



CENTRE FOR HAPPINESS

CENTRAL UNIVERSITY OF TAMILNADU

THIRUVARUR- 610005

PROGRAMME ON ACADEMICS AND HAPPINESS : THE INDIAN CONTEXT

DATE : 11th SEPTEMBER 2018 TIME : 3:30 PM VENUE : PRO-VC HALL, ADMIN BLOCK, CUTN

ABOUT THE CENTRE

Happiness is being healthy and health means not merely the absence of disease, but a state of physical and mental well being. Physical and mental health are inseparable as both contribute for well-being and development of the society. Mental well-being creates space for personal happiness and harmonious work environment. The Centre for Happiness (CFH) has been established at CUTN, which is working towards the well-being of every member of CUTN. It is proposed to organise workshops, lectures and sessions filled with fun and enjoyment in the oncoming days for all members of the CUTN family.

PROGRAMME ON ACADEMICS AND HAPPINESS: THE INDIAN CONTEXT

Academics in India is the baseline for development of individual, organization and nation. We the human beings have the power to control and manage our happiness by choosing our thought, behaviours and action. Constructive academic work explores the roots of a happy and meaningful life and makes us to nurture our own happiness by balancing the social and emotional well being. On the whole, the academic happiness should make us to discover what happiness is and why it matters to us, provides understanding of the power of social connections and the science of empathy and also to discover what is mindfulness and its real-world application. Academics and Happiness should deal with the things that make life worth living.

OBJECTIVES

1. To understand the need for happiness and positive environment in academics.
2. To know the significance of academics and happiness in the Indian context
3. To understand the ways to enhance happiness in academics.

ABOUT THE RESOURCE PERSON

Dr M.Abdul Kalam, Professor of Applied Social Sciences in the CKP Centre for Emerging India at Loyola Institute of Business Administration (LIBA).

Dr. Kalam has recently returned to Chennai, after serving as a Professor of Eminence at the Tezpur Central University. His past experience includes Professor and Head of the Department of Anthropology of University of Madras. Among other distinguished visiting positions, he spent a year as a Fellow at the Kennedy School of Governance at Harvard University, USA and also a year as a Fellow at the London School of Economics (LSE). He is a consultant to various institutes like Institute of Development Studies, United Kingdom, Ministry of Family and Health Welfare, Government of India. He is specialized in Family studies, Biodiversity, Ecology and Management and Environment. He won UNESCO Photography Award for the Asia Pacific Region and participated in the BBC TV Mastermind Quiz Programme.

ACADEMIC RESPONSIBILITIES (SELECTED)

1. Visiting Professor Maison des Sciences de l'Homme Paris, France
2. Visiting Professor, Geography and Geotropiques Laboratory University of Paris X, Nanterre France.
3. Visiting Professor, Department of Anthropology/Sociology/Social Work, Slippery Rock University, Slippery Rock, PA, U.S.A.
4. Visiting Professor, University of Paris X, Nanterre, France

RESEARCH EXPERIENCES (SELECTED)

1. Rockefeller Resident Fellow, Rockefeller Residency Institute, Center for International Studies Duke University, Durham, NC., USA.
2. Human Rights Fellow, Kennedy School of Government, Harvard University Cambridge, Mass., USA
3. Commonwealth Academic Staff Fellow, Academic Visitor, Department of Anthropology, London School of Economics, London, U.K.
4. Honorary Visiting Research Fellow, Department of Social and Economic Studies, University of Bradford, Bradford, U.K.

REGISTRATION PROCEDURE

Interested individuals may send e-mail nominations/confirmations to happiness@cutn.ac.in on or before 10th September 2018 at 5 pm (Only 100 participants will be accommodated on 'First come - First served' basis).

Light refreshments will be served.

PROGRAMME ORGANIZING COMMITTEE MEMBERS

Dr. Sigamani P

Coordinator Centre for Happiness

Prof. S Nagarajan

Member Centre for Happiness

Dr. V Premalatha

Member Centre for Happiness

