

The M.L.Gandhi Higher Education  
Society, Modasa



Shri S.K.Shah & Shrikrishna O.M. Arts College,  
Modasa-383315

Add on Course on  
Expertise Training Course in  
*The science of happiness*

Prepared by  
(Psychology Department)

Year 2022-2023



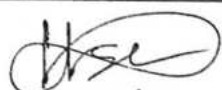
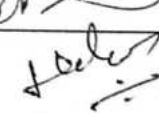

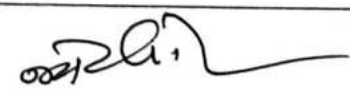

# The M.L.Gandhi Higher Education Society, Modasa

## Shri S.K.Shah & SHriKrishna O.M.Arts College, Modasa- 383315

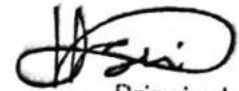
### MINUTES

A Meeting of the Committee consisting by the following members was held on Dt. ~~30th~~ <sup>21st</sup> Sep-2021 At 03.00pm to prepare the syllabus of add on courses by Department to be started in the College. The following members were present in this meeting.

The attached syllabus of 30 hrs add on course on Experties Training Course In is approved by this committee after intensive Discussion.

Sr.No	Name of Members	Designation	Signature
1	Dr D.H.Joshi	Principal	
2	Dr J.J.Desai	Vice Principal	
3	Dr P.R.Sinh	IQAC Co-Ordinator	
4	Shri J.B.Patel	Administrator Co-Ordinator	
5	Dr. M. A. Kathwar	Hod	m. A. Kathwar
6	B.P. Patel	Assistant Professor <small>cusiting Faculty</small>	



  
Principal  
Shri S.K.Shah & Shrikrishna  
O.M. Arts College, Modasa (Aravalli)

2022-23

Syllabus(30hrs) - The Science of Happiness

<p>Unit-1 Introduction to Positive Psychology</p>	<p>① Positive Psychology - Concept ② History of Positive Psychology, ③ Nature of positive Psychology, ④ Dimension ⑤ Scope of positive Psychology</p>	<p>Hour-5</p>
<p>Unit-2 Positive Emotional States and Process</p>	<p>① Emotions and well being, Hope &amp; Optimism ② Love ③ Influence of Positive Emotional Intelligence ④ The Positive Psychology of Emotional Intelligence</p>	<p>Hours-5</p>
<p>Unit-3 Strength and Virtues</p>	<p>① Character Strengths and Virtues ② Resilience in the Phase of Challenge &amp; Loss ③ Empathy and Altruism</p>	<p>Hours-5</p>
<p>Unit-4 Happiness</p>	<p>① Introduction to Psychology of happiness ② Well being and Scope</p>	<p>Hours-5</p>
<p>Unit-5 Happiness Types</p>	<p>① Types of Happiness, Eudaimonic and Hedonic ② History of Happiness ③ Theories, measurement and Positive Correlates of Happiness</p>	<p>Hour-5</p>
<p>Unit-6 Forgiveness and Gratitude</p>	<p>① Forgiveness and Gratitude ② Personal transformation and Role of Suffering ③ Trust and Compassion</p>	<p>Hours-5</p>



*(Signature)*  
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O.M. Arts College, Modasa (Aravalli)

2022-2023

**Shri S. K. Shah & Shrikrishna O. M. Arts College, Modasa**

Add-on Course : The science Of Happiness

Expertise Training Course in

Day 1 - Session 1

Time	Expert	Subject
9:00 to 11:00	Dr. m.A. Kathiyava	① Positive Psychology - concept ② History of Positive Psychology

Day 2 - Session 2

Time	Expert	Subject
9:00 to 11:00	B. P. Patel	① Nature of Positive Psychology ② Dimension


Day 3 - Session 3

Time	Expert	Subject
9:00 to 11:00	Dr. m.A. Kathiyava	SCOPE of Positive Psychology

Day 4 - Session 4

Time	Expert	Subject
9:00 to 11:00	B. P. Patel	① Emotions and well being! Hope & Optimism ② Love.



  
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Day 5 - Session 5

Time	Expert	Subject
9:00 to 11:00	Dr. M. A. Kathiyani	① Influence of Positive Emotional Intelligence ② The positive Psychology of Emotional Intelligence

Day 6 - Session 6

Time	Expert	Subject
9:00 to 11:00	Dr. M. A. Kathiyani	Character strengths And virtues

Day 7 - Session 7

Time	Expert	Subject
9:00 to 11:00	Dr. M. A. Kathiyani	Resilience in the phase of challenge & Loss

Day 8 - Session 8

Time	Expert	Subject
9:00 to 11:00	Dr. M. A. Kathiyani	Empathy and Altruism



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Day 9 - Session 9

Time	Expert	Subject
9:00 to 11:00	B. P. Patel	Introduction to Psychology of happiness

