

CBCS CURRICULUM (2019 -20) (Regulation – D)

PROGRAM	BSc-Nautical Science															
Course Code	Course Name :								L	T	P	C				
	PDP-I (Personality Development Program)								0	0	2					
VALUE ADDED PROGRAM																
Year and Semester	I Year (II Semester)								Contact hours per week							
Prerequisite course									(2 Hrs)							
Course category	General				Foundation				Core / Professional				Elective			
	✓															
Course Objective	<p>1. To gain confidence when speaking is dealt to emphasize, that student need not be anxious or lack confidence while communicating.</p> <p>2. Today's era is a very competitive one, where only unique qualities can bring one to the top most category of successful bunch of people. Exclusiveness is taught in this section</p> <p>3. To stand out and stand tall from, competitors is a must. Elitism is accentuated in this section</p> <p>4. Potential crowd are seafaring students, Emotional intelligence is inevitable to leadership roles, and therefore this section is incorporated</p> <p>5. This chapter imparts the ability to recognize and also manage the emotions of others and yourself at the workplace, as team work is the order of any industry</p>															
Course Outcome	<p>At the end of the course, the student should be able to:</p> <p>1. Utilize the knowledge and understanding of confidence building factors to manage one's own thoughts and emotions.</p> <p>2. Make choices and transform their desired actions and outcomes to reality.</p> <p>3. Understand the value of impact and personal brand and gain practical techniques to be used in networking.</p> <p>4. Familiarize with demonstration of empathy and emotions in different situations.</p> <p>5.To develop the social and interpersonal skills of the students to facilitate their course of action.</p>															
PPOs / COs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3	
CO1	-	-	-	-	-	-	-	-	-	3	-	-	-	-	-	
CO2	-	-	-	-	-	-	-	-	-	3	-	-	-	-	-	
CO3	-	-	-	-	-	-	-	-	-	3	-	-	-	-	-	
CO4	-	-	-	-	-	-	-	-	-	3	-	-	-	-	-	
CO5	-	-	-	-	-	-	-	-	-	3	-	-	-	-	-	
CO6	-	-	-	-	-	-	-	-	-	3	-	-	-	-	-	
AVERAGE	-	-	-	-	-	-	-	-	-	3.0	-	-	-	-	-	
CORRELATION LEVELS				1. SLIGHT (LOW)				2. MODERATE (MEDIUM)				3. SUBSTANTIAL (HIGH)				

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UNIT 1: 1 Introduction to Personality Development

Definition and Basics of Personality development
Analysis of Strength and weakness

6 hours

UNITII: Communication Skills

One on One session
Communication Barriers
Group Discussion
Impromptu
Public Speaking
Overcoming communication Barriers

UNITIII: Socialization Skills

Definition and Understanding of the concept of Socialization
Agents of Socialization

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6 hours

UNITIV: Body Language

Non-Verbal Communication
Types of Body Language
Functions of Body Language
Role of Body Language
Proxemics

6 hours

UNIT V: Aspects of Personality Skills

Problem Solving
Conflict and Stress Management.
Decision making skills

6 hours

Total Hours

30

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REFERENCE BOOKS:

1. How to Talk to Anyone: 92 Little Tricks for Big Success in Relationships by Leil Lowndes.

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