

**Curriculum Plan (Odd Semester 2025-26) Aug- Nov 2025**

**Paper : VAC Ethics and & Semester 3**

**Class type: Lecture (1L + 2P )**

**Paper shared with: Keertika Lotni**

<b>Unit to be taken</b>	<b>Month wise schedule to be followed</b>	<b>Tests/Assignments/ Revision/Presentations etc.</b>
<b>UNIT I</b> Course introduction, Expectations, Ice-breaking Identity & Values	August	Regular discussions in the class for Continuous Assessment
<b>UNIT I &amp; III:</b> Mindfulness, Meditation	September- Mid October	Panch Parmeshwar as reading used for reference
<b>UNIT III</b> Vocation, Discipline, Work-Life Balance	Mid- Oct to November	Interactive discussions, Case studies Activity-based Learning