

# Foundation Courses and Soft Skills

## Semester-II

St Xavier's College (Autonomous),

Ahmedabad 380 009

2016 EVEN semester

## **Course content**

FC-2030: Environmental Studies (Compulsory for all)

SS-2651: Personality Development (E and G)

SS-2652: Value Oriented Education (E):

**Soft Skills Paper: Personality Development (E and G)**

**Course Code: SS 2651**

**No. of Credits: 02**

**Learning Hours: 30 hrs**

**Dr Khushnuma/Dr Arti Oza**

વ્યક્તિત્વ વિકાસ

યુનિટ: 1

- પ્રસ્તાવના
- વ્યક્તિત્વની વ્યાખ્યાઓ
- વ્યક્તિત્વનું સ્વરૂપ
- વ્યક્તિત્વનું ઘડતર
  - સામાન્ય અનુભવો
  - વિશિષ્ટ અનુભવો

યુનિટ : 2

અ. વિશેષગુણ અભિગમ

- વ્યક્તિત્વના પ્રકારો
- વિશેષગુણ વિરુદ્ધ પ્રકારો
- પાયાના વિશેષગુણો ક્યા ક્યા છે?
- વિશેષગુણના અભિગમનું મૂલ્યાંકન

બ. સામાજિક શિક્ષણ અભિગમ

- શિક્ષણ અને કૃત્યમાં પ્રભલીકરણ
- વ્યક્તિ અને પરિસ્થિતિની પારસ્પરિક આંતરક્રિયા
  - વ્યક્તિનાં પરિવર્તો
  - આત્મ નિર્ધારિત વાતાવરણો
- સામાજિક શિક્ષણ અભિગમનું મૂલ્યાંકન

યુનિટ : 3

અ. મનોવિશ્લેષણાત્મક અભિગમ

- વ્યક્તિત્વના સંરચના
- વ્યક્તિત્વનો વિકાસ
- ક્રોઇડના સિદ્ધાંતોમાં સુધારા
- મનોવિશ્લેષણાત્મક અભિગમનું મૂલ્યાંકન

બ. ઘટનાવ્રક્ષી અભિગમ

- સ્વનો સિદ્ધાંત
- સ્વનો વિકાસ
- સ્વ- આયિષ્કાર
- ઘટનાવ્રક્ષી અભિગમનું મૂલ્યાંકન

## યુનિટ: 4

- વ્યક્તિત્વ માપનની પદ્ધતિઓ
  - નિરીક્ષણ
  - વ્યક્તિત્વ કસોટીઓ
  - પ્રક્ષિપણ કસોટીઓ

## English Version

### Personality Development

#### Unit-1

- Introduction
- Definition of Personality
- Nature of Personality
- Shaping of Personality
  - Common Experiences
  - Unique Experience

#### Unit-2

##### A. Trait Approach

- Personality Types
- Trait v/s Types
- What are the basic traits?
- Evaluation of Trait Approach

##### B. Social Learning Approach

- Reinforcement in learning and performance
- Reciprocal Interaction of person and situation
- Person Variables
- Self Generated Environment
- Evaluation of Social Learning Approach

## Unit-3

### A. Psycho Analytic Approach

- Personality Structure
- Personality Development
- Modification of Freudian Theories
- Evaluation of Psycho Analytic Theory

### B. Phenomenological Approach

- Self Theory
- Development of Self
- Self Actualization
- Evaluation of Phenomenological Approach

## Unit-4

- Personality Assessment Techniques
  - Observation
  - Personality Inventories
  - Projective Techniques

**Soft Skills Paper:** Value Oriented Education (E):

**Course Code:** SS 2652

**No. of Credits:** 02

**Learning Hours:** 30 hrs

### 1. WHAT IS SELF CONCEPT

#### ❖ concept of A ourselves. Represent it through a mono act.

- ✓ An urban Educated CEO – woman
- ✓ A cancer patient
- ✓ A rural man
- ✓ A foreigner
- ✓ A widow

### 2. BODY IMAGE – THE WAY I SEE MYSELF

#### ❖ Influence of others:

- ✓ Use/abuse skit.

#### ❖ My relationship with my body:

- ✓ How do we respect and honour our body?
- ✓ What is lacking?
- ✓ Respect/Silence

❖ **The parts of body I like and dislike:**

- ✓ Dislike for some parts of the body? Vipashna?
- ✓ How to improve your Self-Esteem (nos. 9-10)

**How to Improve Your Self Esteem**

Do you feel worthless, ugly and stupid? It's called having no self esteem. Most teenagers have this problem some time in their teen years, it's completely normal and yes, there is a way to improve your self esteem, believe it or not! Here's the how-to on improving your self esteem.

