

1st International Seminar on Happiness & Well-Being

Organised by
Rekhi Centre of Excellence for the
Science of Happiness
Adamas University, Kolkata

16th January 2026
Adamas University, Kolkata
West Bengal, India

INTRODUCTION

The 1st International Seminar on Happiness & Well-Being aims to foster interdisciplinary dialogue on the science, philosophy, policy and practice of happiness and holistic well-being. Bringing together academicians, researchers, policymakers, students and practitioners from India and abroad, the seminar emphasises Gross National Happiness (GNH), mental health, sustainability, technology and human-centred development.

SCHEDULE AT A GLANCE

Time	Session
09:45 AM – 10:00 AM	Registration & Kit Distribution
10:00 AM – 11:00 AM	Inaugural Ceremony
11:00 AM – 11:30 AM	Keynote Session I
11:30 AM – 12:00 PM	Keynote Session II
12:00 PM – 1:00 PM	Technical Sessions (Paper Presentation)
1:00 PM – 2:00 PM	Lunch Break
2:00 PM – 2:20 PM	Keynote Session III
2:20 PM – 2:40 PM	Keynote Session IV
2:40 PM – 3:00 PM	Keynote Session V
3:00 PM – 4:00 PM	Rekhi HappiThon @Adamas
4:00 PM – 4:15 PM	Tea Break
4:15 PM – 4:30 PM	Prize & Certificate Distribution
4:30 PM – 5:00 PM	Valedictory & Gala Cultural Closing

ORGANISING COMMITTEE

Patron



Prof. (Dr.) Samit Ray

Chancellor
Adamas University

Chief Patron



Prof. Suranjan Das

Vice Chancellor
Adamas University

Co-Patron



Prof. (Dr.) Radha Tamal Goswami

Pro Vice-Chancellor
Adamas University

Resource Persons Special Addresses:



Dr. Jamtsho

Norbuling Rigter College
Royal University of Bhutan



Mr. Kuenzang Dorji

Norbuling Rigter College
Royal University of Bhutan



Mr. Ugyen Namdel

Associate Lecturer, Paro
College of Education
Royal University of Bhutan



Prof. Manas K. Mandal

Founding Member
Rekhi Foundation, USA
& Distinguished Professor
IIT Kharagpur



Prof. Chiranjib Chakraborty

J.C. Bose Chair Professor
SoLB, Adamas University

Chairperson:

- Prof. (Dr.) Moumita Mukherjee – **Professor & Dean (R&D)**

Convenor (s):

- Dr. Anu Rai – **Member Secretary and Assistant Professor, SOBAS**
- Dr. Parama Kundu – **Associate Professor, SOE, Asst. Director, IR**

Members

- Md. Saquib Hasnain – **Professor & Dean, SoHMS**
- Prof. Snehamanju Basu – **Director Internal Quality Assurance Cell**
- Dr. Biswajit Basu – **Professor, SoHMS**
- Dr. Moumita Mukherjee – **Associate Professor, SoHMS**
- Dr. Sudipto Majumder – **Associate Professor, SOB**
- Dr. Kausheyee Banerjee – **Associate Professor, SoLACS**
- Dr. Rupanwita Das Mahapatra – **Assistant Professor, SOET**
- Dr. Saptarshi Chatterjee – **Associate Professor, SoLB**
- Dr. Madhurima Chakraborty – **Assistant Professor, SoE**
- Dr. Prashanta Gayen – **Assistant Professor, SoE**
- Dr. Noveena Chakravorty – **Associate Professor, SoMC**
- Dr. Shahnawaz Mushtaq – **Assistant Professor, SoHMS**
- Dr. Payal Banerjee – **Assistant Professor, SoHMS**
- Mr. Rupayan Sardar – **Laboratory Assistant, SOBAS**
- Ms. Neha Sarkar – **Executive, International Relations**
- Ms. Puja Biswas – **Secretary, R&D Division**

Call for Abstract Submission

1st International Seminar on Happiness & Well-Being

Organised by

Rekhi Centre of Excellence for the Science of Happiness Adamas University, Kolkata

Date: 16th January 2026

Mode: Hybrid (On-campus & Online)

Adamas University, Kolkata, West Bengal, India

Convenors

Dr. Anu Rai, Member Secretary, Rekhi Centre of Excellence for the Science of Happiness and Assistant Professor – School of Basic and Applied Sciences

  +91 9674252647

Dr. Parama Kundu, In-Charge & Associate Professor – School of Education; Assistant Director & Zonal Head – International Relations

  +91 9748176264

Email: rekhi-centre.au@adamasuniversity.ac.in

Major Theme: Happiness & Well-Being

– Science, Practice and Technology Behind

The Rekhi Center of Excellence for the Science of Happiness, Adamas University invites academicians, researchers, practitioners, students and industry experts to submit original abstracts for presentation at the 1st International Seminar on Happiness & Well-Being. This seminar provides a platform for interdisciplinary knowledge exchange, innovation and collaborative research on happiness, well-being and human flourishing. Selected papers will be published in a Scopus-indexed edited book volume, offering contributors international visibility. Participants will also receive certificates of participation and the seminar encourages active engagement across disciplines, including psychology, health, technology, arts, policy, environment and social sciences.

