

**DIPLOMA IN POSITIVE PSYCHOLOGY
(For the candidates admitted from the academic year 2020-2021 onwards)**

Diploma in Positive Psychology is a 6 months' course aimed at identifying and enhancing the human strengths and virtues that make life worth living. Positive psychology is the scientific study of the "good life", or the positive aspects of the human experience that make life worth living. The discipline of positive psychology focuses on both individual and societal well-being.

Objective

This course provides an introduction to the science related to happiness, well-being, flourishing and the positive aspects of human experience. Students will gain an understanding of what contributes to well-being and how to build the enabling conditions of a life worth living. Each week will offer students an opportunity to explore the concepts (e.g., biological, psychological, social, emotional), the research behind the concepts, and evidence-based experiential activities that enhance well-being.

Expected Student Learning Outcomes

Students will be able to

1. Demonstrate an understanding of the aim and scope of positive psychology and implications to well-being and flourishing;
2. Describe the implications of the science and application of positive psychology to biological, psychological, social and emotional outcomes;
3. Identify research that supports the principles, strategies, tools and skills of positive psychology;
4. Demonstrate an understanding of the dimensions of happiness/subjective well-being and the application to their lives;
5. Demonstrate an understanding of resiliency in relation to well-being and flourishing;
6. Utilize their own strengths and virtues and employ strategies to increase their happiness, overall quality of life and well-being;
7. Integrate and apply core concepts of positive psychology and resiliency factors into their own lives and professional practice;
8. Develop a toolkit of measures and activities for putting positive psychology scientific findings, theories and tools into real-world practice.

Eligibility for Admission

Candidates for admission to the Diploma course shall be required to have passed the Higher Secondary examinations.

Duration of the course

The course shall extend over a period of six months comprising of one semester.

Medium of instruction and examinations

The medium of instruction and examinations shall be in English.

SCHEME OF EXAMINATION

S.No.	Title of the Paper	Instruction Hours / Week	Exam Duration	Total Marks	Credits
Theory 1	Introduction to Positive Psychology	3	3 Hours	100	4
Theory 2	Mindfulness for wellbeing	3	3 Hours	100	4
Theory 3	Optimism and Resilience	3	3 Hours	100	4
Project	Project	-	Viva	100	4
Maximum Marks				400	16

Examinations

- A candidate will be permitted to appear for the University Examination for any year if he / she secures minimum 75% of attendance in the number of instructional days.
- Examination shall be conducted at the end of each semester.

Distribution of Marks – Theory Semester Exam / Project				
Total Marks	External		Internal (Max Marks)	Overall Passing minimum (Internal + External)
	Maximum	Passing Minimum for external alone		
100 (Theory)	75	30	25	40
100 (Project)	60*	-	40	40

*External 60 marks break up – 25 marks by external examiner, 25 marks by internal examiner, 10 marks for report by internal examiner

Question Paper Pattern

Section A	Answer all the questions - one-word answer	10X1=10
Section B	Answer all the questions 5 questions either - or type, ONE question from each unit)	5X6=30
Section C	Answer 5 questions out of 7 – Open choice	5X12=60

Passing Minimum

- a) A candidate shall be declared to have passed in a paper if he or she obtains not less than 40% of marks in that paper.
- b) A candidate failing to secure the minimum marks prescribed shall be required to reappear for the examination in that paper and obtain not less than the minimum marks required for passing the paper.

Classification of Successful Candidates

- a) Successful candidates passing the examinations by securing not less than 60% of total marks in all subjects shall be declared to have passed in First class.
- b) Successful candidates passing the examinations by securing not less than 50% of total marks in all subjects shall be declared to have passed in second class.
- c) All other successful candidates shall be declared to have passed the examinations in Third class.

Theory I – Introduction to Positive Psychology

Course Objective:

- a) This course will serve as the foundation to understand basics of positive psychology
- b) Theories and concepts will aid in acquisition of both factual and application orientated knowledge.

Learning Outcomes:

- b) Understanding of how theories and concepts are used to explain, predict, and influence behavior.

UNIT – I

Evolution of psychology and its branches. Approaches to psychology: Introduction to positive psychology. Wellbeing and Being whole.

UNIT II

Emotion – Focused Approaches : Subjective Well – being : The science of Happiness and Life Satisfaction - Resilience in Development- Concept of Flow - Positive Affectivity, Positive Emotion - Social Construction of Self esteem - Adaptive potential of coping through emotional approach - Positive Psychology of Emotional Intelligence - Emotional Creativity.

UNIT III

Cognitive Approaches : Creativity - Role of personal control in Adaptive Functioning - Well-Being: Mindfulness versus positive Evaluation - Optimism - Hope Theory - Self Efficacy - Problem Solving Appraisal and Psychological Adjustment - Setting Goals for Life and Happiness

UNIT IV

Self – Based Approaches -Reality Negotiation - Authenticity - Uniqueness seeking – Humility Interpersonal approaches - Relationship Connection Compassion – Gratitude Forgiveness- Love- Empathy and Altruism- Sources of Moral motivation

UNIT V

Biological Approaches: Physical health and wellbeing measures and activities. Positive social engagements

Books Recommended:

1. Synder, Positive Psychology: The Scientific and Practical Explorations of Human, Sage Publication 2011
2. Baumgardner and Crothers, Positive Psychology, Pearson, 2014

Theory II – MINDFULNESS FOR WELLBEING

Course Objective:

- a) Introduction to the key concepts in Mindfulness theory, benefits and practice.
- b) Mindfulness based interventions for specific disorders and pain management.

