

GANPAT UNIVERSITY																
FACULTY OF SOCIAL SCIENCES & HUMANITIES																
Programme	Bachelor of Arts				Branch/Spec.	Psychology										
Semester	II				Version	1.0.0.0										
Effective from Academic Year		2024-25			Effective for the batch Admitted in			July 2024								
Subject code	BPSY105		Subject Name		Positive Psychology											
Teaching scheme					Examination scheme (Marks)											
(Per week)	Lecture(DT)		Practical(Lab.)		Total	CE	SEE	Total								
	L	TU	P	TW												
Credit	04	0	0	0	04	Theory	50	50	100							
Hours	04	0	0	0	04	Practical	00	00	00							
Prerequisites:None																
<b>Objective:</b>																
- To acquaint students about aspects of positive psychology and its application																
Learning Outcomes/Course Outcome																
CO1- The students will be able to learn about happiness, factors affecting it and its models.																
CO2- The students will know about strength, forgiveness and mindfulness.																
CO3- The students will learn about various relationships.																
CO4- The students will know about the concepts of self-regulation and self-control.																
<b>Mapping of PO-CO and PSO-CO:</b>																
	Course Outcome (CO) No.	PO-CO Mapping								PSO-CO Mapping						
		PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PSO1	PSO2	PSO3	PSO4	PSO5	PSO6	
		CO1	3	2	3	2	1	1	1	3	3	1	1	1	2	2
		CO2	2	3	3	3	1	1	1	3	3	1	1	1	2	2
		CO3	1	2	2	3	1	0	1	2	3	1	1	1	2	2
CO4	3	3	1	1	1	2	2	3	3	1	2	1	2	3		
Theory syllabus																
Unit	Content								Hrs							
1	<b>Basic concept of Positive Psychology</b> Meaning of Positive Psychology, What is Happiness? Two tradition: Hedonic and EudaimonicHappiness, Factors affecting Happiness, Models of Happiness, Measures of Happiness, Modulegiven by Prof. Sonja Lyubomirsky to enhance happiness								15							
2	<b>Strengths</b> Strengths: Definitions and classifications of strengths, Forgiveness & Gratitude: Concepts, Benefits and Techniques, Mindfulness: Concepts, Benefits and Techniques, Altruism: Definition and Theories								15							
3	<b>Close Relationship and Well-Being</b> Defining close relationship, Teasing and Humour, Friendship and romantic love, Varieties of love, What people bring to romantic relationship, Attachment styles, The contours of a happy marriage								15							
4	<b>Self-Regulation and Self Control</b> The meaning of self-control, personal goals and self-regulation, Planning for self-regulation success, Goals that create self-regulation problems, Everyday explanations for self-control failure, Goal disengagement								15							
Theory 100 percent																
<b>Text Books</b>																
Peterson, Christopher (2006). A Primer in Positive Psychology. Oxford University Press, New York.																
<b>Reference Books</b>																
1	Baumgardner, S. R. (2009). Positive Psychology. Pearson Education(LPE), India															
2	Lybomirsky, S. (2007). The How of Happiness. New York. Penguin Books															
3	Snyder C. R. & Lopez S. J. (2009). Positive Psychology. New Delhi. SAGE Publications.															
4	Ciccarelli, S. K. & Meyer, G. E. (2008), Psychology, South Asian Edition, Pearson Education															
5	Garlie Albert Forehand, Herbert Sorenson. (1977). Psychology for Living. McGraw-Hill															

**Online Content:**

1	<a href="https://onlinecourses.nptel.ac.in/noc19_hs63/preview">https://onlinecourses.nptel.ac.in/noc19_hs63/preview</a>
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