



UNIVERSITY SCHOOL OF LIBERAL ARTS
GURU GOBIND SINGH INDRAPRASTHA UNIVERSITY
SECTOR-16C, DWARKA, NEW DELHI – 110 078



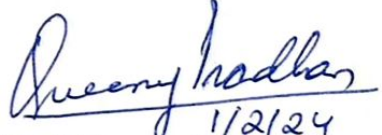
Ref: GGSIPU/USLA/2024/

Date: 01.02.2024

Notice

The University School of Liberal Arts is offering 02 Credit course on Science and Practice of Happiness which is open to the all the students of all the University School of Studies. The Syllabus of Science and Practice of Happiness course is attached. The classes for the same would be held on **Tuesday and Thursday from 04.00 P.M. to 5.00 P.M.**

The interested students can contact the office of the University School of Liberal Arts (Near UIRC) for enrolling in the course **latest by 09.02.2024 positively.**


1/2/24
(Prof. Queeny Pradhan)
Incharge, USLA

Copy to:

1. All Deans/ Directors, USS
2. Dr. Geetanjali Kumar, for kind information
3. Incharge, UITS with a request to upload the same on the University Website.
4. Office Copy

Nature of the Course: Open Elective
Course Title: Science and Practice of Happiness
Course Code: BALA151
Credits: 2 (L2)

Mode of Examination: NUES

Course ID:
Marks: 100

Course Objective: The course aims to instill a sense of positivity and happiness through various workshops and activities.

Course Outcomes:

CO1 (Knowledge): Exploring various aspects of human consciousness, with focus on happiness in every day lives.

CO2 (Understanding): Create an understanding of harmonising the human creativity with the challenges of modernity.

CO3 (Synthesis): Providing work-life balance.

CO4 (Application): Holding workshops to provide experiential learning.

Course Content

UNIT- I : Understanding Emotions

- i. The importance of different emotions
- ii. Why stay happy
- iii. Emotion contagion
- iv. Introducing the different perspectives of happiness

UNIT- II: Science of Happiness and Wellbeing

- i. Understanding the neuroscience of happiness
- ii. Brain- behavior relationship in happiness
- iii. Why do we need to measure happiness
- iv. Role of Technology
- v. Importance of empathy, gratitude, kindness
- vi. Understanding employee happiness
- vii. Designing happy workplace
- viii. Role of humour in workplace

UNIT- III: Practice of Happiness

- i. Introduction to different practices that help calm the mind and foster happiness
- ii. Self awareness
- iii. Self motivation
- iv. Sharing examples, cases, practices that have been implemented and which have yielded result in spreading happiness

- v. The emotional impact of a team leader on its members
- vi. Sensitivity training
- vii. Creativity Vs Routine
- viii. Importance of intuition
- ix. Nurturing relationship
- x. Importance of networking

UNIT- IV: Career, Life and Happiness

- i. Understanding the importance of career and it's limits
- ii. Work Life balance
- iii. Achieving personal and professional success
- iv. Engaging the senses to keep oneself and others happy
 - v. Resilience in times of uncertainty and stress
- vi. Nurturing skills, values, perception and mindset for resilience

Practical Exercise for Evaluation

1. **Projects**
2. **Workshop, Experimental Learning**

Text Books

1. *A Compass towards Just and Harmonious Society: 2015 GNH Survey Report* (2016). Centre for Bhutan Studies & GNH Report, Thimpu, Bhutan. (can be downloaded online).
2. *Happiness : Transforming the landscape*. Center for Bhutan Studies and GNH, Thimpu, 2017.
3. Helliwell, J.F. Huang, H.& Wang. S.(2017). *The Social Foundations of World Happiness*. World Happiness Report 2018.
4. Lama, Dalai & Howard C, Cutler (2020) . *The Art of Happiness: A handbook for living*. Riverhead Books.
5. Lyle, Lesley (2014). *Laugh your Way to Happiness: The Science of Laughter for Total Well-being*. Watkins Publishing.
6. O'Brien, C. (2008). 'Sustainable happiness: How happiness studies can contribute to a more sustainable future'. *Canadian Psychology/Psychologie Canadienne*, 49(4),289.

Reference Books

1. Aristotle, (Edited and Translated by R. Crisp)(2000). *Nicomachean Ethics*. Cambridge : Cambridge University Press.
2. Chetri, Saamdu. *Tashi: A GNH Journey (Secrets of Life from Bhutan)* (Amazon Kindle).

3. Covey, Stefan F. (2004). *Seven Effective Habits of Highly Effective People: Powerful Lessons in Personal Change*. Free Press.
4. Kaku, Michio. (2018). *The Future of Humanity: Transforming Mars, Interstellar Travel, Immortality, and Our Destiny Beyond*. Allen Lane, India.
5. Hanh, Thich Nhat.(2008). *The Miracles of Mindfulness: The Classic Guide to Meditation*. (Free Kindle)
6. Hanh, Thich Nhat. (2013). *Love letter to the Earth*.Kindle Edition.
7. Tawil, S, &Cougoureux, M. (2013). *Revisiting Learning: The Treasure Within-N 4-Assessing the impact of the 1996 'Delors Report'! A Framework for Learner Well-Being in the Asia Pacific*. Bangkok: UNESCO
8. Zangmo, Tshoki, Karma Wangdi&Jigme Phuntsho. (2017). *Gross National Happiness of Business*, Centre for Bhutan Studies & GNH, Thimpu.