

The background of the slide is a scenic landscape. In the foreground, there is a lush green field with some rolling hills. In the middle ground, there is a line of green trees and bushes. On the right side, there are two larger, well-manicured trees. The sky is a vibrant orange and yellow, suggesting a sunset or sunrise. In the top left corner, there are some green leaves and branches hanging down.

Value Addition Courses

VALUE ADDED COURSES

Total number of papers are: 22

To be studied: In 1st, 2nd, 3rd & 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

Link for the Syllabus:

https://dr.du.ac.in/sites/default/files/2026-07/VAC%20syllabus%2015-7-26_compressed.pdf

S.N.	Offering Departments	Name of VAC Papers	UPC	L	T	P	Total
1	Sanskrit	Ayurveda and Nutrition	6967000001	1	0	1	2
2	Political Science	Constitutional Values and Fundamental Duties	6967000002	1	0	1	2
3	Chemistry, Philosophy, Physics	Digital Empowerment	6967000027	0	0	2	2
4	Philosophy	Ethics and Values in Ancient Indian Tradition	6967000007	1	0	1	2
5	Commerce Economics	Financial Literacy	6967000008	1	0	1	2
6	Physical Education	Fit India	6967000009	0	0	2	2
7	Physical Education	Indigenous sports	6967000026	0	0	2	2
8	Philosophy	Leadership Excellence through Gita	6967000030	1	0	1	2
9	Psychology	NCC-I	6967001101	1	0	1	2
10	English	Reading Indian Fiction in English	6967000014	1	0	1	2
11	Chemistry	Science and Society	6967000015	1	0	1	2

S.N.	Offering Departments	Name of VAC Papers	UPC	L	T	P	Total
12	English	Social and Emotional Learning	6967000016	1	0	2	2
13	Physical Education	Sports for Life	6967000017	0	0	2	2
14	Physical Education	Sports: Diversity and Inclusivity	6967000035	0	0	2	2
15	Chemistry	Swachh Bharat	6967000018	1	0	1	2
16	English	The Art of Being Happy	6967000019	1	0	1	2
17	Philosophy	The Gita for Holistic Life	6967000029	1	0	1	2
18	Philosophy	The Gita: Navigating Life Challenges	6967000032	1	0	1	2
19	Psychology	The Science of Happiness	6967000034	1	0	1	2
20	Mathematics	Vedic Mathematics - I	6967000020	1	0	1	2
21	Philosophy	Yoga: Philosophy and Practice	6967000021	1	0	1	2
22	Hindi	Srijanatmak Lekhan Ke Aayaam	6967000024	1	0	1	2

Exclusion Riders set by the college

1. Constitutional Values and Fundamental Duties - **NOT TO BE** opted by students of B.A. (H) Pol. Sc. or B.A. (Prog.) with Pol.Sc.
2. Ethics and Values in Ancient Indian Traditions **NOT TO BE** opted by students of B.A.(H) Philosophy or B.A Prog with Philosophy combination
3. Financial Literacy - **NOT TO BE** opted by students of B.Com.(H), B.Com.(P.)
4. Reading Indian Fiction in English - **NOT TO BE** opted by students of B.A. (H) English or B.A. (Prog.) with English
5. Science and Society **NOT TO BE** opted by students of B.SC(H) Physics, Chemistry, Botany, Zoology , Bio- Chemistry and B.Sc Life Science
6. Social and Emotional learning **NOT TO BE** opted by students of B.A. (H) Psychology or B.A. (Prog.) with Psychology combination
7. The Art of Being Happy & The Science of Happiness **NOT TO BE** opted by students of B.A. (H) Psychology or B.A. (Prog.) with Psychology

1. *Ayurveda and Nutrition*

Value Added Course

Credits & Credit Distribution

2 (1 Lecture + 1 Practical)



Eligibility Criteria

12th Passed

Pre-Requisites

None

Medium

English & Hindi

➤
**Open for the students
admitted in all the
Undergraduate Courses
in 2024**



Learning Outcomes – *Overall Wellbeing and A Healthy Lifestyle*

Awareness of
Traditional
Food Culture
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
Tradition
al Diets
for
Health
and
Disease

Prepare
Selected
Healthy
Recipes
Based
on
Ayurved
ic
Principle
s

2. Constitutional Values and Fundamental Duties

- knowledge and relevance of the Constitution.
- Develop awareness about Duties and Values.
- Inculcate a sense of Constitutionalism in thought and action.
- Understand the Constitution and its relevance.
- Appreciate the values and goals embedded in the Constitution.
- Recognize the importance of Fundamental Duties enshrined in the Constitution.
- Apply the spirit of fundamental values and duties in everyday in your life to develop nation-building.

