



GOVERNMENT COLLEGE BARAN (RAJASTHAN)

VALUE ADDED COURSE

COURSE CODE-GCB/VAC/ SHPG

CONTACT HOURS- 30

SELF HELP AND PERSONAL GROWTH

COURSE OBJECTIVE - The primary objective of the course is to ensure overall development of the students through introducing an interdisciplinary approach of practical learning. Some selected books, movies, documentaries, speeches etc. are the content of the course for developing a habit of leaning and critical thinking among the students. The course covers a wide range of topics viz. Communication, Leadership, Relationship, Financial Literacy, Time Management etc

COURSE OUTCOME-The course moulds its participants into innovative ways of thinking to deal with the real-life management problems.

LEARNING OUTCOME- Students get to learn various aspects of self-help, identify their own area of interests, gets motivation by success stories of prominent personalities, develop a habit of reading books other than curriculum, work towards self-help and personal growth.

EVALUATION- Class room presentation, Group Discussions, Assignments / Oral test

CREDIT- 0

DISCIPLINE- OPEN TO ALL

COURSE CONTENT

1. Communication skills: Think Fast, Talk Fast: communication Techniques (Stanford Graduate School of Businessman lecture); 'How to Win Friends and Influence People' by Dale Carnegie
2. Visionary and Revolutionary Role: Steve Jobs' Speech at the Stanford University; Mahatma Gandhi
3. Relationship: 'Men Are from Mars, Women Are from Venus' by John Gray;
4. Finances: 'Rich Dad, Poor Dad' by Robert Kiyosaki; 'Psychology of Money' by Morgen Housel
5. Unleash Your Super Brain: Videos by Jim Kwik; 'The Power of Subconscious Mind' by Dr. Joseph Murphy
6. Improving Efficiency and Outcomes: Kaizen technique; 'Mindset by Carol Dweck'
7. Motivation & Purpose in Life: TEDx Nick Vujicic; 'The Monk Who Sold His Ferrari' by Robin Sharma; 'Alchemist' by Ben Jinson; Rakesh Godhwani, Faculty, Management Communication at IIM Bangalore; Robert Waldinger: What makes a goof life_ TEDx
8. Time Management: 'Do It Today' by Darius Foroux; 'The 80/20 Principles' by Richard Koch
9. Skill Development and Entrepreneurship: 'Zero to One' by Peter Thiel; 'The 7Habits of Highly Effective People' by Stephen Covey
10. Health and Self-care: Mental Health for All by Involving All| Vikram Patel_ TED; Is Social Media Hurting Your Mental Health? By Bailey Parnell_ TED;