SECOND SEMESTER 2021-2022
Course Handout Part II

Date: 11.08.2023

In addition to part I (General Handout for all courses appended to the time table) this portion gives further specific details regarding the course.

Course No   : HSS F365
Course Title   : Science of Sustainable Happiness
Instructor-in-charge   : Dr. Aruna Lolla

Scope and objective of the course: This course aims at bringing about an understanding of what happiness is; why it matters to everyone; key psychological, social, and biological factors that relate to happiness; and the relationship between happiness, human connection, and prosocial qualities, such as compassion, cooperation, mindfulness, and gratitude. It offers students practical strategies for tapping into and nurturing their own happiness, including trying several strategies and activities that foster social and emotional well-being, and exploring how their own happiness changes along the way.

Text Books:
1. Lyubomirsky, Sonja. (2007). *The How of Happiness*. New York: The Penguin Press.

Reference books:
1. O'Brien, Catherine. (2016). Education for Sustainable Happiness and Well-Being. New York: Routledge.
2. Al Maktoum, Mohammed Bin Rashid. (2017). Reflections on Happiness and Positivity. Dubai: Explorer Publishing and Distribution.

Note: Other required reading materials will be provided to cover the topics in the course. Students are expected to read a small number of journal articles as well.

Course plan:

Lecture No.	Learning Objectives	Topics to be covered	Chapter Numbers in Text Book/ Reference
1	To gain an overview on what is Happiness and why does it matter	Introduction to the Science of Happiness	TB 1
2	Familiarize with determining factors like Biology/ Genetics, Life circumstances and Intentional activity.	Factors that determine Happiness	TB 1,2
3-4	To analyze or examine the difference between happiness model and the model of sustainable happiness	Happiness Model and the Model Of Sustainable Happiness	TB :2,3 and RB1
5-7	To comprehend why do social connections foster happiness	The Power of Social Connection	TB 5
8-10	Develop strategies to manage stress, hardship and trauma	Managing stress, hardship and trauma	TB 6

11-14	To appreciate how Commitment to one's goals is helpful	Living in the Present, Committing to Your Goals	TB 7-8
15-28	To appreciate and analyze some fundamental concepts	What and why of compassion and the kindness-happiness loop	TB 5-8
		Cooperation and happiness, peacemaking and reconciliation, the science of forgiveness and building trust	TB 6-7
		Mindfulness, benefits of mindfulness for mind, brain and body and real-world applications of mindfulness	TB 9 and RB1
		The relationship between gratitude and happiness	TB 4
29-36	To discuss and comprehend personality traits and virtues behind sustainable happiness	Mental habits of happiness and self-compassion: A path to resilience and happiness	TB 10 and RB1
		Role of: awe, wonder, beauty, laughter, play, and narrative in building happiness.	TB 2, 3
		New Frontiers and Happiness "Fit"	TB 2, 3
		Five how's behind sustainable happiness	TB 10
37-39	Develop strategies to handle depression	Key points about depression	TB 11
40-42	To develop a perspective on aligning education with sustainable happiness	Sustainability, Happiness and Education	RB1

* The lectures may slightly diverge from aforesaid plan based on students 'background & interest in the topic, which may perhaps include special lectures and discussions that would be planned, scheduled and notified accordingly.

Evaluation Scheme:

Component	Duration	Weightage (%)	Date & Time	Nature of Component
Assignment/ Seminar	TBA	30(15+15)	TBA	Open Book
Mid-Semester	90 Minutes	30	14/10 - 9.30 - 11.00AM	Closed Book
Comprehensive examination	180 Minutes	40	20/12 FN	Open Book

Chamber Consultation Hour: TBA
Notices: Will be put on the CMS.

Make-up Policy: Make-up will be granted only in genuine cases.

Academic Honesty and Integrity Policy: Academic honesty and integrity are to be maintained by all the students throughout the semester and no type of academic dishonesty is acceptable.

Aruna Lolla
INSTRUCTOR- IN- CHARGE