

Capacity development and skills enhancement activities are organised for improving students' capability

Semester I & II Foundation Course I - Values for Life Course Code: FCV201

No. of hours per week	Credit	Total no. of hours	Marks
1	1	30	100

Objectives:

1. To inculcate the importance of values among the students.
2. To instill personal, family, social and religious values among the learners.
3. To equip them as responsible human beings.

Course Outcomes (COs)

CO No.	Upon completion of this course, the students will be able to:	PSO Addressed	Cognitive Level
CO-1	understand the human values, its importance and components	PSO-	U
CO-2	apply the values learnt in real life situation	PSO-	Ap
CO-3	comprehend the different personal values and its components	PSO-	U
CO-4	realize the personal values and to practice them	PSO -	Ap
CO - 5	understand the family values	PSO -	U

Unit I

Values – meaning- definition –value education - importance – objectives – essence – components- process - issues to be taught – benefits – significance of values in the present scenario - core value concerns – role of educators

Unit II

Personal Values – importance – purpose – factors that form personal values – components - assistance, truth, hard work, perseverance, respect for elders and teachers.

Unit III

Family Values - types – selfless love and service, sacrifice, Affection, gratitude, sharing humanity, kindness, peace, obedience

Infatuation – love – marriage – relationship

Familial love – brotherly love – sisterly love – parental love – definition – quotes from title

Unit IV

Social values – function – benefits - Components – honesty, integrity, compassion, empathy, commitment, responsibility, discipline, punctuality, respect, courtesy, dedication, attitude.

Unit V

Religious values – faith, belief, forgiveness, surrender.

Prayer – definition – components – types, benefits

God's love and protection – relevant quotes and reflections.

Text Book

Ed. Jansi, Mary, Jeyaseeli, Mary Helen Stella and AnithaMalby.Values for Life.Saras Publication.Nagercoil.

Semester III & IV
Foundation Course II - Personality Development
Course Code: FCV202

No. of hours per week	Credit	Total no. of hours	Marks
1	1	30	100

Objectives

1. To practice personal and professional responsibility.
2. To develop and nurture a deep understanding of personal motivation.

Course Outcome

CO No.	Upon completion of this course, the students will be able to:	PSO Addressed	Cognitive Level
CO-1	identify various dimensions and importance of effective personality	PSO-	A
CO-2	apply the models of positive thinking in real life situations	PSO-	A
CO-3	To overcome shyness and loneliness and cope up with the society.	PSO-	Y

Unit I

Personality – Factors influencing personality – Theories on personality – Types of personality. Self acceptance – self awareness–self concept – elements - self esteem – types of self esteem – impact of self esteem – importance – low self esteem.

Unit II

Self actualization– characteristics – Positive thinking – The profile of a positive thinker – Positive attitude – Models of positive thinking. Worry – Why to worry – ways to overcome – ways to turn negative thinking into positive.

Unit III

Motivation – Sources of motivation – Types of motivation – Factors determining motivation – characteristics of motivation. Goal setting – Types of goals – ways to achieve goals. Decision making – Steps for decision making.

Unit IV

Time Management – Definition – Controversies regarding time management – importance – Ways to manage time – controlling interruption – Leisure. Leadership and team building – types – qualities of a good leader – group formation – types- responsibilities of group members – instructions to form groups. Communication – classification – verbal and non verbal – rules – hindrance to communication.

Unit V

Process of coping or adjustments – coping – mal adjustment – frustration – types – techniques to overcome frustration. Mental stress – types – mechanism of coping – positive and negative mechanism –steps for adjustment in life – coping with shyness – loneliness – techniques to overcome shyness and loneliness.

Textbook

AazhumaiVazhampera– Dr. Sr. Mary Jhonsy, Dr. M. Mary Helen Stella and Dr.AnithaMalbi

Reference books

1. Personality Development (1999). Selvaraj, Palayamkottai Community College, V.M. Chattram, Tirunelveli.
2. Resource book for Value Education (2002). Mani Jacob, Institute of Value Education, New Delhi
3. You can win (1998).Shiv Kheera, published by Rajive Beri, Macmillan India Ltd, New Delhi.
4. The seven habits of highly effective people (1990). Covey Stephen, R. Simon and Schuster, New York.
5. Change or be changed (2008). Dr. Xavier Alphonse, S. published by ICRDCE, Chennai.

