

## SEMESTER –I

*For those who joined in 2020-2021 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 Khara. (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:**

<b>Module No.</b>	<b>Topic</b>	<b>No. of Lectures</b>	<b>Teaching Pedagogy</b>	<b>Teaching Aids</b>
<b>UNIT -1 CORE VALUES</b>				
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
<b>UNIT -2 SELF MASTERY</b>				
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
<b>UNIT -3 SELF ESTEEM</b>				
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
<b>UNIT -4 CASE STUDIES</b>				
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		
<b>UNIT -5 EXCERSICES</b>				
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

	C1	C2	C3	Total Scholastic Marks	Non Scholastic Marks C4	CIA Total	
Levels	Individual Assignment  10Mks.	Individual Assignment  10Mks	Group Discussion & Presentation  15Mks.	35 Mks.	5 Mks.	40Mks.	% of Assessment
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:

1. Dr.R.Latha

2. Dr.K.Sangeetha