Course Name Positive Psychology Course Offered to UG "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 In this course students will not only study but actually imbibe this journey. 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. 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. 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. This course is designed to explore the concepts, research behind the concepts, techniques, factors and exercises to enhance optimism, decrease stressors, and significantly	Course Code	PSV202					
Course Officed to US Course Officed to US Course Officed to US Recipions in our of side, but refer counding you work branch your should be about the county and you do actually make the process of the special of side of the county and you do actually make the process of the special of side of the county and your should be applicated in the county of the special of side of the county of the special of side of the county of the special o		PSY202					
Secretary Collection (Co. Co. Co. Co. Co. Co. Co. Co. Co. Co.		4					
Tegopieses is not an end ables, but rather comershing you work towards your whole life. Thus, you can be happered each day. Even happieses as a journey, not a destination." The contract substant will not only abuilty in durably inside the journey. The mediated course would be based on the key processor. The contract substant will not only about your durably inside the journey. The mediated course would be based on the key processor. The contract substant will not be substanted and the following of substant will not be substant will not be		Positive Psychology					
Metris Seliginary	Course Offered to						
Substems would have learn about the concept of Poetive Psychology, wellbeing, and hoppines and so able to demonstrate of Poetive Psychology, wellbeing, and hoppines and so able to demonstrate and how to practice and hoppines and so able to demonstrate and how to practice and hoppines and so able to demonstrate and how to practice and hoppines and so able to demonstrate and how to practice and hoppines and so able to demonstrate and how to practice and hoppines and so able to demonstrate and how to practice and hoppines	Pre-requisite (Mandatory)	"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 In this course students will not only study but actually imbibe this journey. 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 fuffilling and flourishing life. Topics include happiness, self-esteem, empathy, friendship, love, achievement, creativity, optimism, conflict resolution, gratitude, positive leadership, hypnosis, mindfulness, meditation and humor. 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. 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. 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.					
Suckerts would learn the loarnt about the concepts of concept of cells the psychology, wellings and happress and the able to demonstrate and practice the sund concepts of con							
concept of Positive Psychology, wellbeing, and happeness and to each eithor control and speness and responses and the process and each bed demonstrated by and pageness and the sale to demonstrate the above the process and would be able to demonstrate the process and would be able to demonstrate the above the process and would be able to demonstrate the bed bed process and would be able to demonstrate the bed bed process and would be able to demonstrate the bed bed process and would be able to demonstrate the bed bed process and would be able to demonstrate the bed bed process and the	CO1	CO2	CO3	CO4	CO5		
Lecture Topic Methodology Assignment/Labs/Tutorials	concept of Positive Psychology, wellbeing, and happiness and be able to demonstrate	mindfulness and how to practice	Hypnosis and would be able to demonstarte and practice it.	concepts of Cognitive behavior Therapy and be able to practically study their own	concepts of optimism and would try to		
International Positive Psychology A science of Happiness, Internation on Positive Psychology and Positive Psychology and Positive Psychology and Positive Psychology and Virtuse of V							
science of Happiness, history of Psychology, Basics of exercises of Positive Psychology, Basics of exercises of Positive Psychology, Principles and virtues of Positive Psychology of Premises of Positive Psychology of Premises of Positive Psychology of Premises of Positive Psychology of Psych	Week Number	Lecture Topic	Methodology	Assignment/Labs/Tutorials			
Presentation on resilience in daily personal lives Presentation personality difference Presentation on resilience in daily personal lives Presentation on resilience in daily personal	1	science of Happiness, history of Psychology					
Resilience experiential exercises Presentation on resilience in daily personal lives 4 and 5 Optimism and Happiness Lecture, experiential exercises, PowerPoint 6 Meditations (ACADEMIC CLASS + EXPERIENTIAL WORKSHOP) 7 EXPERIENTIAL WORKSHOP) 8 Gratitude 9 and 10 Paychology way. 1 Lectures, discussion, PowerPoint and mindfulness exercises and indiffusions exercises 9 and 10 Paychology way. 1 Lectures, discussion, relevant experiential exercises 9 and 10 Paychology way. 1 Lecture, discussion, relevant experiential exercises 1 Lectures, discussion, PowerPoint and hypnosis demo. 1 In and 12 Paychology way. 1 Lectures also paych 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 used 1 Lectures along with the PowerPoint presentations would be used 2 Experiential exercises related to each topic would be used 3 Meditations, mindfulness and hypnosis demonstrations would be used 1 Lectures along with the PowerPoint presentations would be used 2 Experiential exercises related to each topic would be used. 3 Meditations, mindfulness and hypnosis demonstrations would be used. 4 Materials Re films, video clips, novels, blogs would be used. 5 Meditations, mindfulness and hypnosis demonstrations would be conducted in the class itself. 4 Materials Re films, video clips, novels, blogs would be used. 5 Meditations, mindfulness and hypnosis demonstrations would be conducted in the class itself. 4 Materials Re films, video clips, novels, blogs would be used. 5 Meditations, mindfulness and hypnosis demonstrations would be condu	2		relevant experiential exercises.				
Lectures, discussion, PowerPoint and meditation exercises Lectures, discussion, PowerPoint and meditation exercises Lectures, discussion, PowerPoint and mindfulness exercises Lectures, discussion, PowerPoint and mindfulness exercises Lectures, discussion, relevant experiential exercises Lectures, discussion, Cognitive Behavior Thought restructuring exercises Presentation on CBT and how can it be used in cognitive restricting in daily lives Lectures, discussion, relevant experiential exercises Lectures, discus	3	Resilience		Presentation on resilience in daily personal li	ves		
