**Lesson Plan**

Name of faculty : Pramod Legha

Discipline : Electrical Engineering

Semester : 4th

Subject : Personality Development (PSY-201-L)

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Week | Theory | | **Date of Actual covered** | **Signatures** | | | | | |
| Lecture  Day | Topic (Including assignment / Test) | **Concerned teacher** | | | **HOD** | **DP** | |
| **Unit-I** | | | | | | | | | |
| 1st | 1 | Understanding the concept of Self |  | |  |  | | |  |
| 2 | Understanding the concept of Self |
| 3 | Self Esteem |
| 4 | Self Esteem |
| 2nd | 5 | Characteristics of Individuals with high and low self-esteem |  | |  |  | | |  |
| 6 | Characteristics of Individuals with high and low self-esteem |
| 7 | Self Confidence |
| 8 | Strategies of building self-confidence |
| 3rd | 9 | Strategies of building self-confidence |  | |  |  | | |  |
| 10 | Case studies |
| 11 | Group Discussions |
| 12 | Understanding Personality |
| **Unit-II** | | | | | | | | | |
| 4th | 13 | Understanding Personality |  | |  |  | | |  |
| 14 | Factors effecting the personality |
| 15 | Biological factor |
| 16 | Psychological factor |
| 5th | 17 | Social factor |  | |  |  | | |  |
| 18 | Theories of personality |
| 19 | Theories of personality |
| 20 | Theories of personality |
| 6th | 21 | Freud |  | |  |  | | |  |
| 22 | Allport |
| 23 | Personality Assessment techniques |
| 24 | Personality Assessment techniques- Neo-Big Five personality |
| **7th** | **1st Minor Test** | | | | | | | | |
| **Unit-III** | | | | | | | | | |
| 8th | 25 | Stress- Causes of stress |  | |  |  | | |  |
| 26 | Stress- Causes of stress and its impact |
| 27 | Strategies of stress management |
| 28 | Strategies of stress management |
| 9th | 29 | Case study of stress management |  | |  |  | | |  |
| 30 | Case study of stress management |
| 31 | Emotional Intelligence and its concept **(UNIT-IV)** |
| 32 | Emotional quotient and Emotional Intelligence matters |
| 10th | 33 | Measuring EQ |  | |  |  | | |  |
| 34 | Measuring EQ |
| 35 | Developing Healthy Emotions |
| 36 | Developing Healthy Emotions |
| **Unit-IV** | | | | | | | | | |
| 11th | 37 | Case study |  | |  |  | | |  |
| 38 | Case study |
| 39 | Group Discussions |
| 40 | Management of Anger and interpersonal relations |
| 12th | 41 | Management of Anger and interpersonal relations |  | |  |  | | |  |
| 42 | Management of Anger and interpersonal relations |
| 43 | Management of Anger and interpersonal relations |
| 44 | Case study |
| 13th | 45 | Case study |  | |  |  | | |  |
| 46 | Case study |
| 47 | Case study |
| 48 | Numerical problem |
| **14th** | **2nd Minor test** | | | | | | | | |
| 15th | 49 | Discussion on 2nd minor test |  | |  |  | | |  |
|  | 50 | Group Discussions |
|  | 51 | Case study |
|  | 52 | Discussions about preparations about examination |