

1/15/2019

Chennai

From

The Course Coordinator
Training on Positive Mental Attitude
Department of Medicine
Sree Balaji Medical College
Bharath Institute of Higher Education and Research,
Chennai

To

The Dean
Sree Balaji Medical College
Bharath Institute of Higher Education Research,
Chennai

Sub: -Permission to conduct value- added course: Training on Positive Mental Attitude

Respected sir,

With reference to subject mentioned above, the Medicine proposes to conduct a value-added course titled: Training on Positive Mental Attitude

We kindly solicit your kind permission to commence the program.

Warm Regards,


Course Coordinator

SREE BALAJI MEDICAL COLLEGE & HOSPITAL

CHROMPET CHENNAI -600044

Date: 1/18/2019

R. No 199/ SBMCH/2019


CIRCULAR

Notification for Value added courses offered by the Department of Medicine

The Department of Medicine of Sree Balaji Medical College is scheduled to offer a Value added Course on Training on Positive Mental Attitude from 2/14/2019 for a period of 3 weeks. Interested students can approach the Head of Medicine department and Course Coordinator, for registration and for further details on or before 2/7/2019.

Eligibility-MBBS STUDENTS

Course Coordinator


HOD

Copy to:

Dean office

Vice Principal

Medical Superintendent

AO College

TRAINING ON POSITIVE MENTAL ATTITUDE

COURSE OBJECTIVES

By the end of the Positive Thinking and Mindset Training Course, the participants of this syllabus will be able to:

- Explain the positive psychology
- Understand brain hemispheres and how the mind works
- Learn human behaviours and different types of thinking
- Create a roadmap for success with a result-oriented action plan
- Detect negative thinkings and the common negative thought patterns
- Understand the internal and external causes of negative thinking
- Manage the thoughts of your mind and your conversation
- Understand the impact of negative thinking over business performance
- Learn methods and techniques of switching from negative to positive mindsets
- Learn visualization techniques to transform personal thoughts and beliefs
- Utilize innovative and creative thinking to convert challenges into opportunities
- Learn effective tools and techniques for changing attitudes and behaviours
- Handle workplace negativity and negative people
- Learn Problem Solving techniques with creative thinking
- Learn the Tip and Techniques for Personal Development and overall health

Course Coordinator: Associate Professor / Assistant professor of Psychiatry

Course duration: 30 Hours

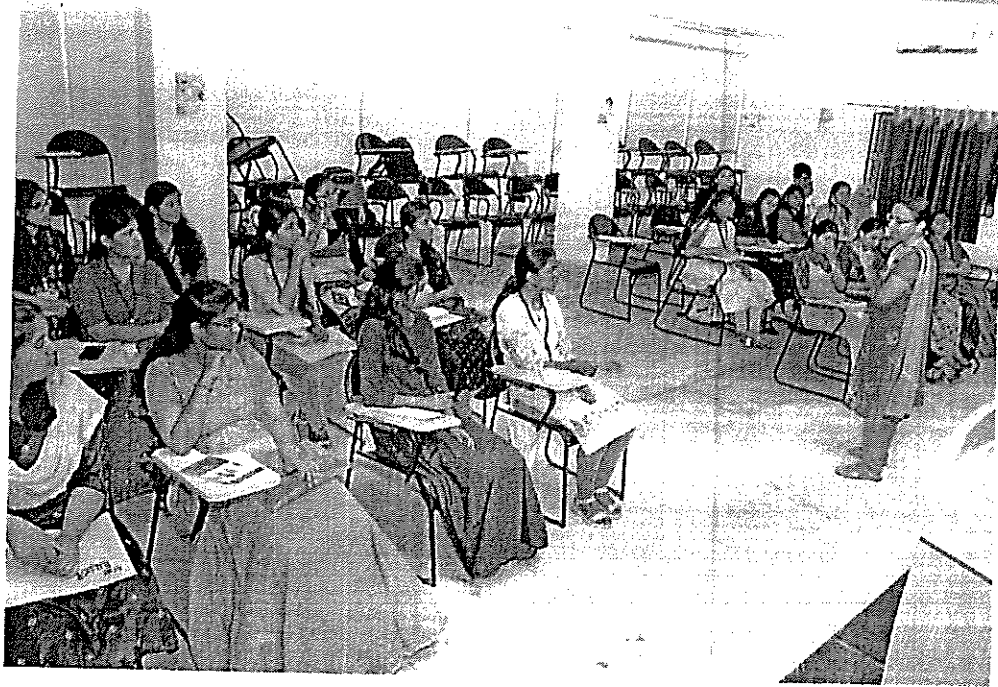
Course Syllabus

Topic	Faculty	Hours allotted
Psychology of Positivity: Introduction	Assistant Professor of Psychiatry	2 hours
Optimism versus Pessimism	Assistant Professor of Psychiatry	2 hours
Science and Power of the Human Brain	Associate Professor of Psychiatry	2 hours
Develop Positive Communication: Art of Positive Speaking	Associate Professor of Psychiatry	2 hours

Thinking in different Approaches and Backgrounds	Associate Professor of Psychiatry	2 hours
Understanding People and Negative behaviour	Assistant Professor of Psychiatry	2 hours
Workplace negativity: How to end	Associate Professor of Psychiatry	2 hours
Train your Mind to Train your Body	Associate Professor of Psychiatry	2 hours
Practical positive thinking tools and methods	Assistant Professor of Psychiatry	2 hours
Change Management: From negative to positive	Associate Professor of Psychiatry	2 hours
Deleting the history of old negative beliefs and foundations	Assistant Professor of Psychiatry	2 hours
Excellent Tips for positive thinking	Associate Professor of Psychiatry	2 hours
Viva voce	Assistant Professor of Psychiatry	2 hours
Written test		2 hours

