

Faculty of Behavioural Sciences
CBCS UG Level
Happiness and Well-being 2nd Semester
Paper Code: FBS_OE_4:

Marks: 50

Paper 1: Happiness and Well-being

Course Objective:

- To obtain a basic understanding of Positive emotions, strengths and virtues; the concepts determinants of happiness and well-being, and
- To become aware of contextual and cultural influences on health and happiness.

Course Outcome:

- This course provide an insight to see the importance of positive emotions, Strength and Virtues in everyday life and society,
- It helps to use the strength and virtues in improving human behavior and mental health,
- This course helps to understand the biological, social, psychological and spiritual determinants of Happiness and well-being,
- This course throw a light on research findings related to effects of happiness and well-being on mental illness and stress,
- Give an insight of the Indian philosophy of happiness and life satisfaction in context of Karma, Moksha and destiny and role of socio-demographic and cultural factors in Happiness and well-being
- Helps in evaluation of the similarities and differences at the level of Health and Happiness in contemporary Indian rural and urban population

Credit Distribution		
L	T	P
2	0	0

and

A- Syllabus

S No.	TOPIC	DOMAIN	HOURS
1	<p>Introduction to Positive Psychology</p> <p>Importance of positive emotions in everyday life and society Strength and Virtues; implications for human behavior and mental health</p>	Must to know	3 3 3
2	<p>Determinants and Measurement</p> <p>Determinants of Happiness and well-being – biological, social. Determinants of Happiness and well-being – psychological and spiritual Research findings on effects of happiness and well-being on mental illness and stress</p>	Must know	4 2 4
3	<p>Happiness and Well-being in the Indian context</p> <p>Indian philosophy of happiness and life satisfaction. – Karma, Moksha and destiny. Role of socio-demographic and cultural factors in Happiness and well-being. Health and Happiness in contemporary India – rural and urban differences and similarities</p>	Must know	3 3 3

B- Curriculum

S No.	TOPIC	LEARNING OBJECTIVES	METHODOLOGY	TIME
1	Introduction to Positive Psychology	To know the importance of positive emotions, Strength and Virtues in everyday life and society and its implications for human behavior and mental health	Power Point presentation by teacher, SIS, FGD, Teacher’s seminar	9 hrs.

2	Determinants and Measurement	To know the biological, social, psychological and spiritual determinants of Happiness and well-being and researches on the effects of happiness and well-being on mental illness and stress	PowerPoint presentation by teacher, SIS, FGD	10 hrs.
3	Happiness and Well-being in the Indian context	To know the Indian philosophy of happiness and life satisfaction. – Karma, Moksha and destiny and role of socio-demographic and cultural factors in Happiness and well-being with seeing differences and similarities in contemporary India – rural and urban in the context of Health and Happiness.	Power Point presentation by teacher, SIS, FGD	9 hrs.

SUGGESTED READINGS:

- Snyder, C.R., & Lopez, S.J. (2007). *Positive psychology: The scientific and practical explorations of human strengths*. Thousand Oaks, CA: Sage.
- Snyder, C. R., & Lopez, S. (Eds.). (2002). *Handbook of positive psychology*. New York: Oxford University Press.
- Seligman, M. (2011). *Flourish: A Visionary New Understanding of Happiness and Well-being*, Atria Books.
- Peterson, C. A. (2006). *A Primer in Positive Psychology*, Oxford University Press.
- Nettle, D.S. (2006). *Happiness: The Science Behind Your Smile*, Oxford University Press.
- Lyubomirsky, S. (2013). *The Myths of Happiness: What Should Make You Happy, but Doesn't, What Shouldn't Make You Happy, but Does*, Penguin.