



**RANI BIRLA GIRLS'  
COLLEGE**  
38, Shakespeare Sarani,  
Kolkata -17

*Unlock Your Potential:  
Positive Psychology  
Course for College  
Students*

**Course Content:**

- Positive Mindset Mastery
- Stress Management Techniques
- Goal Setting and Achievement
- Building Meaningful Relationships
- Mindfulness Practices
- Strengths-Based Leadership

**Registration fee:**  
300 rupees.

**COURSE TYPE: ADD-ON  
COURSE DELIVERY: ON-LINE  
COURSE DURATION: 30 HOURS**

**Course Outcome:**

- Academic Success: Improve focus, motivation, and grades through positive mindset techniques.
- Well-being: Enhance mental health and build resilience for a fulfilling college experience.
- Future Readiness: Develop skills that contribute to personal and professional success.

**Course Coordinator:**

**Mr. Siddhartha Sarkar**

**Course Instructors:**

**Devaleena Ghosh her Team from  
Kornash  
Pampa Chatterjee**

**Classes Time:**

**Saturday 2:30 pm - 4 pm  
Thursday 6 pm - 7:30 pm**