

REPORT
PROFESSIONAL DEVELOPMENT PROGRAM
PRIMER EVENT NURTURING HAPPINESS
CMS BUSINESS SCHOOL CENTRE FOR EXECUTIVE EDUCATION AND
ENTREPRENEURSHIP EDUCATION
CMSBS – CEE&ED

Date: 5 August 2021
Time: 2 pm to 4:30 pm
Venue: CMS BUSINESS SCHOOL
Section: ONLINE
Batch: Faculty colleagues and students
Semester: -

FACILITATORS Dr. Suparna Ghosal

Suparna Ghosal is currently the Adjunct Professor of Marketing at CMS Business School.

A post graduate and with an EDP from IIM Bangalore in Branding and Communications, she has spent a little more than 26 years in the world of advertising, heading various agencies across India. From 2016 she has moved to academics.

ABOUT FACILITATORS

An avid Public Speaker, she is also a Happiness Coach and a certified Motivational Speaker.

Her passion is to speak to the youth and women about radical subjects, about issues which most of us neglect and she propagates that in taking care of one's emotional, physical and spiritual health, collectively we create a healthy and meaningful society. Thereby conceptualizing the programme in 2019 and naming it - I LOVE MYSELF and she

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hasreachedout to more than 1,100 students. Further, she has also held sessions at numerousRotary Clubs and Rotractors across Bengaluru.

The current situation demands that we look at situations, education, services , productsthrough a different prism. The seeds of integrity, honesty, self-help, social help and activitiesshould be sown much early in life such that the individual grows up into a holistic and happyperson, thereby affecting the society positively becoming a harbinger of CHANGE !

98450 23762

Guest/Speaker Contact No
& Email Id:

Email: ghosalsuparna561@gmail.com

LinkedIn:linkedin.com/in/suparna-ghosal

Guest/Speaker Company/
Institute Name:

CMS BUSINESS SCHOOL

Faculty Coordinators
Name:

DR. MONOO JOHN

Topic:

NURTURING HAPPINESS – A LIFE OF HAPPINESS AND WELL
BEING

Moderator (if any)

DR. MONOO JOHN

No. of Attendees

73

Feedback:

YES

Brochure: (if any)

YES

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Revenue Collected: (if any) 7000/- @236/- including GST

Introduction

What do we mean by a happy and fulfilling life?

This is surely one of life's biggest questions, and a question that has interested many of our ancestors. Buddha famously gave up his kingdom in search of happiness. Several Greek philosophers (from Aristotle to Epicurus and Plato to Socrates) had their own views on what it takes to be happy.

We all have our own theories about happiness too. How valid are our theories?

Until recently, if you wished for an answer to this question, you would've been forced to base it on discussions with spiritual leaders. Or, if you were lucky, you could've based it on late-night (and perhaps intoxicant-fueled) conversations with friends and family. Happily, all that has changed now. Over the past decade-and-a-half, scientists have gotten into the act big time. We now have a pretty good idea of what it takes to lead a happy and fulfilling life.

This course draws content from the experiences of Dr. Suparna Ghosal, as also from a variety of fields, including psychology, neuroscience, and behavioral decision theory to offer a tested and practical recipe for leading a life of happiness and fulfillment.

Objectives:

By taking this course, participants will discover the answers to questions such as:

- Why aren't the smart-and-the-successful as happy as they could or should be?
- What are the mistakes that even the smart and the successful commit?
- What are the habits of the highly happy and how can you be in your life?

AND

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Gain a deeper understanding of HAPPINESS, but to also DISCOVER how to be significantly happier.

Learning outcomes:

Strategic Thinking

Design Thinking

Innovation Management Design Management

Innovation

Themes covered:

- Emotional Well Being is directly proportional to our Happiness
- Emotional Quotient world over is gaining more importance than IQ
- Organizations / HR/ is on the lookout for Happier people
- Productivity zooms with strong EQ
- Nurturing Happiness will nurture a strong EQ
- Process is to be inculcated as early as possible in life

1. Program Objectives:

1. To promote and encourage interaction between the industry professionals and the students (PO1, PO5)
2. To provide informative and engaging series of lectures and workshops from the industry leaders (PO2, PO3, PO5, PO7)

3. Relevance to PO and Relevance to PEO

This Course, developed at CEE&ED, JAIN (Deemed To Be University) CMS Business School, provides a useful overview about Happiness.

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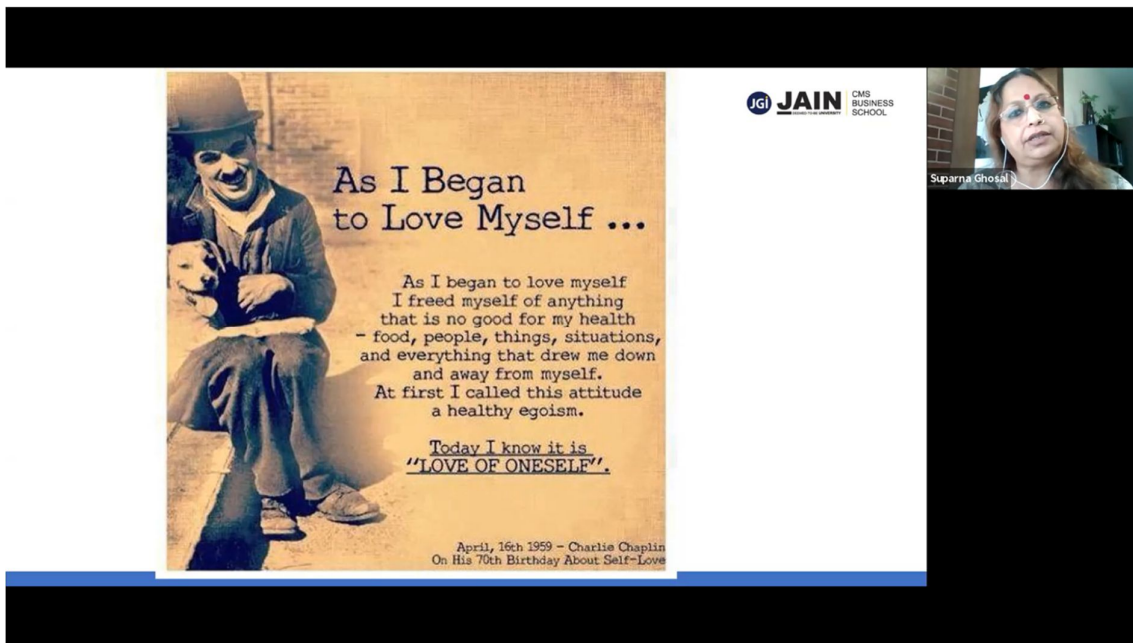
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4. Event Overview:

The session commenced with a lively introduction to get into real spirit of understanding personal Happiness by experiencing various dimensions.



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If you want to be happy focus on yourself!!



