



# HAPPINESS WORKSHOPS (Virtual)

Organized by  
CENTRE FOR HAPPINESS  
CENTRAL UNIVERSITY OF TAMIL NADU  
(Established by an Act of Parliament, 2009)  
Neelakudi Campus, Kandalancherry,  
Thiruvavur - 610 005

## Programme Schedule | Resource Persons

### SILENT FASTING (Mauna Viratham/ மெளன விரதம்)

Date : 29/03/2021 & Time : 3.00 PM to 4.15 PM

#### Prof. K. Muthuraman

Dean, Faculty of Indian Languages and Professor of English,  
Department of English,  
Annamalai University, Annamalai Nagar, Chidambaram, Tamil Nadu,  
India

#### Registration link:

[https://docs.google.com/forms/d/e/1FAIpQLScMQFCQyyt9Pt2Wz\\_ZK0PwuQHC6Hzwx3mGNn0AR0bwi2p5etA/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLScMQFCQyyt9Pt2Wz_ZK0PwuQHC6Hzwx3mGNn0AR0bwi2p5etA/viewform?usp=sf_link)



### WORK LIFE BALANCE

Date : 12/04/2021 & Time : 3.00 PM to 4.15 PM

#### Mr. Sumit Chaudhuri

Chairman and MD

Third Millennium Business Resource Associates Private Limited,  
New Delhi Area, India

#### Registration link :

[https://docs.google.com/forms/d/e/1FAIpQLSfFWsrSgV\\_4WsjLYdoC5SKytY2CWNzBHR9D17duWT9fdpuUw/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLSfFWsrSgV_4WsjLYdoC5SKytY2CWNzBHR9D17duWT9fdpuUw/viewform?usp=sf_link)



### POSITIVITY AND OPTIMISM

Date : 15/04/2021 & Time : 3.00 PM to 4.15 PM

#### Prof. John Peter

Professor of Business Administration,  
Bharathidasan Institute of Management,  
Tiruchirappalli, Tamil Nadu, India

Registration link : [https://docs.google.com/forms/d/e/1FAIpQLSf6j6xZ-yUIURiK\\_Z11urMZ6LsK5yl6\\_z4EEI9fFJvE1Y\\_wQ/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLSf6j6xZ-yUIURiK_Z11urMZ6LsK5yl6_z4EEI9fFJvE1Y_wQ/viewform?usp=sf_link)



### STRESS MANAGEMENT

Date : 23/04/2021 & Time : 3.00 PM to 4.15 PM

#### Prof. N. Panchanatham

Hon'ble Vice-Chancellor

Tamil Nadu Teachers Education University,  
Chennai, Tamil Nadu, India



#### Registration link

[https://docs.google.com/forms/d/e/1FAIpQLSewRy2TMf2mpOwvpVq6\\_z34gmz-bpUf5\\_Cx7APTR1TN10TYsA/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLSewRy2TMf2mpOwvpVq6_z34gmz-bpUf5_Cx7APTR1TN10TYsA/viewform?usp=sf_link)

## HAPPINESS AT WORKPLACE

Date: 03/05/2021 & Time : 3.00 PM to 4.15 PM

### Dr. Henry Rosario

Associate Professor & Head of the Department (Retired)

Department of Social work

Sacred Heart College (Autonomous)

Thirupattur, India

Registration link :

[https://docs.google.com/forms/d/e/1FAIpQLScnA6lNhTUiyAeMYZZ9KaD2EZK29645FLdcx44XnP6f2xeeA/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLScnA6lNhTUiyAeMYZZ9KaD2EZK29645FLdcx44XnP6f2xeeA/viewform?usp=sf_link)



## HAPPINESS DRIVERS

Date: 13/05/2021 & Time : 3.00 PM to 4.15 PM

### Dr. Kumudha (Gita) (FRSA-UK)

Entrepreneur

Mind-Body Therapist, Fitness Instructor,  
and Motivational Speaker

Registration

link: [https://docs.google.com/forms/d/e/1FAIpQLSdA8eEXTwxFLEKA2rE1zccpqS1XOzpUdHFeoKt1s8KOnf\\_pw/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLSdA8eEXTwxFLEKA2rE1zccpqS1XOzpUdHFeoKt1s8KOnf_pw/viewform?usp=sf_link)



