

VALUE ADDED COURSES

Total number of papers are:	24
To be studied:	In 1st, 2nd, 3rd and 4th semester (One in each semester)
Each VAC carries:	2 (two) credits
One credit of theory (T):	1 hr/week
One credit of practical (P):	2 hrs/week

Distribution of hours for various VACs

Value Added Courses (Each carries 2 credits)	Weekly hours of	
	Theory	Practical
Ayurveda and Nutrition	1	2
Constitutional Values and Fundamental Duties	1	2
Culture and Communication	1	2
Digital Empowerment	1	2
Ecology and Literature	1	2
Emotional Intelligence	1	2
Ethics and Culture	1	1
Ethics and Values in Ancient Indian Traditions	1	2
Financial Literacy	1	2
Fit India	0	4
Gandhi and Education	1	2
National Cadet Corps-I	1	2

Value Added Courses (Each carries 2 credits)	Weekly hours of	
	Theory	Practical
Panchkosha: Holistic Development of Personality	1	2
Reading Indian Fiction in English	1	2
Science and Society	1	2
Social and Emotional Learning	1	2
Sports for Life-I	0	4
Swachchh Bharat	1	2
The Art of Being Happy	1	2
Vedic Mathematics-I	1	2
Yoga: Philosophy and Practice	1	2
भारतीय भक्ति : परम्परा और मानव मूल्य	1	2
साहित्य संस्कृति और सिनेमा	1	2
सृजनात्मक लेख के आयाम	1	2

Department of Chemistry

VAC- Digital Empowerment

Dr. PREETI CHADHA

Course Objectives

- Credits/ Credit Distribution – 2 (Lecture – 0; Practical – 2)
- Eligibility Criteria – XII
- Prerequisites of the Course - None

Understand the digital world and need for digital empowerment

Create awareness about Digital India.

Explore, communicate & collaborate in cyberspace

Imparting awareness on Cybersafety and Security

9 Pillars of Digital India



Broadband
Highways



Public Internet
Access Programme



Information
For Everyone



Early Harvest
Programme



Universal Access
To Phones



IT For Jobs
Electronic Delivery
of Services



eKranti
Electronic Delivery
of Services



E-Governance
Reforming Government
through Technology



Electronic
Manufacturing
Target NET ZERO Import

Curriculum

Unit I: Digital inclusion and Digital Empowerment

Needs and challenges, Vision of Digital India: DigiLocker, E-Hospitals, e-Pathshala, BHIM, e-Kranti (Electronic Delivery of Services), e-Health Campaigns

Public utility portals of Govt. of India such as RTI, Health, Income Tax filing, Education

Unit II: Communication and Collaboration in the Cyberspace

Electronic Communication: electronic mail, blogs, social media, Collaborative Digital platforms Tools/platforms for online learning, Collaboration using file sharing, video conferencing

Unit III: Towards Safe and Secure Cyberspace

Online security and privacy, Threats in the digital world: Data breach and Cyber Attacks

Blockchain Technology, Security Initiatives by the Govt of India

Unit IV: Ethical Issues in Digital World

Netiquettes, Ethics in digital communication

Ethics in Cyberspace

Thank You

Department of Commerce

VAC- Financial Literacy

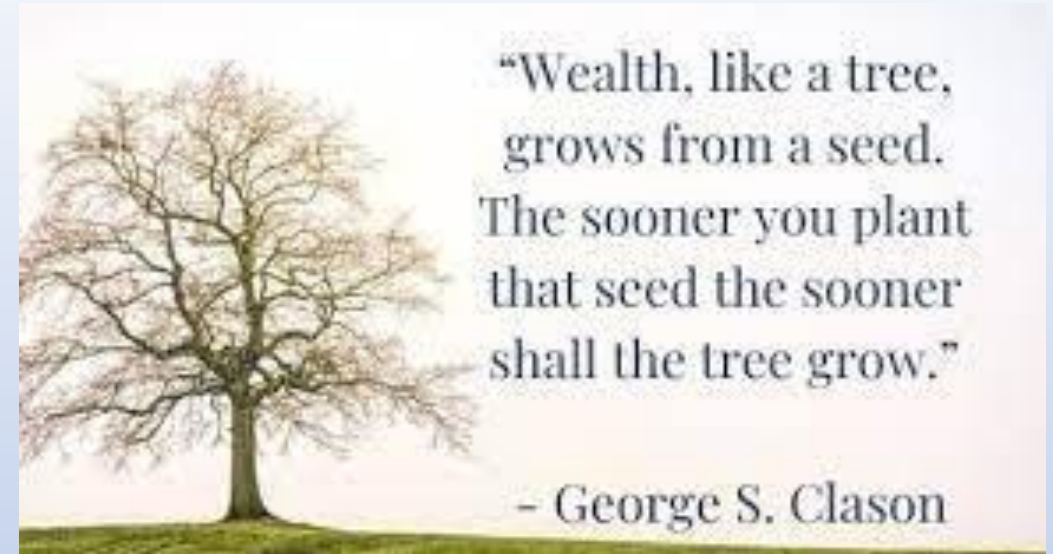
VAC- Yoga: Philosophy and Practice

Financial Literacy

Value Added Course offered by Commerce
Department for Semester I

Credits:	2 (1 Lecture + 1 Practical)
Eligibility Criteria:	Pass in Class XII
Pre-requisites:	NIL

Presented By: Dr. Isha Goel



Learning Objectives

To familiarize with core aspects of Financial Literacy:

Saving, Investment, Taxation & Insurance

Understand the relevance & process of Financial Planning

Promote financial well-being



Syllabus



Financial Planning & Financial Products

- Introduction to saving
- Time value of money
- Management of spending & financial discipline

Banking & Digital Payment

- Digitisation of financial transactions
- Precautions against Ponzi Schemes & online frauds

Investment Planning & Management

- Investment opportunity & Financial Products
- Insurance Planning: Life, Non-life, medical

Personal Tax

- Basic Tax structure in India & Personal Tax Planning
- Exemptions & deductions for individuals
- E-filing

Why study this paper?

Financial Education is an essential life skill

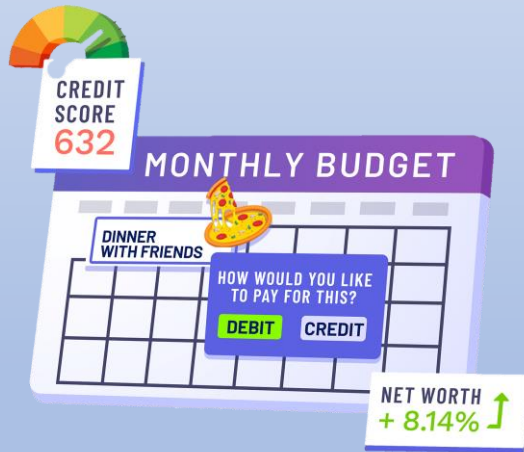
Lifetime of Financial Independence

Be ready for the future

Financial Literacy prepares you for your first job

Teaching- Learning Process

Classroom Games & Activities



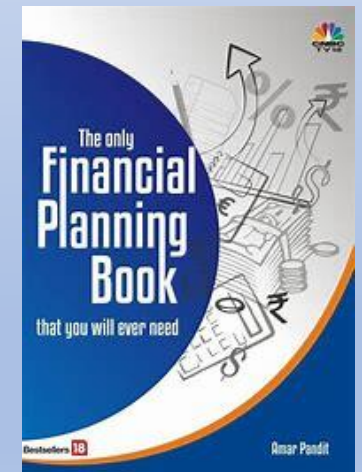
Spreadsheets and Online tools

Money that grows - Magic of Compounding
We bet after seeing the results, you will start investing as soon as possible!
Here you see how power of compounding helps money grow over a period of time

Amount you can invest today
Enter the amount you have saved so far

Regular monthly investments
Enter the amount you can invest per month

Personal Finance Books



Interactive & Realistic Resources

Learning Outcomes



**Understand
how money
works**

**Manage
saving &
spending**

**Awareness of
financial
products**

**Knowledge of
Investment,
Insurance &
Taxation**

**Achieve
Financial
well-being**



YOGA: PHILOSOPHY & PRACTICE

DEPARTMENT OF COMMERCE

DR. GEETA CHAUHAN

YOGA and PHILOSOPHY

The word YOGA has been derived from the Sanskrit word “YUJ” which means “TO YOKE” or “To JOIN” or “To UNITE” the spirit and physical body together.

As per the Yogic scriptures the practice of Yoga leads to the union of individual consciousness with that of the Universal Consciousness, indicating a perfect harmony between the mind and body, MAN & Nature.

SYLLABUS & LEARNING OUTCOMES

Broad topics covered are:

- Yoga: Asana, Pranayama and Dhyana
- Patanjali Yoga Sutra and Chakra
- Understanding Asana and Pranayama (Practical)

LEARNING OUTCOMES

- ★ Understanding the ways to harmonise the body and mind
- ★ Understanding the consciousness and disciplining the mind through practicing yoga

CAREER PROSPECTS

By seeing the benefits of Yoga, career opportunities in fitness field are increasing in India as well as abroad. Job opportunities as a Yoga Practitioner; Yoga & Aerobic Instructor; Yoga Therapist; Yoga consultant or Advisor in the given fields such as Research; Management; Hospitals; Academic, Administrative; consultation etc.

Examples:-

- ❖ Schools and Yoga & Naturopathy Colleges/Institutions
- ❖ Health Clubs/ Hospitals
- ❖ Yoga & Pilates Studios
- ❖ Special Needs Centre
- ❖ Hotels & Resorts
- ❖ Private Gym

THANK YOU

Department of Economics

VAC- Swachchh Bharat

VAC- Swachh Bharat

Department of Economics
Daulat Ram College



Image Source: [What is Swachh Bharat Mission: Keep India Neat & Clean - Formal News](#)

Overview

- Total credits earned= 2
- Composition of theory and lecture in a week: **1 Lecture** (duration is 1 hour) + **1 Practical** (duration is 2 hours)
- **Following interesting activities will be conducted:**
 - *Cleanliness drives*
 - *Visit to Gandhi Bhawan, North Campus*
 - *Poster making competitions*
 - *Essay writing competitions and many more*



Learning Outcomes

- Understanding the significance of Swachh Bharat Abhiyan.
- Ability to analyze and predict the sanitation challenges of India.
- Determine the link between sanitation and development.
- Contribute to the Swachh Bharat Abhiyan through real time projects/fieldwork.

