

**HOLISTIC DEVELOPMENT-I: PERSONALITY DEVELOPMENT**

Course Code: BVFP1202T

Theory	Practical
Max. Marks:70	Max. Marks: 35+15
Internal assessment:30	Pass Marks: 35%
Credits: 3	
Lectures to be delivered: 45 hrs.	Credits: 3
Time allowed:3 Hours	

**Course Objectives:**

1. Students will recognize personality patterns, personal effectiveness, and personality determinants.
2. Students will assess interpersonal relations, analyze relations of different ego states, and examine strokes.
3. Students will understand the significance of stress management and time management.
4. Learners will engage in individual and group activities to address stress and anger.
5. Learners will participate in collaborative learning and interactive sessions focused on time management.
6. Students will engage in experiential learning to understand personality traits and undertake various personality tests.

**Course Outcomes:**

1. Students will recognize personality patterns, personal effectiveness, and personality determinants.
2. Students will assess interpersonal relations, analyze relations of different ego states, and examine strokes.
3. Students will understand the significance of stress management and time management.
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**Instructions for the paper setters:**

The question paper will consist of three sections A, B, and C. Sections A and B will have four questions from the respective sections of the syllabus and carry 12 marks each. Section C consists of 11 short answer type questions which will cover the entire syllabus uniformly and will carry 22 marks in all.

**Instructions for the candidates:**

Candidates are required to attempt two questions each from sections A and B of the question paper and the entire Section C.

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### SECTION-A

1. Personality: Meaning & Concept, Personality Patterns, Symbols of Self, Moulding the Personality Pattern, Personality & Personal Effectiveness, Personality Determinants, An overview of Personality determinants, Evaluation of Personality: Sick Personalities and Healthy Personalities.
2. The Concept of Success and Failure: What is Success? Hurdles in achieving success – Overcoming hurdles – Factors responsible for success – What is Failure – Causes of failure. Introduction to Motivation, Relevance and types of Motivation, Motivating others

### SECTION-B

3. Stress Management: Introduction to Stress, Causes of Stress, Impact of Stress, Managing Stress, Conflict Management: Introduction to Conflict, Causes of Conflict, Managing Conflict
4. Time Management: Time as a Resource, Identify Important Time Management Wasters, Individual Time Management Styles, Techniques for Better Time Management.

### PRACTICALS

1. Group activities and individual activities to resolve stress and conflict
2. Collaborative learning for time management
3. Interactive sessions based on time management
4. Ensure Participation in personality development
5. Empirical Learning for personality traits
6. To perform different personality tests
7. Personality Inventory administration
8. Adjustment inventory administration

### REFERENCES

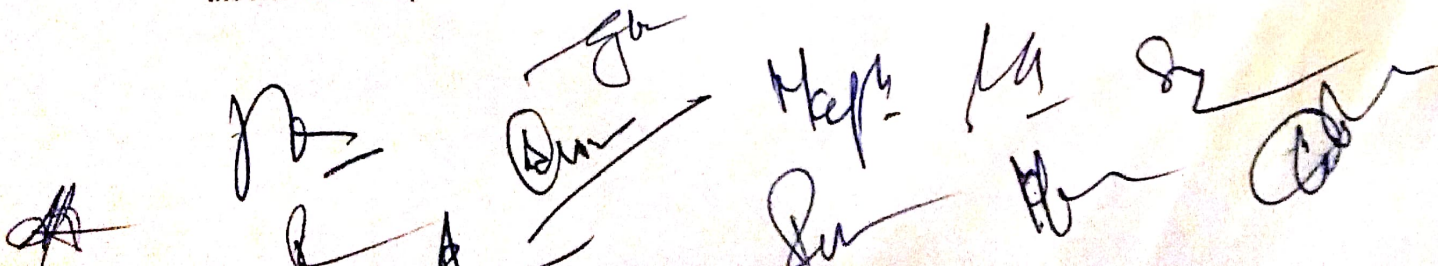
1. Lall & Sharma – Personal Growth Training & Development. Excel Books.
2. Janakiraman – Training & Development. Biztantra.
3. Hurlock, Elizabeth B. – Personality Development
4. Sahu R.K. - Training for Development. Excel Books, 1st Ed
5. Arora, M. (2020) Practical Manual Food Processing (Semester II) - Bachelor of Vocation (B. Voc.) Food Processing Part I. Nirali Prakashan, Pune.
6. Singh, Prof. Achhru, & Ubha, Dr. Dharminder Singh. Personality Development and Soft Skills.
7. Petri, H.L., & Govern, J.M. (2013). Motivation: Theory, Research, and Applications (Sixth Edition). Wadsworth Cengage Learning: Belmont CA.
8. Robbins, Stephen. Organizational Behavior.
9. Keith & Davis. Organizational Behavior.
10. Fred and Luthans. Organizational Behavior.
11. Ashwatthappa, K.A. Organizational Behavior.

### Teaching Learning Activities:

**Assignments:** Class assignments focus on a strong foundation of conceptual knowledge, better understanding of the subject and development of problem-solving skills.

**Guest lectures:** Guest lectures are conducted for overall development of students and a strong foundation of the subject.

**Quizzes:** Quizzes are organised to build the bridge between theoretical and practical applications of the learned concepts.

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B. Voc. FOOD PROCESSING PART –I (Semester-II)

Session: 2025-26 and 2026-27

**Group discussions:** Group discussions are conducted to develop and boost the self confidence comparative aptitude and enhance the problem solving skills seminar seminars are conducted for overall personality development for interviews and class teaching this will help them in for the placement

**Chairperson**

**Dr. Rupinderjeet Kaur**

**VC Nominee**

**Dr. Shivani Takkar**

**Member**

**Dr. Rajesh Jaiswal**

**Member**

**Dr. Mahesh Kumar**

**Member**

**Dr. Jaspreet Kaur**

**Industry Representative**

**Ms. Gurmeet Kaur**

**College Alumni**

**Naveen Kumar**