

**SHRI GOVIND GURU UNIVERSITY,
GODHRA**



Syllabus for

**IPDC (Integrated Personality Development
Course)**

Schedule - A

IPDC Course Introduction

The Integrated Personality Development Course - An Introduction

The integrated personality development course has been designed by the BAPS Swaminarayan sanstha , to help prepare college students in their holistic development. This course supports the requirements of the New Education policy (NEP), TO “build character, enable learners to be ethical, rational, compassionate, and caring, while at the same time prepare them for gainful, fulfilling employment”. Effectively teaches essential values, develops inner character this course, students can enjoy, understand, and practice priceless lessons, giving them the tools to build a brighter future.

Envisioned by students, for students

Our IPDC developers surveyed many students to understand the learning needs of students today. “Exciting” , “relatable” , “interactive” , “enjoyable” , “tangible” – this is what they wanted and so that is exactly what we are delivering.

Value-Based Transformation

We believe that along with academics and practical skill, a student’s holistic development should be built on a strong foundation of core character values such as positivity, resilience, humility, and responsibility. This empowers youths to successfully progress in all aspects of their lives.

Engaging Modern Mediums

We have replaced the traditional lecture style with a high-tech learning experience. Our expert team of producers has introduced captivating short films, interactive visuals, dramatic narratives, and ultra-high-definition (4K) shots, enabling students to effectively engage with every topic.

Trusted & Effective Content

What do you get when you combine decades of experience and research, along with a passion for youth development? You get IPDC! The IPDC content, design, and development was a global undertaking, bringing together a team of academics and youth development experts from around the world. The content has been curated especially for students, with the purpose of life-long retention and application.

IPCD Logo-

IPCD Tagline-

<p align="center">IPDC in 2 Minutes [https://baps.app.box.com/v/ipdc-intro-video]</p>	<p align="center">Lecturer Glimpse IPDC – YouTube</p>	<p align="center">IPDC Impact 2020 – 1 IPDC – YouTube</p>

- **Type of Course :**

Value-based holistic personality development course for university students.

- **Rationale/Scope :**

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.

- **Course Outcomes/Objectives :**

- 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 devolvement 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.

- **Teaching and Examination Scheme:**

Teaching Scheme

Lecture-2 hrs/week

- **Examination Scheme**

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.

IPDC team will provide necessary question-bank with answers from each subjects of IPDC, Marks distribution in theory and practical exams depends on respective institute/university.

- **Course-Content/IPDC Syllabus :**

(Total course should be delivered in two phase — i.e. **IPDC-1 & IPDC-2**, both phase can be distributed in two semesters. IPDC-1 and IPDC-2 both covers 15 subjects, so in total 30 subjects would be covered.)

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.

Lecture No.	Lecture-Tiles	Lecture Description	Hours
IPDC-1 (First Phase/Semester)			
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	Module: Remaking yourself Subject : 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	Module: Remaking yourself Subject : 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	Module: Learning from legends Subject : 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	Module: From House to Home Subject : 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	Module: Facing Failures Subject: 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	Module: Facing Failures Subject : 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	Module: My India My Pride Subject : 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
8	Module: : My India My Pride Subject : 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	Module: Learning From Legends Subject : 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	Module: Soft Skills Subject : Networking & Leadership	Students are taught the means of building a professional network and developing a leadership attitude.	2
11	Module: Soft Skills Subject : 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	Module: Remaking Yourself Subject : Handling Social Media	Students will learn how social media can become addictive and they will imbibe simple methods to take back control.	2
13	Module: Facing Failures Subject : Power of Faith	Students will learn about the power and necessity of faith in our daily lives.	2
14	Module: From House to Home Subject : 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	Module: Selfless Service Subject : Seva	Students will learn that performing seva is beneficial to one's health, wellbeing, and happiness. it also benefits and inspires others.	2

IPDC-2(Second Phase/Semester)

