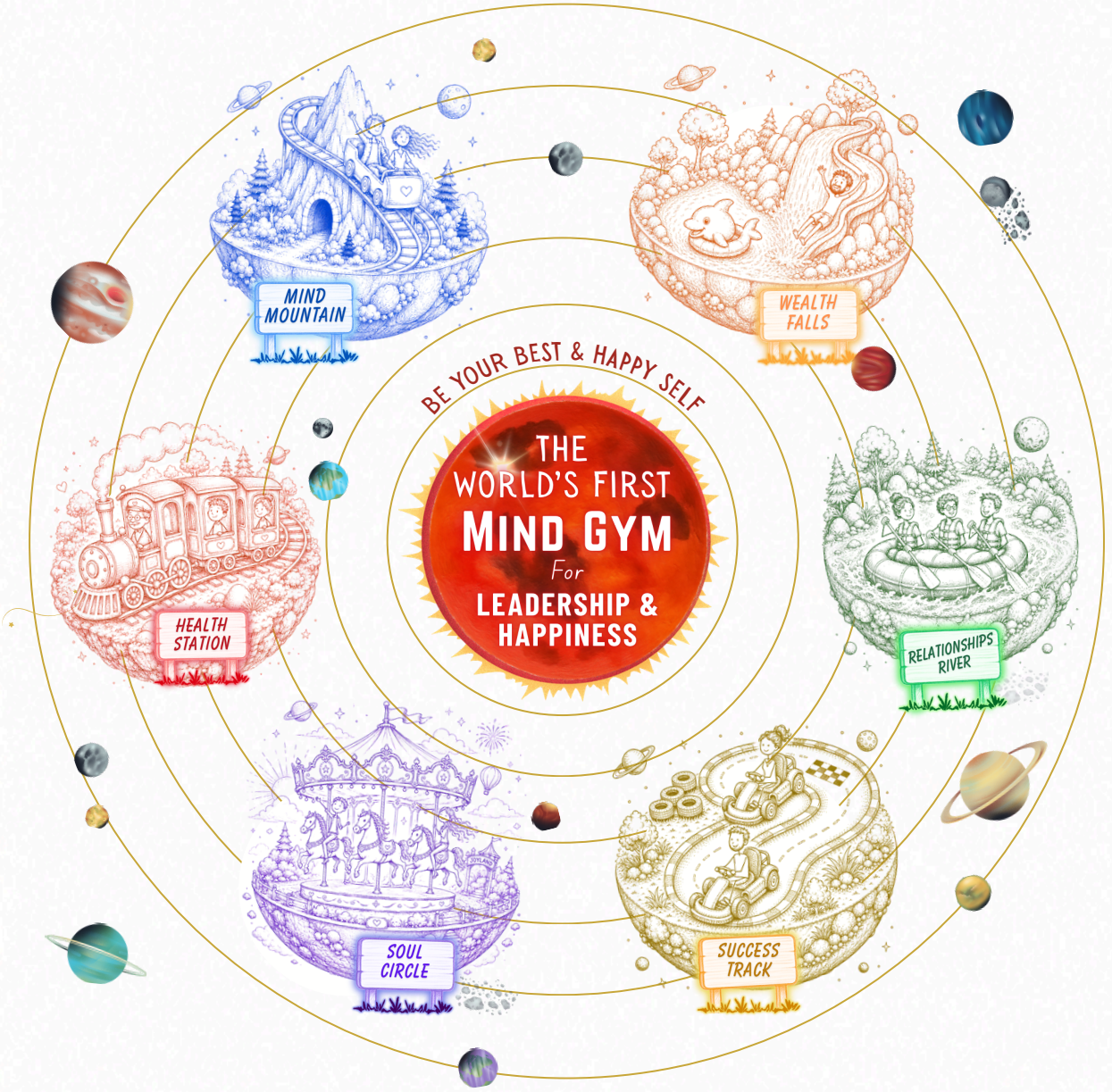
Meta Skills Curriculum Mindsets & Skill-sets - For All Areas of Life

Meta Mind Happyverse™

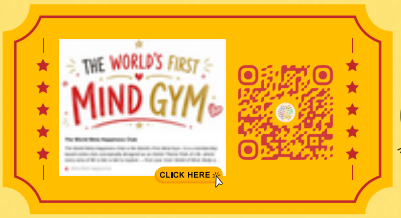
YOUR UNIVERSE OF 360° JOY & GROWTH

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



AVINASH ANANDA META MIND INTERNATIONAL

POWERED BY
META MIND INTERNATIONAL
Leadership & Happiness Multiversity

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







Welcome to Meta Mind 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 for Leadership & Happiness

Happyverse is The World's First Mind Gym for Leadership & Happiness — 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.

