



SCHOOL OF HAPPINESS

RAMANUJAN COLLEGE

UNIVERSITY OF DELHI

(ACCREDITED GRADE 'A' BY NAAC)

PRESENTS

6 MONTHS EXECUTIVE AND SKILL DEVELOPMENT PROGRAM IN HAPPINESS

(UGC APPROVED)

05 SEPTEMBER 2021 - 05 MARCH 2022

**CALL FOR REGISTRATION
AND PARTICIPATION**

ABOUT RAMANUJAN COLLEGE

Ramanujan College is a constituent College of the University of Delhi (DU). It is inspired by the life and work of Srinivasa Aiyangar Ramanujan, one of the world's greatest mathematicians. The College has been accredited Grade "A" by the National Assessment and Accreditation Council (NAAC) in its First Cycle. It is located in the well-known area of Kalkaji, near Nehru Place, in South Delhi.

The College was established in 1958 as an evening college for boys with just five programmes. Since 2010, Ramanujan College has been expanding and now with the latest addition of B.Sc. Environmental Sciences (Hons) in 2020, it at present offers sixteen undergraduate programmes in different disciplines. This achievement, in alignment to the recommendations of the National Education Policy (NEP) 2020, makes the College a centre for interdisciplinary studies and research with a future focus on blended learning. It has gradually grown into a self-sufficient and self-reliant institution owing to its academic vigour and intellectual capital.

Ramanujan College was awarded the Deen Dayal Upadhyay – Knowledge Acquisition and Upgradation of Skilled Human Abilities and Livelihood (DDU KAUSHAL) Kendra in 2016 by the UGC, under which two vocational courses were started in Banking Operations and Software Development.

The College has conducted a Course on Human Rights, Environment and Ethics through its National Resource Centre (NRC), under the Annual Refresher Programme in Teaching (ARPIT) scheme of Ministry of Education (MoE). This Course was uploaded on MoE's Massive Open Online Course (MOOC) platform SWAYAM and many participants registered for it.

Ramanujan College offers various short-term diploma, certificate, and executive development programmes on contemporary and skill-oriented themes. These are conceived and designed by faculty members in consultation with external experts.

The courses get exceptional response from the students and are conducted throughout the academic session. They are open to alumni

and students of all the colleges. Some of these courses support the curriculum, some prepare the students for higher studies and also accelerate the professional growth.

The College is the Study Centre of School of Open Learning (SOL), Non-Collegiate Women Education Board (NCWEB) and Indira Gandhi National Open University (IGNOU) for various courses. As an initiative towards students and teachers exchange programmes, the College has entered into Memorandum of Understanding(s) with foreign universities. It is also working for collaboration with other higher education institutions located in remote areas of the country, under the Vidya Vistar Scheme of the University of Delhi.

The prestigious Teaching Learning Centre was awarded to Ramanujan College in 2017 by the Ministry of Education, under the Pandit Madan Mohan Malaviya National Mission on Teachers and Teaching (PMMNMTT) scheme.

In pursuit of its vision: "Discover, Empower, Transform: Building A Better World", Ramanujan College is today perceived as one of the best colleges in the country.



ABOUT THE COURSE

According to Aristotle, happiness consists of achieving, through the course of a whole lifetime, all the goods - health, wealth, knowledge, friends, etc. that lead to the perfection of human nature and to the enrichment of human life. Happiness is the state of well-being but where does this well-being come from? Humans tend to seek happiness from the outside world. We all work hard for career, financial stability, and relationships with others; but what about working on oneself?

Peace may be considered as the ultimate source of happiness, so how can one build a peaceful relationship with self, especially in the times like these where everything seems so uncertain outside, it becomes crucial to understand that fortunately, we can all have the power over internal system of control. For this, we need to open our horizons and expose ourselves to the knowledge inside out. Let's learn together how we can manage things within ourselves that might provide us ultimate happiness and peace and make us skillful to help others do the same.

FOCUS POINTS

The course will focus on the following aspects:

- Invent own true self,
- Self as a primary source of happiness,
- Building a peaceful relationship with self and others,
- Development of skills to be on the path of happiness.

COURSE OBJECTIVES AND OUTCOMES

Following are the objectives and outcomes of the course:

- **Connecting** with our thoughts, feelings, and emotions,
- **Experiencing** joy as a state of mind,
- **Recognizing** individual as well as collective strengths through value orientation,
- **Unlearning** the wrongs of peace & happiness followed by relearning the rights.

COURSE CONTENT

The course will be divided into following modules focusing on development from different aspects:

MODULE 1: SELF AS A SOURCE OF PEACE AND HAPPINESS

This will comprise of developing an understanding about Self and personal strengths. Exploring and realizing ones potential as a source of peace and happiness at individual level primarily.

MODULE 2: HAPPINESS FOR ALL - VALUE ORIENTATION

This would entail experiencing the power of pro-social behavior, creating a supportive environment for oneself and others' emotions, and discovering individual & social values for happiness.

MODULE 3: SKILL ENHANCEMENT FOR SELF AND OTHERS

This will focus on developing and practicing the skills including mindfulness, gratitude, peace-building within the self, and with people outside. These skills would help in personal as well as professional growth in terms of peace and happiness.

METHODOLOGY

Skills for Happiness Adventure & Personality Enrichment Program (SHAPE) with the help of individual as well as group activities like introspection, mindfulness, group discussion, story telling, etc. along with some involvement with the ideas of forgiveness and gratitude, conflict management, and emotional regulation.

REGISTRATION AND PAYMENT PROCESS

All the aspirants are required to register and pay a Non-Refundable fee of ₹2000/- by visiting <https://rcmoocs.in/>

TESTIMONIALS

Humanity is the fulcrum of our happiness class (Excerpt from college's August 2021 Newsletter)

We cannot live happily by rationality alone. To capture flavors of authentic happiness, we ensure that humanity remains the fulcrum of values-based happiness classes at our 'School of Happiness'. Not only has it always given us inner strength, glory and a deeper sense of satisfaction but also the right purpose and a true meaning of life. Unlike monastic spirituality, which talks of withdrawal and renunciation, **humanity pursuit** liberates us from stress and provides us happiness despite engaging with society and fulfilling our moral responsibilities.

Prof T.K. Mishra

Personal Transformation (PT) seemed impossible to me when I was not a part of School of Happiness (SOH). But the experience that I had with SOH, proved that with happiness everything is possible. With SOH, I realized that visiting a tourist place isn't necessary to enjoy the beauty of nature. Now I am even able to enjoy weather by just staying at home. I do spend a lot of time with my plants; I enjoy their company, I play with my dog Candy, I listen to the chirping of birds. SOH made me realize the magical power of music, at night I do star gazing and sit at terrace with my pet, and we both enjoy listening to the music and staying close to the nature. SOH has made me realize importance of values in happiness, so I am doing my work that is right as per my values, as per my conscience.

Pranjal

And I joined SOH, I see a lot of changes in my management skill. One thing that I have learnt is that when it comes to relationships, quantity has little role to play. We should focus on quality of

relationships over quantity of relationships. First, we all should have a good relationship with ourselves than with others. I always **respect** everyone. One thing now I started practicing is: think before you speak, so that it will not hurt anyone's sentiments. One more thing which I prefer is: Putting myself on the place of that person with whom I am dealing with, and this works for me a lot. After joining SOH, I started appreciating and showing gratitude to all who are worth it. I was doing it before also, but now I do it more often, because it doesn't take much effort. In one word for what I am becoming from personal transformation is "Resilient"

Rishu Verma

CONTACT INFORMATION

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