3. Digital Empowerment

Credits, Eligibility and Pre-requisites of Course

VAC Course Title	Credits	Credit Distribution of the Course			Eligibility Criteria	Prerequisite of the Course
Digital Empowerment	02	Lecture	Tutorial	Practical	Pass in Class	NIL
		0	0	2	12th	

SLIDE 1: CORE MODULES & LEARNING PATHWAY



SLIDE 2: SKILLS, APPLICATION & CAREER RELEVANCE



4. ETHICS AND VALUES IN ANCIENT INDIAN TRADITIONS



Course

Structure

1 HR

(THEORY)+ 2

HRS



Bilingual Teaching

Reading materials available in
English and Hindi

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

5. FINANCIAL LITERACY



LEADERSHIP EXCELLENCE THROUGH THE GITA

Ancient Wisdom. Timeless Leadership.
Lead with Clarity. Act with Purpose. Inspire with Dharma.

WHAT WILL YOU GAIN?



Clear Purpose
and Direction



Emotional Balance
and Resilience



Ethical
Decision-Making



Excellence in Action
and Impact



Inner Growth
and Fulfillment

TIMELESS WISDOM.
ENDLESS RELEVANCE.



Make better
decisions



Lead yourself
before others



Stay calm in
chaos



Create value for
yourself and society

यद्यदाचरति श्रेष्ठस्तत्तदेवेतरो जनः ।
स यत्प्रमाणं कुरुते लोकस्तदनुवर्तते ॥ 3.21 ॥

Whatever a great person does, others follow;
whatever standards they set, the world pursues.

DECODING LEADERSHIP THROUGH THE GITA



- 1 The true role of a leader – aligning actions with righteousness.
- 2 Understanding duty with clarity and responsibility.
- 3 Excellence in action – doing what is right, in the right way, for the right purpose.



The Karma Yogi
Leader

Focused, Compassionate,
Equanimous



Understand the
3 Gunas

Sattva • Rajas • Tamas



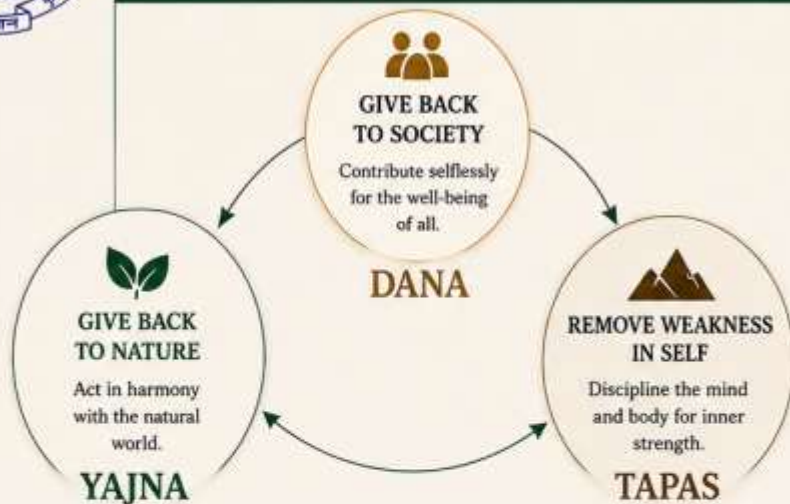
Modulate the Gunas
for Excellence

Reduce Tamas
Balance Rajas
Increase Sattva



LEAD WITH DHARMA. SERVE WITH COMPASSION. INSPIRE THE WORLD.

