



HAPPITUDE Laboratory

Maharshi Dayanand University, Rohtak, Haryana (India)

(A State University established under Haryana Act No. XXV of 1975)

'A+' University Accredited by NAAC

Happitude Laboratory is
organising a

Selfie Contest

on the theme

"Being Happy"



Organised by Happitude Laboratory

Sponsored by DSW

Rules:

- Participants must submit their selfies to the email address given below.
happitudelab@mdurohtak.ac.in
- Each participant may submit only one entry per contest.
- Submissions must be accompanied by the
 1. Participant's full name,
 2. Contact information (Department, Course and Class Roll. No.)
 3. A slogan that briefly describes the selfie (Not more than 40 words or 4 lines).

Deadline

All entries must be submitted by
March 18, 2024.

Prizes and Certificates:

Three in each category:

Students, Staff members and Faculty members



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Students- All the students enrolled in any programme at MDU UTDs and MDU-CPAS, Gurugram can participate.

Staff members- Staff members of the Administrative, Examination, University Teaching Departments and other offices are requested to join and participate.

Faculty members- All the teachers of the MDU UTDs and MDU-CPAS are invited to partake.

Prizes will be announced on

March 20, 2024

International Day of Happiness

**Submit the selfies to the email address-
happitudelab@mdurohtak.ac.in**

[by March 18, 2024](#)

For any queries please contact:

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Prof. Deepti Hooda

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Selfie Contest on “Being Happy”

International Day of Happiness is celebrated every year on March 20th. The day is celebrated to promote the importance of happiness, well-being, and mental health in our lives. The theme for the 2024 International Day of Happiness is "Happier Together". On this day, Happitude Laboratory is going to celebrate the pursuit of joy and contentment that enriches our lives by organising a selfie contest on the above-mentioned theme. The theme reminds us that lasting happiness comes from feeling connected to others and being part of something bigger.

In today's digital age, where social media platforms dominate our interactions, selfies have become a ubiquitous form of self-expression. Organizing a selfie contest on International Day of Happiness presents an opportunity to harness the power of self-portraiture to promote positivity, connection, and well-being within our university community. Selfies, often seen as a symbol of individuality, can also serve as a means to share moments of happiness, gratitude, and community spirit. By encouraging students to participate in such a contest, we aim to foster a collective sense of happiness and solidarity, celebrating the small moments that bring us joy.

Theme: "Being Happy"

In line with the spirit of the International Day of Happiness, the theme for the selfie contest is "Being Happy". Participants are invited to capture moments that encapsulate what happiness means to them. Whether it's shared laughter with friends, a serene moment in nature, a favourite hobby, or a simple act of kindness, participants are encouraged to explore and express the various facets of happiness through their selfies. This theme not only allows for creative interpretation but also promotes reflection on the diverse sources of happiness that help spread joy wherever we go. Lasting happiness comes from feeling connected to others and being part of something bigger.

Selfie Contest Rules and Conditions

1. Eligibility:

Students - All the students enrolled in any programme at MDU UTDs and MDU-CPAS, Gurugram can participate.

Staff members- Staff members of the Administrative, Examination, University Teaching Departments and other offices are requested to join and participate.

Faculty members- All the teachers of the MDU UTDs and MDU-CPAS are invited to partake.

2. **Theme:** Each submission must adhere to the designated theme provided by the organizing committee. Theme- "Being Happy".

3. **Submission Guidelines:** Submissions must be in the form of a selfie. Only original photographs taken by the participant are acceptable. All submissions must be tasteful and appropriate for a university environment.

4. Entry Procedure:

- Participants must submit their selfies to the email address given below.
happitudelab@mdurohtak.ac.in
- Each participant may submit only one entry per contest.
- Submissions must be accompanied by the participant's full name, contact information, and a slogan that briefly describes the selfie (Not more than 40 words or 4 lines).

5. Judging Criteria: Entries will be judged based on creativity, relevance to the theme, originality, and overall aesthetic appeal. Judges' decisions are final and binding.

6. Prizes: Prizes will be awarded to the top entries as determined by the judging panel.

Three in each category:

Students

Staff members

Faculty members

Prizes will be announced on March 20, 2024.

8. Deadline: All entries must be submitted by **March 18, 2024.**

Late submissions will not be considered.

Prof. Anjali Malik

Prof. Deepti Hooda