



## Introduction and Syllabus for Int. Personality Dev. Course Arts & Science

### The Integrated Personality Development Course – An Introduction

The Integrated Personality Development Course has been designed, by the BAPS Swaminarayan Sanstha, to help prepare college students in their holistic development. This course supports the requirements of the New Education Policy (NEP), to “build character, enable learners to be ethical, rational, compassionate, and caring, while at the same time prepare them for gainful, fulfilling employment”. Easily integrated into students’ university syllabus, IPDC effectively teaches essential values, develops inner character, strengthens morality, and nourishes constructive and creative thinking. Through this course, students can enjoy, understand, and practice priceless lessons, giving them the tools to build a brighter future.

#### Introductory Resources:

<a href="#">IPDC Intro Click Here</a>	<a href="#">Lecture Glimpse Click Here</a>	<a href="#">IPDC Impact Click Here</a>
		

#### Type of Course:

Value-based Holistic Personality Development Course for University Students.

- **Rationale / Scope:**

IPDC aims to prepare students for the modern challenges they face in their daily lives. Promoting fortitude in the face of failures, Unity amongst family discord, Self-discipline amidst Distractions... and many more priceless lessons. The course focuses on morality and character development at the core of student growth, to enable students to become self-aware, sincere, and successful in their many roles - as an ambitious student, reliable employee, caring family member, and considerate citizen.

- **Course Outcomes/Objectives:**

- To provide students with a holistic value-based education that will enable them to be successful in their academic, professional, and social lives.
- To give the students the tools to develop effective habits, promote personal growth, and improve their well-being, stability, and productivity.



- To allow students to establish a stronger connection with their family through critical thinking and development of qualities such as unity, forgiveness, empathy, and effective communication.
- To provide students with soft skills that complement their hard skills, making them more marketable when entering the workforce.
- To enhance awareness of India's glory and global values, and to create considerate citizens who strive for the betterment of their family, college, workforce, and nation.
- To inspire students to strive for a higher sense of character by learning from role models who have lived principled, disciplined, and value-based lives.

- **Course-Content/IPDC syllabus:**

(Total course should be delivered in two phase - i.e. **IPDC-1 & IPDC-2**, both phases can be distributed in two semesters. Each Semester will consist of 15 Lecture-topics. IPDC-1 and IPDC-2 both covers total 30 Lecture-topics (2hr/ Lecture).

Each lecture can be taken in a continuous two-hour session, or in two separate one-hour sessions. In addition to the core lectures, an induction and concluding lectures are recommended as shown in the below table.

- **Course Material / Main Course Workbook:**

There will be one workbook for each semester/phase. Each workbook will be designed and presented by BAPS IPDC Team. These official workbooks would be the course-material for study of IPDC. These workbooks will solve the purpose of study, submission, viva and exams for students.

1. **IPDC Workbook-1**
2. **IPDC Workbook-2**

- **Pattern of Lecture-Delivery:**

The IPDC lectures will take place in the college classrooms and will be hosted by a university-appointed course instructor/Faculty. The Teaching resources will be provided by BAPS. Each lecture has four components as shown below:

1. **Introductory Film**

Each lecture begins with a short film that introduces the topic through modern production. The original content displays relatable scenarios and visuals that captivate the students' attention and stimulates their curiosity to learn more.

2. **Lecture Video**

Students watch a lecture video presented by a dynamic speaker. The lecture reinforces the significance and necessity of fundamental principles and skills. The experience of the speaker, eloquence of presentation, and use of interactive visuals collectively create a profound impact on each student's mind and heart.



### 3. Student Interaction

Student interaction sessions promote stimulating discussion and conversation and help create safe spaces for the healthy exchange of ideas. Thus, each session provides a forum in which students can openly express their emotions and thoughts.

### 4. Workbook Activities

Workbooks assist students to begin implementing the values taught in the lecture into their personal lives. Reliable research, priceless experience, practical scenarios, and reflective questions are innovatively depicted, motivating students to contemplate and think creatively. You can preview the IPDC Workbook at the link - [https://www.youtube.com/watch?v=\\_C09aqOszvY](https://www.youtube.com/watch?v=_C09aqOszvY)

## • Teaching and Examination Scheme for Arts and Science

### Teaching Scheme

Lecturer - 2 hrs/weeks

Credit - 2

### Examination Scheme

The assessments should include both continuous evaluation and end-of-semester examinations. The assessment scheme should include student attendance, assignments, mid-term exams, viva, workbook submission, and end-of-semester examinations.

IPDC team will provide necessary question-bank with answers from each subjects of IPDC. Marks distribution in theory and practical exams depends on respective institute/university.

## • Basic Terms and Support Required from Institute:

### Awarded Credits :

- To ensure the full participation of the students, we propose the course to be credit-based. Each semester should be awarded credits according to the preference of the university.

### Course Instructors :

- As IPDC is about values and not just grades, an ideal candidate for teaching the course should be morally and ethically accomplished.
- The instructor should also be an effective communicator, well adept at conducting activities with the students.
- Required academic qualification for the instructor should be minimum graduation in any stream.



- We propose that all instructors appointed by your institute should attend an IPDC faculty workshop to get familiar with style of the course. We are glad to inform you that BAPS is ready to provide this workshop.

