

# Jagat Taran Golden Jubilee School, Prayagraj

## Syllabus Break-up Month-Wise 2026-27



### CLASS X

#### PHYSICS

MONTH	CHAPTER NAME	EXPERIMENTS / ACTIVITIES	TEST
April	1. <b><u>CH.1 – Light - Reflection of Light</u></b> Reflection of light by curved surfaces; Images formed by spherical mirrors, centre of curvature, principal axis, principal focus, focal length, mirror formula, magnification, Numericals based on Spherical mirror	Show the images formed by the concave and convex mirror for the different position of the object.	Class Test of Ch-1 : Light - Reflection of light
May	☐ <b><u>CH.1 – Light - Reflection of Light</u></b> Questions for practice from Ch - 1 ☐ <b><u>CH 1 – Light -Refraction of Light</u></b> Refraction; Laws of refraction	Determination of the focal length of concave mirror by obtaining the image of distant object	
July	☐ <b><u>CH 1 – Light - Refraction of Light</u></b> Refraction of light by spherical lens; Image formed by spherical lenses; Lens formula (Derivation not required); Magnification. Power of a lens, Numericals based on spherical lenses and refractive index. ☐ <b><u>CH 2 - Human Eye and the colourful world</u></b> Functioning of a lens in human eye, defects of vision and their corrections	1. Determination of the focal length of convex lens by obtaining the image of distant object. 2. Tracing the path of a ray of light passing through a rectangular glass slab for different angles of incidence. Measure the angle of incidence, angle of refraction, angle of emergence and interpret the result.	Class Test of Ch-1: Light - Refraction of light
August	☐ <b><u>CH 2 - Human Eye and the colourful world</u></b> Applications of spherical mirrors and lenses. Refraction of light through a prism, dispersion of light, scattering of light, applications in daily life, Numericals based on defect of vision ☐ <b><u>CH 3 - Electricity</u></b> Electric current, potential difference and electric current.	Tracing the path of the rays of light through a glass prism.	Class Test of Ch-2: Human Eye and colourful world
September	☐ <b><u>CH 3 - Electricity</u></b> Ohm's law; Resistance, Resistivity, Factors on which the resistance of a conductor depends. Series combination of resistors, parallel combination of resistors and its applications in daily life. Heating effect of electric current and its applications in daily life. Electric power, Interrelation between P, V, I and R, Numericals	Studying the dependence of potential difference (V) across a resistor on the current (I) passing through it and determine its resistance. Also plotting a graph between V and I.	Class Test of Ch-3: Electricity
October	☐ <b><u>CH 4 - Magnetic Effects of Current</u></b> Magnetic field, field lines, Field due to straight current carrying conductor, Maxwell's Right hand thumb rule	Determination of the equivalent resistance of two resistors when connected in series.	
November	☐ <b><u>CH 4 - Magnetic Effects of Current</u></b>	Determination of the equivalent resistance of two	Class Test of Ch-4:

field due to current carrying coil or solenoid; Force on current carrying conductor, Fleming's Left Hand Rule, Direct current. Alternating current: frequency of AC. Advantage of AC over DC. Domestic electric circuits.	resistors when connected in parallel.	Magnetic Effect of current
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# CHEMISTRY

