

Program: B. Tech. (All)	Course Title: Positive Psychology in Everyday Life			Course Code:
Type of Course: Other Elective	Prerequisites: NA			Total Contact Hours: 40
Year/Semester: 3rd/ 4th year, Even Semester	Lecture Hrs/Week: 3	Tutorial Hrs/Week: 0	Practical Hrs/Week: 0	Credits: 3

Learning Objective:

This course synthesizes and integrates positive psychology approaches at the micro and macro levels. This course aims to help students understand and apply positive psychology to their everyday lives and interactions- challenging them academically and helping them apply these concepts. This course adopts an empirical and interactive approach to help students understand and use course content to enhance their lives.

Course outcomes (COs):

On completion of this course, the students will be able to:		Bloom's Level
CO-1	analyze the nature and scope of psychology in cross cultural context	4
CO-2	analyze complex interplay between emotion, motivation and well-being	4
CO-3	analyze basic tenets of psychological sustainability	4
CO-4	analyze the positive psychology in the interpersonal context	4
CO-5	analyze application of positive psychology at work	4
CO-6	develop as an effective communicator	5

Course Topics		Lecture Hours	
UNIT – I (Looking at Psychology from Positive Lens)			
1.1 Introduction, History, Nature, Dimension and scope of Positive Psychology, Seligman's PERMA and Self-determination	3	5	
1.2 Eastern and western perspective on positive psychology, Human strength and positive outcomes, Developing Strengths and living well in a cultural context, Living well at every stage of life	2		
UNIT – II (Emotion, Motivation and Well-being)			
2.1 Components of Emotions, Why do emotions matter? Psychological immune system, Identifying emotions through mood meter, Emotional hijacking, Emotional Intelligence and Emotional Health, Can negative emotions do you good?	2	7	
2.2 Positive Psychology and Motivation: Intrinsic and extrinsic motivation, motivation and the pursuit of goals	1		
2.3 Well-being: Subjective vs. psychological well-being, Top-down predictors: Cognition: Is the Glass Half Full or Half Empty, Positive Relationships with Others, Personality Traits. Bottom-up predictors: Money, income, and wealth. Gender: Are Men or Women Happier? Age: Is one age group happier than another? Race, Education, Climate, and Politics	2		

2.4 Well-being and positive emotion: The Broaden-and-Build Model, Definitions of happiness and well-being, One-dimensional and multidimensional theories	2	
UNIT – III (Towards Sustainability)		
3.1 Living in the present: Mindfulness, flow, Flourishing, Psychological capital: Psychological vs educational development, Resilience	2	9
3.2 Habit and habit Loop	1	
3.3 Beliefs and thoughts, Attributional thinking for the Self, Optimistic mindset, learned optimism vs learned helplessness, changing mindset by changing behavior: Challenging comfort zones	2	
3.4 Challenging beliefs: ABCDE Model, Resiliency Applications Paradox of Choice Satisficing vs. Maximizing	2	
3.5 Pursuing happiness: Architecture of sustainable change, Equitable and sustainable well-being, Sustainable happiness: What doesn't lead to happiness, and wellbeing	2	
UNIT – IV (Interpersonal Approaches)		
4.1 Altruism, Empathy & Social Intelligence	1	6
4.2 Relationship Connection: The Role of Minding in the Enhancement of Closeness, The Sources of Moral Motivation	1	
4.3 Character Strengths and Virtues, Group Processes: Human equation, Conscious Capitalism,	2	
4.4 The Pursuit of Meaningfulness in Life, Resilience in the phase of challenge & Loss	2	
UNIT – V (Positive Psychology at work: Innovation, Leadership and Teamwork)		
5.1 Creative thinking, Convergent vs. divergent thinking, Brainstorming, The six-phase model of creative thinking: ICEDIP model	2	8
5.2 The need and meaning of positive organizational behaviour: engaged employees in flourishing organizations, Positive organizational scholarship, Characterizing the workplace, Job crafting, Corporate social responsibility	3	
5.3 Importance of innovation, Role of leadership for innovation, Positive Psychology and Leadership, Authentic leadership, Positive Psychology and Innovative behavior, Human equation: Building profits by putting people first	3	
	4	
UNIT – V (Positive Psychology at work: Innovation, Leadership and Teamwork)		
6.1 Psychological Self-assessment and report preparation, Team Presentation	5	5

Book References:

Textbook:

- Snyder, C.R. & Lopez, S.J. (2009): Positive psychology: The scientific and practical explorations of human strengths. Sage publications: Soth Asia edition.
- Lopez, Shane J. Positive psychology: Exploring the best in people, Vol 1: Discovering human strengths. Praeger Publishers/Greenwood Publishing Group, 2008.

