

# Amity University Uttar Pradesh

.....Lucknow Campus.....

28<sup>th</sup> to 30<sup>th</sup> Sep 2022

## **Outcome Report for Event to be uploaded on AMIZONE:**

- **Name of the Event:** The 1<sup>st</sup> International Conference on Happiness and Positivity- “Permanand: Philosophy, Psychology, and Physiology of Happiness
- **Level of the Event:** International
- **Type of the Event:** Conference
- **Organized by :** Amity Centre of Excellence for positivity and Happiness (ACEPH)

### **General Introduction**

1st International Conference on Happiness and Positivity titled **Permanand: Philosophy, Psychology, and Physiology of Happiness** organized by Amity Centre of Excellence for Positivity & Happiness (ACEPH) at Amity University Uttar Pradesh Lucknow Campus in India. As regards the theme of the conference, ‘**Parmanand**’ is a compound word in **Sanskrit language** meaning happiness, bliss, and joy with focus on the element of permanence rather than just a momentary surge of delight. For this conference we have used the spelling of ‘**Parmanand**’ as ‘**Permanand**’ where ‘**PERMA**’ is an acronym for Seligman’s theory of well-being and happiness and ‘**Anand**’ means ‘**Bliss**’ and ‘**Happiness**’ in Hindi language. For the present conference, **Permanand** and **Happiness** have been used synonymously and interchangeably. The event featured deliberations by the global leaders from academia, government and civil society who are devoted to Positive Psychology, Happiness, and Resilience. They will share their views and ideas through talks and hands-on workshops. At this conference, we are organizing 3 pre-conference workshops. The experts are from the field of healing, health, and happiness,

- **Objectives:**

1. To explore the meaning of Individual Happiness
2. To discuss conceptual and evidence-based research on philosophy, psychology and physiology of happiness
3. To open discussion on various dimensions, stages, tools, and techniques in the journey of happiness.
4. To initiate dialogue with concrete implementation plan on policy of happiness.
5. To understand the correlates of Happiness.
6. To create awareness and mechanism of radiating happiness within and around.
7. To bring multi-disciplinary perspectives of Happiness on a common platform.

- **Details of Envisaged Vs Achieved Outcomes and Actionable Progressive Outcomes**

- a. Envisaged Outcome(s)

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- This International conference with galaxy of national and international speakers would give an opportunity to understand the latest researches happenings in the area of happiness and positivity; it will provide opportunities of networking and collaborative research. Students and faculty will also become aware of the importance of happiness and positivity in life and learn simple skills to achieve it as well.
- b. Is the outcome tangible or intangible?  
Both Tangible and Intangible
- c. Achieved Outcome

## The participants learned following:

- Happiness is a choice, and one needs to practice it to attain it. Happiness is a learnable skill and hence there need to be proper courses to learn this skill so that it's no more by chance. We can have happy family only when we have happiness skills. Every couple should go through such courses to have a strong foundation of relationship.
- Relationships and a sense of bonding are key to happiness, health and longevity as found in 75 year longitudinal Harvard study too. The courses mentioned above will include skills of relationship building and emotional intelligence.
- Psychological first aid kit which includes, gratitude journaling, affirmations, forgiveness, some meditative music, smiley ball will be developed. It has been appreciated by the Governor as well.
- A lot of speakers especially from the West have talked that to be happy it's imp to be grounded. Dr Powdyel Dr Saamdu Chetri from Bhutan, Dr Elizabeth from Indonesia and speakers from USA emphasized the importance of being associated to your cultural roots, your literature and language.
- Mindfulness meditation and mindful living i.e., living in the present with awareness is a master key to happiness.
- An easy practice is to be aware of your breath and change your breath to change your emotion as every emotion has a different breath.
- Inclusive communities are the happier communities and hence need to work for inclusive approach for class caste, religion and language inclusiveness.
- Resources like Happiness Centre, happiness programs and happiness kit should be developed
- Establishment of Ministry of Happiness to promote peace, Resilience, and positive environment is a must
- d. **Progressive Outcome yet to be achieved** Printing of conference souvenir and organisation of the activities for doing the follow ups. Publishing an edited book of selected papers.
- e. Action plan how to achieve the progressive Outcome Conduction of follow up workshops and series of lectures activities. Publish an edited book by end of 2023.
- f. Target Date to achieve the progressive Outcome by the end of Dec 2023
- g. Responsibility for achieving the progressive Outcome  
Prof Dr Manju Agrawal and Dr Ritu Tripathi Chakravarty
- h. Additional Remarks, if any- NA
- **Scientific/ Technological/ Administrative strengths of the institution(s)/individual(s) who participated.**  
**Experts were the reputed Educationists, Psychologists, Curriculum Framers, Healing Practitioners, Ministers working in the area of Happiness and Positivity**

