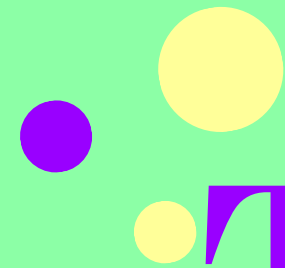


Happiness 24*7

BY THE ONE LINER, A HOLISTIC WELLNESS PLATFORM



THE One Liner

A Holistic wellness
platform.



**PRIYADARSHINI
SAHOO**

Founder of the brand, "The One Liner"

Director, Prajeshvara Real Value Solution and
Marketing private limited

An ex-alumni of ITER (Mechanical Engineer,
Batch 2015)

what is happiness?

Define Happiness.

PERSONAL FULFILLMENT

For example, your first internship, or a skillset you were dying to learn from the longest time.

SOCIAL CONNECTIONS

Your crush just “Hi!” to you, or finally when you got friends with similar mindset.

MOMENTS OF FREEDOM

College is fun, isn't? Hostel is even more!

“

Moral

Happiness is a complex concept that can be defined differently by different individuals, but it generally refers to positive or pleasant emotions, ranging from contentment to intense joy, and can be influenced by a range of factors, including social, economic, and psychological conditions.

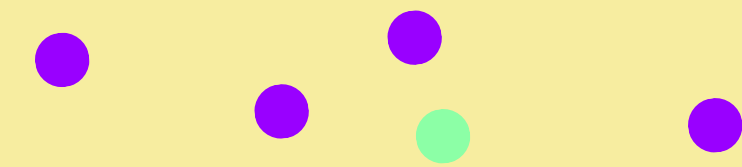
CAN WE gaurantee HAPPINESS?



The hierarchy of Happiness and Wellbeing



Icebreaker



Happiness depends on wellness.



1. Mind
2. Body
3. Money
4. Work
5. Community





If you strive to explore **Wellness Wonderland**

Remember all you need to cultivate a positive mindset which can turn problems into opportunities.

**1. Mental
wellness!**

**2. Physical
Wellness!**

**3.
Emotional
wellbeing**

**4. Financial
wellness**

**5. Try
Recreational
wellness!**

**6. Spiritual
wellness**

**7. Sexual
wellness**



1. Mental wellness!

- Break-ups,
- Academic pressure,
- Poor finances,
- friends turn foes,
- insecurities, and
- no family can be stressful at time
- Exams,
- presentations, and
- social situations
- lonely and sad,
- continuous studying without break

Mental wellness Fact!

Try mindfulness, learn to manage your emotions well, let go of things, Stay less affected, Meditate, and apply various stress management techniques. These practices can improve mental clarity, emotional stability, and overall well-being.



#ACTIVITY 1

● GRATITUDE ● ACTIVITY

**Focus on the positive aspects
of life and cultivate gratitude.**

write down three things they're grateful..

Share your reflections in a group setting.

