

DEPARTMENT OF SOCIOLOGY
SACRED HEART COLLEGE, THEVARA
VALUE ADDED PROGRAMME
PERSONALITY ENRICHMENT

COURSE CODE: 14SOCVAC01

SYLLABUS

Department of Sociology offers the Value Added Course 'PERSONALITY ENRICHMENT' for the students to help them to develop self-confidence, self-esteem and enhance their overall performance in the various facets of their life.

Duration: 30 hours

Course Objectives:

- To understand the basic idea of personality
- To identify one's strengths and weaknesses
- To equip the person for self-transformation

Module-1 Personality

Meaning and features

Different Personality types

Module-2 Knowing Thyself

Personality Traits

Strengths and Weaknesses

Module -4 Healthy Personality

Socialisation

Overcoming Complexes

Self-image and Self Esteem

Tips to improve Life style




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