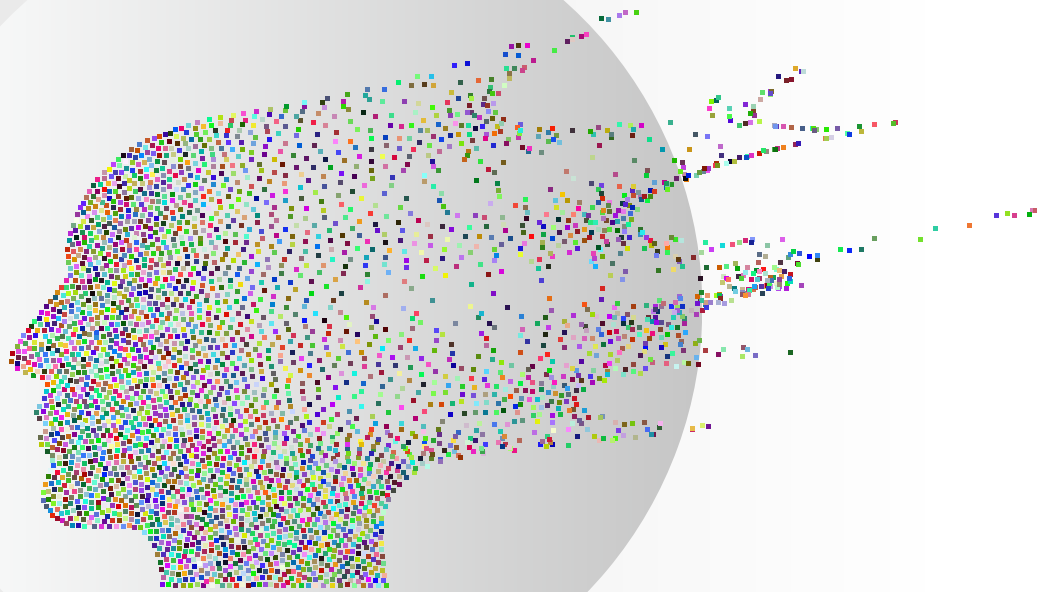


GODAVARI FOUNDATION 'S
**GODAVARI COLLEGE OF NURSING
JALGAON.**



VALUE ADDED COURSE ON



POSITIVE PSYCHOLOGY AND WORK LIFE

Commencing of the program : April 2026



VENUE

P.B.B.Sc. Final year classroom
GCON, Jalgaon, Maharashtra

NAME OF THE COURSE:**POSITIVE PSYCHOLOGY AND WORK LIFE****AIM OF THE COURSE:**

TO BUILD POSITIVE PSYCHOLOGY, ATTITUDE AND WORK LIFE BY USING BASIC TECHNIQUES.

OBJECTIVES OF THE COURSE:

- EXPLAIN VARIOUS POSITIVE PSYCHOLOGY
- IDENTIFYING THE PROBLEMS AT WORK PLACE
- POSITIVE PSYCHOLOGY TOOLS
- BENEFITS OF POSITIVE PSYCHOLOGY
- THEORY AND CONCEPT OF POSITIVE PSYCHOLOGY

DURATION: 20 HOURS

PERIODICITY OF COURSE:

APRIL, MAY, JUNE & JULY OF EVERY YEAR

COURSE FEE: FREE

CLASS SCHEDULE:

EVERY SATURDAY FROM 2:00 P.M. TO 4:00 P.M.

ELIGIBILITY:

THE COURSE IS FOR FINAL YEAR P.B.BSC NURSING STUDENTS

MEDIUM OF INTERACTION: ENGLISH

INTAKE CAPACITY

80% ATTENDANCE TO GET CERTIFICATE

FUTURE PROSPECTS:

THE COURSE WILL HELP THE NURSE TO BUILD POSITIVE PSYCHOLOGY AND POSITIVE WORK LIFE. THIS COURSE HAS BEEN FRAMED TO STUDY THE POSITIVE PSYCHOLOGY AND WORK LIFE USING BASIC TECHNIQUES, IDENTIFICATION OF TOOLS AND ASSESSMENT OF POSITIVE PSYCHOLOGY FROM VARIOUS SOURCES. WHICH WILL HELP TO MAINTAIN THE BALANCE BETWEEN PERSONAL AND PROFESSIONAL LIFE.

POSITIVE PSYCHOLOGY AND WORK LIFE SYLLABUS

Placement: P.B.BSc Final year

Hours: 20 hrs

Program description : This course has been framed to study the positive psychology and work life using basic techniques, identification of tools and assessment of positive psychology from various sources.

AIM OF THE COURSE : This course is designed to enable the knowledge, Positive psychology and work life practices.

COURSE OBJECTIVES:

By the end of this program the participant will be able to

- 1 Explain various positive psychology.
2. Identifying the problems at work place.
3. Positive psychology tools.
4. Benefits of positive psychology.
5. Theory and concept of positive psychology.

POSITIVE PSYCHOLOGY AND WORK LIFE SYLLABUS

SR. NO.	HOURS	LEARNING OBJECTIVE	CONTENT
1	3 Hrs	Understand the positive psychology and work life.	<ul style="list-style-type: none">• Introduction of positive psychology and work life• Definition
2	3 Hrs	Understand and discuss concept and theory	<ul style="list-style-type: none">• 17 benefits of positive psychology• Goals of positive psychology
3	3 Hrs	Discuss the Laws use in positive psychology	<ul style="list-style-type: none">• Theory and concept
4	3 Hrs	Learn the policies of organisation in balancing work life	<ul style="list-style-type: none">• Resource of work life imbalance• Solution of work life balance
5	3 Hrs	Benefits of applying principles of positive psychology in work place	<ul style="list-style-type: none">• HR solution to work life balance
6	3 Hrs	Solution of work life balance	<ul style="list-style-type: none">• Benefits of positive psychology and work life balance
7	2 Hrs	Agencies responsible for positive psychology	<ul style="list-style-type: none">• Work life balance program

