



# Certificate Course

## TRANSLATING THE SCIENCE OF HAPPINESS AND MEDITATION INTO PRACTICE

02<sup>nd</sup> INTAKE  
NOW ON

**EXTENDED**  
10<sup>th</sup> May 2025

### Comprise of six modules

- Module 1 - Emotions and Emotionally driven actions
- Module 2 - Happiness
- Module 3 - Meditation
- Module 4 - Creativity, art and drama in happiness
- Module 5 - The science of happiness and meditation in to practice
- Module 6 - Wisdom, morality and wellbeing

CLOSING DATE  
**17<sup>th</sup> May 2025**

### Who can Apply?

Candidates should have a degree from a recognized university in Sri Lanka/ abroad.

Eg: Administrators, Professionals,  
Academics, Post-graduate students,  
School teachers.

(Specific modules can be open to undergraduate students- for knowledge and experience)

#### For More Info

<https://med.cmb.ac.lk/academic-programs/tshmp/>

Scan To



Register

<https://forms.gle/x4RACJ9EUCNDZGsG8>

### How to Apply?

Click the link or scan the QR code to access the registration form.

Pay the application fee using the account details provided in the registration form. (Make sure to have the payment slip ready to upload with the form.)

Duly complete the registration form and submit it.

	Duration of the course	
	06 Months	( Part-time July to December 2025)
	Medium	
	English	blended teaching and learning methods
	Course Fee	
	Free of Charge	
	Application Fee	
	for Locals	for Foreigners
	LKR 5,000	USD 25
	Lecture Times	
	Saturdays	
	(9.00 am - 4.00 pm)	
	Commencing Date	
	21 <sup>st</sup> June 2025	

Centre for Meditation Research  
Faculty of Medicine, University of Colombo

Contact Us  
[cmr@med.cmb.ac.lk](mailto:cmr@med.cmb.ac.lk)  
<https://med.cmb.ac.lk/cmr/>