



Two-day international conference on positive psychology begins at LU

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LUCKNOW: A two-day online international interdisciplinary conference on “Positive psychology interventions for promoting sustainable happiness in society” began at Lucknow University (LU) here on Friday.

The conference, supported by Indian Council of Social Science Research (ICSSR), is being organised by the Happy Thinking Laboratory of department of psychology, LU, in collaboration with the Era University.

The special guest Prof Shashi Shukla, dean, faculty of arts said that happiness was an inner state of mind and is not something which can be obtained from outside.

Guest of honour, Prof Rakesh Chandra, said there’s a huge difference between ecstasy, happi-

ness and pleasure, but people usually tend to be confused between these three.

Patrons of the conference, LU vice chancellor Prof Alok Kumar congratulated the department for conducting the conference and stressed on the importance of understanding the true meaning of happiness for youth.

Vice chancellor Prof Farzana Mehndi of Era University, addressed and encouraged both the departments for collaborating and congratulated everyone for carrying out this conference.

Keynote speaker professor TS Powdyel, former education minister, Bhutan, said, “With all pains – life is worth celebrating. We have to seek in and evoke the divinity in humans.”

Vote of thanks was given by Dr Archana Shukla, coordinator of the department.