



Kavikulaguru Kalidas Sanskrit University, Ramtek
Program Structure

Name Of the Program:- Certificate Course in Holistic Personality
Choice Based Credit System (CBCS Pattern)

Program Curriculum (Syllabus)

Approved by the BoS No.01/2018, dt. 27.11.2018, Item No.3.
(Onwards 2019-20)

1	Name of the Program	Certificate Course in Holistic Personality (Intellectual, emotional, social, physical, artistic, creative and spiritual potentials.)
2	Program Code	
3	Program Abbreviation	CCHP
4	Program Level (PG/ UG/ PG Diploma/ Diploma/ Certificate etc.	Certificate Course
5	Subject	Philosophy
6	Name of the Faculty	
7	Name of the Board of Study	Board of Studies for Administrative Service
8	Name of the Department	
9	Assessment Type	
10	Examination Type & Paper Pattern	Formative + Summative
11	Separate Passing	
12	Program Type	
13	Program Duration	1 Year
14	Program Description	Holistic personality Development is concerned with the development of Student's intellectual, emotional, interpersonal, aesthetic, creative and spiritual potentials.

15	Program Objectives	<ol style="list-style-type: none"> 1. To acquaint the students about Emotional intelligence. 2. To acquaint the students with the techniques of interpersonal skills 3. To Prepare students to take up social responsibilities 4. To Enable students appreciate aesthetic values 5. To provide students with Ethical perspectives 6. To emphasize on need for improving one's spiritual quotient
16	Program Outcome	<p>At the end of the program students should be able to:</p> <ol style="list-style-type: none"> 1. Know the significance of Emotional equipoise 2. Learn important interpersonal skills 3. Appreciate their social responsibilities 5. Develop aesthetic sense 6. Understand the importance of ethical living 7. Appreciate the importance of spiritual approach towards life.
17	Total Credits (Minimum and Maximum Credits)	<p>Minimum: 50 credits Maximum: 100 credits</p>
18	Intake Capacity (One Batch)	20
19	Medium of Instruction	English
20	Medium of Examination	English
21	External Students Admission	Allowed
22	Age Limit (if required)	16-58 years
23	Eligibility	Intermediate (10+2)
24	Total Marks	300
25	Note	

Course Code	Course Title	No. of Lecture (*L) hours per week	Tutorial (*T)/ Practical (*P) per week	Internal		Theory		Other		Subject Total		No. of Credits (if Credit System is applicable)
				(Pr/ Desr / Viva/ Oral/ Test/ Sessional etc.)						(in case of joint passing)		
				A		B		C		A + B + C		
Max	Passing	Max	Passing	Max	Passing	Max	Passing					

First Year - Semester I

	Emotional Intelligence	2	1	40	20	60	30			100	50	
	Interpersonal Skills	2	1	40	20	60	30			100	50	
	Social Responsibility (Ethics: General and Applied)	2	1	40	20	60	30			100	50	

First Year - Semester II

	Aesthetics	2	1	40	20	60	30			100	50	
	Tenets of Major World Religions	2	1	40	20	60	30			100	50	
	Mindful Living	2	1	40	20	60	30			100	50	
First Year Total										600	300	

Name of the Faculty- Programme -

Eligibility :- Intermediate (10+2)
Medium :- English
Duration :- 1 Year
Total Marks :- 600

Credit Points:- Total credits for _____ Programme. 4 Credits for per course. 1 Credit is construed as spending to approximately 30 to 40 learning hours.

The performance of the learners shall be evaluated into two components. The learner's performance shall be assessed by Internal Assessment with 40% marks in the first component by conducting the Semester End Examinations with 60% marks in the second component. The allocation of marks for the Internal Assessment and Semester End Examinations are as shown below :-

a) Internal Assessment - 40 % for each course.

Sr. No.	Particulars	Marks
1	One periodical class test held in the given semester	
2	Subject specific Term Work Module / Assessment modes - at least two - as decided by the department in the beginning of the Semester (like Extension / field / Experimental work, Short Quiz; Objective test, lab practical, open book test etc and written assignments, Case study, Projects, Posters and exhibits etc. for which the assessment is to be based on class presentations wherever applicable) to be selflessly assessed by the teacher/s concerned.	

