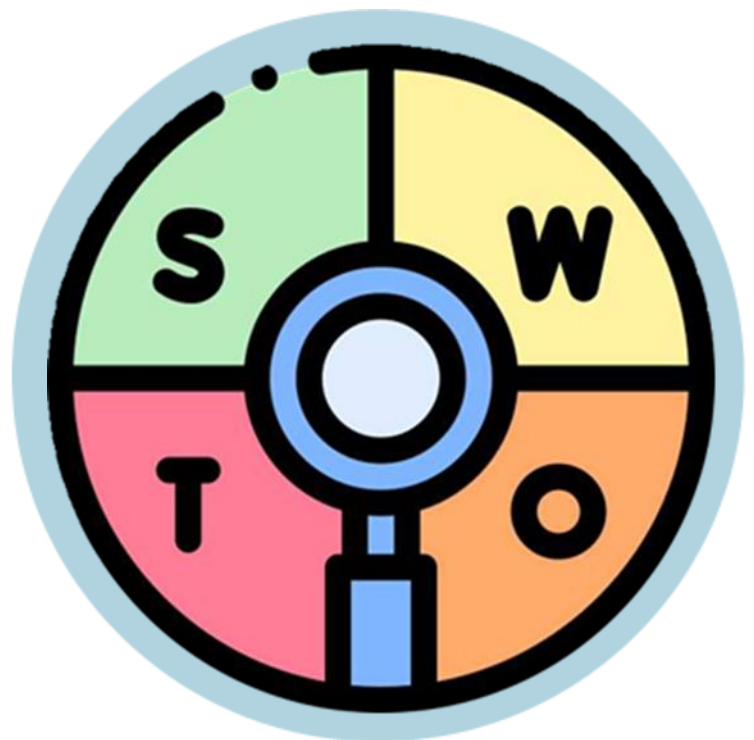
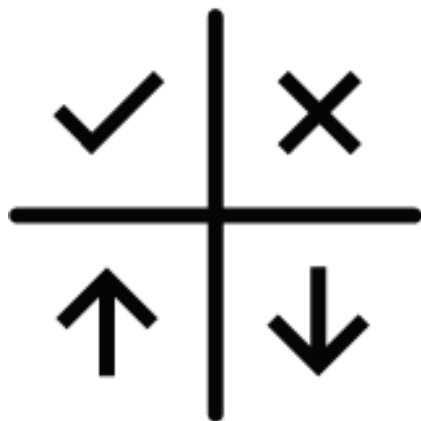


**BEAUTY AND WELLNESS**

# **SWOT**

**A N A L Y S I S**

**GRADE VII**



**Central Board of Secondary Education**

# ACKNOWLEDGEMENTS

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## **PREFACE**

The personality of a child is not formed in one day. It is a cumulative of their upbringing at home initially and later on in the school. The instant a child steps into school, it is the moral responsibility of every teacher to help the child to be confident, have good self-esteem and hence a great personality. Every child should be nurtured in a way that they are aware of their strengths (S), weaknesses (W), opportunities (O) and threats (T) in life and hence be more confident and achieve their goals. The following story expresses how a child can have faith in themselves and grow up with more conviction and have a stronger character and individuality.

# LEARNING OUTCOMES

- Identify 'self-weakness and strengths'
- Create a story based on a case study and express one's thoughts, on strengths and weaknesses through characters
- Categorize between achievements and areas of improvement
- Believe in themselves and become courageous to try new things in life
- Set an aim and goal for life

# CHARACTERS



**Arnav is a student at the school. He is a bright child but lacks self-confidence.**

**Nilofer is a student at the school. She has good oratory skills but is scared to participate in Youth Parliament.**



**Divina feels lost and is fearful of participating in the Youth Parliament due to lack of confidence.**

**Sanjay is a playful and carefree child but is indecisive about participating in the Youth Parliament.**



**Mrs. Narayana is the Social Science teacher in the school. She is a person with a positive and empathetic attitude and can transform children's perspectives about their strengths and how to hone them.**



# SWOT ANALYSIS



Arnav, Nilofer, Divina, Sanjay and Rahul are good friends and study at United World School. The school is organising an Inter-school Youth Parliament Competition. The teachers and students are busy with the preparations.

The classrooms, playfield, library and every corner of the building is abuzz with discussions. However, Arnav and his friends are not too confident and are a little sceptical as to whether they should participate or not, though all of them are smart and well-versed. One day during lunch break, they shared their fears.



