

Course Code	PSY202			
Credits	4			
Course Name	Positive Psychology			
Course Offered to	UG			
Brief Description	<p>"Happiness is not an end state, but rather something you work towards your whole life. Thus, you can be happier each day. Even happiness is a journey, not a destination." - Martin Seligman</p> <p>In this course students will not only study but actually imbibe this journey.</p> <p>The mentioned course would be based on the key concepts of Positive Psychology, its principles, concepts and experiential practices. The course focuses on the psychological aspects of a fulfilling and flourishing life. Topics include happiness, self-esteem, empathy, friendship, love, achievement, creativity, optimism, conflict resolution, gratitude, positive leadership, hypnosis, mindfulness, meditation and humor.</p> <p>Positive psychology is "the scientific study of optimal human functioning" and was first introduced as a field of study by Dr. Martin Seligman in 1998, when he was President of the American Psychological Association.</p> <p>The underlying premise of positive psychology is that you can learn to be happier just as you can learn a foreign language or to be proficient at golf. This rapidly growing field is shedding light on what makes us happy, the pursuit of happiness, and how we can lead more fulfilling, satisfying lives. As Martin Seligman states that it is the Science of Positive Psychology that would help the individual to study the self and the society and to help him realize his maximum potential, with which he would be able to lead a happier personal, academic, social and professional life.</p> <p>This course is designed to explore the concepts, research behind the concepts, techniques, factors and exercises to enhance optimism, decrease stressors, and significantly increase wellbeing. The format of the course will be experiential, workshop based and interactive along with assigned lectures and readings to create an environment conducive to learning new concepts, skills and applications.</p>			
Pre-requisites				
Pre-requisite (Mandatory)	Pre-requisite (Desirable)	Pre-requisite(other)		
None				
Post Conditions				
CO1	CO2	CO3	CO4	CO5
Students would have learnt about the concept of Positive Psychology, wellbeing, and happiness and be able to demonstrate and practice the same	Students would learn the concepts of mindfulness and how to practice demonstrate and Mindfulness.	Students would learn the concepts of Hypnosis and would be able to demonstrate and practice it.	Students would be able to practice the concepts of Cognitive behavior Therapy and be able to practically study their own thoughts and manage them.	Students would be able to understand the concepts of optimism and would try to create happier lives for themselves.
Weekly Lecture Plan				
Week Number	Lecture Topic	Methodology	Assignment/Labs/Tutorials	
1	Introduction to Positive Psychology: A science of Happiness, history of Psychology and Positive Psychology, Basics	Lecture, PowerPoint, relevant experiential exercises.		
2	Premises of Positive Psychology, Principles and virtues of Positive Psychology	Lecture, discussion, PowerPoint and relevant experiential exercises.		
3	Resilience	Lecture, discussions, PowerPoint relevant experiential exercises	Presentation on resilience in daily personal lives	
4 and 5	Optimism and Happiness	Lecture, experiential exercises, PowerPoint	Can optimism be learnt?	
6	Meditations	Lectures, discussion, PowerPoint and meditation exercises		
7	Mindfulness (ACADEMIC CLASS + EXPERIENTIAL WORKSHOP)	Lectures, discussion, PowerPoint and mindfulness exercises	Home experiential assignment: Practicing mindfulness for 4 weeks and assessing subjective wellbeing	
8	Gratitude	Lecture, discussion, relevant experiential exercises		
9 and 10	Cognitive Behavior Therapy the positive psychology way.	Lecture, discussion, Cognitive Behavior Thought restructuring exercises	Presentation on CBT and how can it be used in cognitive restricting in daily lives	
11 and 12	Hypnosis (Academic class + workshop) (I am CHI trained franchise owner of clinical hypnosis)	Lectures, discussions, PowerPoint and hypnosis demo.		
13	Beliefs	Lecture, discussion, relevant experiential exercises		
Methodology	1. Lectures along with the PowerPoint presentations would be used 2. Experiential exercises related to each topic would be done in the class along with homework exercises to bring about real personality differences. 3. Meditations, mindfulness and hypnosis demonstrations would be conducted in the class itself. 4. Materials like films, video clips, novels, blogs would be used. 1. Lectures along with the PowerPoint presentations would be used 2. Experiential exercises related to each topic would be done in the class along with homework exercises to bring about real personality differences. 3. Meditations, mindfulness and hypnosis demonstrations would be conducted in the class itself. 4. Materials like films, video clips, novels, blogs would be used. 1. Lectures along with the PowerPoint presentations would be used 2. Experiential exercises related to each topic would be done in the class along with homework exercises to bring about real personality differences. 3. Meditations, mindfulness and hypnosis demonstrations would be conducted in the class itself. 4. Materials like films, video clips, novels, blogs would be used.			
Assessment Plan				
Type of Evaluation	% Contribution in Grade			
Main project	20%			
Mid-sem exam	25%			
Final exam	50%			
Other assignments	5%			
Resource Material				
Type	Title			
Books	1. . Lopez, Shane. J, Snyder, C. R. (2011). Oxford Handbook of Positive Psychology. OUP USA; 2 edition			
Books	2. Baron. R. A. (2017). Social Psychology. Pearson Press. 14th Edition.			

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Pre-requisite (Mandatory)	Pre-requisite (Desirable)	Pre-requisite(other)	
None			
Post Conditions			
CO1	CO2	CO3	CO4

Students are able to construct game theoretic models of economic, political and social situations.	Students are able to analyze games strategically using appropriate solution concepts.	Students are able to analyze contractual relationships strategically.	
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