

One-day Program on the occasion of the International Day of Happiness (20-03-2024)				
Time	Particulars	Speakers	Affiliation	Minutes
8.30 am - 9.00 am	Registration	GCoE-ACE staff	IIT Dharwad	30
9.00 am - 9.30 am	Welcome address (TBD)		IIT Dharwad	30
9.30 am - 10.00 am	HIGH TEA			
10.00 am to 11.30 am	Happiness is your birth right	Dr. G C Kavitha	Associate Professor positive psychology, Vice President -ISRA India, International President, Department of Health, Successworld1	90
11.30 am to 12.00 pm	In Pursuit of Ever-elusive Happiness	Dr. Pragnya Parimita Chayani	Assistant Professor (English) VIT-AP School of Social Sciences and Humanities, VIT-AP University, Amaravati, AP	30
11.45 pm to 12.45 pm	HAPPINESS – the elusive myth or an effervescent reality	Prof. Sheena Suresh	School of Humanities, Social Sciences, and Management, National Institute of Technology, Surathkal, Karnataka	45
12.45 pm - 2.00 pm	LUNCH BREAK			
2.00 pm to 3.00 pm	Paths to Happiness	Prof. BL Tembe	Department of Chemistry, Indian Institute of Technology Dharwad, Karnataka	60
3.00 pm to 4.00 pm	Happiness and Continuous Happiness:Basic Human Need	Prof. Atul Dhar	School of Mechanical and Materials Engineering, Indian Institute of Technology Mandi, Himachal Pradesh	60
		Prof. Dhiraj V. Patil	Department of MMAE, Indian Institute of Technology Dharwad, Karnataka	
4.00 pm to 4.15 pm	TEA BREAK			
4.15 pm to 5.00 pm	Meditation Methods	Prof. BL Tembe	Department of Chemistry, Indian Institute of Technology Dharwad, Karnataka	45
5.00 pm to 5.10 pm	BREAK			
5.10 pm to 6.10 pm	Music Performance (Karaoke Singing), Vote of Thanks, and Photo Session			60