

छत्रपाते शाहू जी महाराज विश्वविद्यालय, कानपुर

(पूर्ववर्ती कानपुर विश्वविद्यालय)

CHHATRAPATI SHAHUJI MAHARAJ UNIVERSITY, KANPUR  
(Formerly Kanpur University)



DEPARTMENT OF EDUCATION

दिनांक:- .....

पत्रांक सं०:- .....

From,

Dr. Rashmi Gore  
Coordinator  
Department of Education / Education training  
CSJM, University, Kanpur (U.P)

Approved

To,

Vice Chancellor  
Chhtrapati Shahu Ji Maharaj, University, Kanpur (U.P)

**Subject: Regarding Permission/Approval for Value Added Course**

Respected Sir,

Its gives great pleasure to inform you that the Education Department is willing to run various skill-based Value Added Courses for the students in this Academic Session. The details of these proposed Value Added Courses are given below for your kind permission.

**List of Value Added courses for the Session 2021-22**

S.N.	Name of Course Coordinator	Title of the Course	Purposed Date
1.	Dr. Rashmi Gore	Creating an Inclusive Classroom	08, June to 17, June, 2022
2.	Dr. Gopal Singh Dr. Tanuja Bhatt	Digital Literacy and Soft Skills	11, June to 20 June, 2022
3.	Dr. kalpana Agnihotri	Stress management & Life Skills	07, June to 17 June, 2022
4.	Dr. Rajnish Agrahari	Online Teaching Tool & Technology	07, June to 21 June, 2022
5.	Dr. Vimal Singh	Fundamentals for Preparing A research Proposal	30, May to 08 June, 2022

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पत्रांक :- .....

दिनांक :- .....

6.	Dr. Vimal Singh	Academic Integrity and Publication Ethics	16, June to 25 June, 2022
7.	Dr. Ratnartuh Mishra	Personality Development	25, May to 03 June, 2022
8.	Dr. Sneh Pandey	Creativity and Problem Solving	25, May to 03 June, 2022
9.	Mrs. Priya Tewari	Teacher competency	18, June to 27 June, 2022
10.	Mrs. Pratibha Yadav Mrs. Anupama Yadav	Environmental Awareness	21, June to 30 June, 2022
11.	Mr. Kunwar Kuldeep Chauhan Mrs. Anupama Yadav	Conceptual Understanding of ICT & E-Ethics	20, June to 29 June, 2022
12.	Dr. Tanuja Bhatt Miss. Priyanka Maurya	Fundamental of Tool construction and Research Ethics	15, May to 25 June, 2022
13.	Dr. Ratnartuh Mishra	Being Happy: A need of An hour	20, June to 29 June, 2022
14.	Dr. Rajnish Agrahari Mrs. Priya Tewari	Action Research: an introduction of local Classroom Problem	22, June to 30 June, 2022

Dr. Rashmi Gore  
(Coordinator)



CHHATRAPATI SHAHU JI MAHARAJ UNIVERSITY  
(FORMERLY KANPUR UNIVERSITY, KANPUR)

DEPARTMENT OF EDUCATION

INTRODUCES

# Being Happy: A Need of An Hour

A NEW VALUE ADDED COURSE



Patron

Prof. Vinay Kumar Pathak  
Hon. Vice Chancellor  
CSJM, University, Kanpur



Convener  
Dr. Rashmi Gore  
Associate Professor  
School of Teacher Education  
CSJM, University Kanpur



Organizer  
Dr. Ratnartuh Mishra  
Assistant Professor  
School of Teacher Education  
CSJM, University Kanpur

20 JUNE - 29 JUNE,  
2022

*Organised by*

SCHOOL OF TEACHER EDUCATION  
CSJM, UNIVERSITY KANPUR UP





**School of Teacher Education**  
**Department of Education/Education Training**  
**CHHATRAPATI SHAHU JI MAHRAJ UNIVERSITY, KANPUR**  
**Formerly Kanpur University, Kanpur – 208024**

(Online) Schedule/Time Table

For

**Value Added Course on**

**Being Happy: Need of an Hour**  
**(EDU - BHNH -13)**

**(Online) Schedule/Time Table**

w.e.f. 25/05/2022

Sl. No.	Mode	Date	Day	Timings	Name of the Expert	Method	Name of the Activity	Daily Hours
1.	ONLINE MODE	20/06/2022	Wednesday	03:00pm to 04:30pm	Dr. Ratnartuh Mishra	Lecture & Orientation	Discussion	1 Hour 30 Minutes
				04:30pm to 06:00pm	Mr. Mohan Kumar Mishra	Lecture	Discussion	1 Hour 30 Minutes
2.		21/06/2022	Thursday	03:00pm to 04:30pm	Dr. Ratnartuh Mishra	Story Telling	Discussion	1 Hour 30 Minutes
				04:30pm to 06:00pm	Dr. Arunesh Awasthi	Lecture	Interactive Discussion	1 Hour 30 Minutes
3.		22/06/2022	Friday	03:00pm to 04:30pm	Dr. Ratnartuh Mishra	Lecture	Extempore	1 Hour 30 Minutes
				04:30pm to 06:00pm	Mr. Mohan Kumar Mishra	Lecture & Demonstration	Debate	1 Hour 30 Minutes
4.		23/06/2022	Saturday	03:00pm to 04:30pm	Dr. Ratnartuh Mishra	Workshop Style	Discussion	1 Hour 30 Minutes
				04:30pm to 06:00pm	Dr. Arunesh Awasthi	Lecture	Interactive Discussion	1 Hour 30 Minutes