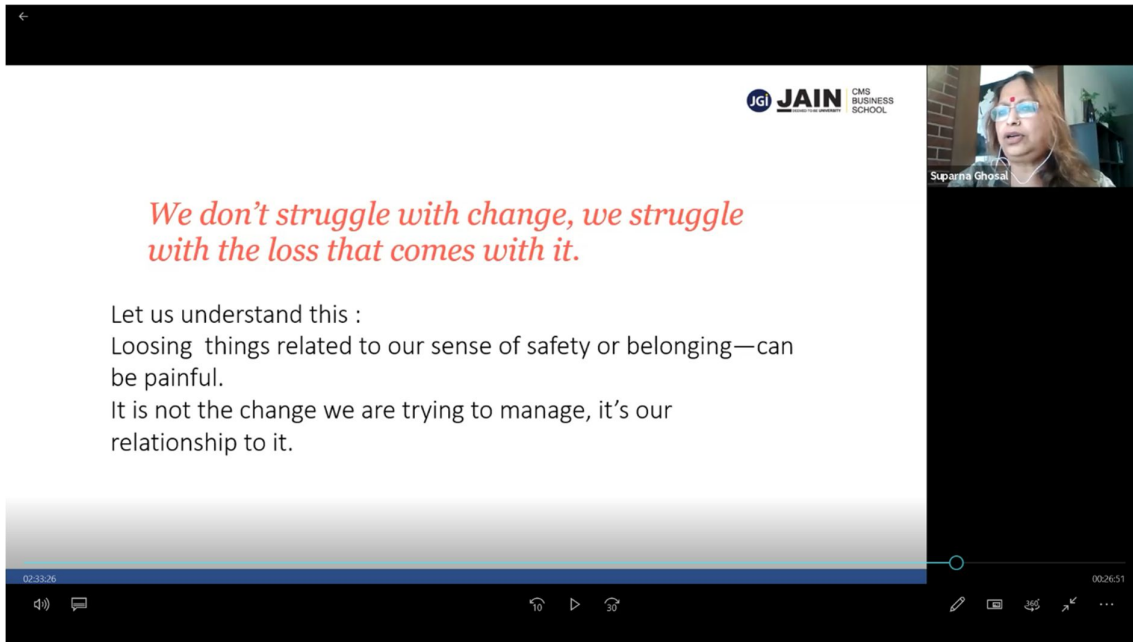
"I Love Myself"



*We don't struggle with change, we struggle
with the loss that comes with it.*

Let us understand this :
Loosing things related to our sense of safety or belonging—can
be painful.
It is not the change we are trying to manage, it's our
relationship to it.

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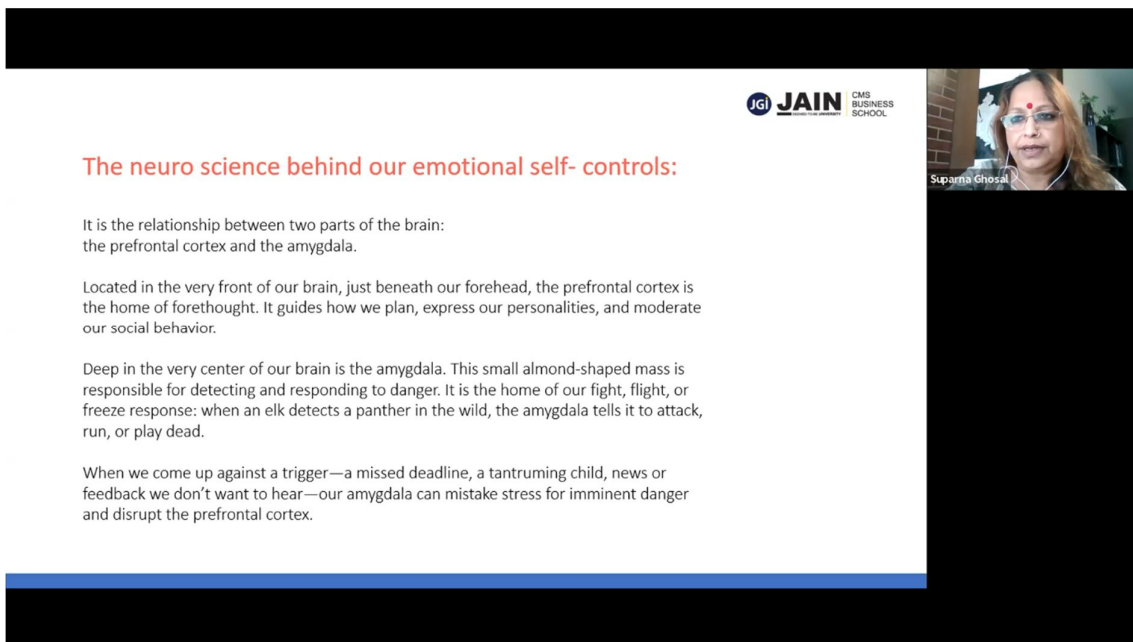


JGI JAIN CMS BUSINESS SCHOOL

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02:33:26 0026:51



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The neuro science behind our emotional self- controls:

It is the relationship between two parts of the brain:
the prefrontal cortex and the amygdala.

Located in the very front of our brain, just beneath our forehead, the prefrontal cortex is the home of forethought. It guides how we plan, express our personalities, and moderate our social behavior.

Deep in the very center of our brain is the amygdala. This small almond-shaped mass is responsible for detecting and responding to danger. It is the home of our fight, flight, or freeze response: when an elk detects a panther in the wild, the amygdala tells it to attack, run, or play dead.

When we come up against a trigger—a missed deadline, a tantruming child, news or feedback we don't want to hear—our amygdala can mistake stress for imminent danger and disrupt the prefrontal cortex.

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Organizations are looking for Happy People... WHY?

- Dealing with a conflict
- Handling issues where conflict of thought process crops up
- Adept communicators
- Forward looking
- Future oriented
- Let bygones be bygones
- Non-vengeful
- Take the team along
- Happy childhood
- Positive value system
- Non-judgemental
- Let's take a chance

Organizations are creating happy people not just successful people

- Highly paid = highly successful?
- People leave bad managers not bad organizations
- Creating an environment is the requirement with
- Genuine Appreciation
- Only work talk???
- Awards and Recognition
- Unwinding
- Competitive spirit

Million dollar question: Happy People make a Happy Organization or A Happy Organization makes Happy People

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02:14:49 00:45:28

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The Organizational Perspective:

"Emotional Contagion"—when people in power dictate the mood of everyone around them.

Sigal Barsade, an award-winning researcher from The Wharton School, [examines how emotions impact organizational culture.](#)

In a study involving simulated teams, she found that the mood of the team was directly impacted by the mood of the leader.
The more upbeat the leader, the more productive the team.
The more down the leader, the worse the team performed

**How does this Impact?
Where is the impact felt?**

- Employee Productivity
- Stress in the Teams
- Financial performance
- Teamwork
- Absenteeism
- Lack of enthusiasm
- Job Insecurity
- Loss of face

