SEMESTER –I

For those who joined in 2024 onwards

COURSE CODE	COURSE TITLE	CATEGORY	HRS/WEEK	CREDITS
23UAD1ES	**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 a 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: SWOT Analysis (Entry and Exit level).

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	**EXERCISES**			
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:
1. **Dr.R.Latha**
2. **Dr.K.Sangeetha**

SEMESTER –II

For those who joined in 2020-2021 onwards

COURSE CODE	COURSE TITLE	CATEGORY	HRS/WEEK	CREDITS
21G2VE	**Values for life**	**Lecture**	1	1

COURSE DESCRIPTION

The course aims at creating positive attitude among students and motivate them to set goals in life.

COURSE OBJECTIVES

- To enable students to learn the importance of self identity.
- To make them know their self worth and value.
- To enthuse them to set specific goals.

UNIT-I   ATTITUDE   (3 HRS.)

Attitude towards life- Factors determining attitude – Benefits of positive attitude-Steps to build positive attitude-negative attitude - consequences.

UNIT –II   MOTIVATION   (3 HRS.)

Difference between inspiration and motivation, external and

internal motivation, demotivating factors, steps to motivate others.

UNIT –III   GOAL SETTING   (3 HRS.)

Goal setting and its importance - reasons for not setting goals - steps in goal setting - Meaningless goals

UNIT –IV   CASE STUDIES   (3 HRS.)

Case studies on people with positive and negative attitude and on inspiring people.

UNIT –V   EXERCISES   (3 HRS.)

Individual:1. Setting short and long term goals.

2. Source of motivation

Group: Finding solutions with positive attitude for selected case studies .

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. Motivation and goal setting – Jim Cairo

5. Living with honour – Shiv Khera

WORKSHEETS TAKEN FROM:

Koikara, Felix. *Live Your Values.* Chennai: Don Bosco Youth Animation Centre, 1990. Print.

COURSE CONTENTS & LECTURE SCHEDULE:

Module No.	Topic	No. of Lectures	Teaching Pedagogy	Teaching Aids
UNIT-1 ATTITUDE				
1.1	Attitude towards life-Factors determining attitude	1	Lecture	LCD
1.2	Benefits of positive attitude-Steps to build positive attitude.	1	Lecture	LCD
1.3	Negative attitude - consequences.	1	Lecture	LCD
UNIT -2 MOTIVATION				
2.1	Difference between inspiration and motivation,	1	Lecture	Smart Board
2.2	External and internal motivation,	1	Lecture	Smart Board
2.3	Demotivating factors, steps to motivate others.	1	Lecture	Smart Board
UNIT-3 GOAL SETTING				
3.1	Goal setting and its importance -	1	Lecture	LCD
3.2	Reasons for not setting goals	1	Lecture	LCD
3.3	Steps in goal setting - Meaningless goals	1	Lecture	LCD

		UNIT -4		CASE STUDIES	
4.1	Case studies on people with positive attitude	1	Discussion	Smart Board
4.2	Case Studies on negative attitude and on inspiring people.	1	Discussion	Smart Board
4.3	Case Studies on inspiring people.	1	Discussion	Smart Board
	UNIT -5		EXERCISES		
5.1	Individual: Setting short and long term goals.	1	Discussion	Charts
5.2	Individual: Source of motivation	1	Discussion	LCD
5.3	Group: Finding solutions with positive attitude for selected case studies .	1	Discussion	PPT

Levels	C1	C2	C3	Total Scholastic Marks	Non Scholastic Marks C4	CIA Total	
	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 describe positive and negative attitudes towards life.

CO 2.To build the right attitude towards life.

CO 3.To identify the significance of motivation.

CO 4.To differentiate between inspiration and motivation.

CO 5.To choose short and long term goals.

COURSE DESIGNER:

COURSE CODE	COURSE TITLE	CATEGORY	HRS/WEEK	CREDITS
21UAD3ES	Professional Ethics	Lecture	1	1

COURSE DESCRIPTION

The course aims at creating positive attitude among students and motivate them to set goals in life.

COURSE OBJECTIVES

- To enable students to learn the importance of self identity.
- To make them know their self worth and value.
- To enthuse them to set specific goals.

UNIT-I   INTERPERSONAL AWARENESS & LEADERSHIP   (3 HRS.)

Trust and relationship- resolving interpersonal problems. Leadership-Qualities of a good leader.

UNIT –II   PROFESSIONAL ETHICS   (3 HRS.)

