**Curriculum plan (Odd Semester 2025-26)**

**Teacher Name: Rakhi Solanki**

**Subject : Value Added Course**

**Paper name: The Art of Being Happy**

**Semester : III**

**Shared With: NA**

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| **Unit to be taken** | **Month wise schedule to be followed** | **Tests/Assignments/ Revision/Presentations etc** |
| UNIT I: **Human Ecology and Happiness*** Definitions/Factors of Happiness: Environmental and Social
* Physical, emotional and psychological well-being for happiness
* Physiological and hormonal basis of happiness

Coping with Stress: A life saving skill | August | Continuous Assessment will be taken in the form of Group Discussions and debates |
| * *Panch Kosh* Theory & Idea ofWell-Being
* Idea of Self and other
* Hierarchy and stages of happiness
 | September | Field visit to some nearby parks or NGO. Yoga Sessions will be conducted |
| UNIT III: **Happiness: Cross-cultural Contexts*** Culture and Happiness
* Interpersonal
* Relationship: Comparative Perspective

Towards Self-Actualization | October | Workshops and Movie Screening  |
| UNIT IV: **Local and Global Perspective of Happiness*** Measuring happiness: Key indicators
* Happiness Index
* India in Global Happiness Indices
 | November | Power Point Presentations and Viva will be taken from the students for the Assessment |