

हंसराज महाविद्यालय

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HANSRAJ COLLEGE

UNIVERSITY OF DELHI
Mahatma Hansraj Marg
Malkaganj, Delhi – 110007
Tel.: 011-27667458, 27667747
E-mail: principal_hrc@yahoo.com
Website: www.hansrajcollege.ac.in

NAAC ACCREDITED 'A++' GRADE COLLEGE

2024-2025

Name of the Cell/Society : Student Learning Centre (SLC), Hansraj College

SLC Coordinator: Dr. Pooja Arora

Name of the course: The Science of Practice of Happiness (SLC18)

Course Convener: Dr. Pooja Arora and Ms Rachel Alice

Start Date: 5th October 2024

End Date: 14th December 2024

Duration: 32 Hours (online)

Number of Participants: 21

Number of Participants (completed the course): 15

Report:

The series of sessions explored the science and practice of happiness from multiple perspectives. Experts emphasized that while genetics and circumstances influence well-being, a large portion lies within our control through mindset, habits, and relationships. Key themes included cultivating gratitude, savoring positive experiences, practicing mindfulness, and developing self-compassion. The role of mindset in overcoming negativity bias and rewiring the brain through neuroplasticity was highlighted, along with the importance of flow states for peak performance. Sessions also stressed nurturing positive relationships, setting healthy boundaries, and engaging in kindness, forgiveness, and spirituality. Scientific insights into neurotransmitters and body–mind renewal reinforced the idea that happiness is both biological and experiential.

Overall, the program underlined that happiness is not a fixed trait but a skill that can be cultivated daily through conscious choices, purposeful living, and authentic connections.

Brochure:

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SLC-18

**SCIENCE AND PRACTICE
OF HAPPINESS**

AN ADD-ON
CERTIFICATE COURSE



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UNIVERSITY OF DELHI

**MAHATMA HANSRAJ REKHI
FOUNDATION FOR HAPPINESS**
in association with
**STUDENT LEARNING CENTER,
IQAC
&
COUNSELLING UNIT**
presents
an add-on certificate course



**Register
Now**

CLASSES FROM
5th October 2024

LAST DATE TO REGISTER:- 30TH SEPTEMBER 2024

For Queries:- slc@hrc.du.ac.in
raohel@hrc.du.ac.in



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COURSE DETAILS

DETAILS ABOUT THE CLASSES

Classes conducted every Saturday
Morning 10:30AM - 12:30PM

2 hours class once a week

Reflective writing assignment after each class

Interactive Classes

Assignments

REGISTRATION DETAILS

<https://forms.gle/GFpUtt6ezSLdajtm6>
Registration fees is Non-refundable

COST

RS.500/-

BANK DETAILS

Name: PRINCIPAL HANSRAJ COLLEGE SLC ACCOUNT
Account No.: 2848101019888
IFSC: CNRB0002848
BANK: CANARA BANK

ASSESSMENT DETAILS WITH WEIGHTAGE:

Group Project (end of the course) - 75%	Attendance and Class Participation - 25%	Reflective Assignments (not including orientation and summary)
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MODE OF TEACHING:

Class Discussions

Experiential activities

Movie/Documentary Screenings

THEMES

- Introduction to Positive Psychology
- Understanding Emotions
- The Science of Happiness
- Measuring Happiness
- Practising Happiness: Empathy, gratitude, kindness, optimism
- Positive Relationship
- Mindfulness
- Vitality and Physical Activity
- Goal setting and Self-efficacy
- Resilience
- Self awareness and Acceptance
- Research methods

PRINCIPAL Prof. (Dr.) Rama Patron	VICE-PRINCIPAL Prof. Vijay Rani Rajpal	IQAC DIRECTOR Ms. Alka Kacker
PROGRAM CONVENER Dr. Pooja Arora <small>SLC Convener</small>	PROGRAM COORDINATOR Ms. Rachel Alice <small>SLC Coordinator</small>	STUDENT COORDINATOR Aditya Smriti Abhiraj Divyanshi Jigyansu Tushar

List of Resource Persons And Topics

Date	Module covered	Resource Persons
9th September	Orientation (offline) open to all	Dr. Rekhi
5th October	Introduction	Dr. Riya

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12th October	Positive Interventions	Dr. Archana Tyagi
19th October	Mindset Makeover : Nourish Now, Flourish Later	Dr. A.Srihari Krishna
26th October	Savouring & Gratitude	Dr. Priyanka Mehta
9th November	Mindfulness & Self compassion	Dr. Priyanka Mehta
16th November	Can we be happy everyday	Dr. Ishmeet
23rd November	Flow and Peak performances	Ms Rachel
30th November	Positive Relationships	Ms Rachel
8th December	Neuroscience of Happiness	Dr. Pooja Sahni
14th December	Goal setting & optimism	Dr. A.Srihari Krishna

