

CHINMAYA VIDYALAYA PALAKKAD CLUSTER

CURRICULUM PLANNING

CLASS-I

SUB-VALUE EDUCATION

YEAR- 2025-2026

MATERIAL/TEXT – LIFE AN ARADHANA

Month /No. of working days.	Unit/ Chapter/ Sub theme.	Key Concepts	Activities / Practicals / Technology integration	Learning Outcomes	Integrated Values	No of periods for each chapter.
June 20	1. Manu Smiles Again 2. Totu brings holi	<ul style="list-style-type: none"> • Importance of exercise • Exercise as a part of daily routine <p>* story behind holiKa dahan</p>	<p>✓ Thoppukaranam: Super BrainYoga</p> <p>Importance of playing holi</p>	<ul style="list-style-type: none"> ➤ Know that body will be fit only through exercise ➤ Develop love for exercise. ➤ Create a routine and regularly practice with the help of parents. <p>☐ Students will be able to know</p>	<ul style="list-style-type: none"> ▪ Physical fitness ▪ Physical development <p>1. Cultural</p>	4

		☒ Dhuleti holi		about story behind holika dahan	Heritage Awareness and Appreciation. Spiritual Development	
	3. The sorting Game 4. Activities From Ch 1, 3 & 5	☐ Encouraging children how to sort things.	Sorting games	➤ Appreciate orderliness around themselves.	☐ Intellectual Development ☐ Kindling the Intellect	
July 22	1. I am India	<ul style="list-style-type: none"> • Significance of Indian National Flag • Identifying National Symbols 	<ul style="list-style-type: none"> ✓ Coin shading ✓ Colouring the national symbols 	<ul style="list-style-type: none"> ➤ Significance of National Symbols ➤ Respect and Pride for National Symbols. 	<ul style="list-style-type: none"> ▪ Patriotism ▪ National Symbols 	4

<p>Aug 19</p>	<p>2. Eat a food Rainbow</p>	<ul style="list-style-type: none"> • Encourage child to keep food / water for stray animals and birds outside the house. 	<ul style="list-style-type: none"> ✓ Prepare a bird feeder or bird bath using old bottles etc. 	<ul style="list-style-type: none"> ➤ Consciously take up small acts of kindness. 	<ul style="list-style-type: none"> ▪ Universal Outlook ▪ Environmental Education 	<p>4</p>
<p>Sept 17</p>	<p>1. A day at the beach</p> <p>2. Activities for 8, and 10</p>	<ul style="list-style-type: none"> • Encourage child To identify different colours on his/her plate. • Encourage child to help others in need 	<ul style="list-style-type: none"> ✓ Food rainbow ✓ Prepare a Kindness bucket 	<ul style="list-style-type: none"> ➤ Regulate the intake of junk food and follow a good diet. ➤ Practice Kindness regularly 	<ul style="list-style-type: none"> ▪ Physical Development ▪ Food and nutrition ▪ Emotional Development ▪ Emotional Expansion 	<p>3</p>
<p>Oct 20 [Term 1 October 6 th onwards)</p>	<p>1. The Song of Respect</p>	<ul style="list-style-type: none"> • Expressing respect to elders at home. 	<ul style="list-style-type: none"> ✓ Scrapbook making 	<ul style="list-style-type: none"> ➤ Understand the need to respect elders ➤ Develop a sense of gratitude to elders 	<ul style="list-style-type: none"> ▪ Indian Cultures ▪ Customs and tradition 	<p>3</p>

<p>No v 20</p>	<p>2. We are Family</p> <p>3. All for the best</p>	<ul style="list-style-type: none"> • Understands about how we should help one another in times of need. <p>Appreciate being hopeful and look forward to good things</p>	<p>✓ Happiness Train</p>	<ul style="list-style-type: none"> ➤ Understand to focus on good things and stay happy ➤ Respect for the contribution of all beings 	<ul style="list-style-type: none"> ▪ Emotional Development ▪ Mental Health ▪ Universal Outlook ▪ Vasudhaiva Kutumbakam 	<p>4</p>
<p>Dec 18</p>	<p>2. The Missing School Book</p>	<ul style="list-style-type: none"> • Encourage child to follow orderliness 	<p>✓ Book arranging</p>	<ul style="list-style-type: none"> ➤ Develop ordeliness 	<ul style="list-style-type: none"> ▪ Intellectual development ▪ Aesthetics 	<p>3</p>
<p>Jan 19</p>	<p>1. The Blind Beggar</p>	<ul style="list-style-type: none"> • Gratitude towards their parents and elders 	<p>✓ Blind fold games</p>	<ul style="list-style-type: none"> ➤ Imbibe value of appreciating what we have 	<ul style="list-style-type: none"> ▪ Spiritual Development ▪ Spiritual Values 	<p>4</p>

	2. The man who grew a forest	<ul style="list-style-type: none"> • Develop Caring and nurturing tendencies in children 	✓ Grow a tulsi plant	➤ Understanding why growing trees is important	<ul style="list-style-type: none"> ▪ Indian Culture ▪ Cultural Motivation 	
Feb 20	1. The Disappearing Dustbins	<ul style="list-style-type: none"> • Introduce the concept of wet and dry waste disposal 	✓ Swacch Song	➤ Value of clean surroundings	<ul style="list-style-type: none"> ▪ Patriotism ▪ Civic Consciousness 	4

CHINMAYA VIDYALAYA PALAKKAD CLUSTER
CURRICULUM PLANNING (PALLAVUR / TATTAMANGALAM / KOLLENGODE)

CLASS:-II

SUBJECT: - Value Education

YEAR: - 2025- 2026

RESOURCE MATERIAL /TEXT: -Life an Aradhana

Month /No. of working days.	Unit/ Chapter/ Sub theme.	Key Concepts	Activities / Practicals / Technology integration	Learning Outcomes	Integrated Values	No of periods for each chapter.
June 20	1. Little Yodha 2. My well Ordered Day	<ul style="list-style-type: none"> • Benefits of Stretching • Importance of Physical fitness. • Encouraging child to share toys and food with siblings, cousins or friends. • Develop habit of sequencing things before execution. 	<ul style="list-style-type: none"> ✓ Yoga Poses ✓ Arrange the pictures in proper sequence 	<ul style="list-style-type: none"> ➤ Learn and enjoy doing exercises ➤ Understands the value of sharing. ➤ Importance of sequencing 	<ul style="list-style-type: none"> ▪ Physical Development ▪ Physical Fitness ▪ Emotional development ▪ Handling Emotions ▪ Intellectual development ▪ Kindling the Intellect 	4
July 22		<ul style="list-style-type: none"> • Imbibing the feeling of Gratitude • Observing festivals as a joyous occasions 		<ul style="list-style-type: none"> ➤ Develop love and respect for all beings ➤ Understands the lord's birthdays are celebrated as 	<ul style="list-style-type: none"> • Spiritual Development • Spiritual Physical Concepts ▪ 	4

