**Curriculum Plan of Dr. Kapil Mohan Saini**

**(Odd Semester 2023-2024)**

**Semester-I**

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

**UPC: 6967000016**

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| **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 f~om this Course?  • Getting to Know Oneself  • What Makes One Happy/ Unhappy? Outer vs Inner Sources of  Happiness, Joy of Giving | 9 | 3rd Week of August – 2nd week of September | * 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 | 2nd Week of September – 1st week of october | - Related Problems,   * Assignment |
| **UNIT- Ill 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 | 1st Week of October -4th 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 | 4th Week of October – 3rd Week of November | Related Problems,  Previous Year Qsn Papers discussion |