



# GUJARAT TECHNOLOGICAL UNIVERSITY

Bachelor of Pharmacy

Subject Code: BP507TP

SEMESTER: V

Subject Name: Integrated Personality Development Course

**Scope:** IPDC aims to prepare students for the modern challenges they face in their daily lives. Promoting fortitude in the face of failures, unity amongst family discord, self-discipline amidst distractions, and many more priceless lessons. The course focuses on morality and character development at the core of student growth, to enable students to become self-aware, sincere, and successful in their many roles - as an ambitious student, reliable employee, caring family member, and considerate citizen.

**Objectives:** Upon completion of the course the student shall be able to

1. To provide students with a holistic value-based education that will enable them to be successful in their academic, professional, and social lives.
2. To give the students the tools to develop effective habits, promote personal growth, and improve their wellbeing, stability, and productivity.
3. To allow students to establish a stronger connection with their family through critical thinking and devolvement of qualities such as unity, forgiveness, empathy, and effective communication.
4. To provide students with soft skills that complement their hard skills, making them more marketable when entering the workforce.
5. To enhance awareness of India's glory and global values, and to create considerate citizens who strive for the betterment of their family, college, workforce, and nation.
6. To inspire students to strive for a higher sense of character by learning from role models who have lived principled, disciplined, and value-based lives.

### Teaching scheme and examination scheme:

Teaching Scheme				Evaluation Scheme			
Theory	Tutorial	Practical	Total	Theory		Practical	
				External	Internal	External	Internal
4	0	0	4	80	20	30	20

### Course-Content :

Each lecture can be taken in a continuous two-hour session, or in two separate one-hour sessions. In addition to the core lectures, an induction and concluding lectures are recommended as shown in the below table.

Lecture No.	Module -Lecture	Lecture Description	% Weightage
Induction	The Need for Values	Students will learn about the need for values as part of their holistic development to become successful in their many roles - as ambitious students, reliable employees, caring family members, and considerate citizens.	2
1	<b>Remaking Yourself</b> Restructuring Yourself	Students learn how self-improvement enables them to secure a bright future for themselves. They will learn 6 powerful thought-processes that can develop their intellectual, physical, emotional, and spiritual quotients.	2
2	<b>Remaking Yourself -</b> Power of Habit	Students will undergo a study of how habits work, the habits of successful professionals, and the practical techniques that can be used to develop good habits in their life.	2



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3	<b>Learning from Legends- Tendulkar &amp; Tata</b>	Students will learn from the inspirational lives of India's two legends, Sachin Tendulkar and Ratan Tata. They will implement these lessons through relatable case studies.	2
4	<b>From House to Home- Listening &amp; Understanding</b>	Active listening is an essential part of academic progress and communications. Students will learn to listen with their eyes, ears, mind, and heart.	2
5	<b>Facing Failures- Welcoming Challenges</b>	This lecture enables students to revisit the way in which they approach challenges. Through the study of successful figures such as Disney, Lincoln and Bachchan, students will learn to face difficulties through a positive perspective.	2
6	<b>Facing Failures- Significance of Failures</b>	Failure is a student's daily source of fear, negativity, and depression. Students will be given the constructive skills to understand failure as formative learning experiences.	2
7	<b>My India My Pride- Glorious Past - Part 1</b>	India's ancient Rishis, scholars, and intellectuals have made tremendous contributions to the world, they developed an advanced, sophisticated culture and civilization which began thousands of years ago. Students will learn the importance of studying India's glorious past so that they could develop a strong passion and pride for our nation.	2
8	<b>My India My Pride- Glorious Past - Part 2</b>	Our ancient concepts can be used to seek revolutionary ideas and to generate inspiration. Students will develop a deeper interest in India's Glorious Past – by appreciating the need to read about it, research it, write about it, and share it.	2
9	<b>Learning from Legends- A.P.J. Abdul Kalam</b>	Dr Kalam's inspirational life displayed legendary qualities which apply to students (1) Dare to Dream (2) Work Hard (3) Get Good Guidance (4) Humility (5) Use Your Talents for the Benefit of Others	2
10	<b>Soft Skills- Networking &amp; Leadership</b>	Students are taught the means of building a professional network and developing a leadership attitude.	2
11	<b>Soft Skills- Project Management</b>	Students will learn the secrets of project management through the Akshardham case study. They will then practice these skills through an activity relevant to student life.	2
12	<b>Remaking Yourself- Handling Social Media</b>	Students will learn how social media can become addictive and they will imbibe simple methods to take back control.	2
13	<b>Facing Failures- Power of Faith</b>	Students will learn about the power and necessity of faith in our daily lives.	2
14	<b>From House to Home- Bonding the Family</b>	Students will understand the importance of strong family relationships. They will learn how to overcome the generation gap and connect with their family more.	2
15	<b>Selfless Service- Seva</b>	Students will learn that performing seva is beneficial to one's health, wellbeing, and happiness. It also benefits and inspires others.	2
16	<b>Remaking Yourself- Begin with the End in Mind</b>	Students will learn to visualize their future goals and will structure their lives through smart goals to give themselves direction and ultimately take them to where they want to go.	2



