

**C-SHAW IV**  
**TECHNIQUES FOR ENHANCING HAPPINESS AT WORKPLACE**

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

**Section A**

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

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

**Section B**

Enhancing Emotional Intelligence, optimism, forgiveness, altruism.

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

**Suggested Readings:**

1. Anand, R. (2018). Happiness at Work: Mindfulness, Analysis and Well-being. Sage Publications Ltd.
2. Linley & Joseph. (2010). Positive Psychology in Practice. New Jersey. John Wiley and sons. Inc.
3. Michael Argyle. (2001). The psychology of Happiness. Routledge. Taylor and Francis.
4. Karpinski, E. (2020). Put Happiness to Work: 7 Strategies to Elevate Engagement for Optimal Performance. New York: McGraw Hill Ltd.
5. Goleman, D. (2000). Working with Emotional Intelligence. Bantam ltd.
6. Nielsen, K. (2018). Organizational Interventions for Health and Well-being: A Handbook for Evidence-Based Practice 1st Edition. Routledge.