



D.B.M.S. College of Education

(Recognised by National Council for Teacher Education)
Affiliated to Kolhan University, Chaibasa & J. A. C., Ranchi, Jharkhand
Road No. 23, Farm Area, Kadma, Jamshedpur-831005 | Phone : 2309097
E-mail : dbms.edu23@gmail.com | Website : dbmscollege.in

INTERNAL QUALITY ASSURANCE CELL OF D.B.M.S. COLLEGE OF EDUCATION ORGANISES A SESSION ON “SELF-WELLNESS AND BEING HAPPY” ON 16/04/2025

VENUE: COLLEGE AUDITORIUM

**RESOURCE PERSON: MRS. ANSHU MALINI, CEO AND CO-FOUNDER
OF MADHANSH, BHUBANESWAR**

INTRODUCTION

Living a happy and meaningful life is a fundamental human aspiration. It's a journey of self-wellness, growth, and fulfilment, where individuals strive to realize their potential, build meaningful relationships, and contribute to the world around them.

CONTEXT

In today's fast-paced world, people often find themselves caught up in the pursuit of material success, social validation, and external expectations. However, true happiness and self-wellness come from within, and are deeply connected to one's values, passions, and sense of purpose.

OBJECTIVE

To help participants understand the concept of true happiness, explore the factors that influence emotional wellbeing and develop practical strategies for cultivating a positive and fulfilling life through self-awareness gratitude mindfulness and meaningful relationships.

PROCESS

On 16th April 2025 at 12:00 p.m. D.B.M.S. College of Education had the honour of hosting Mrs Anshu Malini, a six-time Guinness world record holder,



D.B.M.S. College of Education

(Recognised by National Council for Teacher Education)
Affiliated to Kolhan University, Chaibasa & J. A. C., Ranchi, Jharkhand
Road No. 23, Farm Area, Kadma, Jamshedpur-831005 | Phone : 2309097
E-mail : dbms.edu23@gmail.com | Website : dbmscollege.in

for motivational session on the topic of '**SELF-WELLNESS AND LIVING A HAPPY LIFE**'. Her visit was filled with energy, encouragement and powerful lessons that touched the heart of every student and teacher present. Mrs. Anshu Malini spoke deeply about the meaning of true happiness. She said that happiness is not something we find outside but something we can create within ourselves. It doesn't depend on money, fame or comfort but on gratitude, kindness, self-love and a positive mindset. She shared how she learned to stay happy even during difficult times by focusing on what she had instead of what was missing. She encouraged students to appreciate small joys like time with family, a good meal or doing something creative. According to her happiness is a daily choice. It is about waking up and deciding to smile no matter what challenge comes our way. She also said that helping others, staying honest and believing in your dreams can bring lasting happiness. When you help someone smile, you smile too. Her words helped everyone understand that happiness is not about having a perfect life but also about finding peace and joy in the present moment.

OUTCOME

- Students gained insights into how emotional well-being, purpose, and personal values contribute to a fulfilling and meaningful life, both personally and professionally.
- Students understood the importance of cultivating positivity, empathy, and resilience, which they can carry into their future classrooms as role models.

CONCLUSION

Students learned how to cultivate a positive mindset and appreciate the small joys of life. They understood the role of gratitude in enhancing emotional well-being and overall happiness. The event encouraged self-reflection and the practice of daily gratitude for a more fulfilling personal and professional life.



D.B.M.S. College of Education

(Recognised by National Council for Teacher Education)
Affiliated to Kolhan University, Chaibasa & J. A. C., Ranchi, Jharkhand
Road No. 23, Farm Area, Kadma, Jamshedpur-831005 | Phone : 2309097
E-mail : dbms.edu23@gmail.com | Website : dbmscollege.in

PHOTOGRAPHS OF THE SESSION

PIC 01: RESOURCE PERSON OF THE SESSION



PIC 02: MRS. ANSHU MALINI ADDRESSING THE GATHERING



D.B.M.S. College of Education

(Recognised by National Council for Teacher Education)
Affiliated to Kolhan University, Chaibasa & J. A. C., Ranchi, Jharkhand
Road No. 23, Farm Area, Kadma, Jamshedpur-831005 | Phone : 2309097
E-mail : dbms.edu23@gmail.com | Website : dbmscollege.in

PIC 03: INTERACTIVE SESSION WITH THE STUDENTS



FEEDBACK ANALYSIS OF THE SESSION

