SACRED HEART COLLEGE CHALAKUDY
DEPARTMENT OF PSYCHOLOGY

ADD ON COURSE - ADPS23-PERSONALITY AND INTERPERSONAL SKILL

Hours:1/week
Max. Contact Hours : 15

Course Outcomes

CO 1 : Understand the significance and essence of a wide range of soft skills.
CO 2 : Learn how to apply soft skills in a wide range of social and professional environments.
CO 3 : Will acquire the skill of employing soft skills to improve interpersonal relationships.
CO 4 : Learn how to employ soft skills to enhance employability and ensure workplace and career success.

Module 1

Personality development (Hours: 10)

An introduction to Personality development - Know yourself: a better understanding of self- Exploring the concept of personality - Personality development from various psychological perspectives - Personality and different life situations - stress management

Module 2

Life Skills (Hours: 10)

Introduction to life skills - different type of life skills Skill acquisition - Coping strategies- Resilience skill - Communication skills - Interpersonal skills - Social media skills - Interview skills - Public speaking skills - sertiveness training - Relaxation techniques- Meditation
Module 2

Module 3

Overall finishing (Hours: 10)

Motivation evoking - The fully functioning personality - Who is an ultimate winner- Money/financial management - The entrepreneur mind set - Give something back - Value system and self-actualization

Internal Marks :20 (Attendance and Classroom performance, Assignment, Seminar)
External Marks : 30 (Written Exam)

List of enrolled students for Add on Course

Sl.No	Name of the Student	Name of Department
1.	Midhila Suresh	Zoology
2.	Anumol K T	Zoology
3.	Ridhuvarsha P R	Zoology
4.	Athirakrishna VU	Zoology
5.	Nayana KS	Zoology
6.	Navya Krishnan	Zoology
7.	Rida Fathima	Zoology
8.	Gourikrishnan K J	Zoology
9.	Akila P S	Economics
10.	Aswathy TS	BA English
11.	Ann Mariya K S	BA English
12.	Jain Mary Jacob	BA English
13.	Nandana M B	BA English
14.	Caroline K B	BA English
15.	Thulasi I S	BA English
16.	Archana E V	BA History
17.	Saranya V	BA Economics
18.	Febin K N	Psychology
19.	Kesiya Poulose	Psychology
20.	Jasla Fathima T	Zoology
21.	Sayoojya V P	Zoology
22.	Nayana K	BA Economics
23.	Anjana Chandran	BA Economics
24.	Sona V joseph	History
25.	Sona Sunil	History
26.	Jisha A B	History
27.	Malavika Sajith Kumar	Zoology
28.	Nithya Prakash	Zoology
29.	Sandhra Prakash	Zoology
30.	Anu Regi	Zoology
31.	Nashiya Nisa	Zoology
32.	Anjima AS	Zoology
33.	Archana A S	Zoology
34.	Anjana TG	Zoology

Attendance Record of students enrolled for Add on Course

Sl.No	Name of the Student	Name of Department	Attendance Record for the Month of August 2023											
			1	2	3	4	7	8	9	10	11	14	16	17
1.	Midhila Suresh	Zoology		A										
2.	Anumol K T	Zoology						A						
3.	Ridhuvarsha P R	Zoology			A				A					
4.	Athirakrishna VU	Zoology							A					A
5.	Nayana KS	Zoology									A			
6.	Navya Krishnan	Zoology							A					
7.	Rida Fathima	Zoology												
8.	Gourikrishnan K J	Zoology							A		A			
9.	Akila P S	Economics		A										
10.	Aswathy TS	BA English			A									
11.	Ann Mariya K S	BA English				A								
12.	Jain Mary Jacob	BA English				A						A		
13.	Nandana M B	BA English								A				
14.	Caroline K B	BA English						A		A				
15.	Thulasi I S	BA English												
16.	Archana E V	BA History						A				A		A
17.	Saranya V	BA Economics												
18.	Febin K N	Psychology												
19.	Kesiya Poulose	Psychology						A						
20.	Jasla Fathima T	Zoology						A						A
21.	Sayoojya V P	Zoology	A						A					

