

MAKE HAPPINESS GO VIRAL



MAKE HAPPINESS GO VIRAL



MAKE HAPPINESS GO VIRAL



YOUR UNIVERSE OF 360° JOY & GROWTH

Meta Mind Happyverse™

THE WORLD META HAPPINESS CLUB



Strengthen your psychological immune system. Evolve across the 6 dimensions of your Inner World — Mind, Body & Spirit, & your Outer World — Work, Relationships & Money.

Year-Long Membership | 52 Weekly 'Live' Expert-led Sessions

SCAN FOR DETAILS



SCAN TO JOIN



POWERED BY
**META MIND
INTERNATIONAL**
Leadership & Happiness Multiversity

A Community-driven Happiness Ecosystem
Founded by Dr. Avinash Ananda & Dr. Varsha Achelois





Be Part of the **WORLD HAPPINESS MOVEMENT**™

A Global Community Of Positive-Minded People Who Believe In Joy & Growth.

★ Grow. Glow. Give ★ Grow. Glow. Give ★ Grow. Glow. Give ★

OUR STORY

The roots of the World Happiness Movement go back to 1999, when **Dr. Avinash Ananda** and **Dr. Varsha Achelois**, started the **Global Appreciation Movement** with one simple message:

Be a good-finder. Spread appreciation.

That spark grew into the **World Happiness Movement** — a global call to tell people:

Make Happiness Go Viral. Spread Smiles.

Over the years, the work of Dr. Avinash Ananda and Dr. Varsha Achelois in leadership, psychology, happiness and human transformation has impacted over 1 million lives across the world.

To carry this movement forward, they founded **Meta Mind International** — a Leadership & Happiness Training Multiversity created with one powerful message:

Happiness is a Choice.

Through its programs, certifications, retreats and transformational learning experiences, Meta Mind International helps people train the mind for happiness, success, leadership and life. *Here, Happiness is trained and Growth becomes a way of life.*

Then came **Happyverse — The World Meta Happiness Club**, the world's first Mind Gym, where members receive weekly mind workouts, happiness power and practical growth.

Now, this legacy is being carried forward by **Arnav Ananda, The World's Youngest Confidence & Happiness Coach**, who has taken up the **World Happiness Movement Community** in a big way — bringing people together to make the journey from 1 million lives impacted to 1 billion smiles ahead a reality.

Spread Smiles

JOIN THE MOVEMENT!

You can join the World Happiness Movement Community for **FREE!**

Let's spread smiles, inspire millions and create a happier world — together!

www.worldhappinessmovement.com



WHO IS THE COMMUNITY FOR?

For Everyone

Who Believes Happiness Can Change Lives
— and wants to help make the world happier



Individuals, families, students, educators, professionals, leaders, organisations, creators, wellness experts, and global citizens.

The movement already has a growing circle of celebrities, corporate leaders, well-placed global professionals, changemakers and happiness ambassadors who believe in spreading smiles.

THE WORLD META HAPPINESS MOVEMENT COMMUNITY

The **World Happiness Movement Community** is a warm, positive and purpose-driven space where people from around the world come together to grow, connect, share and spread smiles.

It is where we turn happiness into action! It helps people smile within — and spread smiles around.

Here, happiness becomes simple, practical and shareable through acts of kindness, **Meta Happy Forward™** practices, CSR initiatives and social projects that bring people, organisations and communities together to create a kinder, happier world.

*WHEN ONE PERSON UPLIFTS THEIR INNER WORLD,
THAT RIPPLES OUTWARD.
WHEN MANY DO, HAPPINESS BECOMES VIRAL.*



ABC OF HAPPINESS

A - Appreciate

Be a good-finder.
Appreciate yourself, others and life.

B - Be Kind

Be kind in small ways.
Choose kindness.

C - Celebrate

Create happy moments.
Celebrate the little joys.



Welcome to Happyverse™

THE WORLD META HAPPINESS CLUB

YOUR UNIVERSE OF 360° JOY & GROWTH



WHAT IS HAPPYVERSE™

Happyverse: the World Meta Happiness Club is a membership-based online club designed like a theme park for life, where every important area becomes a joyful ride to explore — from your Inner World of **Mind**, **Body** and **Spirit** to your Outer World of **Work**, **Relationships** and **Money**.

Together, happiness across these six areas creates **Meta Happiness™** — a sustained state of well-being based on **Meta Mind Alignment™**, a breakthrough applied behavioral science that creates alignment within yourself, with others, and with reality itself.