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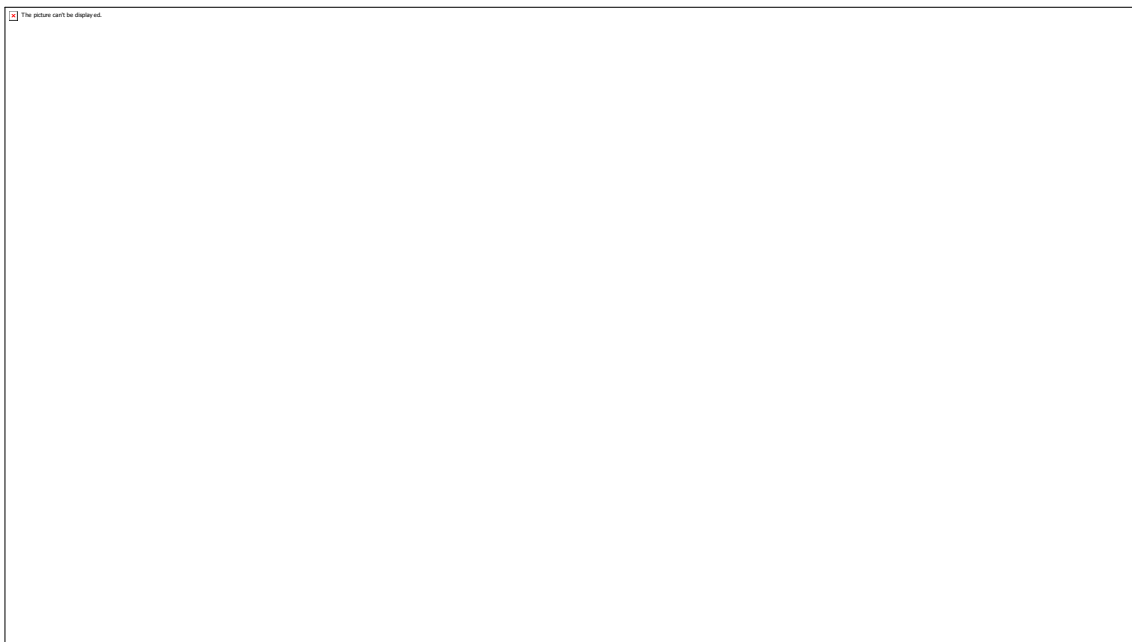
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HAPPINESS
by Anna Vital

depends on your

- 50% genetics
- 40% internal state of mind
- 10% circumstances

control control
can control

source: Sonja Lyubomirsky "The How of Happiness", Penguin Books

In her 2007 book *The How of Happiness*, positive psychology researcher Sonja Lyubomirsky elaborates, describing happiness as "the experience of joy, contentment, or positive well-being, combined with a sense that one's life is good, meaningful, and worthwhile."

01:37:35 01:22:42

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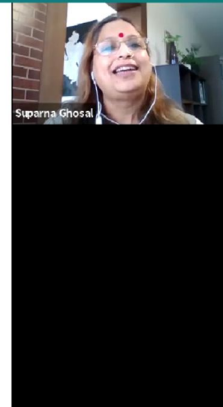
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*Who am I?
What do I value
My strength?
My weakness?
My fears?
Do I have a purpose?*

Q I A

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What then is Happiness ?

- End result
- Curiosity
- Success
- Winning
- Virgin
- Malleable
- Organic
- Infectious
- Explorable
- Finding
- Dreams
- Stupidity
- Gossip
- Pranks etc etc etc.....
- Career
- Health
- Children
- Spouse
- Friends
- Social Service
- Travel
- Hobbies



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The screenshot shows a video player interface. At the top left, there is a back arrow. The main content area has a title "What then is Happiness ?" in red. Below the title is a word cloud with "the happiness equation" as the central theme. To the right of the word cloud is a list of factors:

- End result
- Curiosity
- Success
- Winning
- Virgin
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At the bottom of the video player, there is a progress bar showing 00:39:58 and a timestamp of 02:20:19. The JGI JAIN CMS BUSINESS SCHOOL logo is visible in the top right corner of the video frame.

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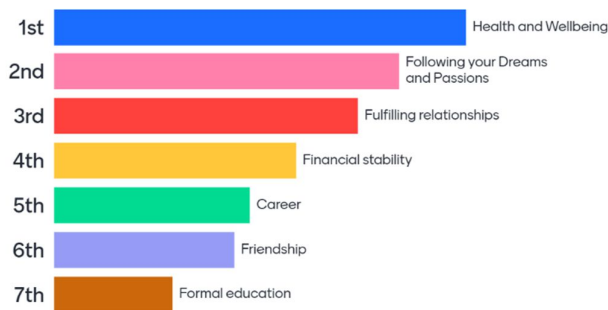
Go to www.menti.com and use the code 5975 8032

What makes you happy?



Go to www.menti.com and use the code 5975 8032

Thinking about how you lead your life, how important are the following to you?



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5. Guest/Speakers' Profile:

Ms. Suparna Ghosal

Adjunct Faculty

CMS Business School, JAIN (Deemed-to-be University)

A post graduate and with an EDP from IIM Bangalore in Branding and Communications, she has spent a little more than 26 years in the world of advertising, heading various agencies across India. From 2016 she has moved to academics.

An avid Public Speaker, she is also a Happiness Coach and a certified Motivational Speaker. Her passion is to speak to the youth and women about radical subjects, issues which most of us neglect. She propagates that in taking care of one's emotional, physical and spiritual health, collectively we create a healthy and meaningful society, thereby conceptualizing the programme in 2019 and naming it - I LOVE MYSELF, she has reached out to more than 1,100 students. Further, she has also held sessions at numerous Rotary Clubs and Rotractors across Bengaluru.

The current situation demands that we look at situations, education, services, products through a different prism. The seeds of integrity, honesty, self-help, social help and activities should be sown much early in life such that the individual grows up into a holistic and happy person, there by affecting the society positively becoming a harbinger of CHANGE !

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6. Summary and Key Learnings of the session:

- The Happiness Equation
- Emotions – Feelings
- Self Awareness Leads to Well Being
- Is there a pattern in our behaviour
- Self aware people remain focussed, participate with a positive frame of mind
- If you become aware you can be a harbinger of happiness
- Happiness depends on genetics, internal state of mind and circumstances
- Mentimeter exercise on what makes you happy?
- The organisational perspective – When people in power dictate the mood at the workplace.
- Organisations are looking for happy people/ Organisations are creating happy people.
- We don't just struggle with change , we struggle with the losses that come with change.
- If you want to be happy focus on yourself.

Happiness is: The end result Curiosity Success Virgin Winning Malleable Organic Infectious
Exportable Finding Dreams Stupidity Gossip Pranks Career Health Children Spouse Friends
Social Service Travel Hobbies

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7. Participant details:
103 Participants including Faculty, Students and Guests
8. Details of Winners (if applicable): -NO
9. Details of the judges (if applicable): -NO
10. Attendance records: Online

	CMSBS CEE&ED	NURTURING HAPPINESS 5 AUGUST 2021
		Monoo John's Personal Meeting Room
	Name (Original Name)	User Email
S NO.	Sathan Ravichandran	sathan_ravichandran21@cms.ac.in
1	lub naambreen	lubnaambreen@cms.ac.in

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2	Dr.Sireesha Nanduri	drnsireesha.iimb@gmail.com
3	Monoo John	dr.monoojohn@cms.ac.in
4	Yogananthan Srinivasan	dr.s_yogananthan@cms.ac.in
5	Dr.S.Yogananthan (Yogananthan Srinivasan)	dr.s_yogananthan@cms.ac.in
6	Dr. Komal k	
7	Suparna Ghosal	suparna.ghosal@cms.ac.in
8	UJJAL	
9	Archana Singh	dr.archanasingh@cms.ac.in
10	Rajani	
11	Anushka Chokse	anushka_chokse20@cms.ac.in
12	Souvik Moitra	souvik_moitra21@cms.ac.in
13	Dr.Latha.K.	
14	Dr.Umesh Chandra	
15	Tanuksha Ann Mathew	
16	VINAYAK BHAT	vinayak_ab@cms.ac.in
17	Dr Urmila Itam	dr.urmilaitam@cms.ac.in
18	VINAYAK BHAT	vinayak_ab@cms.ac.in
19	Sunil Kayanadath	sunil_kayanadath@cms.ac.in

