



**Chhatrapati Shahu Ji Maharaj University, Kanpur**  
Uttar Pradesh State University (Formerly Kanpur University, Kanpur 208024)  
[www.csjmu.ac.in](http://www.csjmu.ac.in)



# Centre for Happiness



**University Institute of Health Sciences  
CSJM University, Kanpur**







## **Centre for Happiness CSJM University, Kanpur**

### **Introduction**

Most of us probably don't believe we need a formal definition of happiness; we know it when we feel it, and we often use the term to describe a range of positive emotions, including pride, contentment, and gratitude.

However, to understand the causes and effects of happiness, researchers first need to define it. Many of them use the term interchangeably with "subjective well-being," which they measure by simply asking people to report how satisfied they feel with their own lives and how much positive and negative emotion they're experiencing. In her 2007 book *The How of Happiness*, positive psychology researcher Sonja Lyubomirsky elaborates, describing happiness as "the experience of joy, contentment, or positive well-being, combined with a sense that one's life is good, meaningful, and worthwhile."

In other words, happiness is related to wellness, i.e. complete wellbeing. For happiness, complete health is important. As per WHO definition of health, "Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity".

Physical and mental health both contribute to well-being and development of the society. Mental well-being creates space for personal happiness and harmonious work environment. A happy work place environment is an indicator of healthy persons receptive to each other's ideas, intentions and synergism. Happiness is, thus, a state of well-being, which makes the persons realise her or his own potential, work productively and able to make a contribution to the community. It directly unpins the core human and social values of independence of thought and action, happiness, friendship and solidarity.

According to World Happiness Report 2019 India has dropped down seven spots in the happiness rankings as compared to its 2018 ranking. India is on 140 ranking amongst 156 nations surveyed by the U.N. Sustainable Development Solutions Network. In 2018, India was placed on 133 position. In 2015, India was on 117 spot, in 2016 it was ranked on 118 spot. The position went up to 122 in 2017.

This data shows we are lagging in happiness. To improve happiness of the nation we have to develop environment which will create happiness and positive changes in the life of every citizen. Various factors that determine the happiness levels of a country include life expectancy, social support, income, freedom, trust, health and generosity, amongst others.

A positive and pleasant atmosphere is the need of the hour to lead both personal and professional life peacefully and happily. On this basis, the promotion, protection and restoration of mental health can be regarded as a vital concern of individuals, communities and societies throughout the world. Eighty percent of our lifetime is being spent in work place. Happiness at work place, thus, play a prominent role is balancing the mental health and prodigious impact on the individual and the institution.

Keeping importance of happiness in mind CSJM University, Kanpur is establishing a Centre for Happiness at University Institute of Health Sciences, CSJM University Campus, Kanpur.



### **Aims & Objectives of the Centre**

- To facilitate individuals to manage wellbeing of self and fellow human beings.
- To create a work environment for positive emotions.
- To accept the cultural differences and collectively enjoy their traditions.
- To strengthen inter-personal skills.
- To create a "happiness" environment, free of stress and full of pleasure.

### **Activities of the Centre**

- To organize workshops & interactive discussion.
- To organize presentations from people of other walks of life
- To provide free Counselling and Consultation at the Centre with the help of Health Centre & University Institute of Health Sciences.
- Cultural presentations for motivation and happiness.
- To organize get together of Teachers, Staff, Research Scholars & students.

### **Nature and background of the Resource Persons**

- Subject Experts
- Corporate leaders and sports luminaries.
- Medical specialists and super-specialists including Psychiatrists
- Eminent psychologists.
- Motivators.

### **Benefits/Outcomes of the Centre**

- Happy people are more productive, thus faculty and students will perform better.
- It will promote quality of life and its longevity.
- Quality of health of "happy" people will improve and it will help in Wellness of the society.
- It will create a better society.





**Kabad Se Jugad (Kamaal)**

## **कबाड़ से कमाल**

### **मकैनिकल अनुरक्षण कार्यशाला द्वारा एक पहल**

छत्रपति शाहू जी महाराज विश्वविद्यालय ने दिनांक 02-07-2021 से 14-03-2023 तक एक अभियान कबाड़ से कमाल का कार्यक्रम शुरु किया है जो मकैनिकल अनुरक्षण कार्यशाला द्वारा एक सराहनीय कदम है, जो दूसरों के लिए एक उदाहरण स्थापित करता है। कबाड़ को फेंकने से पहले, हमें उसके उपयोग के बारे में सोचना चाहिए जिससे हम इसे उपयोगी बना सकते हैं और अधिकतम लाभ प्राप्त कर सकते हैं। यह एक महत्वपूर्ण संदेश है कि हम सभी अपनी उपयोग की अवधि पूरी कर चुके चीजों को फेंकने की बजाय उन्हें ठीक करने या उन्हें दोबारा उपयोग में लाने की कोशिश कर सकते हैं। यह कदम भविष्य के लिए भी एक महत्वपूर्ण संदेश है क्योंकि यह समझाता है कि हम सभी अपने संसाधनों का उपयोग सही ढंग से करना चाहिए। हमें एक जिम्मेदार नागरिक के रूप में अपने संसाधनों को संभालना चाहिए और उन्हें विना आवश्यकता के फेंकने की बजाय उन्हें दोबारा उपयोग में लाने की कोशिश करनी चाहिए।

