

Happiness is the degree to which an individual judges the overall quality of his/her life as a whole positively, or in short how well one likes the life one lives. Increasingly, collective happiness is becoming the measure of social progress and the goal of public policy of any society across the globe. The term ‘Happiness Index’ was first coined in 1979 by the king of Bhutan, Jigme Singye Wangchuck, who said during an interview at Bombay airport: “We do not believe in Gross National Product. Gross National Happiness is more important.” In June 2016, the Organization for Economic Co-operation and Development (OECD) committed itself to redefine the growth narrative to put people’s well-being at the center of governments. In February 2017, the United Arab Emirates held a full-day World Happiness meeting, as part of the World Government Summit, realizing that material

prosperity cannot be the yardstick of measuring happiness and wellbeing, and inner wellbeing is of utmost importance for a holistic and happy society.

The State of Madhya Pradesh became the first Indian State to set up a department christened as “Anand Department” in August 2016 to promote happiness among its citizens by proactively working towards enhancing their subjective wellbeing. Flowing from its commitment to serve society through path breaking research, SVVV thought it prudent to start a Centre of Excellence (CoE) in Happiness Studies in March 2018. Ever since, the CoE has been pioneering research in the area of happiness and organizing conferences to encourage budding researchers.

Team

Centre of Excellence in Happiness Studies



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Chancellor, SVVV



MENTOR
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Vice Chancellor, SVVV



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Mr. Shubham Vishwakarma
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(Member)

Activities:

1. National Conference on Happiness: Anand Amrit

National Conference on Happiness- Anand Amrit is flagship annual event hosted by the Centre of Excellence in Happiness Studies at Shri Vaishnav Vidyapeeth Vishwavidyalaya (SVVV), Indore on various themes including mindfulness, spiritual approaches, mental health strategies and sustainable happiness frameworks etc .



Shri Vaishnav Vidyapeeth Vishwavidyalaya Indore

CENTER OF EXCELLENCE IN HAPPINESS STUDIES



ANAND - AMRIT 2024

(One day virtual Conference)

Mindfulness, Spirituality & Sustainable Happiness

Convener

Dr. T.K. Mandal

Head, Center of Excellence in Happiness
Studies

Co Convener

Dr. Nitu Katariya

Asso. Professor, Shri Vaishnav Institute of Science

MARCH 20, 2024

Organized by
SHRI VAISHNAV VIDYAPEETH VISHWAVIDYALAYA
Indore-Ujjain State Highway, Indore-453111 Website: www.svvv.edu.in

SHRI VAISHNAV VIDYAPEETH VISHWAVIDYALAYA INDORE (M.P.)

CENTRE OF EXCELLENCE IN HAPPINESS
STUDIES



ANAND-AMRIT

ONE DAY VIRTUAL CONFERENCE

THEME: Mindfulness & Happiness at Work Place:
Challenges & Opportunities

March 20, 2023



Organized by
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CENTRE OF EXCELLENCE IN HAPPINESS STUDIES

ANAND-AMRIT

ONE DAY VIRTUAL CONFERENCE

MARCH 31 2022

THEME
'Hope, Health and Happiness - Challenges and Solutions'



SHRI VAISHNAV VIDYAPEETH VISHWAVIDYALAYA
Ujjain Road, Indore - 453111.

Anand-Amrit 2021

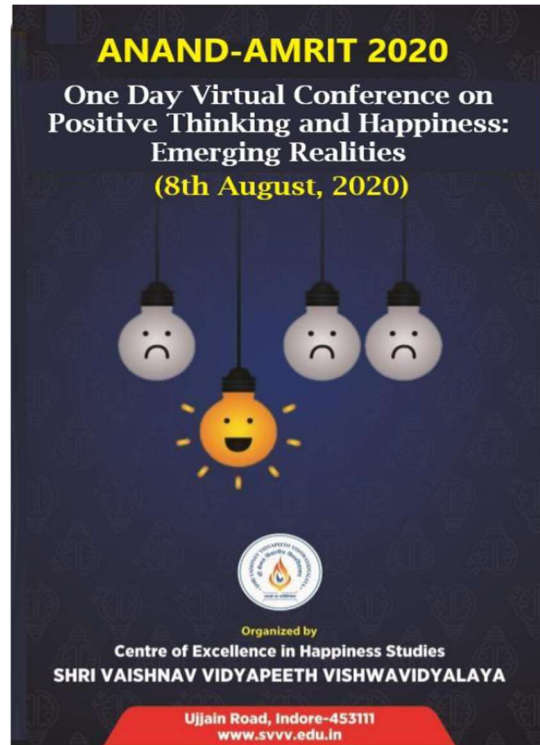
One-Day National Online Conference on

*Happiness in Global Perspective:
Prospects and Challenges*

March 20, 2021

Organized by
Centre of Excellence in Happiness Studies
SHRI VAISHNAV VIDYAPEETH VISHWAVIDYALAYA
Ujjain Road, Indore- 453111
www.svvv.edu.in



2. Ulhas - A Celebration of Joy and Talent

“ULHAS”—a vibrant cultural celebration that brings forth the hidden talents of our esteemed faculty and staff as they take the stage to spread joy and inspire smiles. This event fosters a spirit of unity and showcases happiness through creativity, performance and a shared sense of community.

Glimpses:

Ulhas -2023









Ulhas -2021







Ulhas -2020









3. Sur-Anand

"SUR-ANAND" is an Antakshari competition between the teams of constituent institute of SVVV

Sur Anand-2023





SurAnand-2021





4. Khel Anand

“**Khel Anand**” is a joyful initiative aimed at fostering camaraderie and cheer among employees through engaging and light-hearted games. It offers a refreshing break from routine, encourages team spirit, and celebrates the essence of workplace well-being through, fun, laughter, and shared moments of happiness.



