



Indraprastha College for Women University of Delhi

Work Plan for ODD SEMESTER – 2026

Course Name:	BAP Psychology
Paper Title:	Positive Psychology
Unique Paper Code:	
Semester:	V
Faculty(s):	Mr Sanjay
Year:	2026

Work Plan			
Unit No.	Learning Objective	Lecture No.	Topics to be Covered
I	Positive Psychology: An Introduction, Perspectives on Positive Psychology:	1	An Introduction to Positive Psychology
		2	A brief introduction of religion and spirituality
		3	Positive Psychology: Judeo-Christian
		4	Positive Psychology: Athenian
		5	Positive Psychology: Hinduism,
		6	Positive Psychology: Buddhism
		7	Positive Psychology: Islam
		8	Positive Psychology: Jainism
		9	Knowing Character Strengths
		10	Understanding Virtues
		11	Values In Action (VIA) Classification System.
		12	Lessons overview
		13	Happiness and Well-being
		14	Happiness and Well-being
		15	Happiness and Well-being

UNIT 2	To develop an understanding of positive states and processes	16	Indian concepts of happiness and well-being
		17	Indian concepts of Sukha
		18	Indian concepts of Ananda
		19	Indian concepts of Panchkosas
		20	Resilience
		21	Resilience from western perspective
		22	Resilience from Indian perspective
		23	Lessons overview
		24	Lessons overview
UNIT 3	To develop an understanding of positive states and processes	25	Understanding Optimism
		26	Understanding Optimism
		27	Understanding Optimism
		28	Understanding Wisdom
		29	Understanding Wisdom
		30	Understanding Wisdom
		31	Understanding Flow
		32	Understanding Flow
		33	Understanding Flow
		34	Understanding spirituality
		35	Understanding spirituality
		36	Lessons overview
UNIT 4	Learning various strategies to enhance happiness and well-being.	37	Positive thinking
		38	Positive thinking
		39	Positive thinking
		40	Meditation,
		41	Meditation,
		42	Meditation,
		43	Gratitude,
		44	Gratitude,
		45	Gratitude,

Syllabus

Unit	Contents	Contact Hours
I	Introduction: Positive Psychology: An Introduction, Perspectives on Positive Psychology: Judeo-Christian, Athenian, Hinduism, Buddhism, Jainism and Islam, Character Strengths and Virtues- Values In Action (VIA) Classification System	12
II	Positive States and Processes I: Happiness and Well-being, Indian concepts of happiness and well-being (Sukha, Ananda, Panchakoshas), Resilience	12
III	Positive States and Processes II: Optimism, Wisdom, Flow, Spirituality	12
IV	Positive psychological interventions: Positive thinking, Meditation, Gratitude, Kindness	9
	Total	45
Text Books/Suggested Readings:		
S. No.	Name of Authors/Books/Publishers	Year of Publication/ Reprint
1.	Baumgardner, S.R., & Crothers, M.K. (2010). Positive psychology. Upper Saddle River, New Jersey.: Prentice Hall.	210
2.	Carr, A. (2004). Positive Psychology: The science of happiness and human strength. London, UK: Routledge.	2004
3.	Davis, E. B., Worthington, E. L., Jr, & Schnitker, S. A. (2022). Handbook of positive psychology, religion, and spirituality. Springer Nature.	2022
4.	Gotise, P., & Upadhyay, B. K. (2018). Happiness from ancient Indian perspective: Hitopadeśa. Journal of Happiness Studies, 19(3), 863-879.	2018
5	Jeste, D. V., & Vahia, I. V. (2008). Comparison of the conceptualization of wisdom in ancient Indian literature with modern views: Focus on the Bhagavad Gita. Psychiatry: Interpersonal and Biological Processes, 71(3), 197-209.	2008
6	Parks, A. C., & Titova, L. (2016). Positive psychological interventions: An overview. In A. M. Wood & J. Johnson (eds.), The Wiley handbook of positive clinical psychology (pp. 307–320). Wiley Blackwell.	2016

	Paper Components		
Credits	Lecture (L)	Tutorial (T)	Practical (P)
	3	NA	1
Assessment Scheme			
S.No.	Component	Marking Scheme	Total Marks
1	Internal Assessment - Assignment/Quiz/Project/Presentation - Class Test - Attendance		30
		12	
		12	
		6	
2.	Continuous Assessment (Tutorial) - Activity 1 - Activity 2 - Attendance		5NA
		15	
		20	
		5	
3.	Practical - Continuous Assessment - End Term Written/Practical Exam - Viva		
		NA	
4.	End Semester Examination		90