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20	Dr.Dinesh N	
21	uma warrier	warrier.uma@gmail.com
22	Dr.Dinesh N	dinesh.rao@cms.ac.in
23	20MBAR0299 Deepak RV	deepak_r20@cms.ac.in
24	Divya Suresh	divyasuresh1402@gmail.com
25	Divya Soman	
26	Dr. Geeti Sharma	dr.geeti_sharma@cms.ac.in
27	Vinoth Kumar V	dr.vinothkumar_v@cms.ac.in
28	Gayathri R	dr.gayathri_r@cms.ac.in
29	Dr.Shruti Naik	dr.shruti_naik@cms.ac.in
30	Manita Shah	s.manita@jainuniversity.ac.in
31	Vinoth S	dr.vinoth@cms.ac.in
32	BRR	br.rao@jainuniversity.ac.in
33	BRR	br.rao@jainuniversity.ac.in
34	Kalavathy K.S	dr.kalavathy@cms.ac.in
35	Manita Shah	s.manita@jainuniversity.ac.in
36	Maryam Tayyiba	maryam_t19@cms.ac.in
37	Krishna Koppa	krishnakoppa@cms.ac.in

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38	Sathan Ravichandran	sathan_ravichandran21@cms.ac.in
39	Dr.Sireesha Nanduri	drnsireesha.iimb@gmail.com
40	Dr. Satyajee Nanda	
41	Anantha Subramanya Iyer	asi@cms.ac.in
42	umear nizam	umear_nizam20@cms.ac.in
43	Dr M.Govindaraj	
44	Anantha Subramanya Iyer	asi@cms.ac.in
45	RAM PATRUDU	ram.patrudu@abhipaisa.com
46	Pujari Sudharsana Reddy	pujarisudharsana_reddy@cms.ac.in
47	Dr. Astha Bhanot Rahul	
48	Dr.Sireesha Nanduri	drnsireesha.iimb@gmail.com
49	CMSB04 JU	cmsb04@jainuniversity.ac.in
50	DR GS VIJAYA (CMSB04 JU)	cmsb04@jainuniversity.ac.in
51	Preethi S	preethi_s@cms.ac.in
52	Preethi S	preethi_s@cms.ac.in
53	Nisar	
54	Hemanth Kumar S	dr.hemanthkumar@cms.ac.in
55	uma warrier	warrier.uma@gmail.com

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56	Sakshi Chhabra	
57	Amitha Madhu	amadhu@tekion.com
58	Manasa	
59	VINAYAK BHAT	vinayak_ab@cms.ac.in
60	Santha Lakshmi	
61	Anantha Subramanya Iyer	asi@cms.ac.in
62	Lakshmi Venkata rohith Gantasala	
63	FIRDAUS KHAN	firdauskhan.mr@cms.ac.in
64	Manjunath k	manjunath_k@cms.ac.in
65	M.K. Lodi	mk.lodi@cms.ac.in
66	Dr.P.Periasamy Pandy	dr.periasamy_p@cms.ac.in
67	Dr.P.Periasamy Pandy	dr.periasamy_p@cms.ac.in
68	Dr. Astha Bhanot	astha.svct@gmail.com
69	Dr.P.V.Radhika	
70	SANJAY SINHA	s.sanjay@jainuniversity.ac.in
71	Dr. Astha Bhanot	astha.svct@gmail.com
72	Dr.Sireesha Nanduri	drnsireesha.iimb@gmail.com
73	Komal k	dr.komalk@cms.ac.in

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74	Dr. Ravishankar S Ulle	dr.ravishankarulle@cms.ac.in
75	Jaykumar Padmanabhan	p.jaykumar@jainuniversity.ac.in

11. Participants’ Feedback, Feedback Analysis and Attainment Calculation: yes

Questions to Map Pos	List of Pos & PSOs	Wt Score ▶					Wt. Score	Max score	%age
		5 Strongly Agree	4 Agree	3 Neutral	2 Disagree	1 Strongly Disagree			
The FDP complemented well with my current job	PO1 PO5 PO7	28	45	0	0	0	320	365	88%
The facilitator was knowledgeable and resourceful	PO1 PO7	39	34	0	0	0	331	365	91%
I would recommend this FDP to my close circle	PO1 PO5 PO7	37	36	0	0	0	329	365	90%
FDP has enhanced my confidence levels	PO1 PO5	30	43	0	0	0	322	365	88%
FDP Logistics and all arrangements were satisfactory to me	PSO3	34	39	0	0	0	326	365	89%

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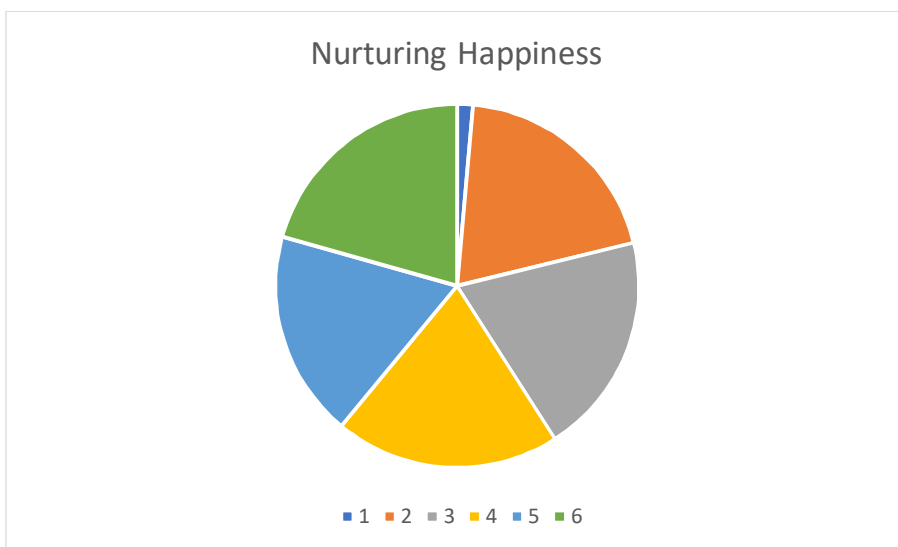
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FEEDBACK ANALYSIS DTFPS 01-07 December 2020

05- Strongly Agree/ 04- Agree/ 03- No opinion/ 02- Agree/ 01- Strongly Disagree

S. No.	Particulars	05 %	04 %	03 %	02 %	01 %			
1	I am satisfied with the content of the sessions	70	96	3	4	0	0	0	0
2	The subject matter was conveyed effectively	70	96	3	4	0	0	0	0
3	The session made me look into the different options/tools available to me.	71	97	2	3	0	0	0	0
4	How happy are you with the Q &A sessions and the interaction?	65	89	8	11	0	0	0	0
5	Overall experience with the Nurturing Happiness Event was positive and good experiences.	73	100	0	0	0	0	0	0

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12. Proposals for the Event/Programme:

