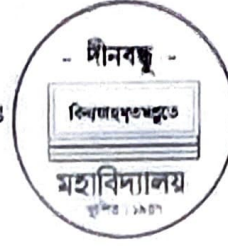


DINABANDHU MAHAVIDYALAYA

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Bongaon, North 24 Parganas
West Bengal, Pin- 743235
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NAAC ACCREDITED-2016(2nd cycle)
Affiliated to West Bengal State University & Formerly under University of Calcutta
Registered under 2(F) & 12(B) of U.G.C. Act 1956
ESTD: 1947

ADD ON COURSE
ON
Introduction to Positive Psychology
By
Department of Education
Dinabandhu Mahavidyalaya, Bongaon
Session: 2021-22

Course Objectives

1. Students will acquaint with the concept and of positive psychology.
2. Students will develop an understanding of the dimensions of happiness/subjective well-being and their application to their lives.
3. Students will be expected to demonstrate applications of core concepts of PERMA model and skills of Positive Psychology.

Course Learning Outcomes

1. Identify the basic premises of Positive Psychology.
2. Identify different ways to define and measure happiness, as well as variables that are related/unrelated to happiness and well-being.
3. Describe Seligman's PERMA model for well-being.
4. Demonstrate Positive Psychology interventions to enhance personal well-being.

General Information

Duration: 40 Hrs

Entry Qualification: Hons. And General students of B.A Arts

Language: Bengali/ English

Venue: Dinabandhu Mahavidyalaya, Bongaon


Biswajit Ghosh
Principal
Dinabandhu Mahavidyalaya
Bongaon

SYLLABUS

UNIT-I:

What is Positive Psychology?

(Class hours- 10)

- a. Concept, History, Nature, Dimensions and Scope of Positive Psychology.
- b. Aims & objectives of Positive Psychology

UNIT-II

The Meaning and Measures of Happiness

(Class hours- 15)

- a. Psychology of wellbeing,
What is Happiness?
Two Traditions: Hedonic Happiness & Eudaimonic Happiness
Subjective Well-being: Hedonic Basis of happiness
Measuring of Subjective Well-being
Life Satisfaction
Global Measures of Happiness
Self-Realization: The Eudaimonic basis of Happiness
Psychological Well-being

UNIT-III(Class hours- 10)

Dr. Seligman's PERMA- A multidimensional approach to happiness

- b. What is PERMA?
Positive feelings
Engagement
Relationships
Meaning
Accomplishments
- c. Examples of Pursuing the PERMA Model of Happiness

Evaluation: (5 Class hours)

Those who are interested may contact to the course coordinator for enrollment of their name

Course Co-ordinator: Smt. Biswajita Mohanty (Mobile: 7044966350)

Smt. Monorama Dey (Mobile:6291023177)

Principal: Dr. Biswajit Ghosh

Biswajit Ghosh
Principal
Dinabandhu Mahavidyalaya
Dinabandhu Mahavidyalaya (N)

IQAC coordinator: Dr. Zenith Roy
Co-ordinator, IQAC
Dinabandhu Mahavidyalaya