

PERSONALITY DEVELOPMENT
(Value Added Course)

VAC Coordinator: Shaik Eliyas Ali

VAC Instructors: Yundamoori Veerendranath

Course Structure:

| Course | Class | No. Of Students (Max) | Duration | Date |
|-------------------------|----------------|--------------------------|-------------------------------------|-----------------------------|
| Personality development | I B.Tech I Sem | 90 | 3 hrs/week (Maximum of 30 hours) | 15.04.2016 TO 27.04.2016 |

Course Description: This course examines personal development by exploring a wide variety of ways in which to change, grow, and achieve one's creative potential. The focus is on the discovery of self and the authentic search for meaning in one's own life. The class advances a multi-faceted approach to personal development combining theory, personal experience, and self-reflection.

Prerequisites:

- **Personal Development Presentation:** This semester student will develop an eight minute presentation on a topic regarding your own personal development and journey.
- **Book Reviews:** Student will write a two-page review of each of the four class texts. Student will also discuss each book in class.
- **Class Evaluation:** Student will write a one page typed summary of your reactions to the class material as a whole: what student liked, learned, what student would change.

Course Description:

| <u>Particulars</u> | <u>Method</u> |
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| <u>Introduction to Personality & working towards developing it</u> | |
| <ul style="list-style-type: none"> • Definition and Basics of Personality | Theory Class |
| <ul style="list-style-type: none"> • Analyzing Strength and Weakness(SW) | One on One session |
| <ul style="list-style-type: none"> • Corporate Theories on Personality Development | Video Class |
| <ul style="list-style-type: none"> • Increasing Vocabulary | Practical Class |
| <ul style="list-style-type: none"> • Body Language | Practical Class |
| <ul style="list-style-type: none"> • Preparation of Self Introduction | Practical Class |
| <u>Techniques in Personality development Stage I</u> | |
| <ul style="list-style-type: none"> • Communication Skills <ul style="list-style-type: none"> • Listening • Communication Barriers • Overcoming these Barriers | Theory Cum Practical Class, Group Discussion, Impromptu, Public Speaking |
| <ul style="list-style-type: none"> • Building Self – Esteem and Self – Confidence | Theory cum Practical Sessions |
| <ul style="list-style-type: none"> • Working on attitudes .i.e. aggressive, assertive and submissive. | Questionnaires, Role Play, Management Games |
| <u>Techniques in Personality development Stage II</u> | |
| <ul style="list-style-type: none"> • Introduction to Leadership | Group Discussion, Extempore, Case Studies |
| <ul style="list-style-type: none"> • Leadership Styles | Case Studies, Questionnaire |
| <ul style="list-style-type: none"> • Group Dynamics | Case Studies, Questionnaire |
| <ul style="list-style-type: none"> • Team Building | Team Games, Management Games |
| <u>Techniques in Personality development Stage III</u> | |
| <ul style="list-style-type: none"> • <u>Interpersonal Relationships</u> <ul style="list-style-type: none"> • Analysis of Ego States, transactions, Strokes & life Positions | Lecture & Questionnaires |
| <ul style="list-style-type: none"> • <u>Stress Management</u> <ul style="list-style-type: none"> • Causes, Impact & Managing Stress | Lecture, Group Discussions & relaxation techniques |
| <u>Techniques in Personality development Stage IV</u> | |
| <ul style="list-style-type: none"> • <u>Conflict Management</u> <ul style="list-style-type: none"> • Introduction to Conflict Management • Levels of Conflict • Managing Conflict | Team & Management Games, Questionnaire |
| <ul style="list-style-type: none"> • <u>Time Management</u> <ul style="list-style-type: none"> • Concept • Importance & Need • Steps Towards better time management | Team & Management Games, Questionnaire |