

COMMON POOL OF GENERIC ELECTIVES (GE) COURSES

GENERIC ELECTIVES (GE-13): HAPPINESS, FLOURISHING AND SOCIAL WORK

Credit distribution, Eligibility and Pre-requisites of the Course

Course title & Code	Credit s	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course	Departmen t offering the course
		Lectur e	Tutoria l	Practical/ Practice			
FLOURISHIN G AND SOCIAL WORK GE 13	4	3	1	0	12 th Pass	NIL	Social Work

Learning Objectives

The Learning Objectives of this course are as follows:

- To promote individual and collective flourishing and happiness.
- To create stress free, joyful and peaceful environment for flourishing.
- To develop competencies in every individual to manage self and fellow human beings.

Learning outcomes

At the end of the semester, the student will be able to:

- Learn the ways of promoting individual and collective happiness.
- Develop skills in managing stressful condition.
- Recognize the significance of yoga, mindfulness and meditation in every day life.

SYLLABUS OF GE- 13

Unit I: Understanding Flourishing

15 Hours

Unit Description: This unit will help to understand the concept and paths of flourishing. The students will also appraise the significance of happiness in day to day life.

Subtopics:

- Conceptualizing flourishing and collective flourishing
- Paths and Theories of flourishing
- Significance, Scope and Challenges

Unit II: Understanding Happiness and Well-being

10 Hours

Unit Description: This unit will focus on understanding significance of well-being and happiness individually and collectively.

Subtopics:

- Happiness and well-being: Concept, Nature and Characteristics, Benefits, Scope and Indicators
- Facilitators and Inhibiting Factors of well-being and flourishing Significance, Scope and Challenges
- Theories of well-being and happiness

Unit III: Flourishing and well-being – Skills and techniques for 10 Hours individuals and families

Unit Description: This unit will provide insight into the practice of yoga and meditation for promoting flourishing and well-being. The students will also learn various approaches for promoting well-being.

Subtopics:

- Yoga, Mindfulness, Meditation
- Cognitive and behavioural approaches
- Problem-solving approach

Unit IV: Skills and techniques with group and community 10 Hours

Unit Description: This unit will focus on strengthening human relationship and learning to maintain work life balance. The unit will also emphasize on community engagement for promoting happiness.

Subtopics:

- Working on human relationships: Family, school, work place, Work life balance
- Working through community service and engagement
- Case studies and Initiatives on flourishing and well-being

Practical component (if any) - NIL

Essential readings

- Alejandro, C. (2018). *Tibetan Yoga for health and well-being*. California: Hay House.
- Banavathy, V. K., & Choudry, A. (2014). Understanding happiness: A vedantic perspective. *Psychological Studies*, 59, 141-152.
- Briggs, A. & Reiss, M.J. (2021). *Human Flourishing Scientific Insight and Spiritual Wisdom in Uncertain Times*. OUP Oxford
- Bond, R. (2016). *A little Book of Happiness*. Speaking Tiger Publishing
- Cayoun, B.A. (2014). *Mindfulness-Integrated CBT for well-being and personal growth*. New Jersey: Wiley Blackwell.
- Friedeberger, J. (2011). *The healing power of yoga: For health, Well-being and Inner peace*. New Delhi: Motilal Banarsi Dass Publishers.
- Layard, R. & Neve, D. J. E. (2023). *Wellbeing Science and Policy*. Cambridge University Press.

- Seligman, M.E.P (2011). *A Visionary New Understanding of Happiness and Well-being*. Atria Books
- Shaw, J. (1974). *The self in social work*. London: Routledge & Keganpaul.
- Siddiqui, H.Y. (2015). *Social work & human relations*. Jaipur, India: Rawat Publications
- Sugirtharajah, S. (2022). Understanding happiness: A Hindu perspective. In Religious and Non-Religious Perspectives on Happiness and Wellbeing (pp. 149-166). Routledge.
- Tolin, D.F. (2016). *Doing CBT: A Comprehensive Guide to working with Behaviour, thoughts and emotions*. New York: The Guilford Press.
- Yulianti, N. K. D., Ardini, N. W., & Darmayuda, I. K. (2023). Wisdom to attain happiness in Vedic culture perspective. *Linguistics and Culture Review*, 7(1), 1-8.

Suggested readings

- Iyengar, B.K.S. (1995). *Light on Yoga: The Bible of modern yoga*. Berlin: Schocken Publishers.
- Kumari, V. & Brooks, S.L. (2004). *Creative Child Advocacy – Global Perspectives*. New Delhi: Sage Publications
- Langer, E.J. (2014). *Mindfulness, 25th anniversary edition*. Boston. Da Capo Lifelong Books.
- Lyubomirsky, S. (2008). *The how of happiness: A new approach to getting the life you want*. New York: Penguin Books.
- McGillivray, M. & Clarke, M. (2006). *Understanding human well-being*. Tokyo: United Nations University Press.

Note: Examination scheme and mode shall be as prescribed by the Examination Branch, University of Delhi, from time to time.