Appendix- $C_1$

Brief Life Skills Intervention Package for 8th and 9th Standard Students

$C_{1,1}$ Academic Performance

Aim:
Improve memory and concentration in students and help them inculcate better study habits and techniques.

Objectives:
• To identify ways to improve one’s memory and recall ability.
• Ways to decrease distraction and improve concentration.
• Develop better study habits and techniques to improve academic performance.

Life Skills:
Problem solving
Decision making
Critical thinking
Self awareness.

Vignette:
Raju, a class seven student, was son of high ranking bank officer and his mother was a lecturer. He was intelligent student and performed well till 5th standard. However, for the past two years his academic performance is deteriorating and his parents were worried about it. He spent lot of time playing or listening to music. He preferred studying in the hall where his parents watch TV. His parents noticed that he is unable to concentrate for long time and required breaks even for short duration of studying. As his performance was becoming poor, his parents started taking more care of his studies. They also noted that he forgot the learnt portions very quickly and he was unable to write complete answers in the exams. Raju too felt that though he was putting the same effort as he used to in earlier classes, his performance was going down. He was worried but did not take any steps towards improving his performance. Though he had doubts, he preferred not to discuss with teacher for fear of being scolded nor with parents or friends. He left the questions and difficult portions as he did not want to put extra effort. He preferred watching TV over learning. He preferred to study only just before exams and did not make revisions.

Questions:
1. What are the reasons for Raju’s poor performance?
2. What should he do to improve his performance?
3. How to improve one’s concentration?
4. How to improve memory?
5. What are good study habits?
C.2 Self discipline

Aim:
Manage one’s emotions effectively including anger and jealousy and being more organised.

Objectives:
- Recognizing the emotion and its source.
- Develop ways to experience emotions in proper portions i.e control them.
- Learn ways to know more about self.
- Learn to be more effective and reality oriented.

Life Skills:
Effective communication
Interpersonal relations
Coping with emotions
Coping with stress
Critical thinking
Self awareness.

Vignette:
Krishna and Venkatesh are two good friends. They live in same area, travel to school together and help each other in studies. Of late Krishna has observed that Venkatesh has been paying less attention to his studies. He spends more time with poor performing students and even avoids going home with Krishna. He had developed liking for their company as they did not like studying and always played cricket. Venkatesh felt that playing cricket with them would help him become national player and play for team India. Though Venkatesh tried to stay up to date with studies and also spend time with them, he found that he was unable to complete home work and projects in time. He often got punished and started scoring less marks in exams too. However, Krishna kept on doing well and was even trying to come first in the class. Venkatesh felt very jealous and tried to find ways to beat Krishna in studies. He stole home work books of Krishna, spread rumors about him, disrupted his project work and even started picking up fights with him for small matters. He also found himself to be short tempered and depressed.

Venkatesh’s uncle, who knows the two boys well, has been observing all developments. He decided to talk to Venkatesh as he deserved help. Venkatesh, though reluctant in the beginning, later realised that it is because of his negligence he has been performing poorly and it has resulted in jealousy and sadness. He also realised that playing gully cricket does not improve his talent in cricket. He has to work hard by joining coaching academy and that he too has potential to do well. One has to keep one self motivated, goal oriented and think realistically.

Questions:
1. What are the emotions experienced by students in general?
2. How to cope with jealousy?
3. How to cope with anger?
4. How to cope with sadness?
5. How to be organised?
6. How to keep away from bad company?

C.3 Nutrition

Aim:
Develop good food habits, sleep hygiene and inculcate habit of involving in physical exercise and playing.

Objectives:
1. Know more about good food and its effect on health and in turn on academic performance.
2. Importance of sleep and how to get sound sleep.
3. Role of exercise and involving in physical activities.

Life Skills:
Decision making
Self awareness
Coping with stress
Critical thinking
Inter personal relations.

Vignette:
Renu is a class ten student. She is very fussy about the food and eats very little. She wants to be a model when she grows up and so she keeps pencil thin figure. Her parents are working couple and hence are unable to supervise her. She avoids most vegetables and has little dhal preparation every day. She also does not consume eggs, milk, curds and fruits too fearing that she might put on weight. However she loves to drink cola and consume wafers and potato chips. She observed that her performance in school is becoming poor, she is unable to concentrate in class and unable to recall answers during exams. She felt fatigued, drowsy most of the day time. Her appearance too became sickly, her hair became brown and brittle and there were spots on her fore arms and face. Because of these symptoms she was unable to go to play with her friends. Her parents were concerned about her condition.

