

## course outline

### **TYPE OF COURSE**

- Value-based holistic personality development course for university students.

### **RATIONALE**

- This course aims to help a person understand and know his / her purpose in life, get a positive thought pattern, gain confidence, improve behaviour, learn better communication and develop a healthy physique with morality and ethics in its core.
- Today's youth lack the guidance to face insecurity about their health and career, premature relationships and family breakdown, addictions and substance abuse, negative impact of internet and social media etc. This course includes such topics that will cover all aspects and provide solution to the current challenges through creative and interactive activities.
- This course will allow students to enjoy, understand and practice invaluable lessons preparing them for a successful future.

### **COURSE OUTCOMES**

- To provide students with a holistic education – focused on increasing their intelligence quotient, spiritual quotient, emotional quotient and physical quotient.
- To provide students with hard and soft skills, making them more marketable when entering the workforce.
- To educate students on their social responsibilities as citizens of India and have a greater sense of social responsibility.
- To provide students with a value-based education which will enable them to be successful in their family, professional, and social relationships by improving their moral and ethical values.
- To teach self-analysis and self-improvement exercises to enhance the potential of the participants.
- To have a broader sense of self-confidence and a defined identity.

# IPDC - 1

lecture no.	module lecture	lecture description
01	<b>Remaking Yourself</b> Restructuring Yourself	Learn how self-improvement enables them to secure a bright future for themselves. They will learn 6 powerful thought-processes that can develop their intelligent, physical, emotional and spiritual quotients.
02	<b>Remaking Yourself</b> Power of Habit	Undergo a study of how habits works, the habits of succesful professionals, and the practical techniques that can be used to develop good habits into their life.
03	<b>Learning from Legends</b> Tendulkar & Tata	learn from the inspirational lives of India's two legends, Sachin Tendulkar and Ratan Tata. Thy will implent these lessons through relatable case studies.
04	<b>Mass Management</b> Project Management	Learn the secrets of project management through the Akshardham case study. They will then practice these skills through an activity relevant to student life.
05	<b>From House to Home</b> Affectionate Relationships	Understand the importance of strong family relationships. They will learn an easy method to overcome the generation gap and to connect with their family more.
06	<b>From House to Home</b> Forgive & Forget	Understand the impotance and benefits that forgiveness plays in their personal and professional life. They will learn to apply this knowledge in realistic situations.
07	<b>Facing Failures</b> Failures are not Always Bad	Failure can be seen as a daily source of fear, negativity and depression. Through the study of succesful figures such as Disney, Lincoln and Bachchan; students will learn to see failures through a positive perspective.
08	<b>Facing Failures</b> Factors Affecting Failures	Learn to treat failures as stepping stones to success, by focusing on what they can change and not by blaming their circumstances.
09	<b>Remaking Yourself</b> Being Addiction-Free	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.
10	<b>Soft Skills</b> Teamwork & Harmony	Learn the six steps of teamwork and harmony that are essential for students professional and daily life.
11	<b>Soft Skills</b> Handling the Devil - Social Media	Learn how social media is addictive and they will imbibe simple methods to take back control.
12	<b>From House to Home</b> Listening & Understanding	Active listening is an essential part for academic progress and communications. Students will learn to listen with their eyes, ears, mind and heart.
13	<b>Financial Wisdom</b> Basics of Financial Planning	Develop a variety of financial planning skills that prepare them to become financially stable throughout their future careers.
14	<b>Soft Skills</b> Networking - Decision Making - Leadership	Important soft-skills - networking, decison making, and leadership - that are essential in professional environment.
15	<b>Review Lecture</b> Student Voice	Students will review the semester by sharing their expereinces through classroom interaction.

## IPDC - 2

lecture no.	module lecture	lecture description
16	Facing Failures Insignificance of Failures	Failures are insignificant because they do not define you. How we choose to handle our failures is much more significant. Students will learn five powerful techniques to make their failures insignificant.
17	Facing Failure Power of Faith	Learn about the power and necessity of faith in our daily lives.
18	Facing Failures Practicing Faith	Learn about the necessity and tools to practice faith in their lives.
19	From House to Home Bonding the Family	Explore four ways to bond with their family - appreciation, meeting on a regular basis, being helpful, and to have transparency when communicating with each other.
20	Learning from Legends Leading without Leading	Explore a new approach to leadership, through humility.
21	Review Lecture Words of Wisdom	A panel of learned and experienced mentors, will personally answer practical questions that students face in their daily life.
22	My India My Pride 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.
23	My India My Pride 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.
24	My India My Pride Present Scenario	To implement the transformation of India from a developing country into a developed country it is necessary to have a value-based citizens. Students will see how the transformation to a greater India relies on the vision and efforts of themselves as youth.
25	Remaking Yourself Begin with the End in Mind	Learn to visualize their future goals and will structure their life through smart goals to give themselves direction and ultimately take them to where they want to go.
26	My India My Pride An Ideal Citizen - 1	Learn that to become value-based citizens, they must first develop good values in their lives. They start by focusing on these four: responsibility, accountability, honesty and integrity.
27	My India My Pride An Ideal Citizen - 2	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.
28	My India My Pride An Ideal Citizen - 3	Learn how an ethical mindset can help you make good decisions that lead to pure actions and an overall positive experience.
29	Essentials of Profession Writing a Resume	Understand the difference between a resume and CV, and learn how to create a great resume.

lecture no.	module lecture	lecture description
30	Review Lecture Student Voice	Students will review the semester by sharing their experiences through classroom interaction.

## teaching and examination scheme (for IPDC - 1 and IPDC - 2)

total marks 150	Theory Marks	ESE	End Semester Exam (External)(Multiple Choice)	70 marks
		PA	Mid - Term Exam (Internal)(Multiple Choice)	30 marks
	Practical Marks	ESE	Workbook Submission, Viva & Attendance	30 marks
		PA	Class Participation & Assignment Submission	20 marks

ESE- End Semester Examination; PA- Progressive Assessment

IPDC-1 and IPDC-2 will be worth 2 credits each.

Every week will require 2 hours of lectures only.

Each semester will contain progressive assessments (PA). This includes a mid-term exam, with multiple choice questions based on the lecture and study material provided. The weightage will be 30 marks.

The progressive assessments (PA) will also include the student's class participation and implementation. This IPDC lecturer will assess this through the student's contribution in the class and through their efforts in the workbook assignments. This weightage will be 20 marks.

At the end of the semester, the students will be required to take an external exam with multiple choice questions based on the lecture and study material provided. The weightage will be 70 marks.

At the end of the semester, the students will be assessed by their workbook submission and viva. Also, through their class attendance. This weightage will be 30 marks.