

LIST OF VALUE AIDED COURSES

APPENDIX-I

Semester	Course Type	Course Code	Nomenclature of paper	Credits	Credits		Contact hours	Internal Assessment marks		End term Exam. Marks		Max. Marks	Duration of End Term exam. (Hrs T / P)
					Theory (T)	Practical (P)		T+P	T	P	T		
4	VAC-4	B23-VAC-402	Art of Happiness	2	2	NA	2	15	00	35	00	50	3
	VAC-4	B23-VAC-411	Social and Emotional Learning	2	2	NA	2	15	00	35	00	50	3
	VAC-4	B23-VAC-416	Emotional Intelligence	2	2	NA	2	15	00	35	00	50	3
	VAC-4*	B23-VAC-424	Science of Happiness and Wellbeing	2	2	NA	2	15	00	35	00	50	3

*Kurukshetra University Campus only.

KURUKSHETRA UNIVERSITY
Undergraduate Programs (Psychology) Syllabus, Semester –IV

VAC-4

Session: 2023-24			
Part A - Introduction			
Subject	Psychology		
Semester	IV		
Name of the Course	Art of Happiness		
Course Code	B23-VAC-402		
Course Type: (CC/MCC/MDC/CC-M/DSEC/VOC/DSE/PC/AEC/VAC)	VAC		
Level of the course (As per Annexure-I)	100-199		
Pre-requisite for the course (ifany)	-		
Course Learning Outcomes (CLO):	<p>After completing this course, the learner will be able to:</p> <ol style="list-style-type: none"> 1. get awareness regarding nature, sources and factors affecting happiness. 2. understand the role of culture in happiness and relationship happiness and money. 3. develop insight about happiness as a intrinsic value, age relationship with happiness and ways to increase happiness. 4. know about key indicators and index of happiness, and status of happiness in India. 		
Credits	Theory	Practical	Total
	2	NA	2
Contact Hours	2	NA	2
Max. Marks: 50 Internal Assessment Marks: 15 End Term Exam Marks: 35		Time: 3 Hours	

Part B- Contents of the Course		
<p>Instructions for Paper-Setter: The question paper will consist of NINE questions out of which the candidate would be required to attempt FIVE questions. The first question will be compulsory and will have 7short answer questions uniformly spread over entire syllabus. The remaining EIGHT questions will be set taking TWO questions from each of the four units. Each question will carry 07 marks. The candidate would be required to attempt ONE question from each unit in addition to compulsory question.</p>		
Unit	Topics	Contact Hours
I	Happiness: Definition and Nature. Sources of Happiness, Factors Affecting Happiness.	7
II	Culture and Happiness. Eastern and Western Approaches to Happiness. Relationship between Happiness and Money.	7
III	Happiness as Intrinsic Value. Age and Happiness. Ways to Increase Happiness.	7
IV	Measuring Happiness: Key Indicators. Happiness Index. Happiness in India.	7
Suggested Evaluation Methods		
<p>Internal Assessment:</p> <p>➤ Theory</p> <ul style="list-style-type: none"> • Class Participation: 04 Marks • Seminar/presentation/assignment/quiz/class test etc.: 04 Marks • Mid-Term Exam: 7 Marks 		<p>End Term Examination:</p> <p>35 Marks</p>
Part C-Learning Resources		
<p>Recommended Books/e-resources/LMS:</p> <p>Seligman, M. (2002). Authentic Happiness: Using the New Positive Psychology to Realize Your Potential for Lasting Fulfillment. New York: Free Press.</p> <p>Selin, H. and Davey, G. (2012). Happiness Across Cultures. Springer.</p> <p>H H Lama, D. and Cutler, H. C. (2009). The Art of Happiness: A Handbook of Living (10th Anniversary Edition). New York: Riverhead Books.</p> <p>Clark, A. E., Fleche, S., Layard, R., Powdthavee, N. and Ward, G. (2019). The Origins of Happiness. NJ: Princeton University Press.</p> <p>Yew – Kwang Ng (2022). Happiness- Concept, Measurement and Promotion. Springer</p>		

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Undergraduate Programs (Psychology) Syllabus, Semester –IV

VAC-4

Session: 2023-24			
Part A - Introduction			
Subject	Psychology		
Semester	IV		
Name of the Course	Social and Emotional Learning		
Course Code	B23-VAC-411		
Course Type: (CC/MCC/MDC/CC-M/DSEC/VOC/DSE/PC/AEC/VAC)	VAC		
Level of the course (As per Annexure-I)	100-199		
Pre-requisite for the course (if any)	-		
Course Learning Outcomes (CLO):	<p>After completing this course, the learner will be able to:</p> <ol style="list-style-type: none"> 1. get awareness regarding social and emotional learning alongwith its historical influences and critical areas. 2. understand the role of emotional intelligence in SEL and familiarity with roots of empathy.. 3. develop insight into measurement of SEL alongwith its current challenges. 4. know about evidences in support of SEL and build sustainable framework on the basis of SEL. 		
Credits	Theory	Practical	Total
	2	NA	2
Contact Hours	2	NA	2
Max. Marks: 50 Internal Assessment Marks: 15 End Term Exam Marks: 35		Time: 3 Hours	