Cleanliness Drive



Visit to Gandhi Bhawan (left) and recycling unit (right)



Happy Learning



Department of English

VAC- Ecology and Literature

VAC- Reading Indian Fiction in English

1. Ecology and Literature

(Value Addition Course)

Introduction

What is Ecology?

Ecology is the study of the relationships between living organisms, including humans, and their physical environment; it seeks to understand the vital connections between plants and animals and the world around them.

What is Literature?

Literature refers to works of imaginative, artistic, or intellectual value, typically characterized by the use of expressions like written or spoken word or a performance, to convey ideas, emotions, and experiences. It generally reflects on human life and its nuances, interactions, etc.

Why Study Environment through Literature?

- Since prehistory, literature and the arts have been drawn to portrayals of physical environments and human-environment interactions. The modern environmentalist movement as it emerged first in the late-nineteenth century and, in its more recent incarnation, in the 1960s, gave rise to a rich array of fictional and nonfictional writings concerned with humans' changing relationship to the natural world.
- Only since the early 1990s, however, has the long-standing interest of literature studies in these matters generated the initiative most commonly known as “ecocriticism,” an eclectic and loosely coordinated movement whose contributions thus far have been most visible within its home discipline of literature but whose interests and alliances extend across various art forms and media.
- In such areas as the study of narrative and image, ecocriticism converges with its sister disciplines in the humanities: environmental anthropology, environmental history, and environmental philosophy.

Readings for the Paper

Unit I: Negotiating Environmental Issues Creatively

- William Wordsworth: 'In April Beneath the Scented Thorn'
- Rabindranath Tagore: 'The Waterfall'
- Gieve Patel: 'On Killing a Tree'

Readings

Unit II: Ecocritical Literary Representations

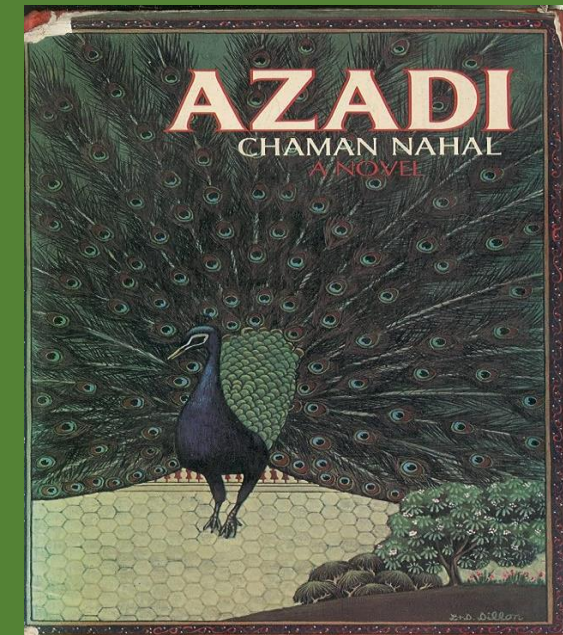
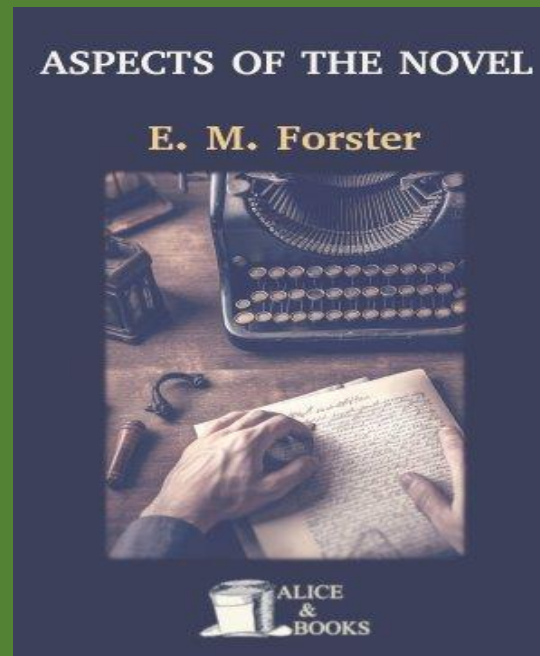
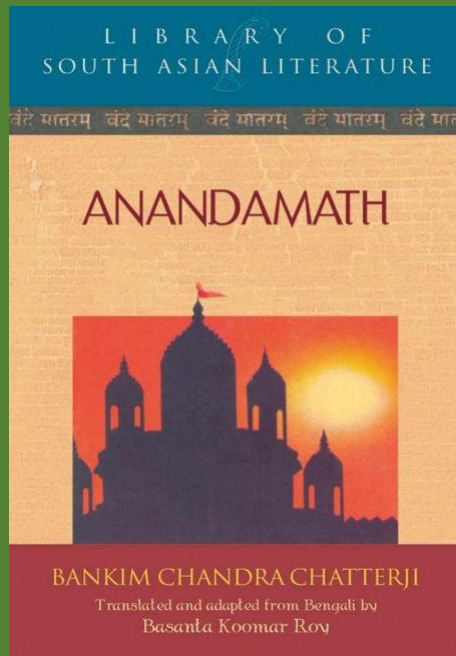
- Mary Oliver: 'Sleeping In the Forest'
- AK Ramanujan: 'A Flowering Tree'
- Mamang Dai: 'Small Towns and the River'

Readings

Unit III: Empathetic exploration and imaginative re-enactments

- Amitav Ghosh's 'Part I: Stories' from *The Great Derangement: Climate Change and the Unthinkable*.
- Thangjam Bopishak: 'Volcano, You cannot erupt' from *Dancing Earth: An Anthology of Poetry from North-East India*
- Thangjam Bopishak: 'Dali, Hussain, or Odour of Dream, 'Colour of Wind' from *Dancing Earth: An Anthology of Poetry from North-East India*.

Reading Indian Fiction in English (Value Addition Course)



Course Objectives

- To familiarise students with Indian Fiction written in English
- To contextualise fiction with real life experiences of students
- To develop critical and analytical skills in students through a practical approach
- To examine fiction as an extension of society
- To understand the role of fiction concerning the politics of identity formation.

Learning Outcomes

- The student will be able to theorise the domain of Indian Fiction.
- Develop analytical thinking through reading of fiction
- Fiction as a site of meaning making
- Foreground the potential of fiction in understanding the personal, collective, social, historical, and cultural sphere
- Fiction as a device to understand history
- Acquaint with translation as a part of Indian English Literature

Texts

Primary:

- Bankim Chandra Chatterjee- *Anandamath* (Translated to English)
- Chaman nahal- *Azadi*
- E.M. Forster- *Aspects of the Novel*

Secondary:

- K R Srinivasa Iyengar- *Indian Writing in English*
- M K Naik- *A History of Indian English Literature*
- Pramod K Nayar- *The Indian Graphic Novel: Nation, History and Narration*
- Priyamvada Gopal- *The Indian English Novel*

Assesment methods (Tentative)

1. Internal assesment: 10 marks-
2 marks for attendance,
4 marks for class test,
4 marks for assignment/presentation.
2. End semester theory examination: 30 marks
3. Practical: 40 marks-
Continuous Assessment 10 marks,
Practical 20 marks,
Viva 10 marks

Suggested Student Activities

- Dramatisation of select parts of the text
- Write-ups on the texts
- Group discussions on events, characters, socio-cultural contexts of the text
- Organise events through the plots/themes of the texts
- Project work

Thank you

Dr Violina Borah
Assistant Professor
Department of English

हिन्दी विभाग
शैक्षणिक सत्र 2023 – 2024
Department of Hindi

VAC- भारतीय भक्ति परम्परा और मानव मूल्य
VAC- सृजनात्मक लेखन के आयाम

मूल्य संवर्धन पाठ्यक्रम (Value Addition course - VAC)

भारतीय भक्ति परम्परा और मानव मूल्य

इकाई - 1. भारतीय भक्ति परम्परा

- ❖ भक्ति : अर्थ और अवधारणा
- ❖ भक्ति के विभिन्न सम्प्रदाय और सिद्धांत
- ❖ भारत की सांस्कृतिक एकता और भक्ति
- ❖ भक्ति का अखिल भारतीय स्वरूप

इकाई - 2. भारत के प्रमुख भक्त और उनके विचार

- ❖ कबीरदास
- ❖ तुलसीदास
- ❖ सूरदास
- ❖ मीराबाई
- ❖ रैदास
- ❖ गुरुनानक
- ❖ जायसी
- ❖ नामदेव

इकाई - 3. मानव मूल्य और भक्ति

- मानव मूल्य का अर्थ
- चयनित भक्त कवियों की जीवन मूल्यपरक कविताएँ

धन्यवाद !

Value Addition Course
मूल्य संवर्द्धन पाठ्यक्रम
सृजनात्मक लेखन के
आयाम
डॉ. संतोष सैन
हिन्दी विभाग

- इकाई-1
- सृजनात्मक लेखन
- अर्थ
- स्वरूप और बोध
- परिवेश
- सृजनात्मक लेखन और व्यक्तित्व निर्माण

- इकाई-2
- सृजनात्मक लेखन और भाषिक संदर्भ
- भाव और विचार का भाषा में रूपांतरण
- साहित्यिक भाषा की विभिन्न छवियाँ
- प्रिन्ट तथा इलेक्ट्रॉनिक माध्यमों के लिए लेखन

सजनात्मक लेखन के विविध आयाम

- कविता लेखन
- गीत लेखन
- लघु कथा लेखन
- हास्य-व्यंग्य लेखन
- पल्लवन, संक्षेपण, अनुच्छेद लेखन
- डायरी, संस्मरण, यात्रा वृत्तांत, साक्षात्कार, भेंटवार्ता लेखन आदि

सजनात्मक लेखन के तीन मुख्य क्षेत्र:-

- साहित्य (डायरी, संस्मरण, यात्रा वृत्तान्त, साक्षात्कार, भेंटवार्ता)
- मीडिया (प्रिन्ट और इलेक्ट्रॉनिक)
- अनुवाद

Department of History

VAC- Culture and Communication



VASUDHAIVA KUTUMBAKAM
"THE WORLD IS A FAMILY"

Course Structure

Unit I: Ethical Values from Indian Cultural Heritage:

Vasudhaiva Kutumbakam, United We Stand, Divided We Fall, Ek Bharat, Shresht Bharat

Unit II: Developing Life Skills :

Empathy, Adaptability, Conserving our natural resources, Sharing knowledge resources

Unit III: Effective Communication in Everyday Life:

Empathetic listening, considerate speaking, analytical reading, informed writing

Assessment Methods: Internal Assessment: 25% , End Semester Theory Exam: 25%, Practical: 50%

Key Features:

- To focus on traditional values disseminated from Indian cultural heritage.
- To understand the interconnections between the legacy of our past and needs of our contemporary society.
- To learn to adapt, interact and celebrate our diversity and pluralistic culture.
- To engage in a dialogue between the past and the present and inculcate the best principles towards a meaningful life.
- To develop communication skills in speaking, listening, reading and writing and apply them in our quotidian life as young citizens of contemporary India.
- To integrate ethical values and life skills.

