#### UNIVERSITY OF DELHI

CNC-II/093/1(26)/2023-24/322

Dated: 02.08.2023

#### **NOTIFICATION**

Sub: Amendment to Ordinance V

[E.C Resolution No. 14/ (14-1-9) dated 09.06.2023]

Following addition be made to Appendix-II-A to the Ordinance V (2-A) of the Ordinances of the University;

#### Add the following:

Syllabi of Semester-IV, V and VI of the Department of Finance & Business Economics under Faculty of Applied Social Sciences & Humanities based on Under Graduate Curriculum Framework -2022 implemented from the Academic Year 2022-23.

# SEMESTER -IV

# **B.A.** (Honours) Business Economics

#### DISCIPLINE SPECIFIC CORE COURSE – 10 (DSC-10): MACROECONOMICS - II

#### CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course Title & Code	Credits				Eligibility criteria	Pre-requisite of the course
		Lecture	Tutorial	Practical/ Practice		(if any)
Macroeconomics-II (DSC 10)	4	3	1	0	Class 12	Mathematics at Class 12

#### **Learning Objectives**

This course aims at inculcating an understanding:

- (i) of macroeconomic outcomes arising from assumptions of individual behaviour
- (ii) of equilibrium under different assumptions on aggregate demand and supply.
- (iii) of the relation between wages, prices, unemployment under different models
- (iv) of an economy that trades with others and how it determines the balance of payments and different types of exchange rates.

#### **Learning outcomes**

By studying this course, the students will be able to:

- · Understand basics of consumption function and different hypotheses regarding aggregate consumption behavior.
- · Derive wage setting, price setting relations and labour market equilibrium.
- · Derive aggregate demand and aggregate supply and economy's equilibrium conditions in medium run and understand the interaction between the two.
- · Understand the relationship between inflation, unemployment and output and role of expectation on policy and their effectiveness.

#### **SYLLABUS OF DSC-10**

#### UNIT-I: Microeconomics foundation of Macroeconomics

(9 hours)

Consumption: Keynesian consumption function; Fisher's theory of optimal intertemporal choice; life cycle and permanent income hypothesis; rational expectations and random walk of consumption expenditure, Investment: determinants of business fixed investment; residential investment and inventory investment

#### UNIT - II: Aggregate Demand and Aggregate Supply

(6 hours)

Derivation of aggregate supply curve; Interaction of aggregate demand and supply to determine equilibrium output, price level and employment, The aggregate supply curve and the price adjustment mechanism.

## **UNIT - III:Labour markets, Employment and Prices**

(18 hours)

The labour market: - determination of wages, prices, unemployment, Natural rate of unemployment and NAIRU, stagflation, expected inflation. Philips curve, inflation-expectations augmented Phillips curve, the wage-unemployment relationship: Sticky wages; from Phillips curve to the aggregate supply curve; the costs of unemployment and inflation, inflation and indexation: inflation-proofing the economy; Theory of Expectations, Inflation, unemployment and expectations, Phillips curve and adaptive and rational expectations; Dynamics of Inflation and Unemployment: Inflation, expectation and the aggregate supply curve, short and long runaggregate supply curves, dynamic aggregate demand curve; Inflation and output, the adjustment process, dynamic adjustment, interest rate and inflation: the Fishers Equation.

#### **UNIT - IV:Open Economy Macroeconomics**

(12 hours)

Balance of Payments, Kinds of exchange rate, Nominal and Real Exchange rate, fixed and flexible exchange rate, Marshall Lerner condition & J curve, Mundell Fleming model, Exchange rate determination: Purchasing power parity, asset market approach and monetary approach to Balance of Payments (BoP)

#### Essential/recommended readings

- 1. Dornbusch, R., Fischer, S. and Startz, R., 2014. Macroeconomics. 11<sup>th</sup> edition, New York, McGraw-Hill Education.
- 2. Dornbusch, R. and Fischer, S. (2000) Macroeconomics. 6th Edition. McGraw-Hill Education.
- 3. Blanchard, O. (2006). Macroeconomics, 4th ed. Pearson Education.
- 4. C.L.F. Attfield, D. Demery and N.W. Duck, (1991) Rational expectations in macroeconomics: An introduction to theory and evidence (2nd Ed.)