Feedback

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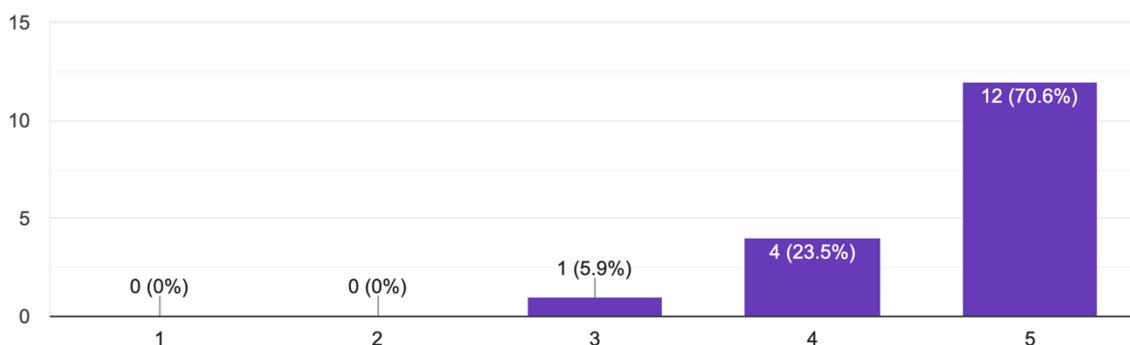
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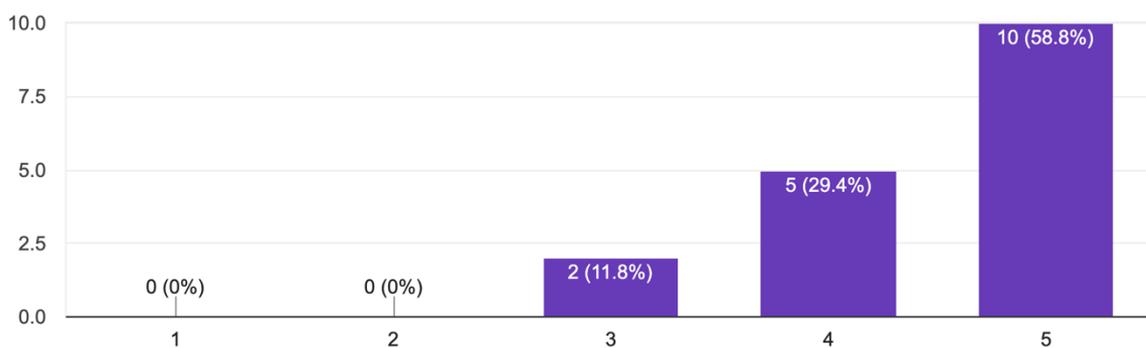
How was the interaction of the resource person with the participants

17 responses



Overall rating of this course

17 responses



List of registered participants

S.No	Name	Email Id	Contact Number	Course
1	Mantasha Khan	mantashaakhan200@gmail.com	9311495126	B.Sc. Zoology Hons

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2	Gulshan Kumar	g.kumar01424@gmail.com	9315501424	B.Com (Hons.)
3	Rohit Manchanda	rohit.s3r@gmail.com	9999426639	Diploma Mass Media (University of Delhi)
4	Chandan Kumar	chandankumar83244@gmail.com	8340419324	Ex student
5	Pratishtha	naveenpratishthaa@gmail.com	9306065588	B.Sc. (prog.) physical science with chemistry
6	Himanshu Gupta	himanshu.23lfs7747@ddu.du.ac.in	9301308907	Bsc. Life science
7	Farheen Khan	thepsychologyspell@gmail.com	9766391361	PhD
8	Avni	avnivashistha9@gmail.com	80775 87002	BA honours applied psychology
9	Sanskriti Garg	sg.sanskriti@gmail.com	6395616945	BA HONOURS APPLIED PSYCHOLOGY
10	Poonam Pandey	34poonam@gmail.com	9815090648	Science and practices of happiness
11	Vrinda Sharma	vrindasharma1906@gmail.com	7895900500	Applied Psychology (Hons)
12	Kavita Pant	kishupant200@gmail.com	9634920765	NA
13	Yeshika Batra	batrayeshika11@gmail.com	9870037227	-
14	Harish Kumar	niizwee@gmail.com	8210613762	Economics
15	Nitya	nityakundu06@gmail.com	9167000006	MA Psychology
16	Suhani Ahuja	suhaniahuja7@gmail.com	8699950955	Science and practice of Happiness