Happyverse offers weekly online yet live expert-led sessions where, learning, healing and growing feel exciting, joyful, practical and meaningful.



⇒ The World's First Mind Gym

Train your happiness muscle. Grow happier from the inside out.

Happyverse is The World's First Mind Gym — where happiness becomes a habit.

Just as the body needs regular exercise, the mind needs regular training to stay resilient, positive and growth-ready.

To make happiness a habit, Happyverse gives you repeated doses of positivity, learning, reflection and connection.

Each of these these weekly Mind Fitness Sessions help build Cognitive & Emotional Fitness for greater happiness, leadership, and life success.

Every week at HappyVerse you experience ...

- * A Meta Mind Workout
- * A Nervous System Reset
- * Happiness Recharge
- * Resilience Strengthening
- * Neuroplasticity Activation
- * Leadership Insights
- * Practical Life Hacks
- * Motivation Booster Doses

⇒ Happyverse gives you Weekly Doses of Positivity & Learning to help you: ⇒

1.

Build Your Psychological Immune System

Strengthen resilience, emotional balance and bounce-back ability.

2.

Reprogram Your Mind for Happiness

Positive Subliminal Conditioning through consistent uplifting thoughts, stories, reflections & practices.

3.

Get Powerful Meta Skills Insights

Get glimpses into the 10 Meta Skills that help you manage your Inner world & Outer world.



WHAT MEMBERS GET

Happyverse Member Benefits

WEEKLY ONLINE 'YET' LIVE SESSIONS ACROSS ALL 6 AREAS, WHERE MEMBERS GET:

PRACTICAL LIFE TOOLS

Tools you can apply in everyday life.

EXPERT GUIDANCE

From experts sharing real-world wisdom in their fields.

WORKSHOPS, ACTIVITIES & CHALLENGES

Interactive, fun ways to learn & see real growth.

MINDSET SHIFTS

Overcome blocks, limiting beliefs & emotional blocks.

SKILLS FOR REAL LIFE

Grow with tools, habits & skills in wellness, productivity, financial awareness & more.

HEALING & SELF-GROWTH PRACTICES

Meditations, rituals & emotional wellness tools to inner transformation.

COMMUNITY INTERACTION

Exclusive, safe space collaborations & networking for growth experiences.

FRESH TOPICS EVERY WEEK

New exciting topics together across ever evolving needs.

WHY HAPPYVERSE MATTERS

Mental well-being is no longer an option, it shapes how we feel, think, connect & grow.

THE MENTAL PANDEMIC



1 IN 8

people globally live with a mental health condition.



70%

people face stress, anxiety or overwhelm regularly.



75%

productivity loss is linked to poor mental well-being.



1 IN 4

young people feel lonely or disconnected most of the time.

The 6 HappyverseTM Rides

Six areas of life. Six joyful journeys.

At Happyverse- the Meta Happiness Club, the six key areas of life have been reimagined as unforgettable, fun-filled rides in a theme park!. Each ride takes you on a journey through your **Inner World of Mind, Body, & Spirit**, & your **Outer World of Work, Relationships, & Money** – the two halves that together create sustained, holistic happiness, or **Meta Happiness**. That's why every focus area becomes an experience you can ride – playful, interactive, immersive and unforgettable!



MIND COASTER AT MIND MOUNTAIN

Strap in for the rollercoaster of the mind – twist & turn through thoughts & emotions as you explore your inner landscape with energizing workshops & inspiring discussions.

Learn to ride the highs and lows instead of being thrown off.
Explore Your Emotions!

- RESILIENCE CIRCLES
- META MIND HAPPINESS
- CONFIDENCE BOOSTERS
- STRESS-FREE LIVING
- FACE YOUR SHADOWS

SUCCESS GO-KARTING AT SUCCESS TRACK

Hop into your go-kart on the track of success – steering with focus & drive as you zoom toward your next-level growth & achievement. Surround yourself with achievers & pick up speed on your journey.

Advance your Ambitions!

- Meta Skills Empower
- Leadership League
- Impactful Influence
- Direct Your Dreams
- Peak Performance

HEALTH EXPRESS AT HEALTH STATION

Jump aboard the express train of health – from high-energy workouts to yoga & relaxation, recharge your body & uplift your spirit. Fuel your energy & power forward on a nonstop ride to fitness.

Revitalize Your Life!

- META MIND HOLISTIC HEALTH
- FITNESS FORUMS
- ENERGY EATS
- POWER YOGA
- HOME WORKOUTS

RELATIONSHIPS RAFTING AT RELATIONSHIPS RIVER

Grab your paddle and raft through the rapids of relationships – flow with love, trust, & belonging. Network, share ideas, & build meaningful connections with like-minded people as you ride together through splashes of fun & deeper bonds.

