

Establishment of Centre of Excellence
Amity Centre for Positivism & Happiness (ACPH)
[Established on 12/11/2014]

1. Introduction

Positivism encompasses all the domains of life and aiming at enduring happiness and better quality of life. The **Amity Center for Positivism & Happiness (ACPH)** is an innovative hub dedicated to scientifically promote holistic wellbeing & sustainable happiness, empowering individuals and communities to flourish mentally, emotionally, and socially. Despite being one of the world's fastest-growing economies, India ranked **118th out of 147 countries** in the World Happiness Report 2025. Indubitably, the rank of the nation has improved from 126th in 2024, the report highlights the continuing need for evidence-based initiatives that promote psychological well-being, resilience, social connectedness, and sustainable happiness. In recent times, everyone is constantly exposed to chronic stress, anxiety, burnout, social isolation, and reduced psychological well-being. This accentuates the importance of establishing dedicated academic centres to advance research, training, interventions, and community outreach in the field of positive psychology and well-being.

The **Amity Centre for Positivism & Happiness (ACPH)** was established on 12/11/2014 to create a thriving and compassionate society by integrating scientific research, education, training, and community-based interventions that promote holistic well-being, resilience, and sustainable happiness.

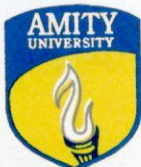
The Centre will advocate a culture of positivity, resilience, compassion, and lifelong well-being through research, education, training programs, and evidence-based interventions, contributing to the development of thriving individuals, resilient communities, and a flourishing society.

2. Vision:

To be a pioneering Centre of Excellence that inspires a thriving society by advancing well-being, resilience, and human flourishing through research, education, innovation, and community engagement.

3. Objectives:

- To promote multidisciplinary and interdisciplinary research by assimilating positive psychology with technology, health care, management, education to explore innovative, evidence-based interventions that intensify well-being, happiness, resilience, and sustainable human flourishing across diverse populations.
- To fortify human capacity for well-being by providing academic programmes, certificate courses, faculty development initiatives and hands-on training that equip

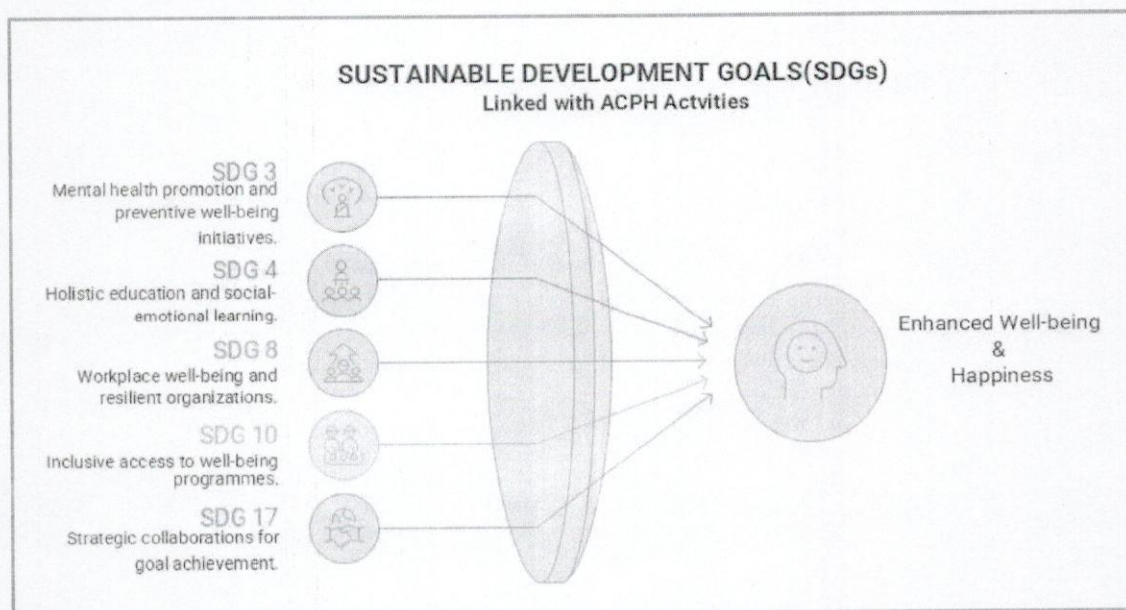


students, academicians, healthcare professionals, and industry with evidence based positive psychology practices.

- To design, and implement, evidence-based well-being interventions that foster sustainable happiness, psychological well-being, and promote human flourishing by addressing contemporary psychosocial challenges across educational, workplace, healthcare, and community settings.
- To serve as a Centre of Excellence by fostering strategic collaborations with academia, government, healthcare organizations, industry, and international partners to promote well-being, happiness and human flourishing across diverse populations.

4. Sustainable Development Goals (SDGs) linked with ACPH Activities

By integrating education, research, innovation, and community outreach programs the Amity Centre for Positivism and Happiness will contribute to a build a happier, healthier and inclusive societies in alignment with United Nation Sustainable Goals SDG 3 (Good Health and Well-being), SDG 4 (Quality Education), SDG 8 (Decent Work and Economic Growth), SDG 10 (Reduced Inequalities), and SDG 17 (Partnerships for the Goals).



