**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**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **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 of  Happiness, 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)