



ST AGNES COLLEGE (AUTONOMOUS)

Mangaluru - 575002

Re-accredited by NAAC with A+ Grade, CGPA 3.65/4 (Cycle 4)

College of Excellence by UGC, New Delhi

Star College Status by DBT, MST, Govt. Of India

Department of Business Administration

2022-2023

VALUE ADDED COURSE: PERSONALITY DEVELOPMENT

DURATION: 30 HOURS

RESOURCE PERSONS:

- **Mr. Elson D'Souza, Assistant Professor, Dept. of Business Administration, St Agnes College (Autonomous), Mangalore**
 - **J.C Queenie D'Costa, Trainer, Mangalore**
- **Dr Devi Prabha Alva, Associate Professor, Dept. of Commerce, St Agnes College (Autonomous), Mangalore**
- **Mrs. Anna Una Crasta, Assistant Professor, Dept. of English, St Agnes College (Autonomous), Mangalore**
- **Dr. Hitakshi Anand, Assistant Professor, Dept. of Psychology, St Agnes College (Autonomous), Mangalore**

COURSE OUTCOMES :

- To give basic awareness about the significance of soft skills in professional and interpersonal communications.
- To facilitate all-round development of personality.
- To build confidence, develop self-esteem, and to bring positive changes in the attitude and behavior of the participant.

SYLLABUS (30 hours)

UNIT – 1 SELF-AWARENESS, GOAL SETTING, CREATIVITY

UNIT – 2 INTERPERSONAL SKILLS, STRESS MANAGEMENT

UNIT – 3 TIME MANAGEMENT, LEADERSHIP DEVELOPMENT

METHODOLOGY:

- Lectures
- Assignments
- Report writing

CRITERIA FOR EVALUATION AND MARKS DISTRIBUTION:

- Attendance 10 marks
- Presentation 10 marks
- Participation 10 marks
- Assignment 20marks
- Total marks 50marks

GRADING PATTERN

- 40- 50 A
- 30 – 39 B
- 25-29 C
- Below 24 D

Faculty Incharge: Mr.Elson D'Souza