PROPOSAL FOR: PRIMER EVENT PDP - Nurturing Happiness CMSBS - CEE&ED			
	Information Required	Details	Remarks
a.	Topic	Nurturing Happiness	Primer Event / Professional development Program
b.	Date (s) and Timings	5 August 2021/ 2.00 pm to 4:30pm	
c.	The draft brochure giving the objectives, scope, target audience, organizing team details of delegate fee etc.	Attached	Poster also attached
d.	Plan to disseminate the information and	Invitation mail inclusive of all details for all University constituents	Format Attached

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	Involvement of other departments/ centers/ schools of the University		
e.	List of activities and logistics with clear-cut allocation of responsibilities	Facilitator - Prof. Suparna Ghosal Design and Execution - Dr. Monoo John Feedback / Attendance/ Registration : Ms. Rajani Balakrishnan Poster/ Brochure Design - Mr. Srinivasalu Promotion/ Marketing - Mr. Harsha, Campus Manager Information on website - Mr. Prithviraj Approvals - Dr. Harold Andrew Patrick, Dean, CMSBS Approvals: Dr. Dinesh Nilkant, Director CMSBS	
f.	Expected number of participants with fee and without fee	150+ with registration fee	
g.	Details of Collaborator/ Partner/ Sponsor, if any	Collaboration between CMSBS - CEE&ED & OB & HR/GM/FIN/MARKETING/DECISION SCIENCES Area- CMSBS	
h.	Tentative name of the Chief Guest, Guest of Honor, speakers etc.	Guest of Honour - Dr. Dinesh Nilkant, Director & Dr. Harold Andrew Patrick, Dean, CMSBS	

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i.	Promotion strategy	Poster/ Brochure/ Invitation Mailer to JGI- Jain University Constituent Institutions/ Network	
j.	Expected outcomes in terms of publications, book of proceedings, branding, learning and others	Gain a deeper understanding of HAPPINESS, but to also DISCOVER how to be significantly happier.	
k.	Any innovative approach to enhance participants' experience and learning	Interactive, experiential format	
l.	Proposed Budget (expenses, delegate fee, sponsorship and other sources)	Attached/ Details included in Brochure- Registration Fee/ Account details	
m.	Format/ contents of any certificate to be issued/ awarded	Design under preparation	

4. Once the approval is granted by the office of the Vice Chancellor, the work towards the execution can start as per the plan.

5. It should be ensured that the event if organized in a manner that it meets or surpasses the expected outcomes.

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Meeting Title	DISCUSSION ON PRIMER EVENT CMSBS CEE&ED NURTURING HAPPINESS	
Date of Meeting	2 MAY 2021	
Meeting Venue	ONLINE	
Meeting Agenda	FINALISATION OF EVENT INCLUDING REGISTRATION FEES	
In Attendance	Name	Title/ Department/ Organization
	DR. HAROLD ANDREW PATRICK	DEAN, CMSBS
	DR. MONOO JOHN	HEAD, CMSBS CEE&ED
	MS. SUPARNA GHOSAL	FACILITATOR
Key Meeting Outcomes		
1.	DATE FINALISED 5 AUGUST 2021 ONLINE ON ZOOM PLATFORM	
2.	FACILITATOR – SUPARNA GHOSAL	
3.	REGISTRATION FEE – 236/-	
4.	MODERATOR – DR. MONOO JOHN	
5.	INVITATION MAIL AND BROCHURE POSTER CONTENT – RAJANI MA'AM MR. HARSHA, CAMPUS MANAGER, MR. PRITHVIRAJ , LIBRARIAN, SRINIVASALU SIR- DESIGN	
6.		
Action Plans if Any (also mention 'First Person Responsible (FPR)'		
1.	INVITATION MAIL – MR. HARSHA	
2.	POSTER BROCHURE DESIGN – MR. SRINIVASALU	
3.	FEEDBACK, REGISTRATIONS -MS. RAJANI/ CIRCULATION/ WEBSITE – MR. PRITHVIRAJ	

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14. Budget: - Rs. 7000/-

15. Trailing Emails/communications:

9/2/2021 Jain University - Center For Management Studies Mail - Regarding Nurturing Happiness Professional Development Program.



Dr.Mono John <dr.monoojohn@cms.ac.in>

Regarding Nurturing Happiness Professional Development Program.

6 messages

Dr.Mono John <dr.monoojohn@cms.ac.in> Thu, May 27, 2021 at 11:05 PM
To: Suparna Ghosal <suparna.ghosal@cms.ac.in>

Good evening Suparna Ma'am. I am slowly getting better though I am also getting tired easily. In the meantime I was thinking of planning out a few programs under professional or personal development programs. I was thinking of the proposal you had submitted last year. I was reminded of this when you spoke on Happiness the other day during the Business Updates session. Can we have a conference call one of these days? Do let me know.
Regards
John

--
Dr. Mono John
Associate Professor- Human Resource Area
JGI JAIN CMS Business School
Jain Deemed-To-Be University
17, Sheshadri Road, Gandhi Nagar,
Bengaluru - 560009
Mobile:9916192177.

Suparna Ghosal <suparna.ghosal@cms.ac.in> Thu, May 27, 2021 at 11:18 PM
To: "Dr.Mono John" <dr.monoojohn@cms.ac.in>

Dear Sir,
So happy to hear from you.
Definitely. Tomorrow you have a busy day. Can I call you on Saturday 10.30am?

Do let me know.

Regards
Suparna
[Quoted text hidden]

Dr.Mono John <dr.monoojohn@cms.ac.in> Wed, Jun 2, 2021 at 2:37 PM
To: Suparna Ghosal <suparna.ghosal@cms.ac.in>

Good Afternoon Suparna Ma'am. Can you please send me a copy of your profile. I am drafting the brochure on Nurturing Happiness and needed a copy of your profile to be included. I will talk to you soon. Regards. John
[Quoted text hidden]

Suparna Ghosal <suparna.ghosal@cms.ac.in> Fri, Jun 11, 2021 at 3:33 PM
To: "Dr.Mono John" <dr.monoojohn@cms.ac.in>

I am so sorry. In the melee of mails , i lost this very important mail of yours.
Sending you two different versions of my profile.
Do let me know if it works.
Thank You so much Sir!

Regards
Suparna
[Quoted text hidden]

2 attachments

 **Suparna_CV_Latest - Copy.pdf**

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9/2/2021 Jain University - Center For Management Studies Mail - DRAFT BROCHURE CONTENT FOR CEE&ED EVENTS IN JUNE JULY 2021



Dr.Monoo John <dr.monoojohn@cms.ac.in>

DRAFT BROCHURE CONTENT FOR CEE&ED EVENTS IN JUNE JULY 2021

14 messages

Dr.Monoo John <dr.monoojohn@cms.ac.in>
To: Srinivasalu N C <srinivasalu.nc@cms.ac.in>
Cc: Rajani Rajani <rajani@cms.ac.in>, drmjoh1469@gmail.com

Wed, Jun 2, 2021 at 4:35 PM

]Dear Srinivasalu Sir and Rajani Ma'am, Good Evening!
I need your help and support for a few events I am planning to organise under the auspices of CMSBS - CEE&ED. I am sending you two contents documents - one in word on Nurturing Happiness (Short term one day event) and a content in PPT form on Essentials of Financial Planning.
I would like to request your expertise in designing a draft brochure for the above mentioned events. Some info is missing which can be included later.
Dear Rajani Ma'am, request your kind help and support in all matters as always.


Thank you.

Regards

Dr. Monoo John
Associate Professor- Human Resource Area
JGI JAIN CMS Business School
Jain Deemed-To-Be University
17, Sheshadri Road, Gandhi Nagar,
Bengaluru - 560009
Mobile:9916192177.

