

**Faculty of Behavioural Sciences**  
**CBCS UG Level**  
**Positive Psychology and Mindfulness 4<sup>th</sup> Semester**  
**Paper Code: FBS-1**

**Marks-50**

**Paper 1: Positive Psychology and Mindfulness**

**Course Objective:** Psychology has traditionally focused on dysfunction—people with mental illness or other issues—and how to treat it. Positive psychology, in contrast, is a field that examines how ordinary people can become happier and more fulfilled.

- In this course psychology is looked from a positive perspective as Happiness, resilience, gratitude, positive affect, optimism, hope etc. buffer people from the deleterious effects of depression etc.
- A discussion of mindfulness, flow, and spirituality is framed as search for optimal experiences.

<b>Credit Distribution</b>		
<b>L</b>	<b>T</b>	<b>P</b>
2	0	0

**Course Outcome:**

- This course helps to know the basic concepts of Positive Psychology and Eastern and Western perspective of Positive Psychology
- This course helps to gain knowledge about the role of Resilience in childhood, youth development and successful aging,
- This course elaborate the Positive Emotional States and Processes with description of Mindfulness, Flow and Spirituality

**A- Syllabus**

<b>S No.</b>	<b>TOPIC</b>	<b>DOMAIN</b>	<b>HOURS</b>
<b>1</b>	<b>Psychology and Positive Perspective</b> Introduction to Positive Psychology, Eastern and Western perspective on positive psychology Classification and measure of strengths Living well – Resilience in childhood, positive youth development and successful aging	Must to know	3 3 3
<b>2</b>	<b>Positive Emotional States and Processes</b> Principles of pleasure : understanding positive affect, positive emotions, happiness and wellbeing Emotional experiences : Emotion focused coping, emotional intelligence, emotion processing Positive states and processes- self efficacy, optimism and hope, Wisdom and courage	Must know	2 4 4
<b>3</b>	<b>Mindfulness, Flow and Spirituality</b> Mindfulness as a state of mind Living with mindfulness Flow: In search of absorption Spirituality: In search of the sacred	Must know	3 3 3

## B- Curriculum

<b>S No.</b>	<b>TOPIC</b>	<b>LEARNING OBJECTIVES</b>	<b>METHODOLOGY</b>	<b>TIME</b>
1	<b>Psychology and Positive Perspective</b>	To know the basics of Positive Psychology in Eastern and Western perspective and role of resilience in various stages of life	Power Point presentation by teacher, SIS, FGD, Teacher's seminar	9 hrs.
2	<b>Positive Emotional States and Processes</b>	To know the Principles of pleasure and Emotional experiences with Positive states and processes as self-efficacy, Wisdom optimism hope and courage	PowerPoint presentation by teacher, SIS, FGD	10 hrs.
3	<b>Mindfulness, Flow and Spirituality</b>	To know the importance of Mindfulness Flow and Spirituality in balanced living life.	Power Point presentation by teacher, SIS, FGD	9 hrs.

### **SUGGESTED READINGS:**

1. Synder, C.R., Lopez, S.J. & Pedrotti, J.T. (2011). Positive Psychology – The Scientific and Practical explorations of human strengths (Second edition) Sage publications India Pvt. Ltd.
2. Gillham, J. et al. (2011) Character strengths predict subjective well-being during adolescence, The Journal of Positive Psychology, 6:1, 31-44, DOI: 10.1080/17439760.2010.536773 To link to this article: <https://doi.org/10.1080/17439760.2010.536773>
3. Pinker, S. (2018). Enlightenment Now: The Case for Reason, Science, Humanism, and Progress. Kindle
4. Seligman, M.E.P. & Csikszentmihalyi, M. (2000). Positive Psychology: An Introduction. Special Issue of American Psychologist, APA, USA. DOI: 10.1037/0003-066X.56.1.89.