Connect & Grow!

- Meta Mind Relationships
- Love Lessons
- Networking Nucleus
- Connect & Celebrate
- How to Say "No"

SOUL CAROUSEL AT SOUL CIRCLE

Step onto the carousel of the soul – circle gently in peace & purpose, exploring higher awareness with every turn, through guided meditations, creative practices, and soulful stories. Discover calm, clarity, and higher awareness with every turn.

Nurture Your Soul!

- Meta Mind Meditation
- Energy Cleansing
- Mindfulness Hub
- Inner Child Awakening
- Know Thyself

WEALTH WATERSLIDE AT WEALTH FALLS

Plunge down the waterslide of wealth – splash into abundance with fresh perspectives, practical tools, and exciting money-mindset sessions. Experience prosperity and freedom with joy, not stress.

Step Into Financial Abundance!

- Learn & Earn Community
- Money Mastery
- Healing Money Wounds
- Meta Mind Law of Abundance
- Psychology of Money



Happyverse™ META SKILLS CURRICULUM

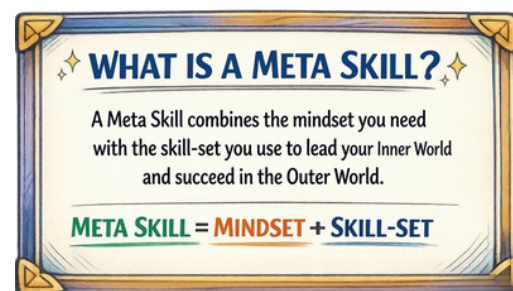
Mindsets & Skill-sets For All Areas of Life

The Happyverse year-long curriculum is built around 10 Happiness-Centric Meta Skills based on Meta Mind Alignment™ —the applied behavioural science of Leadership & Happiness.

Drawn from iLEAD – Meta-Skills™, Meta Mind International's much-sought-after, intensive, one-year Post-Graduate Leadership & HRM Program International Certification Program.

These Meta Skills combine the skill-sets and related mind-sets for Inner World growth and Outer World success, and are based on the Meta Mind Leadership & Happiness Competencies Framework™.

In Happyverse, key concepts, practical tools and real-life applications from all 10 Meta Skills are brought alive through expert conversations, activities, reflection and engaging weekly experiences—creating lasting mindset and behavioural change.



INNER WORLD META SKILLS

OUTER WORLD META SKILLS



KNOWLEDGE		
Playful Purposefulness	Mindful Celebration	Practical Positivity
Expressed Compassion	Effective Efficiency	Awakened Simplification
Dynamic Adaptiveness	Committed Excellence	Psycho physiological Acceptance



META MIND LEADERSHIP & HAPPINESS COMPETENCIES FRAMEWORK™

BASED ON THE META MIND ALIGNMENT, THE NEW SCIENCE OF LEADERSHIP & HAPPINESS

SKILLS		
Goal Setting	Stress Management	Communication
Team Bonding	Persuasion	Strategy
Creativity	Learnability	Emotion Management & Assertiveness

VALUES		
Meaning & Satisfaction	Joy & Pleasure	Confidence & Importance
Love & Connectedness	Inner Power & Control	Wisdom & Clarity
Freedom & Autonomy	Strength & Security	Peace & Calmness

BELIEFS		
I am always achieving & contributing	I enjoy life in the moment	I believe in me
I care for & appreciate myself & others	I believe in results not reasons	I live with integrity & awareness
I always find a way or make one	I always do my best	I am stronger than my feelings

ATTITUDES		
Dream-big & Action-orientation	Gratitude & Enthusiasm	Trust Resp
Cooperation & Humility	Never-Give-Up & Result-orientation	Reflect Fores
Abundance & Let go	Growth mindset & Devotion	Balance Cour

QUALITIES		
Focus & Drive	Childlike & Humour	Self-Worth & Sensitivity
Empathy & Likeability	Persistence & Response-ability	Insight & Peripheral Vision
Flexibility & Curiosity	Consistency & Discipline	Resilience & Anti-fragility

Values (human needs & drivers)
Beliefs (feelings of certainty)
Attitudes (thought patterns & perspectives)
Skills (abilities expressed as behaviors)
Qualities (consistently demonstrated traits)
Knowledge (principles of sustained happiness)

The Leadership & Happiness Competencies Framework is an effective tool to define, monitor and measure learning objectives. It forms the basis for all our programs. The elements in the Framework (individually or in a need-based combination) are also offered as customized training workshops.

