

ANNUAL PLAN

Month	Main content/chapters	Activities
April	Introduction to Soul Science	Shloka recitation in class with meaning.
June	Building capabilities for coping with stress and emotions.	Yoga (sitting in the class).
July	Gratitude	Card making to express gratitude .
August	Self Care	Role play to express the value of self care.
September	Mindfulness	Discussion .
October	Breaking Gender Stereotypes	Debate on the topic.
November	Conflict Resolution	Mind Mapping
December	Team work	Group Dance /Song
January	Problem solving	PPT presentation
February	Emotional intelligence	Discussion