

**Course: OE**  
**Practices of Well-Being**

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|--------------------|-------------------|--------------------------------|---------------------|
| <b>Semester: I</b> | <b>Credits: 2</b> | <b>Subject Code: OE2-12301</b> | <b>Lectures: 30</b> |
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| <b>Course Outcomes:</b>                                                                                                                                                                                                                                                                                                                                                           |
| At the end of the course, the learner will be able to:                                                                                                                                                                                                                                                                                                                            |
| <ul style="list-style-type: none"> <li>• CO1 - Review the concept of self</li> <li>• CO2 - Describe the concepts of self-esteem, self-efficacy and self-presentation</li> <li>• CO3 - Determine positive cognitions and emotional states that contribute to the well-being</li> <li>• CO4 - Examine the causes of well-being and happiness through gender perspectives</li> </ul> |

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| <b>Unit 1: Self Concept and Well-Being</b>                                                                                                                                                                                                                              | 15 |
| <ul style="list-style-type: none"> <li>• Self-concept: Self-image and self-discrepancies</li> <li>• Self-Esteem: Nature and Importance of self-esteem</li> <li>• Building self-esteem</li> <li>• Self-regulation: Self-efficacy and self-defeating behaviors</li> </ul> |    |

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| <b>Unit 2: Positive Emotional State and Well-Being</b>                                                                                                                                                                                                                           | 15 |
| <ul style="list-style-type: none"> <li>• Positive Emotions: Broaden &amp; Build theory</li> <li>• Happiness: Two traditions- Hedonic and Eudaimonic happiness</li> <li>• Cultivating positive emotions- Flow experiences and Savoring</li> <li>• Gender and happiness</li> </ul> |    |

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| <b>Recommended Text Books:</b>                                                                                                                                                                                                                                                                                           |
| <ul style="list-style-type: none"> <li>• Weiten W. &amp; Lloyd M. A. <i>Psychology Applied to Modern Life – Adjustment in the 21<sup>st</sup> Century</i>. 7<sup>th</sup> Ed, Thomson Wadsworth; 2004</li> <li>• Baumgardner S. R. &amp; Crothers, M. K. <i>Positive Psychology</i>. Dorling Kindersley; 2010</li> </ul> |

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| <b>Reference Books:</b>                                                                                                                                                            |
| <ul style="list-style-type: none"> <li>• Krish, S.J., Duffy, K.G. &amp; Atwater, E. <i>Psychology for Living- Adjustment, Growth and Behavior Today</i>. Pearsons; 2011</li> </ul> |



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|-------------------------|-------------------|----------------------|------------------|
| <b>Board of Studies</b> | <b>Department</b> | <b>Name</b>          | <b>Signature</b> |
| Chairperson (HoD)       | Psychology        | Dr. Jaya Rajagopalan | Jaya             |

| Board of Studies                 | Name                 | Signature                   |                             |
|----------------------------------|----------------------|-----------------------------|-----------------------------|
| Chairperson (HoD)                | Dr. Jaya Rajagopalan | Jaya Rajagopalan<br>20/5/23 |                             |
| Faculty                          | Dr. Sharmin Palsetia |                             | Sharmin Palsetia<br>20/5/23 |
| Faculty                          | Dr. Hasina Shaikh    | Hasina Shaikh<br>20/5/23    |                             |
| Faculty                          | Ms. Swaruti Tamang   |                             | Swaruti Tamang<br>20/5/23   |
| Subject Expert<br>(Outside SPPU) | Dr. Vivek Bhelekar   | Vivek Bhelekar<br>20/5/23   |                             |
| Subject Expert<br>(Outside SPPU) | Dr. Sairaj Patki     |                             | Sairaj Patki<br>20/5/23     |
| VC Nominee (SPPU)                | Dr. Anjali Kedari    | Anjali Kedari<br>20/5/23    |                             |
| Industry Expert                  | Ms. Pooja Jain       |                             | Pooja Jain<br>20/5/23       |
| Alumni                           | Ms. Anubha Doshi     | Anubha Doshi<br>20/5/23     |                             |



| Board of Studies  | Department | Name                 | Signature        |
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