

Name of the Course	Managing your self
Operational Plan Number	ICT-85
Dates and Venue of Course	March 18-22, 2019
Objectives	<ul style="list-style-type: none"> • Develop understanding of self and decide about vision and goal of life. • Analyse individuals role to determine the extent of Role Efficacy. • Identify the competencies required for performing teachers role effectively. • Manage body, mind, emotion/values for individual excellence • Understand the importance of desirable behavioural parameters such as leadership, creativity, management of communication etc. for self effectiveness. • Understand the causes of stress in role and method of coping it. • Understand importance of emotional balance in profession • Develop a plan for managing self to achieve high in profession and lead a happy life.
Course Contents	<ul style="list-style-type: none"> • Managing Self- Concept & Importance • Personality & Self Development • Concept and Importance of Role & Role Efficacy. • Stress-Concept, Causes & Coping • Emotion, Emotional Intelligence and Success in Life. • Spiritual coefficient • Teacher Effectiveness –varying Perspectives. • Developing Skills for Managing profession & life effectively, Effective Communication, Leadership Interpersonal relations and motivation • Managing health for happiness for effectiveness. • Personal Development Plan for Managing Self.
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