

HUMAN HAPPINESS AND WELLBEING

BEST PRACTICES OF CENTRE FOR HAPPINESS

CENTRAL UNIVERSITY OF TAMIL NADU



CENTRE FOR HAPPINESS

CENTRAL UNIVERSITY OF TAMIL NADU

(Established by an Act of Parliament, 2009)

Neelakudi Campus,

Kangalancherry,

Thiruvarur- 610 005

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THE BEST PRACTICES, THEME BRIEF

Happiness has been a key area of interest for many centuries starting with Greek philosophy, post-enlightenment western-European moral philosophy to the current quality of life and well-being research in social, political, and economic sciences. Happiness is a mental or emotional state of well-being marked by positive or pleasant emotions ranging from contentment to ecstasy. Well-being is a contented state of being happy, healthy, and prosperous. Happiness and wellbeing are a matter of how one experiences and interprets one's living conditions. It is a state of mind which is developed by three interlinked elements such as social health, mental health, and physical health.

The Centre for Happiness creates an environment for fostering happiness and wellbeing through holistic self-development and positive growth by promoting interaction among students, faculty members, and the campus community. The Centre aims to strengthen happiness not only around the key themes but also around experiences.

ACKNOWLEDGEMENT

I would like to extend my sincere thanks to Prof. Dr. M. Krishnan, the honorable Vice-chancellor, Central University of Tamil Nadu, for his kind support and guidance towards the Centre For Happiness. I also thank Prof. Sulochana Shekhar, Registrar (i/c), Professor and Head, Department of Geography, Central University of Tamil Nadu, Mr. CMA V Palani, Finance Officer, Central University of Tamil Nadu and Prof. S Nagarajan, Controller of examination, Central University of Tamil Nadu for their hard work and guidance with wisdom and insight to bring the happiness project to a reality. Their contribution in this regard was invaluable for keeping it focussed on the happiness and wellbeing of students and faculties of the Central University of Tamil Nadu.

I also extend my profound thanks to all the resource persons who shared their knowledge and enlightened others with human happiness and wellbeing. I would like to express sincere thanks to all the faculties, research scholars, and students who devoted their time and knowledge in organizing and smooth conduct of the programmes of the centre.

Prof. Sigamani. P
Co-ordinator,
Centre for Happiness

MESSAGE FROM THE VICE CHANCELLOR



Prof. (Dr.) M. Krishnan

“Happiness is only real when shared.” – Jon Krakauer

I am glad to know that the Centre for Happiness is taking all the efforts to share happiness with everyone. It is a unique centre from our esteemed university focusing on the human happiness and wellbeing of faculties and students. It focuses on the areas of stress management, workplace happiness, positive outlook, mental health, work-life balance, joyful learning, and team building.

Through various workshops, webinars, conferences, lectures and activities the centre is promoting human happiness and wellbeing. It also serves as the centre to impart knowledge on happiness by offering an elective course on “Science of Happiness”. During the pandemic, the Centre for Happiness has been very active in helping the academic community to overcome psychological issues by organizing a series of workshops.

On behalf of the University community, I wholeheartedly congratulate Prof. Sigamani, Coordinator for the Centre for Happiness for his enthusiastic leadership, commitment, and dedication in carrying out the activities of the centre. I place my regard and wish Prof. Sigamani and his dedicated team to march ahead with a lot of positive energy to promote human happiness and wellbeing to everyone.

Prof. (Dr.) M. Krishnan
Honorable Vice Chancellor
Central University of Tamil Nadu

MESSAGE FROM THE CO-ORDINATOR



Prof. Sigamani P

“Happiness is the meaning and purpose of life, the whole aim and the end of human existence” – Aristotle.

The centre for happiness promotes human happiness and wellbeing to the academic community of CUTN. It is the first centre in the history of Indian universities dedicated to promoting human happiness and wellbeing. It was established in the year 2018 and continues to shine by organizing various workshops, webinars, conferences, lectures, and activities.

Happiness plays an important role in our lives. It can impact the way in which we live our lives. Happiness can enhance positive thinking, better health, meaningful relationships, creativity, learning, problem-solving skills, mental health, and life satisfaction. The Centre for Happiness is giving its best to promote happiness through its activities.

I express my sincere thanks to the CUTN academic community and dedicated team for their encouragement and support to carry out the activities of the centre for happiness. I wish that such centres and activities are promoted in other universities and colleges. Looking forward to come out with much more innovative initiatives to promote human happiness and wellbeing.

ABOUT THE CENTRAL UNIVERSITY OF TAMIL NADU

The government of India founded the Central University of Tamil Nadu, along with eight other Central Universities, through an Act of Parliament in 2009. It is part of the greater role that the Central Government assumed in making higher education accessible to aspirants from the weaker sections of the society. With eight students in M.A. English Studies, the university started functioning in November 2009, at the Collectorate Annexe at Thiruvarur, 60 kilometers to the east of Thanjavur. But today the University sits astride a major tributary of the famous Cauvery River in the heart of the Delta seven kilometres to the north-west of Thiruvarur.

The University has established 27 departments under 12 Schools. The University allows adaptable teaching-learning methodology to ensure the comprehensive development of the students. We are admitting the students from Kashmir to Kanyakumari through common entrance examination. Central University of Tamil Nadu justifies that they bring students and teachers from different part of the country with various culture and provide the platform for exchange the culture which also should go to the society nearby. The presence of diverse schools allows for an inter-disciplinary approach to higher education. The University also lays a lot of importance to community engagement. The University offers 62 academic programmes including 27 research programmes, 25 programmes, 6 integrated programmes, 3 undergraduate programmes, apart from one PG diploma course. In addition, under graduate programme and eight post graduate programmes are offered through Madras School of Economics, Chennai and Sardar Vallabhbhai Patel International school of Textiles & Management, Coimbatore, who have an MoU with CUTN. Further, the University also offers nearly 20 courses through the Community College.