2. Physical Wellness!

- **Fitness**
- **Nutrition**

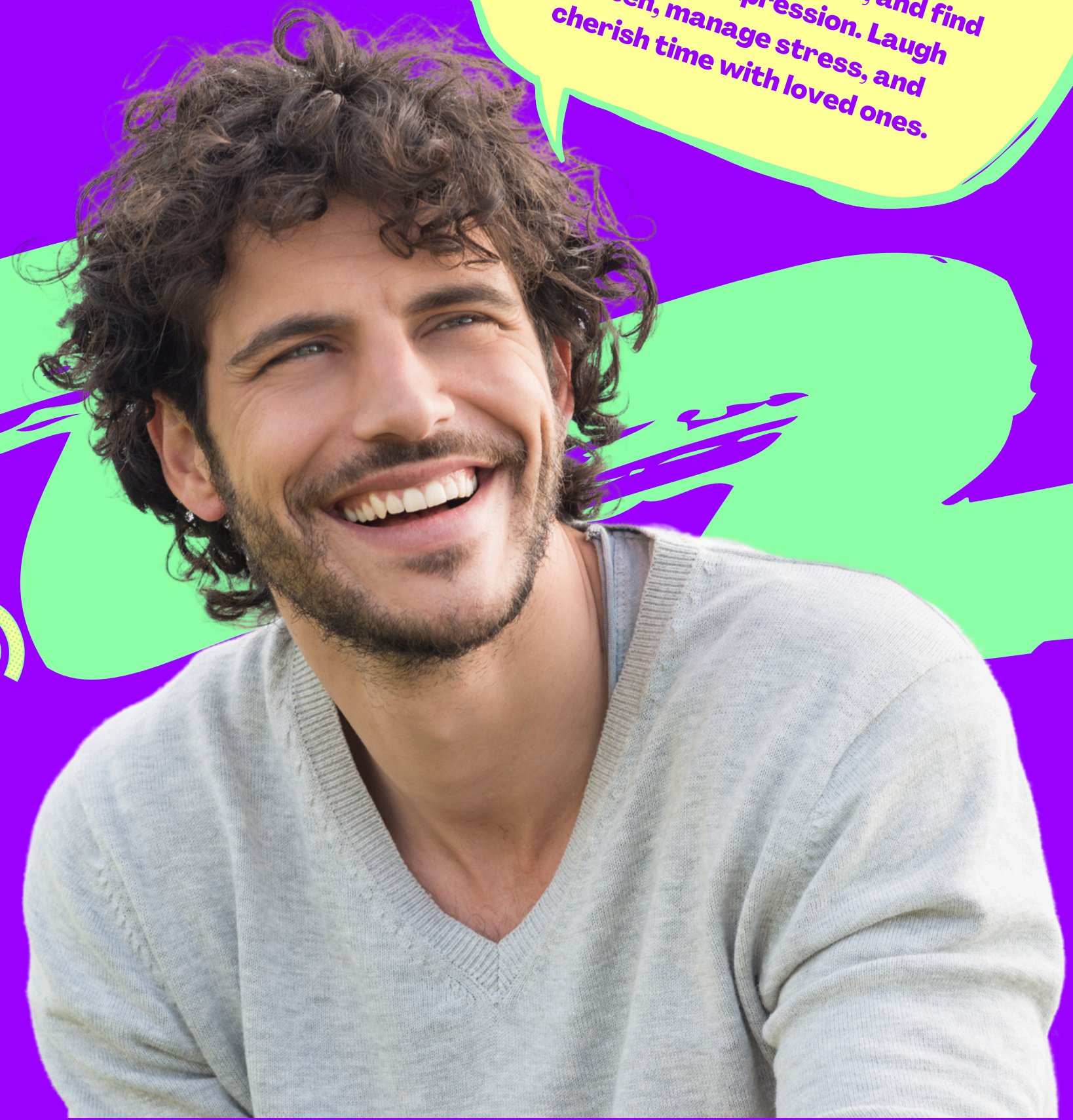
When we work out, our bodies release feel-good chemicals, boost energy, strengthen muscles, enhance mental clarity, and improve overall health.





3. Emotional wellbeing

- Be it daunting exams,
- awkward presentation,
- increasing insecurity among your peers, and
- silent expectations from family