	<p>3. Rules are for all</p> <p>Activities for Ch 4, 5 &6</p>	<ul style="list-style-type: none"> • Develop love and pride for following rules. 	<ul style="list-style-type: none"> ✓ Prepare a rule chart 	<p>festivals.</p> <ul style="list-style-type: none"> ➤ Understands that rules help us and do not harm us . 	<ul style="list-style-type: none"> ▪ Patriotism ▪ Civic consciousness 	
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<p>Aug 19</p>	<p>1. The Birthda y Party</p> <p>2. A gift for Grandpa</p>	<ul style="list-style-type: none"> • Encourage children to keep their surroundings clean and hygiene. • Build love and respect for eleders 	<ul style="list-style-type: none"> • Make small flutes, bow and arrows or greeting card to god • Prepare an interview with your family members 	<ul style="list-style-type: none"> ➤ Importance of keeping the surrounding clean. ➤ . ➤ Make elders at home feel wanted, loved and respected ➤ Develop a sense of seeing beauty in everything around us. 	<p>1. Cultural Traditions Explained. 2. Cultural Motivation. #Cultural Hobbies. #Art. ▪ Indian Culture Festivals</p> <ul style="list-style-type: none"> • Emotional development ▪ Emotional Development ▪ Honouring Relationships ▪ Intellectual Development ▪ Aesthetics 	<p>4</p>
<p>Sept 17</p>	<p>1. Nature as a teacher</p> <p>2. Activity for ch 9, 10 & 11</p>	<ul style="list-style-type: none"> • Understand the value of family relationships • Encourage child to be observant of patterns and colours in nature. 	<ul style="list-style-type: none"> ✓ Interview with any elderly person ✓ Quiz on identifying varieties of plants and animals 	<ul style="list-style-type: none"> ➤ Make elders at home feel wanted, loved and respected ➤ Develop a sense of seeing beauty in everything around us. 	<ul style="list-style-type: none"> ▪ Emotional Development ▪ Honouring Relationships ▪ Intellectual Development ▪ Aesthetics 	<p>3</p>

Oct 20 [Term 1- 6 th onwards]						3
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	<p>1. Kargil Diwas-</p> <p>Activities for ch 13</p>	<ul style="list-style-type: none"> • Evoking patriotism • Significant national days , param veer chakra , brave heroes of kargil 	<p>✓ Collect information</p>		<ul style="list-style-type: none"> • Intellectual Development Mental Health Assessment • Patriotism Pride of India 	
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<p>Nov 20</p>	<p>1. The Seed that does not Sprout</p>	<ul style="list-style-type: none"> • Encourage child to speak always truth. 	<p>✓ Case based questions</p>	<p>➤ To make understand that truth always win against lies and falsehood</p>	<ul style="list-style-type: none"> • Emotional Development • Mental health 	<p>4</p>
<p>Dec 18</p>	<p>1. Rohan's Lost Watches</p>	<ul style="list-style-type: none"> • Importance of self respect 	<p>✓ Playing likes and dislikes</p>	<p>➤ Sensitised towards the feeling of hurt in others</p>	<ul style="list-style-type: none"> ▪ Spiritual Development ▪ Spiritula values 	<p>3</p>
<p>Jan 19</p>	<p>1. The world Celebrates 2, Let's Play</p>	<ul style="list-style-type: none"> • How festivals are celebrated • Learn to play Indian Games and have fun 	<p>✓ Happy new year in different languages</p> <p>✓ Playing Kabbaddi</p>	<p>➤ Know the uniqueness as well as the similarities in celebrationsa cross the world</p> <p>➤ Know about the sports originated in</p>	<ul style="list-style-type: none"> ▪ Universal Outlook ▪ Countries-common and unique things ▪ Patriotism ▪ Contribution 	<p>4</p>

				➤ India.	to the world	
Feb 20	1. Yatri's Trip	<ul style="list-style-type: none"> • Exploring about natural resources of India 	✓ Make book mark	<ul style="list-style-type: none"> ➤ Feel proud about the natural resources and love for plants, animals 	<ul style="list-style-type: none"> ▪ Patriotism ▪ Strength 	4

**CHINMAYA VIDYALAYA PALAKKAD CLUSTER
CURRICULUM PLANNING (PALLAVUR /
TATTAMAGALAM / KOLLENGODE)**

CLASS:-III

SUBJECT: -Value Education

YEAR: - 2025-

20256RESOURCE MATERIAL /TEXT: -LIFE AN ARADHANA

Month /No. of working days.	Unit/ Chapter/ Sub theme.	Key Concepts	Activities / Art Integration / Technology integration/ Experiential Learning	Learning Outcomes	Integrated Values	No of periods for each chapter.
JUNE 20	1. Captain Fantastic	Importance of Sports and Games	Coloring Olympic rings	<ul style="list-style-type: none"> Learn to bond with others through sports. 	Physical Development Physical Fitness	4
	2. New wings for the Missile man	To know more about Kalam. To find role models their lives	Creative Drawing	<ul style="list-style-type: none"> Learn from Failures Never giveup on their 	Emotional Development Handling Emotions	

				goals		
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	3. Watch out	Realize the importance being attentive.	The 3H Technique	<ul style="list-style-type: none"> Practice being attentive 	Intellectual Development – Kindling the Intellect	
	4. Activities from the chapters 1,2,3					
July 22	1.Parvati Devi's Box Of ants	Understand and appreciate that God blesses us always	Make a list of what God has given	<ul style="list-style-type: none"> Develop the sense of devotion to God. 	Spiritual Development – Spiritual Philosophical concepts	4
	3.Makar Sankranthi	To know the reason behind celebrating Makar Sankranthi	Chanting Gayathri Mantra. Colouring Pongal celebration.	<ul style="list-style-type: none"> Develop Gratitude towards food, the sun, farmers, cows and nature 	Indian Culture Festivals	
	4.					
August 19	1. Wonderful monuments	Be aware of the variety and richness in Indian architecture.	Activity Who is the strongest? Who am I?	<ul style="list-style-type: none"> Appreciate and develop a sense of wonder about our ancestor's knowledge in architecture. 	Patriotism Pride about the country.	4

September 17	2. To Fast – A Difficult challenge.	Realize that just as what you eat matters, how you eat matters too.	Go slow or No	<ul style="list-style-type: none"> • Know the importance of mastering our senses. • Follow a diet discipline 	Physical development Food and Nutrition's	3
	3. The boy who loved his country	Invoke the feelings of patriotism in themselves.	What is your contributions. Group discussion	<ul style="list-style-type: none"> • Know that every individual has the 	Patriotism Civic consciousness	

October (TERM 1)				responsibility to protect our nation's pride.		
NOVEMBER 20	1. Story of Ramayana	Birth & Education Life in the Forest Meeting Hanuman	Role Play	<ul style="list-style-type: none"> Learn the story of Ramayana\ Values of an ideal person 	Spiritual Scriptures	
	2. Adipathar Nayanar	Story of Adipathar	Chanting Likhita Japam	<ul style="list-style-type: none"> Have faith in god Develop commitment to keep promises. 	Spiritual development Spiritual leaders and contributors	
December 18	1. 3.Needle.conch and water	Practice good table manners to maintain hygiene	Maintain a daily chart – Eating Etiquette	<ul style="list-style-type: none"> Know the importance of etiquetteand good manners 	Physical Development Physical grooming	

January y 19	1. Nobel Prize	Understand the service to humanity should be the ultimate goal of study of all disciplines	Collect the few names of Nobel prize winners, their contribution and the year.	<ul style="list-style-type: none"> • Develop gratitude towards those who are contributed to and also are an inspiration to the world 	Universal Outlook	4
February y 20	1. A taste of India	Know the common practices and the uniqueness of regional cuisines.	The great Indian Buffet and their states.	<ul style="list-style-type: none"> • Take pride in the variety offered by Indian Cuisines. 	Patriotism strengths	4
	3. Get the beats going.	Know about the various percussion instruments across	Ask those children to bring the instrument they play and demonstrate in	<ul style="list-style-type: none"> • Appreciate how music binds us all 	Universal Outlook.	

		the world.	class.	universally.		
	4. ""					

CHINMAYA VIDYALAYA PALAKKAD CLUSTER

CURRICULUM PLANNING (PALLAVUR /
TATTAMANGALAM / KOLLENGODE)

CLASS:-IV

SUBJECT: -Value Education

YEAR: - 2025-

2026 RESOURCE MATERIAL /TEXT: -LIFE AN ARADHANA

Month /No. of working days.	Unit/ Chapter/ Sub theme.	Key Concepts	Activities / Practical s / Technology integration	Learning Outcomes	Integrated Values	No of periods for each chapter.
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June
20