Sr. No.	Month	Chapter's Name	Activities	Tests
1.	April	<b>Ch-1 Chemical Reactions and Equations</b> <b>Topics:</b> Chemical reactions, Chemical equation, Balanced chemical equation, types of chemical reactions: combination, decomposition, displacement, double displacement, precipitation, endothermic exothermic reactions, oxidation and reduction	To perform and observe the types of reactions in the following: 2. Reaction of iron nail kept in copper sulphate solution 3. Action of water on quicklime 4. Action of heat on ferrous sulphate crystals 5. Reaction between $\text{Na}_2\text{SO}_4$ and $\text{BaCl}_2$ .	
2.	May	<b>Ch-2 Acids, Bases and Salts</b> <b>Topics:</b> Acids and Bases – definitions in terms of furnishing of $\text{H}^+$ and $\text{OH}^-$ ions, identification using indicators	To study the properties of acids and bases ( $\text{HCl}$ & $\text{NaOH}$ ) on the basis of their reaction with: Lime solution, Zinc metal, solid Sodium Carbonate	Ch-Chemical Reactions and Equations (complete chapter)
3.	July	<b>Ch-2 Acids, Bases and Salts</b> <b>Topics:</b> Chemical properties, examples and uses, neutralization, concept of pH scale (Definition relating to logarithm not required), importance of pH in everyday life; preparation and uses of Sodium Hydroxide, Bleaching powder, Baking soda, Washing soda and Plaster of Paris	To find the pH of the following samples by using pH paper/universal indicator: 1) Dil $\text{HCl}$ 2) Dil $\text{NaOH}$ 3) Dil ethanoic acid solution 4) Lemon water 5) Water 6) Dilute Hydrogen Carbonate Solution	Ch-2 Acids, Bases and Salts (complete chapter)
4.	August	<b>Ch-3 Metals and Non-Metals</b> <b>Topics:</b> Properties of metals and non-metals; Reactivity series; Formation and properties of ionic compounds	To draw the activity/ reactivity series of metals	Ch-3 Metals and Non-Metals (till ionic compounds)
5.	September	<b>Ch-3 Metals and Non-Metals</b> <b>Topics:</b> Basic metallurgical processes; Corrosion and its prevention	To study and compare reactivity of some metals such as Mg, Al, Zn, Fe, Pb and Cu with dilute $\text{HCl}$ .	Ch-3 Metals and Non-Metals (complete chapter)
6.	October	<b>Ch-4 Carbon and its Compounds</b> <b>Topics:</b> Covalent bonds – formation and properties of covalent compounds, Versatile nature of carbon, Hydrocarbons – saturated and unsaturated, Homologous series	To study the comparative cleaning capacity of soap in soft and hard water.	

7.	November	<b>Ch-4 Carbon and its Compounds</b> <b>Topics:</b> Nomenclature of alkanes, alkenes, alkyne and carbon compounds containing functional groups (halogens, alcohol, ketones, aldehydes). Chemical properties of carbon compounds (combustion, oxidation, addition and substitution reactions), Ethanol and Ethanoic acid (only properties and uses), soaps and detergents	To study the following properties of Acetic acid (Ethanoic acid) 1) Odour 2) Solubility in water 3) Effects on litmus 4) Reaction with sodium hydrogen carbonate	Ch-Carbon and its Compounds (complete chapter)
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# MATHEMATICS

S. NO	MONTH	CHAPTER	ACTIVITY
1	APRIL	<b>Lesson 1 : Real Numbers</b> <b>Lesson 2 : Polynomials</b>	1. To find the HCF of two numbers experimentally based on Euclid's Division Lemma. 2. To draw the graph of a quadratic polynomial and observe :  i) the shape of the curve when the coefficient of $x^2$ is positive.  ii) the shape of the curve when the coefficient of $x^2$ is negative.  iii) its number of zeros.
2	MAY	<b>Lesson 3 : Pair of linear equations in two variables</b>	1. To obtain the conditions for consistency or inconsistency of given pairs of linear equations in two variables by graphical method.
3	JULY	<b>Lesson 4 : Quadratic Equations</b> <b>Lesson 5 : Arithmetic Progressions</b> <b>Lesson 6 : Triangles</b>	1. To verify that the given sequence is an Arithmetic Progression by paper cutting and pasting method. 2. To verify the sum of first $n$ – natural numbers is $n(n+1) / 2$ by graphical method. 3. To verify the BPT using parallel line board and triangle cut outs. 4. To verify the Pythagoras theorem by the method of paper cutting and pasting. 5. To verify the Pythagoras theorem by Bhaskara method.
4	AUGUST	<b>Lesson 7 : Coordinate Geometry</b> <b>Lesson 8 : Introduction to Trigonometry</b>	1. To verify the distance formula by graphical method. 2. To verify Section formula graphically. 3. To Draw the graph of trigonometric functions of Sin , Cos and Tan function of some angles : $0^0$ , $30^0$ , $45^0$ , $60^0$ , $90^0$ .
5	SEPTEMBER	<b>Lesson 9 : Some Applications of Trigonometry</b> <b>Lesson 10 : Circles</b> <b>Lesson 11 : Areas related to Circles</b>	1. To make a clinometer and use it to measure height of an object. 2. To give a suggestive demonstration of the formula that the area of the circle is half the product of its circumference and radius , by paper cutting and pasting. 3. To observe the lengths of two tangents drawn from an external point to a circle are equal.