ETHICAL & COMPASSIONATE LEADERSHIP



PURIFY YOUR INTENT. ELEVATE YOUR ACTIONS. EMPOWER THE WORLD.

WHY THIS COURSE IS IMPORTANT FOR EVERYONE?



Builds Strong Character and Values



Helps in Making Better Choices in Life



Improves Relationships and Teamwork



Enhances Focus, Confidence & Resilience



Prepares You to be Future-Ready



Creates a Meaningful Life of Purpose & Impact

Not just for leaders. For every student. For life.

FROM KNOWLEDGE TO IMPACT



THINK
Gain Perspective



REFLECT
Understand Deeply



ACT
Lead Courageously



TRANSFORM
Create Impact

LEARN ABOUT LEADERSHIP QUALITIES FROM THE GREAT LEADERS OF BHARAT



Swami Vivekanand



Vision & Fearlessness (Abhaya)



Self-Belief & Purpose (Swadhyaya)



Inspiring Others (Loka-hita)



Mahatma Gandhi



Truth & Integrity (Satya)



Selfless Service (Seva)



Non-violence & Compassion (Ahimsa)



APJ Abdul Kalam



Dream & Determination (Sankalpa)



Discipline & Hard Work (Karma Yoga)



Humility & Simplicity (Aparigraha)



Ratan Tata



Ethical Leadership (Dharma)



Excellence & Quality (Kaushtalam)



Service & Responsibility (Loka Sewa)

GITA PRINCIPLES THEY LIVED



Dharma (Right Action)



Niskama Karma (Selfless Action)



Samatva (Equanimity)



Atma-Samyama (Self-Control)



Lokasangraha (Welfare of All)



Be the Change. Lead the Change.
Your Journey to Excellence Begins Here.

SCOPE

Connect Indian Knowledge Systems with contemporary leadership, ethics, sustainability, personal excellence and professional life through engaging discussions, real-life applications and inspiring stories of leaders from modern Bharat.



VALUE ADDITION COURSE



THE GITA: NAVIGATING LIFE CHALLENGES

*Ancient Wisdom. Modern Challenges.
Practical Solutions.*

LIFE CHALLENGES



DOUBTS • STRESS
FEAR



SELF-AWARENESS



BETTER DECISIONS



INNER CONFIDENCE



BALANCE & PURPOSE

FROM...

- ✗ Confusion
- ✗ Overthinking
- ✗ Self-Doubt
- ✗ Comparison
- ✗ Pressure

TO...

- ✓ Clarity
- ✓ Confidence
- ✓ Self-Awareness
- ✓ Balance
- ✓ Purpose

WHAT THIS COURSE HELPS YOU EXPLORE



Making decisions
with clarity



Handling stress and
emotional pressure



Building confidence
and self-belief



Understanding personal
strengths and purpose



Responding effectively
to success and failure



Developing focus,
balance and resilience

बन्धुरात्मात्मनस्तस्य येनात्मेवात्मना जितः ।
अनात्मनस्तु शत्रुत्वे वर्तेतात्मेव शत्रुवत् ॥ 6.6 ॥

For those who have conquered the mind, it is their friend. For those who have failed to do so,
the mind works like an enemy.



Discover how timeless wisdom can help you
navigate modern life with confidence, clarity and balance.

BEYOND SUCCESS: BUILDING A BALANCED LIFE

Wisdom to Navigate. Strength to Transform.



1 CAREER DILEMMAS

When every option looks attractive, clarity becomes your greatest strength.

HIGHER STUDIES
ENTREPRENEURSHIP
CORPORATE CAREER
CIVIL SERVICES
RESEARCH



3 EMOTIONAL BALANCE

Growth comes from responding wisely, not reacting impulsively.



LIFE TODAY



CONSTANT CHOICES



INFORMATION OVERLOAD



DIGITAL DISTRACTIONS



PERFORMANCE PRESSURE



SEARCH FOR BALANCE



FOCUS • DISCIPLINE • AWARENESS



A PURPOSEFUL LIFE

2 DIGITAL AGE CHALLENGES

Technology is powerful when it serves your goals—not when it controls them.



