

From

The Head of the Department

Department of Psychology

MES Keveeyam College, Valanchery

To

The principal

MES Keveeyam College, Valanchery

Sir,

Sub: Request for the Approval of Certificate Course

The Department of Psychology is planning to conduct a certificate Course on  
"Positive Psychology" of 30 hours duration for the first year UG students. So kindly grant  
permission for the same.

Thanking You

Yours faithfully,

Sebin P



Place: Valanchery

Date: 13/06/2017



From  
The Head of Department  
Department of Psychology  
MES Keveeyam College, Valanchery

To  
The Principal  
MES Keveeyam College, Valanchery

Sir,

Sub: Request for the Approval of Board of Studies for the short term course

The following academicians may be included in the Board of Studies for the short term course on "Positive Psychology" (CC/PSY/43)" to be conducted by the department.

1. Dr. Jeo A Joseph ,Assistant Professor, Lissah college, Kozhikode
2. Dr. Krishnakumar M, Assistant Professor & HOD, PMST College, Malappuram
3. Dr.Aiswarya reshmi MN, Assistant professor, MES Keeveeyam college valanchery
4. Dr. Justin K ,Assistant Professor, University college Kariavattom

Kindly do the necessary action to constitute the Board of Studies with these members.  
Thanking you.

Yours faithfully,

Sebin P



Place: Valanchery

Date: 27/06/17







# M E S KEVEEYAM COLLEGE

Re-accredited by NAAC with A Grade  
(Affiliated to the University of Calicut)

Valanchery – 676552, Malappuram Dt., Kerala

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Order No. Acs/2017-2018/01

Date: 30/06/2017

## *Proceedings of the Principal, MES Keveeyam College Valanchery*

(Present: Capt(Dr) C Abdul Hameed)

Ref: (1) Request from the Head of the Department of Psychology dt:20/6/2017

(2) Request for the approval of BOS dt: 27/6/17

### ORDER

As per reference cited (1), request was received from the HOD, Department of Psychology to start a short term course on “**Positive Psychology**”. In the same letter, the head of the department has recommended a panel of academicians to be included in the Board of Studies.

The department of Psychology is hereby given sanction to conduct a short term course on **Positive Psychology** to the UG students of the college.

The board of studies for the above course is constituted with the following members

1. Dr. Jeo A Joseph ,Assistant Professor, Lissah college, Kozhikode
2. Dr. Krishnakumar M, Assistant Professor & HOD, PMST College, Malappuram
3. Dr.Aiswarya reshmi MN, Assistant Professor, MES Keveeyam College, Valanchery
4. Dr. Justin K ,Assistant Professor, University college Kariavattom

Order is issued accordingly.

Capt (Dr) C Abdul Hameed

Principal

### Copy to

1. HOD, Department of Psychology
2. File



## MINUTES OF BOARD OF STUDIES MEETING

Venue: Department of Psychology

Agenda: Approval of syllabus of short term course

### Decision:-

1. Discussions were done on the draft syllabus
2. Suggestions were there to include practical in the syllabus but due to time constraint it was excluded.
3. Approval can be given to syllabus

### Members present:

1. Dr. Jeo A Joseph ,Assistant Professor, Lissah college, Kozhikode
2. Dr. Krishnakumar M, Assistant Professor & HOD, PMST College, Malappuram
3. Dr.Aiswarya reshmi MN, Assistant Professor, MES Keveeyam College, Valanchery
4. Dr. Justin K ,Assistant Professor, University college Kariavattom





# MES KEVEEYAM COLLEGE VALANCHERY

## DEPARTMENT OF PSYCHOLOGY

### SHORT TERM COURSE ON

### POSITIVE PSYCHOLOGY (CC/PSY/43)

Credit 3

30 hrs

#### Objectives

- To familiarize the important concepts in positive psychology
- To understand the scope of Positive Psychology
- To understand the need of positive of positive psychology in current scenario.

#### Outcomes

- To understand the human emotions and managing it effectively.
- To understand the importance of well being which allows people to understand what makes life worth living.
- To give knowledge about the importance of factors contributing happiness

#### Course Contents

- Theory : 30 Hours duration

#### Scheme of Evaluation

- |                                      |            |
|--------------------------------------|------------|
| • Written Examination (Conventional) | : 40 Marks |
| • Assignment                         | : 5 Marks  |
| • Internal exam                      | : 5 Marks  |

Total	: 50 marks
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*A Grade: 80% and above, B Grade: 60-79% %, C Grade: 40-59%%, Below 40% D Grade*



## **POSITIVE PSYCHOLOGY (CC/PSY/43)**

### **SYLLABUS**

**(2017-2018)**

#### **Unit I: MEANING OF POSITIVE PSYCHOLOGY**

Positive Psychology assumptions, goals and definitions, Traditional psychology: Eastern and western perspectives in positive psychology.

(6 hrs)

#### **Unit 2: WELL-BEING**

Definition of subjective and psychological well-being, Psychology of well-being, perspectives on well-being: hedonic and eudaimonic, other theories of well-being.

(6 hrs)

#### **Unit 3: PROMOTING POSITIVE RELATIONSHIPS**

Optimism, hope, mindfulness, neurobiology of optimism. Concept of Flow, : Compassion, Forgiveness, Gratitude and Empathy

Self determination theory & intrinsic motivation, meta motivational state and reversal theory. Resilience: sources of resilience, mindfulness meditation.

(6 hrs)

#### **Unit 4: HAPPINESS**

Measuring happiness, effect of happiness, causes of happiness, circumstances & happiness, happiness enhancement. Happiness across life span, gender & happiness, marriage & happiness, gender difference in the benefits of marriage, money, happiness and culture, close relationships and happiness.

(7 hrs)

#### **REFERENCES**

Alan Carr (2011). Positive Psychology: The Science of Happiness & Human strengths (II edition). Routledge, London & New York.

Snyder R.C., Lopez J. S., Pedrotti T. J. (2011). Positive psychology: the scientific and practical explorations of human strengths (2nd edition). Sage publications India Pvt. Ltd, New Delhi.



Steve, B.R. & Marie, C.K. (2009). *Positive Psychology*. Dorling Kindersley: India.

Baumgardner S. & Crothers M. (2015). *Positive Psychology*. Dorling Kindersley ( India ) Pvt. Ltd. New Delhi



A handwritten signature in black ink, consisting of stylized cursive letters, likely representing the name "John".