

# CERTIFICATE COURSE IN THE SCIENCE OF WELL-BEING

## SYLLABUS

DEPARTMENT: DEPARTMENT OF MATHEMATICS AIDED

NAME OF COURSE: CERTIFICATE COURSE IN THE SCIENCE OF WELL-BEING

COURSE CODE: CVAC026

TOTAL HOURS: 30

### UNIT-I Meaning of well being (10 HOURS)

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.

### UNIT- II The Science of Happiness (10 HOURS)

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.

### UNIT -III Start Your Final Rewirement Challenge (10 HOURS)

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.

## 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. .