

CIRCULAR



**ARKA JAIN
University**
Jharkhand



Centre for Capacity Building and Human Resource Development (CCHRD)

Circular

Date: 28-01-2026

Ref. no: AJU/CCHRD/2026/07

Subject: Workshop on Happiness and Wellness for Young Minds

This is to notify that *School of Engineering and IT* and *Centre for Capacity Building and Human Resource Development (CCHRD)* will organize a life skill workshop on **Happiness and Wellness for Young Minds** for B. Tech students of 4th and 6th semester, on 30th January, 2026 at room no. 313, Block C. The resource person will be Lt. Col Sangeeta Singh (Retd.).

Dr. Charu Wadhwa

Assistant Director

CCHRD



Dr. Ashwini Kumar

Assistant Dean

SoEIT

**School of Engineering & IT
ARKA JAIN University**

Cc to:

1. Vice-Chancellor
2. Registrar
3. Joint Registrar
4. Director
5. Director Campus
6. Dean, Students' Welfare
7. All Deans and HoDs

WORKSHOP ON HAPPINESS AND WELLNESS FOR YOUNG MINDS

Date of Event	30th January 2026
Name of the Event	Workshop on Happiness and Wellness for Young Minds
Type of the Event	Skill based Training
Conducted by	Centre for Capacity Building and Human Resource Development (CCHRD) and School of Engineering & IT
Resource Persons	Lt. Col Sangeeta Sinha (Retd.)
No. of Participants	29

OBJECTIVE: The objective of the Life Skill Workshop on *Happiness and Wellness for Young Minds* was to create awareness among B.Tech students about the importance of mental well-being, emotional balance, and positive thinking in both personal and professional life. The session aimed to help students understand stress management, self-motivation, and the role of happiness in achieving long-term success. It also focused on developing a healthy mind-set to cope with academic pressure and future career challenges.

DETAILS: The School of Engineering and IT, in collaboration with the Centre for Capacity Building and Human Resource Development (CCHRD), successfully organized the Life Skill Workshop on 30th January, 2026 at Room No. 313, Block C, for B.Tech students of 4th and 6th semester. The session was conducted by the esteemed resource person, Lt. Col. Sangeeta Sinha (Retd.), who shared her experiences and insights on wellness, discipline, resilience, and emotional strength. The workshop included interactive discussions, real-life examples, and practical techniques to enhance happiness and mental wellness among young minds.

OUTCOME: The workshop resulted in increased awareness among students regarding the significance of happiness and wellness in everyday life. Participants developed a better understanding of stress management techniques, positive thinking, and emotional resilience. The session motivated students to adopt healthier habits, maintain a balanced lifestyle, and approach academic and personal challenges with confidence and clarity.

POSTER OF THE EVENT



ARKA JAIN
University

Jharkhand



School of Engineering and IT

in association with

Centre for Capacity Building and Human Resource Development

presents

Happiness and Wellness for Young Minds

Resource Person: Lt Col Sangeeta Sinha (Retd)

For B. Tech 6th and 8th semester students

(Mechanical Engineering and Computer Science and Engineering)



Date: 30th January, 2026
Time: 10:30 - 11:30 AM
Venue: Room No. 313, Block C

Convenors:

Dr. Ashwini Kumar (Assistant Dean, SoEIT)

Dr. Charu Wadhwa (Assistant Director, CCHRD)

