

## **An Interactive Session on Joy & Happiness by Ms. Shalini Verma Vikrant**

Date: 28th January 2020

An interactive session on Joy and Happiness was presented by Ms. Shalini Verma Vikrant on 28th January 2020 at Mata Gujri Hall, Mata Sundri College. She is the founder of “Ambassador of Joy”; a programme that propagates the underlying theme of happiness which lies within people. She has even been a part of “the gratitude walk”, which is now celebrated as an annual fest in New Jersey. She has also written a poem – ‘Gratitude’. She believes in spreading happiness and joy through social platforms like “*conversations with myself.shalini*” and “Let’s Express Gratitude”. Her belief is that ‘words can heal and that every individual should lend a hand.

People must come together to support the needy. The perception of the idea of happiness was asked from the audience. The power of mind was emphasized upon and expressing emotions without filters along with manifesting the feelings on an everyday basis was propagated. The session was completely interactive with various activities that were performed either in pairs or groups. Everyone was assigned with various tasks that are to be

performed for 1 week and reported to the teachers or the speaker directly. The following 3 tasks were assigned to the students, to be performed regularly:

- I am the ambassador of joy - the task requires the students to mention the insignificant or small joyous encounters that they had on the particular day and mention all of them in an attractive, new notebook.
- Visualisation – included imagining the moment of achieving one’s dreams, experiencing the happiness and joy that would accompany that encounter and writing down the dreams, feelings and experiences on a daily basis.
- Gratitude journal – further the students were asked to mention the things for which they are grateful on an everyday basis.

The students were asked to be persistent and consistent with these practices and tasks.

The talk ended on a very positive note and all the students were instilled with the idea of “believing in oneself” and radiating similar vibes to others and gaining joy and happiness by doing the same. Also the idea of ‘being kind to oneself and others’ was propagated.

“Only when you empty yourself from regrets and complains, can positivity and joy replace it”

-Ms. Shalini V. Vikrant