

CENTRAL UNIVERSITY OF TAMIL NADU

CENTRE FOR HAPPINESS

Programme on Academics and Happiness

ACADAMICS AND HAPPINESS

The center for happiness in Central University of Tamil Nadu has conducted a program on Academics and happiness on 11th September at Pro- VC Hall CUTN. The program titled 'Academics and happiness: Indian context' was aimed at discussing various aspects of need of happiness in academics, focusing on the Indian context. Dr. Kalam, who is an academician, a motivational speaker and also an academic consultant to many of the top universities around the globe was invited to the program to talk about Academic and Happiness.

Honorable Vice- Chancellor Prof. A.P.Dash addressed the audience, during which he emphasized on the concept of happiness and why it is important to relate our policies with the concept of happiness.

The next session was led by Dr. Kalam, who made a power point presentation on the topic, covering various aspects of happiness in academics and personal life, focusing especially on the Indian context. He began his presentation by indicating some initiatives all over the world to promote happiness, both at academics and at policy level. Later the talk moved on to the cultural and social diversity of India, and how the concept of happiness can be related to this diversity. The presentation also stressed on some aspects related to individuals' self and happiness, like being mindful of one's activities, being helpful unconditionally and the like. Later, an active discussion followed the presentation, indicating that the session indeed acted as a food for the thought to the audience. After the presentation and discussion, Dr. Sigamani gave the vote of thanks and the function concluded at 5.30 pm, which was then followed by a photo session with the guests and participants of the program.