Additional Resources: Journal articles and Ted Talks

Journal articles*:

1. Seligman, M. P., & Csikszentmihalyi, M. (2000). Positive psychology: An introduction. *American Psychologist*, 55, 5-14
2. Gable, S. L., & Haidt, J. (2005). What (and why) is positive psychology? *Review of General Psychology*, 9, 103-110.
3. Lyubomirsky, S., Sheldon, K. M., & Schkade, D. (2005). Pursuing happiness: The architecture of sustainable change. *Review of General Psychology*, 9, 111-131.
4. Lyubomirsky, S., Sheldon, K. M., & Schkade, D. (2005). Pursuing happiness: The architecture of sustainable change. *Review of General Psychology*, 9, 111-131.
5. Baumeister, R. F., & Exline, J. J. (1999). Virtue, personality and social relations: Self-control as the moral muscle. *Journal of Personality*, 67, 1165-1194.
6. Disabato, D. J., Goodman, F. R., Kashdan, T. B., Short, J. L., & Jarden, A. (2016). Different types of well-being? A cross-cultural examination of hedonic and eudaimonic well-being. *Psychological Assessment*, 28, 471-482.
7. Brown, N. L., Sokal, A. D., & Friedman, H. L. (2013). The complex dynamics of wishful thinking: The critical positivity ratio. *American Psychologist*, 68, 801-813.
8. Myers, D. G. (2000). The funds, friends, and faith of happy people. *American Psychologist*, 55, 56.
9. Hamblin, J. (2014). Buy experiences, not things. *The Atlantic*, Oct 7, 2014.
10. Oishi, S., & Kesebir, S. (2015). Income inequality explains why economic growth does not always translate to an increase in happiness. *Psychological Science*, 26, 1630-1638.

Ted Talks*

1. Mihaly Czikszentmihalyi: Flow, The secret of happiness,
2. Barry Schwartz: The Paradox of Choice
3. Daniel Kahneman: The Riddle of Experience vs. Memory
4. Matthieu Ricard: The Habits of Happiness
5. Carol S Dweck: The Power of Yet
6. Brene Brown: The power of vulnerability
7. Dan Pink: The Puzzle of Motivation
8. Simon Sinek: How great leaders inspire action.

- Tentative list

Evaluation Method*		Corresponding Cos
Item	Weightage (%)	
Mid-term	20	CO1, CO2
Final Examination	40	CO1, CO2, CO3, CO4, CO5
Group Discussion	10	CO6

Self-Assessment and Report	15	CO6
Group Presentation	15	CO6
Total	100	

CO and PO Correlation Matrix

CO and PO Correlation Matrix for B.Tech ECE

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3
CO1						1						3			
CO2												3			
CO3							1					3			
CO4												3			
CO5												3			
CO6									3	2		3			

CO and PO Correlation Matrix for B.Tech ECE Dual

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3
CO1						1						3			
CO2												3			
CO3							1					3			
CO4												3			
CO5												3			
CO6									3	2		3			

CO and PO Correlation Matrix for B.Tech CSE

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3
CO1						1						3			
CO2												3			
CO3							1					3			
CO4												3			
CO5												3			
CO6									3	2		3			

CO and PO Correlation Matrix for B.Tech CSE Dual

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3
CO1						1						3			
CO2												3			
CO3							1					3			
CO4												3			
CO5												3			
CO6									3	2		3			

CO and PO Correlation Matrix for B.Tech ME

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3
CO1						1						3			
CO2												3			
CO3							1					3			
CO4												3			
CO5												3			

CO6									3	2		3			
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CO and PO Correlation Matrix for B.Tech CCE

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3
CO1						1						3			
CO2												3			
CO3							1					3			
CO4												3			
CO5												3			
CO6									3	2		3			

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Approved By: