination to make me achieve this beautiful ongoing journey of inner happiness and expressing it was not a cup of my tea, but after doing perma, I am glad that this milestone is achieved and the cup of tea is all mine by now. I enjoyed and learned good things which are helpful for my overall growth.



# TESTIMONIALS

## Kritika Mahajan

A delightful student of Happiness Club, was a part of this club, I felt enthusiastic, relaxed, and happy. Manav sir made us do many activities during the class, which rejuvenated us in every essence. The topics Manav sir told, like emotional intelligence, mindfulness, perma-related activities, time management, etc., were very interesting. I loved every class and topic, but in utter excitement, I got from the emotional intelligence class. I lacked at first explaining my and other emotions, even in understanding. But the way sir taught us, encouraged all of us, was a gift of God bestowed upon us. I even gained confidence, and self-belief, and enhanced my skills after that. My overall experience was very wonderful. I want to thank Manav sir my happiness team and other members, who all were kind, motivating, and emotionally attached to me.

## Komal Tiwana

Week 1: from week one I learned many things but the habit of reading personality development books is amazing which is helping me in daily life.

Week 2: From week 2 I learned about manifestation and visualization which helps me to achieve everything with the help of manifestation and visualization. Week 3: From week 3 I learned many skills but gratitude is something that I learned and implement in daily life. Now I am grateful for each and everything in my life that creates a positive impact on my life.

Week 4: From week 4 I learned about working and finding out my hidden talent which is writing poetry working on my writing skills enhanced my level of writing.

Week 5: From week 5 I learned about ikigai which helps me to find passion in my profession which is helpful for me

# TESTIMONIALS

Sheena

Week 1: After performing the tasks of this week I became more optimistic as I got to know many positive things about myself by neglecting the negative ones.

Week 2: The tasks that were given this week made me more confident. I did all those activities and this reduced my distraction level by getting fully immersed in the present and ignoring the bad experiences.

Week 3: This week taught me to be more kind and generous towards people by helping them in the way I can. I got to know how I can express my love for people around me in a better way.

Week 4: I went on an imaginative journey by exploring the things I like and want to do.

Week 5: This whole week gave me a better prospect for my future.

Harshit

Week 1: I completed all of the activities in the first week, but I still enjoy listening to music during my little breaks and going outside to play games like Basketball.

Week 2: The assignments I was given this week increased my confidence. By completely focusing on the here and now and disregarding the negative experiences, I completed all those activities and was able to lower my degree of distraction.

Week 3: During the third week, I enjoyed taking a silent thankfulness stroll in nature. Another activity I liked was doing acts of kindness, such as feeding pets.

Week 4: I explored my interests and goals by going on an imagined journey.

Week 5: I'm not sure, but after these four weeks, a lot of people started complimenting me, and I feel really good right now, so that's my accomplishment.



# TESTIMONIALS

## Osheen

Week 1: Gratitude: It was an amazing experience Sending gratitude to someone is such. A beautiful feeling makes me so happy!

Week 2: I have involved myself in games, group activities, listening, reading, and writing. These activities have not only enriched my knowledge but have also had a positive impact on both my studies and life.

Week 3: This task encouraged us to dedicate some time to improving our relationships, not only with people but also with nature, animals, and our connection with the divine.

Week 4: This week, we explored activities such as singing, dancing, and interacting with people, resulting in a truly wonderful experience.

Week 5: This week focused on our life decisions, aiming to find happiness in our work and career choices.

## Muskan

Week 1: I just started to realize my potential and how much I needed the activities for my growth mentally and emotionally. My confidence got a little boost by the end of this week.

Week 2: Activities helped me improve my decision making, altered my mind thoughts, and the way I see things happening. My stress reduced a little bit

Week 3: This week, we celebrated our milestone with gratitude and appreciation for other A as well as ourselves. I journaled my feelings, shared gratitude with friends and family, appreciated the help and the involvement of others in my life.

