

VEERMATA JIAJABAI TECHNOLOGICAL INSTITUTE, MUMBAI

Programme Name	
Course Name	
Course Title	Comprehensive personal development course CPD

1. Personal Development Modules:

- Harnessing the Mind (4 hours) Power of Mind
Managing the Mind
Desire Management
- Habits for Life (3.5 hours) Reprogram Habits Reprogram Time
- Stress Management (1.5 hours)

2. Skill Development:

- Art of Smart Work (3 hours) Convert STRESS to SMILE Book of Life
Know the Personality Type
Expand the Time (Time Management)
- Self Esteem (2 hours)
Inferiority Complex vs. Self Esteem Overcoming Inferiority Complex Transformation
of Insecurity to Self-Worth

3. Life Leadership:

- Winning Life's Goal (3 hours) Choice and Determination
Long-term Goals vs. Short-term Rewards Instant
Gratification
Overcoming Temptations Putting Purpose to Life
- Life's Essential Motivating Factors (3 hours) Range of Factors
Pros and Cons Live, Love, and Let Go
- Leadership Sutras (2 hours) Art of Forgiveness (1 hour) Art of
Discipline (1 hour) Power of Now (1.5 hours)
- Meaningful Living (1 hour) Finding Purpose Acting on Purpose The
Power of Values Happiness
- Balanced Life (3 hours)
Physical, Intellectual, Emotional, and Spiritual Quotients

4. Professional and Social Impact:

- Work-Life Flow (3 hours) Finding Strength Facing Challenges Achieving Results
Leading and Contributing to Society
- Live to Give (1.5 hours) Virtue of Selflessness
Society as an Extended Family

Art of Thinking Win-Win (2 hours)

- Engineering the Better World (2 hours) Rhythm of Give and Take
Work as Worship From "I and Me" to "We and Us"

Ethical Values in Engineering for a Better World

Principles of Living in Society

- Servant Leadership in Society (2.5 hours) Types of Leadership
Concept and Characteristics of Servant Leadership
Building a Sustainable Society
- Meaningful Relationships (2 hours) Encouraging Potential Appreciating Good
Tolerating the Unchangeable Respecting Differences Forgiving Mistakes

