



P.B. SIDDHARTHA COLLEGE OF ARTS & SCIENCE

Siddhartha Nagar, Vijayawada – 520 010

Autonomous -ISO 9001 - 2015 Certified

Personality Development through Life Enlightenment Skills

Offered to : M.Sc.(PHYSICS)

Course Code: 22PG101

Course Type : Core(TH)

Course: Personality Development through Life

Enlightenment Skills

Year of Introduction : 2004

Year of offering : 2022

Year of Revision : 2022

Percentage of Revision : 100%

Semester : I

Credits : 3

Hours Taught : 60 hrs. per Semester

Max.Time : 3 Hours

Course Prerequisites (if any) :

Course Description : Personality development is the development of your behavior patterns and attitude. It is the result of where we are born, the circle we interact with and our personal temperament. Every person is different. There are some characteristics traits that make you „you“. Personality development through life enlightenment course aims to help students identify negative behaviors which may be stopping them from reaching their desired goals. This course will help students both in their personal and desired professional life. The other purposes of personality development through life enlightenment course are to enable you lead stress-free and healthier life, ethical decision making ability, enhanced confidence level, and building a more pleasing personality.

Course Objectives:

1. To learn for achieve the highest goal happily.
2. To become a person with stable mind, pleasing personality and determination.
3. To learn build positive attitude, self-motivation, enhancing self-esteem and emotional intelligence
4. To learn develop coping mechanism to manage stress through Yoga and meditation techniques
5. To awaken wisdom among them.

Course Outcomes : At the end of this course, students should be able to:

CO1: Understand their personality and achieve their highest goals of life.

CO2: Understand the nation and mankind to peace and prosperity

CO3: Understand a versatile personality

CO4: Understand emotional self-regulation.

CO5: Understand a positive approach to work and duties

Syllabus		
Unit	Learning Units	Lecture Hours
I	<p>Introduction to Personality Development The concept of personality- Dimension 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. (CO1)</p>	12
II	<p>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. (CO2)</p>	12
III	<p>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 - Team-work – Time management - Work ethics – Good manners and etiquette – Emotional Ability/Intelligence – Dimensions of Emotional Intelligence – Building Emotional Intelligence.</p>	12
IV	<p>Neeti satakam - Holistic Development of Personality Verses-19,20,21,22 (wisdom) – Verses-29,31,32 (pride and heroism) – Verses-26,28,63,65 (virtue)</p> <p>Personality of Role Model - Shrimad Bhagwad Geeta Chapter 2 - Verses 17, Chapter 3 - Verses 36,37,42 – Chapter 4 - Verses 18,38,39 Chapter 18 – Verses 37,38,63 (CO4)</p>	12
V	<p>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 - Nadanusandhana Pranayama – Meditation techniques: Om Meditation - Cyclic meditation : Instant Relaxation technique (QRT), Quick Relaxation Technique (QRT), Deep Relaxation Technique (DRT) (Theory & Practical). (CO5)</p>	12

PRACTICAL COMPONENTS:

1. Students should identify different types of personality to know their own personality. Students are to describe the characteristics of their personalities and submit the same for assessment.

2. Students are to form in groups (a group consists of 4-6 students) to identify and write a brief note on famous personalities of India and World.
3. Students are required to identify different types of attitudes and give any five examples of each.
4. Students are expected to check their attitudes and develop ways to improve their attitudes at workplace and home.
5. Students are required to identify keys to self-motivation to achieve their goals.
6. Students are expected to identify at least seven types of body language and conduct activities with the following:

S. No.	Pose	Possible Interpretations
1	Standing with your hands on your hips	Aggressive, disgusted
2	Standing upright	Confidence
3	Arms crossed on your chest	Defensive
4	Resting your hand on your cheek	Thinking
5	Touching or rubbing your nose	Doubt, lying
6	Resting your head in your hands	Boredom, tired
7	Tapping your fingers	Impatience
8	Biting your nails	Nervous, insecure
9	Playing with your hair	Insecure
10	Rubbing your eyes	Disbelief, doubt

Conduct the following exercise to develop communication skills – Negotiation Skills and Empathy Exercise: Card Pieces

In this activity, team members trade pieces of playing cards to put together complete cards.

Uses-

This exercise is useful for showing team members others' perspectives. It builds communication and negotiation skills, and helps people to develop empathy.

People and Materials

- i) Enough people for at least three teams of two.
- ii) Playing cards – use between four and six for each person.
- iii) A private room.

