



Birla Institute of Technology & Science, Pilani
Hyderabad Campus

Second Semester 2024-2025

Course Handout Part II

Date: 6 January 2025

Course No : HSS F365 (3 0 3)

Course Title : SCIENCE OF SUSTAINABLE HAPPINESS

Instructor-in-charge : Dr. Aruna Lolla

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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: Lec.# Learning objectives
Contents References

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.

5. Evaluation Scheme:

Component	Duration	Weightage (%)	Date & Time	Nature of Component
Mid Semester Exam	90 Mins.	25	04/03 9.30 - 11.00AM	Closed Book
Class Participation	Regular class	10	TBA	TBA
Assignments	--	10+15	TBA	TBA
Comprehensive Exam	3 Hours	40	03/05AN	Open Book

6. Chamber Consultation Hour: To be announced in the class.

7. Notices: All notices pertaining to this course will be displayed on LMS and Humanities notice board.

8. Make-up Policy: Prior Permission is must and Make-up shall be granted only in genuine cases based on individual's need, circumstances. The recommendation from chief warden is necessary to request for a make-up.

9. 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