FROM
INTENSIVE iLEAD
TO EXCITING
HAPPYVERSE
EXPERIENCES



INTENSIVE iLEAD PROGRAM

A YEAR-LONG INTERNATIONAL CERTIFICATION PROGRAM that explores each Meta Skill in depth through dedicated, intensive learning modules, practical tools, assessments and real-life applications.

DEEP. STRUCTURED. TRANSFORMATIONAL.



HAPPYVERSE EXPERIENCES

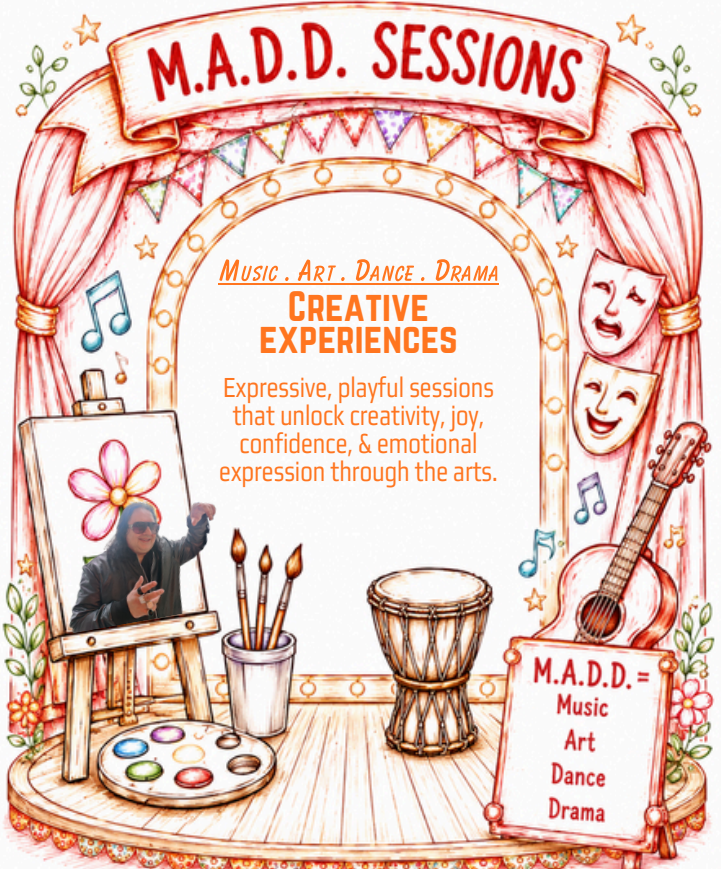
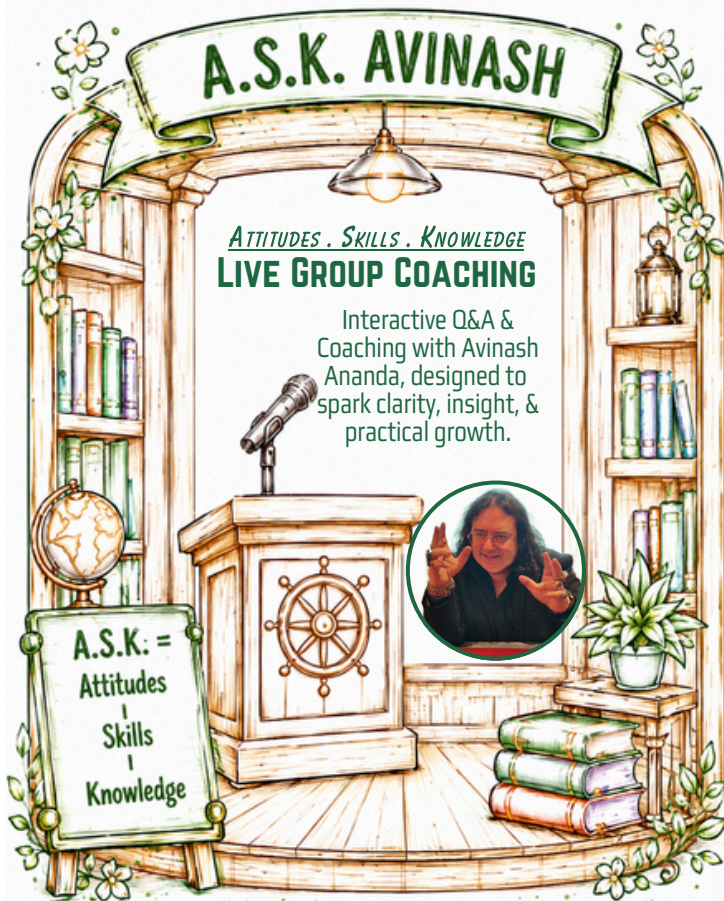
Key concepts, tools and real-life applications from all 10 Meta Skills are woven throughout the year into varied weekly live sessions—making powerful behavioural learning engaging, accessible & joyful.

