



Indraprastha College for Women

University of Delhi

Work Plan for ODD SEMESTER – 2026

Course Name:	B.A. Prog/B.A. Hons.
Paper Title:	VAC - The Art of Being Happy
Unique Paper Code:	
Semester:	III
Faculty(s):	Ms. Swati Jain
Year:	2026-2027

Work Plan			
Unit No.	Learning Objective	Lecture No.	Topics to be Covered
1	Understand concepts of happiness	1	Introduction to Happiness
1	Understand environmental influences	2	Environmental and Social Factors
2	Understand holistic well-being	3	Physical, Emotional and Psychological Well-being
2	Understand biological influences	4	Physiological and Hormonal Basis
2	Develop stress-management awareness	5	Coping with Stress
3	Understand Indian perspectives	6	Indological Theories of Happiness
3	Understand holistic well-being	7	Panch Kosh Theory
3	Explore self and relationships	8	Idea of Self and Other
3	Understand stages of happiness	9	Hierarchy and Stages of Happiness
3	Explore cultural influences	10	Culture and Happiness
3	Understand relational well-being	11	Interpersonal Relationships
3	Explore human potential	12	Self-Actualization
4	Understand happiness measurement	13	Measuring Happiness
4	Examine happiness indicators	14	Happiness Index
4	Examine India's position	15	India in Global Happiness Indices
4	Consolidate course concepts	16	Comprehensive Revision

Unit	TOPICS
I	Theory of Happiness
II	Panchkosh
III	Happiness, Cultural Contexts and Well-being
IV	Happiness Index- Global and Local
S. No.	Name of Authors/Books/Publishers
1.	Dadwal, Sapna, Prabha Arya, and Sandhya Rao. <i>The Art of Being Happy</i> . JSR Publishing, 2024.
2.	Banavathy, Vinayachandra, and Anuradha Choudry. "Understanding Happiness: A Vedantic Perspective." <i>Psychological Studies</i> , vol. 59, 2013, pp. 141–152.
3.	Seligman, Martin E. P. <i>Authentic Happiness: Using the New Positive Psychology to Realize Your Potential for Lasting Fulfillment</i> . Free Press, 2002.