

Name of the Event: Happiness Workshop

Topic: Art of Living

Invited Guest: Arundhati Das

Participants: Teaching staff of the different departments of the college.

Date: 09/08/2017

Time: 11.00 AM

Venue: Darwin hall, Department of Zoology, Surendranath College

Organized by: Value Education and IQAC, Surendranath College

Host: Department of Zoology, Surendranath College

Number of Participants: 48

Summary: A one day Happiness workshop was organized by the Value Education and IQAC, Surendranath College on 09/08/2017 at 11.00 AM in the Darwin hall of the Department of Zoology. The invited speaker of this program was Arundhati Das and she enlightened all the participants regarding the art of living and on the aspects of having and leading a life of Happiness. All the participants experienced a wonderful time filled with positivity and energy in their emotions.