

PROGRAMME NAME: VALUE ADDITION COURSE (VAC)
COURSE NAME: THE ART OF BEING HAPPY
SEMESTER DURATION: COMMON POOL SEM-(1,2,3,4)

WEEK	TOPIC(S)	TEACHING METHODOLOGY ADOPTED/CONTINUOUS INTERNAL EVALUATION
1-3	<p>Human Ecology and Happiness Lectures</p> <ul style="list-style-type: none"> • Definitions/Factors of Happiness: Environmental and Social [74] • Physical, emotional and psychological well-being for happiness • Physiological and hormonal basis of happiness • Coping with Stress: A life saving skill 	Class Room Teaching
4-6	<p>Indological Theories of Happiness</p> <ul style="list-style-type: none"> • Panch Kosh Theory & Idea of Well-Being • Idea of Self and other 	Class Room Teaching
7-8	<ul style="list-style-type: none"> • Hierarchy and stages of happiness 	Class Room Teaching
9-10	<p>Happiness: Cross-cultural Contexts</p> <ul style="list-style-type: none"> • Culture and Happiness 	Class Room Teaching

	<ul style="list-style-type: none"> • Interpersonal Relationship: Comparative Perspective 	
11	<ul style="list-style-type: none"> • Towards Self-Actualization 	Class Room Teaching
12-13	<p>Local and Global Perspective of Happiness</p> <ul style="list-style-type: none"> • Measuring happiness: Key indicators • Happiness Index 	Class Room Teaching
14-15	<ul style="list-style-type: none"> • India in Global Happiness Indices 	Class Room Teaching
16	Revision and Class test/Evaluation	Class Room Teaching