

DEPARTMENT NAME : PG DEPARTMENT OF COMMERCE  
VALUE ADDED PROGRAM : POSITIVE THINKING

 Naipunnya®  
To reach the unreachable

Duration of Value added program: 32 Hrs

Faculty In-charge : Ms.Reshma K Bhaskaran



Pongam, Koratty East, Thrissur District, Kerala State, India. Pin-680308.

Phone +91 9605001987, 04802730340, 2730341, 2733573

[www.naipunnya.ac.in](http://www.naipunnya.ac.in), [mail@naipunnya.ac.in](mailto:mail@naipunnya.ac.in)

NAIPUNNYA INSTITUTE OF MANAGEMENT AND INFORMATION TECHNOLOGY,  
PONGAM, KORATTY EAST

No: NCM/ VAP /01/2022-23

Date: 30-09-2022

Circular

The Value added Program for the I semester BBA student's 1VAP-01 Positive Thinking (NCM1VAP01) will commence from 10-10-2022.

Value added Program Code : NCM1VAP01  
Name of the Value added Program : Positive Thinking  
Name of the provider : Naipunnya Institute of Management and Information Technology  
Venue : Class room

All students are expected to participate in the Value Added Program without fail.



Rev Fr. Dr. Paulachan K.J

Principal



## Positive Thinking Value Added Program Report

The PG Department of Commerce of Naipunnya Institute of Management and Information Technology conducted a Value Added Program on Positive Thinking from 10<sup>th</sup> October 2022 to 23<sup>rd</sup> November 2022.

This course was about the Psychology of positivity, Strategies for eliminating obstacles to positive thinking and Conditioning of the mind. A total of 32 students did this course from First semester BBA. There were 32 hours of classes held on working days from 3.15 pm to 4.15 pm. The class was handled by Fr.Varghese Pulickal.

Prepared by:

Program In-charge:


Ms.Reshma K Bhaskaran

Ms.Jissmol Binu

Verified by:

Approved by:

  
Dr. Mathew K Jose  
(HOD of Commerce)

  
Rev.Fr.Dr.Paulachan K.J  
(Principal)



---

**SYLLABUS**

**Course Name : Positive Thinking**

**Course Code : NCM1VAP01**

**Time : 32 Hrs**

**2 credits**

**Eligibility of admission: Plus Two**

**Course objectives:**

1. Enhance positive thinking, reduce negative self-talk, personalize and catastrophize, practice gratitude, humor, and mindfulness, and learn the importance of praising ourselves.
2. Enhance self-esteem, self-concept and prepare them for the future

**Course outcomes:**

CO1: The students will be able to command a profound understanding of the Psychology of Positivity. You'll adeptly navigate optimism and pessimism, harness the brain's power for positive thinking, and apply proven techniques for lasting positivity.

CO2: The students will be honed powerful strategies to eliminate obstacles hindering positive thinking. Armed with practical techniques, you'll skillfully navigate and conquer challenges that impede a positive mindset.

CO3: The students will be armed with effective techniques, you'll reshape thought patterns, break limits, and cultivate a growth-oriented mindset for a more empowered and fulfilling life.

**Module 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.

**Module 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.

**Module III**

**Conditioning of the mind (12 Hours)**

Programming 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

**Reference:**

1. The Power of Positive Thinking by Peale Norman Vincent
2. The Power of a Positive Attitude: Your Road To Success by Roger Fritz
3. Positive Thinking by Kelly Howell

**Time table**

**Course Name : Positive Thinking**

**Course Code : NCM1VAP01**

**Total Hours – 32**

Date	Day	Time	Duration (Hours)
10/10/2022	Monday	3.15 pm – 4.15 pm	1
11/10/2022	Tuesday	3.15 pm – 4.15 pm	1
12/10/2022	Wednesday	3.15 pm – 4.15 pm	1
13/10/2022	Thursday	3.15 pm – 4.15 pm	1
14/10/2022	Friday	3.15 pm – 4.15 pm	1
17/10/2022	Monday	11.30 am – 12.30 pm	1
18/10/2022	Tuesday	11.30 am – 12.30 pm	1
19/10/2022	Wednesday	11.30 am – 12.30 pm	1
20/10/2022	Thursday	3.15 pm – 4.15 pm	1
21/10/2022	Friday	3.15 pm – 4.15 pm	1
25/10/2022	Tuesday	3.15 pm – 4.15 pm	1
26/10/2022	Wednesday	3.15 pm – 4.15 pm	1
27/10/2022	Thursday	11.30 am – 12.30 pm	1
28/10/2022	Friday	3.15 pm – 4.15 pm	1

Pongam, Koratty East, Thrissur District, Kerala State, India. Pin-680308.