Day 10 - Session 10

Time	Expert	Subject
9:00 to 11:00	B. P. Patel	well being and scope

Day 11 - Session 11

Time	Expert	Subject
9:00 to 11:00	Dr. M. A. Kathiyar	Types of happiness, ① Eudaimonic and ② Hedonic

Day 12 - Session 12

Time	Expert	Subject
9:00 to 11:00	Dr. M. A. Kathiyar	① History of happiness ② Theories, measurement and positive correlates of happiness



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Day 13 – Session 13

Time	Expert	Subject
9:00 to 11:00	Dr. m. A. Kathiyara	Theories, measurement and positive correlates of happiness

Day 14 – Session 14

Time	Expert	Subject
9:00 to 11:00	Dr. m. A. Kathiyara	① Forgiveness ② Gratitude

Day 15 – Session 15

Time	Expert	Subject
9:00 to 11:00	Dr. m. A. Kathiyara	① Personal transformation and role of suffering ② Trust and Compassion

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Short term Course,

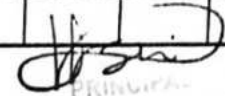
Department - PSYCHOLOGY [2022-2023]

List of Students

Date : 11-7-22 to 27-7-22

No.	Name Of Students	Roll No.	M/ F	Class	Session- 1	Session- 2	Session- 3	Session- 4	Session- 5	Session- 6	Session- 7	Session- 8	Session- 9	Session- 10	Session- 11	Session- 12	Session- 13	Session- 14	Session- 15
1	Rathod Ankit A	7527	M	TY	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A
2	Patel Dhruvil A	7500	M	TY	PD	PD	PD	PD	PD	PD	PD	PD	PD	PD	PD	PD	PD	PD	PD
3	Patel Pratham S	7509	M	TY	Pou	Pou	Pou	Pou	Pou	Pou	Pou	Pou	Pou	Pou	Pou	Pou	Pou	Pou	Pou
4	Solanki Gopal S	7533	M	TY	@	@	@	@	@	@	@	@	@	@	@	@	@	@	@
5	Tarar Sagar K	7548	M	TY	sw	sw	sw	sw	sw	sw	sw	sw	sw	sw	sw	sw	sw	sw	sw
6	Putel Gopal C	7502	M	TY	pbc	pbc	pbc	pbc	pbc	pbc	pbc	pbc	pbc	pbc	pbc	pbc	pbc	pbc	pbc
7	Damod Durgaj J	7049	F	TY	Durgaj	Durgaj	Durgaj	Durgaj	Durgaj	Durgaj	Durgaj	Durgaj	Durgaj	Durgaj	Durgaj	Durgaj	Durgaj	Durgaj	Durgaj
8	Khand Scema H	7069	F	TY	ksh	ksh	ksh	ksh	ksh	ksh	ksh	ksh	ksh	ksh	ksh	ksh	ksh	ksh	ksh
9	Suthar Pooja M	7541	F	TY	S.P.M	S.P.M	S.P.M	S.P.M	S.P.M	S.P.M	S.P.M	S.P.M	S.P.M	S.P.M	S.P.M	S.P.M	S.P.M	S.P.M	S.P.M
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## Add On Course Report

**Course Name:** The Science of Happiness

There are nine students participated in this Course. Although happiness can feel like an amorphous concept, science has explored key pieces of the experience, such as which choices, activities, and mindsets lead to fulfillment, common misunderstandings of happiness, and theories that explain the origin and attainment of well-being. Happiness is linked to lower heart rate and blood pressure, as well as healthier heart rate variability. Happiness can also act as a barrier between you and germs – happier people are less likely to get sick. People who are happier enjoy greater protection against stress and release less of the stress hormone cortisol.



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## Add on Course

Organized by

Department of Psychology

Shri S.K. Shah & Shri Krishna O.M. Arts College, Modasa

### CERTIFICATE OF COMPLETION

This is to certify that Taraa Sagar K

has successfully completed the Certificate Course on "The Science of Happiness" organized by the Department of Psychology at college campus, Modasa, held from 11-07-2022 to 27-07-2022. We wish her/him all the luck for her/his future.

*M. A. Keshwani*  
Head

Department of Psychology

*[Signature]*  
Principal

Dr. Dipak H Joshi





**Add on Course**  
Organized by



*Department of Psychology*

**Shri S.K. Shah & Shri Krishna O.M. Arts College, Modasa**

**CERTIFICATE OF COMPLETION**

This is to certify that Patel Gopal C

has successfully completed the Certificate Course on "The Science of Happiness" organized by the Department of Psychology at college campus, Modasa, held from 11-07-2022 to 27-07-2022. We wish her/him all the luck for her/his future.

*m. A. Kathiwar*

Head

Department of Psychology

Principal

Dr. Dipak H Joshi