



**CHRIST**  
COLLEGE (AUTONOMOUS)  
IRINJALAKUDA, KERALA  
Recognized by NAAC with 'A' grade

**COURSE CODE**

**NAME OF THE COURSE**

**CVAC021**

**POSITIVE THINKING**

**OFFERED BY**

Economics

**ABOUT COLLEGE**

Christ College (Autonomous), Irinjalakuda established in the year 1956 by CMI fathers has always been a place where young generations are moulded towards a bright future. College has excellent infrastructure, with state of the art laboratories, seminar rooms and lecture halls. The campus is Wi-Fi enabled. Presently College is home for 4500+ students, 200 teaching staff and 45 supporting staff. The strength of the College lies in its hardworking and tech savvy teachers who are eager to involve in all matters of students. The lush green campus with gardens and open gym is moving towards the next phase on education both offline and online.

**COURSE COORDINATOR**

Dr. Franco T Fancis  
Economics

**LEARNING OUTCOMES**

- Identify and achieve definite goals with a clear mind
- High-performance teams are built on positive collaboration
- Develop a pleasant and collaborative environment at work
- Handle negative situations in better manner

**COURSE MODULE**

Module I: Psychology of Positive Thinking

Module II: Strategies for eliminating obstacles to positive thinking

Module III: Tips for Positive Thinking

*Fr. Dr. Jolly Andrews*

Fr. Dr. Jolly Andrews  
Assistant Professor  
In-charge of Principal  
Christ College (Autonomous)  
Irinjalakuda



## SYLLABUS

### MODULE 1

Psychology of Positivity - Optimism versus Pessimism - Science and Power of the Human Brain - Positive and Negative Thinking - Techniques to cultivate positive thinking patterns - How can develop Positive Communication - Art of Positive Speaking - Going beyond set limits with your thinking. (10 Hours)

### MODULE 2

Strategies for eliminating obstacles to positive thinking - Left and Right brain thinking: Vertical and lateral hemispheres - Characterizing your own Style of Thinking and Mindset - Developing the Originality and Innovation mindset - Building Positive Relationships. (8 Hours)

### MODULE 3

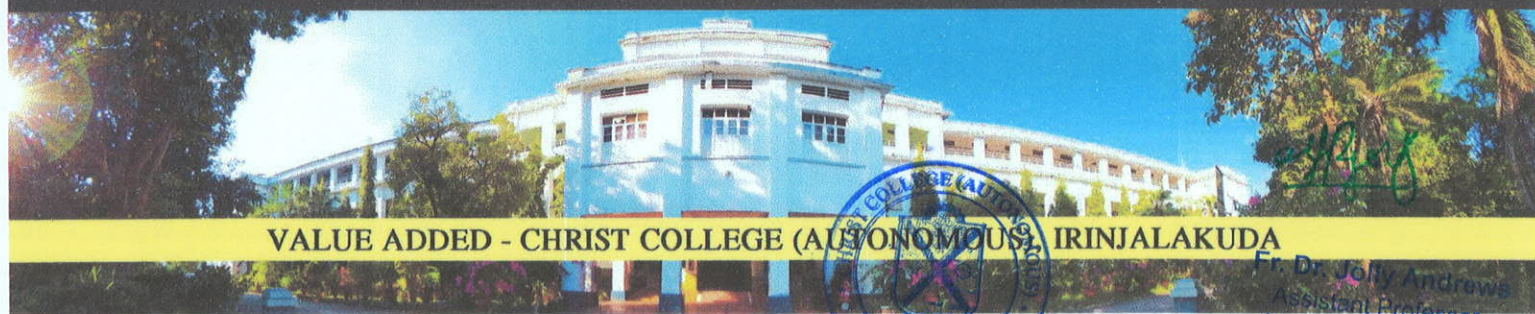
Conditioning of the mind - Programing the unconscious mind - Train your Mind to Train your Body - Mindfulness and Visualisation - Anxiety Control and Meditation - Visualization techniques and Relaxation techniques - Problem solving through Positive Thinking - Identifying the root of the problem - Getting the mindset right and focused on solutions - SWOT Analysis: Positive side of life - Tips for positive thinking. (12 Hours)

### REFERENCE

The Power of Positive Thinking by Peale Norman Vincent

The Power of a Positive Attitude: Your Road To Success by Roger Fritz

Positive Thinking by Kelly Howell



VALUE ADDED - CHRIST COLLEGE (AUTONOMOUS) IRINJALAKUDA



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