



COURSE
**ESSENTIALS OF SOCIAL &
EMOTIONAL WELL BEING**
(NVA0113)

**VALUE ADDED
COURSE BROCHURE
2026-27**

ABOUT THE UNIVERSITY

Sharda University is a leading Educational institution based out of Greater Noida, Delhi NCR. A venture of the renowned Sharda Group of Institutions (SGI), The University has established itself as a high quality education provider with prime focus on holistic learning and imbibing competitive abilities in students.

ABOUT SCHOOL

Sharda School of Media, Film and Entertainment offers a medium to convert the creativity of the student into career, with the help of an array of industry-recognized programs. The students not only get a chance to study at a world-class institution but also the exposure to prove their capabilities through their work. Successful creative professionals and experts continuously work together to develop the student skills and equip them so they contribute to the thriving cultural and creative industries. SSMFE corporate partners commit to providing guidance, expertise, and feedback to the students through various industrial visits where they get to meet with industry professionals, get portfolio reviews, exercise their interviewing skills and receive an internship or job opportunity.

ABOUT COURSE

Course: **Essentials of Social & Emotional Well Being (NVA0113)**

This course is designed to introduce students to the concept of social and emotional wellbeing. The students will be introduced the contextual and cultural influences on health and happiness.

COURSE DETAILS

Name of the Course	Introduction to Innovation & Entrepreneurship
Name of the Course	Essentials of Social & Emotional Well Being
Course Code	NVA0113
VAC Coordinator, SSMFE	Dr. Mukta Martolia
Faculty Expert(s)	MA(J&MC) 3rd Semester MA (Ad, PR & CC) 3rd Semester – Ms. Deepali Verma
Venue	5th & 6th Floor, Block 2
Start Date	15 July, 2026

COURSE SCHEDULE

Date	Week	Time	Topic
15/07/2026 - 18/07/2026	1	1	Understanding Positive Psychology
		1	Basics of positive emotions in everyday life
		1	Importance of positive emotions in everyday life
27/07/2026 - 02/08/2026	2	1	Positivity: Society
		1	Positivity: Strength
		1	Positivity: Virtues
03/08/2026- 09/08/2026	3	1	Human behavior and mental health: Implications
		1	Human behavior and mental health: Remedies
		1	Discussion
10/08/2026- 16/08/2026	4	1	Basics of Happiness and well-being – Biological.
		1	Basics of Happiness and well-being – Social
		1	Basics of Happiness and well-being – Psychological and spiritual.
17/08/2026- 23/08/2026	5	1	Fundamentals of Health & Well-Being
		1	The Science of Happiness
		1	The Science of Life Satisfaction

24/08/2026- 30/08/2026	6	1	Case Studies: Research findings on effects of happiness on mental illness
		1	Case Studies: Research findings on effects of well-being on mental stress
		1	Case Studies: Research findings on effects of happiness and well-being on mental illness
31/08/2026- 06/09/2026	7		Case Studies: Research findings on effects of happiness and well-being on mental stress
			Understanding Facilitators of health & well-being
			Creativity, Optimism, Hope and Self-Efficacy.
07/09/2026 - 13/09/2026	8		Quiz 1
			Compassion and Forgiveness.
			Empathy and Altruism.
14/09/2026 - 20/09/2026	9		Positive youth development.
			Positive aging to cope up with stress.
			Case Study
21/09/2026 - 27/09/2026	11		Indigenous Indian Approaches of Health and Well-being
			History of healing system in India
			Concepts of Indian health: Holistic health Model of Ayurveda
28/09/2026 - 04/10/2026	12		Concepts of Indian health: Concept of Health in Āyurveda
			Yoga, meditation and other cultural practices
			Introduction to Yoga
05/10/2026 - 11/10/2026	13		Meditation
			Quiz 3
			Case Study
12/10/2026 - 18/10/2026	14		MID SEMESTER EXAMINATION (MSE)
19/10/2026 - 25/10/2026	15		Naturopathy
26/10/2026 – 01/11/2026			Final Presentation
02/11/2026 – 08/11/2026			Final Presentation

PROFILE OF FACULTY EXPERT



Ms. Deepali Verma

Ms. Deepali holds an M.Phil. degree in Journalism and Mass Communication. Additionally, she has qualified UGC NET and State Eligibility Test. She earned her Master's degree in Journalism and Mass Communication from CCS University, Meerut Campus. With over 09 years of combined experience in industry and teaching, Ms. Deepali also holds a B.Ed. degree as well.

Before entering academic, she worked for prominent newspapers, including Amar Ujala, DLA and I Next Newspaper. She also spent a year working with Community Radio IIMT Meerut.

School: SSMFE	Batch : 2025-2027	
Program: PG	Current Academic Year: 2026-27	
Branch: NA	Semester: III	
1. Course Code	NVA0113	
2. Course Title	Essentials of Social & Emotional Well Being	
3. Credits	Audit Course	
4. Contact Hours	30 Hours	
Course Type	Value added course	
5. Course Objective	- To obtain a basic understanding of Positive emotions, strengths and virtues; the concepts and determinants of happiness and well-being, and - To become aware of contextual and cultural influences on health and happiness.	
6. Course Outcomes	After completing the course students will be able to – CO1: Outline an insight to see the importance of positive emotions, Strength and Virtues in everyday life and society. CO2: Explore the strength and virtues health and well-being. CO3: Adapt an understand the facilitators of health and well-being. CO4: Explain research findings related to indigenous Indian approach health and well-being on mental illness and stress. CO5: Examine the Indian philosophy of happiness and life satisfaction in Yoga, Meditation and Naturopathy. CO6: Elaborate the ways to cope up with stress.	
7. Course Description	This course is designed to introduce students to the concept of social and emotional wellbeing. The students will be introduced the contextual and cultural influences on health and happiness.	
8. Outline syllabus		CO Achievement
Unit 1	Understanding Positive Psychology	
A	Basics & Importance of positive emotions in everyday life	CO1
B	Positivity: Society, Strength and Virtues	CO1
C	Human behavior and mental health: Implications and remedies	CO1
Unit 2	Fundamentals of Health & Well-Being	
A	Basics of Happiness and well-being – biological, social, psychological and spiritual.	CO2
B	The Science of Happiness and Life Satisfaction	CO2
C	Case Studies: Research findings on effects of happiness and well-being on mental illness and stress	CO2
Unit 3	Understanding Facilitators of health & well-being	
A	Creativity, Optimism, Hope and Self-Efficacy.	CO3
B	Compassion and Forgiveness, Empathy and Altruism.	CO3
C	Positive youth development, positive aging to cope up with stress.	CO6
Unit 4	Indigenous Indian Approaches of Health and Well-being	
A	History of healing system in India	CO4
B	Concepts of Indian health: Holistic health Model of Ayurveda, Concept of Health in Āyurveda	CO4
C	Coping with Stress: Happiness & Optimism.	CO6
Unit 5	Yoga, meditation and other cultural practices	
A	Yoga	CO5
B	Meditation	CO5
C	Naturopathy	CO5
Text book/s*	Dalal, A. K., & Misra, G. (2006). Psychology of health and well-being: Some emerging perspectives. Psychological Studies, 51(2–3), 91–104.	
Other References	Joshi, K. S. (2016). Speaking of yoga & nature-cure therapy: A practical guide that offers useful insights into yoga & nature-cure techniques. New Dawn Press: UK.	