During October holidays, she went to visit her aunt who is a doctor. Her aunt too was concerned about her appearance and health. She decided to examine her and do the needful. Her blood test revealed low levels of haemoglobin and deficiency of certain vitamins. She immediately knew the cause as she was aware of her food habits. She worked as health consultant for a modeling agency, so she took Renu with her one day. There Renu observed her aunt counsel the aspiring models regarding importance of consumption of balanced food, need to consume fruits,
vegetables, milk, curds in right amounts, how these helped in maintaining good figure and also improved appearance of skin and hair. She also told them about maintaining regular sleep routine, avoiding coffee and tea, drinking lot of water to avoid constipation and doing exercise regularly in the morning to improve their concentration in work and improve their performance. Renu realised that her beliefs were misconceptions and reformed her eating habits and even started doing exercise and started playing badminton. Her performance and appearance improved tremendously.

Questions:
1. Differentiate between nutritious and non nutritious food?
2. What are common misconceptions (wrong ideas) about food?
3. How to get sound sleep?
4. What are the exercises that improve your health and performance?
5. What are that impacts of good food on mind and body?
6. List the good food habits that students should develop.

C1.4 Career Choices

Aim:
1. Develop awareness about ones ambitions, capabilities and opportunities.
2. Dealing with parental expectations and personal desires.
3. Planning for a career looking into all aspects like finances, future prospects and other limitations.

Objectives:
- Making appropriate assessment of one’s capabilities and choosing a career accordingly.
- Being aware of various opportunities.
- Able to negotiate with parents regarding career choices when there is a difference of opinion.
- Having realistic idea about how much parents can spend on career choice.
- Gather information about requirements of a career, future prospects and job satisfaction.

Life Skills:
- Decision Making
- Critical Thinking
- Self Awareness
- Coping with stress
- Problem solving.
Vignette:

Ram, a class ten student, is a very intelligent boy. He was good in studies, at the same time he has exceptional talent for writing stories and drama. His parents are well educated working couple who nurtured his talent. His friend Harish hails from middle income family and had ambition to become doctor. He too was intelligent and performed well in school. Just before final exams, their class teacher organised a discussion on their future plans. During the session, they realised that Ram wants to direct films and write scripts and Harish wants to become a neuro surgeon. On their way home, they continued discussion. Ram was confused as to what course he should pursue to become a director, are there training institutes? Where are they? How much would it cost? Lastly, whether his parents would approve his choice? Harish too was confused as to what are the requirements to get in to medical college, how much would it cost to become neuro surgeon? They decided to visit the school library to find out more about it. The school librarian, looking at the boys’ enthusiasm, helped them gather required information. Ram came to know that there are institutes of national repute that train student on various aspects of film making, course structure, fee details and future prospects. Harish too came to know lot of information but was disappointed as he knew his parents would not be able to afford such a costly course. Ram’s parents though skeptical, agreed to let him pursue his choice as he was talented. Harish decided to pursue career in pure sciences so that he can make discoveries that would ultimately be used in treatment of patients.

Questions:
1. Is it necessary to have career choices/future plans?
2. How to achieve the aims or future plans?
3. What are the factors that one should keep in mind while making career choices?
4. How to deal with parental disapproval?
5. What will you do if you can not get into desired course?
6. Was Harish right in changing his career choice? Did he choose right one?

C1.5 Tobacco and other drug abuse and HIV/AIDS

Aim:
Gain awareness about tobacco/alcohol abuse, its effect and out come on children.

Objective:
- To know more about tobacco/alcohol abuse, its effect and out come on children.
- How to say no to these harmful substances.
- How to deal with habit, if already started.
- Learn more about HIV/AIDS and how to stay away from it.

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Life skills:
Decision making
Problem solving
Critical thinking
Coping with emotions
Coping with stress.

Vignette:
Vikram, Gopal and Venkat are good friends. Vikram and Gopal belonged to rich families; they got lot of money as pocket money from their parents. They spent the money on their friends, parties and unnecessary things. Venkat liked to be with them, because he could get some things which he himself could not afford. Vikram and Gopal started smoking cigarettes upon the influence of their seniors. They felt that smoking and eating gutka improved their prestige among their friends and proved their masculinity. Since money was not a problem, they continued with the habit. They started forcing Venkat to start smoking. Though he liked their friendship and benefited from it, he was against smoking. He decided to stop their friendship as he was unable to convince them to quit smoking. Vikram, Gopal started neglecting their studies, performed poorly in exams and stayed away from school and home most of the day time. They started falling sick more frequently and found it difficult to keep up with studies. They required to smoke every hour to keep themselves calm. The habit made them depressed as time progressed. To get rid of depression, they started experimenting with drugs. Drugs gave them relief temporarily but it affected their health more than cigarettes. They injected, inhaled and swallowed various kinds of drugs. One day they came to know that, one of the boys in the group with whom they shared drugs died suddenly. They found that he died because of AIDS. It shocked and scared them. So they decided to stop taking drugs and smoking cigarettes too. They found it difficult, but Venkat convinced them to seek help of doctor to relieve themselves of the bad habits. With treatment they quit drugs and cigarettes, their health improved and performed better in school. They were very happy and thankful to Venkat at the end. Once again all three of them became good friends.

