

## **HAPPINESS CLUB**

### **MOTTO:**

**“Be Mindful, Be Careful, Be Kind”**

### **VISION:**

- ❖ To promote positive mental well-being through various activities, such as mindfulness exercises, gratitude practices, educational workshops on topics like resilience and emotional intelligence.
- ❖ To create a supportive and inclusive space where members can learn, grow, and support each other in their pursuit of happiness and well-being.

### **MISSION:**

- ❖ To develop joy, positivity and well-being within ourselves and our community through shared experiences, support and practices that promote mental, emotional, and physical wellness.
- ❖ To foster happiness not just individually, but also collectively within the community it serves.

### **OBJECTIVES:**

- ❖ To create a positive and supportive community and to improve personal growth.
- ❖ To support one another to pursue their goals which contribute to overall happiness and fulfillment, through various techniques for managing stress, practicing gratitude, mindfulness exercises.

### **CLUB MEMBERS:**

1. Dr. R. Vaithegi  
Assistant Professor, Department of Tamil
2. A. Blessy Rebecca  
Assistant Professor, Department of psychology
3. M. Karpagalakshmi  
Assistant Professor, Department of English