आपकी जानकारी के लिए, यदि उतने फर्नीचर को खरीदा जाता तो उत्पाद का खर्च ₹ 1,92,84,100/- होता। इसके बाद भी, विश्वविद्यालय के मकैनिकल अनुरक्षण कार्यशाला ने कुर्सियों, मेजों, सोफों और अन्य फर्नीचर को मरम्मत कर ठीक किया है और उन्हें उपयोगी बनाया है। इस प्रक्रिया में, विश्वविद्यालय को ₹ 1,86,28,210/- रुपये बचाए गए हैं।

इस कार्यक्रम से न केवल विश्वविद्यालय का खर्च कम हुआ है, बल्कि इससे पर्यावरण की दृष्टि से भी फायदा हुआ है क्योंकि इसमें चीजों को फिर से उपयोग में लाया गया है जो कचरे में जा सकती थीं।



## विभिन्न विभागों में मरम्मत हेतु फर्नीचर एवं अन्य मदों की सूची वर्ष- 2022-23

S.No.	Department	Detail of work	Repairing Cost (Rs)	Saved (Rs)
1.	Ganga Girl Hostel and Saraswati Girl Hostel	Railing (15 Pcs)	2800/-	90,000/-
2.	Ganga Girls Hostel	Sofa (01 Pcs)	6500/-	14,000/-
3.	Lecture Hall UIET	Chair (215 Pcs)	6000/-	10,75,000/-
4.	Fine Art	Round Base Chair (09)	4500/-	45,000/-
5.	Multipurpose Hall	3 Seater chair (08 Pcs)	500/-	72,000/-
6.	Library	Round base chair (14 Pcs)	7000/-	70,000/-
7.	Computer Centre	Fibre sheet (Close window) Round Base Chair (57 Pcs)	1000/- 1000/-	14,000/- 3,42,000/-
8.	Mass communication	Base Plate form	500/-	5,000/-
9.	B.P.Ed	Rack (02 Pcs) + Frame (04 Pcs)	500/-	10,000/-
10.	Work Shop	Submersible panel box (22 Pcs) Bunai chair (184 Pcs) Round Base Chair (40 Pcs) Holding (35 Pcs) Table (75 Pcs) MS chair (03 seater & 02 seater) (55 Pcs) Bed (35 Pcs) Sofa (01 Pcs) Wooden plywood chair (46 Pcs) Wooden Table (18 Pcs) Wooden small table (26 Pcs) Wooden Office Table (16 Pcs) Wooden Rack (10 Pcs) Wooden Biometric Box (08) Wooden Alimirah (02 Pcs) Wooden foam chair (80 Pcs) Iron Stool (13 Pcs) Wooden bench (02 Pcs) Iron Rack (16 Pcs)	4400/- 73600/- 20000/- 5000/- 5000/- 1000/- 500/- 3400/- 4600/- 8000/- 15,600/- 5000/- 400/- 1000/- 8000/- 6500/- 100/- 4800/- 3200/-	44000/- 9,20,000/- 2,00,000/- 17,500/- 6,00,000/- 3,85,000/- 2,10,000/- 15,000/- 2,30,000/- 35,200/- 91,000/- 30,000/- 8000/- 50,000/- 4,00,000/- 19,500/- 4000/- 1,60,000/- 1,66,400/-
11.	UIET IV	Computer rack (50 Pcs) Class room chair (RUSA) (150 Pcs)	200/- 500/-	4,00,000/- 7,50,000/-
12.	Administrative Block	Alimirah Repairing (175 Pcs)	175 x 350 = 60,000/-	26,25,000/-
13.	Auditorium	Stand wi fi tower (03 Pcs)	500/-	15,000/-
14.	Campus school	3 seater chair (11 Pcs) 2 seater chair (26 Pcs)	500/-	1,85,000/-
15.	BSBT	Student's Chair (150 ) Laboratory Rack (All lab)	150 x 110 = 16,500 2000/-	150 x 6000 = 9,00,000/- 4,50,000/-
16.	Compost plant	New Fiber shade ((19' x 29') sq ft	60,000/-	5,00,000/-





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17	Evaluation Building	Table (17 Pcs) Chair (18 Pcs) Round Base Chair (14 Pcs)	200/- 200/- 1400/-	68000/- 63000/- 70,000/-
18	Shivaji Boy's Hostel	Bed (55 Pcs) Student's Chair (50 Pcs)	1000/- 1000/-	3,85,000/- 2,50,000/-
19	Medicinal garden	Shade ( Honey Pad & Green Net )	85,000/-	6,00,000/-
20.	Sub station	Aluminium Window safety grill + drain cover sheet	1000/-	40,000/-
21	Pharmacy	Student's Chair (50 Pcs) Round Base Chair (02 Pcs)	500/- 1500/-	3,50,000/- 10,000/-
22.	Hotel Management	Writing pad chair (150 Pcs)	1000/-	7,50,000/-
23.	University Campus	Wooden door (27 Pcs)	8000/-	94,500/-
24.	Girl's Hostel	Bed (47 Pcs)	27,500/-	3,29,000/-
25.	Dept. of Life Science	Book Self (03 Pcs)	300/-	30,000/-
26.	Department of Education	Wooden Plywood Chair + Bunaf Chair (54 Pcs)	3240/-	2,16,000/-
27.	Innovation Cell	Window Glass	500/-	5000/-

**Program Date:** 02.07.2021 to 14.03.2023

**Total Repairing Cost:** ₹ 6,55,890/-

**Total New Product Cost :** ₹ 1,92,84,100/- (Approx.)

**Total Saved Amount :** ₹ 1,86,28,210/- (Approx.)

Before



After



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