Week 4: I searched for my talents and my passion, connected it with the responsibilities I have and I think it made a difference in the way I thought about myself.

Week 5: I thought more about how my closest relationships add to my life, what I had always wanted.

# SKILLVERSE

## GATEWAY TO LEARN AND GROW

Welcome to Skillverse, the latest initiative from the Chitkara Happiness Centre. Explore a diverse range of evening courses designed to ignite your journey of self-discovery and personal growth. Whether you're pursuing a passion, learning a new skill, refining an existing one, or preparing for job interviews, our expert mentors are here to guide you. Enhance your abilities, create lasting memories, and connect with like-minded individuals as you let your aspirations soar! For more information, visit [Chitkara Skillverse] (<https://www.chitkara.edu.in/skillverse>).

SKILLVERSE	NO. OF COURSES	NO. OF STUDENTS CERTIFIED
SKILLVERSE 1.0 (September - November 2023)	11	266
SKILLVERSE 2.0 (October - November 2023)	5	129
SKILLVERSE 3.0 (January to March 2024)	11	199



# SKILLVERSE COURSES

## MONEY MAKING

"Everyone works for money, but here we make money work for you!"

In today's world, people aim to earn quickly to retire early or pursue passions. However, authentic financial knowledge is scarce, and misleading information deceives investors. We often trust our money to those with vested interests, leading to poor fund allocation. Our course provides practical knowledge in live markets, empowering the youth to manage money effectively from an early stage. With our guidance, individuals will see their money work for them, ensuring a secure financial future.



## HAPPINESS CODE

"Decoding Career and Life Skills for a Thriving Tomorrow"

"The Happiness Code" is a comprehensive program enhancing students' personal and professional lives through career and life skills. Using the PERMA model, it boosts well-being via positive emotions, engagement, relationships, meaning, and accomplishment. The program includes group activities, team-building games, discussions, mindfulness practices, and a Happiness Buddy system. Students learn to manage emotions, find joy, build meaningful connections, and discover purpose. Successful participants receive a certificate, enhancing their CVs and recognizing their achievement in "The Happiness Code."





# SALSA SENSATION

"Unleash Your Dance Swagger"

"The Salsa Sensation" offers an exhilarating dance journey for all levels, from beginners to experienced dancers. Our classes create a warm and supportive atmosphere, encouraging students to embrace the joy of dancing and connecting with others. The enchanting beats of Latin music infuse each step with energy and excitement, making every 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 aimed at improving physical and mental well-being through yoga and meditation. Suitable for all levels, our nurturing classes are led by certified yoga professional Pradeep Kumar. Each session includes yoga poses, breathing exercises, and yogic detox practices to build strength, flexibility, and balance. Focusing on the mind-body-spirit connection, this course offers a holistic approach to achieving inner peace and harmony.

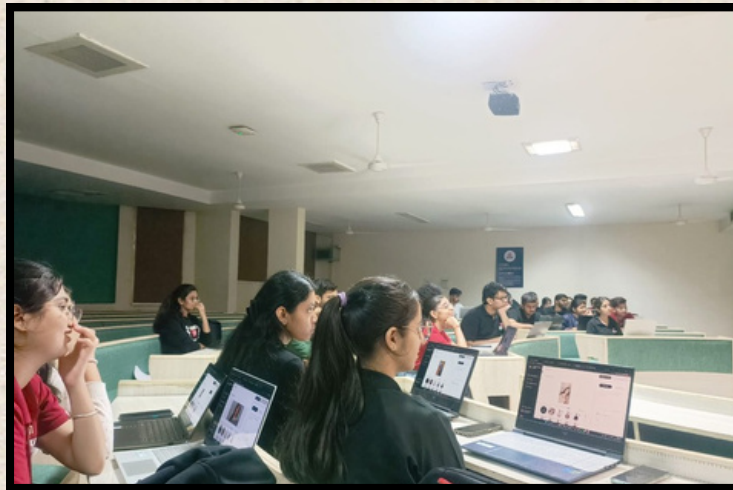




# AI AND CHATGPT UNLEASHED

"Empower Your Future - Equip with AI"

