**CURRICULUM PLAN 2023-24**

**B.A.(H), B. Sc. (H)**

**Semester – IV (NEP)**

**Name of the Teacher: Dr. Ganesh Yadav (shared with Dr. Rajesh Meena)**

**Paper Name & Paper Code: VAC: Social and Emotional Learning (Theory only)**

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| **Unit No.** | **Name of Topic** | **Tutorial/Assignment/ Presentation etc.** | **Allocation of Lectures** | **Assessment Tasks** | **Teaching and Learning**  **Activity** |
| 1 | Introduction-self-awareness and Happiness: getting to know each other. What to expect from this course? Getting to know oneself. What make one happy or unhappy? Outer vs inner source of happiness, joy of giving. | Assignment, Project and Presentation | 3 (27th Jan, 2024– 10th Feb, 2024) | Homework and Class work, etc. | Lecture, Dictation |
| 2 | Social relationship and Mindfulness: sharing vs power, peers, family and society. Going beyond power relationship through open conversation. The value of silence and reflection. Practice of mindfulness. | Assignment, Project and Presentation | 4 (17th Feb, 2024– 9th March, 2024) | Homework and Class work, etc. | Lecture, Dictation |
| 3 | Identity, self-image, status, self worth and digital identity: identity construction and expression: individual and collective. Accepting and valuing oneself. Understanding the gendered world. identifying and transcending the stereotypes. Identity formation and validation in the digital world. discrimination and its forms. | Presentation, project and assignment | 4 (16th March,2024–6th April , 2024) | Homework and Class work, etc. | Lecture, Dictation, practical |
| 4 | Life style choices and stress and its management. What choices does one get to make? Is choice influenced? Relationships, career choices. Career pressure, examinations. Dealing with disappointment, coping skills, health and fitness. Connect with nature: sensitivity towards other sentient being | Presentation, project and assignment | 4 (20th April,2024–11th May, 2024) | Homework and Class work, etc | Lecture, Dictation |