

POSITIVE PSYCHOLOGY

Title of the Course	POSITIVE PSYCHOLOGY
Course Code	NAS-PSY-AD01
Type	Add On Course
Total Instructional Hours	32

Course overview:

The course is an initiative for students to understand the history and concepts in positive psychology. This course provides an introduction to the concepts related to happiness, well-being and the positive aspects of human experience. Thus it enables learners to investigate positive psychology phenomena in real life. The aim of the syllabus is to mould the students to help them to apply positive psychology approaches in daily living. The outcome of course helps the students to lead the best lives possible.

The positive psychology course is 32 hours incorporates 4 basic components:

1. Character strength
2. Life satisfaction
3. Self-esteem
4. Self confidence

The course aims to developing a wide range of skills:

- To understand the history and concepts in positive psychology
- To provide an introduction to the concepts related to happiness, well-being and the positive aspects of human experience
- To enable learners to investigate positive psychology phenomena in real life and apply in daily living
- To provide them with knowledge on how to encourage one-self and lead the best lives possible

Course objectives and Course outline:

The main objective of the syllabus is:

- To provide materials for the students to learn about positive psychology.
- To provide practical exercise to maintain positive well-being
- To develop a practical skills of positive psychology in daily living



g a u
Dr. C.A. GEETHA
Principal
Nirmala Arts & Science College
Mulanthuruthy - 682 314

- To improve understanding of positive human being
- To develop an empirically-based conceptual understanding

Scheme and evaluation:

Assessment is by coursework, which integrates the following:

- Individual and group oral presentation
- Reading various texts
- Oral interactions
- PowerPoint presentation
- Conversation practices
- Practicing exercises to relax body and mind
- Problem solving skill


A measure of classroom participation, progress and motivation will account for the overall assessment. A final exam will comprise of written exam and practical.

Components	Marks
Attendance	10
Assignment	10
Viva	30
Written examination	50
Total	100

Minimum attendance required is 80 % attendance.

The course has total 5 modules. Each module has evaluation in theory and Viva. Theory examination is out of 50 and Viva is out of 30 and assignment is out of 10 and attendance out of 10. Total 100 marks.

Percentage of marks	Grade	Grade point
95 and above	S Outstanding	10
85 to below 95	A+ Excellent	9
70 to below 80	A Very Good	8
50 to below 70	B good	6
35 to below 50	D Pass	4
Below 35	F Failure	0


Dr. C.A. GEETHA
 Principal
 Nirmala Arts & Science College
 Mulanthuruthy - 682 314



Section	Topics	Hours
Module 1	Introduction to positive psychology	5
Module 2	Happiness and well-being.	5
Module 3	Positive emotions	5
Module 4	Pro-social behaviour and inter-personal relationship	10
Module 5	Interventions	5
Total 30 hours		

Syllabus

Module 1: Introduction to positive psychology

Meaning. Definition. Assumptions and Goals of positive psychology. history of positive psychology

Module 2: Happiness and well-being.

Happiness: Meaning and measures of happiness, Types of happiness, Effects of happiness. Factors contributing to happiness.

Wellbeing: subjective and psychological wellbeing. Hedonic and Eudaimonic basis of wellbeing.

Broaden and built theory. PERMA model.

Module 3: Positive emotions

Positive and negative emotions. Optimism and hope: expectationism and risk homeostasis theory. Neuro-biology of optimism.

Flow: self-determination theory. Intrinsic and meta-motivational state.

Module 4: Pro-social behaviour and inter-personal relationship

Altruism: definition. Empathy-altruism hypothesis. Biological and neural basis of empathy (in brief). Cultivating and measuring altruism.

Forgiveness: definition. Measures of forgiveness. Neural basis of forgiveness (in brief).

Personality and forgiveness. Factors influencing forgiveness. Forgiveness and physical health.

Gratitude: definition. Psycho-physiological basis of gratitude. Factors influencing gratitude.

Measures of gratitude. Cultivating gratitude and its importance

Module 5: Interventions

Cultivating positive emotions and relationship; creating flow, hope therapy, mindfulness and meditation, positive Psychological interventions



Dr. C.A. Geetha

Dr. C.A. GEETHA
Principal

Nirmala Arts & Science College
Mulanthuruthy - 682 314