- 5. Carlin, W and D Soskice (2007), Macroeconomics: Imperfections, Institutions and Policies, Indian Edition, OUP.
- 6. David C. Colander (2017) Macroeconomics (9th edition), McGraw Hill

#### Suggested readings

- 1. Bradley R. Schiller and Karen Gebhardt (2019) Macro economy Today (14th edition), McGraw Hill
- 2. Richard T. Froyen (2013). Macroeconomics: Theories and Policies (10th ed.), Pearson.
- 3. Government of India (GOI) (Latest Year), Economic Survey, Ministry of Finance New Delhi.
- 4. Government of India (GOI) (Latest Year), Handbook of Indian Economy, RBI Publication New Delhi.
- 5. N. Gregory Mankiw, Macroeconomics, Worth Publishers.
- 6. Chugh, S. (2015) Modern Macroeconomics, MIT Press.
- 7. D'Souza, E, Macroeconomics, Pearson Education
- 8. D. N.Dwivedi (2015), Macroeconomics- Theory and Policy, McGraw-Hill.

**Note:** Examination scheme and mode shall be as prescribed by the Examination Branch, University of Delhi, from time to time.

# DISCIPLINE SPECIFIC CORE COURSE – 11 (DSC-11): Statistics for Business Economics-II

#### CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course title & Code	Credits	Credit distribution of the course			Eligibility	Pre-requisite
		Lecture	Tutorial	Practical/ Practice	criteria	of the course (if any)
Statistics for Business Economics - II (DSC 11)	4	3	0	1	Class 12	Mathematics at Class 12 level

#### **Learning Objectives**

This course aims to develop an understanding of:

- Theories of probability distribution.
- Sampling techniques and types of sampling.
- Methods of estimation
- Testing of Hypothesis.

#### **Learning outcomes**

By studying this course, the students will be able to:

• Understand the formulation of complex decision-making problems in an uncertain environment using different statistical techniques.

- Study various research designs and appropriate sampling techniques.
- Analyze and apply some basic stochastic processes for solving real life situations and to execute statistical analyses with professional software.
- Draw conclusion about the population using hypotheses testing.

. .

#### **SYLLABUS OF DSC-11**

#### **UNIT - I:** Theoretical Probability Distributions

(15 hours)

Discrete: Binomial and Poisson. Continuous: Normal. Mean and variance. Applications. Bivariate distributions: covariance and correlation.

#### UNIT - II:Sampling

(9hours)

Random sampling; sampling methods; statistics and their distributions; central limit theorem, distribution of linear combination of random variables.

#### **UNIT - III:Estimation**

(12 hours)

Point estimators and properties. Methods of point estimation. Sampling distributions: t, chi square and F. Interval estimation for mean, proportion and variance.

#### **UNIT - IV: Testing of Hypothesis**

(9 hours)

Null and alternative hypotheses. Types of errors. Testing for the population mean, proportion and variance. One and two tail tests. P-values. Testing for difference in means and proportions; comparing variances.

**Practical component (30 hours) -**Practicals to be based on aspreadsheet software (Microsoft Excel or equivalent) to enable students to execute all the measures and tests taken up in the theory classes in the course.

#### Essential/recommended readings

1. Devore, Jay L., (2012). Probability and Statistics for Engineering and the sciences.8th Edition, Cengage Learning.

#### Suggestive readings

- 1. *Miller, Irwin and Marylees Miller.* John E. Freund's Mathematical Statistics with Applications, Eighth Edition, Pearson Education.
- 2. Nagar, A.L., and R.K. Das. Basic Statistics, Second Edition, Oxford University Press
- 3. Gupta, S.C., Fundamentals of Mathematical Statistics, Himalaya Publishing House

#### DISCIPLINE SPECIFIC CORE COURSE - (DSC-12): MARKETING MANAGEMENT

#### CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course title & Code	Credits	Credit distribution of the course				Pre-requisite
		Lecture	Tutorial	Practical/ Practice	criteria	of the course (if any)
Essentials of Marketing Management (DSC 12)	4	3	1	0	Class 12	None

#### **Learning Objectives**

The course aims to develop an understanding of

- Firm's internal and external marketing environment.
- Segmentation and defining the target market for a selected product or service.
- Product decisions and use of pricing strategies.
- Relevance of distribution and promotional strategies in supporting marketing strategies.

