



SHARDA
UNIVERSITY
Beyond Boundaries



**SHARDA SCHOOL OF
HUMANITIES &
SOCIAL SCIENCES**



COURSE

**SOCIAL AND
EMOTIONAL
LEARNING**
(NV87010)

VALUE ADDED
COURSE BROCHURE-30 HRS
2026-27

ABOUT THE UNIVERSITY

Sharda University is a leading Educational institution based out of Greater Noida, Delhi NCR. A venture of the renowned Sharda Group of Institutions (SGI), The University has established itself as a high quality education provider with prime focus on holistic learning and imbibing competitive abilities in students.

ABOUT THE SCHOOL

The **Sharda School of Humanities and Social Sciences (SSHSS)** plays a crucial role in providing students with an ambience that is helpful in developing an understanding of modern social issues through science, technology and management with an interdisciplinary approach. SHSS has a unique and unique role of providing a creative educational programmer that focuses on overall understanding of complexities of life with an emphasis on Indian cultural values and ethics.

The academic programs are specially designed in accordance with the best global practices. We combine the best practices of teaching and classroom learning and complements them with practical training and experiential learning. The school is equipped with modern facilities for the students and supported by a state-of-the-art library having large collections of books, journals, audio-visual aids and other learning materials.

KEY HIGHLIGHTS

SSHSS adopts the interdisciplinary and integrative pedagogical approach to systematically impart training for diverse languages, literature, histories and cultures. SHSS at Sharda University takes the global learning environment to a new level with cultural, creative and academic activities.

The school is equipped with a language lab with access to Pearson Global English Software; Wi- Fi enabled spacious classrooms with projectors and other audio-visual aids. SHSS has emerged as the epicenter of cultural, creative and academic activity at Sharda University with students from all over the world creating a multi-cultural environment and a vibrant global network of students.

Department of Humanities and Social Sciences

The Department of Humanities and Social Sciences offers various courses that encourage the spirit of enquiry and critical analysis of new categories of thought that connects individual experience to the wider social life.

Committed to the pursuit of excellence in higher education, the department offers degrees at Bachelor, Masters and PhD levels in English Literature, Political Science, History, Psychology and Sociology. The department also offers various short term courses in language proficiency. It offers special "bridge" courses and Communicative English Programs to students seeking to improve their language skills. The Remedial English course we offer to university students is always in demand and is found useful by a wide range of students from various disciplines.

VISION, MISSION OF THE UNIVERSITY

Vision: To serve the society by being a global University of higher learning in pursuit of academic excellence, innovation and nurturing entrepreneurship.

- Mission:**
1. Transformative educational experience
 2. Enriched by educational initiatives that encourage global outlook
 3. Develop research, support disruptive innovations and accelerate entrepreneurship
 4. Seeking beyond boundaries

CORE VALUES

Core Values: • Integrity • Leadership • Diversity • Community

VISION, MISSION OF THE SCHOOL

Vision: To become one of the leading schools of humanities and social sciences by setting global standards of excellence in ingenious curriculum, teaching-learning methods, professional development, and cross-cultural understanding.

- Mission:**
- M1. To promote learning and employability skills among students.
 - M2. To promote study of humankind and its manifestation.
 - M3. To help students succeed in their academic and professional lives.
 - M4. To encourage research and promote knowledge creation.

CORE VALUES

Core Values: • Integrity • Leadership • Diversity • Community

ABOUT THE COURSE

This course aims to equip individuals with the skills to understand and manage their emotions, develop empathy, build strong relationships, and make responsible decisions. It typically focuses on five core competencies: self-awareness, self-management, social awareness, relationship skills, and responsible decision-making

PROFILE

Dr. Kritika Gosain, Assistant Professor, SSHSS

Dr. Kritika Gosain is currently working as an Assistant Professor with the School of Education, Sharda University, Greater Noida. Her academic qualifications include a Doctorate in Education from University of Delhi on Developing Techno-pedagogic competencies among Secondary pre-service teachers in 2021. She has received her M.Phil. Degree in education from Department of Educational studies, Jamia Millia Islamia, New Delhi, India in 2016 and is post-graduate in Psychology and Elementary education. She is awarded UGC-NET Junior Research Fellowship and is designated as the research fellow at University of Delhi from 2016-2020. She has presented papers in several national and International conferences. Her research work is published in many reputed and internationally indexed journal. Constructing learning design, human-computer interaction and educational implications of psychology are her active areas of interests

