

CERTIFICATE COURSE ON POSITIVE PSYCHOLOGY INTERVENTIONS FOR THE ENHANCEMENT OF SELF

Timings: 1:30 p.m. – 2:30 p.m. (Monday, Tuesday, Friday and Saturday), and 1:30 p.m. – 3:30 p.m. (Wednesday and Thursday)

No. of Seats: 50

Duration: The course will commence on 6th March 2025 and conclude in April 2025.

Eligibility: Psychology students of M.E.S. Vasant Joshi College of Arts & Commerce.

Criterion of Selection: Students of Psychology on a first come first serve basis.

Registration: Students will have to fill out the Online Registration Form before the commencement of the course.

Aim: The aim of this course is to equip participants with the knowledge and skills to enhance their well-being and resilience using evidence-based positive psychology interventions.

Course Objectives:

- To understand the principles of positive psychology and its application in personal growth and development.
- To explore evidence-based interventions for fostering positive emotions, strengths, and resilience.
- To learn practical strategies such as mindfulness and gratitude practices for enhancing self-awareness and well-being.
- To engage in hands-on activities to apply learned concepts and techniques in real-life situations.

Resource Person: Dr. Brian Pacheco

Course Outcomes:

At the end of the course, students will

- Gain a comprehensive understanding of positive psychology principles and their relevance to personal enhancement.
- Acquire knowledge of evidence-based interventions and practical strategies for improving self-awareness and well-being.
- Develop skills in applying positive psychology interventions to enhance resilience and cope with life challenges effectively.
- Be able to integrate learned concepts into their daily lives, fostering sustainable positive change.

Assessment: A short test will be conducted to assess the application of the knowledge imparted and certificates will be given at the end of the course accordingly.