



# ST. LAWRENCE HIGH SCHOOL

27, BALLYGUNGE CIRCULAR ROAD, KOLKATA – 700019  
Session Plan/Syllabus coverage for the Academic Year 2026-2027



Subject: Value Education Term: First Name of the Subject Co-ordinator: Ms. Amrita Sofia Gomes Name of the Book: Heart and Mind-A Book on life skills and value Education (Marina Publications Pvt. Ltd.) Revised Edition 2026

No. Of Working Days: 61

No. Of Periods Available: 14

Class: VIII

Section: A, B and C

MONTH	NO. OF PERIODS	LESSONS	TOPICS COVERED	CLASS WORK	TEACHING AIDS
APRIL 2025	04	Ch-1- Our Heavenly father (Pg 11-16)	Who is God?, A prayer to God in the form of Poem, Story- God's Appearance in Dream (Pg 11-13)	Exercise: A: Q.no:1-5, C: Q.no:1-3(Pg 13-16)	Activity to improve self-awareness and critical thinking
MAY	02	Ch-2- Have Faith in God (Pg 17-20)	Don't lose faith in God, Incidents from Bible and Hindu epic Ramayana, Story- The Isolated Seaman (Pg 17-19)	Answer the following: Q:no:1-5, Exercise: A: Q.no:1-4 (Pg 19-20)	Group discussion on the tough times of life and the intervention of God
JUNE	03	Ch-3- Don't quit (Pg 21-26)	Don't quit, Why should you not give up?, Story- The Rope that inspired(Pg 21-23)	Exercise: A: Q.no:1-5, B: Q.no:1-4 (Pg 23-26)	Activity to create Critical thinking and to cope with stress
JULY	05	Ch-4- A Noble Quality (Pg 27-31) <u>1<sup>st</sup> Term Unit Test begins from 13/07/26</u>	Importance of Honesty, Story- The Honest Successor (Pg 27-28) <u>Syllabus for 1<sup>st</sup> Term Unit Test-</u> <u>Ch- 1. Our Heavenly Father</u> <u>Ch-2. Have Faith in God</u>	Exercise: A: Q.no:1-5, B: Q.no:1-4 (Pg 29-31)	Survey activity based on interpersonal relationship

Teachers are requested to prepare a LESSON PLANS for each Topic month wise.  
Kindly mention the chapters included for Terminal Examinations.

Signature of the Co-Teachers: 1. Ms. Amrita Sofia Gomes 2. Mr. Avik Banerjee 3. Ms. Antara Ghosh

*Amrita Sofia Gomes*

*Avik Banerjee Antara Ghosh*

Submitted on: 20.04.26

Academic Co-ordinator: *Chaitali Roy*

*Principal*

PRINCIPAL

VICE-PRINCIPAL

*Principal*



# ST. LAWRENCE HIGH SCHOOL

27, BALLYGUNGE CIRCULAR ROAD, KOLKATA – 700019

Session Plan/Syllabus coverage for the Academic Year 2026-2027



Subject: Value Education Term: First + Second Name of the Subject Co-ordinator: Ms. Amrita Sofia Gomes Name of the Book: Heart and Mind-A Book on life skills and value Education (Marina Publications Pvt. Ltd.) Revised Edition 2026

No. Of Working Days: 61 (1<sup>ST</sup>) , 36 +42 (2<sup>ND</sup>)

No. Of Periods Available: 14 (05 + 09)

