

SHORT TERM COURSE

The Department of Philosophy and IQAC, MSCW, introduced an interdisciplinary short-term course of 30 hours titled '**Building a Positive Self-Image for Success**' in collaboration with *Inner Happiness Index*.

The objective of the course was to teach students how to create and restore a positive self- image for a happy and a successful life. The aim was to familiarize the students with tools and methods to embark on the journey of personal growth. Course instructor Ms. Shalini Vikrant, is the founder and owner of the sole proprietorship firm- 'Inner Happiness Index'. She is a motivational speaker, writer and a mentor for guided meditations. On creating a successful program on joy, she is now fondly referred to as the 'Ambassador of Joy'. 48 students from various disciplines enrolled for the course. The course commenced on 30-Jan-2021 and was completed on 28-Mar-2021.