

In OS-CIT, the learner can learn the Theory in the ALC's classroom or ALC's computer. They need to perform Lab on the ALC's computer only.

OS-CIT IT Awareness 2023

Day	Session Number			Topics Covered		
Day 01	Session #01					
		OS-CIT Introduction				
		Theory Content				
			Basic Computer and Smartphone Skills			
				Getting introduced to Parts of Laptop/Computer and know how each part works		
					What's on the back side of computer?	
					Know your Laptop: What is it? Why is it called Laptop?	
					How to open the lid of the laptop?	
					What do you see after opening the lid?	
					What's on the back side of laptop?	
				Starting and logging in the computer/laptop		
				Computer/Laptop Accessories		
					Headphone	
					Mouse	

Day	Session Number		Topics Covered		
				Keyboard	
				Webcam	
			Shutting down and logging off a computer and laptop		
		Basic Computer and SmartPhone Skills			
			Types of mouse		
			Keys on the keyboard, Layouts of keyboard		
			Get to know Monitors / other screen display devices (Smart TV)		
			Connect Laptop to Projector		
		Digital Skills for Daily Life			
			Configuring and activating internet connection for smartphone		
			Enabling data connection and activating mobile Hotspot through smartphone (Tethering)		
			Opening and operating a Gmail account for your convenience to access mails anywhere		
		Smart Typing Skills			

Day	Session Number			Topics Covered		
				Basics of Keyboarding		
				Why should you learn typing and need for typing?		
		Lab				
			Typing Practice/टाइपिंग प्रैक्टिस			
			Knowledge Check			
			Session Completion Test			
			Home Work			
Day 02	Session #02					
		Theory Content				
			MS Office Skills (Windows)			
				Connecting a headset to hear audio on my computer		
				Overview of Operating System		
				Introduction to Windows 10		
				What happens when a computer starts?		

Day	Session Number			Topics Covered		
				About Desktop and its elements like Icons, Wallpapers, Screensaver, start menu etc.		
			Digital Skills for Daily Life			
				Creating our Digital Identity - Our Gmail account		
				Creating a strong email password and Resetting it quickly		
				Using @ feature to address specific recipients of the email		
			Smart Typing Skills			
				Introduction to Typing		
				Touch Typing		
				Understanding Muscle Memory		
				Names of Fingers		
				Finger Placement for efficient keyboarding		
		Lab				
			Typing Practice/टाइपिंग प्रैक्टिस			
			Knowledge Check			

Day	Session Number			Topics Covered		
			Session Completion Test			
			Home Work - Book Reading			
Day 03	Session #03					
		Theory Content				
			Job Readiness Skills			
				Personalize our desktop by changing beautiful wallpapers and attractive themes of our choice		
				Use Paint Application for Simple Drawings		
			Digital Skills for Daily Life			
				Using templates to respond quickly to mails in Gmail		
				Using automatic signature in Gmail for your Outgoing mails		
				Scheduling mails in Gmail to send your mails at a specific time		
				Using Read receipt		

Day	Session Number			Topics Covered		
				Use of Undo Send feature in Gmail to recall emails		
			Smart Typing Skills			
				Practice Makes Perfect		
				Minimise Hand Movements		
				Typing Trivia		
				Measuring Progress		
					How to Measure Progress?	
		Lab				
			Typing Practice/टाइपिंग प्रैक्टिस			
			Knowledge Check			
			Session Completion Test			
			Home Work - Book Reading			
Day 04	Session #04					
		Theory Content				
			MS Office Skills (Windows)			
				Pinning items on taskbar and start menu in Windows 10 for your ease of access		

Day	Session Number		Topics Covered		
			Managing Files, Folders and Libraries in Windows 10		
		Basic Computer and SmartPhone Skills			
			Using Wi-Fi at home to access high speed internet		
			Using wired connections for connecting computers		
		Digital Skills for Daily Life			
			Using WhatsApp on desktop for sharing files easily and quickly		
			Sending message to someone in WhatsApp without saving the number		
			Formating your message text in WhatsApp		
			Pinning your important chats in WhatsApp		
			Bookmarking important messages in WhatsApp (Starred messages)		
			Marking the received messages as Unread to reply later in WhatsApp		

Day	Session Number			Topics Covered		
				Secure your WhatsApp account with Two step Authentication		
			Smart Typing Skills			
				Home Row		
					The Space Bar	
					The Enter Key	
					Using Keys	
					Typing Tips	
					Learning the G and H Keys	
					Using Keys	
					Typing Tips	
					Learning the Apostrophe Key	
					Using Keys	
					Typing Trivia	
		Lab				
			Typing Practice/टाइपिंग प्रैक्टिस			
			Knowledge Check			
			Session Completion Test			
			Home Work - Book Reading			

Day	Session Number			Topics Covered			
Day 05	Session #05						
		Theory Content					
			Basic IT Awareness				
				World of Games			
					What are the Games		
					Importance of games		
					Some popular games		
				Careers in gaming			
					Job roles in gaming		
						Game tester	
						Game Designer	
						Visual Designer	
					The gaming experience		
						Roles in development	
						Getting that idea	
						Phases in Game Development	
			MS Office Skills				
				Explorer Views			

Day	Session Number		Topics Covered		
			Creating Folders and Libraries		
			Disk clean-up and Disk- defragmenter for identifying and eliminating non-essential files		
			Understand about Data, how it is important in today's age, types of data		
		Digital Skills for Daily Life			
			Setting up your business account in WhatsApp		
			Setup automated replies in WhatsApp for Business account		
			Sharing large size files on WhatsApp		
			Using the Read message aloud feature in WhatsApp Web		
			Logging out from WhatsApp from Smartphone and Desktop		
		Smart Typing Skills			
			Top Row		
				Using Keys	
				Typing Tips	

Day	Session Number			Topics Covered		
					Learning the E and I Keys	
					Using Keys	
					Learning the W and O Keys	
					Using Keys	
					Typing Tips	
					Learning the Q and Y Keys	
					Using Keys	
					Learning the P and T Keys	
					Using Keys	
					Typing Trivia	
		Lab				
			Typing Practice/टाइपिंग प्रैक्टिस			
			Knowledge Check			
			Session Completion Test			
			Home Work - Book Reading			
Day 06	Session #06					
		Theory Content				

Day	Session Number		Topics Covered		
		MS Office Skills (Windows)			
			Using a Notepad file to type & edit plain text in it		
			Restarting, shutting down, locking, loging off and hibernating a laptop		
		Basic IT Awareness			
			Let's Work on Windows for		
			Changing taskbar settings to personalise your desktop as per your convenience		
		Digital Skills for Daily Life			
			Using BHIM App for UPI Payment		
			Changing your profile name in Google Pay		
			Sending money to your contacts using Google Pay		
			Sending money using QR code in Google Pay		
			Requesting money from your contacts in Google Pay		
		Smart Typing Skills			
			Introduction to Typing		

