



Directorate of Students' Welfare

Guru Gobind Singh Indraprastha University

Sector-16 C, Dwarka, New Delhi-110078,

Website: <http://ipu.ac.in>, Email id: sports@ipu.ac.in



GGSSIPU/ DSW/19/21/6601

Dated: 15.11.2022

NOTICE

Subject:- 24 Hour Certificate Course on Science & Practice of Happiness

Guru Gobind Singh Indraprastha University has signed memorandum of understanding with the Rekhi Foundation to establish GGSIPU Rekhi Cell of Excellence for the science of happiness.

In order to start the functioning of aforesaid cell, a certificate course of 24 hours duration titled as “**Science & Practice of Happiness**” has been designed for the students of GGSIP University. A detailed content of the course is enclosed herewith.

Interested students who would like to join the certificate course on happiness may fill their details by logging into the following link https://docs.google.com/forms/d/e/1FAIpQLSdyMrWo00WvDmbfI2ycJUSxsoq4HbQG4yBh_m5Aq0SeGvUbpw/viewform?usp=pp_url latest by 21/11/2022.

Sd/-

(Prof. Manpreet Kaur Kang)
Director, Students Welfare

Copy to:-

1. All Dean (USS)/Affiliated Institute for kind information.
2. AR to Vice Chancellor for information of the Honøble Vice Chancellor.
3. AR to Registrar for information of the Registrar.
4. In-charge, Server room (With a request to upload the notice on the University website under the link of Students Welfare).
5. Office copy

Sd/-

(Neeraj Pant)
Section Officer, SW

Course curriculum

Title: Science and practice of Happiness

Total time =24 hours

Session plan	Content to be covered	Objective
1	Understanding emotions	<ul style="list-style-type: none"> - The importance of different emotions - Why stay happy - Emotion contagion
2-3	Theories of emotion	<ul style="list-style-type: none"> - Introducing the different perspectives of happiness
3-4	Science of Happiness and wellbeing	<ul style="list-style-type: none"> - Understanding the neuroscience of happiness - Brain-behaviour relationship in happiness - Science of belief/
5	Measuring happiness	<ul style="list-style-type: none"> - Why do we need to measure happiness - How can we measure happiness - Importance of measuring happiness - Role of technology
6-7	Happiness in daily living	<ul style="list-style-type: none"> - Importance of empathy, gratitude, kindness
8-9	Happiness at work	<ul style="list-style-type: none"> - Understanding employee happiness - Designing happy workplaces - Role of humour in workplace
10-11	Communicating happiness	<ul style="list-style-type: none"> - Designing effective messages - Body language and nonverbal cues of happiness - Role of gestures in spreading/understanding happiness
12-13	Practice of happiness	<ul style="list-style-type: none"> - Introduction to different practices that help calm the mind and foster happiness - Mindfulness practices - Self awareness - Self motivation
14-15	Best practices of happiness	<ul style="list-style-type: none"> - Sharing examples, cases, practices that have been implemented and which have yielded result in spreading happiness
15	Happy leaders	<ul style="list-style-type: none"> - The emotional impact of a team leader on its members - Sensitivity training

16	Creativity and happiness	<ul style="list-style-type: none"> - Creativity Vs routine - Understanding the role of flow - Importance of intuition
17-18	Relationship and wellbeing	<ul style="list-style-type: none"> - The importance of relationship - Nurturing relationship - Importance of networking
19	Career, life and happiness	<ul style="list-style-type: none"> - Understanding the importance of career and it's limits - Work life balance - Achieving personal and professional success
20- 21	Consumer Happiness	<ul style="list-style-type: none"> - How to keep your consumers happy - Practices adopted by marketers do keep consumers happy
22	Sensory engagement and happiness	<ul style="list-style-type: none"> - Engaging the senses to keep oneself and others happy
23-24	Building resilience	<ul style="list-style-type: none"> - Resilience in times of uncertainty and stress - Nurturing skills, values, perception and mindset for resilience

The course may ask the students to indulge in

1. Projects
2. Maintaining gratitude journal
3. Monitor their progress as a consequence of undertaking this course

Text and Reference books

1. *The bell of mindfulness* - Thich Nhat Hanh
2. *The art of happiness: A handbook for living* - Dalai Lama
3. *What makes you not a Buddhist* - Dzongsar Khense Rinpoche
4. *Happiness: Transforming the landscape*: Centre for Bhutan Studies, Bhutan (can be downloaded online)
5. *A compass towards just and harmonious society* - Centre for Bhutan Studies (can be downloaded online)
6. *New Development Paradigm* - Bhutan government submission to the UNGA (can be downloaded online)
7. *Laugh your way to happiness* - Lesley Lyle
8. *GNH of Business* - Centre for Bhutan Studies & GNH
9. *Tashi: A GNH Journey* - Saamdu Chetri (Amazon)
10. *The future of humanity* - Michio Kaku
11. *Buddha Body Buddha Mind* - Thich Nhat Hanh
12. *Seven Effective Habits* - Stefan F Covey
13. *The miracles of mindfulness: An introduction to meditation* - Thich Nhat Hanh
14. *Love letter to the earth* - Thich Nhat Hanh