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**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**:

1. 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.

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

**Course plan:**

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| --- | --- | --- | --- |
| Lecture Number | Learning Objectives | Contents | Reference/ Chapter Numbers in TB |
| 1 | To gain an overview on what is Happiness and why does it matter | Introduction to the Science of Happiness | 1 |
| 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 sustainable happiness | 10 |
| 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.**

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| --- | --- | --- | --- | --- | --- | --- |
| **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 |
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**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**