3	Active participation in routine instructional deliveries (and in practical work, tutorial, field work etc as the case may be)	
4	Overall conduct as a responsible learner, mannerism and articulation and exhibit of leadership qualities in organizing related academic activities.	
Course Detail		
1	Course Name	Certificate Course in Holistic Personality
2	Course Code	CCHP
3	Course Level- PG/ UG/ PG Diploma/ Diploma/ Certificate etc.	Certificate
4	Course Mode- Text Reading/ Practical/ Laboratory	Text Reading and Practical
5	Course Type- a) Elective Hard Core b) Elective Soft Core c) Foundation d) Compulsory	Foundation
5	Course Credits	
6	Course Objective	<ol style="list-style-type: none"> 1. To acquaint the students about Emotional intelligence. 2. To acquaint the students with the techniques of interpersonal skills 3. To Prepare students to take up social responsibilities 4. To Enable students appreciate aesthetic values 5. To provide students with Ethical perspectives 6. To emphasize on need for improving one's spiritual quotient
7	Course Outcome	<p>At the end of the program students should be able to:</p> <ol style="list-style-type: none"> 1. Know the significance of Emotional equipoise 2. Learn important interpersonal skills 3. Appreciate their
8	Course Prerequisite	10+2 qualification, 70% attendance,
9	Focus Of the Course (For Teachers)	To train the students for a robust career in civil services wit a holistic personality

Certificate Course in Holistic Personality

Syllabus

SEMESTER-I

Theory (60 Marks) + Internal Assessment (40Marks)= Total 100 Marks
Paper I Emotional Intelligence

Module I

- 1) Define EQ. Theory of EI & Assessing EQ. Five Dimensions of the Trait EI Model EQ Self-Assessment Activity.
- 2) Optimism, Pessimism, The Power of Re-Framing: The Balance between Optimism and Pessimism
- 3) Self-Manage for Success, Being Open to Opposing Viewpoints, Learn to Compromise for Success Choose Your Attitude
- 4) Amygdala Hijack - What's Happening Inside Our Head When We Lose Control, Relaxation Techniques

Module II

- 1) Personality and EQ The Ability Model of EI The Trait Model of EI The Mixed Model of Emotional Intelligence The Bar-On Model of Emotional Social Intelligence and the Genos Model
- 2) Stress and time management
- 3) Positive thinking and happiness
- 4) Personality Disorders, EI and Personal Relationships

Module III

- 1) Understand Emotions and How to Manage Them in the Workplace
- 2) Constructive Disagreement

- 3) Empathy. Developing Empathy. Barriers to Empathy.
- 4) EQ mapping

Module IV

- 1) Workplace Leadership: Using and Understanding Emotions, Moods. Empathising
- 2) Workforce Diversity and EI in the Workplace, Managing Other People's Emotions
- 3) Developing EI Abilities and Competencies

Students to keep a diary for a minimum of 3 months and reflect on thoughts/behaviours associated with emotions experienced during diary keeping period.

Certificate Course in Holistic Personality

Syllabus

SEMESTER-I

Theory (60 Marks) + Internal Assessment (40Marks)= Total 100 Marks

Paper II Interpersonal Skills

Module I

- 1) Define interpersonal communication and its major components, Significance of studying interpersonal communication.
- 2) Define dyads, Describe the Johari Window.
- 3) Analyze semantic noise, Distinguish between denotation and connotation.
- 4) Analyze the communication model of sending and receiving messages including feedback, feedforward channel and noise.

Module II

- 1) Social skills in daily life, irreversibility of messages, , Role of perception in communication, Barriers to accurate perception, Effective interpersonal strategies used in various situation.
- 2) Team work and coordination, active listening, Effective listening techniques, Question stereotyping. Skills for conversation effectiveness.
- 3) Healthy communication and positive interaction, Compare and contrast defensive and supportive communication climates. Transforming defensive climates into supportive ones. Evaluate power plays.
- 4) Describe emotions. Identify the major obstacles to effectively communicating emotions. Employ empathy in responding to the emotional messages of others. Power of "you" statements. Distinguish between assertive and aggressive communication. Ways to improve self-esteem.

Module III

- 1) Stages in the Development of relationships. Define the equity theory in relationships. Model of conflict resolution. Define gunny sacking.
- 2) Employ ethics in communication.
- 3) Evaluate the risks and rewards of self disclosure.
- 4) valuating and nourishing people. Traits of a Person with High Social Skills.

