

GOVERNMENT POLYTECHNIC JAJPUR

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DEPARTMENT OF MECHANICAL ENGINEERING

LESSON PLAN

Discipline: Mechanical	Semester: 6th	Name of the Teaching faculty: Manas Kumar Mishra		
Subject: Life Skill (Pr 4)	No of Days/Week class allotted: 1	Semester from Date: 10/3/22	To Date: 30/06/22	No of weeks: 16
Week	Class Day	Topics		
1st	1st(2p, Gr1 and Gr 2)	i) Course Outcomes, Lesson plan		
		ii) introduction to life skill, contents, tasks		
		iii) Society, Social Structure, Develop Sympathy and Empathy		
2nd	1st(2p, Gr1 and Gr 2)	i) Swot Analysis – Concept, How to make use of SWOT		
		ii) Inter personal Relation: Sources of conflict, Resolution of conflict ,		
		iii) Ways to enhance interpersonal relation		
3rd	1st(2p, Gr1 and Gr 2)	<b>Exercise 1: prepare a SWOT matrix for yourself</b>		
		i) Swot Analysis of individual student		
		ii) Assessment		
4th	1st(2p, Gr1 and Gr 2)	<b>PROBLEM SOLVING</b>		
		i) Steps of Problem solving: Identify and clarify the problem,		
		Information gathering related to problem, Evaluate the evidence, Consider alternative solutions and their implications		
5th	1st(2p, Gr1 and Gr 2)	i) Problem solving techniques		
		1) Trial and error, 2) Brain storming, 3) Lateral (Out of Box) thinking		
		ii) Real world problem examples		
6th	1st(2p, Gr1 and Gr 2)	<b>Exercise 2: Solve the True life problem assigned by the Teacher.</b>		
		i) students have to write the steps they followed to solve the above problem.		
		ii) Assessment		
7th	1st(2p, Gr1 and Gr 2)	<b>WORKING IN TEAM</b>		
		i) Understand and work within the dynamics of a groups.		
		ii) Tips to work effectively in teams,		
8th	1st(2p, Gr1 and Gr 2)	i) Tips to provide and accept feedback in a constructive and considerate way		
		ii) Leadership in teams		
		iii) Handling frustrations in group.		
9th	1st(2p, Gr1 and Gr 2)	<b>Exercise 3: Working in a Team</b>		
		i) Group of 5-10 students will do a work for social cause like tree plantation, blood donation, environment protection, camps on awareness like importance of cleanliness in slum area, social activities like giving cloths to poor etc.		
10th	1st(2p, Gr1 and Gr 2)	<b>PRESENTATION SKILL</b>		
		i) Body language , Dress like the audience		
		ii) Posture, Gestures, Eye contact and facial expression.		
		iii) Voice and language – Volume, Pitch, Inflection, Speed, Pause		
		iv) use of audio visual aids		
		<b>GROUP DISCUSSION AND INTERVIEW TECHNIQUES</b>		

11th	1st(2p, Gr1 and Gr 2)	Contact, body language, analytical and logical thinking, decision making ii) Mock GD
12th	1st(2p, Gr1 and Gr 2)	handling common questions ii) Mock interviews
13th	1st(2p, Gr1 and Gr 2)	<b>Exercise 4: Mock Interview</b> i) Mock interview ii) Assessment
14th	1st(2p, Gr1 and Gr 2)	<b>TASK MANAGEMENT</b> i) Introduction, Task identification, Task planning ii) organizing and execution iii) Closing the task
15th	1st(2p, Gr1 and Gr 2)	<b>Exercise 5: Discuss a topic in a group and prepare minutes of discussion.</b> i) Group discussion on a given topic ii) Assessment

Mishra  
10.3.22  
Sign of faculty M. K. Mishra  
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