2. Madiba – the Hero of South Africa	Get inspired from heroes who faced difficult situations with a positive mindset.	Build a scene – a negative situation armed with a positive attitude.	<ul style="list-style-type: none">• Develop the habit of reading inspiring quotes every day.	Emotional Development Handling Emotions	4
3. Observation is power	Inculcate observation skills and retain information in their memory	Let Us observe some more	<ul style="list-style-type: none">• Develop the habit of intellectual alertness through deep observation	Intellectual Development – Kindling the Intellect	

				vation		
	1. Activities from the chapters 1,2,3					
July 22	1. Dream big for India	Be aware of Indian brands across different fields – public and private sector.	Find the logos of popular brands such as Doordarshan, Fevicol etc and paste them in your book.	<ul style="list-style-type: none"> Explore about Indian brands and the people who Established them.. 	Patriotism Pride about the coutry.	4
	2. ”“					
	3. Diwali – the festival of lights.	Learn the legends behind the celebration of Diwali.	Making Diwali Diya.	<ul style="list-style-type: none"> Knowthe significance of different aspects of Diwali celebration 	Indian Culture Festivals	
	4.	”””				
August 19	1. Time is wealth	Understand the importance of time management.	Each student can collect one quote on importance of time”and write it artistically in their book	<ul style="list-style-type: none"> Master the skill of effective time management. 	Intellectual development – Management.	4
	2. ”					

	3.Breath of Life	Value air as an essential, life-giving element.	Deep breathing – Om chanting with breath control.	<ul style="list-style-type: none"> Take steps in their own way to avoid polluting air.. 	Universal Outlook Environmental education	
September 17	1.We are What we Eat	Understand the type of food we eat influences our personality.	Classify the food item into sattvic, rajasi and tamasic.	<ul style="list-style-type: none"> Develop the sensitivity towards the effect of different kinds of food. 	Physical development Food and Nutrition	2
	2. The Kind Bear	Understand that empathy is needed for us to be able to connect with other people.	Listen and feel activity	<ul style="list-style-type: none"> Develop a sense of empathy 	Emotional Development - Emotional expansion.	
	4.Activity Time					
October Term 1						

November 20	1. Password to God.	Understand the importance of prayer.	Write the Dinacharya – the Daily routine.	<ul style="list-style-type: none"> Set a daily schedule for prayer at an Early age.. 	Spiritual Development – Spiritual Techniques.	4
	2.Our five Debts	Realize that we have received so much from the world for us to live	From the list of activities, choose what you can do to repay from your runas.	Understand that it is our duty to repay the world for what we receive.	Indian culture – Customs and tradition.	
	3. India's cleanest Town	Understand the concept of public property	Posture making	<ul style="list-style-type: none"> Develop sensitivity towards cleanliness 	Patriotism – Civic consciousness	
December 18	1.Waving High	Understand the idea behind a Flag	Identify the flags. Making our Own Flag	<ul style="list-style-type: none"> Explore more about flags of different countries. 	Universal Outlook	3
	2.,,	''	''	''''	''	
	3.Dress for the occasion	Understand that one should dress according to the place, occasion and work	Dress them up	<ul style="list-style-type: none"> Realize that correct kind of dressing allows us to function at our best 	Physical development – physical grooming	
	3. ""					

	3. Bird Verses the ocean	Believing one's own abilities and skills is self confidence	Ten affirmations	<ul style="list-style-type: none"> Practice qualities such as determination, to keep trying new things which will develop self confidence 	Emotional development – mental health	
January 19	1. The advent of sticky notes	Understand that every object as an intrinsic value.	Adzap	<ul style="list-style-type: none"> Feel the joy of being creative 	Intellectual development Aesthetics	4
	2. Martial arts of India	Appreciate the long tradition of martial arts in our country. Understand about the martial arts practiced in different regions of our country.	Make a picture album about different martial arts practiced in our country.	<ul style="list-style-type: none"> to keep trying new things which will develop self defense. 	Indian Culture – Cultural motivation	

February 20	1. Dabbawalas of Mumbai	Learn how India's population can be used to her advantage	Treasure Hunt	<ul style="list-style-type: none"> Feel pride and respect for human resources 	Patriotism strengths	4
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CHINMAYA VIDYALAYA PALAKKAD CLUSTER

CURRICULUM PLANNING

CLASS-V

SUB-VALUE EDUCATION

YEAR- 2025-2026

MATERIAL/TEXT – LIFE AN ARADHANA

Month / No.of working days	Unit/Chapter/Sub theme	Key concepts	Activities/Practicals/ Technology integration	Learning Outcome	Integrated Values	No of periods for each chapter
June 20	1.Hiss, Don't Bite	Recognise that anger worsens a situation if not handled immediately	Tips „Melt Your Anger“	Develop techniques to deal with anger.	Emotional Development- Handling Emotions	4
	2. Activity Time					
	3.The cook and the king	Be grateful to whatever one is blessed with	Role Play Group discussion	Inculcate spiritual and philosophical concepts	Spiritual Development Spiritual	

					Philosophical concepts	
July 22	1. Navarathri is Here!	Know and understand the significance of Navarathri.	Collect the information regarding Navarathri celebration in different Indian states	Celebrate the festival consciously worshiping the Devi form of God	Indian Culture Festivals	4
	4. Activity Time					
	2. Protecting Our Mother Earth	Appreciate the land and all it gives	Activity – Identify the layers of the soil	Consciously follow ecological viable practices	Universal Outlook Environmental Education	
	Activity Time					
August 19	1. Setting the senses right	Learn that cleanliness and rest are important for sense organs too	Activity – „Take care Of Myself“	Develop the habits of maintaining cleanliness and exercising sense organs	Physical Development- Hygiene	4
	2. Assembly line	Practice doing one task at a time and master the art of focusing	Multitasking Activity	Understand that organizing their work in sequence will make the execution easier and more effective.	Intellectual Development- Management	

	Activity Time					
September 17	1.A manual for life	Know about the different scriptures in Hinduism	Group Discussion Puzzle Game	Value and appreciate the vedas being the treasure house of knowledge	Spiritual Development Spiritual Techniques	3
	2.Different but equal	Regard all genders with love and respect	Group Activity „Prepare a chart of Honour”	Appreciate the respect and importance that women are given in Indian Culture	Indian Culture- Cultural Heritage Awareness	
October 20 Term 1						
November 20	3.Arthi Becomes Mindful	Be alert customers	Activity – „My Ethical Score card”	Understand that their buying decisions can affect the world	Patriotism – Civic Consciousness	4
	Activity Time					
	2.Hanuman’s Gift of Speech	Understand that speaking is an art and it reveals a lot about one’s character	Group Activity – Let us Listen to others	To Realize that it is important to hone our speaking skills to communicate in a harmonious and purposeful manner	Physical development- Physical Grooming	
	3.An African Power Of Revolution	Understand that every situation can be made better when	Group Discussion	To appreciate innovative use of materials.	Intellectual Development- Aesthetics	

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		effort.				
	4. Activity Time					
December 18	1.Rishi Viswamithra	Know about sage Vishwamithra, one of great sages of Hinduism	Activity 1. Can we do penance. 2. Let's Focus! 3. Our Emotions	Take up some form of spiritual practice by which we can strengthen our good practices and remove our weakness	Spiritual Development Leaders and contributions	3
	2.Shodasha Samskara	Gain an understanding about customs and traditions inherent in our culture	Activity Chart making Shodasha Samskara	To have appreciate for the unbroken continuance of the customs and traditions over several generations	Indian Culture- Customs and Traditions	
	3.Activity Time					
January 19	1. How far is the River?	Learn the significance of staying in the company of good people	Activity – Effect of Good company And bad company	Appreciate the action of good friend by seeing his/her intention	Emotional Development- Mental Health	4
	2. 100 and 5, or 105?	Realise that in every situation, we have an option to do the right thing at the right place and at the right time.	Activity- Creating Situations	Become confident that righteousness is always advantageous.	Intellectual Development. Independent Thinking.	