## POSITIVE EMOTIONS

Date: 17/05/2021 & Time : 3.00 PM to 4.15 PM

### Prof. B. Rangaiah

Department of Applied Psychology,

Pondicherry University,

Pondicherry, India

Registration link : [https://docs.google.com/forms/d/e/1FAIpQLSetH2DKzhOk-aeOD9sU7UYoX\\_Iz1pytlu-RbyWMjyy6wUKRWw/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLSetH2DKzhOk-aeOD9sU7UYoX_Iz1pytlu-RbyWMjyy6wUKRWw/viewform?usp=sf_link)



### Programme Organizing Team

**Prof. Sigamani. P, FRSA (UK), FRSPH (UK), Raman Fellow**, Coordinator- Centre for Happiness, Professor & Head, Dept. of Social Work, Central University of Tamil Nadu, Thiruvarur – 610 005

**Prof. S. Nagarajan, FRSC**, Dean, School of Basic and applied science, Department of Chemistry, Central University of Tamil Nadu, Thiruvarur – 610 005

**Dr. V. Premalatha**, Dean, School of performing Arts, Department of Music, Central University of Tamil Nadu, Thiruvarur – 610 005

**Mr. Prabhu A**, Guest Faculty, Department of Social work, Central University of Tamil Nadu, Thiruvarur – 610 005

**Mr. Robert Ramesh Babu. P & Mr. Josiah Stanely Rose**, Research Scholars, Department of Social work, Central University of Tamil Nadu, Thiruvarur – 610 005

For more details please contact:

**Prof. Sigamani. P, FRSA (UK), FRSPH (UK), Raman Fellow**

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[sigamanip@cutn.ac.in](mailto:sigamanip@cutn.ac.in)

**Mr. Prabhu - Mobile: 9944205328; Mr. Josiah – Mobile: 8248469470; Mr. Babu – Mobile: 9159143426**

Programme is open to all the faculties, research scholars, students and practitioners

## About Resource Persons



**Prof. K. Muthuraman** currently teaches in the Department of English and Dean of Faculty of Indian Languages at Annamalai University, Tamilnadu. He is specialized in American Literature, African American Literature, and English Language Teaching. He has more than 22 years of teaching in higher education. He has guided eight PhD scholars to complete their doctorate. He has organized various conferences (international and national) and seminars. He has published more than 30 articles in international journals and more than 15 articles in national journals. He has secured Gold Medal in B.A. English (First Rank Holder), Gold Medal in M.A. English (First Rank Holder) and Professor George Stanley Award in M.A. English. He has held various key responsibilities in the university and contributed a lot to the growth of the university.

**Mr. Sumit Chaudhuri** is the Chairman and Managing Director of THIRD MILLENNIUM BUSINESS RESOURCE ASSOCIATES PRIVATE LIMITED, New Delhi. He has a wide range of experience in International Management Consultancy in HRD Space and served as Resource Person and Visiting Faculty with a demonstrated history of working in giant Indian corporates and the management consulting industry. He is skilled in Goal Setting, Strategy Formulation, Human Resource Development, HR Policy Formulation, Entrepreneurship, Executive Coaching, Career Mentoring for Women Managers and Gender Sensitization.



**Prof. John Peter** currently works in the Bharathidasan Institute of Management (BIM), Tiruchirapalli. He has more than 22 years of teaching in management and holding administrative responsibilities. He has been teaching organizational behaviour, personal growth lab, learning & development, organizational change & development and business ethics. He has guided 9 research scholars, published three books and more than 25 research articles. He has conducted more than 25 consultancies and facilitated more than 300 training programmes in the area of HR. His areas of expertise in research and consultancy are the impact of innovation in curriculum design, teaching & learning and pedagogy. He has held various administrative responsibilities as chair-research, chair-training, chair-outreach programmes and Dean-Academics.

