



Bharath
INSTITUTE OF HIGHER EDUCATION AND RESEARCH

(Declared as deemed to be university under section 3 of UGC Act 1956, vide notification No.F.9-5/2000-U.3)

SCHOOL OF ARTS

Date : 2.2.2018

CIRCULAR

Sub: Organising Value added Course: Self Awareness and Personal Growth - reg.,

With reference to the above mentioned subject, we bring it to your notice that School of Arts, Bharath Institute of Higher Education & Research is organising **Value added course "Self Awareness and Personal Growth"**. The syllabus and registration form is enclosed below.

The candidates those who are interested to join must fill the registration form and submit to the Course Coordinator Ms. E. Srimathi, Department of Computer Applications on or before 25.02.2018. The Registration form received after the mentioned date shall not be entertained under any circumstances.

Encl: A copy of Syllabus & Registration form

Copy To:

- 1.All HODs
- 2.Office File/ Notice Board
- 3.Course Coordinator


Dean-Faculty of Arts & Science
Dean Faculty of Arts & Science
Bharath Institute of Higher Education & Research
(Declared as Deemed to be University U/S 3 of UGC Act. 1956)
Chennai-600 073. INDIA



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SCHOOL OF ARTS

Registration Form

Value Added Course

Date: 10.2.2018

Name : Harshan

Reg.No. : U17VCO26

Date of Birth : 25/09/2000

Gender : Female

Department : Vis Com

Year : 2018

Contact No. : 8754499168

Email ID : harshanagaraj20@gmail.com

Course Applied For : Self awareness & personal growth

Harshan
Signature

Bharath Institute of Higher Education & Research
 School of Arts
 Students Registration List
 Value Added Course: Self Awareness and Personal Growth

S.NO	REG.NO	NAME OF THE CANDIDATE	DEPARTMENT
1	U17CI020	GOWTHAM D	Chemistry
2	U17CI021	SUNDAR RAJ S	Chemistry
3	U17CI022	NAVEEN KUMAR P	Chemistry
4	U17VC005	SRIVARTHINI S	Viscom
5	U17VC006	HARIHARAN D	Viscom
6	U17VC008	VIJAY S	Viscom
7	U17VC009	SWATHI S	Viscom
8	U17VC022	PRAVEEN RAJ K	Viscom
9	U17VC023	KALPANA M G	Viscom
10	U17VC024	PAVITHRA P	Viscom
11	U17VC025	SWETHA PRIYA J	Viscom
12	U17VC026	HARSHA N	Viscom
13	U17VC027	JAHEER HUSSAIN A	Viscom
14	U17VC028	PREM KUMAR R	Viscom
15	U17VC029	THAMARA KANI S	Viscom
16	U17PS003	PUNITHA L	Physics
17	U17PS004	SATHISH A	Physics
18	U17PS005	BALAJI R	Physics
19	U17PS022	RUBANJEYASEELAN G	Physics
20	U17PS023	AASHA N	Physics
21	U17PS024	BASKAR S	Physics
22	U17PS025	PRINSHU LT RAJKUMAR PANDEY	Physics
23	U17SC054	GOVINDHARAJI R	CS
24	U17SC055	YUVARAJ M	CS
25	U17SC056	MADHIALAGAN S	CS
26	U17SC057	VIGNESH K	CS
27	U17SC058	MURALIDHARAN K	CS
28	U17SC079	RAMACHANDRAN S	CS
29	U17SC081	A C RASAVANT	CS
30	U17SC082	MAHALAKSHMI R	CS
31	U17VC035	VIJAYANARAYAN G	Viscom
32	U17VC036	CHANDRAMOHAN MURALIDHARAN	Viscom
33	U17VC038	SANJAY KUMAR K	Viscom
34	U17VC039	NAVEEN R	Viscom
35	U17BC083	SANDHIYA K	Commerce



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Value Added Course

Self Awareness and Personal Growth

Syllabus

understand the basic principles of psychology - develop a clear vision of what success means to you - gain self-awareness and emotional awareness - pinpoint your personality traits, values, skills and interests

set specific, achievable short- and long-term goals - learn strategies for coping with stress, anger, and other negative emotions - improve your self-image and self-esteem - break negative thought patterns and learn positive new ones

harness self-discipline to control impulses, break bad habits, and make positive life changes - develop critical thinking and decision-making skills - examine what motivates you and why

overcome fear of failure and fear of success - manage your time and money effectively

become an effective speaker and an active listener - appreciate diversity and reject stereotypes and prejudice

