

B. Com (Hons.) (Accounting and Taxation)
VALUE ADDED COURSE (VAC)
SEMESTER III
(BAB32407T): ENHANCING HAPPINESS AT WORKPLACE

MAX. MARKS: 100

EXTERNAL: 70

INTERNAL: 30

PASS: 40%

Credits: 4

Objectives:

The objective of this course is to provide students with a comprehensive understanding of Positive Psychology, focusing on its nature, dimensions, and scope. Students will explore the scientific foundations of well-being, happiness, and human flourishing, examining both hedonic and eudemonic approaches.

Course Outcomes:

CO 1	To understand the nature, dimensions, and scope of Positive Psychology, including character strengths and virtues, as well as the different approaches to well-being such as Hedonic and Eudemonic perspectives and Seligman's PERMA model.
CO 2	To analyze the physiological and psychological perspectives on happiness, identifying the biopsychosocial determinants and discussing the role of emotions and motives in the pursuit of happiness.
CO 3	To evaluate various theories and models of well-being and happiness, such as the hedonic and eudemonic approaches, and Seligman's PERMA, to determine their applicability and effectiveness in enhancing life satisfaction.
CO 4	To apply practical strategies for setting life goals and enhancing happiness based on the principles of Positive Psychology, character strengths, and virtues, incorporating the understanding of biopsychosocial factors and emotional regulation.

Section A

Life style factors: Importance of Diet, Sleep, Exercise, Meditation and yoga. Stress Management: strategies for preventing and relieving stress; Time management: techniques and styles.

Section B

Enhancing Emotional Intelligence, Optimism, Forgiveness, Altruism. Conflict resolution and negotiations, Overcoming resistance to change, Maintaining work life balance.

Suggested Readings:

1. Boniwell, I. (2012). Positive Psychology In a Nutshell: The Science of Happiness (3rd edition). London: Mc Graw Hill.
2. Compton, W.C. & Hoffman, E. (2012). Positive Psychology: The Science of Happiness and Flourishing. Belmont: Wadsworth.
3. Ivtzan, I., Lomas, T., Hefferon, K., Worth, P. (2016). Second Wave Positive Psychology: Embracing

the Dark Side of Life. Routledge.

4. Lomas, T., Hefferon, K., Ivtzan, I., (2014) Applied Positive Psychology: Integrated Positive Practice. SAGE Publications Ltd.

5. Lopez, Pedrotti & Synder. (2018). Positive Psychology: The scientific and Practical explorations of Human strengths.

6. Peterson, C., & Seligman, M. E. P. (2004). Character strengths and virtues: A handbook and classification. New York: Oxford University.

INSTRUCTIONS FOR THE PAPER SETTER/EXAMINER:

1. The syllabus prescribed should be strictly adhered to.
2. The question paper will consist of three sections: A, B, and C. Sections A and B will have four questions from the respective sections of the syllabus and will carry 10 marks each. The candidates will attempt two questions from each section.
3. Section C will have fifteen short answer questions covering the entire syllabus. Each question will carry 3 marks. Candidates will attempt any ten questions from this section.
4. The examiner shall give a clear instruction to the candidates to attempt questions only at one place and only once. Second or subsequent attempts, unless the earlier ones have been crossed out, shall not be evaluated.
5. The duration of each paper will be three hours.

INSTRUCTIONS FOR THE CANDIDATES:

Candidates are required to attempt any two questions each from the sections A and B of the question paper and any ten short questions from Section C. They have to attempt questions only at one place and only once. Second or subsequent attempts, unless the earlier ones have