



GUJARAT TECHNOLOGICAL UNIVERSITY

NATIONAL SERVICE SCHEME

Government Engineering College, Patan

A Report On **International Happiness Day** organized by
N.S.S. GEC Patan and Psychology Cell On 20th March, 2025.

NSS Unit/College Name: Government Engineering College, Patan

Event Name: International Happiness day

Event Date: 20th March 2025

Event Place: Electrical Seminar Hall

Media Poster Released by NSS GECP



For the celebration of
**International Day of
HAPPINESS**



Seminar on
YOU & YOUR HAPPINESS

Organize by
Psychology cell and NSS GEC PATAN

Date:- 20 March, 2025
Time:- 3:00 PM to 4:00 PM
Venue:- Electrical Dept. Seminar Hall

 **NSS_GEC_PATAN**     **NSS GEC PATAN**

Brief Description of the Event

"Happiness doesn't come from searching for it—it comes from living with purpose, connection, and gratitude."

On the occasion of International Happiness Day, the National Service Scheme (NSS) unit of Government Engineering College, Patan, in **collaboration with the Psychology Club of GEC Patan**, organized an enlightening and interactive session to promote the essence of happiness and emotional well-being among students.

The event commenced with a warm Welcome Address and an insightful speech by H. D. Patel Sir, Head of the Psychology Club, who emphasized the importance of mental health and shared thoughtful perspectives on achieving genuine happiness in everyday life. A Roundtable Discussion was held, where various faculty members actively participated and shared their diverse viewpoints on the meaning, sources, and perspectives of happiness. Their reflections offered valuable guidance and inspired students to adopt a positive and meaningful approach to life.

NSS volunteers also took the opportunity to express their personal experiences and understanding of happiness, making the session more engaging and relatable. The event successfully created a vibrant platform for open conversation about well-being and left the attendees with a renewed sense of joy and inspiration.

Major Outcomes of Event

- Participants gained a clearer understanding of how everyday choices and thoughts impact their sense of happiness.
- The session introduced simple habits that can help improve one's mood and overall outlook.
- Students, volunteers, and faculty shared personal experiences and thoughts during a lively group discussion.

Photo Gallery



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REPORTED BY:

Krish Patel
(NSS Volunteer)

स्वयं से पहले आप
“NOT ME BUT YOU”