Outcome:

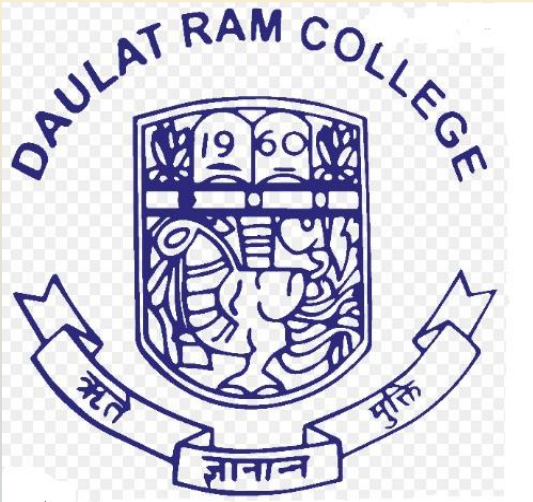
- Students will be able to appreciate the relevance of ancient Indian wisdom and core ethical values in our contemporary life.
- Students will be encouraged to involve themselves in team work and group activities to address challenges faced in metropolitan cities.
- Students will be able to develop communication skills, that is, analytical reading, empathetic listening, considerate speaking as well as informed writing.
- Extension activities will equip the students, drawn from diverse backgrounds, with life skills and confidence to integrate with a multicultural environment and work towards an inclusive community.
- Students will be encouraged to envisage and work towards an ethically robust society and thereby strengthen the nation.

Practical aspects: As hands-on experience is an essential component of the course, this section will focus on the practical aspects to correlate with the fundamental principles and learnings of the theory portion. Students will be encouraged to use the communication tools learnt through Unit 3 and corroborate the continuities of core principles studied in Unit 1 and 2.

- Students will be asked to conduct surveys/interviews in their neighbourhood or commuting routes to assess the nature and quality of negotiating our cultural diversity and pluralist traditions.
- Students would be assigned visits to old-age homes, hospitals, cancer wards, etc. to interact and write about their experiences with old people, caregivers, patients, nursing staff, helpers, etc.
- They will also be assigned visits to historically important places and monuments within the city and also converse with the tourists in order to trace a comprehensive view of the rich cultural history of India. They may create video documentaries, take and record tourists' interviews and/or write a journal entry of the visit using the communication skills learnt.
- Students shall make group presentations or individual reports on the activities undertaken. Discussions with classmates and the teacher shall be undertaken to evolve clarity of vision on the ethical values and effective communication skills learned through this course.

Department of Mathematics

VAC- Vedic Mathematics - I



Vedic Mathematics-I

(*Value Addition Course*)

Mathematics Department , DRC
(Nodal Department)



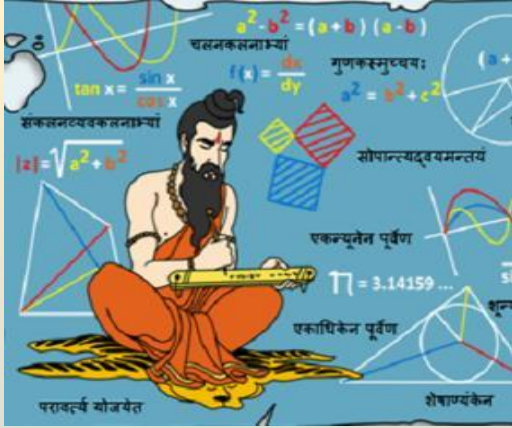
VAC Course Committee Members in DRC :

- ❖ Dr. Seema Khurana
- ❖ Dr. Umesh Kumari
- ❖ Dr. Jyoti Sharma
- ❖ Dr. Astha Chauhan

Course objective and Learning Outcomes

- Overcomes the fear of mathematics
- Improves Critical Thinking
- Familiarity with the mathematics underpinnings and techniques
- Ability to do basic mathematics with faster and with ease
- Appreciate the mathematical advancements of Ancient India

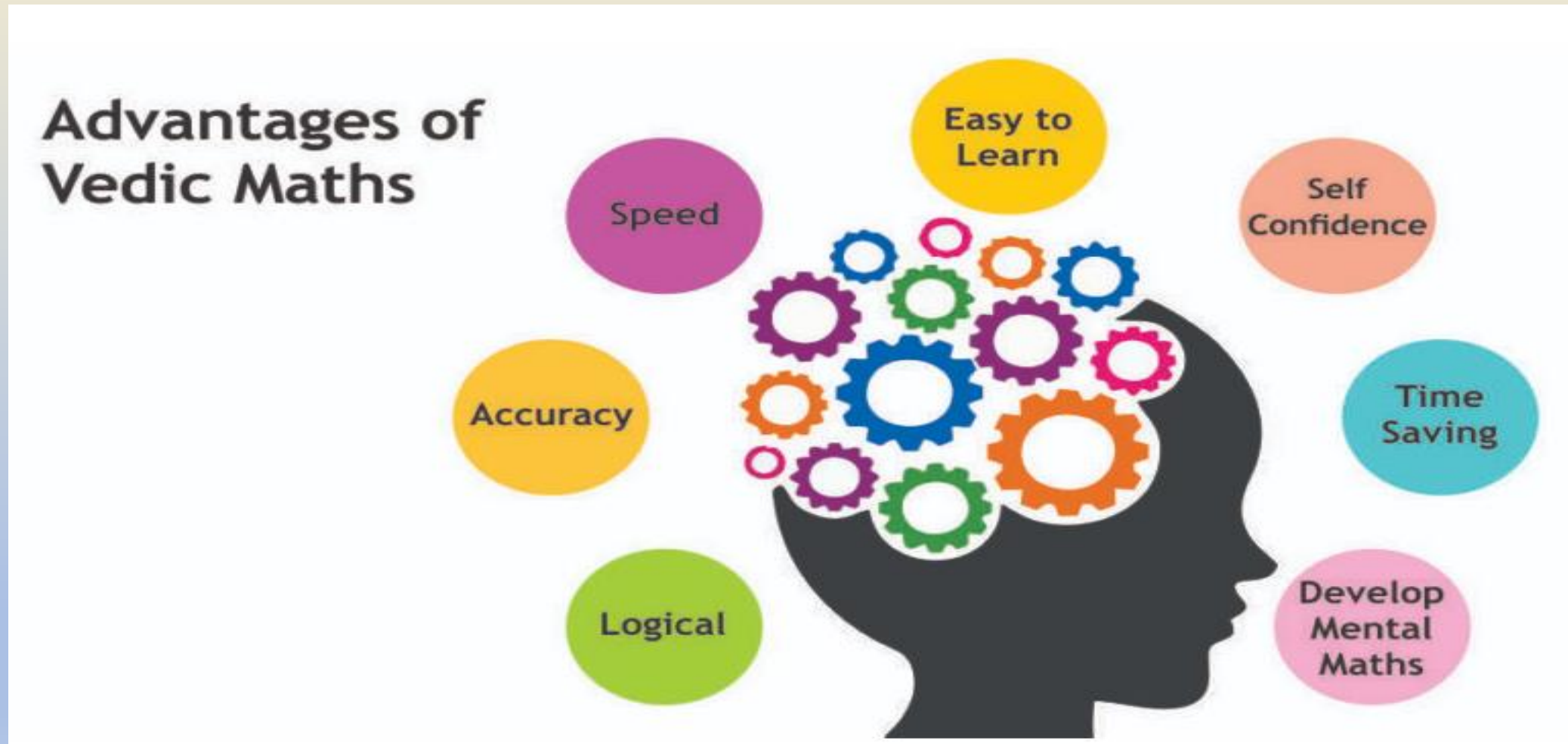




History of Vedic Mathematics

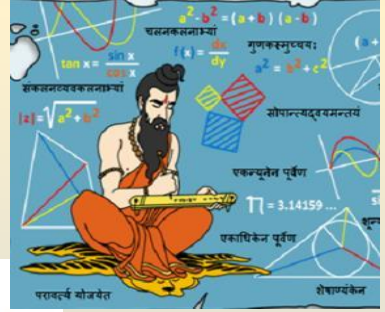
- ❖ The numerical system of 1 to 9, the place value system, decimal and fractional numbers, etc. India had all these during the Vedic period itself.
- ❖ Pythagoras Theorem had already been described by Baudhayan, in his Shulva Sutras.
- ❖ Value of Pi had also been described by Baudhayan, in his Shulva-Sutras.
- ❖ Acharya Lagadh Muni wrote “Just as on the top of the peacock is the crest and on the head of the serpent is the Cobra Pearl, in the same way, among all the Vedang Shastras, Mathematics is at the top.”

Advantages of Vedic Mathematics



- Helps to qualify various entrance exams: Civil services, Banking services, Research Analysts, Climate Analysts and Forensic Analysts etc

Credits and Course Structure



Credit distribution, Eligibility and Pre-requisites of the Course

Course Title and Code	Credits	Credit Distribution of the Course			Eligibility Criteria	Prerequisite of the Course
		Lecture	Tutorial	Practical/ Practice		
Vedic Mathematics	02				Pass in Class 12th	NIL
		1	0	1		

Syllabus

Unit I: Vedic Maths- High Speed Addition and Subtraction Session/ Lectures

Unit II : Vedic Maths-Miracles Multiplication and Excellent Division

Unit II: Vedic Maths-Lightening Squares and Rapid Cubes

Unit IV: Vedic Maths- Enlighten Algebra and Geometry ** Practical Components

Department of Philosophy

VAC - Ethics and Culture

VAC - Ethics and Values in Ancient Indian Traditions

VAC - Panchkosha: Holistic Development of Personality

Ethics and Culture (VAC)

Dr. Chandan Kumar Pandey

Assistant Professor

Dept. of Philosophy

Daulat Ram College

Introduction to Ethics

- Ethics is a philosophical discipline and deals with study of moral principles.
- Ethics is the rules or standards by which we should live.
- Ethics is reflexive in that it studies actions not as they are, but how they should be.
- Ethics is practical in the sense that is concerned with human actions.
- To talk about ethics, we have to talk about philosophy as ethics, also known as moral philosophy.

Elements of Culture

- Culture: The set of society and custom. set of custom, belief, ideology that is followed by a group of people.
- Value: Criteria for judging right and wrong.
- Norm: Rule of guideline that says how to behave in a particular situation.
- Symbol: Gesture and different sign that express a particular meaning.
- Language: Verbal and written symbols that can be used for communication with.

- If we look at our Indian culture from the point of antiquity, one will find that Indian culture is one of the oldest civilizations in the world. One can find the essence of our culture in the Vedas, Upanishads, Puranas, Ramayana, Bhagavad Gita and many other literatures.
- Acceptance of material perfection in the shade of spirituality is propounded here as the best path. Many features like holistic approach, religious unity, eternality, acceptance of Dharma as Ethics make our culture unique.

Course outcomes

- This paper is the bridging point of ethics and culture.
- To explore ethical and cultural dimensions of their lives.
- Students will develop the ethical habit of respecting and valuing each and every nation / global culture.

- Standards and values are an integral part of any culture; hence, culture is the bedrock supporting every development.
- Students can understand the cultural relativism (every culture is unique)
- To develop the ethical and moral principles (empathy, tolerance, compassion, cooperation, and so forth).

- Students will learn about what ethics is and the application of ethics with relations to culture.
- One can develop harmonious, brotherhood and participate in others' society cultural activity.
- Students will not only to develop theoretical perspectives on ethics & culture, but also conceptual understanding about the subject.



DEPARTMENT OF PHILOSOPHY DAULAT RAM COLLEGE

Presented by:

Dr. Shyamalima Borgohain

ETHICS AND VALUES IN ANCIENT INDIAN TRADITIONS



Course Structure

1 HR (THEORY)+ 2
HRS (PRACTICAL)

OBJECTIVES

Understand the rich cultural traditions relating to discourses on life and its purpose

Instilling of values relating to ethical & moral propriety

Engaged with the past traditions of India

Introduction to early epics and Puranic, Buddhist and other traditions

Understanding the significance of Indian philosophical studies in daily life

Focus on interactive learning where students will engage in rigorous and analytical examination of key concepts

SYLLABUS

Unit 1- The Idea of India and Bharat

- Jambudvipa, Aryavrata, Bharat, India
- Rta in Vedic traditions
- Debates in the Upanishads and the Shramanic traditions

Unit 2- State, Society and Dharma



- Dharma, Neeti and Danda
- Rashtra, Sanskar and making of socio-cultural milieu

Unit 3- The 'Purpose of Life' in Texts

- Right Conduct: Buddhist, Jaina & Shramanic traditions
- Purusarthas: Dharma, Artha, Kama & Moksa
- Ethical issues in Epics and Puranic traditions

Learning Outcomes



- Develop an overview of ancient philosophies
 - Understand the richness of Indian heritage leading to greater sensitivity
 - Inspiration from history to deal with contemporary issues
 - Appreciate the traditions of diversity, discussions, debates and knowledge transmission.
 - Able to understand, analyse and interpret real life events from an ethical point of view
 - Students will be able to understand the Indian way of life encapsulating Indian values, ethos and cultural context.
 - As future citizens, students would go out of the university fully aware and become part of Indian philosophical tradition.
 - Enable them to imbibe this thought process so that they contribute value addition to their job profile
 - Students will be able to do a comparative analysis of all systems which will further enhance their debating skills
 - Students will be able to have personal and social growth and contribute value addition for the betterment of society and themselves
 - Students will be able to fully understand the reverence of the Vedic Values in the contemporary world
 - Students are required to watch documentaries and films on subject- related topics
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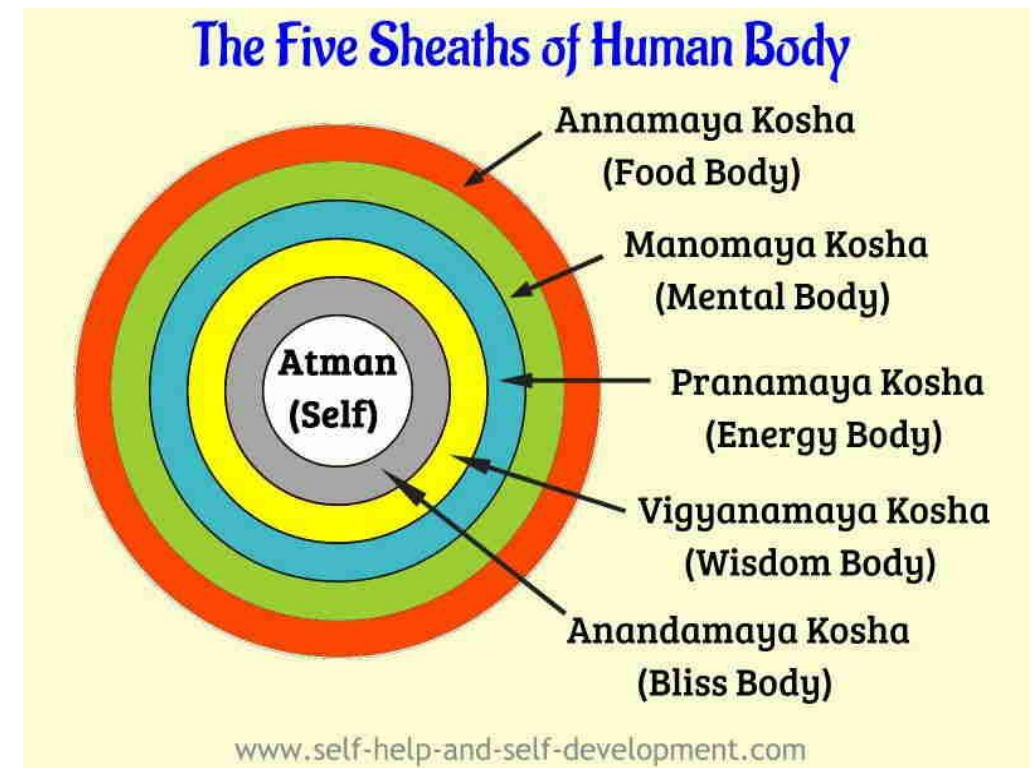


Panchkosha: Holistic Development of Personality

CREDITS: 2 (1 THEORY + 1 PRACTICAL)

LEARNING OBJECTIVES

- To generate awareness about physical and mental wellbeing through the Indian concept of Panchkosha.
- To introduce Five Koshas - five levels of mind-body complex- Annamaya, Pranayama, Manomaya, Vigyanamaya and Anandamaya Kosha for a holistic development of personality.
- To develop a positive attitude towards self, family and society amongst students.
- To help build personalities based on the understanding of holistic well-being



