



Shree H. N. Shukla Institute of Pharmaceutical Education & Research

(Affiliated to Gujarat Technological University, Approved by PCI)

Shree H. N. Shukla College Campus, Nr. Lalpari Lake, B/H. Marketing Yard,
Amargadh – Bhichari, Raikot. Mo. 9099063150, 9727753360

Bachelor of Pharmacy

Subject Code: BP507TP

SEMESTER: V

Subject Name: Integrated Personality Development Course

Scope: This course aims to help a person understand and know his / her purpose in life, get a positive thought pattern, gain confidence, improve behaviour, learn better communication and develop a healthy physique with morality and ethics in its core.

Today's youth lack the guidance to face insecurity about their health and career, premature relationships and family breakdown, addictions and substance abuse, negative impact of internet and social media etc. This course includes such topics that will cover all aspects and provide solution to the current challenges through creative and interactive activities.

This course will allow students to enjoy, understand and practice invaluable lessons preparing them for a successful future.

Objectives: Upon completion of the course the student shall be able to

1. To provide students with a holistic education – focused on increasing their intelligence quotient, physical quotient, emotional quotient and spiritual quotient.
2. To provide students with hard and soft skills, making them more marketable when entering the workforce.
3. To educate students on their social responsibilities as citizens of India and have a greater sense of social responsibility.
4. To provide students with a value-based education which will enable them to be successful in their family, professional, and social relationships by improving their moral and ethical values.
5. To teach self-analysis and self-improvement exercises to enhance the potential of the participants.
6. To have a broader sense of self-confidence and a defined identity

Teaching scheme and examination scheme:

Teaching Scheme				Evaluation Scheme			
Theory	Tutorial	Practical	Total	Theory		Practical	
				External	Internal	External	Internal
4	0	0	4	80	20	30	20

Sr No	Topics	% weightage
1.	Remaking Yourself - Restructuring Yourself	2
2.	Remaking Yourself - Power of Habit	2
3.	Learning from Legends - Tendulkar & Tata	2
4.	Mass Management - Project Management	2
5.	From House to Home - Affectionate Relationships	2
6.	Facing Failures - Factors Affecting Failures	2
7.	Facing Failures - Failures are not Always Bad	2
8.	Remaking Yourself - Being Addiction-Free	2
9	Soft Skills - Teamwork & Harmony	2
10	Remaking Yourself - Handling the Devil - Social Media	2
11	From House to Home - Forgive & Forget	2



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12	From House to Home - Listening & Understanding	2
13	Financial Wisdom - Basics of Financial Planning	2
14	Soft Skills - Networking - Decision Making - Leadership	2
15	Review Lecture - Student Voice-1	2
16	Facing Failures - Insignificance of Failures	2
17	Facing Failures - Power of Faith	2
18	Facing Failures - Practicing Faith	2
19	From House to Home - Bonding the Family	2
20	Learning from Legends - Leading without Leading (Pramukh Swami Maharaj)	2
21	Review Lecture – Words of Wisdom	2
22	My India My Pride - Glorious Past - Part 1	2
23	My India My Pride - Glorious Past - Part 2	2
24	My India My Pride - Present Scenario	2
25	Remaking Yourself - Begin with the End in Mind	2
26	My India My Pride - An Ideal Citizen - 1 (Accountability - Responsibility - Honesty - Integrity)	2
27	My India My Pride - An Ideal Citizen - 2 (Loyalty - Sincerity - Punctuality)	2
28	My India My Pride - An Ideal Citizen - 3 (Ethical & Moral Values/Practices)	2
29	Financial Wisdom - Financial Planning Process	2
30	Review Lecture - Student Voice-2	2

BASIC STUDY MATERIAL / MAIN COURSE WORK-BOOK -

1. IPDC Workbook-I
2. IPDC Workbook-II

IPDC REFERENCES –

- These are the reference material for each lectures of IPDC.

