

Sri Sathya Sai College for Women, Bhopal

(An Autonomous College affiliated to Barkatullah University, Bhopal)

(NAAC Accredited 'A' Grade)



SYLLABUS

UG

SESSION- 2023-24

CLASS: III YEAR

SUBJECT: Vocational Course

(Personality Development)

Sri Sathya Sai College for Women, Bhopal
(An Autonomous College Affiliated to Barkatullah University Bhopal)
Department of Higher Education, Govt. of M.P.
Under Graduate Syllabus (Annual Pattern)

As recommended by Central Board of Studies and approved by the Governor of M. P.
wef 2021-2022
(Session 2023-24)
(NEP-2020)

Class / कक्षा	UG III Year
Course Title / पाठ्यक्रम का शीर्षक	Personality Development (Paper 1) व्यक्तित्व विकास
Course Type / पाठ्यक्रम का प्रकार	Vocational / कोर
Credit Value/ क्रेडिट मान	4 Credits
Max. Mark/ अधिकतम अंक	Max. Marks: 30 + 70 (Minimum Passing Marks 35)

Outcomes: - After studying this course, Students will be able to

1. Students will acquire the knowledge of different skills of personality development.
2. Students will gain insight about the Importance of attitude in personality development.
3. Students will be capable of assessing the personality
4. Students will be able to develop the ability for use of projective tests and personality inventories
5. Students will be aware about the psychological tests and their use in personality evaluation.

Particular / विवरण

Unit-I	Attitude and Personality Development: Meaning of attitude, role of attitude in Personality Development, positive and Negative attitude, advantages and disadvantages of attitude, ways to develop positive attitude, difference between personalities having positive and negative attitude.
इकाई-1	अभिवृत्ति एवं व्यक्तित्व विकास: अभिवृत्ति का अर्थ, व्यक्तित्व विकास में अभिवृत्ति की भूमिका, धनात्मक एवं निषेधात्मक अभिवृत्ति, अभिवृत्ति के गुण एवं दोष, धनात्मक अभिवृत्ति विकसित करने के उपाय, धनात्मक एवं निषेधात्मक अभिवृत्ति रखने वाले व्यक्तित्वों के बीच अंतर।
Unit-II	Skills of Personality Development: Concept and need of personality development skills, types of personality development – Rapport development skills, skills for successful interview, thinking and problem solving skills, skills of social media management and personality enhancement skills.
इकाई-2	व्यक्तित्व विकास के कौशल: व्यक्तित्व विकास कौशल का प्रत्यय एवं इसकी आवश्यकता, व्यक्तित्व विकास कौशलों के प्रकार – सामंजस्य विकास कौशल, सफल साक्षात्कार के कौशल, चिन्तन एवं समस्या समाधान कौशल, सोशल मीडिया प्रबंधन के कौशल एवं व्यक्तित्व उन्नयन कौशल।
Unit-III	Personality Assessment: Purpose of personality assessment, Methods of personality assessment – observation method, Interview method, Types of Psychological tests for personality assessment – personality Inventories and Projective tests.
इकाई-3	व्यक्तित्व मूल्यांकन : व्यक्तित्व मूल्यांकन का उद्देश्य, व्यक्तित्व मूल्यांकन की विधियाँ – प्रेक्षण विधि, साक्षात्कार विधि, व्यक्तित्व मूल्यांकन हेतु मनोवैज्ञानिक परीक्षणों के प्रकार – व्यक्तित्व अनुसूचियाँ एवं प्रक्षेपी परीक्षण।
Practical (प्रायोगिक पाठ्यक्रम)	<ol style="list-style-type: none">1. Report on ways to develop positive attitude.2. Report the strategies of problem solving.3. Report on Social Media Management.4. Write up the ways of personality Grooming5. Personality Evaluation through Projective tests.







	<ol style="list-style-type: none"> 1. धनात्मक अभिवृत्ति विकसित करने के उपायों पर प्रतिवेदन। 2. समस्या समाधान तकनीकों पर प्रतिवेदन। 3. सोशल मीडिया प्रबंधन पर प्रतिवेदन 4. व्यक्तित्व को आकर्षण बनाने (सँवारने) के तरीकों पर लेख। 5. प्रक्षेपी परीक्षणों द्वारा व्यक्तित्व मूल्यांकन।
Project/ Field trip	<ol style="list-style-type: none"> 1. Interview of a person having positive attitude. 2. Attitude survey report on any current social issue.
	<ol style="list-style-type: none"> 1. धनात्मक अभिवृत्ति रखने वाले व्यक्ति का साक्षात्कार। 2. किसी भी तात्कालिक मुद्दे पर अभिवृत्ति सर्वेक्षण प्रतिवेदन।

Textbooks, Reference Books, other Resources:-

1	Andrews, Sudhir (1988), How to Succeed at Interviews. 21 st (rep.) Tata McGraw –Hill New Delhi
2	Convey, Stephen. (1989). The Habits of Highly Effective People. NY: Free Press
3	Hindle, Tim (2003). Reducing Stress. Essential Manager series. DK Publishing.
4	Lucas, Stephen (2001). Art of public Speaking Tata – McGraw –Hill New Delhi
5	मार्डन, स्वेट, 'व्यक्तित्व का विकास', आनंद पेपरबैक्स।
6	Petes S.J. Francis (2011) Soft Skills and Professional Communication. Tata McGraw –Hill Education New Delhi
7	शर्मा, पी.के., (2014) "व्यक्तित्व विकास", भारती श्री प्रकाशन।
8	Smith, B. (2004). Body Language. Rohan Book Company, Delhi
9	अस्थाना एम. एवं वर्मा के (1999) व्यक्तित्व मनोविज्ञान मोतीलाल बनारसी दास, नई दिल्ली

Scheme of Marks-

Suggested Continuous Evaluation Methods: Maximum Marks: 100		
Continuous Comprehensive Evaluation (CCE): 25 marks University Exam (UE) 75 Marks		
Internal Assessment: आंतरिक मूल्यांकन Continuous Comprehensive Evaluation (CCE): 25 सतत व्यापक मूल्यांकन	Class Test Assignment /Presentation क्लास टेस्ट असाइनमेंट / प्रस्तुतीकरण	15 10 Total = 25
External Assessment: University Exam Section : 75 Time: 02.00 Hours	Section (A): Three Very Short Questions (50 words Each) तीन अति लघु प्रश्न Section (B): Four Short Questions (200 words Each) चार लघु प्रश्न Section (C): Two Long Questions (500 words Each) दो दीर्घ उत्तरीय प्रश्न	03x03 = 09 04x09 = 26 02x 15 = 30 Total = 75