

As per the NEP 2020
(Effective from Academic Year 2024-2025 onwards)

For Postgraduate Programme

VALUE ADDED COURSES

Semester-I



Faculty of Arts/Commerce/Science

(CBCS) As per the NEP 2020 (Semester I to IV)

w.e.f. the Academic Session 2024-25

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Semester-I

VALUE ADDED COURSES

Semester	Course title	Credit distribution of the course				
		Credits	Course Code	Lecture	Tutorial	Practical/ Practice
I	Emotional Intelligence	(2)	24MVC69101 T	2	0	0
OR						
I	Ethics and Culture	(2)	24MVC69102 T	2	0	0
OR						
I	Social and Emotional Learning	(2)	24MVC69103 T	2	0	0
OR						
I	The Art of Being Happy	(2)	24MVC69104 T	2	0	0

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VALUE ADDED COURSE

SYLLABUS : Emotional Intelligence

Course Objectives

The Learning Objectives of the course are:

- Introduce the concept of emotional intelligence, its models and components.
- Understand the significance of emotional intelligence in self-growth and building effective relationships.
- Identify the measures of emotional intelligence.

Course Outcomes

The Learning Outcomes of the course are

- Self-Awareness, Self-Management, Social Awareness & Relationship Management.
- Discover personal competence and techniques of building emotional intelligence.
- Gain insights into establishing positive relationships.

Course Title:	Emotional Intelligence	Course Code: 24MVC69101T
Total Lecture hour 26		Hours
Unit I	Fundamentals of Emotional Intelligence: Nature and Significance Models of emotional intelligence: Ability, Trait and Mixed Building blocks of emotional intelligence: self-awareness, self-management, social awareness, and relationship management	7
Unit II	Personal Competence: Self Awareness: Observing and recognizing one's own feelings, Knowing one's strengths and areas of development. Self Management: Managing emotions, anxiety, fear, and anger.	7
Unit III	Social Competence: Social Awareness: Others' Perspectives, Empathy and Compassion Relationship Management: Effective communication, Collaboration, Teamwork, and Conflict management	6


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Unit IV	<p>Emotional Intelligence: Measurement and Development : Measures of emotional intelligence Strategies to develop and enhance emotional intelligence</p> <p>Practical component (if any)</p> <ol style="list-style-type: none"> 1. Students will practice self-management techniques to regulate emotions such as 2. Mindfulness 3. Conditioned relaxation response 4. Boundary setting 5. Any other <ol style="list-style-type: none"> a. Students will practice various techniques of relationship management such as engaging with: 6. Display of empathy 7. Effective communication 8. Teamwork 9. Conflict resolution 10. Any other 11. If required, students can share their experiences in the form of a Project Report. 	6
<p>Reference and Reading Books:</p> <ol style="list-style-type: none"> 1. Bar-On, R., & Parker, J.D.A.(Eds.) (2000). The handbook of emotional intelligence. San Francisco, California: Jossey Bros. 2. Goleman, D. (2005). Emotional Intelligence. New York: Bantam Book. 3. Sternberg, R. J. (Ed.). (2000). Handbook of intelligence. Cambridge University Press. 4. HBR's 10 Must Reads on Emotional Intelligence (2015) 5. HBR's 10 Must Reads on Managing Yourself (2011) 6. Self Discipline: Life Management, Kindle Edition, Daniel Johnson. 		


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VALUE ADDED COURSE

SYLLABUS : Ethics and Culture

Course Objectives

The Learning Objectives of the course are:

- The Learning Objectives of this course are as follows:
- To help students explore ethical and cultural dimensions of their lives.
- To provide a forum for students to pause, revisit their assumptions and beliefs, and become mindful of their thoughts, emotions and actions.
- To give the students an opportunity to express themselves and inquire into their decision-making processes.
- To cultivate ethical values and participate in the creation of a society based on acceptance, compassion, and justice.

Course Outcomes

- The Learning Outcomes of this course are as follows:
- Explore perspectives on ethics in thoughts, words and actions
- Evolve ethical decision-making practises
- Understand the need for an ethical society and culture
- Introspect, become conscious of and assess one's stance in life
- Cultivate empathy, tolerance and compassion
- Apply the values learnt in the course to everyday.

Course Title:	Ethics and Culture	Course Code: 24MVC69102T
Total Lecture hour 26		Hours
Unit I	Introduction - The Basis of Ethics : Getting to Know Each Other What to Expect from the Course? Recognition of Our Common Humanity Empathy, Compassion and Justice	7
Unit II	The Role of Intelligence, Reason and Emotions : Discernment: What Is The Right Thing To Do? The Art of Conflict Resolution Destructive and Constructive Emotions The Need for Emotional Balance	7

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Unit III	Cultivating Inner Values- Ethics in the World of Work and Play : Training the Mind: Mindfulness and Kindness Meditation Discovering your Vocation and Interests Self-discipline, Integrity, Commitment, Creativity Work-Life Balance	6
Unit IV	Striving for a Better World I Outreach Activities : Means and Ends Debate and Dialogue Culture as Shared Values Creating and Sustaining Ethical Cultures: The Role of Philosophy, Religion, Literature, Theatre, Cinema, Music, Media Outreach Activities Practical (Any One) , Students will be expected to engage in outreach activities that shall enable them to put into practice some of the ethical considerations deliberated upon and imbibed in the previous modules. A list of suggested outreach activities is as follows: <ol style="list-style-type: none"> 1. Adopt a village with the aim of cultural and ethical learning 2. Discussing health and hygiene issues in a community 3. Tutoring students 4. Gender sensitisation 5. Working on environmental issues 6. Working with Child Care Centres such as Anganwadis and Balwadis 7. Working with differently abled students 8. Preserving cultural and heritage sites 9. Spending time with senior citizens including in a Senior Citizens Home 10. Extending care to animals in animal welfare shelters 11. Addressing issues relating to Reproductive Health 12. Spreading awareness about adolescent health 13. Addressing issues relating to mental health 14. Health and nutrition awareness 15. Swacchata Abhiyaan 16. Sensitisation towards disease awareness 17. Vriksharopan 18. If required, students can share their experiences in the form of a Project Report. 	6
Reference and Reading Books: <ol style="list-style-type: none"> 1. Aristotle. Nichomachean Ethics. London: Penguin Classics, 2004 2. Swami Vivekananda. The Complete Works of Swami Vivekananda. Advaita Ashrama, 2016. 3. https://www.ramakrishnavivekananda.info/vivekananda/complete_works.html 4. Panch Parmeshwar in English translation as The Holy Panchayat by Munshi Premchand 5. The Silas Marner by George Eliot 		

