

Department Of Happiness

Era University Course Outline [Liberal education]  
Academic Year: 2023-2024

Course Name	Introduction to Happiness HAP101	Semester: 23	From
Teaching hours	45	Credit Hours - 3	
Evaluation spread	Internal Continuous	50 Meetajha	End Term Exam
			50 Meetajha

Course Description and Objectives

Era University is the first Institution to introduce the Dept. of Happiness at Uttar Pradesh. The department of Happiness visualises to educate all Medical, Paramedical, Science and Arts students and produce learned, happy individuals, with a multi-faceted personality and a "New Image", so that they are capable of confronting crisis and staying happy against all odds and tribulations and make the world a heavenly place to live in.

The course fulfills the following objectives:

The objectives of the happiness curriculum are as follows:

- Develop a comprehensive understanding of the concept of happiness and its various dimensions.
- Examine the factors that influence individual happiness, including genetics, personality, culture, relationships, and life circumstances.
- Evaluate the role of happiness in promoting well-being, resilience, and overall life satisfaction.
- Analyze the implications of happiness for personal fulfillment, social relationships, and societal well-being.
- Apply evidence-based strategies for enhancing happiness and well-being in daily life.

The course will be divided into thematic modules, each focusing on different aspects of happiness. These modules will include lectures, assigned readings from academic literature and popular sources, class discussions, interactive activities, and reflection exercises. Additionally, students will have the opportunity to engage in group projects and presentations exploring specific topics related to happiness.

Meetajha  
23

15/6/2023

16/6/23

15/6/2023

16/6/23

Sheela  
16/6/23

Learning Outcome	<p>After the completion of this course, a student will:</p> <ul style="list-style-type: none"> <li>• Participants can expect an enhanced sense of overall well-being and life satisfaction</li> <li>• Individuals develop better coping mechanisms and strategies to overcome adversity</li> <li>• Communication skills and empathy are bolstered, leading to stronger connections with others</li> <li>• Through self-reflection, participants gain deeper insights into their values and strengths</li> <li>• Cultivation of gratitude and mindfulness fosters a more optimistic outlook</li> <li>• Reduced stress levels and enhanced immune function contribute to better physical well-being</li> <li>• Motivation and creativity are boosted, leading to improved performance</li> <li>• Sustainable shifts in behavior result in enduring improvements in happiness and satisfaction</li> </ul>										
Pedagogy	Lecture methods, PowerPoint presentation, Interactive, discussion-based, video clips										
Internal Evaluation Mode	<ul style="list-style-type: none"> <li>• Quiz/Test/One Pager/Class participation/Activities: 05 marks</li> <li>• Assignment/Class Presentation: 10 marks</li> <li>• Attendance &amp; Punctuality: 05 marks</li> <li>• External Assessment (Practical) : 30 marks</li> </ul>										
Session details	<table border="1"> <thead> <tr> <th data-bbox="256 1086 319 1153">Topic</th> <th data-bbox="1244 1019 1332 1064">Hours</th> </tr> </thead> <tbody> <tr> <td data-bbox="97 1153 252 1220">Unit 1</td> <td data-bbox="1244 1108 1332 1176">12 hours</td> </tr> <tr> <td data-bbox="256 1153 1236 1444"> <b>Understanding Mechanism of Happiness</b> <ul style="list-style-type: none"> <li>• Understanding the science of happiness and well-being (What, why and how)</li> <li>• Goal setting for achievement</li> <li>• Growth versus fixed mindset</li> <li>• Perception and attitude towards self-adaptation and adjustment with others</li> </ul> </td> <td></td> </tr> <tr> <td data-bbox="97 1512 252 1556">Unit 2</td> <td data-bbox="1244 1444 1332 1512">12 hours</td> </tr> <tr> <td data-bbox="256 1489 1252 1803"> <b>Positive power of emotions</b> <ul style="list-style-type: none"> <li>✓ Identifying and managing one's and other's emotions</li> <li>✓ Introduction to emotional intelligence</li> <li>✓ Challenging emotional neglect, promoting self confidence</li> <li>✓ Nurturing social connections and improving interpersonal interactions.</li> <li>✓ Self-discovery and setting boundaries for self-growth</li> <li>✓ Importance of healthy relationships in promoting happiness and fulfillment.</li> </ul> </td> <td></td> </tr> </tbody> </table>	Topic	Hours	Unit 1	12 hours	<b>Understanding Mechanism of Happiness</b> <ul style="list-style-type: none"> <li>• Understanding the science of happiness and well-being (What, why and how)</li> <li>• Goal setting for achievement</li> <li>• Growth versus fixed mindset</li> <li>• Perception and attitude towards self-adaptation and adjustment with others</li> </ul>		Unit 2	12 hours	<b>Positive power of emotions</b> <ul style="list-style-type: none"> <li>✓ Identifying and managing one's and other's emotions</li> <li>✓ Introduction to emotional intelligence</li> <li>✓ Challenging emotional neglect, promoting self confidence</li> <li>✓ Nurturing social connections and improving interpersonal interactions.</li> <li>✓ Self-discovery and setting boundaries for self-growth</li> <li>✓ Importance of healthy relationships in promoting happiness and fulfillment.</li> </ul>	
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Meeting  
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Unit 3	<b>Introduction to 4 C's of happiness: Choice, Control, Communication and Conflict</b> <ul style="list-style-type: none"> <li>✓ Understanding the mechanisms of individual choice and its repercussions</li> <li>✓ Role of internal versus external locus of control</li> <li>✓ Communication skills and empathy-building exercises</li> <li>✓ Strategies for resolving conflicts and nurturing optimistic ambience</li> </ul>	11 Hours
Unit 4	<b>Pursuing personal growth and well-being</b> <p>Importance of kindness and gratitude for self-fulfillment</p> <ul style="list-style-type: none"> <li>✓ Practicing self-compassion and self-acceptance</li> <li>✓ Role of resilience and mindfulness for personal growth</li> <li>✓ Prioritizing physical well-being through regular exercise, balanced nutrition, adequate sleep, and proper self-care practices.</li> <li>✓ Striving for a healthy balance between work, leisure, and personal responsibilities to avoid burnout and maintain overall well-being.</li> </ul>	10Hours
References		

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Course created by:  
*Meeta Ghosh*

Approved by:  
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16/6/23

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16/06/2023

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