PROPOSAL: NEW AGE CENTER OF HAPPINESS (NACH) + INCUBATION OF IP
Mission-100 NACH

"May the New age centre of happiness (NACH) program put together by YOL Happiness foundation in collaboration with AICTE serve to be the guiding light in education"

-Prof Philip Kotler

YOL intends to seed **100 Centers of Excellence on Happiness** and **100 Incubators of IP.**

Applications are invited by the YOL HAPPINESS FOUNDATION from all higher ed academic institutions for setting up **100 Centres Of Excellence on happiness + 100 Incubation centres of IP**, in the format attached at the end of this document.

Last date for receipt of applications: 15th March 2023

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ABOUT YOL happiness program: refer Annexure A

YOL-YourOneLife is an AICTE approved program approved as an ESSENTIAL subject for adoption.

1.   The program has a well-defined curriculum and does not require any faculty or infrastructure. It is app based and is proposed as a 1 or 2 credit bearing program for each student of each subject across each semester.

2.   The attendance, the conduct of the program and the grades of each student including the examination is also carried out by the app itself.

3.   It requires no faculty or infrastructure support on the part of the institution.

4.   It has been created on the back of research that the average phone screen time of each student is upto 6+ hours daily that consumes the mind, demolishes the IQ and EQ, deviates the mind map, distorts the mindshare, and makes every student a slave of social media lost in the digital mist. Students only **consume** social media and that restrains them from **creation or innovation**.

5.   The algorithms behind such short format videos and social media engines make the minds Brittle, Anxious, Non Linear and Incomprehensible (BANI)

This is critical in the current context since our students are lost more like black blind men and women lost in a dark room looking for a black cat that is never there and that pushes the user deeper into the rabbit hole of mindless FOMO. This mindless scrolling and search that carries on for 6+ hours daily by each individual slices, dices and tosses their minds across all kinds of portals on the internet accessed through the phones.

This reduces our attention spans. In fact, these short videos of few seconds that the students watch on social media train their minds to switch off and on every few seconds. This is also known as synaptic pruning and is based on neuroplasticity.

Minds are linear and have contiguity, but this disruption is occurring every few seconds, where these few second windows have no connection with each other. Research shows that even suicides happen in one such window where the person loses all connect or context with the preceding window and sees no relevance with the succeeding window. ***All in all this is making our minds brittle, random, anxious, ambiguous, incomprehensible and nonlinear (BANI)***

The YOL model has now been approved as an ESSENTIAL subject across all AICTE approved institutions. Thus, the model will start displaying the happiness index of each student in each institution.

While the NACH center will funnel and take the aggregated happiness index into the Incubation and IP center. That index is the channelized sum of the mind map and mind

share **diverted to** the **incubation and IP centers** that will help curate an **institutional IP repository.**

It will also display the happiness index of each institution under a university and that will promote a healthy competition amongst all colleges affiliated to such as esteemed university. That will truly show us the picture of happiness and stress in each institution.

Students earn tokens in return for their engagement on the app with their own life. That helps restore their lives and out turns in the form of happiness. The app evaluates the happiness index of each student and in turn the happiness index of the entire institution based on aggregated average.

The app also counsels the students.

ABOUT INCUBATING IP
Innovation comes from Metacognition or thinking about thinking. However given the shortening of the mental synapses and neural switching that now occurs every 5 seconds driven by the phone, the ability to think has been completely compromised. That does not leave space for innovation.

This adversely impacts research and development and progress of India . An illustration of the same is how Facebook has become a 1 Trillion USD enterprise with only 2 Lakh employees while India remains a 3 Trn USD economy with 1.4 Crores of population. Our minds have been colonized and consumed by these social media companies. This leaves no space for creation and innovation in our minds. India has grown essentially in the services domain and has not been able to develop products. Services are visceral and exhaust while products are sustainable and much more profitable. Products have value. The value originates from the IP in the product.

