

#EXPLORING HAPPINESS

Program Title: #Exploring Happiness

Date: 6th Jan- 19th Jan (two weeks)

Duration: 10am -12am

Program seat Limit: 20 students

Age: above 14

Location: EduLift Office – Tinchuli

Objective: This winter program is a unique approach to practice acquired understanding and skills about self-realization, self-reflection, and in a broader sense, self-actualization. This program hopefully helps the students to stimulate good mental health.

PROGRAM FRAMEWORK

Date	Session/Program	Activities
6 th Jan Sunday	Orientation	Interaction between facilitators and participant + Introduction on the program + greetings
7 th Jan Monday	Self-Awareness	Personality and Psychometric tests + reflecting on individuals weakness and strength
8 th Jan Tuesday	Self-Management	Initiative+ Organization +Accountability and Problem Solving
9 th Jan Wednesday	Socio-Emotional	Self-discipline and self-management
10 th Jan Thursday	Empathy	5 skills to develop empathy
11 th Jan Friday	Hiking	Jamcho Gomba (Nagarjun Forest)
13 th Jan Sunday	Mindfulness	Sensory awareness (listening + breathing + thoughts + word association)
14 th Jan Monday	Survey	Questions related to what makes us happy!
15 th Jan Tuesday	Movie Screening	Inside Out
16 th Jan Wednesday	Clip preparation	Summarizing the survey and converting it into clip !!
17 th Jan Thursday	Speaker 2	speaking
18 th Jan Friday	Final Preparation	Group wise presentation on each topics
19 th Jan Saturday	Final	Presentation Day