



RAMAKRISHNA MISSION SIKSHANAMANDIRA

Offering

Value Added Course Only for Trainees of RKMSM On

Positive Psychology

Course overview:

The 32 hours course is an initiative for students to understand the history and concepts in Positive Psychology. This course provides an introduction to the concepts related to happiness, well-being and the positive aspects of human experience. Thus it enables learners to investigate positive psychology phenomena in real life. The aim of the syllabus is to mould the students to help them to apply positive psychology approaches in daily living. The outcome of course helps the students to lead the best lives possible.

Offline Registration:

Contact - Mr. Subhadip Dutta
(Office of Controller of Examinations)
on or before 25 February, 2026
in between 11 AM to 4.30 PM.
Contact Number - 9330313439

Scheduling of the Course:

16 February, 2026 to 30 March, 2026
Every Monday, Wednesday & Friday - (4.30 PM to 5.30 PM) and Every Saturday (2 PM to 5 PM)
[Excluding Holidays].

Aims & Objectives of the course:

The course aims to develop a wide range of skills:

- To understand the history and concepts in Positive Psychology
- To provide an introduction to the concepts related to happiness, well-being and the positive aspects of human experience.
- To enable learners to investigate Positive Psychology phenomena in real life and apply of it in daily living.
- To provide them with knowledge on how to encourage one-self and lead the best lives possible
- To incorporate 4 basic components, i.e.
 - i) Character strength,
 - ii) Life satisfaction, iii) Self-esteem &
 - iv) Self confidence

Course Fees, & Certificate:

The course is free to enroll. After the successful completion of the course all will get Certificate.

Resource Person & Coordinator
Swami Urjitananda

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Section	Topics	Hours
Module 1	Introduction to Psychology and Positive Psychology	5
Module 2	Needs, Happiness and Well-being	5
Module 3	Hope, Optimism, Self and related concepts, and Resilience	5
Module 4	Flow, Mindfulness, and Spirituality	5
Module 5	Pro-social behaviour and Inter-personal relationship	2.5
Module 6	Recent Trends and Directions in Positive Psychology	2.5
Module 7	Interventions	5
Assignment, Viva Etc.		2
Total 32 hours		

Module 1: Introduction to Positive Psychology

Meaning, Definition, Influence from Ancient East, Influence from Aristotle's Ethics, From Psychology to Positive Psychology – Paradigm Shift, Assumptions and Goals of Positive Psychology, Remarkable figures of Positive Psychology.

Module 2: Needs, Happiness and Well-being.

Needs: Abraham Maslow's hierarchy of needs & Self – Actualization & Self - Transcendence, **Happiness:** Meaning and measures of happiness, Types of happiness, Effects of happiness, Factors contributing to happiness, **Well-being:** Subjective and psychological well-being. Hedonic and Eudaimonic basis of well-being, Broaden and built theory of Barbara Fredricksons, PERMA model of Martin Seligman.

Module 3: Positive emotions

Positive and Negative emotions. **Optimism:** Learned Optimism of Martin Seligman, Dispositional Optimism of Scheier & Carver, Unrealistic Optimism & Positive Illusions, Benefits of Optimism, Neuro-biology of optimism, **Hope:** Theories of i) Snyder, ii) Nekolaichuk, Jevne & Maguire and iii) Anthony Scioli, Collective Hope, Benefits of Hope

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Module 5: Pro-social behaviour and inter-personal relationship

Altruism: definition. Empathy-altruism hypothesis. Biological and neural basis of empathy (in brief). Cultivating and measuring altruism.

Forgiveness: definition. Measures of forgiveness. Neural basis of forgiveness (In brief). Personality and forgiveness. Factors influencing forgiveness. Forgiveness and physical health.

Gratitude: definition. Psycho-physiological basis of gratitude. Factors influencing gratitude. Measures of gratitude. Cultivating gratitude and its importance

Module 6: Recent Trends and Directions in Positive Psychology

Third wave Positive Psychology, Integration of Well-being and Suffering (PP 2.0), Technology-Driven Interventions, PERMA+4 Framework, Culturally contextualized Research, Positive Health and Lifestyle Medicine etc.

Module 7: Interventions

Cultivating positive emotions and relationship; Creating flow, Hope therapy, Mindfulness and Meditation, Positive Psychological interventions.

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