In the quiet, rural environs this unitary, residential university bubbles with academic activity—research, teaching, and evaluation with untrammelled autonomy in the form of schools which constantly experiment in curricula, syllabi, teaching, learning, testing, and evaluation methods. The students and the faculty reside together on the campuses which makes teaching and learning continue beyond the classwork and the classroom. Today, the University has over 2133 students on its rolls. Admission is through a common entrance examination that enables students from any part of India to sit the examination anywhere for

any of the seven universities and join a university of their choice on merit. Coming from various parts of India the students, faculty members, and staff, as a community, form the variegated India that our country is. The university also offer platforms like Centre for happiness, which promote human happiness and wellbeing,SCANMAT (Simulation Centre for Atomic and Nanoscale MATerials) and Health centre.

CENTRE FOR HAPPINESS

The Centre For Happiness established in the year 2018, works towards the well-being of every CUTN'. It is the first centre in the history of Indian universities which is dedicated towards knowledge building for practical implementation to enhance happy learning. 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 minimizing/overcoming workplace tension with adding fun, joy, and happiness. The Centre For Happiness mentor to promote sensible humour and happiness for the CUTNs'. The centre act as a gateway to the entire CUTN community to arise, awaken and enhance the well-being of themselves in particular and for the society at large.

The centre provides a positive and pleasant atmosphere to lead a happy and peaceful life, both in professional as well as personal life. 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. The centre acts as a channel and leads its stakeholders to 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.

UNIQUENESS OF THE CENTRE

Centre for Happiness at the Central University of Tamil Nadu is the first happiness centre in the history of Indian Universities. The Centre for Happiness established in the year 2018 is dedicated to the holistic wellbeing of students and faculties of the Central University of Tamil Nadu. It also conducts outreach programs for the welfare and development of the community. The centre for happiness mentor to promote sensible humour and happiness for everyone in

the university. The centre act as a gateway to the entire CUTN community to arise, awaken and enhance the well-being of themselves in particular and for the society at large.

The centre aims at incorporating happiness in the academic curriculum of students through its various activities and programs conducted every month. The centre helps the students and faculty in the university to overcome stress and build better mental health. Through its various programmes, the centre helps to spread positivity and ensure the holistic development of all the stakeholders.

The centre also provides elective courses on the science of happiness for students pursuing post-graduation in the university. The course aims to explore the roots of human happiness and wellbeing, the present real-life situation for nurturing own happiness, engage in case studies (provocative and practical lessons) and enhance the pursuit of happiness. The objectives are metthrough lectures, tutorials,assignments/seminars, workshops, skilllab/extension/lectures/case studies. The major learning outcomes are to identify the major factors including internal and external factors, to understand the holistic aspects of happiness and wellbeing, and to learn happiness practices for day-to-day activities.

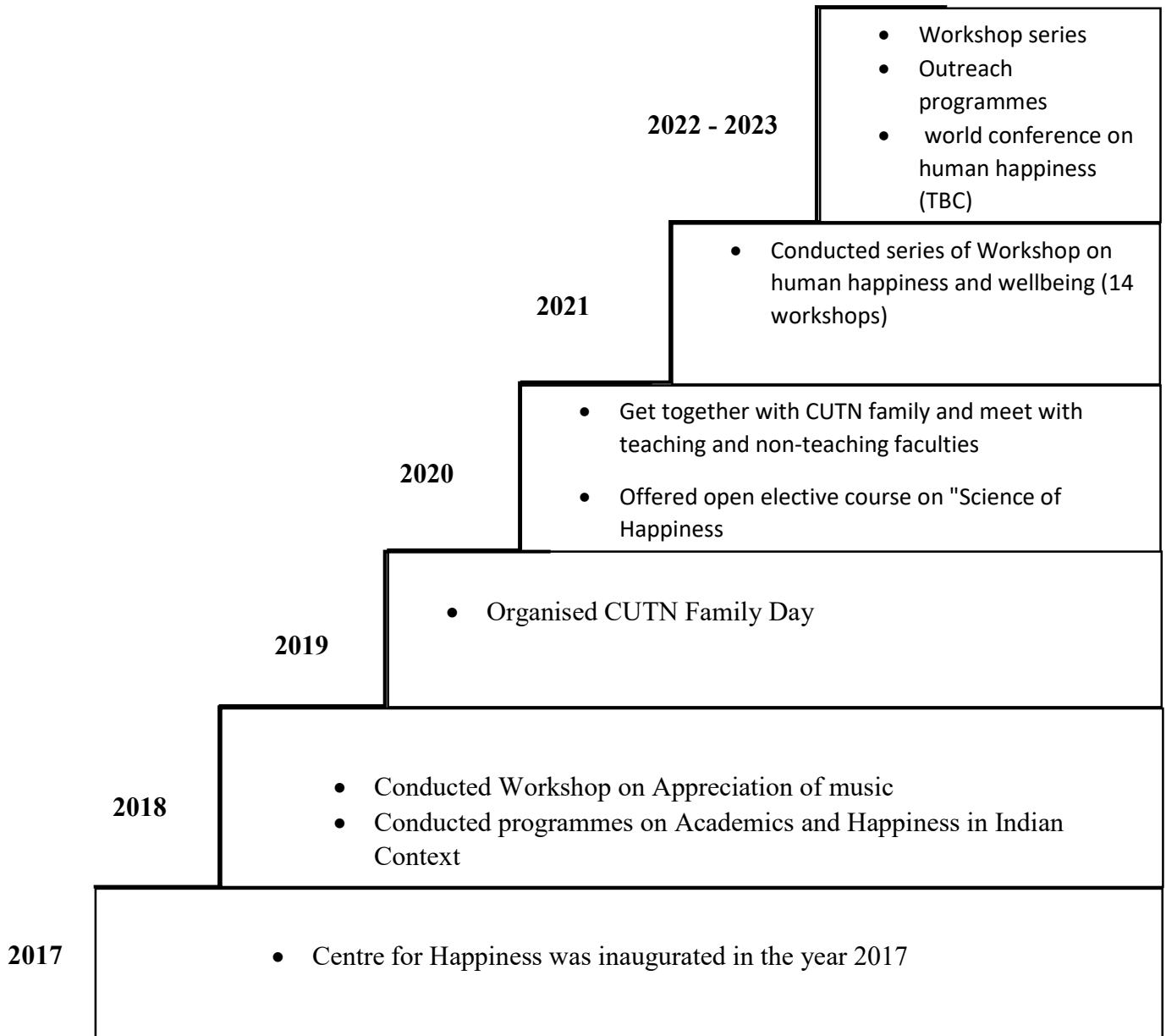
During the Pandemic, the centre for happiness was very active in helping the faculties and students to cope with the psychological issues related to COVID-19. It conducted two series of workshops to help the beneficiaries to have a positive outlook and to be happy in life despite hard situations like COVID-19. It was very much appreciated by the beneficiaries. Many external participants appreciated the efforts of the centre for happiness and expressed their desire to start a similar centre in their own institutes. They considered CUTN – Centre for happiness as a model and requested the Coordinator Prof. Sigamani to act as the mentor for their initiatives.

