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# FW: Course background and brief content

From: Swayam Sampurna Panigrahi <swayam.panigrahi@imibh.edu.in>

To: Chair Accreditation <cacc@imibh.edu.in>

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Dear Sir

PFA

Regards

Prof. Swayam

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**From:** Prof. Pallavi Pandey <p.pandey@imibh.edu.in>

**Sent:** Monday, May 31, 2021 12:50 PM

**To:** Swayam Sampurna Panigrahi <swayam.panigrahi@imibh.edu.in>

**Subject:** Course background and brief content

Hi Swayam,

As discussed, please find below the details of two courses:

## **The Science of Happiness(1.5)**

Why happiness at work matters? Employees spend a significant amount of time in the workplace a day. If they are satisfied, committed, and engaged the benefits are manifold. They attach meaning in everything they do; they are productive for their organizations and maintain a healthy relationship with people around. Happiness is infectious, it is a skill when learnt helps individuals to sail through turbulent times.

- The importance of happiness and why does it matter?
- How can you increase happiness and add more meaning to your work?
- Techniques for fostering happiness.
- Enhancing managers self-understanding, enjoyment, and overall success at work.
- Investing in Social Connections

## **CONTENT: Happiness Activities**

- Keys to Engagement at Work
- Committing to Your Goals
- Becoming more resilient at work
- Taking Care of Your Body and Soul
- The Five Hows Behind Sustainable Happiness
- Managing Hardships and Trauma at Work

## **Human Values (1.5)**

**Objectives (This course is for everyone, it is important as it seeks to develop you morally)**

Development of a holistic perspective based on self-exploration about Self (human being), family, society and nature/existence. 2. Understanding (or developing clarity) of the harmony in the human being, family, society and nature/existence 3. Strengthening of self-reflection. 4. Development of commitment and courage to act.

**Contents**

1. The universal human values
2. Self-Exploration–what is it? - Its content and process; ‘Natural Acceptance’ and Experiential Validation- as the process for self-exploration
3. Right understanding of Relationship the basic requirements for fulfilment of aspirations of every human being with their correct priority.
4. Understanding Harmony in Humans, Family and Society
5. Understanding of Harmony on Professional Ethics
6. Nature and Existence

Best

Pallavi

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