



Event ID:	84
Event Title:	Happiness Day
Date:	2025-08-28
Department:	DFIA Student Welfare

PARTICIPANTS

Students, faculty members, administrative staff, and invited guests.

EVENT SUMMARY

Happiness Day was organized to promote mental well-being, positivity, and a joyful campus atmosphere. The event included interactive activities, motivational sessions, and group discussions focused on stress management, gratitude, and self-care. Participants actively engaged in activities that encouraged positivity, teamwork, and emotional wellness. The event successfully created awareness about the importance of happiness and mental health among students and staff.

SUGGESTIONS & RECOMMENDATIONS

1. Conduct regular follow-up sessions or workshops on mental health and well-being.
2. Introduce more interactive games and activities to engage a larger number of students.