

VAC051	POSITIVE PSYCHOLOGY AND WORK LIFE
Contact Hours	30 Hours
Prerequisite	Nil

Course Description

This course explores the application of positive psychology principles to enhance well-being, motivation, and productivity in the workplace. Participants will learn how to create a positive work environment, develop resilience, and promote a culture of positivity and mental well-being among employees.

Course Objectives

The course will enable the students to:

- Understand the core concepts and principles of positive psychology.
- Apply positive psychology to workplace settings for improved employee well-being and performance.
- Foster positive leadership and management practices.
- Cultivate resilience and emotional intelligence in the workplace.
- Develop strategies for building a positive work culture.
- Implement evidence-based interventions to enhance work-life balance.
- Promote holistic well-being and mental health in the workplace.

Course Outcomes

Upon successful completion of this course, students will be able to:

- CO1: Explain the foundational principles of positive psychology and their relevance to work life.
- CO2: Apply positive psychology strategies to enhance employee well-being and motivation.
- CO3: Demonstrate effective positive leadership and management practices.
- CO4: Cultivate resilience and emotional intelligence among employees.
- CO5: Create a positive work culture that fosters collaboration and engagement.
- CO6: Implement practical interventions to support work-life balance.
- CO7: Promote holistic well-being and mental health within the workplace.

Course Content

Module 1: Introduction to Positive Psychology in the Workplace

2 hours

- Defining Positive Psychology
- The Role of Positive Psychology in Work Life

- Benefits of Positive Psychology in the Workplace
- Ethical Considerations

Module 2: Positive Leadership and Management

4 hours

- Positive Leadership Styles
- Building Trust and Engagement
- Fostering Positive Employee Relations
- Creating a Positive Work Environment

Module 3: Resilience and Emotional Intelligence

4 hours

- Developing Resilience Skills
- Emotional Intelligence in the Workplace
- Coping with Stress and Adversity
- Promoting Emotional Wellness

Module 4: Creating a Positive Work Culture

3 hours

- Building a Positive Team Culture
- Encouraging Collaboration and Innovation
- Employee Recognition and Appreciation
- Case Studies in Positive Work Cultures

Module 5: Work-Life Balance and Well-Being

4 hours

- Work-Life Balance Strategies
- Employee Well-Being Programs
- Positive Work-Life Integration
- Health and Fitness Initiatives

Module 6: Positive Psychology Interventions

5 hours

- Evidence-Based Positive Psychology Interventions
- Practicing Gratitude and Mindfulness
- Strength-Based Approaches
- Positive Communication Techniques

Module 7: Holistic Well-Being and Mental Health

4 hours

- Promoting Holistic Well-Being
- Recognizing Mental Health Issues
- Providing Mental Health Support in the Workplace
- Creating Mental Health-Friendly Policies

Module 8: Practicum and Application

4 hours

- Developing a Positive Leadership Plan
- Implementing Positive Psychology Interventions
- Building a Positive Work Culture Project
- Final Presentation and Reflection

Practicum

The course includes a practicum where participants will develop and implement a positive leadership plan or a project to create a positive work culture within their organization or workplace. They will present their plans and share their experiences with the class.

Textbooks

1. Seligman, M. E. P., Ernst, R. M., Gillham, J., Reivich, K., & Linkins, M. (2009). Positive education: Positive psychology and classroom interventions. Oxford Review of Education.
2. Cameron, K. S., Dutton, J. E., & Quinn, R. E. (2003). Positive Organizational Scholarship: Foundations of a New Discipline. Berrett-Koehler Publishers.

Reference Books

1. Fredrickson, B. L. (2009). Positivity: Top-Notch Research Reveals the Upward Spiral That Will Change Your Life. Three Rivers Press.
2. Gable, S. L., & Haidt, J. (2005). What (and Why) is Positive Psychology? Review of General Psychology.

	Evaluation Component	Weightage (%)
1	Activities	20
2	Project/Presentation	20
3	Attendance	10
4	End Term Examination	50



K.R. MANGALAM UNIVERSITY
E D U C A T I O N F O R L I F E
(Recognized by UGC and a member of AIU)

Ref.No.: KRMU/Admin./Notice/2020-21/210900 Dated: 08th December, 2020

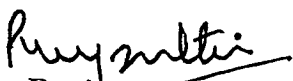
NOTICE

This is to put for information that School of Humanities is offering Value-Added Course (VAC) for all interested students during Even Semester as per the following specifications.

Course Code	Course Title	Coordinating Department / School	Duration
VAC049	Ethics and Culture	SOHS	30 Hrs.
VAC051	Positive Psychology and Work Life	SOHS	30 Hrs.
VAC053	Psychological First Aid	SOHS	30 Hrs.
VAC058	The Art of Storytelling	SOHS	30 Hrs.
VAC062	Mindfulness and Wellbeing	SOHS	30 Hrs.
VAC064	Creative Writing	SOHS	30 Hrs.
VAC106	Indian Constitution	SOHS	30 Hrs.