Day	Session Number			Topics Covered		
					What is Touch Typing?	
		Lab			,, ,	
			Typing Practice/टाइपिंग प्रैक्टिस			
			Self Path Learning			
				Overview of Operating System		
			Guided Do It Yourself			
			Knowledge Check			
			Session Completion Test			
			Home Work - Book Reading			
Day 07	Session #07					
		Theory Content				
			MS Office Skills (Windows)			
				Changing date and time settings in your computer		
				Changing taskbar settings to personalise your desktop as per your convenience		

Day	Session Number			Topics Covered		
			Digital Skills for Daily Life			
				Online shopping using Flipkart app		
				UPI Payment and using Wallet feature in Flipkart App		
				Searching products online across various platforms through Photo Scan by Google Photos		
				Using background blur in Google Meet		
				Collaborate in Google Meet using Jamboard		
				Adding reference document in your Google Meet Invite		
			Smart Typing Skills			
				Names of Fingers		
				Finger Placements		
		Lab				
			Typing Practice/टाइपिंग प्रैक्टिस			
			Self Path Learning (Windows 10 Required)			

Day	Session Number			Topics Covered		
				Understanding the Files, Folders and Libraries		
			Guided Do It Yourself			
			Knowledge Check			
			Session Completion Test			
			Home Work - Book Reading			
Day 08	Session #08	_				
		Theory Content				
			MS Office Skills (Windows)			
				Creating and deleting shortcuts of all the windows elements for ease of access		
				USB drives and other different types of Memory Card Readers		
			Digital Skills for Daily Life			
				Using different presentation modes in Google Meet		
				Using Captions and host controls in Google Meet		

Day	Session Number			Topics Covered		
				Pinning a participant in Google Meet		
				Sharing video recording and chat transcript with participant after Google Meet is over		
				Searching for any location using Google Maps (Downloading for Offline navigation)		
				Using Ola Cabs app to book a cab online		
				Using MakeMyTrip app to organize the trip online		
			Smart Typing Skills			
				Practice Makes Perfect		
				Minimise Hand Movements		
				Typing Trivia		
		Lab				
			Typing Practice/टाइपिंग प्रैक्टिस			
			Self Path Learning (Windows 10 Required)			
				What is an Operating System?		
			Guided Do It Yourself			
			Knowledge Check			

Day	Session Number			Topics Covered		
			Session Completion Test			
			Home Work - Book Reading			
Day 09	Session #09					
,		Theory Content				
			MS Office Skills (Windows)			
				I can capture a screen using the snipping tool		
				Changing to Indian languages using system setting		
				Setting Anti-Virus on your Computer to keep you safe in the cyber world		
				I can Interact with a Computer		
					Windows Desktop	
					Icon	
					Tool Tip	
					Icons Provided By Windows	
					Taskbar Start button	
					Task View	

Day	Session Number			Topics Covered		
					Cortana	
					Action Center	
					Recycle Bin	
					Summary	
			Digital Skills for Daily Life			
				Setting up a Telegram account		
				Searching and joining public channels on the Telegram app for study groups		
				Sharing large files in the Telegram app quickly		
				Creating a Poll or Quiz in Telegram app for conducting surveys		
				Starting a secret chat in Telegram App to maintain privacy		
			Smart Typing Skills			
				Measuring Progress		
					How to Measure Progress?	
		Lab				
			Typing Practice/टाइपिंग प्रैक्टिस			

Day	Session Number			Topics Covered		
			Self Path Learning (Windows 10 Required)			
				Changing taskbar settings to personalise your desktop as per your convenience		
			Guided Do It Yourself			
			Knowledge Check			
			Session Completion Test			
			Home Work - Book Reading			
Day 10	Session #10					
		Theory Content				
			MS Office Skills (Windows)			
				Using data across various applications (Copying data between applications)		
				Windows Update		
			Digital Skills for Daily Life			

Day	Session Number			Topics Covered		
				Using Virtual background feature in Zoom meetings to avoid disruptive backgrounds		
				Sharing video and audio in Zoom meeting		
				Managing participants in Zoom Meeting to handle their access rights		
				Recording your Zoom meetings		
				Using file sharing feature in Zoom		
			Smart Typing Skills			
				What is Ergonomics?		
					Correct Posture	
					Correct Posture	
		Lab				
			Typing Practice/टाइपिंग प्रैक्टिस			
			Self Path Learning (Windows 10 Required)			
			. ,	I can start a computer		
			Guided Do It Yourself			
			Knowledge Check			
			Session Completion Test			

Day	Session Number			Topics Covered			
			Home Work - Book Reading				
Day 11	Session #11						
		Theory Content					
			21st Century Office Skills				
				Introduction & User Interface			
					Introduction & User Interface		
					Introduction & User Interface		
					Summary		
				File Tab			
					File Tab		
						File Tab	
						Summary	
				Home Tab			
					Clipboard Group		
						Clipboard Group	
						Summary	
					Font Group		
						Font Group	

Day	Session Number		Topics Covered			
					Summary	
				Paragraph Group		
					Paragraph Group Part 01	
					Paragraph Group Part 02	
					Summary	
				Style Group		
					Style Group	
					Summary	
				Editing Group		
					Editing Group	
					Summary	
		Digital Skills for Daily Life				
			Enabling Google Assistant on your smartphone			

Day	Session Number			Topics Covered		
				Using Google Assistant through voice commands for effective search (online and on-device) like, searching phone numbers, PDFs, mails etc., remind you of important events-things, scheduling meetings, calls, messaging etc.		
				Setting up Amazon Alexa on your smartphone and using various skills in it		
			Smart Typing Skills			
				Home Row		
					The Space Bar	
					The Enter Key	
					Using Keys	
		Lab				
			Typing Practice/टाइपिंग प्रैक्टिस Self Path Learning			
				File Tab		
			Knowledge Check			
			Guided Do It Yourself			
			Processfolio			
			Simulation Questions			

Day	Session Number			Topics Covered		
			Session Completion Test			
			Home Work - Book Reading			
Day 12	Session #12					
		Theory Content				
			21st Century Office Skills			
				Coupon		
				Practice and Create the Outputs in Office 365 Online		
				I know about Office 365 online		
				How to work with Office 365 Online on your Computer?		
				How to work with Office 365 on your Smarphone?		
				What's new in Word 365 online?		
			Digital Skills for Daily Life			

