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Azadi Ka  
Amrit Mahotsav



**MANGALMAY**  
INSTITUTE OF MANAGEMENT TECHNOLOGY

Greater Noida



# VALUE ADDED CERTIFICATION COURSE ON THE ART OF HAPPINESS



**12TH SEPTEMBER 2022  
ONWARDS**

**Ms.Neha Jindal**

Assistant Professor  
MIMT, Greater Noida



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Plot No. 8 & 9, Knowledge Park-II, Greater Noida, Delhi-NCR, India



## **SYLLABUS**

### **Certification Course on "The Art of Happiness"**

**Duration: 30 Hours(15 sessions of 2 hours each)**

#### **Course Objectives**

- To illustrate various factors that determine the subjective experience of happiness in a cross cultural context.
- Students will learn to identify and implement strategies that cultivate happiness in their own lives.
- Explore the power of a growth mindset and its impact on happiness. Students will learn techniques to foster optimism and emotional well-being.
- Refine mindfulness skills learned in previous frames for effective stress management and emotional regulation, leading to greater happiness.
- This frame can delve deeper into the importance of social connection for happiness. Students will gain tools for building and maintaining positive relationships.

#### **Learning Outcomes**

- Students will be able to explain complex theories and research findings related to happiness and well-being.
- Students will be able to create a personalized happiness plan incorporating evidence-based strategies.
- Students will be able to demonstrate a growth mindset and apply it to overcome challenges and cultivate positive emotions.
- Students will be able to identify and implement strategies for building stronger and more meaningful relationships.
- Students will be able to confidently utilize mindfulness techniques to manage stress, regulate emotions, and enhance overall well-being.

### **Syllabus of Certification Course on "The Art of Happiness"**

<b>UNITS</b>	<b>LECTURES</b>
<b>Unit 1: Understanding Happiness and Well-Being</b> <ul style="list-style-type: none"><li>● Advanced Theories of Happiness</li><li>● The Neurobiology of Well-Being</li><li>● Happiness Assessment Tools</li><li>● The Impact of Culture and Environment</li></ul>	<b>4</b>



<b>Unit 2: Cultivating Happiness in Daily Life</b> <ul style="list-style-type: none"><li>● Designing Happiness Habits</li><li>● The Power of Gratitude</li><li>● Positive Psychology Interventions</li><li>● Savoring Techniques and Finding Joy in Everyday Moments</li></ul>	4
<b>Unit 3 : Developing a Growth Mindset and Positive Emotions</b> <ul style="list-style-type: none"><li>● The Science of the Growth Mindset</li><li>● Developing Resilience in the Face of Challenge</li><li>● Challenge vs Threat Response</li></ul>	3
<b>Unit 4: Building Strong Relationships and Mindfulness Practices</b> <ul style="list-style-type: none"><li>● The Importance of Social Connection for Happiness</li><li>● Communication Skills for Building and Maintaining Relationships</li><li>● Conflict Resolution Strategies</li><li>● Advanced Mindfulness Techniques for Stress Management and Emotional Regulation</li></ul>	4

## SUGGESTED ACTIVITIES

Teacher could encourage the students at the following tasks:

1. Hands-on Happiness: Gardening, Cleaning, Washing, Cooking, etc.
2. Students can undertake a field work / project independently or work as an Intern with NGOs working in the area of happiness and well-being.
3. Workshops/ Sessions for the actualization of innate creative potential- ( Music, Drawing, Calligraphy, Dramatics)



4. Extending help and social service by visiting old age homes/ hospitals/slum areas or any other disadvantaged groups.
5. Organizing activities related to craft work like puppet making , wind chime making ,etc.

### **Essential Readings**

- Banavathy, Vinayachandra & Choudry, Anuradha. (2013). Understanding Happiness: A Vedantic Perspective. Psychological Studies. 59. 141-152. 10.1007/s12646-013-0230-x.
- Leontiev, Dmitry. (2012). Anthropology of Happiness: the state of Well-Being and the way of Joy, In Social Science, sVol43. No 2 P93-104.
- Snyder .C.R. S.J. Lopez & J.T. Pedrotti. (2015). Positive Psychology (The Scientific and Practical Explorations of Human Strengths): Sage Publication. (Chapter 5: Subjective Well-being: The Science of Happiness and Life Satisfaction, Page 63 to 73)
- World Development Indicators 2016. (2016). United States: World Bank Publications.
- Zelenski, John. (2019). Positive Psychology: The Science of Well-Being, - Carleton University, Ottawa, Canada, Sage Publications Chapter 3: Happiness; page 77 to 110)

