

Rekhi Centre of Excellence for the Science of Happiness (RCESH), Kharagpur

Ever thought a top engineering institute would study happiness? At IIT Kharagpur, they do just that! The Rekhi Centre of Excellence for the Science of Happiness (RCESH) is a unique place where scientists explore what truly makes us thrive. Started in 2016 thanks to a generous gift from alumnus Dr. Satinder Singh Rekhi, this center blends the ideas of happiness and positive psychology into school, work, and everyday life.

The Science of Smiles

RCESH isn't just about good feelings; it's about real scientific study! Its goal is to understand and promote well-being through research, helping create a kinder society. They do both basic and practical research, connecting new technology with old wisdom. Imagine looking at how apps can make people feel better or studying ancient ideas with science! Researchers focus on things like positive emotions, how to bounce back from tough times, mindfulness (being present), and even **Gross National Happiness (GNH)** – an idea that values a country's overall well-being, not just its money. This makes learning important for living a happy and full life.

Spreading Joy, Building Leaders

RCESH wants to make a real difference, especially for young people.

- **Academic Programs:** They create courses on happiness for individuals and groups, giving students chances for projects and training. This means you could learn about the science of well-being right alongside your engineering or science subjects!
- **Wider Reach:** Beyond the campus, RCESH holds international conferences and workshops. They share what they learn and help people grow in every way. They believe that happier students and teachers are more creative and succeed more often!



The center has amazing facilities for this research and works with groups worldwide. This helps them share ideas and stay updated on the latest in happiness science. This center shows a modern way of thinking, proving that even in tough science, aiming for happiness is super important.