

Mindfulness Journey to Wellness

A five-day experiential journey

**Rekhi Centre of Excellence for the Science of Happiness
Indian Institute of Technology Kharagpur**

27th to 31st March 2021

Interactive mindfulness course will be on:

Self-compassion, self-knowing,
living on values, deep listening,
reverence for life – all with
mindful meditation

*The course will be conducted in webinar mode over five days with
Saamdu Chetri, Visiting Faculty
Rekhi Centre, IIT Kharagpur*

Five days experiential mindfulness journey

We know the mindfulness is the source of happiness. Mindfulness cultivates calmness and peace in body and mind for being creative and productive. A five-day mindfulness program will be offered as an evening course for a small token of ₹ 100 for students and ₹ 200 for others, respectively. Each evening class will be of **ninety minutes of experiential learning**. It will enable participants to understand mindfulness and practice it in their daily lives.

Mindfulness Journey to Wellness

5-days course: 27-31 March 2021

Date and time	Topic	5 step learning process
27 Mar / 1800 - 1930	Self-compassion and mindful meditation	<ol style="list-style-type: none">1. Begin with a short meditation2. Learning about the theme3. Mediation on the theme4. Sing happiness song5. Open up for discussions
28 Mar / 1800 - 1930	Self-knowing and mindful meditation	
29 Mar / 1815 - 1945	Living on values and mindful meditation	
30 Mar / 1800 - 1930	Deep listening and mindful meditation	
31 Mar / 1800 - 1930	Reverence for life and mindful meditation	

Resource Person:



Dr. Saamdu Chetri, a PhD in commerce, a pilgrim of love and compassion, was born in a cowshed. After heading the Good Governance Division for 5 years in PMO, he instituted the GNH Centre and headed it for five years. He became an inspirational GNH happiness speaker around the world, including in the House of Commons in the British Parliament, Senators of Philippines, among others, and dozens of universities and colleges in the world. He has many interviews with all kinds of media, and four books to his credit and several contributions for many books. Since Dec 2017, he is employed by the Rekhi Centre of Excellence for the Science of Happiness, IIT Kharagpur, India, and his mindfulness journey continues.



For registration please visit the following link:

<https://erp.iitkgp.ac.in/CEP/courses.htm>

Instructions for registration:

http://www.icracem.org/conference/docs/Registration_Process.pdf

Registration fee: Students: Rs. 100/-, Others: Rs. 200/- (Certificate will be issued by CEP)

Interested participants (who will not be issued certificates) may register at:

https://docs.google.com/forms/d/e/1FAIpQLSfm_r_h0V6Lzz_4O3H-cdOm7VYp0I_9yEreyiDlzIt6sHznwg/viewform?usp=pp_url

ABOUT THE REKHI CENTRE OF EXCELLENCE FOR THE SCIENCE OF HAPPINESS

Vision

Developing the Centre of Excellence as a platform to nurture the science and art of happiness through scientific perspectives across research, academic program, practice and outreach.

Mission

The mission of the Centre is to facilitate a transformative journey by (a) developing insights into the self and awareness for (and also about) the others; (b) harnessing a sustained positivity for all and adaptability to stressful experience; (c) imbuing between-ness with compassion, interpersonal skill and within-ness with passion, wisdom; and (d) enabling and evolving all with a sense of gratitude, contentment and satisfaction.

Activities

Set up in 2016, the Centre has three core-faculty members and 9 joint-faculty members from diverse disciplines such as social sciences, humanities, management, behavioral sciences, medicine and data sciences.

It runs more than 6 courses on different aspects of the science of happiness and has more than 20 MS, PhD and PDF scholars working on diverse aspects of wellbeing and happiness studies.

It has a meditation lab with machines, polygraphs, eye-trackers, thermal cameras, and other experimental setup for behaviour studies and research, and state of the art laboratory facilities for research including EEG.

More information about the centre and its activities are available at:

<http://www.happiness-iitkgp.org/>

Contact

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Co-Convenor: Prof Rajlakshim Guha

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