### **Suggested Readings:**

- 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: Well being in Anthropological Perspective. Berghan 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, pp. 569-570

### **Assessment Methods:**

End Semester Theory Exam: 50%

Practical: 50%

## Schedule of Certification Course on “The Art of Happiness”

**Duration:30 hours**

<b>Sr.No.</b>	<b>Resource Person</b>	<b>Topic Covered</b>	<b>Date &amp; Time</b>
1	Ms.Neha Jindal	Advanced Theories of Happiness	12th September,2022 2:00p.m.-4:00p.m.
2	Ms.Neha Jindal	The Neurobiology of Well-Being	13th September,2022 2:00p.m.-4:00p.m.
3	Ms.Neha Jindal	Happiness Assessment Tools	14th September,2022 2:00p.m.-4:00p.m.
4	Ms.Neha Jindal	The Impact of Culture and Environment	15th September,2022 2:00p.m.-4:00p.m.
5	Ms.Neha Jindal	Designing Happiness Habits	16th September,2022 2:00p.m.-4:00p.m.
6	Ms.Neha Jindal	The Power of Gratitude	19th September,2022 2:00p.m.-4:00p.m.
7	Ms.Neha Jindal	Positive Psychology Interventions	20th September,2022 2:00p.m.-4:00p.m.
8	Ms.Neha Jindal	Savoring Techniques and Finding Joy in Everyday Moments	21st September,2022 2:00p.m.-4:00p.m.
9	Ms.Neha Jindal	The Science of the Growth Mindset	22nd September,2022 2:00p.m.-4:00p.m.
10	Ms.Neha Jindal	Developing Resilience in the Face of Challenge	23rd September,2022 2:00p.m.-4:00p.m.

11	Ms.Neha Jindal	Challenge vs Threat Response	26th September,2022 2:00p.m.-4:00p.m.
12	Ms.Neha Jindal	The Importance of Social Connection for Happiness	27th September,2022 2:00p.m.-4:00p.m.
13	Ms.Neha Jindal	Communication Skills for Building and Maintaining Relationships	28th September,2022 2:00p.m.-4:00p.m.
14	Ms.Neha Jindal	Conflict Resolution Strategies	29th September,2022 2:00p.m.-4:00p.m.
15	Ms.Neha Jindal	Advanced Mindfulness Techniques for Stress Management and Emotional Regulation	30th September,2022 2:00p.m.-4:00p.m.



## Report

Name of the Course	Certification Course on <b>"The Art of Happiness"</b>
Date	12th September,2022 to 30th September,2022
Venue	Classroom,School of Education, MIMT
Organized by	School of Education, MIMT (42)
Participated by	Students of B.A.B.Ed. IV year
Recourse Person	Ms. Neha Jindal
Objective	<p>On completion of Certification Course on <b>"The Art of Happiness"</b>, the prospective teacher educator will be able to:</p> <ul style="list-style-type: none"><li>● To illustrate various factors that determine the subjective experience of happiness in a cross cultural context.</li><li>● Students will learn to identify and implement strategies that cultivate happiness in their own lives.</li><li>● Explore the power of a growth mindset and its impact on happiness. Students will learn techniques to foster optimism and emotional well-being.</li><li>● Refine mindfulness skills learned in previous frames for effective stress management and emotional regulation, leading to greater happiness.</li><li>● This frame can delve deeper into the importance of social connection for happiness. Students will gain tools for building and maintaining positive relationships.</li></ul>
Content	<p>MsVandana was assigned the responsibility to conduct the course. The proposal was forwarded to the Management to get it approved. It was accepted on 9<sup>th</sup> September ,2022. The Plan of Action was prepared.</p> <p>Daywise Activity:</p> <p><b>Day 1 (12th September, 2022)</b></p> <p>On the First day in Session-1, Ms. Neha Jindal welcomed and course overview.Introduced to the concept of happiness and well-being.Explored different philosophical perspectives on happiness (e.g., Hedonism, Eudaimonia).</p> <p>Class activity: Brainstorming personal definitions of happiness.</p> <p><b>Day 2(13th September, 2022)</b></p> <p>On the Second day in Session-2, Ms. Neha Jindal explained the students about the role of the brain and nervous system in happiness.Discussed key neurotransmitters (dopamine, serotonin, oxytocin) and their impact on mood.Explored the science behind stress and its effects on the brain.</p> <p>Class activity: Researching and presenting on different brain regions associated with happiness.</p>



**Day 3(14th September, 2022)**

On the Third day in Session-3, Ms. Neha Jindal explained about various validated happiness assessment tools like the Oxford Happiness Inventory. Discussed on the limitations and benefits of happiness assessments.

