

The sessions are broadly divided into three modules.

Module I	Module II	Module III
Importance of Value Education	Appreciation for life	Goal Setting and Time Management
Formation of character and development of a positive attitude	Addiction and its consequences	Respecting Gender Differences and Responsible sexual behaviour
Family and Social Values – Love for parents	Healthy living	Enhancing Patriotism
Appreciating our History – celebrating diversity	Celebrating Independence – glimpses into our freedom struggles	Teamwork and Leadership
Basic understanding of the Indian Constitution	Understanding depression	E-Waste Management
Study skills	Awareness on Social Responsibility - I	Awareness on Social Responsibility - II
Social Media – dangers of misuse	Caring for mother earth	Simple and happy life - Minimalism
Life Skills Orientation programme on Self-Esteem and Preparation for Family Life : a day at <i>SILOAM</i>		