



Jesus and Mary College
In collaboration with
Rekhi Foundation for Happiness
Offers a



Short-Term Certificate Course:
THE SCIENCE OF HAPPINESS



PATRON

Prof. Sr. Molly
Principal, JMC

COURSE FACILITATOR

Dr. Satinder Singh Rekhi
Founder, Rekhi Foundation



COURSE OUTLINE

Commences on: 19th January 2026

Time: 11:00 AM

Venue: Thevenet Hall



30-Hours Course spread over 10 weeks

Open to all students of JMC

Number of Seats Available: 30

Course Fees: INR 300

FACULTY COORDINATORS

Dr. Shefali Mishra

Dr. Amrita Sastry

Dr. Bhumika Kapoor



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BACKGROUND AND RATIONALE

In recent years, there has been a growing consensus regarding the importance of psychological well-being among college students. Amidst academic pressures, information overload, uncertainty about career prospects and other psychosocial issues, students and young people have to navigate a myriad range of stressors which significantly impact their mental health, well-being, and overall quality of life. While traditional education focuses on equipping the students with the knowledge, skills, and abilities required for success in their respective streams and domains, there is an increasing need for educational institutions to take a holistic approach and also equip students with life skills that foster emotional resilience, life-skills, and well-being.

This course, about the Science of Happiness is a step in this direction. Grounded in the scientific fields of positive psychology, neuroscience, and behavioural sciences, it offers students evidence-based approaches towards understanding and enhancing well-being. Aligned with the ever-increasing concerns about student mental health and related outcomes, it would offer theoretical grounding and practical applications for daily life, conducive for allowing students to flourish and thrive.



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AIM OF THE COURSE

This course attempts to:

- Explain the major theoretical and empirical findings pertaining to happiness and well-being.
- Teach students evidence-based practices which they can apply in their life to enhance coping skills and well-being.
- Enable students in identifying and utilizing their strengths to cultivate flourishing.

TARGET GROUP

The course is open to undergraduate students from all disciplines of Jesus and Mary College, University of Delhi. The course doesn't require any prior background in the discipline of psychology.

PEDAGOGICAL APPROACH

The course involves an experiential approach, combining the lecture mode with experiential activities, self-reflection exercises, group discussions and real-life applications.

COURSE STRUCTURE AND FORMAT

Total Seats: 30

Total Duration: 30 Hours

Course Length: 10 Weeks

Session Schedule: 2 sessions/week

Duration per session: 90 minutes

Modality: Hybrid



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COURSE OUTLINE

Week 2: Introduction to Positive Psychology

Week 1: Foundations of Happiness & Well being

Week 3: Role of Positive Emotions

Week 4: Cognitive Aspects of Well-being

Week 5: Character Strengths and Virtues

Week 6: Managing Emotions

Week 7: Stress, Burnout, and Coping

Week 8: Positive Skills 1

Week 9: Positive Skills 2

Week 10: Values, Purpose, and Happiness Plan



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Assessment & Evaluation

The evaluation of the course would be done through students' presentations and a viva based on their learnings. Instructors may also use reflective journals, participation in activities, demonstration of practical application, etc. as part of the assessment. A minimum attendance requirement of 75% will be mandatory for certification.



Certification

Students who successfully complete the course requirements will be awarded a Certificate of Completion issued by the Jesus and Mary College, University of Delhi in collaboration with the Rekhi Foundation for Happiness.



Course Fee

A nominal fee of Rs. 300 is to be paid for enrollment in the course. Once the registration form is filled, selected participants will receive a confirmation email along with instructions for fee payment and course commencement. Admission will be considered final only after payment of the course fee within the stipulated time.



REGISTRATION LINK

For registration, please click on the following link to register for the program:
<https://forms.gle/LqDZwGEueYQa3cEU8>

