



# Government Degree College for Men, Srikakulam



## Event Organized Report

**2019-2020**

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| <b>Name of Department/ Cell</b>             | IQAC   |
| <b>Name of Event Organized</b>              | Happiness Initiative for Youth Empowerment   |
| <b>Title of the Event</b>                   | Exploring the Happiness Index  |
| <b>Date of Event Organized</b>              | 21-11-2019   |
| <b>Name of the coordinator of the Event</b> | Dr.N.S.N. Swamy, IQAC Coordinator  |
| <b>No. of Participant(Student + Staff)</b>  | 78   |
| <b>Name of the Expert with designation</b>  | Dr. Arun Bharadwaj, Resource Person<br>Dr. M. Babu Rao, Principal - Special Guest  |
| <b>Objective of the Event</b>               | To enhance awareness about the importance of happiness in life and to demonstrate techniques for improving personal well-being, including the practice of laughter yoga.   |
| <b>Description of the event</b>             | <p>The "Happiness Initiative for Youth Empowerment" was organized at Government Degree College for Men, Srikakulam, in collaboration with the Commissioner of Collegiate Education, Andhra Pradesh. The event was designed to emphasize the significance of happiness in our lives and to provide practical methods for achieving emotional well-being.</p> <p>Dr. Arun Bharadwaj, the Resource Person, delivered an engaging session on the Happiness Index. He highlighted that happiness is not dependent on age and can be achieved through various practices. His session included an interactive segment where he guided the participants through laughter yoga exercises, aiming to uplift their mood and demonstrate practical techniques for maintaining a positive outlook.</p> <p>Principal Dr. M. Babu Rao, along with all department in-charges, actively participated in the event. He emphasized the importance of happiness and well-being, encouraging students to adopt positive practices to enhance their quality of life. The event was well-received by all attendees, who engaged actively in the discussions and exercises led by Dr. Arun</p> |

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|                              | <p>Bharadwaj.</p> <p>The session provided valuable insights into the impact of happiness on overall health and productivity. It also included practical demonstrations and interactive activities to help participants understand and implement happiness practices in their daily lives.</p>   |
| <b>Out come of the Event</b> | <p>The Happiness Initiative for Youth Empowerment successfully increased awareness among students about the significance of happiness and its impact on personal well-being. Participants learned practical techniques to improve their emotional health, including laughter yoga, and were encouraged to integrate these practices into their daily routines. The event contributed to fostering a positive and supportive environment at the college.</p> |

  
**PRINCIPAL**  
 Govt. Degree College (Men)  
**SRIKAKULAM**



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## Event Photo Gallery





