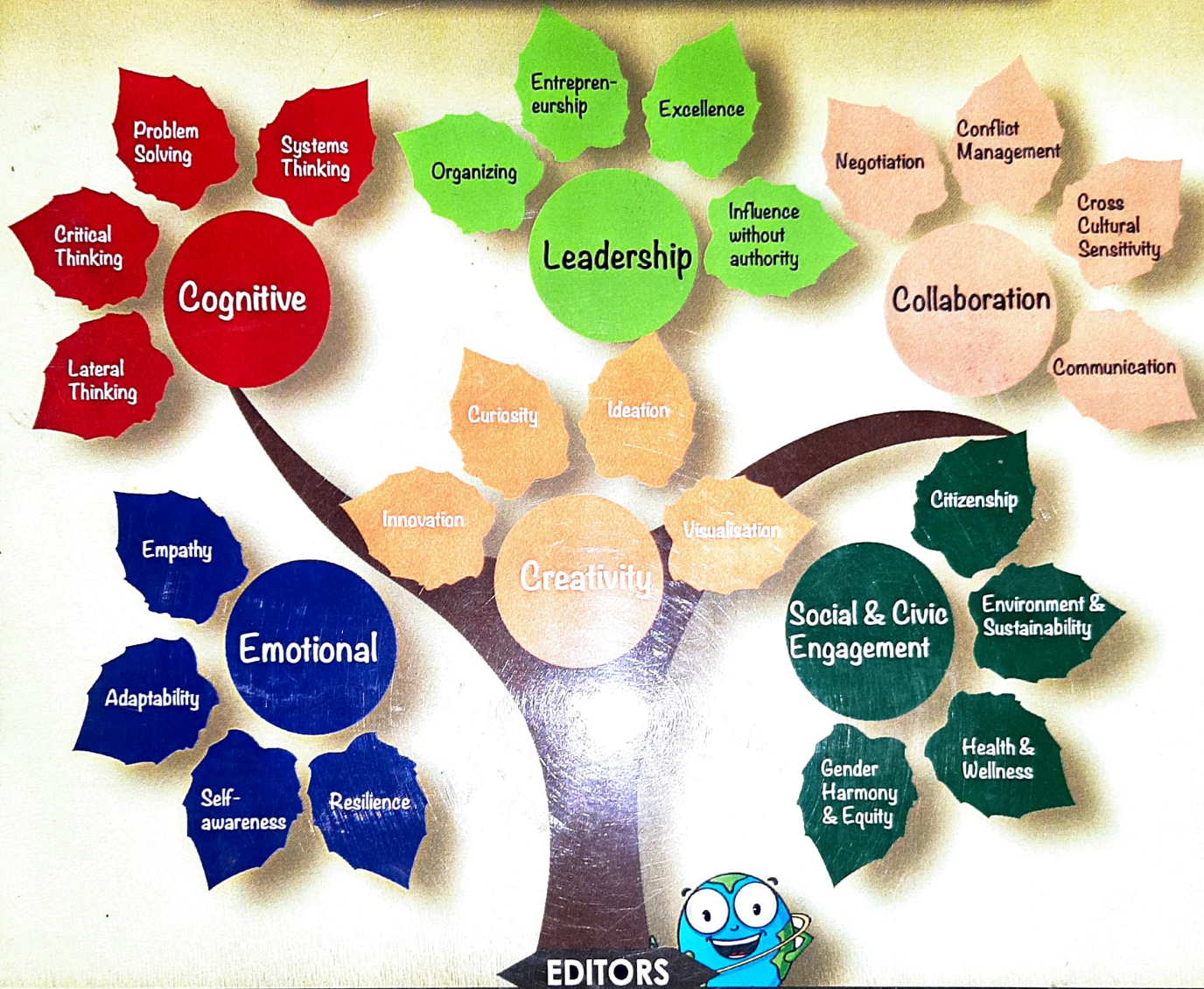


LIFE SKILLS EDUCATION



EDITORS



Dr.P.SUNDARA PANDIAN

Dr.R.PALANIAPPAN

Dr.R.SHOBANA DEVI



ESTD 1947

V.H.N. SENTHIKUMARA NADAR COLLEGE

(An Autonomous Institution Affiliated to Madurai Kamaraj University)

Reaccredited with A Grade by NAAC

Virudhunagar 626 001, Tamil Nadu , India

First Edition: July, 2020

© Virudhunagar Hindu Nadars' Senthikumara Nadar College (Autonomous),
Virudhunagar.

LIFE SKILLS EDUCATION

Dr.P.Sundara Pandian

Dr.R.Palaniappan

Dr.R.Shobana Devi

ISBN : 978-81-942052-3-4

Price : ₹ 340

No part of this publication may be reproduced or transmitted in any form by any means, electronic or mechanical, including photocopy, recording, or any information storage and retrieval system, without permission in writing from the copyright owners.

