



ST. LAWRENCE HIGH SCHOOL

27, Ballygunge Circular Road, Kolkata 700019

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



Name of the Subject Co-ordinator: Mrs. Varisha Khanam

Subject: VALUE EDUCATION

TERM: FIRST

Name of the Book: Heart and Mind

No. of working days: 61

No. of periods available: 14

CLASS: VII

SECTIONS: A, B, C

MONTH	NO. OF PERIODS	LESSONS	TOPICS COVERED	CLASSWORK	TEACHING AIDS
APRIL	04	1 st Term Begins CHAPTER 1 REVERENCE TOWARDS GOD Heart and Mind Pages 11-16	The lesson will be explained in class. Meanings, Spellings, Short answer questions will be given. Discussion on related topics will be done.	Meanings, Spellings, Short answer questions Reference to the context Heart and Mind Pages 7-16	Activity: Students will be asked to write a Prayer of their own in reverence towards God.
MAY	02	CHAPTER 4 REALISE YOUR POTENTIAL Heart and Mind Pages 29-34	The teacher will explain the lesson in class. Meanings, Spellings, Short answer questions will be given.	Meanings, Spellings, Short answer questions Reference to the context Heart and Mind Pages 29-34	Activity: Students will be asked to identify and write their strengths and weaknesses to demonstrate self-awareness.
JUNE	03	CHAPTER 5 SAY 'NO' TO BAD THINGS Heart and Mind Pages 35-39	The students will be given a detailed explanation in class. Meanings, Spellings, Short answer questions will be given. Discussion on related topics will be done.	Meanings, Spellings, Short answer questions Reference to the context Heart and Mind Pages 35-39	Activity: The students will be asked to write down ways in which they can control their anger in times of trial.
SYLLABUS FOR UNIT TEST 1: CHAPTER 1 REVERENCE TOWARDS GOD					
JULY	05	CHAPTER 7 USE YOUR OWN RESOURCES Heart and Mind Pages 45-49 UT 1 begins on 13.7.26	The teacher will explain the lesson in class. Meanings, Spellings, Short answer questions will be given. Reference to the context answers will be discussed.	Meanings, Spellings, Short answer questions Reference to the context Heart and Mind Pages 45-49	Activity: The students will be given a particular task with certain conditions.

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

Signature of the Co-Teachers: 1. *Varisha Khanam* 2. *Diya* 3. *Domino* Submitted on *20/04/2026*

PRINCIPAL:

Princip

Academic Coordinator:

Chaitali Roy

VICE PRINCIPAL:

B. Raj



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



Name of the Subject Co-ordinator: Mrs. Varisha Khanam

Subject: VALUE EDUCATION

TERM: FIRST and SECOND

Name of the Book: Heart and Mind

No. of working days: 61,36+42(1st term+2nd term)

No. of periods available: 5+9

CLASS: VII

SECTIONS: A, B, C

MONTH	NO. OF PERIODS	LESSONS	TOPICS COVERED	CLASS WORK	TEACHING AIDS
AUGUST	04	CHAPTER 8 BEING RESPECTFUL Heart and Mind Pages 50-54	The lesson will be explained in class. Meanings, Spellings, Short answer questions will be given Discussion on related topics will be done.	Meanings, Spellings, Short answer questions Reference to the context Heart and Mind Pages 50-54	Activity: Students have to draw ways in which they can be helpful, considerate and caring towards their elders.
SEPTEMBER	01+02	1 ST TERM INTERNAL EXAM BEGINS FROM 17.8.26 2 ND TERM BEGINS CHAPTER 9	SYLLABUS OF FIRST TERM: CHAPTERS 1, 4,5,7,8.	REVISION, EXAM CONTINUES	REVISION, EXAM CONTINUES
OCTOBER	03	CHAPTER 9 KEEP ON TRYING Heart and Mind Pages 55-60	The teacher will explain the lesson in class. Meanings, Spellings, Short answer questions will be given.	Meanings, Spellings, Short answer questions Reference to the context Heart and Mind Pages 55-60	Activity: Case- Study The students will be asked to read aloud some situations and say how they would react in those situations.
UNIT TEST 2 SYLLABUS: CHAPTER 9 KEEP ON TRYING					
NOVEMBER	04	CHAPTER 10 NEVER BE REVENGING Heart and Mind Pages 61-65 CHAPTER 12 LIVING FOR OTHERS Heart and Mind Pages 71-76 UT 2 begins from 16.11.26	The students will be given a detailed explanation in class. Meanings, Spellings, Short answer questions will be given Discussion on related topics will be done.	Meanings, Spellings, Short answer questions Reference to the context Heart and Mind Pages 71-76	Activity: The students will be asked to write a short story to illustrate how hatred causes unhappiness while love causes happiness and read it aloud in class.

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

Signature of the Co-Teachers: 1. *Varisha Khanam*

2. *[Signature]*

3. *[Signature]*

Submitted on *20/04/2026*

PRINCIPAL : *[Signature]*

Academic Coordinator : *Chaitali Roy*

VICE PRINCIPAL: *[Signature]*



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



Name of the Subject Co-ordinator: Mrs. Varisha Khanam

Subject: VALUE EDUCATION

TERM: SECOND

Name of the Book: Heart and Mind

No. of working days: 42,58

No. of periods available: 9

CLASS: VII

SECTIONS: A, B, C

MONTH	NO. OF PERIODS	LESSONS	TOPICS COVERED	CLASS WORK	TEACHING AIDS
DECEMBER	03	CHAPTER 13 LIVE BY EXAMPLE Heart and Mind Pages 77-82	The lesson about Ishwar Chandra Vidyasagar and his teachings will be explained and discussed in class.	Meanings, Spellings, Short answer questions Reference to the context Heart and Mind Pages 77-82	Life-situation activity about self-awareness and decision-making will be done.
JANUARY	04	CHAPTER 15 LIMIT YOUR DESIRES Heart and Mind Pages 89-93	The lesson will be explained in class. Meanings, Spellings, Short answer questions will be given Discussion on related topics will be done.	Meanings, Spellings, Short answer questions Reference to the context Heart and Mind Pages 89-93	Activity: 10 Day Challenge Activity The students will be asked to write down 10 good habits and start a particular habit on a specified day and continue it forever
FEBRUARY	02	2 ND TERM INTERNAL EXAMS BEGIN on 4.2.2027	SYLLABUS OF THE SECOND TERM: CHAPTERS 9,10,12,13,15.	REVISION OF THE SYLLABUS	REVISION OF THE SYLLABUS
MARCH	00	Correction work continues	Correction work continues	Correction work continues	Correction work continues

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Signature of the Co-Teachers: 1.

Varisha Khanam

2.

Varisha Khanam

3.

Varisha Khanam

Submitted on 20/04/2026

PRINCIPAL:

Principals

Academic Coordinator:

Chaitali Roy

VICE PRINCIPAL:

Principals