



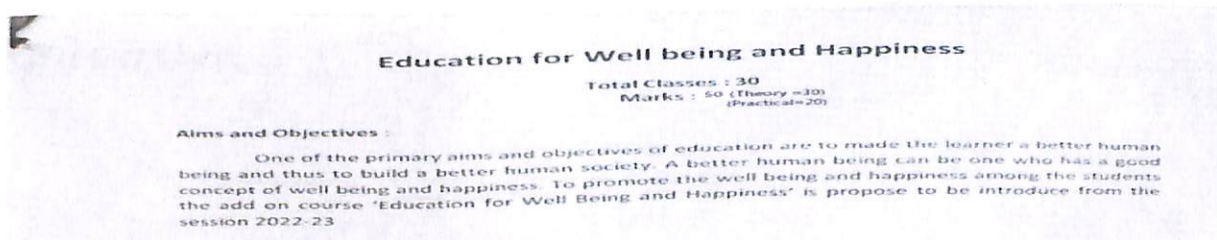
ADD ON COURSE: EDUCATION FOR WELL BEING AND HAPPINESS

DEPARTMENT OF ASSAMESE

L.T.K. COLLEGE, Azad, Lakhimpur, 787032, Assam

1. Aims and Objectives: This course intends to develop the positive outlook among the students.

- To familiarize the students with their personality traits by conducting different psychological tests.
- To help the students to analyse their Gratitude and their personality.
- To help the students to analyse their empathy and sympathy.
- To help the students to analyse their strengths and weakness of their personality.
- To give support to students to cope up with the challenges which will arises in students' life.
- To provide guidance and counselling to students for their overall personality development.
- To boost self-confidence and discipline among the students.



2. Syllabus:

Education for Well being and Happiness		
Total Classes : 30		
Marks : 50 (Theory =30)		
(Practical=20)		
Unit 1 : Understanding well being and happiness	Class	Marks
1.1 Well being and happiness as an aim of education	2	
1.2 Positive outcomes of being well and happy	2	10
1.3 Dimensions of well being	2	
Unit 2 : Building Well being by Practicing gratitude		
2.1 Understanding Gratitude	2	
2.2 Benefits of being grateful	2	10
2.3 Gratitude Practices (Gratitude prayer, Gratitude letter, gratitude journey, gratitude diary, being thankful)	8	
Unit 3 : Building Well being by Practicing Resilience		
3.1 Understanding Resilience	2	
3.2 Positive outcomes of being resilient	2	10
3.3 Resilience practices (resilience talk, resilience tour etc)	8	
References :		
1. হুতলালতা ডা' শ্ৰীমতী শ্ৰীমতী		
2. শ্ৰীমতী শ্ৰীমতী শ্ৰীমতী শ্ৰীমতী		
3. শ্ৰীমতী শ্ৰীমতী শ্ৰীমতী শ্ৰীমতী		
4. শ্ৰীমতী শ্ৰীমতী শ্ৰীমতী শ্ৰীমতী		



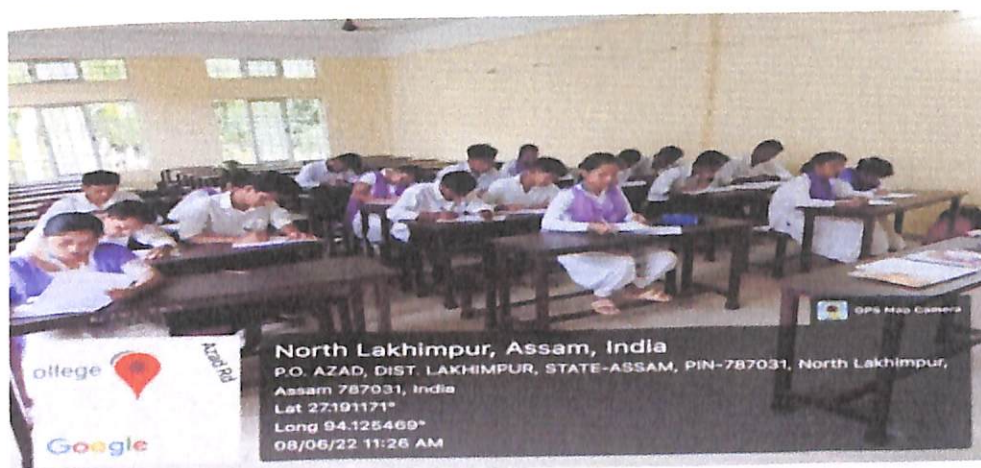
Randeep Borah

3. Class Routine:

*Time Schedule of Add On Course (Dept. of Assamese)
Education for Wellbeing and Happiness*

<u>Day</u>	<u>Time</u>
Monday	12.45 PM
Wednesday	12.45 PM
Friday	12.45 PM
Saturday	11 AM

4. Photo:



5. Student List:

L.T.K. College

The Candidates bearing the following Roll Numbers are declared to have passed the Add-On Course Examination, Session 2022, held on June, 2022

