



POSITIVE PSYCHOLOGY

PROF. KAMLESH SINGH

Department of Humanities and Social Sciences
IIT Delhi

TYPE OF COURSE : New | Elective | PG/UG

COURSE DURATION : 8 weeks (29 Jul'19 - 20 Sep'19)

EXAM DATE : 29 Sep 2019

COURSE OUTLINE :

This course focuses on 'Positive Psychology' (PP) which is a relatively new branch of Psychology that aims to understand, test, discover and promote the factors that allow individuals and communities to thrive. PP is based upon 3 primary concerns: Positive emotions, Positive individual traits, and Positive institutions. This course will introduce the learners to these fundamental aspects of PP, apart from highlighting some of the core PP concepts including – Happiness, Flow, Mindfulness, Optimism, Resilience, Emotional Intelligence, Spirituality and Self-Related concepts (Self-efficacy, Self-esteem, Ideal-self and Real-self, Self-regulation) etc. This course will facilitate to understand positive aspects of human behavior.

ABOUT INSTRUCTOR :

Dr. Kamlesh Singh is an Associate Professor of Psychology in the Department of Humanities & Social Sciences, IIT Delhi. Her primary areas of research interest include Positive Psychology and its applications, Psychometrics, and Community Psychology. She has to her credit 85 papers in peer-reviewed National and International Journals, 14 book chapters, and 3 books. Apart from her ongoing teaching and research projects in Positive Psychology, she is also Member, Council of Advisors, International Positive Psychology Association (IPPA). Furthermore, she is the Secretary of National Positive Psychology Association (India).

COURSE PLAN :

Week 1: Introduction to Positive Psychology

Week 2: Research Methods

Week 3: Character Strengths and Virtues

Week 4: Happiness & Well-Being

Week 5: Positive Emotional States and Processes

Week 6: Hope, Optimism, Self and related concepts & Resilience

Week 7: Flow, Mindfulness, and Spirituality

Week 8: Recent Trends and Directions in Positive Psychology