5.	ONLINE MODE	24/06/2022	Sunday	11:00am to 12:30pm	Dr. Ratnartuh Mishra	Lecture	Video Session	1 Hour 30 Minutes	
				12:35pm to 02:05pm	Mr. Mohan Kumar Mishra	Lecture & PPT Presentation	Interactive Discussion	1 Hour 30 Minutes	
6.		25/06/2022	Monday	03:00pm to 04:30pm	Dr. Ratnartuh Mishra	Lecture	Discussion	1 Hour 30 Minutes	
				04:30pm to 06:00pm	Dr. Arunesh Awasthi	Lecture	Presentation & Discussion	1 Hour 30 Minutes	
7.		26/06/2022	Tuesday	03:00pm to 04:30pm	Dr. Ratnartuh Mishra	Lecture	Extempore	1 Hour 30 Minutes	
				04:30pm to 06:00pm	Mr. Mohan Kumar Mishra	Lecture & Demonstration	Debate	1 Hour 30 Minutes	
8.		27/06/2022	Wednesday	03:00pm to 04:30pm	Dr. Ratnartuh Mishra	Story Telling	Discussion	1 Hour 30 Minutes	
				04:30pm to 06:00pm	Mr. Mohan Kumar Mishra	Lecture & PPT Presentation	Interactive Discussion	1 Hour 30 Minutes	
9.		28/06/2022	Thursday	03:00pm to 04:30pm	Dr. Ratnartuh Mishra	Workshop Style	Role Play	1 Hour 30 Minutes	
				04:30pm to 06:00pm	Dr. Arunesh Awasthi	Lecture	Extempore	1 Hour 30 Minutes	
10.		29/06/2022	Friday	03:00pm to 04:30pm	Dr. Ratnartuh Mishra	Lecture	Debate	1 Hour 30 Minutes	
				04:30pm to 06:00pm	Mr. Mohan Kumar Mishra	Workshop Style	Discussion	1 Hour 30 Minutes	
Total Hours								30 Hours	

Course Coordinator

*Ratnartuh Mishra*

(Dr. Ratnartuh Mishra)



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**School of Teacher Education**

**Department of Education/Education Training**

**Value Added Course on**

**Being Happy: Need of an Hour**

**(EDU - BHNH -13)**

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### **About the Course**

Happiness is a natural quality of man. Only a happy person can successfully complete any task. The state of depression and despair gives rise to failure in the life of man. In the present times, it is generally seen that inspite of having a lot of modern amenities, man is not able to remain happy. In this situation the question arises, how is happiness possible? Keeping this question in mind, Education Department of C.S.J.M. University, Kanpur has organised this value added program based on happiness.

### **Course Objectives**

1. To develop an understanding of real meaning of happiness among the students.
2. To improve the thinking capacity of the students about the path to achieve the aim of quality life.
3. To make students aware about the relation of the health and happiness.
4. To generate competence among the students to understand the different views of different Indian and Western Philosophers.

### **Learning Outcomes**

After the completion of this Value Added Course, participants will be able to-

1. Understand the real meaning of happy life.
2. Understand the importance of happiness for their health.
3. Think critically about the path of quality life.
4. Differentiate between the Indian and western thinking about happiness.

### **Course Contents**

#### **Module – 1**

#### **Understanding of Happiness**

**(Total Duration - 15 Hours)**

- |  |          |
|--|----------|
| • Happiness : meaning concept and nature                           | 04 Hours |
| • Meaning and concept of sadness. Consequences of sadness in life. | 04 Hour  |
| • Who is happy : Characteristics of a happy person                 | 02 Hours |

- Relationship of happiness and sadness with physical and mental health

05 Hours

## **Module – II**

### **A path of quality life**

#### **(Total Duration - 15 Hours)**

- How to become happy? A path of quality life 03 Hours
- Being happy: in Indian perspectives with special reference to Geeta, Buddha, Osho and J. Krishna Murti 06 Hours
- Being happy: In Western perspectives with special reference to Kant, Russell and Seligman 06 Hours



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**Department of Education/Education Training**  
**Value Added Course**  
**on**  
**Being Happy: Need of an Hour**  
**(EDU - BHNH - 13)**

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Course Coordinator

*Ratnartuh Mishra*

Dr. Ratnartuh Mishra

Assistant Professor

School of Teacher Education  
CSJM, University Kanpur UP





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Course Coordinator

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## List of Actual Participants for Certification

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**AKANKSHA**

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