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6. Weare Seven by Wordsworth
7. The Chimney Sweeper by William Blake

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VALUE ADDED COURSE

SYLLABUS : Social and Emotional Learning

Course Objectives

- The Learning Objectives of this course are as follows:
- This course aims to develop social and emotional awareness in students and initiate them towards better personal and social well-being.
- To create an awareness towards self, others, the environment and their harmonious coexistence.

Course Outcomes

The Learning Outcomes of the course are

- Students will be able to become aware of oneself and the society.
- Make informed lifestyle choices and extend the self in the joy of giving.
- Develop empathy, compassion, connect with nature and evolve emotionally to create a more harmonious society.
- Cultivate sensitivity towards discriminatory practices and explore possible solutions.

Course Title:	Social and Emotional Learning	Course Code: 24MVC69103T
Total Lecture hour 26		Hours
Unit I	Introduction - 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 v/s Inner Sources of Happiness, Joy of Giving	7
Unit II	Social Relationships Mindfulness Sharing vs Power: Peers, Family and Society Going Beyond Power Relationships Through Open Conversation The Value of Silence and Reflection Practice of Mindfulness	7
Unit III	Identity, Self-Image, Status, Self-Worth- Digital Identity 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	6

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Unit IV	Lifestyle Choices Stress and Its Management 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	6
Reference and Reading Books: <ol style="list-style-type: none"> 1. Black, Donna Lord (2022). Essentials of Social and Emotional Learning (SEL). NJ : Wiley. 2. Goleman, Daniel (2005). Emotional Intelligence. USA: Bantam. 3. Swami Vivekanand. (2016). The complete works of Swami Vivekanand. Advaita Ashrama. (https://www.ramakrishnavivekanand.info/vivekanand/complete-works.html) 		


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SYLLABUS : The Art of Being Happy

Course Objectives

The Learning Objectives of the course are:

- To synthesize the insights developed by Human Development experts, Psychologists, Anthropologists on one hand, and the intellectual traditions of Vedantic Philosophy and Indology on the other towards the experience of happiness.
- To illustrate various factors that determine the subjective experience of happiness in a cross cultural context.

Course Outcomes

The Learning Outcomes of the course are

- The students shall be able to evaluate the factors contributing to the phenomenon of happiness in the personal, familial and community life of an individual in different cultures in the Indian context.
- They will be able to develop healthy interpersonal relationships and wellbeing cherishing the values of Indian culture and philosophy.
- They will be able to relate to the global phenomenon of sustainable development and become sensitive to the needs of the planet.
- They will be able to apply the experience of *Aananda* at a personal level.

Course Title:	The Art of Being Happy	Course Code: 24MVC69104T
Total Lecture hour 26		Hours
Unit I	Human Ecology and Happiness Lectures: Definitions/Factors of Happiness: Environmental and Social Physical, emotional and psychological well-being for happiness Physiological and hormonal basis of happiness Coping with Stress: A life saving skill	7
Unit II	Indological Theories of Happiness: Panch Kosh Theory & Idea of Well-Being Idea of Self and other Hierarchy and stages of happiness	7
Unit III	Happiness: Cross-cultural Contexts: Culture and Happiness Interpersonal Relationship: Comparative Perspective	6

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	Towards Self-Actualization	
Unit IV	Local and Global Perspective of Happiness: Measuring happiness: Key indicators Happiness Index India in Global Happiness Indices	6
Reference and Reading Books: <ol style="list-style-type: none"> 1. Banavathy, Vinayachandra & Choudry, Anuradha. (2013). Understanding Happiness: A Vedantic Perspective. Psychological Studies. 59. 141-152. 10.1007/s12646-013-0230-x. 2. Leontiev, Dmitry. (2012). Anthropology of Happiness: the state of Well-Being and the way of Joy, In Social Science, sVol43. No 2 P93-104. 3. Snyder .C.R. S.J. Lopez & J.T. Pedrotti. (2015). Positive Psychology (The Scientific and Practical Explorations of Human Strengths): Sage Publication. (Chapter 5: Subjective Well-being: The Science of Happiness and Life Satisfaction, Page 63 to 73) 4. World Development Indicators 2016. (2016). United States: World Bank Publications. 5. Zelenski, John. (2019) Positive Psychology: The Science of Well-Being, Carleton University, Ottawa, Canada, Sage Publications Chapter 3: Happiness; page (77 to 110) 6. Baumgardner, S & Crothers, M. (2014). Positive Psychology. New Delhi: Pearson Education, India. 7. Seligman, M. (2002). Authentic happiness: Using the new positive psychology to realize your potential for lasting fulfillment. New York: Free Press. 8. Sri Aurobindo, The Synthesis of Yoga, Part Three: The Yoga of Divine Love, Chapter 7, The Ananda Brahman, pp. 569-570 		


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