



SCHOOL OF HAPPINESS RAMANUJAN COLLEGE

UNIVERSITY OF DELHI
(ACCREDITED GRADE 'A' BY NAAC)

PRESENTS

6 MONTHS EXECUTIVE AND SKILL DEVELOPMENT PROGRAM IN HAPPINESS (UGC APPROVED)



31 AUGUST 2021 -
01 MARCH 2022



GALIB CONFERENCE ROOM
RAMANUJAN COLLEGE
UNIVERSITY OF DELHI
KALKAJI - 110019

AS WELL AS MS TEAMS

ABOUT THE COURSE

According to Aristotle, happiness consists of achieving, through the course of a whole lifetime, all the goods - health, wealth, knowledge, friends, etc. that lead to the perfection of human nature and to the enrichment of human life. Happiness is the state of well-being but where does this well-being come from? Humans tend to seek happiness from the outside world. We all work hard for career, financial stability, and relationships with others; but what about working on oneself?

Peace may be considered as the ultimate source of happiness, so how can one build a peaceful relationship with self, especially in the times like these where everything seems so uncertain outside, it becomes crucial to understand that fortunately, we can all have the power over internal system of control. For this, we need to open our horizons and expose ourselves to the knowledge inside out. Let's learn together how we can manage things within ourselves that might provide us ultimate happiness and peace and make us skillful to help others do the same.

FOCUS POINTS

The course will focus on the following aspects:

- Invent own true self,
- Self as a primary source of happiness,
- Building a peaceful relationship with self and others,
- Development of skills to be on the path of happiness.

COURSE OBJECTIVES AND OUTCOMES

Following are the objectives and outcomes of the course:

- **Connecting** with our thoughts, feelings, and emotions,
- **Experiencing** joy as a state of mind,
- **Recognizing** individual as well as collective strengths through value orientation,
- **Unlearning** the wrongs of peace & happiness followed by relearning the rights.

COURSE CONTENT

The course will be divided into following modules focusing on development from different aspects:

MODULE 1: SELF AS A SOURCE OF PEACE AND HAPPINESS

This will comprise of developing an understanding about Self and personal strengths. Exploring and realizing ones potential as a source of peace and happiness at individual level primarily.

MODULE 2: HAPPINESS FOR ALL - VALUE ORIENTATION

This would entail experiencing the power of pro-social behavior, creating a supportive environment for oneself and others' emotions, and discovering individual & social values for happiness.

MODULE 3: SKILL ENHANCEMENT FOR SELF AND OTHERS

This will focus on developing and practicing the skills including mindfulness, gratitude, peace-building within the self, and with people outside. These skills would help in personal as well as professional growth in terms of peace and happiness.

METHODOLOGY

Skills for Happiness Adventure & Personality Enrichment Program (SHAPE) with the help of individual as well as group activities like introspection, mindfulness, group discussion, story telling, etc. along with some involvement with the ideas of forgiveness and gratitude, conflict management, and emotional regulation.

REGISTRATION PROCESS

To register for the course follow these steps:

Step 1: All the aspirants are required to fill the registration form to register online through the following link:

<https://bit.ly/SchoolOfHappiness>

Step 2: Selected participants will receive a confirmation mail from the School of Happiness, Ramanujan College, University of Delhi. Those selected participants need to pay a fee of: ₹1000/- (candidates opting for offline mode) and ₹500/- (candidates opting for online mode) through NEFT/UPI/IMPS/Paytm.

- Account details will be provided in the confirmation mail
- **Note:** Take a screen shot of the payment receipt.

Links to attend all the sessions will be provided via email as well as on the Telegram group on the day of the session, in case the participant has chosen the online mode of attending the session.

TESTIMONIALS

We have successfully completed 2 batches of this 6 months Program on Executive-cum and Skill Development [EDP]. Interested applicants may view our feedback on the following link:

<https://drive.google.com/file/d/1NiteSoCrbfNwVjGoNbTFRo9d2Vl9H1s5/view>

CONTACT INFORMATION

For any query please contact us on the following numbers:

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