

To
The Principal
Holy Cross College, Agartala
Tripura, India

Subject: Request for Approval to Organize a Special Lecture on "Happiness Strategy for Good Relationships, Health & Success"

Respected Father,

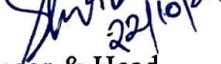
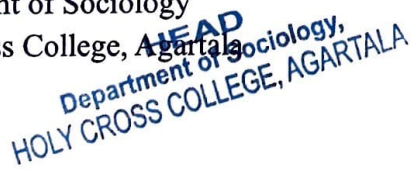
On behalf of the Department of Sociology at Holy Cross College, I am writing to seek your kind permission to organize a special lecture on "Happiness Strategy for Good Relationships, Health & Success." The lecture will be delivered by Dr. Rajesh K. Pillania, renowned as "India's Happiness Professor." We have scheduled this event for 24th October 2024, from 9:00 AM to 10:00 AM in Room No. G-8.

This lecture promises to offer valuable insights into the science of happiness and well-being, presenting a unique opportunity for both personal and academic growth. Participating in this event will not only deepen our understanding of happiness but also enable students to share useful knowledge with their peers and teachers.

I kindly request your approval to proceed with this event. I assure you that I will manage any missed schoolwork responsibly and represent our college with diligence.

Thank you for considering my request. I look forward to your positive response.

Yours sincerely,

Sentienla
Assistant Professor & Head,
Department of Sociology
Holy Cross College, Agartala




23/10/2024
PRINCIPAL
HOLY CROSS COLLEGE
AGARTALA

To

Dr. Rajesh L Pillania

Professor, MDI Gurgaon

Subject: Invitation to Deliver a Special Lecture


Dear Sir,

On behalf of Holy Cross College, I am honored to extend a formal invitation to you to deliver a special lecture on the topic "Happiness Strategy for Good Relationships, Health & Success." on October 24, 2024, at 09:00 AM. This lecture will help us get valuable insights into the science of happiness and well-being, presenting a unique opportunity for both personal and academic growth. Participating in this event will not only deepen our understanding of happiness but also enable students to share useful knowledge with their peers and teachers.

Your presence and expertise would greatly benefit our students. We would be honored to have you join us, encouraging our students to understand and contributing to the success of the program.

Thank you for considering our invitation. We look forward to your positive response.

Warm regards,



23.10.2024

Dr. Fr. Benny K John, CSC

Principal, Holy Cross College

Agartala, Tripura

PRINCIPAL
HOLY CROSS COLLEGE
AGARTALA

Ref. No. HCCAGT/SOC/SPECIAL-LECTURE/2024-25/01

Date: 22/10/2024

NOTICE

Department of Sociology

Special Lecture on "Happiness Strategy for Good Relationships, Health & Success"

Academic Year 2024-25 (Odd Semester)

This is to inform all the students of the Sociology department, Education department, Social Work department, and Psychology department that the Department of Sociology is organizing a Special Lecture on the theme "Happiness Strategy for Good Relationships, Health & Success" on October 24, 2024. The Special Lecture will be delivered by Prof. Rajesh L Pillania, MDI Gurgaon, distinguished academic and researcher the last 15 years and has taught thousands of students, business executives, government officers, judges, and CXOs happiness. Professor Pillania has shared his knowledge of happiness with millions in India and abroad through various media platforms.

EVENT DETAILS:

Date: October 24, 2024

Time: 09:00 AM onwards

Location: Room No. G-8

Speaker: Prof. Rajesh L Pillania, MDI Gurgaon

Sentienla
22/10/24

Sentienla

Head, Department of Sociology

Holy Cross College, Agartala

HEAD
Department of Sociology,
HOLY CROSS COLLEGE, AGARTALA

**REPORT ON SPECIAL LECTURE ON
HAPPINESS STRATEGY FOR GOOD RELATIONSHIPS, HEALTH & SUCCESS**

Organized by the Department of Sociology, Holy Cross College

Date: October 24, 2024

Venue: G-8

Time: 09:00 am to 10:30 am

The Department of Sociology at Holy Cross College, Agartala, organised a Special Lecture on "Happiness Strategy for Good Relationships, Health & Success." The lecture was delivered by Prof. Rajesh L. Pillania from MDI Gurgaon, an Asia Fellow at Harvard University from 2009 to 2011. Prof. Pillania is a distinguished academic and researcher with over 15 years of experience, having taught thousands of students, business executives, government officials, judges, and CXOs in the art of happiness. The special lecture was held in Room No. G-8 from 9:00 to 10:00 am, with a total attendance of 85 students and 10 faculty members.

In his lecture, Prof. Pillania emphasized the importance of reflecting on humanity's enduring pursuit of happiness—a quest that has become even more challenging in today's hyper-competitive world and under the pervasive influence of social media, especially after the COVID-19 pandemic. While poets and philosophers have long contemplated the nature of happiness, recent scientific research highlights its significant role in our well-being, health, and relationships. Happiness, as studies show, is not just a passing feeling but a powerful factor that shapes our quality of life, boosting productivity, fostering healthier relationships, and even improving physical health. Drawing from psychology, neuroscience, and sociology, Prof. Pillania provided strategies to make happiness a practical, achievable goal, encouraging us to embrace these insights and enhance our personal well-being.

