

GOVERNMENT POLYTECHNIC, PUNE
(An Autonomous Institute of Govt. of Maharashtra)

Programme	:	Diploma in CE/EE/ET/ME/ MT/CM/IT/DDGM
Programme Code	:	01/02/03/04/05/06/07/8/17/21/22/23/24/26
Name of Course	:	Development of Soft Skills – II
Course Code	:	NC 482

Teaching Scheme:

	Hours /Week	Total Hours
Theory	--	--
Practical	02	32

* NON EXAM.NON CREDIT COURSES (COMPULSORY) - B # Credits over & above 180 credits

Evaluation Scheme:

	Progressive Assessment	Semester End Examination			
		Theory	Practical	Oral	Term work
Duration	--	--	--	--	--
Marks	--	--	--	--	25

Course Rationale:

This course aims to make students aware of importance of goal setting , develop self study techniques , importance of ethics and value system , This also aims one to inculcate creative mind along with interest in using problem solving techniques while dealing with any work. It also emphasizes about importance of stress relieving techniques to be practiced for good health.

Course Objectives:

After studying this course, the student will be able to

- Understand importance of goal setting and strategies for setting one's goal.
- Develop and practice self- study techniques.
- Use and practice stress management techniques for good health
- Use and practice problem solving skills.
- Understand importance of ethics and value system for positive interpersonal relations.
- Develop overall personality and be successful in his/her career.

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Course Content:

Chapter No.	Name of Topic/Sub topic	Hrs	Marks
1.	Motivation & Goal Setting		
	1.1 Importance of goal setting,	--	--
	1.2 How to set SMART goals.		
2.	Study Habits		
	2.1 Note taking, Methods of Learning,	--	--
	2.2 Memory Enhancement, self - Study Techniques,		
	2.3 Techniques for effective Reading and Writing.		
3.	Stress Management		
	3.1 Stresses in groups, how to control emotions,	--	--
	3.2 Strategies to overcome stress, understanding importance of good health to avoid stress.		
4.	Ethics & Motivation		
	4.1 What are ethics, how ethics help to ensure positive interpersonal relations,	--	--
	4.2 Personal value system, and personal quality primer		
5.	Creativity		
	5.1 Definition of Creativity, Tips and ways to increase creativity, importance of creativity.	--	--
6.	Problem Solving Techniques		
	6.1 Puzzles and technical quizzes to be organized to develop these skills.	--	--
	Total	--	--

List of Practical's/Experiments/Assignments:

Sr. No.	Name of Practical/Experiment/Assignment	Hrs
1.	Case studies to be discussed in a group and presentation of the same by group /group leader.	04
2.	Field exercises for the group of students.	02
3.	Role play by individual/group leader.	04
4.	Arranging Quizzes, puzzle- solving and educational games.	02
5.	Group discussions.	04
6.	Sharing of self -experiences in a group.	04
7.	Brain storming sessions	02
8.	Questionnaire -filling & discussing results of the same in a group.	04
9.	Live demonstrations on Yoga and other stress relieving techniques.	06
	Total	32



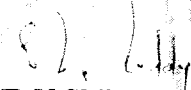
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Reference Books:

Sr. No	Author	Title	Publication
1.	Mr. Shiv Khera	You can win	
2.	Mr Abdul Kalam	Wings of Fire	
3.	Mr Nirfarake	Prabhavi Vyaktimatwa.(Marathi)	
4.	Mr Iyyengar	YogaDipika	
5.	Mr. Anand Nadkarni	Tan tanavache niyojan (Marathi)	
6.	Mr. Rajiv Sharangpani	Khusit raha ,Mast Jaga.(Marathi)	

Learning Resources: Video cassettes on 1. Motivation & Goal Setting
2. Stress Management, 3. Ethics & Motivation

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