B.Com. (Hons.)
VALUE ADDED COURSE (VAC)
SEMESTER-III
(BAB32407T) ENHANCING HAPPINESS AT WORKPLACE

MAX MARKS:100
EXTERNAL:70
INTERNAL:30
PASS:40%
Credits: 4

OBJECTIVE:
The objective of this course is to enable learners to evaluate their level of happiness and guide them to build healthy and co-operative workplace relationships.

COURSE OUTCOMES:

CO 1:	To enable learners to know the techniques for enhancing happiness at the Workplace
CO 2:	To inculcate knowledge about stress management strategies
CO 3:	To develop emotional intelligence among learners and to acquaint them with conflict resolution techniques and methods to maintain work-life balance

Section A

Unit 1: Life style factors: Importance of Diet, Sleep, Exercise, Meditation and yoga.

Unit2: Stress Management: strategies for preventing and relieving stress; Time management: techniques and styles.

Section B

Unit3: Enhancing Emotional Intelligence, optimism, forgiveness, altruism.

Unit 4: Conflict resolution and negotiations, overcoming resistance to change, Maintaining work life balance.

Suggested readings:

- Linley & Joseph. (2010). Positive Psychology in Practice. New Jersey. John Wiley andsons. Inc.
- Michael Argyle. (2001). The psychology of Happiness. Routledge. Taylor and Francis.
- Karpinski, E. (2020). Put Happiness to Work: 7 Strategies to Elevate Engagement forOptimal Performance. New York: McGraw Hill Ltd.

- Goleman, D. (2000). Working with Emotional Intelligence. Bantam ltd.
- Nielsen , K. (2018).Organizational Interventions for Health and Well-being: A Handbookfor Evidence-Based Practice 1st Edition. Routledge.
- Anand, R. (2018). Happiness at Work: Mindfulness, Analysis and Well-being. Sage Pubications Ltd.

INSTRUCTIONS FOR THE PAPER SETTER/EXAMINER:

1. The syllabus prescribed should be strictly adhered to.
2. The question paper will consist of three sections: A, B, and C. Sections A and B willhave four questions each from the respective sections of the syllabus and will carry 10 marks each. The candidates will attempt two questions from each section.
3. Section C will have fifteen short answer questions covering the entire syllabus. Each question will carry 3 marks. Candidates will attempt any 10 questions from this section.
4. The examiner shall give a clear instruction to the candidates to attempt questions only atone place and only once. Second or subsequent attempts, unless the earlier ones have been crossed out, shall not be evaluated.
5. The duration of each paper will be three hours.

INSTRUCTIONS FOR THE CANDIDATES:

Candidates are required to attempt any two questions each from the sections A, and B of the question paper, and any ten short answer questions from Section C. They have to attempt questions only at one place and only once. Second or subsequent attempts, unless the earlier ones have been crossed out, shall not be evaluated.