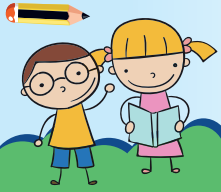
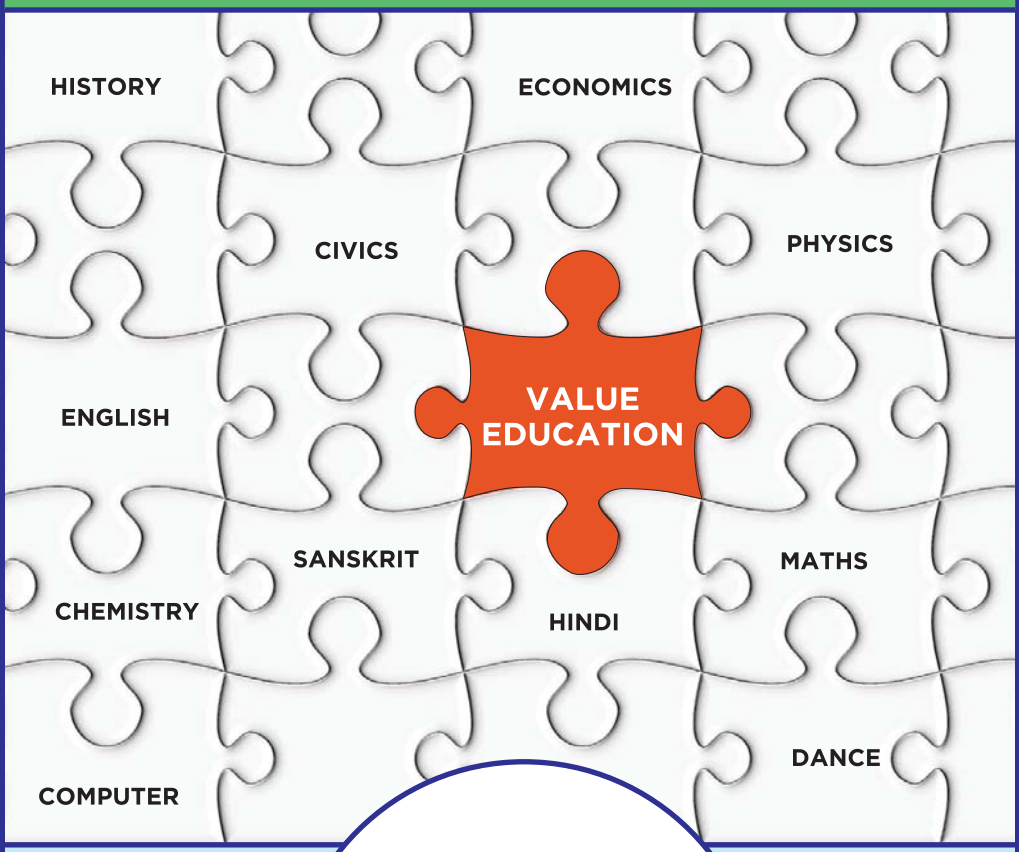
Hem Disha– STD 1

Value Education (Teacher's Guide)

giving wings to YOUR dreams







Humane Endeavour for Moral Awakening

HEMA FOUNDATION

नैतिक जागृति हेतु मानवीय प्रयास

In the loving memories of



SMT. HEMAJI KABRA

25th June 1960 - 5th April 2013

Hem Disha – STD 1



(A Teacher's Guide Book)

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E-mail: admin@hemafoundation.org
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PREFACE





Children have to grow happily. They are joyful, and spread happiness around. The birth of a child brings smile to the members of the family. They need to grow without any complexes and on the strength of their character. They learn their habits by observation from home and school and hence adults have a greater responsibility in formulating an effective youth force.

India has a rich past of gurukul system of education wherein the students were trained to live Values first before they were trained with technical sessions on Archery or the Vedas. Only when the students were fully equipped with the maturity to handle themselves and handle their emotions, were they allowed to go to the next level of learning. As civilization caught on us, there had been less significance for this kind of education and we took to the westernized system of education where learning content and amassing knowledge became priority and training in Values became secondary.

