



Mahila Shikshak Prashikshan Mahavidyalaya

NAAC ACCREDITED



Dr.Naveen Sharma
Course Organizer

VALUE ADDED COURSES ON PERSONALITY

DEVELOPMENT(PD)

Academic Year (2023-24)

‘COURSE ON PERSONALITY DEVELOPMENT’

Course Code: PD

COURSE LEARNING OUTCOMES

1. To develop talent, facilitate employability enabling the incumbent to excel and sustain a highly competitive world.
2. To enhance personality with regard to the different behavioral dimensions that have far reaching significance in the direction of professional effectiveness
3. To make students know about self-awareness, life skills, soft skills, need for personal development etc
4. To make students understand and exhibit accurate sense of self and think critically.
5. To help students learn to balance confidence with humility and overcome problems associated with personality

Duration of the Course: 30 hours

The duration of the course will be for Fifteen Days (30 hours). Each working day shall consist of one hour of teaching (practical/theory).

TEACHING-LEARNING METHODOLOGY:

This course will make the students groom their personality and prove themselves as good Samaritans of the society. This course consists of individual or in-group class presentations pertaining to the applications of concepts. Students will be taught various aspects of Personality Development in order to groom themselves for this competitive world through interactive classes.

**VALUE ADDED/
CERTIFICATE**

Academic Session-2023-24

Course Code : VACPD(Value Added course on Personality Development.)

Course Duration: 30 hours

Name of Value Added/ Certificate offered	Duration of Course (HRS)	No.of the students Enrolled in the Year
Personality Development	30	87

SYLLABUS:

UNIT 1: Introduction to Personality Development

1. Personality traits and theories (02 HOURS)
2. Self- Image and Self-Concept (02 HOURS)
3. Dressing Sense (02 HOURS)
4. Table Manners (02 HOURS)
5. Diet and Health (02 HOURS)

UNIT 2: SELF GROOMING

1. Group Dynamics (02 HOURS)
2. Team Building (02 HOURS)
3. Time Management (02 HOURS)
4. Positive Attitude (02 HOURS)
5. Self Esteem (01 HOUR)
6. Motivation (01 HOUR)

UNIT 3: SOCIAL AND CORPORATE ETIQUETTES

1. Interpersonal Relations (02 HOURS)
2. Communication Skills (02 HOURS)
3. Personal Branding (02 HOURS)
4. Leadership Skills (02 HOURS)
5. Presentation Skills (01 HOUR)
6. Stress Management (01 HOURS)