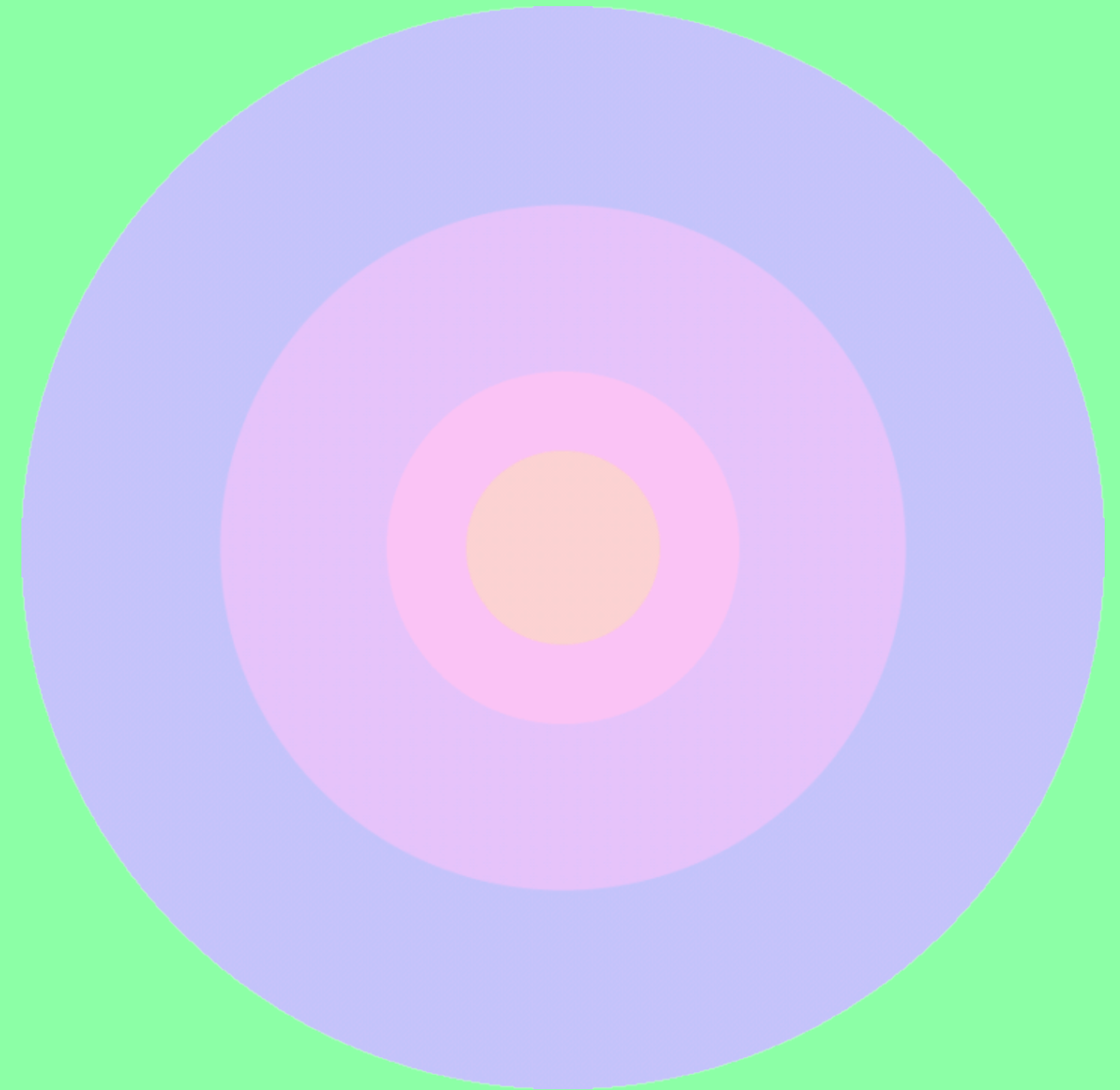


Nurture your mental health, build strong relationships, and embrace productivity. Boost resilience, self-esteem, and find joy in self-expression. Laugh often, manage stress, and cherish time with loved ones.

#ACTIVITY 2

Mindfulness Exercise

Simple mindfulness techniques
to reduce stress and increase
present-moment awareness.



Breathe in, breathe out.

4. Financial wellness

Develops skills and be part of various internships such as video editing, content writing, AutoCAD, Solidworks, web development, etc you can manage some part of finances well.



#ACTIVITY 3

Self care is not selfish.

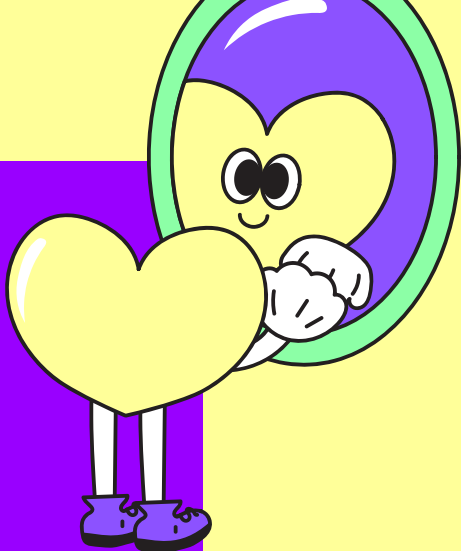
Encouraging healthy habits that
promote well-being.