Prof. Pillania made his lecture highly engaging by involving students in interactive activities, demonstrating his points in a lively and participatory manner. His dynamic approach captivated the audience, leaving students and faculty with valuable insights and practical strategies for enhancing happiness in their personal and professional lives.


Sentienla

Head, Department of Sociology

Holy Cross College, Agartala

HEAD
Department of Sociology
HOLY CROSS COLLEGE, AGARTALA

HOLY CROSS COLLEGE, AGARTALA
Department of Sociology
Special Lecture on “Happiness Strategy for Good Relationships, Health & Success”
Date: October 24, 2024
Venue: G-8
Time: 09:00 am - 10:30 am

Programme Schedule

09.00 – 09:05: Morning Prayer

09:05 - 09:10: Concept Note by Sentienla

09:10 - 09:15: Welcome and Introduction of the Speaker by Joel Lalengliana Darlong

09:15 - 10:10: Special Lecture by Prof. Rajesh L Pillania

10:10 - 10:20: Discussion session

10:20 - 10:25: Vote of Thanks by Sara Debbarma

10:25 - 10:30: National Anthem

Student's Attendance Sheet

Department of Sociology

Name of the activity: Special Lecture: "Happiness Strategy for Good Relationships, Health & Success."
Date: 24/10/24

Sl No.	College Roll No.	Name	Semester	Department
1	151	Adar Mohan Samratia	5 th	Sociology
2	193	Subankar Debbarma	5 th	Sociology
3	388	Sonal Sarma	2 nd	Sociology
4	874	Niha Ghosh	2 nd	Sociology
5	446	Srija Singha	1 st	Social Work
6	461	Surebhi Samratia	1 st	Psychology
7	451	HT. Nalon	1 st	B.S.W
8	450	Balajied Rmen	1 st	B.S.W
9	452	Rikanzoi Goktur	1 st	B.S.W
10	377	Payal Debbarma	2 nd	Sociology
11	386	Siyari Debbarma	2 nd	Sociology
12	360	Dipali Debbarma	2 nd	Sociology
13	382	Sagarika Debbarma	2 nd	Sociology
14	380	Rutisa Debbarma	2 nd	Sociology
15	481	Roji Debbarma	1 st	Psychology
16	378	Rakhet Debbarma	2 nd	Sociology
17	365	John Samratia	2 nd	Sociology
18	359	Dhiraj Debbarma	2 nd	Sociology
19	453	Rikbireth D Samratia	1 st	B.S.W
20	448	Mukunw Debbarma	1 st	B.S.W


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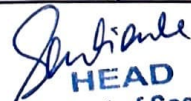
Student's Attendance Sheet

Department of Sociology

Name of the activity: Special Lecture: "Happiness strategy for Good Relationships, Health & Success."

Date: 24.10.24

Sl No.	College Roll No.	Name	Semester	Department
1	154	Barsha Debbarma	5th	Sociology
2	474	Kyrmenlang Dhor	2nd	B.S.W
3	473	Donrikular Marbanlang	2nd	B.S.W
4	475	Wiljohn Dkhar	2nd	B.S.W
5	449	Paio Mog	1st	B.S.W
6	360	Priya Molsom	1st	Sociology
7	351	Alina Rokimi Darlang	1st	Sociology
8	370	Paimrav Mog	1st	Sociology
9	389	Mahendi Debbarma	1st	Sociology
10	392	Khumpuiti Reang	1st	Sociology
11	375	Alina Debbarma	1st	Sociology
12	492	Anisio Sangxiang	1st	Education
13	491	Aibonlang Kharbani	1st	Education
14	442	Daniel suting	2nd	Education
15	478	Sania Debbarma.	2nd	Social work
16	454	April Debbarma.	1st	B.S.W
17	494	Eeme L. Hoangkhaul	1st	Education
18	496	Prapti Chakma	1st	Education
19	357	David Debbarma	2nd	Sociology
20	353	Aryan Debbarma	2nd	"


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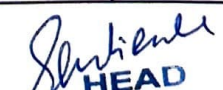
Student's Attendance Sheet

Department of Sociology

Name of the activity: Special Lecture: "Happiness strategy for Good Relationships, Health & Success."

