

The School of Happiness



Ramanujan College offers 6-month course in happiness

HT Correspondent

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In order to tackle rising stress among students, Delhi University's Ramanujan College is offering a free six-month certificate course for students on happiness. The course will be provided by the college's School of Happiness, which was inaugurated last year.



"After workshops and seminars on the subject, we realised that students would benefit from a certificate course on the subject," said TK Mishra, convener of the school, which is run under the college's Centre for Ethics and Values. The course, open to all DU students, will have candidates participating in community service, yoga and meditation, and activities which would improve their

personality, life skills and communication skills. Students would also be introduced to "glimpses of our Vedas and spirituality".

Mishra added that the college had kept little syllabus workload so that it would not cause an additional burden. Students will also get relaxation in attendance for regular classes. Though the course is free, the college may charge a nominal amount for transportation while organising outdoor activities, Mishra said. College officials said as per a memorandum of understanding signed with MCI Management Centre at Innsbruck, Austria, four students would also be selected for higher education as a part of an exchange programme. Two

students will also be selected for a cultural exchange programme with them. "The students want to learn new things. They come here from different regions to study and often there is a lot of stress. Even employers said that certain life skills like confidence was lacking in them," principal SP Aggarwal said while explaining the need for the course. "The course would help in instilling these skills in students."

More than economic reforms for development, our country needs educational reforms for happiness and morality. This is the gap that SOH at Ramanujan fills"

T.K. Mishra

Associate Professor and Director
(on Teachers Day, 2019)

Ramanujan College begins first-ever batch of happiness classes in DU

By Nancy Johri
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New Delhi, August 14: Earlier known as the Deshbhanu Evening College, the Ramanujan College has commenced the first-ever batch of happiness classes in the University of Delhi (DU). For the six-month certificate programme, as many as 45 students from across the university are shortlisted. The College's School of Happiness, Centre of Ethics and Values is offering this course absolutely free of cost.

Focus area of course

The programme has been designed to make students capable of identifying and eliminating the underlying causes of stress. "As part of the course, students will be given training in personality development, yoga, meditation, life and communication skills etc. These skills are needed for the current generation, who often are prone to wrong-doings, anger and stress. The basic concept of the course is that we do not have ready-made happiness and one has to continuously create it," Programme Coordinator Nidhi Mathur has been quoted as saying to a national daily.

"Education is the foundation of happiness of people which is as important as the gross domestic product (GDP) of a country...Happiness is important and the basic foundation of that happiness is education"

Pranab Mukherjee

Former President
(Times of India, Sept 6, 2019)

A Six-month course in Happiness,
School of Happiness, Ramanujan College,
University of Delhi



"We often live as if our happiness depended on having. But true joy and inner peace come from giving of ourselves to others. A happy life is a life for others. That truth, is usually discovered when we are confronted with our brokenness."

Henri Nouwen