	3.Vasthu Shastra	Understand the Science behind the Vasthu Sastra	Activity We Know the Direction Let's Redesign	Feel pride in our culture that gave the Science of Vasthu Sastra to	Indian Culture- Cultural Heritage and Awareness	
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				the world		
	4. Activity Time					
February 20	1.A Bird's Flight to inspire	Understand the value of one's blessings	Activity 1. Sugar Pills. 2. Let's Appreciate. 3. Count Your Blessings.	Be appreciate of all things around us and develop a sense of wonder for all things	Spiritual Development Spiritual Values	4
	2.Tarang Dance Academy	Appreciate the cultural variety of India's folk dances	Activity- Collect different folk dance forms	Recognize the similarity and also uniqueness in the different dances	Indian Culture- Cultural Motivation	

CHINMAYA VIDYALAYA PALAKKAD CLUSTER

CURRICULUM PLANNING (PALLAVUR / TATTAMANGALAM / KOLLENGODE)

CLASS: VI

SUBJECT: -Value Education

YEAR

:- 2025 –2026

RESOURCE MATERIAL /TEXT: -LIFE AN ARADHANA

Month /No. of working days.	Unit/ Chapter/ Sub theme.	Key Concepts	Activities / Practical's / Technology integration	Learning Outcomes	Integrated Values	No of periods for each chapter.
JUNE 20	1. The Monk Who Braved Life	<ul style="list-style-type: none"> • Understand what causes fear and how it works • Handling fear wisely 	Is there any activity that you fear? For ex., speaking in public, dancing or singing, if yes try to give a shot in your class.	<ul style="list-style-type: none"> • Understand the connection between proper breathing and good health. 	Emotional development – Handling emotions.	4

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July 22	1. God is One, Forms are Many	Understand that there is only one power in the Universe - God	Clay objects Let us DressUp	<ul style="list-style-type: none"> Understand that God in Truth is beyond all forms and yet manifests in many forms. 	Spiritual Development – Philosophical concepts.	4
	3. Ancient India – World Leader in Trade	Be aware of India’s influence in world trade hundreds of years ago.	Map – try and find the route from India to Assyria	<ul style="list-style-type: none"> Know the trading system and things we traded with the rest of the world 	Patriotism – Pride in the country.	
	4.”					
August 19	1. Greener Fuels, Brighter Future	Develop awareness on the need to conserve fuel resources.	Come up with creative ideas of how renewable energy sources can be used to fuel our daily life.	<ul style="list-style-type: none"> Develop concern to conserve the available fuel resources for the future 	Universal Outlook Environmental education	4

				generations.		
	3. Inspiring with Their Lives	Know the difference between sacrifice and compromise	Group Discussion – Sacrifice and compromise Name the Heroes who have sacrificed their lives for the country.	<ul style="list-style-type: none"> Choose sacrifice over compromise in all situations. 	Emotional development – Emotional expansion	
September 17	2. Eureka	Observe, analyze, question and infer from experiences and situations.	Group Discussion – Are objects of enquiry outside? Experiment the effect of sound in water.	<ul style="list-style-type: none"> Appreciate that all discoveries come from inquisitive minds of ordinary people. 	Intellectual Development – independent thinking	3
	3. Yash Looks Back	Learn how to introspect	Identify one problem you are facing almost every day. Try to solve and analyze it with the lesson you learn in the chapter.	<ul style="list-style-type: none"> Develop the urge to improve oneself constantly. 	.Spiritual development – Spiritual techniques.	
October 20 [Term 1 – 4	1. Knowing Our Tradition	Know the meaning and appreciate the significance of Hindu customs and traditions - samskaras	Samskara quiz	<ul style="list-style-type: none"> Commit to preserving and continuing our ancient cultural heritage. 	Indian culture Customs and traditions.	3
	1. “”					

	2. Science or Superstition?	Become aware of ancient discoveries and scientific advancements.	Find out 3-5 more researches done by the ancient and contemporary scientists who hail from India.	<ul style="list-style-type: none"> Appreciate the ancient discoveries and scientific advancements. 	Patriotism strengths	
	3.The Three R's Turn Trash to Treasure	Understand the extent of pollution being caused by improper disposal of waste.	Come up with ten innovative ways to reduce, reuse, and recycle waste you find around your school.	<ul style="list-style-type: none"> Be sensitive to damage caused to the environment due to lack of awareness among people. 	Universal outlook – world issues.	
November 20	1. How to Beat the Flu!	Understand what communicable diseases are.	Write the names of the vaccines for communicable diseases with their inventors.	<ul style="list-style-type: none"> Create a habit of practicing personal and environmental hygiene procedures. 	Physical development Hygiene	4
	2.No Shawl Now	Judge what is right and wrong and have the confidence to negate the wrong.	Group activity – how you can say „no“ to something that you don't need without hurting the other.	<ul style="list-style-type: none"> Develop the emotional strength to deny what is unnecessary or wrong without feeling guilty or pressurized. 	Emotional Development – mental health.	
	3.Let's Analyze	Understand the positive and negative values that are present within oneself	SWOT analysis in 3 simple steps.	<ul style="list-style-type: none"> Appreciate the fact that every challenge is an opportunity to grow. 	Intellectual Development Aesthetics and management	

December 18	2.Learning, Serving and Growing Together	Know the features of Gurukula system of education	Test your ability to balance by staying in the Vrukshasana posture steadily for 1 minute.	<ul style="list-style-type: none"> Adapt the principles of the system which are applicable eventoday. 	Indian Culture – Cultural heritage and awareness.	
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January y 19	1. Indian Literature	Have an awareness of the variety of Indian literature from poems to epics to dramas.	Find out ten English words that had their root in Sanskrit/ your regional language.	<ul style="list-style-type: none"> Appreciate the literary brilliance of our ancient writers and poets. 	Patriotism – contribution to the world.	4
	2. The World is My Family	Understand the difference between rights and duties.	The Domino – „domino effect“.	<ul style="list-style-type: none"> In daily life, take responsibility to fulfil their duties. 	Universal outlook – Vasudhaiva Kutumbakam	
	3. The Wisdom Tweets	Know about Thirukkural and its universality	Write down two instances of their daily life where each of the Tirukkural verses can be applied.	<ul style="list-style-type: none"> Practise some of its teachings 	Spiritual Development – spiritual leaders and contributors.	
	"					
February y 20	1. Reena"s Day	Cultivate a positive and confident body language	Let"s Be Proper – practice appropriate body language.	<ul style="list-style-type: none"> Become aware of our own body language and at the same time, become sensitive to notice the body language of 	Physical Development – physical grooming.	4

				others.		
	2. Contentment	Learn ways to develop and	My Bowl of Contentment	<ul style="list-style-type: none"> Know what 	Spiritual development	

		protect peace of mind		the real idea of happiness.	– Spiritual values.	
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CHINMAYA VIDYALAYA PALAKKAD CLUSTER
CURRICULUM PLANNING [Pallavur/Tattamangalam/Kollengode]

CLASS:-VII

SUBJECT: -ValueEducation

YEAR: - 2025-2026

RESOURCE MATERIAL /TEXT: -Life an Aradhana

Month /No. of working days.	Unit/ Chapter/ Sub theme.	Key Concepts	Activities / Practicals / Technology integration	Learning Outcomes	Integrated Values	No of period for each chapter.
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<p>June 22</p>	<p>1. What is Your Body Type?</p> <p>2. Leading by example</p>	<ul style="list-style-type: none"> • Knowledge about the ancient Indian Science of Ayurveda. • Respect one's body and understand what wealth is according to the ayurvedic constitution. • Learning how to handle success or achievement without letting pride affect them • Develop self-respect and self esteem 	<p>✓ Prepare a meal chart.</p> <p>✓ Limbogame</p>	<ul style="list-style-type: none"> ➤ Understand what their body type is and plan their diet accordingly. ➤ Appreciate the fact that choosing humility against pride adds glory to a person. 	<ul style="list-style-type: none"> ▪ Physical Development ▪ Physical Fitness. ▪ Emotional Development ▪ Handling Emotions 	<p>4</p>
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	3. Activities of Ch 1, 2 & 3					
July 24	1. Types of Intelligence	Understand the different types of intelligence	Multiple intelligence questionnaire	Appreciate that all types of Intelligences have their own strengths and develop them	<ul style="list-style-type: none"> ▪ Intellectual Development Kindling the Intellect 	4
	2. Dharma and Leadership	<ul style="list-style-type: none"> • Get an idea about governance in the ancient times 	Red & Black Game	<ul style="list-style-type: none"> ➤ Know about India's thought leaders and their impact on governance 	<ul style="list-style-type: none"> ▪ Patriotism ▪ Pride in the country 	
	3. Activities of ch 4, 5					

