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| Sr. No | Roll Number | Name | Topic | Chp | Book |
| 1 | 01 | Noreen Bibi | Emotional Intelligence | 2 | 1 |
| 2 | 02 | Mariam Khan | Death and positive psychology | 4 | 1 |
| 3 | 04 | Warda Tahir | Positive psychological interventios | 8 | 1 |
| 4 | 05 | Aroosa Saeed | Physical pain | 9 | 1 |
| 5 | 08 | Nadeem Sarwar | The three selves in optimism | 5 | 1 |
| 6 | 09 | Iqra Yousaf | Benefits of optimism | 5 | 1 |
| 7 | 11 | Zuriat Fatima | Flow theory | 4 | 1 |
| 8 | 12 | Tayyaba Naz | Components of resilience | 6 | 1 |
| 9 | 13 | Habiba Muqadas | Phenomena of PTG | 6 | 1 |
| 10 | 16 | Aiman Sattar | Relationships and SWB | 3 | 1 |
| 11 | 17 | Saman Shoaib | Components to positive ageing | 6 | 1 |
| 12 | 18 | Urwa Iqbal | Concept of PWB | 4 | 1 |
| 13 | 20 | Bakhtawar Batool | Hope Theory | 5 | 1 |
| 14 | 21 | Sehrish Mazhar | History of optimism | 5 | 1 |
| 15 | 23 | Maham Rafique | Motivation and self determination theory | 7 | 1 |
| 16 | 24 | Hafiz Madni | Balanced time perspective | 7 | 1 |
| 17 | 25 | Laiba Zahid | Importance of goals and goals setting | 7 | 1 |
| 18 | 26 | Areeba Khan | Understanding mindsets | 8 | 1 |
| 19 | 27 | Mahrukh Arshad | Validated interventions | 8 | 1 |
| 20 | 29 | Afnan Liaqat | Physical activity and wellbeing | 9 | 1 |
| 21 | 30 | Iqra Mehreen | Five components of positive body | 9 | 2 |
| 22 | 32 | Amara Zafar | History of positive psychology | 1 | 1 |
| 23 | 33 | Saba Riaz | Positive therapy | 10 | 1 |
| 24 | 34 | Muazma Saif | Concept and application of strength | 10 | 2 |
| 25 | 35 | Zahida Maryam | Top ten critques of positive psychology | 11 | 2 |
| 26 | 36 | Khair Muhammad | Theories of SWB | 3 | 2 |
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The Islamia University of Bahawalpur

Department of Applied Psychology

Assignment no 01

Subject: Positive Psychology Course Instructor: Dr. M Saleem

Semester: BS 8th Submission Date: 01-04-2020