

**Jesus and Mary College, University of Delhi**

In collaboration with

**Rekhi Foundation for Happiness**

**Offers a**

**Short-Term Certificate Course on The Science of Happiness**

### **Event Report**

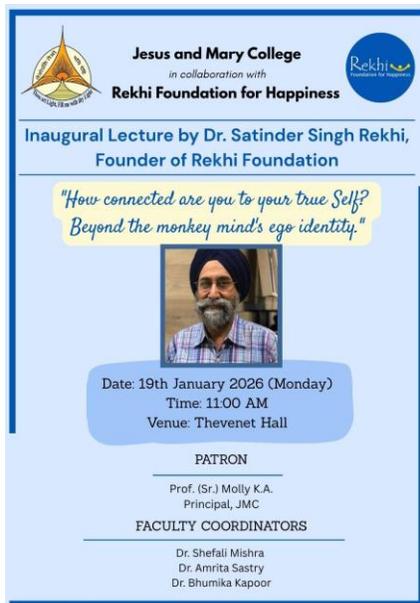
**Inaugural Lecture for the Short-Term Certificate Course on The Science of Happiness.**

**Guest Speaker – Dr. Satinder Singh Rekhi, Founder, Rekhi Foundation for Happiness**

**Title of the Session:** *“How connected are you to your true Self? Beyond the monkey mind’s ego identity”*

**Date & Time:** 19th January, 2026, 11:00 AM to 1:00 PM

**Venue:** Thevenet Hall, Jesus and Mary College



**Jesus and Mary College**  
in collaboration with  
**Rekhi Foundation for Happiness**

**Inaugural Lecture by Dr. Satinder Singh Rekhi,**  
Founder of Rekhi Foundation

*"How connected are you to your true Self?  
Beyond the monkey mind's ego identity."*



Date: 19th January 2026 (Monday)  
Time: 11:00 AM  
Venue: Thevenet Hall

**PATRON**  
Prof. (Sr.) Molly K.A.  
Principal, JMC

**FACULTY COORDINATORS**  
Dr. Shefali Mishra  
Dr. Amrita Sastry  
Dr. Bhumika Kapoor

Jesus and Mary College, in collaboration with the Rekhi Foundation for Happiness, has recently introduced a Short-Term Certificate Course on The Science of Happiness. The course, structured as a 30-hour programme spread over ten weeks, is designed for undergraduate students across disciplines and aims to promote psychological well-being, emotional resilience, and holistic development through evidence-based learning.

As part of the formal inauguration of the course, the college organized an opening lecture on 19<sup>th</sup> January 2026 at 11 AM in Thevenet Hall, Jesus and Mary College. The lecture was delivered by Dr. Satinder Singh Rekhi, Founder of Rekhi Foundation for Happiness, on the topic, *“How connected are you to your True Self? Beyond the Monkey Mind’s ego identity”*, aimed at

introducing the course participants and other attendees to the scientific and psychological foundations of happiness.

The inaugural programme commenced with a welcome address and felicitation of guests by Prof. (Sr.) Molly K.A., Principal, Jesus and Mary College. In her address, she highlighted the growing importance of promoting mental health and imparting life-skills education alongside academic learning. This was followed by an interactive session by Dr. Rekhi.

Dr. Rekhi began the session by first defining key terms to ensure a smooth understanding for the audience, discussing concepts like consciousness, identity, ego and the true self. He also described the role of the “monkey mind” that explains the fickleness and transience of emotions. He underlined the importance of finding one’s real self, differentiating between the rational and the emotional mind, and the need for recognizing and understanding both. From the biological point of view, he explained the role of different neurotransmitters and hormones in our experience of emotions.

Dr. Rekhi employed a range of stories, scenarios, and videos throughout the session to enhance understanding and improve accessibility for the audience. He also incorporated short interactive exercises, encouraging active participation and deepening engagement with the core concepts. The session concluded with a comprehensive question-and-answer segment, during which participants responded enthusiastically, posing thoughtful and insightful questions. Dr. Rekhi’s interactive approach effectively bridged theoretical frameworks with practical insights into happiness and psychological well-being.

The session proved particularly valuable in the context of today’s high-pressure academic and professional environments. Both the lecture and the broader course offered students a meaningful platform to reflect on their well-being, supporting their personal development and future professional lives.





The inaugural lecture by Dr. Satinder Singh Rekhi served as an insightful and impactful introduction to the certificate course on The Science of Happiness. Through a balanced integration of scientific explanations, reflective activities, and interactive dialogue, the session encouraged students to develop a deeper understanding of their thoughts, emotions, and sense of self. This set a constructive tone for continued discussions on self-awareness, mental resilience, and holistic development.



The lecture was attended by students from various departments with over twenty registered participants and multiple volunteers taking part in organising the event in collaboration with the faculty members. The short-term certificate course, in collaboration with the Rekhi Foundation, is headed by Dr. Amrita Sastry, Convenor of the college's MOU and Collaboration Committee, Dr. Shefali Mishra, Teacher-in-Charge of the Department of Psychology and Dr. Bhumika Kapoor, Member of the MOU and Collaboration Committee.

The course is unique in its approach, integrating scientific insights from positive psychology while encouraging student mental health and well-being. Academic pressure, career anxieties and other social pressures affect the well-being of many young adults negatively, thereby making it important for educational institutions to adopt a holistic approach that integrates both theoretical knowledge and practical skills for coping and dealing with the stresses of daily life. A variety of teaching methods like experiential learning, self-reflection and group discussions will be utilised during the certificate course, aiding student learning and building skills that are applicable to real life.

