

## FACULTY OF MANAGEMENT STUDIES (FMS)

### SHORT-TERM CAPSULE CERTIFICATE COURSE IN “THE ART OF HAPPINESS”

**Gurukula Kangri Vishwavidyalaya** was founded on **March 4, 1902** by **Swami Shraddhananda Ji** with the sole aim to revive the ancient Indian Gurukula system of education by imparting education in the areas of Vedic literature, Indian philosophy, Indian culture, modern sciences and research. FMS, Gurukula Kangri Vishwavidyalaya, Haridwar is among the best teaching, research and consulting institutions. The Faculty has established itself as a world-class teaching and research institution and is involved in consulting and training programmes for the industry.

FMS, Gurukula Kangri Vishwavidyalaya, Haridwar provides the ideal setting and background conducive to learning where a student is a treasured asset. Our Vedic heritage and wisdom has lot to contribute to achieve true happiness and peace of mind which is really missing in today’s materialistic world. **Happiness, true happiness**, is an inner quality. It is a state of mind. If your mind is at peace, you are happy. If you have everything the world can give - pleasure, possessions, power - but lack peace of mind, you can never be happy. **Mindfulness** is a key skill for **happiness** and we can do it wherever we are. **Mindfulness** has been shown to help us be healthier, less affected by stress, more relaxed, more creative, more open to learning, sleep better, improve our relationships with others and feel **happier** and more satisfied with our lives. This is why FMS has come up with this short-term certificate course in “The Art of Happiness”.

#### **PROGRAMME HIGHLIGHTS:**

- Joyful teaching using varied pedagogies viz. classroom teaching using case studies, role plays, e-learning etc.
- The coverage of the programme includes concept of Happiness, why does it matter? Why do social connections foster happiness? and a path to resilience and happiness.
- Opportunities for students to interact with senior experts of the field.
- Well-equipped classroom infrastructure for academic and practical learning.
- On successful completion of the programme, the students will lead a joyful and peaceful career.

#### **PROGRAMME STRUCTURE:**

The programme structure of certificate course is as follows:

- **Two days (Friday and Saturday) a week.**
- **Schedule: 03 hrs per day.**
- **07weeks Course.**

#### **COURSE FEES:**

The applicants have to pay the FMS, GKV an amount of Rs. 4,000/= (Rupees Four Thousand Only).

#### **ELIGIBILITY CRITERIA:**

- Intermediate (10+2) in any discipline.

	<b>STC-01</b>		<b>Two days (Friday and Saturday) a week.</b>		
	<b>THE ART OF HAPPINESS</b>		<b>03 Hrs Per Day</b>		
Time Allotted for Final Examination (FE)	Marks Allotted for Internal Assessment	Marks Allotted for Final Examination (FE)	Maximum Marks (MM)	Total Credits	Maximum Hours
3 Hrs.	30	70	100	06	42

## **THE ART OF HAPPINESS**

**LEARNING OBJECTIVES:** The course ensures that the applicants are well learned about the art of happiness and positive emotions, identify key psychological, social and biological factors that relate to happiness, understand the relationship between happiness and social connections, apply lessons from positive and social psychology to their personal and professional lives, enhancing their self-understanding.

### **COURSE OUTLINE**

**MODULE 1 (WEEK 1): INTRODUCTION TO THE ART OF HAPPINESS, COMPASSION & KINDNESS:** What is Happiness? Why does Happiness Matter? Happiness and Positive Emotions, Compassion, What and Why of Compassion? Kindness and Happiness, Happiness and Four kinds of efforts (Purusharthas), Spiritualism and Happiness.

**Key Readings:**

Dalai , L., & Howard , C. (1999). *The Art of Happiness: A Handbook for Living*. London,UK: Hodder Paperbacks.

Lama, D.(2007). *The Power of Compassion: The Dalai Lama*. Noida: Thorsons.

Sonja , L. (2008). *The How of Happiness*. New Delhi: Penguin Press.

Swami, Om. (2019). *The Book of Kindness: How to Make Others Happy and Be Happy Yourself*. Noida: Harper Collins India.