Part B- Contents of the Course		
<p>Instructions for Paper-Setter: The question paper will consist of NINE questions out of which the candidate would be required to attempt FIVE questions. The first question will be compulsory and will have 7 short answer questions uniformly spread over entire syllabus. The remaining EIGHT questions will be set taking TWO questions from each of the four units. Each question will carry 07 marks. The candidate would be required to attempt ONE question from each unit in addition to compulsory question.</p>		
Unit	Topics	Contact Hours
I	Social and Emotional Learning: Nature, Historical Influences and Critical Areas of Competence.	7
II	Role of Emotional Intelligence in Social and Emotional Learning. Emotional Intelligence as Social Art. Roots of Empathy.	7
III	Measurement of Social and Emotional Learning: Tools and Checklists. Current Challenges.	7
IV	Evidences in Support of Social and Emotional Learning, SEL as a Sustainable Framework for success.	7
Suggested Evaluation Methods		
<p>Internal Assessment:</p> <ul style="list-style-type: none"> ➤ Theory • Class Participation: 04 Marks • Seminar/presentation/assignment/quiz/class test etc.: 04 Marks • Mid-Term Exam: 7 Marks 		<p>End Term Examination: 35 Marks</p>
Part C-Learning Resources		
<p>Recommended Books/e-resources/LMS: Black, D. L. (2022). Essentials of Social and Emotional Learning (SEL). NJ: Wiley. Goleman, D. (2005). Emotional Intelligence. USA: Bantam .</p>		

KURUKSHETRA UNIVERSITY
Undergraduate Programs (Psychology) Syllabus, Semester –IV

VAC-4

Session: 2023-24			
Part A - Introduction			
Subject	Psychology		
Semester	IV		
Name of the Course	SCIENCE OF HAPPINESS AND WELLBEING*		
Course Code	B23-VAC-424		
Course Type: (CC/MCC/MDC/CC-M/DSEC/VOC/DSE/PC/AEC/VAC)	VAC		
Level of the course (As per Annexure-I)	100-199		
Pre-requisite for the course (if any)	-		
Course Learning Outcomes (CLO):	<p>After completing this course, the learner will be able to:</p> <ol style="list-style-type: none"> 1. get awareness regarding nature, perspectives and measurement of happiness. 2. understand happiness in daily life and its expression 3. develop insight into practices of happiness and ways to increase happiness. 4. understand wellbeing and its relationship with happiness. 		
Credits	Theory	Practical	Total
	2	NA	2
Contact Hours	2	NA	2
Max. Marks: 50 Internal Assessment Marks: 15 End Term Exam Marks: 35		Time: 3 Hours	
*Kurukshetra University Campus Only.			

Part B- Contents of the Course		
<p>Instructions for Paper-Setter: The question paper will consist of NINE questions out of which the candidate would be required to attempt FIVE questions. The first question will be compulsory and will have 7 short answer questions uniformly spread over entire syllabus. The remaining EIGHT questions will be set taking TWO questions from each of the four units. Each question will carry 07 marks. The candidate would be required to attempt ONE question from each unit in addition to compulsory question.</p>		
Unit	Topics	Contact Hours
I	Happiness: Concept and Nature, Perspectives of Happiness Brain-Behavior Relationship in Happiness. Measuring Happiness.	7
II	Happiness in Daily Living: Importance of Empathy, Gratitude and Kindness- Expression of Happiness: Body Language and Non-verbal Cues.	7
III	Practice of Happiness: Mindfulness, Self-awareness and Self-motivation. Relationship between Creativity and Happiness.	7
IV	Wellbeing: Nature and Determinants of Wellbeing. Relationship between Happiness and Wellbeing. Building Resilience.	7
Suggested Evaluation Methods		
<p>Internal Assessment:</p> <p>➤ Theory</p> <ul style="list-style-type: none"> • Class Participation: 04 Marks • Seminar/presentation/assignment/quiz/class test etc.: 04 Marks • Mid-Term Exam: 7 Marks 		<p>End Term Examination:</p> <p>35 Marks</p>
Part C-Learning Resources		
<p>Recommended Books/e-resources/LMS:</p> <ul style="list-style-type: none"> • The how of happiness by Sonja Lyubomirsky • Stumbling on happiness by Daniel Gilbert • Flourish by Mattin P. Seligman • Thinking Fast and Slow by Daniel Kahneman • Posiive Psychology: The science of Happiness and Human strengths – Alam carr • From mindfulness side: • The bell of mindfulness- the Nhat Hanh • The art of happiness: A handbook for living- Dalai Lama • What makes you not a Buddhist- Dzongsar Khense Rinpoche • Happiness: Transforming the landscape: Centre for Butan Studies, Bhutan (can be 		

downloaded online)

- A compass towards just and harmonious society- Centre for Bhutan Studies
- (Can be downloaded online)
- New Development Paradigm- Bhutan government submission to the UNGA (can be downloaded online)
- Laugh your way to happiness- Lesley Lyle
- GNH of Business- Centre for Bhutan Studies & GNH
- Tashi: A GNH Journey- Saamdu Chetri (Amazon)
- The future of humanity- Michio Kaku
- Buddha Body Buddha Mind- Thich Nhat Hanh
- Seven Effective Habits-Stefan F Covey
- The miracles of mindfulness: An introduction to meditation- Thich Nhat Hanh
- Love letter to the earth- Thich Nhat Hanh