

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

VALUE ADDED COURSES
Faculty of Arts/Commerce/Science
For Under-Graduate Programmes



Pandit Deendayal Upadhyaya Shekhawati University
Sikar (Rajasthan) 332024

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Sikar (Rajasthan)

Semester	Course Code	Course Title	Contact Hrs per Week			Credits	Weightage (%)		
			L	T	P		CWS	MTE	ETE
		(Select Any One)							
I	24BVC5101T	Monuments of Rajasthan: General Overview	2	0	0	2	10	20	70
	24BVC5102T	Data Analytics for Financial Decision-Making	2	0	0	2	10	20	70
	24BVC5103T	Vedic Mathematics- I	2	0	0	2	10	20	70
	24BVC5104T	Women Empowerment	2	0	0	2	10	20	70
	24BVC5105T	Sustainability & ISO Certification	2	0	0	2	10	20	70
		(Select Any One)							
II	24BVC5201T	Personality Development	2	0	0	2	10	20	70
	24BVC5202T	Swachh Bharat	2	0	0	2	10	20	70
	24BVC5203T	Psychology for Everyday Living	2	0	0	2	10	20	70
	24BVC5204T	National Cadet Core (NCC)	2	0	0	2	10	20	70
		(Select Any One)							
IV	24BVC6401T	Ayurveda and Nutrition	2	0	0	2	10	20	70
	24BVC6402T	Constitutional Values And Fundamental Duties	2	0	0	2	10	20	70
	24BVC6403T	Culture and Communication	2	0	0	2	10	20	70
	24BVC6404T	Digital Empowerment	2	0	0	2	10	20	70

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Semester - II

Course Objective

This activity-based course provides students with practical insights to understand the diverse ways people think, feel, and behave, and how these differences shape their personal growth and development. By engaging in hands-on activities and interactive sessions, students will explore key concepts in personality.

Course Outcome

After the completion of the course the student will be equipped with:

- **Stronger Self-Awareness:** Understand strengths, weaknesses, and emotional intelligence for future success.
- **Enhanced Employability:** Improve communication, leadership, and personal branding skills for the job market.
- **Increased Resilience:** Develop a positive mindset, resilience, and adaptability to navigate career challenges.
- **Life Planning Skills:** Set goals, manage time, and achieve a healthy work-life balance.
- **Overall Well-being:** Improve communication, manage stress, and boost self-esteem.

Course Title:	Personality Development	Course Code: 24BVC5201T
Total Lecture hour: 30		
Unit I	Introduction to Personality Development	Hours
	<ul style="list-style-type: none">• The concept of personality - Dimensions of personality• Theories of Freud & Erickson-Significance of personality development.• The concept of success and failure: What is success? - Hurdles in achieving success - Overcoming hurdles - Factors responsible for success – What is failure - Causes of failure. SWOT analysis.	8
Unit II	Attitude & Motivation	Hours
	<ul style="list-style-type: none">• Attitude - Concept - Significance - Factors affecting attitudes - Positive attitude – Advantages –Negative attitude- Disadvantages - Ways to develop positive attitude - Differences between personalities having positive and negative attitude.• Concept of motivation - Significance – Internal and external motives -	7

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	Importance of self- motivation- Factors leading to de-motivation	
Unit III	Self-esteem <ul style="list-style-type: none"> Term self-esteem - Symptoms - Advantages - Do's and Don'ts to develop positive self-esteem – Low self- esteem - Symptoms - Personality having low self-esteem - Positive and negative self-esteem. 	8
Unit IV	Other Aspects of Personality Development <ul style="list-style-type: none"> Body language - Problem-solving - Conflict and Stress Management - Decision-making skills - Leadership and qualities of a successful leader – Character building -Team-work – Time management Work ethics –Good manners and etiquette. 	7
Reference and Reading Books:		
<ol style="list-style-type: none"> Andrews, Sudhir. How to Succeed at Interviews. 21st (rep.) New Delhi. Tata McGraw-Hill 1988. Heller, Robert. Effective leadership. Essential Manager series. Dk Publishing, 2002 Hindle, Tim. Reducing Stress. Essential Manager series. Dk Publishing, 2003 Lucas, Stephen. Art of Public Speaking. New Delhi. Tata - Mc-Graw Hill. 2001 Mile, D.J Power of positive thinking. Delhi. Rohan Book Company, (2004). Pravesh Kumar. All about Self- Motivation. New Delhi. Goodwill Publishing House. 2005. Smith, B. Body Language. Delhi: Rohan Book Company. 2004 		

Course Objective

- Build knowledge on the mission's goals, public health issues, and global sanitation challenges.
- Develop communication, project management, and leadership skills for sanitation initiatives.
- Motivate students to be Swachh Bharat ambassadors and contribute to a cleaner, healthier India through social responsibility and innovative solutions.

Course outcome

After the completion of the course, the student will be equipped with:

- Knowledge of the mission's goals and sanitation challenges. They'll develop communication, project management, and leadership skills to create and lead Swachh Bharat campaigns in their communities. This fosters social responsibility, a desire for a cleaner India, and potentially ignites careers in sanitation or environmental fields.