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- **Further possibilities of establishing linkages or collaborations with the Organization(s)/ Participants in the event.**

Collaboration possibilities with Happiness Centre of IIT Kharagpur, Era Medical College Lucknow, Rekhi Foundation USA, World Happiness Foundation and Muskan NGO

- **List of guest speakers with their specializations and contact details,**

### Invited Speakers

| S No | Picture   | Name                     | Affiliation   |
|------|---|--------------------------|---|
| 1    |    | Dr T.S Powdyel           | Former Minister of Education<br>Royal Government of Bhutan.                                   |
| 2    |   | Dr Girishwar Misra       | Fr. VC<br><i>MGAH University,</i><br><i>Wardha, India</i>                                     |
| 3    |  | Prof Priyadarshi Patnaik | Professor and Head, Rekhi Centre of Excellence for Science of Happiness, IIT Kharagpur, India |
| 4    |  | Buxin Han                | Professor, Chinese Academy of Sciences, China   |
| 5    |  | Dr Falu Rami             | Military and Family Life Counsellor, Germany  |

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| 6  |    | Ms. Sunita Aron        | Chief Editor, Hindustan Times,<br>Lucknow, India   |
| 7  |    | Dr Elizabeth Dewi      | Head of International Relations,<br>Universitas Katolik Parahyangan<br>(UNPAR) Indonesia |
| 8  |    | Prof Sonia<br>Suchday  | Professor, Department Chairperson,<br>Pace university, New York                          |
| 9  |   | Dr. Abbas Ali<br>Mahdi | Prof. KGMU, Lucknow.<br>Fr. VC, Era University, Lucknow, India                           |
| 10 |  | Dr Amrita Das          | Chairperson & Managing Director - ICS<br>Education Ltd,<br>India                         |
| 11 |  | Prof Akbar<br>Hussain  | Professor, Dept of Psychology, Aligarh<br>Muslim University, India                       |
| 12 |  | Dr Tripti Sakhuja      | Independent consultant and Counselling<br>Psychologist, New Delhi, India                 |




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| 13 |    | Prof B.L Dubey              | Director, SIS Center Anchorage,<br>Alaska USA  |
| 14 |    | Ms Shveitta Sethi<br>Sharma | Chief Happiness Officer and founder,<br>School of Happiness, Hongkong                      |
| 15 |   | Dr Sandeep Singh<br>Rana    | Prof. & Dean<br>Dept. of Psychology<br>GJU, Hisar, Haryan, India                           |
| 16 |  | Dr Urmi Nanda               | Professor, Department of Psychology, MS<br>University Baroda, India                        |
| 17 |  | Dr Rangana<br>Rupavi        | Founder Director, Vitality Living College,<br>India and London                             |
| 18 |  | Dr Durgesh<br>Upadhyay      | Asso. Prof., Department of Psychology,<br>Kashi Vidhya Pith University, Varanasi,<br>India |



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| 19 |    | Dr Sukanya Ray          | Asso. Prof., Psychology,<br>Suffolk University,<br>Boston Massachusetts, USA                        |
| 20 |    | Dr<br>K. Venkataraman   | Director - Projects & Programs,<br>Bhaktivedanta Hospital & Research<br>Institute,<br>Mumbai, India |
| 21 |   | Dr Jyotsana<br>Agarwal  | Asso. Prof.,<br>Department of Cl. Psychology,<br>NIMHANS,<br>Bengaluru, India                       |
| 22 |  | Dr Madhurima<br>Pradhan | Professor & Former Head, Department of<br>Psychology,<br>University of Lucknow, India               |
| 23 |  | Dr Tushar Singh         | Asso. Prof., Dept. of Psychology,<br>BHU, Varanasi, India   |
| 24 |  | Dr Meeta Ghosh          | Prof and Head, Dept of Happiness,<br>Era University, Lucknow, India                                 |

