

PERSONALITY DEVELOPMENT PROGRAMME FOR ENGINEERS
(Value Added Course)

VAC Coordinator: Zaheer Billa

VAC Instructors: Akella Raghavendra

Course Structure:

Course	Class	No. Of Students (Max)	Duration	Date
Personality development programme for engineers	I B.Tech I Sem	88	3 hrs/week (Maximum of 30 hours)	30.03.2018 To 15.04.2018

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>
<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,
<ul style="list-style-type: none"> • Leadership Styles 	Extempore, Case Studies
<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