

# **Sri Sathya Sai College for Women, Bhopal**

**(An Autonomous College affiliated to Barkatullah University, Bhopal)**

**(NAAC Accredited 'A' Grade)**



## **SYLLABUS**

**UG**

**SESSION- 2023-24**

**CLASS: II YEAR**

**SUBJECT: Vocational Course**

**(Personality Development)**

# Sri Sathya Sai College for Women, Bhopal

(An Autonomous College Affiliated to Barkatullah University Bhopal)

Department of Higher Education, Govt. of M.P.

Under Graduate Syllabus (Annual Pattern)

As recommended by Central Board of Studies and approved by the Governor of M. P.

wef 2021-2022

(Session 2023-24)

(NEP-2020)

Class / कक्षा	UG II year
Year / वर्ष	Second Year
Course Title / पाठ्यक्रम का शीर्षक	Personality Development / व्यक्तित्व विकास
Course Type / पाठ्यक्रम का प्रकार	Vocational / व्यावसायिक
Credit Value/ क्रेडिट मान	2 (Theory) + 2 (Practical) = 04
Max. Mark/ अधिकतम अंक	30+70 (Minimum Marks 35)

### Course Learning Outcome: -

After completion of course, students will be able to

- Students will gain knowledge about the basics of Personality Dynamics
- Students will learn to implement techniques of Personality Development
- Students will develop Skills of self resilience and assertiveness in their personality.
- Students will learn Interview skills.
- Students will be able to understand about the importance of life skills needed for personality development.

पाठ्यक्रम अध्ययन की परिलब्धियां (कोर्स लर्निंग आउटकम)

पाठ्यक्रम पूर्ण करने पर विद्यार्थी सक्षम होंगे

1. विद्यार्थी व्यक्तित्व गतिकी का आधारभूत ज्ञान प्राप्त करेगा।
2. विद्यार्थी व्यक्तित्व विकास की तकनीकों को प्रयुक्त करना सीखेगा।
3. विद्यार्थी अपने व्यक्तित्व में लचीलापन एवं दृढ़ता के कौशल विकसित करने में सक्षम होगा।
4. विद्यार्थी साक्षात्कार कौशल सीखेगा।
5. विद्यार्थी व्यक्तित्व विकास हेतु आवश्यक जीवन कौशलों के महत्व को समझने के योग्य होगा।

### Particular / विवरण

Unit I	Dynamics of Personality:- Nature and Determinants Classification of Personality- Jung, Sheldon, Kretschmer and five factor theory
इकाई -I	व्यक्तित्व की गतिकी : प्रकृति एवं निर्धारक व्यक्तित्व का वर्गीकरण-यंग शैल्डन क्रेचमर एवं पंचकारक सिद्धांत
Unit II	Technique of Personality Development:- Self control, self resilience, self esteem, factors affecting assertiveness, pro-social behavior, interpersonal relationships issues. Interview skills
इकाई -II	व्यक्तित्व विकास की तकनीकें:- आत्म नियंत्रण, आत्म लचीलापन, आत्म सम्मान, दृढ़ता को प्रभावित करने वाले कारक, परोपकारी सामाजिक व्यवहार (प्र.सामाजिक व्यवहार), अन्तर्व्यक्तिक संबंधी से संबंधित मुद्दें, साक्षात्कार कौशल।

