

About the course

Unhappiness arising from negativity and a stressed mind can affect one's physical and mental health, which can further reduce an individual's overall efficiency. Happiness does not come automatically but needs to be practiced. This course will provide insight into practicing scientific ways of psychological research to live a happier life.

Objectives of the course:

- To understand scientific perspective of happiness
- To practice happiness through hands-on call
- To be happier

Course Duration: 30 Hours

Course Mode: In-person

Course Fees: No fee

Course Requisites:

- A desire to be happier
- Commitment to practice happiness strategies daily
- A growth mindset

The course is open to all students at the college

Course Schedule

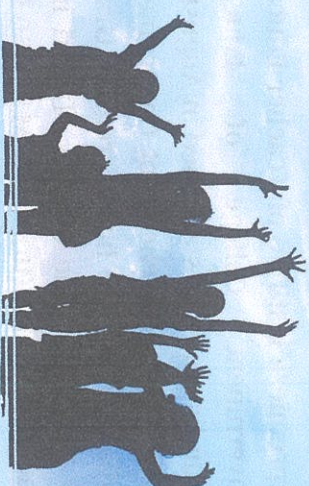
Date	Day	Theme
Dec 26, 2022	Day 1	Inauguration & Orientation
Dec 27, 2022	Day 2	Scientific perspective of Happiness
Dec 28, 2022	Day 3	Science of Gratitude
Dec 30, 2022	Day 4	Happiness by Forgiveness
Dec 31, 2022	Day 5	Misconceptions about Happiness, Effect of Social Media on Happiness
Jan 2, 2023	Day 6	Celebrate Life to achieve Happiness
Jan 3, 2023	Day 7	Happiness and IKIGAI
Jan 4, 2023	Day 8	Understanding Hedonic Adaptation & Impact Bias, Laughing Buddhas
Jan 5, 2023	Day 9	Happiness by Savoring, Kindness & Social connections
Jan 6, 2023	Day 10	Practicing Mindfulness & other strategies to maintain happiness
Jan 7, 2023	Day 11	Yoga, Chakra Healing for Happiness, Valedictory Function



Government College of Education
Sector 20-D, Chandigarh

The Science of Happiness

A Value-Added Course



Convenor

Dr Sapna Nanda

Principal

GCE, 20-D

Chandigarh

Coordinator

Dr Nisha Singh

Assistant Professor

GCE, 20-D

Chandigarh

"Happiness is the meaning and the purpose of life, the whole aim and end of human existence."

- Aristotle

The Science of Happiness

Dec 26, 2022 - Jan 07, 2023



About the college

A premiere institute of Teacher Education, Government College of Education, Chandigarh was established in August 1954 under a special scheme of Government of India. The college has accredited Grade A by the NAAC. The courses offered in the college are B.Ed. (110 seats), M.Ed. (50 seats) and PGDGC (20 seats) and Pre Ph.D. course for research scholars. The college equips perspective teachers to fulfill demands of 21st century by providing interdisciplinary exposures through theory and practice and to live a fulfilling happy life ahead



Student Support

- Rupanshi (B.Ed. I)
- Meghna Duhan (B.Ed. I)
- Anjali Rana (B.Ed. I)
- Tripti Atri (B.Ed. I)
- Shachi (B.Ed. I)
- Sourabh (B.Ed. I)

Contact Us

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Designed by:
Dr Nisha Singh

The Science of Happiness_

(Value-Added Course)

The Report of Inauguration Date: Dec 26, 2022

Government College of Education, Sector 20-D, Chandigarh started a value added course "The Science of Happiness" today i.e. Dec. 26, 2022 which was presided by Sh Vivek Atray, Former IAS, a Motivational Speaker, and popular Author. Principal of the college, Dr Sapna Nanda presented welcome address to the chief guest and highlighted the importance of happiness in an individual's life. During an interactive session the chief guest enlightened the students about basics of happiness. He suggested that meditation, physical exercise, good sleep and appropriate use of social media is essential for maintaining a balance between mental and physical health. He also guided students to keep realistic expectations and inculcate spiritual inclination at an early stage. The organizer of the course Dr Nisha Singh, Assistant professor introduced the course by highlighting the need of the happiness program and its objectives. The program was attended by 150 students of the college. Meghna, a student of B.Ed. I presented a formal vote of thanks to the chief guest. Dr Sapna Nanda congratulated the organizer for the initiative and ensured students that the course will help them develop an insight to live a happier and fulfilling life.