The major objectives of the Centre for Happiness

- To Promote individual and collective well-being in CUTN
- To create a 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 interpersonal skills and thereby create a positive work environment.




GENESIS











INNOVATIVE PROGRAMMES AND ACTIVITIES

The Centre For Happiness has conducted several programmes which are keen on promoting happiness. The Centre for Happiness has conducted programmes like seminars, get-togethers, family day celebrations, and provides an elective course for Post Graduate students on the science of happiness. The centre for happiness has also conducted a series of workshops on

happiness. The work-life balance, positivity, and optimism, silent fasting, stress management, happiness at workplace, happiness drivers, positive emotions, material v/s happiness, the art of holding an argument, happiness: assess, address and harvest, foundations of happiness, understanding human happiness through Mahatma Gandhi's truth and violence, being kind to yourself and achievement v/s happiness were some of the major themes of workshops. The eminent speakers from various sectors of society like professional psychologists, practitioners, corporate leaders, motivators, team leaders/ players, consultants, and subject experts lead the workshop to great success.

Sl.no	Resource Person	Name and Designation	Session
1		Mr. Sumit Chaudhuri, Chairman and MD, Third- millennium business resource associates PVT limited, New Delhi, India	'Work-Life Balance
2		Prof. John Peter, faculty Bharathidasan Institute of Management (BIM), Tiruchirappalli.	Workshop on Positivity and Optimism
3		Prof. K. Muthuraman, Dean, Faculty of Indian Languages and Professor of English, Department of English, Annamalai University, Chidambaram, Tamil Nadu	'Silent Fasting'

4		<p>Prof.N.Panchanatham, Vice-Chancellor at Tamil Nadu Teachers Education University.</p>	<p>Workshop on Stress Management</p>
5		<p>Dr Henry Rozario, Head & Associate Prof. (Retired) SHC College, Thirupattur, Vellore</p>	<p>Workshop on Happiness at Workplace</p>
6		<p>Prof. Sigamani. P, FRSA (UK), FRSPH (UK), Raman Fellow, Coordinator- Centre for Happiness, Professor & Head, Dept. of Social Work, Central University of Tamil Nadu</p>	<p>Workshop on Happiness Drivers</p>
7		<p>Dr. Kumudha (FRSA – UK), Entrepreneur, Mind-body Therapist, Fitness instructor and Motivational Speaker.</p>	<p>Workshop on Happiness Drivers</p>
8		<p>Prof. B. Rangaiah, Professor,</p>	<p>Workshop on</p>

		Department of Applied Psychology, Pondicherry University, Pondicherry, India	Positive Emotions
9		Resource Person: Dr. Sudha G, Associate Professor Department of Management, CUTN & Former head of Department.	Material V/s Happiness
10		Prof. Sigamani. P, FRSA (UK), FRSPH (UK), Raman Fellow, Coordinator- Centre for Happiness, Professor & Head, Dept. of Social Work, Central University of Tamil Nadu	Workshop on the Art of Holding an Argument
11		Dr. Kayalvizhi Balamurugan, Faculty of PG and Research Department of Home Science, Bharathidasan Government College for Women (Autonomous), Pondicherry University, Puducherry	Workshop on Happiness: Assess, Address & Harvest
12		Mr. Robert Ramesh Babu, Ph.D scholar, Central University of Tamil Nadu,	Workshop on the Foundations of Happiness

		Thiruvarur	
13		Prof. Sigamani. P, FRSA (UK), FRSPH (UK), Raman Fellow, Coordinator- Centre for Happiness, Professor & Head, Dept. of Social Work, Central University of Tamil Nadu	Workshop on Human Happiness through Mahatma Gandhi's Truth and Non- Violence
14		Dr. Mamman Joseph C, Assistant Professor, Department of Applied Psychology, Central University of Tamil Nadu	Workshop on Being Kind to Yourself
15		Lieutenant. Dr. J. Ashok Kumar Assistant Professor at the Department of Management, Central University of Tamil Nadu	Workshop on Achievement Versus happiness

Science Of Happiness

The Centre for Happiness provides an open elective course on “Science of Happiness” for post-graduate students by proper appraisal. It explores the roots of a happy and meaningful life through science and practice. The major objectives of the course are to explore the roots of human happiness and wellbeing, to present real-life situations for nurturing own happiness, engage in case studies (Provocative and practical lessons) and real-life situations, and enhance the pursuit of happiness. The course is designed as three chapters namely: the foundation of the science of happiness, happiness at the workplace, and happiness myths and realities. The major topics included are philosophies and theories of happiness, factors that affect and contribute to happiness at the workplace, and how happiness is connected with materials, relationships, achievement, social networks, and social media.

The major learning outcomes are to identify main factors including internal and external happiness, to understand the holistic aspects of happiness and wellbeing, and to learn happiness practice for day-to-day activities. The objectives are attained through lecture series, tutorials, assignments/Seminars, workshops, skill Lab/Extension, Lectures/Case studies, etc.

