PROGRAMME SCHEDULE

Inclusivity, Happiness & Collectivity

Centre for Happiness & Holistic Well-being
Central University of Jharkhand
Wednesday, 25 November 2026 | Auditorium, MBA Building, CUJ

Time	Programme
11:00 – 11:05 AM	Welcome Note Dr. Sudhanshu Shekhar Welcome and introduction to the programme "Inclusivity, Happiness & Collectivity".
11:05-11:10 AM	Introduction to the Centre for Happiness & Holistic Well-being by Dr. Kalsang Wangmo
11:10 – 11:20 AM	Keynote address By Chief Guest Prof. Manoj Kumar Dean, Academic Affairs
11:20 AM – 12:05 PM	Sahaja Yoga Meditation Session "Discover Inner Peace & Holistic Well-being through Sahaja Yoga Meditation".
12:05 – 12:35 PM	An interactive session on laughter, joy and emotional well-being, conducted by Shri Ajit Kumar Hasya Yoga Kendra (Bharat)
12:35 – 12:40 PM	Transition / Brief Break Preparation for the theatrical performance.
12:40 AM – 1:40 PM	Theatre Performance – "PARK" A Hindi play by Manav Kaul, presented by the 3rd Semester students and directed by Dr. Shakir Tasnim, Department of Performing Arts (Theatre Art).
1:40 PM -1:45 PM	Prize Distribution, Recognition and distribution of prizes to participants and winners.
1: 45 PM – 1: 50 PM	Vote of Thanks by Dr. Rachit Kumar Acknowledgements to the dignitaries, facilitators, performers, participants, organisers and everyone who contributed to the programme.
1:50 PM onwards	Light Refreshments Informal gathering and refreshments.

Programme Anchor: Dr. Shakir Tasnim

Together for a Happier, Healthier and More Inclusive Community."