SYLLABUS

UNIT 1

ELEMENTS OF PERSONALITY

UNIT 2

ANNAMAYA KOSHA AND PRANAMAYA KOSHA

UNIT 3

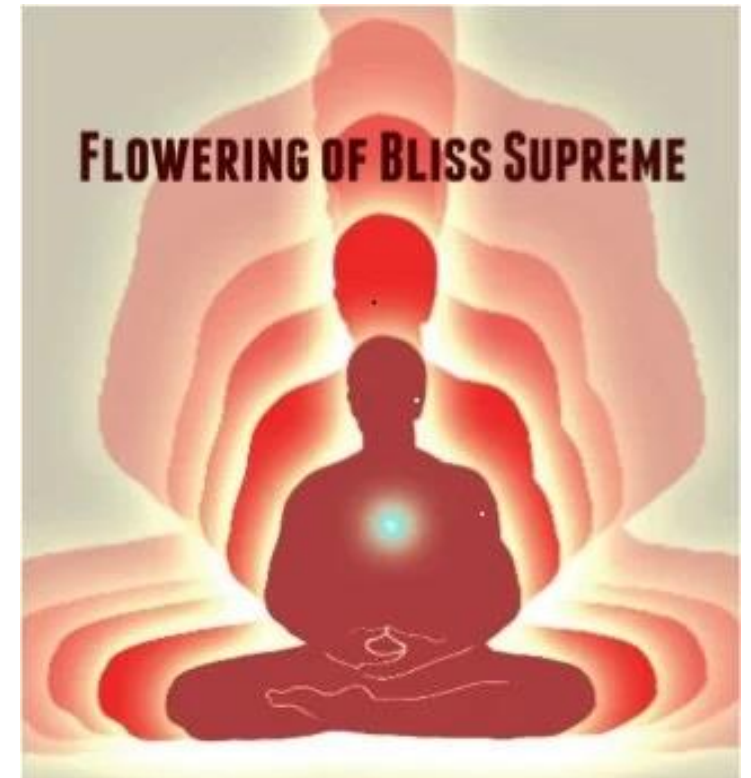
MANOMAYA KOSHA AND VIJNANAMAYA KOSHA

UNIT 4

ANANDAMAYA KOSHA AND BEYOND

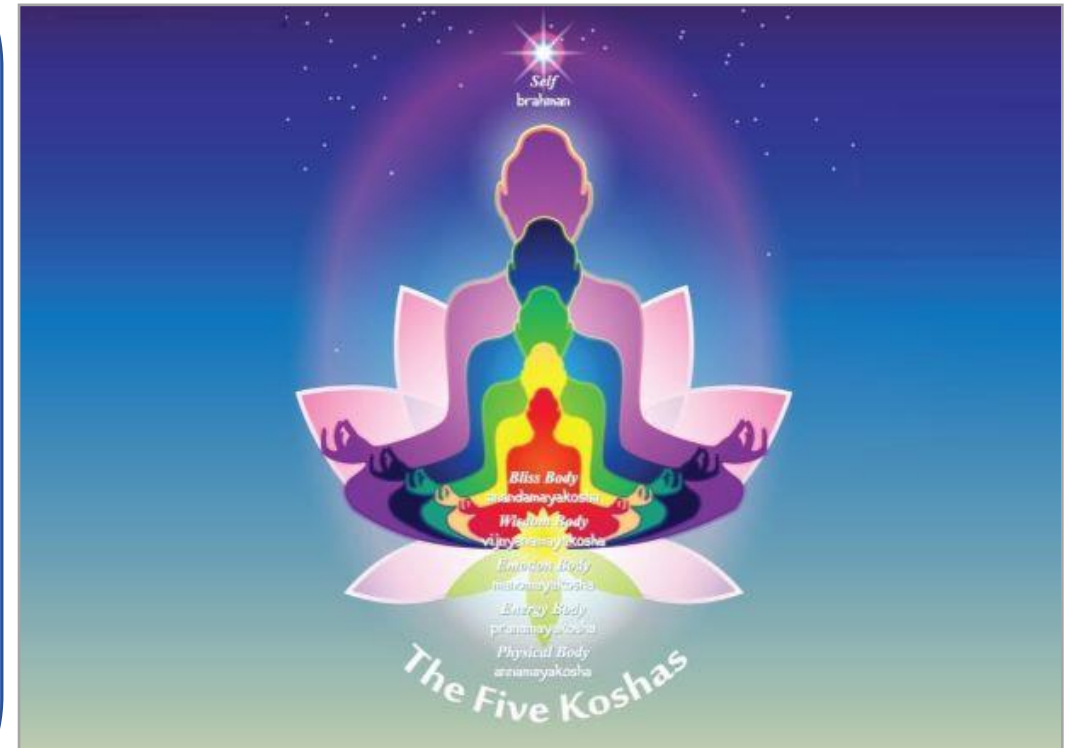
PRACTICAL COMPONENT

- Recitation of select verses from Taittiriyopanshad
 - Practice of selected Yogic postures
 - Pranayama and breath control
 - Self- reflection and Meditation
 - Visit to a Yoga Shivar or Meditation Centre
- Watch documentaries and films on the subject-related topics.



LEARNING OUTCOMES

- Enhanced physical and mental health.
- Experience of inner bliss helps in coping with peer pressure and reducing stress.
- Improved concentration leading to better overall performance.
- Manage life situations through a balanced and mature approach



Department of Physical Education

VAC- Sports for Life-I

Dr. Kavita Sharma (Nodal Teacher)

Course Objectives

- To imbibe the significance of sports to promote health, fitness and wellness in life.
- To understand the values of teamwork, tolerance, goal-setting and decision making.
- To learn the strategies and tactical moves while playing a sport.
- To understand the importance of physical activity in reference to 3s: Strength, speed and suppleness.

Learning Outcomes

- Acquire values of cooperation, team spirit, determination and endurance.
- Acquire good health and psychological well-being through sports participation.
- Apply the decision making ability and goal-setting skills acquired through sports participation.
- Acquire skills for engaging in moderate or vigorous physical activity and sports participation.
- Reduce exposure to screen time on electronic gadgets and channelizing energy through sports participation.

Syllabus

- UNIT-I: Rules and Techniques

- **Concept**

- ✓ Rules of the Sport
- ✓ Techniques/Skills in the sport/Aerobic Skills

- **Practical**

- ✓ Marking of the court/field
- ✓ Outdoor Adventure activity
- ✓ Skills learning in sports
- ✓ Group games/ Relays
- ✓ Participation in Intramural Competitions

- UNIT-II: Components of Fitness

- **Concept**

- ✓ Meaning and Development of Strength, Speed, Endurance, Flexibility and Coordinative Abilities

- **Practical**

- ✓ Skills Learning and Participation in Sports
- ✓ Groups Games/ Relays/ Minor Games
- ✓ Participation in Intramural Competitions

Syllabus cont.

- UNIT-III: Benefits of Sports and Physical Activity

- **Concept**

- ✓ Effect of Exercise on the body
- ✓ Organizing of a sports Competition
- ✓ Balanced Diet

- **Practical**

- ✓ Skills Learning and participation in sports
- ✓ Group Games/ Relays/ Step Aerobics
- ✓ Participation in Intramural Competitions

- UNIT-IV: Sports in Contemporary Times

- **Concept**

- ✓ Honors and Awards associated with sports and sportsperson

- **Practical**

- ✓ Skills learning and participation in sports
- ✓ Participation in Intramural Competitions

Assessment methods

This paper has two practical credits.

Total marks are 80 in which:

20 for Continuous assessment

40 for practical exam and 20 for VIVA.

Thank you

Department of Physics

VAC- Science and Society

VALUE ADDED COURSE “SCIENCE AND SOCIETY”

Physics Department



ELIGIBILITY

Pass in Class 12th with any stream

- ✓ Science
- ✓ Commerce
- ✓ Arts
- ✓ Humanities

TARGET AUDIENCE

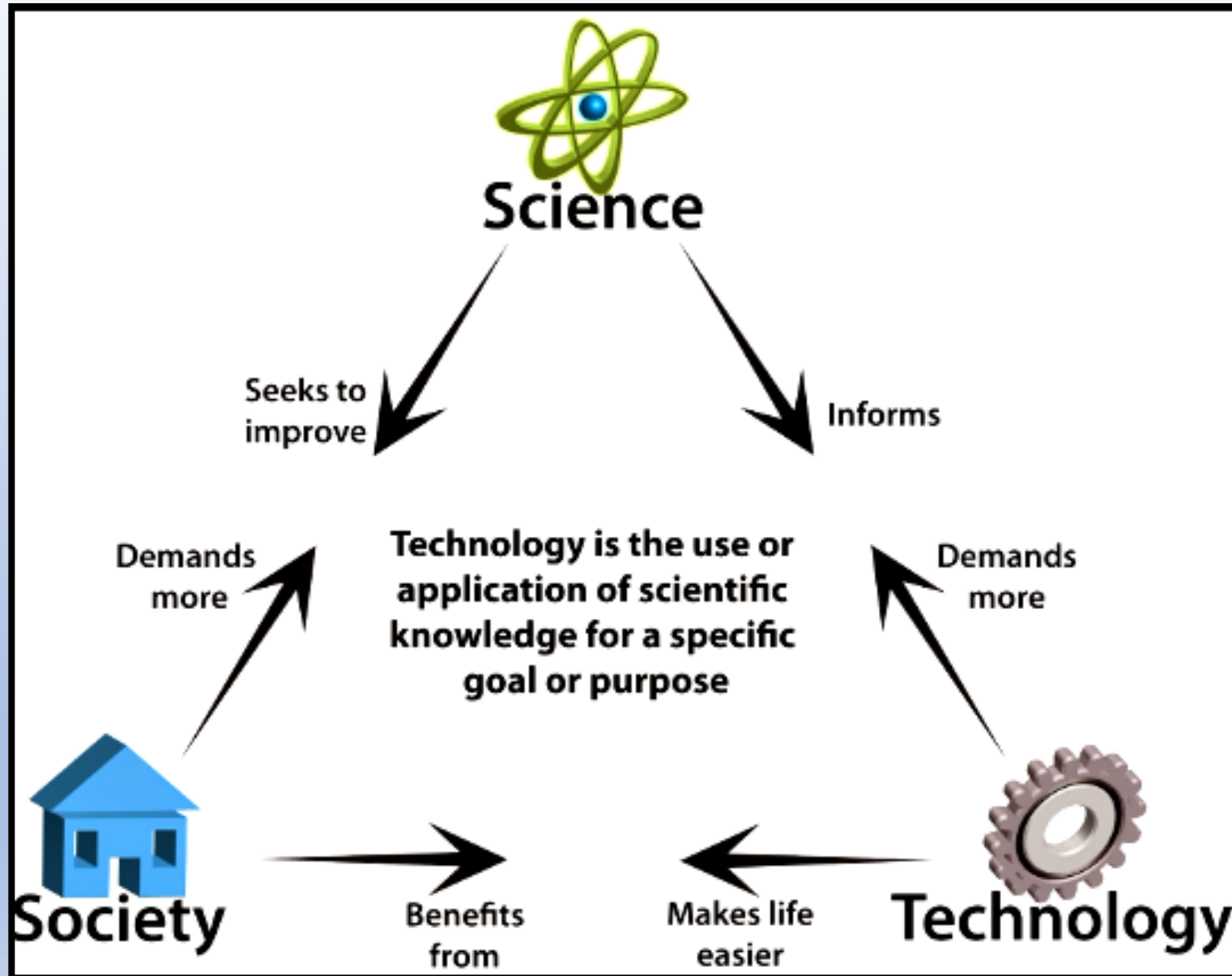
Students of all streams

- ✓ Science
- ✓ Commerce
- ✓ Arts
- ✓ Humanities

LEARNING OBJECTIVES

- **The course aims to increase awareness about fundamental scientific concepts that play an important role in our daily life using various examples and case studies.**
- **To instil an interest in students and to encourage them to understand and appreciate scientific concepts and their applications rather than solely memorizing factual information.**
- **To provide students with basic exposure to scientific methods, technologies and developments that have played a significant role in the evolution of human society from ancient to modern times.**
- **To increase awareness of the scientific rationale of technological developments that would enable students to make knowledgeable decisions about their potential impact on society.**

ADVANTAGES



THANK YOU

Department of Political Science

VAC- Constitutional Values and Fundamental Duties

VAC- Fit India

VAC- Gandhi and Education

VAC 1: Constitutional Values and Fundamental Duties

Offered by Department of Political Science

Dr. Shivali Aggarwal
Assistant Professor
Department of Political Science
Daulat Ram College

Credit Distribution, Eligibility and Pre-requisites of the Course

Course title & Code	Credits	Credit Distribution of the Course			Eligibility Criteria	Pre-requisite of the Course
		Lecture	Tutorial	Practical/ Practice		
Constitutional Values and Fundamental Duties	02	1	0	1	Pass in Class 12 th	NIL

Learning Objectives :

- Enrich students with knowledge and relevance of the Constitution.
- Develop awareness about Duties and Values.
- Inculcate a sense of Constitutionalism in thought and action.

