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|-----------------------|----------------------------------------------------|
| <b>INSTITUTE</b>      | <b>DIPLOMA STUDIES</b>                             |
| <b>PROGRAM</b>        | <b>DIPLOMA ENGINEERING (CHEMICAL ENGINEERING)</b>  |
| <b>SEMESTER</b>       | <b>2</b>                                           |
| <b>COURSE TITLE</b>   | <b>INTEGRATED PERSONALITY DEVELOPMENT COURSE-I</b> |
| <b>COURSE CODE</b>    | <b>09PD0101</b>                                    |
| <b>COURSE CREDITS</b> | <b>2</b>                                           |

### Objective:

- 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 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:** After completion of this course, student will be able to:

1. To provide students with a holistic value-based education that will enable them to be successful in their academic, professional, and social lives.
2. To give the students the tools to develop effective habits, promote personal growth, and improve their well being, stability, and productivity.
3. To allow students to establish a stronger connection with their family through critical thinking and development of qualities such as unity, forgiveness, empathy, and effective communication.
4. To provide students with soft skills that complement their hard skills, making them more marketable when entering the workforce.
5. To enhance awareness of India's glory and global values, and to create considerate citizens who strive for the betterment of their family, college, workforce, and nation.
6. To inspire students to strive for a higher sense of character by learning from role models who have lived principled, disciplined, and value-based lives.

**Pre-requisite of course:**NA

### Teaching and Examination Scheme

| <b>Theory Hours</b> | <b>Tutorial Hours</b> | <b>Practical Hours</b> | <b>ESE</b> | <b>IA</b> | <b>CSE</b> | <b>Viva</b> | <b>Term Work</b> |
|---------------------|-----------------------|------------------------|------------|-----------|------------|-------------|------------------|
| 2                   | 0                     | 0                      | 50         | 30        | 20         | 0           | 0                |

| <b>Contents :<br/>Unit</b> | <b>Topics</b>                                                                                                                                                                                                                                                                                                                                                                                           | <b>Contact<br/>Hours</b> |
|----------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------|
| 1                          | <b>Remaking Yourself Restructuring Yourself</b><br>Students learn how self-improvement enables them to secure a bright future for themselves. They will learn 6 powerful thought-processes that can develop their intellectual, physical, emotional, and spiritual quotients.                                                                                                                           | 2                        |
| 2                          | <b>Remaking Yourself Power of Habit</b><br>Students will undergo a study of how habits work, the habits of successful professionals, and the practical techniques that can be used to develop good habits in their life.                                                                                                                                                                                | 2                        |
| 3                          | <b>Learning from Legends- Tendulkar &amp; Tata</b><br>Students will learn from the inspirational lives of India's two legends, Sachin Tendulkar and Ratan Tata. They will implement these lessons through relatable case studies.                                                                                                                                                                       | 2                        |
| 4                          | <b>From House to Home Listening &amp; Understanding</b><br>Active listening is an essential part of academic progress and communications. Students will learn to listen with their eyes, ears, mind, and heart.                                                                                                                                                                                         | 2                        |
| 5                          | <b>Facing Failures Welcoming Challenges</b><br>This lecture enables students to revisit the way in which they approach challenges. Through the study of successful figures such as Disney, Lincoln and Bachchan, students will learn to face difficulties through a positive perspective.                                                                                                               | 2                        |
| 6                          | <b>Facing Failures Significance of Failures</b><br>Failure is a student's daily source of fear, negativity, and depression. Students will be given the constructive skills to understand failure as formative learning experiences.                                                                                                                                                                     | 2                        |
| 7                          | <b>My India My Pride Glorious Past Part-1</b><br>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. | 2                        |
| 8                          | <b>My India My Pride Glorious Past Part-2</b><br>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.                                                                                                     | 2                        |
| 9                          | <b>Learning from Legends A. P. J. Abdul Kalam</b><br>Dr Kalam's inspirational life displayed legendary qualities which apply to students (1) Dare to Dream (2) Work Hard (3) Get Good Guidance (4) Humility (5) Use Your Talents for the Benefit of Others                                                                                                                                              | 2                        |
| 10                         | <b>Soft Skills Networking &amp; Leadership</b><br>Students are taught the means of building a professional network and developing a leadership attitude.                                                                                                                                                                                                                                                | 2                        |

| Contents :<br>Unit | Topics                                                                                                                                                                                                               | Contact<br>Hours |
|--------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------|
| 11                 | <b>Soft Skills Project Management</b><br>Students will learn the secrets of project management through the Akshardham case study. They will then practice these skills through an activity relevant to student life. | 2                |
| 12                 | <b>Remaking Yourself Handling Social Media</b><br>Students will learn how social media can become addictive and they will imbibe simple methods to take back control.                                                | 2                |
| 13                 | <b>Facing Failures Power of Faith</b><br>Students will learn about the power and necessity of faith in our daily lives.                                                                                              | 2                |
| 14                 | <b>From House to Home Bonding the Family</b><br>Students will understand the importance of strong family relationships. They will learn how to overcome the generation gap and connect with their family more.       | 2                |
| 15                 | <b>Selfless Service Seva</b><br>Students will learn that performing seva is beneficial to one's health, wellbeing, and happiness. It also benefits and inspires others.                                              | 2                |
| <b>Total Hours</b> |                                                                                                                                                                                                                      | <b>30</b>        |

#### Textbook :

- 1 IPDC Workbook-1, NA, B.A.P.S. Swaminarayan Sanstha, NA

#### References:

- 1 <https://www.baps.org/IPDC/IPDC.aspx>, <https://www.baps.org/IPDC/IPDC.aspx>, ., ., .
- 2 . <https://www.youtube.com/c/IPDCbaps/videos>, .  
<https://www.youtube.com/c/IPDCbaps/videos>, ., ., .

#### Suggested Theory Distribution:

The suggested theory distribution as per Bloom's taxonomy is as follows. This distribution serves as guidelines for teachers and students to achieve effective teaching-learning process

| Distribution of Theory for course delivery and evaluation |            |       |         |          |                                        |
|-----------------------------------------------------------|------------|-------|---------|----------|----------------------------------------|
| Remember /<br>Knowledge                                   | Understand | Apply | Analyze | Evaluate | Higher order<br>Thinking /<br>Creative |
| 50.00                                                     | 50.00      | 0.00  | 0.00    | 0.00     | 0.00                                   |

#### Instructional Method:

- 1 Introductory Film: Each lecture begins with a short film that introduces the topic which captivate learner's attention and stimulates their curiosity to learn more.
- 2 Lecture Video: Learners watch a lecture video presented by a dynamic speaker. The lecture reinforces the significance and necessity of fundamental principles and skills.

**Instructional Method:**

- 3 Student Interactions: Interactive sessions promote stimulating discussion and conversation and help create safe spaces for healthy exchange of ideas. Each session provides a forum in which students are able to openly express their emotions and thoughts.
- 4 Workbook Activities: Workbooks assist learners to begin implementing the values taught in the lecture into their personal lives.

**Supplementary Resources:**

- 1 <https://www.youtube.com/c/IPDCbaps/videos>
- 2 <https://www.baps.org/IPDC/IPDC.aspx>