



SURANA COLLEGE-Autonomous

Affiliated to Bangalore University

Recognised under 2(f) and 12 B of UGC, Certified by ISO, Re-accredited by NAAC with A+
No. 16, South End Road, Bengaluru-560 004

Happiness week IQAC Initiative Staff welfare commitee In association with Student council



IQAC INITIATIVE
FACULTY WELFARE COMMITTEE
in association with
STUDENT COUNCIL
invites you to celebrate
INTERNATIONAL DAY OF HAPPINESS
MARCH MANIA
CELEBRATION OF
Happiness
WEEK

17th March 2025 - 21st March 2025

THEME: CARING AND SHARING

DATE	EVENT	COLOR CODE
17-3-2025	Hopscotch	Orange/ yellow
18-3-2025	Housie + potluck	Pink / white
19-3-2025	Best out of waste + Desi games	Green
20-3-2025	1-minute games + outreach activity	Red
21-3-2025	International water day + sharing beyond campus	Blue

Prof Geetha A M
IQAC Coordinator

Prof Chandana Jain
Convenor, Student Council

Dr Malini Shetty A G
Convenor, Green Initiative Cell

Dr Sushma M
Convenor, Faculty Welfare Committee

Ms Rashi Vidyasagar
Chief – Digital Operations





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Celebrated Happiness week in Surana southend campus with the purpose of fostering a positive, engaging, and enjoyable atmosphere among the staff, promoting well-being, building team spirit, and creating a sense of appreciation and gratitude. The week-long event was designed to boost morale, reduce stress, and enhance the overall work environment.

Duration:

March 17th - March 21st, 2025

Happiness Week was organized with a variety of activities aimed at both personal and professional well-being. The initiative was not only about having fun but also about encouraging employees to appreciate the importance of mental health and happiness in the workplace. The week included team-building activities, and moments for staff to reflect on the positive aspects of their work life and beyond.

Staff members were highly engaged throughout the week, with participation in all activities reaching nearly 80%. Many employees expressed appreciation for the opportunity to take a step back from their busy schedules and focus on well-being.

We conducted various activities like Hopscotch with a twist, Desi games, Housie, Potluck, One minute games, lemon and Spoon, Ali Guni Mane (Wooden block with holes), etc. Overall, Happiness Week proved to be a meaningful and enjoyable event that made a lasting positive impact on staff morale and work culture.

Day 1





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Day 2:





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Day 3



Day 4





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Day 5