Semester I
Life Skill Training - I
Course Code: LST201

No. of hours per week	Credit	Total no. of hours	Marks
1	1	30	100

Objectives:

- To understand the fundamental rules of success
- To practice integrity in day to day life

Course Outcomes (COs)

CO No.	Upon completion of this course, the students will be able to:	PSO Addressed	CL
CO-1	Understand the human values to lead a successful life	PSO-	U
CO-2	Apply the ethics in real life situation	PSO-	A
CO-3	Analyse and improve one's attitude	PSO-	Y

Unit I

Success - Success formulae.

Goals - The law of Karma, The law of clarity, and The law of flexibility.

Positive Mental Attitude - The law of optimism and self-confidence.

Unit II

Purposeful-Burning desire - The law of desire and The law of energy.

Planning and Preparation - The law of planning.

Unit III

Resources - The law of maximization - Time and its management: health, courage, strengths and weaknesses, attitude, will and skill, enthusiasm, initiative, creativity/resourcefulness/ingenuity, experience, appearance, orderliness and neatness, courtesy, politeness and manners, charisma, live life, have luck and skills.

Unit IV

Self-discipline -The law of time preference and The law of direction.

Action - The law of applied effort and The law of compensation.

Persistence.

Unit V

Prayers - The partnership with God - work with commitment towards the goal - work and prayer.

Values - to attain stability in life -Benjamin Franklin's thirteen virtues.

Text Book

Rao, C.N. (2014). 10 Fundamental Rules of Success. India: V &S Publisher.

Reference Books:

1. Bellamy, D.R. (1999). 12 Secrets for Manifesting your Vision, Inspiration and Purpose. India: Master Mind Books.
2. Iyer, S.S. (2009). Managing for Value. New Delhi: New Age International Publishers.
3. Sharma, S.P. (1999). Success Through Positive Thinking. Delhi: Pustak Mahal
4. Raj, A.S. (2015). Personality Development. Delhi: Firewall Media.

Semester III
Life Skill Training - II
Course Code: LST202

No. of hours per week	Credit	Total no. of hours	Marks
1	1	30	100

Objectives:

1. To aid students in making right choices and decisions
2. To create awareness on practical methods that lead to personal and societal development

Course Outcome (CO)

CO No.	Upon completion of this course, the students will be able to:	PSO Addressed	Cognitive Level
CO-1	Identify the root cause of social evils and its consequences	PSO-	An
CO-2	Understand the importance of personal and emotional well being	PSO-	Un
CO-3	Empathise with the needy and disabled	PSO-	Ap

Unit I

Corruption - causes and types. Seeds and remedies of corruption.

Casteism - causes and consequences.

Communalism - characteristics - causes and remedial measures.

Regionalism - characteristics - causes and remedial measures.

Unit II

Abortion - reason and methods. Birth control

Alcoholism - alcoholism and causes of drinking. Harmful effects of liquor.

Drug addiction - causes - effects and control of drug addiction.

Unit III

Depression - signs - causes and treatments.

Suicide - signs and treatments. Child labour.

Unit IV

Divorce - causes and effects. Steps to avoid divorce.

Dowry system in India - Legislations to inhibit dowry system. Cases and problems.

Unit V

Care and concern for the aged and disabled - need to take care of elders. Caring of someone with physical disability.

HIV and aids - basic facts - causes - prevention and treatment.

Text Book:

(Compilation will be provided to the students)

Reference Books:

CN. Shankar Rao, India Social Problems - A Sociological Perspective. S. Chand and Company Limited. New Delhi. 2015.
CN. Shankar Rao, Sociology of Indian Society. S. Chand and company limited. New Delhi. 2004
Gawain, Shakti and Laurel King. Living in the Light. - A Guide to Personal Transformation. Natraj Publishing. Canada. 1998.