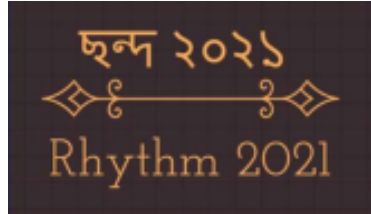


International Conference cum Workshop on RHYTHM OF HAPPINESS



DECEMBER 10-12, 2021

Curtain Raiser Workshops/ Guest Talks on 9th December 2021

ONLINE MODE

Organized by

Rekhi Centre of Excellence for the Science of Happiness, IIT Kharagpur
School of Languages and Linguistics, Jadavpur University
Sir C. V. Raman Centre for Physics and Music, Jadavpur University

Contact: icrhrhythm2021@gmail.com | mobile: (+91) 6291458725/ 8697702390

Website: <https://sites.google.com/view/rhythm2021/>



Focal Theme

The Rhythm of Happiness - a Multidisciplinary Exploration

Sub Themes

Theme 1: Influence of Rhythm on Happiness and Wellbeing : Cognitive and Bio-Science's Perspectives

Theme 2: The Rhythms of Happiness in Music, Visual Arts and Dance

Theme 3: Rhythms in Everyday Life and Culture & their contribution to Happiness and Wellbeing

Theme 4: Rhythm and Positive Psychology

Theme 5: Rhythm in Sound & Vibration: Wellbeing from Philosophical and Scientific Perspectives

Theme 6: Rhythm of Positive Communication: Language and Speech, Poetry

Theme 7: Ecological Rhythm, Environment and Wellbeing

Theme 8: Interdisciplinary exploration of rhythm and happiness

FREE REGISTRATION LINKS FOR

Keynote, Guest and Theme Lectures

<https://forms.gle/DwMDicVH7GGBZ5BD8>

Workshops

<https://forms.gle/dK9J4cnLf4ZMUT2u7>

Contact: icrhrhythm2021@gmail.com | Mobile: (+91) 6291458725/ 8697702390

Website: <https://sites.google.com/view/rhythm2021/>

Opening Note by

Chief Patron



Prof. Virendra Kumar Tewari

Director, IIT, Kharagpur

10th December 9:00 AM IST (Inaugural Session)

Honorary Chair

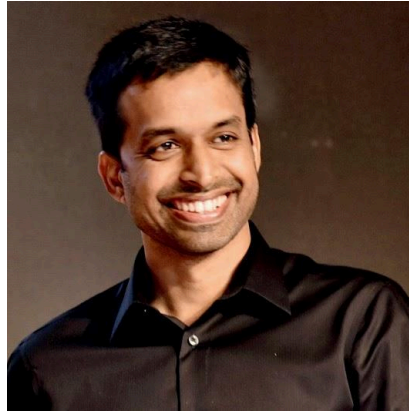


Prof. Suranjan Das

Vice Chancellor, Jadavpur University

10th December 9:30 AM IST (Inaugural Session)

Chief Guest



Pullela Gopichand

*Chief National Coach
India National Badminton Team
All England Open Badminton Champion
Founder, Gopichand Badminton Academy
Padma Bhushan Awardee*

Rhythm and Flow in Sports

10th December 9:40 - 10:10 IST (Inaugural Session)

Guest of Honour



Dr. Satinder Singh Rekhi

*CEO, R Systems
Honorary Chairman,
Rekhi Centre of Excellence for the Science of Happiness, IIT Kharagpur*

10th December 9:20 IST (Inaugural Session)

Curtain Raiser Workshops by



Prof. Saamdu Chetri

*Visiting Faculty
IIT Kharagpur*

Rhythms: Source of Mindfulness
9th December 10:00 - 11:30 IST (Session C1)



Kimchi Moyer

*L.Ac.
Founder, Resopathy Institute*

“Resopathy: The Rhythms of Wellness”
9th December 18:00 - 19:30 IST (Session C4)

