Prof. Manas K Mandal, PhD, FNAPsy

Fulbright Fellow - USA (UPENN-2021),
Harvard University (2003), Delaware University (1986)
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Bio

Dr. Manas K Mandal is a Distinguished Visiting Professor at Indian Institute of Technology Kharagpur, & Adjunct professor at National Institute of Advanced Studies (NIAS), & at Allahabad University (AU), and as Emeritus Resource Professor at Rashtriya Raksha University (RRU), India. Formerly a Distinguished Scientist and Director-General (LS – DRDO), and a Professor of Psychology at IIT Kharagpur, Dr. Mandal specializes in the areas of Neuropsychology & Cognitive Sciences. He was elected as the Fellow of National Academy of Psychology in India in 2012; and for his contribution to Psychological Science, he was given away the 'Technology Leadership Award' by the then Defense Minister of India (2016) and the 'Scientist of the Year' (2006), 'Agni award for Excellence' (2005), & 'Technology Spin-off' (2007) awards by the Prime Minister of India. Dr. Mandal has to his credit 14 books, over 100 research papers in international journals of high repute with 7000+ international citations of research work.

Keynote address on:

Decoding Happiness
Understanding the science behind…

Abstract

Most people try to understand 'happiness' from a purely philosophical perspective since it is believed that scientific exactitude has little to do with this construct. While the art of happiness (or the route to happiness) has a rich tradition in Eastern and Western literature, the scientific aspect of it (or the root of happiness) has often been neglected. Besides, the positive emotion of happiness is a far less emphasized area of research, in comparison to research on negative emotions like anxiety or depression.

Given this backdrop, the present talk will address issues like: (a) challenges in understanding happiness as a construct, (b) observed evidence in scientific domain, and (c) establishing happiness as a transdisciplinary field of study.