



A REPORT ON WORLD HAPPINESS SUMMIT

The World Happiness Summit 2026 was held on 24th September 2026 at New Horizon Knowledge Park. The summit featured thought-provoking conversations, insightful sessions, and panel discussions with distinguished speakers from diverse fields, including entertainment, public service, entrepreneurship, spirituality, wellness, and social leadership.

The event brought together prominent personalities such as Shilpa Shetty, Arjun Kapoor, Kiran Bedi, Sanu Sharma, Hema Sardesai, and Dr. Saamdu Chetri, a pioneer of Bhutan's Gross National Happiness (GNH) philosophy. The sessions explored diverse dimensions of happiness, including success, purpose, manifestation, Gross National Happiness, and the science and art of well-being.

The summit was organised by HAPPPYAiR – Atman in Ravi, in collaboration with New Horizon College of Engineering. It addressed a question that is increasingly relevant in today's high-pressure world: What does it really take to be happy?

The summit commenced with an inaugural ceremony at New Horizon Knowledge Park, which included the lighting of the ceremonial lamp and an address by the Chief Guest, Mr. Mohan Manghnani, Founder of New Horizon Educational Institutions.

This was followed by a conversation on "Fundamentals of Happiness" with Dr. Kiran Bedi, India's first woman IPS officer, explored the essential elements that contribute to a happy and fulfilling life. The conversation highlighted the importance of inner peace, self-discipline, positive thinking, purpose, gratitude, and meaningful relationships. Dr. Bedi emphasised that true happiness comes from within and is strengthened by living with purpose, maintaining emotional balance, and contributing positively to society.

A panel discussion on "Success and Happiness", moderated by HAPPPYAiR – Atman in Ravi, explored the relationship between professional success and personal happiness. The panel featured Mr. Govind Mahtani, Entrepreneur and Business Tycoon from Hong Kong; Ms. Shareen Ratnani, Early Childhood Specialist; Mr. Nikhil Kamath, Bollywood Music Composer; and Ms. Hema Sardesai, Playback Singer and Music Performer. The panelists shared their perspectives on achieving goals, maintaining a healthy balance, finding purpose, and nurturing personal well-being. The discussion emphasised that true success is not measured solely by professional or financial achievements, but also by inner fulfilment, meaningful relationships, and a sense of happiness and purpose.

The summit also featured a conversation on “The Secret of Happiness” with Mr. Arjun Kapoor, Actor, Producer, and Youth and Mental Wellness Advocate, explored the importance of maintaining a positive outlook, emotional well-being, self-acceptance, and meaningful relationships. The session offered insights into balancing personal and professional life while focusing on inner peace, purpose, and overall happiness.

Another engaging panel discussion on “Manifestation of Happiness Through Attraction”, moderated by HAPPPYAiR – Atman in Ravi, explored the role of positive thoughts, mindset, self-belief, and purposeful actions in creating a happier and more fulfilling life. The panelists shared their perspectives on personal growth, resilience, positive transformation, and the importance of aligning one’s thoughts and actions with meaningful goals. The panelists included Dr. Ami K. Kumar, Leadership Coach and Mindset and Personal Growth Mentor; Mr. Tarun Mishra, Founder of Help Drive Foundation and Humanitarian; Mr. Bhupendra Singh, Organisational Transformation Coach; and Mr. Rohit Khandelwal, Mr World 2016 and Actor.

One of the key sessions was the conversation on “GNH – Gross National Happiness in Bhutan” with Dr. Saamdu Chettri, a pioneer of Gross National Happiness. The session highlighted the importance of looking beyond material prosperity and recognising well-being and happiness as important dimensions of human development.

The summit also featured a conversation on “How to Be Happy Every Day” by Mr. Sanu Sharma, International Motivational Speaker, focused on cultivating a positive mindset, practicing gratitude, managing challenges with resilience, and finding joy in everyday moments. The session encouraged participants to adopt simple and meaningful practices that can contribute to a more peaceful, positive, and fulfilling life.

This was followed by a session on “The Science of Happiness” by Ms. Aishwarya DKS Hegde, Trustee Secretary, National Education Foundation, explored the psychological and scientific factors that influence happiness and well-being. The session highlighted the importance of positive thoughts, emotional balance, healthy relationships, gratitude, and a purposeful approach to life in fostering lasting happiness.

The panel discussion on “The Art of Being Happy”, moderated by HAPPPYAiR – Atman in Ravi, explored the importance of spirituality, purpose, self-awareness, and positive relationships in achieving lasting happiness. The panelists shared insights on maintaining emotional balance, overcoming challenges, and creating a meaningful and fulfilling life through conscious choices and a positive outlook. The panelists included Dr. Archika Sudhanshu, Spiritual Orator and Cultural Ambassador; Dr. Aadhyaa Kumar, Youth Inspiration and Purpose-Driven Leader; and Ms. Renuka Goswami, Leadership Coach and Women’s Empowerment Advocate.

The event also featured a special conversation on “The 3 Keys to Eternal Happiness” with Ms. Shilpa Shetty, Actress, Fitness and Wellness Advocate, focused on the importance of physical well-being, mental balance, and a positive approach to life. The session highlighted how healthy

habits, self-care, mindfulness, and meaningful relationships can contribute to a happier, healthier, and more fulfilling life.

The summit concluded with the Happiness Champion Awards and a Vote of Thanks, reaffirming the collective commitment to spreading happiness and inspiring positive change.

Overall, the World Happiness Summit 2026 provided a meaningful platform for dialogue and reflection on the many dimensions of happiness. Through its diverse speakers and engaging sessions, the summit emphasised that lasting happiness can encompass pleasure, peace, and purpose, offering participants valuable perspectives on creating a more balanced and fulfilling life.

Glimpse of the Ceremony:

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