"Hey Nilofer!", said Arnav. "Are you not feeling scared? Which state are you going to represent for the Youth Parliament?", he asked. "Of course, I am scared Arnav", replied Nilofer, with fear smitten all over her face. "I am going to represent Gujarat. A state that has given us so many great leaders. I hope I can do justice. Which state are you speaking for?", she asked. "I will speak for Arunachal Pradesh. I hope I can do justice too!", replied Arnav nervously.







“But you can speak so well Nilofer. Then what for are you so petrified!”, exclaimed an alarmed Divina. Nilofer hesitated and then replied, “So many schools are participating Divina.

Everyone will come so well prepared. Isn't that enough to make us all feel anxious?”. Divina was so lost in her fears that she kept fidgeting with her handkerchief twisting and turning it all along. Their friend Sanjay was dribbling a ball and listening to the exchange. He soon joined in “Yes, I agree with you Nilofer. Even I am feeling sceptical as to whether I should participate or not. What do you think Rahul?”, he asked as he playfully hurled the ball above him. Rahul was a bright and confident child. All the humdrum of the grand school event had taken a toll on his credence too! He replied, “My dear friends, let us go to our social science teacher. She will definitely help us boost our morale”.

Mrs. Narayanan, their social science teacher was on duty during the break time. She overheard their discussion. This turned out to be a blessing in disguise.



She soon realised that inspite of being confident and smart the children had very low self-esteem which would definitely affect their personality in the long run. She thought, of addressing the class as a whole to reach out to all of them.

"I am listening to your little talk, dear children. I need to talk to you at length regarding this. Why don't we resume our discussion in class so that the rest of your friends can also hear me out?" Arnav and his friends happily replied in a chorus, "Yes ma'am, that will be great. Thank you so much".



As, Mrs. Narayanan entered the classroom, she could hear the children talking amongst themselves about the event. They stood up together. "Good afternoon ma'am", they wished her in chorus. "Good afternoon children. Please be seated. You all seem so excited.

Have you decided on the states and parties that you will represent?", she asked. "Yes ma'am we have", the kids chirped together. "Great initiative by all of you.



However, I overheard some of you talking about the competition. How many of you are participating in the Inter-School Youth parliament? You can raise your hands". Only seven hands were raised. A soft babble of voices could be heard in the classroom as children started talking amongst themselves. "Ok students. Why don't I see more hands for the event?", she asked. Nilofer stood up and replied, "Ma'am we are a little scared though, most of us want to participate".

Mrs. Narayanan said, “Well dear, every child does not have similar talents. You must all learn to overcome your weaknesses and build upon your strengths. I’m sure you all are in a mood to listen to a story”. “Yes ma’am”, the children replied excitedly. “Alright children. Let me tell you a small story”. Thus, Mrs. Narayanan started narrating a story.



There were two boys named Shashi and Krishna. Both were neighbours and good friends. Shashi was very bright and performed very well in academics. He was an active child and was also very conscious about his health.



He would exercise regularly and therefore was fit and healthy. Krishna on the contrary was very good at playing his guitar and could also sing well. He was however, lazy and would often wake up late in the morning. His father would get angry with him and scold him for his laziness.





He would also compare Krishna with his friend Shashi which made both the boys very sad. His father's impatience would often leave Krishna irritated and frustrated. His mother soon realised that it was not possible to bring positive changes in him by scolding him all the time.

One day she called her son and asked him to sit with a paper and pencil. "What do you wish to become when you grow up?", she asked him. "I wish to become a rock singer mother!", he replied spontaneously. "That's great dear son, I'm so happy to know that you have thought of becoming a singer.", she reiterated.



"Now can you write about three strengths that you have?", she said. Krishna thought for a while and wrote that he could sing well, he could play the guitar and could also write good songs and compose music. Then, his mother asked him to write about any three weaknesses that he had. To this, Krishna silently pondered over before he wrote very honestly that he was very lazy, he wasn't meticulous and never worked hard to achieve his goals. His mother was happy that Krishna realised his weaknesses and accepted them too.

acidun u.

I will work hard for the inter-school competition now!!



“Dear Krishna”, his mother continued, “now that you are aware of a clear goal in life and you are also aware of your strengths and shortcomings, why don’t you start working on them? The inter-school rock star competition is around the corner. You can start building on your strengths and of course, start working on your weaknesses. For this, you need to wake up early in the morning and practice as you cannot miss school every day to improve your music skills. The more you practice the more confident you will become. The competition is a great opportunity for you to showcase your talent. I have faith in you. You will do well”.