Date: 24.10.2024

Sl No.	College Roll No.	Name	Semester	Department
1	444	Amrit Debbarma	1 st	BSW
2	445	Alvin Debbarma	1 st	B.S.W.
3	366	Khushi Debbarma	1 st	Sociology
4	355	Athurani Debbarma	1 st	Sociology
5	379	Samphili Debbarma	1 st	Sociology
6	362	Jennifer Tripura	1 st	Sociology
7	382	Supriya Debbarma	1 st	Sociology
8	353	Armita Bhil	1 st	Sociology
9	371	Payel Jamatia	1 st	Sociology
10	372	Prince Marak	1 st	Sociology
11	376	Roshan Debbarma	1 st	Sociology
12	380	Soma Debbarma	1 st	Sociology
13	373	Rakesh Tripura	1 st	Sociology
14	364	Jitkan Debbarma	1 st	Sociology
15	386	Talbang Jamatia	1 st	Sociology
16	383	Sureal Jamatia	1 st	Sociology
17	352	Angaraj Jamatia	1 st	Sociology
18	361	Janison Debbarma	1 st	Sociology
19	378	Salka Debbarma	1 st	Sociology.
20	442	Goulalven Lushai	1 st	B S W


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 Department of Sociology,
 HOLY CROSS COLLEGE, AGARTALA

Student's Attendance Sheet

Department of Sociology

Name of the activity: Special Lecture: "Happiness Strategy for Good Relationships, Health & Success"
Date: 20/10/20

Sl No.	College Roll No.	Name	Semester	Department
1	463	Elami Debbarma	1 st	Psychology
2	472	Arpita Murasing	1 st	Psychology
3	465	Bindhiya Debbarma	1 st	psychology
4	466	Rehena Chakma	1 st	Psychology
5	467	Ninobi Debbarma	1 st	Psychology
6	478	Debalina Ghosh	1 st	Psychology
7	483	Pashel Simmgam snal	1 st	Psychology
8	482	Paroleo Sohtun	1 st	Psychology.
9	441	Bipul Kanti Chakma	2 nd	Education
10	452	Micaja Debbarma	2 nd	Psychology
11	392	Thomson Uchai	2 nd	Sociology
12	444	Victor Suting	2 nd	Education
13	495	Luke Nongtdo	1 st	Education
14	493	Bivek Kaipeng	1 st	Education
15	456	Debasish Debbarma	1 st	B.S.W
16	163	Jacob Vannerhsanga	5 th	Sociology
17				
18				
19				
20				


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Student's Attendance Sheet

Department of Sociology

Name of the activity: Special Lecture: "Happiness strategy for Good Relationships, Health & ~~Success~~ Success"
 Date: 24.10.24

Sl No.	College Roll No.	Name	Semester	Department
1	469	Sreyasi Paul	1st	Psychology
2	486	Gaurav Tripathi	1st	Psychology
3	476	Aishree Debbanma	1st	Psychology
4	474	Anwesha Chakrabarty	1st	Psychology
5	462	Mercy Molsom	1st	psychology
6	484	Samriddhi Ray	1st	Psychology
7	477	Rancho Das	1st	Psychology
8	475	Bipasha Chakrabarti	1st	Psychology
9	476	Nicheal Debbanma	2nd	Sociology
10		Kiangwilis Pamei	HCC,	Librarian
11		Sentients, Assistant Prof.		Sociology
12		Debayana Mukherjee. Asst. Prof.		Psychology
13		Joel Kalenziana Darlong	Asst. Prof.	Sociology
14		Dr. Sharmitha Chakrabarti	Asst Prof	Sociology
15		Sara Debbanma	"	Sociology
16		Lily Jamfia	"	Social work
17		Genesis Debbanma	"	Sociology
18		Jaydeep Banik	Asst. Prof.	Teacher Education
19		Labrensangi Haugkhawp	Asst. Prof.	Education
20				

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HEAD
 Department of Sociology,
 HOLY CROSS COLLEGE, AGARTALA

BANNER:



The banner features the Holy Cross College Agartala logo in the top left corner. In the top right corner, there are accreditation logos for NAAC (A+) and ACCTE. The main title is "Special Lecture on Happiness Strategy for Good Relationships, Health & Success". Below the title, it lists the resource person as Dr. Rajesh K Pillania, PhD, Professor at MDI Gurgaon and Asia Fellow at Harvard University (2009-2011). A circular portrait of Dr. Pillania is on the right. The event details are: Date: 24 October 2024, Time: 9 AM- 10 AM, Venue: G8. It is organized by the Department of Sociology at Holy Cross College, Agartala.

Special Lecture on Happiness Strategy for Good Relationships, Health & Success

RESOURCE PERSONS

Dr. Rajesh K Pillania, PhD
Professor, MDI Gurgaon
Asia Fellow, Harvard University (2009-2011)

Date: 24 October 2024
Time: 9 AM- 10 AM
Venue: G8

Organised By
Department of Sociology
Holy Cross College, Agartala

GEO-TAGGED PICTURES:



A photograph of Dr. Rajesh K Pillania speaking at a podium during the lecture. A large screen behind him displays the same banner as above. A clock on the wall shows the time is approximately 10:10. A GPS Map Camera overlay is visible in the bottom right, showing a map of the location and providing the following details: West Tripura, TR, India; Agartala Road, Mohanpur, West Tripura, 799210, TR, India; Lat 23.918117, Long 91.321413; 24.10.24 09:08 AM GMT+05:30; Note: Captured by GPS Map Camera.

West Tripura, TR, India
Agartala Road, Mohanpur, West Tripura, 799210,
TR, India
Lat 23.918117, Long 91.321413
24.10.24 09:08 AM GMT+05:30
Note : Captured by GPS Map Camera



