



**Value Addition Courses Committee  
University of Delhi  
Delhi - 110007**

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**Two days Workshop on “Social and Emotional Learning”**

Venue: #207, Dream Building, University of Delhi, Delhi-110007

## **Brief Report**

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### **VAC Capacity Building Workshop**

On

### **Social and Emotional Learning**

Organised by

**VAC Committee, University of Delhi**

September 8-9, 2025

#### **Course Committee**

##### **Course Coordinator**

Prof. Om Nath Bimali

##### **Course Committee Members**

Dr. Pankaj Kumar Mishra, Dr. Shrutikant Pandey, Dr. Satyendra Shrivastav

Dr. Kamna Vimal, Dr. Ajay Jayaswal

#### **VAC Workshop Committee**

Prof. Rajni Sahni, Coordinator

Dr. Shobhana Sinha, Co-Coordinator

Dr. Ananya, Member

Dr. Shivani Jha, Member

Prof. Niranjana Kumar, Chairman

The two-day Workshop on **VAC: Social and Emotional Learning** began with the Inaugural Session and felicitation of **Prof. Balram Pani**, Dean of Colleges, University of Delhi; **Prof. Niranjana Kumar**, Chairman, VAC Committee; and **Prof. Prabhat Mittal**, Convenor, VAC



Courses Committee. Prof. Balram Pani emphasized the teacher’s role in value-based education, while Prof. Niranjana Kumar explained the unique challenge of designing innovative VAC courses under NEP-2020. **Prof. Rajni Sahni**, Coordinator, VAC Workshops Committee and Course Coordinator, SEL. She is a Professor, Department of Psychology, Daulat Ram College, introduced the course on Social and Emotional Learning, stressing CASEL’s five aspects and practical exercises for empathy, resilience, and emotional management. **Prof. Meetu Khosla**, Department of Psychology, Daulat Ram College, led Session-II on Lifestyle Choices and Stress Management and mindfulness practices.

Prof. Rajni Sahni, Coordinator, VAC Workshops Committee and Course Coordinator, SEL. She is a Professor, Department of Psychology, Daulat Ram College, introduced the course on Social and Emotional Learning, stressing CASEL’s five aspects and practical exercises for empathy, resilience, and emotional management. **Prof. Meetu Khosla**,



Day 2 opened with **Prof. Babu**, who explored domains of SEL such as empathy and perspective building, competition, active learning, communication skills, and relationship management

through games and psychological tests. **Ms. Priyanka Arora**, Assistant Professor, Daulat Ram College, suggested activities like “Blind Pictionary” and reflective writing. **Prof. Rajni Sahni** conducted Session-IV on identity, discussing self-concept, identity crisis, and classroom activities. In the feedback session, faculty including **Mr. Gokul**, **Dr. Shahana**, **Dr. Babita**, **Dr. Menka**, **Dr. Anjali Srivastava**, **Dr. Komal Agarwal**, and **Ms. Priyanka Arora** shared concerns on class size, assessment, infrastructure, and mental health support. The Workshop concluded with the Valedictory



Session, graced by **Prof. Indra Narain Singh** and **Prof. Niranjana Kumar**, with **Prof. Rajni Sahni** delivering the Vote of Thanks.

