

Savitribai Phule Pune University
Second Year of Computer Engineering (2015 Course)
210258: Audit Course 2
AC2-III : The Science of Happiness

Everybody wants to be happy. One can explore innumerable ideas about what happiness is and how we can get some. But not many of those ideas are based on science. That's where this course comes in. The –The subject –Science of Happiness” aims to teach the pioneering science of positive psychology, which explores the ancestry of a happy and meaningful life. Clinical psychologists have been dealing with miserable feelings since their discipline was established. In the last 30 years, neuroscientists have made major headway in the understanding of the sources of anger, depression, and fear.

Today, whole industries profit from this knowledge—producing pills for every sort of pathological mood disturbance. But until recently, few neuroscientists focused on the subject of happiness. This course focuses on discovering how cutting-edge research can be applied to their lives. Students will learn about the Intra-disciplinary research supporting this view, spanning the fields of psychology, neuroscience, evolutionary biology, and beyond. The course offers students practical strategies for tapping into and nurturing their own happiness, including trying several research-backed activities that foster social and emotional well-being, and exploring how their own happiness changes along the way.

Course Objectives:

- To understand the feeling of happiness
- To study the sources of positive feelings
- To analyze the anatomy of the happiness system
- To study the effect of thoughts and emotions on the happiness system

Course Outcomes:

On completion of the course, learner will be able to–

- Ability to understand what happiness is and why it matters to you
- Ability to learn how to increase your own happiness
- Understanding of the power of social connections and the science of empathy
- Ability to understand what is mindfulness and its real world applications

Course Contents:

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| 1. Happiness: what is it? | 2. The secret of smiling |
| 3. The autonomy of positive feelings | 4. Positive feelings as a compass |
| 5. The happiness system | 6. Foundations: Emotions, Motivation and nature of Well being |
| 7. Subjective well being | 8. Love and well being |
| 9. Optimal well being | 10. Religion, Spirituality and well being |

References:

1. Happier, Stefan Klein , "The Science of Happiness, How Our Brains Make Us Happy and what We Can Do to Get”, Da Capo Press, ISBN 10: 156924328X, 13: 978-1569243282.
2. C. Compton, Edward Hoffman, "Positive Psychology: The Science of Happiness and Flourishing”, William, Cengage Learning, 2012, ISBN10: 1111834121.