#### **Learning outcomes**

By studying this course, students will be able to:

- · Understand the business environment including the economic, social, political, legal, and technological forces.
- · Develop key strategies for developing brands including brand equity, brand identity and brand and line extensions.
- · Recognise different pricing strategies and understand issues related to distribution.
- Understand the elements of promotion- advertising, sales promotion, events, public relations and publicity, direct marketing, interactive marketing, word of mouth and public selling.

#### **SYLLABUS OF DSC-12**

#### **UNIT - I: Introduction and Environment**

(9hours)

Importance and Scope of Marketing; Core Marketing Concepts; Company Orientations. Marketing Environment, an Economic Perspective: Economic, Demographic, Socio-Cultural, Technological, Political and Legal. Influence of Current Economic Situation on Marketing Functions. Michael Porter's Model of Competitive Analysis

# Unit 2: Segmentation, Targeting & Positioning

(9 hours)

Market Segmentation - Bases for Segmenting Consumer Market.Market Targeting- Evaluating and Selecting Market Segments. Positioning- Positioning Statement, POP and POD

#### **Unit 3: Product & Pricing**

(12 hours)

Product Life Cycle- Concept and Strategic Implications; Product Mix and Line Decisions-Product Line Length, Modernisation, Line Pruning and Filling; Cannibalisation; BCG Matrix, ANSOFF Matrix; Branding- Brand Identity, Brand Equity, Brand Name Decisions. Services-Characteristics of Services. Pricing Strategies (Geographical Pricing, Price Discounts & Allowances, Promotional Pricing Tactics, Psychological Pricing, Price Discrimination)

#### **Unit 4: Distribution & Promotion**

(15hours)

Channels Functions and Flows; Channel Levels.Retailing- Marketing Decisions in Retailing. Promotion: Promotion Mix; Concept Of Integrated Marketing Communication.

Advertising- Advertising Objectives, Advertising Budget, Message Generation, Media (Types, Reach Frequency, Impact); Measurement; Sales Promotion (Objectives, Major Decisions in Sales Promotion, brand dilution); Personal Selling; Events and Experiences; Public Relations and Publicity; Direct Marketing; Interactive Marketing (Introduction to Online Marketing).Word Of Mouth and Word of Web.

## Essential/recommended readings

- 1. Kotler, P. & Keller, K. L. Marketing Management. Pearson Publications.
- 2. Kotler P, Armstrong G., Agnihotri P.Y &UlHaq, E. Principles of Marketing A South Asian Perspective. Pearson Publications.
- 3. Ramaswamy V.S, Namakumari S. Marketing Management: Global Perspective Indian Context. Macmillan Publishers.

#### Suggestive readings

- 1. Dawn Iacobucci. Marketing Management. Cengage Learning.
- 2. Etzel M. J, Walker B.J, Stanton W.J and Pandit A. Marketing. Tata McGraw Hill.

# DISCIPLINE SPECIFIC ELECTIVE COURSE 4 (DSE-4): INTERNATIONAL FINANCIAL MANAGEMENT

#### CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course title & Code	Credits	Credit distribution of the course			Eligibility	Pre-
		Lecture	Tutorial	Practical/ Practice	criteria	requisite of the course (if any)
International Financial Management (DSE 6)	4	3	1	0	Class XII	None

#### **Learning Objectives**

This course aims at inculcating an understanding of:

- Key features of international finance and foreign exchange markets.
- Theories of International finance that link exchange rates with interest rates and inflation rates in different countries.
- Evolution of exchange rate system in the international financial markets.
- Determination of exchange rate, types of foreign exchange risks and risk management strategies.

#### **Learning outcomes**

By studying this course, the students will be able to:

- · Gain substantive knowledge of International Financial Management.
- · Understand the principles of trading in foreign exchange markets, different instruments traded, risks involved and how to carry out hedging of currency risks.
- · Learn how to compute forward rates using cross rates, computation of synthetic quotes and apply rules to determine existence of arbitrage amongst currencies traded.
- · Understand how the international markets have evolved and the alternate exchange rate systems world has seen over the years

#### **SYLLABUS OF DSE-6**

#### **Unit 1: Introduction To Currency Markets**

(12 hours)

Spot &Forex market: Introduction and Features, Participants, & their method of communication in forex markets, SWIFT and CHIPS. Currency Quotes and types, Calculation of forward rates using spot rates, Discount/Premium on spot rate, Swap Points and Outright Forward Rates, Forward Rate vs. Expected Future spot rates, Spot rate with and without transaction costs, Payoff Profiles on Forward Exchange, Currency futures and

Pay of Profiles, Mark to Market, Cross Rates & Synthetic quotes. Arbitrage: one point, two point and three point (triangular) arbitrage.

