

**GURU GOBIND SINGH COLLEGE FOR WOMEN  
SECTOR – 26, CHANDIGARH**

**Science of Happiness and Wellbeing**

Happiness is a state in which a living being expresses pleasure and contentment. It is a state in which negative stress levels are low and wellbeing is a good or satisfactory condition of existence; a state characterized by health, happiness and prosperity.

This course will engage students in activities to increase their happiness and build more productive habits. It will also clear misconceptions about happiness and prepare the students to incorporate specific wellness.

**OBJECTIVES:**

1. To gain a deeper understanding of the science of happiness, and be significantly happy.
2. Developing happy habits and implementing them in life.
3. To understand the mistakes that we commit that make us unhappy.

**DURATION:** 30 Hours.

**COURSE CURRICULUM**

**MODULES:**

1. Understanding the concept of Happiness
2. Search for meaning and being Mindful
3. Gratitude as a Character Strength.
4. Generosity: Strengthen and nurture the need to love and give.
5. Self-Compassion: Being kind to self.
6. Taking personal responsibility of happiness.
7. Emotional Regulation.
8. Leading healthy life style.
9. Being disciplined
10. Exercising Smart.

**MODE OF ASSESMENT:**

**Attendance:** 20

**Assignments:** 40

**Assessment Test:** 40

**Total:** 100

**COURSE COORDINATOR:**

**DR. SAVNEET**

**Department of Psychology**