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तमिलनाडु केन्द्रीय
विश्वविद्यालय

CUTN



தமிழ்நாடு மத்தியப்
பல்கலைக்கழகம்

CENTRAL UNIVERSITY OF TAMIL NADU

**CENTRE FOR HAPPINESS
CENTRAL UNIVERSITY OF TAMIL NADU
THIRUVARUR-05**



**WORLD
CLASS
CAMPUS
BECKONS.**

CUTN'S THE BEST OF INFRASTRUCTURE.
SPREAD OVER 500 ACRES.

INTRODUCTION

Happiness is being healthy, thus WHO defines, Health as not merely absence of disease, it is a state of physical and mental well-being. Physical and mental health is inseparable as both contribute for well-being and development of the society. Mental well-being creates space for personal happiness and harmonious work environment. Happiness is a very contagious, a happy work place environment is an indicator of healthy individuals receptive to each other's ideas, intentions and synergism. Therefore, Happiness is thus is a state of well-being which makes the individual to realise her or his own potential, work productively and able to make a contribution to the community. It directly underpins the core human and social values of independence of thought and action, happiness, friendship and solidarity.

NEED FOR "CENTRE FOR HAPPINESS"

A positive and pleasant atmosphere is the need of the hour to lead both personal and professional life peacefully and happily. On this basis, the promotion, protection and restoration of mental health can be regarded as a vital concern of individuals, communities and societies throughout the world. Eighty percent of our life time is being spent in work place. Happiness at work place thus place a prominent role is balancing the mental health and prodigious impact on the individual and the institution.

WORK LIFE & WORK ENVIRONMENT

The workplace environment depends on the process and people. A well-defined process gives very stakeholder a clear picture in terms of requirements, time and resources reducing ambiguity to the maximum. Every organization is trying to reinvent themselves to achieve its goal for employee engagement and for prolific outputs. Beyond defining the process, focus on people's emotions is very important for a smooth and stress free environment. It is important for the organizations to create a healthy and happy environment which would enhance the job satisfaction and also instil a sense of pride. The greatest competitive advantage in the modern economy is a positive and engaged workplace. Major contributors of workplace happiness are Autonomy - people feeling that they have control over what they are doing, Relationships – people liking their co-workers and working in a supportive and friendly environment, Progress – people having a sense that they are making progress towards the goals that they care about and Meaning – people feeling that what they do at work has a purpose and makes a difference. Appreciation – it is recognition for their hard work.

BENEFIT OF THE CENTRE

Behaviour science research suggests that emotional health and happiness are major predictors of physical health and life span. Research indicates that people who have emotional wellbeing are more productive, learn more, and earn more money. They do better in every job and are more successful in life. Happy people live longer and enjoy a greater quality of life. They function at a higher level, utilizing their personal strengths, skills, and abilities to contribute to their own well-being as well as that of others and society.

A CENTRE FOR HAPPINESS- PREAMBLE

A centre for Happiness is being proposed at CUTN, which will work towards the wellbeing of every CUTNs'. The centre will bring in more value additions like work-life balance, managing stress, positive approach, effective management of personal and professional life, enhancing personal development, strengthening team building, and minimising/overcoming work place tension with adding of fun, joy and happiness. The centre for happiness will mentor to promote sensible humour and happiness for the CUTNs'. The centre will be a gateway to the entire CUTN community to arise, awaken and enhance the well-being for themselves in particular and for the society at large.

VISION

To help individuals to achieve great success in personal and professional life

MISSION

To promote self-management and development

OBJECTIVES OF THE CENTRE

- To promote individual and collective well-being.
- To create stress free, joyful and peaceful environment.
- To develop competencies in every individual to manage self and fellow human beings.
- To accept and enjoy the cultural differences.
- To strengthen inter-personal skills and thereby creating positive work environment.

ACTIVITIES OF THE CENTRE

- Workshops
- Interactive Discussions
- Screening of Motivating and humorous shows
- Cultural presentations by members
- CUTN staff get together
- CUTN students and research scholars get together
- Discussions/ presentation from people of other walks of life
- Free Counselling and Consultation at the Centre.
- One activity from the above to be conducted each month or (once in two months) depending on the availability of resource persons.

NATURE AND BACKGROUND OF THE RESOURCE PERSONS

1. Subject Experts
2. Corporate leaders
3. Consultants
4. Practitioners
5. Team leaders/players.
6. Professional Psychologists
7. Motivators

OUTCOME OF THE CENTRE

Happiness at work place has significant outcomes. People who are happy at work are healthier, more productive; they have more ideas, are more likely to contribute over and above the responsibilities of their job and help out colleagues, are less likely to leave or be off sick and are more likely to get to work on time. Employees who are satisfied with their work situations are likely to contribute their full potential to the jobs and often accomplish their jobs with complete satisfaction. There are enormous benefits attained while keeping one's workforce happy. Researchers found that happiness led to a 12% spike in productivity, while unhappy workers proved 10% less productive. As the research team put it, "We find that human happiness has large and positive causal effects on productivity. Positive emotions appear to invigorate human beings". Brain works much better when a person is feeling positive.

At those times, individuals tend to be more creative and better at solving problems. Researches have also shown that when workers are happy they become more effective collaborators working toward common goals. We define a happy person as someone who frequently experiences positive emotions. Positive emotions include joy, satisfaction, contentment, enthusiasm, and interest. A simple smile can initiate activeness in more than 200 facial nerves, a laughter can extended a day in your life, good fun activities can create motivation and all these together will create a happy individuals, happy families and happy organizations

Considering the above, it was proposed to design and organise powerful life changing activities at CUTN.

Team Members :

Dr. SIGAMANI P

Co-ordinator
Centre for Happiness

Prof. S.NAGARAJAN

Member
Centre for Happiness

Dr. V.PREMALATHA

Member
Centre for Happiness



**Happiness is when
what you think, what you say,
and what you do are in harmony.**

- Mahatma Gandhi

FOR MORE DETAILS PLEASE CONTACT

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