Phone +91 9605001987, 04802730340, 2730341, 2733573

[www.naipunnya.ac.in](http://www.naipunnya.ac.in), [mail@naipunnya.ac.in](mailto:mail@naipunnya.ac.in)



31/10/2022	Monday	3.15 pm – 4.15 pm	1
01/11/2022	Tuesday	3.15 pm – 4.15 pm	1
02/11/2022	Wednesday	3.15 pm – 4.15 pm	1
03/11/2022	Thursday	3.15 pm – 4.15 pm	1
04/11/2022	Friday	3.15 pm – 4.15 pm	1
07/11/2022	Monday	3.15 pm – 4.15 pm	1
08/11/2022	Tuesday	3.15 pm – 4.15 pm	1
09/11/2022	Wednesday	3.15 pm – 4.15 pm	1
10/11/2022	Thursday	3.15 pm – 4.15 pm	1
11/11/2022	Friday	3.15 pm – 4.15 pm	1
14/11/2022	Monday	3.15 pm – 4.15 pm	1
15/11/2022	Tuesday	3.15 pm – 4.15 pm	1
16/11/2022	Wednesday	3.15 pm – 4.15 pm	1
17/11/2022	Thursday	3.15 pm – 4.15 pm	1
18/11/2022	Friday	3.15 pm – 4.15 pm	1
21/11/2022	Monday	3.15 pm – 4.15 pm	1
22/11/2022	Tuesday	3.15 pm – 4.15 pm	1
23/11/2022	Wednesday	3.15 pm – 4.15 pm	1
<b>Total Hours</b>			<b>32</b>

To reach the unreachable

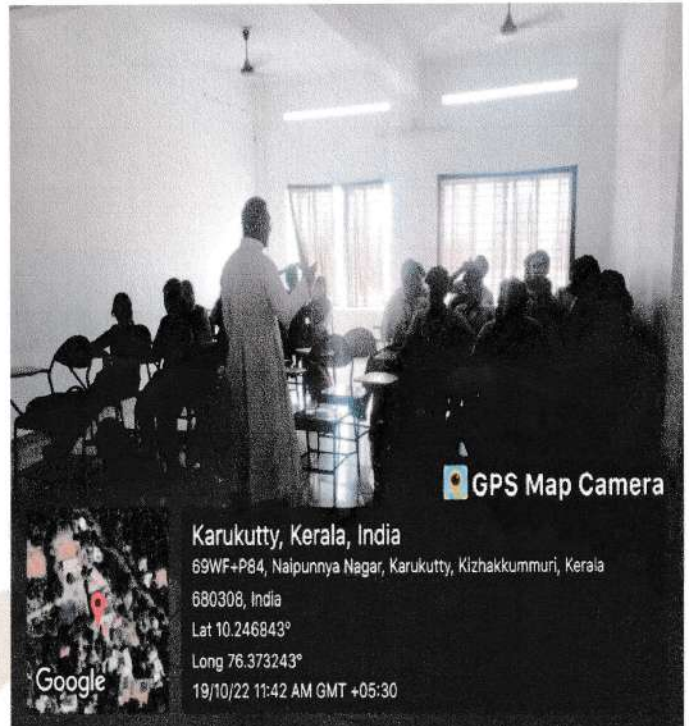
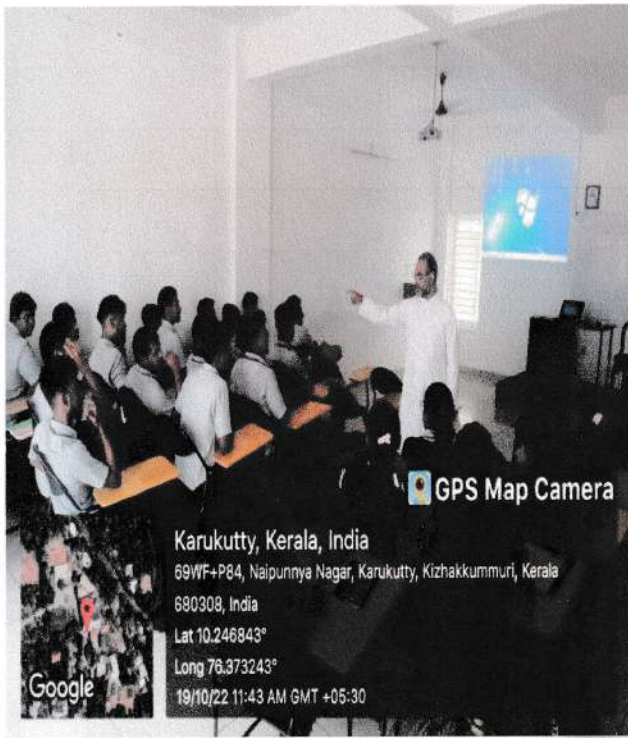


Pongam, Koratty East, Thrissur District, Kerala State, India. Pin-680308.