**Day 4 (15th September ,2022)**

On the Fourth day in Session-4, she discussed about how culture influences happiness and well-being. Discussion done on collectivism vs. individualism and their impact on happiness definitions. Explored the role of socioeconomic factors, access to resources, and the natural environment.

**Day 5 (16th September, 2022)**

On the Fifth day in Session-5 , Ms. Neha Jindal discussed about importance of routines and practices for long-term happiness. Identify personal values and aligning habits with those values. Explained how to set SMART goals for developing happiness habits (Specific, Measurable, Achievable, Relevant, Time-bound).

Class activity: Creating a personalized "Happiness Habit Plan" for daily practice.

**Day 6 (19th September, 2022)**

On the Sixth day in Session-6, she explained about the science behind gratitude and its positive impact on mental health. Explored gratitude practices like gratitude journaling and expressing appreciation. Shared gratitude exercises and discussed personal experiences

**Day 7(20th September, 2022)**

On the Seventh day in Session-7, Ms. Neha Jindal make students understand the field of positive psychology and its focus on fostering well-being. Introduced to different positive psychology interventions (e.g., random acts of kindness, strengths exercises). Students choose a positive psychology intervention to experiment with for a week.

Class discussion: Sharing experiences and the impact of the chosen intervention.

**Day 8 (21st September, 2022)**

On the Eight day in Session-8, Ms. Neha Jindal told about how savoring techniques can enhance well-being and discuss the science behind happiness. Participants brainstorm everyday activities that bring them joy and practice savoring techniques. She explained the concept of a growth mindset, its benefits for achieving happiness, and exercises to cultivate one. Too discussed the importance of resilience in life's challenges, strategies to build it, and case studies of overcoming obstacles.

**Day 9(22nd September, 2022)**

On the Ninth day in Session-9, she explained how our perception of challenges impacts our emotions and offer techniques to reframe challenges as opportunities. Participants practice reframing personal challenges using the learned techniques and discuss potential benefits. Participants discussed personal strategies for developing resilience based on the course content and guest speaker insights.

**Day 10 (23rd September, 2022)**

On the tenth day in Session-10, Ms. Neha Jindal highlighted the role of social connection in happiness and discuss different types of connections. Participants explored ways to strengthen existing connections and identify opportunities to build new ones. Explored core communication skills for building and maintaining healthy relationships.

**Day 11 (26th September, 2022)**

On the eleventh day in Session-11, Ms. Neha Jindal discussed about various conflict resolution strategies and how to maintain healthy communication during





disagreements. Introduced advanced mindfulness techniques for stress management and emotional regulation through guided practice. Participants discussed how to integrate mindfulness practices into their daily routines to manage stress and improve well-being.

**Day 12 (27th September, 2022)**

On the Twelfth day in Session-12 she highlighted the role of social connection in happiness, well-being, and overall mental health. Participants identified existing social connections and brainstorm ways to strengthen them. Participants discussed personal strategies for building and maintaining meaningful connections based on the course content and guest speaker insights.

**Day 13 (28th September, 2022)**

On the next day in Session-13, Ms. Neha Jindal discussed core communication skills for building healthy relationships, such as active listening, assertive communication, and empathy. Participants identified their own communication styles and practice adapting their communication to different situations. Participants practiced applying communication skills in role-playing scenarios related to relationship building and conflict resolution.

**Day 14 (29th September, 2022)**

On the fourteenth session she discussed various conflict resolution strategies, focusing on win-win solutions, active listening, and assertive communication. Analyzed real-world conflict scenarios related to personal and professional relationships and practice applying learned resolution techniques. Participants practiced conflict resolution skills through role-playing exercises with different conflict scenarios. Participants discussed strategies for approaching and navigating difficult conversations using learned communication and conflict resolution skills.