6	OCTOBER	<b>Lesson 12 : Surface Areas and Volumes</b>	<p>1. To give a suggestive demonstration of the formula for the volume of a right circular cylinder in terms of its height and radius of the base circle.</p> <p>2. To give a suggestive demonstration of the formula for the volume of a right circular cone.</p> <p>3. To find the Relationship among Volumes of a Right circular Cone, a hemisphere, and a right circular cylinder of equal radii and equal Heights.</p>
7	NOVEMBER	<b>Lesson 13 : Statistics</b> <b>Lesson 14 : Probability</b>	<p>1. To determine probability of a Head or a Tail by tossing a coin maximum number of times and compare with its theoretical probability.</p> <p>2. To find experimental probability of each outcome of a Die when it is thrown a large number of times.</p>
8	DECEMBER	<b>Revision of PREBOARD Exam</b>	-----
9	JANUARY - MARCH	<b>Revision of BOARD Exam</b>	-----

## **BIOLOGY**

<b>S.NO.</b>	<b>MONTH</b>	<b>CHAPTER NAME</b>	<b>ACTIVITY</b>	<b>Class Test</b>
1	April	Ch – 1 Life Processes (Autotrophic Nutrition)	Preparation of a temporary mount of a leaf peel to show stomata	Photosynthesis Heterotrophic modes of nutrition
2	May	Ch – 1 Life Processes (Heterotrophic Nutrition)	Art Integrated activity on Nutritional values of local cuisine of North Eastern States	Digestion
3	July	Ch – 1 Life Processes Respiration Transportation Excretion	Experimentally show that carbon dioxide is given out during respiration	Respiratory system Circulatory system Excretory system
4	August	Ch – 2 Control & Coordination Ch – 3 How Do the Organisms Reproduce? (Plant Reproduction)	Studying a. Binary fission in Amoeba b. Budding in yeast and Hydra with help of prepared slides.	Endocrine system Structure and function of nervous system
5	September	Ch – 3 How Do the Organism Reproduce (Animal Reproduction) Ch – 4 Heredity and Variation	Identification of the different parts of an embryo of a dicot seed (pea, gram or red kidney bean)	Plant Reproduction
6	October	Ch – 4 Heredity and Variation		Animal Reproduction
7	November	Ch – 5 Our Environment		Heredity

# ECONOMICS

<b>Sr. No.</b>	<b>Month</b>	<b>Chapter's Name</b>	<b>Activities</b>
1.	April	Ch-1 Development	1. Development goal of different categories of persons. Table 1.1 pg no. 4
2.	May	Ch-1 Development (continued)	Class test on chapter 1 Holiday Homework- Project work on Consumer Rights.
3.	July	Ch-2 Sectors of the Indian Economy	1. Classification Chart of the different sectors of the economy.
4.	August	Ch-3 Money and Credit	Graph 2 pg. no. 49 Loans taken by urban households.
5.	September	Ch-3 Money and Credit (continued)	Class test on chapter 3
6.	October	Ch-4 Globalisation and The Indian Economy	
7.	November	Ch-4 . Globalisation and The Indian Economy(continued)	1. Take some branded products that we use everyday (soaps, toothpastes, garments, electronic goods etc.). Check which of these produced by MNC's. Pg no. 73
8.	December	Revision	

## HISTORY

<b>Month</b>	<b>Chapters</b>	<b>Activity/Project</b>
April	<b>History:</b> Ch-4 The Age of Industrialisation <b>Civics:</b> Ch-1 Power Sharing	Comparative study of Advertising of various products in early days and present days
May	<b>Civics:</b> Ch-2 Federalism	Division of Federal government in India
July	<b>History:</b> Ch-1 Nationalism in Europe	Map activity
August	History: Ch-2 Nationalism in India Ch-3 Gender, Religion and caste	Newspaper reports on important incidents of National Movement
September	Ch-3 The Making of a global World Ch-4 Political Party	Interdisciplinary Project
October	<b>Civics:</b> Ch-5 Outcomes of Democracy	
November	Ch-5 Print Culture and Modern World	Making of manuscripts

