

**Curriculum plan (Odd Semester 2024-2025) August 2024-December2024**

**Teacher Name: Pragya Dharendra**

**Paper name: Social and Emotional Learning VAC sem 1**

**Class type: Lecture 1**

**Paper shared with: chemistry department**

<b>Unit to be taken</b>	<b>Month wise schedule to be followed</b>	<b>Tests/Assignments/Revision/Presentations etc.</b>
UNIT- III Identity, Self-Image, Status, Self-Worth- Digital Identity (4 Weeks) • 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	September october	assignments
UNIT- IV Lifestyle Choices I Stress and Its Management (4 Weeks) • 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	november	