**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**

|  |  |  |  |
| --- | --- | --- | --- |
| **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 ofHappiness, 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 |