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17	<b>Remaking Yourself- Being Addiction-Free</b>	Students will explore the detrimental effects of addictions on one's health, personal life, and family life. They will learn how to take control of their life by becoming addiction free.	2
18	<b>Selfless Service- Case Study: Disaster Relief</b>	Students will apply previous lessons of seva, to analyse the case study of the Bhuj earthquake relief work.	2
19	<b>Soft Skills- Teamwork &amp; Harmony</b>	Students will learn the six steps of teamwork and harmony that are essential for students' professional and daily life.	2
20	<b>My India My Pride- Present Scenario</b>	To implement the transformation of India from a developing country into a developed country it is necessary to have a value-based citizen. Students will see how the transformation to a greater India relies on the vision and efforts of themselves as a youth.	2
21	<b>Learning from Legends- Leading Without Leading</b>	Students will explore a new approach to leadership, through humility.	2
22	<b>My India My Pride- An Ideal Citizen - 1</b>	Students will learn that to become value-based citizens, they must first develop good values in their lives. They start by exploring the values of responsibility and integrity.	2
23	<b>My India My Pride- An Ideal Citizen - 2</b>	Students will learn that by developing the values of loyalty, sincerity, and punctuality; they become indispensable and can leave a strong impression. They will start developing these values by trying to keep perfection in every small task and by looking at the bigger picture.	2
24	<b>Facing Failures Timeless Wisdom for Daily Life</b>	Students will learn the role wisdom plays in finding long-term stability. They will use ancient wisdom to solve their modern-day challenges.	2
25	<b>From House to Home- Forgive &amp; Forget</b>	Students will understand the importance and benefits that forgiveness plays in their personal and professional life. They will learn to apply this knowledge in realistic situations.	2
26	<b>Remaking Yourself- Stress Management</b>	Students will learn to cope with current and future causes of stress.	2
27	<b>Remaking Yourself- Better Health Better Future</b>	A healthy body prevents disease and stress; increases positivity, productivity, and brainpower. Students will learn to maintain good health through regular exercise, healthy eating habits, and regular and sufficient sleep.	2
28	<b>Learning from Legends - Words of Wisdom</b>	A panel of learned and experienced mentors will personally answer practical questions that students face in their daily life.	2
29	<b>Soft Skills – Financial Planning</b>	Students will develop a variety of practical financial skills that prepare them to become financially stable throughout their future careers.	2
30	<b>Remaking Yourself Impact of Company</b>	Students will understand that the type of company that we keep, has a crucial role in determining who we are and who we will	2



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		become. They will develop the ability to create a positive environment around them.	
Concluding	Life After IPDC	This concluding lecture encourages students to keep practising these priceless lessons and prepares them for the next steps in their lives.	2

## COURSE MATERIAL / MAIN COURSE WORKBOOK -

1. IPDC Workbook-1 (presented by B.A.P.S. Swaminarayan Sanstha)

2. IPDC Workbook-2 (presented by B.A.P.S. Swaminarayan Sanstha)

## IPDC REFERENCES –

These are the reference material for the IPDC lectures. This is not compulsory reading for the students as the essential information is contained in the workbooks.

