

NPTEL Video Lecture Topic List - Created by LinuXpert Systems, Chennai

NPTEL Video Course - Humanities and Social Sciences - NOC:The Science of Happiness and Wellbeing

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Co-ordinating Institute - IIT - Kharagpur

Sub-Titles - Available / Unavailable | MP3 Audio Lectures - Available / Unavailable

- Lecture 1 - Introduction: Why Happiness Matters and How We Will Go About Exploring It
- Lecture 2 - Can We Define Happiness?
- Lecture 3 - Happiness and Wellbeing : Do Cultures and Environments Call the Shots!
- Lecture 4 - Doing Happiness' - Philosophical and existential questions, and responses
- Lecture 5 - Happiness - antecedents and implications
- Lecture 6 - Basic Issues
- Lecture 7 - Myths and Misconceptions
- Lecture 8 - Happiness - the unanswered questions
- Lecture 9 - Evolution of Happiness
- Lecture 10 - Belief and Gene
- Lecture 11 - Empathy
- Lecture 12 - Happiness and Morality
- Lecture 13 - Exploring the self and the other
- Lecture 14 - Pro-sociality and happiness - Generosity, give and take
- Lecture 15 - Pro-sociality and happiness - Virtues and strengths
- Lecture 16 - Relationship - Connected and happy
- Lecture 17 - Networking and its relevance for happiness and wellbeing
- Lecture 18 - Money and Happiness
- Lecture 19 - How does optimism affect happiness?
- Lecture 20 - Sharing and Belonging
- Lecture 21 - Happiness and body language
- Lecture 22 - Failure and Resilience
- Lecture 23 - Innovation and Happiness
- Lecture 24 - Conflicts and Stress
- Lecture 25 - Stress and Coping
- Lecture 26 - Reconnecting happiness: beyond pandemic
- Lecture 27 - Meditation and Mindfulness: An Overview
- Lecture 28 - Meditation and Mindfulness: Practice Toolkit
- Lecture 29 - Creativity, Intuition and Flow

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- Lecture 30 - Can we really not be creative and happy?
- Lecture 31 - Emotional intelligence
- Lecture 32 - Happiness at work
- Lecture 33 - Nudging and Decision-making
- Lecture 34 - Can we measure happiness? The case of cities and states
- Lecture 35 - Happiness and leadership habits
- Lecture 36 - Measurement of Happiness
- Lecture 37 - Consumerism, happiness and wellbeing
- Lecture 38 - Technology and happiness
- Lecture 39 - Doing research on happiness: Connecting dots
- Lecture 40 - Summing up: Social innovation and project ideas for social transformation