

**STEP - 3 [MONTHLY PLANNING – 2020-2021]**

**SUBJECT: LIFE SKILLS CLASS: IX A**

**NAME OF THE TEACHER: ASHA DUBEY**

APRIL (Days: 23/ 30)

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| L.No | CHAPTER NAME |
| 1 | **THE HEALING POWER OF MEDITATION** |

MAY (Days: 7/ 31 )

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| L.No | CHAPTER NAME |
| 2 | **ARE WE CYBERSAFE?** |

June (Days: / 30)

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| L.No | CHAPTER NAME |
| 3 | **THE POWER OF EFFECTIVE COMMUNICATION** |

July (Days: 25/31)

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| L.No | CHAPTER NAME |
| 4 | **HAVING A GREAT RELATIONSHIP WITH PARENTS** |

Aug (Days: 20/ 31)

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| L.No | CHAPTER NAME |
| 5 | **I CAN MANAGE STRESS EFFECTIVELY** |

Sep (Days: 24/ 30)

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| L.No | CHAPTER NAME |
| 6 | **I CAN MANAGE STRESS EFFECTIVELY** |

October (Days: 18/ 31)

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| L.No | CHAPTER NAME |
| 7 | **REDUCING CARBON FOOTPRINTS** |

November(Days: 08/ 30)

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| L.No | CHAPTER NAME |
| 7 | **REDUCING CARBON FOOTPRINTS** |

December (Days: 24/ 31)

January (Days: 22/ 31)

February (Days: 23/ 28)

March (Days: 08/ 31)