



## P.B. SIDDHARTHA COLLEGE OF ARTS & SCIENCE

Siddhartha Nagar, Vijayawada – 520 010

Reaccredited at 'A+' level by NAAC

Autonomous & ISO 9001:2015 Certified

### Title of the Course: PERSONALITY DEVELOPMENT THROUGH LIFE ENLIGHTENMENT SKILLS

Semester : I

Course Code	22PG101	Course Delivery Method	Blended Mode
Credits	3	CIA Marks	30
No. of Lecture Hours / Week	3+1	Semester End Exam Marks	70
Total Number of Lecture Hours	60	Total Marks	100
Year of Introduction : 2022-2023	Year of offering : 2022-2023	Year of Revision:----	Percentage of Revision :----

**Course Objectives:** The course aims to cause a basic awareness about the significance of soft skills in professional and inter-personal communications and facilitate an all-round development of personality.

**Course Outcomes:** After successful completion of this course, students will be able to

CO-NO	COURSE OUTCOME	BTL	PO	PSO
CO1	develop their personality and achieve highest goals of life.	K3	5	1
CO2	lead the nation and mankind to peace and prosperity.	K3	4	1
CO3	develop a versatile personality.	K3	5	2
CO4	practice emotional self regulation.	K3	4	2
CO5	develop a positive approach to work and duties.	K3	5	1

#### Mapping of Course Outcomes:

CO-PO-PSO MATRIX										
	CO-PO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PSO1	PSO2
22PG101	CO1					3			2	
	CO2				3				2	
	CO3					3				3
	CO4				3					3
	CO5					2			2	

## **UNIT- I: Introduction to Personality Development**

The concept of personality - Dimensions of Personality – Theories of Personality development (Freud& Erickson) – The concept of Success and Failure – Factors responsible for Success –Hurdles in achieving Success and Overcoming Hurdles — Causes of failure – Conducting SWOT (Strengths, Weaknesses, Opportunities and Threats) analysis.

## **UNIT- II: Attitude, Motivation and Self-esteem**

Conceptual overview of Attitude – Types of Attitudes – Attitude Formation – Advantages/ Disadvantages of Positive/Negative Attitude - Ways to Develop Positive Attitude –

**Concept of motivation:** - Definition and Nature of Motivation/Motive – Internal and external motives – Theories of Motivation – Importance of self- motivation- Factors leading to de- motivation. **Self-esteem** - Definition and Nature of self-esteem – Do's and Don'ts to develop positive self- esteem – Low self esteem - Personality having low self esteem - Positive and negative self esteem.

## **UNIT -III: Other Aspects of Personality Development**

Body language - Problem-solving - Conflict Management and Negotiation skills - Decision-making skills - Leadership and qualities of a successful leader – Character building -Teamwork – Time management - Work ethics – Good manners and etiquette – Emotional Ability/Intelligence – Dimensions of Emotional Intelligence – Building Emotional Intelligence.

## **UNIT- IV: Neetisatakam-Holistic Development of Personality**

Verses- 19,20,21,22 (wisdom) – Verses- 29,31,32 (pride and heroism) – Verses- 26,28,63,65 (virtue)

### **Personality of Role Model – Shrimad Bhagwadgeeta**

Chapter 2-Verses 17, Chapter 3-Verses 36,37,42 – Chapter 4-Verses 18, 38,39 Chapter18 – Verses 37,38,63.

## **UNIT -V: Yoga & Stress Management**

Meaning and definition of Yoga - Historical Perspective of Yoga - Principles of Astanga Yoga by Patanjali – Meaning and Definition of Stress - Types of Stress - Eustress and Distress –

Stress Management – Pranayama - Pranayama: Anulom and Vilom Pranayama - Nadishudhi Pranayama– Kapalabhati-Pranayama - Bhramari Pranayama - Nadasandhana Pranayama – Meditation techniques: Om Meditation - Cyclic meditation : Instant Relaxation technique (QRT), Quick Relaxation Technique (QRT), Deep Relaxation Technique (DRT).

**(Theory & Practical)**

**Text Books and Reference Books:**

1. Hurlock, E.B. Personality Development, 28th Reprint. New Delhi: Tata McGraw Hill, 2006.
2. Gopinath, Rashtriya Sanskrit Sansthanam P, Bhartrihari's Three Satakam, Niti-sringar-vairagya, New Delhi, 2010
3. Swami Swarupananda, Srimad Bhagavad Gita, Advaita Ashram, Publication Department, Kolkata, 2016.
4. Lucas, Stephen. Art of Public Speaking. New Delhi. Tata - Mc-Graw Hill. 2001.
5. Mile, D.J Power of positive thinking. Delhi. Rohan Book Company, 2004.
6. Pravesh Kumar. All about Self- Motivation. New Delhi. Goodwill Publishing House. 2005.
7. Smith, B . Body Language. Delhi: Rohan Book Company, 2004.
8. Yogic Asanas for Group Training - Part-I: Janardhan Swami Yogabhyasi Mandal, Nagpur.
9. Rajayoga or Conquering the Internal Nature by Swami Vivekananda, Advaita Ashrama (Publication Department), Kolkata.
10. Nagendra H.R nadNagaratna R, Yoga Perspective in Stress Management, Bangalore, Swami Vivekananda Yoga Prakashan.

**Online Resources:**

1. [https://onlinecourses.nptel.ac.in/noc16\\_ge04/preview](https://onlinecourses.nptel.ac.in/noc16_ge04/preview)
2. <https://freevideolectures.com/course/3539/indian-philosophy/11>

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