## GEOGRAPHY

Month	Chapter's Name	Activity/Monthly Class Test
APRIL	L- 1 Resources and Development	<u>Map Activity</u> : Types of Soil <u>Test</u> : Land and Soil Resource
MAY	L- 2 Forest and Wildlife Resources	<u>Map Activity</u> : Wildlife Sanctuaries, National Parks. <u>Test</u> : Types of forest, Community and conservation
JULY	L- 3 Water Resources	<u>Map activity</u> : Dams <u>Test</u> : Multi-Purpose River Projects Water Harvesting
AUGUST	L- 4 Agriculture	<u>Activity</u> : Tabular Presentation of Major Crops <u>Test</u> : Types of Farming, Cropping Seasons
SEPTEMBER	L- 5 Minerals and Energy Resources	<u>Map activity</u> : Important minerals of India <u>Test</u> : Energy resources and its conservation
OCTOBER	L- 6 Manufacturing Industries	<u>Activity</u> : Flow Charts- Classification of Industries <u>Test</u> : Industrial pollution and Environmental degradation
NOVEMBER  DECEMBER Till PREBOARD	L- 6 Manufacturing Industries (Continued)  L- 7 Lifelines of National Economy ( ONLY MAP POINTING TO BE EVALUATED IN BOARD ) ( Interdisciplinary Project with History and Economics )	<u>Map Activity</u> : National Highways, railways Major ports and airports

## ENGLISH (055)

Month	Category	Literature (Chapter Details + Author)	Grammar	Writing Skills	Activity / Experiential Learning Task
April	Prose	<b>A Letter to God</b> – Faith, hope, irony (G.L. Fuentes)	Modals	Formal Letter Writing	Role Play & Reflection: Enact scenes and write a journal on faith and empathy
	Prose	<b>A Triumph of Surgery</b> – Responsible pet care, humour (James Herriot)			
	Poem	<b>Dust of Snow</b> – Nature’s healing power (Robert Frost)			
	Poem	<b>Fire and Ice</b> – Desire vs hatred (Robert Frost)			
May	Prose	<b>Nelson Mandela: Long Walk to Freedom</b> – Struggle, leadership (Nelson Mandela)	Determiners	Letter Writing	Collaborative Timeline: Mandela’s life linked to justice & equality
	Prose	<b>Two Stories About Flying</b> – Overcoming fear (Liam O’Flaherty / Frederick Forsyth)			
	Prose	<b>The Thief’s Story</b> – Trust, reform (Ruskin Bond)			
July	Prose	<b>From the Diary of Anne Frank</b> – War, adolescence (Anne Frank)	Subject-Verb Concord	Letter Writing (Revision)	Diary Writing Task: Perspective writing + peer discussion
	Prose	<b>Glimpses of India</b> – Cultural diversity (Rodrigues / Abrol / Kolatkar) <b>The Making of a Scientist</b> Encouragement and support (Robert W. Peterson)			
	Poem	<b>A Tiger in the Zoo</b> – Freedom vs captivity (Leslie Norris) <b>How to Tell wild Animals</b>			

Month	Category	Literature (Chapter Details + Author)	Grammar	Writing Skills	Activity / Experiential Learning Task
		-Dangerous Identification- Humor(Carolyn Wells)			
August	Prose	<b>Mijbil the Otter</b> – Human-animal bond (Gavin Maxwell) <b>A Question of Trust</b> Trust and deception (Victor Canning)	Reported Speech (Intro)	Formal Letter Writing	Case Study Presentation: Real-life connections on themes
	Prose	<b>Footprints Without Feet</b> – Misuse of power (H.G. Wells)			
	Poem	<b>Amanda!</b> – Childhood pressure (Robin Klein)			
September	Prose	<b>Madam Rides the Bus</b> – Independence (Vallikkannan)	Reported Speech (Practice)	Analytical Paragraph	Problem-Solving Task: Theme-based real-life analysis
	Prose	<b>The Sermon at Benares</b> – Life & death (Buddha’s teachings)			
	Prose	<b>The Necklace</b> – Pride vs reality (Guy de Maupassant)			
	Poem	<b>The Trees</b> – Freedom of nature (Adrienne Rich)			
	Poem	<b>Fog</b> – Nature’s subtle power (Carl Sandburg)			
October	Drama	<b>The Proposal</b> – Satire on marriage (Anton Chekhov)	Tenses/Editing and Omission	Paragraph Writing	Comparative Cultural Study: Indian vs global traditions
	Poem	<b>The Tale of Custard the Dragon</b> – Courage vs cowardice (Ogden Nash)			
	Poem	<b>For Anne Gregory</b> – Inner vs outer beauty (W.B. Yeats)			
November	Prose	<b>Bholi</b> – Empowerment,	Gap Filling / Sentence Reordering	Analytical Paragraph (Practice)	Integrated Project & Reflection: Sample papers + peer assessment

