**Curriculum plan (Odd Semester 2023-24) August- November 2024**

**Teacher Name: Aastha Yadav**

**Paper : SEC Life Skills Education, Semester V**

**Class type: Lecture (1L+1P)**

**Paper shared with: No one**

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| **Unit to be taken** | **Month wise schedule to be followed** | **Tests/Assignments/ Revision/Presentations etc.** |
| **UNIT I:** Definition Basic Life skills,Components of Life skills, Need for Life skills training | August - Mid September  |  Class discussions during tutorials for Continuous Assessment |
| **UNIT II & III** Ten core life skills, The Four Pillars of Education, Life skills for social interaction- Thinking skills, Communication skills, Emotional skills, Stress management and coping strategies, Team work skills | Mid September - October | Application based activities for all the students for Continuous AssessmentClass Test of the text |
| **UNIT IV**Career building skills, Innovative leadership, Simulation exercises- Brainstorming, Role plays, Caste management  | November  | Assignment given for IA and other practical activities conducted in the classes. |