



**JAIPURIA INSTITUTE
OF MANAGEMENT**

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INDIRAPURAM, GHAZIABAD

(Approved by AICTE & Affiliated to Dr. A.P.J. Abdul Kalam Technical University, Lucknow)



Management
Development
Programme on

Unleashing

Corporate Happiness Index

Resource Person: Dr Priyanka Tripathi

HoD, Department of Humanities and Social Sciences, IIT Patna

Day and Date: Saturday, 12th March 2022

About the Program

Happiness can never be the same for everyone and India ranks poorly on the World Happiness Index. The Greek letter **Chi**, is believed to be interpreted as a vital force of life. It can simply be termed as energy that equates the Hindu yogic concept of *prana*. Basically, it is linked to the flow of energy around the body forming a cohesive synergy by understanding guided exercises. The Happiness Index is a comprehensive evaluation of subjective well-being and life satisfaction. This MDP endeavors to ponder upon various facets of happiness and come out with possible solutions to evoke well-being among organizational leaders and employees in the context of Corporate Happiness Index.

Objectives of the Program

- Understanding the concept of happiness
- Busting the myths about happiness
- Exploring pillars of happiness
- Holistic happiness for personal and professional life

Contents of the Program

- Unfolding the multi-layered concept of Happiness
- Understanding the holistic state of well-being
- Psychosomatic aspect of health and happiness

Outcome

The program will endeavor to make participants use happiness strategies to help attain goals and improve their CHI. It aims to help them identify the prime sources of stress and how to utilize happiness as a vital source of mental energy.

Pedagogy

A combination of lecture, activity, videos, and a relevant analysis of the happiness through psychometric assessment.

Intended Audience

The composition of audience can be of every level of management including lower and middle level.

Mode of Delivery

Online Platform, Google Meet

Registration and Payment Details

Please register on the following link to participate

<https://bit.ly/3vioT06>

Payment can be made through the following ways

Google pay/ Paytm/ Phonepe on the number of Mr. Praveen Arora – 9990679915

Bank transaction through NEFT/ IMPS as per the details below-

A/c holder name – Jaipuria Institute of Management

A/c number – 20372745394

Bank name – Indian Bank (current account)

Branch name – C-25, Sector-15, Vasundhara Awas Vikas, Ghaziabad –
201012, Uttar Pradesh

IFSC – IDIB000V515

Contact number (for confirmation) – 9990678915, 0120-4550109

Don't forget to write 'MDP Payment' and your name while making the payment.

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Dr. Rashmi Maini

MDP Area Chairperson
Jaipuria Institute of Management



Ms. Sanandi Sachdeva

Assistant Professor
Jaipuria Institute of Management

Resource Persons



Dr. Priyanka Tripathi is an HoD, Department of Humanities and Social Sciences, IIT Patna. Her PhD from IIT Kharagpur was titled "Sexual is Political: Gender, Body and Language in Indian Women's Short Fiction in English". Before joining IIT Patna, she taught for about two years at National Institute of Technology Jamshedpur. She has been granted with UNC-Chapell Hill 'Collaborative Online International Learning (COIL) with Pamela Lothspeich, Department of Asian and Middle Eastern Studies for UNC Course.



Dr Devi Archana Mohanty is a seasoned professional with rich, in-depth experience of over 14 years in teaching and research in the field of English for Communication, Business Communication, and ELT. Formerly associated as an Institute Research Scholar and Teaching Assistant in the Department of Humanities and Social Sciences at Indian Institute of Technology, Kharagpur, she has published and presented several research papers in Scopus indexed, peer reviewed journals, symposia, seminars (National, International). She has also co-edited a book on 'Online Classroom'. Her areas of research interest include Business Communications, Cross-Cultural Business Communications, Impactful Communication, Interpersonal Communication Skills, Im/politeness studies, Intercultural communication, English Language Teaching.



Ms. Guneet Kaur is an IIM-Lucknow alumni with an MBA in Human Resource Management. She has a versatile experience of 17 years in academic and corporate. She has been taking workshops for companies like GE, McKinsey outsourced employees, Visa House etc. on emotional intelligence and well-being. She is a certified psycho-metric assessor in various projective and objective personality tests from Guru Gobind Singh Indraprastha University, Delhi. In her initial career days, she has worked with organizations like Convergys, Inter-Continental and LeMeridien and gained expertise on customer satisfaction and relationship management. Her research papers have been published in ABDC and Scopus listed journals and she is a keen researcher of the topic of Happiness.