

# HAPPINESS CLUB

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**ADITI MAHAVIDHALYA**

**UNIVERSITY OF DELHI**

*Organized*

One Day webinar on

## **HAPPINESS THROUGH THE LENS OF PSYCHOANALYSIS”**

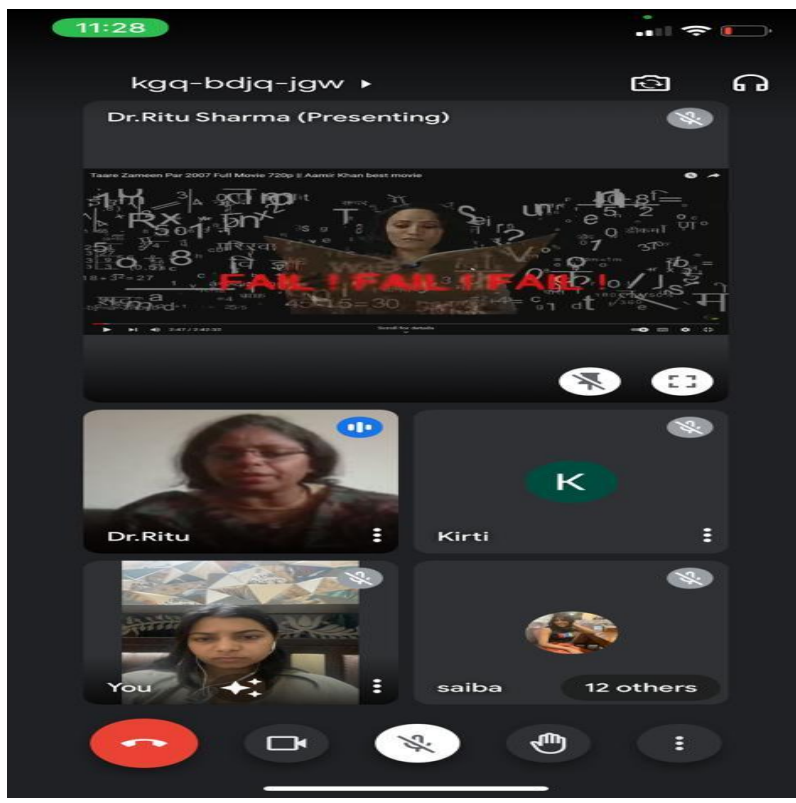
The Psychology Department Of Aditi Mahavidhalya , Delhi University organized a session named “**Happiness through the lens of Psychoanalysis**”.The aim of the session was to analyse a movie on psychological and social perspective.The movie we did discussion on was Taare Zameen Par starring Aamir Khan.Through that movie students got a better perspective into child psychology and how society actually thinks on child disorders.The mental illness shown in the movie was Dyslexia and how the little motivation and help can let child overcome it.

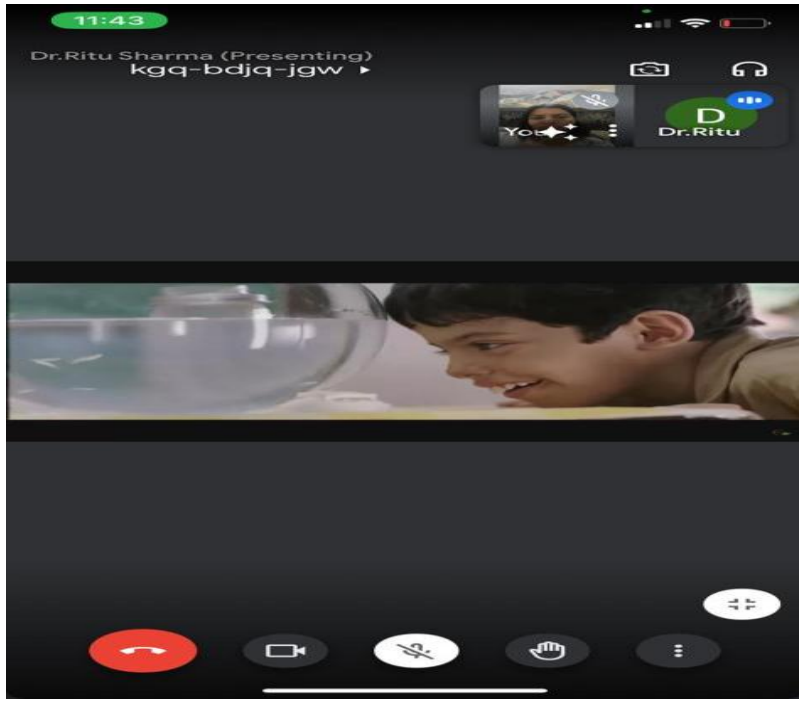
This session was open to all and the speaker of the session was Dr.Ritu Sharma { TIC of The Psychology department} accompanied by principal and other faculty members.The session was on 2 April 2023,Sunday at 11 am. The venue of the session was an online platform name google meet.The session was 2 hours long and a lot of students got to clear their doubts