Nisha
Course Coordinator

Dr Nisha Singh

Sapna Nanda
Principal

GCE, Sec20-D, Chd

The Science of Happiness (A Value Added Course)

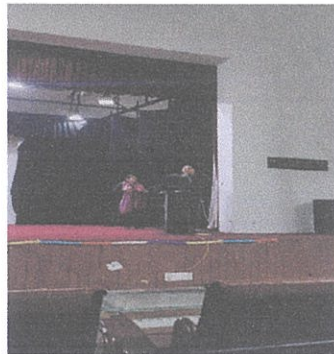
Report

Date 27.12.2022

Theme: Scientific Perspective of Happiness

The day begins with immense positivity and enthusiasm. The course coordinator (Dr.Nisha Singh) divided the students into the groups. Along with that, students were asked to have a unique group name and a theme song which they had to sing while proceeding to the auditorium. After settling, a morning prayer was sung collectively. Moving forward, the principal Dr Sapna Nanda and the Dean of the college shared their views about happiness and sorrow in brief. Principal ma'am also emphasized on the need of such programmes to enhance level of happiness. Dr. Nisha Singh enlightens the students about the scientific perspective of happiness. She discussed the true meaning of happiness i.e. Happiness=Enjoyment +Purpose +Satisfaction. Also, students were informed about some research-based facts about happiness and the ranking of the countries in terms of the Happiness Index. Each and every student participated with full devotion and enthusiasm.

Some glimpse of the event



Nisha
Course Coordinator
Dr Nisha Singh

Sapna Nanda
Principal
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The Science of Happiness

(A Value Added Course)

THEME: SCIENCE OF GRATITUDE

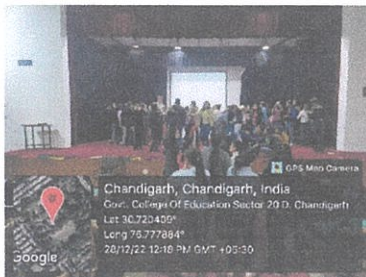
REPORT Date: 28 December 2022

The third day of the value added course titled “Science of Happiness” started with different teams of students singing their team anthem and entering the auditorium with the dance steps of their team anthem. All students were wearing colourful badges depicting their team names like ecstasy, euphoria, heaven, anand, thahake, chill, etc.

The theme of today’s session was gratitude. Dr. Nisha Singh asked the students to give their own meanings of the word ‘gratitude’. All the students actively participated in the discussion and listed the people/things/activities/places that they were grateful of. Students listed how the human heart gets scarred by guilt of past mistakes, comments on physical appearance, familial and societal discriminations, etc. Dr. Nisha explained to the students through the use of a powerpoint presentation, how gratitude had the power to heal, to energize and to change lives.

This was followed by the activity called the “THE GRATITUDE JAR”. Students were asked to draw a jar in their daily journal and fill it with the objects they were grateful for. Students decorated these jars with sketchpens and crayons. Following this, Dean of the College Dr. A.K. Srivastava linked the topic of gratitude with the story of Lord Buddha and explained how gratitude should be from heart, thoughts and actions.

The Gratitude song “It’s a Beautiful Day” was played and all the students formed a human chain dancing and singing its tunes. Afterwards dance therapy for cleansing was carried out by the course coordinator Dr Nisha Singh. All students were then asked to close their eyes and dance to beautiful songs with emotional meanings. All students enjoyed grooving to the tunes of the song. It was a very cathartic activity for some who couldn’t stop their tears after the dance. Next, the floor was open and students enjoyed dancing with their teachers on songs they liked. The Happiness Session ended with the teacher giving a home-work to perform one act of kindness.



