

Happiness and Wellbeing

Saturday 16th June 2018, 9.30 a.m. – 5.00 p.m.

Carrs Lane Conference Centre Albert Street, Birmingham B4 7SX



A one-day conference to explore the theme of happiness and wellbeing from religious, philosophical, psychological, health and other perspectives.

Programme

From Buddhist meditation to modern secular therapy: an analysis of mindfulness in ancient and modern contexts.

Richard King, Professor of Buddhist and Asian Studies, University of Kent, UK (Keynote Speaker)

Why I'm happy to feel sad

Linda Gask, Emerita Professor of Psychiatry, University of Manchester, UK (Keynote Speaker)

The science of happiness

Vishal Soni, Lead Practitioner in Science, Light Hall Academy, UK

Understanding happiness and wellbeing: a Hindu perspective

Dr Sharada Sugirtharajah, Honorary Senior Research Fellow, University of Birmingham, UK

Happiness and health

Emerita Professor Paula Mcgee, Birmingham City University, UK

Jesus disturbing charter of happiness

Dr David McLoughlin, Newman University, UK

Happiness and wellbeing: an act of contemplation

Musa Askari, Newcastle, UK

Conference fee £20.50

For further information and to book a place:

<https://www.eventbrite.co.uk/e/happiness-and-wellbeing-tickets-42454677082>

This event is organised by Dr Sharada Sugirtharajah: sharada60@outlook.com and Professor Paula McGee: paula.mcgee2978@gmail.com