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| **DAY 1: 20TH March 2021, Saturday ( 10:00 – 17:00)** | | |
| **TIME** | **TOPIC** | **SPEAKER** |
| 10:00 – 10:15 | Introduction of Happiness Summit | Dr Shagufta Feroz |
| 10:15 – 10: 30 | Opening Remarks by Hassan Muhammad Khan, Chancellor Riphah International University |  |
| 10: 30 – 10:50 | Promoting Health and Behavior Change with Positive Psychology | Dr Liana Lianov |
| 10:50 – 11:00 | Difference Between Happiness and Pleasure | Dr Robert lusting |
| 11:00 – 11:10 | Happiness, Healing Wisdom | Antonio Santos |
| 11:10 – 11:30 | Physical Activity and Happiness | Dr Nicole |
| 11:30 – 11:40 | Child and Music Effect | |
| 11:40 – 12:00 | Music and Healing | Rafiq Jaffar |
| 12:00 -12:15 | Alzheimer And Music | |
| 12:15 -12 :45 | What Is Happiness | Dr. Shamylla Samad |
| 12:45 -13:00 | How Do Children Express Happiness | |
| Lunch break  13:00 – 14:00 | | |
| 14:00 – 14:10 | The Importance Of Happiness In The Life Of A Woman Politician | Nafeesa Anayatullah Khan Khattak, MNA |
| 14:10 – 14:20 | Students Representation NDU | Fatima Shafique |
| 14:20 – 14:30 | The Art of Happiness | Dr Ambreen Haider |
| 14:30 – 14:40 | Self-Care Leads To Happiness | Samia Khalid |
| 14:40 – 15:00 | Doctors Testimonial | |
| 15:00 -15:20 | Money and Happiness-7th Pillar of Lifestyle Medicine | Dr Yashoda |
| 15:20-15:45 | Quest for Ultimate Happiness--Salaam | Ayesh Noorani |
| 15:45-16:00 | 6 Minutes Tour to Pakistan | |
| 16:00-16:25 | Secrets to My Happiness Connection | Simi Raheel |
| 16:25- 16:45 | “Cultivate the Happiness Within - Fill the Empty Cup” | Samar Hashmi |
| 16:45– 16:50 | Q/A Session |  |
| 16:50 – 17:00 | Pakistan’s National Anthem |  |

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| **DAY 2: 21st March 2021, Sunday ( 10:00 – 17:00)** | | |
| **TIME** | **TOPIC** | **SPEAKER** |
| 10:00 - 10:15 | Introduction of second day | |
| 10:15 – 10:30 | BBV Documentary on Sleep deprivation | |
| 10:30 – 10:50 | Life is harmonious journey; with nature and the earth | Naeem Ahmad Bajwa |
| 10:50- 11:00 | Khushi kaya hay | Qasim Ali Shah |
| 11:00 – 11:30 | The ultimate Remedy of Unconditional Love (Surah Rehaman Therapy) | Dr Javed |
| 11:30 - 11:40 | Smile is the best happiness exercise | |
| 11:40 - 11:45 | Sufi Music doesn’t need understanding of language | |
| 11:45 - 12:15 | Spirituality and happiness | Dr. KerLyn Bollman |
| 12:15 - 12:20 | Sufi music by Australian Army Band | |
| 12:20 – 12: 50 | The search for Joy | Azam Jameel |
| 12:50 – 13:00 | Adhan – A call in Calamity | |
| Lunch Break  13: 00 – 14:00 | | |
| 14:00 – 14:15 | Doctors LM Testimonial | |
| 14:15 – 14: 45 | Emotional Empowerment | Kamil Majeed |
| 14: 45 – 15:00 | Pakistani Village Wedding | |
| 15:00 – 15:11 | 4 steps of laughter Yoga | |
| 15:11 - 15:15 | Laughter is contagious | |
| 15:15 - 15:45 | “My peace within - a self-learning journey” | Sarmad Khoosat |
| 15:45 – 16:00 | Spreading happiness among children | |
| 16:00 - 16:15 | Source of happiness for | LM Coaches |
| 16:15 – 16:30 | Q/A session | |
| 16:30 – 17:00 | Take home message of the Summit by Prof. Dr Masood Khokhar | |
| Vote of thanks by Prof. Dr Gen. Azhar Rashid Dean and Principal IIMC | |
| Concluding remarks by Mr. Hassan Muhammad Khan, Chancellor Riphah International University | |