



DESHBANDHU COLLEGE

(Accredited with Grade A++ by NAAC)

in collaboration with

VALUE ADDITION COURSE COMMITTEE

(University of Delhi)

is organizing

One-Day Workshop for Educators

on

THE ART OF BEING HAPPY

A Value Addition Course (VAC) for Undergraduate Programme

April 24, 2023: 9:30 AM to 5:00 PM

Venue – Conference Hall, Deshbandhu College



Prof. Rajiv Aggarwal
Principal
Deshbandhu College



Dr. Seema Gupta
Co-ordinator, South Cluster Co-hub
Nodal Officer, Deshbandhu College

Organizing Committee

- Dr. Minakshi Singh (VAC Co-ordinator, South Cluster Co-hub)
- Ms. Saloni Gupta
- Dr. Dinesh Kumar
- Ms. Sonam Tomar
- Dr. Monika Sharma
- Dr. Varsha Singh
- Dr. Gouri Nandy
- Dr. Maku Moronshing
- Mr. Abhishek Verma



About Deshbandhu College:

Deshbandhu College was established in the year 1952 by the Ministry of Rehabilitation, in the memory of Late Lala Deshbandhu Gupta - a veteran freedom fighter. The college made a humble beginning with just 72 students and the courses like Prep (arts), Prep (science) and Pre-medical. Guided by the mantra "Karmanyevadhikaraste" - our motto, the college continues to grow both in size and stature. Today, Deshbandhu is a fully maintained constituent college of University of Delhi and has the distinction of being the oldest and the largest co-educational institution in South Delhi promoting Arts, Commerce and Science courses. The college offers seven post graduate and eighteen undergraduate courses in disciplines ranging from languages/literature, history, political science, economics, commerce to all the major branches of science and mathematics and caters to over 5000 students every year.

Aim of the VAC Paper: The Art of Being Happy

- To synthesize the insights developed by Human Development experts, Psychologists, Anthropologists on one hand, and the intellectual traditions of Vedantic Philosophy and Indology on the other towards the experience of happiness.
- To illustrate various factors that determine the subjective experience of happiness in a cross cultural context.
- The students shall be able to evaluate the factors contributing to the phenomenon of happiness in the personal, familial and community life of an individual in different cultures in the Indian context.
- They will be able to develop healthy interpersonal relationships and wellbeing cherishing the values of Indian culture and philosophy.
- They will be able to relate to the global phenomenon of sustainable development and become sensitive to the needs of the planet.
- They will be able to apply the experience of Aananda at a personal level.

Registration Link: <https://forms.gle/it7Ub7gmGfW4xHNn9>

- No Registration Fee

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