



Science of Wellbeing

Syllabus

- Concept of Happiness
- Mythologies of Happiness
- Myths of Happiness
- Strategic Happiness
- Practical Assignment

Outcomes of Science of Wellbeing Short Term Program

- **Gratitude:** Practicing gratitude regularly is a powerful way to increase happiness and well-being. This course may teach individuals to cultivate gratitude through daily exercises such as keeping a gratitude journal or reflecting on things they are thankful for.
- **Mindfulness:** Mindfulness is a powerful tool for reducing stress and increasing focus. The science of wellbeing course may teach individuals mindfulness techniques such as meditation, deep breathing, or body scan exercises.
- **Positive thinking:** The course may teach individuals how to identify and challenge negative thought patterns and replace them with positive ones. This can help improve mood and overall well-being.
- **Social connections:** Strong social connections are a key component of happiness and well-being. The course may teach individuals how to build and maintain strong relationships with friends, family, and community.
- **Resilience:** Resilience is the ability to bounce back from challenges and setbacks. The science of wellbeing course may teach individuals how to develop resilience through strategies such as reframing negative experiences and practicing self-compassion.

Registrar
SGT University,
Budhera, Gurugram