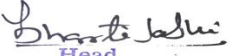


Subject- Positive Psychology

Code- BVID -406	Credits- T-3, P-2= 4
Course Objective-	<ol style="list-style-type: none"> 1. Understanding the concept of Positive Psychology & its scope. 2. To study the applications of positive psychology in various domains.
Learning Objective -	<p>Encourage people to discover and nurture their character strengths, rather than channeling their efforts into correcting shortcomings</p>
Course Content Unit – 1	<ul style="list-style-type: none"> □ Introduction: Positive Psychology, Perspectives on Positive Psychology: Character Strengths and virtues.
Unit- 2	<p>Happiness and Wellbeing, Emotional Intelligence, Resilience, Self-efficacy, Optimism, Hope, Wisdom, Mindfulness.</p>
Unit – 3	<ul style="list-style-type: none"> • Applications: multicultural context, disability, ageing
Unit - 4	<p>Applications: Work, education, health.</p> <p>Practicum: Any one practicum can be designed from the syllabus provided so as to enhance the understanding of the concepts and applications of positive psychology</p>
References	<p>Baumgartner, S.R. Crothers M.K. (2010). Positive psychology. Upper Saddle River, N.J.: Prentice Hall. Carr, A. (2004). Positive Psychology: The science of happiness and human strength.UK: Routledge. Peterson, C. (2006). A Primer in Positive Psychology. New York: Oxford University Press. Seligman, M.E.P. (2002). Authentic Happiness: Using the New Positive Psychology to Realize Your Potential for Lasting Fulfillment. New York: Free Press/Simon and Schuster. Snyder, C.R., & Lopez, S.J. (2007). Positive psychology: The scientific and practical explorations of human</p>

	strengths. Thousand Oaks, CA: Sage. Snyder, C. R., & Lopez, S. (Eds.). (2002). Handbook of positive psychology. New York: Oxford University Press
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