SWARNIM STARTUP & INNOVATION UNIVERSITY

SWARRNIM SCIENCE COLLEGE
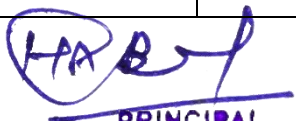## VALUE ADDED COURSE (VAC)

Comprehensive Personality Development Course - VACPD

Duration: 30 Hours (15 Sessions, 2 Hours Each)

Session	Topic	Content	Duration
Session 1	Introduction to Personality Development	Course Overview, Objectives, Importance of Personality Development	2 hours
Session 2	Self-Awareness and Self-Esteem	Understanding Self, Building Self-Esteem, SWOT Analysis	2 hours
Session 3	Effective Communication Skills I	Verbal Communication, Articulation, Tone of Voice	2 hours
Session 4	Effective Communication Skills II	Non-Verbal Communication, Body Language, Eye Contact	2 hours
Session 5	Interpersonal Skills	Building Relationships, Empathy, Active Listening	2 hours
Session 6	Confidence Building and Positive Thinking	Techniques to Build Confidence, Positive Thinking Exercises	2 hours
Session 7	Public Speaking and Presentation Skills I	Overcoming Fear, Structuring a Speech, Engaging the Audience	2 hours
Session 8	Public Speaking and Presentation Skills II	Practice Presentations, Feedback Sessions	2 hours
Session 9	Time Management and Goal Setting	Prioritizing Tasks, Setting SMART Goals, Time Management Techniques	2 hours
Session 10	Stress Management	Identifying Stressors, Stress Management Techniques, Relaxation Exercises	2 hours
Session 11	Leadership Skills I	Understanding Leadership, Different Leadership Styles, Developing Leadership Skills	2 hours
Session 12	Leadership Skills II	Practical Leadership Exercises, Role-Playing Scenarios	2 hours
Session 13	Conflict Resolution and Problem-Solving	Identifying Conflicts, Conflict Resolution Techniques, Problem-Solving Strategies	2 hours
Session 14	Emotional Intelligence	Understanding Emotions, Managing Emotions, Developing Emotional Intelligence	2 hours
Session 15	Continuous Improvement and Personal Growth	Seeking Feedback, Lifelong Learning, Personal Development Plan	2 hours