**Steps**

1. Force yourself to look yourself in the mirror, even if it is painful.
2. Look at yourself deeply in the mirror. Say all of the things that you hate about yourself.
3. Turn around slowly 3 times and repeat "I love myself" 3 times. Give yourself a big hug. You might feel silly, but it's ok!
4. Smile at yourself in the mirror. Smile as big as you can, even if it looks weird.
5. Write all of the pros about yourself.
6. Then on a different piece of paper list down all of the cons about yourself.
7. Read the cons. Next to each con, write how you can solve it. For example, you might have written that you are fat. Then you can write that you are going to have healthy eating habits. Be specific- don't just write "I'm ugly". Write what you think is "ugly" it might be crooked teeth, bulging eyes, fat lips etc.
8. Be active- it will cleanse your mind and it is healthy. Even a short walk around the block with your iPod is ok! Do it daily, and stick to it.
9. If you are bullied, it's time to tell someone you can trust- your parents, school councillor, etc. It's not "dobbing". It is simply doing the right thing. You have no right to feel hurt in any way, physically or mentally. The best way to stop bullies from bullying is to overkill them with kindness. Smile even if they say mean things. Be kind and helpful. NEVER show your anger or sadness.
10. Don't be a bully yourself! Don't even gossip! You might be tempted to, but stop right there.

**Tips**

Don't compare yourself to others - you are you. Be the best that *you* can be.

❖ **Our culture/society:**

❖ **Expectations:**

- ✓ Impact of food, rest, clothing ...

❖ **Experiences:**

- ✓ A mother to a daughter/son
- ✓ A teacher to a student
- ✓ A doctor to a patient

**3. SELF IMAGE**

**Four dimensions of self image**

**Physical, spiritual, intellectual and social**

❖ Ideal self → the self I would like to be

My models

- ❖ my social self-the impression others have of me
- ❖ self awareness-self acceptance-courage to own oneself with ones strengths and shadows

#### **4. SELF ACCEPTANCE**

promotes self evaluation and reflection

#### **5. SELF DIRECTION.**

##### **Have a goal**

➤ Set standards

Develop a sense of responsibility. what kind of a person I want to be?

#### **6 SELF CONFIDENCE**

- it grows out of self discovery and self acceptance
- lack of self confidence makes one defensive

#### **7.SELF ESTEEM**

Signs of self esteem

Win –win

Empowering presence

#### **8.POSITIVE THINKING**

Trust oneself and others

Experiences/stories

#### **9. SELF-DISCLOSURE**

The more I disclose myself the more others will know me and that will help my growth

Johari window

**CEO Full Form is Chief Executive Officer.** CEO refers to the highest position in an organization or company. In other words, CEO is the senior most executive or corporate officer or administrator who is responsible for managing the entire organization and its profits.

# Foundation Courses and Soft Skills

## Semester-IV

St Xavier's College (Autonomous),

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2016 EVEN semester



## **Course content**

FC-4030: Indian Cultural Heritage (E and G)

FC-4031: Translational studies (E):

FC-4032: Vedas and Upanishads (G):

SS-4650: Learning from World Leaders (E and G):

**Foundation Paper:** Indian Cultural Heritage (E and G)

**Course Code:** FC 4030

**No. of Credits:** 02

**Learning Hours:** 30 hrs

Indian Cultural Heritage (E and G): Fr Vijay Shidonkar/ **Prof Anil Parmar**

**UNIT 1:**

1. *Salient Features of Indian Culture....Spirituality, Universality, Unity in Diversity.*
2. *Caste System in India....Origin - Drawbacks of the Caste System.*
3. *Status of Indian Women down the ages.*

**UNIT 2:**

*Scriptural Heritage .. Vedas / Upanishads / Ramayana and Mahabharat / Bhagwat Gita / Puranas.*

**UNIT 3:**

*Bhakti Movement. ... Mirabai / Tulsidas / Tukaram / Ram krishna Paramhansa.*

**UNIT 4:**

*Impact of the West on India. Modern Reformers ... Rajaram Mohan Roy / Swami Vivekanand. Swami Dayanand Saraswati and Gandhiji.*

**Foundation Paper:** Translational studies (E):

**Course Code:** FC 4031

**No. of Credits:** 02

**Learning Hours:** 30 hrs

Unit I: Introduction to translation studies, types, characteristics and significance.

Unit II: Problems of translation

Unit III: Literary translation

Unit IV: translation passage (English-Gujarati-Hindi, self study)

Text: Susan Bassnett's Translation Studies (Routledge) Introduction and chapters 1 and 3.

**Foundation Paper:** Vedas and Upanishads (G):

**Course Code:** FC 4032

**No. of Credits:** 02

**Learning Hours:** 30 hrs

#### Unit-1

General Introduction to the Vedas.  
Four Vedas & their subject

#### Unit-2

A critical survey of Vedic culture with regard to Social, educational, religious & Philosophical perspective.

#### Unit -3

Place of the Upanishads in Indian Philosophy.  
General Introduction to the Upanishads.- Subject matter of the Major Upanishads

#### Unit-4

Philosophical & Ethical Instruction of the Upanishads

**Soft Skills Paper:** Learning from World Leaders (E and G):

**Course Code: SS 4650**

**No. of Credits: 02**

**Learning Hours: 30 hrs**

Learning from World Leaders (E and G): Prof. Saurabh/ Prof Atman Shah

Unit 1: (A) What is Leadership? Qualities of an efficient leader.

