



Academic partner(MoU) Rekhi foundation centre of excellence for the science of happiness

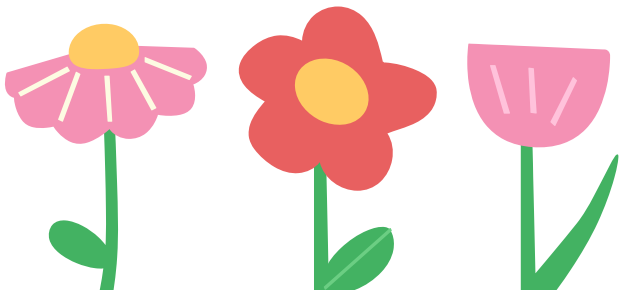


WHY TO JOIN

Delve into the latest research and proven techniques from positive psychology to enhance your overall well-being.

Principal

Prof. Anoop Kumar Singh



P.P.N. PG College,
Kanpur

OPEN ADMISSION

2023-2024 SESSION

Don't miss this opportunity to invest in yourself and your happiness. Enroll now and embark on a transformative journey towards a happier, more fulfilling life!

SCIENCE OF HAPPINESS AND WELLBEING- VALUE ADDED COURSE



Course Co-ordinator

Prof. Abha Singh
Department of psychology
E mail:abhappn@yahoo.co.in
Phone: 9450130802



Course Objective

Develop resilience and coping mechanisms to retain happy situations more effectively.

Cultivate a positive mindset and outlook, fostering mental and emotional balance.

Maintaining balance between personal and professional life

Course Outcome



Have a comprehensive understanding of happiness in their real life.



Recognize personal happiness and strategies for happiness.



To achieve sustainable happiness in personal and professional relationships.

Join us!



The Benefits You'll Get

1. Discover how to cultivate positive emotions and manage negative ones
2. Develop skills to build strong, meaningful relationships
3. Explore ways to find purpose and meaning in life
4. Gain tools to cope with stress and adversity