

Curriculum Plan of Dr. Kapil Mohan Saini
(Odd Semester 2026-2027)
Semester-III

Name of Paper & Code: VAC 1: social and emotional Learning (3 lecture per week)

UPC: 6967000016

Contents	Allocations of Lectures	Month wise Schedule to be followed	Tutorials/ Assignment/ Presentation
UNIT- I Introduction - Self-Awareness and Happiness (3 Weeks) • Getting to Know Each Other • What to Expect from this Course? • Getting to Know Oneself • What Makes One Happy/ Unhappy? Outer vs Inner Sources of Happiness, Joy of Giving	9	1 st Week of August – 3 rd week of August	- Syllabus Overview - Reference Books - Problem Solving
UNIT- II Social Relationships I Mindfulness (4 Weeks) • Sharing vs Power: Peers, Family and Society • Going Beyond Power Relationships Through Open Conversation • The Value of Silence and Reflection • Practice of Mindfulness	12	4 th Week of August – 3 rd week of September	- Related Problems, - Assignment
UNIT- III Identity, Self-Image, Status, Self-Worth- Digital Identity (4 Weeks) • Identity Construction and Expression: Individual and Collective • Accepting and Valuing Oneself • Understanding the Gendered World • Identifying and transcending stereotypes • Identity Formation and Validation in the Digital World • Discrimination and its Forms	12	4 th Week of September -2 nd Week of October	Home Register Overview, Class Test,
UNIT- IV Lifestyle Choices I Stress and Its Management (4 Weeks) • What Choices Does One Get To Make? • Is Choice influenced? Relationships, Career Choices • Career Pressures, Examinations • Dealing with Disappointment, Coping Skills, Health and Fitness • Connect With Nature: Sensitivity Towards Other Sentient Beings	12	4 th Week of October – 2 nd Week of November	Related Problems, Previous Year Qsn Papers discussion