

Savitribai Phule Pune University, Pune

Co-Curricular Course for UG for all faculties

CC251_5 Integrated Personality Development Program II

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

Students who have opted for CC201_4 Integrated Personality Development Program I in the semester III should take this program as the continuation of their endeavor to develop the personality.

Course Objectives

1. To help students visualize and evaluate their life and career goals
2. To make students aware about addictions and their ill effects
3. To impart skill related to teamwork and harmony
4. To make students aware about Citizenship and its responsibilities
5. To make students aware about healthy body, mind and financial planning

Course Outcomes

- Power of visualization and awareness about work-life balance
- Addiction-free and healthy positive lifestyle
- Enhanced ability to lead without leading
- Heightened awareness about Citizenship and becoming active citizen of India
- Beginning of a journey towards wisdom

	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: Begin with the End in Mind	Students will learn to visualize their future goals and will structure their lives through smart goals to give themselves direction and ultimately take them to where they want to go.
2	Module: Remaking Yourself Subject: Being Addiction-Free	Students will explore the detrimental effects of addictions on one's health, personal life, and family life. They will

		learn how to take control of their life by becoming addiction free.
3	Module: Selfless Service Subject: Case Study: Disaster Relief	Students will apply previous lessons of seva, to analyse the case study of the Bhuj earthquake relief work.
4	Module: Soft Skills Subject: Teamwork & Harmony	Students will learn the six steps of teamwork and harmony that are essential for students' professional and daily life.
5	Module: My India My Pride Subject: Present Scenario	To implement the transformation of India from a developing country into a developed country it is necessary to have a value-based citizen. Students will see how the transformation to a greater India relies on the vision and efforts of themselves as a youth.
6	Module: Learning from Legends Subject: Leading Without Leading	Students will explore a new approach to leadership, through humility.
7	Module: My India My Pride Subject: An Ideal Citizen – 1	Students will learn that to become value-based citizens, they must first develop good values in their lives. They start by exploring the values of responsibility and integrity.
8	Module: My India My Pride Subject : An Ideal Citizen – 2	Students will learn that by developing the values of loyalty, sincerity, and punctuality; they become indispensable and can leave a strong impression. They will start developing these values by trying to keep perfection in every small task and by looking at the bigger picture.
9	Module: Facing Failures Subject: Timeless Wisdom for Daily Life	Students will learn the role wisdom plays in finding long-term stability. They will use ancient wisdom to solve their modern-day challenges.
10	Module: From House to Home Subject: Forgive & Forget	Students will understand the importance and benefits that forgiveness plays in their personal and professional life. They will learn to apply this knowledge in realistic situations.
11	Module: Remaking Yourself Subject: Stress Management	Students will learn to cope with current and future causes of stress.
12	Module: Remaking Yourself Subject: Better Health Better Future	A healthy body prevents disease and stress; increases positivity, productivity, and brainpower. Students will learn to maintain good health through regular exercise, healthy eating habits, and regular and sufficient sleep.
13	Module: Learning from Legends Subject: Words of Wisdom	A panel of learned and experienced mentors will personally answer practical questions that students face in their daily life.

14	Module: Soft Skills Subject: Financial Planning	Students will develop a variety of practical financial skills that prepare them to become financially stable throughout their future careers.
15	Module: Remaking Yourself Subject: Impact of Company	Students will understand that the type of company that we keep, has a crucial role in determining who we are and who we will become. They will develop the ability to create a positive environment around them.
Concluding	Life After IPDC	This concluding lecture encourages students to keep practicing these priceless lessons and prepares them for the next steps in their lives.

This course is continuation of the earlier Integrated Personality Development Program I as a second stage. There will be more intense activities associated with the sessions. These efforts will drive towards holistic personality development and lifelong learning.

Evaluation:

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

1. SMART Goals and designing a career plan (10 marks)
 2. Active participation in some meaningful social activity (10 marks)
 3. Researching about India's past and present and writing a personality profile of a recent Padma awardee (10 marks)
 4. Completing higher group task given by the mentor/guide (10 marks)
 5. Presenting a story about 'India's Future' before the class (10 marks)
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