

Rekhi Centre of Excellence for the
Science of Happiness

AND

Counselling Centre IIT Kharagpur

bring to you a three-
day course on

M i n d f u l n e s s
in Rhythms for a
Richer Life

From:28.01.2022 to 30.01.2022

Time:11:00 am to 1:00 pm
and

4:00 pm to 6:00 pm

What will the course contain?

- Learn the art of perceiving without judgment
- Practice the art of alternate thinking without complaints
- Learn to live by values
- Become happy by achieving goals and being compassionate towards the self
- Win the path of spreading love to others.

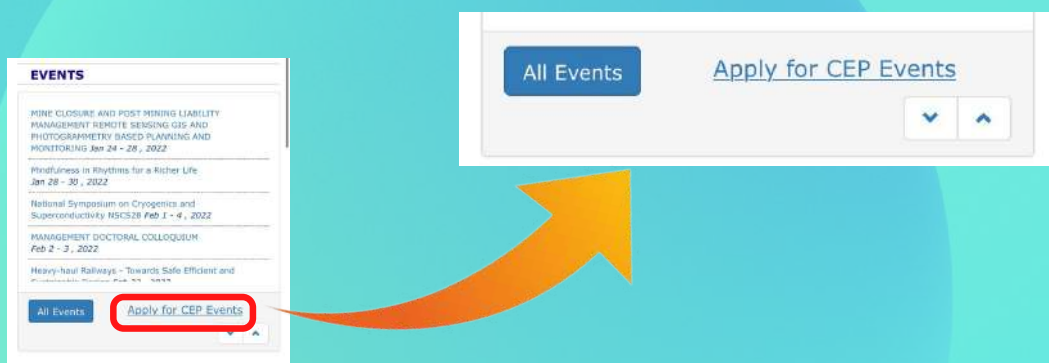
PROCEDURE TO APPLY

STEP 1:

VISIT <http://www.iitkgp.ac.in/>

STEP 2:

Scroll Under **Event** Section below view will be opened click on **Apply for CEP Events**



STEP 3:

On The side bar Click

self Sponsered

Short Term Course SELF SPONSORED

(For more information)

STEP 4: Click on **HOW TO APPLY** and **HOW TO PAY** On the top tab for further instruction

Who will teach the course?



Saamdu Chetri, PhD, is a visiting faculty under the Rekhi Centre of Excellence for the Science of Happiness, the Indian Institute of Technology, Kharagpur. He considers himself a pilgrim of love and compassion and continues his journey

teaching mindfulness through the concept of GNH in the practice of happiness to the IITKGP Students. He is from Bhutan, fondly called Happiness Guru by BBC.

Being a psychologist and a behavior therapist, Juliet Karmakar Mondol realized that common people need some easy practical ways to deal with stress and daily worries. Practicing mindfulness in her daily life has helped her in every point. It



has helped her to observe and then respond instead of reacting to environmental stimuli. She is the recipient of "Great" & "Bangor International" Scholarships. Her greatest asset is behavior analysis and its utility in daily lives. Her article published with the American Psychological Association (APA) is a practical example of the same. She was awarded Sir Ratan Tata Trust Award. Her research on eating choices in Wales (UK) Hospital shows that brain makes instant choices, sometimes not rational but mindfulness can make a surprising difference in this regard.