Learning Outcomes:

- a) Gain overview of mindfulness, its benefits and various settings where it is applicable.
- b) Learning key mindfulness skills used to reduce stress, pain and enhance mental wellbeing

UNIT - I

Theory, Conceptualization and Phenomenology - Buddhist origin of mindfulness, Mindfulness and Meditation, Neurobiology of mindfulness, Theories related to mindfulness, Attention, Attitude, Self-awareness, self-compassion.

UNIT - II

General issues, rationale, Phenomenology - Mindfulness and Psychopathology. Emotional memory, mindfulness and compassion. Use of metaphor to establish acceptance and mindfulness. Mindfulness and feeling of emptiness.

UNIT - III

Mindfulness Based Interventions for specific disorders - Mindfulness and anxiety disorders, OCD, mindfulness based cognitive therapy for depression and suicidality, eating disorder, addictive disorder.

UNIT - IV

Mindfulness based stress and chronic pain management - Brain facts and myths, brain health, reducing stress using mindfulness techniques, pain management and mindfulness.

UNIT - V

Flow theory - The body in flow, the joys of movement, yoga and martial arts, flow through the senses, the flow of music, the flow of thought. Enjoyment and Quality of Life. Elements of enjoyment, pleasures and enjoyment, the autotelic experience. the autotelic personality.

Books Recommended:

1. "Mindfulness for Beginners: A Simple Concise & Complete Guide to Mindfulness Meditation" by Jeffrey Holloway (2017)
2. "Mindfulness: Ultimate Beginners Guide to Embrace Peace, Happiness, and Zen by Eliminating Stress and Anxiety" by Kemal Ravakar (2017)
3. "Declutter Your Mind: How to Stop Worrying, Relieve Anxiety, and Eliminate Negative Thinking" by S.J. Scott and Barrie Davenport (2016)
4. "Start Where You Are: A Journal for Self-Exploration" by Meera Lee Patel (2015)
5. "The Miracle of Mindfulness: An Introduction to the Practice of Meditation" by Thich Nhat Hanh (1999)

Theory III – OPTIMISM AND RESELIENCE

Course Objective

To understand the concept and importance of resilience and learn the tool kits for building resilience

Learning Outcomes

1. Understand the protective factors that make one resilient
2. Describe thinking traps and how they undercut resilience
3. Adapt non-cognitive strategies that decrease anxiety
4. Create a buffer of positivity that boosts resilience in stressful situations

UNIT I

Resilience and Optimism: Resilience and Foundational Research – Dimensions of resilience - Variables that Contribute to Resilience - Resilience in various stages of life - Resilience Stories - Introduction to Optimism and Optimism Definitions - Benefits of Optimism - What Optimists Do Differently

UNIT II

Resilient Thinking: Thinking Traps - Definition and Demonstration of Thinking Traps- Detecting Patterns in Yourself, Activity: Trying Thinking Traps - Personal Examples of Thinking Traps: Why We Need a Skill to Address Them - Changing non-resilient thinking: Real-time Resilience

UNIT III

Managing Anxiety through gratitude: Catastrophizing and the Relationship of Anxiety to Resilience - Effects of Anxiety on Our Bodies - Styles of Catastrophizing - Triggers of Catastrophizing - Introduction to three Different Ways to Manage Anxiety - Positive Emotions Broaden and build resources – Gratitude skills and practice

UNIT IV

Signature Strengths: Background and Definition of Signature Strengths - Developing Character Strengths -VIA Character strengths - Using Character Strengths to Navigate an Upcoming Challenge- Shadow Side of Character Strengths

UNIT V

Relationships: Meaningful relationships and resilience – Family resilience - Social resilience – Characteristics of resilient relationships

Books Recommended:

- 1.The Resilience Factor: 7 Keys to finding your Inner Strength and Overcoming Life’s Hurdles – Karen Reivich and Andrew Shatte , PhD
- 2.The Yes Brain: How to cultivate courage, curiosity, and resilience in your child – Daniel J. Siegel, Tina Payne Bryson
- 3.Resilience: Why Things Bounce Back – Andrew Zolli and Anne Marie Healey
- 4.The Micro Resilience Book – Bonnie St. John and Allen P. Haines
- 5.Resilience: The Science of Mastering Lifes Greatest Challenges by Dr. Steven Southwick and Dr. Dennis Charney

PROJECT

Objective: brings all the key concepts from the first four courses to practice as you develop and test a new positive intervention for in the personal life of the student

Outcome: Student will identify opportunities in his/her daily life to increase the wellbeing by using knowledge developed in the first three courses

Report

Take and analyze VIA Character Strengths Classification and in particular and identify five signature strengths and assess if they are authentic: - Signature Strengths - Disappointment in your Signature Strength - Does the strength seem to fit you? - How can you tell if the strength is authentically you? – How do you use Character strength in a challenge? – How to use Signature Strengths Instead of Weakness - Using Signature Strengths over time to Increase Happiness

Take Peterson's Authentic Happiness Inventory - Assessment of Peterson's 24 Absence and Opposite of Strengths.

Positive interventions for happiness in personal life.