Table no: 1, List of students enrolled in the ‘Science of Happiness’ course

Sl.No	Name	Year	Course	Remarks
1	Harini Dineshkumar	1st	B.voc	Good
2	Premala Chandana	1st	EPH	Very relevant
3	ManupatiYadagiri	5th	IMsc Mathematics	Excellent
4	Jonnada Swetha	1st	EPH	Very informative
5	Jagannath	1st	MBA	Good experience
6	Shanmathi TM	1st	MBA	Practical oriented
7	Balasudharshan	1st	MBA	Good
8	Srinidhi J	1st	MBA	Very relevant
9	ThapasiaMohanan	1st	MBA	Excellent
10	Kiruthika Nagarajan	1st	MBA	Very informative
11	Easwar Karthik.M	1st	MBA	Good experience
12	Rayta Amin	1st	MBA	Practical oriented
13	BuchupalliHarshitha	1st	MBA	Excellent course
14	Nandhitha P	1st	MBA	Very relevant
15	Shefali Gondi Surender	1st	MBA	Excellent
16	Santhosh J	1st	IMSc Physics	Very informative

17	Aswin Krishnan	1st	MBA	Good experience
18	GayathriPriya.A	1st	IMSc Physics	Practical oriented
19	Kasiviswanathan B	1st	IMSc Physics	Excellent course
20	T. Haripriyadarshini	1st	IMsc Physics	Very Good
21	R. Gunasri	1st	IMSc Mathematics	Very relevant
22	Balasubramanian. S	1st	IMsc mathematics	Excellent
23	Kathiravan M	1st	IMSc Mathematics	Very informative
24	Hemasri R	1st	IMsc Mathematics	Good experience
25	Ancy M	1st	IMSc Mathematics	Practical oriented
26	Aishwarya R	1st	IMsc Physics	Excellent course
27	Sri Ranganayaki. T	1st	IMsc Chemistry	Very relevant
28	Harinni Shree R	1st	IMsc Chemistry	Excellent
29	Shajana.M	1st	IMSc Mathematics	Very informative
30	Sathish Kumar V	1 st	M.Phil Media and Communication	Good experience
31	Jaiyanth.s	1st	IMSc Chemistry	Practical oriented
32	SIBAL S	1st	IMSc Mathematics	Excellent course
33	Deepika V	1st	IMSc Mathematics	Very relevant
34	Sowndharya G	1st	IMsc Mathematics	Excellent
35	Maalini S	1st	IMsc Mathematics	Very informative
36	Meenakshi S	1st	IMsc Mathematics	Good experience
37	SabavatTarun	1st	IMSC PHYSICS	Practical oriented
38	BhukyaKishan	1st	IMSC- Chemistry	Excellent course
39	Jadi Venkatesh	1st	IMSc-Chemistry	Excellent
40	Junjunuri Ajay	1st	MBA	Very Good course
41	Muhammed Muzammil Op	1st	MBA	Practical oriented
42	Wasarkar Kiran	1st	MBA	Practical oriented
43	Raisha Merin Mathew	1st	IMsc	Excellent
44	Jayaseelan.G	1st	MBA	Very informative
45	Ajjakollu Geetha	1st	MBA	Good
46	S Jeyapriya	1st	MBA	Very relevant
47	Pooja T P	1st	MSc. EPH	Excellent
48	Jasna Joseph	1st	MSc. EPH	Very informative
49	Afeeq K	1st	MSc. EPH	Good experience
50	Vismaya S	1st	IMSc Mathematics	Practical oriented
51	Vigneshwaran S V	1st	MBA	Excellent course

52	Vislavathprakash	1st	MBA	Very relevant
53	Pradeep T	1st	MBA	Excellent
54	Rinshad K	1st	MBA	Very informative
55	Shaiju Sharaf	1st	MBA	Good experience
56	Bude Shailaja	1st	MBA	Practical oriented
57	Anusha M	1st	MBA	Excellent course
58	Manjula K	1st	IMsc Physics	Very Good
59	Varsha B	1st	MBA	Very relevant
60	Dhayanisha D S	1st	MBA	Excellent
61	Bollijeevankumar	1st	MBA	Very informative
62	Debjoytichatterjee	1st	MSc. EPH	Good experience
63	Anjana PV	1st	ma mass communication	Practical oriented
64	VISHNU C	1st	MBA	Excellent course
65	Kavyanjali. P. V	1st	MBA	Very relevant
66	Banothvinod	1st	IMSc- Mathematics	Excellent
67	Saye Lakshmi pravallika	1st	IMSc Chemistry	Very informative
68	BaireddyVenkateswarlu	1st	MBA	Good experience
69	Mani bharathi R	1st	MBA	Practical oriented
70	Santhiya S	1st	I. MSc maths	Excellent course
71	Dibinselvaraj	1st	MBA	Very relevant
72	meghna P. Dinesh	1st	MSc. EPH	Excellent
73	Pavithra M	1st	IMSc Physics	Very informative
74	Vyshagh M	1st	MBA	Good experience
75	Anjaly N. T	1st	Msc. EPH	Practical oriented
76	Phibahunlang T Wankhar	1st	Msc. EPH	Excellent course
77	Vivek M S	1st	Msc. EPH	Good
78	Dhesigan John Edward	1st	MBA	Very relevant
79	Deepika Kadakanchi	1st	MBA	Excellent
80	Anshida mol	1st	MBA	Very informative
81	vislavathprakash	1st	MBA	Good experience
82	VankudothBhuvaneshwari	1st	IMsc Chemistry	Practical oriented

83	Arthi.A	1st	Imsc physics	Excellent course
84	Gayatree Dash	1st	IMSc Life sciences	Very relevant
85	Adarsh Singh	1st	IMSc Chemistry	Excellent
86	Santimireddygari Gayathri	1st	IMsc life sciences	Very informative

Family Day Celebrations

The Centre for Happiness is not only provide the expertise for the students but also has organised several programmes for their wellbeing. The Centre for Happiness at CUTN organises “Family Day” on 22-01-2019. It is a get together of Teaching and Non-teaching staff members of CUTN. The event include talent show by the staff and their family members and a variety of games for different categories of participants. Various games, for children, men and women were organised as part of the programme. It includes competitions like filling the basket, memory test, musical chair, and passing the parcel. The children who belong to the age group between 5 to 10 years were involved in the fill the basket game. Twenty-five children participated in the programme and all were provided with complimentary gifts. A memory test was conducted for children between 10 to 18 years. The geometry box was distributed as a complimentary gift to ten winners in a memory test. After that musical chair competition was conducted for women and men belonging to the age group between 20 to 60 years. The winners were awarded tiffin boxes and ever silver items. The elder people who are above sixty years old participated in the passing the parcel game. Ever silver items were distributed among the winners.