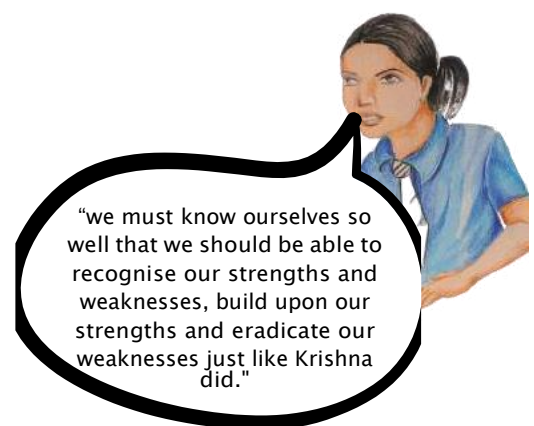
His mother’s words of encouragement and motivation filled the boy with enthusiasm and he soon started practising with zeal and passion. His laziness disappeared and he started getting up early in the morning to practice regularly. He wrote a beautiful song, composed music for it and played the same over his guitar as he sang melodiously. In time, he participated in the competition and even won. His father soon realised that no two children could be the same and every child is unique and talented and can succeed if the right goal is pursued in life.

Krishna composing a song for inter-school rock star competition.





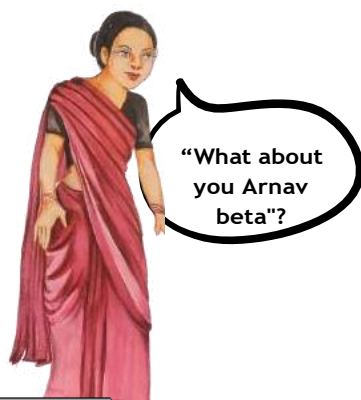
As soon as Mrs. Narayanan concluded, the children started discussing happily amongst themselves. "Hope you've heard the story very carefully children. I will ask you a few things. Can someone tell me what you learnt from this story?" Rahul answered first "All of us should have a goal in life. We must first understand ourselves. Only then can we choose a goal." "Very good Rahul!"



What about you Nilofer ? "What according to you, should you do after you have chosen a goal for yourself"? Mrs. Narayanan realised that Nilofer now seemed more confident and happier and she readily answered. "Yes ma'am, we must know ourselves so well that we should be able to recognise our strengths and weaknesses, build upon our strengths and eradicate our weaknesses just like Krishna did. He knew he was lazy so he overcame this habit of sleeping late, started waking up early in the morning and practising his songs. He faced reality and brought positive changes in himself. This made him more and more energetic and hardworking".



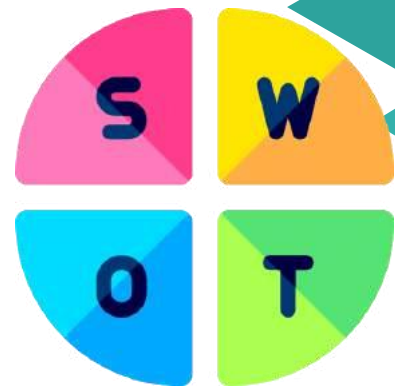
“Mrs. Narayanan felt happy that she could influence some children at least in the class. “Very good Nilofer”, she replied encouragingly. “What about you Arnav, can you please share your perspective too?”. Arnav stood up with joy as he heard his favourite teacher asking for his opinion. “Sure ma’am, I will Krishna countered his threats, monitored and managed his time in such a way that he could practice more which eventually made him confident and good. All these positive changes helped him to win the competition”. Mrs. Narayanan felt elated and she started clapping loudly for the children. “Oh, my lovely children”, she said, “How well you all have understood. You make me feel so proud.



Divina, can you conclude today's story by giving your opinion about it?" Divina stood up in awe of her teacher. “Krishna had a goal in mind and the inter school rock star competition was the opportunity. He planned to achieve it by identifying his vital areas of strengths and working on the areas that needed more practice.

The journey towards his aim was, therefore, stress free and he could achieve it with hard work, zeal and enthusiasm". With pride in her voice, Mrs. Narayanan continued, “Dear children, Today you have learnt a very important life lesson.”

Always remember that, if you can balance between strengths(S), weaknesses (W), opportunities (O) and threats (T) in your life, you will achieve all goals. Each one of you is unique and has talents of your own. Work hard and plan well and you will achieve your objectives



“A few days later, during lunch break Mrs. Narayanan, overheard the children discussing with more confidence. “I feel so confident about the youth forum now. Mrs. Narayanan’s story has left a deep impact on me”, said Arnav. “Me too. I have already started collecting material from the internet and have also started preparing notes for it. I have good oratory skills and I am working on it”, said Nilofer. Divina added to the conversation too. “I am not scared anymore. I’m trying to overcome my fear by standing in front of the mirror and practising.