2 attachments

 **Essentials of FINANCIAL PLANNING DR. MADHAVI & DR. SIREESHA.pptx**
1768K

 **Nurturing Happiness Dr. Suparna Ghoshal.docx**
381K

Rajani Rajani <rajani@cms.ac.in>
To: "Dr.Monoo John" <dr.monoojohn@cms.ac.in>
Cc: drmjoh1469@gmail.com

Wed, Jun 2, 2021 at 5:33 PM

Dear John Sir,

Will always support you in the best possible ways. Also, please do let me know if there is anything specific to be done for both these events,

Thanks & Regards,
Rajani | Admin Executive | CMS Business School
Ph: 94800 91088

[Quoted text hidden]

Dr.Monoo John <dr.monoojohn@cms.ac.in>
To: Rajani Rajani <rajani@cms.ac.in>

Wed, Jun 2, 2021 at 7:01 PM

Dear Rajani Ma'am, Hope you and your family are keeping well. I am still recovering . My lungs are getting better . Still have some level of tiredness, speaking and throat issues. have a review on 15 june . Stuck in kerala Kochi due to lockdown and health.I am not allowed to travel for now.

I know I can always count on you . We can prepare registration forms on google forms separately for these two proposed events as also a feedback form .Dates are yet to be decided as also pricing if any. Let the draft come through first I suppose. Kindly follow the progress with Srinivas Sir .

Thank you once again . will call you once the draft is through.

Warm Regards

john

[Quoted text hidden]

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9/2/2021 Jain University - Center For Management Studies Mail - Invitation to Participate @ Online Primer Event 'Nurturing Happiness' - A life ...



Dr.Monoo John <dr.monoojohn@cms.ac.in>

Invitation to Participate @ Online Primer Event 'Nurturing Happiness' - A life of Happiness and Well Being on 5 August 2021 from 2:00 pm to 4:30 pm.

2 messages

Dr.Monoo John <dr.monoojohn@cms.ac.in>
To: Rajani Rajani <rajani@cms.ac.in>
Cc: drmjoh1469@gmail.com

Sun, Jul 11, 2021 at 7:35 PM

Dear Rajani Ma'am, Good Evening.

Below is a draft invitation for our event on 5 August 2021. Do have a look and kindly make any corrections if any.

"Greetings from CMS Business School, Centre for Executive Education & Entrepreneurship Development (CMSBS-CEE&ED), Jain (Deemed-to-be University)!"

Happiness is a meaningful life long pursuit. Positive psychology has taken this concept into the realm of scientific research in hopes of gaining a better understanding of global well-being and meaningful living. Whether on a global or an individual level, the pursuit of happiness is one that is gaining traction and scientific recognition.

CMS Business School, Centre for Executive Education & Entrepreneurship Development (CMSBS-CEE&ED), Jain (Deemed-to-be University) invites you to attend an **Online Primer Event 'Nurturing Happiness' - A life of Happiness and Well Being on 5 August 2021 from 2:00 pm to 4:30 pm.**

The session draws content from the experiences of Dr. Suparna Ghosal, as also from a variety of fields, including psychology, neuroscience, and behavioral decision theory to offer attested and practical recipes for leading a life of happiness and fulfillment.

Think of a time when you were happy. Were you alone? With others? Inside? Outside? After you have attended the session, revisit that memory. You may have new insight as to what made that moment "happy," as well as tips to train your brain towards more happiness.

We are happy to invite and urge all Youngsters, Adults, Elderly, Teachers, Entrepreneurs, Professionals, Managers, Leaders who wish to find happiness and well being to participate.

Date - 5 August 2021

Time - 2:00 to 4:30pm

Venue : ZOOM Platform Online - Credentials will be shared with Registered participants.

Registration Details and Link are available in the attached Brochure. E - Certificates will be provided to participants who attend the session for the entire duration."

Hope to see you at the event soon.

Warm Regards

Dr. Monoo John

Associate Professor - OB & HR

Head - CMSBS-CEE&ED

CMS Business School


Jain Deemed-To-Be University

17, Sheshadri Road, Gandhi Nagar,

Bengaluru - 560009

Mobile:9916192177.

2 attachments

 **BROCHURE NURTURING HAPPINESS CEE&ED.pdf**
10947K

 **POSTER NURTURING HAPPINESS CEE&ED.pdf**
12272K

Rajani Rajani <rajani@cms.ac.in>

Sun, Jul 11, 2021 at 9:47 PM

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16. Any other related details: -
BROCHURE

JGI JAIN CMS
DEEMED-TO-BE UNIVERSITY BUSINESS
SCHOOL

PROFESSIONAL DEVELOPMENT PROGRAM

Nurturing Happiness
A Life of Happiness & Well Being

Date:
5th August, 2021

Time:
02:00 PM - 04:30 PM

Themes :	Fee (per participant)
<ul style="list-style-type: none"> Emotional Well Being is directly proportional to our Happiness Emotional Quotient world over is gaining more importance than IQ Organizations / HR/ is on the lookout for Happier people Productivity zooms with strong EQ Nurturing Happiness will nurture a strong EQ Process is to be inculcated as early as possible in life 	<p>Rs.236/- (inclusive of 18% GST)</p> <p>Registration fee includes: Pre-reading material, practice exercises and e-certificate</p>
Benefits:	Payment Procedure
Mindfulness Gratitude Happiness	Registration fee must be paid by Demand Draft/ NEFT in favour of "Jain University", payable at Bengaluru.
What will you Gain from this Event?	Online Transfer / Bank Transfer
<p>Answers to Questions:</p> <ul style="list-style-type: none"> Why aren't the smart-and-the-successful as happy as they could or should be? What are the mistakes that even the smart and the successful commit? What are the habits of the highly happy and how can you be in your life? Gain a deeper understanding of HAPPINESS, but to also DISCOVER how to be significantly happier. 	<p>Bank Name : Karur Vysya Bank Branch : Jayanagar, Bengaluru Account Name : Jain University Account Number : 131515500038088 IFSC Code : KVBL0001315</p>
	<p>Register and Join:</p> <p>https://forms.gle/qSZ4esMeb5s4iizf9</p>

bschool.cms.ac.in

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JAIN (Deemed-to-be University)

JAIN (Deemed-to-be University) is a comprehensive and student-focused University that works towards excellence in quality education, research and entrepreneurial development. JAIN (Deemed-to-be University) has been awarded the Graded Autonomy status by the University Grants Commission (UGC) and 'A' Grade by the National Assessment and Accreditation Council (NAAC). Karnataka State Universities Rating Framework (KSURF), Government of Karnataka has awarded Jain as a '5 Stars' Institution in the category of 'YOUNG University' in 2019. Jain has also been ranked 5th among the top private universities in India by the India Today survey. The University was ranked 85th nationally for the year 2020 by National Institute of Ranking Framework (NIRF). Jain's All India Rank is 91-95 in the QS 2020 World University ranking. JAIN (Deemed-to-be University) is an authorized partner for "Study in India" (SII) program. It is a member of the prestigious Jain Group of Institutions, headquartered in Bengaluru, India.