#### Unit 2: Parity Conditions in Currency Markets (12 hours)

Purchasing Power Parity (both absolute and relative versions), Interest Rate Parity (explanation of borrowing and lending criteria, diagrammatic presentation), covered interest rate parity, International Fischer Effect. The linkages between parity conditions.

#### Unit 3: Alternate Exchange Rate Systems and Payment Terms (9 hours)

Gold Standard and Gold Exchange Standard System with price adjustment mechanism , EMS and its price adjustment, Hybrid systems , Fixed vs Flexible System, Overview on Brettonwoods System, IMF, SDR, Triffon Paradox & Smithsonian Agreement. Payment Terms and Methods of Financing International Trade (Letter of Credit, Forfaiting, Factoring, Credit Lines)

#### Unit 4: Exchange Rate Determination and Exposures (12 hours)

Currency Demand and Supply Curves, Stability of exchange rates and 'J' Curve Effect, Factors Affecting Exchange Rate, Foreign Exchange Exposure: Nature, Definition, Exposure Line and Interpretating Exposure, Statistical Measurement of Exposure, Types of Exposure (Meaning): Transaction, Economic and Translation Exposure, Hedging Strategies to Manage Transaction Exposures. Currency Swaps.

#### Essential/recommended readings

- 1. Apte, P.G., Multinational Financial Management. Tata-McGraw Hill. New Delhi.
- 2. Levi, Maurice. International Finance. McGraw Hill Inc. New York.
- 3. Madura, Jeff. International Financial Management. South Western Cengage Learning.
- 4. Seth, A.K., International Financial Management. Galgotia Publishing Company. New Delhi.
- 5. Shapiro, Allen C., Multinational Financial Management. Prentice Hall India Pvt Ltd. New Delhi.

# GENERIC ELECTIVES (GE-8): ENVIRONMENTAL ECONOMICS AND

#### CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course title & Code	Credits	Credit distribution of the course			Eligibility	Pre-requisite
		Lecture	Tutorial	Practical/ Practice	criteria	of the course (if any)
Environmental Economics and Climate Change (GE-8)	4	3	1	0	Class 12	None

#### **Learning Objectives**

This course aims at inculcating an understanding of:

- How economic activities are affecting the environment.
- Social value of environmental resources.
- Climate change and its consequences.
- Efficient and effective policy measures for protecting the environment.

#### **Learning outcomes**

By studying this course, students will be able to:

- . · Understand the linkage between environment and economics.
- · Learn the basic theories of environmental economics.
- · Understand the basic terminologies related to environment and Climate change.
- · Analyse the effects of climate change on India and its future plan for environmental protection and mitigation.

#### **SYLLABUS OF GE-8**

#### UNIT - I: Introduction (8 hours)

Introduction to Environmental Economics, Material Balance model- economy environmental interactions, reasons for environmental degradation (population, technology, GDP), balance between environment and growth.

#### Unit 2: Economic Growth and Environmental Degradation (10 hours)

Theories of relationship between economic growth and environmental degradation: The environmental Kuznets curve hypothesis, The Brundtland Curve hypothesis, The environment Daly Curve hypothesis.

# Unit 3: Climate Change and its Challenges

(15 hours)

Introduction to the Climate Change, Drivers of Climate Change, Global impacts of Climate Change: Anthropogenic, Global warming, ozone hole, biodiversity loss, ecosystem services, natural capital and resources. Effect of Climate Change on India: Agriculture, Biodiversity, vulnerability of Coastal Belt, Rural Livelihoods and Food Security in India.

#### Unit 4: Actions Taken and Policy Framework

(12 hours)

Global Level: Adaptation and Mitigation, Governmental and Intergovernmental Actions to Combat Climate Change: The Role of the Intergovernmental Panel on Climate Change (IPCC), United Nations Framework Convention on Climate Change, The Kyoto Protocol, Paris Agreement etc. The global carbon market (CDM, JI, ET).India's Position on International Climate Negotiations, India's National Action Plan on Climate Change.

