

Maitreyi College
List of VAC/SEC/AEC offered in I Semester
Academic Year 2022-23

List of **Value Added Courses (VAC):**

Syllabus: http://www.du.ac.in/uploads/new-web/26102022_VAC.pdf

1. Art of Being Happy
2. Ayurveda and Nutrition
3. भारतीय भक्ति : परंपरा और मानव मूल्य
4. Constitutional Values and Fundamental Duties
5. Culture and Communication
6. Digital Empowerment
7. Emotional Intelligence
8. Ethics and Culture
9. Financial Literacy
10. Ecology and Literature
11. Panchkosha : Holistic Development of Personality
12. Reading Indian Fiction in English
13. साहित्य, संस्कृति और सिनेमा
14. Science and Society
15. Social and Emotional Learning
16. Sports For Life - I
17. Vedic Mathematics - I
18. Yoga : Philosophy and Practice

List of **Skill Enhancement Courses (SEC):**

Syllabus: http://www.du.ac.in/uploads/new-web/21092022_SEC.pdf

1. App Development using Flutter
2. Business Communication
3. Communication in Everyday Life
4. Creative Writing
5. Essentials of Python
6. Finance for Everyone
7. Personal Financial Planning
8. Personality Development and Communication
9. Public speaking in English Language and Leadership
10. रचनात्मक लेखन
11. रंगमंच
12. Statistics with R
13. Sustainable Ecotourism and Entrepreneurship
14. Visual communication and photography

List of **Ability Enhancement Courses (AEC):**

Syllabus:

[http://www.du.ac.in/uploads/58_Notification%20-%20EC-18.08.22_AEC%20\(31.10.22\)%20FINAL.pdf](http://www.du.ac.in/uploads/58_Notification%20-%20EC-18.08.22_AEC%20(31.10.22)%20FINAL.pdf)

1. Environmental Sciences: Theory into Practice – I
2. Hindi
 - a. हिंदी क-हिंदी भाषा: सम्प्रेषण और संचार
 - b. हिंदी ख-हिंदी औपचारिक लेखन
 - c. हिंदी ग-सोशल मीडिया और ब्लॉग लेखन
3. Punjabi
 - a. Punjabi Bhasha Da Uchera Padhar (Level - B)
 - b. Punjabi Bhasha Mudhla Padhar (Level - C)
4. Sanskrit
 - a. Niti Literature in Sanskrit
 - b. Upanishad and Gita

Students desirous of studying any VAC/SEC/AEC other than the ones offered by our college can go to south cluster colleges as per the schedule given below:

VAC - Tuesday(1:00 pm to 5:00 pm)

SEC - Saturday(09:00 am to 1:00 pm)

AEC - Saturday(02:00 pm to 5:00pm)

They are requested to fill the form <https://forms.gle/oRvHwdmH3xuSaQna8> latest by 26th November, 10:00am.

Intra cluster movement of students shall be allowed only if the course is not offered in the parent college and subject to seat availability.