

MDP 11: The Art & Science of Happiness

Introduction

Given the enormous worldwide interest in understanding the 'what' and 'how' of happiness, it is an unprecedented opportunity to undertake this MDP for a fulfilling and flourishing life.

Objective

To enable participants identify key psychological, social and biological factors that relate to happiness and engage in practices that would increase their happiness within themselves and people around them.

Content

- What is happiness and why does it matter
- Practicing Gratitude and Positive Thinking
- Power of Social Connections
- Managing Stress, hardship and trauma
- Living in the Present
- Committing to your goals
- Taking care of yourself

Pedagogy: Lecture discussion, Exercises, Videos.

For Whom: All personnel at any level

Duration

3 days

Program Director

Prof(Dr). Sudhir Naib



Prof(Dr). Sudhir Naib has about four decades of rich experience in Union Government and Academics. Author of three academic books- two published by Oxford University Press, and one by Sage Publications. He has conducted MDPs for various Public and Private Sector Organisations.