SEMESTER –I

For those who joined in 2021-2022 onwards

COURSE CODE	COURSE TITLE	CATEGORY	HRS/WEEK	CREDITS
21G1VE	**Personal Values**	**Lecture / Practical**	1	1

COURSE DESCRIPTION

This course aims at creating awareness on self and personal values. The students will also learn to build positive self esteem.

COURSE OBJECTIVES

- To enable students to understand the importance of values for self development.
- To develop self confidence and self esteem.

UNIT-I   CORE VALUES   (3 HRS.)

Love - Compassion - Gratitude - Loyalty - Humility - Courage - Steps to develop courage - Endurance.

UNIT –II SELF MASTERY   (3 HRS.)

Self Awareness- SWOT Analysis - self identity - importance - personal identity - professional identity - success map - case studies.

UNIT –III   SELF ESTEEM   (3 HRS.)

High and low self esteem - characters - causes - steps to build positive self esteem.

UNIT –IV   CASE STUDIES   (2 HRS.)

Case studies on personal values, high and low self esteem.

UNIT –V   EXERCISES   (4 HRS.)

Individual:1. SWOT Analysis (Entry and Exit level).

2. Any core value you cherish and follow

Group: Newspaper clippings exhibiting a value that they have learnt.

REFERENCES

1. Shiv Khera. (2000). ***You can win,*** Macmillan India Ltd.

2. Dr.C.S.G.Krishnamacharyulu and Dr.Lalitha Ramakrishnan. (2012). ***Personality Development, Interpersonal Skills and Career Management,*** Himalaya Publishing House, New Delhi.

3. BarunK.Mitra. (2012). ***Personality Development and Soft Skills,*** Oxford University Press, New Delhi.

4.Cairo Jim.(1998). *Motivation and goal setting.*Career Press, New Jersey, USA.

5. Shiv Khera.(2014).*Living with honour.* Mc Millan Publisher, India.

COURSE CONTENTS & LECTURE SCHEDULE:

Module No.	Topic	No. of Lectures	Teaching Pedagogy	Teaching Aids
UNIT -1	**CORE VALUES**			
1.1	Love - Compassion	1	Lecture	LCD
1.2	Gratitude - Loyalty - Humility	1	Lecture	LCD
1.3	Courage - Steps to develop courage - Endurance.	1	Lecture	LCD
UNIT -2	**SELF MASTERY**			
2.1	Self Awareness- SWOT Analysis	1	Lecture	Smart Board
2.2	Self identity - importance - Personal identity - Professional identity -	1	Lecture	Smart Board
2.3	Success map - Case Studies.	1	Lecture	Smart Board
UNIT -3	**SELF ESTEEM**			
3.1	High and low self esteem - characters	1	Lecture	LCD
3.2	Causes of Self Esteem – Impact	1	Lecture	LCD
3.3	Steps to build a positive self esteem.	1	Lecture	LCD
UNIT -4	**CASE STUDIES**			
4.1	Case studies on personal values,	1	Discussion	Smart Board

4.2	Case studies on high Self esteem	1	Discussion	Smart Board
4.3	Case Studies on low self esteem.	1		
UNIT -5	**EXCERSICES**			
5.1	Individual: SWOT Analysis (Entry and Exit level)	1	Discussion	Charts
5.2	Individual: Any core value you cherish and follow	1	Discussion	LCD
5.3	Group: Newspaper clippings exhibiting a value that they have learnt.	1	Discussion	PPT

Levels	C1	C2	C3	Total Scholastic Marks	Non Scholastic Marks C4	CIA Total	% of Assessment
	Individual Assignment 10Mks.	Individual Assignment 10Mks	Group Discussion & Presentation 15Mks.	35 Mks.	5 Mks.	40Mks.	
K2	10	-	-	10	-	10	25 %
K2	-	10	-	10	-	10	25 %
K3	-	-	15	15	-	15	37.5 %
Non Scholastic	-	-	-		5	5	12.5 %
Total	10	10	**15**	**35**	**5**	**40**	**100 %**

CIA

Scholastic	35
Non Scholastic	5
	40

- **All the course outcomes are to be assessed in the various CIA components.**
- **The levels of CIA Assessment based on Revised Bloom's Taxonomy are :**

  K2-Understand**,**   **K3**-Apply, **K4 -** Analyse
- **The course teachers are requested to start conducting C1, C2 and C3 at due intervals of time.**

EVALUATION PATTERN

NON - SCHOLASTIC				MARKS		
C1	C2	C3	C4	CIA	ESE	Total
10	10	15	5	40	60	100

C1 – Individual Assignment

C2 – Individual Assignment

C3–Group Discussion and Presentation

C4 – Non - Scholastic

COURSE OUTCOMES

On the successful completion of the course, students will be able to:

CO 1. To recall their personal value system.

CO 2. To plan steps to develop courage.

CO 3. To recognise their personal and professional calibre.

CO 4. To build positive self esteem.

CO 5.To identify positive values.

COURSE DESIGNER:
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