4 THE PRACTICE OF BALANCE



YAMA
↓
NIYAMA
↓
ASANA
↓
PRANAYAMA
↓
PRATYAHARA
↓
DHARANA
↓
DHYANA
↓
INNER BALANCE



Make better decisions



Understand yourself



Manage stress and emotions



Build discipline and focus



Live with purpose and integrity

IN A WORLD THAT CONSTANTLY DEMANDS YOUR ATTENTION,
LEARN HOW TO STRENGTHEN YOUR ATTENTION.

"Mastering the mind
is the beginning of mastering life.."

— The Bhagavad Gita —



8. Gita for Holistic life

Life Guidance: The Gita is not just scripture—it is a mentor that speaks directly to the challenges of modern living.

Self-Management: Learn how to master your mind, emotions, and actions through practical wisdom.

Dilemmas of Life: Discover how Arjuna's battlefield dilemmas mirror our own struggles—career choices, ethical conflicts, personal crossroads.

Holistic Growth: The Gita nurtures clarity, resilience, and purpose, helping you live with balance and confidence.

Karma Yoga (Path of Action)
Jnana Yoga (Path of Knowledge)
Bhakti Yoga (Path of Devotion)





9. NATIONAL CADET CORPS -I

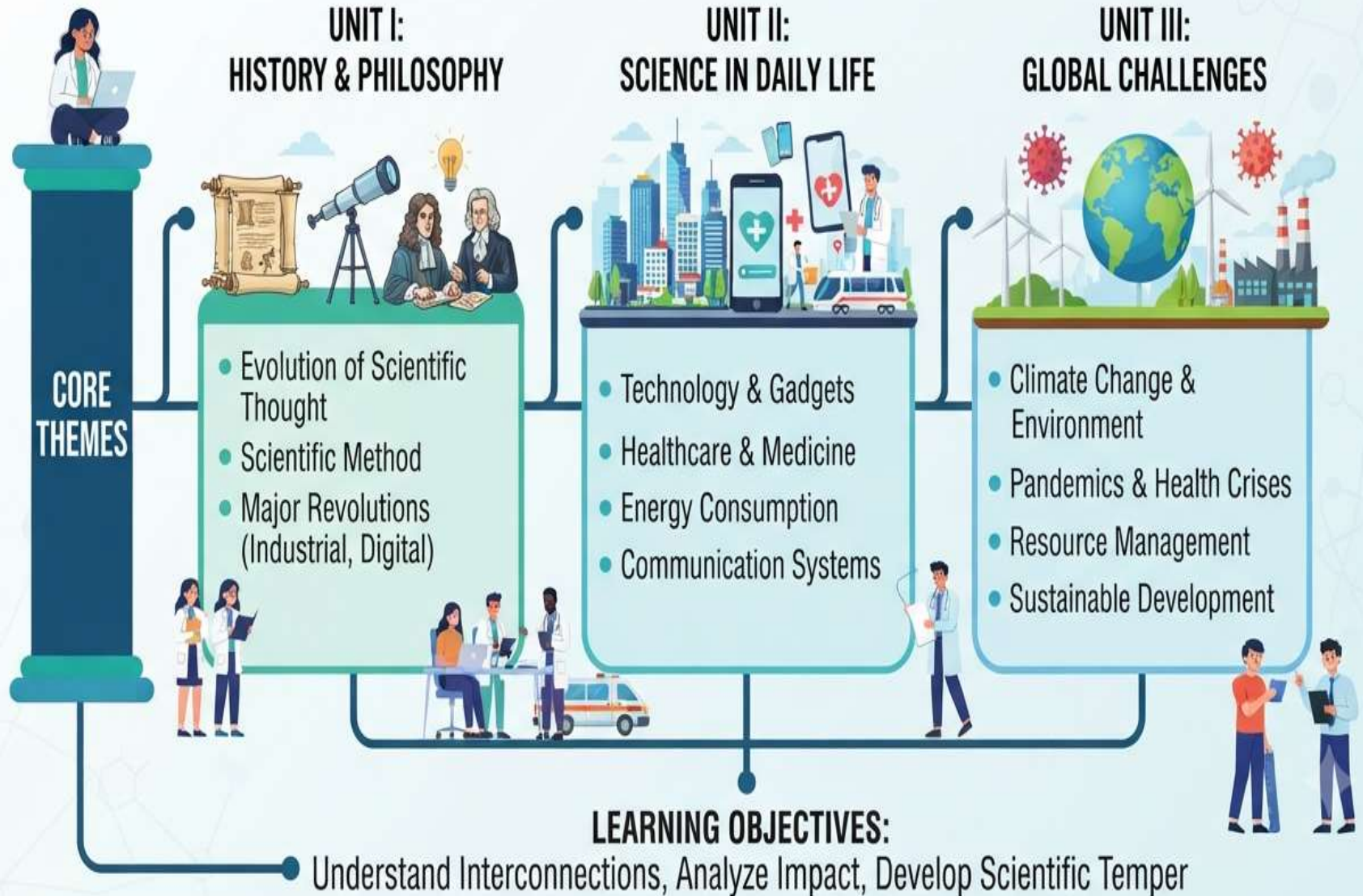
Unity & **Discipline**

Who can opt for NCC as VAC ?

- ◆ Selected as NCC cadets selections are on 3rd September, 2024 at 9 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.



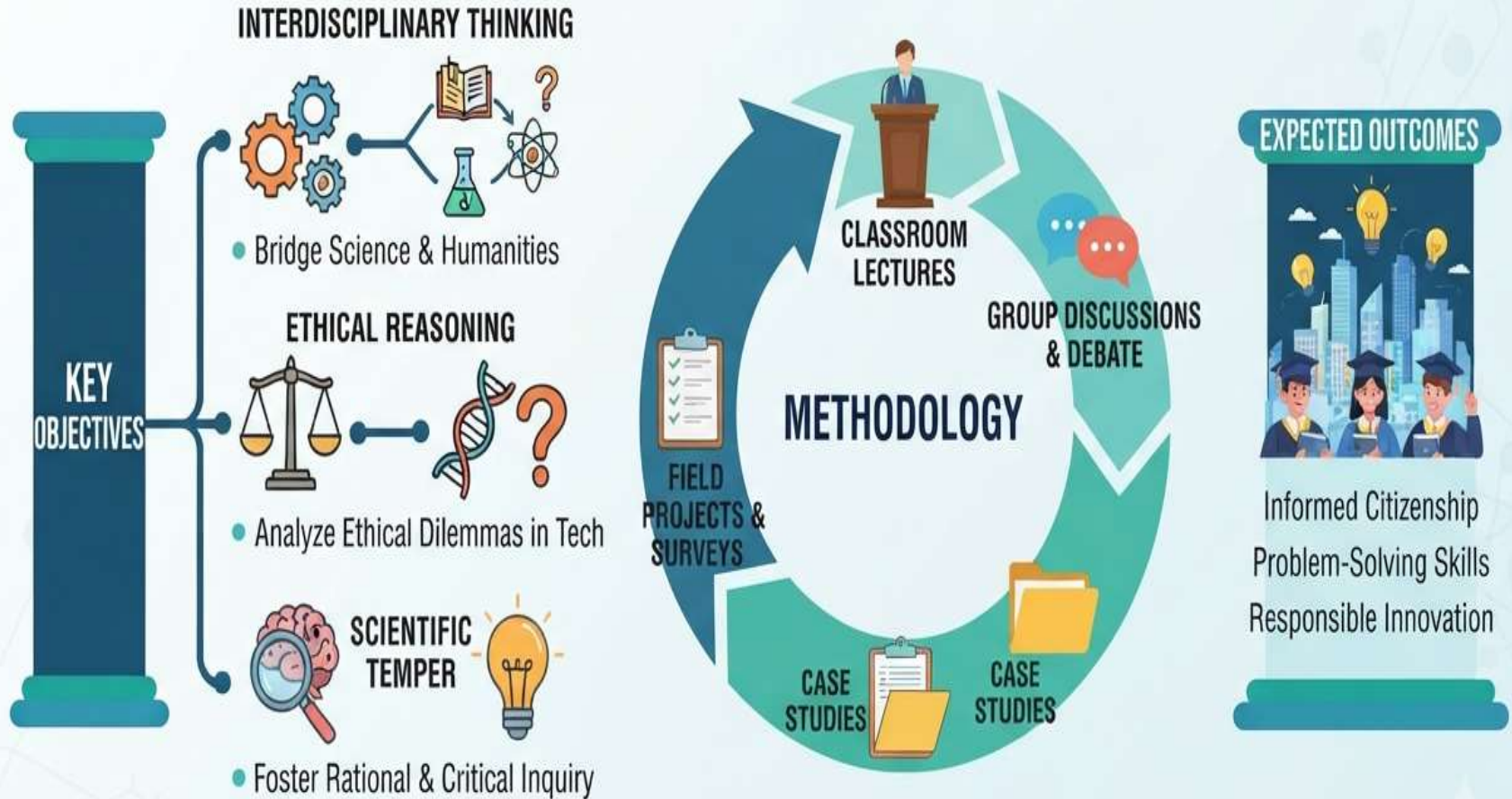
VAC: SCIENCE AND SOCIETY | COURSE OVERVIEW (SLIDE 1)





