

VAC139	SCIENCE OF HAPPINESS
Contact Hours	30 Hours
Prerequisite	Nil

Course Description

This course on happiness will engage the learners with practical lessons from positive psychology, discovering how to apply key insights from cutting-edge research to one's own life. Along with knowledge of the "why" and "how" of happiness, the learner will learn research-tested "happiness practices" which can be applied in life. This course endeavours to help the learner uncover the secrets of happiness.

Course Objectives

Students will be able to:

1. Explore the roots of a happy and meaningful life.
2. Apply practical lessons of this science in their lives.
3. Develop habits to nurture one's own happiness.
4. Change one's perspective towards life.

Course Outcomes

On completion of this course, students will be able to:

CO 1: Identify key psychological, social and biological factors in happiness.

CO 2: Establish the relationship between happiness, human connection and "prosocial" qualities, such as compassion, altruism and gratitude.

CO 3: Describe the principles behind specific activities that boost happiness.

CO 4: Apply lessons from positive & social psychology to personal and professional life for enhancing self-understanding.

CO 5: Practice research-tested techniques for boosting happiness, and reducing stress and loneliness.

Course Content

Module I: Introduction

7 hours

Why does happiness matter? The role of positive emotions in happiness.

Module II

7 hours

Mental Habits of Happiness: Self-Compassion, Flow, and Optimism: Self-compassion: a path to resilience and happiness; Happiness Practice #1: Self-Compassionate Letter; The importance of flow; Goal setting and optimism; Happiness Practice #2: Best Possible Self.

Module III

8 hours

Mindfulness, Attention, and Focus: How paying attention can make you happier; What is mindfulness? Happiness Practice #3: Mindful Breathing; How mindfulness benefits the mind, brain, and body; Happiness Practice #4: The Body Scan; The social benefits of mindfulness.

Module IV

8 hours

Gratitude, Kindness and Compassion: Why gratitude is good: the strong links between gratitude and happiness; Practical ways to cultivate gratitude; Happiness Practice #5: Gratitude Journal; How kindness fosters happiness; How compassion motivates kindness; Happiness Practice #6: Random Acts of Kindness.

Practicum

1. Gratitude Journaling
2. Mindfulness Meditation Sessions
3. Reflections on the practicum experience and the relevance of happiness goals

Textbooks

Emmons, R. A. & McCullough, M. E. (2003). Counting blessings versus burdens: An experimental investigation of gratitude and subjective well-being in daily life. *Journal of Personality and Social Psychology*, 84(2), 377–389.

Kahneman, D. (1999). Objective happiness. In D. Kahneman, E. Diener & N. Schwarz (Eds.), *Well-being: Foundations of hedonic psychology* (pp. 3-25). New York : Russell Sage Foundation Press.

Killingsworth, M. & Gilbert, D. (2010). A wandering mind is an unhappy mind. *Science*, 330(6006), 932.

Reference Books

Davidson, R. J., et al. (2003). Alterations in brain and immune function produced by mindfulness meditation. *Psychosomatic Medicine*, 65(4), 564–570.

Lyubomirsky, S., King, L., & Diener, E. (2005). The benefits of frequent positive affect: does happiness lead to success. *Psychological Bulletin*, 131(6), 803–55.

Wood, A. M., Froh, J. J., & Geraghty, A. W. A. (2010). Gratitude and well-being: A review and theoretical integration. *Clinical Psychology Review*, 30(7), 890-905.

	Evaluation Component	Weightage (%)
1	Activities	20
2	Project/Presentation	20
3	Attendance	10
4	End Term Examination	50



Registrar
K.R. Mangalam University
Sohna Road, Gurugram (Haryana)



K.R. MANGALAM UNIVERSITY
E D U C A T I O N F O R L I F E
(Recognized by UGC and a member of AIU)

Ref.No.:KRMU/Admin./Notice/2022-23/ 3678(A)

Dated: 12th August, 2022

NOTICE

This is to put for information that School of Humanities is offering Value-Added Course (VAC) for all interested students during Odd Semester as per the following specifications.

Course Code	Course Title	Coordinating Department / School	Duration
VAC129	Basic Statistics	SOHS	30 Hrs.
VAC138	Time Management and Self-Regulation	SOHS	30 Hrs.
VAC139	Science of Happiness	SOHS	30 Hrs.
VAC146	Behavioral Skills	SOHS	30 Hrs.

Maximum 100 seats are available for the course.