Day	Session Number			Topics Covered		
				Using Google Translate to translate text, handwriting, photos, and speech in multiple languages		
				Using Google Translate in Conversation mode - for improving the communication in different languages		
				Sharing a video from YouTube at a specific time duration with your friends		
			Smart Typing Skills			
				Typing Tips		
				Learning the G and H Keys		
		Lab				
			Typing Practice/टाइपिंग प्रैक्टिस			
			Self Path Learning			
				Home Tab		
			Knowledge Check			
			Guided Do It Yourself			
			Processfolio			
			Simulation Questions			
			Session Completion Test			

Day	Session Number			Topics Covered		
			Home Work - Book Reading			
Day 13	Session #13					
		Theory Content				
			21st Century Office Skills			
				Insert Tab		
					Pages Group	
						Pages Group
						Summary
					Tables Group	
						Tables Group
						Summary
					Tables Group Design Tab	
						Tables Group Design Tab
						Summary
					Tables Group Layout Tab	
						Tables Group Layout Tab
						Summary

Day	Session Number	Topics Covered	d		
			Illustartion Group		
				Illustartion Group Part 01	
				Illustartion Group Part 02	
				Summary	
			Add-Ins Group		
				Add-Ins Group	
				Summary	
			Media Group		
				Media Group	
				Summary	
			Links Group		
				Links Group	
				Summary	
			Comments Group		
				Comments Group	
				Summary	
			Header & Footer Group		
				Header & Footer Group	
				Summary	
			Text Group		

Day	Session Number	Topics Covered			
				Text Group	
				Summary	
			Symbols Group		
				Symbols Group	
				Summary	
		Draw Tab			
			Pens Group and Tools Group		
				Pens Group and Tools Group	
				Summary	
			Convert Group		
				Convert Group	
				Summary	
		Design Tab			
			Document Formatting Group		
				Document Formatting Group	
				Summary	
			Page Background Group		
				Page Background Group	

Day	Session Number			Topics Covered		
					Summary	
			What are 21st Century Study Skills?			
				Using Smart search on Google to look for more information about your study topics (Filters, Copyrights, PDFs, Images, PPTs, Documents etc.)		
				Using Wikipedia to search for any information quickly		
				Searching Synonyms, Antonyms and Thesaurus on dictionary.com for your project report		
				Using Google lens to digitally copy and paste your handwritten notes		
			Smart Typing Skills			
				Using Keys		
				Typing Tips		
				Learning the Apostrophe Key		
		Lab				
			Typing Practice/टाइपिंग प्रैक्टिस			
			Self Path Learning			
				Insert, Draw & Design Tab		

Day	Session Number		Topics Covered				
			Guided Do It Yourself				
			Processfolio				
			Knowledge Check				
			Simulation Questions				
			Session Completion Test				
			Home Work - Book Reading				
Day 14	Session #14						
		Theory Content					
			21st Century Office Skills				
				Layout Tab			
					Page Setup Group		
						Page Setup Group	
						Summary	
					Paragraph Group		
						Paragraph Group	
						Summary	
					Arrange Group		
						Arrange Group	
						Summary	

Day	Session Number			Topics Covered		
				Travel Itinerary		
			21st Century Study Skills			
				Watching educational talks/sessions on TED Talks		
				Converting your smartphone into a Digital Microscope		
				Understanding and solving Maths equations using the PhotoMath, Microsoft Maths Solver, Brainly and Socratic app		
				Identifying all the plants near me using PlantSnap app		
			Smart Typing Skills			
				Using Keys		
				Typing Trivia		
		Lab				
			Typing Practice/टाइपिंग प्रैक्टिस			
			Self Path Learning			
				Travel Itinerary		
			Knowledge Check			
			Guided Do It Yourself			

Day	Session Number			Topics Covered			
			Processfolio				
			Simulation Questions				
			Session Completion Test				
			Home Work - Book Reading				
Day 15	Session #15						
		Theory Content					
			21st Century Office Skills				
				Reference Tab			
					Table of Contents		
						Table of Contents	
						Summary	
					Footnotes Group	_ , ,	
						Footnotes Group	
						Summary	
					Research Group		
						Research Group	
						Summary	
					Citiation Group		

Day	Session Number		Topics Covered			
					Citiation Group	
					Summary	
				Caption Group		
					Caption Group	
					Summary	
				Index Group		
					Index Group	
					Summary	
				Table of Authorities Group		
					Table of Authorities Group	
					Summary	
			Greeting Card			
		21st Century Study Skills				
			Knowing about the human body anatomy using Anatomy Learning app			
			Knowing about NASA's initiatives through NASA app			
			Learning a new language by interacting with my phone with the DuoLingo app			

Day	Session Number			Topics Covered		
			Smart Typing Skills			
				Top Row		
					Using Keys	
					Typing Tips	
		Lab				
			Typing Practice/टाइपिंग प्रैक्टिस			
			Self Path Learning			
				Greeting Card		
			Knowledge Check			
			Guided Do It Yourself			
			Processfolio			
			Simulation Questions			
			Session Completion Test			
			Home Work - Book Reading			
Day 16	Session #16					
		Theory Content				
			21st Century Office Skills			
				Certificate		
			21st Century Study Skills			

Day	Session Number			Topics Covered		
				Memorizing the lessons quicker by preparing the flash card using the Quizlet app		
				Making a mind map of any concept using Mindly app to understand the concept in a better way		
				Learning to code with fun and quick games using Grasshopper app		
			Smart Typing Skills			
				Learning the B and N Keys		
				Using Keys		
		Lab				
			Typing Practice/टाइपिंग प्रैक्टिस			
			Self Path Learning			
				Certificate		
			Knowledge Check			
			Guided Do It Yourself			
			Processfolio			
			Simulation Questions			
			Session Completion Test			
			Home Work - Book Reading			

Day	Session Number			Topics Covered			
Day 17	Session #17						
		Theory Content					
			21st Century Office Skills				
				Mailing Tab			
					Create Group		
						Create Group	
						Summary	
					Start Mail Merge Group		
						Start Mail Merge Group	
					10.00	Summary	
					Write and Insert Fields Group		
						Write and Insert Fields Group	
						Summary	
					Preview Result Group		
						Preview Result Group	
						Summary	
					Finish Group		

Day	Session Number			Topics Covered		
					Finish Group	
					Summary	
				Volunteer form		
			21st Century Study Skills			
				Joining online courses on Coursera.org		
				Using Grammarly plugin to avoid grammatical mistakes		
				Listening to tunes from various track and study with better concentration - Study Music app		
			Smart Typing Skills			
				Learning the E and I Keys		
				Using Keys		
		Lab				
			Typing Practice/टाइपिंग प्रैक्टिस			
			Self Path Learning			
				Volunteer Form		
			Knowledge Check			
			Guided Do It Yourself			
			Processfolio			
			Simulation Questions			
			Session Completion Test			_