Questions:
1. Was Venkat right in leaving their friendship when they forced him to smoke?
2. Does smoking and taking drugs improve your prestige?
3. What do you know about HIV/AIDS?
4. What are the consequences of consuming tobacco (cigarette and gutkha) and other drugs?
5. What are your suggestions for tobacco (cigarette and gutkha) and other drug abusers?
6. How to stay away from cigarettes, alcohol, drugs and its users?
C1.6 Understanding Body and Mind (Sexuality)

Aim: Develop awareness regarding one’s sexuality and protect one’s self from abuse.

Objectives:
- To know more about differences in body and mind of girls and boys.
- To understand the emotions associated with sexuality.
- To protect one’s self from abuse.
- To be able to differentiate between infatuation and stable relationship ‘Love’

Life Skills:
- Critical Thinking
- Self awareness
- Interpersonal Relations
- Decision Making
- Coping with Stress
- Coping with Emotions.

Vignette:

Arvind and Anitha are brother and sister studying in 10th std. They do fairly well in studies and have happy family life. Arvind wanted to join the volley ball group, but he team members were not keen. They challenged him to give a ‘love letter’ to a pretty girl in the class; if he succeeded he would be inducted into the group. To prove himself he is capable, he wrote a letter and gives it to her though he had no such feelings towards her. The girl kept quite and felt proud about it. Arvind joined the group and regularly played volley ball. As the days passed by, both started getting attracted towards each other. They would exchange notes and try to be in each others company all the time. Both of them could not concentrate on studies, had poor memory and performed poorly. Some times they used to go to parks during school time. Once their teacher caught them red handed and took them to school. She spoke to them in detail why they should be concentrating on studies instead of building relationship. She told them that it is normal for boys and girls to get attracted to, the hormones that are produced in the body cause such bodily changes and behaviour. But children are also maturing mentally at this stage, so they should have clear priorities and put studies first. They need not feel too much depressed about their behaviour, but put their energies into building good career and then they can continue with the relationship. Arvind and the girl realised their mistake, changed their behaviour, studied well and came out in flying colours.

Anitha used to go tuitions taught by her college going cousin. He used to sit too near to her, touch her hand and brush against her even though there was enough space to move around. He used to speak about movies and other things with her. He some times tried to seek opportunities to be alone with her. Anitha became
too uncomfortable and started avoiding his company. She was confused and could not understand the behaviour though he was a cousin. Once he tried to hold her hand when alone. She got extremely scared and stopped going to tuitions. She complained to her mother, who understood the abuse. She told her it was not her fault for his misbehaviour. From now on she should be more careful about peoples (men’s) touch, gestures, speech and looks. If she is uncomfortable she should go away from there and avoid meeting such people alone. In this way Anitha protected herself from potential abuse.

Questions:
1. Why do boys and girls get attracted to each other?
2. Are they (children up to age 18) ready for stable relationship like ‘love’?
3. Were Arvind and Vinitha right in changing the relationship after teacher spoke to them?
4. Did Anitha do the right thing by discussing her problem with her mother?
5. What are your suggestions for boy and girls who get attracted to opposite sex and spoil their studies?
6. How should one protect one’s self from abuse?

Social Responsibility

Aim:
Improve awareness regarding one’s rights and responsibilities in context of family, school, community and be aware of universal human rights too.

Objectives:
- To know what are one’s rights and where to exercise them.
- To know what are responsibilities and how to discharge them.
- Rights and responsibilities varies from context to context.
- To be aware of universal human rights.

Life Skills:
Empathy
Critical thinking
Coping with Stress
Self awareness
Problem Solving
Decision Making.

