

**Curriculum Plan of Dr. Kapil Mohan Saini**  
**(Odd Semester 2025-2026)**  
**Semester-I**

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

**UPC: 6967000016**

<b>Contents</b>	<b>Allocations of Lectures</b>	<b>Month wise Schedule to be followed</b>	<b>Tutorials/ Assignment/ Presentation</b>
<b>UNIT- I Introduction - Self-Awareness and Happiness (3 Weeks)</b> <ul style="list-style-type: none"> <li>• Getting to Know Each Other</li> <li>• What to Expect from this Course?</li> <li>• Getting to Know Oneself</li> <li>• What Makes One Happy/ Unhappy? Outer vs Inner Sources of Happiness, Joy of Giving</li> </ul>	9	1 <sup>st</sup> Week of August – 3 <sup>rd</sup> week of August	<ul style="list-style-type: none"> <li>- Syllabus Overview</li> <li>- Reference Books</li> <li>- Problem Solving</li> </ul>
<b>UNIT- II Social Relationships I Mindfulness (4 Weeks)</b> <ul style="list-style-type: none"> <li>• Sharing vs Power: Peers, Family and Society</li> <li>• Going Beyond Power Relationships Through Open Conversation</li> <li>• The Value of Silence and Reflection</li> <li>• Practice of Mindfulness</li> </ul>	12	4 <sup>th</sup> Week of August – 3 <sup>rd</sup> week of September	<ul style="list-style-type: none"> <li>- Related Problems,</li> <li>- Assignment</li> </ul>
<b>UNIT- III Identity, Self-Image, Status, Self-Worth- Digital Identity (4 Weeks)</b> <ul style="list-style-type: none"> <li>• Identity Construction and Expression: Individual and Collective</li> <li>• Accepting and Valuing Oneself</li> <li>• Understanding the Gendered World</li> <li>• Identifying and transcending stereotypes</li> <li>• Identity Formation and Validation in the Digital World</li> <li>• Discrimination and its Forms</li> </ul>	12	4 <sup>th</sup> Week of September -2 <sup>nd</sup> Week of October	Home Register Overview, Class Test,
<b>UNIT- IV Lifestyle Choices I Stress and Its Management (4 Weeks)</b> <ul style="list-style-type: none"> <li>• What Choices Does One Get To Make?</li> <li>• Is Choice influenced? Relationships, Career Choices</li> <li>• Career Pressures, Examinations</li> <li>• Dealing with Disappointment, Coping Skills, Health and Fitness</li> <li>• Connect With Nature: Sensitivity Towards Other Sentient Beings</li> </ul>	12	4 <sup>th</sup> Week of October – 2 <sup>nd</sup> Week of November	Related Problems, Previous Year Qsn Papers discussion