Day	Session Number			Topics Covered		
			Home Work - Book Reading			
Day 18	Session #18					
		Theory Content				
			21st Century Office Skills			
				Flyer		
				Bookmark		
			21st Century Study Skills			
				Keeping track of my important events or classes all in one place using Google Calendar		
				Developing and tracking goals/good habits using the Avocation Habit tracker app		
				Studying smartly using the tricks and trips provided by the Study Tips app		
				Remembering the daily school tasks using the School Planner app		
			Smart Typing Skills			

Day	Session Number			Topics Covered		
				Learning the W and O Keys		
				Using Keys		
				Typing Tips		
		Lab				
			Typing Practice/टाइपिंग प्रैक्टिस			
			Self Path Learning			
				Flyer		
			Knowledge Check			
			Guided Do It Yourself			
			Processfolio			
			Simulation Questions			
			Session Completion Test			
			Home Work - Book Reading			
Day 19	Session #19					
		Theory Content				
			21st Century Office Skills			
				Review Tab		
					Proofing Group	

Day	Session Number	Topics Covered			
				Proofing Group	
				Summary	
			Speech Group		
				Speech Group	
				Summary	
			Accessibility Group		
				Accessibility Group	
				Summary	
			Language Group		
				Language Group	
				Summary	
			Comments Group		
				Comments Group	
				Summary	
			Tracking Group		
				Tracking Group	
				Summary	
			Changes Group		
				Changes Group	
				Summary	
			Compare Group		

Day	Session Number			Topics Covered			
						Compare Group	
						Summary	
					Protect Group		
						Protect Group	
						Summary	
					Ink Group		
						Ink Group	
						Summary	
			21st Century Study Skills				
				Participating in various Live Discussions (Facebook Live)			
				I can join Massive Open Online Courses (MOOCs)			
			Smart Typing Skills				
				Learning the Q and Y Keys			
				Using Keys			
		Lab					
			Typing Practice/टाइपिंग प्रैक्टिस				
			Self Path Learning				
				Bookmark			
			Knowledge Check				

Day	Session Number			Topics Covered		
			Guided Do It Yourself			
			Processfolio			
			Simulation Questions			
			Session Completion Test			
			Home Work - Book Reading			
Day 20	Session #20					
		Theory Content				
			21st Century Office Skills			
				Invitation Card		
				Templates for Efficient Note Taking		
			21st Century Study Skills			
				Confidently appearing for exams after attempting mock tests using Gradeup app		
				Searching and downloading eBooks (NCERT)		
				Learning by discussions in forums (quora.com)		

Day	Session Number			Topics Covered		
			Smart Typing Skills			
				Learning the P and T Keys		
				Using Keys		
				Typing Trivia		
		Lab				
			Typing Practice/टाइपिंग			
			प्रैक्टिस			
			Self Path Learning			
				Invitation Card		
			Knowledge Check			
			Guided Do It Yourself			
			Processfolio			
			Simulation Questions			
			Session Completion Test			
			Home Work - Book Reading			
Day 21	Session #21					
		Theory Content				
			21st Century Office Skills			
				View Tab		
					Views Group	

Day	Session Number	Topics Covered			
				Views Group	
				Summary	
			Immersive Group		
				Immersive Group	
				Summary	
			Page Movement Group		
				Page Movement Group	
				Summary	
			Show Group		
				Show Group	
				Summary	
			Windows Group		
				Windows Group	
				Summary	
			Zoom Group		
				Zoom Group	
				Summary	
			Macros Group		
				Macros Group	
				Summary	
			Sharepoint Group		

Day	Session Number			Topics Covered			
						Sharepoint Group	
						Summary	
				Help Tab			
					Help Tab		
						Help Tab	
						Summary	
			21st Century Study Skills				
				Organizing my day/Notes, important points using Google Keep			
				Learning about artwork and culture from around the globe using Google Arts & Culture app			
			Smart Typing Skills				
				Bottom Row			
					Using Keys		
					Learning the C and Comma Keys		
					Using Keys		
					Typing Tips		
		Lab					
			Typing Practice/टाइपिंग प्रैक्टिस				
			Self Path Learning				

Day	Session Number			Topics Covered		
				Templates for Efficient Note Taking		
			Knowledge Check			
			Guided Do It Yourself			
			Processfolio			
			Simulation Questions			
			Session Completion Test			
			Home Work - Book Reading			
Day 22	Session #22					
		Theory Content				
			21st Century Office Skills			
				Survey Report		
			21st Century Study Skills			
				Testing your level of Intelligence Quotient (IQ)		
				Accessing the online Research Papers on Google Scholar		
				Improving learning productivity using StayFocusd app		

Day	Session Number			Topics Covered		
				Relaxing body and mind using Yoga & Exercise app		
			Smart Typing Skills			
				Learning the Tab Key		
				Using Keys		
				Typing Tips		
				Typing Trivia		
		Lab				
			Typing Practice/टाइपिंग प्रैक्टिस			
			Self Path Learning			
				Survey Report		
			Knowledge Check			
			Guided Do It Yourself			
			Processfolio			
			Simulation Questions			
			Session Completion Test			
			Home Work - Book Reading			
Day 23	Session #23					
		Theory Content				
			21st Century Office Skills			

Day	Session Number	Topics Covered			
		Introduction & User Interface			
			Introduction & User Interface		
			Introduction & User Interface		
			Summary		
		File Tab			
			File Tab		
				File Tab	
				Summary	
		Home Tab			
			Home Tab		
				Home Tab	
				Summary	
			Font Group		
				Font Group	
				Summary	
			Clipboard Group		
				Clipboard Group	
				Summary	
			Alignment Group		
				Alignment Group	
				Summary	
			Number Group		

Day	Session Number		Topics Covered			
					Number Group	
					Summary	
				Styles Group		
					Styles Group	
					Summary	
				Cells Group		
					Cells Group	
					Summary	
				Editing Group		
					Editing	
					Group Summary	
		21st Century Study Skills				
			Finding information about The World using the website https://knoema.com/atlas			
			Travelling virtually using the Virtual Vacation website			
			Tracking live status of any flight using Flight Radar application			
		Smart Typing Skills				
			Learning the X and Period Keys			

Day	Session Number			Topics Covered		
				Using Keys		
		Lab				
			Typing Practice/टाइपिंग प्रैक्टिस			
			Self Path Learning			
				File Tab		
			Knowledge Check			
			Guided Do It Yourself			
			Processfolio			
			Simulation Questions			
			Session Completion Test			
			Home Work - Book Reading			
Day 24	Session #24					
		Theory Content				
			21st Century Office Skills			
				Monthly Expense Sheet		
				What's new in Excel 365 online?		
			21st Century Study Skills			