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17	Sadhana Devi	Devi.sadhnapartap@gmail.com	9465284587	Science and practice of happiness (an add-on certificate course)
18	Nayan Chatterjee	chatterjeen12@gmail.com	7763815664	Science & Practice Of Happiness
19	Nishika Jain	lpnishika5030@gmail.com	9310210790	Bsc. (Prog) Life sciences
20	Sarohi Sharma	sarohisharma2002@gmail.com	9821108650	M. A Psychology (University of Delhi, North Campus)
21	Chahat Kapoor	chahatt123g@gmail.com	9115969508	Masters in psychology

List of Participants completed the course

S.No.	Name	Email Id	Contact Number	Course
1	Mantasha Khan	mantashaakhan200@gmail.com	9311495126	B.Sc. Zoology Hons
2	Gulshan Kumar	g.kumar01424@gmail.com	9315501424	B.Com (Hons.)
3	Rohit Manchanda	rohit.s3r@gmail.com	9999426639	Diploma Mass Media (University of Delhi)
4	Chandan Kumar	chandankumar83244@gmail.com	8340419324	Ex student

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5	Himanshu Gupta	himanshu.23lfs7747@ddu.du.ac.in	9301308907	Bsc. Life science
6	Farheen Khan	thepsychologyspell@gmail.com	9766391361	PhD
7	Poonam Pandey	34poonam@gmail.com	9815090648	Science and practices of happiness
8	Kavita Pant	kishupant200@gmail.com	9634920765	NA
9	Harish Kumar	niizwee@gmail.com	8210613762	Economics
10	Suhani Ahuja	suhaniahuja7@gmail.com	8699950955	Science and practice of Happiness
11	Sadhana Devi	Devi.sadhnartap@gmail.com	9465284587	Science and practice of happiness (an add-on certificate course)
12	Nayan Chatterjee	chatterjeen12@gmail.com	7763815664	Science & Practice Of Happiness
13	Nishika Jain	lpnishika5030@gmail.com	9310210790	Bsc. (Prog) Life sciences

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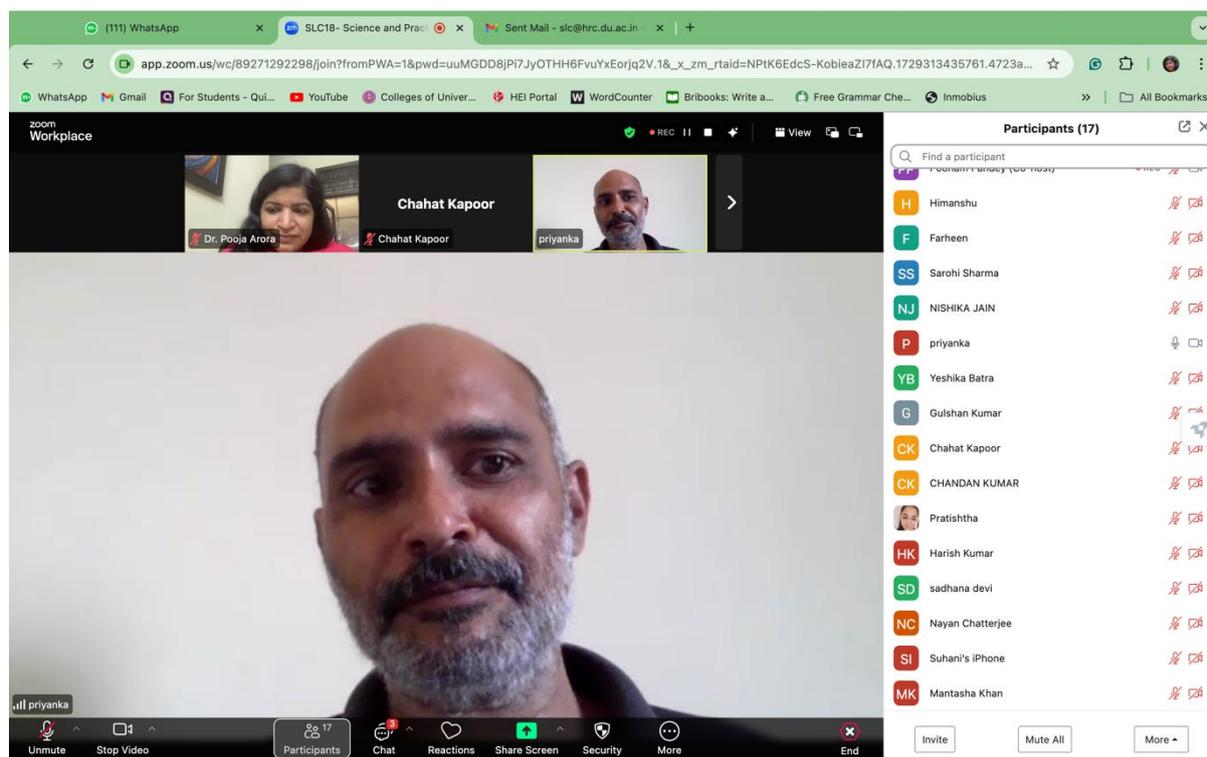