Month	Category	Literature (Chapter Details + Author)	Grammar	Writing Skills	Activity / Experiential Learning Task
		education (K.A. Abbas)			
	Prose	<b>The Book That Saved the Earth</b> – Humour, language power (Claire Boiko)			
December		<i>Revision</i>			

## INFORMATION TECHNOLOGY

Month	Chapter	Activity(Lab sessions)
April	Part B Ch 1- Advanced Documentation	Creating the new Style and Template. Updating Style Loading style as a template Deleting Style Creating TOC
May	Ch 1 – Advanced Documentation Continue... Ch 2- Advanced electronic Spreadsheet	'what-if-analysis'-Consolidating
July	Ch 2- Advanced electronic Spreadsheet	'what-if-analysis'-Consolidating, Goal seek, Solver, Absolute and Relative referencing, linking of the worksheet
August	Ch 3- Database Management System Ch 4- Work Place Security	Create a template of admission form of a school. And paste the print of the form in Manual copy.
September	Ch 4- Work Place Security	
October	Part A Ch 1. Communication Skills-II Ch 2. Self-Management Skills-II	Draw the stages of communication cycle and Define each stage.(page 8)
November	Ch 3. ICT Skills-II Ch 4. Entrepreneurial Skills-II Ch 5. Green Skills-II	Paste the pictures of any 4 eminent entrepreneurs of India and write about them.(page 65)

<b>MONTHS</b>	<b>CHAPTERS</b>	<b>ACTIVITY</b>
APRIL	<ol style="list-style-type: none"> <li>1. नेता जी का चश्मा</li> <li>2. सूरदास के पद</li> <li>3. अलंकार (उपमा, रूपक, उत्प्रेक्षा, अतिशयोक्ति और मानवीकरण: परिभाषा एवं उदाहरण)</li> <li>4. पत्र लेखन (औपचारिक तथा अनौपचारिक)</li> </ol>	<ol style="list-style-type: none"> <li>1. मैं प्रयाग का चौराहा हूँ---।</li> <li>2. फेरीवालों की समस्याएँ एवं समाधान के सुझाव।</li> <li>3. प्रत्येक अलंकार के पाँच-पाँच उदाहरण याद करें।</li> </ol>
MAY	<ol style="list-style-type: none"> <li>1. बालगोबिन भगत</li> <li>2. अपठित गद्यांश पर आधारित प्रश्नोत्तर</li> <li>3. राम-लक्ष्मण-परशुराम संवाद</li> <li>4. विज्ञापन</li> </ol>	<ol style="list-style-type: none"> <li>1. दोहा व चौपाई छंद का गायन तथा अवधी भाषा की विशेषताएँ।</li> <li>2. व्याकरण पुस्तक में दिए गए अपठित गद्यांश एवं पद्यांश पर आधारित प्रश्नोत्तर हल करें।</li> </ol>

JULY	<ol style="list-style-type: none"> <li>1. लखनवी अंदाज़</li> <li>2. एक कहानी यह भी</li> <li>3. आत्मकथ्य</li> <li>4. माता का अंचल (कृतिका)</li> </ol>	<ol style="list-style-type: none"> <li>1. ग्रामीण परिवेश: अतीत और वर्तमान में बदलते संबंध।</li> </ol>
AUGUST	<ol style="list-style-type: none"> <li>1. उत्साह</li> <li>2. अट नहीं रही</li> <li>3. नौबत खाने में इबादत</li> <li>4. मैं क्यों लिखता हूँ (कृतिका)</li> <li>5. पत्र लेखन (औपचारिक तथा अनौपचारिक)</li> </ol>	<ol style="list-style-type: none"> <li>1. काशी में हो रहे बदलावों पर बिस्मिल्लाह खाँ की पीड़ा को अपने शब्द में लिखिए।</li> <li>2. युवा वर्ग में सफलता के लिए शॉर्टकट अपनाने की बढ़ती प्रवृत्ति।</li> </ol>

