

PERSONALITY DEVELOPMENT

B.A. SEM-II (E.G)

UNIT:-I Personality an Introduction

- Meaning and Definition
- Factor effecting personality development

UNIT:-II Approaches to Personality

- Trait approach
- Social learning approach
- Psychoanalytic approach
- Phenomenological approach

UNIT:-III Techniques of Personality Development - I

- Confidence building
- Stress Management
- Goal Setting

UNIT:-IV Techniques of Personality Development – II

- Time Management
- Leadership Skill
- Public Speaking

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3. Mishra R.K. “Personality development” Rupa & Co.
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5. Pervin L.A. and John O.P. (1999) “Handbook of Personality” 2nd Edition, The Guilford press, New york.
6. Sheth B.M and Gandhi B.B. (1976-77) “Manovaignanik Nibabdho” 3rd edition, C. Jamanadas Co., Ahmedabad.