Vignette:
Meena and Mohan are brother and sister studying in 8th and 6th standard respectively. Their father worked in insurance company and mother was a housewife. Theirs was a happy close knit family. One day on their way to school with their friends, they found a old man lying unconscious. Meena decided to help
him by taking him to hospital. Their friends declined to help and went away to school. Meena and Mohan admitted him to hospital and then went to school. They were scolded by their teacher for coming late, though they explained the reason. By evening, before leaving the school, the same teacher rushing to them and thanked them profusely for saving her father from death. She told them that the old man they admitted was her father whose diabetes is not under control. She appreciated their sense of responsibility towards fellow beings.

Their school was situated at the out skirts of the city, and there was open space around the school premises. Municipal Corporation has been regularly dumping the collected garbage in this open space. As the garbage grew, the stink became too much, children found it difficult to play or concentrate in the class. Requests by principal to municipality fell on deaf ears. Gradually some children started falling sick due to mosquito bites. Meena decided to do some thing about it and met all the class monitors and principal. She explained that signature campaign by school demanding a clean environment would solve the problem. Signatures of children and teachers were collected along with medical certificates of sick students. Then under the supervision of senior teacher, Meena with class monitors met municipal commissioner, explained every thing and convinced him that the children as citizens of the city have the right to clean environment. Municipal commissioner appreciated children’s sense of civic rights and agreed to stop dumping garbage. In this way their problem was solved.

Once, Meena observed that the maid servant in her house started sending her daughter for work; she was a good student studying in 10th standard. Meena’s mother called her maid servant and asked reason for sending her daughter. She was upset that a bright student’s studies are being compromised. The servant explained that she wanted extra income for the family to meet every body’s needs. Meena’s mother explained that, if her daughter is educated she can take up jobs which fetch more salary. She also told her that all children have right to education and problem free childhood. If parents are found violating this, they could be put in jail. Servant realised her mistake and started sending her daughter to school. Meena learnt that children have their own rights.

Questions:
1. Did Meena and Mohan do the right thing by admitting the old man to hospital instead of going to school in time?
2. List some of the other civic/social problems which children can participate to solve them.
3. How to create awareness in public regarding their civil rights?
4. List the fundamental rights of children.
5. Is there a need to develop sense of social responsibility in children?
6. Being socially responsible will solve lot of the present day problems. Explain.
Aim: Make, maintain and improve relationships and make them mutually satisfying.

Objectives:

- To take the initiative to make friendship.
- To maintain relationships through various means.
- To improve poor relationships and make them satisfying for all.

Life Skills:
- Interpersonal Relations
- Empathy
- Effective Communication
- Coping with Stress
- Coping with Emotions
- Critical Thinking
- Problem Solving
- Decision Making
- Self awareness.

Vignette: Ravi, Prakash and Raj are good friends studying in 10th standard. They knew each other's family well and went to school together. Raj was shy natured boy and never mingled with other children in the class. There was a new boy in the class who ashe d to be part of this group. Ravi and Prakash made friends made easily, but Raj remained aloof. Once during mathematics internal exam Raj realised he forgot his compass box at home. And Ravi and Prakash were seated in another section. The new boy realised Raj was in trouble, he decided to help him by sharing his compass box. Raj was very happy and realised how important it was to mingle with others and to take initiative to make friendships. They both were friends then on. Prakash was a very talented boy. He was captain of school cricket team, won prizes in competitions and studied well too. He thought himself to be special and superior to other children. As he was the only child their parents brought him up very leniently. He often quarreled with parents to get his wishes fulfilled. When he was angry he stooped eating and communicating with parents. Once he demanded scooty from his parents. They felt it was not needed now and he was not legally allowed to drive due to under age. They tried to reason with him but he refused to understand. As he is not used taking no for an answer, he ran away from home. For 2 days he could not get food water or sleep. He often got scared of dire consequences and of policemen. He realised his mistake, understood what his parents were trying to convey and decided to wait for the right time to buy scooty. He goes back home and apologises for his behaviour. Prakash and his parents were happy at the end.
Ravi on the other hand was very popular as he helped everyone. He sometimes made promises which he could not keep. A picnic was planned for all sections together. Many teachers approached him for help and he agreed to do it. He was supposed to collect money and arrange for snack items. On the day of picnic he found that less money was collected and so enough snack items could not be bought. Teachers blamed him for this. Certain students wanted to give money later, as Ravi felt shy to ask them again for money he had less money. Ravi realised his mistake and decided to be more organised and assertive so that he do the given work better.

Questions:
1. Is it necessary to make new friends?
2. How can Raj make new friends?
3. How to maintain good relationships with everyone?
4. Is it right to say ‘no’ in some circumstances?
5. Did Prakash do the right thing by running away from home?
6. How to maintain good relationships with family members?

