

C-SHAW I

INTRODUCTION TO SCIENCE OF HAPPINESS

MAX.MARKS: 100

EXTERNAL: 70

INTERNAL: 30

PASS: 40%

Credits: 4

Section A

Positive Psychology: Nature; Dimension and scope of Positive Psychology; Character strengths and Virtues.

Well-being: Nature and approaches: Hedonic and Eudemonic; Seligman's PERMA.

Section B

Happiness: Physiological Perspectives on Happiness, Psychological Meaning of Happiness, Setting Goals for Life and Happiness.

Biopsychosocial determinants of happiness; Role of emotions and motives in pursuing happiness.

Suggested Readings:

1. Boniwell, I. (2012). *Positive Psychology In a Nutshell: The Science of Happiness (3rd edition)*. London: Mc Graw Hill.
2. Compton, W.C. & Hoffman, E. (2012). *Positive Psychology: The Science of Happiness and Flourishing*. Belmont: Wadsworth.
3. Ivtzan, I., Lomas, T., Hefferon, K., Worth, P. (2016). *Second Wave Positive Psychology: Embracing the Dark Side of Life*. Routledge.
4. Lomas, T., Hefferon, K., Ivtzan, I., (2014) *Applied Positive Psychology: Integrated Positive Practice*. SAGE Publications Ltd.
5. Lopez, Pedrotti & Synder. (2018). *Positive Psychology: The scientific and Practical explorations of Human strengths*.
6. Peterson, C., & Seligman, M. E. P. (2004). *Character strengths and virtues: A handbook and classification*. New York: Oxford University.