

TEACHING PLAN

UNDERSTANDING THE SELF

DAYS WAISE SYLLABUS

INCHARGE – MANPREET KAUR RAIKOT

S.NO	DATE	TOPIC	PPT	VEDIOS	NOTES
1	10.12.20	MEANING OF SELF	Y		Y
2	11.12.20	MEANING OF SELF ESTEEM	Y	Y	Y
3	12.12.20	MEDITATION OF SELF DEVELOPMENT			Y
4	14.12.20	DEFINING THE SELF AWARENESS	Y		
5	15.12.20	DEFINING THE SELF ACCEPTANCE	Y		
6	16.12.20	SELF – PERCEPTION THEORY	Y		
7	17.12.20	DETERMINANTS OF SELF	Y		Y
8	18.12.20	SELF – REALIZATION: CONCEPT AND IMPORTANCE	Y	Y	
9	19.12.20	FACTORS AFFECTING SELF – IDENTITY: FAMILY AND GENDER	Y	Y	
10	21.12.20	FACTORS AFFECTING SELF- IDENTITY: CULTURE, RELIGION AND LANGUAGE	Y	Y	
11	22.12.20	ROLE OF INDIVIDUAL SELF IN DEVELOPMENT SOF SOCIETY	Y	Y	
12	23.12.20	ROLE OF POSITIVE THINKING IN SELF – DEVELOPMENT	Y		
13	24.12.20	THE INFLUENCE OF PEER GROUPS	Y		
14	26.12.20	THE INFLUENCE OF MEDIA ON IDENTITY FORMATION	Y		
15	28.12.20	TECHNOLOGY ON IDENTITY SFORMATION	Y		
16	29.12.20	THE INFLUENCE OF GLOBALIZATIONS ON IDENTITY FORMATION			

17	30.12.20	SCHOOLING AS A PROCESS OF IDENTITY FORMATION	Y		
18	1.1.21	DEVELOPING NATIONAL SCHOOLING IN NATIONAL IDENTITY DEVELOPMENT	Y	Y	
19	2.1.21	SCHOOL AND SECULAR IDENTITY	Y		
20	4.1.21	SCHOOL AND HUMANISTIC IDENTITY	Y		
21	5.1.21	DEVELOPMENT OF SELF THROUGH MEDITATION	Y	Y	
22	6.1.21	SELF DEVELOPMENT & YOGA			Y
23	7.1.21	APPLICATIONS OF YOGA IN DIFFERENT WALKS OF LIFE			Y
24	8.1.21	MORAL DEVELOPMENT			Y
25	9.1.21	SPIRITUAL DEVELOPMENT			Y
26	11.1.21	CONFLICTS: CONCEPT OF CONFLICTS	Y		
27	12.1.21	CONFLICTS OF RESOLVING INTRAPERSONAL	Y		
28	13.1.21	INTERPERSONAL CONFLICTS	Y		
29	15.1.21	EMPATHIC LISTENING – UNDERSTANDING	Y		
30	16.1.21	EMPATHIC LISTENING - APPRECIATING DIVERGENT POINTS OF VIEW	Y		
31	18.1.21	CONSTRUCTIVE ROLE OF EDUCATION IN MOVING TOWARDS PEACEFUL LIVING	Y	Y	
32	19.1.21	CONFLICTS: CAUSES & SOURCES		Y	
33	20.1.21	PREPARING THE SCHOOL POLICY			Y
34	21.1.21	SWOT ANALYSIS			Y