

# CERTIFICATE COURSE IN POSITIVE THINKING

## **SYLLABUS**

DEPARTMENT: DEPARTMENT OF ECONOMICS

NAME OF COURSE: CERTIFICATE COURSE IN POSITIVE THINKING

COURSE CODE: CVAC021

TOTAL HOURS: 30

### UNIT-I Psychology of Positivity (10 HOURS)

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.

### UNIT- II Strategies for eliminating obstacles to positive thinking (10 HOURS)

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.

### UNIT -III Conditioning of the mind (10 HOURS)

Programing the unconscious mind - Train your Mind to Train your Body - Mindfulness and Visualization - 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