

# The Big Happiness Project in the UAE and beyond

Amity University's Hajra Hussain shares her thoughts in Philadelphia

DUBAI — Following the unprecedented runaway success of the 'Big Happiness Project' earlier this year, the director of counselling at Amity University Dubai, Hajra Hussain, was invited to share her thoughts on Positive Psychology at the International Conference on Positive Psychology and Cognitive Behavioural Therapy, held earlier this month in Philadelphia, USA.

Sharing the platform with renowned psychologists such as Dr Edward Hoffman, author of *The Right to be Human*; Dr John Matthews of Harvard Medical School and Dr David Baron, Professor of Psychiatry and researcher working with NFL. In her talk titled 'The Empowerment of Attitudes towards Positive Psychology in the UAE', Ms Hussain spoke of the governments' efforts to successfully elevate the 'happiness' factor in each emirate through the establishment of the Ministry of Happiness, in addition to branding 2016 as the 'Year of Happiness'. With the breakdown of the age-old stigma associated with men-



**Hajra Hussain spoke of the UAE government's efforts to successfully elevate the 'happiness' factor in each emirate through the establishment of the Ministry of Happiness.**

tal health, she also discussed the window of opportunities that have arisen, in addition to the counselling workshops she has been orchestrating at Amity University Dubai.

"The platform was a great opportunity to leverage the hard work and success prevalent across the UAE, towards changing the psy-

chological mindset of its citizens. The Big Happiness project, a seven-week programme designed to increase levels of happiness by applying core principles of positive psychology, was strategically aligned with the governments' vision to nurture happiness within the region; its openness and en-

couragement has allowed individuals to express themselves both confidently and comfortably," opined Ms Hussain, as she optimistically looks towards the future.

This comes at a time when Amity University Dubai launches its Psychology Programme starting from September 2016.