

Course Title: Success in Life

Duration: 20 hours

Level: Masters

Delivery Mode: Interactive lectures, group discussion, reflection-based activities, and film-based learning.

Course Objectives:

- Recognize the significance of positive thinking.
- Cultivate self-confidence, discipline, focus, concentration, and perseverance.
- Understand how mindfulness contributes to achieving success.
- Value the importance of hard work, a persistent attitude, continuous learning, commitment, problem-solving skills, and emotional intelligence for success.
- Enhance skills in active listening, negotiation, network building, and feedback management.

Syllabus Outline (16 hrs)

Module 1: Positive Thinking (2 hours)

- What constitutes positive thinking?
- What positive outcomes can result from adopting a positive mindset?
- What strategies can be employed to foster positive thinking?
- In what ways does positive thinking contribute to achieving success?
- Activity: Engage in Gratitude Journaling.

Module 2: Self and Success (4 hours)

- Definition of self-confidence and its role in achieving success.
- Definition of discipline and its connection to success.
- Definition of concentration and the importance of focus in attaining success.
- Definition of perseverance and how it contributes to success.
- Activity: Self-building exercises.

Module 3: Mindfulness (2 hours)

- What is mindfulness?

- How does mindfulness fuel success?
- Activity: Mindfulness in daily life

Module 4: Key to Success (5 hours)

- How can one discern if someone is working diligently? What connection exists between hard work and achieving success?
- Explain the meaning of a persistent attitude. Is such an attitude a prerequisite for success?
- Elaborate on the significance of ongoing learning and dedication in attaining success.
- What constitutes problem-solving skills? How do these skills aid in achieving success?
- Define Emotional Intelligence. What are its five core components? In the context of reaching success, is Emotional Quotient (EQ) or Intelligence Quotient (IQ) more influential?
- Activity: Creating a success chart.

Module 5: Communication skills and Success (3 hours)

- The Art of Communication: Exploring its fundamental principles.
- Active Listening: Understanding its meaning and methods for improvement.
- Negotiation in Communication: Defining its role and impact on achieving desired outcomes.
- Network Building: Defining the concept and outlining practical strategies for effective network creation.
- Feedback Management: Describing its significance and connection to professional success.
- Activity: Engage in a role-playing exercise focused on demonstrating the Art of Communication.

Module 6: Real-Life Stories and Guided Reflection (2 hours)

Theme: *Turning Points – Lessons from Real Life*

Storytelling Session (1 hour)

- **Narratives of Change:** Share selected short stories, TED Talk clips, or inspirational real-life accounts (e.g. Sourav Ganguly) that highlight:
 - Positive Thinking

- Never giving up attitude
- The power of perseverance
- Importance of hardwork
- Overcoming hardships and coming out victorious

Module 7: Integration and Reflection (2 hours)

- Recap of things learned
- Guided reflection: “How do I become successful?”
- Sharing circles / self-assessment

Assessment and Activities:

- Reflection journal (weekly entries or summary)
- Group participation