Ethics - Sources of Ethical values-Professional Ethics-Factors that modify ethical values-Solving ethical Problems-Five rules for ethical behaviour.

UNIT –III   DIGITAL CITIZENSHIP   (3 HRS.)

Good digital etiquette-bad digital etiquette- Netiquette -Whats App Etiquette and Cyber bullying.

UNIT –IV   CASE STUDIES   (2 HRS.)

Case studies on great leaders and impact of social media and trust & Relationship.

UNIT –V   EXERCISES   (4 HRS.)

Individual:1.Write up on the person whom you admire the most and the quality that inspired you.

2. Professional Ethics

Group: Positive and negative impact of internet, mobile phones, and social media.

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.

WORKSHEETS TAKEN FROM:

Koikara, Felix. *Live Your Values.* Chennai: Don Bosco Youth Animation Centre,1990. Print.

COURSE CONTENTS & LECTURE SCHEDULE:

Module No.	Topic	No. of Lectures	Teaching Pedagogy	Teaching Aids
UNIT-1 INTERPERSONAL AWARENESS & LEADERSHIP				
1.1	Trust and relationship-Resolving Interpersonal problems.	1	Lecture	LCD
1.2	Benefits of interpersonal problems.	1	Lecture	LCD
1.3	Leadership-Qualities of a good leader	1	Lecture	LCD
UNIT -2 Social and Professional Ethics				
2.1	Ethics - Sources of Ethical values	1	Lecture	Smart Board
2.2	Professional Ethics-Factors that modify ethical values	1	Lecture	Smart Board
2.3	Solving ethical Problems-Five rules for ethical behaviour.	1	Lecture	Smart Board
UNIT -3 DIGITAL CITIZENSHIP				
3.1	Good digital etiquette-bad digital etiquette	1	Lecture	LCD
3.2	Netiquette	1	Lecture	LCD

3.3	Whats App Etiquette and Cyber bullying.	1	Lecture	LCD
UNIT -4	**CASE STUDIES**			
4.1	Case studies on great leaders.	1	Discussion	Smart Board
4.2	Case studies on impact of social media	1	Discussion	Smart Board
4.3	Case studies on Trust & Relatioship		Discussion	Smart Board
UNIT -5	**EXERCISES**			
5.1	Individual: Write up on the person whom you admire the most and the quality that inspired you.	1	Discussion	Charts
5.2	Professional Ethics	1	Discussion	LCD
5.3	Group: Positive and negative impact of internet	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 recognise the role of trust in building lasting relationships.
CO 2.To solve interpersonal problems.
CO 3.To build qualities to become a good leader.
CO 4.To recognise the productive use of social media.

SEMESTER –IV

For those who joined in 2020-2021 onwards

COURSE CODE	COURSE TITLE	CATEGORY	HRS/WEEK	CREDITS
21UAD4ES	**Personality Development**	**Lecture**	1	1

COURSE DESCRIPTION

This course offers insight into personality development, time management and tackling procrastination.

COURSE OBJECTIVES

- To realize the importance of relationships.
- To hone their leadership qualities.
- To value time and manage it responsibly.

UNITS

UNIT –I PERSONALITY DEVELOPMENT   (3 HRS)

Steps to build positive personality-Steps to build personality.

UNIT –II TIME MANAGEMENT   (3 HRS)

Meaning-Process of time management- Strategies of time management.

UNIT –III TACKLING PROCRASTINATION   (3 HRS)

Why do you procrastinate – Effects of Procrastination - Overcoming procrastination.

UNIT –IV CASE STUDIES   (3 HRS)

Life history of popular personalities, Cases of ideal and poor time management, Causes and consequences of procrastination

UNIT –V EXERCISES   (3HRS)

Individual:1.Describing them self based on their Traits, Values practises,

Behaviours with friends, family and strangers.

2. Overcoming procrastination

Group: As a Team real life time management experiences should be presented.

REFERENCES:

1.Dr.C.S.G.Krishnamacharyalu   and   Dr.Lalitha
Ramakrishnan.(2012).***Personality Development, Interpersonal Skills
and career Management.*** Himalaya publishing house,New Delhi.

2.Marc   Mancini.(2005).***Time   management***. Tata   Mc   Graw-Hill
Publishing Co Ltd, New Delhi.

3.Abishek Thakaro.(2013). ***Super students***. Pustak Mahal, New Delhi.

