Maitreyi College
List of VAC/SEC/AEC offered in III Semester
Academic Year 2023-24

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

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

1. The Art of being happy
2. Emotional Intelligence
3. Ethics and Culture
4. Culture and Communication
5. Ecology and Literature
6. Reading Indian Fiction in English
7. Culture and Communication
8. Gandhi and Education
9. Gandhi and Education
10. Constitutional Values and Fundamental Duties
11. Ethics and Values in Ancient Indian Traditions
12. Yoga Philosophy and Practice
13. Panchkosha: Holistic Development of Personality
14. Ayurveda and Nutrition
15. Science and Society
16. Digital Empowerment
17. Social and emotional learning
18. Swachh bharat
19. Vedic Mathematics I
20. Vedic Mathematics II
21. Sports for Life-I

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

Syllabus: https://www.du.ac.in/uploads/new-web/28032023_SEC.pdf

1. Finance for everyone
2. Personal Financial Planning
3. Business Communication
4. Life Skills Education
5. Personality Development and Communication
6. Anuvad Kala(Hindi and Punjabi)
7. Srijnatmak Lekhan
8. Museum and Museology
9. Political Leadership and Communication
10. Yoga in Practice
11. Mushroom Culture and Technology I

12. Green Belt Development for smart cities
13. Essential food nutrients
14. Programming using Python
15. Logical Reasoning
16. Basic IT Tools
17. Prospecting e waste for sustainability
18. Cyber sphere and security: Global concerns
19. Communication in everyday life
20. IT Skills and Data Analysis I
21. IT Skills and Data Analysis II
22. Documentation and Preparation & Presentation Software
23. Statistics with R
24. Essentials of Python
25. Apiculture

List of **Ability Enhancement Courses (AEC):**
Syllabus: https://www.du.ac.in/uploads/new-web/24022023_AEC.pdf

1. Environmental Sciences: Theory into Practice – II
2. Hindi
3. Punjabi
4. Sanskrit