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14	Sarohi Sharma	sarohisharma2002@gmail.com	9821108650	M. A Psychology (University of Delhi, North Campus)
15	Chahat Kapoor	chahatt123g@gmail.com	9115969508	Masters in psychology



Certificate Format for participant

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Certificate Format for Resource Person

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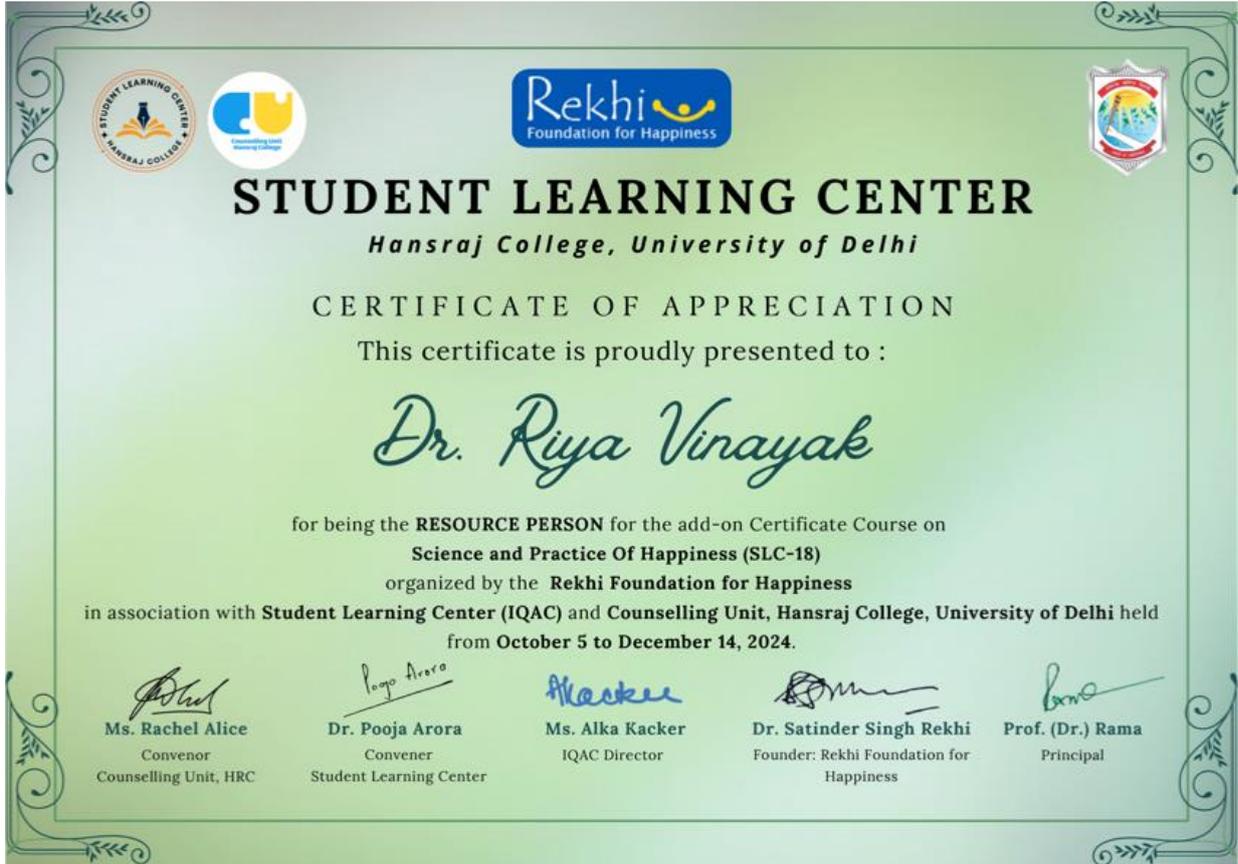
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Certificate Format for Course Coordinator

