

1. Personal Presentation and Self-Esteem Etiquette

- Personal Hygiene and Grooming Etiquette
- Posture and Body Language Awareness
- Confidence Without Arrogance
- Dress Code and Appearance for Various Occasions

2. Self-Introduction Etiquette

- Formal vs Informal Introduction
- What to Include and What to Avoid in a Self-Introduction
- Body Language During Self-Introduction
- Introducing Yourself on Stage

3. Conversational Etiquette

- Taking Turns in Conversations
- Tone of Voice and Word Choice
- Apologizing Gracefully and Sincerely

4. Digital Etiquette (Netiquette)

- Respectful Communication in Chats and Emails
- Avoiding Cyberbullying and Trolling
- Being Mindful of Screen Time

5. Animal Etiquette

- Understanding the Prevention of Cruelty to Animals Act
- Difference Between Animal Rights and Animal Welfare
- Impact of Urbanization on Animal Habits
- Balancing Human Needs and Animal Welfare

6. Greetings

- Greeting Community Helpers
- Congratulatory Greetings
- Greeting While Introducing Yourself in a Circle
- Opening Lines in Group Presentations
- Greeting Someone Who is Ill or Recovering

7. Personal Cleanliness

- Cleanliness of Personal Belongings

- Cleanliness During Illness or Recovery
- Cleanliness While Playing or Doing Physical Activities
- Avoiding Habits That Cause Poor Hygiene

8. Cleanliness Norms in Community Spaces

- Personal Hygiene While Using Public Transport
- Handling Waste Responsibly During Travel
- Food Hygiene in Street Markets and Fairs
- Awareness of Public Hygiene Signs and Symbols

9. Food Hygiene

- How unhygienic food practices lead to illness (food poisoning, stomach infections)
- Safe Food Handling Practices
- Storing Food Safely
- Eating Food from Safe Sources
- Foodborne Diseases and Prevention

10. Donation

- Places and Organizations that Accept Donations
- Right vs. Wrong Donation Practices
- Time and Volunteering as a Form of Donation
- Skill-Based Donations
- Emergency Relief Supplies Donation

11. Emergency Situations

- Identifying Common Emergency Situations
- Emergency Contact Numbers and When to Use Them
- Essential Items in a Basic First Aid Kit

12. Rights Every Child Should Know

- Right to Education Act (RTE)
- Protection against Child Labour
- Right to Protection from Abuse
- Responsibilities of Citizens

13. Child Safety Laws

- Anti-Bullying Awareness

- Good Touch, Bad Touch (basic knowledge and who to report to)
- What to do if you or a friend feels unsafe (child helpline, trusted adults)

14. Cyber Laws for Children

- Cyberbullying and its consequences
- Sharing and Forwarding Messages: What's legal and what's not?
- Laws against Identity Theft and Hacking

15. Civic Rights and Voting

- Basic idea of voting rights
- Importance of civic duties like voting, cleanliness, and public behavior
- What is an election? Who is a voter?

16. Indian Constitution

- What is the Constitution and why is it important?
- Values like justice, equality, liberty, and fraternity
- National symbols

17. Laws Around Identity Documents

- Importance of Aadhaar, PAN, Birth Certificate, and School ID
- Legal use and misuse of identity documents
- What to do if your documents are lost or stolen

18. Role of Technology in Road Safety

- Use of CCTV and speed cameras
- How GPS helps in safe travel
- Use of mobile apps for live traffic and emergencies
- Vehicle safety features (auto-braking, sensors)

19. Safe Use of Public and School Transport

- How to board and exit school buses safely
- Why we should never put hands or heads outside a moving vehicle
- Reporting damaged roads, broken lights, or blocked footpaths

20. Distractions While Using the Road

- Why using mobile phones while walking or cycling is dangerous
- Effects of wearing headphones on the road
- Multitasking vs. mindfulness on roads

21. Road Safety Rules

- Legal Age for Driving
- What is a Driving License?
- Consequences of Breaking Driving Age Rules

22. Eco-Friendly and Safe Travel Choices

- Walking or cycling short distances
- Why carpooling reduces traffic and accidents
- Using public transport responsibly
- Benefits of reducing noise and air pollution on roads

23. Road Safety for Passengers

- How to behave safely in a moving vehicle
- Importance of using seat belts, even in the back seat
- Entering and exiting a vehicle safely from the correct side

24. Introduction to Environment

- Components: Natural vs Man-made
- Living (Biotic) and Non-living (Abiotic) things
- Impact of pollution on health and nature

25. Types of Pollution

- Air Pollution
- Water Pollution
- Soil Pollution
- Noise Pollution

26. Waste Management

- Biodegradable & Non-biodegradable
- How to segregate waste
- Composting: How food waste becomes useful

27. Plants and Trees – Lifeline of Earth

- Importance of trees
- Deforestation vs Afforestation
- Urban greenery
- Global warming

28. Saving Electricity and Energy

- Why saving electricity is important
- Renewable and Non-renewable energy
- Turning off lights and using solar energy
- Using cloth bags over plastic

29. How Animals Help the Environment

30. Air Quality and AQI

- What is Air Quality Index (AQI)?
- Reading AQI colors and meanings
- Activities to avoid during poor AQI days

