

ISA_EVINFO / Mental Health Awareness Week – Guest Lecture

Event Information

Event Name: “The Psychology of Happiness: Learning to Live a Good Life”

Institution: ISArch Student Participation in an IFHE Programme

Speakers: Mr. Gangadhar Bareddy, Rehabilitation Psychologist

Date: 13 October 2026, Tuesday

Time: 2:00 PM – 4:00 PM

Venue: IBS Auditorium

Organized by: IFHE Team Counselling (University-level programme)

Event Duration: 2 hours

Mode: In person

Participants: Architecture students and Undergraduate students of IFHE

Introduction

As part of Mental Health Awareness Week observed at IFHE from 12 to 16 October 2026, IFHE Team Counselling organized a guest lecture on “The Psychology of Happiness: Learning to Live a Good Life” on 13 October 2026 at the IBS Auditorium. Students from ICFAI School of Architecture (ISArch) participated in this university-level initiative. The programme aimed to encourage reflection on happiness, psychological well-being, choices and the pursuit of a meaningful life.

Objectives of the Programme

- To promote awareness of mental health and everyday psychological well-being.
- To encourage students to reflect on the relationship between pleasure, happiness and lasting satisfaction.
- To explore the influence of lifestyle choices, expectations, material aspirations and generosity on well-being.

Proceedings and Key Themes

The invited speaker, Mr. Gangadhar Bareddy, Rehabilitation Psychologist, delivered an illustrated presentation titled “The Psychology of Happiness: Learning to Live a Good Life.” The lecture used relatable situations and visual examples to invite participants to think critically about what makes life satisfying.

Pleasure and happiness: The presentation contrasted short-term pleasures with experiences of well-being, using the theme “The Happiness Thieves” and a pleasure–pain balance illustration.

Alcohol and perceived confidence: A slide titled “Alcohol: Liquid confidence” explored the contrast between perceived social benefits and possible adverse effects on sleep and emotional or physical well-being.

Money and happiness: The lecture raised the question of whether more money necessarily leads to greater happiness, inviting reflection on wealth, satisfaction and the quality of life.

The hedonic treadmill: The presentation illustrated how excitement from new possessions may diminish over time, with expectations shifting toward the next acquisition.

Maximizers and satisficers: The speaker used everyday decision-making examples to contrast searching continually for the “best” with choosing an option that is “good enough.”

Generosity and connection: The example “Spend it on someone else” introduced the idea that helping or giving to others can be associated with meaningful positive experiences.

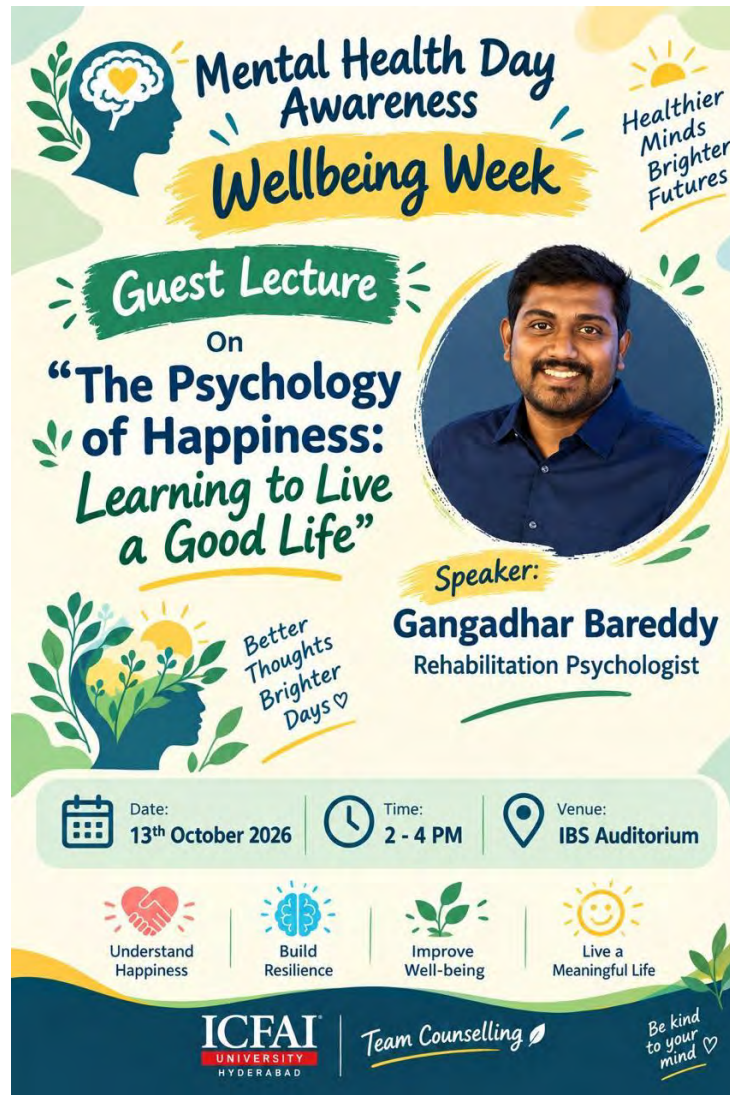
ISArch Student Participation

ISArch students attended the guest lecture at the IBS Auditorium as participants in the wider IFHE programme. Photographs document students seated in the auditorium during the session, together with the resource person and other attendees. The event provided an opportunity for students to consider practical aspects of emotional well-being and personal decision-making.

Learning Outcomes and Conclusion

The session highlighted the value of examining habits, expectations, comparisons, relationships and lifestyle choices when considering happiness. It encouraged reflection on the distinction between momentary pleasure and longer-term well-being. Participation in this university-level initiative supported broader student awareness of mental health and the importance of thoughtful, balanced living.

Photographic Documentation



Official guest lecture announcement issued for Mental Health Awareness Week.



Mr. Gangadhar Baredy addressing the audience on the psychology of happiness.



Guest lecture presentation discussing alcohol and perceived confidence.

Photographic Documentation – Lecture Themes



Illustrated discussion on maximizers versus satisficers.



Presentation on the hedonic treadmill and changing expectations.



The speaker presenting an example of generosity and spending on others.



ISArch students attending the university-level guest lecture.



Students and other participants seated in the IBS Auditorium.



Audience participation during the guest lecture.

Photographic Documentation – Programme Proceedings



University representatives and attendees during the programme.



Programme proceedings at the IBS Auditorium.

This event report is prepared by:

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Signature: