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The Science of Happiness and Wellbeing

By Prof. Manas K. Mandal, Prof. Priyadarshi Patnaik | IIT Kharagpur

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The Science of Happiness and Wellbeing



ABOUT THE COURSE:

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.

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

PREREQUISITES: No restrictions, ideally after class XII.

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.

Summary



Course Status :


 Upcoming
[\(https://swayam.gov.in/\)](https://swayam.gov.in/)
 Elective

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Course Type :

 Language for course content : About Swayam (<https://swayam.gov.in/aEbnogulits>)h| All Courses | ()

Duration : 8 weeks

 Category :

- Humanities and Social Sciences
- Psychology

Credit Points : 2

Level : Undergraduate/Postgraduate

Start Date : 17 Feb 2025

End Date : 11 Apr 2025

Enrollment Ends : 17 Feb 2025

Exam Registration Ends : 24 Feb 2025

Exam Date : 27 Apr 2025 IST

Note: This exam date is subject to change based on seat availability. You can check final exam date on your hall ticket.

This is an AICTE approved FDP course

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Course layout

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 address
would be guided



Fine tuning work-life balance: Strategies to develop happiness Through units as well as assessment tools participants
(<https://swayam.gov.in/>) - akey (<https://swayam.gov.in/keys>)

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.

Books and references

Reference Material

A: Philosophical and Spiritual Views on Happiness

Uchida, Y., & Ogiwara, Y. (2012). Personal or interpersonal construal of happiness: A cultural psychological perspective. *International Journal of Wellbeing*, 2(4), 354-369. doi:10.5502/ijw.v2.i4.5

B: How Science Defines and Measures Happiness

Kahneman, D. (1999). Objective happiness. *Well-being: The foundations of hedonic psychology*, 3-25. Harker, L., & Keltner, D. (2001). Expressions of positive emotion in women's college yearbook pictures and their relationship to personality and life outcomes across adulthood. *Journal of Personality and Social Psychology*, 80(1), 112. doi:10.1037/00223514.80.1.112 Kreiman, G., Koch, C., & Fried, I. (2000). Imagery Neurons in the Human Brain. *Nature* 408, 357- 361. Davidson, R. J., et al. (2003). Alterations in brain and immune function produced by mindfulness meditation. *Psychosomatic Medicine*, 65(4), 564–570.

C: Happiness and its benefits:

Lyubomirsky, S., King, L., & Diener, E. (2005). The benefits of frequent positive affect: Does happiness lead to success? *Psychological Bulletin*, 131(6), 803. doi:10.1037/0033-2909.131.6.803 Danner, D. D., Snowdon, D. A., & Friesen, W. V. (2001). Positive emotions in early life and longevity: Findings from the nun study. *Journal of Personality and Social Psychology*, 80(5), 804. doi:10.1037/0022-3514.80.5.804

D: Contemporary relevance

Konrath, S. H., O'Brien, E. H., & Hsing, C. (2011). Changes in dispositional empathy in American college students over time: A meta-analysis. *Personality and Social Psychology Review*, 15(2), 180-198. doi:10.1177/1088868310377395 Kahneman, D. & Deaton, D. (2010). High income improves evaluation of life but not emotional well-being. *Proceedings of the National Academy of Sciences*, 107(38), 16489–16493. doi:10.1073/pnas.1011492107 Lane, R. E. (2000). *The loss of happiness in market democracies*. New Haven: Yale University Press. Myers, D. G., & Diener, E. (1995). Who is happy? *Psychological Science*, 6(1), 10-19. doi:10.1111/j.1467-9280.1995.tb00298.x Myers, D. G. (2001). *The American paradox: Spiritual hunger in an age of plenty*. Yale University Press. Eden, D. & Aviram, A. (1993). Self-efficacy training to speed reemployment: Helping people to help themselves. *Journal of Applied Psychology*, 78(3) 352-360

Instructor bio



Prof. Manas K. Mandal

IIT Kharagpur



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