

PROGRAMME NAME: Value Addition Course
COURSE NAME: Social and Emotional Learning
SEMESTER DURATION: August to December

WEEK	TOPIC(S)	TEACHING METHODOLOGY ADOPTED/CONTINUOUS INTERNAL EVALUATION
1-3	Unit 1: Introduction: Self-awareness and happiness <ul style="list-style-type: none"> ● Getting to know each other ● What to expect from this course? ● Getting to know oneself ● What makes one happy/unhappy? Outer vs inner source of happiness, Joy of giving 	Self-reflection and discussion Becoming aware of oneself
4-6	Unit 2: Social Relationships <ul style="list-style-type: none"> ● Sharing vs power: peers, family and society ● Going beyond power relationships through open conversation ● Value of silence and reflection ● Practice of mindfulness 	Report writing and critical analysis
7-8	Unit 2: Social Relationships	Role play and debates

	<ul style="list-style-type: none"> • Sharing vs power: peers, family and society • Going beyond power relationships through open conversation • Value of silence and reflection • Practice of mindfulness 	<p>Discussion on the requirements of conversation and how they impact us</p>
<p>9-10</p>	<p>Unit 3: Identity, self-image, status, self-worth, digital identity</p> <ul style="list-style-type: none"> • Identity construction and expression: individual and collective • Accepting and valuing oneself • Identifying and transcending stereotypes • Identity formation and validation in the digital world • Discrimination and its forms 	<p>Experience sharing and writing notes for self.</p>
<p>11</p>	<p>Unit 3: Identity, self-image, status, self-worth, digital identity</p> <ul style="list-style-type: none"> • Identity construction and expression: individual and collective • Accepting and valuing oneself • Identifying and transcending stereotypes 	<p>Debates on kinds of discriminations and their impact on health</p>

	<ul style="list-style-type: none"> • Identity formation and validation in the digital world • Discrimination and its forms 	
12-13	<p>Unit 4 Lifestyle Choices</p> <ul style="list-style-type: none"> • 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 with other sentiments being 	Debating the idea of choice and its place in society and family
14-15	<p>Unit 4 Lifestyle Choices</p> <ul style="list-style-type: none"> • 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 with other sentiments being 	Discussing the essential need of dealing and overcoming disappointments

16	Class Test and Assignments	Feedbacks on class test and Discussions on assignments submitted