22.	Nayana K	BA Economics	A											A
23.	Anjana Chandran	BA Economics						A					A	
24.	Sona V joseph	History						A	A					
25.	Sona Sunil	History				A					A			
26.	Jisha A B	History			A					A				
27.	Malavika Sajith Kumar	Zoology			A	A								
28.	Nithya Prakash	Zoology	A											
29.	Sandhra Prakash	Zoology		A										
30.	Anu Regi	Zoology	A											
31.	Nashiya Nisa	Zoology		A										
32.	Anjima AS	Zoology				A								
33.	Archana A S	Zoology				A								
34.	Anjana TG	Zoology				A								

Sl.No	Name of the Student	Name of Department	Attendance Record for the Month of September 2023											
			4	5	6	7	8	11	12	13	14	15	18	19
1.	Midhila Suresh	Zoology			A		A					A		
2.	Anumol K T	Zoology		A										
3.	Ridhuvarsha P R	Zoology	A			A								
4.	Athirakrishna VU	Zoology		A		A	A							
5.	Nayana KS	Zoology			A							A		
6.	Navya Krishnan	Zoology	A											
7.	Rida Fathima	Zoology				A		A						A

8.	Gourikrishnan K J	Zoology		A		A		A						
9.	Akila P S	Economics	A	A									A	
10.	Aswathy TS	BA English			A									A
11.	Ann Mariya K S	BA English	A				A							
12.	Jain Mary Jacob	BA English							A					
13.	Nandana M B	BA English												
14.	Caroline K B	BA English		A										
15.	Thulasi I S	BA English	A											
16.	Archana E V	BA History	A											
17.	Saranya V	BA Economics				A								
18.	Febin K N	Psychology					A				A			
19.	Kesiya Poulose	Psychology					A							
20.	Jasla Fathima T	Zoology	A	A						A				
21.	Sayoojya V P	Zoology						A						
22.	Nayana K	BA Economics				A								
23.	Anjana Chandran	BA Economics								A				
24.	Sona V joseph	History									A			
25.	Sona Sunil	History	A			A								
26.	Jisha A B	History		A									A	
27.	Malavika Sajith Kumar	Zoology	A				A							
28.	Nithya Prakash	Zoology		A						A				
29.	Sandhra Prakash	Zoology				A								
30.	Anu Regi	Zoology	A		A						A			
31.	Nashiya Nisa	Zoology	A											A

32.	Anjima AS	Zoology			A			A						
33.	Archana A S	Zoology							A	A				
34.	Anjana TG	Zoology				A								

Sl.No	Name of the Student	Name of Department	Attendance Record for the Month of October 2023					
			2	3	4	5	6	9
1.	Midhila Suresh	Zoology	A					
2.	Anumol K T	Zoology		A				
3.	Ridhuvarsha P R	Zoology				A		
4.	Athirakrishna VU	Zoology		A				
5.	Nayana KS	Zoology						A
6.	Navya Krishnan	Zoology			A			
7.	Rida Fathima	Zoology			A			
8.	Gourikrishnan K J	Zoology					A	
9.	Akila P S	Economics						
10.	Aswathy TS	BA English						

11.	Ann Mariya K S	BA English			A			
12.	Jain Mary Jacob	BA English				A		
13.	Nandana M B	BA English						
14.	Caroline K B	BA English				A		
15.	Thulasi I S	BA English						
16.	Archana E V	BA History		A				
17.	Saranya V	BA Economics				A		
18.	Febin K N	Psychology	A					
19.	Kesiya Poulose	Psychology						
20.	Jasla Fathima T	Zoology	A				A	
21.	Sayoojya V P	Zoology						
22.	Nayana K	BA Economics	A					
23.	Anjana Chandran	BA Economics				A		
24.	Sona V joseph	History		A				
25.	Sona Sunil	History					A	
26.	Jisha A B	History						

27.	Malavika Sajith Kumar	Zoology	A					
28.	Nithya Prakash	Zoology						
29.	Sandhra Prakash	Zoology		A				
30.	Anu Regi	Zoology						
31.	Nashiya Nisa	Zoology	A		A			
32.	Anjima AS	Zoology				A		A
33.	Archana A S	Zoology						
34.	Anjana TG	Zoology						A