



मालवीय राष्ट्रीय प्रौद्योगिकी संस्थान जयपुर (राष्ट्रीय महत्व का संस्थान)

Malaviya National Institute of Technology Jaipur

Art of Happiness - 2025



About :

The Wellness Club, under the Dean Students' Welfare Office (DSW), MNIT Jaipur, organized a special wellness session titled **"Art of Happiness"** on **7th September 2025** for the first-year students of **Hostel-7 (Drona Hostel) & Hostel 15**.

The interactive and devotional talk was delivered by **Shri Raghav Charan Dasa**, Youth Mentor and Motivational Speaker associated with the **Akshaya Patra Foundation** and **Gupt Vrindavan Dham**. With years of experience guiding youth across India, he shared timeless principles of happiness, discipline, and purpose, rooted in both modern psychology and the wisdom of the Bhagavad Gita.



Significance:

The “Art of Happiness” session was designed to address the challenges first-year students often face **stress, peer pressure, homesickness, and uncertainty about the future**. By blending motivational insights with spiritual principles, the talk encouraged students to discover inner strength and build a joyful outlook toward life.

The session aligned with MNIT Jaipur’s commitment to **holistic student development**, nurturing not just academic excellence but also **emotional resilience, moral clarity, and balanced living**.

Objective:

The primary objectives of the “Art of Happiness” session were to:

- Introduce students to **practical tools for happiness and mental well-being**.
- Highlight the role of **discipline, mindfulness, and values** in student life.
- Encourage students to cultivate **healthy relationships, teamwork, and positive habits**.

- Share how **devotional practices like meditation** can reduce stress and improve focus.
- Build awareness of how **Akshaya Patra and Gupt Vrindavan Dham** create opportunities for youth engagement, volunteering, and leadership.

Speaker:

- The session was conducted by **Shri Raghav Charan Dasa**, a distinguished motivational and spiritual mentor. After completing a successful career as a National Level Cricket Player and having worked at Multi-national Companies, he dedicated his life to serving humanity with the mission of promoting happiness, self-awareness, and purposeful living.
- He has inspired audiences across several premier institutions in India through his engaging sessions that combine rational insights with spiritual wisdom. At present, he is associated with the **Akshaya Patra Foundation**, the world's largest NGO, which is renowned for its efforts in eradicating hunger and supporting holistic child development.

Student Response:

- The session received a positive response from the students of Hostel-7 & 15.
- Many students actively participated in the interactive Q&A and group chants.
- Several first-year students expressed that it gave them new perspectives on managing stress and staying motivated.
- Students appreciated the balance of fun activities, storytelling, and practical takeaways.
- A number of attendees shared their willingness to explore chanting, meditation, and volunteering opportunities with Akshaya Patra.

Learning outcomes:

By the end of the session, students were able to:

- Understand the link between values, discipline, and happiness.
- Recognize the importance of mindfulness and meditation in their daily routine.
- Gain confidence in handling peer pressure and academic stress.
- Feel inspired to take part in future Wellness Club and Akshaya Patra activities.

