

# Delhi School of Professional Studies and Research

Affiliated to G.G.S Indraprastha University

(NAAC Accredited "A" Grade Institution)

## DOSSIER

*On*

**"Webinar on How to be Happy in Uncertainty"**

*On*

June 4, 2020

<b>Title</b>	How to be Happy in Uncertainty
<b>Date and Time</b>	4th June, 2020
<b>Venue</b>	Google Meet
<b>Resource Person/Facilitator</b>	Prof. Ajay Kumar Singh, Honorary President of DSPSR and Vice Chancellor of Sri Sri University, Cuttack, Orissa
<b>No. of Participants</b>	400
<b>Summary</b>	The Internal Quality Assurance Cell of DSPSR organized a one day webinar on the theme "How to be happy in uncertainty" on June 04, 2020 from 3.30 p.m. to 4.30 p.m. The key speaker for the session was Prof. Ajay Kumar Singh, Honorary President of DSPSR and Vice Chancellor of Sri Sri University, Cuttack, Orissa. The session was conducted on Zoom platform



	<p>and was aired live on facebook. It was attended by more than 400 participants.</p> <p>Prof. (Dr.) G.S. Popli, Director, DSPSR addressed the audience and explained the importance of such programmes in current pandemic situation.</p> <p>Prof. Ajay Kumar Singh talked about 11 A's – Anger, Aggression, Arrogance, Annoyed, Absurd, Apprehension, Afraid, Ashamed, Addict, Absent minded and Abrupt, which a person needs to drop in order to be happy and be successful in life. He further talked about 5A's namely, Awareness, Acceptance, Action, Aspiration and Appraisal, which a person should embrace at both, subtle and highest level.</p> <p>The session was made open for questions in which students and people like Mr. Shyam Singh Inda, Assistant Advisor, National Assessment and Accreditation Council, Ministry of Human Resource Development asked their questions which were very diligently answered by Prof. Ajay Kumar Singh.</p> <p>In the end, Prof. Sima Singh, Dean, DSPSR gave the Vote of thanks and addressed beautifully that the programme was indeed a group effort of DSPSR family.</p>
<p><b>Winners</b></p>	<p>NA</p>

**Photographs of the event:**