#### Essential/recommended readings

- 1. Callen, Thomas (2007). Environmental Economics, Thomson Learning Inc. Indian Edition.
- 2. Dubash, Navroz (2012). Handbook of Climate Change and India: Development, Politics and Governance, Earthscan
- 3. Bhattacharya, R. N. (ed.) (2001). Environmental Economics, An Indian Perspective, Oxford University Press.

#### Suggestive readings

- 1. Romm, J.J. 2018. Climate change: What Everyone Needs to Know. Oxford University Press
- 2. Dash. S.K. 2008. Climate Change, Cambridge University Press

# IT Skills and Data Analysis - II

# CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course	Credits	Credit di	<b>Credit distribution of the course</b>			Pre-requisite
title		Lecture	Tutorial	Practical/	ycriteria	of the course
&				Practice		(if any)
Code						
IT Skills and	2	0	0	2	Class	IT Skills and Data
Data Analysis					XII	Analysis - I
- II						

#### **Learning Objectives**

The primary objectives of the course will be to

- Familiarise the student with the quantitative skills required for corelating the datafor the purpose of decision making.
- Equip the student to visualise functions which play a critical role in understanding and visualizing real world data.
- Enable the student to analyze data and problem situations using relevant IT tools.

#### **Learning Outcomes**

By the end of the course students will be able to

- Establish relationships between variables using correlation and regression analysis.
- Visualize functions and differentiate between linear and nonlinear functions.
- Use IT tools such as spreadsheets to visualise and analyse data.

#### **PEDAGOGY**

Relevant concepts and theory will be introduced which will be supplemented by hands-on activities enabled by the use of spreadsheets. This is a two credit course and will comprise two lecture periods per week. As this is essentially an activity-based course, it will involve two consecutive lecture periods, once in a week.

#### **SYLLABUS**

#### **Unit I: Functions and their graphical representations (16 hours)**

This unit introduces the graphical visualisation of functions to understand the relationship between two variables.

- Definition and graphical representation of a function, vertical line test *Reference 3*
- Polynomial functions: linear, quadratic and cubic functions *Reference 3*
- Reciprocal, exponential and logarithmic functions *Reference 3*
- Concept of slope of a function through graphical representation *Reference 3*

#### **Unit II: Relationship between Variables (28 hours)**

Students will learn about scatter diagrams and correlation analysis as a means to describe the nature and strength of association between two variables. The concept of regression analysis will be introduced as a method for quantifying the relationship between two variables. Further, multiple linear regression will be discussed for situations where more than one independent variable is needed to estimate the dependent variable. The focus will be mainly on interpreting estimated regression coefficients.

- Scatter diagrams
  - Reference 2, Chapter 12
- Correlation analysis: measure and interpretation of correlation coefficient and coefficient of determination
  - Reference 2, Chapter 12
- Hypotheses, model specification and testing
  - Reference 2, Chapter 12
- Bi-variate regression analysis: method of least squares, curve of best fit as a model for prediction
  - Reference 2,
  - Chapter 12
- Multiple Linear Regression
  - Reference 2,
  - Chapter 13

#### **Weeks 12 – 14: Project Presentations and Viva (16 hours)**

References (Readings and Resources)

1. Rowntree, D., Statistics without tears - A primer for non-mathematicians, Allyn and Bacon, 2018.

- 2. Levin, Rubin, Rastogi and Siddiqui, Statistics for Management, 7th Edn, 2014
- 3. Boundless Algebra: https://courses.lumenlearning.com/boundless-algebra/

#### **Suggested Data Sources**

The following data sets are suggested to carry out the activities

- 1. <a href="https://data.worldbank.org/">https://data.worldbank.org/</a>
- 2. <a href="https://www.statista.com/">https://www.statista.com/</a>
- 3. https://data.gov.in/
- 4. <a href="https://censusindia.gov.in/">https://censusindia.gov.in/</a>
- 5. <a href="https://www.kaggle.com/">https://www.kaggle.com/</a>
- 6. <a href="http://data.un.org/">http://data.un.org/</a>

#### Weekly Plan

Weeks I and II: Understanding the definition of a function; graphical representation of a function and vertical line test; visualising various kinds of functions (Linear, quadratic and cubic functions)

**Weeks III and IV**: Reciprocal, exponential and logarithmic functions; Interpretingandvisualising the concept of slope of a function through graphical representations.