Day	Session Number			Topics Covered		
				Relaxing body and mind using Yoga & Exercise app		
				Testing your level of Emotional Quotient (EQ)		
				Understanding my personality type - https://www.16personalities.com/		
			Smart Typing Skills			
				Learning the Z and Slash Keys		
				Using Keys		
				Typing Tips		
		Learn 21st Century Office Skills through Self Path Learning				
			Typing Practice/टाइपिंग प्रैक्टिस			
			Self Path Learning			
				Monthly Expense Sheet		
			Knowledge Check			
			Guided Do It Yourself			
			Processfolio			
			Simulation Questions			

Day	Session Number			Topics Covered			
			Session Completion Test				
			Home Work - Book Reading				
Day 25	Session #25						
		Theory Content					
			21st Century Office Skills				
				Insert Tab			
					Tables Group		
						Tables Group	
						Summary	
					Filters Group		
						Filters Group	
						Summary	
					Illustrations Group		
						Illustrations Group	
						Summary	
					Charts Group		
						Charts Group	
						Summary	
					Tours Group		

Day	Session Number			Topics Covered			
						Tours Group	
						Summary	
					Sparklines Group		
						Sparklines Group	
						Summary	
					Quick Analysis		
						Quick Analysis Summary	
					Links Group	Curminary	
					Links Group	Links Group	
						Summary	
					Text Group	Cultillary	
					Text Gloup	Text Group	
						Summary	
					Symbols Group	Guillilary	
					Symbols Group	Symbols Group	
						Summary	
		Digital In	dia Skills				
				Downloading Forms online for different Government Schemes			
				Applying for Birth Certificate online (and how you can help someone to apply for a Birth Certificate)			

Day	Session Number			Topics Covered		
			Smart Typing Skills			
				Shift Keys		
					Using Keys	
					Typing Tips	
					Typing Trivia	
		Lab				
			Typing Practice/टाइपिंग			
			प्रैक्टिस			
			Self Path Learning			
				Insert Tab		
			Knowledge Check			
			Guided Do It Yourself			
			Processfolio			
			Simulation Questions			
			Session Completion Test			
			Home Work - Book Reading			
Day 26	Session #26					
		Theory Content				
			21st Century Office Skills			
				Attendance Report		

Day	Session Number			Topics Covered		
			Digital India Skills			
				Verifying and Updating your Aadhaar Card Details on Aadhar Website		
				Downloading the Aadhaar Card Securely from Aadhar Website		
				Ensuring clean city and premises		
			Smart Typing Skills			
				Numbers		
					Typing Tips	
					Using Number Keys – 1 to 5	
					Using Number Keys – 6 to 9 and zero	
		Lab				
			Typing Practice/टाइपिंग प्रैक्टिस			
			Self Path Learning			
				Attendance Report		
			Knowledge Check			
			Guided Do It Yourself			
			Processfolio			
			Simulation Questions			

Day	Session Number			Topics Covered			
			Session Completion Test				
			Home Work - Book Reading				
Day 27	Session #27						
		Theory Content					
			21st Century Office Skills				
				Formulas Tab			
					Using Formulas		
						Using Formulas	
						Summary	
					Absolute and Sheet References		
						Absolute and Sheet References	
						Summary	
					Using Functions		
						Using Functions	
						Summary	
					Defined Names Group		

Day	Session Number			Topics Covered			
						Defined Names Group	
						Summary	
			Digital India Skills				
				Applying for the PAN Card online			
				Applying for the Voter ID Card online			
				Replace manual paper based signatures by adding eSign (Electronic Signature)			
			Smart Typing Skills				
				Symbols			
					Learning the Square Brackets and Back Slash Keys		
					Typing Tips		
					Learning the Minus, Equals and Grave Accent Keys		
		Lab					
			Typing Practice/टाइपिंग प्रैक्टिस				
			Self Path Learning				
				Formula			

Day	Session Number			Topics Covered		
			Knowledge Check			
			Guided Do It Yourself			
			Processfolio			
			Simulation Questions			
			Session Completion Test			
			Home Work - Book Reading			
Day 28	Session #28					
		Theory Content				
			21st Century Office Skills			
				Exercise Planner		
			Digital India Skills			
				Searching and applying for jobs at the National Career Service portal		
				Enrolling for eSkill India Programs		
			Smart Typing Skills			
				Num Pad		
					Touch Typing on the Number Pad	
					Num Pad Home Row Positions	

Day	Session Number			Topics Covered			
		Lab					
			Typing Practice/टाइपिंग प्रैक्टिस				
			Self Path Learning				
				Exercise Planner			
			Knowledge Check				
			Guided Do It Yourself				
			Processfolio				
			Simulation Questions				
			Session Completion Test				
			Home Work - Book Reading				
Day 29	Session #29						
		Theory Content					
			21st Century Office Skills				
				Data Tab			
					Data Tools Group		
						Data Tools Group	
						Summary	
					Forecast Group		

Day	Session Number			Topics Covered			
						Forecast Group	
						Summary	
					Outline Group		
						Outline Group	
						Summary	
				Draw Tab			
					Draw Tab		
						Draw Tab	
						Summary	
				Sales Receipt			
			Digital India Skills				
				Keeping a tab on the Weather status in your area using Accuweather app			
				Getting trained about the Disaster Management Process			
			Smart Typing Skills				
				Index Finger Keys			
				Typing Tips			
		Lab					
			Typing Practice/टाइपिंग प्रैक्टिस				
			Self Path Learning				

Day	Session Number			Topics Covered		
				Sales Receipt		
			Knowledge Check			
			Guided Do It Yourself			
			Processfolio			
			Simulation Questions			
			Session Completion Test			
			Home Work - Book Reading			
Day 30	Session #30					
		Theory Content				
			21st Century Office Skills			
				Grocery List		
			Digital India Skills			
				Knowing about and applying online for Pradhan Mantri Jeevan Jyoti Bima Yojana		
				Knowing about and applying online for Pradhan Mantri Suraksha Bima Yojana		

Day	Session Number			Topics Covered		
				Using Rakshak App for safety of Women and Senior Citizens		
			Smart Typing Skills			
				Middle Finger Keys		
				Ring Finger Keys		
				Little Finger Keys		
		Lab				
			Typing Practice/टाइपिंग प्रैक्टिस			
			Self Path Learning			
				Grocery List		
			Knowledge Check			
			Guided Do It Yourself			
			Processfolio			
			Simulation Questions			
			Session Completion Test			
			Home Work - Book Reading			
Day 31	Session #31					
		Theory Content				
			21st Century Office Skills			

Day	Session Number	Topics Covered			
		Page Layout Tab			
			Themes Group		
				Themes Group	
				Summary	
			Page Setup Group		
				Page Setup Group	
				Summary	
			Scale to Fit Group		
				Scale to Fit Group	
				Summary	
			Sheet Options Group		
				Sheet Options Group	
				Summary	
			Arrange Group		
				Arrange Group	
				Summary	
		Review Tab			
			Proofing Group		
				Proofing Group	
				Summary	
			Accessibility Group		