Our Guest Speakers



Anna Crozier

*Founder, WILD EARTH
Natural Textile Production
Freelance Writer & Consultant*

Rhythms of Earth: Our Body-to-Earth interface
9th December 11:30 - 12:00 IST (Session C2)



Dr. Meliksah Demir

*Assistant Professor of Psychology
California State University Sacramento, USA*

Why and how do friendships make people happy?
9th December 12:00 - 12:30 IST (Session C2)



Dr. Ranjan Kumar

*Founder & CEO
Entropik Technologies*

Science of Emotions – Emotion AI
9th December 12:30 - 13:00 IST (Session C2)



Prof. Hima Bindu Maringanti

*Professor
Department of Computer Science
North Orissa University*

Pondering into Rhythm and its manifestation in Human Wellbeing
9th December 13:00 - 13:30 IST (Session C2)



Smt. Gouri Basu

Director

Eastern Zonal Cultural Centre, Kolkata

Theme: Rhythm and Dance
9th December 16:00 - 16:30 IST (Session C3)



Prof. Mainak Ghosh

Professor

Department of Architecture
Jadavpur University

Theme: Rhythm and Design
9th December 16:30 - 17:00 IST (Session C3)

Our Distinguished Keynote Speakers



Prof. Manas K. Mandal

*Distinguished Visiting Professor,
IIT Kharagpur*

**Does natural rhythm affect our mental state?
10th December 10:30 -11:15 IST (Session 1)**



Prof. Joy Sen

*Professor
Architecture and Regional Planning, IIT Kharagpur*

**Works of Sri Aurobindo and Abraham Maslow: A Binary Clue to the Science of Happiness
10th December 11:15 -12:00 IST (Session 1)**



Dr. Tia Kansara

*Sustainable design expert
Co-founder, Kansara Hackney
CEO, Replenish Earth Ltd
& Visiting Professor,
CEPT University architecture school*

Epigenetics of Wellbeing
10th December 17:00-17:45 IST (Session 6)



Prof. Damodar Suar

*Former President,
National Academy of Psychology, India and Retired Professor,
Department of Humanities and Social Sciences, IIT Kharagpur*

Happiness - Meaning, Correlates and Interventions
10th December 17:45 - 18:30 IST (Session 6)



Prof. Aneel Chima

*Director, Division of Health and Human Performance
& Stanford Flourishing Project
Stanford University, USA*

The Future of Flourishing
11th December 09:00-09:45 IST (Session 7)



Dr. Satinder Singh Rekhi

*CEO, R Systems
Honorary Chairman,
Rekhi Centre of Excellence for the Science of Happiness, IIT Kharagpur*

Rhythm in Stillness
11th December 09:45 - 10:30 IST (Session 7)



Radhika Punshi

*Founder and Managing Director
The Talent Enterprise*

and

David Jones

*Founder and CEO
The Talent Enterprise*

The Science of Wellbeing
11th December 14:30-15:15 IST (Session 11)



Prof. Debi Prasanna Pattanayak

*Padma Shri Awardee
Linguist, Litterateur, Educationist
Former Founder-Director,
Central Institute of Indian Languages
Former Chairman, Institute of Odia Studies and Research*

Identity, Language, Social Cohesion and the Rhythm of Life
11th December 15:15 - 16:00 IST (Session 11)



Dr. Prateep K Nayak

*Associate Professor and
Associate Director, Graduate Studies
University of Waterloo, Canada*

Social-Ecological Rhythm and Wellbeing
11th December 17:15 - 18:00 IST (Session 13)



Prof. Pankaj Panwar

Professor and Principal, Kalabhavan
Visva Bharati University

Being in Rhythm = Being in Sync = Spontaneity/Creativity
11th December 18:00 -18:45 IST (Session 13)



Sahajananda Maharaj

Prajnana Mission

Every moment bliss through conscious rhythmic breath

11th December 18:45 -19:30 IST (Session 13)



Prof. Loretta Breuning

*Founder , Inner Mammal Institute
& Professor Emerita,*

Management at California State University, East Bay, USA

Your Power Over Your Happy Brain Chemicals

12th December 09:00-09:45 IST (Session 14)