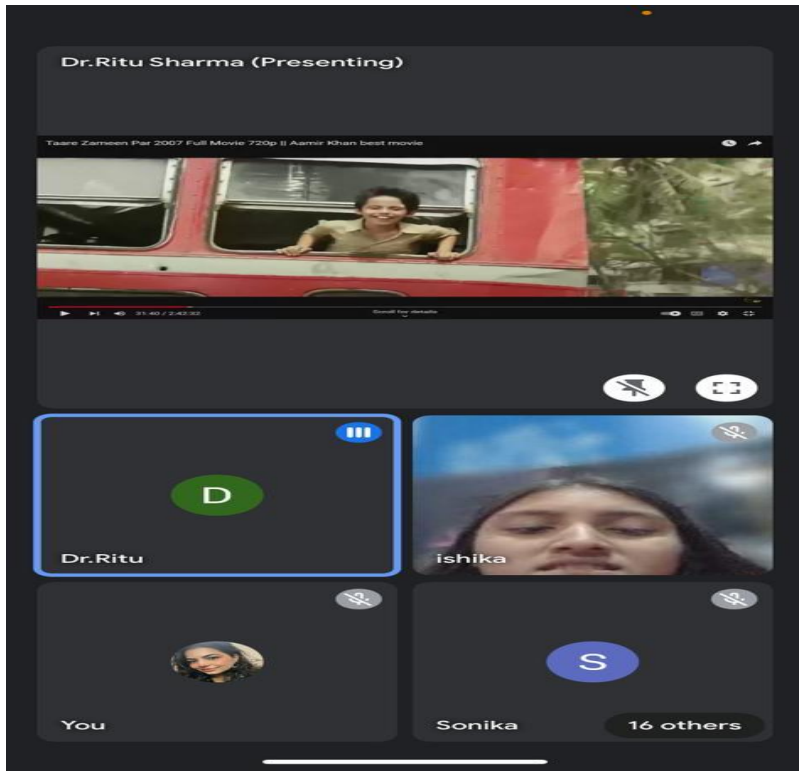
regarding child psychology and the social impact that a child can have. It was a beneficial session for all the budding psychologists.

