

WORKSHOP 1-E

ENABLING WELLBEING AND THE RAINBOW OF CONNECTIONS THROUGH SERIOUS GAMES



17 October 2024 | 03:15 UTC

"Serious Game"

are means and not the end towards wellbeing...

Challenge of 21st Century



60% emotionally disengaged

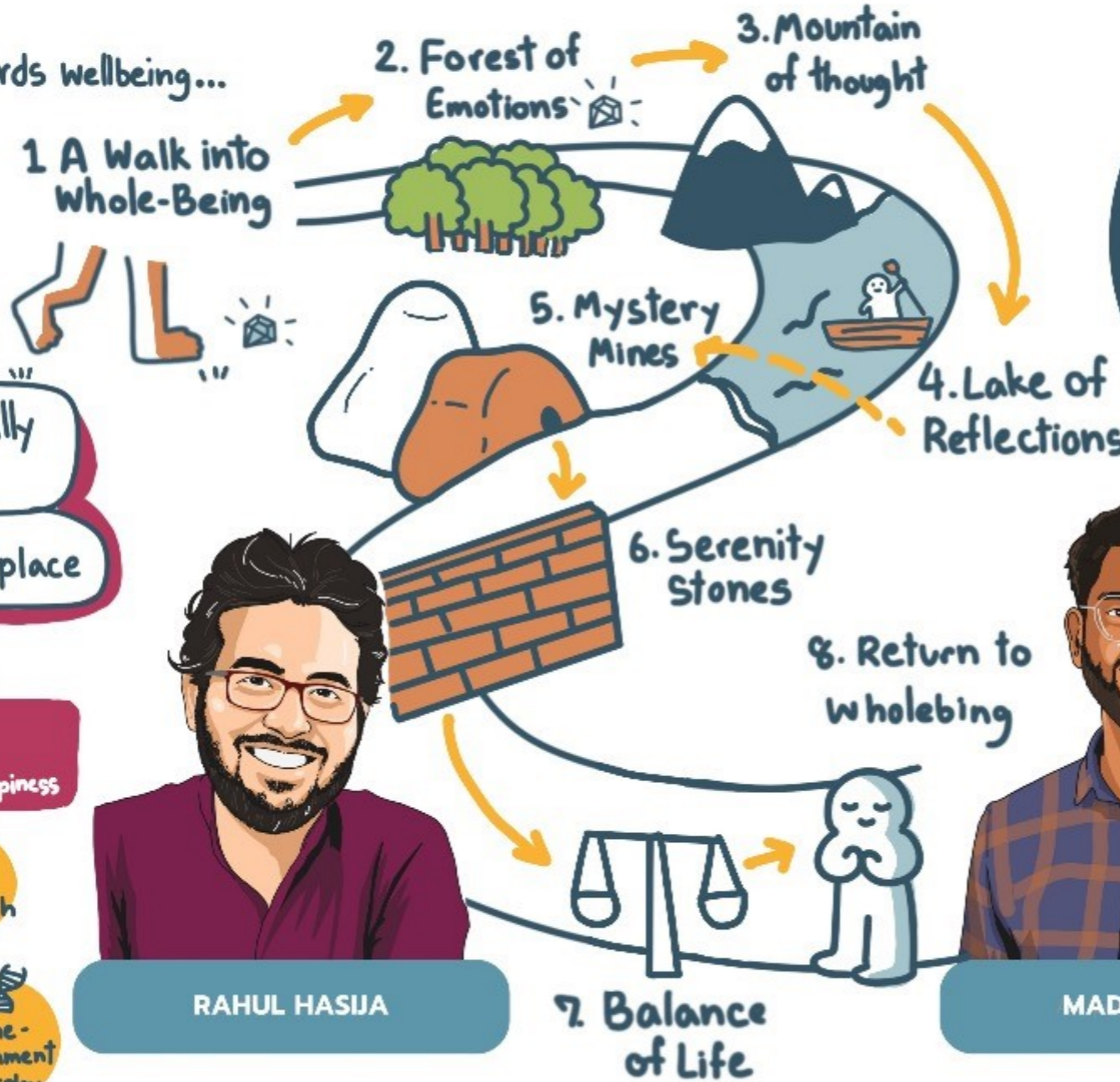
24/7 on workplace

Burnout

"The Cycle"

Direction
Social Happiness

Power
Biological Happiness



RAHUL HASIJA



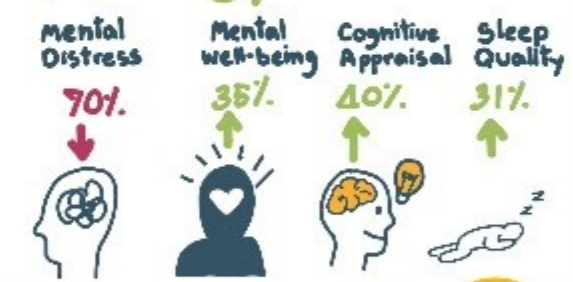
MADHUR ANAND



"wholebeing, Integrates the full Spectrum of Human exp. -Both 'good' and 'bad'"



A well-being lab inspired from science of bio-happiness, autophagy and eco-psychology



GREEN MIND STUDY - Preliminary Outcome