CMS Business School, JAIN (Deemed-to-be University)

CMS Business School, an integral part of JAIN (Deemed-to-be University) is India's leading business school with an international perspective. CMS Business School is a place where ideas are born, theories are debated and business is imbibed. Much more than a source of knowledge, it is a catalyst that makes a difference to the career and the personal progress of its students. CMS Business School has been ranked 41st in all India and 16th in South Zone by 'Outlook - ICARE MBA Rankings - 2019' Research Survey. CMS Business School was placed in the rank band 76-100 for the year 2019 from National Institute of Ranking Framework, Ministry of HRD, Government of India and it has also been awarded 'A ★' Grade, in Karnataka, by CRISIL. The MBA program has a strong foundation in academic research; it is designed to tackle the real world issues faced by international business community today.

Centre for Executive Education and Entrepreneurship Development

The Centre for Executive Education and Entrepreneurship Development (CEE & ED) at the CMS Business School, JAIN (Deemed-to-be University) conducts programmes that are designed to provide timely learning interventions that help working professionals and students of professional programs upskill and progress in their careers, while impacting the environment that they operate in. Programmes are available across multiple business areas, for different levels.

CEE & ED is evolving into a hub for meaningful exchange between business leaders and the academia. The centre attracts some of the finest and has become a knowledge centre for practical understanding on emerging economies. Participants learn from both the innovative management research of the faculty, as well as from the wide experience of entrepreneurs, Business Leaders and Corporate Professionals.

About Nurturing Happiness

What do we mean by a happy and fulfilling life?

This is surely one of life's biggest questions, and a question that has interested many of our ancestors. Buddha famously gave up his kingdom in search of happiness. Several Greek philosophers (from Aristotle to Epicurus and Plato to Socrates) had their own views on what it takes to be happy.

We all have our own theories about happiness too. How valid are our theories?

Until recently, if you wished for an answer to this question, you would've been forced to base it on discussions with spiritual leaders. Or, if you were lucky, you could've based it on late-night (and perhaps intoxicant-fueled) conversations with friends and family. Happily, all that has changed now. Over the past decade-and-a-half, scientists have gotten into the act big time. We now have a pretty good idea of what it takes to lead a happy and fulfilling life.

This course draws content from the experiences of Dr. Supama Ghosal, as also from a variety of fields, including psychology, neuroscience and behavioral decision theory to offer a tested and practical recipe for leading a life of happiness and fulfillment.

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About the Facilitator:



Ms. Suparna Ghosal

Suparna Ghosal is currently the Adjunct Faculty of Marketing at CMS Business School, JAIN (Deemed-to-be University). A post graduate and with an EDP from IIM Bangalore in Branding and Communications, she has spent a little more than 26 years in the world of advertising, heading various agencies across India. From 2016 she has moved to academics.

An avid Public Speaker, she is also a Happiness Coach and a certified Motivational Speaker. Her passion is to speak to the youth and women about radical subjects, issues which most of us neglect. She propagates that in taking care of one's emotional, physical and spiritual health, collectively we create a healthy and meaningful society, thereby conceptualizing the programme in 2019 and naming it - I LOVE MYSELF, she has reached out to more than 1,100 students. Further, she has also held sessions at numerous Rotary Clubs and Rotractors across Bengaluru.

The current situation demands that we look at situations, education, services, products through a different prism. The seeds of integrity, honesty, self-help, social help and activities should be sown much early in life such that the individual grows up into a holistic and happy person, there by affecting the society positively becoming a harbinger of CHANGE !

Who can join?

Youngsters, Adults, Elderly, Practitioner, Teachers, Entrepreneurs, Professionals, Managers, Leaders and all who want to find happiness and well being.

What will you gain from this event?

Answers to Questions:

- Why aren't the smart-and-the-successful as happy as they could or should be?
- What are the mistakes that even the smart and the successful commit?
- What are the habits of the highly happy and how can you be in your life?
- Gain a deeper understanding of HAPPINESS, but to also DISCOVER how to be significantly happier.

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Registration fee :

Faculty Members & Corporate Delegates:

Rs.236/-
(inclusive of 18% GST)

Payment Procedure

Registration fee must be paid by Demand Draft/
NEFT in favour of "Jain University",
payable at Bengaluru.

Online Transfer / Bank Transfer

Bank Name : Karur Vysya Bank
Branch : Jayanagar, Bengaluru
Account Name : Jain University
Account Number : 1315155000038088
IFSC Code : KVBL0001315

Duration: Two and Half hours

Time: 02:00 PM - 04:30 PM

Platform:  zoom

Patrons

Dr. Chenraj Roychand

Chancellor, JAIN (Deemed-to-be University)

Col (Hony). Dr. N. Sundararajan

Pro Chancellor, JAIN (Deemed-to-be University)

Professor (Dr.) Raj Singh

Vice-Chancellor, JAIN (Deemed-to-be University)

Advisory Board

Dr. Dinesh Nilkant

Director, CMS Business School, JAIN (Deemed-to-be University)

Dr. Harold Andrew Patrick

Professor & Dean - Academics, CMS Business School, JAIN (Deemed-to-be University)

Dr. Monoo John

Associate Professor & Head - Centre for Executive Education & Entrepreneurship Development (CMSBS-CEE & ED)
CMS Business School, JAIN (Deemed-to-be University)

***E-Certificates for registered participants only**

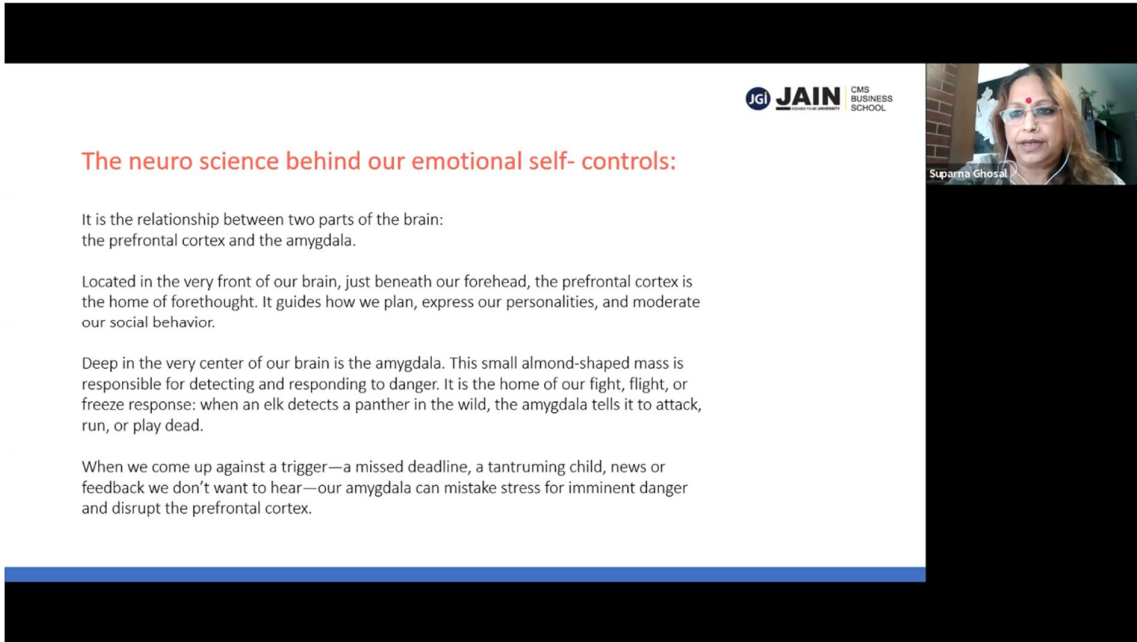
Register and Join:

<https://forms.gle/qSZ4esMeb5s4iizf9>



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17. Pictures for the Event:



JGI **JAIN** CMS
DEEMED-TO-BE UNIVERSITY BUSINESS
SCHOOL

The neuro science behind our emotional self- controls:

It is the relationship between two parts of the brain:
the prefrontal cortex and the amygdala.