Day	Session Number		Topics Covered			
					Accessibility Group	
					Summary	
				Insights Group		
					Insights Group	
					Summary	
				Language Group		
					Language Group	
					Summary	
				Comments Group		
					Comments Group	
					Summary	
				Changes Group		
					Changes Group	
				I-I- 0	Summary	
				Ink Group	India On	
					Ink Group	
					Summary	
		Digital India Skills				
			Knowing about and applying online for Pradhan Mantri Sukanya Samruddhi Yojana for girl child			

Day	Session Number			Topics Covered		
				Knowing about and applying online for Pradhan Mantri Mudra Yojana		
			Smart Typing Skills			
				Advance Skills		
					Google Docs	
		Lab				
			Typing Practice/टाइपिंग प्रैक्टिस			
			Self Path Learning			
				Page Layout & Review Tab		
			Knowledge Check			
			Guided Do It Yourself			
			Processfolio			
			Simulation Questions			
			Session Completion Test			
			Home Work - Book Reading			
Day 32	Session #32					
		Theory Content				

Day	Session Number			Topics Covered		
			21st Century Office Skills			
				Academic Calendar with Photos		
			Digital India Skills			
				Applying online for Pradhan Mantri Awas Yojana to save money on home loan		
				Applying online for Toilet Certificate		
			Smart Typing Skills			
				CorelDRAW		
		Lab				
			Typing Practice/टाइपिंग प्रैक्टिस			
			Self Path Learning			
				Academic Calendar with Photos		
			Knowledge Check			
			Guided Do It Yourself			
			Processfolio			
			Simulation Questions			
			Session Completion Test			
			Home Work - Book Reading			

Day	Session Number			Topics Covered			
Day 33	Session #33						
		Theory Content					
			21st Century Office Skills				
				View Tab			
					Macros Group		
						Macros Group	
						Summary	
					Show Group		
						Show Group	
						Summary	
					Windows Group		
						Windows Group	
						Summary	
					Workbook View Group		
						Workbook View Group	
						Summary	
					Zoom Group		
						Zoom Group	
						Summary	
				Family Tree Generator			

Day	Session Number			Topics Covered		
			Digital India Skills			
				Availing LPG services online from comfort of your home		
				Availing Online services (ePost Office Service) of India Post		
			Smart Typing Skills			
				Adobe PageMaker		
		Lab				
			Typing Practice/टाइपिंग			
			प्रैक्टिस			
			Self Path Learning			
				Family Tree Generator		
			Knowledge Check			
			Guided Do It Yourself			
			Processfolio			
			Simulation Questions			
			Session Completion Test			
			Home Work - Book Reading			
Day 34	Session #34					
		Theory Content				

Day	Session Number			Topics Covered		
			21st Century Office Skills			
				Family Event Calendar		
			Digital India Skills			
				Viewing work details on MGNREGA (how to help others find it?)		
				Using mKisan Portal and Kisan App for tracking farming related information		
			Smart Typing Skills			
				Adobe InDesign		
		Lab				
			Typing Practice/टाइपिंग प्रैक्टिस			
			Self Path Learning			
				Family Event Calendar		
			Knowledge Check			
			Guided Do It Yourself			
			Processfolio			
			Simulation Questions			
			Session Completion Test			
			Home Work - Book Reading			

Day	Session Number			Topics Covered			
Day 35	Session #35						
		Theory Content					
			21st Century Office Skills				
				Developer Tab			
					Code Group		
						Code Group	
						Summary	
					Add-ins Group		
						Add-ins Group	
						Summary	
					Controls Group		
						Controls Group	
						Summary	
					XML Group		
						XML Group	
						Summary	
				Student's Grade Book			
			Digital India Skills				
				Applying and getting my Soil Health card for efficient farming			
				Being aware about the Market Price of Farm Products			

Day	Session Number			Topics Covered		
			Smart Typing Skills			
				Microsoft Word		
					Objective	
					Creating a New Document	
					Using Templates	
					Entering Text	
					Text Wrapping and Tabs	
					Selecting Text	
					Editing Text	
					Undoing and Redoing Editing Changes	
		Lab				
			Typing Practice/टाइपिंग प्रैक्टिस			
			Self Path Learning			
				Student's Grade Book		
			Knowledge Check			
			Guided Do It Yourself			
			Processfolio			
			Simulation Questions			
			Session Completion Test			
			Home Work - Book Reading			

Day	Session Number			Topics Covered		
Day 36	Session #36					
		Theory Content				
			21st Century Office Skills			
				Sports Sign Up Sheet		
				Vertical Timeline		
			Digital India Skills			
				Registering a complaint on Consumer Forum		
				Booking Online appointment in Government Hospital		
			Smart Typing Skills			
				Open Office Writer		
					Objectives	
					Creating a New Document	
					Entering Text	
					Text Wrapping and Tabs	
					Selecting Text	
					Editing Text	
					Undoing and Redoing	
					Editing Modes	

Day	Session Number			Topics Covered			
		Lab					
			Typing Practice/टाइपिंग				
			प्रैक्टिस				
			Self Path Learning				
				Sports Sign Up Sheet			
			Knowledge Check				
			Guided Do It Yourself				
			Processfolio				
			Simulation Questions				
			Session Completion Test				
			Home Work - Book Reading				
Day 37	Session #37						
		Theory Content					
			21st Century Office Skills				
				Introduction & User Interface			
					Introduction & User Interface		
						Introduction & User Interface	
						Summary	

Day	Session Number	Topics Covered		
		Home Tab		
			Clipboard Group	
				Clipboard Group
				Summary
			Slides Group	
				Slides Group
				Summary
			Font Group	
				Font Group
				Summary
			Paragraph Group	
				Paragraph Group
				Summary
			Drawing Group	
				Drawing Group
				Summary
			Editing Group	
				Editing Group
				Summary
		Insert Tab		
			Tables Group	
				Tables Group
				Summary

Day	Session Number			Topics Covered			
					Images Group		
						Images Group	
						Summary	
					Illustration Group		
						Illustration Group Part - 01	
						Illustration Group Part- 02	
						Summary	
					Add-Ins Group		
						Add-Ins	
						Group	
		D1 1/				Summary	
		Digita	l India Skills				
				Scanning important documents and store online using Dropbox/Digilocker			
				Applying for FASTag card online for Toll payments			
				Volunteering in Young India initiatives led by Government of India			
		Smar	Typing Skills				
				Microsoft Excel			
					Objectives		