Module IV

- 1) Artefactual communication: colour, clothing and space decoration.
- 2) Non- verbal communication including body language, facial expression, eye contact, touch and special messages. It's Not What You Say, It's How You Say It.
- 3) Encoding and decoding the meaning of verbal communication, Evaluate the impact of culture on verbal and nonverbal communication

Certificate Course in Holistic Personality

Syllabus SEMESTER-I

Theory (60 Marks) + Internal Assessment (40Marks)= Total 100 Marks

Paper III Social Responsibility

Module I Environmental Ethics

- 1) Renewable and Non-Renewable energy sources
- 2) sustainable development.
- 3) Shallow and Deep ecology.
- 4) Eco centralism and Anthropocentrism in Eastern and Western religions

Module II

- 1) Human rights, duties and values
- 2) Professional ethics
- 3) Social Problems due to bad Habits: Alcoholism and Drug abuse
- 4) Society and family caring attitude

Module III Ethical Issues of Contemporary Society

- 1) Crime & Punishment: Theories of punishment, Arguments for and against Capital Punishment
- 2) Ethical issues concerning Non vegetarianism and animal slaughter
- 3) Religion, culture and Society. Multiculturalism
- 4) Euthanasia, Feticide, Cloning

Module IV Social Evils

- 1) Discrimination: a. Gender Discrimination: Female Foeticide, Land and Property Rights, Women Empowerment. b. Caste Discrimination: Gandhi and Ambedkar
- 2) Corruption
- 3) Violence: Communal Violence, Religious Fanaticism, Arson, Genocide.
- 4) Militancy, Naxalism, Terrorism

Certificate Course in Holistic Personality

Syllabus SEMESTER-II

Theory (60 Marks) + Internal Assessment (40Marks)= Total 100 Marks

Paper IV - Aesthetics

Module I Fundamental concepts of Indian Aesthetics

- 1) Rasa
- 2) Bhava: Sthayi bhava, Vibhava, Aunubhava, Vyabhichari Bhava
- 3) Dharmi: Natya dharmi, Loka dharmi
- 4) Dhvani, Nada, Raga, Tala, Laya

Module II

- 1) Mimetic Theory of Art
- 2) Art as Representation
- 3) Art as Expression
- 4) Art as a Form of Life

Module III: Nature of Aesthetic Features in Drshya Kavya, Shravya Kavya

- 1) Music
- 2) Dance
- 3) Sculpture
- 4) Painting and Literature

Module IV Aesthetic Sublimation

- 1) Art and Self Expression
- 2) Art, Nature and God
- 3) Art and Self Actualization
- 4) Art and Spiritualism

Certificate Course in Holistic Personality

Syllabus SEMESTER-II

**Theory (60 Marks) + Internal Assessment (40Marks)= Total 100 Marks
Paper V- Tenets of Major Religions**

Module I Tenets of Sanātana Dharma (Hinduism)

- 1) purusharth
- 2) Law of Karma
- 3) Omnipresence of God
- 4) Self realization as the summum bonum

Module II Tenets of Buddhism

- 1) Ahimsa
- 2) Meditation
- 3) Suffering and means to end suffering
- 4) Karuna, metta,

Module III Tenets of Christianity

- 1) Idea of a Good Samaritan
- 2) Faith in the word of god and Jesus
- 3) Resurrection and Return of Jesus
- 4) Eternal Hell and Heaven

Module IV Tenets of Islam

- 1) • Belief in God's guidance. • Judgment of one's actions by the God after one's death.
• Belief in prophets as God sent messengers.
- 2) • Belief in divine human encounter. • Belief in the existence of angels and demons.
• Belief in heaven or hell. • Belief in the existence of human soul which is different from
the body
- 3) • Dos and Don'ts of life as God's injunctions.
- 4) • No rebirth. • Eternal hell or heaven after the death depending on one's actions.

Certificate Course in Holistic Personality

Syllabus SEMESTER-II

**Theory (60 Marks) + Internal Assessment (40 Marks)= Total 100 Marks
Paper VI Mindful Living**

Module I

- 1) Introduction to Theory of Mindfulness. Mindfulness and Mental and Physical Health
- 2) Self-Awareness Explained. Satva, Rajas and Tamo Gunas. Waking dreaming and deep sleep states.
- 3) Self-Regulation: mindful eating, mindful breathing, and the body-scan method, Being engaged in the present moment.
- 4) How Meditation Helps With Difficult Emotions?

Module II - Mastering the Mind

- 1) Examining perceptions, assumptions, and the way we view the world.
- 2) Controlling Mind BG 6.34 and 6.35
- 3) Getting Higher taste to Replace Lower BG 2.59
- 4) Effects of Mantras in Mind, Body (Subtle Body-Mind, Ego, Intelligence, Gross Body, and Soul)

Module III -

- 1) A “Mindful” Definition of Resilience
- 2) Transformation through Association
- 3) Chitta Bhumis
- 4) Antaranga Yoga

Module IV - Application of Elevated Consciousness

- 1) Mindfulness Meditation - What It Is And How To Do It
- 2) The Concept of Satori and Zazen in Zen Meditation
- 3) Vipassana: Sati Pattana and Anapana Sati
- 4) Words from the Wise

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