Training on Positive Mental Attitude

S. No	Regn. No.	Name
1	U17MB106	KISHOREKUMAR S
2	U17MB107	KUMARESH S
3	U17MB108	LAKSHMIPRIYA S
4	U17MB109	MACHLIN S
5	U17MB110	MADHU SWETHA P
6	U17MB111	MADHUMITHA M
7	U17MB112	MADHUMITHA N
8	U17MB113	MADHUMITHAA M
9	U17MB114	MAGESH DEV S
10	U17MB115	MAHARABAM RONALDO
11	U17MB116	MALAVIKA G
12	U17MB117	MANOJ PRABHU V S
13	U17MB118	MANOJKUMAR J
14	U17MB119	MEENAKSHI B
15	U17MB120	MINIE HULDAH R
16	U17MB121	MOHAMED ARIF M
17	U17MB122	MOHAMEDROHETH R
18	U17MB123	MOHAMMAD TALHA SHADAN
19	U17MB124	MOHAMMED ABUBACKER SIDDIQUE
20	U17MB125	MOHAMMED FAISAL U
21	U17MB126	MOHITH M P
22	U17MB127	MUDRAGADA PRANEETH
23	U17MB128	MUSKAN BANSAL
24	U17MB129	NANDHITHA NAIDU V
25	U17MB130	NATTISHA JENIFER B
26	U17MB131	NAVEENBALAJI G V
27	U17MB132	NAVIN A
28	U17MB133	NEELES V
29	U17MB134	JUWAIN SHEHZAD NEHIL
30	U17MB135	NIGHIL AADHITHYA M
31	U17MB136	NISHANTH S R
32	U17MB137	NITHISH S
33	U17MB138	NIVEDHA V
34	U17MB139	NIVETHITHA N
35	U17MB140	PADMANABAN P
36	U17MB141	PAMURU YASHWITHA
37	U17MB142	PARKAVI G
38	U17MB143	PAUL REMIUS A
39	U17MB144	PAVITHRA P
40	U17MB145	PAVITHRA RESHMA S
41	U17MB146	PAVITHRA S
42	U17MB147	PEER MOHAMMED K
43	U17MB148	PONBARATHY V M
44	U17MB149	POOJA P
45	U17MB150	PRADAKSHINE S
46	U17MB151	PRADEEP G
47	U17MB152	PRADEEP M
48	U17MB153	PRADEEP KUMAR S
49	U17MB154	PRADHA RANJAN
50	U17MB155	PRAJIT N
51	U17MB156	PRANAV R P
52	U17MB157	PRAVEEN S
53	U17MB158	PRAVEENKUMAR S
54	U17MB159	PREETHI N
55	U17MB160	PREMALATHA R
56	U17MB161	PRITHA R J
57	U17MB162	PRIYADHARSHINI S
58	U17MB163	PRIYANKA KUMARI B
59	U17MB164	PRIYANKA T
60	U17MB165	PRIYANKHA R
61	U17MB166	PUSHPA PREETHI A



CORSE FEEDBACK FORM

Date: 13/02/19

Course Title: Training on Positive mental Attitude

Name: Nithish, S

RegNo: U17MB137

Department: Psychiatry

S.NO	Particulars	1	2	3	4	5
(1. Very Unsatisfied 2. Unsatisfied 3. Neutral 4. Satisfied 5. Very satisfied)						
1.	Objectives of the course clear to you					
2.	The course contents met with your expectations				✓	
3.	The lecture sequence was well planned			✓		
4.	The lecturers were clear and easy to understand			✓		
5.	The teaching aids were effective				✓	
6.	The instructors encourage interaction and were helpful			✓		
7.	The level of the course					✓
(1. Very poor 2. Poor 3. Average 4. Good 5. Excellent)						
8.	Overall rating of the course:	1	2	3	4	5

Please give suggestion for the improvement of the course:

Weakness of the course:

Strength of the course:

Nithish, S
Signature

Thank you

CORSE FEEDBACK FORM

Date: 14/02/19.

Course Title: Training on Positive mental Attitude

Name: Malavika.G

RegNo: U17MB116

Department: Psychiatry

S.NO	Particulars	1	2	3	4	5
(1. Very Unsatisfied 2. Unsatisfied 3. Neutral 4. Satisfied 5. Very satisfied)						
1.	Objectives of the course clear to you					
2.	The course contents met with your expectations					
3.	The lecture sequence was well planned					
4.	The lecturers were clear and easy to understand					
5.	The teaching aids were effective					
6.	The instructors encourage interaction and were helpful					
7.	The level of the course					
(1. Very poor 2. Poor 3. Average 4. Good 5. Excellent)						
8.	Overall rating of the course:	1	2	3	4	5

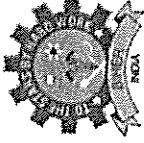
Please give suggestion for the improvement of the course:

Weakness of the course:

Strength of the course:

Malavika.G
Signature

Thank you



Bharath Institute of Higher Education and Research
Sree Balaji Medical College & Hospital



CERTIFICATE

This is to certify that Mr./Ms. APARNA R has completed the value added course on Training on Positive Mental Attitude conducted by Medicine at Sree Balaji Medical College & Hospital, Chennai held during 2/14/2019.

Dr. W M S Johnson

Dean, SBMCH