

THINK  
Positive



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

**NAME OF THE COURSE**

Foundation course –  
B.Sc. Psychology  
“The Power of Positivity”

**COURSE CODE**

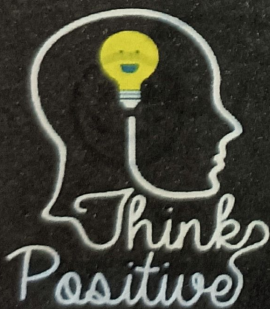
CPFOU04

**OFFERED BY**

Department of Psychology

**COURSE COORDINATOR**

Nimy P. G



**DEPARTMENT OF PSYCHOLOGY  
CERTIFICATE COURSE DETAILS**

**COURSE DETAILS**

Foundation course named “The Power of Positivity” is a course that is offered by department of Psychology of Christ College, Irinjalakuda. This course consists of five modules where the topics consist of; human values, emotional self – awareness, power of relationship and stress management. This course aims at developing over all skills of students in maintaining a positive attitude towards life. This course also introduces some self-help techniques such as meditation, stress management, relaxation etc. which is important to keep a healthy living.

**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.

**WHAT IS THE COURSE?**

Foundation course named “The Power of Positivity” is a course that is offered by department of psychology of Christ college, Irinjalakuda. There are 5 modules in this course which aims at making our students capable of mastering the power of positive thinking and to create more success and happiness in life and learn how to generate it in others.



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



## SCOPE OF THE COURSE

- Can build self-confidence, assertiveness and optimism which helps in appearing more confident in interviews.
- Helps in Examining the impact of positive attitude on personal and academic environments
- This course also introduces some self-help techniques which is important to keep a healthy living.
- Gives an awareness about relaxation techniques which helps in self -relaxation

## LEARNING OUTCOMES

- Know about the steps needed for improving positive attitude and behavior
- Get knowledge about how to control negative emotions and thinking
- Identify preferred thinking patterns and filters
- It helps the students in avoiding negative cognitive styles and replaces it with positive thinking.
- It helps in understanding human values and power of maintaining healthy relationships
- It makes students capable of dealing with their stress and to apply stress management techniques

## COURSE OUTLINE

Foundation course named “The Power of Positivity” is a course that is offered by department of psychology of Christ college, Irinjalakuda. This course consist of five modules where each module is prepared with an aim of developing skills necessary for individuals to change their outlook on life and build their inner confidence. All topics were handled by the teachers of department of psychology through Christ college open ware YouTube channel.

## COURSE MODULES

- Module 1** : *Human values towards personal development*
- Module2** : *Emotional self-awareness*
- Module 3** : *Positive outlook*
- Module 4** : *Power of relationship*
- Module 5** : *stress management and mindfulness*

*The Power of*  
**POSITIVITY**



**Contact : [nimypg@gmail.com](mailto:nimypg@gmail.com)**

**VALUE ADDED - CHRIST COLLEGE (AUTONOMOUS), IRINJALAKUDA**