

Value Addition Course

The Science of Happiness

Course title and Code	Credits	Credit Distribution of the course			Eligibility Criteria	Prerequisite of the course
		Lecture	Tutorial	Practical/Practice		
The Science of Happiness	02	1	0	1	Pass in Class 12	NIL

Course Objectives

To understand the concepts of happiness scientifically and provide them with basic training on how to improve the quality of their life as well as those of others.

To inculcate the practice of happiness by focusing on strengths that enhance positive emotions and positive relationships, thus preparing them for excellence.

To foster well-being by developing insights about oneself and awareness about others.

To attempt to use 'happiness' as a driver of innovation & as a social quality for community growth and connection with each other.

Learning Outcomes

At the end of the course:

Students will be able to transform themselves by realizing their innate potential and finding their purpose in life.

Students will be able to scientifically understand and develop a sense of well-being.

Students will develop the ability to understand the complexities of life and explore ways to effectively deal with them.

It will encourage students to build a genuine connection and relationship with others, resulting in sustained strength and happiness.

Syllabus

Unit 1: Framing Happiness	Lectures
The importance of different emotions Introducing the different perspectives of happiness Why happiness – Introductory issues Happiness myths and misconceptions Understanding negative emotions	4 hours
Unit 2: Neuroscience of Happiness	3 hours
Neuroscience and happiness Brain-behaviour relationship Measuring happiness	
Unit 3: Happiness in everyday life	

Importance of empathy and gratitude Toxic Positivity & Shades of Optimism Relationships & Well-being Flow and Creativity	4 hours
Unit 4: Resilience and Happiness	
Coping with negative emotions Nurturing skills, values, and mindset for Resilience Critical issues behind happiness	4 hours

Practical/ Practice Component

Along with conceptual and scientific explanation, this course will also introduce practices and encourage experimentation in how to live a happier life. Research shows that increasing our own well-being takes daily, intentional effort over long periods of time. Each week, students will be assigned a set of "unlearning" and 'relearning' practices. These practices aim at unlearning negative mindset and will help to boost overall wellbeing. During the course, the students will also be assigned mini projects as below along with the experiments to explore happiness in daily living.

- Mindlab experimentation- Demonstration of brain waves through EEG using any intervention and detecting the stress levels through biofeedback instruments. This will enable students to empirically comprehend the impact of positive or negative affect on one's physiological function.
- Signature Strengths and Measuring Happiness- How to measure happiness and determine your signature strengths using validated psychological instruments.
- Savoring & Gratitude Journal- Gratitude is a positive emotional state in which one recognizes and appreciates what one has received in life. Research shows that taking time to experience gratitude can make you happier and even healthier. Students will be encouraged to create a journal by picking one experience to truly savor and are grateful for each day. Additionally, students will be asked to perform micro acts of kindness, connect with someone they care about beyond what they would normally do.
- Exercise & Sleep- Research shows that a few minutes a day of exercise and proper sleep can improve mood more than we often expect. Students will be asked to keep track of both their exercise routine and sleep viz their daily moods.

Essential Readings

Lipton, Bruce H. The biology of belief 10th anniversary edition: Unleashing the power of consciousness, matter & miracles. Hay House, Inc.

Handel, D. (2012). The Science of Happiness: How Our Brains Make Us Happy and What We Can Do to Get Happier by S. Klein: (2006). Cambridge, MA: Da Capo Press, 289 pp., \$15.95 (paperback), ISBN: 9781921215148.

Lyubomirsky, S. (2008). The how of happiness: A scientific approach to getting the life you want. Penguin.

Suggested Readings

A compass towards just and harmonious society - Centre for Bhutan Studies (can be downloaded online)

Laugh your way to happiness - Lesley Lyle

Buddha Body Buddha Mind - Thich Nhat Hanh

Seven Effective Habits - Stefan F Covey

Stumbling on Happiness - Daniel Gilbert

Flourish - Martin P. Seligman

Examination scheme and mode: Subject to directions from the University of Delhi from time to time