- Maximum 100 seats are available for the course.*
- Course Start Date: 02 January 2021*
- Couse End Date: 19 March 2021*

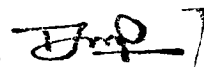
All interested students are required to confirm their registration with the Dean-School of Humanities latest by **21th December, 2020**


Registrar

Copy to:

- Vice Chancellor
- Dean (Academics Affairs)
- Controller of Examinations
- All Deans/ School Coordinators
- All Faculty Members/ Mentors
- Notice Board
- Office Copy

For kind information



Registrar
K.R. Mangalam University
Sohna Road, Gurugram (Haryana)



VAC COURSE FOR ACADEMIC YEAR 2020-21

COURSE CODE: VAC051

COURSE TITLE: POSITIVE PSYCHOLOGY AND WORK LIFE

ROLL NO	NAME	PROGRAMME	SEMESTER	2-Jan-21	3-Jan-21	4-Jan-21	7-Jan-21	9-Jan-21	10-Jan-21	11-Jan-21	14-Jan-21
2008790001	RADHIKA DHINGRA	B.A. (H) Psychology	Semester II	P							
2008790002	SHREYA GAJANAN	B.A. (H) Psychology	Semester II	P	P	P	P	P	P	P	P
2008790003	ISHANI SAHOO	B.A. (H) Psychology	Semester II	P	P	P	P	P	P	P	P
2008790004	KHUSHI DAHIYA	B.A. (H) Psychology	Semester II	P	P	P	P	P	P	P	P
2008790005	AKRITI KAPUR	B.A. (H) Psychology	Semester II	P	P	P	P	P	P	P	P
2008790006	BHARTI	B.A. (H) Psychology	Semester II	P	P	P	P	P	P	P	P
2008790007	DRON SHARMA	B.A. (H) Psychology	Semester	P	P	P	P	P	P	P	P

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COURSE CODE: VAC051

COURSE TITLE: POSITIVE PSYCHOLOGY AND WORK LIFE

ROLL NO	NAME	15-Jan-21	16-Jan-21	18-Jan-21	21-Jan-21	24-Jan-21	28-Jan-21	30-Jan-21	1-Feb-21	4-Feb-21	5-Feb-21	6-Feb-21
2008790001	RADHIKA DHINGRA	P	P	P	P	P	P	P	P	P	P	P
2008790002	SHREYA GAJANAN	P	P	A	P	P	P	A	P	P	P	P
2008790003	ISHANI SAHOO	P	A	P	A	P	P	P	P	P	P	P
2008790004	KHUSHI DAHIYA	P	P	P	P	A	P	P	P	P	P	P
2008790005	AKRITI KAPUR	A	P	P	P	P	P	P	P	P	P	P
2008790006	BHARTI	A	P	P	P	P	P	P	P	P	P	P
1908790003	DRON SHARMA	P	P	P	A	P	A	P	P	P	A	P

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COURSE CODE: VAC051

COURSE TITLE: POSITIVE PSYCHOLOGY AND WORK LIFE

ROLL NO	NAME	7-Feb-21	8-Feb-21	11-Feb-21	12-Feb-21	14-Feb-21	15-Feb-21	19-Feb-21	22-Feb-21	25-Feb-21	1-Mar-21	6-Mar-21
2008790001	RADHIKA DHINGRA	P	P	P	P	P	P	P	P	P	P	P
2008790002	SHREYA GAJANAN	P	P	P	P	P	P	P	P	P	P	P
2008790003	ISHANI SAHOO	P	P	P	P	P	P	P	P	P	P	P
2008790004	KHUSHI DAHIYA	A	A	P	P	A	P	P	A	P	P	P
2008790005	AKRITI KAPUR	P	A	P	P	P	P	P	P	P	P	P
2008790006	BHARTI	P	P	A	P	P	P	P	P	P	P	P
1908790003	DRON SHARMA	P	A	A	P	P	A	P	P	P	P	P

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VAC COURSE FOR ACADEMIC YEAR 2020-21

COURSE CODE: VAC051

COURSE TITLE: POSITIVE PSYCHOLOGY AND WORK LIFE

ROLL NO	NAME	12-Mar-21	14-Mar-21	15-Mar-21	18-Mar-21	19-Mar-21	TOTAL	Present	Percentage
2008790001	RADHIKA DHINGRA	P	P	P	A	P	35	34	97.14
2008790002	SHREYA GAJANAN	P	P	P	P	P	35	33	94.29
2008790003	ISHANI SAHOO	A	A	P	P	P	35	30	85.71
2008790004	KHUSHI DAHIYA	P	P	P	A	P	35	30	85.71
2008790005	AKRITI KAPUR	A	P	P	P	A	35	29	82.86
2008790006	BHARTI	P	P	A	P	P	35	27	77.14
1908790003	DRON S'HARMA	A	P	P	P	P	35	27	77.14

