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Syllabus for Certificate Course in Happiness"

Course of Study

S. No.	Subjects	Subject code	Total Hrs.
1.	About Happiness	CHP-101	12
2.	Experiencing Happiness in Relationships	CHP-102	12
3.	The Science of Happiness	CHP-103	12
4.	Values & Happiness	CHP-104	12

About Happiness
Subject Code : CHP-101
Min. Hrs. : 12

- What is happiness
- Types of Happiness
- Happiness Philosophy
- Components of Happiness
 - (i) Pleasant
 - (ii) Good
 - (iii) Meaningful life
- Levels of Happiness
- Happiness & Wellbeing

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Experiencing Happiness in Relationships
Subject Code : CHP-102
Min. Hrs. : 12

- Understanding similarities in universality and oneness in humans.
- Observing the desire for justice in relationships = mutuality in feelings in relationships-transparency, oneness across relationships - family-society evaluating our assumptions in/about relationships.
- Recognising feelings and respecting individuality.
- Social Cohesion & Participation Model.

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The Science of Happiness
Subject Code : CHP-103
Min. Hrs. : 12

- Happiness Hormones and Chemicals
- Role of stress in diminishing happiness & serious consequences.
- Positive thinking and action: ways and means.
- Mental attitudes and orientation.
- Prevention from deterioration of mental health.

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Values and Happiness
Subject Code : CHP-104
Min. Hrs. : 12

- Values and happiness: interrelationship-
 - a. Trust
 - b. Respect
 - c. Gratitude
 - d. Affection
 - e. Care
 - f. Humility
 - g. Commitment
 - h. Generosity
 - i. Simplicity
 - j. Oneness
 - k. Forgiveness
 - l. Kindness etc.
- Meaningful contribution in other's lives.

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