



GOVERNMENT COLLEGE BARAN (RAJASTHAN)

VALUE ADDED COURSE

COURSE CODE-GCB/VAC/ SCH

CONTACT HOURS- 30

THE SCIENCE OF HAPPINESS

COURSE OBJECTIVES- This course does not just aim to provide correct definition of happiness to the participants. It rather helps them to explore the roots of a happy and healthy life. Course helps them understand the concept and science behind happiness. They identify the factors that allow individuals and communities to be happy.

COURSE OUTCOME- Experiencing happiness, connecting with oneself, recognizing strengths & virtues building a peaceful relationship with self & others Developing skills to be on the path of happiness.

LEARNING OUTCOME- Students are able to develop a positive mindset, focus on their own well-being, identify traits associated with happiness, motivated to set long term and short-term goals for life and achieve the essence of Happiness.

EVALUATION- Class room presentation, Group Discussions/Viva.

CREDIT- 0

DISCIPLINE- Open to all

Module-I

Introduction to the Concept, Dimensions.

Module-II

Positive Emotional States and Processes Positive Emotions and well-being. Hope & Optimism, Love, The Positive Psychology of Emotional Intelligence Influence of Positive Emotions

Module-III: Strengths and Virtues

Character Strengths and Virtues, Resilience in the phase of challenge, Loss Empathy and Altruism

Module-IV: Happiness

Introduction to Psychology of happiness, well-being and scope. Types of happiness. Traits associated with Happiness, Setting Goals for Life and Happiness

Module- V: Forgiveness and Gratitude

Forgiveness and Gratitude Personal transformation and Role of suffering Trust and Compassion

REFERENCES: 1. An Introduction to Ethics by William Lilly 2. Web Content