VAC: SCIENCE AND SOCIETY | LEARNING OBJECTIVES & METHODOLOGY

2



11. Sports for Life

The learning Outcomes of this course are

- 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 in everyday life.
- Acquire skills for engaging in moderate or vigorous physical activity and sports participation.
- Reduce exposure to screen time on electronic gadgets and channelising energy through sports participation.

12. Fit India

The Learning Outcomes of this course are as follows:

- 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.

13. Indigenous Sports

After completing the course, the student shall be able to:

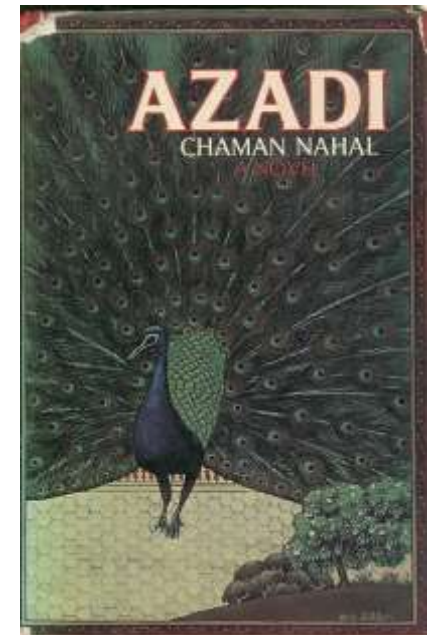
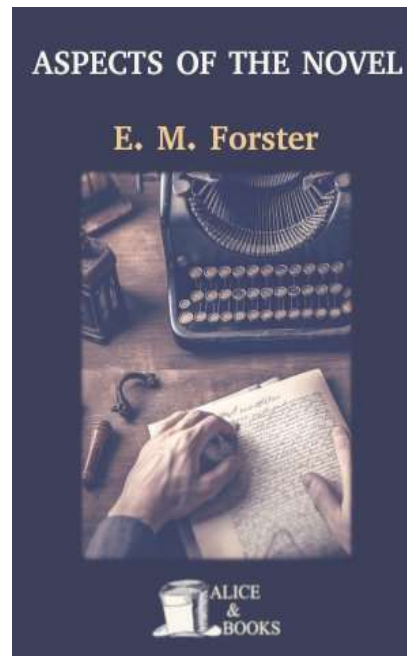
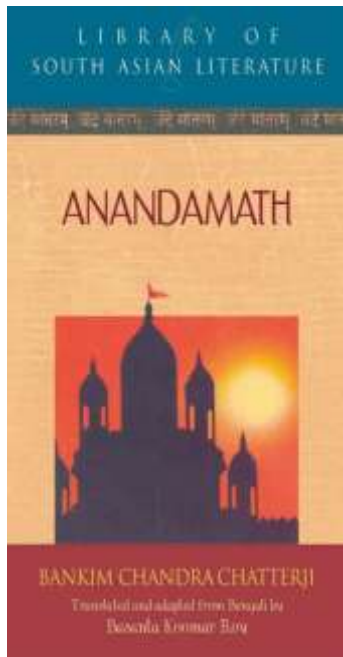
- Gain a comprehensive understanding of the diverse range of traditional games and sports across different regions of India.
- Apply the techniques learnt for stress management and well-being.
- Enrich their social skills, leadership qualities and citizenry responsibilities.
- Create a sports culture among youth.

