

CENTRE FOR HAPPINESS
CENTRAL UNIVERSITY OF TAMILNADU
THIRUVARUR – 610 005, INDIA

SCIENCE OF HAPPINESS

Course code - CFC - 01

Paper Type: Open Elective- IM.Sc, IMA, MA, M.Sc, M. Tech, MSW, MBA, M.Com

Credits: - Non credit

Course Objectives:

- To explore the roots of human happiness and wellbeing.
- To present real-life situations for nurturing own happiness.
- Engage in case studies (Provocative and practical lessons) and real-life situations to enhance the pursuit of happiness.

Pedagogy:

Lectures, Tutorial, Assignments/Seminars, Workshops, Skill Lab/Extension Lectures/case studies.

Learning Outcomes

- To identify main factors including internal and external of happiness
- To understand the holistic aspects of happiness and wellbeing
- To learn happiness practice for day-to-day activities

Course Offered by: Centre for Happiness, Central University of Tamil Nadu, Tiruvarur

Course Incharge: Prof. Sigamani P, Department of Social work, CUTN

COURSE INSTRUCTORS:

Prof. Sigamani P
Coordinatr, Centre for Happiness
Head, Department of Social Work,
School of Social Sciences and Humanities, CUTN

Dr. Sudha, Associate Professor & Head
Department of Management, School of
Commerce and Business Management,
CUTN

COURSE OUTLINE

UNIT 1 - FOUNDATION OF SCIENCE OF HAPPINESS

- ❖ Introduction and definition of happiness and related concepts
- ❖ Philosophy of happiness
- ❖ Theories of happiness
- ❖ Happiness and Well-being

UNIT 2 - HAPPINESS AT THE WORKPLACE

- ❖ Introduction and Basic Concepts
- ❖ Factors contributing for happiness at work
- ❖ Factors affecting happiness at work
- ❖ Consequences of happiness at work

UNIT 3 - HAPPINESS MYTHS AND REALITIES

- ❖ Materials vs Happiness
- ❖ Relationship vs happiness
- ❖ Achievement vs happiness
- ❖ Social networks, social media vs happiness

REFERENCES

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6. Keltner, D. (2010). *Born to be good: The science of a meaningful life*. New York: W.W. Norton.
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8. Lyubomirsky et al. (2005). Pursuing happiness: The architecture of sustainable change. *Review of General Psychology*, 9(2), 111–131.
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11. Poggi A., Villosio C. (2015) Subjective Well-Being at the Workplace. In: Holtgrewe U., Kirov V., Ramioul M
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13. Robbins, S. P., & Judge, T. (2019). *Organizational behaviour*. Harlow, England : Pearson Education Limited, 2019

14. Seligman, M. E. P. (2017). *Authentic happiness: Using the new positive psychology to realize your potential for lasting fulfilment*. London: Nicholas Brealey Publishing.

SHORT PROFILE OF THE COURSE INSTRUCTORS

Prof. Sigamani P

Dr. Sigamani Panneer is a Professor and Head, Department of Social Work, School of Social Sciences and Humanities, Coordinator, Centre for Happiness, and former Coordinator, Department of Applied Psychology, School of Behavioral Sciences at Central University of Tamil Nadu (by an Act of Parliament), Thiruvarur, Tamil Nadu, India. He has been a Visiting Research Professor at the School of Public Health, University of Minnesota (UMN), USA; Visiting Professor, Jishou University, China; Guest Professor, Tianjin University of Finance and Economics, Tianjin, China and Visiting Professor, Department of Management Studies, Sacred Heart College (Autonomous), Tirupattur, Affiliated to Thiruvalluvar University, Vellore. He has 13 (+2) years of broad professional experience in university teaching; research; consultancy; extensive field-cum practice supervision; mentoring undergraduate, postgraduate students, Ph.D. and postdoctoral scholars; designed and conducted various soft skill trainings and professional development programmes; designed and organized international, national conferences and short term courses on Research Methodology and international summer school on Research Methodology in Public Health (collaboration with School of Public Health, University of Minnesota). His area of research interest includes occupational health, healthcare management, public private partnerships, evidence based health policy, networking governance and human resource management.

Dr. Sudha Ganesan

Dr. Sudha Ganesan is an Associate Professor at the Department of Management, Central University of Tamilnadu. Her broad research interests include work life balance, change management and emotional intelligence. Her work largely focuses on training need analysis for practising managers and professionals. She holds Ph.D in Organizational Behaviour, along with two Masters Degree from Business Administration and Psychology. Be the driving force behind the introduction of behavioural science lab for MBA students she consistently coordinated the lab for seven years. She has published about 35 papers in national and international journals. As a certified trainer and designer she has conducted many training programs for entrepreneurs, executives, business people, women employers, entry and middle level managers, teachers, and students. With more than sixteen years of experience in teaching and training she has organized employability skills training around 5000 students over the past ten years in the capacity as chairperson for personality and communication skill development cell. She served as a co coordinator for the series of managerial skill development training programs for the executives of department of excise, srilanka. Dr. sudha is a motivational speaker and also helping the adolescent students to identify their career aspirations through psychometric assessment.

FOR MORE DETAILS CONTACT

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