

# NEHRU GRAM BHARATI

(Deemed to be University)



VALUE ADDED COURSES

04 Years Under Graduate Programmes  
[SEC As per NEP-2020]

## POOL D COURSES

# VAC-001 "Understanding India"

## Applicable for Semester-I

Credit(L+T+P): 2+0+0

**Course Objective:** This syllabus aims to provide a comprehensive understanding of India's diverse aspects, including its history, society, culture, politics, economy, and contemporary issues.

### Course Outcomes:

**CO1:** Students will be able to comprehend the geographical, historical, and cultural foundations of India.

**CO2:** Students will gain an understanding of the societal structure, cultural diversity, and artistic heritage of India.

**CO3:** Students will develop insights into the political system, governance structure, and dynamics of Indian politics.

**CO4:** Students will comprehend the economic development, challenges, and rural-urban dynamics of India.

**CO5:** Students will critically evaluate contemporary issues and assess India's future prospects in various spheres.

### Course Content:

#### Unit 1: Introduction to India

- **Geographical Overview of India:** Physical features, climate, and natural resources.
- **Historical Evolution:** Ancient civilizations, medieval kingdoms, and the impact of colonialism.
- **Socio-Cultural Diversity:** Languages, religions, traditions, and customs.

#### Unit 2: Indian Society and Culture

- **Caste System and Social Structure:** Historical context, evolution, and contemporary issues.
- **Festivals and Celebrations:** Significance, diversity, and cultural impact.
- **Arts, Literature, and Cinema:** Overview of traditional and contemporary expressions.

#### Unit 3: Politics and Governance

- **Indian Political System:** Constitution, institutions, and federal structure.
- **Political Parties and Electoral Process:** Major parties, coalition politics, and electoral dynamics.

#### Unit 4: Economic Landscape

- **Economic Development:** Growth, sectors, and challenges.
- **Rural-Urban Dynamics:** Agriculture, industrialization, and urbanization.

#### Unit 5: Contemporary Issues and Future Prospects

- **Environmental Challenges:** Climate change, pollution, and conservation efforts.
- **Technology and Innovation:** IT revolution, startups, and India's role in the global tech landscape.

### Books Recommended:

### **History and Culture:**

1. "India: A History" by John Keay - Offers a comprehensive overview of India's history from ancient times to the present.
2. "The Wonder That Was India" by A.L. Basham - Explores India's cultural history, society, and achievements in ancient times.
3. "India After Gandhi: The History of the World's Largest Democracy" by Ramachandra Guha - Focuses on India's journey post-independence, covering political and social developments.

### **Sociology and Society:**

1. "The Argumentative Indian: Writings on Indian History, Culture and Identity" by Amartya Sen - Examines India's intellectual heritage, cultural diversity, and societal debates.
2. "The Caste Question: Dalits and the Politics of Modern India" by Anupama Rao - Explores the history and politics of caste in contemporary India.

### **Politics and Governance:**

1. "India Unbound: The Social and Economic Revolution from Independence to the Global Information Age" by Gurcharan Das - Discusses India's economic transformation and its challenges.
2. "The Accidental Prime Minister: The Making and Unmaking of Manmohan Singh" by Sanjaya Baru - Provides insights into Indian politics and governance during Manmohan Singh's tenure as Prime Minister.

### **Economics and Development:**

1. "Poor Economics: A Radical Rethinking of the Way to Fight Global Poverty" by Abhijit V. Banerjee and Esther Duflo - Explores innovative strategies to alleviate poverty, with a focus on India.
2. "India Grows At Night: A Liberal Case for a Strong State" by Gurcharan Das - Discusses India's economic growth and the role of the state.

### **Literature and Arts:**

1. "The God of Small Things" by Arundhati Roy - A novel that delves into social issues and the intricacies of life in India.
2. "Interpreter of Maladies" by Jhumpa Lahiri - A collection of short stories exploring the lives of Indian immigrants and their experiences.
3. "An Area of Darkness" by V.S. Naipaul - A travelogue that provides insights into India's cultural, social, and historical dimensions.

### **Environment and Contemporary Issues:**

1. "The Great Derangement: Climate Change and the Unthinkable" by Amitav Ghosh - Discusses the impact of climate change in the context of India and its global implications.
2. "The Elephant Paradigm: India Wrestles with Change" by Gurcharan Das - Examines contemporary challenges facing India in various spheres.

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# **VAC002: Communication Skills and Personality Development**

## **Applicable for Semester-II**

**Credit(L+T+P) : 2+0+0**

**Course Objective :** The course aims to equip students with essential communication skills and foster personality development to enhance their personal and professional success. Through theoretical knowledge and practical exercises, students will develop proficiency in verbal and non-verbal communication, interpersonal skills, conflict resolution, and leadership qualities.

