

EVENT REPORT

NEP SAARTHI - Guest Lecture on "Pathways to Achieving Happiness"

July 14, 2026

Lucknow, July 14, 2026: The Department of Happiness, Era University, in collaboration with SAARTHI, successfully organised a Guest Lecture on the theme "**Pathways to Achieving Happiness**" at the Mini Auditorium, University Building. The programme witnessed enthusiastic participation from faculty members, students, researchers, and staff, reflecting the University's commitment to promoting mental well-being and holistic development. The programme also highlighted the best practices of Higher Education Institutions (HEIs) in fostering emotional well-being, positive mental health, student engagement, and holistic personality development through collaborative academic and co-curricular initiatives. The event was actively supported by Ms. Faiza Zehra, SAARTHI Representative from the Department of Liberal Education, and Mr. Abdul Wudood, SAARTHI Representative from the Department of Computer Science, who coordinated with the organising team and contributed to the successful conduct of the programme.

The programme commenced with a Welcome Address by **Ms. Ingeela Kazmi** and **Mr. Ishan Bhattacharya**, who warmly welcomed the dignitaries, faculty, students, and the distinguished guest speaker. They briefly introduced the lecture's theme and highlighted the importance of happiness as an essential component of personal and professional life.

Prof. Meeta Ghosh, Head, Department of Happiness, introduced the Department and shared its vision, objectives, and ongoing initiatives aimed at fostering emotional well-being, resilience, and positive mental health among students and the university community.

As a mark of respect and appreciation, Hon'ble Vice Chancellor **Prof. Abbas Ali Mahdi** presented a bouquet and memento, handed over by **Dr. Farha Bano**, to the distinguished speaker, **Prof. Akbar Husain (D. Litt.)**, Visiting Professor, Aligarh College of Education, Former Chairman, Department of Psychology, and Former Dean, Faculty of Social Sciences, Aligarh Muslim University. **Mr. Saurabh Lall** introduced Aatmik Foundation, highlighting its role in promoting self-awareness, mindfulness, and holistic well-being through meaningful initiatives.

Addressing the gathering, the Hon'ble Vice Chancellor, **Prof. Abbas Ali Mahdi**, emphasised the importance of happiness, mental wellness, and positive psychology in higher education. He appreciated the Department of Happiness and SAARTHI for organising such an insightful programme and encouraged students to adopt positive practices that contribute to personal growth and societal well-being. The guest speaker was formally introduced by **Dr. Swati Joshi**, who outlined the remarkable academic contributions and distinguished career of **Prof. Akbar Husain** in the field of Psychology.

The highlight of the event was the Guest Lecture delivered by **Prof. Akbar Husain** on "**Pathways to Achieving Happiness**." He discussed the scientific and psychological foundations of happiness, emphasising optimism, gratitude, emotional intelligence, resilience, healthy relationships, purpose in life, and mindfulness as essential pathways to sustainable happiness. An engaging activity, moderated by **Dr. Syeda Saleha Jafri** and **Dr. Shazia Fatima**, offered participants the opportunity to interact directly with the speaker. Students and faculty raised thoughtful questions on stress management, work-life balance, emotional resilience, and practical strategies for achieving happiness, to which Prof. Husain responded with valuable insights.

The programme concluded with a Vote of Thanks proposed by **Prof. Sheeba Rizvi**, Chairperson, SAARTHI, who expressed sincere gratitude to the Hon'ble Vice Chancellor, the guest speaker, the dignitaries, the organisers, the faculty members, the students, **Ms. Faiza Zehra, SAARTHI Representative from the Department of Liberal Education**, **Mr. Abdul Wudood, SAARTHI Representative from the Department of Computer Science**, and all participants for making the

event a grand success. The event concluded with refreshments and informal interaction among participants, reinforcing the spirit of collaboration and shared learning.



ERA UNIVERSITY

DEPARTMENT OF HAPPINESS

in collaboration with "SAARTHI" is organising a

GUEST LECTURE

on

"PATHWAYS TO ACHIEVING HAPPINESS"



Prof. Akbar Husain

(D. Litt.)



Visiting Professor,
Aligarh College of Education



Former Chairman,
Department of Psychology



Former Dean,
Faculty of Social Sciences, AMU



DATE

14 July 2026
(Tuesday)



TIME

11:00 AM



VENUE

Mini Auditorium,
University Building

PATRON

Prof. Abbas Ali Mahdi
Hon'ble Vice Chancellor

CO-PATRON

Prof. Farzana Mahdi
Hon'ble Pro Vice Chancellor

CONVENERS

Prof. Meeta Ghosh
Head, Department of
Happiness & French

Prof. Sheeba Rizvi
Chairperson SAARTHI

Organising Committee

Happiness team & SAARTHI coordinators

looking forward to your gracious presence for

CREATING A HAPPY WORLD