DISCLAIMER

The authors are solely responsible for the contents of the documents compiled in this volume. The publishers or editors do not take any responsibility for the same in any manner. Errors, if any, are purely unintentional and readers are requested to communicate such errors to the editors or publishers to avoid discrepancies in future.

Published by : **Virudhunagar Hindu Nadars'
Senthikumara Nadar College (Autonomous)**
3/151-1, College Road
Virudhunagar – 626 001, Tamilnadu, India.
email: support@vhnsnc.edu.in
website: www.vhnsnc.edu.in
Phone : (04562) 280154 Fax: (04562) 281 338

Typesetting & Printed at: **Muthu Computers & Printers**
25-B, T.T.K.Road, (Near M.G.R. Statue)
Virudhunagar – 626 001, Tamilnadu, India.
email : muthucolorprint@gmail.com
Phone: (04562) 266353, 9442997429

Chapter VIII Dr. A. Rizwana
Assistant Professor of Mathematics
VHNSN College (Autonomous), Virudhunagar

Chapter IX A. Parveen Banu
Assistant Professor of Business Administration
St. Joseph's College For Women, Tirupur
&

Dr. M. Shapna Yasmin
Assistant Professor of Social Work
Fatima College, Madurai

Chapter X Dr. S. Packiaraji
Assistant Professor of Commerce
S.B.K College, Aruppukottai

Chapter XI S. Jeyasiba Ponmani
Research Scholar in English
PSGR Krishnammal College for Women, Coimbatore
&

Dr. P.Sami
Associate Professor of Chemistry
VHNSN College (Autonomous), Virudhunagar

Chapter XII P. Geetha
Assistant Professor of Commerce
VHNSN College (Autonomous), Virudhunagar
&

Dr. Y. Vidhya
Assistant Professor of English
VHNSN College (Autonomous), Virudhunagar

Chapter XIII T. Muthuvijayaraja
Assistant Professor of Computer Applications
VHNSN College (Autonomous), Virudhunagar

Chapter XIV G. Petchiammal
Assistant Professor of Mathematics
VHNSN College (Autonomous), Virudhunagar

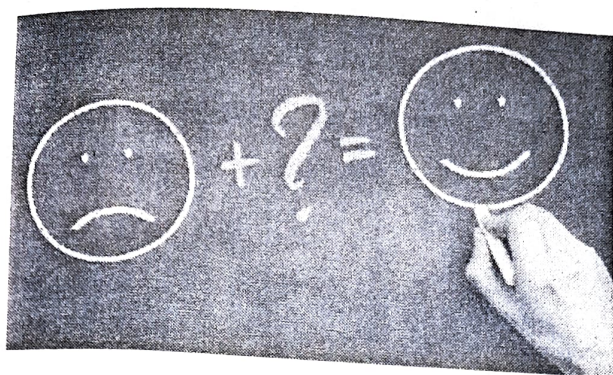
Chapter XV B. Abirami
Assistant Professor of Commerce (CA),
VHNSN College (Autonomous), Virudhunagar



Chapter VII	INTERPERSONAL SKILLS	77-89
	<i>Dr. P. Mahalakshmi</i>	
	Introduction – what are interpersonal skills– definition – some examples of interpersonal skills– importance of interpersonal skills– jobs that require interpersonal skills– developing interpersonal skills– how to improve interpersonal skills– easy ways to improve interpersonal skills– conclusion	
Chapter VIII	GOAL SETTING AND DECISION MAKING	90-110
	<i>Dr. A. Rizwana</i>	
	Goal setting and decision making– definition – types of goals – importance of goal setting – effective goal setting techniques – importance of good decision making – barriers of effective decision making – techniques to improve decision making	
Chapter IX	POSITIVE THINKING	111-118
	<i>A. Parveen Banu & Dr. M. Shapna Yasmin</i>	
	Positive thinking–definition – importance – how to train to think positivity – positive attitudes towards life – remove negativity	
Chapter X	CRITICAL THINKING & CREATIVE THINKING	119-142
	<i>Dr. S. Packiaraji</i>	
	Critical thinking and creative thinking – characteristics of critical thinking – qualities of a well cultivated critical thinker – how to improve critical thinking – components of creative thinking – stages of creative thinking – steps to develop creative thinking – characteristics of creative individuals – techniques to enhance creativity	

CHAPTER - IX

POSITIVE THINKING

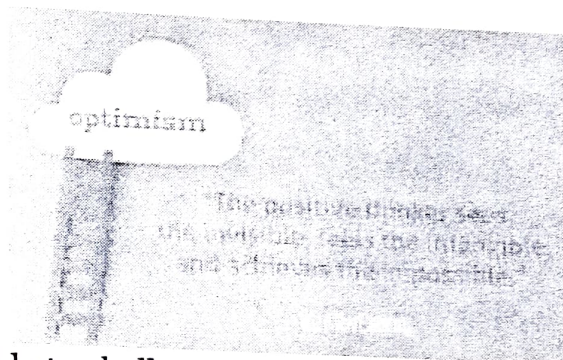


"The positive thinker sees the invisible, feels the intangible and achieves the impossible."

