



Savitribai Phule Pune University, Pune

Faculty of Science and Technology

Science : CC-151 : Co-Curricular Courses

Semester II (Credits : 02)

Co-curricular Course for Level 4.5, Semester II (First Year) is of two-credit course. Students are required to go through the list of following Co-curricular Courses and select any one of their interests. They will be allocated one course from the list. Experts from respective course will conduct classes on campus/Online through activities, discussions, presentations, and lecture methods. Students are required to submit a report on the activities performed related to topics of opted Co-curricular Course. Evaluation will be done based on the report of activities submitted by student. Faculty members will be allotted for mentoring the activities related to Co-curricular Course topic. Faculty members will frame the list activities to be performed by students with the help of experts in respective course.

Selecting co-curricular courses that align with your interests and goals can significantly enrich your educational journey. Remember to maintain a balance and choose courses that you are genuinely excited about. This approach will help you gain the most from your co-curricular activities.

Basket of Co-curricular Courses

1. Health and Wellness
2. Yoga education
3. Sports and Fitness
4. Cultural Activities
5. NSS
6. NCC
7. Fine Arts
8. Applied Arts
9. Visual Arts
10. Performing Arts
11. Dancing
12. Art of Short Film Making / Cinematography
13. Basics of Music Composition
14. Physical Fitness
15. Self Defense for Women
16. Jeevan Vidya (Work Life Balance)
17. Integrated Personality Development
18. Design Thinking

19. Innovation and Creativity
20. Principle Centered Leadership
21. Mentoring of School Children
22. Basics of Fire Safety
23. Representation or Participation at State, National and International Co-curricular Events
(Activity Report and Certificate are needs to be produced)

Here are some tips and ideas to help you choose the right courses:

1. Consider Your Interests and Hobbies

Think about what you enjoy doing in your free time or what activities you have always wanted to try. Co-curricular courses can be a great opportunity to pursue passions outside your major.

2. Explore Different Fields

Choosing courses from different areas can provide a well-rounded experience. For instance, you might pick one course related to arts, another in sports, and a third in community service.

3. Balance Your Schedule

Ensure that the co-curricular courses fit well with your academic schedule and personal commitments. Avoid overloading yourself, as these courses should enhance your experience, not add undue stress.

4. Look at Course Benefits

Some co-curricular courses offer skills that can be beneficial in your future career or personal development. For example, leadership training, public speaking, or project management.

5. Consult with Advisors or Seniors

Talking to academic advisors, professors, or senior students can give you insights into which courses are popular, have good instructors, or offer valuable experiences.