It is helping me with my self-esteem and I am feeling good”, she said. “I was so confused till yesterday. Now I too wish to participate”, added Rahul. Sanjay didn’t hesitate to join in. “You are so right Divina and Rahul; I wish to participate now.

Like Krishna, I am very lazy and never get up early in the morning. For the past few days, I am practicing waking up in the

morning with the help of my alarmclock. I almost jumped out of bed at the very sound of the alarm! Can you imagine friends, my parents couldn't believe it! They all hugged each other and laughed together.



Mrs. Narayan  
thanking god

Mrs. Narayanan silently thanked God for being able to reach out to the children as she quietly listened to them.

BEST CLIENTS

nean metus eros,  
tincidunt sed urna in,  
fringilla metus eros  
sed ncidun u.

# ASSESSMENT

## Let us Write

1. What, according to you, is your biggest weakness? How do you think you can work on your weaknesses?
2. What is your greatest strength? How does it affect you as a person and as a student?

## Think and write down

1. "Ma'am we are a little scared though most of us wish to participate."
  - a. Who is the speaker?
  - b. Who is "we" referred to here?
  - c. In which context does the speaker say so?
2. "I wish to become a rock singer mother."
  - a. Who is the speaker?
  - b. Why does the speaker say so?
  - c. Did the speaker succeed in achieving his goal?

## MULTIPLE CHOICE

Read these sentences from the story. Tick the words that can replace the ones in bold.

Remember that the words must fit inside.

1. They stood up together, "Good afternoon Ma'am," they wished her in **chorus**.  
a. Refrain b. Choir c. Core
2. A soft **babble** of voices can be heard in the classroom.  
a. Chatter b. Prattle c. Gurgle
3. "Now I wish to participate." Rahul replied **gleefully**.  
a. With delight b. Cheerfully c. Delight
4. "That's really great." She **reiterated**.  
a. Respect b. Answered c. Respond

**Answer the following.**

1. What kind of abuzz was around every corner of the school?
2. Why were the students of United World School in fear?
3. Who was Mrs. Narayanan? Why did the students decide to discuss the event with her?
4. What important lesson did the children learn from the story of Krishna and Sanjay?
5. "Each one of you is unique and has talents of your own." Elucidate the statement.

MCQ Answers: 1. Choir. 2. Chatter 3. Cheerfully 4. Answered



## COMMENT

SWOT analysis helps a learner to achieve a clear picture of where they stand as a learner. It also helps in identifying improvement areas and setting goals.

### What Is a SWOT Analysis for Students?

SWOT stands for Strengths, Weaknesses, Opportunities, and Threats. A SWOT analysis for a student signifies the parts they are good at and areas that need improvement. With the SWOT analysis, it helps a student to identify what opportunities lie ahead of them and, with the THREAT quadrant, figure out what possible obstacles might arise.

The story tried to explain the significance of SWOT analysis by showing how the students who had stage fright were reluctant to participate in the event. Later, they analysed themselves and came out of their stage fear and happily agreed to participate in the program.

“Each one of you is unique and has talents of your own.”  
is the icing on the cake.



# GLOSSARY

filled with  
humming  
sound, exciting

**Abuzz**

having  
doubts

**Sceptical**

affection

**Smitten**

terrified

**Petrified**

making small  
movements

**Fidgeting**

fall slowly in  
drops

**Dribbling**

boringly, dull

**Humdrum**

belief in or  
acceptance  
of something  
as true

**Credence**

talking in a  
foolish  
excited way

**Babble**

in detail

**meticulous**

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## SUMMARY

Arnav, Nilofer, Divina, Sanjay and Rahul are students in a school and are not confident enough to participate in an Inter School Youth Parliament Competition, though they are otherwise good speakers. Their teacher Mrs. Narayanan notices that the children are not confident enough to participate in the same. She soon realises that they need to be groomed to sharpen their character and confidence in themselves. She understands that if not rectified at this level the children will not be dynamic enough and have weak personalities. She then relates a story to the entire class where a boy named Krishna wins a music competition after he identifies his strengths, overcomes his weaknesses, takes the opportunities and recognises the threats. The story narrated by Mrs. Narayanan has a deep impact on the students, they overcome their fear and have a positive temperament, character and disposition thus enhancing their character.

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