

INDIA'S FIRST

HAPPINESS CAMPUS

Learning filled with happiness, Mindfulness, and playfulness

AN EXCLUSIVE CAMPUS HAPPINESS PROJECT AIMS AT MAKING LEARNING JOYFUL, EXPERIENTIAL AND ENJOYABLE. THIS INDIA'S FIRST CAMPUS HAPPINESS PROJECT OFFERS UMPTEEN OPPORTUNITIES FOR THE HOLISTIC DEVELOPMENT OF STUDENTS



**AVE
STELLA MARIS
COLLEGE** Affiliated to MG University

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Project Overview

Learning shall contribute towards holistic development and comprehensive well-being. The **CAMPUS HAPPINESS PROJECT** designed by Ave Stella Maris College aims at the intellectual, mental, physical, emotional, and social abilities of students in order to equipping them to facing the real challenges and emerging demands of everyday life. Encapsulating on the practical themes of happiness, mindfulness, and playfulness, it helps students and our members to achieve their fullest potential.

Our Focus



Mindfulness



happiness



Playfulness

Features

- Learning is no more boring but enjoyable and experiential every moment
- Inculcating science based social, emotional, spiritual, and social intelligence among students
- Building positivity and optimism to sustain momentum of life
- Create lasting happiness and enthusiasm
- Identify the deep purpose of life and achieve its fullest through the sense of realization
- Achieving fitness of body, mind, and soul
- Emphasis on Productivity, resilience, service , and leadership
- Supported by experienced and qualified professionals