

SLC-18

# SCIENCE AND PRACTICE OF HAPPINESS

AN ADD-ON  
CERTIFICATE COURSE



Rekhi  
Foundation for Happiness

**HANSRAJ COLLEGE**  
UNIVERSITY OF DELHI

**MAHATMA HANSRAJ REKHI  
FOUNDATION FOR HAPPINESS**  
in association with

**STUDENT LEARNING CENTER,  
IQAC**

and  
**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](mailto:slc@hrc.du.ac.in)  
[rachel@hrc.du.ac.in](mailto:rachel@hrc.du.ac.in)

# 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/GFpUf6ez3Ldsjtm6>

\*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)

## 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**  
SLC Convener

PROGRAM COORDINATOR  
**Ms. Rachel Alice**  
College Psychologist

STUDENT COORDINATOR  
**Aditya Smriti**  
**Abhiraaj Geetanjali**  
**Jiggyaasa Tushar**