<p>Aug 21</p>	<p>1. Enjoying Fruits</p> <p>2. What would you do?</p> <p>3. Guide Book for life</p>	<ul style="list-style-type: none"> • Understand the concept of harvest seasons and food availability. • Appreciate the genders in the society and know that they all have an equal place. <p>Understands more about Hindu scriptures, especially the Smritis</p>	<ul style="list-style-type: none"> ✓ Find all the fruits and vegetables grown and sold in your area. ✓ Group discussion ✓ Collage 	<ul style="list-style-type: none"> ➤ Understands the consequences associated with eating out of season. ➤ Understands to practice to avoid labeling individuals as per a rigid identity. ➤ Know the value of laws given in our scriptures and that their application is valid even today. 	<ul style="list-style-type: none"> ▪ Physical Development ▪ Food and Nutrition. ▪ Emotional Development ▪ Emotional Expansion ▪ Spiritual Development <p>Spiritual Scriptures</p>	<p>4</p>
<p>Sept 18</p>	<p>1. Evolve, Don't Revolve</p> <p>2. Activity of ch 9, 10, & 11</p>	<ul style="list-style-type: none"> • Knowledge about the four ashrams of life and the priorities of the four stages. • 	<p>Chart work</p> <p>✓</p>	<ul style="list-style-type: none"> ➤ Develop reverence for our culture by understanding. ➤ . 	<ul style="list-style-type: none"> ▪ Indian Culture ▪ Customs and Traditions ▪ 	<p>3</p>
<p>October Term 1</p>						

November 23	<ol style="list-style-type: none"> 1. Unite and Arise 2. Mirror Mirror on the wall 3. Let's Create and Innovate 4. Activity of ch 12, 13 & 14 	<ul style="list-style-type: none"> • Knowledge about India's history of social unity • Understand the bodily changes that occur during adolescence • Understands what is creativity • Learning about the life of the Jain Guru, Mahavira 	<ul style="list-style-type: none"> ✓ Our Identities ✓ Penning our thoughts ✓ Spin a yarn (Narrating story) ✓ 	<ul style="list-style-type: none"> ➤ Know about India's history of social unity ➤ Develop a sound and healthy attitude towards one's own body ➤ Appreciating the importance of creativity and innovation ➤ Adapt and practice few of the values 	<ul style="list-style-type: none"> ➤ Patriotism <ul style="list-style-type: none"> ▪ Civic consciousness Physical Development ▪ Hygiene ▪ Intellectual development ▪ Independent thinking ▪ 	4
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December 20	1. Thought, Speech and Word	<ul style="list-style-type: none"> • Knowledge about history of languages in India 	<ul style="list-style-type: none"> ✓ Translate sentences in at least 5 different languages 	<ul style="list-style-type: none"> ➤ Develop pride in the diversity of Indian languages. 	<ul style="list-style-type: none"> ▪ Patriotism ▪ Unity in Diversity 	3
	2. Become a first Responder	<ul style="list-style-type: none"> • Acquire knowledge on first aid 	<ul style="list-style-type: none"> ✓ Roleplay 	<ul style="list-style-type: none"> ➤ Learn about safety aid and precautionary measures and acquire knowledge on first aid 	<ul style="list-style-type: none"> ▪ Physical Development ▪ Health Education 	

<p>Jan 22</p>	<p>1. Putting up a good fight 2. From the farmer</p>	<ul style="list-style-type: none"> • Understand the concept of dharma Yuddha • Understand the importance of agriculture for Indian economy and society 	<ul style="list-style-type: none"> ✓ Forming Vyuhās ✓ Sequencing 	<ul style="list-style-type: none"> ✓ Know the extent of study of warfare in ancient India and understand the concept of Dharma yuddha ✓ Understand various strategies of farming 	<ul style="list-style-type: none"> ▪ Indian Culture ▪ Cultural Heritage and ▪ Awareness ▪ Patriotism ▪ Strength 	<p>4</p>
<p>Feb 22</p>	<p>1. A shared Life</p>	<ul style="list-style-type: none"> • Understand different belief systems and appreciate differences 	<ul style="list-style-type: none"> ✓ Mapwork 	<ul style="list-style-type: none"> ➤ Appreciate differences and one's own connect with his /her family and their belief systems 	<ul style="list-style-type: none"> ▪ Universal Outlook ▪ Countries-common and unique things 	<p>4</p>

CHINMAYA VIDYALAYA PALAKKAD CLUSTER

CURRICULUM PLANNING

CLASS-VIII

SUB-VALUE EDUCATION

YEAR- 2025-

2026 MATERIAL/TEXT – LIFE AN ARADHANA

Month / No.of working days	Unit/Chapter/Sub theme	Key concepts	Activities/Practicals/ Technology integration	Learning Outcome	Integrated Values	No of periods for each chapter
June 22	1.Fit and Fine	One should not discriminate people based on the size of the body	Activity- Mirror, Mirror on the wall	Understand that fluctuations in the shape of the body can occur due to a number of reasons.	Physical Development- Physical Fitness	4
	2. Choking: Why Some Big Athletes Fail at Crucial Moments?	Realize stress is created by oneself	Activity- Beat Stress	Understand the reasons causing stress and how to face them	Emotional Development- Handling Emotions	
	3. How Engaged Are We Digitally?	Manage their rate of exposure to social media	Activity- Debate	Understand the harmful effects of too much exposure to social media	Intellectual Development Time Management	
	4. Activity Time					
July 24	1. From Temporal to Ethereal	Learn about the symbolism behind forms of God	Activity- Clay Modelling	Know that in Indian Philosophy, God has been	Spiritual Development Spiritual	4

				represented in three forms, Feel pride in the variety of representation of God in the scriptures	Philosophical concepts	
	2. Personality Classification	Understanding the principles behind the varna based on classification	Activity- Dignity of Labour	Appreciate the equality of humankind and have respect for humanity as a whole and for people engaging in different types professions.	Indian Culture Customs and traditions	
	4. Activity Time					
August 21	3. Indian National Pledge 1. Beauty in Nature	Develop a sense of gratitude towards Learn that there are natural substitutes to toxic cosmetics thenation	Activity- Questionnaire Activity- Do it yourself	To know that awareness about the glories of the nation is essential to create pride on the nation Know that commercial chemical based cosmetics have harmful toxins which should be avoided, Use natural products in the place of chemical products	Patriotism Civic Consciousness Physical Development - Hygiene	3

September 18	2. Let us be inspired	Choose their role models appropriately	Activity- 'They too are Role Models'	. Now that having inspiring role models triggers the transformation in us.	Intellectual Development- Aesthetics	3
	3. Universities Of Ancient India	Learn more about some of the Indian Universities and their unique features	Activity – 'Global universities with Indic roots'	Take pride of the fact that India had the most ancient knowledge centres of the world.	Patriotism – Strength	
	Activity Time					
October Term 1						

