

**Master of Education
Semester I**

Course Code	PE01FMED52	Title of the Course	Self-Development and Activities
Total Credits of the Course	2	Hours per Week	4

Course Objectives:	<p>To enable the student-teacher to...</p> <ol style="list-style-type: none"> 1. explain soft skills for teaching profession. 2. recognise life skill and utilize it in the profession. 3. recall their own personality and develop it. 4. analyse the importance of holistic health. 5. interpret qualities of cooperation and teamwork.
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Course Content		
Unit	Description	Weightage* (%)
1.	<ul style="list-style-type: none"> • Development of Study habits • Life Skill: Meaning and activities • Soft skills in teaching profession • Personality Development 	50%
2.	<ul style="list-style-type: none"> • Self-awareness: Concept and activities • Development of E.Q. • SWOT Analysis • Yoga and holistic health 	50%

Teaching-Learning Methodology	Lecture Method, Group discussion, Activity based Learning, Practical work
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Evaluation Pattern		
Sr. No.	Details of the Evaluation	Weightage

1.	<ul style="list-style-type: none"> Internal Written / Practical Examination (As per CBCS R.6.8.3) Internal Continuous Assessment in the form of Practical, Viva-voce, Quizzes, Seminars, Assignments, Attendance (As per CBCS R.6.8.3) 	100%
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Course Outcomes: Having completed this course, the learner will be able to	
1.	Identify and choose good study habits.
2.	Define life skills and perform them.
3.	Explain and analyse different soft skills in teaching profession.
4.	Recall E.Q. and explain its importance.
5.	Relate personality and teaching profession.

Suggested References:
<p>Peale, N. (1952), <i>Power of Positive Thinking</i>, Prentice Hall, US</p> <p>Kothari, M. (2003), <i>Youth and Personality development</i>, Pravin book, Rajkot</p> <p>Rogers, C. (1947), <i>Some Observations on the organization of Personality</i>, American Psychologist, 2, 35-368</p> <p>Vales, (2006), <i>Vyaktitva Ghadatar</i>, Gurjar Publication, Ahmedabad</p>

On-line resources to be used if available as reference material
<p>https://destinysodyssey.com/personal-development/self-development-2/</p> <p>https://www.lifehack.org/articles/lifestyle/42-practical-ways-to-improve-yourself.html</p> <p>https://www.unodc.org/pdf/youthnet/action/message/escap_peers_07.pdf</p> <p>https://www.yourarticlelibrary.com/human-resources/emotional-quotient-meaning-definition-components-and-benefits/32401</p>
