

Veer Narmad South Gujarat University, Surat

Year 2025-26

Certificate Course on Personality Development

Certificate Course Developed by Shrirang Shikshan Mahavidyalay, Bilimora	
Title of the Course: Personality Development Credits : 2	
Topics Covered:	1. Personal Grooming 2. Personality Development @ Length, Skills and techniques. 3. Essentials for Personality Development
Course Coordinator: Dr. Namrataben Kantibhai Patel	
Credit Hours: 30	

Unit	Content
Unit 1	Personality, Personal Grooming and skills/ techniques
1	Understanding Personality Development
2	Personality : characteristics and principles, measurement and its techniques
3	Personality : Know your personality: SWOT , Johari Window
4	Dressing Sense , Etiquettes and Habits
5	Life skills and Communication skills
Unit 2	Essentials for Personality Development
1	Leadership and qualities of a successful leader
2	Stress Management
3	Time Management
4	Thought Management
5	Spiritual Development through ‘Self’ development techniques

Objectives:

1. To enable students to understand the meaning of Personality Development.
2. To enable students to understand the personal grooming.
3. To enable students to understand types, characteristics, principles, Measurement, and its techniques of Personality
4. To enable students to understand the techniques and skills for personality development.
5. To enable students to understand how to develop Communication skills, and leadership for personality development.
6. To enable students to understand the role of time management in personality development.
7. To enable students to understand the role of Thought Management, Spiritual Development through 'Self' development techniques.

Outcomes:

1. Students will be able to understand the meaning of Personality Development.
2. Students will be able to understand the personal grooming.
3. Students will be able to understand types, characteristics, principles, Measurement, and its techniques of Personality
4. Students will be able to understand the techniques and skills for personality development.
5. Students will be able to understand how to develop Communication skills, and leadership for personality development.
6. Students will be able to understand the role of time management in personality development.
7. Students will be able to understand the role of Stress management, Thought Management, Spiritual Development through 'Self' development techniques.

References:

1. Feldman, R. S. (2005). Understanding Psychology, 6th edition, New Delhi : Tata McGraw Hill Publishing Company Ltd. 3. Lefton, L. A (1991). Psychology, 4th ed, Allyn and Bacon.
2. Morgan, C. T.; King, R. A.; Weisz, J. R. and Schopler, J. (1986).
3. Introduction to Psychology, 7th ed, McGraw-Hill Book Company.
4. Ciccarelli, S. K., Meyer G. E. (2008). Psychology, With a forward by GirishwarMisra, South Asian edition person, Dorling Kindersley, India.
5. Hariharan, S., Sundararajan, N., Sharmugapriya, S. P. (2008). 'Soft Skill', Chennai, MJP Publishers.
6. Alken, Lewis R., Alken Gary Growth Marnat (2009). Psychological Testing and Assessment, Twelfth edition, Dorling Kindersley India.