Subthemes:

1. Science & Psychology of Happiness

- Positive psychology, life satisfaction, subjective well-being
- Human flourishing and emotional resilience
- Cultural, philosophical and ethical perspectives

2. Health, Mental Well-Being & Lifestyle

- Mental health, mindfulness and stress management
- Lifestyle interventions and preventive care
- Work-life balance, youth and ageing

3. Technology, AI & Digital Innovations for Well-Being

- AI, apps, robotics and smart technologies
- Gamification, behavioural nudges and experience design
- Digital wellness and human-centric technology

4. Society, Environment & Sustainable Happiness

- Community well-being, social inclusion and civic engagement
- Nature-based happiness and sustainability
- Urban, rural and campus well-being solutions

5. Policy, Measurement & Governance of Well-Being

- Happiness indices, well-being metrics and data analytics
- Public policy, governance and institutional models
- Education and organisational well-being frameworks

6. Arts, Culture & Creative Expressions of Happiness

- Performing arts, storytelling and expressive therapies
- Creative practices, culture and emotional well-being
- Sports, recreation and experiential interventions

Abstract Submission Guidelines:

- Title of the Abstract
- Type: Empirical Research / Review / Case Study / Conceptual / Policy Paper
- Abstract Length: 150–250 words
- Theme Selection: Choose one of the six seminar themes
- Format: MS Word or PDF
- Language: English

Important Dates:

- Abstract Submission Deadline: 9th January 2026
- Notification of Acceptance: 14th January 2026
- Seminar Date: 16th January 2026
- Full Paper Submission Deadline: 30th June 2026

Registration Fee

- Seminar Participants (Faculty / Research Scholars)
- Participant (without paper presentation): ₹600
- Participant with Paper Presentation: ₹1,000
- Bank Account Details for Registration Fee Payment
- Account Name: Adamas University
- Account Number: 415610210000004
- Bank Name: Bank of India

- Branch: Adamas Institute of Technology Campus, Barasat Barrackpore Road, Kolkata-700126, West Bengal, India
- IFSC/RTGS Code: BKID0004156

Mode of Payment: NEFT / RTGS / IMPS / UPI

Scopus-Indexed Edited Book Publication for Selected Chapters

Scan to Register:



Convenors

Dr. Anu Rai, Member Secretary, Rekhi Centre of Excellence for the Science of Happiness and Assistant Professor – School of Basic and Applied Sciences

  +91 9674252647

Dr. Parama Kundu, In-Charge & Associate Professor – School of Education; Assistant Director & Zonal Head – International Relations

  +91 9748176264

Email: rekhi-centre.au@adamasuniversity.ac.in

Rekhi Centre of Excellence
for the Science of Happiness
invites you to participate in

Rekhi HappiThon @Adamas

Organised by
Rekhi Centre of Excellence for the
Science of Happiness
Adamas University, Kolkata

Date: 16th January 2026
Adamas University
Kolkata, West Bengal, India

Student Call for Participation – Rekhi HappiThon @Adamas

The Rekhi Centre of Excellence for the Science of Happiness, Adamas University invites students from all clubs and disciplines; Environment, Dance, Drama, Coding, Robotics, AI, Health, Empathy, Social Outreach and more, to participate in Rekhi HappiThon @Adamas, a campus-wide innovation and creativity challenge under the theme “Innovating Happiness.” Students are encouraged to showcase ideas, tools, solutions, products, prototypes, performances or experiential interventions that promote individual, campus or community well-being. This platform celebrates inter-club collaboration, creativity and problem-solving, offering students an opportunity to compete, innovate and contribute meaningfully to the science and practice of happiness.

Participation Tracks

- Tech, Code & Intelligent Systems for Happiness
- Health, Mind & Emotional Well-Being Innovations
- Art, Culture & Performance for Happiness
- Environment, Sustainability & Nature-Based Well-Being
- Social Impact, Empathy & Community Engagement

Award: Best Student Project Award (HappiThon Winner)

- 1st prize: ₹ 5000/-
- 2nd Prize: ₹ 3000/-
- 3rd Prize: ₹ 2000/-

Submission Instructions

- **Eligibility:** Open to all Adamas University students (individuals or teams; inter-club teams encouraged)
- **Submission Content:**
 - Title of the idea / Innovation / Performance
 - Selected track (as per Rekhi HappiThon tracks)
 - Brief Abstract (150–200 words) covering the happiness issue addressed, solution/approach and expected impact
 - Proposed format of presentation (app, AI tool, robot, model, poster, performance, demo, etc.)
- **Submission Mode:** Google Form Submission
- **Submission Deadline:** 12th January, 2026
- **Selection Process:** Shortlisted teams will be invited to present live during Rekhi HappiThon @Adamas on 16th January, 2026

Certificates, prizes and special recognition will be awarded to outstanding entries.

Registration Fee

- Student Registration (Individual Entry): ₹300 per student
- Student Registration (Team Entry): ₹600 per team
(Maximum of 4 members per team)

Note: Registration fee is applicable only to participants.

All registered participants will receive conference participation certificates. HappiThon participants will receive event-specific certificates.

Bank Account Details for Registration Fee Payment

- **Account Name:** Adamas University
- **Account Number:** 415610210000004
- **Bank Name:** Bank of India
- **Branch:** Adamas Institute of Technology Campus, Barasat
Barrackpore Road, Kolkata-700126, West Bengal, India
- **IFSC/RTGS Code:** BKID0004156

Mode of Payment: NEFT / RTGS / IMPS / UPI

(Note: Kindly mention Participant Name + Event Name in the payment remarks)

Click to Register: <https://forms.gle/H3dwoMWffKad1QEg6>

Scan to Register:



Convenors

Dr. Anu Rai, Member Secretary, Rekhi Centre of Excellence for the Science of Happiness and Assistant Professor – School of Basic and Applied Sciences

📞 +91 9674252647

Dr. Parama Kundu, In-Charge & Associate Professor – School of Education; Assistant Director & Zonal Head – International Relations

📞 +91 9748176264

Email: rekhi-centre.au@adamasuniversity.ac.in