

**A Report on "International Day of Happiness – 2025"**  
**Organized by Wellness Club**  
**in association with**  
**Universal Human Values Cell, MITS**  
**on 20.03.2025**



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








**INTERNATIONAL DAY OF  
HAPPINESS**  
Organized by Wellness Club - MITS  
in collaboration with the MITS UHV Cell

**Date :** 20/03/2025  
**Time :** 3:00PM to 5:00PM  
**Venue :** Seminar Hall - B

**Events :**  
Gratitude Wall  
Dropbox (What makes you happy)  
Stand-up Comedy

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**Report submitted by Dr. B. Jagadeesh Babu, UHV Cell Coordinator & Assistant Professor, Department of Physics.**  
**Mode of Conduct: Offline**  
**Report Received on 27.03.2025.**

**Objectives of the Conference:**

- To share and discuss the vision of International Day of Happiness.
- To hear students' perspectives on Happiness.
- Engaging and Fun-filled Events organized.



The Program commenced with a welcome and opening address by Dr. B. Jagadeesh Babu. The event was attended by 50 students and six faculty members.  
 As part of the International Day of Happiness Celebrations, the following events were conducted:

**Gratitude Wall:**

Ms. N. Siri, the Student coordinator of the Wellness club, conceptualized and successfully executed the “Gratitude Wall”. The event received an overwhelming response, with both faculty and students expressing their gratitude towards their loved ones by posting heartfelt messages on the wall.

**What Makes You Happy?**

Organizers conducted a fun activity where participants shared what brings them happiness. Random responses were read aloud, sparking meaningful discussions. Everyone agreed that strong relationships and right feelings foster happiness. Dr. S. V. Rasajna emphasized the importance of friendship and meaningful connections.

**Stand-up comedy:**

Mr. Tharun and Mr. Prajwal Sai Kumar Goud delivered a lively stand-up comedy performance, receiving an enthusiastic response. Participants joined in, sharing jokes and laughter, making it a truly enjoyable session.

**Number game:**

Participants selected a number to find their matching pair and were encouraged to share kind words and positive remarks about their partner.

**Singing:**

Dr. Rajesh Kumar B and Mr. Shaik Ahamad Faraazuddin sung songs and entertained the participants. Finally, Mr. Prasad discussed the Happiness Index and list of countries indexed in Top 10. He also emphasized on the IKIGAI.

In conclusion, We need to work on physical wellness as well as mental wellness. Most of our problems are Psycho-Somatic. Happiness is 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, which is part of Sustainable Development Goals (SDGs).

International Day of Happiness celebrations created an atmosphere of joy, gratitude and meaningful connections. Through engaging activities, laughter, and heartfelt expressions, participants embraced the essence of happiness built on strong relationships, appreciation, and shared moments of kindness.

**“Happiness multiplies when shared, and true joy lies in the bonds we create.”**