Day	Session Number			Topics Covered		
					Creating a Workbook	
					Using Templates	
					Downloading Templates	
					Case Study	
					Creating a Blank Workbook	
					Moving Between Cells	
					Entering Headings	
					Entering Data	
					Adjusting Column Width	
		Lab				
			Typing Practice/टाइपिंग प्रैक्टिस			
			Self Path Learning			
				Home & Insert Tab		
			Knowledge Check			
			Guided Do It Yourself			
			Processfolio			
			Simulation Questions			
			Session Completion Test			
			Home Work - Book Reading			

Day	Session Number			Topics Covered		
Day 38	Session #38					
		Theory Content				
			21st Century Office Skills			
				Recipe Book		
			Digital India Skills			
				Applying for Education Loan on Bank's website		
				Applying for National Scholarships		
			Smart Typing Skills			
				Open Office Calc		
					Objective	
					Creating a Spreadsheet	
					Case Study	
					Moving Between Cells	
					Entering Headings	
					Entering Data	
					Adjusting Column Width	
		Lab				
			Typing Practice/टाइपिंग प्रैक्टिस			
			Self Path Learning			

Day	Session Number			Topics Covered			
				Recipe Book			
			Knowledge Check				
			Guided Do It Yourself				
			Processfolio				
			Simulation Questions				
			Session Completion Test				
			Home Work - Book Reading				
Day 39	Session #39						
		Theory Content					
			21st Century Office Skills				
				Design Tab			
					Design Tab		
						Design Tab	
						Summary	
				Transitions Tab			
					Transitions Tab		
						Transitions Tab	
						Summary	
			Digital India Skills				

Day	Session Number			Topics Covered		
				Applying for Passport online		
				Tracking the status of Passport application online		
			Smart Typing Skills			
				Skills Required for Data Entry		
				Types of Data Entry Jobs		
		Lab				
			Typing Practice/टाइपिंग प्रैक्टिस			
			Self Path Learning			
				Design & Transition Tab		
			Knowledge Check			
			Guided Do It Yourself			
			Processfolio			
			Simulation Questions			
			Session Completion Test			
			Home Work - Book Reading			
Day 40	Session #40					
		Theory Content				

Day	Session Number			Topics Covered		
			21st Century Office Skills			
				Infographic Poster		
				What's new in Powerpoint 365 online?		
			Digital India Skills			
				Filing Income Tax Return online		
				Applying for Atal Pension Yojana online		
			Smart Typing Skills			
				Role of a Data Entry Operator		
					Need for Data Conversion	
		Lab				
			Typing Practice/टाइपिंग प्रैक्टिस			
			Self Path Learning			
				Infographic Poster		
			Knowledge Check			
			Guided Do It Yourself			
			Simulation Questions			
			Session Completion Test			
			Home Work - Book Reading			

Day	Session Number			Topics Covered			
			Processfolio				
Day 41	Session #41	T1					
		Theory Content					
			21st Century Office Skills				
				Animation Tab			
					Animation Tab		
						Animation Tab	
						Summary	
				Quiz Game Show			
			Digital India Skills				
				Checking the status of the Provident Fund Online			
				Applying for Income Certificate online			
			Smart Typing Skills				
				Data Entry Jobs in Industrial Sector			
				Data Entry Jobs in Medical Sector			
		Lab					
			Typing Practice/टाइपिंग प्रैक्टिस				

Day	Session Number			Topics Covered		
			Self Path Learning			
				Quiz Game Show		
			Knowledge Check			
			Guided Do It Yourself			
			Processfolio			
			Simulation Questions			
			Session Completion Test			
			Home Work - Book Reading			
Day 42	Session #42					
		Theory Content				
			21st Century Office Skills			
				Memories Album		
			Digital India Skills			
				Applying online for Start-up Recognition		
				Applying online for Registration of Partnership Firm		
				Making An Application For Right To Information		
			Smart Typing Skills			

Day	Session Number			Topics Covered			
				Data Validation			
				Data Categories			
		Lab					
			Typing Practice/टाइपिंग प्रैक्टिस				
			Self Path Learning				
				Memories Album			
			Knowledge Check				
			Guided Do It Yourself				
			Processfolio				
			Simulation Questions				
			Session Completion Test				
			Home Work - Book Reading				
Day 43	Session #43						
		Theory Content					
			21st Century Office Skills				
				Slide Show Tab			
					Set Up Slide Show Group		
						Set Up Slide Show Group	

Day	Session Number			Topics Covered			
						Summary	
					Start Slide Show Group		
						Start Slide Show Group	
						Summary	
				Biography Presentation			
			Digital India Skills				
				Using Government helpline services online			
				Getting important alerts from the Central Government			
			Smart Typing Skills				
				Related Jobs			
				Types of Data			
		Lab					
			Typing Practice/टाइपिंग प्रैक्टिस				
			Self Path Learning				
				Biography Presentation			
			Knowledge Check				
			Guided Do It Yourself				
			Processfolio				
			Simulation Questions				
			Session Completion Test				

Day	Session Number			Topics Covered		
			Home Work - Book Reading			
Day 44	Session #44					
		Theory Content				
			21st Century Office Skills			
				NGO Donation Proposal (Grant Proposal)		
			Digital India Skills			
				Checking Property Records in the Government record		
				Booking an online appointment with Government Officer		
				Applying online for Death Certificate		
			Smart Typing Skills			
				Data Correctness		
				Compiling Data		
		Lab				
			Typing Practice/टाइपिंग प्रैक्टिस			
			Self Path Learning			

Day	Session Number			Topics Covered			
				NGO Donation Proposal (Grant Proposal)			
			Knowledge Check				
			Guided Do It Yourself				
			Processfolio				
			Simulation Questions				
			Session Completion Test				
			Home Work - Book Reading				
Day 45	Session #45						
		Theory Content					
			21st Century Office Skills				
				Review Tab			
					Review Tab		
						Review Tab	
						Summary	
				Business Pitch for a Café			
			Netiquettes				
				How do I know if a website is safe to access or not?			
				Risks in Online registration on various websites			

Day	Session Number			Topics Covered		
				If you copy paste, first know about copyrights		
				Deactivate unused accounts		
			Smart Typing Skills			
				Data Entry Tools		
				Scanning		
		Lab				
			Typing Practice/टाइपिंग प्रैक्टिस			
			Self Path Learning			
				Business Pitch for a Café		
			Knowledge Check			
			Guided Do It Yourself			
			Processfolio			
			Simulation Questions			
			Session Completion Test			
			Home Work - Book Reading			
Day 46	Session #46					
		Theory Content				
			21st Century Office Skills			