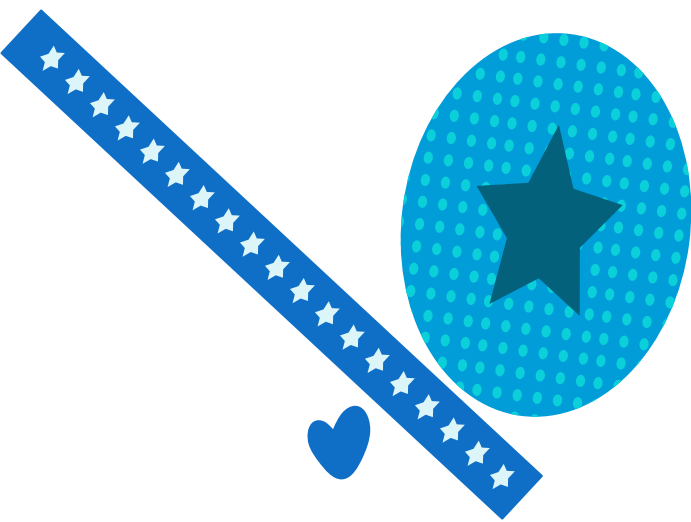
14. Sports- Diversity and Inclusivity

After completing the course, the student shall be able to:

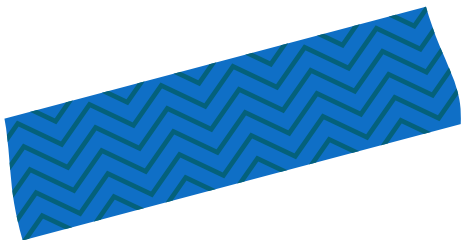
- Understand the rules and strategies employed in para-sports, adventure activities, diverse sports and mass activities.
- Apply fitness principles, stress management strategies and prioritize well-being.
- Create mechanisms for group dynamics and team building.
- Exposure to para-sports leading to awareness and greater sensitivity.

15. Reading Indian Fiction in English





16. SOCIAL AND EMOTIONAL LEARNING



Outline of Activities and Discussion Topics

- Self-awareness and SWOT analysis
- What makes one happy and unhappy?
- Joy of giving: Benefits of giving and sharing
- Understanding different forms of discrimination
- Gender sensitization
- Career Choices; Impact of relationships on our choices
- Peer pressure and substance abuse
- Connection with Nature
- Writing and maintaining a Gratitude Journal
- Mindfulness
- Community interaction and social work

17. Swachh Bharat



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

Cleanliness Drive



18. सृजनात्मक लेखन के आयाम

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

19. 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.

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**

20 . THE SCIENCE OF HAPPINESS

What you will learn?

- The scientific concept of happiness
- Various ways to be happy - inculcating strengths, positive emotions
- How to become resilient
- Neuroscience of Happiness
- Foster well-being through realizing your potential
- Developing positive relationships
- Use happiness for the positive transformation of yourself and the society

21. Vedic Mathematics



AN ANCIENT ART OF CALCULATION

Vedic Mathematics is an ancient Indian system of mental calculation, rediscovered from the Vedas by Jagadguru Shri Bharati Krishna Tirthaji (1884–1960). Built on sixteen Sutras and thirteen sub-sutras — short word-formulae — it turns long arithmetic and algebra into quick, one-line methods that can be done in the head.

Simplifies Computation

Handles the Hard Cases

One-Step Answers

16 Sutras

13 Sub-sutras

∞ Mental Speed

✓ No Calculator

Vedic Mathematics in Today's Life



Easy to Learn



**Exam
Advantage**



**Heritage Meets
Today**



Mental Power

Speed

Solve in
seconds, not
minutes.

