

**Unit 1**

**Positive Psychology:** Definition, Basic Assumptions, Origin, Development. Historical Antecedents- Religion and Philosophy, Modern Age, Psychology. Theory and Methods- Flow, PERMA, Character Strengths and Virtues. Learned Helplessness

**Unit 2**

**Positive Organizational Behaviour:** Origin of POB, Psychological Capital – Hope, Self-efficacy, Resilience and Optimism, PsyCap relationship with organizational outcomes. Maslow's Hierarchy of Needs. Mihaly's Theory of Flow

**Unit 3**

**Emotional Intelligence:** Definitions, Scope, Emotions-the powerful drivers of growth, Components of Emotional Intelligence, Models of Emotional Intelligence, Emotional Intelligence at workplace, Measuring Emotional Intelligence, Enhancing Emotional Intelligence

**Unit 4**

**Social Intelligence-** Definition, Social Connections and Happiness, Wired for Connection, Affiliation, Affection and Attachment, Family, Parenting, Friends. Active Listening and Empathy, Compassion.

**Unit 5**

**Well-being:** Domains of Well-being, Happiness, Measuring Happiness, Approaches to Happiness, Authentic Happiness, Subjective Well-being, Kindness and Compassion- Altruism, Random Act of Kindness, Evolved for Kindness. Scaling up kindness: contagious kindness, elevation, and heroism

**TEXT BOOKS/ REFERENCES:**

1. Introduction to Positive Psychology  
<https://www.mheducation.co.uk/openup/chapters/9780335241958.pdf>
2. Martin Seligman (1998). Learned Optimism-How to Change your Mind and your Life. Penguin Books, Free Press
3. Martin Seligman (2004). Authentic Happiness.-Using the New Positive Psychology to Realize Your Potential for Lasting Fulfillment
4. Mustafa Fedai Çavuş & Ayşe Gökçen (2014). Psychological Capital: Definition, Components and Effects. New York Free Press

[http://www.journalrepository.org/media/journals/BJESBS\\_21/2014/Nov/Mustafa532014BJESBS12574\\_1.pdf](http://www.journalrepository.org/media/journals/BJESBS_21/2014/Nov/Mustafa532014BJESBS12574_1.pdf)

5. Fred Luthans, Bruce J Avolio, & Carolyn M. Youssef (2015). *Psychological Capital and Beyond*. Oxford University Press
6. Debra Nelson & Cary L Cooper (2007). *Positive Organisational Behaviour*. Sage Publications
7. Daniel Goleman (1998). *Working with emotional intelligence*. New York: Bantam/ Doubleday/ Dell
8. Daniel Goleman (2006). *Social Intelligence: The New Science of Human Relationships*. Bantam Books.