Learning Outcomes :

- Understand the Constitution and its relevance.
- Appreciate the values and goals embedded in the Constitution.
- Recognise the importance of Fundamental Duties enshrined in the Constitution.
- Apply the spirit of fundamental values and duties in everyday national life.

Syllabus of Constitutional Values and Fundamental Duties

Unit-1 The Constitution of India – An Introduction

- Federal Republic, Rule of Law, Separation of Powers
- Sovereignty, Socialism, Democracy
- Secularism and Sarva Dharma Sama Bhava

Unit-2 Constitutional Values

- Justice: Social, Political, Economic
- Liberty: Thought, Expression, Belief, Faith, Worship
- Equality: Equality before law & equal application of laws
- Fraternity: Dignity, Unity and Integrity

Unit-3 Fundamental Duties

- Reflecting on the ancient Indian notions of righteousness and duty consciousness
- Fundamental Duties- Article 51A [(a)-(k)]
- Legal status of Fundamental Duties – Judicial approach

Practical component

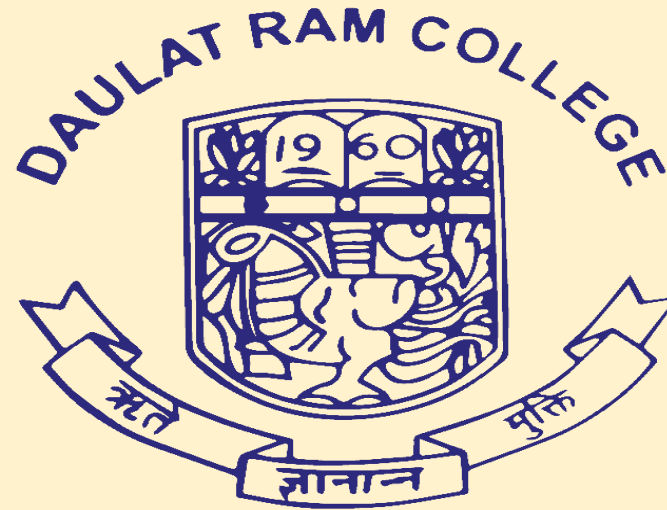
- Reflections on some of the constitutional values/ fundamental duties and its contemporary relevance in day-to-day national life through group discussions and projects.
- Conduct workshops to spread awareness on the Fundamental Duties and Values.
- Students are required to conduct a survey (minimum 25 respondents) on assessing the awareness of the constitutional duties amongst the citizens.
- Students may share their experiences on Fundamental Duties and Values in the form of a Project Report.
- Any other Practical/Practice as decided from time to time.

Essential/ Recommended readings

- Preamble to the Constitution of India, 1950.
- The Constitution of India, Articles - 14,19,21.
- The Constitution of India, Fundamental Duties [Ar. 51 A (a) – (k)].
- Durga Das Basu, “Constitution of India”, 23rd edition, Lexis Nexis.
- Granville Austin, “The Indian Constitution” Oxford India Paperbacks.
- M.P Jain, “Indian Constitutional Law”, Lexis Nexis.
- Subhash C Kashyap, “ Constitution of India, A handbook for students”

How this paper is going to help you ?

- Useful for Civil Service examinations
- Enhance General Knowledge (GS paper)
- Helpful for journalism, mass media and communication courses
- Useful for Law entrance
- Make us a better and informed citizen of the country



VAC PROGRAM BY- Dr. KUNAL KRISHNA
(Assistant Professor Department of Political Science)

DAULAT RAM COLLEGE

2023

Introduction

FIT INDIA Movement was launched on 29th August 2019 by Honorable Prime Minister with a view to making fitness an integral part of our daily lives.

The mission of the Movement is to bring about behavioral changes and move towards a more physically active lifestyle.

Toward achieving this mission, Fit India proposes to undertake various initiatives and conduct events to achieve

Major Objectives for This Program

- ❑ To promote fitness as easy, fun, and free.
- ❑ To spread awareness on fitness and various physical activities that promote fitness through focused campaigns.
- ❑ To encourage indigenous sports.
- ❑ To make fitness reach every school, college/university, panchayat/village, etc.
- ❑ To create a platform for citizens of India to share information, drive awareness, and encourage sharing of personal fitness stories.

Fitness Mantra

Fit India Mission encourages people to become part of the Fit India Movement by inculcating at least 30-60 minutes of physical activities in their day-to-day lives.

The mission of the Movement is to bring about behavioral changes and move toward a more physically active lifestyle.

Learning Outcomes

- ❑ Adopting a Healthy Lifestyle.
- ❑ Knowledge of Nutrition, Diet, and Psycho-physiological Aspects of Fitness.
- ❑ Develop Self-esteem, Self-confidence, Self-discipline, and Team Spirit as Indicators of Fitness.

JYOTI YARRAJI 100 METER HURDEL RUNNER

POV: The feeling of making
India proud 🥺🇮🇳



VAC : GANDHI AND EDUCATION

Offered by Department of Political Science

Dr. Jaggu Dan Ratnoo
Assistant Professor
Department of Political Science
Daulat Ram College

Learning Objectives :

- Enrich students with knowledge and relevance of the Gandhian thought .
- Develop awareness about Gandhies approach to education .
- Inculcate a sense of Gandhism in thought and action.

Learning Outcomes :

- Understand the Gandhi and its relevance.
- Appreciate the values and goals embedded in the Gandhi.
- Recognise the importance of Gandhi and Education System.
- Apply the sprit of Gandhi Education and thought in everyday national life.

SYLLABUS GANDHI AND EDUCATION

UNIT- I : Gandhi's Philosophy and education

(Weeks: 5)

- Gandhi's Philosophy on education
- Education for character building and moral development
- Education relating to health, hygiene, heritage, and handicraft

UNIT- II Gandhi's Experiment in Education

(Weeks: 5)

- Gandhi's educational ideas on use of Indian Language as a medium of Instruction, TextBook and Teacher.
- Gandhi's educational thought on Elementary and Adult Education.
- Gandhi's vision on Higher Education

UNIT- III : Gandhi's Educational Thought on Skill and Vocational Education

(Weeks: 5)

- Rural development through Skill and Local Need Based Education
- Skill education in NEP 2020 and Gandhi
- Gandhi's Idea on Self-reliance (Swavalambi Shiksha) and its reflection in contemporary educational policy.

How this paper is going to help you ?

- Useful for Civil Service examinations
- Make us a better and informed citizen of the country
- Enhance General Knowledge (GS paper)
- Helpful for journalism, mass media and communication courses
- Useful for the Academic on Gandhi

Department of Psychology

VAC- Emotional Intelligence

VAC - Social and Emotional Learning

VAC- The Art of Being Happy

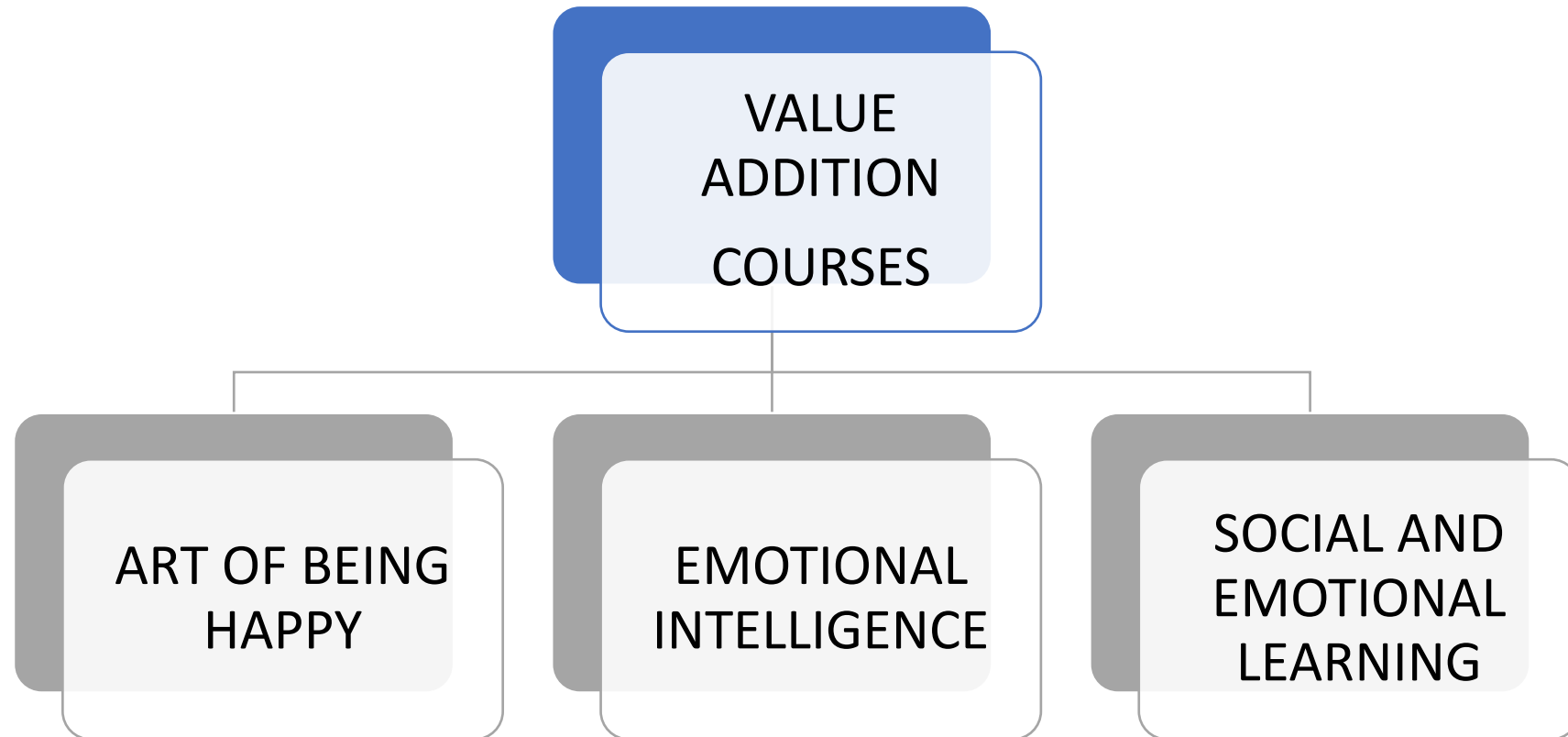
VAC - National Cadet Corps-I



DEPARTMENT OF PSYCHOLOGY

VALUE Addition COURSES

VALUE Addition COURSES
PSYCHOLOGY DEPARTMENT
UGCF SEM I



1. EMOTIONAL INTELLIGENCE

CREDITS =2
NO PRE- REQUISITES
1THEORY 1 PRACTICAL

Learning Objectives

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.



