



"Techno – Social Excellence"  
MARATHWADA MITRA MANDAL'S  
INSTITUTE OF TECHNOLOGY  
Lohgaon, Pune-411047

Ref. No.: MMIT/AI&DS/2022-23/31

Date: 20/04/2023

"Excellence in the field of AI & DS"

DEPARTMENT OF ARTIFICIAL INTELLIGENCE & DATA SCIENCE

**NOTICE**

All the SE AI & DS students are hereby informed that under the Audit Course 4 "Science of Happiness", we have arranged the meditation session for all students on 21/04/ 23.

It is mandatory for all to attend.

**Time:** 9.00 am

**Venue:** Lab No.1, AI & DS Dept.

**Cordinator**  
Ms. R. A. Agrawal

**HOD**  
Mr. S. A. Agrawal





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**Lohgaon, Pune-47**

**"Excellence in the field of AI & DS"**  
**Department of Artificial Intelligence & Data Science**  
**(Academic Year 2022-23)**

**Session**

**On**

**"SCIENCE OF HAPPINESS"**

**Held on**  
**21<sup>st</sup> April 2023**

**Coordinator**  
**Ms. R. A. Agrawal**

**HOD**  
**Mr. S.A. Agrawal**



## **Session Details**

**Subject:** Science of Happiness

**Attendee:** Students (SE AI & DS students)

**Organized By:** Department of Artificial Intelligence and Data Science, MMIT, Lohgaon-411 047

**Date:** 21<sup>st</sup> April 2023

**Mode of conduction:** Offline (Lab No. 1, AI & DS Dept)

### **Resource Person:**

Name: Dr. Atul Khatri

Experience: 23 Years

Designation: Associate Professor, Civil Engg Dept.

Organization: MMIT, Lohgaon, Pune

## **Objective of Session**

The objective of this session is to introduce the students about the “**Science of Happiness**”. This session was covered under the Audit Course 4.

### **Introduction:**

The science of happiness is a field of research that explores the factors that contribute to human happiness and well-being. It draws on the principles of positive psychology, which focuses on the positive aspects of human experience, rather than just the negative.

The science of happiness seeks to understand the psychological and biological factors that contribute to happiness, including social support, positive relationships, physical health, and positive emotions such as gratitude, joy, and contentment. It also explores the role of genetics, culture, and other external factors that can influence our level of happiness.

Researchers in this field use a variety of methods to study happiness, including surveys, interviews, and experiments. They often use standardized measures to assess various aspects of happiness, such as life satisfaction, positive emotions, and meaning and purpose in life.

The ultimate goal of the science of happiness is to help individuals and societies increase well-being and quality of life by identifying strategies and interventions that promote happiness and positive emotions.



### **Session by Dr. Atul Khatri**

He explained the benefits of practicing meditation in our day-to-day life.

### **Session Outcomes**

- Students listened to the speaker carefully on “Art of Living”.
- Students have practiced basic meditation for few minutes.
- Overall it was a refreshing session for students.

### **Session photos**



**Practicing meditation**





**Body relaxation exercises**



**Body relaxation exercises**