### **Course Outcomes:**

CO1: Students will demonstrate an understanding of fundamental concepts in communication skills and personality development. They will be able to apply effective communication strategies and exhibit enhanced interpersonal skills.

CO2: Students will be able to articulate ideas confidently both verbally and in writing. They will demonstrate active listening skills and apply effective communication techniques in different settings.

CO3: Students will demonstrate proficiency in interpreting and utilizing non-verbal cues to enhance their communication impact. They will exhibit cultural sensitivity and assertiveness in their body language.

CO4: Students will exhibit proficiency in interpersonal communication and conflict resolution. They will demonstrate the ability to build strong relationships, manage conflicts constructively, and collaborate effectively in team environments.

CO5: Students will demonstrate enhanced self-awareness, leadership skills, and resilience. They will be able to apply personality development techniques and leadership principles to achieve their goals and navigate challenges successfully in their personal and professional lives.

### **Course Content:**

#### **Unit 1: Introduction to Communication Skills and Personality Development**

- Understanding the significance of effective communication and personality development in personal and professional contexts.
- Exploring the components of communication: verbal, non-verbal, and para-verbal.
- Identifying key elements of personality development: self-awareness, self-confidence, emotional intelligence, etc.
- Recognizing the importance of interpersonal skills for successful interactions.

#### **Unit 2: Verbal and Written Communication Skills**

- Developing proficiency in spoken communication: clarity, coherence, and conciseness.
- Exploring effective written communication: structure, clarity, and audience adaptation.
- Understanding the principles of active listening and empathetic communication.

- Practicing communication skills in various contexts: formal presentations, meetings, emails, etc.

### **Unit 3: Non-verbal Communication and Body Language**

- Understanding the role of non-verbal cues in communication: facial expressions, gestures, posture, etc.
- Interpreting body language accurately to enhance communication effectiveness.
- Exploring cultural variations in non-verbal communication and cross-cultural communication competence.
- Practicing assertive body language to convey confidence and credibility.

### **Unit 4: Interpersonal Skills and Conflict Resolution**

- Developing effective interpersonal communication skills: empathy, active listening, and rapport-building.
- Understanding the dynamics of conflict and strategies for constructive conflict resolution.
- Practicing assertive communication techniques to express needs and opinions respectfully.
- Cultivating teamwork and collaboration through effective communication and conflict management.

### **Unit 5: Personality Development and Leadership Skills**

- Exploring personality theories and self-assessment tools for personal growth.
- Developing leadership qualities: vision, communication, decision-making, and emotional intelligence.
- Setting goals and creating action plans for continuous personal and professional development.
- Enhancing resilience and adaptability to thrive in dynamic environments.

### **Books Recommended:**

1. **"The Power of Your Subconscious Mind" by Dr. Joseph Murphy**  
This book, though not exclusively focused on communication skills, offers insights into the power of the subconscious mind and how to harness it for personal growth and development, including improving communication abilities.
2. **"How to Talk to Anyone" by Leil Lowndes**  
Leil Lowndes provides practical tips and techniques for effective communication in various social and professional settings. Her advice can help readers enhance their interpersonal skills and confidence in interactions.
3. **"You Can Win: A step by step tool for top achievers" by Shiv Khera**  
Shiv Khera's book offers motivational insights and practical strategies for personal and professional success, including communication skills, leadership qualities, and overcoming obstacles.
4. **"Winning Every Time: How to Use the Skills of a Lawyer in the Trials of Your Life" by Harish Salve**  
Harish Salve, a prominent Indian lawyer, shares valuable lessons on effective communication, negotiation, and problem-solving, drawing from his experiences in the legal profession.

**5. "The Leader in You" by Dale Carnegie Training India**

This book, adapted by Dale Carnegie Training India, offers leadership insights and communication strategies tailored for Indian readers, focusing on practical approaches to leadership development and effective communication.

**6. "Awaken the Leader in You" by Mitesh Khatri and Indu Khatri**

Mitesh and Indu Khatri provide guidance on leadership development and personal transformation, offering communication techniques and mindset shifts for aspiring leaders.

**7. "How to Develop Self-confidence & Influence People by Public Speaking" by Dale Carnegie Training India**

This book, adapted by Dale Carnegie Training India, focuses on building confidence and improving public speaking skills, offering practical advice and exercises for effective communication.

**8. "The Heartfulness Way: Heart-Based Meditations for Spiritual Transformation" by Kamlesh D. Patel and Joshua Pollock**

While not directly focused on communication skills, this book by Indian author Kamlesh D. Patel offers insights into meditation practices that can enhance emotional intelligence, empathy, and interpersonal communication.

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