



## Institute of Infrastructure, Technology, Research and Management. Ahmedabad

Course Code:	HS-254002
Course Title:	Psychology of Happiness
Credits:	L T P C 3 0 0 3
Prerequisites (if any):	NO
Potential Instructors:	Dr. Saurabh Sinha
Expected Frequency of Offering this Course	Each year
Course Objective and Scope	Explore the science of happiness through psychological theories and practices. Focus on developing emotional intelligence, resilience, and interpersonal skills. Equip B. Tech. students with strategies to improve personal well-being, enhance creativity.
Course content: -	<ul style="list-style-type: none"> <li>• Positive psychology: Nature and objective</li> <li>• Historical development and theoretical perspective of positive psychology</li> <li>• Subjective well-being: Concept &amp; indicators</li> <li>• Life satisfaction and Happiness</li> <li>• Determinants of happiness</li> <li>• Strategies to enhance happiness</li> <li>• Pro social behaviour: Altruism, empathy, and forgiveness</li> <li>• Positive psychological capital</li> <li>• Stress: Nature, causes, and effect</li> <li>• Coping strategies and life skills.</li> </ul>
Textbook:	<ul style="list-style-type: none"> <li>• Peterson, C; &amp; Seligman, M.E.P. (2004). Character strengths and virtues. New York: Oxford University Press.</li> <li>• Baumgardner, S., &amp; Crothers, M. K. (2014). Positive Psychology. New Delhi. Pearson Education.</li> <li>• Snyder, C. R., &amp; Lopez, S. J. (2012). Handbook of positive psychology (2nd Ed.). Oxford: Oxford University Press.</li> </ul>