C P PATEL AND F H SHAH COMMERCE (AUTONOMOUS) COLLEGE, ANAND

(Managed by SARDAR PATEL EDUCATION TRUST,ANAND)

AFFILIATED TO SARDAR PATEL UNIVERSITY, V V NAGAR

**An ISO 9001 2015 Certified / An ISO 14001-2015 Certified / An ISO 21001-2018 Certified
GUJARAT INSTITUTIONAL RATING FRAMEWORK (4 STAR)**

AAA Reaccredited CGPA 3.56 – GRADE A^+ KCG-Dept of Edu. Govt of Gujarat-April 2017

NAAC Reaccredited - CGPA 3.30 - GRADE 'A+' UGC – MHRD, Govt of India – June 2022

Syllabus as per NEP 2020 with effect from the Academic Year 2025-26

Bachelor of Commerce (B. Com)
Semester – V

Course Code	UB5SECOM01	Title of the Course	Personality Development
Total Credits of the Course	**02**	**Hours per Week**	**02**

Course Objectives	1. To equip students with skills and techniques to enhance their personality traits, build confidence and improve communication
	2. To enable students to understand their strengths, weaknesses, emotional intelligence and core values.
	3. To enhance personal motivation, techniques to improve productivity, and strategies for setting and achieving goals.

Course Content		
Unit	**Description**	**Weightage (%)**
1.	**Introducing Personality Development** (A) Definition and Importance of Personality Development (B) Key Personality Traits: Self-Awareness, Self Esteem, Self Confidence, Empathy, Teamwork, Leadership, Observation and Concentration Skills, Self Discipline, Commitment, Handling Criticism and Feedback Positively, Overcoming Self-Doubt and Gratitude	**50%**
2.	**Time Management, Goal Setting and Mental Health** (A) Prioritization Techniques: Eisenhower Matrix, ABCDE Method, Pomodoro Technique (B) Creating SMART Goals and Action Plans (C) Importance of Mental Health, Managing Stress and Avoid Procrastination	**50%**

Teaching-Learning Methodology	Learner-Centered Instructional Method: Lectures combined with discussions, interactive sessions, group discussions, assignments, items for self-study through further readings, seminars, creative writing workshops, multi-media presentations, use of audio-visual aids and internet resources.

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Evaluation Pattern		
No.	**Details of the Evaluation**	**Weightage**
1.	Internal Written (As per *CBCS* R. 6.8.3)	30%
2.	Internal Continuous Assessment in the form of Quizzes, Seminars, Assignments, Attendance (As per *CBCS* R. 6.8.3)	20%
3.	External Examination	50%

Course Outcomes	
1.	Students will be able to identify and develop key personality traits, such as assertiveness, emotional intelligence, and self-discipline, to enhance personal and professional interactions.
2.	Students will understand the components of emotional intelligence (self-awareness, self-regulation, motivation, empathy, and social skills) and apply them in everyday situations to manage their emotions and relationships more effectively.
3.	Students will develop strategies for self-motivation, identify internal and external factors that drive goal achievement, overcome procrastination and self-doubt, and apply effective time management techniques, such as prioritization methods, to improve productivity.

Suggested References	
No.	**References**
01	Abraham, Amit. *Personality Development through Positive Thinking*. Shree Book Centre. 2010. Print.
02	"Personality Development". BAOU. https://baou.edu.in/assets/pdf/BSWR-303.pdf
03	"Personality Development". IGNOU. https://egyankosh.ac.in/bitstream/123456789/20818/1/Unit-1.pdf
04	E-Resources: https://www.youtube.com/watch?v=5CoKwpezDFE&list=PLWc1yfTYfqNFfeyUbhfUXY1LJrBGiPeGL https://onlinecourses.swayam2.ac.in/cec21_mg22/preview

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