



GUJARAT TECHNOLOGICAL UNIVERSITY

Program Name: Bachelor of Engineering

Level: UG

Branch: ALL

Course / Subject Code : BE01R00161

Course / Subject Name : Integrated Personality Development Course

w. e. f. Academic Year:	2024 - 2025
Semester:	I st Year
Category of the Course:	HSMC-01

Type of Course –

Value-based holistic personality development course for university students.

Rationale

IPDC aims to prepare students for the modern challenges they face in their daily lives. Promoting fortitude in the face of failures, unity amongst family discord, self-discipline amidst distractions, and many more priceless lessons. The course focuses on morality and character development at the core of student growth, to enable students to become self-aware, sincere, and successful in their many roles - as an ambitious student, reliable employee, caring family member, and considerate citizen.

Teaching and Examination Scheme:

Teaching - Learning Scheme (in Hours per Semester)					Total Credits = TH/30	Assessment Pattern and Marks					Total Marks
L	T	P	TW/ SL	TH		Theory		Tutorial / Practical			
						ESE (E)	PA (M)	PA/ (I)	TW/ SL (I)	ESE (V)	
30	00	00	30	60	02	70	30	00	30	00	130

Where L = Lecture, T= Tutorial, P= Practical, TW/SL = Term-Work / Self-Learning, TH = Total Hours, ESE = End-Semester Examination, PA = Progressive Assessment

The assessments should include both continuous evaluation and end-of-semester examinations. The assessment scheme should include student attendance, assignments, mid-term exams, viva, workbook submission, and end-of-semester examinations.

Course-Content:

Each lecture can be taken in a continuous two-hour session, or in two separate one-hour sessions. In addition to the core lectures, an induction and concluding lectures are recommended as shown in the below table.



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Lecture No.	Module -Lecture	Lecture Description	Hours
Induction	The Need for Values	Students will learn about the need for values as part of their holistic development to become successful in their many roles - as ambitious students, reliable employees, caring family members, and considerate citizens.	2
1	Remaking Yourself Restructuring Yourself	Students learn how self-improvement enables them to secure a bright future for themselves. They will learn 6 powerful thought-processes that can develop their intellectual, physical, emotional, and spiritual quotients.	2
2	Remaking Yourself - Power of Habit	Students will undergo a study of how habits work, the habits of successful professionals, and the practical techniques that can be used to develop good habits in their life.	2
3	Learning from Legends- Tendulkar & Tata	Students will learn from the inspirational lives of India's two legends, Sachin Tendulkar and Ratan Tata. They will implement these lessons through relatable case studies.	2
4	From House to Home- Listening & Understanding	Active listening is an essential part of academic progress and communications. Students will learn to listen with their eyes, ears, mind, and heart.	2
5	Facing Failures- Welcoming Challenges	This lecture enables students to revisit the way in which they approach challenges. Through the study of successful figures such as Disney, Lincoln and Bachchan, students will learn to face difficulties through a positive perspective.	2
6	Facing Failures- Significance of Failures	Failure is a student's daily source of fear, negativity, and depression. Students will be given the constructive skills to understand failure as formative learning experiences.	2
7	My India My Pride- Glorious Past - Part 1	India's ancient Rishis, scholars, and intellectuals have made tremendous contributions to the world, they developed an advanced, sophisticated culture and civilization which began thousands of years ago. Students will learn the importance of studying India's glorious past so that they could develop a strong passion and pride for our nation.	2



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8	My India My Pride- Glorious Past - Part 2	Our ancient concepts can be used to seek revolutionary ideas and to generate inspiration. Students will develop a deeper interest in India's Glorious Past – by appreciating the need to read about it, research it, write about it, and share it.	2
9	Learning from Legends- A.P.J. Abdul Kalam	Dr Kalam's inspirational life displayed legendary qualities which apply to students (1) Dare to Dream (2) Work Hard (3) Get Good Guidance (4) Humility (5) Use Your Talents for the Benefit of Others	2
10	Soft Skills- Networking & Leadership	Students are taught the means of building a professional network and developing a leadership attitude.	2
11	Soft Skills- Project Management	Students will learn the secrets of project management through the Akshardham case study. They will then practice these skills through an activity relevant to student life.	2
12	Remaking Yourself- Handling Social Media	Students will learn how social media can become addictive and they will imbibe simple methods to take back control.	2
13	Facing Failures- Power of Faith	Students will learn about the power and necessity of faith in our daily lives.	2
14	From House to Home- Bonding the Family	Students will understand the importance of strong family relationships. They will learn how to overcome the generation gap and connect with their family more.	2
15	Selfless Service- Seva	Students will learn that performing seva is beneficial to one's health, wellbeing, and happiness. It also benefits and inspires others.	2

• COURSE MATERIAL / MAIN COURSE WORKBOOK -

1. IPDC Workbook-1 (presented by B.A.P.S. Swaminarayan Sanstha)

IPDC REFERENCES –

These are the reference material for the IPDC lectures. This is not compulsory reading for the



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students as the essential information is contained in the workbooks.

