

# INTRODUCTION TO VALUE ADDITION COURSES



**JESUS AND MARY COLLEGE**  
NEW DELHI

# Value Addition Courses (VACs)

- New set of courses under NEP 2020
- Aim to provide holistic, value based education
- Inter/Multi-disciplinary in nature
- Hands-on practical learning

# Values

- Physical, Psychological, Social well-being
- Ecological, Constitutional, Ethical and Cultural values
- Diversity
- Digital and Financial Literacy
- Indian Knowledge Systems

# VALUE ADDITION COURSES (VAC)

**TOTAL CREDITS: 2**

<b>S. No.</b>	<b>COURSE TITLE</b>
1	Ayurveda and Nutrition
2	Constitutional Values and Fundamental Duties
3	Culture and Communication
4	Digital Empowerment
5	Emotional Intelligence
6	Ethics and Culture
7	Ethics and Values in Ancient Indian Traditions
8	Financial Literacy
9	Fit India
10	Gandhi and Education

11	Ecology and Literature
12	National Cadet Corps-I
13	Panchkosha: Holistic Development of Personality
14	Reading Indian Fiction in English
15	Science and Society
16	Social and Emotional Learning
17	Sports for Life
18	Swachh Bharat
19	The Art of Being Happy
20	Vedic Mathematics-I
21	Yoga: Philosophy and Practice

22	भारतीय भक्ति: परम्परा और मानव मूल्य
23	साहित्य संस्कृति और सिनेमा
24	सृजनात्मक लेख के आयाम
25	Indigenous Sports
26	Sports – Diversity and Inclusivity
27	Tribes of India

# Programme Requirement

- Each course is worth **2 credits**
- Each student need a total of **8 VAC credits**
- **One VAC in Semesters I, II, III and IV**

# Methodology

- Weekly Three/Four-Hour Sessions
  - 1 hour Lecture+ 2 hour Practical
  - 4 hour practical
- Tuesdays, 1.00 pm onwards



# Semester I VACs offered in JMC

1. Constitutional Values and Fundamental Duties	80 seats
2. Culture and Communication	160 seats
3. Ecology and Literature	80 seats
4. Ethics and Culture	80 seats
5. Fit India	80 seats
6. Indigenous Sports	80 seats
7. NCC I	50 seats
8. Reading Indian Fiction in English	80 seats
9. Social and Emotional Learning	160 seats
10. Sports for Life	80 seats
11. The Art of Being Happy	80 seats
12. Vedic Mathematics I	80 seats

# Cluster System - VACs

- Limited Seats are available in the 15 courses that are not offered in JMC
- Taught in DU South Campus Women's Colleges.

# Course Allocation

- Online System
- **First-Come-First-Served Basis**

# Syllabus

- [https://www.du.ac.in/uploads/new-web/26102022\\_VAC.pdf](https://www.du.ac.in/uploads/new-web/26102022_VAC.pdf)
- [https://www.du.ac.in/uploads/new-web/23082024 Ugcf-notification\\_VAC.pdf](https://www.du.ac.in/uploads/new-web/23082024 Ugcf-notification_VAC.pdf)