



# HAPPINESS CONNECT

## 1<sup>st</sup> Semester

4 CREDIT (100 Marks)

### INTRODUCTION

In the modern society, to achieve work life balance, mere domain knowledge is not sufficient. In this direction, the “Happiness Connect- Part 1” has a significant relevance to the students who want to achieve excellence with a peaceful mind. This course aims to create rational problem solvers in their respective organizations but also create those who are beacons of inspiration to their peers. This course provides insights and educates the students to learn the value of self-control and self-actualized inner happiness, which results in effective learning environment.

### OBJECTIVES:

- To instill human values and ethics and cultivate a mindset which is able to take decision with clarity.
- To nurture leaders of the next generation with a mindset to serve.
- To instill a healthy mindset that allows students to break free from themselves (addictions, depression, personal problems) and experience the transformations in their lives and to choose the right path & action.

### LEARNING OUTCOMES:

After completion of this course the students will be able to -

- Demonstrate the characteristics of a leader with a mindset to serve.
- Demonstrate clarity of mind in the decision making process.
- Discriminate between right and wrong action.

### UNIT 1: INTRODUCTION TO MIND MANGEMENT

8 Hours

Importance of knowing the mind, Knowledge based education vs wisdom based education, Desire and Self-control, Emotional turmoil: Causes and Cure, listening: Wisdom to win hearts, Importance and necessity of contemplating, Change in perspective, managing the emotions that arise from the heart and the mind.



## **HAPPINESS CONNECT**

### **1<sup>st</sup> Semester**

#### **UNIT 2: BODY MANGEMENT-YOGA**

**8 Hours**

Relation with mind and body, meaning of Yoga and the importance of healthy body and mind, Body Management Techniques: Asana, Pranayama, Kriya; Principles of yogic practice, Meaning of Asana, its types and principles, meaning of pranayama, its types and principles, Meaning of Kriya and its types and practice.

#### **UNIT 3: MINDFULLNESS**

**7 Hours**

The mind and stress, examining our haphazard thinking, the effect of irrational versus mindful thinking, benefits of mindfulness, Is mindfulness and meditation the same? Getting in touch with your authentic self, key components of mindfulness, stress reduction, how is mindfulness different from relaxation.

Practicing self-care, importance of having personal goals, challenging our tendency to avoid challenges, the stories we tell ourselves, developing resilience, an attitude of gratitude.

#### **UNIT 4- INNER-CLEANSING**

**8 Hours**

Understanding stress, indicating factors of the stress, uncovering the meaning attached to stressful thoughts, major sources of stress, stress control and choice, impact of lifestyle and unhealthy stress, stress and illness, stress management and health, roadblocks in managing stress, reflective skills practice, tools for stress management: Breathing exercise, Sudarshan Kriya and other yogic practices.

#### **UNIT 5: THE ART OF PACKAGING YOURSELF**

**5 Hours**

Development of your oratory skills, voice modulation for an engaging dialogue, body language and communication skills, the skillsets necessary for a healthy panel discussion. Promoting human values and practicing unbiased social ethics.

#### **UNIT 6: FOOD AND LIFESTYLE**

**4 Hours**

Basics of Ayurveda, Importance of having Sattvic Ayurvedic Food, Workplace productivity which is directly linked to Healthy Sattvic food. Modulation of ailments through food and balanced nutrition and dieting practices, integrating traditional food items with modern food habits, mental health and food types, quality and hygiene of the individual.



## HAPPINESS CONNECT

### 1<sup>st</sup> Semester

#### Suggested Readings

Ravishankar, S. S. (2018). *The Bhagwad Geeta* Chapter 1-13 (1<sup>st</sup> ed.). Westland Publications Private Limited in association with Sri Sri Publications Trust.

Ravishankar, S. S. (2008). *An Intimate note to Sincere Seeker* (1<sup>st</sup> ed.). Sri Sri Publications Trust Bangalore.

Ravishankar, S. S. (2014). *Management Mantra* (1<sup>st</sup> ed.). Sri Sri Publications Trust Bangalore.

Ravishankar, S. S. (2009). *Mind Matters* (1<sup>st</sup> ed.). Sri Sri Publications trust Bangalore.



## HAPPINESS CONNECT

**1<sup>st</sup> Semester**

**Methods of Evaluation:**

S.N.	Semester	Name of Course	Theory	Practical	Credits
1.	I	Happiness Connect	3	1	4