

THINK SMART TO DREAM SMART

AN ONLINE CERTIFICATE COURSE

ON

THOUGHT MANAGEMENT

AN INITIATIVE

FROM

THE PSYCHOTHERAPY COUNSELLING LIFE COACHING CELL

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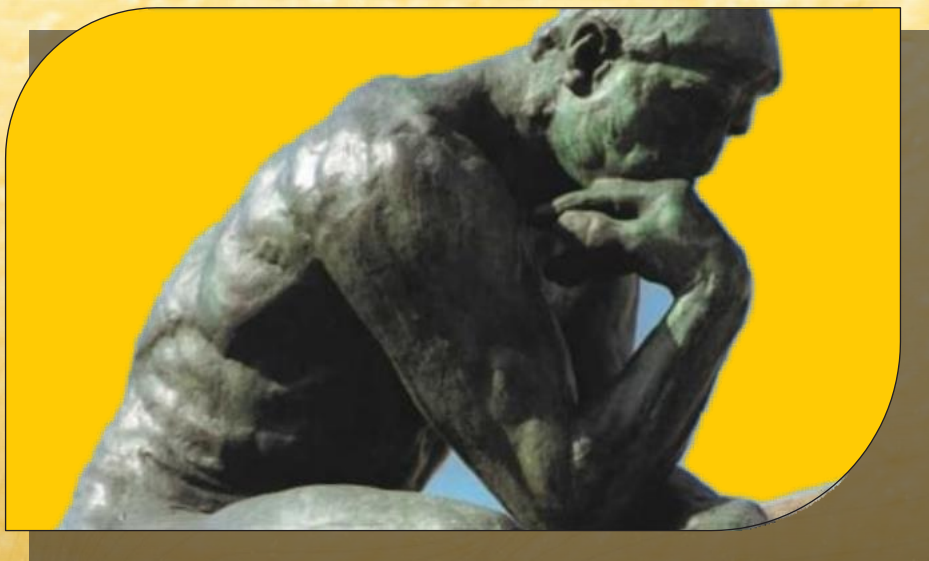


**ON
ITS 60th YEAR
CELEBRATION**

THE BEST PRACTICE OF

THE DEPT. OF PHILOSOPHY

**GEARED TOWARDS THE SELF-DEVELOPMENT QUEST OF THE HUMANITY AS
AN EXTENSION AND OUTREACH PROJECT**



' Watch your thoughts, they become your words; watch your words, they become your actions; watch your actions, they become your habits; watch your habits, they become your character; watch your character, it becomes your destiny " – Lao Tzu

COURSE DESCRIPTION & SIGN-UP

INTAKE : **FIRST 100 APPLICANTS**

WHO CAN JOIN : **ANYONE FROM THE STAKEHOLDERS OF AN INSTITUTION WHO WANTS TO MAKE A DIFFERENCE IN THEIR LIVES**

COURSE DURATION : **40 HRS.**

COURSE FEE :	
STUDENTS : RS. 50/-	GUARDIANS - RS. 100/-
NON-TEACHING STAFF - RS. 100/-	FACULTY - RS. 200/-

COURSE OBJECTIVES :

- ◆ KYS - KNOW YOUR SELF TO MEET THE OTHER YOU
- ◆ ALL ENCOMPASSING SELF-AWARENESS TO MANIFEST THE BEST VERSION OF AN INDIVIDUAL AND ASSOCIATED ABUNDANCE
- ◆ DECONSTRUCTION OF THE EXISTING BELIEF PATTERN
- ◆ STRENGTHENING THE MENTAL MUSCLE FOR THOUGHT DISCIPLINING
- ◆ GOAL SETTING
- ◆ TAKING ACTIONS
- ◆ POST COURSE FOLLOW UP MEET UPS TO ENSURE CONTINUED SUPPORT

MODE OF TEACHING : **English & Bengali**

MODE OF EVALUATION : **PROJECT**

ATTENDANCE : **MANDATORY FOR THE ISSUANCE OF THE CERTIFICATE**

HOW TO APPLY :

The candidate willing to apply is instructed to -

- Click on <https://www.mdmbirati.org>
- Click on the tab "Add On / Value Added Course".
- Click on the dropdown "THOUGHT MANAGEMENT".
- You will be directed to the online registration form. Fill in the form carefully.
- After successful registration, you need to make the payment on the inaugural day.
- All candidates must upload their institutional ID proof (For example, College ID / Registration / Admit / Library Card / Equivalent ID).

WILL KICK OFF : IN LATE JULY' 2024

DURATION : 3 WEEKS (2 CLASSES @DAY) LAST DATE FOR THE REGISTRATION : 07.07.24

We promise to check our inbox philosophymdm@gmail.com if you have any question.

ABOUT

"We are what we think. All that we are, arises with our thoughts. With our thoughts we make our world" - The Buddha.

In the grand tapestry of life, every thread represents a choice, a thought, an action. Our mind is a garden of infinite possibilities where thoughts bloom like flowers and when the gardener leaves them untended, weeds of doubt, fear and procrastination choke the vibrant life from our dreams as they badly need nurturing in the form of intention and care. The mind is the leader or forerunner of all actions. Our actions are a direct result of our thoughts. We need to begin to think about what we are thinking about. So many people's problems are rooted in thinking patterns that actually produce the problems they experience in their lives. Satan offers wrong thinking to everyone but we do not have to accept his offer. Daily improvements in our thoughts leads to an enriched life, a life where dreams aren't just fleeting shadows in the night but vivid realities basking in the sunlight of our persistence.

" Under all that we think, lives all that we believe, like the ultimate veil of our spirits " - emphasized by Antonio Machado. Once accepted, our beliefs become unquestioned commands to our nervous systems, and they have the power to expand or destroy the possibilities of our present and future. If we want to direct our lives, then we must take conscious control over our beliefs before they strip us of our personal power and destroy our ability to act.

