

		Semester Lecture Plan					
Name of the college: Government College of Arts, Science & Commerce, Sanquelim, Goa-India							
Name of Faculty: Brahmanand N Sawant				Subject: MC- Arts			
Paper code: VAC-116 LIFE SKILLS				Program/Course:		FYBA	
Academic year: 2024 - 2025				Semester: II		Total Lectures: 30	
Course Objectives: 1. To introduce the students to life skills 2. To understand the connection between emotional, social and thinking skills 3. To train the students in conducting life skills workshop with various stakeholders 4. To develop critical and creative thinking skills							
Course Learning Outcome 1. Students will become aware of their way of communication and will improvise by practice their confidence and communication skills. 2. Students will understand how their own emotions are tied to the breath and nervous system.							
Month	Lectures From: To:		No. of lectures allotted	Topic, Subtopic to be covered	ICT Tools	Reference books	

Dec	09/12/2024	14/12/2024	02	Introduction to Life skills Definitions	PPT	Teachers Manual on Life Skills for classes (CBSE, 2010)		
	16/12/2024	21/12/2024	02	Benefits of life skills	Powerpoint Presentation	United Nations and UNESCO official website		
	2/1/2025		2	Applications of Life skills	Powerpoint presentation	Teachers Manual on Life Skills for classes (CBSE, 2010)		

		11/1/2025				United Nations and UNESCO official website
Jan/Feb	13/01/2025	18/01/2025	02	Matching life skills with one's behavior. Classroom Game 1	PPT	Teachers Manual on Life Skills for classes (CBSE, 2010)
	20/01/2025	25/01/2025	02	Components of Life Skills Life skills Game 2	PPT	United Nations and UNESCO official website

	27/01/2025	1/02/2025	02	Self awareness and Self esteem	PPT	
	3/02/2025	8/02/2025	02	Managing one's emotions Identifying common emotions	PPT	
	10/2/2025	15/02/2025	02	Interpersonal relationships Healthy relationships, resistance to peer pressure	PPT	
Feb	17/02/2025	22/02/2025	02	Effective communications Clarity and optimal communications, verbal and nonverbal communications	PPT	

	24/02/2025	1/03/2025	02	Clarity and optimal communications Life skills Game no 3	PPT	
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	3/03/2025	8/03/2025	02	Hearing vs Listening, body language, communication gaps	PPT	
March	10/03/2025	15/03/2025	02	Coping stress and emotions Source of stress	PPT	
March	17/03/2025	22/03/2025	02	Life skills Game 4 Coping with stress Coping strategies	PPT	Teachers Manual on Life Skills for classes (CBSE, 2010) United Nations and UNESCO official website
March	24/03/2025	29/03/2025	02	Empathy, Understanding of other people's circumstances Extending support to others Revision	PPT	Teachers Manual on Life Skills for classes (CBSE, 2010) United Nations and UNESCO official website

April	31/3/2025	5/04/2025	2	Revision	PPT	Teachers Manual on Life Skills for classes (CBSE, 2010) United Nations and UNESCO official website
April	7/4/2025	11/04/2025	2	Revision	PPT	Teachers Manual on Life Skills for classes (CBSE, 2010) United Nations and UNESCO official website

COMPONENT	MAXIMUM MARKS
ISA I	05
ISA II	05
ISA III	05
SEMESTER END EXAM	40
TOTAL	50