The program discussed in this document declutters the mind and configures and aligns the dominant mind of each individual with the fundamental aspects of life. With these fundamental aspects entirely lost in the digital SMOG, am individual is not able to focus on any targets. Thus by realigning the mind and reconfiguring the neural pathways the energies of the learners that have eroded can be restored and catalyzed.

The document discusses a unique model of setting up a New Age Center for Happiness (NACH) together with an innovation incubator that enables students to create products and file patents.

See image below:
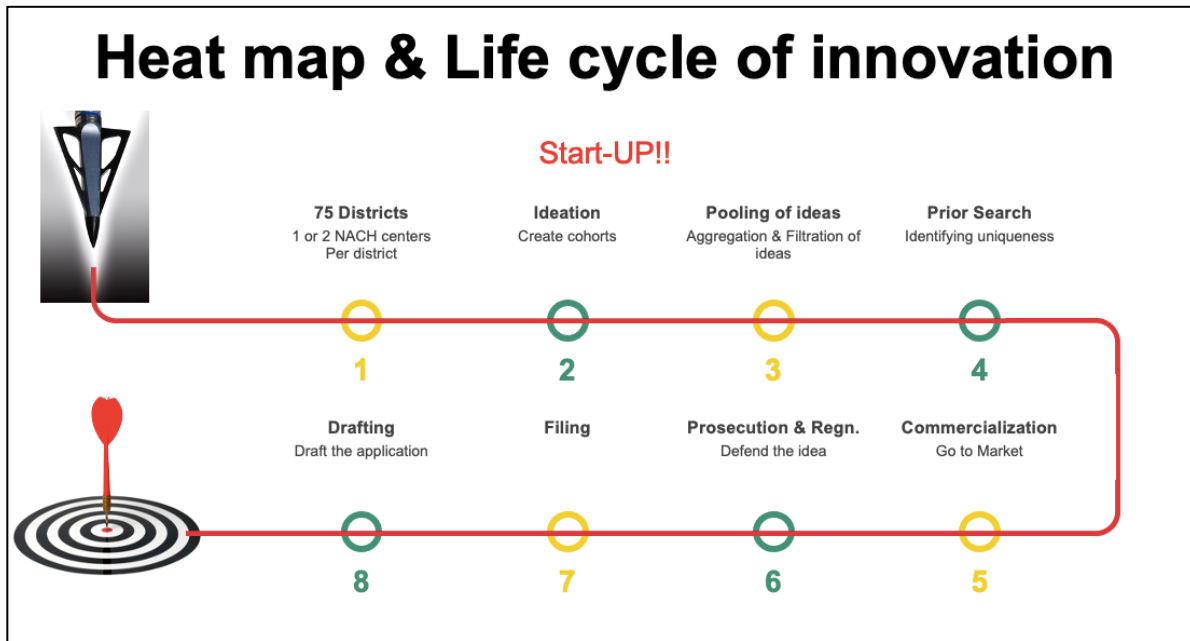
Collateral development:
YOL intends to seed **100 Centers of Excellence on Happiness** and **100 Incubators of IP.**

Setting up these centers will be supported by enrolment of all students in each such campus. The cost of setting up the center is expected to be Rs 4 Lakhs per center to be borne by the YOL HAPPINESS FOUNDATION. This shall also include scholarships and awards to students.

In addition, we propose to set up a smart watch face for the app with 12 aspects and the Happiness dial within. This shall be provided to students that gain over 85% score on happiness on the app.

Proposal for Setting Up a New Age Centre of Happiness in an Academic Institution

Introduction: NACH
In today's fast-paced world, fostering holistic well-being and happiness among students fostering social and emotional learning is paramount for academic success and personal growth.

To address this need, we propose the establishment of a New Age Centre of Happiness within 100 academic institutions.

This centre will leverage modern technology, based on adoption of the YOL app by an institution as a 1 or 2 credit course that DOES NOT BURDEN the faculty or infrastructure at an institution.

