

## The Art of Being Happy

### Course Content

- Definitions/Factors of Happiness: Environmental and Social. Physical, emotional and psychological well-being for happiness.
- Physiological and hormonal basis of happiness, Coping with Stress: A life saving skill.
- Culture and Happiness, Interpersonal Relationship: Comparative Perspective, Towards Self-Actualization.
- Measuring happiness: Key indicators, Happiness Index, India in Global Happiness Indices.

### Reference:

1. The Art of Happiness by Dalai Lama and Howard C. Cutler
2. The Art of Happiness in a Troubled World by Dalai Lama and Howard C. Cutler
3. The Art of Being Happy by Jai Patel
4. The Art of Happiness by Surya Sinha