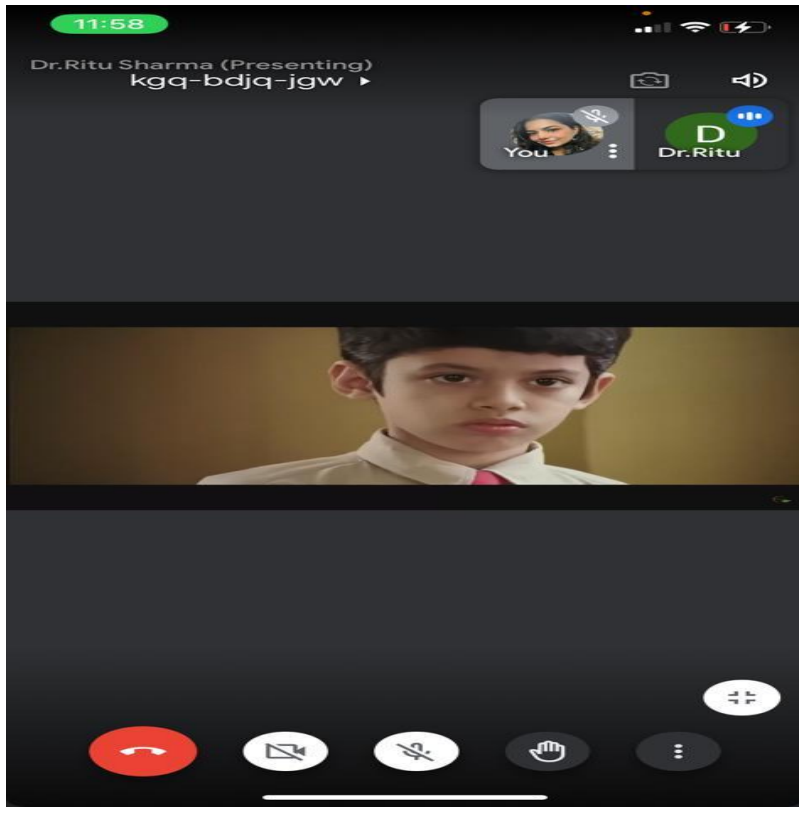
Overall it was a successful event. Psychology is a budding field in India and it needs more awareness around different specializations and problems and we will keep coming up with more sessions like that.

## **ATTACHING SOME OF THE SNAPSHOTS** **BELOW:**











**ANNUAL REPORT  
2021-2022  
“HAPPINESS CLUB”  
ADITI MAHAVIDYALAYA  
UNIVERSITY OF DELHI**



**Patron and Principal  
Prof. Mamta Sharma**



**Convenor, Happiness Club  
Dr. Ritu Sharma**

**ANNUAL REPORT  
2021-2022  
HAPPINESS CLUB  
ADITI MAHAVIDYALAYA  
UNIVERSITY OF DELHI**

In today's fast paced and ever-changing world, there is a constant need for everyone to be killed more than just academic excellence, which takes a toll on everyone's mental health. The pandemic era required us to take an automatic switch towards the adaptation world after COVID-19, converging our attention towards more holistic development and our happiness.

Dr. Ritu Sharma, inaugurated a new club, "Happiness Club" in Aditi Mahavidyalaya, University of Delhi to emphasize the importance of holistic development and happiness among students. The club initiated a series of events beyond the scope of academic excellence to provide students an all-round development.

**JAIPURIA**  
INSTITUTE OF MANAGEMENT  
LOOKING TOGETHER, GROWING TOGETHER

Become unstoppable-  
**BEHAVIOUR ELEMENTS**  
for 21st Century

📅 5th Sep'22 ⏰ 10:30 AM 📍 Aditi Mahavidyalaya

<b>Speaker:</b> <b>Prof. Joy Patra</b> MBA (FMS Delhi University)	<b>Workshop Facilitator:</b> <b>Dr. Ritu Sharma</b> TIC, Psychology Department & Convener Happiness Club	<b>Patron:</b> <b>Dr. Mamta Sharma</b> Principal, Aditi Mahavidyalaya
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Kindly stay back for your participation certificate and refreshments after the workshop

**Last Date and Time of Registration: Sept. 3rd | 5:00 PM**

**REGISTER NOW:** <https://bit.ly/3pOUin9>

**Aditi Mahavidyalaya**  
(University of Delhi)  
Psychology Department

On the Occasion of 75th Independence Day  
"Azadi Ka Amrit Mahotsav  
Jhar Ghar Tiranga"  
organizes  
Rangoli Making Competition

August 26, 2022  
10 AM onwards  
Register Here: <https://forms.gle/8yQp5SdRdXwflcsf2>

**PARTICIPATION OPEN!  
CASH PRIZES TO ALL THE WINNERS:  
1ST PRIZE : 2000/  
2ND PRIZE: 1500/  
3RD PRIZE: 1000/**

Prof. Mamta Sharma Principal	Prof. Manisha Wadhwa Nodal Officer (Azadi Ka Amrit Mahotsav )	Dr. Ritu Sharma Teacher Coordinator
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Department of Psychology  
University Of Delhi  
Aditi Mahavidyalaya  
organises

