



# **Little Flower Degree College**

(Affiliated to Osmania University)

Uppal, Hyderabad

Managed by Brothers of St. Gabriel Educational Society

**LEAD TO ILLUMINATE**



**PSCHOLOGY**

**2019-20**



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## FACULTY OF PSYCHOLOGY ACADEMIC YEAR 2019-2020

Faculty of Psychology  
Mrs. Phani Raj

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S. No	Date	Programme	Venue	No. of students participated
1.	07-05-2020	INTERNATIONAL WEBINAR ON HUMAN WELL BEING	ONLINE	491



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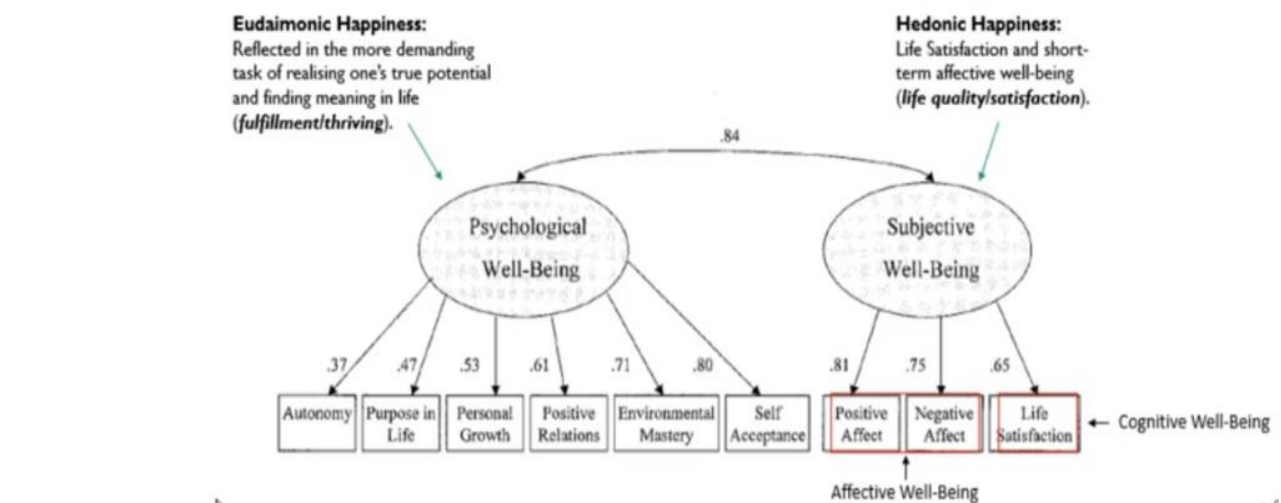
## INTERNATIONAL WEBINAR ON HUMAN WELLBEING

NAME OF THE PROGRAMME : HUMAN WELL BEING  
DATE : 07-5-2020  
NO. OF PARTICIPANTS : 491  
VENUE : Online

The Faculty of Psychology conducted a webinar on “Human well-being” Speaker being Dr. S. Salman Ahmad, Psychologist and faculty at University of Copenhagen on 7th of May 2020. The model that was explained talks about subjective well-being, that was described as life satisfaction and short-term effective well-being and education. It has to do with the quality of life, hedonic happiness and how much we are enjoying life. This model also talks about eudaimonic happiness which is about realising the meaning of your life, which is very important for well-being,” he mentioned.



### Model of Well-Being (Keyes, Schmotkin & Ryff, 2002)



Dr. Salmaan Ahmed presenting his model of wellbeing