Each student is provided with a dedicated mobile app as courseware. The app is self-learning and intuitively guides the student to use it remotely. This app is then linked to a large video wall comprising multiple screens arranged in a grid on campus.

It is proposed to set up a video wall that will display real-time feeds from the app, representing various aspects of life, creating a dynamic collage of experiences and emotions.

I. Objectives:
A. Foster holistic well-being and happiness among students.
B. Utilize modern technology to create an immersive and engaging experience.
C. Promote self-awareness, emotional intelligence, and personal growth.
D. Rescue MIND and Channelise energies into innovation.

II. Components of the New Age Centre of Happiness:

    A. YOL-YourOneLife App:

    1.   The YOL-YourOneLife app will be provided to each student, serving as a platform for self-reflection, goal setting, and personal development.

    2.   The app will feature 12 aspects of life, including 6 rational and 6 emotional dimensions, covering areas such as academics, career, relationships, health, happiness, and personal growth.

           The app provides each user an interface that prompts the user to update 12 life aspects. These are split between the left brain or rational mind and the right brain or emotional mind.

           It is seen across student community that students are severely inhibited about expressing themselves confidently and cogently.
E.g; In a placement interview if students are asked to speak about themselves, they do not have a personal story and cannot speak for more than a minute or two at best.
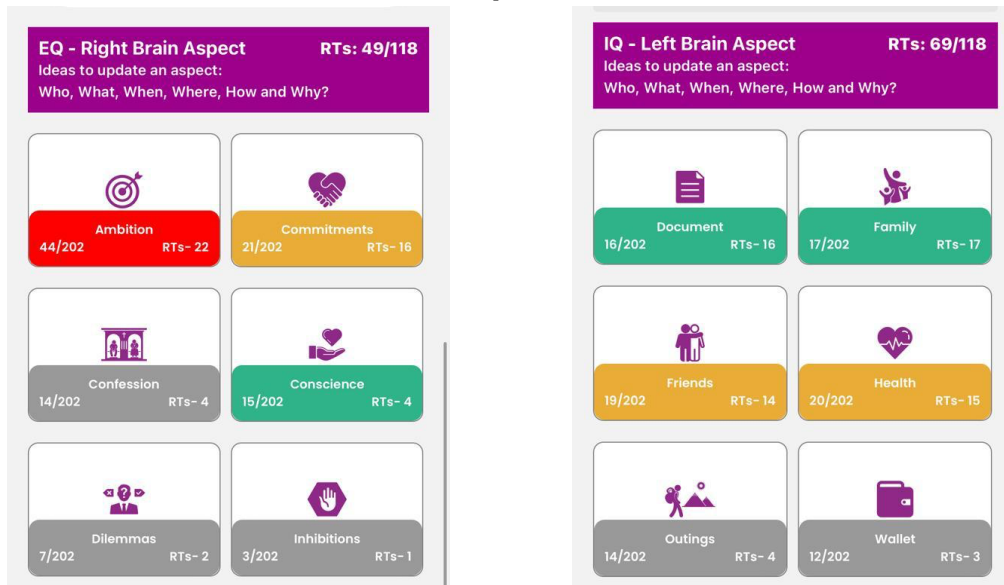
           The app with the two screen shots below covers their life in 12 dimensions or aspects of life. Students update their lives daily on one or two aspects and train on their own lives by developing a better understanding of their social (left brained) and emotional (right brained) aspects.

           The app is intuitively designed through colour coding whereby the aspects updated remain green, the ones not updated for 1 week, 2 weeks or 3 weeks turn yellow, red or grey.

           Thus it nudges and prompts the student to remain in touch with oneself rather than be lost in the digital mist. The digital mist slices, dices and tosses their attention spans through short videos and reels and images that the students keep flipping every 2 seconds.

