

COURSE HANDOUT

Part A: Middle School

Classes VI–VIII · Life Skills Course Handout

Structure: 1 hour/week · 4 hours/month · 10 months · 40 hours

SUBJECT 1

Digital & Technology Life Skills

CBSE: 913 · 906 · 901

Delivered by: CS / Engineer

Digital Literacy Basics

- Internet, data & devices
- Digital footprint
- Safe usage

Social Media Handling

- What to share vs not share
- Cyberbullying & reporting
- Screen-time balance

Cyber Safety

- Password safety
- Online scams
- Stranger danger online

AI Awareness

- What is AI
- AI in daily life
- Good vs harmful AI use

ACTIVITIES Online safety role-play · Screen-time diary · AI spotting game

SUBJECT 2

Mental, Emotional & Addiction Awareness

CBSE: 902 · 917

Delivered by: Psychologist

Understanding Emotions

- Feelings & moods
- Stress & fear
- Self-regulation

Addiction Awareness

- Screen & social media addiction
- Tobacco & alcohol awareness
- Healthy coping

Healthy Habits

- Sleep routines
- Exercise & mindfulness
- Building resilience

ACTIVITIES Emotion wheel · Habit tracker · Discussion circles

SUBJECT 3

Health, Hygiene & Safety

CBSE: 916 · 914

Delivered by: Medical Doctor

Personal Hygiene

- Bathing & oral care
- Menstrual hygiene
- Grooming basics

Body Awareness

- Puberty & body changes
- Good touch / bad touch
- Respect & consent

First Aid

- Minor injuries
- Emergency response
- When to seek adult help

Nutrition

- Healthy food choices
- Reading food labels
- Junk food awareness

ACTIVITIES Hygiene checklist · First-aid demo · Safe-boundary role play

SUBJECT 4**Financial & Consumer Awareness**

CBSE: 904

Delivered by: Chartered Accountant

Money Basics

- Needs vs wants
- Saving habits
- Pocket money planning

Smart Spending

- Reading labels
- Advertisements
- Value for money

Consumer Awareness

- Consumer rights
- Saying no to peer pressure
- Recognising scams

ACTIVITIES Budget game · Label-reading exercise · Food choice challenge

SUBJECT 5**Communication & Confidence**

CBSE: 908

Delivered by: MBA Graduate

Communication

- Listening skills
- Expressing opinions
- Asking questions

Public Speaking

- Speaking without fear
- Storytelling
- Short presentations

Body Language

- Posture & eye contact
- Respectful communication
- Non-verbal cues

ACTIVITIES Show & tell · Short speeches · Mirror practice

SUBJECT 6

Thinking, Values & Civic Awareness

CBSE: 903

Delivered by: Lawyer + Engineer

How to Think

- Problem solving steps
- Structured thinking
- Good questions

Indian Constitution

- Rights & duties
- Civic sense
- Respecting rules

Safety

- Natural disasters
- Emergency contacts
- Self-defence awareness

ACTIVITIES Problem puzzles · Mock emergency · Civic role-play**ASSESSMENT** 100% internal · Project-based · Participation & reflection · No written exam · CBSE compliant

COURSE HANDOUT

Part B: Secondary School

Classes IX–X · Life Skills Course Handout

Structure: 1 hour/week · 4 hours/month · 10 months · 40 hours

SUBJECT 1

Advanced Digital & Cyber Skills

CBSE: 402 · 417 · 419

Delivered by: CS / Engineer

Digital Literacy

- Data privacy & laws
- Ethical tech use
- Digital identity

Cyber Security

- Phishing & frauds
- Safe transactions
- Misinformation

AI & Careers

- AI/Data Science basics
- Tech career paths
- Responsible AI

ACTIVITIES Cyber fraud sim · Privacy audit · AI ethics debate

SUBJECT 2

Mental Health & Addiction Prevention

CBSE: 413

Delivered by: Psychologist

Stress & Exams

- Burnout signs
- Healthy study
- Seeking help

Substance Abuse

- Smoking/alcohol/drugs
- Refusal skills
- Consequences

Social Media

- Mental health impact
- Digital detox
- Peer support

ACTIVITIES Stress audit · Peer discussion · Wellness plan

SUBJECT 3

Health, Reproductive Education & Self-Defence

CBSE: 413 · 418

Delivered by: Medical Doctor

Reproductive Health

- Age-appropriate content
- Menstrual health
- STI awareness (factual)

Consent & Safety

- What is consent
- Unsafe situations
- Reporting & help

Fitness

- Self-defence awareness
- Nutrition goals
- Body positivity

ACTIVITIES Health goal-setting · Consent role-play · First-aid refresher

SUBJECT 4**Financial, Legal & Entrepreneurial Skills**

CBSE: 405 · 411

Delivered by: CA + Advocate

Banking

- Account types
- Deposits & UPI
- Netbanking safety

Investment Basics

- Returns & interest
- Mutual funds
- Risk vs reward

Legal Literacy

- Cyber laws
- Consumer protection
- RTI & rights

Entrepreneurship

- Startup basics
- Problem spotting
- JAM concepts

ACTIVITIES Budget worksheet · Consumer complaint · Business pitch

SUBJECT 5**Communication & Leadership**

CBSE: 412 · 415

Delivered by: MBA Graduate

Public Speaking

- Structured presentations
- Debate & persuasion
- Handling questions

Leadership

- Leadership styles
- Conflict resolution
- Collaboration

Group Discussions

- GD practice
- Listening & responding
- Campus GD formats

ACTIVITIES Formal debates · Group presentation · Mock GD

SUBJECT 6

Critical Thinking, Civics & Emergency Readiness

CBSE: 422

Delivered by: Lawyer + Engineer

Problem Solving

- Design thinking
- Root cause analysis
- Decision trees

Constitution

- Fundamental rights
- Judiciary role
- Civic responsibility

Emergency

- Disaster preparedness
- First responder basics
- Emergency protocols

ACTIVITIES

Design challenge · Mock parliament · Emergency drill

ASSESSMENT

100% internal · Presentations, reflections & activities · No written exam · CBSE compliant

This syllabus is a structured implementation of CBSE Skill Modules & Skill Subjects, fully compliant with CBSE Skill Education guidelines (Circular Skill-01/2023).