(B) Mohandas Karamchand Gandhi and Sardar Vallabhbhai Patel

Unit 2: Nelson Mandela and Abraham Lincoln

Unit 3: Aung San Suu Kyi and Mother Teresa

Unit 4: Dalai Lama and Swami Vivekananda

# Foundation Courses and Soft Skills

## Semester-VI

St Xavier's College (Autonomous),

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2016 EVEN semester

## **Course content**

FC-6030: Research Methodology (E and G)

SS-6650: Structure of Indian Society (E and G):

SS-6650: Indian Tribal Culture (E and G):

SS-6650: Fundamental Rights and Duties (E and G):

**Foundation Paper: Research Methodology (E and G)**

**Course Code: FC 6030**

**No. of Credits: 02**

**Learning Hours: 30 hrs**

Dr Pinky Desai/ Dr Arti Oza

## Research Methodology

### સંશોધન પદ્ધતિ

#### યુનિટ- 1

- પ્રસ્તાવના
- સંશોધનનો અર્થ
  - શાબ્દિક અર્થ
  - સામાન્ય વ્યાખ્યા
  - વેજ્ઞાનિક વ્યાખ્યાઓ
- સંશોધનનું સ્વરૂપ
- સંશોધનના પ્રકારો
  - સામાન્ય પ્રકારો: 1. શુદ્ધ સંશોધન  
2. વ્યવહારિક સંશોધન
  - વેજ્ઞાનિક સંશોધન: 1. સૈદ્ધાંતિક સંશોધન  
2. અનુભવલક્ષી સંશોધન

#### યુનિટ- 2

- સંશોધનનાં કાર્યો
- સંશોધન પ્રક્રિયા વિષે સમજ મેળવવાનું મૂલ્ય
- સંશોધનનાં સોપાનો

#### યુનિટ- 3

- સંશોધન વિષયની પસંદગીનાં ઉદભવસ્થાનો
- સંશોધનની વિષય અને સંશોધનક્ષમ સમસ્યા વચ્ચેની તફાવત
- સંશોધન સમસ્યાની પસંદગીના આધારો

#### યુનિટ- 4

- સંશોધનની વ્યવહારક્ષમતા નક્કી કરવી
- સંશોધન પ્રપોઝલ( UGC Minor Research Proposal)

**Soft Skills Paper: Structure of Indian Society (E and G):**

**Course Code: SS 6651**

**No. of Credits: 02**

**Learning Hours: 30 hrs**

Structure of Indian Society (E and G): Prof Cathy/ Prof Vijay

**Soft Skills Paper: Indian Tribal Culture (E and G):**

**Course Code: SS 6652**

**No. of Credits: 02**

**Learning Hours: 30 hrs**

Indian Tribal Culture (E and G): Fr Lancy

**UNIT : 1** Definition and characteristics of tribe.

Concept of Tribe.

Characteristics of Tribal Society.

**UNIT : 2** Tribal Society and culture. Tribal world-view.

Cultural Diversity.

Indian Tribal Society: Religious, Languages and Ethnic.

**UNIT : 3** Mobility and change in Tribal Society.

Formation of Tribal states and impact of British rule on Tribal society.

Hinduization and Sanskritization

**UNIT : 4** Problems of Tribal People and Remedies.

Problems of Tribal people.

Remedies of problems.

**REFERENCES:**

- 1) Bose N. K : Tribal Life in India.
- 2) Desai A. R. : - Rural Sociology in India
- 3) Govt. of India : - Adivasis
- 4) Govt. of India : - The Tribal People of India
- 5) Ghurye G. S. : - The Scheduled Tribes
- 6) Hasnian Nadeem:- Tribal India
- 7) Kuppaswamy B. : - Social Change in India
- 8) Upadhaya and Pandey: Tribal Development in India
- 9) Vidyarthi L.P. and Rai B.K.:- Tribal Culture of India.
- 10) Yogendra Singh : - Culture Change In India

**Soft Skills Paper:** Fundamental Rights and Duties (E and G):

**Course Code:** SS 6653

**No. of Credits:** 02

**Learning Hours:** 30 hrs

Fundamental Rights and Duties (E): Prof Saurabh

Unit 1: Overview of Indian Constitution

Unit 2: (A) Fundamental Rights in Indian Constitution

(B) Democracy and Fundamental Rights.

Unit 3: (A) Right to Equality and Right to Freedom

(B) Right against Exploitation and Right to Freedom of Religion

Unit 4: Fundamental Duties in Indian Constitution

**Soft Skills Paper:** Fundamental Rights and Duties (G):

**Course Code:** SS 6654

**No. of Credits:** 02

**Learning Hours:** 30 hrs

Unit-1 ભારતીય બંધારણનો અર્થ અને બંધારણની રચના-માળખું

Unit-2 ભારતીય બંધારણનું આમુખ

Unit-3 મૂળભૂત અધિકારો

Unit-4 મૂળભૂત ફરજો