



ST. LAWRENCE HIGH SCHOOL

27, Ballygunge Circular Road, Kolkata 700019

Session Plan/ Syllabus Coverage for the Academic Year 2025-2026



Subject: VALUE EDUCATION

TERM: FIRST

Name of the Subject Co-ordinator: MANALI PAL

Name of the Book: Heart and Mind

No. of working days: 103

No. of periods available: 12

CLASS: VII

SECTIONS: A, B, C

MONTH	NO. OF PERIODS	LESSONS	TOPICS COVERED	CLASSWORK	TEACHING AIDS
APRIL	03	1 st Term Begins CHAPTER 1 REVERENCE TOWARDS GOD Heart and Mind Pages 7-16	The lesson will be explained in class. Meanings, Spellings, Short answer questions will be given. Discussion on related topics will be done.	Meanings, Spellings, Short answer questions Reference to the context Heart and Mind Pages 7-16	Activity: Students will asked to write a Prayer of their own in reverence towards God.
MAY	02	CHAPTER 4 REALISE YOUR POTENTIAL Heart and Mind Pages 29-34	The teacher will explain the lesson in class. Meanings, Spellings, Short answer questions will be given. Reference to the context answers will be discussed.	Meanings, Spellings, Short answer questions Reference to the context Heart and Mind Pages 29-34	Activity: As a self-awareness activity, students will be asked to identify their strengths and weaknesses and write them down.
SYLLABUS FOR UNIT TEST 1: CHAPTER 1 REVERENCE TOWARDS GOD					
JUNE	02	CHAPTER 5 SAY NO TO BAD THINGS Heart and Mind Pages 35-39 UT1 starts from 23/06/2025	The students will be given a detailed explanation in class. Meanings, Spellings, Short answer questions will be given. Discussion on related topics will be done.	Meanings, Spellings, Short answer questions Reference to the context Heart and Mind Pages 35-39	Activity: The students will be asked to write down ways in which they can control their anger in times of trial.
JULY	05	CHAPTER 7 USE YOUR OWN RESOURCES Heart and Mind Pages 45-49	The teacher will explain the lesson in class. Meanings, Spellings, Short answer questions will be given. Reference to the context answers will be discussed.	Meanings, Spellings, Short answer questions Reference to the context Heart and Mind Pages 45-49	Activity: The students will be given a particular task with certain conditions.

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

Signature of the Co-Teachers: 1. Shriya Basu 2. Manali Pal 3. Debasena Ganguly

Submitted on: 21/04/2025

Academic Coordinator: K. Banerjee

PRINCIPAL: [Signature]

VICE PRINCIPAL:

[Signature]

**ST. LAWRENCE HIGH SCHOOL**

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Session Plan/ Syllabus Coverage for the Academic Year 2025-2026



Subject: VALUE EDUCATION

TERM: FIRST and SECOND

Name of the Subject Co-ordinator: MANALI PAL

Name of the Book: Heart and Mind

No. of working days: 103,92

No. of periods available: 5+7

CLASS: VII

SECTIONS: A, B, C

MONTH	NO. OF PERIODS	LESSONS	TOPICS COVERED	CLASS WORK	TEACHING AIDS
AUGUST	04	CHAPTER 8 BEING RESPECTFUL Heart and Mind Pages 50-54	The lesson will be explained in class. Meanings, Spellings, Short answer questions will be given Discussion on related topics will be done.	Meanings, Spellings, Short answer questions Reference to the context Heart and Mind Pages 50-54	Activity: Students have to draw ways in which they can be helpful, considerate and caring towards their elders.
SEPTEMBER	01	1 ST TERM EXAM BEGINS FROM 15.09.2025	SYLLABUS OF FIRST TERM: CHAPTERS 1, 4,5,7,8.	REVISION, EXAM CONTINUES	REVISION, EXAM CONTINUES
OCTOBER	03	2 nd TERM BEGINS FROM CHAPTER 9 KEEP ON TRYING Heart and Mind Pages 55-60	The teacher will explain the lesson in class. Meanings, Spellings, Short answer questions will be given.	Meanings, Spellings, Short answer questions Reference to the context Heart and Mind Pages 55-60	Activity: Case- Study (Coping with Emotions) The students will be asked to read aloud some situations and say how they would react in those situations.
UNIT TEST 2 SYLLABUS: CHAPTER 9 KEEP ON TRYING					
NOVEMBER	04	CHAPTER 10 NEVER BE REVENGING Heart and Mind Pages 61-65 CHAPTER 12 LIVING FOR OTHERS Heart and Mind Pages 71-76 UT 2 begins from 17/11/2025	The students will be given a detailed explanation in class. Meanings, Spellings, Short answer questions will be given Discussion on related topics will be done.	Meanings, Spellings, Short answer questions Reference to the context Heart and Mind Pages 71-76	Activity: The students will be asked to write a short story to illustrate how hatred causes unhappiness while love causes happiness and read it aloud in class.

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

Signature of the Co-Teachers: 1. *Shreya Banerjee*2. *Manali Pal*3. *Debalena Ganguly*Submitted on: *21/04/2025*Academic Coordinator: *Kanika*PRINCIPAL: *[Signature]*VICE PRINCIPAL: *[Signature]*



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Session Plan/ Syllabus Coverage for the Academic Year 2025-2026



Subject: VALUE EDUCATION

TERM: SECOND

Name of the Subject Co-ordinator: MANALI PAL

Name of the Book: Heart and Mind

No. of working days: 92

No. of periods available: 08

CLASS: VII

SECTIONS: A, B, C

MONTH	NO. OF PERIODS	LESSONS	TOPICS COVERED	CLASS WORK	TEACHING AIDS
DECEMBER	03	CHAPTER 13 LIVE BY EXAMPLE Heart and Mind Pages 77-82	The lesson about Ishwar Chandra Vidyasagar and his teachings will be explained and discussed in class.	Meanings, Spellings, Short answer questions Reference to the context Heart and Mind Pages 77-82	Life-situation activity about self-awareness and decision-making will be done.
JANUARY	03	CHAPTER 15 LIMIT YOUR DESIRES Heart and Mind Pages 89-93	The lesson will be explained in class. Meanings, Spellings, Short answer questions will be given Discussion on related topics will be done.	Meanings, Spellings, Short answer questions Reference to the context Heart and Mind Pages 89-93	Activity: 10 Day Challenge Activity The students will be asked to write down 10 good habits and start a particular habit on a specified day and continue it forever
FEBRUARY	02	2 ND TERM EXAMS BEGIN 16.02.2026	SYLLABUS OF THE SECOND TERM: CHAPTERS 9,10,12,13,15.	REVISION OF THE SYLLABUS	REVISION OF THE SYLLABUS BY AUDIO-VISUAL
MARCH	00	Correction work continues	Correction work continues	Correction work continues	Correction work continues

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Signature of the Co-Teachers: 1. Deeya Kumar 2. Manali Pal 3. Debalena Ganguly
21/04/25

Submitted on: 21/04/2025
Academic Coordinator: K. Barua

PRINCIPAL: [Signature]

VICE PRINCIPAL: [Signature]