

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

Mode of Examination: NUES

Course ID:
Marks: 100 (40+60)

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

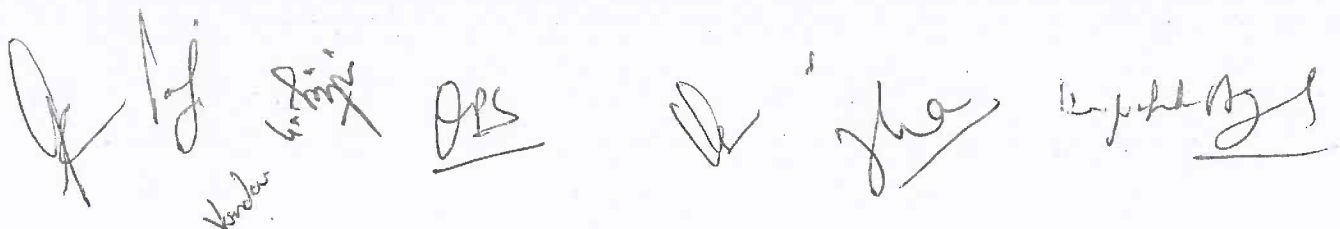
- i. The importance of different emotions
- ii. Why stay happy
- iii. Emotion contagion
- iv. Introducing the different perspectives of happiness

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

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- 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

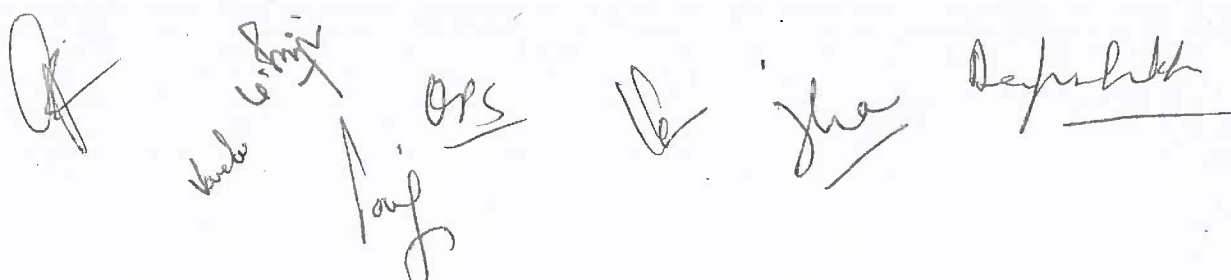
1. Projects
2. Workshop, Experimental Learning

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.