Meditations meditations meditation meditation meditation meditation meditation meditations meditat	4 and 5	Optimism and Happiness		Can optimism be learnt?			
EXPERIENTIAL WORKSHOP) mindfulness exercises subjective wellbeing Gratitude Lecture, discussion, relevant experiential exercises 9 and10 Populosis (Academic class + workshop) (am CHI trained franchise owner of clinical hyprosis) 11 and 12 Hyprosis (Academic class + workshop) (am CHI trained franchise owner of clinical hyprosis) 13 Beliefs Lecture, discussions, PowerPoint and hyprosis demo. 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 hyprosis demonstrations would be used 4. Lectures along with the PowerPoint presentations would be used 5. Experiential exercises related to each topic would be done in the class along with homework exercises to bring about real personality differences. 4. Materials like films, video clips, novels, blogs would be used 6. Experiential exercises related to each topic would be used 7. Experiential exercises related to each topic would be used 8. Experiential exercises related to each topic would be used 9. Experiential exercises related to each topic would be used 1. Lectures along with the PowerPoint presentations would be conducted in the class along with homework exercises to bring about real personality differences. 9. Meditations, mindfulness and hyprosis demonstrations would be used 1. Lectures along with the PowerPoint presentations would be used 9. Experiential exercises related to each topic would be used 9. Experiential exercises related to each topic would be used 9. Experiential exercises related to each topic would be used 9. Experiential exercises related to each topic would be used 9. Experiential exercises related to each topic would be used 9. Experiential exercises related to each topic would be used 9. Experiential exercises related to each topic would be used 9. Experiential exercises related to each topic would be used 9. Experiential exercises related to each	6		meditation exercises	Home oversightial assignment: Practising mi	ndfulness for A weeks and assessing		
B Captitude exercises exercises	7		mindfulness exercises		nuturiess for 4 weeks and assessing		
9 and10 psychology way. Thought restructuring exercises Presentation on CBT and how can it be used in cognitive restricting in daily lives (I am CHI trained franchise owner of clinical hypnosis demo.) 11 and 12 beliefs Lectures, discussions, PowerPoint and hypnosis demo. 12 Electures 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 used 4. Materials like films, video clips, novels, blogs would be used 5. 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 used 4. Lectures along with the PowerPoint presentations would be used 5. Experiential exercises related to each topic would be used 6. 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 6. Experiential exercises related to each topic would be done in the class along with homework exercises to bring about real personality differences. 6. Methodology (I along the power	8		exercises				
Control Cont	9 and10	psychology way.		Presentation on CBT and how can it be used	in cognitive restricting in daily lives		
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 conducted in the class itself. 4. Materials like films video clips, novels, blogs 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 used. 3. Meditations, mindfulness and hypnosis demonstrations would be used. 4. Materials like films, video clips, novels, blogs would be used. 5. Experiential exercises related to each topic would be conducted in the class along with homework exercises to bring about real personality differences. 5. Methodology 6. Methodology 7. Experiential exercises related to each topic would be used. 6. Experiential exercises related to each topic would be used. 7. Experiential exercises related to each topic would be used. 8. Experiential exercises related to each topic would be used. 8. Experiential exercises related to each topic would be used. 8. Experiential exercises related to each topic would be used. 9. Experiential exercises related to each topic would be used. 9. Experiential exercises related to each topic would be used. 9. Experiential exercises related to each topic would be used. 9. Experiential exercises related to each topic would be used. 9. Experiential exercises related to each topic would be used. 9. Experiential exercises related to each topic wo	11 and 12	(I am CHI trained franchise owner of clinical					
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 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 used. 4. Materials like films, video clips, novels, blogs would be used. 1. Lectures along with the PowerPoint presentations 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. Type of Evaluation 6. Contribution in Grade Main project 7. Assessment Plan Type of Evaluation 8. Contribution in Grade Main project 20% Mid-sem 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	13	Beliefs					
Type of Evaluation % Contribution in Grade Main project 20% Mid-sem exam 25% Final exam 50% Oither assignments 5% Resource Material Type Title Books 1 Lopez, Shane. J, Snyder, C. R. (2011). Oxford Handbook of Positive Psychology. OUP USA; 2 edition	Methodology	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 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 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.					
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							
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							
Final exam							
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							
Resource Material Type Title Books 1 Lopez, Shane. J, Snyder, C. R. (2011). Oxford Handbook of Positive Psychology. OUP USA; 2 edition							
Type Title Books 1 Lopez, Shane. J, Snyder, C. R. (2011). Oxford Handbook of Positive Psychology. OUP USA; 2 edition							
Books 1 Lopez, Shane. J, Snyder, C. R. (2011). Oxford Handbook of Positive Psychology. OUP USA; 2 edition			Resource Material				
Books 2. Baron. R. A. (2017). Social Psychology. Pearson Press. 14th Edition.			, 0,	USA; 2 edition			
	Books	2. Baron. R. A. (2017). Social Psychology. Pea	rson Press. 14th Edition.				

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

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

]