

## The Team

The team comes from diverse backgrounds and with varied experiences: Humanities & Social Sciences; School of Management; Computer Science; Education Technology; Counselling Centre; Signal Sciences; Mindfulness and Happiness Sciences. The members have both core competencies in their own fields as well as deep motivation and experience in research and community work related to positivity, spirituality and happiness. While the members belong to their core Departments/Centres and Schools, they are also a part of the Rekhi Centre of Excellence for the Science of Happiness.

### Patron

**Prof. Partha Pratim Chakrabarti**  
Director, IIT Kharagpur

### Honorary Chairman

**Mr. Satinder Singh Rekhi**  
Managing Director, R Systems

### Advisor

**Prof. Manas K. Mandal**

### Coordinator

**Prof. Priyadarshi Patnaik**

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## 2nd International Workshop

# Happiness and Wellbeing: The Road Beyond

**4-6 April 2019**

*Key Themes:*

Wellbeing for Communities, Cities and States  
Happiness and the Networked Generation



**Rekhi Centre of Excellence for  
the Science of Happiness**

**INDIAN INSTITUTE OF TECHNOLOGY KHARAGPUR**



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*Happiness and wellbeing as distinctive areas of study came into their own around the beginning of the 20th century when, first the policy makers and then the corporate giants realized that financial growth, stability, profit and affluence did not necessarily lead to happiness and wellbeing. Over the last one and half decades, the notions of happiness and wellbeing have received an immense amount of focus. As a result, first in the context of positive psychology, then economics and policy, and later in almost all related fields that either explore social realities or can bring about social changes, happiness and wellbeing have become key areas of interest. Yet, certain questions lurk, that need detailed probing, and certain areas which have been explored elaborately, need re-articulation. Even as the area is growing exponentially, there is a necessity to both reflect, as well as to look beyond and search for new connections.*

*This international workshop attempts to bring together eminent scholars in the field as well as new researchers, from a wide range of areas in order to interrogate the current state of happiness and wellbeing studies, especially in the context of (a) Communities, Cities and States, and (b) the Networked Generations. These two diverse areas actually indicate the co-existence of the latest technologies with the most basic of problems facing communities, cities and states. While the two themes are important in their respective ways for India and the world, the relation between the two is also equally intriguing and relevant to explore.*

*With these twin tracks, the workshop aims to bring together scholars, practitioners, students as well as policy makers and leaders to interrogate, question, come up with ideas, pick up best practices, suggest interventions, bring in technology, assess and measure the various existing and possible ideas in these emerging fields.*

## Tracks

- Wellbeing: Communities, Cities and States
- Happiness and the Networked Generation

## Approaches:

- Concepts, philosophies and models
- Interrogating existing traditions and evolving new
- Measurement - tools, strategies, issues and resolutions
- Interventions and best practices
- Technology interaction, integration, implications and augmentations
- Implications for mental and physical health
- Ecology and community, integrations and disjunctions

## The workshop will feature:

- Invited talks by eminent speakers in the field
- Paper presentation
- Poster presentation
- Exhibitions
- Round tables
- Networking sessions

*The workshop will showcase invited talks by more than 15 International and National Speakers of Eminence*

## Registration Information:

Participants interested in presenting papers or posters in the workshop may send an abstract of not more than 250 word by 15 March 2019.

Decision about acceptance will be communicated by 20 March 2019.

### Registration Details:

Professionals / Faculty:  
Rs. 5000  
Students:  
Rs. 3000

Participants who wish to only attend the Workshop can also be considered subject to availability of accommodation:  
Professionals / Faculty:  
Rs. 3000  
Students:  
Rs. 1500

Registration fee includes Workshop kit, breakfast, lunch and dinner for the period of the workshop.

Accommodation is available at Technology Guest House  
Single occupancy Rs 1200 p/d  
Double occup. Rs. 750 p/d  
at Viswesaraya Guest House  
Double occupancy Rs. 400 p/d

All communications may kindly be directed to:  
**Registration Coordinator,**  
Rekhi Centre of Excellence  
for the Science of Happiness  
Email:  
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# Rekhi Centre: Mission and Vision

To understand and promote the science and practice of happiness for fostering human well-being through:

- Fundamental and applied research
- Technology development
- Knowledge dissemination
- Academic programs
- Training and outreach activities

## Broad Research Themes

The Centre has a multi-disciplinary team of faculty members and students drawn from various disciplines and specializations and is actively involved in research from (a) biological, (b) social (c) behavioural, and (d) ecological orientations.

- Optimism and Nudge
- Creating Happiness through Technologies
- Measurement of Happiness
- Happiness and Wellbeing through GNH
- Relationship and Values
- Resilience and Failure Management
- Self-improvement
- Generosity and Compassion
- Cultures and Traditions in Happiness
- Practice of Happiness: Mindfulness and Meditation
- Happiness Analytics
- Culture, Community and Postive Relationships

## Academic Programs and Courses

- Science of Happiness and Well-being
- Measurement of Happiness
- Introduction to Gross National Happiness
- Happy and Innovative Workplace

## Corporate Programs, Training and Outreach

- Happy and Innovative Way to Workplace (Corporate Program)
- Developing Positivity and Building Resilience (for Police and Armed Forces)
- Orientation Program (for Students of Engineering Colleges and for School Children)

Our vision is to promote the science and practice of positivity for fostering meaningful life, happiness, well-being and holistic self-development.

## Collaborations

- Government of Madhya Pradesh:
  - Development of Index of Happiness for the people of Madhya Pradesh
  - Happiness Volunteer Selection System and App: For more than 30000 volunteers
- New Town, Kolkata:
  - Development of Index of Happiness and Well-being for the township, assessment and recommendations
- **Collaborations with Steel Authority of India Limited and Central Reserve Police Forces** for training. Collaboration with Gopichand Badminton
- **MoUs and collaborations with University of Waterloo, Candada and University of Western Florida, University of Zurich, Gopichand Badminton Academy, Talent Enterprise, Dubai, etc.**

## Laboratory Development

The Centre is in the process of setting up three laboratories focusing on:

- Psychometry and data analytics
- Virtual reality and immersion
- Physiological measures

## MS/Ph.D Programs

- Positive Psychology
- Community well-being
- Creative Arts
- Pedagogy
- Technology development for happiness