**Day 15 (30th September, 2022)**

On the last day in Session-15 Ms. Neha Jindal introduced advanced mindfulness techniques for stress management and emotional regulation through guided practice. She discussed how to integrate mindfulness practices into daily routines to manage stress, improve well-being, and strengthen relationships. Recap key takeaways from the course, highlight the benefits of continuous practice, and share resources for further exploration of communication, conflict resolution, and mindfulness techniques.



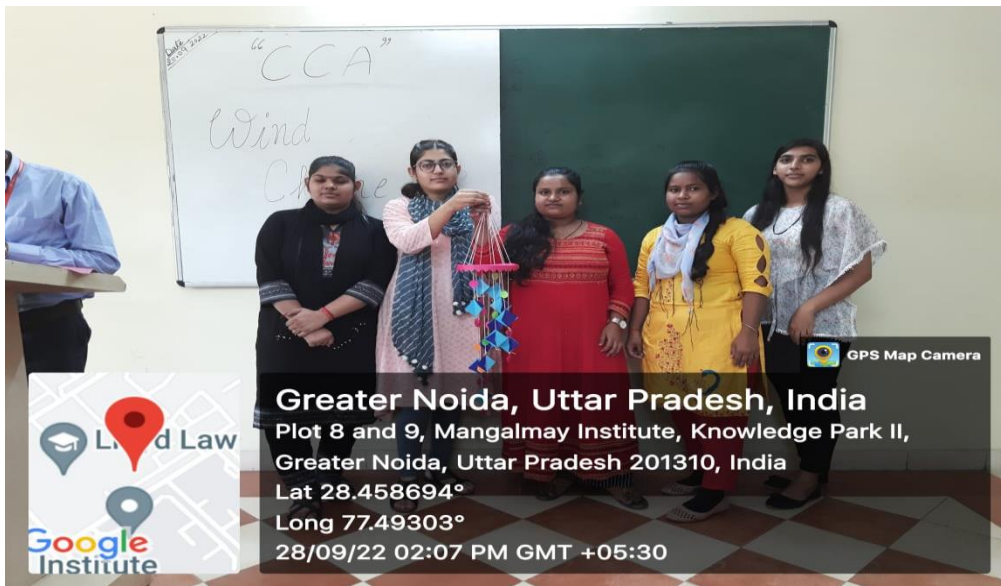
Outcome	<p>The learning outcomes of the Certification Course on <b>"The Art of Happiness"</b> are:</p> <ul style="list-style-type: none"><li>● Students able to explain complex theories and research findings related to happiness and well-being.</li><li>● Students able to create a personalized happiness plan incorporating evidence-based strategies.</li><li>● Students able to demonstrate a growth mindset and apply it to overcome challenges and cultivate positive emotions.</li><li>● Students able to identify and implement strategies for building stronger and more meaningful relationships.</li><li>● Students able to confidently utilize mindfulness techniques to manage stress, regulate emotions, and enhance overall well-being.</li></ul> <p>42 students of B.A.B.Ed. III year had done this course. The course was highly interactive and extremely motivated the students.</p>
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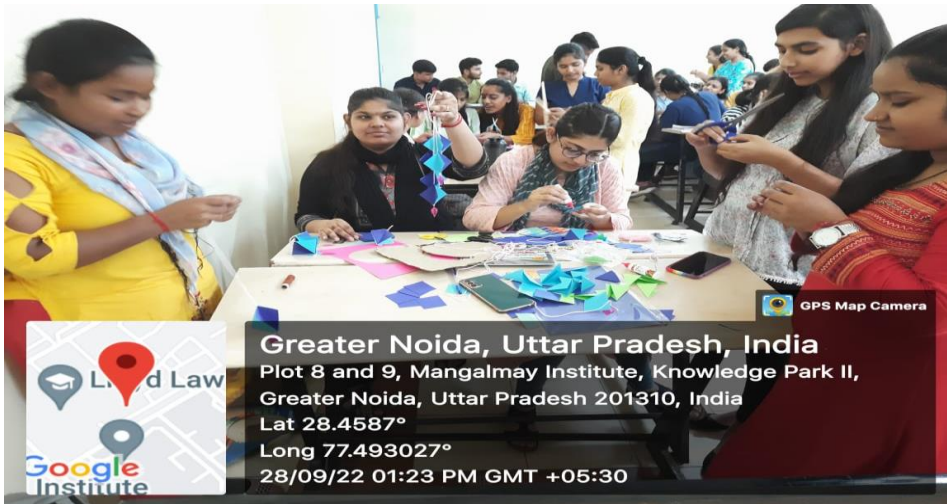