November 23	1 Around the world in 80 minutes	Seek oneness by respecting the similarities and taking strength from them.	Activity – Take Guess	Know and understand the different philosophies in the world.	Universal Outlook	4
	2 A Public Fiasco	The importance of maintaining etiquette and behaviour while in public.	Activity- Who would you rather be	Know and understand the importance of maintaining etiquette and behaviour while in public.	Physical development- Physical Grooming	
	4. Activity Time					
December 20	1. Dhyan Chand- India's Hockey Legend	Learn to set a goal and strive to achieve it	Activity Vision Board	Appreciate the fact that striving to achieve goals makes one lead a meaningful life	Intellectual Developme nt Independen t Thinking	3

	3.Activity Time					
January 22	1.Arthasastra	Know that our country had an advanced economic and political treatise long ago	Activity – Management and Leadership	Understand the relevance of lessons from Arthasastra in today's society	Indian Culture- Cultural Heritage and Awareness	4
	2.Unsung Heroes of India	Learn about the contributions of different people from different walks of life and different regions in the Indian freedom struggle	Activity- Know Them Invoke Them	Appreciate the ability to connect with a common, higher cause despite differences in the background	Patriotism Unity and Diversity	
	3.Learning from the wild	Know moderation in consumption by sense organs	Activity- 24 Gurus from Bhagavatham	Understand that moderate indulgence is key to healthy living.	Physical Development Health Education	
	Activity Time					
February 22	1.Impact and importance of EQ	Know what is emotional quotient or emotional intelligence	Activity-EQ Test	Understand what is one's own EQ and how to develop it.	Emotional Development Mental Health	4
	2. Activity Time					
	3.The Land Of the Ancient	Learn that the Saraswathi-Sindhu was one	Activity Group Discussion	Take Pride that our civilization is ancient,	Indian Culture- Cultural Heritage	

		among the most ancient civilization in the world.		Continuous, and sophisticated		
	4.Activity					

CURRICULUM
**PLANNING[Pallavur/Tattamangalam/Ko
Ilengode]**

CLASS:-IX

SUBJECT: -ValueEducation

YEAR :- 2024-2025

RESOURCE MATERIAL /TEXT: -LIFE AN ARADHANA

Term I	Term II
Eat, Sleep, and Repeat?,	I Can ! I Must! I Will !
Beat the lows!, God	Austerity in Body, Mind and Speech
God – who, where and what?,	Share But Don't Over share!
India, that is Bharath!,	Time Management
Electromagnetic pollution	Confession from a prison cell
Eat to Live, Don't Live to Eat	Kumaran's Trip Down Tamil Literature

Chapters selected for CHYK Camp

Ancient Tribes and Enduring Culture
Kumbh Mela
Sant Kabir
What is that funny feeling

WHO
Indian Brands International Popularity

Month /No. of working days.	Unit/ Chapter/ Sub theme.	Key Concepts	Activities / Art integration / Technology integration/ Experiential learning	Learning Outcomes	Integrated Values	No of periods for each chapter.
June [22]	Eat, Sleep, and Repeat?,	! Stress Management ! Let us not get carried away ! How can we find balance? Sleep, Stress, Food, Exercise	Activity My Habit tracker P no- 13	Know the importance of balance exercise, food, sleep and entertainment	Physical Development Physical Fitness	4
	Beat the lows!, God	! What is Depression? ! Depression Causes ! How can overcome ! Remedies	Activity Questionnaire Mood Journal /Mood master [p no -21]	Be aware of one's mental health and understand patterns of depression	Emotional development Handling emotions	
July [24]	God – who, where and what?,	! The concept of God ! Example from Gita ! God @ Who? @ Where? @ What?	Activity P no - 31	Know the nature of God to be omnipotent, omniscient and omnipresent	Spiritual Development Spiritual philosophical concept	4
	India, that is Bharath!,	! India and Bharath ! Coloniality and its impact. ! India's Scholarly	Activity P no - 50	Understand that India's true identity is the glorious	Patriotism Civic consciousness	

		Significance. ! India's Literary and Military significance		civilization , called Bharath		
August [20]	Electromagnetic pollution	! About EMF's ! Why we are shouldn't sleep towards south.	Activity P no - 56	Know what electromagnetic pollution is and its sources.	Universal Outlook Global concerns	2
September [17]	Eat to Live Don't Live to Eat	! Food as medicine ! Food obsession – A distraction. ! How do I stay alert? ! Own Veg Garden	Take 3 or 4 packaged foods that you usually eat and have a look at the ingredients on the package. Browse the effects that each of the additives have on the body. Jot down your observation	Know the importance of food and understand its place in our life.	Physical Development Food and Nutrition	4
	I Can ! I Must! I Will !	! Start the class with the activity 1 ! Hanuman's story. ! Assessment. ! Change the voice in your head.	Assessment sheet	Know and be aware of one's self worth and have a positive self image.	Mental Development Mental Health	
October [22]	Term 1	Revision				2
November [24]	Austerity in Body, Mind and Speech	! Importance of controlling our senses. ! Vrutha ! Upavasa ! It's significance	Article writing for following topics. P no -81	Know the role of austerity in being successful in sphere of life.	Spiritual Development Spiritual Techniques	4

	Share But Don't Over share!	! About Cyber bullying ! constructively usage of social medias ! What fuels cyber-bullying? ! Types of Cyber-Bullying.	List down five things or people you love and the reason you love them.	Know the issues pertaining to cyber crimes, cyber-bullying, and data loss	Physical Development Physical Grooming	
December [19]	Time Management	! Planning ! Placing ! Prioritizing ! Workout your plan then Plan out your work.	SWOT Analysis	Understand the tools of time management	Intellectual Development Management and Aesthetics	3
	Confession from a prison cell	! Starting with a confession letter. ! Drug substance abuse. ! Who gets affected. !How does one become an addict?	Activity P no- 152	Know what drug abuse is and its harmful impact on our life	Physical Development Health Education	
January [23]	Kumaran's Trip Down Tamil Literature	! Tamil Literature @Pre sangam era @ Sangam Era @ Bhakthi period ! Tamil Literature [Subject]	Activity Word puzzle	Get a broad idea of the vastness of spiritual and other literature in Tamil language	Spiritual Development Spiritual Scriptures	3
February	Term 2					

CURRICULUM
**PLANNING[Pallavur/Tattamangalam/Ko
llengode]**

CLASS:-IX

SUBJECT: -ValueEducation

YEAR :- 2024-2025

RESOURCE MATERIAL /TEXT: -LIFE AN ARADHANA

Term I	Term II
Eat, Sleep, and Repeat?,	I Can ! I Must! I Will !
Beat the lows!, God	Austerity in Body, Mind and Speech
God – who, where and what?,	Share But Don't Over share!
India, that is Bharath!,	Time Management
Electromagnetic pollution	Confession from a prison cell
Eat to Live, Don't Live to Eat	Kumaran's Trip Down Tamil Literature

Chapters selected for CHYK Camp

Ancient Tribes and Enduring Culture

Kumbh Mela

Sant Kabir

What is that funny feeling

WHO

Indian Brands International Popularity

Month /No. of working days.	Unit/ Chapter/ Sub theme.	Key Concepts	Activities / Art integration / Technology integration/ Experiential learning	Learning Outcomes	Integrated Values	No of periods for each chapter.
June [22]	Eat, Sleep, and Repeat?,	! Stress Management ! Let us not get carried away ! How can we find balance? Sleep, Stress, Food, Exercise	Activity My Habit tracker P no- 13	Know the importance of balance exercise, food, sleep and entertainment	Physical Development Physical Fitness	4
	Beat the lows!, God	! What is Depression? ! Depression Causes ! How can overcome ! Remedies	Activity Questionnaire Mood Journal /Mood master [p no -21]	Be aware of one's mental health and understand patterns of depression	Emotional development Handling emotions	
July [24]	God - who, where and what?,	! The concept of God ! Example from Gita ! God @ Who? @ Where? @ What?	Activity P no - 31	Know the nature of God to be omnipotent, omniscient and omnipresent	Spiritual Development Spiritual philosophical concept	4
	India, that is Bharath!,	! India and Bharath ! Coloniality and its impact. ! India's Scholarly Significance. ! India's Literary and Military significance	Activity P no - 50	Understand that India's true identity is the glorious civilization , called Bharath	Patriotism Civic consciousness	

