

Online Short term Certificate Course



Inner Happiness Index

Creating a Winning Mindset

Organised by -

Department of Philosophy

Department of Psychology

Internal Quality Assurance Cell (IQAC)

In collaboration with
Inner Happiness Index

PATRON

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Course starts on 16th September, 2021.

Fee Structure : ₹500 (Non Refundable)

Payment and registration link

Eligibility : Undergraduate Students

Course Duration: 30 hours (online)



About the Course

In this short term 30-hour course the students will learn how to successfully learn how to create a mindset which will pave the path to live a successful, abundant, prosperous and a fulfilling life. They will discover how the right mindset can expand possibilities in life and career.

The course will not only take the students through the hurdles and challenges which people face in acquiring the desired mindset for success, happiness, prosperity, confidence and leadership, but will also discuss solutions and provide necessary tools to successfully cross these roadblocks.

The course will be highly interactive and will focus on experience rather than theory. The students will learn how to build a winner and a growth mindset through activities, experience sharing, and real-life stories.

The course is designed in 5 modules which will focus on understanding their current mindset and learning different techniques and methods to change the mindset where required. Students will be assessed at the end of modules by means of a quiz and/or written test. They will be required to record their interpretation of the course learnings in their daily life in a journal. They will also be expected to collate the experiences and present them in a form of group/solo presentation or an essay.

About Department of Philosophy, Mata Sundri College for Women

Department of Philosophy, Mata Sundri College was established in 1969. It offers Honours program and inter disciplinary courses in Philosophy for undergraduate students. The faculty comprises of hardworking and exemplary teachers who motivate young minds constantly. The department takes pride in having illustrious current and former faculty members, among whom Dr. Satnam Kaur has been the former principal of the college.

About Department of Psychology, Mata Sundri College for Women

The Department of Psychology at Mata Sundri College endeavours to provide an environment that strives towards the professional excellence and personal development of our students.

We emphasize on developing the skills and attitudes that foster professional growth as well as shape our students into socially responsible, sensitive individuals and psychologists. Established in 1972, the department began its Honours course in 1990. Critical thinking is promoted by facilitating an atmosphere of debate and discussion, so as to appreciate a diversity of perspectives.

About the College

Mata Sundri College For Women is an institution where we strive to achieve excellence not only in higher education but also women empowerment. A constituent college of the University of Delhi, the college, was founded on 17th July, 1967 by the Gurudwara Prabhandak Committee, Delhi State. We are proud of a robust student strength of more than four thousand vibrant young women in the college and a strength of 175 distinguished faculty members and 64 members of the non-teaching staff. With its extremely well qualified teaching faculty and an efficient support staff backing them, the college provides an ideal learning environment for young women, giving shape to their most cherished dreams and wings to their creative pursuit. We are a college offering Humanities, Commerce and Science courses to students who come from an eclectic background. Our college is one of the eight colleges of University of Delhi which offers the Bachelor of Elementary Education (B.El.Ed.) course which is an integrated professional degree program. In addition, with a view to encourage skill based education, we offer many skill development programs like Basic and Advanced Courses in Computers, Travel and Tourism, Textile Designing and Foreign Languages. Our mission is to provide quality education to students that not only nurtures individual talents but also fosters a spirit of camaraderie and teamwork. This is blended with sound values and ideals. Besides our commitment to academic excellence, we also pursue extra-curricular activities with equal enthusiasm.

Students' Benefits

By the end of this course the students would have already taken the initial steps towards a more fulfilling life in career and personal life.

They will also learn :

- The value and the need for the correct mindset in their lives.
- Why mindset is important and why it is so critical in living a successful and a fulfilling life.
- The students will be taught techniques/methods/tools to create a mindset which will help them in all walks of life – both personal and professional.
- They will also assess and understand their own strengths, how to maximize their core strength and how to work on their weaknesses to lead a happy and a successful life.
- They will learn how to manage their mind and become more resilient.
- Working as a team is important in every environment. The course is designed in a way to guide students to work cohesively/collaboratively as a unit.
- They will learn how to face new challenges with greater confidence and ease.
- They will learn how to stay self-motivated.
- They will learn how to be a successful leader.

Modules

- The course will be divided into 5 modules
- There will be 4 written Assessments of approx 2 hours each. Best 3 out of 4 will be considered for final grade.

About Inner Happiness Index

Inner Happiness Index is a sole proprietorship firm owned by Ms. Shalini Vikrant.

It produces, arranges & conducts classes (providing certificates where needed) conferences, colloquiums, seminars, workshops, spiritual talks, motivational

speeches, conventions, courses (for all age groups , in educational institutions and private/public forum/groups and companies, corporates) in the field of happiness, gratitude, mindfulness, compassion, joy, leadership, team building, working together, forgiveness, everything which comes under overall wellbeing and managing relationships and inculcating good work ethics, spiritual camps, meditation, teacher trainings, cultural activities, education, relaxation, all kinds of meditation, training and providing tools for wellbeing & stress management. The firm creates content, written /audio-visuals / podcasts/ videos/ quotes & short stories related to the above.

Course Instructor



Ms. Shalini Vikrant is the founder and owner of the sole proprietorship firm- 'Inner Happiness Index'. She is a motivational speaker, writer and a mentor for guided meditations. On creating a successful program on joy, she is now fondly referred to as the 'Ambassador of Joy'. She believes that words can heal. She connects with people through her workshops, talks, courses, poems, prose, short quotes and captivating audiovisuals. She reiterates that holding on to one's faith can lift depression and spread happiness.



Her words have innate vibrations and positive energy that have turned the lives of people around. She has created website content and blogs for companies in both India and UK, but her heart always goes for soulful inspirational writing.

She conducts guided Meditation sessions (both in India and in US) to help people tap into their inner core soul strength and for them to be able to achieve anything they set out their minds for.

She holds a master's degree in English from Sri Venkateshwara college, Delhi University and PGD in Marketing Management.

She began her career as a copywriter in an advertising agency and has worked with 'The Times of India' among other corporates.

She has been actively involved in Community well-being events since she has been living in the US. She continues to be a part of such events in India too.

She believes that there are different shades of happiness which we all have to unravel. Our myopic outlook often hinders our acceptance of happiness. She envisions a world where everyone can transform their lives by accessing their inner positive being.

Note

Minimum attendance should be more than 80% & minimum mark should be 60% (in aggregate) for successful completion of this course. Readings and other study materials will be provided to the students through the registered email.

Tentative day and timing

Tuesday 5-7pm

Thursday 5-7pm

Saturday 4-6pm

Contact Details

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