5. Functions of ACPH:

The Centre functions at multiple levels including research, psychometric assessment, certificate courses, outreach activities. The specific functions include:

5.1. Research and Innovation

Conduct multidisciplinary and interdisciplinary research on positive psychology, well-being, happiness, resilience, and human flourishing, and develop evidence-based, culturally relevant interventions.

5.2. Education and Capacity Building

Design and deliver academic programmes, certificate courses, faculty development programmes, workshops, seminars, and professional training to promote well-being and positive psychological practices.

5.3. Community Outreach and Well-being Interventions



Plan, implement, and evaluate evidence-based well-being initiatives for educational institutions, workplaces, healthcare settings, and communities, with a focus on enhancing psychological well-being, resilience, and sustainable happiness.

5.4. Consultancy and Knowledge Dissemination

Provide consultancy, psychometric assessment, and advisory services to educational institutions, organizations, industries, and government agencies, while disseminating research through publications, conferences, policy briefs, and digital platforms.

5.5. Collaborations and Centre of Excellence

Foster strategic national and international collaborations with academia, government, healthcare organizations, industry, and civil society to undertake collaborative research, innovation, policy advocacy, and community engagement in the field of positive psychology and well-being.

6. Operational Framework of the Centre

The Amity Centre for Positivism and Happiness (ACPH) shall operate through a collaborative, research-driven, and outcome-oriented framework including faculty members, research scholars, technical staff and external collaborators. The Centre Coordinator shall be responsible for overall planning, implementation, and administration of the Centre.

7. Outreach Activities:

Amity Centre for Positivism and Happiness (ACPH) undertakes a wide range of outreach activities to promote psychological well-being, happiness, and human flourishing among diverse populations. It majorly includes:

- Organize community well-being and happiness awareness programmes through workshops, seminars, and public lectures.
- Design and implement evidence-based well-being interventions for schools, colleges, workplaces, healthcare institutions, and rural communities.
- Conduct mental health literacy, resilience, life skills, and positive parenting programmes for diverse population groups.
- Provide consultancy, psychometric assessment, and capacity-building services to educational institutions, organizations, and government agencies.
- Collaborate with national and international institutions, NGOs, and industry partners to undertake community outreach and research initiatives.
- Disseminate knowledge through conferences, webinars, digital platforms, newsletters, podcasts, and awareness campaigns on positive psychology and well-being.
- Organize annual flagship events such as Umang, Manollaas to promote public engagement and knowledge exchange.

8. Infrastructure & Facilities

The Centre shall utilize existing infrastructure and resources available at Amity University Rajasthan and shall progressively strengthen facilities to support its activities.



9. Outcomes & Expected Impact

- Promote wellbeing and happiness through academics, research, innovation.
- Conduct multidisciplinary research, funded project, and evidence based interventions to promote well being, happiness that contribute to flourished society.
- Enhance the psychological well-being, resilience, happiness, and life satisfaction of students, educators, professionals, and communities through positive psychology intervention plans.
- Strengthen collaborations with academic institutions, government agencies, healthcare organizations, industry, and civil society to promote research, innovation, and knowledge exchange.

10. Progressive Five-Year Plan of ACPH (2026–2031)

Year 1: Foundation and Capacity Building

- Strengthen governance, establish multidisciplinary research groups.
- Organize workshops, guest lectures, and faculty and student development programmes.
- Launch community awareness and mental health promotion activities in schools, colleges, workplaces, and local communities.
- Initiate research projects and submit proposals for external funding.

Year 2: Research and Innovation

- Undertake externally funded research projects.
- Strengthen industry and healthcare collaborations.
- Initiate community-based well-being interventions.
- Promote innovation and social entrepreneurship initiatives related to well-being and happiness.
- Publication in high impact Journals/Books/Book Chapters.

Year 3: Community Engagement and Knowledge Translation.

- Expand outreach to schools, higher education institutions, workplaces, healthcare settings, and rural communities.
- Publish research findings.
- Provide consultancy and assessment services.
- Participating in national/international conferences.
- Establish industry academia collaborations.
- Publication in high impact Journals/Books/Book Chapters.

Year 4 – Research Leadership and Global Engagement

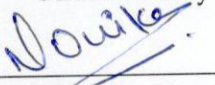
- Lead multi-institutional and international research projects in positive psychology, well-being, and happiness.
- Publish standardized psychometric tools to translate research into practice;
- Strengthen Industry academia collaboration.
- Submission of collaborative research and funded projects.
- Publication in high impact Journals/Books/Book Chapters.



Year 5 – Sustainability and Excellence

- Secure long-term funding through grants, consultancy, and partnerships.
- Institutionalize successful research, outreach, innovation, and entrepreneurship initiatives as programmes of the Center.
- Develop the next five-year strategic plan and consolidate the Centre's standing as a leading Center of Excellence.

Submitted by


Dr. Monika Gwalani
Assistant Professor-AIBAS
&
Coordinator-ACPH

Recommended by


Dr. Nitin Bhardwaj
Registrar



Approved by


Prof. Amit Jain
President