

The Science of Well Being

Course Code : UEC000009T

Course Title : The Science of Well Being

Semester : II

Credits : 02

Rationale:

The Concept of "wellbeing"—what is "good for" somebody is very important to lead a better life. The present course provides the theoretical depth that the field of subjective wellbeing requires by integrating psychological, philosophical, economic perspectives on wellbeing.

Course Outline

Contents	No. of Lectures
Unit I : Introduction Concept of wellbeing, theories of wellbeing and its measurement., Economic approach to the study of individual and national well-being	5
Unit II: Expectations Why are expectations so bad? Concept of Kindness, ways of kindness and social connection.	5
Unit III: Biases Concept of Bias. Strategies to overcome our Biases - Rethink Awesome Stuff, reset your preference points, Overcome biases	5
Unit III: Happiness Misconceptions about happiness eg: Good Job, Money, Awesome Stuff, True love, Perfect Body, Good Grades. Annoying features of the mind.	5
Unit IV: Meditation and Gratitude Meditation and Gratitude Visit, Meditation. Better Wanting--- Good Job, Good Grades, Kindness, Social Connection.	5

Course Outcomes

Upon successful completion of this course, candidates will be able to learn

1. The skills/ Values that are required for the holistic wellbeing of an individual.
2. These values will in turn lead to activities and decisions which are meant to increase own's happiness and build more productive habits.

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Reference Books:

1. Mc Mahon, D. M. Happiness a history. Conclusion chapter. Diener, E. & Lucas, R. E. (1999). Personality and subjective well-being. In Kahneman, D., Diener, E., & Schwartz, N. (Eds). Well-being: The foundations of hedonic psychology. New York: Russell Sage Foundation.
2. Stutzer & Frey. (2001). Happiness and Economics: How the economy and institutions affect human well-being. Chp.4 "Income," p73-93.
3. Kahneman, D. (1999). Objective Happiness. In Kahneman, D., Diener, E., & Schwartz, N. (Eds). Well-being: The foundations of hedonic psychology. New York: Russell Sage Foundation.
4. Andrew Clark and Ward (2019) : The Origins of Happiness: The Science of Well-Being over the Life Course Paperback-Princeton University Press.
5. Sen, Amartya (2012), *Capability and Well-Being*, Cambridge University Press.<https://doi.org/10.1017/CBO9780511819025.019>
6. Andreas Knabe and Shobe (2016): *Measuring Happiness: The Economics of Well-Being*, Paperback -MIT Press

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