Phone +91 9605001987, 04802730340, 2730341, 2733573

[www.naipunnya.ac.in](http://www.naipunnya.ac.in), [mail@naipunnya.ac.in](mailto:mail@naipunnya.ac.in)

**PHOTOGRAPHS /SCREENSHOTS**



**Pongam, Koratty East, Thrissur District, Kerala State, India. Pin-680308.**

**Phone +91 9605001987, 04802730340, 2730341, 2733573**

**[www.naipunnya.ac.in](http://www.naipunnya.ac.in), [mail@naipunnya.ac.in](mailto:mail@naipunnya.ac.in)**

### Mark List

Sl No	Name	Total Marks (50)	% of Marks
1	AGNAS SAJU	50	100
2	ALEXANDRIA JACOB	48	96
3	ALOYSIUS JOSE	42	84
4	ALWIN JOHNY	38	76
5	AMAL BIJU	35	70
6	AMAR T A	41	82
7	ANANTHAKRISHNAN P L	43	86
8	ANGEL TERESA GIBI	36	72
9	ANJALY MANOJ	29	58
10	ANJANA RAMAKRISHNAN	50	100
11	ANTON PAUL T S	31	62
12	ANTONY CHERIYACHAN	39	78
13	ARATHI P SURESH	42	84
14	ARYAN VENU	26	52
15	ASHIK SHAJU	31	62
16	ASWIN VALSAN	29	58
17	CHANDAN KRISHNA P M	33	66
18	DANIEL P JAMES	41	82
19	FRANKLIN SHINE	37	74
20	GOPIKA RAVINDRAN	23	46
21	IVIN THOMAS	38	76
22	JEEVAN KRISHNA K U	24	48



23	JEEVO JOHNSON	25	50
24	JERIN LAZER	29	58
25	JOSHUA I J	32	64
26	MANU A PYNADATH	35	70
27	MILKA EMIL KOORAN	37	74
28	MUHAMMAD FARIS P	21	42
29	ROHAN BABURAJ NAIR	44	88
30	SMIJITHA S	27	54
31	SRUTHY P S	40	80
32	AMALJITH ROY	31	62

  
**Naipunnya**<sup>®</sup>  
To reach the unreachable



## Attendance

Sl No	Name	10/10/22	11/10/22	12/10/22	13/10/22	14/10/22	15/10/22	16/10/22	17/10/22	18/10/22	19/10/22	20/10/22	21/10/22	23/10/22	24/10/22	27/10/22	28/10/22	31/10/22	01/11/22	02/11/22	03/11/22	04/11/22	05/11/22	06/11/22	07/11/22	08/11/22	09/11/22	10/11/22	11/11/22	12/11/22	13/11/22	14/11/22	15/11/22	16/11/22	17/11/22	18/11/22	21/11/22	
1	Anand Saju	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	
2	Alexandria Jacob	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A
3	Aloysius Jose	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A
4	Abhin Jhony	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A
5	Amaal Biju	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A
6	Amar T N	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A
7	Ananthakrishnan	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A
8	Angel Theresa Libi	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A
9	Arijali Denej	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A
10	Arjana Ramakrishnan	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A
11	Aroon Paul T S	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A
12	Antony christyachan	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A
13	Asathi P Suresh	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A
14	Ayaz Venu	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A
15	Ashik Shaju	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A
16	Ashwin Valsan	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A
17	chandana krishna	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A
18	Daniel P James	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A
19	Frankline shree	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A
20	Gopika Ravindran	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A
21	Win Thomas	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A
22	Jeevan krishna	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A
23	Jeeva Johnson	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A
24	Jeetu Lazar	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A
25	Jeshua I J	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A
26	Manu A Ppadath	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A
27	Dilka Emil kohan	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A
28	Mohammed Fais P	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A
29	Rohan Bibinaj Nair	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A
30	Srijitha S	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A
31	Santhya P S	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A
32	Analyth Reg	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A



**CERTIFICATE**



**NAIPUNNYA INSTITUTE OF MANAGEMENT  
AND INFORMATION TECHNOLOGY (NIMIT)**

(Affiliated to the University of Calicut, Accredited by NAAC with B++, ISO 9001-2015 Certified)  
Pongam, Koratty East, Thrissur District, Kerala State, India, Pincode - 680 308

**CERTIFICATE**

This is to certify that


**AMAL BIJU**

has successfully completed the  
Value Added Programme of 32 hours on  
"Positive Thinking"

organised by the PG Department of Commerce  
during the academic year 2022-23.

  
Fr. Dr. Paulachan K J  
Executive Director & Principal



  
Dr. Mathew Jose K  
HoD, PG Dept. of Commerce

