

Department of Public Health

Value-Added Course

Personality Development

2017-18



Accredited 'A' Grade by NAAC (2nd Cycle)

Placed in Category 'A' by MHRD (GoI)

KLE ACADEMY OF HIGHER EDUCATION AND RESEARCH

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Personality Development

1. Name of the course: Personality Development

2. Aim: The programme **aims** at grooming the participants through sensitizing them about proper behavior, socially and professionally, in formal and informal circumstances.

Objectives: The **objective** of the programme is to build self-confidence, enhance self-esteem and improve overall **personality** of the participants.

3. Course contents:

Topics:

1. Personality development
2. Types of personality
3. Influencing factors
4. Leadership qualities
5. Five factor model
6. Freud's tripartite theory
7. Developmental stage theories
8. Motivation and confidence

4. Duration of the course: 5 weeks

5. Timing of the course: Weekly 3 classes of 1 hour duration.

6. Eligibility Criteria: Life science students, Doctors, Practitioners, BSW & MSW students, School Counselors, Health Inspectors and Health Care Workers.

7. Fees:

8. Resource persons:

1. Dr. Mubashir Angolkar
2. Dr. Annapurna Kari
3. Mr. S. G. Patil
4. Dr. Sphootrhi Mastiholi

9. Method of assessment: Assignments and Quiz

10. Feedback: Google feedback forms

11. List reference books:

1. Personality Development and Soft Skills - by Barun Mitra
2. The Ace of Soft Skills: Attitude, Communication and Etiquette for Success -
by Gopalaswamy Ramesh
3. Communication Skills - by Sanjay Kumar, Pushp Lata

12. Criteria for completion: If the participants attend 10 hours out of 15 hours and complete assignments & quiz.