**Lesson Plan**

Name of faculty : Pramod Legha

Discipline : Electrical Engineering

Semester : 4th

Subject : Personality Development (PSY-201-L)

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| --- | --- | --- | --- |
| 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 |