

Certificate Course on Building a Positive Attitude For Success
(01-11-2019 to 18-11-2019)

Syllabus/Curriculum

Module 1:

Choose the right words like presentation skills, communication skills, and interpersonal skills

Module 2:

Gratitude and Mindfulness, body Language self-presentation

Module 3:

Kindness and Forgiveness, strategies and framework for personal growth

Module 4:

Mind-set, good manner and etiquettes, stress and anger management

Module 5:

Leadership and teamwork, character building, work ethics,

Assessment Procedure

Assessment is done through communication skills and confidence among students. Expert judge their body language and group discussion is done with students. A special task was organized to check the leadership quality ethical behaviour of the students. Assessment is done through discussion and interaction after lecture and internal assessment based on real life application of positive attitude for success theories will form 50 %of the assessment.

Summary with Outcomes:-

Shyam Lal College, Centre for Holistic development (CHD) introduced a certificate course of 30 hours titled 'Building a Positive attitude for Success' from 01-11-2019 to 18-11-2019. The objective of the course was to teach students how to create and restore a positive self- image for a happy and a successful life. The aim was to familiarize the students with tools and methods to embark on the journey of personal growth. Students from various disciplines enrolled for the

course. Total 110 Students completed this course.

Power Point presentations from the instructor · Student group presentation (not power-point) · Interactive discussions · You- tube videos · Sharing relevant research and findings · Role plays · Break-out rooms on zoom · For the benefit of the students, the course instructor created audio visuals (in own voice) related to the course and shared the link with the students.

CENTRE FOR HOLISTIC DEVELOPMENT (CHD)

**SLC (University of Delhi)
Shyam Lal College**



organises

CERTIFICATE COURSE (30 hrs) on BUILDING A



For Success

1st - 18th November 2019

**Dr. Seema Dabas
Convenor, CHD**

**Prof. Rabi Narayan Kar
Principal, SLC**