

Certificate course on Pursuit of Happiness launched at Aggarwal College
15-03-2023

A new certificate course was launched on the topic of the Pursuit of Happiness by Centre of Holistic Wellbeing and Soulful Wellness at Aggarwal College Ballabgarh under the able guidance of Principal Dr. Krishan Kant Gupta. The certificate course will be run in collaboration with Science of Happiness. The classes will be taken by Mr. Mahesh Bajaj, Life Coach from Science of Happiness. On the inaugural ceremony, he gave some insight about the course. The course is designed to provide participants with the tools and knowledge necessary to live a happier and more fulfilling life.

Sh. Kohli a distinguished Chief Engineer (Retd.) joined Sh. Mahesh Kumar for conducting workshops through Science of Happiness for bringing positivity and joy for the people. He is also actively participating in their programs for the last 12 years. He discussed about the course content which will cover a range of topics, including the science of happiness, the role of relationships in happiness, and the importance of gratitude and mindfulness in achieving a happier life.

Further, participants in the course will have the opportunity to learn from leading experts in the field of positive psychology, who will share their knowledge and expertise through a series of lectures, discussions, and interactive exercises. They will also have the opportunity to connect with other like-minded individuals, and to share their own experiences and insights. They will be required to complete a series of assignments and assessments in order to earn the certificate of completion.

Commenting on the launch of the Pursuit of Happiness course, Principal Dr. Krishan Kant Gupta stated "We are delighted to be partnering with some of the leading experts in positive psychology to offer this new course on the Pursuit of Happiness. We believe that this course has the potential to make a real difference in people's lives, by providing them with the tools and knowledge they need to live happier, contented and meaningful lives."

The Pursuit of Happiness course is set to be one of the most popular offerings at the college, with a high level of interest from prospective participants. It is expected that the course will continue to grow in popularity in the years to come, as more and more people seek to find greater happiness and fulfillment in their lives. It'll also make individuals atma nirbhar and strengthen their CVs.

The inauguration ceremony was attended by 80 participants. Vote of thanks given by Dr Inayat Chaudhary. The organizing team of the event was Dr. Sarika Kanjlia, Dr. Pooja Saini, Ms. Pooja and Dr. Inayat Chaudhary.