Join the captivating AI Mastery Workshop and embark on an extraordinary journey of learning and growth. Discover the fascinating world of Artificial Intelligence (AI) and witness its revolutionary impact on every aspect of our lives. Dive deep into AI concepts and tools, unleashing your potential and exploring boundless possibilities for the future. No prior AI knowledge required—just bring your curiosity, a computer, and an open mind! Enroll now and equip yourself with the skills to thrive in an AI-driven world. Don't miss this incredible opportunity to shape the future with AI and ChatGPT.



# THE WORK READY WORLD READY PROGRAM

"Unlock Your Potential and Leave the Crowd Behind"

In this program, students learn to craft their CVs scientifically in an internationally acceptable format, maximizing their chances of landing internships and jobs. Gain insights into Applicant Tracking System algorithms used by recruiters globally, understanding how major organizations select candidates. Mastering ATS helps students assign realistic 'Dollar Value' to their skills, aiding in salary negotiations. Develop confident speaking and active listening skills for interviews and discussions. Learn corporate presentation skills to exude maturity and professionalism. Gain the ability to intelligently interpret job descriptions.





# KALARIPAYATTU

"Reviving the Ancient Indian Martial Arts"

Explore the captivating world of Kalaripayattu (Kalari), an ancient Indian martial art form originating from Kerala, with a rich history spanning over 3000 years. Delve into a comprehensive discipline weaving physical training, self-defense techniques, healing practices, and spiritual development. Experience mesmerizing fluid movements resembling dance as you learn to wield your body as a powerful weapon. With emphasis on footwork, balance, and flexibility, Kalari instills profound control and agility in practitioners.



# FRENCH LANGUAGE

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

In "THE FRENCH LANGUAGE PROGRAM," students immerse themselves in approximately 1500 frequently used French vocabulary words, covering essential expressions and phrases. Engaging lessons and practical exercises build a strong language foundation for effective communication. Students learn sentence construction, questioning, and idea expression confidently, comprehending native speakers' responses. Emphasizing all four language abilities - listening, reading, writing, and speaking - ensures proficiency in understanding and expressing oneself eloquently .





# 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), adding a melodious and percussive element to their movements. This program focuses on teaching Kathak basics: footwork, postures, hand gestures, expressions, taal, and choreography. Participants embark on a transformative journey, honing dance skills while fostering discipline, concentration, and emotional expression.



# SUSTAINABLE LIFESTYLE

"Adapting to the Changing World"

The Sustainable Lifestyle Program empowers participants with knowledge and skills to lead eco-friendly lives. Explore eco-friendly practices, renewable energy solutions, waste reduction, and mindful consumption. Learn to make conscious choices benefiting the environment and daily life, fostering sustainable habits. The program includes group activities, quizzes, awareness videos, and site visits, providing hands-on experience in waste management and organic farming. Upon completion, receive a certificate, acknowledging dedication to building a more resilient, environmentally conscious society. Embrace sustainability and join us on the path to a greener future.





# DIGITAL MARKETING

"Connecting Audiences, Converting Opportunities – That's Our Digital Promise"

Unleash the power of digital marketing with our meticulously crafted program, equipping you with essential skills and strategies. Delve into strategic digital planning, SEO, social media, content marketing, email campaigns, data analytics, online advertising, CRO, e-commerce marketing, and mobile marketing. Gain a comprehensive and hands-on education to thrive in the digital landscape. Join us and graduate with a well-rounded, practical skill set for career or business success.



