



**Mahindra™**  
University  
Global Thinkers. Engaged Leaders.

CENTRE FOR  
EXECUTIVE EDUCATION

# Leading a Happy and Productive Workplace

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# Overview

Psychological research has devoted considerable attention to understanding the nature of human happiness. The Programme draws from the Science of Happiness, to explore the roots of a happy and meaningful life. Participants will engage with some of the most provocative and practical lessons from this science, discovering how to apply key insights from cutting-edge research to their own work and personal lives. They will learn about the cross-disciplinary research supporting this view, spanning the fields of psychology, neuroscience, evolutionary biology, and beyond. Senior Leaders can use these principles to create a happy and more productive organizational environment, for the employees to thrive and contribute better

## Learning Objectives

1. To learn the tools and techniques of Positive psychology to enhance personal and professional happiness
2. Deriving insights from the Science of Happiness, for creating happier workplaces
3. Understand how the insights from the Science of Happiness can help us become more effective leaders

## For Whom

Mid to Senior Level Executives of Private / Public Sector Firms / NGOs, who lead significant number of people in their organization and who, by applying the insights of positive psychology, can bring significant positive change in their organizations.

## Key Topics Covered in the Programme

- Research Evidence on Happiness
- Meaning v/s Happiness
- Mindset: Growth mindset and Optimistic Mindset
- Positivity, Gratitude and Social relationships
- Engagement & Mindfulness
- Self-compassion and Self-Transcendence
- Pro-social behaviour and Happiness
- Insights from the blue zones of happiness like Costa Rica, Sweden, Norway
- What is workplace happiness? How can leaders undertake job-crafting to make their employees happy?

### Programme Details

**Programme Dates:** 4-5 September, 2023

**Programme Duration:** 2 Days, In-Campus

**Programme Fee:** Rs. 30,000/- + GST Per Participant

# Day 1

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## Session 1: Happiness matters to individuals and Organizations; but How much happiness we can control?

### Key Themes Addressed:

- Understanding the importance of happiness for individual and professional success
- Learning the reasons of our being unhappy
- Evolution, scope and contours of Positive psychology, the science of happiness

## Session 2: Exploring the Science of Happiness (1)

### Key Themes Addressed:

- Understanding the difference between meaningfulness and happiness
- Learning the concept of growth mindset & optimistic mindset, and how they contribute to our happiness
- Learn from research on positive emotions; The broaden and build theory
- Learn the importance of gratitude, and types of gratitude interventions

# Day 2

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## Session 3: Exploring the Science of Happiness (2)

### Key Themes Addressed:

- Understanding the role of social relationships in happiness
- Learn the concept of High-Quality connections and their importance in work place
- Learn the concept of 'flow' and its importance on productivity
- Understand the role of money in enhancing individual happiness
- Insights from countries who are at the top in World Happiness Report

## Session 4: Behavioural Happiness and Designing your life; making organizations happier by applying the insights

### Key Themes Addressed:

- Understanding the role of Music, Dance, Exercise, Sleep etc on Happiness
- Happiness neurochemicals, their role, and strategies to enhance their availability
- Job-crafting: How it leads to meaningfulness in individual life, and how it promotes organizational efficiency
- Concept of Positive Organizations and positive leadership

# Faculty



**Prof. Mukesh Jain**

Dr Mukesh Jain is a visiting faculty in Executive Education, at Mahindra University. He is also Visiting faculty with various institutions of National importance in India on the subjects of Public Policy, Good Governance, Subjective Wellbeing and Role of Happiness and Positivity in Leadership.

He has taught in more than 300 workshops on the Science of Happiness for senior executives of Public and Private Sector, at Lal Bahadur Shastri National Academy of Administration (Mussoorie), National Police Academy (Hyderabad), Indian Institute of Public Administration (Delhi), International Management Institute, Management Development Institute (Gurugram), Indian School of Business (Hyderabad), and many others.

He is a senior civil servant belonging to the Indian Police Service. He has held various challenging assignments in Central & State Governments in India and spearheading an initiative of national importance: 'Accessible India Campaign'. Most recently, he has been Special Director General of Police, for Madhya Pradesh. He has worked for more than 30 years as a senior civil servant, and held important roles in the Ministry of Social Justice and Empowerment, Ministry of Power, Ministry of State, Commerce & Industries, Ministry of External Affairs, and Ministry of Home Affairs. He brings unique insights from the field, from his long experience.

He has authored 2 books:

- **Excellence in Government: A Blueprint for Reinventing the Government**
- **A Happier You: Strategies to Achieve Peak Joy in work and Life using the Science of Happiness**

He is an alumnus of the Harvard University, Kennedy School of Government, where he obtained the Master of Public Administration. He is an MBA from the IIM Ahmedabad and PhD from IIT Delhi, Department of management studies.

## About Centre for Executive Education

The Centre for Executive Education (CEE) at Mahindra University, creates and conducts learning programmes for working professionals, which are designed to provide timely and relevant knowledge, insights and perspectives, that help them progress in their current and future roles in organizations. By enhancing performance of executives, these programmes are aimed to positively impact the organisations that they work for.

Executive Education Programmes at Mahindra University span across multiple business disciplines, engineering & data science, and law, for different seniority levels, in various national and international geographical locations.

CEE's mission is to be a hub for engaging & beneficial interactions between business leaders and the academia. The centre works with some of the finest faculty in India and from leading Global Business Schools. Participants will have opportunities to learn from the innovative research and consulting experience of the faculty, wide experience of the peer group of learners, and from Industry practitioners who bring in strong domain knowledge.

## About Mahindra University

Mahindra University, established in May 2020, is a multi-disciplinary global education and knowledge campus which offers industry-aligned curricula, a student-centered learning environment, and opportunities for international exposure. The University offers Undergraduate and Post Graduate programs in its five Schools namely Ecole Centrale School of Engineering, School of Management, School of Law, Indira Mahindra School of Education, School of Media and Liberal Arts. The University has been established in a sprawling, green, 130 acres at Bahadurpally in Hyderabad. The University provides students with a modern lifestyle and a unique multi-cultural immersion in a predominantly green campus. The Lecture Theaters, Seminar Halls and Syndicate Rooms deploy state-of-the-art technology, to impart a multi-media, interactive learning experience to participants. Executive Housing facilities on campus come with contemporary design, spacious & comfortable air-conditioned rooms.



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