

Shala Project-INDEX

Introduction

1. Self Identity

1.1) Self awareness

- Who am I?
- Why is self awareness important?
- Fear (realistic/ imaginary)

1.2) Self Confidence

- i. Know yourself
- ii. Accepting yourself
- iii. Setting goal for yourself
- iv. Working towards your goal

2. Swachha Bharat- P M Modi's dream that begins with 'ME'

- a. Cleanliness of Body
- b. Cleanliness of Surrounding
- c. Cleanliness of food & water
- d. Sanctity of 'The Mind'

3. Inter-personal Relationship

- a. Relation with Family
- b. Relation with Friends
- c. Love Relationship
- d. How to deal with 'Rejection in Love'

4. Addiction- Attractions/ Temptations to Doom

- a. How addictive substance can affect the brain
- b. Legal addictive substances/Prescribed drugs
- c. Illegal addictive substances
- d. Marijuana, Gutka, Bhang

5. Dare to say 'NO' - Communication skills

- a. Ability to deal with Peer pressure
 - i. Aggressive
 - ii. Passive
 - iii. Assertive behavior
- b. Effective communication
 - i. Be empathetic
 - ii. You need to talk
 - iii. How do you tell?
 - iv. How to resolve conflicts
 - v. Principles of Persuasion

6. Emotions & Stress Management

- a. Manage your emotions
- b. Identify & Manage stress
- c. Teen Suicide

7. Responsible decision making

- a. Identify the best option
- b. Decision under pressure of parents/friends/ society
- c. Approach towards 'Problem solving'

8. Sexuality- Play safe from STD

- a. Adolescent growth
 - b. Facts that a Teen should know
 - c. FAQs
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