Poster: Workshop on Happiness and Wellness for Young Minds - January 2026

PHOTOS OF THE EVENT

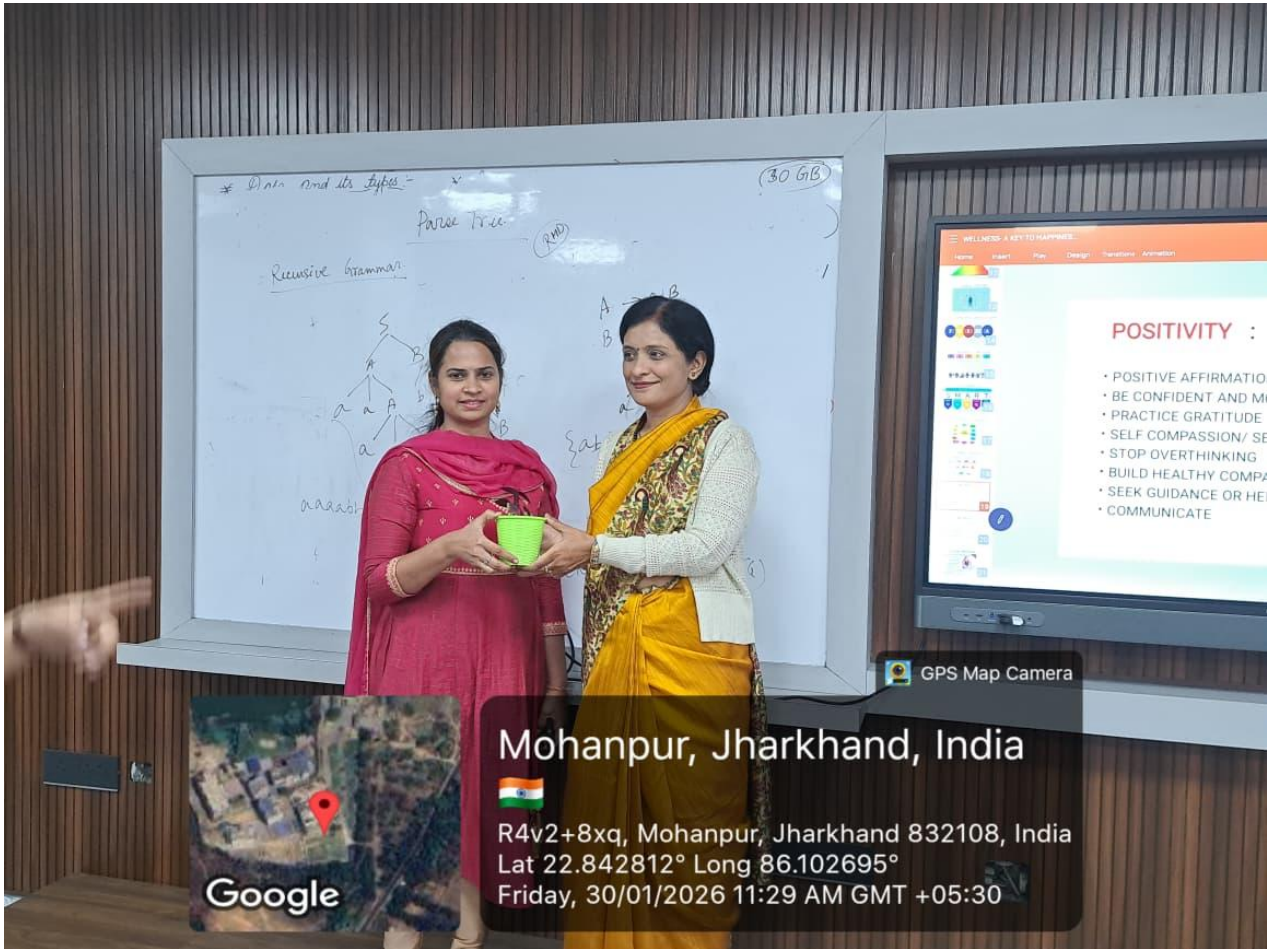


FIG 1: Lt. Col Sangeeta Sinha (Retd.) receiving a plant pot from a faculty member

