

**UNIVERSITY OF MADRAS**  
**B.A. DEGREE PROGRAMME IN PHILOSOPHY**  
 SYLLABUS WITH EFFECT FROM 2023-2024

**Skill Enhancement Course (SEC) - III**  
**Philosophical Approach of Personality Development**

Subject Code	Subject Name	Category	L	T	P	S	Credits	Inst. Hours	Marks		
									CIA	External	Total
109S2B	Philosophical Approaches of Personality Development	SEC	Y	-	-	-	2	2	25	75	100
<b>Learning Objectives</b>											
LO1	The student will be able to understand, analyze develop and exhibit accurate sense of self										
LO2	Think critically. demonstrate knowledge of personal beliefs and values and a commitment to continuing personal reflection and reassessment.										
LO3	Personality development helps an individual to inculcate positive qualities like punctuality, flexible attitude, willingness to learn, friendly nature, eagerness to help others and so on.										
LO4	help students to develop the communication skills they need to be successful in their studies.										
LO5	Leadership is an important quality for success in any field. Students who want to achieve success in their chosen career path need to be able to lead others.										

Units	Course Syllabus
Unit – 1	Relative Definitions of Personality
Unit – 2	Philosophical Perspective of Personality - Yogic Perspective - Swami Vivekananda's Views
Unit – 3	Psychological Perspective Of Personality – Maslow's Theory Of Needs
Unit – 4:	The Power of Positive Thinking - Believe in Yourself - Usefulness of Positive Thinking - Know to Handle your Difficulty
Unit – 5:	Practical Suggestions to Develop Personality - How to Handle Unpleasantness and Solve Problems - Frustration Causes Aggression - The Epidemic of Hate - How to Get Rid of Resentment - Laugh Your Way through Life
<b>Course out Come:</b>	
1.	This study initiates the student into the realm of himself/his personality
2.	It aims to suggest the available models and introduce the philosophical angle to it
3.	It aims to juxtapose the philosophical stand point from that of yoga and Swami Vivekananda with that of Abraham Maslow and his theory of needs
4.	It focuses on the growth-needs as against deficiency-needs that characterize personality and introduces the forethought of philosophers in this regard.
5.	Students will learn how to be more confident, happier, productive and successful.

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<b>Books for Reading:</b>
1. C.G.Jung, <u>The Integration of Personality</u>
2. Radhakamal Mukherjee, <u>The Philosophy of Personality</u>
3. K.S.Joshi, <u>Yoga and Personality</u>
4. Norman Peale, <u>The Power of Positive Thinking</u>
5. Norman Peale, <u>The Amazing Results of Positive Thinking</u>

<b>Reference Book :</b>
1. Napoleon Hill, <u>Think and Grow Rich</u>
2. M.R.Kopmeyer, <u>Thoughts to Build on: Thought Power for Successful Living</u>
3. Personality Development And Soft Skills 2/E Paperback – April 2016,By Barun Mitra (Author)

<b>Web Resources</b>
1. <a href="https://www.artofliving.org/in-en/personality-development">https://www.artofliving.org/in-en/personality-development</a>
2. <a href="https://www.verywellmind.com/personality-development-">https://www.verywellmind.com/personality-development-</a>
3. <a href="https://www.managementstudyguide.com/personality-development.htm">https://www.managementstudyguide.com/personality-development.htm</a>

**Mapping with Programme Outcomes:**

	<b>PO 1</b>	<b>PO 2</b>	<b>PO 3</b>	<b>PO 4</b>	<b>PO 5</b>	<b>PO 6</b>	<b>PO 7</b>	<b>PO 8</b>	<b>PO 9</b>	<b>PO 10</b>
<b>CO 1</b>	3	2		1		2		1		2
<b>CO 2</b>	2	3	1	2	2	2	1	2	2	
<b>CO 3</b>	1	3	2	3	2	3	2	1	3	1
<b>CO 4</b>		2	2	3	3	2	2	3	2	3
<b>CO 5</b>	2	2	3	1	1	1	1	3	2	3

**S-Strong(3)    M-Medium (2)    L-Low (1)**

**Mapping with Programme Specific Outcomes:**

	<b>PO 1</b>	<b>PO 2</b>	<b>PO 3</b>	<b>PO 4</b>	<b>PO 5</b>
<b>CO 1</b>	3	2		1	
<b>CO 2</b>	2	3	1	2	2
<b>CO 3</b>	1	3	2	3	2
<b>CO 4</b>		2	2	3	3
<b>CO 5</b>	2	2	3	1	1
<b>Weightage</b>					
<b>Weighted percentage of course contribution to POS</b>					

**S-Strong(3)    M-Medium (2)    L-Low (1)**