



NEWS BULLETIN

DR. PALAKSHI SARMAH EARNS PH.D. FROM IIT KHARAGPUR

AZARA, January 03: Dr. Palakshi Sarmah from the Department of Psychology has been conferred the prestigious Doctor of Philosophy (Ph.D.) degree by IIT Kharagpur. The honor was bestowed upon her during the institute's 70th Convocation held on December 30, 2024. Her groundbreaking research was conducted under the esteemed guidance of Prof. Damodar Suar, a distinguished psychologist and retired professor from IIT Kharagpur's Department of Humanities and Social Sciences, and Prof. Priyadarshi Patnaik, a Professor of English and Communication at the same department and the Rekhi Centre of Excellence for the Science of Happiness.



Dr. Palakshi Sarmah's thesis, titled 'Happiness: Assessment, Predictors, and Interventions', explores the intricate dimensions of happiness through a global and local lens. Her study developed innovative tools to measure happiness, identified its key determinants, and proposed actionable strategies to enhance well-being. Notably, the research bridged the domains of sustainability and global happiness by examining the societal contributors to happiness in the context of sustainable development. A significant contribution of her work lies in the creation of a culturally nuanced happiness assessment tool rooted in Assamese culture, with broader applicability to Indian, South Asian, and Southeast Asian contexts. By emphasizing the importance of culturally specific happiness measurements and interventions, her thesis challenges the dominance of Western-centric approaches and underscores the need for regionally adapted strategies to promote well-being. Dr. Sarmah's remarkable achievement not only advances the field of positive psychology but also reaffirms the relevance of cultural context in understanding and fostering happiness.