"HAPPINESS THROUGH  
THE LENS OF PSYCHOANALYSIS"

**LET'S PSYCHE STUDY  
TAARE ZAMEEN PAR**  
(EVERY CHILD IS SPECIAL)

**SPEAKER- DR. RITU SHARMA**

DATE:- 2 APRIL  
TIME:- 11 AM  
VENUE:- Online

## **BECOME UNSTOPPABLE**

**5 September 2022**

### **ABOUT:**

The Happiness Club, Aditi Mahavidyalaya, University of Delhi organized a one-day webinar on “Become Unstoppable - Behavior Elements for 21st century” on 5 September, 2022 at 10: 30 a.m. The event was addressed by Honourable chief Guest Professor Joy from Jaipuria Institute of Management Batra with patron Professor Mamta Sharma, convener Dr. Ritu Sharma.

The aim of the session to give more information and knowledge to the participant about financial crisis and entrepreneurial thinking. Prof. Batra started a session by discussing about financial crises of 2008. He took the session forward by explaining entrepreneurial thinking and various ways of healthy networking.

To make things more understandable he talked about his experiences and struggles in the field of Entrepreneurship. Further he explained about skills needed for good life in 21st century, different ways for networking, effective use of social media like LinkedIn and Intern Shala. He talked about importance of stepping out the home town and serving villages and local areas outside Delhi -NCR. The session was very interactive and informative, and taught about healthy networking.

The session was an incredibly educational for all the participants and helped them develop the edge in modern world.





## **RANGOLI MAKING COMPETITION**

**26 August 2022**

The Department of Psychology, Aditi Mahavidyalaya in collaboration with Happiness Club organised a Rangoli Making Competition in Aditi Mahavidyalaya, University of Delhi on 26 August 2022 to celebrate the occasion of 75th Independence Day under the theme “AZADI KA AMRUT MAHOTSAV”.

Prof. Mamta Sharma, Patron, Dr. Ritu Sharma, Convenor commenced the competition at 11A.M., 20 participants across all department were a part of the joyous event with a competitive spirit. Prof. Priya Kanwar, Department of Psychology, Dr. Juhi Bhatnagar, Department of Political Science, Dr. Neerja Deshwal, Department of English judged the participants and made a successful unbiased judgement. A stipulated time of 1 hour was given to all the participants to decorate their rangoli. All the participants with all enthusiasm participated and creatively styled their designs. The students beautifully came up with all sorts of idea, they made rangolis out of flowers and colours in groups and pairs.



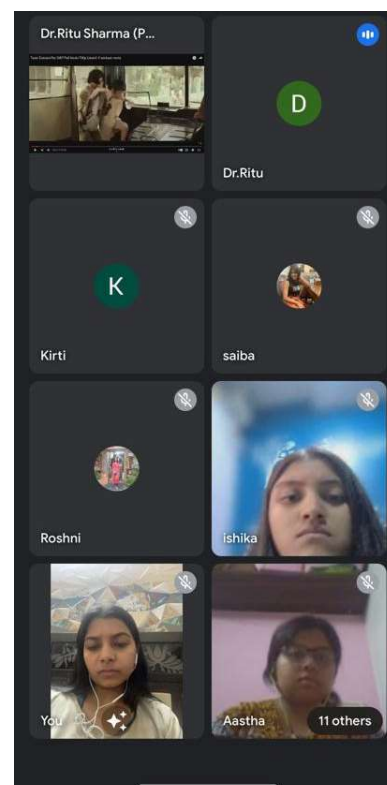
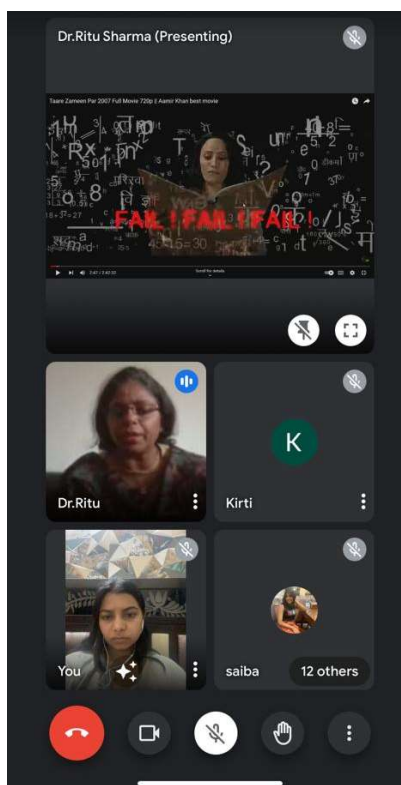
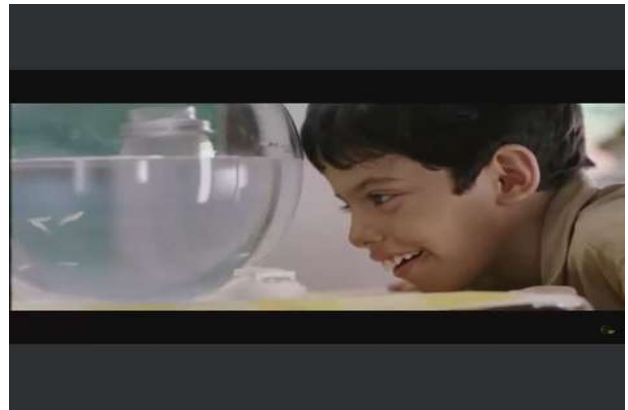
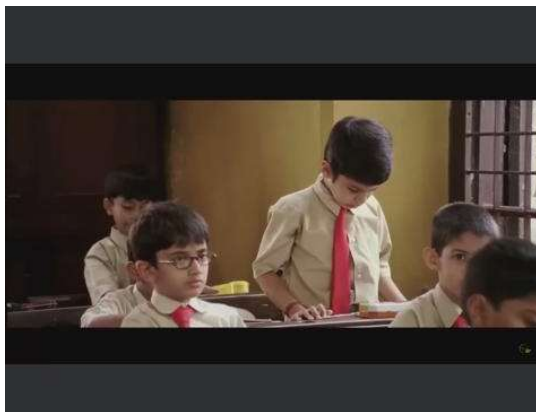
SS THROUGH THE LENS OF PSYCHOANALYSIS

HAPPINE

**2 April 2023**

The Psychology Department Of Aditi Mahavidhalya , Delhi University organized a session named “Happiness through the lens of Psychoanalysis”. The aim of the session was to analyse a movie on psychological and social perspective. The movie we did discussion on was Taare Zameen Par starring Aamir Khan. Through that movie students got a better perspective into child psychology and how society thinks on child disorders. The mental illness shown in the movie was Dyslexia and how the little motivation and help can let child overcome it.

The venue of the session was an online platform name google meet. The session was 2 hours long and a lot of students got to clear their doubts regarding child psychology and the social impact that a child can have. It was a beneficial session for all the budding psychologists. Overall, it was a successful event. Psychology is a budding field in India and it needs more awareness around different specializations and problems and we will keep coming up with more sessions like that.



## **MINUTES OF THE MEETING HAPPINESS CLUB**

**UNIVERSITY OF DELHI**

**ADITI MAHAVIDYALYA**

DATE OF THE MEETING - 22 January 2022

TIME OF THE MEETING- 5pm

VENUE – Online (<https://meet.google.com/nqk-hmmg-pnm>)

**CHAIR-** Associate Professor and convenor – Ritu sharma , Dr Sneh , Dr Roshni , Dr Annie , Dr Shashi

**OFFICE BEARERS-** Kalanidhi kaushik - President

Anjali sharma - Vice President

Ritika Tyagi - Secretary

Alisha khan - Joint Secretary

**Meeting agenda :** To discuss about the happiness club's schedule

To discuss which activities will be organised for happiness club.

