



CENTRAL UNIVERSITY OF JHARKHAND  
आर्यन्द केन्द्रीय 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. Kshitij 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.B. Pandey Dr. B.B. Mishra  
**Advisors:** Dean - SOI ,  
Head - DES, DOH & DFEL



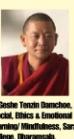
**Keynote Speaker**  
Geshe Dorji Damdul  
Director, Tibet House  
(The Cultural Centre of H.H. the Dalai Lama)



Prof. Sangita Dhal  
Professor, University of Delhi  
Author of book "Creating a new era of inclusive governance"  
Rowman, 2026



Dr. B.B. Lal  
23 yrs of experience in Public Administration  
Department of Commerce, Harvard College, Harvard University.



Geshe Tenzin Damchoe,  
Social, Ethics & Emotional  
Learning Mindfulness, Sarah  
College, Dharamsala,



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



Dr. Ravikant Chaturvedi,  
MBBS/MD, AIIMS, DELHI  
Fellowship Houston University, USA



Dr. Arvind Kumar,  
MBBS/MD, AIIMS, DELHI  
Mental Health Professional.

**Convenor:** Dr. Kalsang Wangpo

**Co-Convenor:**  
Dr. Sushanshu Shekhar - CHNW Member  
Dr. Rajanikant Pandey - CHNW Member

**Organising Secretary:**  
Dr. Raghu Kumar - DES  
Dr. Shakti Tandon - CHNW Member  
Mr. Rachit Kumar - CHNW Member  
Dr. Shamsheer Alam - DES

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

Centre for Happiness & Holistic Well-Being Core Team Members



**Organising Committee**

**Faculties of Far East Languages**  
Dr. Kunchok Tashi  
Dr. K. K. Bhattacharya  
Dr. Arpan Raj  
Dr. Mukesh Kumar Jaiswal  
Dr. Sandeep Bhawar  
Dr. Sushanshu Shekhar  
Dr. Prayag Prakashpal-DEH  
Dr. Jayashri Sarker-DEH  
Dr. S. S. Sarker-DEH  
Dr. Upendra Kumar-DEH

**Other Departments**  
Dr. Sanket Kumar Shukla - DES  
Dr. S. K. Bhattacharya - DES  
Dr. B. M. Jha - DES  
Dr. Bhimeshwar Bhattacharya - DES  
Dr. Pratap Prakashpal-DEH  
Dr. Jayashri Sarker-DEH  
Dr. S. S. Sarker-DEH  
Dr. Upendra Kumar-DEH

**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	<b>Inaugural Ceremony</b> <input type="checkbox"/> Welcome address <input type="checkbox"/> Lighting of lamp <i>(Saraswati Vandana &amp; Bhajan Dance by students )</i>
10:30 AM-10:35 AM	Introduction to the Guest & Dignitaries
10:35 AM-10:40 AM	Formal Welcome & About the Program -(Convenor)
10:40 AM-10:45 AM	Felicitation to the Guest & Dignitaries
10:45 AM-10:55 AM	-Speech by Chief Guest -Keynote Speaker
10:55 AM-11:00 AM	<b>Geshe Dorji Damdul, Director, Tibet House</b> <i>(the Cultural Centre of H. H. The Dalai Lama)</i>
11:00 AM-11:20 AM	-Speech by Guest Speaker
11:20 AM-11:35 AM	<b>Prof. Sangita Dhal, Professor, Political Science,</b> University of Delhi
11:35 AM-11:55 AM	-Speech by Hon'ble Vice- Chancellor, CUJ
11:55 AM-12:00 PM	<b>Prof. Kshitij Bushan Das</b> <b>Dr. Rajanikant Pandey (Co-Convenor)</b>
12:00 PM-1:30 PM	<b>Panel Discussion</b> 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	<b>LUNCH</b>
2:30 PM- 4:00 PM	<b>Academic Seminar</b> <b>Parallel Sessions-1</b> <b>5 Sessions in parallel</b> @ Science Building, Ground Floor Room # 26, 27, 28, 29 & 30
4:00 PM-5:30 PM	<b>Academic Seminar</b> <b>Parallel Sessions- 2</b> <b>5 Sessions in parallel</b> @ Science Building, Ground Floor Room # 26, 27, 28, 29 & 30