



**MANGALORE UNIVERSITY**  
**Master of Education (M.Ed.)**

**MES406: SDC: Activity II (b)**

**Self-Development**

**Objectives / Course Outcomes**

- Analyze self through psychological tests.
- Develop oral communication through communication practices.
- Develop the skills of leadership.
- Learn the skills of self-management.
- Develop skills of personal health management through yoga practices.
- Develop favorable attitude towards disadvantage group of society.
- Learn the skills of communication ; planning and organization of workshops

Activities for Self-Development

1. Yoga practice ; Physical and Mental Health
2. Workshops – To organize workshops by inviting experts in practicing inclusive practices.
3. Field visits to study the disadvantage group of the society.
4. Descriptive Survey on ‘Teacher’s Attitude towards different sections of the society’.
5. Administration of Adjustment and Personality Inventories and Psychological tests – Intelligence; Attitude; Interests; Values; Seminars and Assignments.