C1.9 Gender Equality

Aim:
Be aware and sensitised that boys and girls are equal.

Objectives:
- To learn that boys are not superior to girls.
- To learn the fact that gender inequality exists at all levels.
- To learn ways of removing gender inequality and discourage its development.

Life Skills:
Interpersonal Relationships
Empathy
Effective Communication
Critical Thinking
Problem Solving
Decision Making
Self awareness
Coping with Emotions
Coping with stress.

Vignette:
Pradeep and Prashanth are studying in 8th standard. They live next to each other and go to the same school. Pradeep’s family consists of four members—mother, father, himself, and his sister. They are a close-knit family, share work, go out regularly and work through conflicts amicably. Whereas Prashanth’s family of similar
composition, quarrel with each other regularly. His father treats his mother badly and does not share responsibility in running the house or taking care of children. Prashanth, taking the example of his father, does not treat his mother and sister well. He expects them to do all his work—keeping his books in order, making his school bag ready, taking care of his things. Prashanth and his sister quarreled too much with each other. His father often supported Prashanth and told his sister that she should make adjustment as she is a girl. Once, Prashanth’s mother fell sick seriously. She was unable to do house work, cook or take care of family members. Prashanth’s father did not care much; he made Prashanth’s sister discontinue school so that she can take care of house work and mother. As she was young she found it difficult. As a result, Prashanth had to do without lunch some times and always did not have all subject books or home work books with him. Both the children’s studies started suffering. In this way their family was having problems.

Pradeep’s parents observed all this and decided to help. She arranged for a cook, made Prashanth’s sister attend school and organised other things for smooth functioning of the family. Pradeep’s father spoke to Prashanth’s father to take more care of his children and wife and home. He told him that doing woman’s work does not degrade him nor will he lose control over children. In fact they would love and respect him more than what they are doing now. He realises his mistake, apologises to wife and becomes more loving towards them. Prashanth too came to know that he should take care of his own things, share the work in the house and take proper care of his sister and mother. At last Prashanth’s family was happy.

Questions:
1. Are boys and girls equal?
2. How do you ensure equality at home?
3. What are the steps to be taken so that women are given their share of respect and opportunities?
4. Was Prashanth right in expecting his mother/sister to do all his work?
5. What should Prashanth’s father do when his mother was sick?
6. How to deal with differences of opinion in the family?

C_{1,10} Coping with Stress

Aim:

Deal with stress effectively.

Objectives:
- Be aware of stress, its symptoms and causes.
- Learn ways to cope with stress and may be even prevent it.
- Learn to handle consequences of stress.
Life Skills:
Problem Solving
Decision Making
Critical Thinking
Self awareness
Effective Communication
Coping with Stress
Coping with Emotions.

Vignette:
Vidya and Preethi are class 10 students and are good friends. Vidya's father is a business man and mother is a housewife. He often consumed drinks while entertaining customers, later it developed into a habit. This led to quarrels between Vidya's parents and disharmony at home. Vidya often found home atmosphere depressing, she could not concentrate on her studies. Her mother beat her up for small matters and father stopped caring for them. Vidya became withdrawn, stopped playing with friends, did not do homework, lied at home and school. She performed poorly in exams, this further saddened her. She felt her life was worthless and decided to die. One day when everybody was away she consumed sleeping pills. However she survived as her mother discovered her soon after she became unconscious. Her parents were shocked. Doctor who spoke to her realised the cause. Her father was shaken by this experience. Doctor informed them that she was depressed because of unhealthy atmosphere at home. Upon the advice of doctor, her father quit drinking and stopped quarrelling with his wife. Once again they became a happy family.

Preethi was a shy and timid girl. Even small things caused her lot of worry. Sometimes she would worry so much that her sleep was disturbed or performed poorly in studies. She would become extremely anxious during exams though she was well prepared. Once, she became so anxious during exam time that she decided not to take the exam. Her teacher came to know about it and spoke to her. She told Preethi that not taking the exam will not solve the problem, but will bring extra problems. Exams are a part of learning and should be taken up as enjoyable challenges. She gave her some tips and also taught how to handle stress.

Questions:
1. What should have Vidya done when her home atmosphere was bad?
2. What should one do when depressed?
3. How to overcome exam fear?
4. How to remain calm in difficult situations?
5. What are symptoms of stress?
6. Discuss some methods of coping with stress?
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Q.1 What are the reasons for Raju’s poor performance?

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SAMPLE WORK SHEET

GROUP MEMBERS

1
2
3
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GROUP SPEAKS PERSON

Sample