Time-15 minutes.

Instructions:

1. Cut each playing card into half diagonally, then in half diagonally again, so you have four triangular pieces for each card.
2. Mix all the pieces together and put equal numbers of cards into as many envelopes as you have teams.
3. Divide people up into teams of three or four. You need at least three teams. If you're short of people, teams of two will work just as well.
4. Give each team an envelope of playing card pieces.
5. Each team has three minutes to sort its pieces, determine which ones it needs to make complete cards, and develop a bargaining strategy.
6. After three minutes, allow the team to start bartering for pieces. People can barter on their own or collectively with their team. Give the team eight minutes to barter.
7. When the time is up, count each team's completed cards. Whichever team has the most cards wins the round.

Advice for the Teacher/Facilitator

After the activity, ask your team members to think about the strategies they used. Discuss these questions

- 1) Which negotiation strategies worked? Which didn't?
- 2) What could they have done better?
- 3) What other skills, such as **active listening** or **empathy**, did they need to use?

Conduct following Time management activity - Ribbon of Life

Take a colored ribbon length of approximately 1 meter/100 cm and scissors. Start with the following questions:

1. If the life span of an individual is say, 100 years. Consider that each cm represents one year. The response will be that few live that long. Assuming a life of 75 to 90 years, cut 10 to 25 cm off the ribbon, accordingly.
2. What is the average age of the participants sitting here, the response would be 25 to 30 depending on the group, in that case, cut another 25 cm of the ribbon and say that is gone you cannot do anything.
3. What is left is 50 years? People will say, "Yes," but the answer is NO.
4. Every year we have 52 weeks, that is 52 Sundays. If we multiply that by 50 years, it comes to 7.14 years. Reduce the ribbon by another 7.14 cm.
5. We usually have Saturday off, so reduce another 7 cm.
6. Public/National holidays are 10 multiple with 50 years. That comes to another 1.5 years. Reduce ribbon by another 1.5 cm.
7. Your casual leave, sick leave, and annual holidays approx. 40 days a year, multiplied by 50. Cut off another 5 cm. Now you are left with about 29.5 years. But, the calculation is not over yet.
8. You sleep an average of 8 hours daily; multiply that by 365 days and again by 50 years (i.e. $122 \text{ days} \times 50 = \text{almost } 17 \text{ years}$). Cut off another 17 cm.
9. You spend time eating lunch, breakfast, snacks, and dinner total 2 hours daily (i.e. $30 \text{ days a year} \times 50 \text{ years} = 4 \text{ years or so}$). Cut off another 4 cm.
10. Last, let's figure we spend about 1 hour a day traveling from place to place for activities and such. (that's about 2 more years). We're down to 6 (SIX) years of life to make it or break it.

- **Exercise Decision making skills - Create Your Own**

In this exercise, teams must create their own, brand new, problem-solving activity.

Uses: This game encourages participants to think about the problem-solving process. It builds skills such as creativity, negotiation and decision making, as well as communication and time management.

After the activity, teams should be better equipped to work together, and to think on their feet.

What You'll Need

- Ideally four or five people in each team.
- A large, private room.
- Paper, pens and flipcharts.

Time - Around one hour. Instructions:

1. As the participants arrive, you announce that, rather than spending an hour on a problem-solving team building activity, they must design an original one of their own.
2. Divide participants into teams and tell them that they have to create a new problem-solving team building activity that will work well in their organization. The activity must not be one that they have already participated in or heard of.
3. After an hour, each team must present their new activity to everyone else, and outline its key benefits.

Advice for the Teacher/Facilitator:

There are four basic steps in problem solving: defining the problem, generating solutions, evaluating and selecting solutions, and implementing solutions. Help your team to think creatively at each stage by getting them to consider a wider range of options. If ideas run dry, introduce an alternative brainstorming technique, such as brain writing. This allows your people to develop one others' ideas, while everyone has an equal chance to contribute.

After the presentations, encourage teams to discuss the different decision-making processes they followed. You might ask them how they communicated and managed their time. Another question could be about how they kept their discussion focused. And to round up, you might ask them whether

they would have changed their approach after hearing the other teams' presentations.

- i) Students are asked to recite verses: 26, 28, 63, 65 (virtue) of Neeti Satakam- Holistic development of personality.
- ii) Students are asked to identify personality of role models from Shrimad Bhagwad Gita and portray the roles of the same.
- iii) Students are asked to practice Yoga and meditation techniques

Text and Reference Books:

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