Table number: 2, List of programmes

Date	Programme	Activities
25/04/2018	Workshop on “Appreciation of Music”	Practical session on music for the teaching and non-teaching staffs, of CUTN
11/9/2018	Academics and Happiness: The Indian context	The session handled by Prof.M. Abdul Kalam, Department of Applied Sciences, Loyola institute of business administration

		Chennai.
22/01/2019	Family Day at CUTN	Talent shows and games for the family members of the teaching and non-teaching staffs.
21/01/2020 & 22/01/2020	Get-together and interactions with honourable Vice-Chancellor, Prof. A. P Dash.	Get-together for teaching, non-teaching and office staffs.

WORKSHOPS SERIES 1 & 2

Workshop series 1

Date	Resource Person	Topic
29/03/2021	Prof.K. Muthuraman Dean, Faculty of Indian Languages and Professor of English, Department of English, Annamalai University, Annamalai Nagar, Chidambaram, Tamil Nadu, India.	SILENT FASTING (Mauna Viratham/ மௌனவிரதம்)
12/04/2021	Mr. Sumit Chaudhari Chairman and MD Third Millennium Business Resource Associates Private Limited, New Delhi Area, India	WORK-LIFE BALANCE
15/04/2021	Prof. John Peter Professor of Business Administration, Bharathidasan Institute of Management, Tiruchirappalli, Tamil Nadu, India	POSITIVITY AND OPTIMISM
23/04/2021	Prof. N. Panchanatham Hon'ble Vice-Chancellor Tamil Nadu Teachers Education University, Chennai, Tamil Nadu, India	STRESS MANAGEMENT
03/05/2021	Dr. Henry Rosario Associate Professor & Head of the Department (Retired) Department of Social work Sacred Heart College (Autonomous) Thirupattur, India	HAPPINESS AT WORKPLACE
13/05/2021	Dr. Kumudha(Gita) (FRSA-UK) Entrepreneur Mind-Body Therapist, Fitness Instructor, and Motivational Speaker	HAPPINESS DRIVERS
17/05/2021	Prof. B. Rangaiah Department of Applied Psychology, Pondicherry University, Pondicherry, India	POSITIVE EMOTIONS

The workshop on work-life balance was well handled by Mr. Sumit Chaudhuri, Chairman, and Managing Director, Third Millennium Business Resource Associates Private Limited, New Delhi, was held on 12/04/2021 from 3:00 pm to 4:15 pm. He said that the comprehensive way of measuring success should be based on physical health, mental health, like what we do, access to free time, job title, and salary. Happiness, Success, Work-life, and Personal-life Balance are just synonyms. Success is achieved when work-life and personal life is balanced and consequently, the balance leads to happiness. In essence, there is no difference between Happiness, Success, and Work-life Personal-life Balance and life just move on smoothly in a balanced mode. He also explained the Kubler-Ross grief model and Socrates model in analyzing the life crisis in managing the personal and work-life balance. He reminded the students of their responsibilities and their life is their fight.

The Workshop on Positivity and Optimism was undertaken by Dr. John Peter, faculty Bharathidasan Institute of Management (BIM), Tiruchirappalli, was held on 15/04/2021, from 3:00 pm to 4:15 pm. He explained that happiness can be found by involving, sharing, and being present without worrying about the future. Meaningfulness comes from aligning past and future to present and success depends on what is meaningful to you and what makes you happy or a sense of accomplishment. He explained how the love of challenge, belief in effort, and resilience in the face of setbacks will give us positivity. And added that it is the state of ourselves rather than outside factors which give happiness, like a Japanese bowl where they break porcelain and make beautiful bowls out of pieces of the broken porcelain bowls.

The workshop on Silent Fasting was conducted by Prof. K. Muthuraman, Dean, Faculty of Indian Languages and Professor of English, Department of English, Annamalai University, Chidambaram, Tamil Nadu on 19/04/2021 by 3:00 pm to 4:15 pm. Prof. K. Muthuraman helped the students in practicing the right way of fasting. He explained that the right way will help us to go deep into ourselves and know who we are and comprehend the immense potential in us. It helps to contribute to one's own happiness and the happiness of other people also. Fasting can be practiced by any interested individual at least once a week or a month. Silent fasting is not only silencing the mouth but also silencing the mind and heart. Regular practice helps to learn the art of silencing the mind and heart.

The Workshop on Stress Management was conducted by Prof. N. Panchanatham, Vice-Chancellor at Tamil Nadu Teachers Education University on 23/04/2021, from 3.00 pm to 4.15 pm. He explained that mental stress affects physical health and vice versa by reminding us that we are responsible for our own “karma”. The people who can identify and face reality become stress-free. Jumping into a false decision due to anger will make one stressed. A person must learn to manage time and cope-up with the stress. He said that every individual should be aware of what is capable of them and what is not. He suggested to the audience “be realistic, have healthy habits, try to make others happy, give a smile to everyone, do meditation and improve planning skills, maintains time management”. One must have desire and ambition at the same time it is necessary to understand their capabilities. The session remained that our happiness is in our minds.

The Workshop on Happiness at Workplace was conducted by Dr. J Henry Rozario, Associate Professor & Head of the Department (Retired)of Social work, Sacred Heart College (Autonomous), Thirupattur, India, on 03/05/2021 from 3:00 PM to 4:15 PM. Dr. Henry Rozario explained that Happiness at Work Place means feeling an overall sense of enjoyment at work, connecting amicably with colleagues, co-workers, scholars, students, and other stakeholders, knowing that your work matters to yourself, your organization, and beyond and being able to gracefully handle setbacks. To have Happiness at the workplace, one should focus on Better health and well-being, more productivity, and faster career advancement. In the face of adversity and setbacks, such people tend to see the bigger picture, feel less stressed; recover fast from work strain; and also, better at reconciling conflict with others. The major factors like purpose, engagement, resilience, and kindness are very important to inculcate happiness in the workplace.

The workshop on happiness drivers was conducted by Dr. Kumudha (FRSA – UK), Entrepreneur, Mind-body Therapist, Fitness instructor, and Motivational Speaker, Tamil Nadu, India, on 13/05/2021 from 3.00 PM to 4.15 PM. Dr. Kumudha highlighted the importance of mental health in happiness. She asked the participants to write down an incident in life where we encountered a serious emotional situation and why it happened. The body and mind are very much connected and this could be realized through practicing yoga. She shared her own experience in yoga which helped her to come out of depression. Art helps in healing the inner self. She pointed out that nobody else can understand our mind than our

own body. It is important to take responsibility for our problems. By going deeper and deeper into our own body through meditation one can find the solution which reveals the mind-body connections. Understanding the trigger for the depression or the root cause of the problem which a person experiences can easily solve it.