Module No.	Module/ Course Topics	Lectures	References
1	Facing Failures	Factors Affecting Failures Failures are not Always Bad Insignificance of Failures Power of Faith Practicing Faith	<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, 2015



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2	Learning from Legends	Tendulkar & Tata Leading Without Leading	<ol style="list-style-type: none"> 1. Chase Your Dreams: My Autobiography, Sachin Tendulkar, Hachette India, 2017 2. Playing It My Way: My Autobiography, Sachin Tendulkar, Hodder & Stoughton, 2014 3. The Wit and Wisdom of Ratan Tata, Ratan Tata, Hay House, 2018 4. The Tata Group: From Torchbearers to Trailblazers, Shashank Shah, Penguin Portfolio, 2018 5. The Leader Who Had No Title, Robin Sharma, Jaico Publishing House, 2010 6. In the Joy of Others: A Life Sketch of Pramukh Swami Maharaj, Mohanlal Patel and BAPS Sadhus, Swaminarayan Aksharpath, 2013
3	Mass Management	Project Management	<ol style="list-style-type: none"> 1. Project Management Absolute Beginner's Guide, Gregory Horine, Que Publishing, 2017 2. The Fast Forward MBA in Project Management, Eric Verzuh, Wiley, 2011 3. Guide to Project Management: Getting it right and achieving lasting benefit, Paul Roberts, Wiley, 2013
4	My India My Pride	Glorious Past - Part 1 Glorious Past - Part 2 Present Scenario An Ideal Citizen - 1 An Ideal Citizen - 2 An Ideal Citizen - 3	<ol style="list-style-type: none"> 1. Hidden Horizons, Dr. David Frawley and Dr. Navaratna S. Rajaram, 2006 2. Rishis, Mystics and Heroes of India, Sadhu Mukundcharandas, Swaminarayan Aksharpath, 2011 3. Physics in Ancient India, Narayan Dongre, Shankar Nene, National Book Trust, 2016 4. <u>The Rise of Civilization in India and Pakistan</u>, Raymond Allchin, Bridget Allchin, <u>Cambridge University Press</u>, 1982 5. The Āryabhaṭīya of Āryabhaṭa: An Ancient Indian Work on Mathematics and Astronomy (1930), Walter Eugene Clark, University of Chicago Press, reprint, Kessinger Publishing, 2006
5	Remaking Yourself	Restructuring Yourself Power of Habit Being Addiction-Free Begin with the End in Mind Handling the Devil – Social Media	<ol style="list-style-type: none"> 1. Power of Habit, Charles Duhigg, Random House Trade Paperbacks, 2014 2. Change Your Habit, Change Your Life, Tom Corley, North Loop Books, 2016 3. The Seven Habits of Highly Effective People, Stephen Covey, Simon & Schuster, 2013 4. Seven Habits of Highly Effective Teens, Sean Covey, Simon & Schuster, 2012 5. Atomic Habits, James Clear, Random House, 2018 6. How a handful of tech companies control billions of minds every day, Tristan Harris, TED Talk, 2017



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6	Financial Wisdom	Basics of Financial Planning Financial Planning Process	<ol style="list-style-type: none">1. Rich Dad Poor Dad, Robert Kiyosaki, Plata Publishing, 20172. The Warren Buffett Way, Robert Hagstrom, Wiley, 20133. The Intelligent Investor, Benjamin Graham, Harper Business, 20064. Yogic Wealth: The Wealth That Gives Bliss, Gaurav Mashruwala, TV18 Broadcast Ltd, 2016
7	From House to Home	Affectionate Relationships Forgive & Forget Listening & Understanding Bonding the Family	<ol style="list-style-type: none">1. “What Makes a Good Life? Lessons from the Longest Study on Happiness”, R. Waldinger, Ted Talks, 20152. Long Walk To Freedom, Nelson Mandela, Back Bay Books, 19953. Outliers, Malcolm Gladwell, Back Bay Books, 2011
8	Soft Skills	Teamwork & Harmony Networking - Decision Making - Leadership	<ol style="list-style-type: none">1. The 17 Indisputable Laws of Teamwork, John Maxwell, HarperCollins, 20132. Team of Teams: New Rules of Engagement for a Complex World, Stanley McChrystal, Portfolio, 20153. Predictably Irrational, Revised and Expanded Edition: The Hidden Forces That Shape Our Decisions, Harper Perennial, Dan Ariely, 2010
9	Review	Student Voice – 1 Student Voice – 2 Words of Wim	