1	Module: Remaking Yourself Subject : Begin with the End in Mind	Students will learn to visualize their future goals and will structure their lives through smart goals to give themselves direction and ultimately take them to where they want to go.	2
2	Module: Remaking Yourself Subject : Being Addiction: Free	Students will explore the detrimental effects of addictions on one's health, personal life, and family life. They will learn how to take control of their life by becoming addiction free	2
3	Module: Selfless Service Subject : Case Study: Disaster Relief	Students will apply previous lessons of seva to analyse the case study of the Bhuj earthquake : relief work.	2
4	Module: Soft Skills Subject : Teamwork & Harmony	Students will learn the six steps of teamwork and harmony that are essential for students' : professional and daily life.	2
5	Module: My India My Pride Subject : Present Scenario	To implement the transformation of India from a developing country into a developed country it is necessary to have a value-based citizen. Students will see how the transformation to a Greater India relies on the vision and efforts of themselves as a youth.	2
6	Module: Learning from Legends Subject : Leading Without Leading	Students will explore a new approach to Leadership through humility.	2
7	Module: My India My Pride Subject : An ideal Citizen -1	Students will learn that to become value-based citizens, they must first develop good values in their lives. They start by exploring the values of responsibility and integrity	2
8	Module: My India My Pride Subject : An ideal Citizen -2	Students will learn that by developing the values of loyalty, sincerity, and punctuality, they become indispensable and can leave a strong impression. They will start developing these values by trying to keep perfection in every small task and by looking at the bigger picture.	2
9	Module: Facing Failures Subject : Timeless Wisdom for Daily Life	Students will learn the role wisdom plays in finding long-term stability. They will use ancient wisdom to solve their modern-day challenges.	2
10	Module: From House to Home Subject : Forgive & Forget	Students will understand the importance and benefits that forgiveness plays in their personal and professional life. They will learn to apply this knowledge in realistic situations	2
11	Module: Remaking Yourself Subject : Stress Management	Students will learn to cope with current and future causes of stress.	2
12	Module: Remaking Yourself Subject : Better Health	A healthy body prevents disease and stress: increases positivity, productivity, and	2

	Setter Future	brainpower. Students will learn to maintain good health through regular exercise, healthy eating habits, and regular and sufficient sleep.	
13	Module: Learning from Legends Subject : Words of Wisdom	A panel of teared and experienced mentors will personally answer practical questions that students face in them daily life.	2
14	Module: Soft Skits Subject : Financial Planning	Students will develop a variety of practical financial skills that prepare them to become financially stable throughout their future careers.	2
15	Module: Remaking Yourself Subject : Impact of Company	Students will understand that the type of company that we keep, has a crucial rale in determining who we are and who we will become. They will develop the ability to create a positive environment around them.	2
Concl uding	Life After IPDC	This concluding lecture encourages students to keep practising these priceless lessons and prepares them for the next steps in their lives	2

- **COURSE MATERIAL / MAIN COURSE WORKBOOK –**

There will be one workbook for each semester. Each workbook will be Presented and designed by BAPS IPDC Team. These official workbooks would be the course-material for study of IPDC. These workbooks will solve the purpose of study, submission and viva for students.

- 1. IPDC Workbook-1** (presented by B.A.P.S. Swaminarayan Sanstha)
- 2. IPDC Workbook-2** (presented by B.A.P.S. Swaminarayan Sanstha)

- **Pattern of Lecture-Delivery :**

The IPDC lectures will take place in the college classrooms and will be hosted by a university-appointed course instructor. The resources will be Provided by BAPS. Each lecture has four components as shown below:

- 1. Introductory Film**

Each lecture begins with a short film that introduces the topic through modern production. The original content displays relatable scenarios and visuals that captivate the students' attention and stimulates their curiosity to learn more.

- 2. Lecture Video**

Students watch a lecture video presented by a dynamic speaker. The lecture reinforces the significance and necessity of fundamental principles and skills. The experience of the speaker, eloquence of presentation, and use of interactive visuals collectively create a profound impact on each student's mind and heart.

- 3. Student Interaction**

Student interaction sessions promote stimulating discussion and conversation and help create safe spaces for the healthy exchange of ideas. Thus, each session provides a forum in which students can openly express their emotions and thoughts.

- 4. Workbook Activities**

Workbooks assist students to begin implementing the values taught in the lecture into their personal lives. Reliable research, priceless experience, practical scenarios, and reflective questions are innovatively depicted, motivating students to contemplate and think creatively.