





CO8	3	3	3	3	3	3	3	3	2	2
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1- Low Correlation; 2- Moderate Correlation; 3- Substantial Correlation

<p style="text-align: center;"><i>Anshul</i>  <i>Dr. Anshul tiger</i>  Name &amp; Sign of Program Coordinator</p>	<p style="text-align: center;"><i>Zeba Aqil</i>  Head  Sign &amp; Seal of HoD</p>
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Humanities  
Integral U





## Integral University, Lucknow

**Effective from Session: 2022-23**

<b>Course Code</b>	HUV102	<b>Title of the Course</b>	Psychology of Resilience	<b>L</b>	<b>T</b>	<b>P</b>	<b>C</b>
<b>Year</b>	<b>I</b>	<b>Semester</b>	<b>II</b>	<b>3</b>	<b>0</b>	<b>0</b>	<b>3</b>
<b>Pre-Requisite</b>	Intermediate	<b>Co-requisite</b>	None				
<b>Course Objectives</b>	Aimed to develop the skills in students and will be able to learn about Interpersonal aspects of Positive Psychology, The science of Happiness and Life Satisfaction, and will be able to apply them in their own and in others' lives. It will also give the learner a clear understanding of the different factors responsible for creating resilience in oneself and in the environment.						

### Course Outcomes

<b>CO1</b>	Apply Interpersonal aspects of Positive Psychology, Positive communication, Coping and Positive Psychology, Gratitude and meaning, post-traumatic growth and resilience
<b>CO2</b>	The science of Happiness and Life Satisfaction - Resilience in Development- Concept of Flow - Positive Affectivity, Positive Emotion Measurements of happiness and subjective well-being across nations Flexibility and complexity and their role in well-being.
<b>CO3</b>	Transforming, Restorative justice, Mindfulness and well-being, Pursuit of Meaningfulness in Life Humor- Meditation and Positive Psychology - Spirituality.
<b>CO4</b>	The Principles of Pleasure and Mental Health Distinguishing the Positive and Negative Emotions – Happiness and Subjective Well – being: Living a Pleasurable Life – Emotion Focused Coping – Emotional Intelligence.

Unit No.	Title of the Unit	Content of Unit	Contact Hrs.	Mapped CO
1	Introduction to Positive psychology:	-Interpersonal aspects of Positive Psychology, Positive communication, Coping and Positive Psychology, Gratitude and meaning, post-traumatic growth and resilience	12	CO1
2	Subjective WellBeing:	The science of Happiness and Life Satisfaction - Resilience in Development- Concept of Flow - Positive Affectivity, Positive Emotion Measurements of happiness and subjective well-being across nations.Flexibility and complexity and their role in well-being	12	CO2
3	Transforming conflicts:	Restorative justice, Mindfulness and well-being, Pursuit of Meaningfulness in Life Humor- Meditation and Positive Psychology - Spirituality.	11	CO3
4	Applying Positive Psychology:	The Principles of Pleasure and Mental Health Distinguishing the Positive and Negative Emotions – Happiness and Subjective Well – being: Living a Pleasurable Life – Emotion Focused Coping – Emotional Intelligence.	10	CO4

### Reference Books:

1. Cornelissen, M., Mishra, G. & Verma, S. (2014). Foundations of Indian Psychology. New Delhi: Pearson Education.
2. Feldman, R. S. (2006). Understanding Psychology. India: Tata McGraw-Hill.
3. Snyder, C. R., Lopez, S. J., & Pedrotti, J. T. (2010). Positive psychology: The scientific and practical explorations of human strengths. Sage Publications.
4. Zimbardo, P.C. & Weber, A.L. (1997). Psychology. New York: Harper Collins College Publishers.
5. Balog, J. E. (1978). An historical review and philosophical analysis of alternative concepts of health and their relationship to health education (Unpublished dissertation). Maryland: University of Maryland

### e-Learning Source: Ezyankosh, ePathshala, swayam

PO-PSO CO	PO1	PO2	PO3	PO4	PSO1	PSO2	PSO3	PSO4
CO1	3	2	2	2	3	3	3	2
CO2	2	2	2	3	2	3	2	3
CO3	3	2	3	2	2	3	1	3
CO4	3	2	3	3	3	3	3	3

1- Low Correlation; 2- Moderate Correlation; 3- Substantial Correlation

<p style="font-size: 1.2em;">Dn. Vandana Mishra</p> <p style="font-size: 1.5em; font-family: cursive;">Vandana</p> <p><b>Name &amp; Sign of Program Coordinator</b></p>	<p style="font-size: 1.5em; font-family: cursive;">Zeba Anil</p> <p>Head Humanities &amp; Social Science <b>Sign &amp; Seal of HoD</b> Integral University, Lucknow</p>
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