

## NPTEL Video Lecture Topic List - Created by LinuXpert Systems, Chennai

NPTEL Video Course - Humanities and Social Sciences - NOC:Applied Positive Psychology

Subject Co-ordinator - Prof. Dilwar Hussain

Co-ordinating Institute - IIT Guwahati

Sub-Titles - Available / Unavailable | MP3 Audio Lectures - Available / Unavailable

- Lecture 1 - What is positive psychology? Why do we need it ?
- Lecture 2 - Flourishing, Well-Being and Positive mental health
- Lecture 3 - Eastern and Western Perspective on Well-being/Positive psychology
- Lecture 4 - Emotions in positive psychology
- Lecture 5 - Happiness and subjective well-being
- Lecture 6 - Interventions for promoting positive emotions and happiness 1 : Gratitude and Savoring Interventions
- Lecture 7 - Interventions for promoting positive emotions and happiness 2 : Social comparison and happiness
- Lecture 8 - Optimism: Concepts and interventions
- Lecture 9 - Hope: Concepts and interventions
- Lecture 10 - Mindfulness: Mechanisms, benefits and practice
- Lecture 11 - The Psychology of Flow
- Lecture 12 - Interventions for Cultivating Mindfulness and Flow
- Lecture 13 - Character strengths: Concepts, theories and Interventions
- Lecture 14 - Gallup's Strengths Finder: Concepts, theories and interventions - Part 1
- Lecture 15 - CAPP's Realise2 4M model: Concepts, theories and interventions - Part 2
- Lecture 16 - Successful aging - Part 1
- Lecture 17 - Successful aging - Part 2
- Lecture 18 - Understanding and building resilience - Part 1
- Lecture 19 - Understanding and building resilience - Part 2
- Lecture 20 - Posttraumatic growth: Theories and interventions
- Lecture 21 - Meaning and purpose in life: Concepts and theories
- Lecture 22 - Meaning Oriented Interventions What Makes
- Lecture 23 - Kindness: Concepts, theories and benefits
- Lecture 24 - Altruism and pro-social behavior
- Lecture 25 - Development and Interventions for pro-social behavior/Kindness
- Lecture 26 - Positive relationship and social support
- Lecture 27 - Positive relationships: Theoretical models and interventions
- Lecture 28 - Approaches to positive education
- Lecture 29 - School-based positive psychology interventions

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## NPTEL Video Lecture Topic List - Created by LinuXpert Systems, Chennai

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- Lecture 30 - Self Determination and Motivation in Classroom Teaching
- Lecture 31 - Positive psychology and workplace
- Lecture 32 - Well-being in the workplace
- Lecture 33 - Positive Psychology and the Practice of Counseling and Psychotherapy
- Lecture 34 - Positive Psychological Interventions and Models of Therapy