COURSE CONTENTS & LECTURE SCHEDULE:

Module No.	Topic	No. of Lectures	Teaching Pedagogy	Teaching Aids
UNIT -1 PERSONALITY DEVELOPMENT				
1.1	Positive Personality	1	Lecture	LCD
1.2	Steps to build positive personality	2	Lecture	LCD
UNIT- 2 TIME MANAGEMENT				
2.1	Meaning of Time Management	1	Lecture	Smart Board
2.2	Process of Time Management	1	Lecture	Smart Board
2.3	Strategies of Time Management	1	Lecture	Smart Board
UNIT – 3 TACKLING PROCRASTINATION				
3.1	Why do you procrastinate?	1	Lecture	LCD
3.2	Effects of procrastination	1	Lecture	LCD
3.3	Overcoming procrastination	1	Lecture	LCD
UNIT - 4 CASE STUDIES				
4.1	Life history of popular personalities	1	Discussion	Smart Board

4.2	Cases of ideal and poor time management	1	Discussion	Smart Board
4.3	Causes and consequences of procrastination	1	Discussion	Smart Board
UNIT – 5 EXERCISES				
5.1	Individual: Describing their personality	1	Presentation	Chart
5.2	Overcoming procrastination	1	Presentation	LCD
5.3	Group: Real life, time management experiences	1	Discussion	Smart Board

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 %

- **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 build positive personality

CO 2.To plan strategies to manage time effectively

CO 3.To recognise the cause and effect of procrastination

CO 4.To recognise the cause and effect of procrastination.

CO 5.To organise steps to overcome procrastination.

CIA

Scholastic	35
Non Scholastic	5
	40

For those who joined in 2019 onwards

COURSE CODE	COURSE TITLE	CATEGORY	HRS/WEEK	CREDITS
21UAD5ES	Family Life Education	Lecture	1	1

COURSE DESCRIPTION

This course enables the students to understand the recipe for healthy marriage. It also deals with stress management.

COURSE OBJECTIVES

1. To understand the value and importance of family
2. To prepare mentally for marriage and family life
3. To learn to manage stress

UNITS

UNIT –I THE STUDENT AND HER FAMILY   (3 HRS)

A student's right to healthy parental attitudes-freedom, responsibility and maturity- self sacrificing patents- maintaining balance.

UNIT –II MARRIAGE, HEALTH AND WELLNESS   (3 HRS)

General principles about choosing a partner -positive reasons for marrying-qualities required to ensure a good relationship- important elements in a healthy marriage relationship- friendship in marriage- secrets of success in marriage- prevention of breakdown- a recipe for healthy marriage

UNIT –III   STRESS MANAGEMENT   (3 HRS)

What is stress- causes of stress- importance of coping with stress- symptoms of stress- right ways to keep stress away.

UNIT –IV   CASE STUDIES   (3 HRS)

Case study of authoritative, permissive and democratic parental styles, healthy and successful marriages and Comparison between effective and poor stress management

UNIT –V EXERCISE   (3 HRS)

Individual: 1.Prepare an Advertisement- "Wanted Bridegroom" with

qualities type of family you expect.

2. Freedom and responsibility

Group: Cause of Stress & Solution suggested by the peer group in the following format.

REFERENCES:

1. Mascarenhas, Marie.(1999). *Family Life Education* . CREST Inc,Bangalore.
2. KrishnamacharyuluC.S.G. & Lalitha Ramakrishnan.(2012). *Personality Development, Interpersonal Skills and Career Management.*Himalaya Publishing House,New Delhi.

COURSE CONTENTS & LECTURE SCHEDULE:

Module No.	Topic	No. of Lectures	Teaching Pedagogy	Teaching Aids
UNIT -1	THE STUDENT AND HER FAMILY			
1.1	A student's right to healthy parental attitudes-	1	Lecture	LCD
1.2	Freedom, responsibility and maturity-	1	Lecture	LCD
1.3	Self sacrificing parents-maintaining balance	1	Lecture	LCD
UNIT -2	MARRIAGE, HEALTH AND WELLNESS			
2.1	General principles about choosing a partner -positive reasons for marrying	1	Lecture	Smart Board
2.2	Qualities required to ensure a good relationship- important elements in a healthy marriage relationship- friendship in marriage	1	Lecture	Smart Board
2.3	Secrets of success in marriage, prevention of breakdown, a recipe for healthy marriage	1	Lecture	Smart Board
UNIT- 3	STRESS MANAGEMENT			
3.1	Meaning, causes and symptoms of stress	1	Lecture	LCD
3.2	Importance of coping with stress	1	Lecture	LCD

