



Semester – II

Subject Name: Integrated Personality Development Course (I.P.D.C.) - I

Subject Code: 09PD0101

Diploma Branches in which this subject is offered: All Engineering

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.

Credits Earned: 2

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.



Teaching and Examination Scheme

Teaching Scheme (Hours)			Credits	Theory Marks			Practical Marks		Total Marks
Theory	Tutorial	Practical		ESE	IA	CSE	Viva	Term work	
2	0	0	2	50	30	20	00	00	100

Contents:

Lecture No.	Module - Lecture	Lecture Description	Hours
1	Remaking Yourself 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.	2
2	Remaking Yourself Power of Habit	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	Learning from Legends- Tendulkar & Tata	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	Mass Management 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.	2
5	From House to Home 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.	2
6	From House to Home Forgive & Forget	Understand the importance and benefits that forgiveness plays in their personal and professional life. They will learn to apply this knowledge in realistic situations.	2
7	Facing Failures Failures are not Always Bad	Failure can be seen as a daily source of fear, negativity and depression. Through the study of successful figures such as Disney, Lincoln and Bachchan; students will learn to see failures through a positive perspective.	2



8	Facing Failures 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.	2
9	Remaking Yourself 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.	2
10	Soft Skills Teamwork & Harmony	Learn the six steps of teamwork and harmony that are essential for students professional and daily life.	2
11	Soft Skills Handling the Devil - Social Media	Learn how social media is addictive and they will imbibe simple methods to take back control.	2
12	From House to Home 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.	2
13	Financial Wisdom Basics of Financial Planning	Develop a variety of financial planning skills that prepare them to become financially stable throughout their future careers.	2
14	Soft Skills Networking - Decision Making - Leadership	Important soft-skills - networking, decision making, and leadership - that are essential in professional environment.	2
15	Review Lecture Student Voice	Students will review the semester by sharing their experiences through classroom interaction.	2

Basic Study Material:

1. IPDC Workbook



Instructional Method:

Following four activities happen during each lecture.

- 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.
- 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.

References:

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