

**SES's L.S. RAHEJA COLLEGE OF ARTS
AND COMMERCE
(AUTONOMOUS)**



Syllabus of Positive Psychology under NEP 2020 vertical (Elective) with effect from 2024-25

Department of Psychology

HoD/Sr. Person of the Department: Neha Dalal

Date of approval by the BoS: 27/04/2024

Approved by the Academic Council on: 29/04/2024

Ratified by the Governing Body on: 06/05/2024



Programme: Master of Arts			Semester: II		
Course: Positive Psychology Academic Year: 2024-2025			Code: PGMAIIE24		
Batch: 2024-2026					
Teaching Scheme			Evaluation Scheme		
Lectures	Practical	Tutorials	Credits	Internal Continuous Assessment (ICA) (weightage)	Term End Examinations (TEE) (weightage)
60	0	0	4	40	60
Particulars				Marks	
Class tests				20	
Projects				10	
Viva Voce				10	

Learning Objectives:	<ol style="list-style-type: none"> 1. Understand the foundational principles and goals of positive psychology. 2. Explore and analyze various positive subjective states and individual traits outlined in positive psychology.
Learning Outcomes:	<ol style="list-style-type: none"> 1. Explain- the significance of shifting focus from pathology to human strengths and virtues in psychological research and practice, explain definitions and key concepts of positive psychology, explain three pillars of positive psychology, and positive subjective states 2. Apply positive psychology principles to analyze real-life situations and propose interventions aimed at enhancing well-being and promoting human strengths.
Pedagogy:	Self-Care and Well-being Practice: Interactive Lectures and Discussions Role-plays and Simulation Exercises Case Studies and Group Activities

Module	Module Content	Module Wise Pedagogy Used	Module Wise Duration
I	Introduction to Positive Psychology: <ol style="list-style-type: none"> a. Need for a science of human strengths and virtues b. Deconstruction of illness ideology and inclusion of human strengths c. Positive Psychology: Assumptions, Goals and Definitions d. Three pillars of positive psychology 	Self-Care and Well-being Practices Interactive Lectures and Discussions Role-plays and Simulation Exercises Case Studies and Group Activities	15
II	Positive subjective states: <ol style="list-style-type: none"> a. Subjective well-being 	Self-Care and Well-being	15

	<ul style="list-style-type: none"> b. Positive emotions c. The flow experiences d. Optimism and Hope 	Practices Interactive Lectures and Discussions Role-plays and Simulation Exercises Case Studies and Group Activities	
III	<p>Positive individual traits:</p> <ul style="list-style-type: none"> a. Self-efficacy b. Creativity c. Wisdom d. Empathy and altruism 	Self-Care and Well-being Practices Interactive Lectures and Discussions Role-plays and Simulation Exercises Case Studies and Group Activities	15
IV	<p>Positive Institutions:</p> <ul style="list-style-type: none"> a. Positive schooling b. Aging well and role of family c. Psychology of forgiveness for healthy society d. The Me/We balance: Building better communities, happiness and sustainability of environment 	Self-Care and Well-being Practices Interactive Lectures and Discussions Role-plays and Simulation Exercises Case Studies and Group Activities	15

REFERENCE BOOKS

Books to Study:

Snyder, C. R.; & Lopez, S. J. (2002). *Handbook of Positive Psychology*. New York: Oxford University Press.
Snyder, C. R.; Lopez, S. J.; & Pedrotti, J. T. (2011). *Positive Psychology: The Scientific and Practical Explorations of Human Strengths*. New Delhi: Sage South Asia Edition.

Books for reference:

Seligman, M. E. P (1991). *Learned Optimism*. NY: Knopf. Seligman, M.E.P. & Csikszentmihalyi, (2000). *Positive Psychology: An Introduction*. *American Psychologist*. 55 (1), 5-14.
Carr, A. (2004). *Positive Psychology a science of happiness and human strengths*. NY: BR Publishers
Peterson C. (2006). *A Primer in Positive Psychology*. Oxford: Oxford University Press.
Lopez, S. J. (Ed) (2013). *The Encyclopedia of Positive Psychology*. UK: Blackwell Publishing Ltd.
Seligman, M. E. P.; Steen, T. A.; Park, N.; & Peterson, C. (2005). *Positive Psychology Progress: Empirical Validation of Interventions*. *American Psychologist*, 60 (5), 410-421.
UGC CARE Journal Ugccare.unipune.ac.in

QUESTION PAPER PATTERN

(60 marks)

Q1. Answer any one (15 marks)

A. Unit one

Or

B. Unit one

Q2. Answer any one (15 marks)

A. Unit two

Or

B. Unit two

Q3. Answer any one (15 marks)

A. Unit three

Or

B. Unit three

Q4. Answer any one (15 marks)

A. Unit Four

Or

B. Unit Four