

Lecture Plan												
<b>Name of the College:</b> Government College of Arts, Science and Commerce. Sanquelim - Goa												
<b>Name of Faculty:</b> Shritesh Mhapsekar				<b>Subject:</b> VAC								
<b>Paper code:</b> VAC-116, Life Skills			<b>Program:</b> BSc/BA/BCOM			<b>Division:</b>						
<b>Academic year:</b> 2025-26			<b>Semester:</b> II			<b>Total Lectures:</b> 15						
<b>Course Objectives:</b> <ol style="list-style-type: none"> <li>1. To introduce the students to life skills</li> <li>2. To understand the connection between emotional, social and thinking skills</li> <li>3. To train the students in conducting life skills workshop with various stakeholders</li> <li>4. To develop critical and creative thinking skills</li> </ol>												
<b>Course Outcome:</b> <ol style="list-style-type: none"> <li>1. Students will be introduced to important Life Skills: Emotional, Social, Critical thinking, and Creative thinking.</li> <li>2. Students will understand the connection between emotional, social and thinking skills.</li> <li>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.</li> <li>4. Students will develop their critical and creative thinking skills.</li> </ol>												
<b>Student Learning Outcome:</b>												
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	Introduction to the Concept of Life Skills  Introduction to the Concept of Life Skills			Central Board of Secondary Education (2010). Teacher's manual on Life Skills for classes – IXX [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				
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			
<b>Assessment Rubrics</b>	Component	Max Marks					
	ISA 1	5					
	ISA 2						
	Practical						
	Project						
	Semester End Exam						