Weeks V and VI: Scatter Diagrams; Correlation analysis - measure and interpretationofcorrelation coefficient and coefficient of determination.

**Weeks VII to IX:** Hypotheses, model specification and testing; Understanding Bi- variateRegression analysis: Method of Least Squares; Curve of best fit as a model forprediction.

Weeks X and XI: Multiple Regression Analysis

Weeks XII to XIV: Project Presentations and Viva

#### **Examination scheme and mode:**

Evaluation scheme and mode will be as per the guidelines notified by the University of Delhi.

#### Value Addition Course

#### The Science of Happiness

Course title Credits and Code		Credit Distribution of the course			Eligibility Criteria	Prerequisite of the course
	Lecture	Tutorial	Practical/Practice			
The Science of Happines	02	1	0	1	Pass in Class 12	NIL

#### Course Objectives

To understand the concepts of happiness scientifically and provide them with basic training on how to improve the quality of their life as well as those of others.

To inculcate the practice of happiness by focusing on strengths that enhance positive emotions and positive relationships, thus preparing them for excellence.

To foster well-being by developing insights about oneself and awareness about others.

To attempt to use 'happiness' as a driver of innovation & as a social quality for community growth and connection with each other.

#### Learning Outcomes

At the end of the course:

Students will be able to transform themselves by realizing their innate potential and finding their purpose in life.

Students will be able to scientifically understand and develop a sense of well-being.

Students will develop the ability to understand the complexities of life and explore ways to effectively deal with them.

It will encourage students to build a genuine connection and relationship with others, resulting in sustained strength and happiness.

#### Syllabus

Unit 1: Framing Happiness	Lectures
The importance of different emotions Introducing the different perspectives of happiness Why happiness – Introductory issues Happiness myths and misconceptions Understanding negative emotions	4 hours
Unit 2: Neuroscience of Happiness Neuroscience and happiness Brain-behaviour relationship Measuring happiness	3 hours
Unit 3: Happiness in everyday life	

a-

Importance of empathy and gratitude Toxic Positivity & Shades of Optimism Relationships & Well-being Flow and Creativity	4 hours
Unit 4: Resilience and Happiness	
Coping with negative emotions Nurturing skills, values, and mindset for Resilience Critical issues behind happiness	4 hours

#### Practical/ Practice Component

Along with conceptual and scientific explanation, this course will also introduce practices and encourage experimentation in how to live a happier life. Research shows that increasing our own well-being takes daily, intentional effort over long periods of time. Each week, students will be assigned a set of "unlearning" and 'relearning' practices. These practices aim at unlearning negative mindset and will help to boost overall wellbeing. During the course, the students will also be assigned mini projects as below along with the experiments to explore happiness in daily living.

- Mindlab experimentation- Demonstration of brain waves through EEG using any intervention
  and detecting the stress levels through biofeedback instruments. This will enable students to
  empirically comprehend the impact of positive or negative affect on one's physiological
  function.
- Signature Strengths and Measuring Happiness- How to measure happiness and determine your signature strengths using validated psychological instruments.
- Savoring & Gratitude Journal- Gratitude is a positive emotional state in which one recognizes
  and appreciates what one has received in life. Research shows that taking time to experience
  gratitude can make you happier and even healthier. Students will be encouraged to create a
  journal by picking one experience to truly savor and are grateful for each day. Additionally,
  students will be asked to perform micro acts of kindness, connect with someone they care
  about beyond what they would normally do.
- Exercise & Sleep- Research shows that a few minutes a day of exercise and proper sleep can
  improve mood more than we often expect. Students will be asked to keep track of both their
  exercise routine and sleep viz their daily moods.

#### **Essential Readings**

Lipton, Bruce H. The biology of belief 10th anniversary edition: Unleashing the power of consciousness, matter & miracles. Hay House, Inc.

Handel, D. (2012). The Science of Happiness: How Our Brains Make Us Happy and What We Can Do to Get Happier by S. Klein: (2006). Cambridge, MA: Da Capo Press, 289 pp., \$15.95 (paperback), ISBN: 9781921215148.

Lyubomirsky, S. (2008). The how of happiness: A scientific approach to getting the life you want. Penguin.

#### Suggested Readings

A compass towards just and harmonious society - Centre for Bhutan Studies (can be downloade 1 online)

