

Indraprastha College for Women

University of Delhi

WORK PLAN FOR ODD SEMESTER – 2026

Course Name Value Addition Course (VAC)

Course Title The Science of Happiness

Course Code _____

Semester _____3_____

Faculty(s) _____Jaswant Singh Yadav_____

Year 2026

Work Plan

Unit No.	Learning Objective	Lecture No.	Topics to be Covered
I	To develop a scientific understanding of happiness, its different perspectives, common misconceptions and the role of emotions in well-being.	1	Framing Happiness: Different Perspectives, Importance and Introductory Issues
		2	Happiness Myths and Misconceptions; Importance of Different Emotions
		3	Managing Monkey Brain and Understanding Negative Emotions
II	To develop an understanding of the neuroscience of happiness, brain-behaviour relationship and scientific approaches to measuring happiness.	4	Neuroscience of Happiness and Brain-Behaviour Relationship
		5	Measuring Happiness: Scientific Approaches and Psychological Measurement
III	To understand the role of empathy, gratitude, optimism, relationships, flow and creativity in everyday happiness and well-being.	6	Empathy and Gratitude: Importance in Happiness and Well-being
		7	Toxic Positivity and Shades of Optimism
		8	Relationships and Well-being
IV	To develop an understanding of resilience, coping with negative emotions, and the role of skills, values and mindset in	9	Flow and Creativity
		10	Resilience and Happiness: Coping with Negative Emotions

sustaining happiness.		
	11	Nurturing Skills, Values and Mindset for Resilience
	12	Critical Issues Behind Happiness: Integration and Application

Tutorial / Practical Work Plan

Total: 24 Tutorial/Practice Sessions

Tutorial No.	Tutorial / Practice Activity	Focus
1	Orientation and Self-Reflection	Understanding personal conceptions of happiness
2	Happiness Myths Activity	Identifying myths and misconceptions about happiness
3	Emotion Awareness Exercise	Identifying and understanding different emotions
4	Negative Emotion Mapping	Recognising personal patterns of negative emotions
5	Unlearning Practice	Identifying negative mindsets and habitual thought patterns
6	Relearning Practice	Developing positive and adaptive patterns
7	Mindlab Demonstration	Introduction to EEG and brain-wave measurement
8	Mindlab Experimentation	EEG demonstration during a selected intervention
9	Biofeedback Demonstration	Understanding physiological indicators of stress
10	Biofeedback Experimentation	Exploring physiological responses to positive/negative affect
11	Measuring Happiness	Administration/scoring of a validated happiness measure
12	Signature Strengths Activity	Identification of individual signature strengths
13	Empathy Exercise	Developing perspective-taking and empathic understanding
14	Gratitude Practice	Beginning a gratitude journal
15	Savoring Practice	Identifying and savouring positive experiences
16	Micro Acts of Kindness	Practising prosocial behaviour and positive connection
17	Toxic Positivity Discussion	Distinguishing positive thinking from toxic positivity
18	Optimism Activity	Exploring different shades of optimism
19	Relationships and Well-being	Exploring meaningful relationships and social connection
20	Flow Activity	Identifying personal flow experiences
21	Creativity Activity	Experiential exploration of flow and creativity
22	Exercise and Sleep Tracking	Recording exercise, sleep and daily mood
23	Resilience Practice	Skills, values and mindset for resilience
24	Integrative Happiness Project	Reflection and presentation of personal happiness experiments

Unit-wise Syllabus Coverage

Unit I: Framing Happiness

3 Lectures + Tutorials 1–6

Coverage includes:

- Different perspectives of happiness
- Importance of different emotions
- Why happiness: introductory issues
- Happiness myths and misconceptions
- Managing Monkey Brain
- Negative emotions
- Unlearning and relearning practices

Unit II: Neuroscience of Happiness

2 Lectures + Tutorials 7–12

Coverage includes:

- Neuroscience and happiness
- Brain-behaviour relationship
- Measuring happiness
- EEG-based Mindlab experimentation
- Biofeedback
- Signature strengths
- Measurement of happiness using validated psychological instruments

Unit III: Happiness in Everyday Life

4 Lectures + Tutorials 13–22

Coverage includes:

- Empathy
- Gratitude
- Toxic Positivity
- Shades of Optimism
- Relationships and Well-being
- Flow
- Creativity
- Savoring
- Gratitude journal
- Micro acts of kindness
- Exercise and sleep

Unit IV: Resilience and Happiness

3 Lectures + Tutorials 23–24

Coverage includes:

- Coping with negative emotions
- Nurturing skills for resilience
- Values and mindset for resilience
- Critical issues behind happiness
- Integration and application of happiness practices

Practical / Practice Component

The practice component is based directly on the prescribed activities and includes:

1. **Mindlab Experimentation:** EEG-based demonstration and biofeedback.
2. **Signature Strengths and Measuring Happiness:** Use of validated psychological instruments.
3. **Savoring and Gratitude Journal:** Daily savoring, gratitude and positive experiences.
4. **Micro Acts of Kindness:** Prosocial behaviour and meaningful social connection.
5. **Exercise and Sleep:** Tracking exercise, sleep and daily mood.
6. **Unlearning and Relearning Practices:** Weekly practices for identifying and modifying negative mindsets.
7. **Mini Happiness Project:** Experiential exploration and reflection on happiness in daily living.

Course Objectives

1. To understand the concepts of happiness scientifically and provide students with basic training on improving the quality of their own lives and those of others.
2. To adopt the science and practice of happiness by focusing on strengths that enhance positive emotions and positive relationships.
3. To foster well-being by developing insights about oneself and awareness about others.
4. To use happiness as a driver of innovation and as a social quality for community growth and connection.

Learning Outcomes

After completing the course, students will be able to:

1. Develop self-understanding, recognize their innate potential and explore their purpose in life.
2. Understand and develop well-being from a scientific perspective.
3. Understand the complexities and suffering of life and explore ways of effectively dealing with them.
4. Build genuine connections and relationships with others, supporting sustained strength and happiness.

Credit Distribution

Credits	Lecture	Tutorial	Practical/Practice
2	12 Lectures	24 Tutorials/Practice Sessions	As prescribed

Eligibility and Pre-requisite

Eligibility Criteria Pre-requisite

Passed Class 12 Nil

Essential Readings

1. Lipton, B. H. *The Biology of Belief: Unleashing the Power of Consciousness, Matter & Miracles*. Hay House, Inc.
2. Handel, D. (2012). *The Science of Happiness: How Our Brains Make Us Happy and What We Can Do to Get Happier* by S. Klein (2006). Cambridge, MA: Da Capo Press.

3. Lyubomirsky, S. (2008). *The How of Happiness: A Scientific Approach to Getting the Life You Want*. Penguin.

Suggested Readings

1. *A Compass Towards Just and Harmonious Society*. Centre for Bhutan Studies.
2. Lyle, L. *Laugh Your Way to Happiness*.
3. Hanh, T. N. *Buddha Body Buddha Mind*.
4. Covey, S. R. *The Seven Habits of Highly Effective People*.
5. Gilbert, D. *Stumbling on Happiness*.
6. Seligman, M. P. *Flourish*.

Note

Examination scheme and mode shall be subject to the directions of the Examination Branch, University of Delhi, from time to time.