Class: VIII

Section: A, B and C

MONTH	NO. OF PERIODS	LESSONS	TOPICS COVERED	CLASS WORK	TEACHING AIDS
AUGUST	04	Ch5 – Nullify your weakness (Pg 32-35)	Blessing in disguise (Pg 32-33)	Answer the following: Q.no:1- 5 (Pg 33 to 35)	Activity based on inspiring life of physically challenged people
		Ch6- Sense of humour (Pg 36 to 41)	Mind your business, Lift is out of order, Norman's Cousins' Positivity (Pg 36 to 38)	Exercise: A & B (full) (Pg 38 to 41)	Jokes narration activity for critical thinking
		Ch8- Learn to forgive (Pg 48 to 52)	The forgiving Swamiji, case study activities, poem – forgiveness (Pg 48 to 52)	Exercise: A & B (full) (Pg 50 to 52)	Activity based on Life situation and forgiveness
SEPTEMBER <u>FIRST TERM EXAM</u> 07/09/2026 <u>SECOND TERM</u> <u>BEGINS ON</u> 21/09/2026	01	Revision of Chapters- 1,2,3,4,5,6 & 8 (Pg 11 to 41, Pg 48 to 52)	Syllabus of first term exam: <u>Ch1- Our heavenly Father, Ch2- Have faith in God, Ch3- Don't quit, Ch4- A noble quality, Ch5- Nullify your weakness, Ch6- Sense of humour, Ch8- Learn to forgive</u>	Discussion of question and answers, essays and posters	Classroom quiz, Group discussion, Essay Writing
	02	Ch10- Calm your mind (Pg 58 to 62)	A flower in the Bush, pray to God (HM Pg 58 to 62)	Exercise: A: Q.no:1- 5, B: Q.no:1-5 (Pg 60 to 62)	Debate on Money vs Peace of Mind for Self awareness
OCTOBER	03	Ch-11- The Great Scientists (Pg 63 – 67)	Life examples of L.C.Bose, H.J.Bhaba, Dr.A.P.J.Abdul Kalam, Albert Einstein (Pg 63 – 65)	Time to Do: Ex: A: Q.no:1,2, B: Q.no:1- 7, C: Q:no:1,2 (Pg: 65-67)	Group discussion on Great scientists and their lives
NOVEMBER	04	Ch-12- Love is supreme (Pg 68 - 71) <u>2<sup>nd</sup> Term Unit Test begins from 16/11/26</u>	Selfless love of Florence Nightingale (Pg 68 – 70) <u>Syllabus for 2<sup>nd</sup> Term Unit Test- Ch- 10. Calm your mind Ch-11. The Great Scientists</u>	Answer the following: Q:no:1-5 (Pg 70 - 71)	Class Discussion on the topic "The Miseries of War"

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Signature of the Co-Teachers: 1. Ms. Amrita Sofia Gomes 2. Mr. Avik Banerjee 3. Ms. Antara Ghosh

*Amrita Sofia Gomes* *Avik Banerjee* *Antara Ghosh*

Submitted on: 20.04.26

Academic Co-ordinator: *Chaitali Roy*

*[Signature]*  
PRINCIPAL

VICE-PRINCIPAL *[Signature]*



# ST. LAWRENCE HIGH SCHOOL

27, BALLYGUNGE CIRCULAR ROAD, KOLKATA – 700019  
Session Plan/Syllabus coverage for the Academic Year 2026-2027



Subject: Value Education Term: Second Name of the Subject Co-ordinator: Ms. Amrita Sofia Gomes Name of the Book: Heart and Mind-A Book on life skills and value Education (Marina Publications Pvt. Ltd.) Revised Edition 2026

No. Of Working Days: 42,58

No. Of Periods Available: 09

Class: VIII

Section: A, B and C

MONTH	NO. OF PERIODS	LESSONS	TOPICS COVERED	CLASS WORK	TEACHING AIDS
DECEMBER	03	Ch-13- Differently abled people (Pg 72-75)	Life of Stephen Hawking, Arunima Sinha, Dr.Satendra Singh, Preethi Srinivasan, Rajinder Singh Rahelu (Pg 72-74)	Exercise A: Q1- Q6, B: Q.no:1-4 (Pg 74-76)	Class Discussion based on the behaviour towards differently - abled people
JANUARY 2026	04	Ch-14 -The Real Wealth of Life (Pg 77- 80)	Self Awareness, Interpersonal Relationship, Decision making, The Story of The Loving Priest (Pg-77-78)	Answer the following: Q:no:1-5 (Pg 78 - 80)	Class Discussion based on Real Wealth of Life
FEBRUARY	02	Ch-15 -The path of truth (Pg 81- 85)	Story of Raja Harishchandra (Pg 81 - 82)	Exercise A: Q1- -Q5, B: Q.no:1-3 (Pg 83 - 85)	Activity based on Life-situation for decision making
<u>SECOMD TERM EXAM</u> <u>15/02/2027 -</u> <u>26/02/2027</u>		Revision of Chapters- 10,11,12,13.14,15	<u>Syllabus for the second term exam -</u> <u>Ch10-Calm your mind, Ch11-The Great Scientists,</u> <u>Ch12- Love is supreme, Ch13-Differently abled</u> <u>people, Ch14- The Real Wealth of Life, Ch15- The</u> <u>path of truth</u>	Discussion of questions and answers, essays and posters	Classroom quiz, Group discussion, Essay Writing

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Kindly mention the chapters included for Terminal Examinations.

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