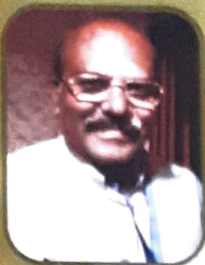
-Winston Churchill

INTRODUCTION

Positive thinking is an important part for every person in his/ her life. Normally we look at everything in a positive way but sometimes our situations or circumstances may force us to think in a negative way. Even when you are facing difficult situations, you can deal with them in a positive way and will be able to challenge and achieve success in your life. It is scientifically proven that a positive attitude can have a considerable influence on your career and your life in general.

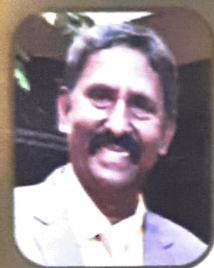


The term 'Optimism' is a Latin word which means best. It is defined as to take everything in a good and positive manner. Optimistic approach helps us to take the best and possible outcome in our life. Optimism plays a vital role in positive thinking. Positive thinking is an optimistic state of mind, which sees the bright side of life. A positive structure of mind gives more harmony and happiness, improves relationships, and attracts success life. Positive thinking increases life span, it decreases rates of depression, lower level of distress. Positive thinking leads a man to success. Positive thinking makes it easier to remove worries and negative thoughts. It also brings positive attitude in us. If we think positive then no one can make us feel wrong and can deviate from our works. It is also said that if you believe in yourself then anything is possible.



Dr. P. Sundara Pandian M.Com. M.A., M.B.A., M.Sc., M.A., M.Phil, PGDCA, PGDMIR, DLLAL., Ph.D.

Is a writer and thinker on Commerce and Management subjects for more than a quarter of a century. He is the Principal of V.H.N.S.N College (Autonomous), Virudhunagar since 2011. He has produced 43 M.Phil. and 13 Ph.D. scholars. He has credit in authoring 40 books and published 226 research articles in National, International Journals and in edited books. He has completed one UGC Major Research Project. He was the recipient of Best Teacher Award by Tamilnadu State Council for Higher Education in the year 2007-2008. Best Teacher Award by VHNSN College (Autonomous) for the year 2008-2009 and Best NSS Programme Officer Award by Government of Tamilnadu in the year 2004-2005. He is the recipient of Nehru Life Time Achievement Award from Nehru Groups of Institutions. He has also won Best Administrator Award from PEARL foundation for Educational Excellence in the year 2017. He has organized a number of UGC, TANCHE and NAAC sponsored programme for the benefit of faculty members and students. He has acted as Organizing Chairman in International Conference on "Emerging Trends in Science and Social Science" on 2nd & 3rd May, 2019 held at Kuala Lumpur, Malaysia. He is one of the accreditation Member in NAAC Peer Team.



Dr. R. Palaniappan M.C.A., M.Phil. Ph.D.

Is presently working as an Associate Professor in Computer Science in V.H.N.S.N College (Autonomous), Virudhunagar. He has 31 years of teaching experience. His area of research specialization is Data Mining. He has produced 10 M.Phil. Scholars. He has credit in publishing 7 research articles in National, International Journals. He was the recipient of Best Teacher Award by VHNSN College in the year 2017- 2018. He has received the Best NSS Programme Officer Award by Madurai Kamaraj University in the year 1999-2000. He is serving as the Controller of Examinations at VHNSN College (Autonomous) for the past seven years. He has acted as steering committee coordinator during the NAAC visit in VHNSN College. He has been the resource person in various seminars organized by colleges. He has served his institution in various capacities including the chief warden of hostel and various academic, co-curricular, and extra-curricular committees.



Dr. R. Shobana Devi M.Com., M.Phil., Ph.D., PGDCA.,

Is presently working as an Assistant Professor, Research Centre in Commerce, VHNSN College (Autonomous), Virudhunagar. She has 10 years of teaching experience with 12 years of research experience. Her area of specialization is Human Resource Management. She has completed a Minor Research Project funded by UGC. She has guided 13 M.Phil., scholars. She has published 50 articles in various National and International journals and has also presented 43 research papers in the National and International conferences and seminars.

ISBN : 978-81-942052-3-4