**Prof. N. Panchanatham** is currently the Hon'ble Vice-Chancellor of Tamil Nadu Teachers Education University, Chennai. He has experience of 30 years in teaching, research and extension activities. He also has 02 years full time & 08 years part-time (earn while learn) industrial experience. He has made 55 international visits covering 36 countries for academic, teaching, research and training activities. He has visited 500 educational institutions in India and abroad for academic purpose. He is the recipient of the first Doctoral Degree in the Department of Business Administration, Annamalai University. He has a series of publications in national and international journals. He has authored and edited many books. His research guidance includes 40 PhD scholars for their Doctoral Degree, 23 M.Phil. scholars and 200 M.B.A., candidates. He has adjudicated Doctoral theses both from Indian and Foreign Universities namely Multi Media University, Malaysia, University of Nottingham, Malaysia Campus, University of the Witwatersrand, South Africa, Jaffna University, Sri Lanka, Tribhuvan University, Nepal etc. He has mobilised research, training and consultancy grant to the tune of 325 lakhs. He was a team member in mobilizing 20 Crores through RUSA. He has received 41 prestigious National and International awards and fellowships. He was the Registrar of 90-year-old Annamalai University (2013-15) with 40,000 students and 12,500 employees. Played a key role and earned A Grade from NAAC. He headed the Dept of Business Administration, Annamalai University from 2003 to 2013. He was also the Chairperson & Member, Board of Studies, various institutions (Since 1998) and Coordinator, UGC -SAP, DBA, of Annamalai University; Member Secretary, Syndicate, Annamalai University (2013-15) and Member, Senate, Annamalai University (2003-13). He has organized 400 academic and research programmes viz., Conferences, Seminars, Workshops, FDPs, SDPs etc. as the Head of the Department; organized and co-organized 200 academic, research, extension activities/programmes as Registrar of Annamalai University; organized, co-organized more than 1000 Charity programmes/ activities viz., meetings, trainings, conferences, seminars, projects etc. and member of many functional committees of Universities.



**Dr. J. Henry Rozario** is the Founder - Director of Exodus Research & Development Pvt Ltd. The organization offers consultancy services in Organizational Development with a specific thrust on Corporate Training and Executive Coaching. He has taken up assignments with 35 companies which include L&T Construction, L&T Hydrocarbon Engineering, Hyundai Motor India, Ashok Leyland, TVS Motor Company, MRF, Sterlite Copper, Titan Company, Schaeffler India, Tenneco Automotive India, Orchid Chemicals & Pharmaceuticals, Para coat Products Ltd, Wavicle Data Solutions, Shipnet Software Solutions, Fact Entry & Tess Data Solutions. He has



designed and conducted innumerable training programmes for Functional Heads, Senior & Middle-level Managers, Engineers, Supervisors, Technicians, Union Office Bearers & Spouses of employees. Besides training, he has carried out assignments on Executive Coaching at the level of Managers in some of these companies. He is versatile in the use of psychometrics, business simulation games, group activities & FGDs. He obtained his PhD in Social Work from Madras School of Social Work in 2002 and secured Gold Medal for his MSW in Loyola College in 1982. He did his Diploma in Social Leadership from SEARSOLIN, St. Xavier University, Philippines during 1984-85. He has worked as an Associate Professor in Social Work in Sacred Heart College (Autonomous) between 1988-2017. He took leave between 2006-10 and worked as the Regional Director of South Asia for Restless Development, UK and line managed country programmes in India and Nepal on Strategic Planning, HR and Operations.



**Dr. Kumudha (Gita) (FRSA-UK)** is an entrepreneur, Mind-Body Therapist, Fitness Instructor, and Motivational Speaker. She is committed to helping people to lead their lives to the fullest potential. She combines over 50 different modalities and has several years of experience working with unique clients, environments, and challenges to co-create empowering and lasting solutions for her clients. She has certifications from founding institutes in various disciplines and has pioneered several unique models of working with clients to address a variety of needs: health, career, money, and relationship issues.

**Prof. B. Rangaiah** currently works in the Department of Applied Psychology of Pondicherry University. His area of specialization is Cross-Cultural Psychology, Cognitive psychology, Mental Health Statistics and Psychometrics. He has published more than 20 articles, three books and several chapters in edited book volumes. He has completed three major projects. He has successfully guided eight PhD scholars to complete their doctorate. He has organized various conferences, workshops and seminars.