BENEFITS- AT THE END OF COURSE:

Learning Outcomes:

Self-Awareness, Self-Management, Social Awareness & Relationship Management.

Discover personal competence and techniques of building emotional intelligence.

Gain insights into establishing positive relationships.

TOPICAL COVERAGE AND USEFULNESS APPLICATION IN EVERYDAY LIFE

UNIT- I Fundamentals of Emotional Intelligence • Nature and Significance • Models of emotional intelligence: • Building blocks of emotional intelligence

UNIT- II Personal Competence • Self Awareness: • Self -Management: Managing emotions, anxiety, fear, and anger.

EMOTIONAL INTELLIGENCE

UNIT- III Social Competence • Social Awareness: Others' Perspectives, Empathy and Compassion • Relationship Management: Effective communication, Collaboration, Teamwork, and Conflict management

UNIT- IV Emotional Intelligence: Measurement and Development

2. THE ART OF BEING HAPPY



OBJECTIVES : Share 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.

Illustrate various factors that determine the subjective experience of happiness in a cross-cultural context.

2 CREDITS = 1 THEORY, 1 PRACTICAL

NO PRE -REQUISITES

At the end of course



BENEFITS/OUTCOMES

**EVALUATE FACTORS AND
CONTEXTS
INDIAN AND PERSONAL**

**DEVELOP HAPPY RELATIONSHIPS
IN PERSONAL, FAMILIAL AND
COMMUNITY**

**RELATE TO GLOBAL
PHENOMENON-ANANDA AT
PERSONAL LEVEL**

COURSE COVERAGE



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

UNIT- II

Indological Theories of Happiness • Panch Kosh Theory & Idea of Well-Being • Idea of Self and other • Hierarchy and stages of happiness

UNIT- III

Happiness: Cross-cultural Contexts • Culture and Happiness • Interpersonal Relationship: Comparative Perspective • Towards Self-Actualization

UNIT- IV

Local and Global Perspective of Happiness • Measuring happiness: Key indicators • Happiness Index • India in Global Happiness Indices

3. SOCIAL AND EMOTIONAL LEARNING



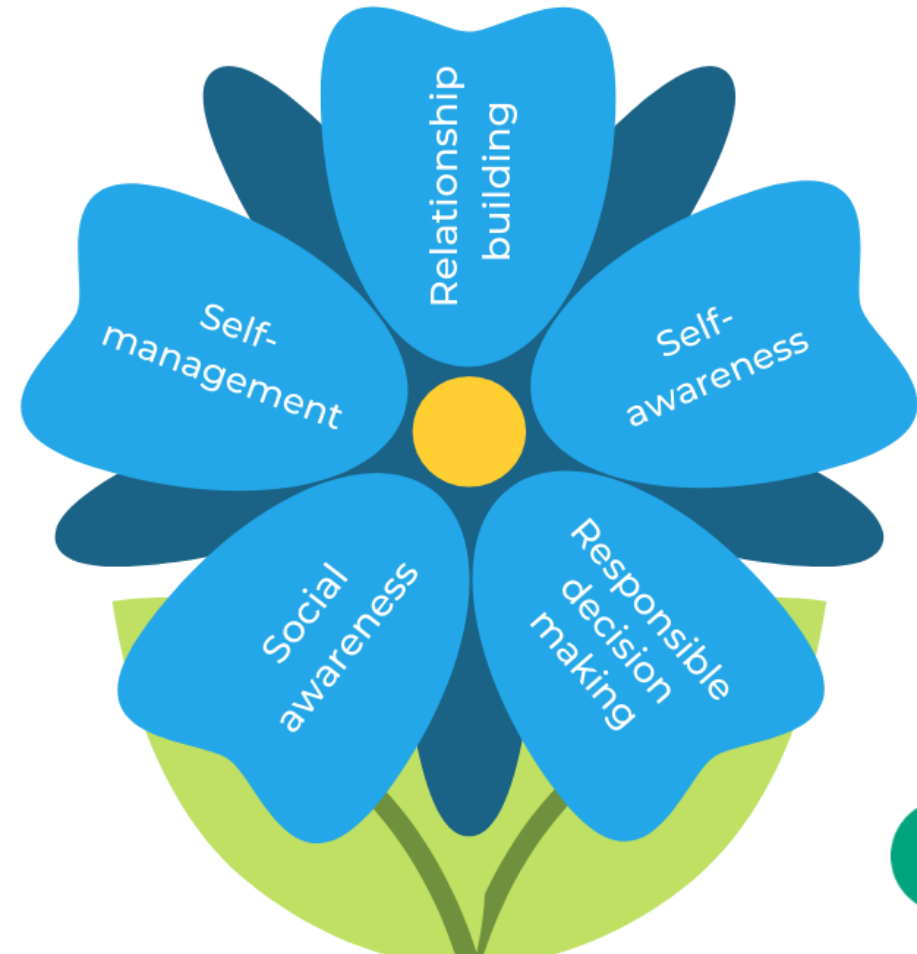
OBJECTIVES

COURSE OBJECTIVES

- DEVELOP SOCIAL AND EMOTIONAL AWARENESS
- INITIATE TOWARDS BETTER PERSONAL AND SOCIAL WELL BEING
- CREATE AWARENESS TOWARDS SELF, OTHERS, THE ENVIRONMENT AND HARMONIOUS COEXISTENCE

Social Emotional Learning

Helping Your Students Succeed



LEARNING OUTCOMES

AWARENESS

- ONESELF. AND SOCIETY
- MAKE INFORMED LIFESTYLE CHOICES AND EXTEND SELF IN JOY OF GIVING

DEVELOP EMPATHY

- COMPASSION, CONNECT WITH NATURE
- EVOLVE EMOTIONALLY TO CREATE A HARMONIOUS SOCIETY

CULTIVATE SENSITIVITY

- TOWARDS DISCRIMINATORY PRACTICES
- EXPLORE POSSIBLE SOLUTIONS

4. Introduction to NCC



The National Cadet Corps (NCC) is the youth wing of the Indian Armed Forces. The soldier youth foundation is a voluntary organization comprising the Army, the Navy, and the Air Force, engaged in developing the youth of the country into disciplined and patriotic citizens. The cadets are given basic military training in small arms and drills.



INCENTIVES for 'C' Certificate Holders

- **Specific vacancies in the Army, Air Force, and Navy are allotted for NCC 'C' certificate holders.**
- **After application, a 'C' cert holder cadet is called directly for an SSB interview without the UPSC written exam.**
- **5-10% bonus marks for recruitment in ranks in Army, Navy, and Air force.**
- **Bonus marks for employment in CAPF / Para Military Forces and the Department of Telecommunication.**
- **Can apply for the gazetted post in CRPF if the cadet is a graduate.**
- **Preference for State Services and also in private sector**



Selected as NCC cadets - selections are on 25th Aug. at 8 am. in college grounds (Fill the google form shared with your TICs)

Ready to opt for VAC-NCC in all 4 semesters.

Open to travel for camps. Physically fit

Achievements in ECA

Achievements in Sports

Cert. A/B holders at JW level

Aspiration for career in defence

Department of Sanskrit

VAC- Ayurveda and Nutrition

Ayurveda and Nutrition

Value Added Course

Open for the students admitted in all the Undergraduate Courses in 2022-23

Credits & Credit Distribution

2 (1 Lecture + 1 Practical)

Eligibility Criteria

12th Passed

Pre-Requisites

None

Medium

English & Hindi

Team

Dr. Kamna Vimal & Dr. Sushila
(Department of Sanskrit)

Presenter

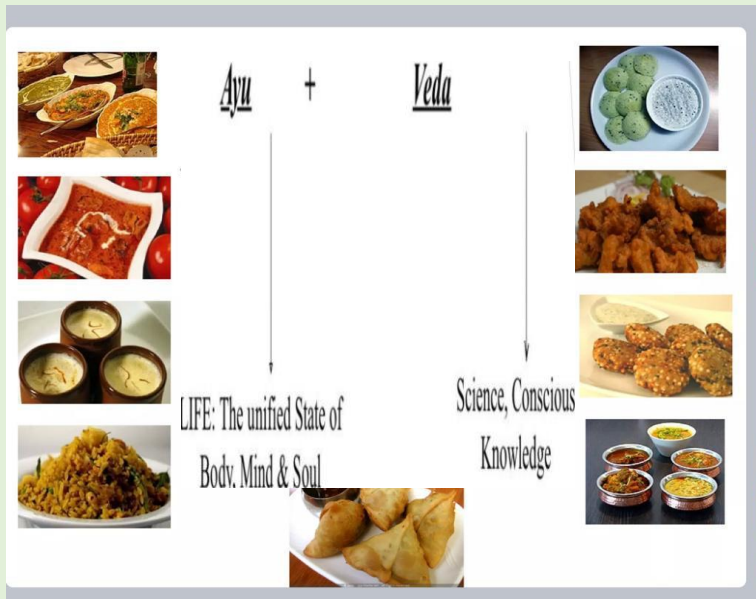
Dr. Sushila

WHO defines **Health** as :