Module No.	Module	References
1	Facing Failures	<ol style="list-style-type: none">1. Thomas Edison's factory burns down, New York Times Archives, Page 1, 10/12/19142. Lincoln Financial Foundation, Abraham Lincoln's "Failures": Critiques, Forgotten Books, 20173. J.K. Rowling Harvard Commencement Speech Harvard University Commencement, 20084. Born Again on the Mountain: A Story of Losing Everything and Finding It Back, Arunima Sinha, Penguin, 20145. Failing Forward: Turning Mistakes Into Stepping Stones for Success, John C. Maxwell, Thomas Nelson, 20076. Steve Jobs: The Exclusive Biography Paperback, Walter Isaacson, Abacus, 20157. Failing Forward: Turning Mistakes Into Stepping Stones for Success, John C. Maxwell, Thomas Nelson, 2007
2	Learning from Legends	<ol style="list-style-type: none">1. Chase Your Dreams: My Autobiography, Sachin Tendulkar, Hachette India, 20172. Playing It My Way: My Autobiography, Sachin Tendulkar, Hodder & Stoughton, 20143. The Wit and Wisdom of Ratan Tata, Ratan Tata, Hay House, 20184. The Tata Group: From Torchbearers to Trailblazers, Shashank Shah, Penguin Portfolio, 20185. The Leader Who Had No Title, Robin Sharma, Jaico Publishing House, 20106. In the Joy of Others: A Life-Sketch of Pramukh Swami Maharaj, Mohanlal Patel and BAPS Sadhus, Swaminarayan Aksharpith, 2013
3	My India My Pride	<ol style="list-style-type: none">1. Rishis, Mystics, and Heroes of India, Sadhu Mukundcharandas, Swaminarayan Aksharpith, 2011



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		<p>2. Physics in Ancient India, Narayan Dongre, Shankar Nene, National Book Trust, 2016</p> <p>3. The Rise of Civilization in India and Pakistan, Raymond Allchin, Bridget Allchin, Cambridge University Press, 1982</p> <p>4. The Āryabhaṭīya of Āryabhaṭa: An Ancient Indian Work on Mathematics and Astronomy (1930), Walter Eugene Clark, University of Chicago Press, reprint, Kessinger Publishing, 2006</p>
4	Remaking Yourself	<p>1. Power of Habit, Charles Duhigg, Random House Trade Paperbacks, 2014</p> <p>2. Change Your Habit, Change Your Life, Tom Corley, North Loop Books, 2016</p> <p>3. The Seven Habits of Highly Effective People, Stephen Covey, Simon & Schuster, 2013</p> <p>4. Seven Habits of Highly Effective Teens, Sean Covey, Simon & Schuster, 2012</p> <p>5. Atomic Habits, James Clear, Random House, 2018</p> <p>6. How a handful of tech companies control billions of minds every day, Tristan Harris, TED Talk, 2017</p>
5	From House to Home	<p>1. “What Makes a Good Life? Lessons from the Longest Study on Happiness”, R. Waldinger, Ted Talks, 2015</p> <p>2. Long Walk To Freedom, Nelson Mandela, Back Bay Books, 1995</p> <p>3. Outliers, Malcolm Gladwell, Back Bay Books, 2011</p>
6	Soft Skills	<p>1. The 17 Indisputable Laws of Teamwork, John Maxwell, HarperCollins, 2013</p> <p>2. Team of Teams: New Rules of Engagement for a Complex World, Stanley McChrystal, Portfolio, 2015</p> <p>3. Predictably Irrational, Revised and Expanded Edition: The Hidden Forces That Shape Our Decisions, Dan Ariely, Harper Perennial, 2010</p>



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7	Selfless Service	<ol style="list-style-type: none">1. Open: An Autobiography, Andre Agassi, Vintage, 10 August 20102. The Physiological Power of Altruism [online], James Hamblin, The Atlantic, December 30, 2015, https://www.theatlantic.com/health/archive/2015/12/altruism-for-a-better-body/422280/ [last accessed June 10, 2020]3. TBI Blogs: From Entrepreneurs to Doorkeepers, Everybody Serves with Love & Warmth at This Ahmedabad Café [online], The People Place Project, The Better India, May 29, 2017, https://www.thebetterindia.com/102551/small-way-serve-ahmedabad-seva-cafe/, [last accessed June 10, 2020]
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Course Outcomes

- To provide students with a holistic value-based education that will enable them to be successful in their academic, professional, and social lives.
- To give the students the tools to develop effective habits, promote personal growth, and improve their wellbeing, stability, and productivity.
- To allow students to establish a stronger connection with their family through critical thinking and devolvment of qualities such as unity, forgiveness, empathy, and effective communication.
- To provide students with soft skills that complement their hard skills, making them more marketable when entering the workforce.
- To enhance awareness of India's glory and global values, and to create considerate citizens who strive for the betterment of their family, college, workforce, and nation.
- To inspire students to strive for a higher sense of character by learning from role models who have lived principled, disciplined, and value-based lives.

