**Curriculum plan (Odd Semester 2025-26) August-November 2025**

**Teacher Name: Dr. Pallavi Srivastava**

**Paper name: The Gita: Navigating Life Challenges (VAC)**

**Semester: 3 (NEP Batch)**

**Class type: (1 Lecture+1 Practical/ Practice), 1-0-1 Format (End Sem = 80 Marks, IA=10 Marks CA= 40 Marks)**

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| **Unit to be taken** | **Month wise schedule to be followed (1 Practical/Practice)** | **Tests/Assignments/ Revision/Presentations etc.** |
| **UNIT I: The Context of the Bhagawad Gita** | August | Group Discussion & Regularity and Work Ethics =6 Marks (IA)Regularity/Attendance=5 Marks (CA)Writing assignments during practicals for Continuous Assessment of 5 Marks (CA) |
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| **UNIT II: Challenges for the Life Ahead** | September  | Written Work and Class Interaction & Participation = 4 Marks (IA)Class Interaction & Participation = 10 Marks (CA) |
| **UNIT III: Managing Stress and Negative Emotions** | October | Writing assignments during practicals for Continuous Assessment of 10 Marks (CA) |
| **UNIT IV: The Quest for Balance** | November | Viva 10 Marks (CA) |