ENGAGING. PRACTICAL. JOYFUL.

Types of Happyverse Sessions



Every week Happyverse Members experience one or more of these session formats across the 6 Happyverse Rides.



EXPLORE HAPPYVERSE STORE™

Discover 5 inspiring categories to learn, heal, grow & thrive

EXPERT SESSIONS

One-to-One Coaching | Therapy



LEARN JOURNEYS

Online Yet Live Classes |
Recorded Masterclasses



WELLNESS PRODUCTS

Everyday Wellbeing |
Health Essentials



WELCOME TO

HAPPYVERSE STORE™

Explore.
Reflect.
Grow.

Your Journey
Starts Here

WISDOM LIBRARY

AI & E-Tools |
Text, Audio & Video Content



LIVE EXPERIENCES

Events | Wellness Services



Happyverse Around the World

Voices from Our Global Members

1



Gerene – Canada:

"Happyverse is my weekly energy reset."

2



Deepak – Netherlands:

"I love Avinash's stories and insights."

3



Eugene – Amsterdam:

"Happyverse is my mental gym workout."

4



Rama – India:

"The weekly rhythm of Happyverse is the positive reconditioning everyone needs."

5



Claude Varley – France:

"No one should miss the depth of knowledge that Avinash shares through Happyverse."

6



Valdet – Kosovo:

"Avinash has transformed my life. Now, through Happyverse, he can change yours too!"

7



Marvin – Uganda:

"The positive energy of the Happyverse community is a blessing for me. I will share this in my country."

8



Naima – England:

"I strongly support Avinash in spreading positivity all over the world through Happyverse."

9



Prema – USA:

"Avinash is an unlimited source of knowledge. I learn something new from each Happyverse session."

10



Aafreen – New Zealand:

"Happyverse is the one stop shop for continuous learning for growth and happiness."

11



Manoj – Dubai:

"Happyverse is my weekly motivational battery-charger."

12



Aishwarya – Australia:

"I make detailed notes from all Happyverse sessions, and have fun also!"

Different places, one purpose – Happiness for all!



HappyverseTM Membership Plans

• Explore ideas • Deepen your learning • Share your voice •

Choose Your Happyverse Path



HAPPYVERSE BASIC

12 - Months - 52 HAPPYVERSE Sessions
LEARN & TRANSFORM

\$450
\$299

Best For:
Learners committed to
Personal growth & happiness

LEARNERS

Deepen your learning.

Drive your transformation at Happyverse.

STANDARD FEE: INR 25000 | USD 450

PREFERRED FEE: INR 15000 | USD 299

HAPPYVERSE PREMIUM

12 - Months - 52 HAPPYVERSE Sessions
CONTRIBUTE & INFLUENCE

\$550
\$399

Best For:
Leaders, Coaches, Creators &
Change Catalysts

LEADERS

Share your expertise.

Build visibility inside the Happyverse ecosystem.

STANDARD FEE: INR 35000 | USD 550

PREFERRED FEE: INR 25000 | USD 399

INTERNATIONAL CERTIFICATION IN
META MIND HOLISTIC LEADERSHIP



ATTENTION!

Please Note:

- All Preferred Fees are available only if you have a valid Student Referral Code.
- For INR payments, GST @18% as applicable will be added.
- International Certification is provided only for Annual Memberships (Basic & Premium) on completion of program.
- All Article / Video Submissions will be subject to approval.

KEY BENEFITS

You will get...

WEEKLY 1-HOUR ONLINE YET 'LIVE'

POWER-PACKED SESSIONS WITH THE GLOBAL GURU

AVINASH ANANDA himself!

usually valued at a MINIMUM USD 500 per person per session!

includes...

