

Happiness Chronicles



Namaste <<First Name>>,

Let’s kickstart this week with joy, wisdom and a fresh perspective!

Want to feel lighter, happier and more in control of your life? This week, we’re diving into the science of laughter, the power of self-awareness in leadership and how embracing change fuels personal growth.

Let’s make this week one of insight, laughter and purpose!

Podcast – The Happiness Hour

Season 1: Episodes 9 & 10

This week’s thought-provoking episodes:

Episode 9: Humanity Is One – with Akhil Gupta

What truly unites us? Akhil Gupta explores the **interconnectedness of humanity** and how recognizing this oneness brings more peace and purpose into our lives.

[Listen Here](#)



Episode 10: Role of Happiness in Leadership – with Siji Varghese

Can happiness make us better leaders? Siji Varghese shares how **joy, emotional intelligence, and purpose-driven leadership** create thriving workplaces.

[Listen Here](#)



Missed an episode? **Tune in and let these stories spark new insights!**



Video Highlights

Embracing Change– Growth starts when we stop resisting change. Let’s explore how to transform challenges into opportunities.

[Watch Here](#)

Power of Awareness – The first step to success is knowing where you stand. This video explores how awareness shapes our choices, happiness, and future.

[Watch Here](#)

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This Week’s Must-Read Blogs

1. **The Power of Laughter**

Want an instant mood boost? Laugh more! Science proves that laughter reduces stress, strengthens relationships, and even rewires our brains for lasting happiness

- Daily Positivity Boost – A good laugh lowers anxiety and increases well-being.
- Stronger Mental Resilience – Laughter helps us navigate life’s ups and downs with ease.
- Deepens Human Connection – Shared laughter builds trust and joy in relationships.

Happiness is a habit, and laughter is its most powerful tool. When was the last time you truly laughed?

[Read More](#)

2. **Spirituality for Effective Leadership**

Leadership isn’t just about skills—it’s about self-awareness, mindfulness, and leading with purpose. This blog uncovers how spiritual alignment makes leaders more resilient, empathetic, and effective.

- Know Yourself – Self-aware leaders inspire trust and confidence.
- Stay Present – Mindful leadership enhances clarity and decision-making.
- Lead with Purpose – True leaders empower others to grow and succeed.
- Balance Success & Well-Being – A great leader nurtures both performance and people.

Ready to lead with clarity and impact?

[Read More](#)

Join me in exploring fresh perspectives on life and leadership!

Every moment is a chance to choose joy. What will you choose today?

Wishing you a week filled with laughter, leadership and light.

With love & light,

Ashu Khanna
Reimagine possibilities



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