

# **How to be Happier: Positive Psychology**

## **Department of Social Work**

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**Duration and Credits:** 30 hours, 1 credit

### **Course Fee**

- 2000 INR (Students of SJC)
- 2500 INR (Outsiders)

**Total No of Seats:** 20

### **Objectives of the Course**

- Understand the fundamental ideas of positive psychology and how these ideas can completely change the way we perceive our lives.
- Apply SPIRE as a means toward higher levels of whole-person well-being, increasing creativity, motivation, health, and overall success in individuals, groups, and organizations.
- Understand Happiness and ways to be happy through different activities.
- To help the learner to choose happiness

### **Course Description**

Positive psychology is the scientific study of what helps people live full lives. This introductory course focuses on the science of thriving, addressing questions such as what it means to be “happy” and how we can cultivate well-being as individuals, in groups, and in communities. Investigate the foundations of positive psychology, understand the components of well-being, and learn the theory, empirical research, and collective wisdom. This hands-on course includes experiments and small-group activities designed to help you build your own well-being and participate in an engaged learning community.

### **Method**

Lecture and group activity

### **Syllabus**

#### **Unit I**

**10 hours**

#### **Introduction to Positive Psychology**

- Meaning, concepts and aim of positive psychology
- Key principles from the diverse sciences of optimal human functioning

- Meet your happy hormones
- The SPIRE model
- Concepts of aiming towards an ideal self
- The five perspectives of well-being
- Deterministic mind locks

## **Unit II**

**10 hours**

### **What Makes Us Happy?**

- Define happiness as the overall experience of meaning, strengths, and pleasure.
- Theory and practice of a growth vs. a fixed mindset, and the related concept of a growth heart set.
- Full-body engagement, finding flow, identifying our purpose, detecting meaning (even in the mundane), and appreciative inquiry.

## **Unit III**

**10 hours**

### **The Art of Pursuing Happiness**

- The advantages of a positive focus
- How to engage character strengths and appreciation, and using evidence-based tools to make lasting change.
- The seven deadly sins of happiness
- The twelve steps to happiness

## **References**

- Tal Ben Shahar, “The question of happiness, on finding meaning, pleasure and ultimate currency, writers club press, 2002.
- Robin Sharma, The Monk who sold his Ferrari, 2003.
- Dalai Lama, The Monk in the lab, The New York Times, April 26
- The Science of happiness: As felicitous as it is fallacious, Journal of Theoretical and Philosophical Psychology 36(1):1-19, February 2016
- <https://positivepsychology.com/flourishing/>