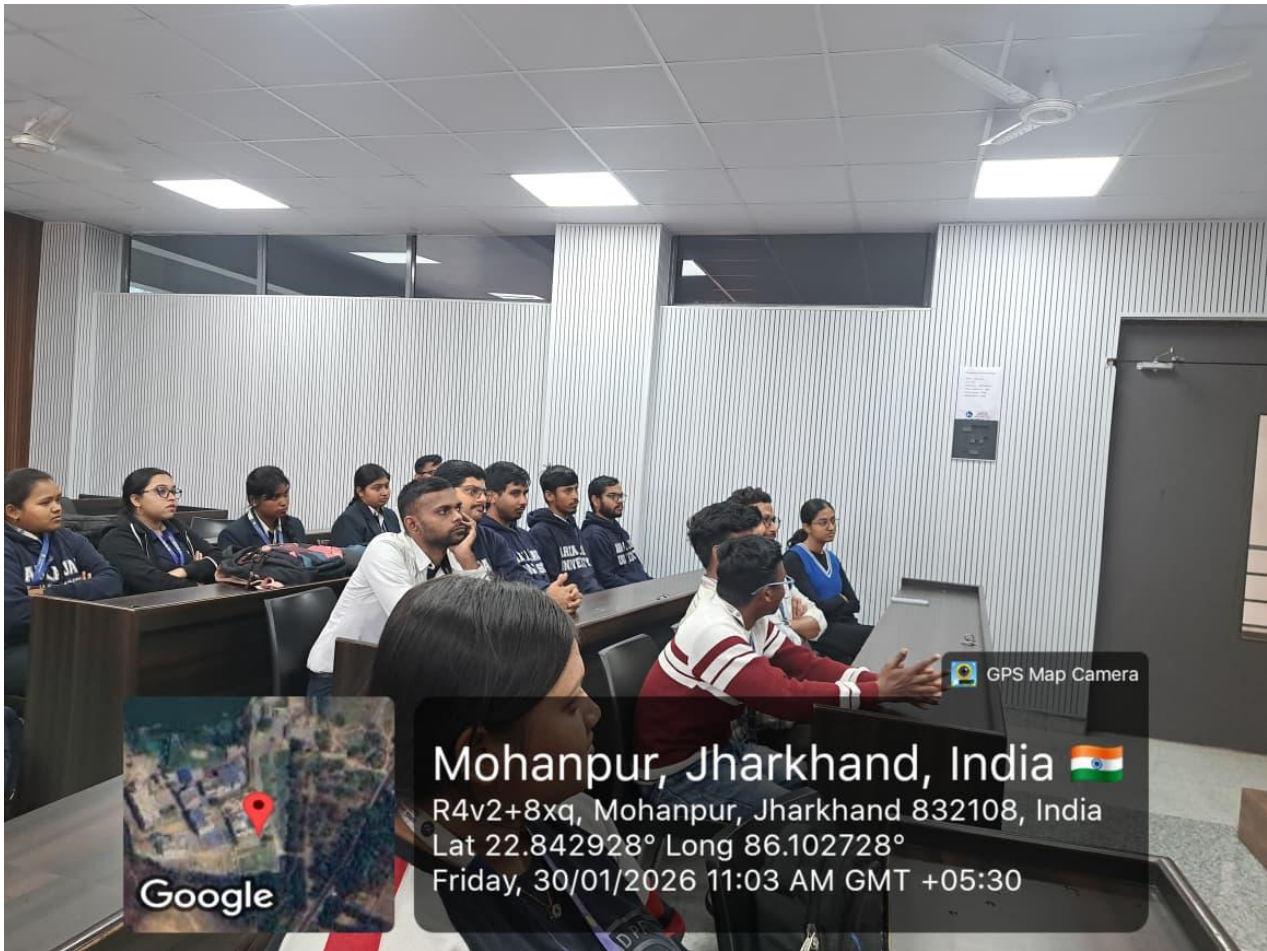


FIG 2: An interactive session by Lt. Col Sangeeta Sinha (Retd.)



FIG 3: Lt. Col Sangeeta Sinha (Retd.) clearing doubts of the students



FIG 4: Conversation between students and Lt. Col Sangeeta Sinha (Retd.)