# Mangalmai Institute of Management Technology Greater Noida (U.P.)



## Lecture by Ms. Neha Jindal:





**Craft Activity(Wind Chime Making) by students:-**



**Drawing Activity by students:-**



# Mangalmai Institute of Management Technology Greater Noida (U.P.)



Lecture by Ms. Neha Jindal:-





**Mangalmay Institute of Management Technology**  
**Greater Noida (U.P.)**



**Assessment:**



**B.A.B.Ed. IV Year (Session: 2019-2023)**  
**Certification Course on “The Art of Happiness”**

**Time: 15 min.**

**M.M.15**

**Name:** \_\_\_\_\_

**Father's Name:** \_\_\_\_\_

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**Enrolment No.:** \_\_\_\_\_

**ASSESSMENT:**

- **This paper contains 15 questions. All questions are compulsory.**
- **Each question carries 1 mark.**
- **There will be no negative marking for wrong answer.**

**Instructions: Tick (✓) the correct answer:-**

1. Which theory of happiness emphasizes living a virtuous and meaningful life?

- a) Hedonism
- b) Eudaimonia
- c) Flow Theory
- d) Self-Determination Theory

2. What neurotransmitter is associated with feelings of pleasure and reward?

- a) Serotonin
- b) Oxytocin
- c) Dopamine
- d) GABA

3. A validated happiness questionnaire is an example of which tool for measuring well-being?

- a) Brain scan
- b) Happiness journal
- c) Meditation practice
- d) Socioeconomic status



4. Collectivist cultures tend to define happiness more in terms of:
- Group harmony
  - Individual achievement
  - Material possessions
  - Personal freedom
5. What is the term for routines and practices that promote happiness over time?
- Positive affirmations
  - Positive visualization
  - Gratitude exercises
  - Happiness habits
6. The act of focusing on the positive aspects of an experience is known as:
- Mindfulness
  - Savoring
  - Gratitude
  - Positive reframing
7. Positive Psychology interventions aim to:
- Diagnose mental health disorders
  - Increase positive emotions and behaviors
  - Focus solely on negative thoughts
  - Analyze past traumas
8. Which of the following is NOT a strategy for finding joy in everyday moments?
- Practicing mindfulness
  - Spending time in nature
  - Helping others
  - Dwelling on past regrets
9. People with a growth mindset believe that intelligence and abilities can be:
- Developed and improved
  - Fixed and unchangeable
  - Inherited and predetermined
  - Limited by life circumstances
10. What is a strategy for developing resilience in the face of challenges?





- a) Avoiding difficult situations
- b) Focusing on negative emotions
- c) Developing a sense of humor
- d) Blaming others for setbacks

11. Interpreting a challenging situation as an opportunity for growth is an example of a(n):

- a) Threat response
- b) Challenge response
- c) Fixed mindset approach
- d) Emotional avoidance

12. Strong social connections are a significant factor in overall happiness because they provide:

- aa) Material security
- b) Greater isolation
- c) Increased social status
- d) A sense of belonging

13. Active listening involves:

- a) Interrupting frequently
- b) Offering unsolicited advice
- c) Dominating the conversation
- d) Paying close attention

14. Conflict resolution strategies help couples to:

- a) Avoid disagreements altogether
- b) Communicate effectively and find solutions
- c) Hold grudges
- d) Focus on personal blame

15. Mindfulness involves:

- a) Judgmental self-criticism
- b) Focusing on the present moment
- c) Dwelling on past experiences
- d) Multitasking and distraction



**PRACTICAL: 15 Marks**

1. Drawing		5 Marks
2.Craft Activity(Wind Chime Making).		5 Marks
3.Cultural	Activity	5 Marks
	<hr/>	
Total	<hr/>	15 Marks

## ANSWER KEY OF ASSESSMENT

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8. Which of the following is NOT a strategy for finding joy in everyday moments?

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- b) Spending time in nature
- c) Helping others
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9. People with a growth mindset believe that intelligence and abilities can be:

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Mangalmai Institute of Management Technology  
Greater Noida (U.P.)



B.A.B.Ed. IV Year (Session: 2019-2023)  
Certification Course on "The Art of Happiness"

Time: 15 min.

Name: ALISHA

Father's Name: MD ABDULLAH

Enrolment No.: 19650739

M.M.15

12/15

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**Mangalmai Institute of Management Technology**  
Greater Noida (U.P.)