Course Start Date: 05 September 2022

Course End Date: 29 December 2022

All interested students are required to confirm their registration with the Dean-School of Humanities latest by **27th August,, 2022.**

Mahajan

Registrar

Registrar

Copy to:

K.R. Mangalam University
Sohna Road, Gurugram (Haryana)

- Vice Chancellor
- Dean (Academics Affairs)
- Controller of Examinations
- All Deans/ School Coordinators
- All Faculty Members/ Mentors
- Notice Board
- Office Copy

: For kind information

[Signature]

Registrar

K.R. Mangalam University
Sohna Road, Gurugram (Haryana)



ATTENDANCE SHEET
VAC COURSE FOR ACADEMIC YEAR 2022-23
COURSE CODE: VAC139
COURSE TITLE: SCIENCE OF HAPPINESS

ROLL NO	NAME	22-Sep-22	24-Sep-22	26-Sep-22	29-Sep-22	1-Oct-22	3-Oct-22	6-Oct-22	8-Oct-22	10-Oct-22	13-Oct-22
2208180004	SHRUTI PATHAK	P	P	P	P	P	A	P	P	P	P
2208180014	SAARANSH KUMAR	P	P	P	P	P	P	P	P	P	P
2208380047	ZAMEEN KHAN	P	P	P	P	P	P	A	P	P	P
2208770004	ISHAAN MOHINDRA	P	P	A	P	P	P	P	P	P	P
2208770001	ADITI PRASAD	P	P	P	P	P	P	P	P	P	P

Soumitra

COURSE INCHARGE

Dr. J. P.

Registrar
K.R. Mangalam University
Sohna Road, Gurugram, (Haryana)

Dr. J. P.

DEAN
School of Humanities (CO-13)
K.R. Mangalam University
Sohna road, Gurugram
Haryana 122103



ATTENDANCE SHEET
VAC COURSE FOR ACADEMIC YEAR 2022-23
COURSE CODE: VAC139
COURSE TITLE: SCIENCE OF HAPPINESS

ROLL NO	NAME	15-Oct-22	17-Oct-22	20-Oct-22	22-Oct-22	23-Oct-22	24-Oct-22	27-Oct-22	29-Oct-22	31-Oct-22	1-Nov-22
2208180004	SHRUTI PATHAK	A	P	A	P	P	A	P	P	A	P
2208180014	SAARANSH KUMAR	P	P	P	P	P	P	P	P	P	P
2208380047	ZAMEEN KHAN	P	P	P	P	P	P	P	P	P	P
2208770004	ISHAAN MOHINDRA	P	P	P	P	P	P	P	P	A	P
2208770001	ADITI PRASAD	P	P	P	P	P	P	A	P	P	P

Signature

COURSE INCHARGE

Signature

Registrar
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Sohna Road, Gurugram, (Haryana)

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DEAN
School of Humanities (SOHS)
K.R. Mangalam University DEAN
Sohna road, Gurugram
Haryana 122103



ATTENDANCE SHEET
VAC COURSE FOR ACADEMIC YEAR 2022-23
COURSE CODE: VAC139
COURSE TITLE: SCIENCE OF HAPPINESS

ROLL NO	NAME	5-Nov-22	7-Nov-22	10-Nov-22	12-Nov-22	14-Nov-22	17-Nov-22	19-Nov-22	21-Nov-22	24-Nov-22	26-Nov-22
2208180004	SHRUTI PATHAK	P	P	P	P	P	P	P	P	P	P
2208180014	SAARANSH KUMAR	P	P	P	P	P	P	P	P	P	P
2208380047	ZAMEEN KHAN	P	P	P	P	P	P	P	A	P	P
2208770004	ISHAAN MOHINDRA	P	P	P	A	P	P	P	P	A	A
2208770001	ADITI PRASAD	P	P	P	P	P	P	P	P	P	P

(Signature)

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ATTENDANCE SHEET
VAC COURSE FOR ACADEMIC YEAR 2022-23
COURSE CODE: VAC139
COURSE TITLE: SCIENCE OF HAPPINESS

ROLL NO	NAME	28-Nov-22	1-Dec-22	3-Dec-22	5-Dec-22	8-Dec-22	10-Dec-22	12-Dec-22	15-Dec-22	17-Dec-22	19-Dec-22
2208180004	SHRUTI PATHAK	P	A	P	A	P	P	A	P	P	P
2208180014	SAARANSH KUMAR	P	P	P	P	P	P	P	A	P	A
2208380047	ZAMEEN KHAN	P	P	P	P	P	P	P	P	P	P
2208770004	ISHAAN MOHINDRA	A	A	P	P	P	P	P	P	P	P
2208770001	ADITI PRASAD	P	P	P	P	P	P	P	A	P	P