META SKILLS CURRICULUM ✓

GLOBAL EXPERT-LED SESSIONS ✓

GROUP COACHING - 'ASK AVI ANYTHING' ✓

HAPPYVERSE REPLAYS (1 WEEK) ✓

MEMBER DISCOUNTS FOR META MIND™ PROGRAMS ✓

EVOLVSPIRE™ 'LEARN & EARN' AFFILIATE PROGRAM ✓

WORLD HAPPINESS MOVEMENT™ COMMUNITY NETWORKING ✓

HAPPYZINE™ : MONTHLY EZINE SUBSCRIPTION ✓

HAPPYVERSE STORE™ : HAPPINESS PROGRAMS & PRODUCTS ✓

plus...

FOR PREMIUM MEMBERS

COMPLETE HAPPYVERSE SESSIONS REPLAYS (1 YEAR) ✓

FEATURED MEMBER PROFILE SPOTLIGHT IN HAPPYZINE™ ✓

1 PUBLISHED ARTICLE IN HAPPYZINE™ ✓

1 RECORDED MASTERCLASS VIDEO HAPPYVERSE LIBRARY™ ✓

BONUS OFFER

FREE WITH HAPPYVERSE MEMBERSHIP !
VALUED AT INR 25,000 | USD 450

INTERNATIONAL CERTIFICATION IN META MIND CONFIDENCE & COMMUNICATION - ONLINE
Based on Meta Mind Alignment, the New Science of Leadership & Happiness

META MIND CONFIDENCE & COMMUNICATION

INNER CONFIDENCE . OUTER IMPACT

A 2- MONTHS VIRTUAL WORKSHOP
A Recorded Meta Skill Program

ONLINE MASTERCLASSES

with

THE WORLD'S #1
LEADERSHIP & HAPPINESS COACH

Avinash Ananda

\$450
\$299

A PERSONALITY UPGRADE PROGRAM
For Greater Confidence & Better Communication

UPGRADE OPPORTUNITY

JOIN

MASTER YOUR MIND (ONLINE)
& GET HAPPYVERSE PREMIUM FREE !

<https://mmi.avinashananda.com/MASTER-YOUR-MIND-ONLINE>

SPECIAL OFFER

INTERNATIONAL CERTIFICATION IN META MIND COGNITIVE LEADERSHIP & MOTIVATION
Based on Meta Mind Alignment, the New Science of Leadership & Happiness



Know More

MASTER YOUR MIND SUCCESS & HAPPINESS WORKSHOP

\$1400
\$699

Maximize Your Positivity & Optimize your Productivity

A ONE-YEAR SUCCESS OF HAPPINESS TRANSFORMATION PROGRAM
Live Online Workshops + Group Coaching + Digital Learning + Ongoing Community Support

SPECIAL OFFER !

Join with a Referral Code & Get
HAPPYVERSE
ANNUAL MEMBERSHIP
PREMIUM FREE

ONLINE MASTERCLASSES
with
THE WORLD'S #1
LEADERSHIP & HAPPINESS COACH
Avinash Ananda

STANDARD FEE: INR 100,000 | USD 1400

PREFERRED FEE: INR 50,000 | USD 699

Unlock Inner Happiness To Drive Outer Success

JOIN NOW



Scan for Details



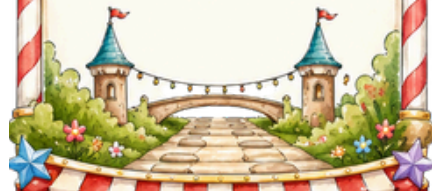
Scan to Join

CONTACT FOR

SPECIAL OPPORTUNITIES

Opportunities for Leaders, HR Professionals, Trainers, Coaches, Wellness Product Owners, Therapists & Change Catalysts

- Exclusive Leadership Interviews with Avinash Ananda.
- Facilitating an Expert-led Happyverse Session.
- Promoting your own Courses/ Services/ Products through the Happyverse Store.
- Brand Recognition & Visibility through Happyzine
- Nomination for Global Happiness-centric Leadership Award.
- Franchise Opportunities for Meta Mind International.
- Corporate Partnerships for Employee Engagement and L&D.
- Corporate/ Institutional Group Offers for Happyverse Memberships / Meta Mind Programs.
- Meta Mind Trainer Certification



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DR. VARSHA ACHELOIS

THE RAIN THAT WASHES AWAY PAIN

Dr. Varsha Achelois is an internationally acclaimed psychotherapist, educationist, thought leader, and transformative life coach, celebrated for her ability to align minds and awaken hearts. Hailed by the media as '*Lady Buddha*', she embodies both the wisdom of a sage and the wonder of a child.

Her very name reflects her mission—Varsha (Sanskrit for 'rain') and Achelois (Greek for 'she who washes away pain')—to be the rain that washes away pain.

