



Gujarat Research Society's
Hansraj Jivandas College of Education (Autonomous)
NAAC Re- Accredited with 'A+'
Dr. Madhuri Shah Campus, Khar (W),
Mumbai 400052

*Organizes a One-day International Conference
under the aegis of RUSA*

on

'EXPLORING HAPPINESS : THEORY TO PRAXIS'
Monday, 22nd September, 2025

<p>Chief Patron Mr. Rajeev Hazarat President, Gujarat Research Society</p> <p>Patron Dr. Anita Swami Executive Director, Gujarat Research Society</p> <p>Convenor Prof. (Dr.) Geeta Shetty Principal, Hansraj Jivandas College of Education</p> <p>RUSA Coordinator Dr. Karuna Sinha Professor, Hansraj Jivandas College of Education</p> <p>Conference Coordinator Dr. Archana Katgeri Associate Professor, Hansraj Jivandas College of Education</p> <p>ORGANIZING COMMITTEE</p> <ul style="list-style-type: none">• Prof. (Dr.) Usha Borkar• Prof. (Dr.) Vaishali Sawant• Prof. (Dr.) Shrima Banerjee• Dr. Pallavi Talekar• Smt. Manisha Tandale <p>Admin Staff</p> <ul style="list-style-type: none">• Smt. Tejashree Rane• Shri. Rahul Kalmate	<p>ABOUT GUJARAT RESEARCH SOCIETY (GRS)</p> <p>Gujarat Research Society, the parent body of Hansraj Jivandas College of Education(HJCE) was established in 1936, by illustrious scholars and eminent professionals who contributed immensely to its growth and development. Through its unwavering commitment to education over the years, GRS has not only enriched learning but has also fostered the welfare and well-being of the community.</p> <p>ABOUT HANSRAJ JIVANDAS COLLEGE OF EDUCATION</p> <p>Hansraj Jivandas College of Education (HJCE), Autonomous, affiliated to the University of Mumbai is a premier teacher education institution with a presence in the field for more than fifty years and re-accredited by NAAC with 'A+' grade. HJCE(1969) was founded by Dr. Madhuri Shah, a nationally and internationally acclaimed academician and the Ex-Chairperson of UGC. Recognized with numerous prestigious awards, the college is dedicated to fostering excellence through innovative educational practices, shaping teachers who are not only globally competent but also responsive to the evolving demands of society.</p> <p>ABOUT THE CONFERENCE</p> <p>Happiness is a complex emotional state of well-being and contentment; a feeling of intense joy that stems from within and is often found in simple moments, meaningful relationships, and personal fulfilment. Despite rising wealth, longer lifespans, and more opportunities than ever, millions of people are anxious, disconnected, and unfulfilled. Human beings constantly strive for happiness even without understanding its true essence. To develop a happy nation, schools would be the best place to begin with. Students need to be guided beyond academic success towards seeking true meaning of human existence, connections, and tools to build a better life. Educational institutions need to enhance the happiness quotient of learners to ensure better mental health. Happiness should be consciously built into classroom interactions, teaching methods, and learning experiences. thereby fostering holistic development that goes beyond academic success to include emotional resilience, empathy, and life satisfaction."</p> <p>EXPECTED OUTCOMES</p> <p>The participants will be able to-</p> <ul style="list-style-type: none">• share perspectives regarding various facets of happiness• translate the idea of happiness into the Indian context of education• integrate happiness in the teaching-learning process.
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ABOUT THE RESOURCE PERSONS



Dr. Kezang Sherab
Dean of Academic Affairs,
Royal Thimphu College,
University of Bhutan



Dr. Chencho Lhamu
Dean, Development and
External Relations,
Royal Thimphu College
University of Bhutan



Dr. Anil Kumar
Principal, DIET
Former Chairperson,
Cell for Human Values &
Transformative Learning
SCERT, Govt. of NCT of Delhi

OVERVIEW OF THE PROGRAMME: MODE OF DELIVERY- ONLINE ZOOM PLATFORM

Timing

11:00 a.m. -11.10 a.m.
11.10 a.m. -11.15 a.m.
11.15 a.m.-12.30 p.m.
12.30 p.m.-2:00 p.m.
2:00 p.m. - 2:30 p.m.
2:30 p.m. - 3.50 p.m.
3.50 p.m.- 3.55 p.m.
3.55 p.m.- 4.00 p.m.

Details

Commencement of the programme & College Prayer
Welcome Address
Technical Session 1 : Dr. Kezang Sherab
Technical Session 2: Dr. Anil Kumar
LUNCH BREAK
Technical Session 3: Dr. Chencho Lhamu
Overall vote of thanks
National Anthem

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CONTACT PERSONS

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Shri. Rahul Kalmate
8652449692

TARGET AUDIENCE

Administrators, Teachers and Student-Teachers

HOW TO PARTICIPATE?

- Registration Free
- Each institution can depute at least 3 to 5 participants
- The number of seats is limited. So, it would be on first-cum-first served basis.
- Participants should register on the link given below.
- The last date for registration is 21st September, 2025.
- Link for Registration: <https://forms.gle/ZGFey7G1r2KSyQ3r7>
- After you fill up the registration form before submitting it kindly ensure that you join the WhatsApp link given at the end of the google form.