There has been a corrosion of value system from our society due to the advent of science and technology, nuclear family and materialistic way of life, peer group pressure, mass media influence, the urge for modernization, lack of assertion on values in schools and shifting priorities of parents. Academic syllabus in schools merely reduced to imparting the facts and figures and student assessment reduced to gaining marks. Our youngsters are mis leaded, resulting difficulties in differentiating right from wrong. The youth has become very temperamental, restless, impatient and craving for comforts and wealth. Position and power are the watchwords for them today.

The restoration of Values in the youth would stabilize the society and spread the fragrance of love and kindness and concern for humanity. The organization believes that making monsters with knowledge of physics and chemistry and other subjects come much later, for, they have to be human beings first. Or else, the society would lose its integrity and stability. Hema Foundation, a philanthropic arm of Ram Ratna Group decided to work for imparting CULTURAL & MORAL EDUCATION to children at a very impressionable young age. It aims to cultivate better and compassionate understanding of their responsibilities towards Self,

Family, Society the Nation at large, and help them become better human beings and responsible citizens.

The importance of Value Education has been long recognized but the methods to impart have not been definitive. Seeing is Believing. There is no impact quite like a visual impact. With this understanding, the Foundation has produced 48 short films on Human Values with strong meaningful messages. An interactive session between teacher and the students after viewing the documentaries shall results in self inspired resolution for accepting and adopting the Values. The all Human Values have been classified as per their age group into std 1 to std 8. more periods conducting various activities as prescribed in **Hem-Disha** (A Teacher's Guide Book) include interesting and inspiring stories, games, skits, poems, learning from illustrious personalities etc, in order to elucidate the Values into the daily practice schedule.

Hema Foundation is expecting is a transformation of human beings into practical, sensible and lovable individuals who care for others. This describes or justifies the title of the book as **"Hem*formation*"** - 'Transformation like gold'. Gold gets purified each time when it comes in fire and like that the students who get in to tough situations of life, the Values brought out or learnt, must support them for a transformation. The **Hem*formation***, therefore deals with those Values that are slowly to be adapted by the students across all grades with relevant stories and activities. Stories and narration of them have been the medium used in elucidating the Values, because stories have a great impact on children and it is found that they last long in their minds. For any Value to be assimilated, those Values need to penetrate in. **Hem*formation*** series have taken the effort to illustrate through this medium of stories from the Puranas, Upanishads and has taken life histories of illustrious people who lived in India and the world and who made humanity proud. The CBSE and NCERT have designed those Values that are necessarily to be imbibed by the students while they are at school and the book series depends on those Values for illustration. There is a subtle thread of connectivity between all these Values so that the holistic purpose of this effort is achieved.

With best regards to our teachers, love and affection to our students.

Thank You,



Mahendra Kabra
Managing Trustee



Anita Maheshwari
Trustee & Creative Director

"वसुधैव कुटुंबकम्"

Vasudhaiva Kutumbakam (“vasudha”, the earth; “iva”, is ; and “kutumbakam”, family). This Sanskrit phrase literally translates to mean that the whole world is one single family. The Sages have said that the entire world is truly just one family connected with thoughts, emotions, humanity and humility.



सर्वे भवन्तु सुखिनः सर्वे सन्तु निरामया ।
सर्वे भद्राणि पश्यन्तु मा कश्चित् दुःखभाग् भवेत् ।।

May all be prosperous and happy. May all be free from illness.
May all see what is spiritually uplifting. May no one suffer in anyway.
Om peace, peace, peace.

Vision

Hema Foundation aims to cultivate better and compassionate understanding in children of their responsibilities towards Self, Family, Society, the Nation at large, and help them become better human beings.

Mission

Hema Foundation will systematically and effectively imbibe moral values in children by them, their teachers and schools in a formidable manner.

AN IMPORTANT READ

Definition of a country is always marked by its community discourse which sought values and positivity. But, ironically things around are getting increasingly inclined towards violence, social evils and lack of respect towards world around them. People who become great statesmen, sports persons or business entrepreneurs have certain things in common. They are all vigilant about their surroundings. They all know how best to use what they have. They all believe in hard work and in doing things which are good for the society. Creation of such values in our youth is the end product of value education.

