

**12<sup>th</sup> Oct 2022**

**Outcome Report for Event to be uploaded on**

**AMIZONE:**

- 1. Name of the Event: “Happiness, Gratitude and Well-Being”**
- 2. Level of the Event: Central Campus Level**
- 3. Type of the Event: Interactive session with the Founder of the “World Happiness Foundation, USA” Mr Luis Gallardo.**
- 4. Organized by: Amity Centre of Excellence for Positivity and Happiness (ACEPH), under the convenorship of Dr Manju Agrawal, Dean Student Welfare, Director of this independent centre established on the initiative of Dr Aseem Chauhan, Chairperson, Lucknow Campus.**
- 5. General Introduction: Mental health is an important construct that needs to be understood and taken seriously in today's scenario. While dealing with mental health it is very important to embark upon the strengths and virtues gifted to the mankind. Gratitude and Happiness are two major pillars of strengths that if worked and exercised will yield results beyond the level of mankind and help the individual to deal with daily life issues and stress.**
- 6. Objectives:**
  - The Event seeks to provide students the concept, meaning and importance of Gratitude and give them skills to practice it.**
  - The event also seeks to highlight the importance of Happiness and its impact not only on individual**

**success, relationships and health but also for organizational growth and development.**

- **How to integrate happiness and positivity in the work culture and daily routine.**

7. Details of Envisaged Vs Achieved Outcomes and Actionable Progressive Outcomes

- **Envisaged Outcome(s):- Students and faculty become aware of the importance of happiness and positivity in life and learn simple skills to achieve it as well.**
- **Is the outcome tangible or intangible? Both Intangible and tangible.**

a. **Achieved Outcome:-**

**1. The event provided the students with the concept of wellness and wellbeing with highlighting the neurological and psychological benefits of Gratitude.**

**2. Students gained the perception regarding happiness in work culture through an online survey and learnt the pyramid of happiness that can be applied to work environment.**

**3. Students learned the simple skills of practicing gratitude integrating in their daily routine**

- b. **Progressive Outcome yet to be achieved: A dedicated series of joy workshops by Muskan NGO will start from Jan 2023.**

- c. **Action plan how to achieve the progressive Outcome: Collaborate with Muskan NGO and World Happiness Foundation to conduct interactive sessions with students and celebrate Happiness Fest on 20<sup>th</sup> March.**

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- d. Target Date to achieve the progressive Outcome: **Jan 2022 to continue**
- e. Responsibility for achieving the progressive Outcome: **ACEPH and Anand Club**
- f. Additional Remarks, if any
8. Scientific/ Technological/ Administrative strengths of the institution(s)/individual(s) who participated. **Students of all institutes participated.**
9. Further possibilities of establishing linkages or collaborations with the Organization(s)/ Participants in the event : **Muskan NGO, World Happiness Foundation and Rekhi Foundation**
10. List of guest speakers with their specializations and contact details,
- M. Vibha Tara, Initiator of Muskaan NGO registered in 2007. A non profitable NGO that works to nurture human spirit by promoting Kindness Gratitude and Happiness globally through joy workshops.**
- Mr. Luis Gallardo, Founder and president of the world happiness foundation and world happiness fest. Author of Happytalism and Exponentials of Happiness.**
- Prof Dr. Manju Agrawal :- Dean DSW Founder of ACEPH as the session Moderator.**
11. What was the Inspiration behind taking up this Particular Subject for the Event?  
**ACEPH organised the event to help find balance in the daily life of students with the objective of making the ends meet in our day-to-day life. Finding out what makes us happy and how to lead a healthy life physically, mentally and emotionally.**

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12. What was the Criteria Considered for inviting the Various Individual Guests, Internal as well as External?

**The global presence and expertise in the subject.**

13. Who all attended the webinar? Also, if possible, give the numbers.

**Students of Amity attended the interactive session. Approximately 350 students were present during the session.**

14. What were the 'Take Homes' for the Guests and the Attendees in the form of knowledge, facts, information etc.?

**Please give the Salient Novel Points Covered by the Guest Speakers, in Bullet Points Format.**

**By Ms. Vibha Tara**

- 1. Difference between Wellness and Wellbeing**
- 2. Impact of Gratitude in our lives and its benefits Neurologically, Emotionally, Psychologically.**
- 3. Her experience sharing with a short exercise on Mindfully introspecting the inner self.**
- 4. Experiential exercise on practicing gratitude.**

**Mr. Luis Gallardo:-**

- 1. Mr. Gallardo introduced himself to the audience with his amazing research works in the field of happiness esp targeting workplace.**
- 2. He made all participants join an online survey through which he introduced the concept of happiness and his theory of Happytalism which is a concept dedicated to workplace happiness.**
- 3. He explained the pyramid of NEEDS that applies in terms of happiness quotient in work place environment.**
- 4. This interactive session was moderated by Prof Dr. Manju Agrawal and each speaker shared their personal inputs about the theme from their life**
- 5. Gratitude hugs and Heart to heart hugs was initiated by the speakers as an exercise for the audience which brought a vibrance and energy in the participants.**

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- 6. The session was brought to end with the round of Question and Answer by students to the resource speaker.**
15. Has the Webinar been able to generate any Tangible Gains for the Faculty, Researchers and Students of Amity. If yes , what are these ?  
**Happiness and gratitude skills were given to students. There is also possibility of organizing Happiness Fest with World Happiness Foundation, USA.**
16. What are the plans for utilizing the contacts developed with the Invited Guests, for future cooperation to meet the targets of ‘ Mission: Connect’ and Mission : Synergy of Brains ? Please give a roadmap with timelines.

**As mentioned above.**

**Press Note/ Media Coverage / Photographs**





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