

ACTIVITIES DONE SO FAR:

This Centre also conducts various student and staff development programs. This center is aligned with the new educational policy 2020, which aims to promote the holistic development of individuals.

Activities organized during 2021-2022:

- Introduced a new FEC 58 “Introduction to the Science and Practice of Happiness”
- Attended workshop on “Teaching the science and practice of Happiness” from 14th -16th May 2022 at IIT Kharagpur

Activities organized during 2023-2024:

- **Ph.D. Admission 2023**

From the August 2023 session, the center has started Ph.D. admissions, and three students have enrolled in the Doctoral Program.

- **Workshop on Neuro Research**

On 5th October 2023, a workshop on Neuro Research was organized in collaboration with AEROBE, which focused on topics such as Neurophysiology, EEG, Eye tracking, and fNIRS. Engaging presentations and demos were shown, and virtual presentations were given by Dr. Rohit Tyagi (Head Scientific Support, Aerobe MBBS IIT Kharagpur) and Dr. Alvin Goh (Regional Manager Aerobe).



- **Meditation for Body, Mind, and Spirit- Expert Lecture (March 2024)**

Mr. Jim Ross (Retired Executive at Johnson and Johnson) delivered an expert lecture for the faculty and staff of DTU on 12th March 2024. The lecture focused on how meditation can bring healing power to benefit all aspects of our lives with practical wisdom and techniques based on the speaker's personal experiences. Mr. Jim shared a simple yet powerful meditation technique called JYOTI MEDITATION and explained how it can help attain peace of mind and lasting happiness.



- **International Happiness Day Celebration**

The center collaborated with STEP and DTU to celebrate International Happiness Day on 20th March 2024 to promote student well-being and encourage a positive campus environment through engaging educational sessions about the science of happiness, connecting with self, and interactive activities. A seminar on “Living a purposeful life: Simple Living, High Thinking” was organized, centered around the importance of leading a life driven by purpose and values, emphasizing how simplicity can lead to inner peace and happiness. The seminar provided valuable insights on fostering community and enhancing wellbeing.



- **Student Visits**

On 12th January 2024, students visited AIIMS, New Delhi, for the National Youth Day celebration on the Birth Anniversary of Swami Vivekananda.



In April 2024, 100 students participated in a retreat camp at the Himalayan retreat ashram in Satkol, Uttarakhand, building on the success of the first retreat in Nov 2023. Students immersed themselves in the serene environment of the Himalayas, engaging in various activities promoting

mental well-being and personal growth. These retreats have significantly contributed to the participants' overall development and mindfulness.



- **Expert lectures**

The center has been involved in organizing expert lectures and invited talks on “Stress Management, Holistic Health, Yoga and Meditation, etc. for the orientation program of newly admitted students. Some of the eminent people who gave these lectures were Prof. Manas Mandal (IIT Kharagpur), Dr. Rahul Malhotra (Director and Head Fotis, Faridabad), and Mr. Sanjay Upreti (IRAS:1990)

Activities organized during 2024-2025:

- **Serenity retreat camp to Kanha Shanti Vanam**

From January 9th, 2025, – January 15th, 2025, students visited Kanha Shanti Vanam, the world's largest meditation center in Hyderabad, for a spiritual retreat camp. The Serenity Retreat Camp provided students a transformative experience focused on mindfulness, spiritual growth, and team bonding. The main highlights included interacting with alumnus Mr. Sanjay Sehgal and a meditation session with Daaji, fostering self-awareness and inner peace.

