



**SARDAR PATEL UNIVERSITY**  
**Vallabh Vidyanagar, Gujarat**  
**(Reaccredited with 'A' Grade by NAAC (CGPA 3.25))**  
**Syllabus with effect from the Academic Year 2022-2023**

B.A. (Semester-4)

Course Code	UA04SIPD51	Title of the Course	Integrated Personality Development - II
Total Credits of the Course	2	Hours per Week	02

**IPDC-2 (Second Phase/Semester)**

Unit		Description
1.	<b>Module:</b> Remaking Yourself <b>Subject :</b> Begin with the End in Mind	Students will learn to visualize their future goals and will structure their lives through smart goals to give themselves direction and ultimately take them to where they want to go.
	<b>Module:</b> Remaking Yourself <b>Subject :</b> Being Addiction-Free	Students will 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.
	<b>Module:</b> Selfless Service <b>Subject :</b> Case Study: Disaster Relief	Students will apply previous lessons of seva, to analyse the case study of the Bhuj earthquake relief work.
	<b>Module:</b> Soft Skills <b>Subject :</b> Teamwork & Harmony	Students will learn the six steps of teamwork and harmony that are essential for students' professional and daily life.
	<b>Module:</b> My India My Pride <b>Subject :</b> Present Scenario	To implement the transformation of India from a developing country into a developed country it is necessary to have a value-based citizen. Students will see how the transformation to a greater India relies on the vision and efforts of themselves as a youth.
	<b>Module:</b> Learning from Legends <b>Subject :</b> Leading Without Leading	Students will explore a new approach to leadership, through humility.
	<b>Module:</b> My India My Pride <b>Subject :</b> An Ideal Citizen – 1	Students will learn that to become value-based citizens, they must first develop good values in their lives. They start by exploring the values of responsibility and integrity.
	<b>Module:</b> My India My Pride <b>Subject :</b> An Ideal Citizen – 2	Students will learn that by developing the values of loyalty, sincerity, and punctuality; they become indispensable and can leave a strong impression. They will start developing these values by trying to keep perfection in every small task and by looking at the bigger picture.



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2	<b>Module:</b> Facing Failures <b>Subject :</b> Timeless Wisdom for Daily Life	Students will learn the role wisdom plays in finding long-term stability. They will use ancient wisdom to solve their modern-day challenges.
	<b>Module:</b> From House to Home <b>Subject :</b> Forgive & Forget	Students will understand the importance and benefits that forgiveness plays in their personal and professional life. They will learn to apply this knowledge in realistic situations.
	<b>Module:</b> Remaking Yourself <b>Subject :</b> Stress Management	Students will learn to cope with current and future causes of stress.
	<b>Module:</b> Remaking Yourself <b>Subject :</b> Better Health Better Future	A healthy body prevents disease and stress; increases positivity, productivity, and brainpower. Students will learn to maintain good health through regular exercise, healthy eating habits, and regular and sufficient sleep.
	<b>Module:</b> Learning from Legends <b>Subject :</b> Words of Wisdom	A panel of learned and experienced mentors will personally answer practical questions that students face in their daily life.
	<b>Module:</b> Soft Skills <b>Subject :</b> Financial Planning	Students will develop a variety of practical financial skills that prepare them to become financially stable throughout their future careers.
	<b>Module:</b> Remaking Yourself <b>Subject :</b> Impact of Company	Students will understand that the type of company that we keep, has a crucial role in determining who we are and who we will become. They will develop the ability to create a positive environment around them.
Concluding	Life After IPDC	This concluding lecture encourages students to keep practising these priceless lessons and prepares them for the next steps in their lives.