August [20]	Electromagnetic pollution	!About EMF's ! Why we are shouldn't sleep towards south.	Activity P no - 56	Know what electromagnet ic pollution is and its sources.	Universal Outlook Global concerns	2
Septem ber [17]	Eat to Live Don't Live to Eat	! Food as medicine ! Food obsession – A distraction. ! How do I stay alert? ! Own Veg Garden	Take 3 or 4 packaged foods that you usually eat and have a look at the ingredients on the package. Browse the effects that each of the additives have on the body. Jot down your observation	Know the importance of food and understand its place in our life.	Physical Development Food and Nutrition	4
	I Can ! I Must! I Will !	! Start the class with the activity 1 ! Hanuman's story. ! Assessment. ! Change the voice in your head.	Assessment sheet	Know and be aware of one's self worth and have a positive self image.	Mental Development Mental Health	
Octobe r [22]	Term 1	Revision				2
Novem ber [24]	Austerity in Body, Mind and Speech	! Importance of controlling our senses. ! Vrutha ! Upavasa ! It's significance	Article writing for following topics. P no -81	Know the role of austerity in being successful in sphere of life.	Spiritual Development Spiritual Techniques	4

	Share But Don't Over share!	! About Cyber bullying ! constructively usage of social medias ! What fuels cyber-bullying? ! Types of Cyber-Bullying.	List down five things or people you love and the reason you love them.	Know the issues pertaining to cyber crimes, cyber-bullying, and data loss	Physical Development Physical Grooming	
December [19]	Time Management	! Planning ! Placing ! Prioritizing ! Workout your plan then Plan out your work.	SWOT Analysis	Understand the tools of time management	Intellectual Development Management and Aesthetics	3
	Confession from a prison cell	! Starting with a confession letter. ! Drug substance abuse. ! Who gets affected. !How does one become an addict?	Activity P no- 152	Know what drug abuse is and its harmful impact on our life	Physical Development Health Education	
January [23]	Kumaran's Trip Down Tamil Literature	! Tamil Literature @Pre sangam era @ Sangam Era @ Bhakthi period ! Tamil Literature [Subject]	Activity Word puzzle	Get a broad idea of the vastness of spiritual and other literature in Tamil language	Spiritual Development Spiritual Scriptures	3
February	Term 2					

CURRICULUM
PLANNING[Pallavur/Tattamangalam/Ko
llengode]

CLASS:-X

SUBJECT: -ValueEducation

YEAR :- 2025-2026

RESOURCE MATERIAL /TEXT: -LIFE AN ARADHANA

Term I	
1. Dinacharya	5. Indian Contribution
2. Cut the cord	6. Gifted to Give!
3. Advait's Yagna	7. A Spotless mind
4. Drugs and Alcohol- The global Threat	8. Neeti versus Dharma
9. Wealth from Waste	
Chapters selected for CHYK Camp	
Cultural Ambassador	
Proof of Ramayana 1 and 2	
Understand the Generation gap	
Indigenous cultures across the world	
Weight management – Fads and Facts	

Month /No. of working days.	Unit/ Chapter/ Sub theme.	Key Concepts	Activities / Art integration / Technology integration/ Experiential learning	Learning Outcomes	Integrated Values	No of periods for each chapter.
June [22]	Dinacharya	! Stress – Causes and Effects. ! Effects of Stress. ! What can we do to cope with stress? ! Ayurvedic Dinacharya	ACTIVITY Prepare and maintain a habit tracker and see if you can follow all of the above steps regularly	Know the dangers of engaging in an unbalanced life	Physical Development - FITNESS	4
	Cut the cord	! Self Assessment !Ladder of Fall ! Diagnosing Human Personality. ! Let Us cut the Cord !A free mind and A free body	ACTIVITY Self Assessment Questionnaire	Know one’s own patterns of thought, speech and behavior and acknowledge obsessive or compulsive patterns, if any	Emotional Development - MENTAL HEALTH	
July [24]	Advait's Yagna	! Pancha Maha Yagna ! How can we repay runas. ! Daanam - DESHA, KAALA, PAATRA ! Types of Tapas	ACTIVITY P no -38	Understand the meaning and practice of Ygna, Daana and Tapas	Spiritual Development - VALUES	4
	Drugs and Alcohol- The global Threat	! Negative effects of DRUGS ! Statistics – Worldwide Drug Abuse. ! How bad can it get?	ACTIVITY Mystery Drink P no -63	Know about drug abuse and its harmful impact on the human body.	Physical Development - HEALTH EDUCATION	

August [21]	Indian Contribution	! India's contribution to the World ! Dhanyawaad Bharath	ACTIVITY 1 P no - 45 ACTIVITY 2 P no - 49	Know the various contributions India has made to the world	Patriotism - PRIDE IN THE COUNTRY	2
September [18]	Gifted to Give!	! The joy of giving ! Delivering on Duty ! An Unending Bowl ! Doctor at service. ! Who gets to give?	ACTIVITY P no - 71	Know about the power of giving and about people who have given all their lives	Mental Development - EMOTIONAL EXPANSION	3
	A Spotless mind	! Mind and its quality. ! What is Austerity of the Mind? ! Serenity. ! Simplicity. ! silence ! Self - control	ACTIVITY P no -129	Know the different austerities of the mind.	Emotional Development - HANDLING EMOTIONS	
October [22]	TERM 1					
November [23]	Neeti versus Dharma	! Story time ! What is Neeti and Dharma? ! Tips for Decision making ! What are dharmic actions?	ACTIVITY P no -140	Understand the meaning of Neethi and Dharma and recognize their integral oneness.	Intellectual Development - INDEPENDENT THINKING	4

	Wealth from Waste	! Wealth from waste ! Making furniture using tetra packs. ! Wabag solutions. ! Arora Fibres ! Shree Gorakhnath	ACTIVITY P no - 136	Know and understand the importance of serving the society	Universal Outlook - ENVIRONMENTAL EDUCATION	
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CURRICULUM
PLANNING[PALLAVUR/TATTAMANGALAM/KO
LLENGODE]

CLASS:-XI

SUBJECT:-ValueEducation

YEAR:-2025-2026

CLASS:-XI

RESOURCEMATERIAL/TEXT:- Why Do We , Indispensable values

TERMI:- WDW Light a Lamp, WDW Namaste, WDW fast?, WDW worship the kalasha, WDW regard plants and trees sacred, Why should values be valued?, Adhambhitvam (No show off), Ahimsa (Non – Injury)

Term II:- WDW worship Tulasi?, Why Do We say Shanthi thrice, Why do we chant Om, Ksanti (Forgiveness), Arjavam (Straightforwardness)

Month/No . of working days / No.of periods Per subject.	Unit/ Chapter/Subtheme.	Key Concepts	Activities / Art Integration /Technology integration/ Experiential Learning	Learning Outcomes	Integrated Values	No of periods for each chapter.
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JUNE[22]	<ul style="list-style-type: none"> • Why do we light a lamp? • Why do we do Namaste? • Why should values be valued? 	<p>*Occasions to light a lamp *Knowledge -Light The greatest form of wealth *Spiritual significance of</p>	<p>→Light lamp everyday at home →Lighting 'KarthikaDeepam' →Write about different forms of greetings →Collect picture sof</p>	<ul style="list-style-type: none"> • Understands the importance of lighting lamps • Understands the various type sof greetings 	<p>Indian Culture Cultural Heritage Awareness and Appreciation, Emotional expansion</p>	<p>4</p>
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		<p>lighting traditional lamps</p> <ul style="list-style-type: none"> *Single lamp – lights hundreds more *Different forms of greetings *Meaning of Namaste *Spiritual meaning of Namaste 	<p>Different greetings.</p> <p>→ Video presentation.</p>	<p>Appreciate the Indian method of greeting.</p>		
July[24]	<ul style="list-style-type: none"> • WDW regard plants and trees sacred? • Youth alone can –Topic1 	<ul style="list-style-type: none"> * Selfless service * Importance of Plants and trees 	<p><u>“Live the verse”</u></p> <p>→ Select three verses from the Bhagavad geeta that you identify with . Write them on a sheet of paper and laminate it . Display it where you can see it often , like your bedroom wall Mirror or window . Everyday when you wake up ,make sure you read this verse and do your best to put up it into practice uncompromisingly . one verse from the Geetha duly practiced is enough to <i>reform</i> and to <i>perform</i></p>	<ul style="list-style-type: none"> • Understands the perishable nature of the body • Using the available time effectively • Understands the meaning of Mruthyunjaya Mantra 	<p>Indian Culture Cultural Heritage Awareness and Appreciation, Emotional expansion</p>	4

