

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

<b>PROGRAM</b>	BSc-Nautical Science															
<b>Course Code</b>	<b>Course Name :</b>								<b>L</b>	<b>T</b>	<b>P</b>	<b>C</b>				
<b>UBLECPD</b>	PDP-2 ( Personality Development Program )								0	0	2	1				
<b>Year and Semester</b>	III Year ( VI Semester )								<b>Contact hours per week</b>							
<b>Prerequisite course</b>									( 2 Hrs)							
<b>Course category</b>	<b>General</b>				<b>Foundation</b>				<b>Core / Professional</b>				<b>Elective</b>			
	✓															
<b>Course Objective</b>	<ol style="list-style-type: none"> <li>This chapter is imparted to augment the morale in students, to fewer negative emotions.</li> <li>Assertiveness is imparted to enhance the attitude and reach win-win solutions.</li> <li>Accountability is taught to establish the feeling of responsibility in the mind of students and discourage harassment</li> <li>Stress management is imparted to create awareness of mental and physical wellbeing of seafaring students</li> <li>Soft skills at work place is emphasized to students to focus their attention to competitive corporate world</li> </ol>															
<b>Course Outcome</b>	<p>At the end of the course, the student should be able to:</p> <ol style="list-style-type: none"> <li>Continue working towards their goals even in the face of challenges and setbacks and ultimately be successful.</li> <li>Understand the basic principles of assertive behavior, rights and respect of rights of others and deal with fear and criticism.</li> <li>To train the students to understand the importance and value of work in life.</li> <li>To make the students develop proactive responses and coping tips to stressful situations.</li> <li>To familiarize the students with the skills that is essential in every sphere of life.</li> </ol>															
<b>PPOs / COs</b>	<b>PO1</b>	<b>PO2</b>	<b>PO3</b>	<b>PO4</b>	<b>PO5</b>	<b>PO6</b>	<b>PO7</b>	<b>PO8</b>	<b>PO9</b>	<b>PO10</b>	<b>PO11</b>	<b>PO12</b>	<b>PSO1</b>	<b>PSO2</b>	<b>PSO3</b>	
<b>CO1</b>	-	-	-	-	-	-	-	-	-	3	-	-	-	-	-	
<b>CO2</b>	-	-	-	-	-	-	-	-	-	3	-	-	-	-	-	
<b>CO3</b>	-	-	-	-	-	-	-	-	-	3	-	-	-	-	-	
<b>CO4</b>	-	-	-	-	-	-	-	-	-	3	-	-	-	-	-	
<b>CO5</b>	-	-	-	-	-	-	-	-	-	3	-	-	-	-	-	
<b>CO6</b>	-	-	-	-	-	-	-	-	-	3	-	-	-	-	-	
<b>AVERAGE</b>	-	-	-	-	-	-	-	-	-	3.0	-	-	-	-	-	
<b>CORRELATION LEVELS</b>				<b>1. SLIGHT (LOW)</b>				<b>2. MODERATE (MEDIUM)</b>				<b>3. SUBSTANTIAL (HIGH)</b>				

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<b>UNIT 1: 1 Optimism / Positivity</b>	
<b>DIFFERENCES BETWEEN OPTIMISM AND POSITIVE THINKING</b>	
<b>Impact of Optimism</b>	
<b>What Is Optimism? How to Practice Optimism</b>	6 hours
<b>UNIT II: Assertiveness</b>	
<b>What Is Assertiveness?</b>	
<b>The Benefits of Being Assertive</b>	
<b>How to Become More Assertive</b>	
<b>Use Assertive Communication Techniques</b>	6 hours
<b>UNIT III: Accountability</b>	
<b>What is accountability in the workplace?</b>	
<b>Without accountability at work, what happens?</b>	
<b>How do you promote accountability in the workplace?</b>	
<b>Use the 5Cs framework to build accountability...</b>	6 hours
<b>UNIT IV: Stress Management</b>	
<b>Overview of Stress Management</b>	
<b>What Is Stress?</b>	
<b>Causes of stress</b>	
<b>Effects of stress</b>	
<b>Tips to Manage Stress</b>	6 hours
<b>UNIT V: Soft Skills in the Workplace</b>	
<b>Important Soft Skills for Workplace Success</b>	
<b>Top Soft Skills Employers Want</b>	
<b>How to Let Employers Know the Skills You Have</b>	
<b>6. Procrastination</b>	
<b>What is Procrastination?</b>	
<b>How to stop procrastinating</b>	
<b>Total Hours</b>	<b>30</b>

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**REFERENCE BOOKS:**

1. Web resources.

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