

REKHI CENTRE OF EXCELLENCE FOR HAPPINESS

GENESIS and VISION

The Center of Excellence for Happiness at AIIMS New Delhi was established to embed wellbeing at the heart of healthcare delivery. In today's demanding healthcare environment, sustained excellence depends on holistic wellbeing. The Center advances patient recovery while creating a dedicated space for healthcare professionals to focus on their own wellbeing as they care for others, through structured, evidence-based happiness and wellbeing interventions that foster emotional resilience, mental wellbeing, and compassionate care.

HAPPINESS AS UNDERSTOOD BY NEUROSCIENCE IS AN EMPIRICALLY STUDIED CONSTRUCT OF WELL-BEING REFLECTING PATTERNS OF NEURAL ACTIVITY, COGNITIVE APPRAISAL, EMOTIONAL REGULATION, AND NEUROBIOLOGICAL REWARD-RELATED PATHWAY.

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OBJECTIVES:

- Ø Advance patient recovery and holistic wellbeing
- Ø Create a dedicated space where healthcare professionals can focus on their own wellbeing while caring for others
- Ø Develop and administer structured, evidence-based interventions that foster emotional resilience, mental wellbeing, and compassionate care
- Ø Teach and train professionals in the science of happiness, resilience, and wellbeing
- Ø Promote research in positive psychology, wellbeing, and mental health
- Ø Build capacity through training programs, education initiatives, and awareness campaigns
- Ø Design and deliver clinical interventions that support psychological and emotional wellbeing
- Ø Provide employees with actionable strategies and practical techniques to enhance resilience and workplace wellbeing
- Ø Contribute to policy development and advocacy for mental health and wellbeing in healthcare settings
- Ø Facilitate academic exchange through conferences, seminars, workshops, and collaborative forums
- Ø Foster global collaborations and partnerships in the fields of wellbeing and positive psychology
- Ø Engage in community outreach initiatives to create meaningful social impact and improve public wellbeing



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