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

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

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.

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.

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.

WHAT IS A META SKILL?

A Meta Skill combines the mindset you need with the skill-set you use to lead your Inner World and succeed in the Outer World.

META SKILL = MINDSET + SKILL-SET



L.I.S.A.

Meta Mind Training Methodology

L – Learn
I – Internalise
S – Synergise
A – Apply

Learn • Internalise • Synergise • Apply

META MIND LEADERSHIP & HAPPINESS COMPETENCIES FRAMEWORK™

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

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

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 & Respect
Cooperation & Humility	Never-Give-Up & Result-orientation	Reflection & Foresight
Abundance & Let go	Growth mindset & Devotion	Balance & Courage

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

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.

- 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)

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.

The 6 Happyverse™ Rides

Meta Mind

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!

INNER WORLD
Mind • Body • Spirit

OUTER WORLD
Work • Relationships • Money

PSYCHOLOGICAL



Strap in the Rollercoaster of MIND Mountain

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

PROFESSIONAL



Hop into your Go-kart at SUCCESS Track

PHYSIOLOGICAL



Board the Express Train at HEALTH Station

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"

SOCIAL



Raft through the RELATIONSHIPS River

SPIRITUAL



Step onto the Carousel at SOUL Circle

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

FINANCIAL



Slide the Waterslide of WEALTH Falls

Types of Happyverse™ Sessions

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

A.S.K. AVINASH

Attitudes . Skills . Knowledge

Live Group Coaching

Interactive Q&A & Coaching with Avinash Ananda, designed to spark clarity, insight, & practical growth.



A.S.K. = Attitudes | Skills | Knowledge

W.I.S.E. SESSIONS

Workshops . Interviews . Speakers . Experts

Expert-Led Insights

Thought-provoking sessions & expert conversations that bring, practical wisdom, & new perspectives.



W.I.S.E. = Workshops | Interviews | Speakers | Experts

G.O.D. SESSIONS

Goal . Oriented . Discussions

Reflective Discussions

Meaningful discussions that encourage reflection, deeper thinking, self-awareness, & confident decision-making.



G.O.D. = Goal Oriented Discussions

M.A.D.D. SESSIONS

Music . Art . Dance . Drama

Creative Experiences

Expressive, playful sessions that unlock creativity, joy, confidence, & emotional expression through the arts.

M.A.D.D. = Music | Art | Dance | Drama

COMING SOON COMING SOON COMING SOON COMING SOON COMING SOON

EXPLORE HAPPYVERSE™ STORE

Meta Mind

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





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



LIVE EXPERIENCES
Events | Wellness Services



COMING SOON COMING SOON COMING SOON COMING SOON COMING SOON

META MIND WORLD HAPPINESS MOVEMENT

Spread SMILES · FEEL Nice · THINK Nice · SAY Nice · BE Nice

MAKE HAPPINESS GO VIRAL

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



Founded By :

Dr. Avinash Ananda, Worlds #1 Leadership & Happiness Guru & **Dr. Varsha Achelois,** hailed as Lady Buddha, Global Award-winning Integrative Psychotherapist

OUR MISSION

MAKE HAPPINESS *Go Viral!*

One positive mind can start a ripple.

Together, we create a wave of well-being.

OUR VISION

From 1M+ Lives Impacted

To 1 Billion Lives Touched *with Joy & Well-Being*

Expanding happiness from ripple to revolution.

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.

HOW WE SPREAD SMILES

Meta Mind HAPPY FORWARD™

SPREAD SMILES. LET'S MAKE HAPPINESS GO VIRAL!



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.

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.

World Happiness Movement | An initiative of Meta Mind International

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!

