

COURSE TITLE	ART OF BEING HAPPY
COURSE CODE	04BC0131
COURSE CREDITS	2

Course Outcomes: After completion of this course, student will be able to:

- 1 Assessing the basic concept in happiness
- 2 Illustrating the positive emotions
- 3 Analyzing mindfulness and presence
- 4 Evaluating the nature of gratitude and appreciation
- 5 Learning the application of meaningful relationship building

Pre-requisite of course:NA

Teaching and Examination Scheme

Theory Hours	Tutorial Hours	Practical Hours	ESE	IA	CSE	Viva	Term Work
2	0	0	50	30	20	0	0

Contents : Unit	Topics	Contact Hours
1	Introduction to Happiness Understanding the concept of happiness, , Exploring cultural and individual variations in the pursuit of happiness, Discussing the role of positive psychology in the study of happiness , Positive Emotions: Identifying and cultivating positive emotions, , Strategies for increasing daily experiences of joy and gratitude, Examining the impact of positive emotions on	12
2	Mindfulness and Presence Introduction to mindfulness practices, Developing mindfulness as a tool for stress reduction, Cultivating presence and awareness in everyday life , Gratitude and Appreciation: Exploring the benefits of gratitude, Practices for incorporating gratitude into daily routines, Reflecting on the connection between gratitude and happiness	12
3	Building Meaningful Relationships Understanding the role of social connections in happiness, Communication skills for building and maintaining positive relationships, Strategies for resolving conflicts and enhancing relationship satisfaction	6
Total Hours		30

Textbook :

- 1 The Art of Happiness: A Handbook for Living, Dalai Lama and Howard Cutler, Riverhead Books, 1998
- 2 Happiness: A Guide to Developing Life's Most Important Skill, Matthieu Ricard, Little, Brown and Company, 2006

References:

- 1 The How of Happiness: A Scientific Approach to Getting the Life You Want, The How of Happiness: A Scientific Approach to Getting the Life You Want, Sonja Lyubomirsky, Penguin Books, 2007

Suggested Theory Distribution:

The suggested theory distribution as per Bloom's taxonomy is as follows. This distribution serves as guidelines for teachers and students to achieve effective teaching-learning process

Distribution of Theory for course delivery and evaluation					
Remember / Knowledge	Understand	Apply	Analyze	Evaluate	Higher order Thinking / Creative
20.00	30.00	25.00	15.00	10.00	0.00

Instructional Method:

- 1 PPT