



COURSE CODE

NAME OF THE COURSE

THE SCIENCE OF WELL-BEING

OFFERED BY

COURSE COORDINATOR

ABOUT COLLEGE

Chirst College (Autonomous), Irinjalakuda established in the year 1956 by CMI fathers has always been aplace where young generations are moulded towards a bright future. College has rooms and lecture halls. The campus is Wi-Fi enabled. Presently supporting staff. The strength of the College lies in its hardworking moving towards the next phase on education both offline and online.

LEARNING OUTCOMES

COURSE MODULE

Module II: The Science of Happ

Module III: Learn about Your

nent Challeng Fr. Dr. Jolly Andrews Assistant Professor-In-charge of Principal Christ College (Autonomous)

Irinjalakuda

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)

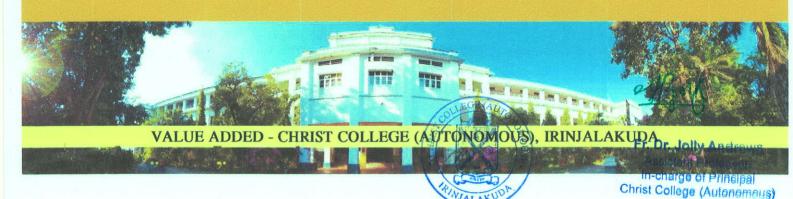
REFERENCE

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.



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