Sl. No	Roll No (Semester)	Name	Theory	Practical	Total (50)	Marks
1	17 (6 th Sem)	Barsha Saikia	23	18	41	
2	20 (6 th Sem)	Lipika Dutta	27	19	46	
3	27 (6 th Sem)	Bishal Bora	20	17	37	
4	28 (6 th Sem)	Gitarth Saikia	26	18	44	
5	48 (6 th Sem)	Rajib Hazarika	23	18	41	
6	49 (6 th Sem)	Krishna Das	25	18	43	
7	65 (6 th Sem)	Ankita Saikia	22	17	39	
8	86 (6 th Sem)	Pulin Kurmi	23	18	41	
9	178(6 th Sem)	Kiran Jyoti Das	24	18	42	
10	203(6 th Sem)	Farida Begum	21	17	38	
11	07 (4 th Sem)	Karishma Nath	25	19	44	
12	11 (4 th Sem)	Manuj Gogoi	24	18	42	
13	29 (4 th Sem)	Chinmoy Borah	23	18	41	
14	262(4 th Sem)	Champak Kalita	26	19	45	
15	62 (2 nd Sem)	Deepsikha Da	20	17	37	
16	1212 nd Sem)	Dudu Pegu	22	18	40	
17	1762 nd Sem)	Parishmita Das	21	17	38	
18	2122 nd Sem)	Jiban Das	22	18	40	

Randeep Borah
(Dr. Randeep Borah)
Coordinator



Randeep Borah

6. Question Paper:

Add On Course Examination, 2022
Department of Assamese
Paper : Education for Well Being and Happiness
(Theory)

Time : 1.30 Hours

Marks : 30

- ১। কৃতজ্ঞতা মানে কি? কৃতজ্ঞতা সম্পর্কে এটি সাধাৰণ পৰিচয় আগবঢ়োৱা। $e + d = 10$ ১০
- ২। কৃতজ্ঞতা প্ৰাৰ্থনা অনুশীলন কৰি তোমাৰ মনত কেনেধৰণৰ প্ৰতিক্ৰিয়া সৃষ্টি হৈছিল সৰ্বমুঠ চতুৰকৈ লিখা। ১০
- ৩। তোমাৰ আপোন অথবা প্ৰিয় ব্যক্তিকলৈ কৃতজ্ঞতা জনাই এখন চিঠি লিখা। ১০
অথবা
- ৪। WWW মানে কি? তোমাৰ জীৱনত সাত কৰা পাঁচটা ভাল কথা আঁতৰুৱাব কৰা উল্লেখ কৰা। ১০

Add On Course Examination, 2022
Department of Assamese
Paper : Education for Well Being and Happiness
(Practical)

Time : 30 Minutes

Marks : 20

নাম: _____
শাখা বা শ্ৰেণী: _____
শ্ৰেণীৰ নাম: _____

সমস্বৰ্ত্তিগতকৈ তলতলোকে প্ৰত্যেক প্ৰশ্নৰ বাবে সঠিক উত্তৰ দিয়া হ'লেহে সঠিক বুলি গণ্য কৰা হ'ব।

- ১। নিচিনা কৃতজ্ঞতাৰ প্ৰতি ক'মে প্ৰতিবেদন লিখা। (১০) বিন্দু
- ২। নিচিনা কৃতজ্ঞতাৰ প্ৰতি ক'মে প্ৰতিবেদন লিখা। (১০) বিন্দু
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- ৪। নিচিনা কৃতজ্ঞতাৰ প্ৰতি ক'মে প্ৰতিবেদন লিখা। (১০) বিন্দু
- ৫। নিচিনা কৃতজ্ঞতাৰ প্ৰতি ক'মে প্ৰতিবেদন লিখা। (১০) বিন্দু

নামৰ সঠিকতাৰ ওপৰত অধিক গুৰুত্ব দিয়া হ'ব।
লিখিবলৈ প্ৰস্তুত হৈ থকা অক্ষৰসমূহৰ সঠিক ব্যৱহাৰ কৰা হ'ব।
এই প্ৰতিবেদনত সঠিক হ'লেহে সঠিক বুলি গণ্য কৰা হ'ব।
এই প্ৰতিবেদনত সঠিক হ'লেহে সঠিক বুলি গণ্য কৰা হ'ব।
এই প্ৰতিবেদনত সঠিক হ'লেহে সঠিক বুলি গণ্য কৰা হ'ব।

7. Certificate:

LAKHIMPUR TELAHI KAMALABARIA COLLEGE
লক্ষীমপুৰ তেলাহী কমলাবৰীয়া মহাবিদ্যালয়
P.O. AZAD, NORTH LAKHIMPUR
ESTD : 1977

SI. No. LTKC/EWBH/01 Date: 13/06/2022

CERTIFICATE

This is to certify that

Miss Lipika Deutta

has completed the

Add on course Education for Well Being and Happiness

conducted by the Deptt. of Assamese

and approved by
Dibrugarh University, Dibrugarh
from this College.

(Signature)
(Dr. B.K. Saikia)
Principal
L.T.K. College, Azad, North Lakhimpur

(Signature)
Rozah
Course Coordinator
L.T.K. College, Azad, North Lakhimpur

College Azad, North Lakhimpur
1977

Randeep Borah

8. Learning Outcome:

After completing the course on "Education for Well Being and Happiness" enrolled students

- a. Have learnt to express their gratitude
- b. Have learnt to lead a life of happiness and peace.
- c. Have learnt to express their empathy and sympathy towards other

Randeep Borah
(Dr. Randeep Borah)

Course Co-ordinator

Add on Course

Department of Assamese

L.T.K. College, Azad, North Lakhimpur

M. K. Borah
Principal
L. T. K. College Azad
North Lakhimpur



Randeep Borah