

Faculty of Behavioural Sciences

Happiness and Well-being

Name of Faculty		Behavioural Sciences					L:1 T:1
Name of Course		CBCS UG Level					Credits: 2
Subject/Paper		Happiness and Well-being	Semester	4 th	Paper Code	FBS-OE4	Marks: 50
Course Objectives:		<p><i>To obtain a basic understanding of Positive emotions, strengths and virtues; the concepts and determinants of happiness and well-being, and become aware of contextual and cultural influences on health and happiness.</i></p> <p><i>This value added course imparts the most important life skill of positive psychology for overall happiness and well being of an individual.</i></p>					
Unit	Sub Units	Time (hrs)	Topic	Teaching Methodology	Assessment Method	Teaching Faculty	
Unit-I	1.1	3	Introduction to Positive Psychology Importance of positive emotions in everyday life and society	Power Point presentation by teacher, SIS, FGD, Teacher's seminar	Subjective and Objective/ Class Test, Assignment/ presentation etc.		
	1.2	3	Psychological and philosophical ideas of happiness and well-being				
	1.3	3	Strength and Virtues; implications for human behavior and mental health				

	2.1	4	Determinants and Measurement Determinants of Happiness and well-being – biological, social, psychological and spiritual	PowerPoint presentation by teacher, SIS, FGD	Subjective and Objective/ Class Test, Assignment/ presentation etc.	
	2.2	2	Happiness and subjective well-being – concept, individual differences and measurement;			
	2.3	4	Research findings on effects of happiness and well-being on mental illness and stress			
Unit-III	3.1	3	Happiness and Well-being in the Indian context Indian philosophy of happiness and life satisfaction. – Karma, Moksha and destiny.	Power Point presentation by teacher, SIS, FGD	Subjective and Objective/ Class Test, Assignment/ presentation etc.	
	3.2	3	Role of socio-demographic and cultural factors in Happiness and well-being.			
	3.3	3	Health and Happiness in contemporary India – rural and urban differences and similarities			

Recommended Books

- 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.