Day	Session Number			Topics Covered		
				Geography Lesson		
			Netiquettes			
				Encrypt files to protect data and ensure security		
				Some safe e-commerce tips when shopping online		
				Peer to peer sharing to transfer files to your family and friends		
				Think before you click that link		
			Smart Typing Skills			
				OCR		
				Data Conversion for the Web		
				Other Conversions		
		Lab				
			Typing Practice/टाइपिंग प्रैक्टिस			
			Self Path Learning			
				Geography Lesson		
			Knowledge Check			
			Guided Do It Yourself			
			Processfolio			
			Simulation Questions			
			Session Completion Test			

Day	Session Number			Topics Covered			
			Home Work - Book Reading				
Day 47	Session #47						
		Theory Content					
			21st Century Office Skills				
				View Tab			
					Presentation Views Group		
						Presentation Views Group	
						Summary	
					Master View Group		
						Master View Group	
						Summary	
					Show Group		
						Show Group	
						Summary	
					Zoom Group	_	
						Zoom Group	
						Summary	
					Color Grayscale Group		

Day	Session Number			Topics Covered			
						Color Grayscale Group Summary	
					Windows Group	Curimary	
						Windows Group	
					Macros Group	Summary	
						Macros Group	
						Summary	
			Cyber Security Skills				
				I know to how to protect my data in case of theft of my laptop or computer			
				I know the consequences of downloading unknown Email attachments and safety tips			
				I can protect myself from social media blackmailing			
				I can block my SIM card if my handset is lost			
			Smart Typing Skills				
				Data Entry Pay Scales			
				Factors affecting Pay Scale			
		Lab					

Day	Session Number			Topics Covered		
			Typing Practice/टाइपिंग प्रैक्टिस			
			Self Path Learning			
				Insert Tab		
			Knowledge Check			
			Guided Do It Yourself			
			Processfolio			
			Simulation Questions			
			Session Completion Test			
			Home Work - Book Reading			
Day 48	Session #48					
		Theory Content				
			21st Century Office Skills			
				Gardening/ Yoga workshop poster		
			Cyber Security Skills			
				Safety tips for Using public Wi-Fi networks		

Day	Session Number			Topics Covered		
				I can be careful about peeping habit of others while using passwords and PINs		
				Securing AADHAAR card data online, locking your biometrics to avoid unauthorised use		
				Data Tampering and its legal implications		
			Smart Typing Skills			
				Advanced Skills		
					Legal Documents	
					Other Documents	
		Lab				
			Typing Practice/टाइपिंग प्रैक्टिस			
			Self Path Learning			
				Gardening/ Yoga workshop poster		
			Knowledge Check			
			Guided Do It Yourself			
			Processfolio			
			Simulation Questions			
			Session Completion Test			

Day	Session Number			Topics Covered		
			Home Work - Book Reading			
Day 49	Session #49					
		Theory Content				
			21st Century Office Skills			
				I can configure MS Outlook		
					Introduction	
					What is a Personal Information Manager (PIM)?	
					Starting Outlook	
					Configuring existing Gmail account in Outlook 2019	
					Configuring existing Gmail account in Outlook 2019 (Advanced options)	
					The User Interface	
					Switching between Outlook modules	
					Summary	
				I can include Signature in my outgoing mails		
					Introduction	

Day	Session Number	Topics Covered		
			Using Background Stationery	
			Using Signatures	
			Summary	
		I can use Outlook to create an Address Book		
			Introduction	
			Creating a Contact	
			Using Contacts	
			Creating a Contact Group	
			Including Members in a Group	
			Emailing a Contact Group	
			Summary	
		I can use Outlook to manage my email communications		
			Introduction	
			Creating a New Email Message	
			Entering Details	
			Creating Drafts	
			Using Attachments	
			Reading Mails	
			The Reply and Forward	

Day	Session Number		Topics Covered		
				Replying to a Mail	
				Forwarding a Mail	
				Deleting Mails	
				Summary	
		Ergonomics			
			Ergonomics: Correct laptop posture to avoid strain to eyes and backache		
			Ergonomics: Prevent musculoskeletal pain when using laptop or pc		
			Ergonomics: Using Mouse Ergonomically to avoid stress on fingers		
		Go Green			
			Go Green: Using Google Maps to save fuel and time		
			Go Green: Send e-invites and save paper		
			Go Green: Did you correctly shut-down your computer?		
		Smart Typing Skills			
			Medical Transcription		
				How Transcription Works	

Day	Session Number	Topics Covered				
					Medical Transcription Course	
				Stamp Papers		
				Bank Documents		
				KYC Details		
		Lab				
			Typing Practice/टाइपिंग प्रैक्टिस			
			Self Path Learning			
				I can configure MS Outlook		
			Knowledge Check			
			Knowledge Check			
			Knowledge Check			
			Guided Do It Yourself			
			Simulation Questions			
			Session Completion Test			
			Home Work - Book Reading			
Day 50	Session #50					
		Theory Content				
			21st Century Office Skills			

Day	Session Number	Topics Covered		
		I can use Outlook to organize my Mailbox		
			Introduction	
			Using Categories	
			Modifying Categories Using Flags	
			Using Folders	
			Searching for Mails	
			Sorting Mails	
			Summary	
		I can schedule meets using Outlook's Planner		
			Introduction	
			Creating an Event	
			Appointment versus Event	
			Converting an Appointment into an Event	
			Creating Meeting Request	
			Summary	
		I can use Outlook Calendar to schedule Appointments		
			Introduction	
			Calendar Views	

Day	Session Number	Topics Covered		
			Creating Appointments	
			Setting event details	
			Reminders	
			Setting Meetings	
			Recurring Appointments	
			Summary	
		I can send out Newsletters by integrating Outlook and Word		
			Introduction	
			Sharing a Word Document	
			Dispatching Newsletter	
			Summary	
		I can use Outlook to track the progress of items in my Task List		
			Introduction	
			Creating a Task	
			Editing a Task	
			Completed Tasks	
			Deleting a Task	
			Outcome	
			Summary	

Day	Session Number			Topics Covered		
			Ergonomics			
				Ergonomics: Ergonomic keyboards		
				Ergonomics: Shoulder exercises for computer users		
				Ergonomics: Adjust the display's brightness		
			Go Green			
				Go Green: Share online and reduce paper waste		
				Go Green: Tips on green computing		
				Go Green: Reduce your digital and carbon footprints		
			Smart Typing Skills			
				Loan Applications		
				Form Entries		
					Form Entry	
				Publications		
				Types of Typists		
		Lab				
			Typing Practice/टाइपिंग प्रैक्टिस			
			Self Path Learning			

Day	Session Number	Topics Covered			
		I can use Outlook to create an Address Book			
		Knowledge Check			
		Knowledge Check			
		Knowledge Check			
		Guided Do It Yourself			
		Simulation Questions			
		Session Completion Test			
		Home Work - Book Reading			
Day 51 to Day 60		Course Revision & Final Exam Practice			