

		Lecture Plan					
Name of the College: Government College of Arts, Science and Commerce. Sanquelim - Goa							
Name of Faculty: Shritesh Mhapsekar				Subject: VAC			
Paper code: VAC-116, Life Skills				Program: BSc/BA/BCOM		Division:	
Academic year: 2025-26				Semester: II		Total Lectures: 15	
Course Objectives: <ol style="list-style-type: none"> 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 Outcome: <ol style="list-style-type: none"> 1. Students will be introduced to important Life Skills: Emotional, Social, Critical thinking, and Creative thinking. 2. Students will understand the connection between emotional, social and thinking skills. 3. Students will be able to understand the use of these skills and be able to use them in their own personal lives as well as in the helping profession. 4. Students will develop their critical and creative thinking skills. 							
Student Learning Outcome:							
Month	Lecture From	Lecture To	No. of lectures allotted	Topic, Subtopic to be covered	Exercise/ Assignment	ICT Tools	Reference books

December, 2025	December 1, 2025	December 7, 2025	1				Central Board of Secondary Education (2010). Teacher's manual on Life Skills for classes – IX [Manual], Delhi 2. Cottrell, S. (2005). Critical thinking skills: Developing effective analysis and argument. New York: Palgrave Macmillan Ltd.
	December 8, 2025	December 14, 2025	1	Introduction to the Concept of Life Skills			
January, 2026	December 15, 2025	December 21, 2025	1	Benefits and application of Life Skills.			
	December 29, 2025	January 4, 2026	1	Benefits and application of Life Skills.			
	January 5, 2026	January 11, 2026	1	Matching Life Skills with one's behaviour			
	January 12, 2026	January 18, 2026	1	Matching Life Skills with one's behaviour			
	January 19, 2026	January 25, 2026	1	Components of Life Skills (Social- Thinking- Emotional)			
February, 2026	January 26, 2026	February 1, 2026	1	Components of Life Skills (Social- Thinking- Emotional)			
	February 2, 2026	February 8, 2026	1	Components of Life Skills (Social- Thinking- Emotional)			
	February 9, 2026	February 15, 2026	1	Understanding oneself in the world around: Discovering and Understanding the Inner-Self, Exploring			

				One's Self Identity, Staying in tune with Self, Self Esteem.		
	February 16, 2026	February 22, 2026	1	Understanding oneself in the world around: Discovering and Understanding the Inner-Self, Exploring One's Self Identity, Staying in tune with Self, Self Esteem.		
March, 2026	February 23, 2026	March 1, 2026	1	Understanding oneself in the world around: Discovering and Understanding the Inner-Self, Exploring One's Self Identity, Staying in tune with Self, Self Esteem.		
	March 2, 2026	March 8, 2026	1	Understanding oneself in the world around: Discovering and Understanding the Inner-Self, Exploring One's Self Identity, Staying in tune with Self, Self Esteem.		
	March 9, 2026	March 15, 2026	1	Interpretation and meaning of the multiple meanings and interpretations of Indian folktales, including their relationship to Indian cultural values, beliefs, and practices		

	March 16, 2026	March 22, 2026	1	Managing one's emotions/ feelings- Identifying common emotions			
April, 2026	March 23, 2026	March 29, 2026	1	Managing one's emotions/ feelings- Identifying common emotions			
	March 30, 2026	April 5, 2026	1	Revision			
Assessment Rubrics	Component	Max Marks					
	ISA 1	5					
	ISA 2						
	Practical						
	Project						
	Semester End Exam						