The Workshop on Positive Emotions was conducted by Prof. B. Rangaiah, Professor, Department of Applied Psychology, Pondicherry University, Pondicherry, India on 17/05/2021 from 3:00 pm to 4:15 pm. In truth, positive emotions outnumber negative feelings. Happiness can be experienced once a person starts to make conscious attempts to have positive emotions. Though moods last a long time, the emotions are temporary. Positive emotions such as joy, appreciation, peace, and hope are crucial. Gratitude brings happiness into one's life. An individual is said to be positive only if that person is grateful for numerous things in life. The positive emotions are capable of reducing the negative emotions

Workshop series 2

Date	Resource Person	Topic
21/05/2021	Dr Sudha G Associate Professor Department of Management, CUTN & Former Head of Department	Material V/s Happiness
01/06/2021	Prof. Sigamani. P, FRSA (UK), FRSPH (UK), Raman Fellow, Coordinator- Centre for Happiness, Professor & Head, Dept. of Social Work, the Central University of Tamil Nadu	The Art of Holding an Argument
04/06/2021	Dr. Kayalvizhi Balamurugan, Faculty of PG and Research Department of Home Science, Bharathidasan Government College for Women (Autonomous), Pondicherry University, Puducherry	Happiness: Assess, Address & Harvest
11/06/2021	Mr. Robert Ramesh Babu, PhD scholar, Central University of Tamilnadu, Thiruvarur	Foundations of Happiness
25/06/2021	Prof. Sigamani. P, FRSA (UK), FRSPH (UK), Raman Fellow, Coordinator- Centre for Happiness, Professor & Head, Dept. of Social Work, the Central University of Tamil Nadu	Human Happiness through Mahatma Gandhi's Truth and Non-Violence

07/07/2021	Dr. Mamman Joseph C , Assistant Professor, Department of Applied Psychology, the Central University of Tamil Nadu	Being Kind to Yourself
09/07/2021	Dr J. Ashok Kumar Assistant Professor at the Department of Management, the Central University of Tamil Nadu	Achievement Versus happiness

The Workshop on Material V/s Happiness was conducted by Dr Sudha G, Associate Professor, Department of Management, CUTN & Former head of Department on 21/05/2021 from 3.00 PM to 4.15 PM. She explained not to compare, don't look for talent in others, instead it is important to identify the self and happiness within an individual. Such introspection would help to design life and its goals. Those who fail to assess their abilities and strengthen will fail to enjoy their life", shares the resource person. It is a life of freedom that gives happiness and not a life of bondage. Hence it is important to define the source of our happiness which is associated with a material, clearing whether it is the material or the personal relationship with the person who shares the material that makes you happy. It is important to attach happiness to the people around to be happy and not with the materials. Working on the talent helps to accomplish what matches with it. She asked all students to be empathetic towards others, by handling others with heart. This helps to understand the needs of others and act accordingly. She also added that not be a reason for others to lose their happiness.

The Workshop on the Art of Holding an Argument was conducted by Prof. Sigamani. P, FRSA (UK), FRSPH (UK), Raman Fellow, Coordinator- Centre for Happiness, Professor & Head, Dept. of Social Work, the Central University of Tamil Nadu on 01/06/2021 from 3.00 PM to 4.15 PM. The major objectives of the session are how to hold an argument, to argue rationally and logically, learn how to analyze others' arguments, read and understand arguments, and the art of debating. He provided a 3-minute exercise to write about reasons for making arguments in the past and its impact. The participants shared the situation of arguments and the impact. He explained that for argument, there may be a situation, reasons, and impact. As an individual, our role is to respect other's point of view, and also, the individual must have self-respect. Thus, it results in a win-win situation.

The Workshop on Happiness: Assess, Address & Harvest was conducted by Dr. Kayalvizhi Balamurugan, Faculty of PG and Research Department of Home Science, Bharathidasan Government College for Women (Autonomous), Pondicherry University, Puducherry on 04/06/2021 from 3.00 PM to 4.15 PM. She explained the spheres of life model of happiness. Assessment includes analysing the strengths, weaknesses, opportunities, and Threats (SWOT Analysis) which helps to form SMART goals for our lives. SMART: refers to Specific, Measurable, Attainable, Relevant, and Time-Bound. She asked the students to accept the positive results of the assessment and grow and if it is negative, take it as a wake-up call for correction. Based on the assessment it is important to address the problem which will lead to change and thereby happiness.

The Workshop on the Foundations of Happiness was conducted by Mr. Robert Ramesh Babu, Ph.D. scholar, Central University of Tamil Nadu, Thiruvarur 11/06/2021 from 3.00 PM to 4.15 PM. Happiness and well-being are two polarizing notions with overlapping definitions and theories. He explained about different philosophical traditions including Utilitarian Philosophical Tradition, Virtue Philosophical Tradition, Hedonic Philosophical Tradition, and Eudaimonic Philosophical Tradition. He explained how the different theories act as a source of happiness.

The Workshop on Human Happiness through Mahatma Gandhi's Truth and Non-Violence was conducted by Prof. Sigamani. P, FRSA (UK), FRSPH (UK), Raman Fellow, Coordinator- Centre for Happiness, Professor & Head, Dept. of Social Work, the Central University of Tamil Nadu on 25/06/2021 from 3.00 PM to 4.15 PM. Prof. Sigamani mentioned that the life lessons that we can learn from Mahatma Gandhi are: Live to the fullest. It's the quality of your life that matters, not the speed with which you live. Always speak the truth. Let the change begin with you. Believe in love. He also mentioned some of the lessons from the life of Gandhi like think before you act, live to learn, be positive, learn to forgive, be true to yourself, and care for mother earth. Several endeavours have been undertaken to refocus the prevailing production-consumption paradigm on happiness, and these efforts constitute a revival of Gandhi's call for happiness through simplicity.