Module No.	Module	References
1	Facing Failures	<ol style="list-style-type: none"> <li>1. Thomas Edison's factory burns down, New York Times Archives, Page 1, 10/12/1914</li> <li>2. <a href="#">Lincoln Financial Foundation</a>, Abraham Lincoln's "Failures": Critiques, Forgotten Books, 2017</li> <li>3. <b>J.K. Rowling Harvard Commencement Speech   Harvard University Commencement, 2008</b></li> <li>4. Born Again on the Mountain: A Story of Losing Everything and Finding It Back, <a href="#">Arunima Sinha</a>, Penguin, 2014</li> <li>5. Failing Forward: Turning Mistakes Into Stepping Stones for Success, <a href="#">John C. Maxwell</a>, Thomas Nelson, 2007</li> <li>6. Steve Jobs: The Exclusive Biography Paperback, <a href="#">Walter Isaacson</a>, Abacus, 2015</li> <li>7. Failing Forward: Turning Mistakes Into Stepping Stones for Success, <a href="#">John C. Maxwell</a>, Thomas Nelson, 2007</li> </ol>
2	Learning from Legends	<ol style="list-style-type: none"> <li>1. Chase Your Dreams: My Autobiography, Sachin Tendulkar, Hachette India, 2017</li> <li>2. Playing It My Way: My Autobiography, Sachin Tendulkar, Hodder &amp; Stoughton, 2014</li> <li>3. The Wit and Wisdom of Ratan Tata, Ratan Tata, Hay House, 2018</li> <li>4. The Tata Group: From Torchbearers to Trailblazers, Shashank Shah, Penguin Portfolio, 2018</li> <li>5. The Leader Who Had No Title, Robin Sharma, Jaico Publishing House, 2010</li> <li>6. In the Joy of Others: A Life-Sketch of Pramukh Swami Maharaj, Mohanlal Patel and BAPS Sadhus, Swaminarayan Aksharpith, 2013</li> </ol>
3	My India My Pride	<ol style="list-style-type: none"> <li>1. Rishis, Mystics, and Heroes of India, Sadhu Mukundcharandas, Swaminarayan Aksharpith, 2011</li> <li>2. Physics in Ancient India, <a href="#">Narayan Dongre</a>, <a href="#">Shankar Nene</a>, National Book Trust, 2016</li> <li>3. <a href="#">The Rise of Civilization in India and Pakistan</a>, Raymond Allchin, Bridget Allchin, Cambridge University Press, 1982</li> <li>4. <a href="#">The Āryabhaṭīya of Āryabhaṭa: An Ancient Indian Work on Mathematics and Astronomy</a> (1930), <a href="#">Walter Eugene</a> Clark, University of Chicago Press, reprint, Kessinger Publishing, 2006</li> </ol>



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4	Remaking Yourself	<ol style="list-style-type: none"><li>1. Power of Habit, Charles Duhigg, Random House Trade Paperbacks, 2014</li><li>2. Change Your Habit, Change Your Life, Tom Corley, North Loop Books, 2016</li><li>3. The Seven Habits of Highly Effective People, Stephen Covey, Simon &amp; Schuster, 2013</li><li>4. Seven Habits of Highly Effective Teens, Sean Covey, Simon &amp; Schuster, 2012</li><li>5. Atomic Habits, James Clear, Random House, 2018</li><li>6. How a handful of tech companies control billions of minds every day, Tristan Harris, TED Talk, 2017</li></ol>
5	From House to Home	<ol style="list-style-type: none"><li>1. “What Makes a Good Life? Lessons from the Longest Study on Happiness”, R. Waldinger, Ted Talks, 2015</li><li>2. <b>Long Walk To Freedom, Nelson Mandela, Back Bay Books, 1995</b></li><li>3. Outliers, Malcolm Gladwell, Back Bay Books, 2011</li></ol>
6	Soft Skills	<ol style="list-style-type: none"><li>1. The 17 Indisputable Laws of Teamwork, John Maxwell, HarperCollins, 2013</li><li>2. Team of Teams: New Rules of Engagement for a Complex World, Stanley McChrystal, Portfolio, 2015</li><li>3. Predictably Irrational, Revised and Expanded Edition: The Hidden Forces That Shape Our Decisions, <a href="#">Dan Ariely</a>, Harper Perennial, 2010</li></ol>
7	Selfless Service	<ol style="list-style-type: none"><li>1. Open: An Autobiography, Andre Agassi, Vintage, 10 August 2010</li><li>2. The Physiological Power of Altruism [online], James Hamblin, The Atlantic, December 30, 2015, <a href="https://www.theatlantic.com/health/archive/2015/12/altruism-for-a-better-body/422280/">https://www.theatlantic.com/health/archive/2015/12/altruism-for-a-better-body/422280/</a> [last accessed June 10, 2020]</li><li>3. TBI Blogs: From Entrepreneurs to Doorkeepers, Everybody Serves with Love &amp; Warmth at This Ahmedabad Café [online], <a href="#">The People Place Project</a>, The Better India, May 29, 2017, <a href="https://www.thebetterindia.com/102551/small-way-serve-ahmedabad-seva-cafe/">https://www.thebetterindia.com/102551/small-way-serve-ahmedabad-seva-cafe/</a>, [last accessed June 10, 2020]</li></ol>