



2021 PRESIDENT'S MEDAL FOR DISTINGUISHED SERVICE RECIPIENT



REKHI SINGH

Managing Director, R. Systems

2021 President's Medal for Distinguished Service

Rekhi Singh '88 (M.B.A.) wants Sacramento State students to be happy. "If you are grateful, you will be happy," he says. "If you are social, you will be happy." Mr. Singh first became interested in the science of happiness about six years ago, eventually establishing a research center on the topic at his undergraduate alma mater in India. In his personal life, he practices gratitude daily. Before going to sleep, he thinks about the things for which he is grateful, no matter how small.

In 2019, the businessman, entrepreneur and Hornet alumnus brought that mindset to Sacramento State, making a gift to the University to establish the campus's very first endowed professorship, the Rekhi Singh Endowed Professor in Happiness. Housed within the Department of Psychology, the position promotes happiness through academic research, curriculum development, cross-campus partnerships and other activities. Mr. Singh says that, in addition to aiding students cope with stress, learning about happiness can help students succeed at Sacramento State and throughout their lives. He contends that practicing gratitude, mindfulness, forgiveness, self-compassion and more can help one choose to be happy.

Mr. Singh was born in India and received his undergraduate education in engineering at the Indian Institute of Technology (IIT) Kharagpur, where he established the Rekhi Centre of Excellence for the Science of Happiness in 2017. Knowing he wanted to attend graduate school in California, Mr. Singh immigrated to the United States in 1987, settling in Sacramento by chance and enrolling in Sacramento State's masters of business administration program. Though largely unfamiliar with the campus, he said, what he knew of the program impressed him. Once at Sacramento State, he found professors who made themselves accessible to students, supportive peers, and a program that, unlike those in India, allowed him to choose his courses. Knowing he wanted to start a business, he focused his studies on marketing.

Today, Mr. Singh is chief executive officer of R. Systems, a global, publicly traded company he founded. It specializes in information technology outsourcing across industries, including banking and finance, telecom and digital media, retail and e-commerce, healthcare, manufacturing, and logistics. Mr. Singh also serves as managing director for the company's board of directors and, along with his wife, Harpreet Kaur Rekhi, as a trustee of the Rekhi Foundation for Happiness.