The Workshop on Being Kind to Yourself was undertaken by Dr. Mamman Joseph C, Assistant Professor, Department of Applied Psychology, the Central University of Tamil Nadu on 07/07/2021 & Time: 3.00 PM to 4.30 PM. Dr. Mamman Joseph stated that we must

be aware of our capabilities to have faith in ourselves. Time for introspection is extremely important in life, and we must make it a daily practice. We can grasp what we are, where we are, who we are, and what abilities and potentials we have when we reflect on ourselves. We must identify ourselves to be happy and have good mental health. He also asked the students to reinvent themselves and cherish their dreams.

The Workshop on Achievement Versus happiness was conducted by Lieutenant. Dr. J. Ashok Kumar, Assistant Professor at the Department of Management, the Central University of Tamil Nadu on 09/07/2021 from 3.00 PM to 4.30 PM. Dr. J. Ashok Kumar asked the students to work continuously towards their goal with tremendous self-confidence, then automatically they can get back whatever is lost. Self-confidence is a key to happiness. Dr. J. Ashok Kumar explained the skills required to have happiness and achieve something in life. He pointed out that we should go with the need and not with the adherent desires. Success is not happiness, instead, it is happiness that makes someone happy. He motivated the students to be curious and not to give up their dreams.

Centre for happiness is organizing its programs for the year 2022. It includes workshop series including the major topics like Materials v/s happiness, social networks, social media vs happiness, Achievement vs happiness, Art of Holding an Argument-Key to Success, Happiness: Assess, Address and Harvest, Happiness and Well-being, Relationship vs happiness, Human Happiness through Mahatma Gandhi's Truth and Non-Violence, on positivity and optimism, stress management, happiness at workplace, Happiness Drivers, Positive Emotions, Art of Holding an Argument-Key to Success, Art of Laughing, Foundations of Happiness, Relationship vs happiness, Being Kind to Yourself, Mind and Emotions, Coping fear and anxiety, Neuroscience of Gratitude, and Martians and Venusians. The centre has prepared 22 workshops on various topics based on the theme of Happiness.

BENEFICIARIES FEEDBACK



The centre for happiness enables the students, and faculties of the university to accomplish their best work. People who are well-balanced and joyful are more productive, creative, collaborative, and are far better at achieving long-term objectives, more likely to find work, and more physically and psychologically robust. The centre helps to spread positivity among its stakeholders. Positive emotions help in generating curiosity, interest, and synthetic



thinking. whereas negative emotions result in depression, loss of interest, helplessness, difficulty in concentrating and remembering the details.

The different programmes conducted by the centre helped the students to maintain a balance between personal self and work life. The students could build a positive mindset and ignore the negative thoughts. The workshops on stress management were a great help for the students in the time of the pandemic. It helped the students manage their stress and attain good mental health.

Scholars & Students Speak

Sl. No	PHOTO & NAME	MESSAGE
1.	 <p data-bbox="284 1305 671 1451">Mr. Robert Ramesh Babu 3rd year Ph.D. Scholar, Department of Social Work</p>	<p data-bbox="727 898 1422 1317">The workshop series conducted by the centre for happiness helped to explore the happiness in our life and lead a meaningful life. The weekly workshops proved to be life changing for me. It enhances the positivity and helps to understand the inner self. I wish that the centre continues to promote human happiness and wellbeing and becomes a model for other academic institutions to initiate such activities.</p>
2.	 <p data-bbox="284 1984 571 2020">Ms. Aswathy Mohan</p>	<p data-bbox="727 1525 1422 1995">After attending a series of successful workshops organized by the Centre for Happiness, I just discovered how enjoyable learning about new ideas and processes can be, but more importantly, I have gained knowledge regarding several new phenomena under the sky. The resource persons who had taken the classes were veterans in their areas. Moreover, now I am able to take what I have learnt from the workshops, to my peers and colleagues.</p>

	<p>3rd year Ph.D scholar Department of Social Work</p>	
<p>3.</p>	 <p>Ms. Aswathi K R 2nd year Ph.D. Scholar, Department of Social Work</p>	<p>The various programmes introduced by the centre for happiness provides an opportunity to realise the self and unveil the science of happiness. The workshop series helped to understand how our own thought process affect our happiness. The programmes organised by the centre was a great solace during the pandemic and it has spread positivity and thereby ensure human happiness and well-being. I look forward for more such programmes.</p>
<p>4.</p>	 <p>Ms. Shanmathi TM Dept: Management Course and Year:IInd MBA Reg No: P201834</p>	<p>As an Elective course, this course was incredibly valuable. I was confident in my writing before the course, but now I feel even more confident in my ability to choose and write reports. I believe that this was possible thanks to the weekly conducting workshops and instructions that the professor went over every week. Additionally, the workshops provided great feedback towards improving my knowledge. As a course of the intersection of the sciences and the humanities, this course wasalso incredibly interesting. By reading these different plays, I learned a great deal about both science and the humanities, which I can apply to my own life as a human. This course allowed me to think more critically and analytically about happiness, and how</p>

		it relates to the humanities and to ensure its necessity in my life.
5.	 <p>Ms. Varsha Balasubramanian Dept: Management Course and Year: IInd MBA Reg No: P201838</p>	I attended this life changing elective during my second semester. It was one of the best decisions I have ever taken! It changed my perspective about life and happiness. There were so many workshops and lectures from many eminent personalities, which helped me widen my view and understanding. I learnt about happiness and so many underlying factors in it. Most important lesson for me was about Gratitude. I thank the Centre of Happiness for providing this elective.
6.	 <p>Mr. Dibin Selvaraj Dept : Management Course and Year : II MBA Reg No: P201816</p>	The Science of Happiness is relatively a new area of knowledge for me. It teaches about the positive psychology, which explores the roots of happy and meaningful life. The science of happiness offered me practical strategies for tapping into and nurturing my own happiness. I learnt about the myth of happiness & used to use self-compassion and kindness to relate to my life in a new way.
7.		Science of Happiness was a course that influenced me the most during the course of my second semester. I had a certain perspective about happiness



Mr. Vyshagh M
Dept : Management
Course and Year : II MBA
Reg No : P201842

in life and this course helped me develop deeper understanding into the same and helped me improve the quality of my life. The course also taught me a lot of things I was ignorant of previously but now feel like that has changed my perspective towards life and happiness for the better. The workshops conducted by eminent personalities has assisted me in understanding the importance of life and the quality of happiness in it. I think attending this course has helped me become a better person and I thank the Centre of Happiness for providing me with this joyously wonderful opportunity to delve deeper into life and happiness.