The first school a child attends is his home and parents are the first teachers. With the help of their, conduct and behavior they induce an influence on their children. They play a major role, in inculcating values in their children. Values are essential for a sound character and personality. But at times, due to their sheer negligence, a child fails to accept morally and ethically accepted values. The second major role is that of as teacher. The teachers play a very important role in the society and they are considered as nation builders, personality developers, guides, etc. But in the modern era, there are number of factors which are responsible for degradation of the status of teachers, for their poor performance and for the decline in the teaching of values. This book provides information about how parents and teachers can inculcate these values in children and contribute in nation building. Finally, the book emphasizes on teachers' role in all spheres of society.

INTRODUCTION

"The value concept is able to unify the apparently diverse interests of all the concerned with human behavior."

In our culturally plural society, education should foster universal and eternal values, oriented towards the unity and integration of our people. Such value education should help eliminate obscurantism, religious fanaticism, violence, superstition and fatalism. Apart from this combative role, value education has a profound positive content, based on our heritage, national goals, and universal perceptions. It should lay primary emphasis on this aspect.

NATIONAL POLICY ON EDUCATION, 2005

Values enshrined in the Constitution of India point towards the principles of equality and social justice and appreciation of cultural values of each other, dignity of all individuals, etc. Values such as equality, fraternity and justice can promote inclusivity where all

members of the society feel included irrespective of their color, culture, economic or social background, caste, religion, gender or community. The culture of inclusivity is particularly relevant and important in the context of our society, nation and making education a right for all children. The aim of education, thus, can no longer be solely confined to learning of specific culture and its traditions but that of learning and appreciation of multi-culture.

- 'Education for Values in Schools – A Framework' by NCERT

At the beginning of the second decade in 21st century, the education of future citizens needs to be redressed so that a better balance is achieved between academic excellence, human values and oral perceptions. Since World War II, the world has been a witness to a continuous and steady deterioration of values in moral standards all over the world. Braun, developer of World War II rockets says "If the world's ethical standards fail to rise with the advance of our technological revolution, we shall perish". The whole country is experiencing massive erosion of values. political and economic corruption, scandals and scams, antisocial and anti-national Activities, etc., are on the rise all over the country.

When we look at the modern society we can visualize that violence, exploitation, political corruption, and corruption in public life, terrorism, arms race, and production of nuclear bombs are on the rise everyday and it clearly shows the degradation of value systems. The application of scientific and technological knowledge to the comforts of man has reduced him to a mechanical being, resulting in degeneration of the value system.

MEANING OF EDUCATION

Education undoubtedly is one of the most powerful agencies in molding the character and in determining the future of individuals and nations. Thus, the whole realm of education is centered on the development of the moral aspect of man. Plato emphasized that educational effort should aim at the promotion of virtue. Herbert declared that the whole work of education, which is a long and complex training, should focus on one particular thing that could be summed up in the concept "Morality".

The University Education Commission (1964-66) summarizes the Indian concept of education as follows; "Education according to Indian tradition, is not merely a means of earning a living; nor is it only a nursery of thought or a school for citizenship. It is the initiation into a life of spirit, a training of human souls in pursuit of truth and the practice of virtue."

"The first duty of the education system is to teach wisdom, not trade;

character, not technicalities" says Winston Churchill. Educated persons are those who can choose wisely and courageously under any circumstances. If they have the ability to differentiate between good and bad, wisdom and foolishness, virtues and vulgarities, regardless of the academic degrees they have, then they are educated. Life-centered ethics have to be dealt with, to develop the will, to live a moral good life, to keep away from evil, to develop a spirit of sacrifice and an attitude of consideration for others. Education plays key role in making people aware of value environment. Positive attitude needs to be inculcated from childhood through parents and other members of the family and teachers. There is sufficient psychological evidence that morality is learnt, and can be controlled and directed. Learning controls impulses, moral rules and principles and it is a valuable guide, to apply the principles to new situations. For Swami Vivekananda, the goal of education is "Man making". It is making of the whole human being.

VALUES

"Value" comes from the Latin word "Valera" which means to be of worth, to be strong. The dictionary gives the following meaning: relative worth, utility or importance, degree of excellence, something intrinsically valuable. Value literally means something that has price, something precious, dear and worthwhile; therefore something one is ready to suffer and sacrifice for; if necessary one is ready to die for it. Values are standards, rules, criteria, attitudes, guidelines, desirable ideas/beliefs and important things, which play a crucial role in shaping the life of individuals. Values give direction and firmness to life. They identify a person, giving him a name, a face and a character. Hence they bring joy, satisfaction and peace to life.

