

MAKE HAPPINESS GO VIRAL

MAKE HAPPINESS GO VIRAL

MAKE HAPPINESS GO VIRAL

GO VIRAL

One Year | 52 Weekly online yet 'live' Expert-led Sessions | 6 Areas of Happiness

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



The World Meta Happiness Club

Happyverse

Your Universe of 360° Joy & Growth



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

STEP INTO YOUR MIND GYM

ADMIT ONE

YOUR VIP ACCESS TO HAPPINESS



SCAN FOR DETAILS



SCAN TO JOIN





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.



OUR MISSION

MAKE HAPPINESS Go Viral!

One positive mind can start a ripple.

Together, we create a wave of well-being.

THE SOLUTION

Simple practices. Powerful results.

Happyverse, is like YOUR MIND GYM!

It 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.

INNER WORLD : MIND . BODY . SPIRIT
OUTER WORLD : WORK . RELATIONSHIPS . MONEY

OUR VISION

From 1M+ Lives Impacted

To 1 Billion Lives Touched with Joy & Well-Being

Expanding happiness from ripple to revolution.

WHAT IS HAPPYVERSE?

Happyverse sessions are weekly online yet live experiences across 6 areas of life — Mind, Body, Spirit, Work, Relationships and Money.

They bring expert guidance, practical tools, healing practices, mindset shifts and community interaction in a fun, simple, growth-focused way.

Each session helps you train your mind, build your psychological immune system and grow happier from the inside out.



Happyverse

The World Meta Happiness Club

is a membership to a theme park for life — with weekly online yet live sessions where learning, healing and growing feels exciting, joyful and meaningful.

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 coaches, therapists, trainers, healers, mentors & industry experts



WORKSHOPS, ACTIVITIES & CHALLENGES

Interactive, fun & engaging ways to learn & grow



MINDSET SHIFTS

Overcome stress, fears, limiting beliefs & emotional blocks



SKILLS FOR REAL LIFE

Communication, leadership, health habits, relationships, productivity, financial awareness & more



HEALING & SELF-GROWTH PRACTICES

Meditation, mindfulness, emotional wellness tools & inner work exercises



COMMUNITY INTERACTION

Discussions, networking, celebrations & shared growth experiences



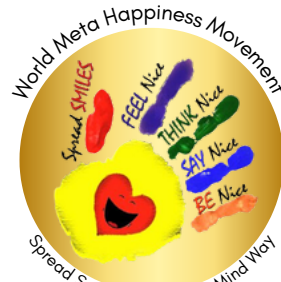
FRESH TOPICS EVERY WEEK

Always something new to explore across your week & month

SIMPLY PUT: HAPPYVERSE HELPS YOU LEARN, HEAL, GROW, CONNECT & THRIVE — while making personal growth feel exciting, practical & enjoyable.

Be Part of the WORLD HAPPINESS MOVEMENT

A GLOBAL MOVEMENT TO SPREAD SMILES
AND CREATE A HAPPIER WORLD



Founded By :

Dr. Avinash Ananda, World's #1 Leadership & Happiness Guru
& Dr. Varsha Achelois, Global Award-winning Psychotherapist,
Hailed as Lady Buddha

OUR STORY

In 1999,

THE APPRECIATION MOVEMENT –
was started by, **Dr. Avinash Ananda, World's #1 Leadership & Happiness Guru & Dr. Varsha Achelois, the Alignment Alchemist, Global Award-winning Psychotherapist, with one simple message:**

'Be a good-finder. Spread Appreciation'

This simple idea sparked a global ripple!
Soon it ignited a Happiness Revolution and it grew into

THE WORLD HAPPINESS MOVEMENT –
a global call to spread happiness with the simple message:

'Spread Smiles. Make Happiness Go Viral.'

To carry this vision forward, they founded,
META MIND INTERNATIONAL –
a Leadership & Happiness Training Multiversity – with the message:

'Happiness is a Choice'

And now, as a living initiative of this vision they founded,
HAPPYVERSE: THE WORLD META HAPPINESS CLUB –
a vibrant, playful universe where smiles grow, hearts connect, and happiness becomes a way of life.

WORLD HAPPINESS MOVEMENT

We awaken hearts, inspire action, & bring people, organizations, and communities together to spread smiles, uplift lives, and build a kinder world.

