



# Short Term Course On Don't Worry Be Happy - Decoding the Secret of Happiness and Wellbeing through the lens of Positive Psychology

Course Duration: 21- 23 November 2022  
Organized by  
Department of Humanities and Social Sciences  
Indian Institute of Technology Kharagpur,721302  
West Bengal, INDIA

## Overview of the Course:

The foundation of positive psychology as an applied discipline of psychology began flourishing in identifying and enriching positive traits, positive states, positive emotions and positive human relationships. It assumes that positive aspects of human virtues and values can build up positive strengths and character that would facilitate the entire range of human feeling, thinking and actions. This further helps human being leading a life of purpose, growth and prosperity with endless happiness and wellbeing. Thus, the present course is essential to learn the possibilities of positive psychology to create and develop a positive person, a positive society and a positive community that would benefit the entire world from all evils and dangers.

**Objective:** The objective of the present course is to understand the concept, theories and applications of positive psychology in the framework of human health, happiness and wellbeing. It is also designed to examine the benefits of positive psychology at work, education, family and society. The course is expected to benefit a wide range of participants from academics, industries of all types, NGOs and anyone who wants to nurture positive virtue and character for growth and prosperity in life.

## How to Apply Use the link:

<https://erp.iitkgp.ac.in/CEP/courses.htm> to apply ONLINE. Apply for CEP

**Contents:** Understanding human health, happiness, and flourishing; Assessment and Intervention; Role of positive psychology in human health, happiness and flourishing; Examining western and eastern perspectives on positive psychology; Evaluating the role of hope, optimism, self-efficacy, and resilience in human life; Power of purpose and being positive; Nurturing positive attitude, competencies, skills and abilities to enhance individuals/employees operational effectiveness, having purpose and meaning in life, creating positive citizenship, community and society; Exploring why happy people live longer, perform better and nurture others; Nurturing positive cultures, leaders, teams and organizations, etc

**Participants:** Any graduate and post graduate from academics, industry and NGOs, etc. **Course Fees for Indian Nationals/SAARC/ Low Income Countries: (Including GST 18%)**

1. Students/Research Scholars: Rs 5900.00;
2. Academic faculty: Rs. 8850.00,
3. NGO/Private Practitioner: Rs. 11800.00
4. Industry/Organisation: Rs. 11800.00 for
5. SAARC/Low income Countries: Rs. 8850 .00

**Course Fees for Foreign Participants (Developed Countries/ High Income countries): USD 300 (Including GST 18%)**

## Mode of Payment:

For individual Participants, the course fee with GST should be paid through CEP online channel after online registration of the course.

For Group Participation: Payment should be made through DD only in favour of CEP-STC, IIT Kharagpur, payable at Khargapur.

*Payment if applicable is to be done ONLINE after getting short listed for the program*



**Pedagogy:** Lecture session, class room activity, audio -video clips, structured exercises, simulation, management games, case study, narratives, and group activities, etc.

**Faculty:** Faculty from IITs, Industries, and other reputed institutes will deliver lectures in this programme.

**Accommodation:** Accommodation and food will be provided to all participants on payments basis in the institute guest house (Request for booking should be made to the coordinator well in advance).

## Address for Communication:

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**Certification:** Certificate will be provided to all participants by Dean, Continuing Education Programme, IIT Kharagpur after successful completion of the course.

**Last of Registration: 06 November 2020**