1. In today's meeting the members discussed about the schedule of the happiness club.  
All the members decided that the activities will take place in the alternative Fridays and meetings will be held in the remaining alternative Fridays. It will be a general meeting for discussion and for team building .
2. In today's meeting the members discussed about the activities of the happiness club. Members have decided 2 activities. First activity will be past / present/ future mandala. This activity will be on 28<sup>th</sup> January 2022 at 5 PM and it will be of 1 hour activity. Second talk it out group the topic of the talk it out group will be online classes this will be on 11 February 2022 at 5 PM and it will be of 1 hour.
3. In today's meeting the members discussed about the dance therapy .

**Past / present / future mandala**

**Date - 28 – 1 -2022**

**Day – Friday**

**Time – 5:00 Pm ( at that time almost all the classes will be over)**

- 1 hour
- 10 min (start)
- 20 min presentation (mandala important)

- 30 min draw.
- 80 – 100 participant
- Promotion – each and every member (Alisha will be leading)
  - Poster – Anjali ( done till 22<sup>nd</sup> jan at 3:00pm)
  - Goggle form – Alisha (registration/ feedback) (done till 22<sup>nd</sup> jan at 2:00pm)
  - Operation – Divya
  - Starting , ending (thanks) – kalanidhi
  - Facilitation - Anjali
  - Presentation – kalanidhi (done till 25<sup>th</sup> jan )

### **Meeting Friday – 4<sup>th</sup> feb (1 hour)**

- It would we a general meeting for team building.
- Discuss on different topics around happiness.
- Brain strom the ideas that everyone have.
- Do some ice breaker activity.

### **Talk It out group ( online classes)**

**Date – 11 – 1 – 2022**

**Day – Friday**

**Time – 5:00pm**

- 1 hour
- 10 min start ( telling rules)
- Short video ( few sec or 1 min)
- 40 min give the space to each and every person to speak. ( 5 – 10 min. Each)
- 50 – 70 participant
- Everyone will join by anonymous names.
- There will be a list of rule that we put on the posters as well
- Promotion – each and everyone (Alisha will be leading)
  - Poster – Kalanidhi ( till 3<sup>rd</sup> feb so that we can discuss that also in the meeting on 4<sup>th</sup> feb)
  - Goggle form – Alisha (till 3<sup>rd</sup> feb)
    - Operation – Divya
    - Facilitation – Anjali
  - Vote of thanks – kalanidhi

### **Meeting Friday – 18<sup>th</sup> feb**

- It would we a general meeting for team building.
- Discuss on different topics around happiness.
- Brain strom the ideas that everyone have.
- Do some ice breaker activity.

**SIGNATURES:** Dr Ritu Sharma



(Associate Professor, Psychology

Convenor Happiness Club)

Dr Roshni

Dr Annie

Dr shashi

Dr sneh

Kalanidhi kaushik



Anjali sharma



Ritika Tyagi



Alisha khan





**ADITI MAHAVIDYALAYA**  
**DEPARTMENT OF PSYCHOLOGY**



**( STUDENT UNION ADVISORY IGNOU STUDY CENTER HAPPINESS CLUB).**

organizing a session on

**Early Detection & Prevention of Breast and other  
Prevalent Cancers**



**DR. LOPA D. ROY**

Founder & President  
(Breast Cancer Hub)

Date - 12th April 2022  
Time - 9:00am to 11:00 am  
Venue - Google meet ( Online)

Registration link -

[https://docs.google.com/forms/d/1iiTa4dI\\_buFjM6e1-JDXOvKK7PPZ5pt0be7XEaUZSw8/edit](https://docs.google.com/forms/d/1iiTa4dI_buFjM6e1-JDXOvKK7PPZ5pt0be7XEaUZSw8/edit)

Google meet link -

<https://meet.google.com/qum-cvxcg-tkb->

**PRINCIPAL**  
**PROF. MAMTA SHARMA**

**CONVENER**  
**DR. RITU SHARMA**

**CO-CONVENER, HAPPINESS CLUB**  
**DR. PRIYA KANWAR**

**CONVENER**  
**DR. NEETU GOSWAMI**