



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	Practical No.	Topics to be Covered
4	developing practical skills to apply positive psychology interventions for enhancing well-being and resilience	1	Introduction of practical
		2	Introduction of practical
		3	Introduction of practical
		4	Deciding Methodology for practical
		5	Deciding Methodology for practical
		6	Data collection
		7	Data collection
		8	Data collection
		9	Data analysis
		10	Data analysis
		11	Report writing
		12	Report writing
		13	Discussion
		14	Feedback
		15	Feedback

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)
	03	01	NA
Assessment Scheme			
S.No.	Component	Marking Scheme	Total Marks
1	Internal Assessment - Assignment/Quiz/Project/ Presentation - Class Test - Attendance		
		12	
		12	
		6	
2.	Continuous Assessment (Tutorial) - Activity 1 - Activity 2 - Attendance		NA
		20	
		15	
		05	
3.	Practical - Continuous Assessment - End Term Written/Practical Exam - Viva		
4.	End Semester Examination		90