Nisha
Course Coordinator

Dr Nisha Singh

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Principal

GCE, Sec20-D, Chd

The Science of Happiness

(A Value Added Course)

Date 30 December 2022

Theme: Happiness by Forgiveness

REPORT

The day 5 of the “Science of Happiness” value added course was themed on the title of “Happiness through Forgiveness” carried out by the course coordinator Dr Nisha Singh. Students were taught to deal with emotional scars of the past and to forgive those people who hurt them and to forgive oneself also. Dr. Nisha explained to students how forgiveness was like a heavy baggage that we carried all the time. More than anybody else, forgiveness was fruitful for us. In an interactive session, students listed how others in the society hurt them and described the different types of emotional scars that society gave them, be it gender based discrimination or looks based discrimination. The highlight of the day was the therapy inspired by the ‘Buddhist Meditation’. Students carried yoga mats and lay down straight on the floor. The session started with relaxation activities. The instructor used positive affirmations and asked all the students to forgive the persons who had hurt them in the past. They were asked to forget those frustrating situations. They were asked to imagine forgiving themselves too. After the session, many students felt light and free. Tibetan bowl healing therapy was used for music behind the meditation. Students felt lighter and peaceful after the therapy.



Nisha
Course Coordinator

Dr Nisha Singh

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The Science of Happiness

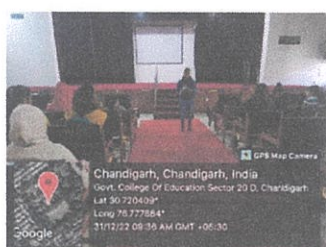
(A Value Added Course)

Theme: Misconceptions about happiness, Role of Social media in Happiness

Report

Date 31.12.2022

The sixth day of the session started with the students' feedback. The course coordinator Dr Nisha Singh asked each team to give feedback about the fruitfulness of the happiness programme, the lessons they learnt in the past five days, if they learnt anything new and the suggestions if any to be given. The students came forward and described that they learnt to be self-confident, calm, humble, forgiving, always grateful for the privileges they had and others didn't; they described how the dance therapy was very healing for all of them, how heterogeneous grouping of teams helped them make new friends, how they felt light after dance therapy, buddhist meditation inspired therapy. Moreover, different teams organised activities on happiness. Dr Nisha Singh explained various misconceptions about happiness and justified her views with scientific evidences. Team Chill discussed why we need happiness and the value of happiness. Another team described how social media can positively and negatively impact happiness. Highlighting the importance of counsellors when feeling down, Team Ecstasy organised the game titled "Therapist! Therapist! Please Save Us!" Students were divided into teams of therapists and clients. The client team formed a circle by holding hands and jumbled themselves up by criss crossing. The therapists competed amongst themselves solving the human puzzle representing our haywire thoughts and emotions. The therapist who was able to solve the human puzzle first was declared the winner. Through this activity, the students were made aware about professional psychological help that can be received by people under challenging life circumstances. The day closed by the final practice of dance students for their function on 2nd January 2023.



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Dr Nisha Singh

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The Science of Happiness

(A Value Added Course)

Date 02.01.2023

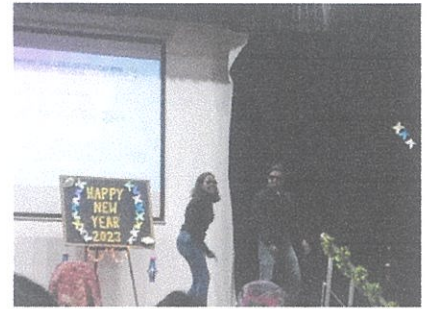
Theme: Celebration life to achieve Happiness

Report

The day 6 of the “Science of Happiness” value added course was themed on the title of ‘Celebration life to achieve Happiness’. The course coordinator highlighted that festivity and celebrations give us a chance to socially connect and having enjoyment with family & friends. A hawan was performed to seek the blessings from the almighty to start the new year. The set up was decorated with fragrant flowers, and arrangements were installed for everyone to sit on. The auditorium was also decorated for the cultural activities. The preparations for the celebration started from the morning indeed. The program started by a welcome address by the course coordinator, Dr Nisha Singh. After that, the students went on stage and presented a lot of gratitude to everyone for coming to this program by singing their beautiful song. All the students participated in the celebrations. Dance forms of many states of India were presented during the event. After the cultural event, everyone left for the community lunch in which each and every student were instruct to bring eatables/ lunch boxes, and everyone will eat along. Each one fed each other with their food and gave a lot of happiness. One could see a lot of smiles on everyone’s faces. In the end, everyone pays gratitude for organizing such events.