           This in turn trains the mind to keep flipping every 2 seconds resulting in loss of attention spans and focus. It adversely impacts their emotional intelligence such as using emoticons and selfies that further lead to use of filters resulting in a sense of self denial and trust issues with one's own self that manifest in trust issues with their peers, teachers, family and friends.

The Aspects are:

| EQ - Right Brain Aspect | RTs: 49/118 |
| Ideas to update an aspect: Who, What, When, Where, How and Why? | |

Ambition 44/202 RTs- 22	Commitments 21/202 RTs- 16
Confession 14/202 RTs- 4	Conscience 15/202 RTs- 4
Dilemmas 7/202 RTs- 2	Inhibitions 3/202 RTs- 1

| IQ - Left Brain Aspect | RTs: 69/118 |
| Ideas to update an aspect: Who, What, When, Where, How and Why? | |

Document 16/202 RTs- 16	Family 17/202 RTs- 17
Friends 19/202 RTs- 14	Health 20/202 RTs- 15
Outings 14/202 RTs- 4	Wallet 12/202 RTs- 3

The app based on **ai** further supports the user through counselling. It maps the variance between the right and left brain and helps the user to calibrate the same to remain in a balanced state of mind.

The aspects cover the entire life and ecosystem of the user thus ensuring that the user remains grounded and in touch with one's life rather than remain lost in the social media.

B. Rewards:
Each post updated grants the user a token that shall be integrated to the user's wallet and will be redeemable on a blockchain. Thus, the student earns rewards for being in touch with her or his life rather than remaining lost in random scrolling that turns their minds Brittle, Anxious, Non-linear and Incomprehensible. **(BANI)**

While social media platforms cannibalise the user's screen time and convert their minds into BANI-Brittle, Anxious, Non Linear and Incomprehensible. In turn these social media platforms capitalise on the aggregated users on their platforms. As opposed to these platforms, YOL enables each user's engagement with one's own self and helps expand the user's spatial and temporal aspects of mind. YOL is building a blockchain so that all such benefits can be transparently made available to all users and be divided proportionately amongst all users on the basis of their engagement.

It is pertinent to note that all such engagement is focussed on Social and Emotional learning.

C. Large Video Wall:
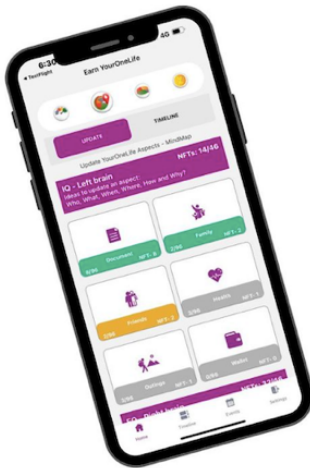
1. The centrepiece of the New Age Centre of Happiness will be a large video wall comprising multiple screens arranged in a grid.
2. Each screen on the video wall will be dedicated to streaming real-time feeds from the YOL-YourOneLife app, representing each of the 12 aspects of life in 12 different sections of the screen.

III. Technical Details:

A. Integration with YOL-YourOneLife App:

1. Develop APIs (Application Programming Interfaces) to allow seamless integration between the YOL-YourOneLife app and the video wall system.
2. Implement secure authentication and data transmission protocols to ensure the privacy and confidentiality of student data. The student is provided with an option of updating the app each time either in public mode or private mode. Thus only the updates in public mode will be displayed on the video wall.

B. Real-time Data Streaming:

1. Utilize cloud-based servers to enable real-time data streaming from the YOL-YourOneLife app to the video wall system.

2. Implement data synchronization mechanisms to ensure that updates made by users on the app are reflected immediately on the corresponding screens of the video wall.

C. User Interface Design:
1. Design a user-friendly interface for the video wall system, allowing users to navigate between different aspects of life and view their personalized feeds.

2. Incorporate interactive features such as touch-screen functionality or motion sensors to enhance user engagement and interactivity.

