

# RESEARCH SCHOLARS' DAY

21ST MARCH (9:30 AM - 6:15 PM)



REKHI CENTRE OF EXCELLENCE FOR  
THE SCIENCE OF HAPPINESS  
IIT KHARAGPUR

VENUE: NALANDA GROUND FLOOR FOYER  
(BESIDE REKHI CENTRE)



## THEMES:

- **POSITIVE PSYCHOLOGY**
- **COGNITIVE SCIENCE AND WELL-BEING**
- **SOCIO-ECONOMIC AND CULTURAL WELL-BEING**
- **ECOLOGICAL WELL-BEING**
- **HEALTH AND WELL-BEING**
- **ENERGY AND SUSTAINABLE DEVELOPMENT**



## POSTER PRESENTATION

(09.30 AM to 11.30 AM)

## THEME-BASED DISPLAY AND DISCUSSION

(11.30 AM to 04.00 PM)

**Topic: Different Areas of Happiness and Well-being Research**

**Photo and Video Documentation**

**Presentation of Research Domains**

**Measurement of Happiness and Well-being**

**Psychological Testing**

**Display and Demonstration of Instruments, Tools and Techniques**

## THERAPEUTIC ART WORKSHOP

(04.00 PM to 05.30 PM)

## MINDFULNESS AND MEDITATION WORKSHOP

(05.30 PM to 06.15 PM)

**REGISTERE HERE TO ATTEND THE FREE WORKSHOPS:**

<https://forms.gle/29U1wXdw5CfK6qU4A>



SCAN ME

## CONTACT DETAILS:

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