Glimpse of the event-





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Course Coordinator
Dr Nisha Singh

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GCE, Sec20-D, Chd

The Science of Happiness

(A Value Added Course)

Theme: Understanding hedonic adaptations, impact bias, Laughing Buddhas

Report

Date 03.01.2023

The day 7 of the “Science of Happiness” value added course was themed on the title of ‘Hasya Kavi Sammelan and Laughing Buddhas. The session started with the Laughing Buddhas activity where each team was asked to make others team laugh by their actions or act plays. Here, everyone participated with great enthusiasm and show their immense efforts. The session further continued with the Hasya Kavi Sammelan in which students from different teams participated and present their inbuilt talents of poetry. The activity was full of humour and inspiration. The highlight of this session was happiness through laughter achieved by laughter yoga. It begun by the instructor by the quote Fake it till you make it. The students were following the instructions given by the instructor like brushing off the brain; eliminate the false burdens from the shoulder etc. and trying to fake the laugh till they achieve the real laugh. Students enjoyed this therapy a lot and laugh to their very extent. And in this way the session for this day comes to an hilarious end.

Glimpse of the event-




Course Coordinator

Dr Nisha Singh


Principal

GCE, Sec20-D, Chd

The Science of Happiness

(A Value Added Course)

Theme: Happiness through Outdoor Activities

Report

Date 04.01.2023

The day 8 of the “Science of Happiness” value added course was based on the concept of ‘Happiness through Outdoor Activities’. The session began with the warming up in the ground where the instructor asked students to perform certain games like In and Out and run-in chains along with your team mates. All the students participated and warmed up their bodies. Later, the teams were asked a day prior for organizing a outdoor game of the students which many of them took positively and come up with their ideas. One team conduct the game – Dog in the Pond, which everyone enjoyed a lot. The other games which were played were- mice ran cat chase, blindfold etc. Each and every student participated with high spirit and great enthusiasm in every distinguished activity. Students were told about benefits of exercising and outdoor playing. It was also highlighted that harmones released during exercise helps in achieving happiness. With that informative session , today’s session came to an end.



Nisha
Course Coordinator

Dr Nisha Singh

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The Science of Happiness

(A Value Added Course)

Theme: Savoring, kindness & Social connections & IKIGAI

Report

Date 05.01.2023

The day began with students pondering on the purpose of their lives- "IKIGAI". During the discussion, it was realized that fulfilling basic needs like money, career and good health is very essential but happiness is not just dependent on these as it is a conscious process. We all need to consciously work for happiness. Dr. Nisha explained to students how it is extremely important to work for their dreams; that only actions can turn their dreams into a reality. Budding teachers were asked to work on their skills for better professional prospects. Students were asked to participate in the psychological process of savoring. 'Savoring' is defined as a process through which people up-regulate their positive feelings by directing attention to emotionally relevant events in their past, present, and future. All the students went back to their past after closing their eyes. They imagined and re-lived their happiest moments and practiced savouring the memories. Research based evidences were shared by the coordinator to explain that people having good social connections are happier. She also elaborated how small acts of kindness can bring happiness in one's life. Student shared their experiences about the feeling they had after helping others. This was followed by the "Future Business Card Designing" activity. Students were asked to become as creative as possible in this activity. Students enjoyed giving different shapes, sizes, colors and hues to their future business cards. By writing down their "ikigai" and by announcing it before the audience, the students committed themselves to their goals. Every student displayed his/her business card before the audience and announced the career goals they wished to achieve. This public announcement will create eustress/positive stress to work hard for their dreams.



