

Savitribai Phule Pune University, Pune

Co-Curricular Course for UG for all faculties

CC201_4 Integrated Personality Development Program I

For Semester III only Credits: 2, Marks: 50 Total hours: 60 hours

Course Objectives

1. To make students aware about their self (strength and weaknesses)
2. To enable students to make use of their hidden talent and potential
3. To inculcate power of good habits among the students
4. To impart good listening and networking skills to students
5. To imbibe the spirit of service among the students

Course Outcomes

- Enhanced self-consciousness and confidence in students
- Growth mindset and increased discipline
- Power of reasoning and ability to execute plans
- Increased empathy and more team-building spirit
- Value social service as essential part of national pride

	Module & Subject	Subject Description
Intro- duction	The Need for Values	Students will learn about the need for values as part of their holistic development to become successful in their many roles - as ambitious students, reliable employees, caring family members, and considerate citizens.
1	Module: Remaking Yourself Subject: Restructuring Yourself	Students learn how self-improvement enables them to secure a bright future for themselves. They will learn 6 powerful thought-processes that can develop their intellectual, physical, emotional, and spiritual quotients.
2	Module: Remaking Yourself Subject: Power of Habit	Students will undergo a study of how habits work, the habits of successful professionals, and the practical techniques that can be used to develop good habits in their life.

3	Module: Learning from Legends Subject: Tendulkar & Tata	Students will learn from the inspirational lives of India's two legends, Sachin Tendulkar and Ratan Tata. They will implement these lessons through relatable case studies.
4	Module: From House to Home Subject: Listening & Understanding	Active listening is an essential part of academic progress and communications. Students will learn to listen with their eyes, ears, mind, and heart.
5	Module: Facing Failures Subject: Welcoming Challenges	This lecture enables students to revisit the way in which they approach challenges. Through the study of successful figures such as Disney, Lincoln and Bachchan, students will learn to face difficulties through a positive perspective.
6	Module: Facing Failures Subject: Significance of Failures	Failure is a student's daily source of fear, negativity, and depression. Students will be given the constructive skills to understand failure as formative learning experiences.
7	Module: My India My Pride Subject: Glorious Past - Part 1	India's ancient Rishis, scholars, and intellectuals have made tremendous contributions to the world, they developed an advanced, sophisticated culture and civilization which began thousands of years ago. Students will learn the importance of studying India's glorious past so that they could develop a strong passion and pride for our nation.
8	Module: My India My Pride Subject: Glorious Past - Part 2	Our ancient concepts can be used to seek revolutionary ideas and to generate inspiration. Students will develop a deeper interest in India's Glorious Past – by appreciating the need to read about it, research it, write about it, and share it.
9	Module: Learning from Legends Subject: A.P.J. Abdul Kalam	Dr Kalam's inspirational life displayed legendary qualities which apply to students (1) Dare to Dream (2) Work Hard (3) Get Good Guidance (4) Humility (5) Use Your Talents for the Benefit of Others
10	Module: Soft Skills Subject: Networking & Leadership	Students are taught the means of building a professional network and developing a leadership attitude.
11	Module: Soft Skills Subject: Project Management	Students will learn the secrets of project management through the Akshardham case study. They will then

		practice these skills through an activity relevant to student life.
12	Module: Remaking Yourself Subject: Handling Social Media	Students will learn how social media can become addictive and they will imbibe simple methods to take back control.
13	Module: Facing Failures Subject: Power of Faith	Students will learn about the power and necessity of faith in our daily lives.
14	Module: From House to Home Subject: Bonding the Family	Students will understand the importance of strong family relationships. They will learn how to overcome the generation gap and connect with their family more.
15	Module: Selfless Service Subject: Seva	Students will learn that performing seva is beneficial to one's health, wellbeing, and happiness. It also benefits and inspires others.

There will be a range of associated activities with these sessions, which would make the course engaging.

Evaluation:

Instructors and mentors will guide students in completing certain tasks through assignments and self-reflection.

1. Self-awareness and SWOT analysis (10 marks)
 2. Developing some good habits during the course (10 marks)
 3. Researching about one's idol and writing an inspirational story based on his/her life (10 marks)
 4. Completing a group task given by the mentor/guide (10 marks)
 5. Self-evaluation and reflection in the form of an essay (10 marks)
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