

**NATIONAL INSTITUTE OF TECHNICAL TEACHERS' TRAINING & RESEARCH,
Sector – 26, CHANDIGARH
Education & Educational Management Department**

Information Sheet

1. Name of the Short Term course : Building Positive Attitudes
2. Operational Plan : 1.2.98
3. Dates & Venue : 13 – 17 September, 2010 at NITTTR, Chandigarh
4. Target group : Teachers (of all subjects, both technical & non-technical) of Polytechnics of Delhi, Punjab, Rajasthan Jammu & Kashmir and other states in the Northern Region
5. Objectives of the course : The course aims at equipping the teachers of polytechnics with requisite knowledge & skills in developing Positive Attitudes towards themselves, students, colleagues, other people, technology etc
6. Course Contents : Attitudes – concept, levels, Formation, Building Positive Attitudes, Self Awareness, Goal setting, Communication Process, Interpersonal Relations, Motivation, Stress Management, Time Management, Enhancing self-esteem, Developing self-confidence, Power of positive thinking, Yoga & Meditation etc.

Methodology: The course objectives will be achieved through lecture-cum-discussion sessions, group tasks, exercises, and teach sessions etc.

7. Course Coordinator : Dr. Sunil Dutt, Associate Professor
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