



“ रेखी आनंद विज्ञान उत्कृष्टता केंद्र ”

Rekhi Center of Excellence for the Science of Happiness

“भोपाल स्मारक अस्पताल और अनुसंधान केंद्र”

Bhopal Memorial Hospital and Research Centre

Rekhi Center of Excellence for the Science of Happiness

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About

Joy manifests as an emotional, cognitive, and mental condition of flourishing. It revolves around discovering significance and intent in one's existence. It derives bliss from giving rather than receiving. Within the professional sphere, this joy mirrors in the labor itself—heightened productivity, creativity, relishing one's tasks, and extending support to colleagues. The pursuit of the happiness has frequently guided our comprehension and application of maintaining contentment. Yet, fostering a scientific comprehension of happiness can empower individuals to embrace optimism and acknowledge both self and others with greater appreciation.

Vision

Happiness for all

Mission

The center operates with three overarching goals

- Personal viewpoint: Happiness as a gateway to understanding, consciousness, and direction.
- Social and Community Outlook: Influencing happiness through innovative design and creativity.
- Approach Emphasis: Happiness as a lifestyle, not an objective. It is neither instructive nor explanatory.

The Center extends an open invitation to everyone eager to participate and add to the quest for happiness, with the aim of enhancing the world as a more favorable environment for living and working.

Course

Name of the Course: *Science of Happiness and Well being*

The Science of Happiness and Well-being is a transformative course that delves into the empirical study of what makes life fulfilling and meaningful. This interdisciplinary field draws from psychology, neuroscience, sociology, and other disciplines to explore the factors that contribute to human happiness and well-being.

Throughout the course, students will examine various theories and research findings related to happiness, subjective well-being, resilience, mindfulness, and positive psychology interventions. They will also learn practical strategies for enhancing personal well-being and fostering positive relationships, as well as exploring the societal and cultural factors that influence happiness on a broader scale.

By the end of the course, students will gain a deeper understanding of the science behind happiness and well-being, along with practical tools to cultivate a more fulfilling and meaningful life for themselves and others.

Duration: 02 Month

Who will join the course: This course is for all stakeholders of the BMHRC, Bhopal

Number of Seats: 20

Course fee: Nil

Contact Us

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