# ETHICAL LEADERSHIP

"Guiding Leaders Toward Ethical Excellence"

Transform your leadership approach with our Ethical Leadership program, integrating ethical principles, personal growth, and compassionate guidance. Embrace ethical leadership qualities, transcending rigid hierarchies. Explore the deep connection between inner values and leadership roles, fostering balance and fulfillment. Gain practical tools to navigate complex leadership challenges ethically. Understand the integration of scientific principles and Ethical Leadership, enhancing your leadership framework. Join us to cultivate a transformative, ethically-grounded leadership paradigm for the evolving corporate landscape.





# SKILLVERSE TESTIMONIALS

Prashansa Kumar  
Digital Marketing



Enrolling in the digital marketing course by the Happiness Centre, part of their 3.0 curriculum, was eye-opening for me as a Computer Science and Engineering (CSE) student. Exploring SEO, social media marketing, and analytics, the practical approach, coupled with industry insights from experienced instructors, bridged the gap between theory and practice seamlessly. From novices to seasoned professionals, the course catered to diverse backgrounds, fostering a dynamic learning environment. A heartfelt thank you to the Happiness Centre and its instructors for this transformative journey. Your guidance and expertise have been invaluable, shaping my understanding and appreciation for the digital landscape.



Nitya Mittal  
French



I had this dream of learning French for so long, then it became true after joining skill verse 3.0. On the first day when I went to class, I had these tickles and excitement all the time, well then I saw some new faces, some familiar faces on the very first day. The day started when bunny sir entered the class and asked us all to introduce ourselves. We used to have classes for 3 days in a week. For the first two weeks we learned how to learn greetings, we tried speaking French and sounded like fools but now as weeks passed we started learning to speak French now, we gave tests we bunked classes, we yelled at sir to stop teaching. As the classes were going to end things changed. We all were friends now with each other. I know a lot about language now and I have this routine in my mind that I have to go for 3 days a week to learn and do homework that we call devoir in French. But in the end we all had an amazing time together and I am glad I joined the course.



# SKILLVERSE TESTIMONIALS

Sachin Bansal  
Yoga



Hey ! I want to share my experience of attending yoga 🧘♀️ classes. Today ' s life is very busy for everyone and you always need a way of uniting with your soul and yoga is that way for me. Our yoga mentor has been calm and understanding with everyone. I always have a sense of spirituality and happiness after attending yoga class. My ability to focus on tasks increased after doing yoga. I had a severe headache but after doing yoga , I got relief from it.

Yoga has seriously improved my quality of life, filling it with happiness and calmness. It has reduced my headache problem to an extent. Yoga has replaced my medications.

Namish

Money Making Course



Choosing MMC was one of the best decisions of my life. It really changed my perception towards finance and I came to know about the realities and how the market and economies work . What usually everyone does is they enter the stock market without any knowledge and they are just trapped by market makers and get huge losses. So one should have some right and genuine knowledge of markets which in turn MMC fulfills very appropriately.



# SKILLVERSE TESTIMONIALS



Nandini  
Salsa Sensation



I really enjoyed this course and learned the new dance forms also. I am really grateful to manav sir that he launched the skillverse so we developed new skills in ourselves.

salsa class was fun for me, and it was a good way to get over any fear of dancing .I had experienced with dancing but salsa was new for me. i interacted with new faces that was also a good experience. It was a fun and energetic experience. In salsa course, I learnt the basic steps,rhythm,and partnering techniques.I learned how to be more confident in myself. It's also a great way to meet people. Thanku to varun sir that he taught us patiently . He is a great salsa teacher.I am grateful to manav sir that he launched skillverse and we got an opportunity to learn new skills.



Sujal Jain  
Ethical Leadership



An incredible and unique course based upon the fundamentals of living life, I learnt so many things through discussions, case studies etc. I learnt 5 different models of leadership and how to implement them. I learnt the way to lead my life with a strong foundation of ethics. The real-life situation-based examples used during the course were immensely helpful in understanding the concept. Most importantly, I am amazed to see how the complete course got connected smoothly with Shrimad Bhagwat Geeta and Krishna's ethical teachings. The Trainer, HR Mahesh Rawat is absolutely a phenomenal mentor explaining all the things with his sweet connection with everybody he built while listening to students' points of view on different things we learnt. He speaks about any topic so openly that we don't feel any hesitation and feel comfortable in participating in all the activities.