3.3	Right ways to keep stress at bay	1	Lecture	LCD
UNIT – 4 CASE STUDIES				
4.1	Case study of authoritative, permissive and democratic parental styles	1	Discussion	Smart Board
4.2	Cases of healthy and successful marriages	1	Discussion	Smart Board
4.3	Comparison between effective and poor stress management	1	Discussion	Smart Board
UNIT – 5 EXERCISES				
5.1	Individual: Prepare an advertisement –"Wanted Bridegroom" with qualities and type of family you expect	1	Discussion	Chart
5.2	Freedom and responsibility	1	Presentation	LCD
5.3	Group: Cause of stress and solution suggested by peer group	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 illustrate and give examples for various parental attitudes.
CO 2. To summarize the factors required for healthy marriage.
CO 3. To organize their emotions to cope up with stress.
CO 4. To organize their emotions to cope up with stress.
CO 5. To choose the right ways to keep stress away.

For those who joined in 2020-2021 onwards

COURSE CODE	COURSE TITLE	CATEGORY	HRS/WEEK	CREDITS
21UAD6ES	Life Skills	Lecture	1	1

COURSE DESCRIPTION

This course develops life skills in students and throws insight on qualities of a successful person.

COURSE OBJECTIVES

1. To learn the basic skills required for life
2. To gain skills to overcome obstacles and succeed in life

UNITS

UNIT –I   LIFE SKILLS   (3 HRS)

Problem solving- Critical and creative thinking- Decision making- Managing emotions

UNIT –II SUCCESS   (3 HRS)

What is success?- Obstacles and overcoming obstacles- Choices and compromises- Qualities of a successful person- Reasons for failure, recipe for success

UNIT –III   GIVING BACK TO SOCIETY   (3 HRS)

To Family, To Schools, To Colleges.

UNIT –IV CASE STUDIES   (3 HRS)

Problem solving, decision making case studies, successful personalities and persons who give back to society

UNIT –V EXERCISES   (3 HRS)

Individual:1. Chart work on Road map to success

2. Life skills you wish to develop

Group: Analysis of case studies

REFERENCES:

1.   Department of Foundation Course.(2010).***An Introduction to Personality Development***. Arul AnandarCollege, Karumathur.

2. Capt.RaviMahajan.(2011).***Yes We Can Togethe****r*.Do Good publishers,Chennai.
3. Barun K Mitra.(2011).***Personality Development and Soft Skills.*** Oxford University Press, Delhi.
4. C.S.G.Krishnamacharyulu& Lalitha Ramakrishnan.(2012).***Personality Development, Interpersonal Skills and Career Management****.*Himalaya Publishing House,Mumbai.
5. Khera, Shiv.(2001). ***You Can Win****.* Macmillan India Ltd, New Delhi.
6. Koikara, Felix.(1990).***Live Your Values****.* Don Bosco Youth Animation Centre, Chennai.

COURSE CONTENTS & LECTURE SCHEDULE:

Module No.	Topic	No. of Lectures	Teaching Pedagogy	Teaching Aids
UNIT -1	**LIFE SKILLS**			
1.1	Problem solving, critical and creative thinking	1	Lecture	LCD
1.2	Decision making	1	Lecture	LCD
1.3	Managing emotions	1	Lecture	LCD
UNIT -2	**SUCCESS**			
2.1	Success, obstacles, choices and compromises	1	Lecture	Smart Board
2.2	Qualities of a successful person, reasons for failure	1	Lecture	Smart Board
2.3	Recipe for success	1	Lecture	Smart Board
UNIT – 3	**GIVING BACK TO SOCIETY**			
3.1	Family	1	Lecture	LCD
3.2	Schools	1	Lecture	LCD
3.3	Colleges	1	Lecture	LCD
UNIT -4	**CASE STUDIES**			
4.1	Problem solving, decision making case	1	Discussion	Smart

				Board
4.2	Case studies of successful personalities	1	Discussion	Smart Board
4.3	Case studies of persons who give back to society	1	Discussion	Smart Board
UNIT – 5 EXERCISES				
5.1	Individual: Roadmap to Success	1	Discussion	Chart
5.2	Life skills you wish to develop	1	Presentation	LCD
5.3	Group: Analysis of case studies	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**

- **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:

CO1. To build life skills required for a happy life.
CO2. To restate in own words the recipe for success.
CO3. To choose ways of giving back to society.
CO4. To explain the steps involved in decision making.
CO5. To identify the obstacles for success.

COURSE DESIGNER:
1.**Dr.R.Latha**
2.**Dr.K.Sangeeth**a