

## TABLE OF CONTENT

Serial Number	Particulars	Page Number
I.	DECLARATION	i
II.	CERTIFICATE	ii
III.	ACKNOWLEDGMENT	iii
IV.	TABLE OF CONTENT	v
V.	LIST OF TABLES	ix
VI.	LIST OF FIGURES	xii
VII.	LIST OF APPENDICES	xii

Serial Number	Content	Page Number
<b>Chapter I</b>		
<b>CONCEPTUAL FRAMEWORK</b>		
1.0	Introduction	1
1.1	Defining Life Skills	3
1.1.1	Evolution of Life Skills	4
1.1.2	Life Skills Education Initiatives in India	9
1.1.3	Life Skills Initiatives in Gujarat	11
1.1.4	Benefits of Life Skills Education	11
1.1.5	Need of Life Skills for Students	13
1.1.6	Role of School in Developing Life Skills	15
1.1.7	Role of Teacher in Developing Life Skills	16
1.1.8	Strategies to Develop Life Skills	17
1.2.0	Origin of Cooperative Learning	18
1.2.1	Defining Cooperative Learning	21
1.2.2	Elements of Cooperative Learning	22
1.2.3	Theories of Cooperative Learning	24
1.2.4	Cooperative Learning Techniques	28
1.2.5	Advantages of Cooperative Learning	33

1.2.6	Inculcation of Life Skills through Cooperative Learning	34
1.3.0	Meaning of Social Sciences	35
1.3.1	Aims and Objectives of Social Sciences as per NCF-SE 2023	36
1.3.2	Enhancing Life Skills in Social Sciences	38
1.4.0	Rationale for the Proposed Study	39
1.5	Statement of the Problem	41
1.6	Research Questions of the Study	41
1.7	Objectives of the Study	41
1.8	Explanation of the Term	41
1.9	Delimitation of the Proposed Study	42
1.10	Organization of Thesis	42
1.11	Conclusion	42
<b>Serial Number</b>	<b>Content</b>	<b>Page Number</b>
<b>Chapter II REVIEW OF RELATED LITERATURE</b>		
2.0	Introduction	43
2.1	Research Studies Related to life Skills Education on Adolescents	43
2.1.1	Reflection on Literature	52
2.2	Research Studies related to Developing Life Skills through Cooperative Learning	53
2.2.1	Reflection on Literature	55
2.3	Research Studies related to Effectiveness of Cooperative Learning on Teaching of Social Sciences/studies	55
2.3.1	Reflection on Literature	61
2.4	Implication of Review of Related Literature for the Present Study	62
2.5	Conclusion	63
<b>Serial Number</b>	<b>Content</b>	<b>Page Number</b>
<b>Chapter III METHODOLOGY</b>		
3.1	Introduction	64
3.2	Approach Based Methodology	64

3.3	Case Study as a Research Strategy	64
3.4	Setting the scene for the Current Study	65
3.5	Research Design	65
3.6	Selection of Case Study School	66
3.7	Sample of the Study	67
3.8	Ethical Procedure	67
3.9	Preparation of Lesson Plan	67
3.10	Data Collection Methods	73
3.11	Life Skills Assessment Scale (LSAS)	73
3.11.1	Technical Information of the LSAS	75
3.11.2	Instruction for Administration and Scoring	76
3.11.3	Interpretation	77
3.11.4	Interpretation of Raw Scores	78
3.12	Situation Test	79
3.13	Observation	79
3.14	Video Recording	79
3.15	Rubrics on Ten Core Life Skills	80
3.16	Reaction scale on Cooperative Learning Techniques	81
3.17	Procedure for Data Collection	82
3.18	Data Analysis	84
3.19	Units of Data Analysis	84
3.20	Procedure of Data Analysis	84
3.21	Establishing Validity of Qualitative Data	87
3.22	Challenges of Case Study Research	87
3.23	Conclusion	88
<b>Serial Number</b>	<b>Content</b>	<b>Page Number</b>
<b>Chapter IV THE SETTING</b>		
4.0	Introduction	89
4.1	Profile of Gujarat	89
4.2	Profile of Vadodara District	92

4.2.1	History of Vadodara	92
4.2.2	Socio-Economic Profile	93
4.2.3	Educational Status	94
4.3	Profile of selected CBSE school selected as study site	95
4.4	Conclusion	97
<b>Serial Number</b>	<b>Content</b>	<b>Page Number</b>
<b>Chapter V</b>		
<b>DATA ANALYSIS AND INTERPRETATION</b>		
5.0	Introduction	98
5.1	To check the initial level of life skills among students	99
5.2	Life Skills Attainment of Students during CLT	103
5.3	Level of students after the Implementation of cooperative learning technique (CLT)	230
5.4	Reaction of students on Cooperative learning techniques	236
5.5	Conclusion	239
<b>Serial Number</b>	<b>Content</b>	<b>Page Number</b>
<b>Chapter VI</b>		
<b>FINDING OF THE STUDY</b>		
6.1	Findings	240
6.2	Discussion of findings	244
6.3	Conclusion	247
<b>Chapter VII</b>		248-281
<b>SUMMARY AND CONCLUSION</b>		
<b>BIBLIOGRAPHY</b>		282-306
<b>APPENDICES</b>		307-386