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K.R. MANGALAM UNIVERSITY
THE COMPLETE WORLD OF EDUCATION

VALUE ADDED COURSE (VAC)
ACADEMIC YEAR 2020-21
COURSE CODE: VAC051
COURSE TITLE: POSITIVE PSYCHOLOGY AND WORK LIFE
COURSE OFFERED BY: SCHOOL OF HUMANITIES (SOHS)
LIST OF STUDENTS COMPLETING THE COURSE

S.NO	SESSION	ROLL NO	NAME	PROGRAMME	SEMESTER	COURSE	COURSE TITLE	SCHOOL
1	2020-21	2008790001	RADHIKA DHINGRA	B.A. (H) Psychology	Semester II	VAC051	POSITIVE PSYCHOLOGY AND WORK LIFE	SCHOOL OF HUMANITIES (SOHS)
2	2020-21	2008790002	SHREYA GAJANAN TAJNE	B.A. (H) Psychology	Semester II	VAC051	POSITIVE PSYCHOLOGY AND WORK LIFE	SCHOOL OF HUMANITIES (SOHS)
3	2020-21	2008790003	ISHANI SAHOO	B.A. (H) Psychology	Semester II	VAC051	POSITIVE PSYCHOLOGY AND WORK LIFE	SCHOOL OF HUMANITIES (SOHS)
4	2020-21	2008790004	KHUSHI DAHIYA	B.A. (H) Psychology	Semester II	VAC051	POSITIVE PSYCHOLOGY AND WORK LIFE	SCHOOL OF HUMANITIES (SOHS)
5	2020-21	2008790005	AKRITI KAPUR	B.A. (H) Psychology	Semester II	VAC051	POSITIVE PSYCHOLOGY AND WORK LIFE	SCHOOL OF HUMANITIES (SOHS)
6	2020-21	2008790006	BHARTI	B.A. (H) Psychology	Semester II	VAC051	POSITIVE PSYCHOLOGY AND WORK LIFE	SCHOOL OF HUMANITIES (SOHS)
7	2020-21	1908790003	DRON SHARMA	B.A. (H) Psychology	Semester IV	VAC051	POSITIVE PSYCHOLOGY AND WORK LIFE	SCHOOL OF HUMANITIES (SOHS)

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This is to certify that **RADHIKA DHINGRA**, University Enrolment No **2008790001** of **B.A. (H) Psychology** programme has successfully qualified **VALUE ADDED COURSE VAC051 (Positive Psychology and Work Life)** during Academic Session **2020-21(Even Semester)**.

Date: 23.08.2021

Controller of Examination

h. mahajan

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This is to certify that **SHREYA GAJANAN TAJNE**, University Enrolment No **2008790002** of **B.A. (H) Psychology** programme has successfully qualified **VALUE ADDED COURSE VAC051 (Positive Psychology and Work Life)** during Academic Session **2020-21(Even Semester)**.

Date: 23.08.2021

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This is to certify that **ISHANI SAHOO**, University Enrolment No **2008790003** of **B.A. (H) Psychology** programme has successfully qualified **VALUE ADDED COURSE VAC051 (Positive Psychology and Work Life)** during Academic Session **2020-21(Even Semester)**.

Date: 23.08.2021

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This is to certify that **KHUSHI DAHIYA**, University Enrolment No **2008790004** of **B.A. (H) Psychology** programme has successfully qualified **VALUE ADDED COURSE VAC051 (Positive Psychology and Work Life)** during Academic Session **2020-21 (Even Semester)**.

Date: 23.08.2021

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This is to certify that **AKRITI KAPUR**, University Enrolment No **2008790005** of **B.A. (H) Psychology** programme has successfully qualified **VALUE ADDED COURSE VAC051 (Positive Psychology and Work Life)** during Academic Session **2020-21 (Even Semester)**.

Date: 23.08.2021

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This is to certify that **BHARTI**, University Enrolment No **2008790006** of **B.A. (H) Psychology** programme has successfully qualified **VALUE ADDED COURSE VAC051 (Positive Psychology and Work Life)** during Academic Session **2020-21 (Even Semester)**.

Date: 23.08.2021

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This is to certify that **DRON SHARMA**, University Enrolment No **1908790003** of **B.A. (H) Psychology** programme has successfully qualified **VALUE ADDED COURSE VAC051** (**Positive Psychology and Work Life**) during Academic Session **2020-21**(Even Semester).

Date: 23.08.2021

h. mahajan

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