

A Report on

International Day of Happiness – 2024

Organized by Wellness Club and UHV Cell, MITS, Madanapalle, AP- 517325

on 20th March 2024 (4 PM to 5 PM)

(Report submitted by **Dr. B. Jagadeesh Babu**, UHV Cell Coordinator & Assistant Professor, Department of Physics, Madanapalle Institute of Technology & Science, Madanapalle.)

OBJECTIVES OF THE CONFERENCE

- To share and discuss the vision of International Day of Happiness.
- To listen from students about their perspective about Happiness.



MADANAPALLE INSTITUTE OF TECHNOLOGY & SCIENCE
(UGC-AUTONOMOUS INSTITUTION)
Madanapalle-517325, Annamaya Dist., Andhra Pradesh

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Affiliation to JNTUA
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Organized by Wellness Club & UHV Cell

INTERNATIONAL DAY OF HAPPINESS

Date: 20/03/2024 Time: 4.00 PM to 5.00 PM Venue: Seminar Hall - A
www.mits.ac.in

The Program started with welcome and opening address by Dr. B. Jagadeesh Babu and Mrs. U. Vijayalakshmi, respectively. A total of 60 students attended the session.

The following points were discussed with students in detail

Happiness is a fundamental human goal. It is the Basic Human Aspiration

The UN recognizes this goal and calls for “a more inclusive, equitable and balanced approach to economic growth that promotes the happiness and well-being of all people.

Finland tops the list of happiest country and India is at the 126th position. In Bhutan, they measure Gross National Happiness over Gross National Product.

An Open discussion was held on the question: What does happiness to you? What makes you happy?

Happiness – To be in state of Harmony.

The state or situation, in which I live if there is harmony/synergy in it,
(and I want to continue to be in that state/situation)

Source of happiness: 1. Physical facility
2. Favorable Sensation
3. Feelings from others

With all this continuity of happiness not possible. By this we are sometimes happiness and sometimes unhappiness.

To escape from unhappiness-what we do-over eating, over sleeping-alcohol, drugs, violence etc.

What is the solution and real source of happiness?

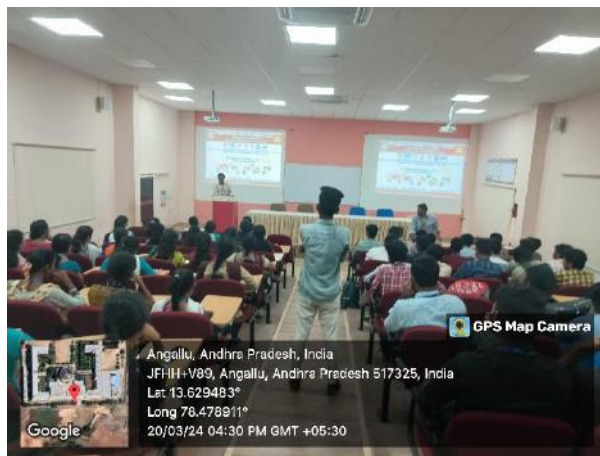
1. Right Understanding in the self-Understanding the harmony at all levels
2. Right feeling in the self.

Human interactions are decreasing with technological developments.

In conclusion,

We need to work up on the physical wellness as well as mental wellness.
Most of our problems are Psycho-Somatic

“Even a single happy person has an impact on others”.



Thank you