FUTURE PLAN OF THE CENTRE FOR HAPPINESS

- To conduct residential programmes on human happiness and well being
- To introduce certificate in diploma programme in human happiness and wellbeing
- To conduct outreach programmes on human happiness for college and school students, children, and for people in rural areas.
- To collaborate with professional institutes which work on human happiness.
- To conduct training programme, research programme and extension activities on human happiness and wellbeing.
- To propose Ph.D. programme on human happiness and wellbeing

CENTRE FOR HAPPINESS TEAM

- Prof. Dr. M. Krishnan, the honorable Vice-chancellor, Central University of Tamil Nadu

- Prof. Sulochana Shekhar, Registrar, Professor and Head, Department of Geography, Central University of Tamil Nadu
- CMA V Palani, Finance Officer, Central University of Tamil Nadu
- Prof. S Nagarajan, Controller of examination, Central University of Tamil Nadu
- Prof. Sigamani Paneer, Co-ordinator, Centre for Happiness, CUTN

Team Members

- Prof. S Nagarajan, Controller of examination, Central University of Tamil Nadu
- Dr. Sigamani Paneer, Professor and Head, Department of social Work, and Co-ordinator of Centre for Happiness, Central University of Tamil Nadu.
- Dr. V. Premalatha, Associate Professor and head, Department of music, Central University of Tamil Nadu.
- Dr. P. Raja, Assistant Professor, Department of Tourism and Hospitality Management, Central University of Tamil Nadu.
- Dr. S. Vishalakshmi, Assistant Professor, Department of management, Central University of Tamil Nadu.

PH.D. Scholars and Student Volunteers

- The Ph.D. scholars in the Department of Social Work: Mr. S. A. VIGNESHWARAN, Mr. Robert Ramesh Babu. P, Mr. Josiah Stanely Rose, Ms. Aswathy Mohan, Ms. Aswathi K R, Ms. Leanne Maria.
- Student Volunteers: Harini Dineshkumar, Premala Chandana, ManupatiYadagiri, Dhakchayini, Jonnada Swetha, Jagannath, Shanmathi TM, Rinshad K , Srinidhi J , ThapasiaMohanan, Kiruthika Nagarajan, Easwar Karthik.M, Rayta Amin, BuchupalliHarshitha, Nandhitha P, Shefali Gondi Surender,S. Santhiya, Santhosh J, Aswin Krishnan, Gayathripriya.A, Kasiviswanathan B , T. Haripriyadharshini, R. Gunasri, Balasubramanian. S, Kathiravan.M, Hemasri R, Ancy.M , Aishwarya R, Sri Ranganayaki. T, Harinni Shree R, Shajana.M, Sathish Kumar V, Jaiyanth.S, Sibal S, Deepika V , Sowndharya G, Maalini S, Meenakshi S, SabavatTarun, BhukyaKishan, Jadi Venkatesh, Junjunuri Ajay, Muhammed Muzammil OP, Wasarkar Kiran, Raisha Merin Mathew , Jayaseelan.G, Ajjakollu Geetha, S Jeyapriya.

PHOTO GALLERY



1. The Inaugural ceremony of Centre for Happiness at Pro-VC Hall, Central University of Tamil Nadu as on 6/12/2017. Rev.Fr. A. M. Francis Jayapathy, S. J Rector, Loyola college was the chief guest of the event. A financial assistance of 23,000 rupees were allocated for the programme.



2. Programme on Academics and Happiness: The Indian Context, on 11/09/2018, conducted at Central University of Tamil Nadu. The session was handled by Prof. M. Abdul Kalam, Department of applied social sciences from Loyola Institute of Business administration, Chennai. A financial assistance of 9000 rupees were allocated for the conduct of the programme



3. Get-together and interaction with Honourable Vice-Chancellor Prof. A. P. Dash, for teaching and non-teaching staff on 21st and 22nd January, 2020 at CUTN. A financial assistance of 25000 was allocated for the programme.





4. The workshop on “Happiness Drivers” conducted by Dr. Kumudha, (FRSA – UK), Entrepreneur, Mind-body Therapist, Fitness instructor and Motivational Speaker, Tamil Nadu, India.



5. The workshop on “Appreciation of Music” organised by Centre for Happiness conducted on 25/04/2018. A financial assistance of 15000 rupees were allocated for the programme.



Annexure-I Syllabus of “Science of Happiness” course

SCIENCE OF HAPPINESS

COURSE CODE: SWEV-01

Paper Type:Open Elective (I M.Sc, IMA, MA, M.Sc, M. Tech, MSW, MBA, M.Com,LLM, M. Phil, Ph. D)

Credits: 2

Course Marks:100

Course Objectives:

- To explore the roots of human happiness and wellbeing.
- To present real-life situations for nurturing own happiness.
- Engage in case studies (Provocative and practical lessons) and real-life situations to enhance the pursuit of happiness.

Pedagogy:

Lectures, Tutorial, Assignments/Seminars, Workshops, Skill Lab/Extension Lectures/case studies.

Learning Outcomes

- To identify main factors including internal and external of happiness
- To understand the holistic aspects of happiness and wellbeing
- To learn happiness practice for day-to-day activities

Course Offered by: Centre for Happiness, Central University of Tamil Nadu, Thiruvarur

Course Incharge: Prof. Sigamani. P, Department of Social work, CUTN

Course Outline

Unit 1 - Foundation of Science of Happiness

- Introduction and definition of happiness and related concepts
- Philosophy of happiness
- Theories of happiness
- Happiness and Well-being

Unit 2 - Happiness at the Workplace

- Introduction and Basic Concepts

- Factors contributing for happiness at work
- Factors affecting happiness at work
- Consequences of happiness at work

Unit 3 - Happiness myths and Realities

- Materials vs Happiness
- Relationship vs happiness
- Achievement vs happiness
- Social networks, social media vs happiness

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