Unit III	Emerging Areas of Personality Development:- Life skills- Social Intelligence and Personality Development(SQ) Emotional Intelligence and Personality Development(EQ) Spiritual Intelligence and Personality Development (SPQ)
इकाई III	व्यक्तित्व विकास के उभरते क्षेत्र :- जीवन कौशल: सामाजिक बुद्धि एवंव्यक्तित्व विकास (एक.क्यू) सॉवेगिक बुद्धि एवं व्यक्तित्व विकास(ई.क्यू) आध्यात्मिक बुद्धि एवं व्यक्तित्व विकास(एसपीक्यू)
Practical	1. Case Study 2. Aggression Management 3. Reporting Interview on any successful Personality. 4. Self career Perception. 5. Report Writing on spiritual Intelligence and Personality Development.
प्रेक्टिकल	1 व्यक्ति वृत्त अध्ययन 2 आकामकता प्रबन्धन 3 किसी सफल व्यक्तित्व के साक्षात्कार पर प्रतिवेदन 4 स्व (आत्म) केरियर प्रत्यक्षीकरण। 5 आध्यात्मिक बुद्धि एवं व्यक्तित्व विकास पर प्रतिवेदन लेखन।
Project /Field Trip:- 1. Submit a report on stress Management. 2. Visit to any one center for mentally disabled and submit report based on their Personality Development.	
प्रोजेक्ट / फील्ड ट्रिप्स 1. प्रतिबल प्रबन्धन पर एक प्रतिवेदन प्रस्तुत करें। 2. मयनसिक रूप से विकलांगों के लिये स्थापित किसी भी एक केन्द्र का भ्रमण एवं उने व्यक्तित्व विकास पर आधारित प्रतिवेदन प्रस्तुत करें।	
Text Books, Reference Books, other resources	
1. Andrews, Sudhir(1988) How to Succeed at Interviews.21 <sup>st</sup> (rep.)Tata McGraw-Hill, New Delhi. 2. Covey, Stephen.(1989).The 7 Habits of Highly Effective People.NY: Free Press 3. Hindle, Tim(2003) Reducing Stress. Essential Manager Series.DK Publishing. 4. Lucas, Stephen (2001). Art of Public Speaking. Tata-MC-Graw Hill, New Delhi. 5. Petes S.J.Francis (2011).Soft Skills and Professional Communication. Tata McGraw- Hill Education, New Delhi 6. Smith,B (2004).Body Language.Rohan Book Company,Delhi. 7. Hall,C.S.Lindzey, G & Campbell,J.B (2007) Theories of Personality.4 <sup>th</sup> Edn. Wiley India. 8. Kundu. C.L (1989) Personality Development. ND Sterling Pub.	
<b>Suggested equivalent online courses: e-reading:</b> 1.Basics of Communication:- <a href="https://www.glowandlovelycareers.in/en/course-detail/nlit-156/basics-of-communiation">https://www.glowandlovelycareers.in/en/course-detail/nlit-156/basics-of-communiation</a> . 2. Social Etiquettes:- <a href="https://www.glowandlovelycareers.in/en/course-detail/englishedge-904/social-etiquitte">https://www.glowandlovelycareers.in/en/course-detail/englishedge-904/social-etiquitte</a> . 3.Self-Presentation:- <a href="https://www.gpwamdlovelycareers.in/en/course-detail/niit-161/self-presentation">https://www.gpwamdlovelycareers.in/en/course-detail/niit-161/self-presentation</a> .	

**Suggested Continuous Evaluation Methods:**

<b>Maximum Marks: 100</b>		
<b>Continuous Comprehensive Evaluation 30 marks (CCE): Term End Exam Theory 70 marks</b>		
<b>Internal Assessment : Continuous Comprehensive Evaluation (CCE): 30 Marks</b>	There shall be 4 class tests of 10 marks each, out of which the 3 best scores are to be taken into account.	<b>10+10+10= 30</b>
<b>External Assessment: Term End Exam (Theory) 70  Time : 03:00 Hrs.</b>	<p><b>Section (A) 10 Marks</b> (a) Objective questions – 5 (b) Very Short Answer type question – 5 (word limit 50 words)</p> <p><b>Section (B) 24 Marks:</b> Short Answers Type Questions 1 question from each unit (word limit – 250 words) 4 to be attempted out of 7 given questions</p> <p><b>Section (C) 36 Marks:</b> Long answer type questions (word limit 500 words) 4 to be attempted out of 7 given questions</p>	<p><b>10 question 01 marks each - 10</b></p> <p><b>4 question 06 marks each - 24</b></p> <p><b>4 questions 09 marks each - 36</b></p>
		<b>Total 70</b>

Course (Credit)	Course Type	Credits Allocated			Distribution of Theory marks		Distribution of Practical marks		Tutorial marks
		Theory	Practical	Tutorial	Internal CCE	External (Year End Exam)	Internal	External (Year End Practical Exam)	
DSE/SEC (Vocational Course)(4)	Type 1	4	0	NA	30	70	NA	NA	NA