

**COUNSELLING SCHEDULE FOR THE MONTH OF JULY 2024**

CLASS	TOPIC	DURATION	LEARNING OUTCOME
V	BEING EMPATHETIC	40 minutes	<ul style="list-style-type: none"> <li>• Students will be able to define &amp; understand empathy</li> <li>• Students will be able to learn to be empathetic to friends, family &amp; teachers</li> <li>• Students will be able to Understand importance of empathy</li> <li>• Students will be able to be empathetic to self.</li> </ul>
VI	COMMUNICATION & STYLES OF COMMUNICATION	40 minutes	<ul style="list-style-type: none"> <li>• Students will be able to define communication.</li> <li>• Students will be able to understand components of communication.</li> <li>• Students will be able to understand importance of non-verbal communication.</li> <li>• Students will be able to personal space during communication.</li> <li>• Students will be able to understand types of communication styles.</li> </ul>
VII	FAMILY BONDING AND CARING COMMUNICATION	40 MINUTES	<ul style="list-style-type: none"> <li>• Students will be able to understand importance of family.</li> <li>• Students will be able to importance of trust in family bonding.</li> <li>• Students will be able to know the role of communication in family bonding.</li> <li>• Students will be able to understand values in a family</li> </ul>
VIII	GROWING UP HEALTHY, IMPORTANCE OF NUTRITION AND HYGIENE	40 minutes	<ul style="list-style-type: none"> <li>• Students will be able to understand the importance of exercise in daily life.</li> <li>• Students will be able to understand the importance of right eating habits during adolescence.</li> <li>• Students will be able to appreciate Indian superstitions &amp; good hygiene.</li> <li>• Students will be able to know dieting Myths and Body image.</li> </ul>
IX	GROW RESPONSIBLY USING LIFE SKILLS	40 minutes	<ul style="list-style-type: none"> <li>• Students will be able to understand social &amp; emotional challenges during adolescence.</li> </ul>

			<ul style="list-style-type: none"> <li>• Students will be able to know psychological changes happening during this period.</li> <li>• Students will be able to know the core life skills.</li> <li>• Students will be able to critically think and apply the life skills for promoting psycho social wellbeing.</li> </ul>
X	EMOTIONAL INTELLIGENCE	40 minutes	<ul style="list-style-type: none"> <li>• Students will be able to define Emotional intelligence.</li> <li>• Students will be able to understand the importance of EI.</li> <li>• Students will be able to know role of EI in a balanced life as a student.</li> <li>• Students will be able to understand relation between IQ and EQ.</li> </ul>
XI	BUILDING RESILIENCE FOR COPING AND CAPACITY BUILDING	40 minutes	<ul style="list-style-type: none"> <li>• Students will be able to define resilience.</li> <li>• Students will be able to understand the importance of resilience in life.</li> <li>• Students will be able to empower themselves to generate hope.</li> <li>• Students will be able to shift the focus from problem orientation to solution orientation.</li> </ul>
XII	WORKING EFFECTIVE CAREER CHOICES AND INTEGRATING THE 21 <sup>ST</sup> CENTURY SKILLS	40 minutes	<ul style="list-style-type: none"> <li>• Students will be able to understand the different career options available.</li> <li>• Students will be able to become self-aware to find own passion.</li> <li>• Students will be able to research and know the greys of any profession.</li> <li>• Students will be able to learn and work on 21st century skills like decision making etc.</li> </ul>