SEPTEMBER	<ol style="list-style-type: none"> <li>1. संस्कृति</li> <li>2. यह दंतुरित मुस्कान</li> <li>3. रचना के आधार पर</li> <li>4. वाक्य भेद (सरल,संयुक्त तथा मिश्र वाक्य)</li> <li>5. वाच्य और उसके भेद (कर्तृ वाच्य, कर्म वाच्य, भाव वाच्य)</li> </ol>	<ol style="list-style-type: none"> <li>1.संतान के जीवन में माता-पिता का महत्व- अनुच्छेद।</li> <li>2.त्यौहारों पर आने वाले व्हाट्सऐप संदेशों को संकलित करें।</li> </ol>
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OCTOBER	<ol style="list-style-type: none"> <li>1. पद परिचय (प्रत्येक शब्द का व्याकरणिक परिचय)</li> <li>2. ई-मेल</li> <li>3. स्ववृत्त लेखन</li> </ol>	<ol style="list-style-type: none"> <li>1.आदर्श प्रश्न पत्रों का अभ्यास।</li> </ol>
NOVEMBER	<ol style="list-style-type: none"> <li>1. फसल</li> <li>2. संगतकार</li> <li>3. साना-साना हाथ जोड़ि</li> </ol>	<ol style="list-style-type: none"> <li>1.अरुणाचल प्रदेश का प्राकृतिक सौन्दर्य वर्णन - /कविता लेखन।</li> </ol>

DECEMBER	<ol style="list-style-type: none"> <li>1. क्षितिज पुस्तक के समस्त गद्य एवं पद्य पाठों की पुनरावृत्ति</li> <li>2. कृतिका पुस्तक के पाठों की पुनरावृत्ति</li> <li>3. समस्त व्याकरण अभ्यास</li> <li>4. अपठित गद्यांश/पद्यांश</li> <li>5. पत्र</li> <li>6. अनुच्छेद</li> <li>7. ई-मेल</li> <li>8. स्ववृत्त</li> <li>9. संदेश लेखन (पुनरावृत्ति)</li> </ol>	<ol style="list-style-type: none"> <li>1. आदर्श प्रश्न पत्रों का अभ्यास।</li> <li>2. A.S.L.</li> </ol>
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### SUPW

April	Calligraphy Optical illusion Name design
May	Tree Leaf impression
July	Madhubani painting Poster Jewelry making
August	Amazing art Monument drawing Wall hanging
September	Modern art Best out of waste Revision of previous work
October	Kulo art Silhouette Art Landscape
November	Board decoration Durga face
December	Decorative bottle with clay Revision of previous work

# **GAMES**

## **Half yearly examination**

1. Warming up exercises - Running, head rotation, knee band, side band, wrist rotation, hip circle, leg stretching, forwarded bending, backward bending.
2. SAI Khelo India Fitness test – (A) 50 meter dash (B) Sit and reach (C) Shuttle run (D) standing broad Jump, (E) Ball throw.
3. Ground management knowledge - Basketball, Volleyball, Badminton.
4. Yoga poses- Tadasana, Trikonasana, Vrikshasana, padmasna, Vajrasana, ustrasna, gomukhasna, Paschimottanasana.
5. March past practice.
6. Skills of the games-
  - (A) Basketball- (passing dribbling, layup shot.)
  - (B) Volleyball (under hand service, upper hand service, smash service).
  - (C) Badminton (Long drive service, Fore hand stroke Back hand stroke).
  - (D) Throwball – serving, throwing, receiving.

## **Pre board exam**

1. Warming up exercises – side running, head rotation, knee band, side band, wrist rotation, hip circle, leg stretching, forwarded bending, backward bending.
2. SAI Khelo India Fitness test – (A) 50 meter dash (B) Sit and reach (C) Shuttle run (D) standing broad Jump, Ball throw.
3. Indoor games- Carrom, chess, Ludo, table tennis.
4. Match practice of outdoor games – Basketball, Volleyball, Badminton, Throwball, cricket.
5. Yoga asana practice- Bhujangasna, Vajrasana, padmasna, Paschimottanasana, Salabhasana, gomukhasna, Anulom Vilom, kapal bhati, Dayana.

## LIFE SKILL

<b>MONTHS</b>	<b>CHAPTERS</b>
<b>APRIL</b>	1. Enhancing Emotional Intelligence
<b>MAY</b>	2. Maintaining and Respecting Boundaries
<b>JULY</b>	3. Emotional Abuse 4. Effective Relationship
<b>AUGUST</b>	5. Fake life vs Real life 6. Social Media and Dating
<b>SEPTEMBER</b>	7. Handling Breakups 8. Career Counselling
<b>OCTOBER</b>	9. Sexual Harassment & Assault
<b>NOVEMBER</b>	10. Identity & LGBTQ