



Report on Happiness Summit

Title of Event	Happiness Summit
Activity	Conduct meditation session focusing on mindfulness techniques
Values	Integrity, Harmony
Learning Outcomes	<ul style="list-style-type: none"> • Participants developed a habit of acknowledging and appreciating positive aspects of their lives. • Attendees became more mindful of small moments that contribute to happiness. • Individuals learned techniques to manage stress and maintain a positive mindset. • The discussions and interactive activities fostered a deeper connection among participants. • Participants left with practical skills and habits to integrate happiness into their daily routines.
Objectives	<ul style="list-style-type: none"> ➤ Help participants understand how gratitude enhances happiness and overall well-being. ➤ Encourage mindfulness in daily life by identifying and valuing simple moments of joy. ➤ Equip individuals with techniques to maintain a positive attitude despite life's challenges. ➤ Promote self-awareness and emotional resilience as key factors in achieving long-term happiness. ➤ <input type="checkbox"/> Encourage meaningful interactions and a sense of belonging through group discussions.
Organized by	Happiness Club
Program Theme	Cultivating Joy: Embracing Mindfulness and Gratitude"
External Expert / Internal Expert	NA

Date	18.01.2025
Time	11:00 AM Onwards
Venue	MPH
Poster/Flyer/Notice*	
Social media link (<i>promoting in any one Facebook/Instagram/Twitter is mandatory</i>)	NA
No. of Students* (<i>only no. to be written, list in excel or word should be maintain at department level as proof for any further requirement</i>)	15
No. of Faculty* (<i>only no. to be written , list in excel or word should be maintain at department level as proof for any further requirement</i>)	NA
No. of External Participants (students + faculty) [<i>write NA if not applicable</i>]	





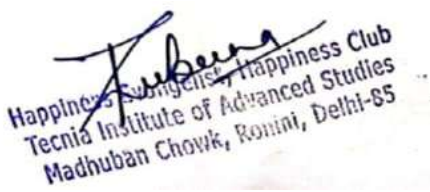
Report: Description in (min 250 to max 800 words)*

On the 1st of February 2025, the Happiness Summit was successfully conducted to promote discussions on how to find joy in everyday life. The event was designed to create a meaningful and interactive experience where participants could engage in group discussions with friends, exploring different aspects of happiness and well-being. The session focused on appreciating the importance of gratitude, recognizing small joys, and developing a positive mindset. It was guided by the core values of harmony and belongingness and aligned with the United Nations Sustainable Development Goal 3: Good Health & Well-Being.

The session commenced with an introduction to the concept of happiness and its significance in personal and social well-being. Facilitators explained how happiness is not just a fleeting emotion but a practice that can be nurtured through gratitude, mindfulness, and meaningful connections. Participants were encouraged to reflect on their own sources of happiness and share their thoughts within their groups.

One of the key elements of the summit was the group discussions, where friends engaged in open conversations about what brings them joy in their daily lives. These discussions allowed individuals to express their personal experiences, exchange ideas, and offer insights on cultivating a positive outlook. The importance of gratitude was

	<p>emphasized, as participants were guided to acknowledge and appreciate the little things that bring happiness, such as moments of kindness, nature’s beauty, or simple achievements.</p> <p>Another crucial aspect covered in the event was emotional well-being. Experts discussed how maintaining a positive mindset contributes to overall mental health. Strategies to overcome negativity, deal with stress, and enhance emotional resilience were shared. Participants learned the impact of self-awareness and self-compassion in leading a more joyful and fulfilling life.</p> <p>The summit also included interactive activities such as a gratitude journaling exercise, where attendees listed things they were grateful for. This practice helped reinforce the idea that happiness can be cultivated through intentional habits. Another engaging activity was a ‘joy circle,’ where each participant shared a recent moment of joy, fostering a sense of connection and belonging within the group.</p> <p>By the end of the session, participants had a deeper appreciation for gratitude and its role in happiness. They left with a renewed perspective on recognizing small joys, fostering emotional well-being, and maintaining a positive mindset. The Happiness Summit proved to be an inspiring and impactful event, encouraging individuals to embrace happiness as a daily practice and strengthen their sense of belonging within their communities.</p> <p>Through this initiative, the Happiness Summit successfully contributed to the well-being of attendees, reinforcing the idea that happiness is a shared experience. The event aligned with the UNSDG Goal 3: Good Health & Well-Being, promoting mental and emotional wellness through meaningful discussions and positive interactions.</p>
Resource Person	Dr. Rubeena Bano – Club In-charge
Attendance Sheet*	<i>Attached at the end of Report</i>
Feedback	This event was well received by society.

Report Submitted by Convener	Dr. Rubeena Bano
For Office Use	
Signature of Event Coordinator	
List of Participants	

S. No.	Enrolment No	Name	Department
1	14417001722	ADITI MITTAL	BBA
2	`07117001722	PARLEEN KAUR	BBA
3	`07217001722	KUMAR KRISH GOEL	BBA
4	`07317001722	RIDHI JAIN	BBA
5	`07417001722	RISHABH NAGPAL	BBA
6	14117001722	GAGAN	BBA
7	14217001722	ANSH KUMAR	BBA
8	14317001722	DEVESH SHARMA	BBA
9	`07017001722	SAKSHAM GUPTA	BBA
10	14517001722	KRISHNAM	BBA
11	10421301722	VIVEK KUMAR LUNAWAT	BBA
12	10521301722	NANCY GARG	BBA
13	35321301722	AKANKSHA	BBA
14	35421301722	PARI GUPTA	BBA
15	`08017001722	PRACHI GARG	BBA
16	`08117001722	VAIBHAV GANDHI	BBA
17	`08217001722	SHREY GOEL	BBA
18	36517001722	VRINDA SACHDEVA	BBA
19	36617001722	CHIRAG PULASTYA	BBA
20	36717001722	NAMAN ANEJA	BBA
21	36817001722	HRITIK AGGARWAK	BBA
22	70117001722	VANSHIKA SINGHAL	BBA
23	`07317001722	RIDHI JAIN	BBA
24	`07417001722	RISHABH NAGPAL	BBA
25	`07517001722	ISHIKA KOHLI	BBA