Prof. Arindam Chakrabarti

*Visiting professor of philosophy, Ashoka University, India
Professor of philosophy,
Stony Brook University, USA*

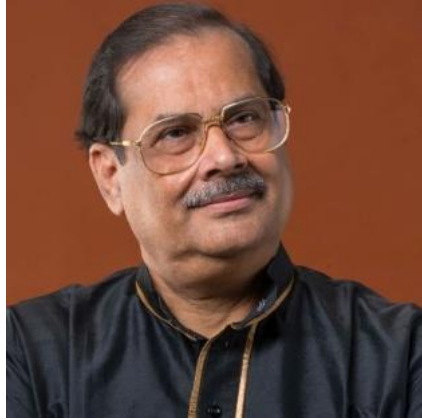
Kaala, Taala, Breaythm and Bliss
12th December 11:00 - 12:00 IST (Session 16)



Dr. Nilmadhab Kar

*MD, DPM, DNB, MRCPsych
Consultant Psychiatrist,
Black Country Partnership
NHS Foundation Trust
West Midlands, UK*

Biological Rhythms, Mental Health and Happiness
12th December 15:30-16:15 IST (Session 19)



Pandit Ajoy Chakrabarty

*Padma Bhushan Awardee Distinguished Professor,
IIT Kharagpur
Founder, Shrutinandan
& Senior Guru,
ITC Sangeet Research Academy*

Musical Lecture Demonstration
12th December 17:30-19:00 IST (Session 20)



Dr. Partha S. Ghosh

*Chairman, Leadership Committee
Massachusetts Institute of Technology, USA*

Orchestrating the Inner Universe with the Outer Universe:
Engaging with your Inner Conscience to uncover the Happiness within
12th December 19:30-20:15 IST (Session 21)

Our Theme Speakers



Prof. Dipak Ghosh

*Emeritus Professor
Sir C. V. Raman Centre for
Physics & Music
Jadavpur University*

Theme 8: Interdisciplinary Exploration of Rhythm and Happiness
9th December 17:30 - 18:00 IST (Session C3)



Prof. Priyadarshi Patnaik

*Head and Professor
Rekhi Centre of Excellence for the Science of Happiness, IIT Kharagpur*

Theme 2: The Rhythms of Happiness in Music, Visual Arts and Dance
10th December 14:00 - 14:20 IST (Session 3)



Dr. Anway Mukhopadhyay

Assistant Professor

Department of Humanities and Social Sciences, IIT Kharagpur

Theme 5: Rhythm in Sound & Vibration: Wellbeing from Philosophical and Scientific Perspectives

10th December 14:25 - 14:45 IST (Session 3)



Prof. Aurobindo Routray

Associate Dean, Infrastructure

Professor, Department of Electrical Engineering, IIT Kharagpur

Theme 1: Influence of Rhythm, Happiness and Well-being: Cognitive and Bio-sciences' perspectives

10th December 18:30 - 19:00 IST (Session 6)



Prof. Narayan Chandra Nayak

Professor & Head

Department of Humanities and Social Sciences, IIT Kharagpur

Theme 3: Rhythms in Everyday Life and Culture & their contribution to Happiness and Wellbeing

11th December 11:45 - 12:05 IST (Session 9)



Dr. Jenia Mukherjee

Assistant Professor

Department of Humanities and Social Sciences, IIT Kharagpur

Theme 7: Ecological Rhythm, Environment and Wellbeing

11th December 12:10 - 12:30 IST (Session 9)



Dr. Tanusree Dutta

Associate Professor

Organizational Behavior and Neuromanagement, IIM Ranchi

Theme 4: Rhythm and Positive Psychology
12th December 16:15 - 16:45 IST (Session 19)



Dr. Samir Karmakar

Assistant Professor

School of Languages and Linguistics

Jadavpur University

Theme 6: Rhythm of Positive Communication: Language and Speech, Poetry
12th December 16:45 - 17:15 IST (Session 19)