



## **INTERNATIONAL CONFERENCE SERIES**

**(A Series of 100 Conferences)**

ORIGINALITY AND CREATIVITY FOR EXCELLENCE

### **5<sup>th</sup> International Conference**

**on**

### **Happiness: A Key for Meaning and Successful Life (International Day of Happiness)**

**Jointly Organized by**

**INTERNAL QUALITY ASSURANCE CELL (IQAC)**

**NORTH-EASTERN HILL UNIVERSITY (NEHU)**

**SHILLONG, MEGHALAYA, INDIA**

**&**

**INDIAN SOCIETY FOR TRAINING AND DEVELOPMENT (ISTD)**

**SHILLONG CHAPTER, MEGHALAYA, INDIA**

**In collaboration with**

**DEPARTMENT OF PHILOSOPHY & IQAC**

**MORAN COLLEGE**

**(Affiliated to Dibrugarh University)**

**MORANHAT, CHARAIDEO DIST., ASSAM, INDIA**

**&**

**DEPARTMENT OF PHILOSOPHY**

**SRI VENKATESWARA UNIVERSITY (SVU)**

**TIRUPATI, ANDHRA PRADESH, INDIA**

**WARM WELCOME TO JOIN US**

**ONLINE MODE • 20<sup>th</sup> MARCH 2022 • 10:00 AM – 12:30 PM (IST)**

**REGISTRATION: <https://forms.gle/AZpPMZ7vdfgdJMPw7>**

**Meeting Link: Cisco Webex**

**<https://istem.webex.com/istem/j.php?MTID=m6fb630cfe704b5df49bb6da8bd9c3018>**

**Password: 9tXHBsAHe74**

**Meeting Number: 2643 189 1533**



**Dr. T. Vijaya Kumar**  
Chief Guest  
Associate Professor  
NIRDPR-NERC  
Guwahati, Assam



**Prof. Mitali Konwar**, Principal  
Moran College  
Assam, India



**Prof. P. Chinniah**  
Keynote Speaker  
Department of  
Philosophy  
SVU, Tirupati, AP



**Prof. P.S. Shukla**  
Hon'ble VC, NEHU  
Shillong, India



**Dr. Rajendra Prasad Borthakur**  
IQAC Coordinator  
Moran College  
Assam, India



**Prof. B.S. Mipun**  
Chairman, ISTD  
Shillong Chapter  
Shillong



**Dr. Shrutashwinee Gogoi**  
Conference  
Coordinator  
Moran College  
Assam, India



**Prof. A. S. Dixit**  
Director, IQAC  
NEHU, India



**Dr. N.A. Reddy**  
Conference  
Coordinator  
NEHU, India

## About the International Conference



The theme of Happiness Day 2022 focuses upon three basic factors of attaining happiness. Keep Calm: Keeping cool and calm in every situation is the key to satisfaction and happiness. Stay Wise: In tough circumstances, wise steps lead to success. Be Kind: Be kind to others in their needs, mistakes and errors. According to psychologists, happiness is a state of mind and everything is in our mind only. The greatest philosophers have shared much valuable information about how to keep our minds cool and calm in every situation. The main objective of the conference is to get diversified knowledge and skills regarding happiness.

## Programme Schedule

(10:00 AM – 12:30 PM)

10:00 A.M. – 10:05 A.M. (IST)

**Vande Mataram**  
Welcome Address

**Dr. Shrutashwinee Gogoi**  
Moran College, Moranhat, Assam

10:05 A.M. – 10:10 A.M. (IST)

**About the Programme**  
**Guests & Resource**  
**Persons**

**Dr. N.A. Reddy**  
NEHU, Shillong, Meghalaya

10:10 A.M. – 10:15 A.M. (IST)

**Inaugural Address by the**  
**Chief Guest**

**Prof. T. Vijaya Kumar**  
NIRDPR-NERC, Guwahati, Assam

10:15 A.M. – 10:30 A.M. (IST)

**Keynote Address**

**Prof. Chinnaiah**  
SVU, Tirupati, Andhra Pradesh

10:30 A.M. – 12:25 P.M. (IST)

**Paper Presentation**

1. Mrs. Chayanika Dutta
2. Dr. Srinivasa Reddy Mandala
3. Mr. Thupakula Linga Murthy & Dr. T. Vijaya Kumar
4. Dr. N. A. Reddy  
Dr. Shrutashwinee Gogoi &  
Prof. P. Chinnaiah

12:25 P.M. – 12:30 P.M. (IST)

**Vote of Thanks**  
**National Anthem**

**Dr. N.A. Reddy**  
NEHU, India

**PAPER PRESENTATION**  
**Time: 10:30 A.M. – 12:25 P.M. (IST)**



**Chayanika Dutta**

**Happiness in Bengali Culture:  
Rabindranath Tagore**



**Dr. Srinivasa Reddy  
Mandala**

**Work is Workshop: Happiness-An  
Individual Perspective**



**Mr. Thupakula Linga Murthy  
Dr. T. Vijaya Kumar**

**Effectiveness of Yoga Practice on  
Happiness of Secondary School Girls**



**Dr. N. A. Reddy  
Dr. Shrutashwinee Gogoi  
Prof. P. Chinnaiah**

**Innovative Approaches for Happiness:  
The Philosophical Perspectives**

**INFORMATION TO JOIN THE MEETING (20<sup>th</sup> MARCH 2022)**

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**YOUTUBE LIVE CHANNEL:**



**<https://www.youtube.com/c/SMARTEDUCATION108>**

**Note:**

1. Registration and Participation in the programme are compulsory to get the e-certificate.
2. The meeting will be locked automatically after 15 minutes from the beginning time.
3. No feedback form will be issued on YouTube.

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## YOU CAN FOLLOW/REACH US

1) YOUTUBE LIVE CHANNEL



<https://www.youtube.com/c/SMARTEDUCATION108>

2) TELEGRAM GROUP (SMART EDUCATION)



<https://t.me/joinchat/2aBDRQm1HKgzZGY1>

3) LINKEDIN (WORKSHOPS) 

<https://www.linkedin.com/feed/hashtag/nehuAbRinternationalAbRworkshopAbRseries/>

4) LINKEDIN (CONFERENCES) 

<https://www.linkedin.com/feed/hashtag/nehuAbRinternationalAbRconferenceAbRseries/>

5) BLOG



<https://hamsareddy.blogspot.com/>

6) e-mail

[amareswaran@gmail.com](mailto:amareswaran@gmail.com)

[namareswaran@nehu.ac.in](mailto:namareswaran@nehu.ac.in)