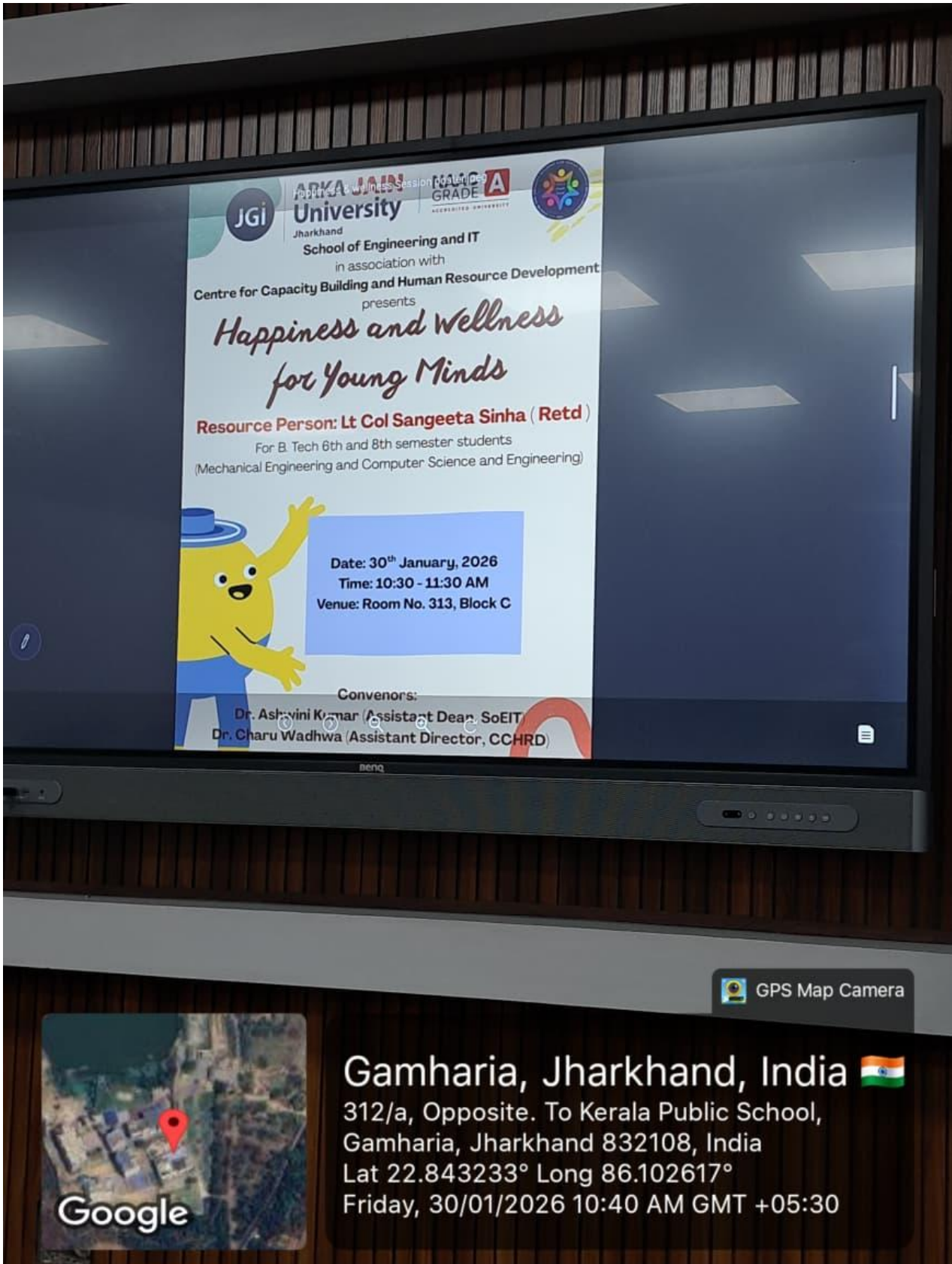


FIG 5: Poster Display of the Event

LIST OF PARTICIPANTS





School of Engineering and IT
&
Centre for Capacity Building & Human Resource Development
Happiness and Wellness for Young Minds

Date: 30th January, 2026

Attendance Sheet: List of participants

S. No.	Name of the Student	Enrollment ID	Semester	Signature
01.	Shivankar	AJU/231930	6 th	Shivankar
02	Surbhi Singh	AJU/231977	6 th	Surbhi
03	Darshan Mahabo	AJU/230355	6 th	Darshan
04	Arijali Singh	AJU/231803	6 th	Arijali Singh
05	Sumit Singh	AJU/222302	8 th	Sumit
06	Amar Das	AJU/220948	8 th	Amar Das
07	Ashish Mahabo	AJU/221681	8 th	Ashish
08	Shivam Kumar Jha	AJU/230743	6 th	Shivam
09.	Gaurav Kumar	AJU/231472	6 th	Gaurav
10	Gaurav Paul	AJU/232321	6 th	Gaurav
11.	Krishna Kumar Singh	AJU/231072	6 th	Krishna
12	Nidhi Singh	AJU/230921	6 th	Nidhi
13	Deepa Kumari	AJU/231072	6 th	Deepa
14	Pragati Prakash	AJU/231072	6 th	Pragati
15	Nandini Vamishree	AJU/231833	6 th	Nandini
16	Chandan Kumar	AJU/231610	6 th	Chandan
17	Dev Broot Das	AJU/230886	6 th	Dev Broot
18	Nandendra Narayan Singh	AJU/230285	6 th	Nandendra
19	Abhishek Kumar Singh	AJU/230107	6 th	Abhishek
20	Karan Swami	AJU/230868	6 th	Karan
21.	Nivek pramanik	AJU/230137	6 th	Nivek pramanik
23	Rahul Kumar	AJU/232160	6 th	Rahul Kumar
24.	Md. Sadique	AJU/232151	6 th	Md. Sadique
25	Ayushi Singh	AJU/232076	6 th	Ayushi
26	Rishi Ray	AJU/231108	6 th	Rishi
27	Sumit Mahabo	AJU/230948	6 th	Sumit
28	Anurag Kumar Raj	AJU/231274	6 th	Anurag
29.	Aditya Kumar	AJU/231130	6 th	Aditya


Dr. Charu Wadhwa
Asst. Director, CCHR


Dr. Ashwini Kumar
Asst. Dean, SoEIT
Asst. Dean
School of Engineering & IT
ARKA JAIN University