

Faculty of Behavioural Sciences

Value Added Course: Positive Psychology and Mindfulness

Name of Faculty	Behavioural Sciences			SEMESTER-I (COMPULSORY / QUALIFYING)			
Name of Course	CBCS UG Level						Credits: 2 Hours: 2
Subject/Paper	Positive Psychology and Mindfulness			Semester	I	Paper Code	FBS-1 Marks: 50 Internal:10 End-term:40
Course Objectives:	<p>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.</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>						
Unit	Sub Units	Time (hrs)	Topic	Teaching Methodology		Assessment Method	Teaching Faculty
Unit-I			Psychology and Positive Perspective	Power Point presentation by teacher, SIS, FGD, Teacher's seminar		Subjective and Objective/ Class Test, Assignment/ presentation etc.	
	1.1	3	Introduction to Positive Psychology, Eastern and Western perspective on positive psychology				
	1.2	3	Classification and measure of strengths				
	1.3	3	Living well – Resilience in childhood, positive youth				

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			development and successful aging			
Unit-II			Positive Emotional States and Processes	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			
Unit-III			Mindfulness, Flow and Spirituality	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.


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Positive Psychology and Mindfulness

Outcomes

1. Gratitude: Practicing gratitude is a powerful way to improve mental well-being and overall happiness. Positive Psychology emphasizes the importance of cultivating gratitude by helping individuals to focus on what they are thankful for in their lives.
2. Resilience: Mindfulness practices can help individuals to build resilience and cope with difficult situations. By learning to stay present in the moment and accepting their thoughts and feelings without judgment, individuals can learn to bounce back from adversity.
3. Mindfulness: Mindfulness is the practice of paying attention to the present moment with curiosity and without judgment. Mindfulness techniques, such as meditation and breathing exercises, can help individuals to reduce stress and anxiety.
4. Self-compassion: Positive Psychology encourages individuals to practice self-compassion and self-care. This means treating oneself with kindness and understanding, especially during challenging times.
5. Positive relationships: Positive Psychology emphasizes the importance of building positive relationships with others. By fostering positive connections with friends, family, and colleagues, individuals can improve their overall well-being and happiness.


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