

GOPI BIRLA MEMORIAL SCHOOL

Annual Plan 2025-26

Sub: Soul Science Std: 8 Teacher: Sunita Pandey

Month	Topic	Activity
APRIL	Introduction to SOUL SCIENCE Importance of Meditation	Discussion on Soul Science. Making a NB & Decorating . Writing a shloka with meaning in NB
JUNE	Motivation	Understanding Story Making Mind Map in NB Writing Reflection in TB
JULY	Motivation (Continue) Leadership	Making Mind Map Writing Reflection Skit /Group Project
AUGUST	Dealing with Peer Pressure Stress Management	Making Mind Map Writing Reflection Skit /Group Project
SEPTEMBER	PA 2 EXAM
OCTOBER	Effective Communication	Writing Reflection
NOVEMBER	Collaboration and Empathy	Writing Reflection Discussion / debate on topic
DECEMBER	Assertiveness	Meditation /Yoga in class /Terrace /Hall
JAUNUARY	Growth Mindset	Individual Project Making book cover/Still life in forests

FEBRUARY	PA 4 EXAM	Write reflection on overall learning throughout year on SOUL SCIENCE
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