Our thoughts are the pathway to our destiny. Our life today is a reflection of the dominating thoughts we allowed to take up residence in our mind yesterday. The good news is : we can drastically change the direction of our lives by changing what we are feeding our mind. We can live a certain way for 10 years, 20 years, 40 years and then one day decide to tear the script and live a completely different life.

Everything gets its start in the mind. Our imagination is extremely powerful. It is the birthplace for all great ideas and dream pursuits. If we can't imagine it, we will never have it. Any successful person who has achieved admirable dreams has had to take a giant step of faith into the impossible. They say, if your dreams seem possible, you are not dreaming big enough. The impossible dreams stretch us, challenge us and force us to grow. Our imagination is everything. It is the preview of life's coming attractions. They say, " If you can see it in your mind, you can hold it in your hand ".

WELCOME NOTE

Hello beautiful soul!

Are you ready to unlock your full potential and achieve your wildest dreams?

Thank you so much for your valuable time that you have chosen to go through this write-up and we strongly believe that you are fully prepared to work on your vision. Yes, this wonderful course has been scientifically curated just for you and your life. It will provide you an arsenal of tools for lasting change as well as lessons for enriching the quality of your life. Don't dare to forget what a well-known pastor Charles R. Swindoll said - " Life is 10% what happens to you and 90% how you react to it ". You have the power to control your reactions and make choices that lead to constructive outcomes, regardless of external circumstances.

The number one predictor that you will be successful is when you are intentional about your personal growth. If you want a remarkable life you have got to pay a remarkable price. You must invest in your personal growth. Unlike other investments out there, investing in yourself is never a risk. It always pays off. The largest room in the world is the room for improvement. Make you and your growth a priority every day. Never stop dreaming. Never stop using your imagination. Never get comfortable with where you are. When you stop dreaming you start dying. It's the dream that keeps you young, it's the vision that keeps us going. The reason people won't become who they want is because they are too attached to who they have been. You have got to rescue you first and the secret is to fill your mind with thoughts of faith, confidence and security. You can't fill your mind with negative input and expect to live a positive life. Design your life -don't just live it.

It's time to aim for your future and work on your God gifted gift, full speed ahead, and it all begins by giving yourself permission to dream.... and to dream big. You are never too old to start working toward a dream. Get ready to adapt and evolve. Harness the power of your subconscious. Let's make the days to come sparkler than ever. Allow us to work on your habitual worries, anxieties, disasters, frustrations, tension, apprehensions, grief, insecurities, unhappiness. to help you to bless with the opposites of those. Your life needs an update. Don't forget what Rene Descartes said " It is not enough to have a good mind ; the main thing is to use it well ".

Can't wait to see you inside.

Much love & light for you and your massive success. God is blessing.

COURSE OVERVIEW

Achieving a dream involves not just a single-minded focus on the end goal, but also a series of small, consistent changes in attitude and behavior across various aspects of life. This holistic approach helps build the mindset necessary to overcome challenges and ultimately reach the desired outcome. Hope the following lessons, some of the non-negotiables for the manifestation of your dreams, will help you to join the dots to create an integrated whole.

Lesson No.	NAME
1	Introduction to Thought Management : Clear the Cobwebs from Your Thinking
2	You and Your Circumstances are Your Thoughts
3	Self-awareness, Self-love, Self-acceptance
4	Shedding Skin - The Roar of the Ego
5	Moving beyond Your Boat Anchors - Internal Blocks and External Excuses
6	Thought & Act - The Science of Neuro - Associative Conditioning
7	Our Questions Determine Our Thoughts - The Power of Positive Thinking
8	Changing Your Philosophy - Rewiring your Belief Systems : The Power to Create andThe Power to Destroy
9	Why You Need A Vision Board
10	Don't Share Big Dreams With Small Minds
11	Be Inspired by Others Who Dared to Dream
12	Goal Setting and Visualization : From Passive wishing to Active Doing
13	Harness the Power of Decision
	Q & A
14	Radical Confidence: The Power is not Out There, It Is In You
15	The Art of Resilience : The only Failure in Life is to Never Fail
16	Habit Formation and Self-discipline - Tiny Changes Lead to Lasting Breakthroughs
17	Maintaining Consistency - Strengthening the Focus Muscle
18	Overcoming Procrastination - Progress Not Perfection
19	Emotional Intelligence : Clarity is Power
20	Embracing Vulnerability and Authenticity in Life
21	Physical Destiny : The Human Body is the Best Picture of the Human Soul
22	Spiritual Compass : The Power of Now

Lesson No.	NAME
23	Mastering Relationships & Love Life - The Place to Share & Care
24	In a Committed Bonding with Money - Financial Literacy
25	Time is Currency - How to Spend, Invest & Save Wisely
	Q & A
26	Your Subconscious Mind & Your Happiness Mantra
27	Your Inner Scorecard - Success Code : Pave Your Own Road - There's Less Traffic
28	Success Vocabulary : Daily Affirmations
29	The 5 P's of a Personal Pep Talk
30	Practicing Gratitude : The Gateway Drugs to Awesomeness
31	Faith Filled Mindset & Favor Filled Life
32	Proficiency in a Global Language like English (BONUS HOUR)
33	Identifying Psychological Barriers to Speaking English - Fluency Boosting Thoughts (BONUS HOUR)
34	How to Make it Happen - Your Workbook Exercise
35	The Most Powerful Life Hacks to Ignite Your Dreams
36	Couse Review, Group Discussion & Feedback
37	Final Thoughts and Course Closure - Assessment & Certification

All the Best!