Personal Transformation Course

COURSE OBJECTIVES:

SJC trains young women in a climate of trust and faith, to be an agent of social change. It imparts training of number of life coping skills. Course aims to train the students to cope up with the stress and enable them emotionally strong. The objectives of the course is to build self- confidence, enhance self-esteem and improve overall personality of the students with effective communication skills

Syllabus:

Module –I: The Family

Module –II: Religion and Spirituality

Module –III: Emotional Health

Module –IV: Youth Developing Skills

**EVALUATION PATTERN**

Evaluation is purely clinical skills covers with Skits, seminar, presentation, talents as music, dance drama.

The presentation should be associated with value component along with attendance.

* I credit for attending > 60% classes and for performance in the test.
* . Evaluation of Students (II Semester) should be done for 1 credit only.

(Students can secure Zero/One credits)