<p>August [21]</p>	<ul style="list-style-type: none"> • WDW fast? Know – How of rituals • Adhambhivatvam (No show off) 	<p>*Right- the Dharma aspect</p> <p>*Importance of doing Pradakshina to a banyan tree.</p> <p>*The meaning of 'UPAVAS'</p> <p>Why should we show off Showing off a sign of spiritual malnourishment</p>	<p>Applying Bhasma everyday. Collect the information about the medicinal value of bhasma. By heart Mrithyunjayamantra</p> <p>Group Discussion (Showing off is a negative or positive trait)</p>	<ul style="list-style-type: none"> • Understands the meaning of pradakshina • Understands the importance of dharma • Respecting trees. • Cultivate control over our senses • Understands the lord- the embodiment of all virtues. • How to deal with people who have mana and dambha. 	<p>Spiritual Development Indian Culture Cultural Heritage Awareness and Appreciation, Emotional expansion</p> <p>Intellectual Development Observation</p>	<p>2</p>
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September [18]	<ul style="list-style-type: none"> WDW worship the kalasha Ahimsa (Non – Injury) 	<p>*The Law Of innovation</p> <p>*The Four Types castes</p> <p>*Significance of kalsha</p> <p>Ahimsa - in its true sense The power of love and ahimsa</p>	<p>→Painting the kalasha</p> <p>→Tie the thread</p> <p>Practice ways to minimize Himsa.</p>	<ul style="list-style-type: none"> Understands the significance of kalasha Understands the importance of dharma Respecting our culture. Learn to practice perfect Ahimsa towards ourselves. 	<p>Spiritual development</p> <p>Mental development</p> <p>Intellectual development</p> <p>Indian culture</p> <p>Cultural Heritage Awareness and Appreciation, Emotional expansion</p>	3
October	Term1-Exam		→	•		
November [23]	<ul style="list-style-type: none"> WDW worship Tulasi?, Why Do We say 	<p>*Shanti-peace</p> <p>*Chanting PrayersThree types</p> <p>ofsorrowsFrustration- tedaction-</p>	<p>→Planting saplings[Thulasi]</p>	<ul style="list-style-type: none"> To know the tulasistuti Understands the significance worshipping Tulasi Understandsthe 	<p>Spiritual development</p> <p>Mental development</p> <p>Intellectual development</p> <p>Indian culture</p>	4

	<p>Shanthi thrice</p> <p>Ksanti (Forgiveness),</p>	<p>Sorrow. *Sanskrit meaning of Tulasi</p> <p>Three types of people How to practice forgiveness</p>	<p>Case study (What happens when we don't forgive)</p>	<p>Medicinal power of thulasi</p> <ul style="list-style-type: none"> Respecting our culture. <p>Understand the value – forgiveness Understand the situations where forgiveness becomes vice and not a virtue</p>	<p>Cultural Heritage Awareness and Appreciation, Emotional expansion</p>	
December [20]	<ul style="list-style-type: none"> Why do we chant Om <p>Arjavam (Straightforwardness)</p>	<ul style="list-style-type: none"> The Universal name of the Lord. Essence of the vedas. What happens when we practice Arjavam Our crooked mind – our enemy 	<p>→ Om Meditation</p> <p>Speak about diplomacy and Arjavam</p>	<ul style="list-style-type: none"> To know the importance of om chanting Understands the significance of Om meditation Respecting our culture. Understand the worth to live practicing Arjavam 	<p>Spiritual development Mental development Intellectual development Indian culture Cultural Heritage Awareness and Appreciation , Emotional expansion</p>	3
January	Term 2-Exam					

CURRICULUM PLANNING
[PALLAVUR/TATTAMANGALAM/KOLLENGODE]

CLASS :-XII

SUBJECT: - Value Education

YEAR :- 2025 - 2026

RESOURCE MATERIAL/TEXT:- Indispensable Values, Victorious Youth

Month /No. of working days.	Unit/ Chapter/ Sub theme.	Key Concepts	Activities / Art integration / Technology integration/ Experiential learning	Learning Outcomes	Integrated Values	No of periods for each chapter.
June [22]	An ideal youth Why should values be	*Planning Mobilisation of Resources *Actualising the plan * Ultimate & Intermediate goals • Comparison between spiritual and worldly wealth • Wealth without wisdom-its dangers	'Plan out your work and Work out your plan' Discussion on the Quoting of Gurudev * discussion of selected versus	*Understands the importance of planning *Plan their work. * Types of Thyaga and Indispensability of Action. * To know about the qualities of Kshatriya • Understand the importance of	Indian culture Cultural heritage Awareness and appreciation Emotional Expansion Intellectual Development • Spiritual	4

	valued			wisdom to deal with worldly wealth <ul style="list-style-type: none"> • Understand the limitations of worldly wealth 	development <ul style="list-style-type: none"> • Philosophy 	
July [24]	Success And Victory Amanitavam (egolessness)	* Attainment of one's goal * Intermediate goal & Ultimate goal * Personal gain & Collective gain Impulse and basis of <ul style="list-style-type: none"> • Why eradicate the ego • Egolessness the way to practice • Permanent reality of life 	Group Work (Chart paper work on success). A chart will be given to each group and asked them to use the chart according * case study	* Understands the meaning of goal * Preparation to set their goals <ul style="list-style-type: none"> • Foster self self respect • Understand the difference between humility and inferiority complex 	Mental & Intellectual Development. Indian culture Cultural heritage Awareness and Appreciation Intellectual development , intellectual kindling Spiritual techniques	4

		action and the three-fold knowledge Three – fold nature of action and three types of doers	to their idea. Explain are you victorious or successful.		Emotional Expansion Intellectual Development	
August [21]	Vision in Action	*Types of Buddhi * Satvik Buddhi >Pravritty&Nivritty > Karya- Akarya > Bhayam –Abhayam *Rajsik Buddhi * Tamsik Buddhi Three types of Budhi and Dhrthi. Three types of Happiness	Write a short note on your qualities. Collect video clips of great visionaries	*Understands different types of Budhi *Identifies their own intellect	Mental & Intellectual Development. Indian culture Cultural heritage Awareness and appreciation Emotional Expansion Intellectual Development	4
September [18]	Plan of Action	Three types of Happiness >Satvik >Rajsik >Tamsik *Four fold classification of human race based on 'Swadharma' and 'Swabhava'. *Abiding in one's own duty formula for perfection.	Discussion- What makes you happy.	*Understands the meaning of Happiness *Recognizes three types of Happiness	Mental & Intellectual Development. Indian culture Cultural heritage Awareness and appreciation Emotional Expansion Intellectual Development	3
October	Exam					

November [23]	Happiness	*Techniques of meditation *Surrender unto Him	→ Om meditation	*Understands the meaning of Meditation. *Techniques of meditation.	Mental & Intellectual Development. Indian culture Cultural heritage Awareness and appreciation Emotional Expansion Intellectual Development	4
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