D. Screen Configuration and Layout:
1. Configure the video wall screens in a grid layout, with each screen representing one aspect of life as defined in the YOL-YourOneLife app.

2. Optimize the screen resolution, brightness, and color calibration to ensure optimal visibility and readability of content.

IV. Benefits:
A. Enhanced Student Engagement:
1. The dynamic and visually appealing nature of the video wall system will capture students' attention and encourage active participation.

2. Students will feel a sense of ownership and connection to the center, as their personal experiences and reflections are showcased in real-time.

B. Promote Reflection and Mindfulness:
1. The constant visibility of the 12 aspects of life on the video wall will serve as a reminder for students to reflect on their goals, priorities, and emotional well-being.

2. Encourage mindfulness practices such as journaling, gratitude exercises, and meditation to cultivate inner peace and self-awareness.

C. Data Analytics and Insights:

1. Collect anonymized data from the YOL-YourOneLife app and video wall interactions to gain insights into student preferences, trends, and behaviors.

2. Use data analytics tools to identify patterns, correlations, and areas for improvement, informing future interventions and programming.

V. Conclusion:

Applications are solicited for the establishment of a New Age Centre of Happiness, (NACH) powered by the YOL-YourOneLife app and a large video wall system.

It represents a cutting-edge approach to promoting student well-being and happiness in our academic institution. By harnessing the power of technology, data, and personal reflection, we aim to create a supportive and nurturing environment where students can thrive academically, emotionally, and personally. This will help retrieve the minds of the learners that is lost in digital SMOG and enable them to think of innovative ideas.

Through continuous monitoring, evaluation, and adaptation, we will ensure that the centre remains a beacon of positivity and inspiration for all members of our academic community.

Following is the Jury to the process. Application attached below:

Jury:
Chair of Jury
1. Prof. T G Sitharam, Chairman AICTE linkedin.com/in/sitharam-t-g-00a91955
2. Prof. Phoebe Koundouri, Chair UN Global climate hub linkedin.com/in/professor-dr-phoebe-koundouri-55a90627

Members of Jury:
2. Luis Gallardo. President, World Happiness Foundation. linkedin.com/in/luisgallardo
3. Dr Saamdu Chetri, Former founding executive director, Gross National Happiness Institute, Bhutan linkedin.com/in/saamdu-chetri-7ab3981a
4. Dilip Thakore, Editor at Education World, linkedin.com/in/dilip-thakore-9a4b8b22
5. Dr Sindhu Bhaskar, Forbes Council Member linkedin.com/in/dr-sindhu-bhaskar-55a84568

Jury Rapporteur and Secretary:
6. Yogi Kochhar linkedin.com/in/yogesh-kochhar-7113477

APPLICATION FOR SEEKING SUPPORT TO SET UP A
NEW AGE CENTER OF HAPPINESS (NACH) + INCUBATION Of IP

1. Please provide a brief overview of your college/university's mission and vision.
    Pl write between 100-250 words

2. How does promoting happiness and well-being align with your institution's values and goals?
    Pl write between 100-250 words

3. Pl write between 100-250 words on why you consider applying for a centre of excellence in happiness.

4. Do you have any Social and Emotional learning platform   Yes/No
5. Do you consider Social and Emotional learning as an integral
    Part of learning in line with NEP recommendations   Yes/No
6. Do you agree to adopt the app as a 1 or 2 credit course for
    each of our students   Yes/No
7. Can you provide a place in your institution for setting up
    a video wall   Yes/No
8. Are you willing to co invest upto Rs 1 Lakh in the setting up
    of the NACH at your campus.   Yes/No

Name of institution
Address of Institution
Name of principal/director

Number of students enrolled.
Contact details:
E mail id of the authorised person
Tele number of the authorised person
*NIRF ranking of the institution.
(*this does not impact our jury's assessment and is only for our records)

For any information: pl write to yogi@yol.one