Bharath Institute of Higher Education & Research
School of Arts
Lesson Plan

Value Added Course: Self Awareness and Personal Growth			Course Duration:30 Hrs	
S.No	Date	Topic	Time	Hour
1	1.3.2018	Understand the basic principles of psychology	2.00 to 3.00 p.m	1
2	2.3.2018	develop a clear vision of what success means to you	2.00 to 4.00 p.m	2
3	8.3.2018	gain self-awareness and emotional awareness	2.00 to 3.00 p.m	1
4	9.3.2018	pinpoint your personality traits	2.00 to 4.00 p.m	2
5	15.3.2018	values, skills and interests	2.00 to 3.00 p.m	1
6	16.3.2018	set specific, achievable short	2.00 to 4.00 p.m	2
7	22.3.2018	long-term goals	2.00 to 3.00 p.m	1
8	23.3.2018	learn strategies for coping with stress,anger, and other negative e	2.00 to 4.00 p.m	2
9	30.3.2018	improve your self-image and self-esteem	2.00 to 3.00 p.m	1
10	1.4.2018	break negative thought patterns and learn positive new ones	2.00 to 4.00 p.m	2
11	8.4.2018	harness self-discipline to control impulses, break bad habits	2.00 to 3.00 p.m	1
12	15.4.2018	make positive life changes	2.00 to 4.00 p.m	2
13	22.4.2018	develop critical thinking and decision-making skills	2.00 to 4.00 p.m	2
14	29.4.2018	examine what motivates you and why	2.00 to 4.00 p.m	2
15	2.5.2018	overcome fear of failure and fear of success	2.00 to 4.00 p.m	2
16	10.5.2018	manage your time and money effectively	2.00 to 4.00 p.m	2
17	18.5.2018	become an effective speaker and an active listener	2.00 to 4.00 p.m	2
18	30.05.2018	appreciate diversity and reject stereotypes and prejudice	2.00 to 4.00 p.m	2

Bharath Institute of Higher Education & Research
School of Arts
Time Table

Value Added Course: Self Awareness and Personal Growth Course Duration:30 Hrs

S.No	Date	Time	Hour
1	1.3.2018	2.00 to 3.00 p.m	1
2	2.3.2018	2.00 to 4.00 p.m	2
3	8.3.2018	2.00 to 3.00 p.m	1
4	9.3.2018	2.00 to 4.00 p.m	2
5	15.3.2018	2.00 to 3.00 p.m	1
6	16.3.2018	2.00 to 4.00 p.m	2
7	22.3.2018	2.00 to 3.00 p.m	1
8	23.3.2018	2.00 to 4.00 p.m	2
9	30.3.2018	2.00 to 3.00 p.m	1
10	1.4.2018	2.00 to 4.00 p.m	2
11	8.4.2018	2.00 to 3.00 p.m	1
12	15.4.2018	2.00 to 4.00 p.m	2
13	22.4.2018	2.00 to 4.00 p.m	2
14	29.4.2018	2.00 to 4.00 p.m	2
15	2.5.2018	2.00 to 4.00 p.m	2
16	10.5.2018	2.00 to 4.00 p.m	2
17	18.5.2018	2.00 to 4.00 p.m	2
18	30.05.2018	2.00 to 4.00 p.m	2



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Course Feedback form

Value Added Course

Date: 22.5.2018

Course Title: Self Awareness and Personal Growth

Name: Harsha-N
RegNo: U17VC026
Department: Viscom

S.No	Particulars	1	2	3	4	5
(1. Very Unsatisfied 2. Unsatisfied 3. Neutral 4. Satisfied 5. Very Satisfied)						
1.	Ojectives of the course clear to you				✓	
2.	Course contents met with your expectations			✓		
3.	Lecture sequence was well planned				✓	
4.	Lectures were clear and easy to understand					✓
5.	Teaching aids were effective				✓	
6.	Instructors encourage interaction and were helpful					✓
7.	The level of the course					✓
(1. Very poor 2. Poor 3. Average 4. Good 5. Excellent)						
8.	Overall rating of the course:	1	2	3	4	5

Please give Suggestion for the improvement of the course:

Harsha-N
Signature



Shaheed

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SCHOOL OF ARTS



Resource Person Details

Mr.V.Asaithambi,
Assistant Professor,
Department of Computer Science,
Government Arts College for Men
Chennai-35



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INSTITUTE OF HIGHER EDUCATION AND RESEARCH

School of Arts

CERTIFICATE OF PARTICIPATION

This is to certify that

HARSHAN

has participated in the Course on Self Awareness and Personal Growth, conducted by the School of Arts, BIHER
from 1.3.2018 to 20.5.2018.

E. Srimathi

E. Srimathi
Course Co-ordinator

Dr. D. Kerana Hanirex

Dr. D. Kerana Hanirex
Convenor

Dr. A. Muthukumaravel

Dr. A. Muthukumaravel
Dean-Arts & Science