A true *Alignment Alchemist*, Dr. Varsha is the CEO of Meta Mind International, USA; Co-Founder of the Global Academy of Meta Mind Alignment (GAMMA), India; Founder of Bubbles International, India; and Mentor & Chief Strategist at Meta Mind Inspire, UAE. She is the co-creator and visionary behind the applied behavioral science of *Meta Mind Alignment™*, a pioneering framework that blends psychology, neuroscience, and timeless wisdom into practical tools for happiness-centric leadership and holistic well-being.

Dr. Varsha was honored by HRD India & Economic Times, with the '*Leader in Emotional Wellness & Mental Health Award*', for her pioneering contributions to human transformation and emotional mastery.

Her academic journey reflects both depth and diversity, with a *Doctorate in Integrative Psychotherapy and Meta Mind Alignment™*, dual degrees in Education (B.Ed. & M.Ed.), a Master of Science in Psychotherapy, postgraduate studies in Computer Science, and a degree in Industrial Psychology. Alongside this, she has pursued specialized training in globally recognized therapeutic approaches. She is a certified *EMDR (Eye Movement Desensitization and Reprocessing)*, *REBT (Rational Emotive Behavior Therapy)*, and *CBT therapist*, also trained in *MBTI, Ontological Coaching, Somatic Experiencing for Trauma Healing, Suicide Prevention Interventions, and Art-based Therapy*. This rare blend of academic rigor and internationally certified therapeutic mastery makes her a trusted global authority in emotional wellness and mindset management.

Dr. Varsha has designed and delivered her transformational training workshops and one-to-one sessions in India, UK, Hong Kong, Thailand, Greece, France and the Middle East. In her much-in-demand training programs the participant profile ranges from corporate professionals in leading organizations such as Wipro, Reliance, Times of India, and Google, to educators, young adults, and children. As a licensed corporate trainer and behavioral consultant, she has delivered powerful sessions on communication, emotional intelligence, creativity, confidence, stress management, and relationship-building. Her one-to-one coaching is especially sought after for trauma healing, self-growth, and relationship mentoring.

For educational institutions, she has created graduate and post graduate certification programs from curriculum design to "train the trainer" phases. As the head of GAMMA, she has trained and certified over 40 trainers, psychologists and coaches in Meta Mind learning tools & frameworks. As the leader of Bubbles International, the children's division of Meta Mind International, where she is fondly called 'Bubbles' by the kids, she has done pioneering work in building and nurturing them as confident, creative, happy and future-ready youngsters.

Beyond corporate boardrooms and classrooms, her contributions extend to CSR projects, NGOs, orphanages, and old age homes, where she continues to create lasting impact.

A Renaissance spirit, her love for music, theatre, poetry, art, and teaching infuses her work with creativity and depth, turning every session into a transformative experience that touches both mind and heart.

Beyond her qualifications and accolades, her truest legacy lies in the lives she has touched—the individuals who stepped back from the edge of despair, the leaders who discovered purpose beyond success, and the children who learned to believe in themselves.

Dr. Varsha Achelois is far more than a mentor, coach or healer. She is a force of transformation — rewriting destinies, pioneering alignment, and reminding the world that happiness is not just a pursuit, but a way of being.

In 1999, Dr. Varsha launched the Appreciation Movement™, a heartfelt initiative encouraging gratitude in everyday life. What began as a small spark soon grew into a global flame—evolving into the *World Happiness Movement™*, a wave of positivity that continues to inspire & empower individuals and communities across the world to cope and to hope.



Dr. Varsha Achelois, a.k.a. Bubbles, is much-loved and well-known for combining her ideals and simplicity with the real-world. Her sessions are often described by participants as nothing less than "Food For the soul"—transformative experiences where science meets sensitivity and clarity meets compassion.

Her unique training methodology and content are globally appreciated by organizations, institutions and individuals from all walks of life.



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AVINASH ANANDA

LEADERSHIP & HAPPINESS GURU

Avinash Ananda is an internationally renowned leadership advisor & happiness strategist. Hailed by the media & professionals, worldwide as Leadership & Happiness Guru, he is the Founder of Avinash Ananda Meta Mind International, USA, which provides leadership & happiness-centric training solutions designed to enhance positivity, productivity, & well-being for individuals and organizations across the globe.