COURSE SCHEDULE

Week	Content	Duration Hrs.
1	Introduction - Self-Awareness and Happiness	2
2	Getting to Know Each Other	2
3	Getting to Know Oneself	2
4	What Makes One Happy/ Unhappy? Outer vs Inner Sources of Happiness, Joy of Giving	2
5	Social Relationships	2
6	Sharing vs Power: Peers, Family and Society	2
7	Going Beyond Power Relationships Through Open Conversation	2
8	The Value of Silence and Reflection	2
9	Self-Worth and Digital Identity	2
10	Identifying and transcending stereotypes	2
11	Identity Formation and Validation in the Digital World	2
12	Discrimination and its Forms	2
13	Lifestyle Choices I Stress and Its Management	2
14	What Choices Does One Get to Make? Relationships, Career Choices	2
15	Career Pressures, Examinations: Dealing with Disappointment, Coping Skills, Health and Fitness	2
Total		30 hrs

Course Module		
School: SSHSS Program: UG Branch: All Domains SSHSS		Batch : 2023-27 Current Academic Year: 2026-27 Semester: VII
1. Course Code	NV87010	
2. Course Title	Social and Emotional Learning	
3. Credits	Value Added Course (Audit)	
4. Contact Hours	30 Hours	
Course Type	Value Added Course (Audit)	
5. Course Objective	The Objectives of this course are as follows: - 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.	
6. Course Outcomes	The students will able to: CO1: Recall the importance of self-awareness and social awareness in personal and societal development. CO2: Explain the principles of identity and self-image and their contribution to holistic development. CO3: Apply healthy lifestyle practices to promote physical and mental well-being. CO4: Analyze lifestyle choices and their impact on social responsibility and the joy of giving. CO5: Evaluate the role of empathy, compassion, emotional maturity, and environmental consciousness in fostering a harmonious society. CO6: Design possible solutions to address discriminatory practices and promote equality and social inclusion.	
7. Course Description	This course aims to equip individuals with the skills to understand and manage their emotions, develop empathy, build strong relationships, and make responsible decisions. It typically focuses on five core competencies: self-awareness,self-management, social awareness, relationship skills, and responsible decision-making	
8. Outline syllabus		CO Mapping
Unit 1	Introduction - Self-Awareness and Happiness	
A	Getting to Know Each Other	CO1
B	Getting to Know Oneself	CO1
C	What Makes One Happy/ Unhappy? Outer vs Inner Sources of Happiness, Joy of Giving	CO1
Unit 2	Social Relationships	
A	Sharing vs Power: Peers, Family and Society	CO2
B	Going Beyond Power Relationships Through Open Conversation	CO2
C	The Value of Silence and Reflection	CO2
Unit 3	Identity, Self-Image, Status	
A	Identity Construction and Expression: Individual and Collective	CO3, CO6
B	Accepting and Valuing Oneself	CO3, CO6
C	Understanding the Gendered World	CO3, CO6
Unit 4	Self-Worth and Digital Identity	
A	Identifying and transcending stereotypes	CO4, CO6
B	Identity Formation and Validation in the Digital World	CO4, CO6
C	Discrimination and its Forms	CO4, CO6
Unit 5	Lifestyle Choices I Stress and Its Management	
A	What Choices Does One Get toMake?Relationships, Career Choices	CO5, CO6
B	Career Pressures, Examinations: Dealing with Disappointment, Coping Skills, Health and Fitness	CO5, CO6
C	Connect With Nature: Sensitivity Towards Other Sentient Beings	CO5, CO6
Mode of examination	Assignments; Quiz; Viva	
Readings Text book/s*	- Black, D. L. (2022). Essentials of Social and Emotional Learning (SEL). Wiley. - Goleman, A. (2005). Emotional Intelligence.Bantam. - Swami Vivekanand. (2016).The Complete Works of Swami Vivekananda. Advaita Ash ra ma. (https://www. ra ma krishnavivekanand. info/vivekanand/complete works.html)	