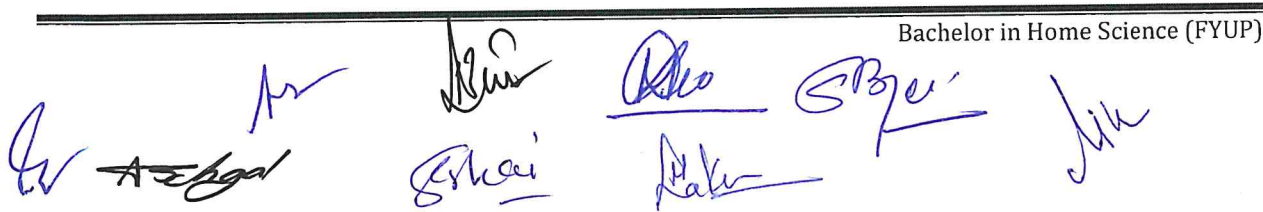


FOUR YEAR UNDERGRADUATE PROGRAM 2024 -28 FACULTY OF HOME SCIENCE COURSE CURRICULUM

| PART A: Introduction | | | |
|---|--------------------------------|--|--|
| Program: Bachelor in Home Science (Certificate Level) | | Semester: I/III/V | Session: 2024-2025 |
| 1 | Course Code | HSVAC - 01 | |
| 2 | Course Title | The Art of Being Happy | |
| 3 | Course Type | VAC | |
| 4 | Pre-requisite (if any) | <i>As per Program</i> | |
| 5 | Course Learning Outcomes (CLO) | <ul style="list-style-type: none"> The students shall be able to evaluate the factors contributing to the phenomenon of happiness in the personal, familial and community life of an individual in different cultures in the Indian context. They will be able to develop healthy interpersonal relationships and wellbeing, cherishing the values of Indian culture and philosophy. They will be able to relate to the global phenomenon of sustainable development and become sensitive to the needs of the planet. They will be acquainted with the different practices to make themselves happy like, yoga, music therapy and community activities. They will learn to increase the chemical of happiness like serotonin by various activities and by maintaining circadian rhythm. | |
| 6 | Credit Value | 2 C | <i>(1 Credit = 15 Hours - learning & Observation and 30 Hrs for Practices/ Field work)</i> |
| 7 | Total Marks : 50 | Max. Marks: 50 | Min Passing Marks : 20 |

| PART B: Content of the Course | | |
|---|---|---------------|
| Total No. of Teaching – learning Periods : 30 | | |
| Module / Unit | Topics (Course Contents) | No. of Period |
| I | Human Ecology and Happiness Definitions/Factors of Happiness: Environmental and Social factors- <ul style="list-style-type: none"> Physical, emotional and psychological well-being for happiness Physiological and hormonal basis of happiness Coping with Stress: A life saving skill | 08 |

Bachelor in Home Science (FYUP)



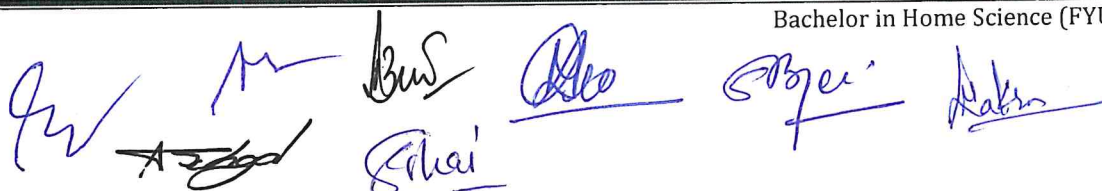
| | | |
|--|---|----|
| II | Happiness: Cross-cultural Contexts <ul style="list-style-type: none"> • Culture and Happiness • Interpersonal Relationship: Comparative Perspective • Towards Self-Actualization | 08 |
| III | Local and Global Perspective of Happiness <ul style="list-style-type: none"> • Measuring happiness: Key indicators • Happiness Index • India in Global Happiness Indices | 07 |
| IV | Techniques for creating Happiness- <ul style="list-style-type: none"> • Being positive • Being Social • Being Creative • Developing Hobbies • Keeping busy –Yoga, Music, Dance, Creative Art. • Breathing exercises and pattern of resting | 07 |
| Keywords- Happiness, Well being, Happiness Index, Interpersonal relationship. | | |

PART C:**Learning Resources :** Text Books. Reference Books, Other Resources**Text books Recommended –**

- Baumgardner, S & Crothers, M. (2014). Positive Psychology. New Delhi: Pearson Education, India.
- Goleman, D. (2007). Social Intelligence: The new science of human relationships, RHUK
- Mathews, Gordon and Carolina Izquierdo. (eds). (2010). Pursuits of Happiness: Wellbeing in Anthropological Perspective. Berghen Books
- Seligman, M. (2002). Authentic happiness: Using the new positive psychology to realize your potential for lasting fulfillment. New York: Free Press.
- Sri Aurobindo, The Synthesis of Yoga, Part Three: The Yoga of Divine Love, Chapter 7, The Ananda Brahman

Online Resources :-

- <https://www.studocu.com/in/document/shaheed-bhagat-singh-college/investment-banking/eng-notes-the-art-of-being-happy/49999636>
- https://www.happinessofbeing.com/Happiness_and_the_Art_of_Being.pdf
- https://ihe.du.ac.in/wp-content/uploads/2023/07/VAC_Syllabus_SEMIII.pdf
- <https://sgtbkhalsa.online/syl/40171.pdf>
- <https://www.cnbctv18.com/buzz/the-art-of-being-happy-2924171.htm>



| | | |
|---|--|---|
| PART D : Assessment and Evaluation | | |
| Suggested Continuous Evaluation Methods:- | | |
| Maximum Marks: | | 50 Marks |
| Continuous Comprehensive Evaluation(CCE): | | 15 Marks |
| Semester End Exam (SEE): | | 35 Marks |
| Internal Assessment: Continuous Internal Assessment (CIA) | Internal Test - 10 &10 Marks Assignment/Seminar +Attendance -05 Total Marks - 15 | Average of the obtained marks in best two and Assignment shall be considered against 15 Marks |
| End Semester Exam(ESE): | Two section – A & B Section A: Q1. Objective -05x1= 05 Marks,Q2 Short answer type 5x2=10 Marks Section B: Descriptive Answer Type questions 1out of Two from each unit-4x05= 20 Marks | |

Signature of Convener and Member of CBoS :



 Dr. B. Sethi
 (Dr. Amrita Singh)