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Haryana 122103



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VAC COURSE FOR ACADEMIC YEAR 2022-23
COURSE CODE: VAC139
COURSE TITLE: SCIENCE OF HAPPINESS

ROLL NO	NAME	22-Dec-22	24-Dec-22	26-Dec-22	29-Dec-22	Total	Present	Percentage
2208180004	SHRUTI PATHAK	P	A	P	A	51	39	76.47
2208180014	SAARANSH KUMAR	A	P	P	A	51	43	84.31
2208380047	ZAMEEN KHAN	P	P	A	A	51	44	86.27
2208770004	ISHAAN MOHINDRA	P	P	A	A	51	41	80.39
2208770001	ADITI PRASAD	P	A	P	P	51	44	86.27


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K.R. MANGALAM UNIVERSITY
THE COMPLETE WORLD OF EDUCATION

VALUE ADDED COURSE (VAC)
ACADEMIC YEAR 2022-23
COURSE CODE: VAC139
COURSE TITLE: SCIENCE OF HAPPINESS
COURSE OFFERED BY: SCHOOL OF HUMANITIES (SOHS)
LIST OF STUDENTS COMPLETING THE COURSE

S.NO	SESSION	ROLL NO	NAME	PROGRAMME	SEMESTER	COURSE CODE	COURSE TITLE	SCHOOL
1	2022-23	2208180004	SHRUTI PATHAK	B.A. (H) English	Semester I	VAC139	SCIENCE OF HAPPINESS	SCHOOL OF HUMANITIES (SOHS)
2	2022-23	2208180014	SAARANSH KUMAR	B.A. (H) English	Semester I	VAC139	SCIENCE OF HAPPINESS	SCHOOL OF HUMANITIES (SOHS)
3	2022-23	2208380047	ZAMEEN KHAN	B.A. (H) Political Science	Semester I	VAC139	SCIENCE OF HAPPINESS	SCHOOL OF HUMANITIES (SOHS)
4	2022-23	2208770004	ISHAAN MOHINDRA	B.A. (H) Chinese	Semester I	VAC139	SCIENCE OF HAPPINESS	SCHOOL OF HUMANITIES (SOHS)
5	2022-23	2208770001	ADITI PRASAD	B.A. (H) Chinese	Semester I	VAC139	SCIENCE OF HAPPINESS	SCHOOL OF HUMANITIES (SOHS)

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Seelana Road, Gurugram (Haryana)



K. R. MANGALAM UNIVERSITY

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CERTIFICATE OF COMPLETION

This is to certify that **Shruti Pathak**, University Enrolment No **2208180004** of **B.A. (H) English** programme has successfully qualified **VALUE ADDED COURSE VAC139 (SCIENCE OF HAPPINESS)** during Academic Session **2022-23 (Odd Semester)**.

Date: 20.02.2023

hahahajan

Controller of Examination

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K.R. Mangalam University
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This is to certify that **Saaransh Kumar**, University Enrolment No **2208180014** of **B.A. (H) English** programme has successfully qualified **VALUE ADDED COURSE VAC139 (SCIENCE OF HAPPINESS)** during Academic Session **2022-23 (Odd Semester)**.

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Date: 20.02.2023

Controller of Examination

Prof.

Registrar

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CERTIFICATE OF COMPLETION

This is to certify that **Zameen Khan**, University Enrolment No **2208380047** of **B.A. (H) Political Science** programme has successfully qualified **VALUE ADDED COURSE VAC139 (SCIENCE OF HAPPINESS)** during Academic Session **2022-23 (Odd Semester)**.

Date: 20.02.2023

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This is to certify that **Ishaan Mohindra**, University Enrolment No **2208770004** of **B.A. (H) Chinese** programme has successfully qualified **VALUE ADDED COURSE VAC139 (SCIENCE OF HAPPINESS)** during Academic Session **2022-23 (Odd Semester)**.

Date: 20.02.2023

Ishaan

Controller of Examination

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CERTIFICATE OF COMPLETION

This is to certify that **ADITI PRASAD**, University Enrolment No **2208770001** of **B.A. (H)** Chinese programme has successfully qualified **VALUE ADDED COURSE VAC139** (**SCIENCE OF HAPPINESS**) during Academic Session **2022-23** (Odd Semester).

Date: 20.02.2023

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