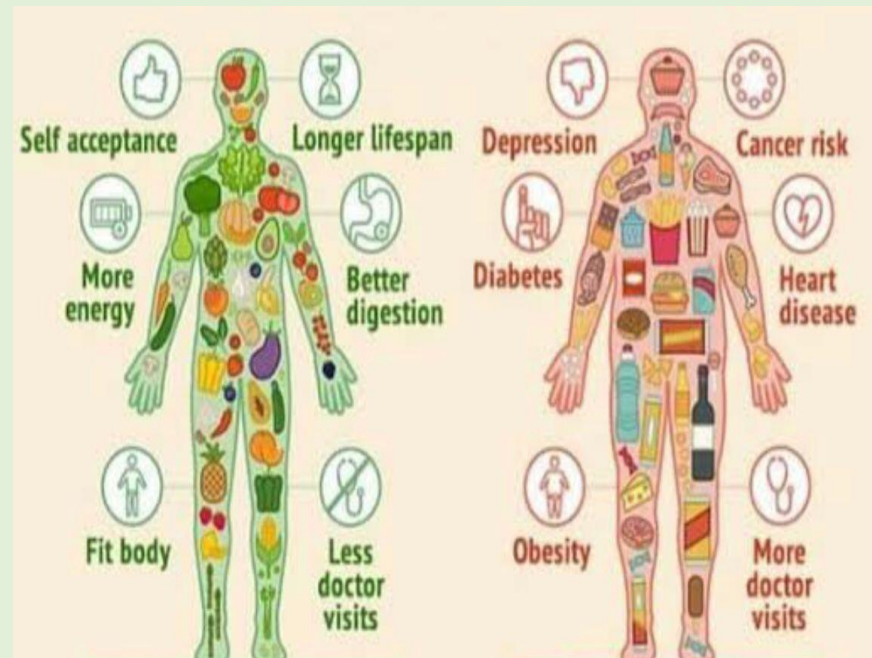
"a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity."

Unit 1: Introduction to Ayurvedic Nutrition-

A. Ayurveda and Indian Food Cultures



B. Nutrition and lifestyle transition over the years



C. Regional food traditions



Unit 2: Basic principles of Food and Nutrition and Ayurveda

A. Understanding rich sources of nutrients



B. Concept of Doshas and assessment

5 Fundamental Elements

Earth, Fire, Water, Air, Space

FOODI BASE

WHAT IS IT ABOUT?

- Ayurvedic Body Types
- 3 Doshas
- Diets

<https://foodibase.com/blogs/ayurvedic-body-types-and-recommended-diet-for-3-types-of-doshas/>

Combination of 5 Elements = 1 of the 3 Doshas

WHAT BODY TYPE ARE YOU?

VATA
Irregular Eating, Sleep, Digestion, Emotional imbalance, Swift Walkers

PITTA
Impatient, Leadership, Self Learning & Criticism, Resentful to own decisions

KAPHA
Indecisive, Empathetic, Good Eating habits, Graceful, Lazy at times

Diets for 3 Doshas

VATA	PITTA	KAPHA
<ul style="list-style-type: none"> ✓ Dairy ✓ Nuts ✓ Cereals ✓ Lentils ✓ Fresh Fruits ✓ Poultry ✓ Sea Food 	<ul style="list-style-type: none"> ✗ Salads ✗ Iced Drinks ✗ Raw Veggie ✗ Unripe Fruit ✗ Bitter Foods ✗ Coffee ✗ Turmeric 	<ul style="list-style-type: none"> ✓ Salads ✓ Milk ✓ Vegetables ✓ Poultry ✓ River Salmon ✓ Turmeric ✓ Egg White
	<ul style="list-style-type: none"> ✗ Egg Yolks ✗ Nuts ✗ Hot Spices ✗ Honey ✗ Hot Drinks 	<ul style="list-style-type: none"> ✓ Leafy Greens ✓ Roots ✓ Cucumbers ✓ Cereals ✓ Goat Milk ✓ Soy Milk ✓ Fresh Fruits

Icons at the bottom: watermelon, orange, banana, fish, wheat, beer, nut, bread, egg, vegetables, fruits.

C. Ayurvedic Principles of food habits

ASHTA AHARA VIDHI VISHESHA AYATANA

GOOD AND BAD EFFECT OF FOODS DEPENDS ON THESE 8 FACTORS

PRAKRITI	KARANA	SAMYOGA	RAASHI
NATURAL QUALITIES OF FOOD	PROCESSING OF THE FOOD	COMBINATION OF DIFFERENT SUBSTANCES	QUANTITY OF FOOD
DESHA	KAALA	UPAYOGA SAMSTHA	UPAYOKTA
PLACE WHERE THE FOOD IS GROWN AND CULTIVATED	TIME OF INTAKE OF FOOD	RULES OF TAKING FOOD	THE PERSON WHO CONSUMES THE FOOD

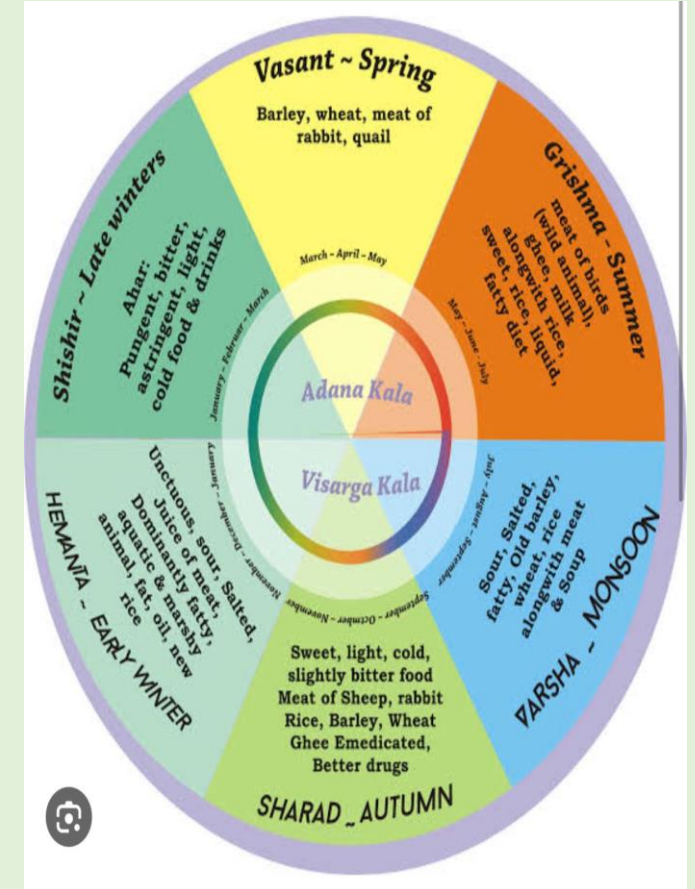
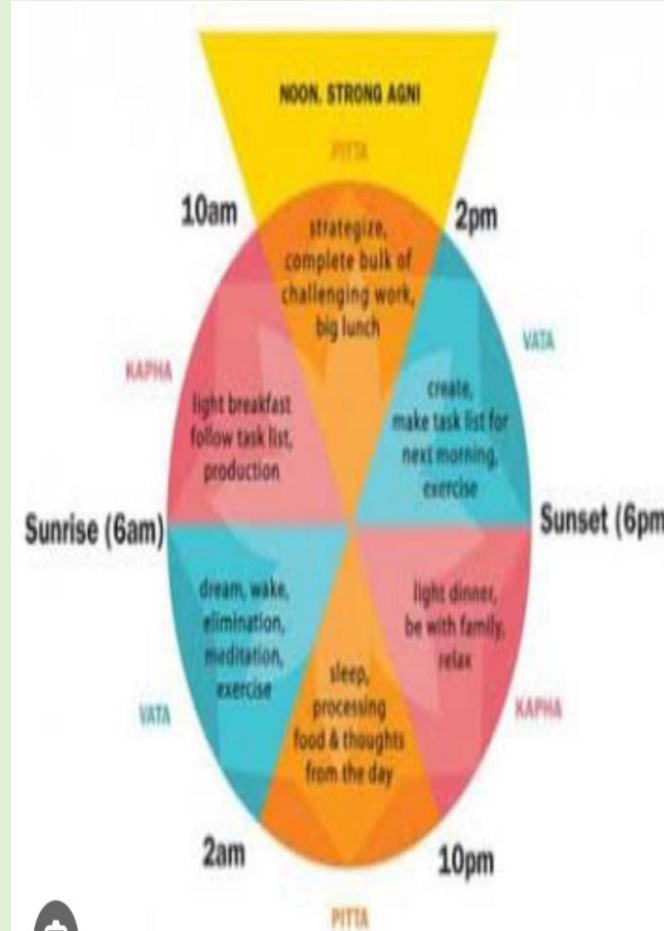
UPAYOGA SAMSTHA note: ONE SHOULD NOT EAT WITHOUT WASHING HANDS, FEET AND FACE, WITHOUT CLEANING THE MOUTH WITH SPICES, HYDRATED FOODS IN UNCLEAN SETTINGS AT IMPROPER PLACE AND TIME IN UNCLEAN SURROUNDINGS.


Unit 3: Ayurvedic Diets

A. Principles of Diet: Aharavidhi vidhan, Sattvic, Rajasic, Tamasic foods , B. Incompatible food (Viruddha Ahara), Pathya; Apathya; Viprita Ahara



C. Lifestyle Management with Dincharya and Ritucharya , D. Application of Ayurvedic diets to stress linked food behaviour



The background features a vibrant green and yellow collage. On the left, a bamboo stalk is cut open, with water pouring from it into a pool below. To the left of the water are stacked dark, wet stones and a white frangipani flower. In the bottom left corner, a lit candle is visible. In the center and right, there is a mortar and pestle containing fresh herbs, surrounded by various dried spices like red goji berries, star anise, and turmeric roots. The overall theme is natural, healthy, and traditional.

Learning Outcomes – *Overall Wellbeing and A Healthy Lifestyle*

Awareness of
Traditional
Food Cultures
of India

Evaluate
Changing
Food
Patterns and
Lifestyle over
the Years

Understand
Indian
Knowledge
Systems (IKS)
and Key Vedic
Principles with
Respect to Food
and Nutrition

Apply Basic
Tenets of
Traditional
Diets for
Health and
Disease

Prepare
Selected
Healthy
Recipes
Based on
Ayurvedic
Principles

For further information, please contact

sushila@dr.du.ac.in