Nisha
Course Coordinator
Dr Nisha Singh

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The Science of Happiness

(A Value Added Course)

**Theme: practicing Mindfulness & Strategies to maintain happiness
Report**

Date 06.01.2023

The day 10 of the “Science of Happiness” value added course was themed on the title of ‘practicing Mindfulness & Strategies to maintain happiness’. The program starts by checking our previous day work on our journal. Then the event started with our first activity which was LENS OF GRATITUDE. Two students from each group wear the glasses of gratitude and express their gratitude towards the things they are grateful for and many of them mentioned that how privileged they are that they became part of this course. As it is our second last day of the course, we remember all the old lesson which we have learnt during this course starting from the understanding the real meaning of the happiness to the forgiveness to the depths of gratitude and many more. The course coordinator discussed various strategies to maintain happiness like Mindfulness, living in present, finding the Ikigai, maintaining a journal of gratitude, continuing doing small acts of kindness and above all developing social connections. The course coordinator Dr Nisha Singh emphasized that happiness should not be attached to something or someone. She also reminded that materialistic gains like good job, good marks, money, house etc do not give us permanent happiness, they are essential but do not guarantee happiness. Happiness associated with materialistic gains reduces with time. The students were guided to follow their passion and focus on their career. Finally a dance session was conducted as it was the most loved activity for the students. Students participated with great enthusiasm and conquered their fears and feelings. The day ended with the happy faces of the students.



Nisha
Course Coordinator
Dr Nisha Singh

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The Science of Happiness

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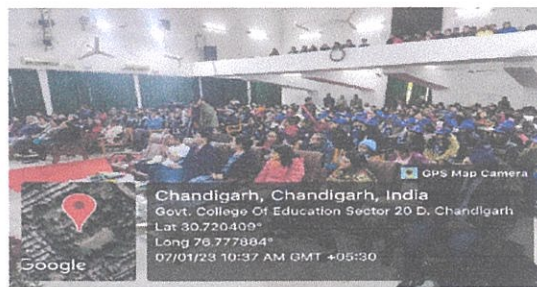
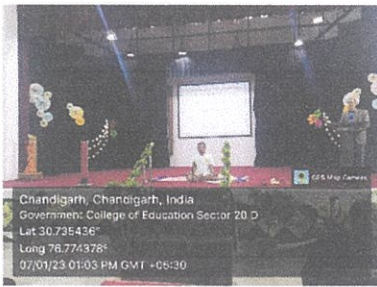
Report


Date 07.01.2023

Theme: VALEDICTORY DAY

The last day of the Science of Happiness started with a bang! A one day international conference on the theme of “Art of Man-making through Vasudeva Kriya Yoga” gave the perfect Indian touch to the science of happiness. Shri Nitin Kumar Yadav, IAS, Home Secretary, Chandigarh Administration was the esteemed Chief Guest of the day. The Vasudeva Kriya Yoga workshop was guided by Shri RajendraYenkannamoole from Melbourne, Australia. Students from diverse colleges of Chandigarh enthusiastically attended the workshop. The event began with the Principal Dr. Sapna Nanda, welcoming the Chief guest, resource person and the audience. A mesmerizing and patriotic yogic dance performance was presented by the students of Government College of Education. It was much appreciated by the audience. The Resource person, Sh. RajendraYenkannamoole explained the inspirations from Bhagavad Geeta, Chakra healing for channelization of energy and related it with yogic kriyas of pranayam, bandha and asanas.

Happiness through yoga was emphasized. All the participants were elated to receive the course completion certificates from the guests, principal Dr. Sapna Nanda and Course Coordinator Dr Nisha Singh. The happiness session on the last day ended with a musical rendition consisting of folk songs, dance performances including Manipuri folk dance, Haryanvi dance and the energetic Bhangra. The students shared their feedback about the course through feedback forms after each session. Some of the students suggested having “happiness period” everyday in the time table. The principal of the college congratulated students on successful completion of the value added course and appreciated the efforts made by course coordinator Dr Nisha Singh who carried out this course single-handedly. A total of 105 students completed this value added course. Students reported that this course helped them to have better understanding of happiness and ways to achieve it. The course highlighted that happiness is not something you get, it has to be created. Happiness is a skill that needs to be practiced. The course ended with a happy faces and happy memories.




Course Coordinator
Dr Nisha Singh


Principal
GCE, Sec20-D, Chd