

CLASSES IX–X · 40 HOURS · CBSE ALIGNED

Secondary School Life Skills Syllabus

Objective: Strengthen decision-making, financial and legal awareness, digital responsibility, career thinking, leadership, and active citizenship in preparation for adult life.

1 hr/week	4 hrs/month	40 hrs/year	Classes IX–X	100% Internal	Experiential
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SUBJECT 1

Advanced Digital & Cyber Skills

CBSE: 402 · 417 · 419

Delivered by: CS / Technology Engineer

Digital Literacy (Advanced)

- Data privacy & digital laws
- Ethical use of technology
- Digital identity management

Cyber Security

- Phishing & online frauds
- Safe online transactions
- Recognising misinformation

AI & Technology Careers

- AI and Data Science basics
- Career paths in technology
- Responsible AI use

ACTIVITIES Cyber fraud simulation · Data privacy audit · AI ethics debate

SUBJECT 2

Mental Health & Addiction Prevention

CBSE: 413

Delivered by: Psychologist

Stress & Exam Pressure

- Recognising burnout signs
- Healthy study habits
- Seeking help without stigma

Substance Abuse Awareness

- Smoking, alcohol, drug effects
- Refusal skills
- Long-term consequences

Social Media Addiction

- Impact on mental health
- Digital detox strategies
- Peer support systems

ACTIVITIES Stress audit exercise · Peer support discussion · Wellness action plan

SUBJECT 3

Health, Reproductive Education & Self-Defence

CBSE: 413 · 418

Delivered by: Medical Doctor

Reproductive Health (Scientific)

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

Consent & Respect

- What is consent
- Recognising unsafe situations
- Reporting & seeking help

Personal Safety & Fitness

- Self-defence awareness
- Nutrition & fitness goals
- Body positivity

ACTIVITIES

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

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

CBSE: 405 · 411

Delivered by: CA + Advocate

Banking & Saving

- Types of accounts
- Fixed & recurring deposits
- UPI & netbanking safety

Basics of Investment

- Interest & returns
- Mutual funds awareness
- Risk vs reward

Legal Literacy

- Cyber laws & digital rights
- Consumer protection
- RTI & fundamental rights

Entrepreneurship

- What is a startup
- Problem identification
- JAM — jobs, apprenticeships, micro-business

ACTIVITIES

Budget planning worksheet · Mock consumer complaint · Mini business pitch

SUBJECT 5**Communication & Leadership**

CBSE: 412 · 415

Delivered by: MBA Graduate

Public Speaking (Advanced)

- Structured presentations
- Debate & persuasion
- Handling questions confidently

Leadership & Teamwork

- Leadership styles
- Conflict resolution
- Delegation & collaboration

Group Discussions

- Structured GD practice
- Listening & responding
- Corporate & campus GD formats

ACTIVITIES

Formal debate rounds · Group project presentation · Mock GD practice

SUBJECT 6

Critical Thinking, Civics & Emergency Readiness

CBSE: 422

Delivered by: Advocate + Engineer

Problem Solving Frameworks

- Design thinking 5-step
- Root cause analysis
- Decision trees

Indian Constitution (Detailed)

- Fundamental rights & directive principles
- Role of judiciary
- Civic responsibility

Emergency Readiness

- Natural disaster preparedness
- First responder basics
- Emergency contact protocols

ACTIVITIES

Design thinking challenge · Mock parliament · Emergency response drill

Annual Learning Outcomes

- Digitally safe with advanced cyber awareness

- Emotionally resilient with addiction prevention knowledge

- Health-conscious with reproductive health understanding

- Financially responsible with investment and legal awareness

- Confident leader and structured communicator

- Active citizen ready for careers and civic life