WE CREATE IMPACT

We spread smiles through CSR and social initiatives that touch lives and strengthen communities.

- NGOs & Community Partners
- Children's Homes
- Old Age Homes
- Special Needs Support
- Education & Wellness
- Environment Car

All with One Mission

*Make
Happiness
Go Viral*

HAPPYCOMM

The World Happiness Movement Community

OUR COMMUNITY

Just one beautiful part of this movement.

In our community,
our only focus is to
SPREAD SMILES



Be Kind
Every Day



Make
Someone
Smile



Create
Ripples of
Happiness



Share, Inspire
& Uplift

Small smiles. Big impact.
Together, we make the world
happier, one smile at a time!



STRONGLY CONNECTED TO HAPPYVERSE

Happyverse – The World Meta Happiness Club – is the heart of the movement.
It gives you experiences, tools and expert guidance to grow happiness in every area of life, while the movement spreads that happiness to the world.

HAPPYVERSE

Happyverse –
The World
Meta Happiness Club
was born from
the World Happiness
Movement.

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!

COMMUNITY BENEFITS

AS A MEMBER OF THE COMMUNITY, YOU CAN:



Spread smiles
every day



Get daily
inspiration



Join campaigns
& initiatives



Share your
story



Develop skills
for positive impact



Make a real
difference

TOGETHER, LET'S MAKE HAPPINESS GO VIRAL!



The 6 Happyverse 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. 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

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!

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!

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!

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!

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!

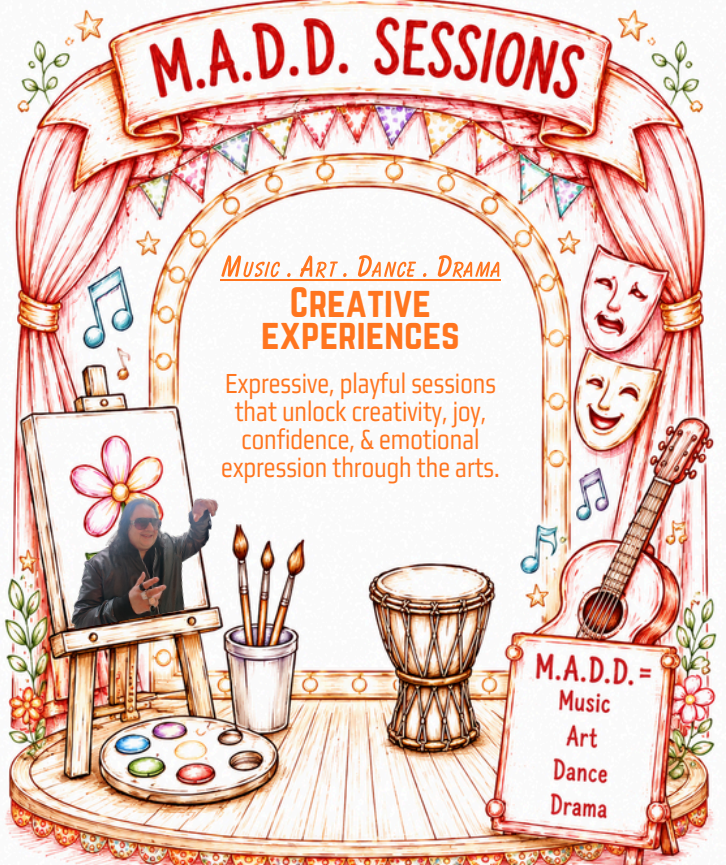
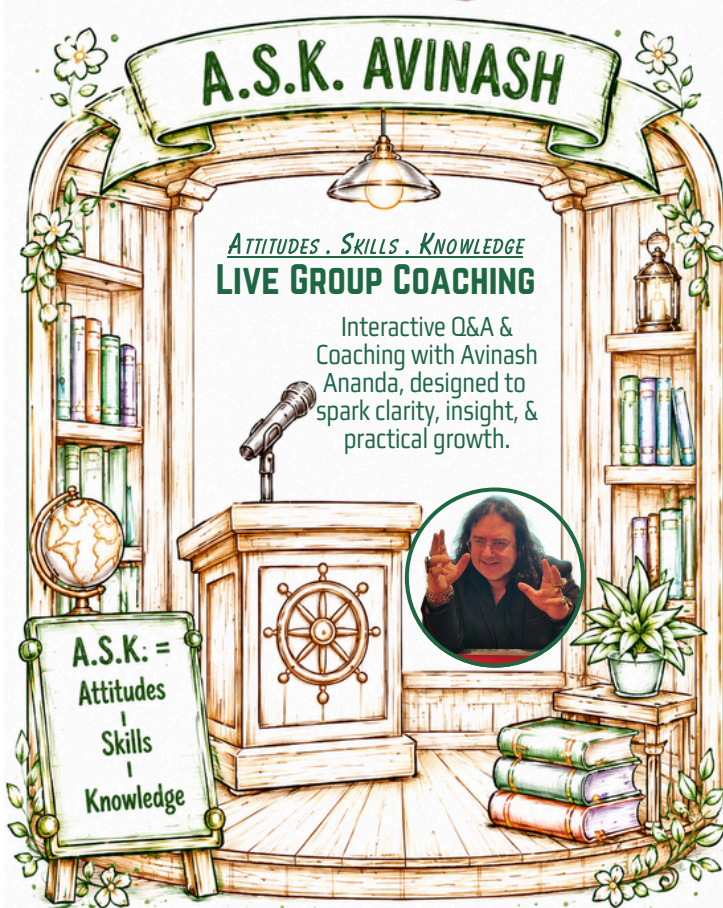
- Meta Mind Meditation
- Energy Cleansing
- Mindfulness Hub
- Inner Child Awakening
- Know Thyself