WHY SELF CARE?

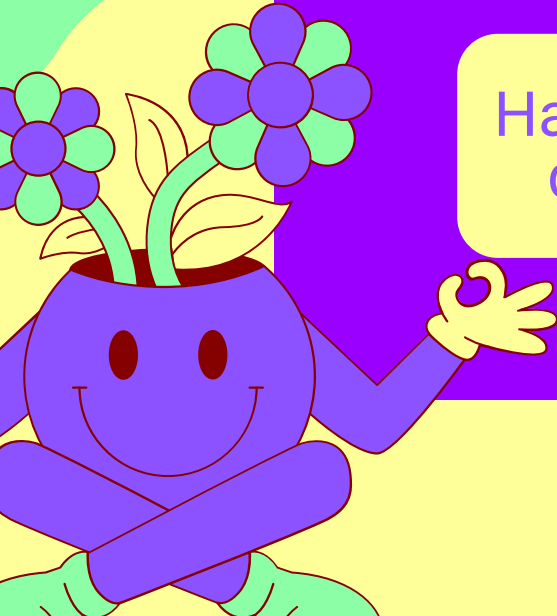
In a world that never seems to slow down, mastering the art of time-saving grooming is a valuable skill that allows us to present our best selves without sacrificing precious minutes.



30 Self Care Ideas



Take a warm bath	Get extra sleep	Journal	Limit negative self-talk	Call a friend	Do something nice for a friend
Go for a nature walk	Cook a nourishing meal	Read a book	Listen to a podcast	Send a thoughtful message	Share a hobby
Learn all about Saving	Drink more water	Set small goals	Watch a feel-good movie	Breathe Deeply	Unfollow accounts on social media
Dance to your favorite music	Do a face mask	Declutter your space	Write a letter to your future self	Plan a small outing	Express yourself
Have a digital detox day	Try a workout	Learn something new,	Practice mindfulness or meditation	Go for a fresh new look	Set boundaries





5. Try Recreational wellness!

Technology
Leadership



#ACTIVITY 4

Goal Setting

How to set achievable goals that
contribute to your happiness?

S

SPECIFIC

Plan effectively
with specific
targets in mind.

G

M

MEASUREABLE

Track your
progress and
reevaluate
along the way.

O

A

ATTAINABLE

Set realistic
goals that are
challenging but
achievable.

A

R

RELEVANT

Ensure the goal
serves a
relevant
purpose.

L

T

TIME

Specify a
deadline,
monitor
progress and
reevaluate.

S



6. Spiritual wellness



In college years students must explore their religious beliefs and spiritual philosophy. It helps in understanding purposes and values that shall align.

If you feel electric or experience a tingling sensation during prayer. This sensation could be due to the release of endorphins, natural painkillers that can create a sense of euphoria.



6. Sexual wellness

Relationships and sexual relationships are important to maintain communications and boundaries. However, we need to understand sexual health, safe practices, and contraception is crucial for preventing sexually transmitted infections (STIs) and unplanned pregnancies.



8. Social wellness

Networking and approachability are crucial

Expand social network

Maintain privacy and boundaries.

Have open communication



#ACTIVITY 5

“

Two Truths and a Lie

Participants share their three statements about themselves, of which two are true and one is false. Others guess which one is the lie.

THE team

Say something nice
about your team.



JAMES | DESIGNER



SARAH | MARKETER



OLIVA | FOUNDER



MIKE | ENGINEER



contacts

Happy to help you in future!

PHONE

9124005937

ADDRESS

Bhubaneswar

EMAIL

support@theoneliner.in

WEB

www.theoneliner.in