Accuracy

Fewer steps
mean fewer
mistakes.

Mental Power

Sharper focus,
memory & recall.

Confidence

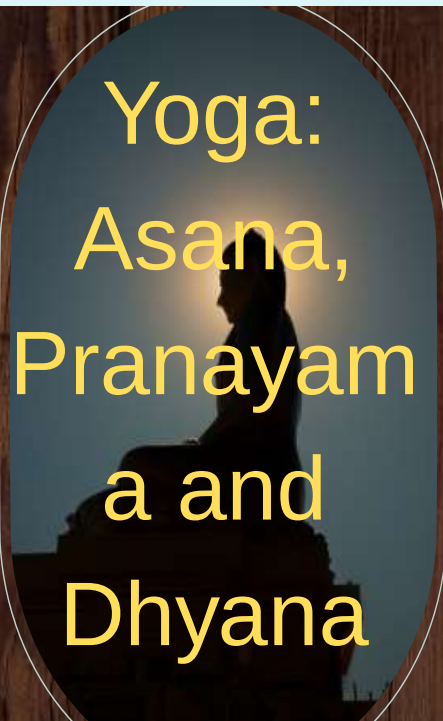
A real edge
under exam
pressure.



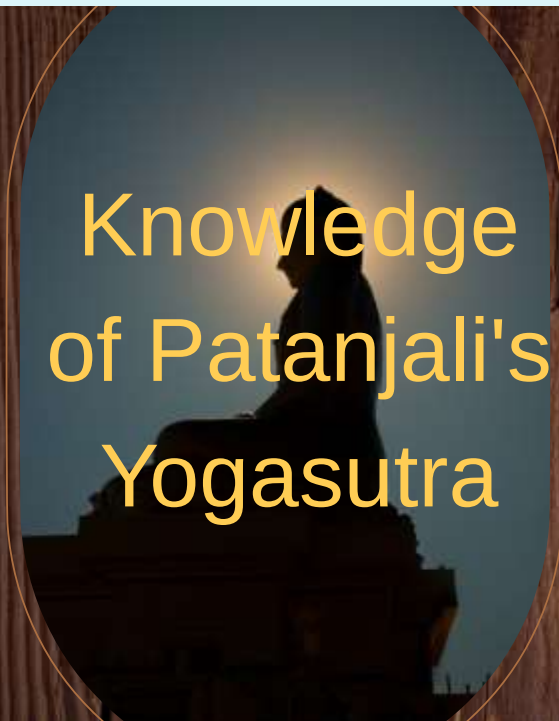
22. Yoga Philosophy and Practice



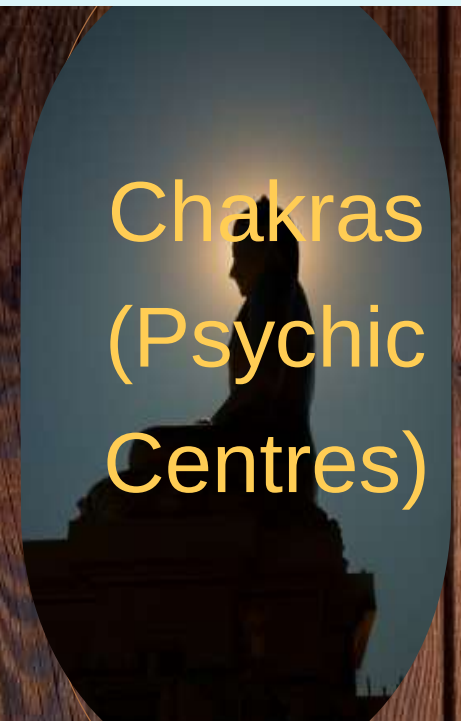
- Surya Namaskar, Selected Asanas, Pranayama
- Relaxation exercises for the eyes (7 steps), neck (4 steps)
- Concentration on Bhrumadhya



Yoga:
Asana,
Pranayam
a and
Dhyana



Knowledge
of Patanjali's
Yogasutra



Chakras
(Psychic
Centres)



Thank You