**MODULE 2 (WEEK 2): THE POWER OF SOCIAL CONNECTION:** Happiness and social connection, why do social connections foster happiness? We're built to connect, romantic relationships with family and friendships, the science of empathy.

**Key Readings:**

Bond, R. (2016). *A Little Book of Happiness*. New Delhi: Speaking Tiger.

Dacher , K. (2009). *Born to Be Good*., New York, USA: W.W. Norton.

**MODULE 3 (WEEK 3): UNDERSTANDING AND ACCEPTING FAILURE AND SUCCESS:**

Understanding the label of failure and the effects it has on us, exploring the attributes of perfectionism and how to overcome them, understanding resilience and tools to help us become more resilient, cultivating a healthy and realistic attitude to failure, defining success for ourselves? The role played by society in shaping our definition of success.

**Key Readings:**

HBR (2017). *Resilience (HBR Emotional Intelligence Series)*. USA: Harvard Business Review Press.

Hill, N. (2018). *Success Through a Positive Mental Attitude*. New Delhi: Fingerprint Publishing.

John C. M. (2007). *Failing Forward: Turning Mistakes into Stepping Stones for Success*. New York: Harper Collins Leadership.

**MODULE 4 (WEEK 4): MINDFULNESS:** Mindfulness and happiness, what is mindfulness? Benefits of mindfulness for mind, brain, and body, real-world applications of mindfulness.

**Key Readings:**

Daniel, D., Langer, E., David, S. & Congleton, C. (2017). *Mindfulness (HBR Emotional Intelligence Series)*. USA: Harvard Business Review Press.

Stefan, K. & Stephen, L. (2016). *The Science of Happiness: How Our Brains Make us Happy and What We Can do to Get Happier*. New Delhi: Speaking Tiger.

**MODULE 5 (WEEK 5): LEVERAGING EMOTIONS:** The connection between happiness and productivity, overcoming our innate bias towards the negative and dealing with negative emotions, shifting our happiness baseline and choosing to play to our strengths, cultivating emotional intelligence and using mirror neurons to our advantage.

**Key Readings:**

Dacher, K., Jason, M., & Jeremy, A. (2010). *The Compassionate Instinct*. New York, USA: W.W. Norton.

Hill, D. (2010). *Emotionomics: Leveraging Emotions for Business Success*. London, UK: Kogan Page.

**MODULE 6 (WEEK 6): MENTAL HABITS OF HAPPINESS AND GRATITUDE** Mental habits of happiness, self-compassion: a path to resilience and happiness, gratitude and happiness, what is gratitude? challenges to gratitude, scaling gratitude.

**Key Readings:**

Covey, S. R. (2013). *The 7 Habits of Highly Effective People: Powerful Lessons in Personal Change*. NY, USA: RosettaBooks.

Jain, P. (2013). *Vitamin G Gratitude: The Daily Supplement to create a magical Life of Fulfillment you deserve. 42 Grateful Living Practices for Joy, Abundance, and Resilience in less than 5-minutes a day*. Hyderabad, India: BSE Publisher and Distributor.

**MODULE 7 (WEEK 7): PRACTICING HAPPINESS:** Life and health, practising happiness through yoga, meditation and in hand exposure to real life situations.

**Key Readings:**

Bansal, R. (2015). *Arise, Awake: The Inspiring Stories of Young Entrepreneurs Who Graduated From College Into A Business of Their Own*. Chennai: Westland Books Private Limited.

Eashwaran, E. (2011). *Essence of the Bhagavad Gita: A Contemporary Guide to Yoga, Meditation, and Indian Philosophy*. CA, USA: Nilgiri Press.

Sharma, R. (2009). *The Monk Who Sold His Ferrari*. New Delhi: Jaico Publishing House.

Swami, Om. (2016). *A Million Thoughts: Learn All About Meditation from The Himalayan Mystic*. Mumbai: Jaico Publishing House.

**NOTE:** The list of cases, specific references and books including recent articles will be announced in the class by concerned teacher from time to time.