B.A.B.Ed. IV Year (Session: 2019-2023)

Certification Course on "The Art of Happiness"

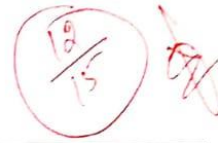
Time: 15 min.

M.M.15

Name: Anjali Bajpai

Father's Name: Shri Sharan Bajpai

Enrolment No.: 19650740



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d) Socioeconomic status



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c) Dominating the conversation

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d) Multitasking and distraction





**Mangalmai Institute of Management Technology**  
Greater Noida (U.P.)



B.A.B.Ed. IV Year (Session: 2019-2023)

Certification Course on "The Art of Happiness"

Time: 15 min.

M.M.15

Name: Anjali Bhati

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13/15

**ASSESSMENT:**

- This paper contains 15 questions. All questions are compulsory.
- Each question carries 1 mark.
- There will be no negative marking for wrong answer.

**Instructions: Tick (✓) the correct answer:-**

1. Which theory of happiness emphasizes living a virtuous and meaningful life?

- a) Hedonism
- b)  Eudaimonia
- c) Flow Theory
- d) Self-Determination Theory

✓

2. What neurotransmitter is associated with feelings of pleasure and reward?

- a) Serotonin
- b) Oxytocin
- c)  Dopamine
- d) GABA

✓

3. A validated happiness questionnaire is an example of which tool for measuring well-being?

- a) Brain scan
- b)  Happiness journal
- c) Meditation practice
- d) Socioeconomic status

✓



4. Collectivist cultures tend to define happiness more in terms of:
- a) Group harmony
  - b)  Individual achievement
  - c) Material possessions
  - d) Personal freedom
5. What is the term for routines and practices that promote happiness over time?
- a) Positive affirmations
  - b) Positive visualization
  - c) Gratitude exercises
  - d)  Happiness habits
6. The act of focusing on the positive aspects of an experience is known as:
- a) Mindfulness
  - b)  Savoring
  - c) Gratitude
  - d) Positive reframing
7. Positive Psychology interventions aim to:
- a) Diagnose mental health disorders
  - b)  Increase positive emotions and behaviors
  - c) Focus solely on negative thoughts
  - d) Analyze past traumas
8. Which of the following is NOT a strategy for finding joy in everyday moments?
- a) Practicing mindfulness
  - b) Spending time in nature
  - c) Helping others
  - d)  Dwelling on past regrets
9. People with a growth mindset believe that intelligence and abilities can be:
- a) Developed and improved
  - b)  Fixed and unchangeable
  - c) Inherited and predetermined
  - d) Limited by life circumstances
10. What is a strategy for developing resilience in the face of challenges?
- a) Avoiding difficult situations



b) Focusing on negative emotions

c) Developing a sense of humor

d) Blaming others for setbacks

11. Interpreting a challenging situation as an opportunity for growth is an example of a(n):

a) Threat response

b) Challenge response

c) Fixed mindset approach

d) Emotional avoidance

12. Strong social connections are a significant factor in overall happiness because they provide:

a) Material security

b) Greater isolation

c) Increased social status

d) A sense of belonging

13. Active listening involves:

a) Interrupting frequently

b) Offering unsolicited advice

c) Dominating the conversation

d) Paying close attention

14. Conflict resolution strategies help couples to:

a) Avoid disagreements altogether

b) Communicate effectively and find solutions

c) Hold grudges

d) Focus on personal blame

15. Mindfulness involves:

a) Judgmental self-criticism

b) Focusing on the present moment

c) Dwelling on past experiences

d) Multitasking and distraction







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## **Expert Profile**

### **Ms.Neha Jindal**

**Core Skills:**Curriculum Development ,Communication Skills,Critical Thinking and Problem-Solving

**Qualification:**PhD (Education) pursuing,M.Ed.,M.A .(Economics)M.Com., NET-JRF

**Experience:**8 years

**Research Area:**Educational Technology,Research Methodology,Curriculum and Instruction



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## CERTIFICATE

Certified that

**Mr./Ms. Anjali Bajpai**

of **B.A.B.Ed. IV year** of **Mangalmay Institute of Management Technology, Greater Noida,**

has successfully completed **30 Hours** Add- On Certification Program course on **“The Art of Happiness”**

conducted from **12th September 2022 to 30th September 2022.**

**Associate Dean**  
Mangalmay Institute of  
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**Convener**  
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