



# THE SCIENCE OF HAPPINESS AND WELLBEING

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**PRE-REQUISITES :** No restrictions, ideally after class XII.

**INTENDED AUDIENCE :** For anyone keen to understand the science of self-management and wellbeing

**INDUSTRY SUPPORT :** Happiness is today strongly linked with productivity in the Corporate sector. Many private and public sector industries are now keen to see their employees happy. The Centre at IIT Kharagpur on the Science of Happiness has received a number of offers from such companies to train their employees. This will be especially relevant for the HR team, and for managers at all levels.

### COURSE OUTLINE :

Positive psychology, well being and the science of happiness have become almost a craze today with its stress, change and speed. This tested and highly successful course from IIT Kharagpur's Rekhi Centre of Excellence for the Science of Happiness is designed to take one step by step through the science as well as the discovery of the road to happiness. It introduces students to the fundamental concepts, the causes, the mechanism, the effect, as well as the practice of happiness from a scientific and analytical perspective. A must for any professional, it is highly recommended for everyone. If offered for NPTEL Online Certification (NOC), this much-in-demand course would be available online for a large number of participants, with opportunities for collaboration and learning for easy application.

### ABOUT INSTRUCTOR :

Prof. Priyadarshi Patnaik is Professor, Department of Humanities & Social Sciences, IIT Kharagpur. He is also the Chairman of Rekhi Centre of Excellence for the Science of Happiness at IIT Kharagpur. He teaches literature, communication and visual aesthetics. His research interests include Indian aesthetics, visual & nonverbal communication, subjective well-being, digital humanities and translation. His publications include seven volumes of critical work and edited volumes, and two volumes of creative writing. He has published widely in a number of national and international journals in the areas of aesthetics, visual arts, media & communication and translation. Currently two co-edited volumes on Happiness are in press with Springer. He is also a creative writer, painter, translator and photographer. He was a part of the MHRD pan-IIT Science-culture and Tradition-technology initiative (Sandhi) Mega-Project: <http://www.iitkgpsandhi.org/> which uses digital humanities tools to a significant extent. Prof. Manas K Mandal's research contribution to the field of psychological science spanned over 35 years with primary focus on affect processing in the brain, in general, and in schizophrenia, in particular. His doctoral work on affect (emotion) processing in schizophrenia has been an original work that paved the way for the formulation many research hypotheses later. Prof. Mandal continued his endeavour in later part of his research in uncovering the role of cerebral hemispheres in emotion processing. The input about cerebral lateralization was drawn from his earlier work in which he proposed that the right hemisphere activity that regulates emotion processing may be intact in schizophrenia. While at the Indian Institute of Technology - Kharagpur, Prof. Mandal pursued the domain of behavioural neuroscience in normal human behavior, in which he explored the difficulties faced by the left and mixed (clumsy) handers in the society. His researches let us know what percentage of the left handers are found in India, what makes a left hander switch handedness pattern, why the left handers are more prone to accidents than the right handers, etc. As the Director of Defense Institute of Psychological Research (DRDO), Prof. Mandal engaged himself in a large number of activities towards the human performance development of the community of armed / paramilitary forces (National Security Guards, CRPF, etc.). Noteworthy, amongst these include (a) getting the best cadet for the armed / paramilitary forces through scientifically developed selection system, (b) analyzing critical behavior like mob hysteria or terrorism, (c) imparting mass counseling for man-made and natural disasters, (d) reducing the incidence of self-defeating behaviours in soldiers like suicide and fratricide, etc. Currently he is the Distinguished Visiting Professor at the Rekhi Centre of Excellence for the Science of Happiness at IIT Kharagpur.

### COURSE PLAN :

**Week 1:** Operationalizing happiness: Defining happiness

**Week 2:** Understanding the construct of happiness: The science of happiness These five modules would introduce the key concepts that make up the science of happiness, and create the basic ground for the sessions to follow. It would also include pretests to assess current happiness and other related parameters.

**Week 3:** Factors influencing happiness: Biological, psychological & socio-cultural factors These modules would focus on the key components influence happiness through talks, case studies and self-learning tasks.

**Week 4:** Unanswered questions: What makes us happy? The modules in this week would focus on the myths as well as the simple secrets of happiness and how to make the act successful through understanding and practice. Happiness: The dynamics within: Key ingredients of happiness These modules would address the key ingredients with scientific evidence, case studies and online assignments and assessments.

**Week 5:** Train yourself in Happiness: Two short modules on Mindfulness These sessions would take us through the science as well as the art of mindfulness through online practice sessions and training aids. Happiness in the social context: Three modules on Emotional Intelligence. Emotions play a key role in happiness and need to be addressed in their various ways in response to people and society. Tests, assessments and training sessions to hone skills would be included.

**Week 6:** Happiness at work: Getting rid of daily hassles Happiness and efficiency, happiness and creativity, and various other key components like innovation and follow would be addressed in these units. Fine tuning work-life balance: Strategies to develop happiness Through units as well as assessment tools participants would be guided through techniques to hone their work-life balance - a key component of success as well as happiness.

**Week 7:** Becoming happier: State & trait of happiness This week would focus on sustaining and enhancing what has been learnt so far through both theoretical as well as training inputs.

**Week 8:** Creating happiness: Making a difference for others Happiness needs to spread. These units would focus on networking and sustaining what has been learnt by sharing with others. Post-test assessments would also be used to tests changes that have been brought about during the 12 weeks of the course.