With a career spanning more than three decades, Avinash has impacted the lives of over one million individuals through face-to-face coaching, seminars, and workshops across 30 countries in Europe, Asia, the Middle East, and the USA. His participants include corporate executives at every level of management from more than 300 organizations, among them global giants such as Microsoft, Google, Marriott, LG, Cognizant, Reliance, Tata, Capgemini, IBM, Vodafone, & Amazon. A much-sought-after keynote speaker and executive coach, he has also personally mentored more than 1,000 leaders & trainers worldwide.

Avinash is also the co-creator of the applied behavioral science of Meta Mind Alignment™, the new science of Leadership & Happiness. This pioneering framework for human potential optimization combines mindset & behavioral transformation to create holistic success & sustained happiness for individuals & organizations. His teachings blend time-tested Eastern wisdom & meditative practices with the latest in Western management thought, positive psychology, behavioral economics, & neuroscience.

His contributions have earned him international acclaim & several prestigious honors. Recognized at the House of Lords, U.K. Parliament by Lord Swaraj Paul & Virendra Singh, M.P., he was celebrated as “The World’s #1 Leadership & Happiness Coach” & “International Ambassador for Leadership & Happiness.” He has also been felicitated as the “#1 Global Leadership & Happiness Guru” by His Excellency Yaqoob Al Ali from the Dubai Royal Family. Over the years, he has received numerous awards, including “World’s Leading Behavioral Expert & Motivational Speaker,” and the Rotary International Scholarship. He has been ranked among the “100 Inspirational Leaders of India” by White Page International and among the “51 Most Fabulous Global Happiness Leaders” by the World HRD Congress. Avinash is also an honorary recipient of the Paul Harris Fellow Award, the highest recognition conferred by Rotary International, and was awarded an Honorary Doctorate in Happiness-Centric Leadership & Transformational Coaching from Kennedy University, Paris, authorized by the French Ministry of National Education and accredited by QAHE.

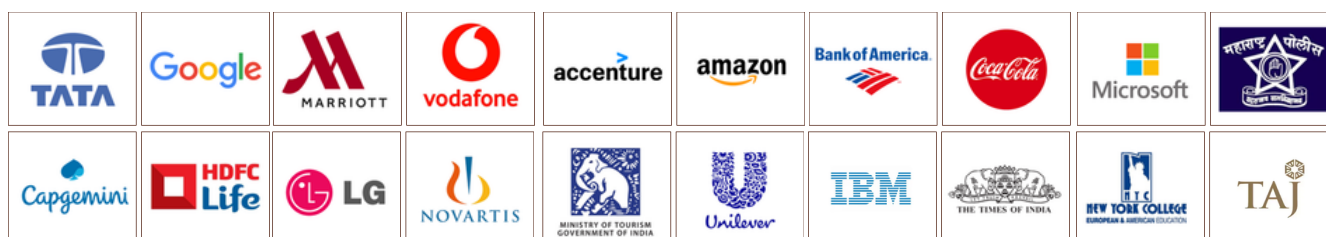
Beyond his work as a speaker and coach, Avinash has founded and runs several institutions: the Global Academy of Meta Mind Alignment (GAMMA) for behavioral sciences research, the Management Institute of Behavioral Sciences (MIBS) for employee engagement & organizational excellence, the International Institute of Personality Development (IIPD) for youth empowerment, & Bubbles International for life-skills development in children.

Avinash’s academic foundation is in Industrial Relations and Organizational Behavior from St. Joseph’s College, Bangalore and several executive education certifications from other prestigious institutions including I.I.M., Ahmedabad. He was mentored for over three decades by Prof. Rooshikumar Pandya, a pioneer of the HRD movement in India and former Humanities faculty at McGill University, Canada. He further trained with world-renowned experts including Richard Bandler (NLP), Edward de Bono (Lateral Thinking), Stephen Covey (Execution Excellence), Jack Canfield (Success Principles), Anthony Robbins (Peak Performance), John Maxwell (Leadership) & Harada Sekkai Roshi (Zen Meditation).

His diverse experiences include: being invited to a world leaders’ breakfast with President Obama in Washington D.C.; being the faculty for a Harvard Business School Publishing Certification Program on Strategy for senior I.T. professionals in India; teaching happiness to Dalai Lama monks in the Himalayas; addressing an interfaith conference in California on happiness for religious leaders; serving as visiting professor at universities across the world to shape thousands of next-generation leaders; and working with NGOs in India to build empowerment skills & self-esteem among street children, orphans, the physically challenged, and senior citizens.

A co-creator of The World Happiness Movement, Avinash’s mission is to ‘Make Happiness Go Viral’, by impacting one billion people with his teachings.

Avinash has trained executives from the partial list of companies given below



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Make Happiness Go Viral



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