

Semester -V

Positive Psychology (Core Course)

Course Description: The course focuses on the psychological aspects of a fulfilling and flourishing life. Topics include happiness, self-esteem, empathy, love, achievement, creativity, music, spirituality.

Course Objective:

- i. To introduce the basic concepts of the growing approach of positive psychology.
- ii. To understand how does positive psychology influence psychological state of the person.
- iii. To understand and use of various applications of the subject in various domains.

UNIT 1: Introduction

Definition, goals, western and yogic perspective of positive psychology, character strengths and virtues;

Relationships: with health psychology, developmental psychology, social psychology and psychology of religion

UNIT 2: Positive Emotional States and their theories

Positive emotional states: Happiness and Well-being, Positive Affect and Positive Emotions, Emotional Intelligence, Resilience; Theoretical base of positive emotions: The broaden and build theory, relevance of positive emotional states for physical, social & psychological resources, Positive emotions and well-being: Happiness and positive behavior, positive emotions and success, resilience, Positive Traits

UNIT 3: Positive Cognitive States and Processes

Self-Regulation-Meaning and theories, Self-regulation Problems (Goal Conflict, Goal Difficulty Goal Disengagement) and Self-efficacy, Optimism, Hope, Wisdom, Flow, Mindfulness.

UNIT 4: Interventions

Psychological approaches: Maximizing achievement, conflict resolution, gratitude, positive leadership; Yogic & Spiritual approaches: dietary regulation, postures, breathing, cognitive alteration, mindfulness, meditation

Unit 5: Mental Health and Well-Being

Subjective Well-Being and Life Satisfaction. Social Well-Being and Psychological Well-Being. Complete State Model

Practical: Any two practical from the above course.

Learning Outcome

At the end of this course, the students will develop:



- Knowledge of theories of happiness and other emotions
- Skills to cultivate positive emotions.
- Measure and build positive psychological capacities in individual, workplace and educational flourishing;
- Plan, implement and assess positive psychology interventions and strategies at different settings

Text book [TB]:

- Snyder (2011). *Positive Psychology: The Scientific and Practical Explorations of Human Strengths*. New Delhi: Sage.
- Carr, A. (2004). *Positive Psychology: The science of happiness and human strength*.UK: Routledge
- Snyder, C.R. Lopez, S.J.(2007) *Positive Psychology*, New Delhi. Pearson Education.
- Snyder, C.R. Lopez, S.J.(2011) *Handbook of Positive Psychology*, New York. Oxford.
- Baumgardner, S.R. (2009) *Positive Psychology*, New Delhi. Pearson Education.
- Madhu Jain (2020) *Sakaratakam Manovigyan* , Amit Prakashan, Jaipur.

Practicals

Students have to complete any 5 of 6 practical of the following. Practical may be in the laboratory or community of field.

- 1.Measurement of Subjective Well-Being
2. Measurement of Forgiveness
3. Measurement of Happiness
4. Measurement Emotional Intelligence
5. Measurement of Resilience
6. Personality Assessment (HSPQ)

Semester -VI

Psychological Measurement and Assessment (Core Course)

Course Description- The course focuses on the assessment and measurement of psychological phenomenon. Topics include Psychophysics, Principals of test construction, Reliability, Validity, Administration, Norms, applications of testing to different fields.

Course Objectives: -

- i. To introduce the basic concepts of Psychophysics and Assessment and Measurement.



