

**Petlad Education Trust Managed**  
**Shri R. K. Parikh Arts and Science College, Petlad.**  
**Add-on Certificate Course**

**Course Title : Personality Development**

**Coordinator** : Prof. S. G. Gajjar

**Department** : Psychology

**Duration** : 30 Hours (Theory : 25 hrs., Project :05 hrs.)

**Course Content :**

- Introduction: Basic knowledge of Personality Development
- Types of Personality Development
- Factors affecting Personality Development
- Self Confidence
- Positive Attitude
- Self-Motivation
- Presentation Skills and Communication Skills
- Interpersonal Relationship
- Goal Setting
- Time Management
- Stress Management: Causes, stress management techniques
- Leadership and Decision Making

**Out Come :**

1. Students will Process the Personality development techniques and Communication skills.
2. Student will gain knowledge about leadership. This Course is useful to the student in Finance, Banking, Marketing, Entertainment sectors.
3. Develop and exhibit and accurate sense of self Develop and nurture a deep understanding of personal motivation.
4. Develop an understanding of and practice personal and professional responsibility.

**Reference :**

- 1 : Types of Man : Eduard Sprenger
- 2 : Motivation and Personality : A.H.Maslow
- 3 : Personality development for Students : Dr.Vijay Agrawal