



MAHARSHI DAYANAND UNIVERSITY, ROHTAK

(A STATE UNIVERSITY ESTABLISHED UNDER HARYANA ACT NO. XXV OF 1975)

'A+' UNIVERSITY ACCREDITED BY NAAC

**VALUE ADDED COURSE
ON**

Science of Happiness

Course objectives:

- Understand the concept and science of Happiness
- Assessment of Happiness
- Identify the factors that allow individuals and communities to be happy and flourish
- Strategies and techniques of enhancing and sustaining Happiness

Course outcomes:

- Experiencing happiness
- Connecting with oneself
- Recognising strengths & virtues
- Building a peaceful relationship with self & others
- Developing skills to be on the path of happiness.

Target population:

Graduate students, who are pursuing their Master's degree from Maharshi Dayanand University, Rohtak.

Duration of course: 30 hours

In Odd Semester: Students of Semester I

In Even Semester: Students of Semester IV

Intake: 30 students

Last Date to apply: 15.09.2023

APPLY: [HTTPS://FORMS.GLE/ECXAWKSVHPHYUEGJ9](https://forms.gle/ECXAWKSVHPHYUEGJ9)

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VALUE ADDED COURSE
ON

Science of Happiness

Name:

Department:

Course & Semester:

Course Co-ordinators:

Anjali Malik
Professor of Psychology
M. D. University, Rohtak

Deepthi Hooda
Professor of Psychology
M. D. University, Rohtak

SCIENCE OF HAPPINESS

About the Course:

Traditionally educational institutions have focused on pure academics that help prepare students for the world of work and to earn their living but keep them ill-prepared to meet the challenges of life. Now, universities need to play an instrumental role in educating young minds and providing students with the knowledge, skills, and values that enable them to be happy, reach their potential and contribute to society. Maharshi Dayanand University through this value-added course offers practical and research-backed tips on living a psychologically rich, meaningful and happy life.

Science of Happiness course explores the roots of a happy and meaningful life. It is a course meant to develop and boost one's own happiness. The concepts learned in this course will lead to enduring improvements and lifelong learning. At the end of the course, the students will take away key concepts and practical insights to assess, maintain and sustain happiness.

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SCIENCE OF HAPPINESS

Course Content:

Marks: 50. Credits: 2

Course Code: 22VACCRIC1

- Unit I Meaning and assessment of happiness
- Unit II Predictors of happiness
Discovering the Real Keys to happiness
- Unit III Strengths and Virtues – Optimism and hope
- Unit IV Strengths and Virtues – Altruism, Gratitude,
Forgiveness & Kindness
- Unit V Social Connections and happiness

Activity #1: Three Good Things (Counting your Blessings)

Activity # 2- Identify 3 personal happiness goals for this semester.

Activity # 3: Committing to Your Goals

Activity # 4: SWOT analysis

Activity # 5: Cultivating Optimism

Activity # 6: Attributional retraining

Activity # 7: Random Acts of Kindness

Activity # 8: Expressing Gratitude

Activity # 9: Eight Essentials When Forgiving

Activity # 10: Nurturing Social Relationships

Activity # 11: Active Listening

Pedagogy:

Lecture session, class room activity, audio -video clips, structured exercises, case study, narratives, storytelling and group activities.

SCIENCE OF HAPPINESS

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How to Apply

Use the link: <https://forms.gle/ucKoU6o4TjqYzM727>

Coordinators:

Dr. Anjali Malik,

Professor of Psychology,
M. D. University, Rohtak,
Haryana, India.

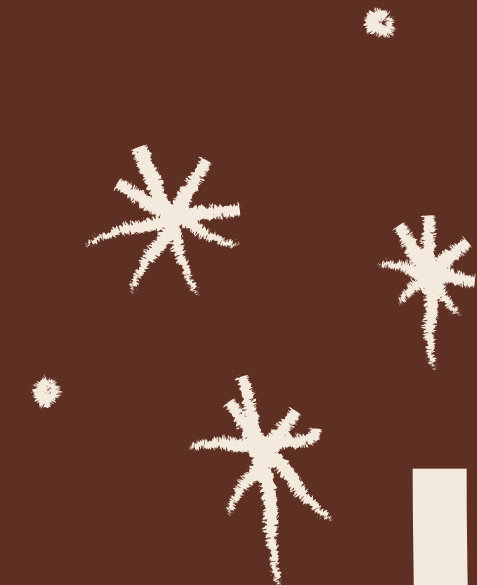
Email: anj.malik14@gmail.com

Dr. Deepti Hooda,

Professor of Psychology,
M. D. University, Rohtak,
Haryana, India.

Email: deepti.hooda@mdurohtak.ac.in

Chaudhry Ranbir Singh Institute of Social and Economic Change,
Maharshi Dayanand University
Rohtak.



Rules of

Happiness



Think Positive

Smile Often

Be Kind

Help Others

Be grateful

Be optimistic & hopeful

