



**CHRIST**  
COLLEGE (AUTONOMOUS)  
IRINJALAKUDA, KERALA

**COURSE CODE**

**NAME OF THE COURSE**

CVAC026

**THE SCIENCE OF WELL-BEING**

**OFFERED BY**

Commerce Aided

**ABOUT COLLEGE**

Christ College (Autonomous), Irinjalakuda established in the year 1956 by CMI fathers has always been a place where young generations are moulded towards a bright future. College has excellent infrastructure, with state of the art laboratories, seminar rooms and lecture halls. The campus is Wi-Fi enabled. Presently College is home for 4500+ students, 200 teaching staff and 45 supporting staff. The strength of the College lies in its hardworking and tech savvy teachers who are eager to involve in all matters of students. The lush green campus with gardens and open gym is moving towards the next phase on education both offline and online.

**COURSE COORDINATOR**

Mr. Jebin K. Davis  
Commerce Aided

**LEARNING OUTCOMES**

- Increase own happiness and build more productive habits.
- Incorporate a specific wellness activity into life.

**COURSE MODULE**

Module I: Introduction

Module II: The Science of Happiness

Module III: Learn about Your Final Retirement Challenge.

## SYLLABUS

### MODULE I

Meaning of well being - Misconceptions About Happiness - Why Our Expectations are bad - Why do we mis predict what makes us happy?- How can we overcome our biases - How we counteract our annoying features of the mind? Group Discussion. (10 Hours)

### MODULE II

The Science of Happiness - What can we do to improve our happiness? - Strategies to build healthier habits - The role of positive emotions in positive psychology: The broaden and build theory of positive emotion. Group Discussion. (10 Hours)

### MODULE III

Start Your Final Rewirement Challenge - What rewirement will you commit - How can you rely on others to help you change your behaviors? - How can you design your environment to help you change your behaviors? Group Discussion. (10 Hours)

### REFERENCE

The role of positive emotions in positive psychology: The broaden and build theory of positive emotions by Fredrickson, B.

Positive psychology progress: Empirical validation of interventions by Seligman, M.E.P., Steen, T.A., Park, N., & Peterson, C.

A primer in positive psychology by Peterson, C.

