



CENTRAL UNIVERSITY OF JHARKHAND
झारखंड केंद्रीय विश्वविद्यालय
NAAC accredited A+ University
homepage: <http://www.cuj.ac.in>



Centre for Happiness & Holistic Well-Being
CENTRAL UNIVERSITY OF JHARKHAND
CORDIALLY INVITES YOU TO INAUGURAL & PLENARY SESSION
of the One Day International Conference
On
"Happiness & Holistic Well-Being: Research to Real Life Application"
(Cross-Cultural Definition of Well-being)

On Friday, 23rd of January, 2026 @ Auditorium, Science Building, CUJ

Chief Patron:
Prof. Kshiti Bhushan Das
Hon'ble Vice-Chancellor,
Central University of Jharkhand



Patrons:
Registrar, CUJ
Dean Academic Affairs
Dean, Research & Development
Director, IQAC
Finance Officer
Chairperson, Prof. K.A. Pandey Dr. R. D. Mishra
Advisors: Dean - SOL,
Head - DES, DOH & DFEL

Keynote Speaker
Geshe Dorji Damdul
Director, Tibet House
(The Cultural Centre of H.H. The Dalai Lama)



Guest Speaker



Prof. Sangita Dhal,
Professor, University of Delhi
Author of Book "E-Governance
in India: Navigating a new era of
inclusive development"
Routledge, 2025

Plenary Session Speakers



Dr. R.N. Lal,
75 yrs of Practicing/Chairman
Former Associate Professor
Department of Commerce
Harwar College,
Ranchi University



Geshe Tenzin Damchoe,
Social, Ethics & Universal
Learning/ Mindfulness, Zurich
College, Churamtschi,



Mr. Anupam Rohit, Head/ Founder
Recovery Wellness Centre
Gowahati, Assam



Dr. Ravikant Chaturvedi,
MBBS, MD (Nuclear Medicine)
AIIMS, DELHI
Fellowship Houston University USA



Dr. Arvind Kumar,
Senior Consultant, RINPAS,
Mental Health Professional.

Chairperson
Dr. Kalsang Wangmo

Co-Chairperson (s)
Dr. Sudhanshu Shekhar - CHRW Member
Dr. Rajanikant Pandey - CHRW Member

Organizing Secretaries
Dr. Ravit Kumar - DES
Mr. Shakti Tansini - CHRW Member
Mr. Rachit Kumar - CHRW Member
Dr. Shamsheer Alam - DATS

Media: **Mr. Narendra Kumar- PBO**

Organising Committee

Faculties of Far East Languages
Dr. Kanchak Tashi
Dr. Shakti Kumar Mishra
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Dr. Sandhya Kumar
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Mr. Pawan Kumar

Other Departments
Dr. Sanjay Kumar Shukla, DES
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Dr. Divyanshu Bhatti, DES
Dr. Prashant Kumar - DES
Dr. Prashant Kumar - DES
Dr. Prashant Kumar - DES
Dr. Prashant Kumar - DES

Centre for Happiness & Holistic Well-being Core Team Members



Dr. Kalsang Wangmo



Dr. Sudhanshu Shekhar



Dr. Rajanikant Pandey



Dr. Shakti Tansini



Dr. Rachit Kumar

An International Conference on
□ Happiness & Holistic Well-Being: From Research to Real Life Application □
(Cross-Cultural Definitions of Well-Being)

(23rd January, 2026)

Schedule

| Time | Program |
|-----------------------------|---|
| 9:30 AM-10:30 AM | Registration for International Conference Venue : Entrance of the Auditorium, Science Building, |
| 10:30 AM-12:00 PM | Inaugural Ceremony □ Welcome address □ Lighting of lamp (Saraswati Vandana & Bhajan Dance by students) |
| 10:40 AM-10:45 AM | Introduction to the Guest & Dignitaries |
| 10:45 AM-10:55 AM | Formal Welcome & About the Program -(Convenor) |
| 10:55 AM-11:00 AM | Felicitation to the Guest & Dignitaries |
| 11:00 AM-11:20 AM | -Speech by Chief Guest -Keynote Speaker Geshe Dorji Damdul, Director, Tibet House (the Cultural Centre of H. H. The Dalai Lama) |
| 11:20 AM-11:35 AM | -Speech by Guest Speaker Prof. Sangita Dhal, Professor, Political Science, University of Delhi |
| 11:35 AM-11: 55 AM | -Speech by Hon'ble Vice- Chancellor, CUJ Prof. Kshiti Bushan Das |
| 11:55 AM-12:00 PM | -Vote of Thanks Dr. Rajanikant Pandey (Co-Convenor) |
| 12:00 PM-1:30 PM | Panel Discussion 1. Dr. B.B. Lal, SahajYog (Practicing for 25 years) 2. Geshe Tenzin Damchoe, Social, Emotional & Ethical Learning/Mindfulness 3. Mr. Anupam Rohit, Founder / Project Head, Recovery Wellness Centre 4. Dr. Ravikant Chaturvedi, Nuclear Medicine Expert, MBBS/MD, AIIMS, DELHI 5. Dr. Arvind Kumar, RINPAS, Mental health Professional |
| 1:30pm- 2:30pm LUNCH | |
| 2:30 PM- 4:00 PM | Academic Seminar Parallel Sessions-1 5 Sessions in parallel @ Science Building, Ground Floor Room # 26, 27, 28, 29 & 30 |
| 4:00 PM-5:30 PM | Academic Seminar Parallel Sessions- 2 5 Sessions in parallel @ Science Building, Ground Floor Room # 26, 27, 28, 29 & 30 |