



THIS

The Happy Image Space



The Rise & Shine Club

Find Yourself, And Be A Part of The Change-Making Initiative!

About The Rise & Shine Club

The Rise & Shine club is created by The Happy Image Space (THIS) to empower people to find their inner strength and lead a happy and fulfilling life.

How can it benefit you?

- Meet diverse individuals from different walks of life.
- Discover your infinite potential, and enhance your self-esteem.
- Get a space to express yourself in a non-judgemental environment & learn strategies to become better.
- Fulfill your dreams with newfound clarity and confidence.
- Be a changemaker in the emotional wellness industry.

What happens in a session?

✨ **Icebreaker Activities** – Lighthearted, engaging activities to create a warm and comfortable atmosphere.

🧡 **Fun & Interactive Exercises** – Spark meaningful discussions that encourage self-reflection and deeper connections with others.

💡 **Strategies for Everyday Challenges** – Practical tools and insights to help you navigate life's ups and downs with ease.

🎲 **Group Games & Bonds** – Engaging, laughter-filled games to strengthen bonds & bring out the best in you.

🧘 **Relaxation & Mindfulness** – Feel centered, refreshed, and ready to take on the world.

Other details

- **Timings:** Sundays 10 AM to 12 PM
- **Fee:** Rs 899 + GST per session per person
- Check website for pricing plans

More to Know Before You Register

- Confidentiality is a top priority.
- Respect for others is mandatory.
- Punctuality is appreciated.
- Some sessions may be held outdoors.

Who can join?

- Anyone aged 18 and above who is ready to explore personal growth and transformation is welcome.
- Invite your friends, family or anyone else who could use a little extra positivity!

How to Register?

Call/WhatsApp us on the given numbers or Visit our website for registration.

Infinite good vibes, but just a handful of seats-secure your spot!



“Explore yourself
and contribute
to create a
ripple effect.”

Anupma Gupta,
Founder
THIS

Where to find us

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