Located in the very front of our brain, just beneath our forehead, the prefrontal cortex is the home of forethought. It guides how we plan, express our personalities, and moderate our social behavior.

Deep in the very center of our brain is the amygdala. This small almond-shaped mass is responsible for detecting and responding to danger. It is the home of our fight, flight, or freeze response: when an elk detects a panther in the wild, the amygdala tells it to attack, run, or play dead.

When we come up against a trigger—a missed deadline, a tantruming child, news or feedback we don't want to hear—our amygdala can mistake stress for imminent danger and disrupt the prefrontal cortex.

Suparna Ghosal

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Nurturing Happiness
A Life of Happiness & Well Being

THEMES

- Emotional Well Being is directly proportional to our Happiness
- Emotional Quotient world over is gaining more importance than IQ
- Organizations / HRD are on the lookout for Happier people
- Productivity zooms with strong EQ
- Nurturing Happiness will nurture a strong EQ
- Process is to be inculcated as early as possible in life

Date : 5th August, 2021
Time : 02:00 PM - 04:30 PM

Benefits:
Mindfulness Gratitude Happiness

Centre for Executive Education & Entrepreneurship Development (CEE & ED)

bschool.cms.ac.in

VINAYAK BHAT

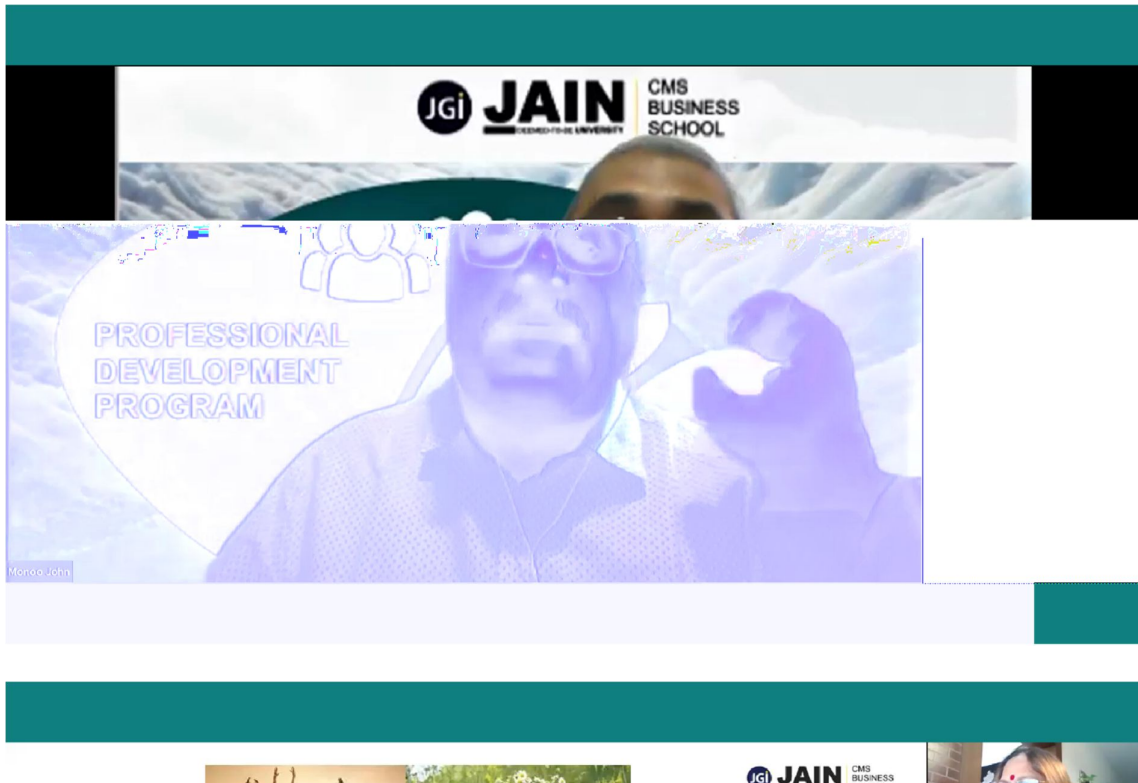
REPORT

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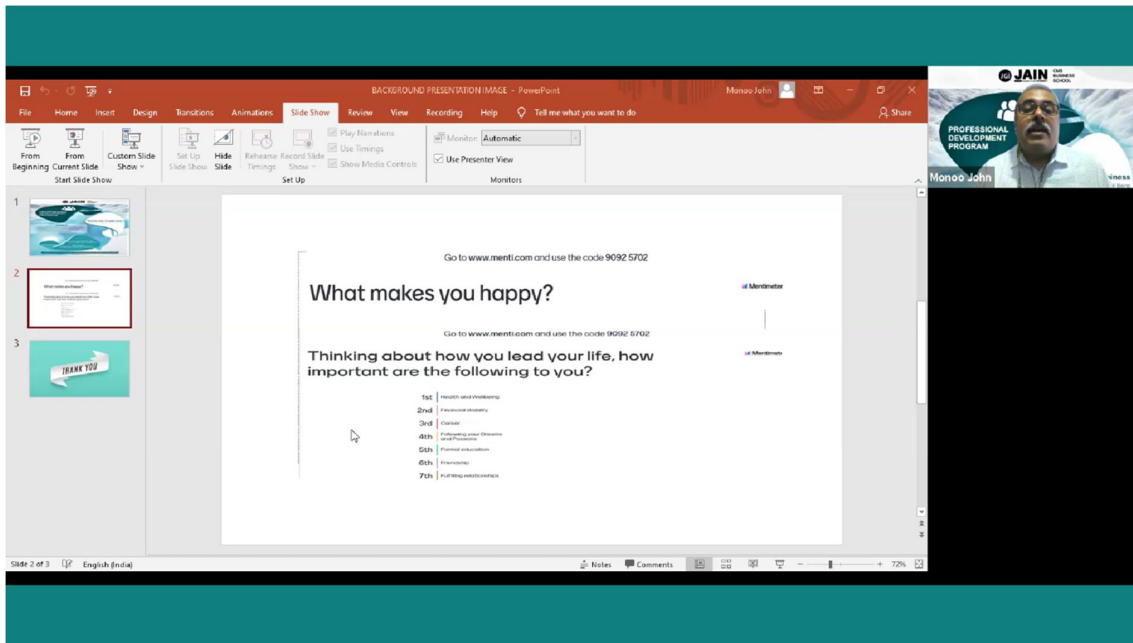
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Eg: Our Behaviour

Are we aware how our behaviour affects others and in turn us?
Do we loose control over our behaviour?
Do we regret loosing control...may be after some time
Are our relationships growing?
Are we open to feedback and advice, truly?
Does a past experience get reflected in our behaviour?

Are we the go to person for somebody?
Are we there to listen?
Are we able to appreciate genuinely?

Is there a pattern in your behaviour!!!?