# SKILLVERSE TESTIMONIALS

Aryan Walia  
Happiness Code



I want to express my sincere gratitude for the Happiness Code course. It was truly uplifting and very insightful for me and all topics are great which has been taught by Manav sir . This course has been truly transformative, providing me with invaluable insights, practical strategies, and a renewed sense of purpose in my journey towards greater well-being and fulfillment. In this course I love outdoor games which we used to play together. The depth of knowledge, the engaging content, and the guidance offered throughout the course by Manav Sir have been instrumental in helping me cultivate a more positive mindset, foster meaningful connections, and develop sustainable habits that support my overall happiness and life satisfaction. The interactive exercises all played a crucial role in empowering me to live a happy life.



Mehak Rathore  
Kathak





I really enjoyed the class of kathak .It was totally different dance form for me but pratibha mam taught me very well . From knowing nothing about kathak to learning a lot learning kathak is a profound and enriching experience that goes beyond just mastering dance steps. Initially, the journey was challenging, complexities of footwork, hand gestures, and expressions. However, with the guidance of pratibha mam and dedication to me practice, the dance gradually becomes more familiar. Kathak teaches us important life skills such as discipline, patience, and perseverance. The rigorous practice schedule and attention to detail required in Kathak translate into valuable skills.






# SKILLVERSE TESTIMONIALS

 Sachin Sharma  
AI and ChatGPT Unleashed 

My journey through the AI and ChatGPT course on Skill Verse has been truly enriching. The course content is not just useful but packed with valuable insights. The teaching style of the sir is exceptional, making every session interactive and engaging. It's been a pleasure witnessing my growth and enthusiasm throughout the learning process.

Taking the AI and ChatGPT course on Skill Verse has been really great. The lessons are super helpful and full of cool stuff to learn. The teacher is awesome too, making each class fun and interesting. I've loved seeing myself get better and more excited about the topics as I go along. It's been a total blast watching myself grow and learn more about AI and ChatGPT. Skill Verse is like this awesome place where you don't just learn stuff, but you also get inspired and excited about it.




 Daksh  
Kalaripayattu 

We had some Kalari lectures of Kalaripayattu in which we came to know about its history and importance.

Kalari has had a huge impact on my lifestyle, as it shows how to maintain balance in your body and mind with the help of yoga, meditation and exercise which also improves the quality of thoughts in your mind and helps you to relax and think calmly in any difficult situation and thus improving quality of studying.

I am really grateful for skill verse keeping Kalaripayattu in it, I hope that we can continue with it in upcoming semesters too.



# VALUE ADDED COURSE CAREER & LIFE SKILLS



APRIL - MAY

2024





# ABOUT VAC – VALUE ADDED COURSE

The "Life and Career Skills" course, conducted with **Business School**, impacted **110 students** in total. It was meticulously designed to empower students to enhance both their personal and professional capabilities. This transformative program was crafted with the aim of nurturing essential skills vital for success in various aspects of life.

**Course Overview:** Throughout this engaging course, participants embarked on a comprehensive journey of skill development. The curriculum was thoughtfully structured to cover a range of crucial topics, from fostering confidence and effective communication to mastering the art of time management and excelling in professional interviews.

**Key Highlights:**

- **Interactive Learning Approach:** Each session was characterized by interactive learning methodologies, ensuring active engagement and practical understanding of the concepts.
- **Tailored Content:** Topics were selected based on the identified needs and interests of the participants, aligning the course content closely with real-world challenges and opportunities.
- **Skill Enhancement:** Participants had the opportunity to sharpen their life skills, equipping themselves with tools necessary for personal growth and career advancement.