META MIND HAPPYVERSE
THE WORLD META HAPPINESS CLUB

Meta Mind Happyverse™ Membership Plans

A 12-Months Online LIVE 'MIND GYM'

Happyverse BASIC MEMBERSHIP

10 Meta-Skills (Mindsets + Skill sets) Curriculum

Global Expert-led Sessions

GROUP COACHING - 'Ask Avi Anything'

HAPPYVERSE REPLAYS (1 Week)

INTERNATIONAL CERTIFICATION IN META SKILLS LEADERSHIP & HAPPINESS - ONLINE



52 Weekly Power-Packed Sessions with the Global Guru

AVINASH ANANDA

The World's #1 Leadership & Happiness Guru

Member Discounts for Meta Mind™ Programs

EVOLVSPIRE™ 'Learn & Earn' Affiliate Program

WORLD HAPPINESS MOVEMENT™ COMMUNTY Networking

HAPPYZINE™: Monthly Ezine Subscription

HAPPYVERSE STORE™: Happiness Programs & Products

Happyverse PREMIUM MEMBERSHIP

Includes all the benefits of Happyverse Basic

PLUS

INTERNATIONAL CERTIFICATION IN META MIND CONFIDENCE & COMMUNICATION

A 3 - MONTHS ONLINE, SELF-PACED 'PERSONALITY UPGRADE' PROGRAM

With

AVINASH ANANDA

The World's #1 Leadership & Happiness Guru

VALUED AT INR 60,000 | USD 800



Access to ALL (1-Year) Happyverse Replays

HAPPYVERSE BASIC

STANDARD FEE: INR 30000 | USD 400

PREFERRED FEE: INR 15000 | USD 200

Special Preferred Fee ~~$400~~ $200

THE WORLD'S FIRST MIND GYM

CLICK HERE

JOIN NOW

HAPPYVERSE PREMIUM

STANDARD FEE: INR 60000 | USD 800

PREFERRED FEE: INR 30000 | USD 400

Special Preferred Fee ~~$800~~ $400

ATTENTION PLEASE!

- Use Student Referral Code (Registered Email of the Happyverse Member who invited you) to avail Preferred Fees.
- For all INR payments, please add GST @ 18%

SPECIAL OPPORTUNITIES

Opportunities for Leaders, HR Professionals, Trainers, Coaches, Wellness Product Owners & 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
- Franchise Opportunities for Meta Mind International.
- Nomination for Global Happiness-centric Leadership Award.
- Corporate Partnerships for Employee Engagement and L&D.
- Meta Mind Trainer Certification
- Corporate/ Institutional Group Offers for Happyverse Memberships / Meta Mind Programs.

CONTACT FOR DETAILS

FOR DEEPER TRANSFORMATION

JOIN

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

SPECIAL OFFER

INTERNATIONAL CERTIFICATION IN META MIND COGNITIVE LEADERSHIP & MOTIVATION

Based on Meta Mind Alignment, the New Science of Leadership & Happiness

KNOW MORE

A MIND UPGRADE SYSTEM

A ONE-YEAR SUCCESS & HAPPINESS TRANSFORMATION PROGRAM

Including Virtual Workshops, LIVE Online Group Coaching & Ongoing Community Support

INCLUDES SPECIAL ACCESS TO:

- HAPPYVERSE PREMIUM THE WORLD META HAPPINESS CLUB — ALSO ONLY
- A MIND GYM — Online yet LIVE — One Year Membership | 52 Weekly Meta-Skills Sessions | 6 Areas of Happiness | Brand Visibility
- META MIND CONFIDENCE & COMMUNICATION — ALSO ONLY
- A PERSONALITY UPGRADE — Self-paced Masterclasses — 3 - Months Structured Learn Journey | A Recorded Meta Skill Certification Program

MASTER YOUR MIND

SUCCESS & HAPPINESS WORKSHOP

Maximize Your Positivity & Optimize your Productivity

A One-Year Guided, Self-Paced Certification (100 Learning Hours), structured journey to rewire your mind for lasting transformation. Immersive step-by-step masterclasses with self-paced videos and interactive & reflective tools.

ONLINE MASTERCLASSES with

THE WORLD'S #1 LEADERSHIP & HAPPINESS COACH

Avinash Ananda



STANDARD FEE: INR 100,000 | USD 1200

PREFERRED FEE: INR 50,000 | USD 600 *(WITH REFERRAL CODE

~~$1200~~ $600*

Unlock Inner Happiness To Drive Outer Success

+91 9930311694 | www.avinashananda.com | avinash@avinashananda.com

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

TATA · Google · MARRIOTT · vodafone · accenture · amazon · Bank of America · Coca-Cola · Microsoft · महाराष्ट्र पोलीस

Capgemini · HDFC Life · LG · NOVARTIS · Ministry of Tourism Government of India · Unilever · IBM · The Times of India · NEW YORK COLLEGE · TAJ

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Make Happiness Go Viral

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