



E-Learning Course Title: Developing positive thinking

Registration Fee (including GST):- 1500/-

About eLearning Program: -

We call Positive thinking an optimistic attitude, a technique for changing your attitude and fostering optimism. In this programme we aim to discuss how to develop positive thinking and the benefits of positive thinking. By the end of the programme we hope to influence and convince the learner to be optimistic and think positively in all walks of life.

E-Learning Course Coverage

To achieve these course objectives, this course consists of the following 3 modules:

Module 1- Defining/understanding positive thinking

Module 2- How to think positive

Module 3- Benefits of positive thinking

Register to learn

Module 1- Defining/understanding positive thinking

- To understand the meaning of positive thinking
- To know that positive thinking can change your life by thinking positively about things or life in general
- To know that the more positive the thoughts, the more positive life will be

Module 2- How to think positive

- To know that positive thinking is based on cognitive ways to achieve an emotionally balanced and positive frame of mind
- To understand that when we make a conscious effort and think positively, we feel better and stronger and therefore function better

Module 3- Benefits of positive thinking

- To know that Increased immunity leads to better health
- To know that optimists have increased lifespan
- To know that positive thinkers are better at handling stress
- To know that positive thinkers exhibit lower rate of depression

Thanks & Regards

NPC IT Team

Course conducted by Group/ Regional Directorate Name: - Sh. Nikhil Panchbhai, Director (IT) 011-24607321 Course Coordinator Contact Details: 011-24607319