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| 25 |    | Dr. B. Udaya<br>Kumar Reddy | President - ISMA Federation<br>Sr. Consultant - HETERO LABS Ltd.  |
| 26 |    | Dr. Sujata<br>Satapathy     | Associate Professor, Clinical Psychology,<br>Department of Psychiatry, AIIMS, New<br>Delhi, India   |
| 27 |   | Dr. Susheel<br>Kamotra      | Founder and CEO, Mezbahn, Malaysia  |
| 28 |  | Prof. Pallavi<br>Bhatnagar  | Fr. Head, Department of Psychology,<br>University of Lucknow, India   |
| 29 |  | Prof. N.K. Chadha           | Emeritus Professor, KR Mangalam<br>University, President, ICCA, USA<br>Fr. Prof & Head, Psychology Department,<br>Delhi University, India |

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## Pre-conference Workshops

The 1st ACEPH virtual International Conference on Happiness and Positivity-“Permanand: Philosophy, Psychology, and Physiology of Happiness” also conducted pre-conference workshops by three eminent professionals in the domain of happiness. The hands-on-workshops will give skills for the attainment of Happiness, positivity, and well-being in our chaotic lives.

### Details of Workshops:

#### 1. Health Healing and Happiness

Ms. Atman Parmar, Founder Redikall Healing System,

**Workshop 1-** 27<sup>th</sup> September, 10.30 AM-1.00 PM IST (+5.30 GMT time)



#### 2. Rhythms of mindfulness for being happy and well

Dr Saamdu Chetri

Fr Director, GNH Centre, Bhutan,

Consultant, Rekhi Centre of Happiness, IIT Kharagpur, India

**Workshop 2-** 27<sup>th</sup> September, 2.30 PM-4.00 PM (+5.30 Hrs GMT time)



#### 3. How to Boost Happiness Naturally

Dr Rangana Rupavi Choudhuri, Founder Vitality Living College

**Workshop 3-** 27<sup>th</sup> September, 5.30 PM-7.30 PM IST (+5.30 Hrs GMT time)



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- **What was the Inspiration behind taking up this Particular Subject for the Event ?**

ACEPH organised the event for promoting the importance and concept of happiness with research evidences; to help find balance in the daily life of students and faculty with the objective of making the ends meet in our day-to-day life. Finding out what makes us happy and how to lead a healthy life physically, mentally and emotionally.

- **What was the Criteria Considered for inviting the Various Individual Guests, Internal as well as External?**

Consideration of Inviting Guest was their contribution in the field of Happiness and positivity, their availability and ability to contribute for the cause as well as, their global presence and expertise in the subject.

- **Who all attended the webinar? Also, if possible, give the numbers.**

1. **Faculty, Researchers, NGO workers, Corporate Experts and Students across 18 States of India and from 4 continents of the world participated in the conference.**

Two thousand three hundred and eighty two (2382) national and international participants registered for the conference. One thousand and thirty nine (1039) national and international participants registered for the three **pre – conference** workshops.

- **What were the ‘Take Homes’ for the Guests and the Attendees in the form of knowledge, facts, information etc.? Please give the Salient Novel Points Covered by the Guest Speakers, in Bullet Points Format.**

- Mindfulness meditation and mindful living i.e., skills of living in the present with awareness which is a master key to happiness.
- Types of breath and skills to be aware of your breath and change your breath to change your emotion as every emotion has a different breath.
- Importance of building inclusive communities for happier individuals and happier nations. An inclusive approach for class, caste, region, religion and language is required.
- Make resources like Happiness Centre, happiness programs and happiness kit available for students and anyone visiting the centre.
- Make collective efforts for establishment of Ministry of Happiness to promote peace, Resilience, and positive environment.

- **Has the Webinar been able to generate any Tangible Gains for the Faculty, Researchers and Students of Amity. If yes , what are these ?**

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**Yes** The way ahead of ACEPH is clear the happiness centre will pursue a well-defined systematic approach to influencing happiness in every sphere of one's life. With a dedicated focus to measuring people's happiness, our centre will continually be researching and refining a scientific model of happiness. The future-plan of the ACEPH is to work in the area of Psychological Wellbeing, interventions in Health, education, Community vitality and cultural diversity and resilience

- **What are the plans for utilizing the contacts developed with the Invited Guests, for future cooperation to meet the targets of ' Mission: Connect' and Mission : Synergy of Brains ? Please give a roadmap with timelines.**

**Planning to conduct seminars, collaborative research, series of lectures and extension services with the contacts that were developed in the conference**

**Press Note/ Media Coverage / Photographs**



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