**Technical Requirements :**

- As elaborated in meeting and publicised in presentations, the foremost element of the course involves videos and interactive sessions which requires good level of audio/video amenities at the campus for students. A projector, laptop, internet connection, and basic audio-visual set up are requisite for productive learning and positive outcome of the course.
- IPDC Team will provide a digital portal to deliver all the IPDC video content. This platform allows smoothness in the learning and teaching process. IPDC Team will provide this digital system free of charge, and the University/Institute will approve and assist in implementing its use.

**Approval of Teaching Mediums :**

- All the lecture videos and materials, alongside teacher's guide, has been designed by BAPS and will be provided as discussed below.
- The lecture videos will be provided through a web-portal that runs on Windows devices or through mobile app. This medium will be provided to all the registered teaching faculty, free of charge. The university should give approval for this medium and assist in the implementation of its use.
- The IPDC workbooks are an essential part of the course, as they provide the content and basis for the end-of-semester exams and the continuous assessments. The university should give approval for the use and purchase of this printed material to the students.

**Registrations and Course-beneficiaries data :**

- To ensure the smooth implementation of the course, the university/institute will ensure that the students and faculties officially register with IPDC. For this purpose, the university/institutes will be required to provide the necessary information about the colleges, faculty members, and enrolled students in the course. Also, respective institutes need to provide enrolled students' final results of this subject for every batch in the format required by IPDC Team. IPDC Team will also offer a certificate to students on completion of the course.

**Fees/Charges :**

- BAPS Sanstha has always focused on Social Activities to uplift the nation and people's life. This course focuses on moral and character development and is dedicated to providing holistic value-based education to the youth. So, as a noble



service to the society, we offer the course to University/Institutes for free. All following materials of all Modules will be provided to end-users without any charges:

- 1) Introductory Videos
- 2) Main Lecture Videos
- 3) Teacher's Guide
- 4) IPDC Question Bank
- 5) Exam Guide

- However, printed workbooks for IPDC-1 and IPDC-2 are to be procured by students/institutes as per printed price.

**Copyrights/Intellectual Rights :**

- Copyright/IPR of all IPDC materials provided for IPDC Course belongs to BAPS Swaminarayan Sanstha. Hence, the use of all these materials should be limited to the teaching of IPDC course only.

The National Education Policy of 2020, which is the Largest shift in the education system in the last thirty-four years. This new policy included-mandates for holistic education, not just technical skills; A shift towards value-based education; a focus on generating interaction within a classroom and adopting new technology to help hold the student's interest. From this demand within the society and charge by the government, the IPDC course has been created to fill this needed gap.

For any further assistance you can contact IPDC Team:  
(Ph. 9099904146, E-mail - [service.ipdc@in.baps.org](mailto:service.ipdc@in.baps.org))



**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-3)

Course Code	UA03SIPD51	Title of the Course	Integrated Personality Development - I
Total Credits of the Course	2	Hours per Week	02

**IPDC-1 (First Phase/Semester)**

Course Introduction: The Need for Values	Students will learn about the need for values as part of their holistic development to become successful in their many roles - as ambitious students, reliable employees, caring family members, and considerate citizens.
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Unit		Description
1.	<b>Module:</b> Remaking Yourself <b>Subject :</b> Restructuring Yourself	Students learn how self-improvement enables them to secure a bright future for themselves. They will learn 6 powerful thought-processes that can develop their intellectual, physical, emotional, and spiritual quotients.
	<b>Module:</b> Remaking Yourself <b>Subject :</b> Power of Habit	Students will undergo a study of how habits work, the habits of successful professionals, and the practical techniques that can be used to develop good habits in their life.
	<b>Module:</b> Learning from Legends <b>Subject :</b> Tendulkar & Tata	Students will learn from the inspirational lives of India's two legends, Sachin Tendulkar and Ratan Tata. They will implement these lessons through relatable case studies.
	<b>Module:</b> From House to Home <b>Subject :</b> Listening & Understanding	Active listening is an essential part of academic progress and communications. Students will learn to listen with their eyes, ears, mind, and heart.
	<b>Module:</b> Facing Failures <b>Subject :</b> Welcoming Challenges	This lecture enables students to revisit the way in which they approach challenges. Through the study of successful figures such as Disney, Lincoln and Bachchan, students will learn to face difficulties through a positive perspective.
	<b>Module:</b> Facing Failures <b>Subject :</b> Significance of Failures	Failure is a student's daily source of fear, negativity, and depression. Students will be given the constructive skills to understand failure as formative learning experiences.
	<b>Module:</b> My India My Pride <b>Subject :</b> Glorious Past - Part 1	India's ancient Rishis, scholars, and intellectuals have made tremendous contributions to the world, they developed an advanced, sophisticated culture and civilization which began thousands of years ago. Students will learn the importance of studying India's glorious past so that they could develop a strong passion and pride for our nation.



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	<b>Module:</b> My India My Pride <b>Subject :</b> Glorious Past - Part 2	Our ancient concepts can be used to seek revolutionary ideas and to generate inspiration. Students will develop a deeper interest in India's Glorious Past – by appreciating the need to read about it, research it, write about it, and share it.
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.