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



Types of Happyverse Sessions

Explore. Reflect. Express. Grow.





Happyverse 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

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:
COACHES, CREATORS &
THOUGHT LEADERS

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



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).
- All Article / Video Submissions will be subject to approval.

KEY BENEFITS

You will get...

WEEKLY 1-HOUR ONLINE YET 'LIVE'
GLOBAL EXPERT-LED SESSIONS INCLUDING...

POWER-PACKED SESSIONS WITH THE GLOBAL GURU

AVINASH ANANDA himself!

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

plus...

- HAPPYVERSE REPLAYS (1 WEEK) ✓
- MEMBER DISCOUNTS FOR META MIND™ PROGRAMS ✓
- EVOLVSPIRE™ 'LEARN & EARN' AFFILIATE PROGRAM ✓
- WORLD HAPPINESS MOVEMENT™ COMMUNITY NETWORKING ✓
- HAPPYZINE™ : MONTHLY EZONE 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™ ✓

SPECIAL OFFERS

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

MASTER YOUR MIND SUCCESS & HAPPINESS WORKSHOP

Maximize Your Positivity & Optimize your Productivity
A 6 - MONTHS VIRTUAL WORKSHOP
Recorded + Live + Community

~~\$1400~~
\$699

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.

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

META MIND CONFIDENCE & COMMUNICATION

JOIN

& GET HAPPYVERSE BASIC FREE !

SPECIAL OFFER

INTERNATIONAL CERTIFICATION IN META MIND CONFIDENCE & COMMUNICATION
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

~~\$450~~
\$299

SPECIAL OFFER !

Join with a Referral Code & Get
HAPPYVERSE
ANNUAL MEMBERSHIP
BASIC **FREE**

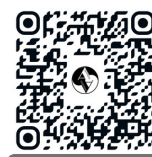
ONLINE MASTERCLASSES

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

STANDARD FEE: INR 25,000 | USD 450
PREFERRED FEE: INR 15,000 | USD 299

Communicate Clearly & Confidently

JOIN NOW



Scan for Details



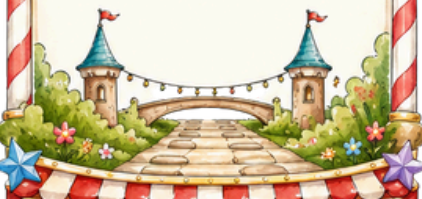
Scan to Join

CONTACT FOR

SPECIAL OPPORTUNITIES

Opportunities for Leaders,
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



+91 9930311694

www.avinashananda.com

office@avinashananda.com

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





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



+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.



+91 9930311694



www.avinashananda.com



avinash@avinashananda.com

