

Faculty of Behavioural Sciences

**Value Added Course: Positive Psychology and Mindfulness**

<b>Name of Faculty</b>		<b>Behavioural Sciences</b>		<b>SEMESTER-I (COMPULSORY / QUALIFYING )</b>			
<b>Name of Course</b>		<b>CBCS UG Level</b>					<b>Credits: 2 Hours: 2</b>
<b>Subject/Paper</b>		<b>Positive Psychology and Mindfulness</b>		<b>Semester</b>	<b>I</b>	<b>Paper Code</b>	<b>FBS-1</b>
<b>Course Objectives:</b>		<p><i>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. 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.</i></p> <p>This value added course imparts the most important life skill of positive psychology and spirituality for overall happiness and well being of an individual.</p>					
<b>Unit</b>	<b>Sub Units</b>	<b>Time (hrs)</b>	<b>Topic</b>	<b>Teaching Methodology</b>		<b>Assessment Method</b>	<b>Teaching Faculty</b>
<b>Unit-I</b>			<b>Psychology and Positive Perspective</b>				
	1.1	3	Introduction to Positive Psychology, Eastern and Western perspective on positive psychology	Power Point presentation by teacher, SIS, FGD, Teacher's seminar		Subjective and Objective/ Class Test, Assignment/ presentation etc.	
	1.2	3	Classification and measure of strengths				
	1.3	3	Living well – Resilience in childhood, positive youth				

			development and successful aging			
<b>Unit-II</b>			<b>Positive Emotional States and Processes</b>	PowerPoint presentation by teacher, SIS, FGD	Subjective and Objective/ Class Test, Assignment/ presentation etc.	
	2.1	2	Principles of pleasure : understanding positive affect, positive emotions, happiness and wellbeing			
	2.2	4	Emotional experiences : Emotion focused coping, emotional intelligence, emotion processing			
	2.3	4	Positive states and processes- self efficacy, optimism and hope, Wisdom and courage			
<b>Unit-III</b>			<b>Mindfulness, Flow and Spirituality</b>	Power Point presentation by teacher, SIS, FGD	Subjective and Objective/ Class Test, Assignment/ presentation etc.	
	3.1	3	Mindfulness as a state of mind Living with mindfulness			
	3.2	3	Flow: In search of absorption			
	3.3	3	Spirituality: In search of the sacred			

**Assessment: 50 Marks (10 marks Internal – 40 End Term)**

**Recommended Books:**

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.