



Birla Institute of Technology & Science, Pilani
Hyderabad Campus

First Semester 2020-2021

Course Handout Part II

Date: 17 August 2020

Course No : HSS F365 (3 0 3)

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.

Course Pre/Co- requisite (if any)& Catalogue / Bulletin Description: Given in the Bulletin 2019 – 2020.

Study Material:

Text Books:

- i. Lyubomirsky, Sonja. (2007). The How of Happiness. New York: The Penguin Press.

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.

Reference books: i. O'Brien, Catherine. (2016). Education for Sustainable Happiness and Well-Being. New York: Routledge.

- ii. Al Maktoum, Mohammed Bin Rashid. (2017). Reflections on Happiness and Positivity. Dubai: Explorer Publishing and Distribution.

Course plan:

Lecture Number	Learning Objectives	Contents	Reference/Chapter Numbers in TB
1	To gain an overview on what is	Introduction to the	1

	Happiness and why does it matter	Science of Happiness	
2	Familiarize with determining factors like Biology/ Genetics, Life circumstances and Intentional activity.	Factors that determine Happiness	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	5
8-10	Develop strategies to manage stress, hardship and trauma	Managing stress, hardship and trauma	6
11-14	To appreciate how Commitment to one's goals is helpful	Living in the Present, Committing to Your Goals	7-8
15-28	To appreciate and analyze some fundamental concepts	What and why of compassion and the kindness-happiness loop	5-8
		Cooperation and happiness, peacemaking and reconciliation, the science of forgiveness and building trust	6-7
		Mindfulness, benefits of mindfulness for mind, brain and body and real-world applications of mindfulness	9 and RB1
		The relationship between gratitude and happiness	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	10 and RB1
		Role of: awe, wonder, beauty, laughter, play, and narrative in building happiness.	2, 3
		New Frontiers and Happiness "Fit"	2, 3
		Five how's behind	10

		sustainable happiness	
37-39	Develop strategies to handle depression	Key points about depression	11
40-43	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: All the evaluation components will be Open book.

Evaluation Component	Weightage (%)	Duration (Minutes)	Date of Evaluation TBA on CMS
Test 1	15	30	September 10 – September 20 (During scheduled class hour)
Test 2	15	30	October 09 – October 20 (During scheduled class hour)
Test 3	15	30	November 10 – November 20 (During scheduled class hour)
Other Evaluation Component	20	Take home Assignment	To be submitted by 5 September, 2020
Comprehensive Examination	35	120	As announced in the Timetable

Chamber Consultation Hour: A Google Meet link along with consultation hours will be shared on the CMS.

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