

OBJECTIVES:

1. To develop skills of communication, speaking and self-grooming.
2. To bring awareness of self-strengths and weaknesses.
3. To sensitize students about importance of family and family relationships.

CHAPTER – I

1. **ETIQUETTE** : Pleasant everyday behaviour – personal grooming – Dress to enhance personality – Nutrition for fitness – How to develop a pleasing personality.

CHAPTER – II

2. **UNDERSTANDING SELF**: Successful things I can do – Do you know yourself? Self-inventory – Are people glad to know you? self – concept Basic, Ideal and social self – self esteem – Life map mirror images.

CHAPTER – III

3. **UNIVERSAL VALUES AND ETHICAL HUMAN CONDUCT**

- Values in different dimensions
- Nature of values
- Universal values emerging from right understanding.
- Implications of value based living
- Ethics of virtue
- Purpose of Value Education : Integrated personality