Course Title:	Swachh Bharat	Course Code: 24BVC5202T
Total Lecture hour: 30		
Unit I	Introduction to Swachh Bharat Abhiyan	Hours
	<ul style="list-style-type: none"> Gandhian philosophy of Cleanliness Swachh Bharat Abhiyan (SBA) Hygiene, Sanitation & Sustainable Waste Management 	8
Unit II	Indicators for Swachh Bharat (Rural)	Hours
	<ul style="list-style-type: none"> Sanitation coverage across households (2014 vs. 2022) Open Defecation Free (ODF) Villages: Parameters ODF plus model: Key indicators 	7
Unit III	Swachh Bharat (Urban)	Hours
	<ul style="list-style-type: none"> Sustainable sanitation Waste/water and solid waste management Garbage Free Cities 	8

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Unit IV	Prospects and Challenges <ul style="list-style-type: none"> • Attitudes and Perceptions • Operational and Financial issues • Monitoring & Supervision • Community Mobilization 	7
Reference and Reading Books:		
1) "Swachh Bharat Mission: A Decade Report" by Ministry of Housing and Urban Affairs, Government of India 2) "Swachh Bharat Abhiyan: Making India Clean & More" by P.K. Shetty 3) "Swachh Bharat Mission: Challenges and Opportunities" by R.K. Tiwari 4) "Waste of a Nation: Garbage and Growth in India" by Assa Doron and Robin Jeffrey 5) "India's Sanitation for All: How to Make It Happen" by Bindeshwar Pathak		

Course Objective

- Enhance self-awareness and personal growth.
- Develop effective communication and interpersonal skills.
- Improve decision-making and problem-solving abilities.
- Understand basic psychological principles and their real-life applications.
- Learn stress management and coping strategies.

Course Outcome

- Students would get the theoretical knowledge of basic concepts of psychology.
- Students would gain knowledge of various types of intelligence.
- Students would be able to get knowledge about personality attributes.
- Students would get acquainted with various tips to groom their personality.
- Students would be able to get to know about causes and symptoms of stress along with various strategies for coping with stress.

Course Title:	Psychology for Everyday Living	Course Code: 24BVC5203T
Total Lecture hour: 30		
Unit I	<ul style="list-style-type: none"> • Science of Psychology: Definition, Goals, Basic and Applied areas of Psychology. • Self: Nature of self, Self-Regulation and Personal Growth. 	Hours 8
Unit II	<ul style="list-style-type: none"> • Intelligence: Definition; Theories: Theory of multiple intelligences, Triarchic theory, Emotional Intelligence. • Administration: Any one test of Intelligence/Emotional Intelligence. 	7
Unit III	<ul style="list-style-type: none"> • Personality: Definition; Theories • Trait and Type: Eysenck; Psychoanalytical: Freud; Humanistic: Maslow. • Administration: any one objective test of Personality. 	8
Unit IV	<ul style="list-style-type: none"> • Stress and Coping: Nature of Stress; Sources; Stress reactions; Factors that influence reactions to stress. 	7
Reference and Reading Books:		
1) Khatoon, N. (2012). General Psychology. Pearson: Delhi. 2) Baron, R.A. and Misra, G. (2016). Psychology. Pearson: Delhi. 3) Ciccarelli, S.K. and Meyer, G.E. (2006). Psychology. Pearson: Noida		

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Learning Objectives

The Learning Objectives of this course are as follows:

- Provide knowledge about the history of NCC, its organization, and incentives of NCC for their career prospects.
- Inculcate spirit of duty and conduct in NCC cadets.
- Provide understanding about different NCC camps and their conducts.
- Provide understanding about the concept of national integration and its importance.
- Provide understanding about the concept of self-awareness and emotional intelligence.
- Provide understanding about the concept of critical & creative thinking.
- Provide understanding about the process of decision making & problem solving.
- Provide understanding about the concept of team and its functioning.
- Provide understanding about the concept and importance of Social service.

Learning outcomes

The Learning Outcomes of this course are as follows

- Critically think and analyse.
- Understand the basic concept of NCC.
- Respect the diversity of different Indian culture.
- Practice togetherness, teamwork and empathy in all walks of their life.
- Do their own self-analysis and will work out to overcome their weakness for Better performance in all aspects of life.

Course Title:	NATIONAL CADET CORE (NCC)	Course Code: 24BVC5204T
Total Lecture hour: 30		Hours
Unit I	NCC General Aims, Objectives and Organization of NCC Incentives for NCC Cadets Duties of NCC Cadets NCC Camps: Types and Conduct	8
Unit II	National Integration National Integration: Importance and Necessity Factors affecting National Integration Unity in Diversity Threats to National Security	7
Unit III	Personality Development Factors Self-Awareness Empathy Critical and Creative Thinking Decision Making and Problem Solving	8
Unit IV	Social Service and Community Development Basics of Social Service Rural Development Programmes NGO's Contribution of Youth	7
Reference and Reading Books:		
1. DGNCC Cadet's Hand Book - Common Subjects -All Wings (in English) 2. DGNCC Cadet's Hand Book - Common Subjects -All Wings (in Hindi) 3. DGNCC Cadet's Hand Book - Specialised Subjects -Army, Navy and Air Wing		

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