• Activities suggested under self learning

Sl. No.	Name of the activity	No. of hours	Evaluation Criteria
1	Identify one habit to be transformed and ask student to execute it for 21 days	Activity duration =21 day. Duration= 5 hours	Based on report /Chart/Poster/Presentation submitted
2	Track social media usage: Decide one	Activity duration =15	Based on report



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	social media app to be uninstalled from your phone for 15 days.	day. Duration= 5 hours	/Chart/Poster/Presentation submitted
3	To do seva activities at old age home, orphanage home, ,hospital, Cleanliness at school,society,college	Duration =5 hours	Based on report /Chart/Poster/Presentation submitted
4	Prepare a chart of famous failures.	Duration = 5 hours	Based on report /Chart/Poster/Presentation submitted
5	Make a team of 2-3 members .Plan the overall activities to be carried out for tech fest at your college, Make detailed list of activities to be done and budget plan.	Duration =5 hours	Based on report /Chart/Poster/Presentation submitted
6	Introspect and identify at least five scenario where you feel that your actions could be updated based on learning from listening and understanding	Duration =5 hours	Based on report /Chart/Poster/Presentation submitted
7	Sit with your family for 15 minutes a day discuss and share each other's activities(for Total 20 days)	Duration= 5 hours	Based on report /Chart/Poster/Presentation submitted
8	A well-organized plan for managing a college tech fest with a team of 2–3 members , including a detailed list of activities and a budget plan .	Duration =5 hour	Based on report submitted.
9	Sitting with your family for just 15 minutes a day share each other's activities	Activity time = 5 hours (20 days) Report time = 5 hours	Based on report /Chart/Poster/Presentation submitted.
10	Group discussion: <i>What do I owe to my parents?</i> Write a Gratitude Letter to a parent/sibling/friend.	Duration= 1 hour	Based on report /Chart/Poster/Presentation submitted.
11	Prepare a “Personal Vision Statement” or “My Code of Living” booklet	Duration =1 hour	Based on report /Chart/Poster/Presentation submitted.
12	Role-play or skit on miscommunication in relationships and solutions	Duration = 1 hour	Based on report /Chart/Poster/Presentation submitted
13	Community Seva (Service Activity): cleaning, helping elderly, teaching kids, etc. + reflection	Duration= 5 hours	Based on report /Chart/Poster/Presentation submitted
14	Self-Observation Diary: Record thoughts/emotions/actions for 10 days.	Duration = 1 hour	Based on report /Chart/Poster/Presentation submitted
15	Life Vision Journal: Write your 5-	Duration =1 hour	Based on report



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	year vision—career, health, relationships, contribution. “My Life Compass” Poster: Personal motto, core values, role models, goals.		/Chart/Poster/Presentation submitted
16	Avoid all social media for 24 hours. Reflect: <i>What did I miss? What did I gain?</i>	Duration =1 hour	Based on report /Chart/Poster/Presentation submitted
17	Review and clean your social media: Unfollow toxic or negative accounts. Follow value-based, positive pages. Reflect: <i>What did I miss? What did I gain?</i>	Duration =1 hour	Based on report /Chart/Poster/Presentation submitted
18	Maintain a log of daily screen/social media usage for 3–5 days. Categorize it into productive vs unproductive time.	Duration =1 hour	Based on report /Chart/Poster/Presentation submitted
19	Organize a physical or virtual tour to a local museum, heritage site, or historical monument.	Duration = 5 hour	Based on report /Chart/Poster/Presentation submitted
20	Students create weekly factsheets or digital posts sharing unknown facts from India's past (science, ethics, literature, and education).	Duration = 5 hour	Based on report /Chart/Poster/Presentation submitted
21	Watch a documentary (e.g., <i>Bharat Ek Khoj, Science in Ancient India</i>) and write a reflection on what surprised or inspired them.	Duration =1 hour	Based on report /Chart/Poster/Presentation submitted

Note:

1. All the suggested activity should be related to the subject.
2. The number of hours are suggestive. Faculty can sub-divide the number of hours based on the activity. However, total number of hours is fixed.
3. Rubrics for the evaluation can be prepared by the faculty.
