**CURRICULUM PLAN 2021-22**

**B.A. (H) Geography**

**Semester – II**

**Name of the Teacher: Dr. Nidhi G Behl**

**Paper Name & Paper Code: Social and Emotional Learning VAC**

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| **Unit No.** | **Name of Topic**  | **Tutorial/Assignment/ Presentation etc.** | **Allocation of Lectures** | **Assessment Tasks** | **Teaching and Learning****Activity** |
| 1 | UNIT- I Introduction (3 Weeks) - Self-Awareness and Happiness • Getting to Know Each Other• What to Expect from this Course?• Getting to Know Oneself• What Makes One Happy/ Unhappy? Outer vs Inner Sources ofHappiness, Joy of Giving | Assignment practical file | 1 feb- 1 March 2024 | Group discussions | Lecture, PPT  |
| 2 | 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 | Practical exercises, practical file | 2 March- 22 March 2024 | Group discussions | Lecture, PPT  |
| 3 | 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 | practical file | 1 April- 20 April 2024 | Group discussions | Lecture, PPT  |
| 4 | 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 | Practical exercises, practical file | 21 April- 10 May 2024 | Group discussions | Lecture, PPT  |

**E RESOURCES:**

[**https://www.sattva.co.in/wp-content/uploads/2020/12/Sattva\_Insights\_Socio-emotional-Learning-in-India.pdf**](https://www.sattva.co.in/wp-content/uploads/2020/12/Sattva_Insights_Socio-emotional-Learning-in-India.pdf)

[**https://casel.org/news-publications/sel-journal/**](https://casel.org/news-publications/sel-journal/)

[**https://www.researchgate.net/publication/362291090\_Social\_and\_emotional\_learning\_for\_vulnerable\_and\_marginalized\_children\_and\_young\_people\_In\_Andy\_Smart\_and\_Margaret\_Sinclair\_eds\_Educating\_for\_the\_social\_the\_emotional\_and\_the\_sustainable\_SEL\_in\_contex**](https://www.researchgate.net/publication/362291090_Social_and_emotional_learning_for_vulnerable_and_marginalized_children_and_young_people_In_Andy_Smart_and_Margaret_Sinclair_eds_Educating_for_the_social_the_emotional_and_the_sustainable_SEL_in_contex)

[**https://www.nu.edu/blog/social-emotional-learning-sel-why-it-matters-for-educators/**](https://www.nu.edu/blog/social-emotional-learning-sel-why-it-matters-for-educators/)

• Black,Donna Lord(2022). Essentials of Social and Emotional Learning (SEL). NJ : Wiley.

• Goleman,Damiel (2005). Emotional lntelligence.USA:Bantam.

• Swami Vivekanand. (2016).The complete works of Swami Vivekanand. Advaita Ash ra ma.

( https ://www. ra ma krish naviveka na nd. info/viveka na nd/complete

works.html)