

# Cultivating Joy and Wellbeing: Faculty Participate in “Happiness Quotient” Wellness Session

Pune, Maharashtra | 2<sup>nd</sup> May, 2025



On the 2<sup>nd</sup> May, 2025, the Counselling and Wellness Department orchestrated a thoughtful and soul-soothing session for all faculty members, themed around the deeply relevant and universal concept of the “Happiness Quotient.”

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The session opened with a clear-eyed yet compassionate exploration of the theory behind happiness — delving into what fosters it and what inhibits it, drawing from both personal and professional spheres. Participants were guided to recognise the many stressors that affect day-to-day wellbeing — so as to maintain work life balance, while also being introduced to practical strategies and small, meaningful shifts that contribute to a happier, healthier life.

What followed was an energetic and engaging series of activities tailored to rejuvenate the mind, body, and spirit. Faculty members engaged in breathing and meditation exercises, helping them slow down and centre themselves. Basic stretching routines encouraged movement and body awareness.



In a particularly introspective segment, calming music was played while participants were asked to reflect on the emotions the melodies stirred within them, creating a bridge between sound and self-awareness.



Mental stimulation followed in the form of quizzes, puzzles, and Sudoku, offering a playful break for the analytical mind.



Then came the most effervescent part of the session — dance and movement-based activities, which sparked joy, laughter, and genuine connection. Faculty also had the opportunity to unwind through craft and painting, engaging the creative self in a safe, expressive space.



As the end approached, in a spirited activity, everyone had papers pinned to their backs whilst other faculty members wrote positive qualities about them. The Counselling Department members also later spoke on positive affirmations, and suggested books that would help lead a positive lifestyle. Every element of the session was thoughtfully curated to help faculty reconnect with their inner balance and restore their emotional energy.

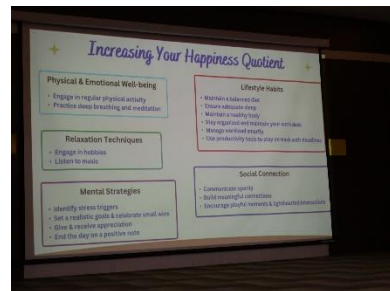


This enriching event was made possible through the passionate efforts of the Counselling and Wellness Department, whose team included the counsellors, Ms. Sabitha Pramodh and Ms. Manasvi Kulkarni; the wellness coach, Ms. Payal Shah, and the special educator, Mr. Sujay Ghule. Their empathy, insight, and professional expertise created an atmosphere of trust, healing, and shared understanding.

Equally vital was the unwavering support of the school's leadership and administration. A heartfelt thank you goes to our principal, Dr. Bindu Saini; and vice Principal, Ms. Padmavati Banda, for championing the importance of mental and emotional wellness within the school culture.



Special thanks are due to our section coordinators — Ms. Darshana Kamat, Ms. Nirupama Kale, Ms. Vandana Sangle, Ms. Archana Prabhune, and Ms. Supreya Nitin — whose presence and participation added warmth and enthusiasm to the proceedings. We also extend sincere appreciation to the administrative manager, Mr. Manish Dhekale, whose behind-the-scenes support ensured seamless organisation and execution of the session.



Later in the day, in a thoughtful extension of the day's spirit of gratitude and connection, a special event was held to commemorate International Labour Day, dedicated to honouring the support staff of the school — the often-unsung heroes who keep the institution running smoothly every single day.



The session, compered by Ms. Varsha Kulkarni, included a range of fun-filled activities such as games and music, specially chosen to bring smiles and celebrate their invaluable contribution. Each member of the support staff was also presented with a badge as a token of appreciation, symbolising respect, recognition, and heartfelt thanks for all that they do.

Altogether, the day stood as a powerful testament to the values the school holds dear — empathy, wellbeing, unity, and gratitude. It was not just a break from routine, but a reminder that nurturing happiness is not a fleeting indulgence — it is an essential part of a thriving educational ecosystem. And on this day, that happiness was not only taught — it was truly felt.