The impact of this course extended beyond theoretical knowledge, with measurable improvements observed in participants' confidence levels, communication abilities, and overall approach to personal and professional challenges. The success stories emerging from this program underscored its efficacy in fostering tangible growth and development.



# TOPICS COVERED

- **TIME MANAGEMENT**
- **COMMUNICATION SKILLS**
- **INTERPERSONAL SKILLS**
- **INTERVIEW SKILLS**
- **SELF CONFIDENCE**
- **STAGE CONFIDENCE**



# TESTIMONIALS

““

I want to share about this course that this was amazing and it also helped me to improve lot of things like communication skills, confidence and improve my personality which will help me in future for my betterment. It also shared views about that how being happy is better for future . It also teaches lot of skills like patience etc . I enjoyed this course very much and I thank you to give me this opportunity to have me part of this course.

- Lakshya

””

““

I would like to express my gratitude towards everyone who taught me and my fellowmates about this VAC course.I got to learn a lot of things and basically about managing everything in life. Time management and coping up with stress level which are the important aspects of the life were covered. I could feel my skill efficiency being increased and even i could manage my stage fear to a good extent.

-Ansh Chawla

””

““

I want to share something about the happiness course as a feedback, as we all know this course is about how to stay happy, during this course i learnt alot and i enjoy while attending the lecture, it was a amazing experience and this course help me to boost my confidence and enhance my public speaking which makes me a little bit confident speaker, overall it was a great experience which helps me to become a better personality of my own Thanks.

-Aman

””

# TESTIMONIALS



I would like to share my experience about Happiness Club. I felt very happy to come for happiness class. I felt motivated & got improved after attending all the sessions. Earlier I felt afraid on stage but now I am confident that I am now able to communicate with everyone. Looking forward to be a testimonial student to future students of Chitkara University Thanks to Happiness Club who made me feel motivated & happy.

- Kevin



Find joy in the little things around you. Cultivate gratitude for each moment. Let laughter fill the air, lifting spirits high. Share stories of happiness and resilience. Connect with others through acts of kindness. Dance freely to the rhythm of life. Nurture your passions and dreams. Celebrate the journey, not just the destination. Open your heart to love and compassion. Conclusion - it made me more self confident, we enjoyed a lot throughout the session , and I got to learn if you dream it you can achieve it.

- Dharampreet Singh



Before joining the class I was under confident and always feel hesitated to participate in activities but now I develop various strategies and assign various task to manage time and develop various skills which will help me to grab opportunities in future . This course was really helpful to boost self confidence.

- Nikhil Dhawan





# IMPACT REPORT

Skill	Average Before	Average After
Time management	2.77	3.74
Communication Skills	2.85	3.5
Interpersonal Skills	3	3.6
Interview Skills	2.9	3.28
Self Confidence	2.91	3.43
Stage Confidence	2.25	3.25



**STAGE  
CONFIDENCE &  
TIME  
MANAGEMENT**

The observed growth in students was particularly notable in two key areas: confidence-building and time management skills.

# JOIN CHITKARA HAPPINESS CENTRE

1. PERMA PROJECT - Contact Ms. Kiranjot Kaur  
(9781764628)
2. SKILLVERSE PROJECT - Contact Mr. Shivam K Mishra  
(9122389548)
3. WORKSHOPS - Contact Ms. Vrinda Sharma  
(9878895177)
4. HAPPINESS INTERVENTIONS - Contact Ms. Ishika  
(6284469037)
5. SAVERS COMMUNITY - Ms. Yashmeen ( WhatsApp  
Number - 9416310169)
6. GRATITUDE COMMUNITY - Contact Ms. Kiranjot Kaur  
(9781764628)
7. MEDITATION - Contact Ms. Kiranjot Kaur  
(9781764628)
8. BOOKNATICS-Contact Ms. Kiranjot Kaur  
(9781764628)

JOIN US ON INSTAGRAM



[chitkarahappinesscentre](https://www.instagram.com/chitkarahappinesscentre)



Thank  
you