



CHRIST COLLEGE (AUTONOMOUS)

Affiliated to University of Calicut and Accredited by NAAC 'A' Grade
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THE POWER OF POSITIVITY (Value Added Certificate Course)

Summary Report 2020

Course Code: FOU04

The course started on October 10, 2020. There were 1095 students and all students completed the course. The course was of 30 hrs duration. Students enjoyed the sessions and, in their feedback, requested for more such sessions in the future.

Course Outcome:

The students were satisfied with the class. They were given different aspects of positive attitude. This helped them to understand how to become positive in life. This helped them to realize the importance of attitude, optimism and self-esteem. It helped students to get more control over their emotions, attitude, thinking styles, anxiety and stress. This course also introduced some self-help techniques which is important to keep a healthy living. The students can master the power of positive thinking to create more success and happiness in life and learn how to generate it in others.

Course Coordinator: Ms. Nimy P G



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