Values are those standards or codes of conduct, which are conditioned by one's cultural tenants, guided by conscience, according to which, one is supposed to conduct himself and shape his life pattern by integrating his beliefs, ideas and attitudes with a view to realize the cherished ideals and aims or life. High values lead to objective, fair and correct decision and action and ensure the welfare of all concerned, while low value does exactly the opposite. Values are essential for all persons, recognizing the fact that the individual is comprised of physical, intellectual, emotional, and spiritual dimensions.

Value is the relation between a person and an environmental situation, which evokes an appreciative response in the individual. The other complimentary function of value is, that it contributes to

the welfare of the larger social unit such as family, the community and the nation of which the individual is a member.

VALUE SYSTEM CONTAINS

- A set of beliefs about nature of man
- Rules laying down what ought and what ought not to be done
- Motives that incline us to choose the right and wrong course. The following ten basic themes may also form a part of value education

- **Think positive.**
- **Be compassionate and do no harm.**
- **Recognizing innate peace.**
- **Cooperation and Collaboration.**
- **Humility and Integrity.**
- **Rational Introspection.**
- **Rationality and Critical thinking.**
- **Promotion of peace and benevolence.**
- **Cohesion and integration.**
- **Nature's preservation.**

It is important to remember that value education is not another subject. It performs two important functions in the curriculum. Firstly, it unifies all other subjects under a holistic vision of values. In the absence of such a holistic view the learning done in subjects tends to be fragmentary and remains superficial. Secondly, value education humanizes education.

CLASSIFICATION OF VALUES

Personal Values : The principles and ideologies that a person follows in personal life.

Universal Values : Principles that all people across the planet are expected to adhere to.

Human Values : Principles and ideologies that are basic to human nature to make their life smooth and happy.

Religious Values : Person's beliefs and faiths in a particular thought which act as a guide guide for reasoning between good and bad.

Civic Values : Principles, which guide in the do's and don't's of the citizens.

Moral Values : Principles and directives, which enables us

to follow the correct and right path.

Spiritual Values : Principles, which give directives to follow a faith in some philosophical.

NEED FOR HUMAN VALUES IN THE SOCIETY

Education is general and value education in particular occupies a prestigious place in the modern context of the society. Education and values are inseparable. They are two sides of the same coin. Value oriented education has come into force to promote a sense of morality, aesthetic and intellectual knowledge among the students. value education has the capacity to transform a confused mind to a very young, fresh, innocent, healthy, natural and attentive mind. The transformed mind is capable of higher sensitivity and a high end level of perception. Sri Ramakrishna Pramahamsa also stated that education is the process that tells us how to live life well; how to find happiness; how to make others happy; how to manage all kinds of people and happenings as well; and how to grow and succeed in the right manner.

Today there is deterioration of values in the society. The values have been neglected not only at the social level but at the national level also. In the educational programmes only mental developments have been stressed. In the modern age, the aim of education is all round development of personality. In the present educational system, provision has been made for intellectual education by giving importance to intellectual development. Thus to be successful in life, important human qualities along with intellectual development should be the aim of value education. Value education is the positive effort towards bringing about a synthesis of different values in a human being. It is the teachers' role to foster human values through their teaching in the classroom and follow those values. To the youth of today, the classroom messages are love, safety, security, belongingness and warmth. Einstein remarked once: "try not to become a man of success, but try to become a man of values."

MEANING OF VALUE EDUCATION

Value Education, as it is generally used, refers to a wide range of learning and activities ranging from training in physical health, mental hygiene, etiquette and manners, appropriate social behavior, civic rights and duties to aesthetic and even religious training. Value education is simply a matter of developing appropriate behaviour and habits involving inculcation of certain virtues and habits. In opposition to such a conception, it is pointed out that value education has an

essentially cognitive component in it and that this should not be ignored. There are three basic institutions that influence value education – the home, religious institutions and the schools.

Today we are talking of value education, value based politics and value based society. All of us feel that the values are falling and nobody is respecting them. In an enthusiasm to point fingers at others, we do not realize that we too have contributed to this fall. But, what are these values? Values are a set of desirable behavior by following which it is good for the individual and also the society. That exactly is the reason as to why values are not taught, lectured about or professed. They are only demonstrated. Two categories of people who make maximum impact on the personality of an individual in the formative years of life which remains all through the life are the parents and the teachers. Incidentally, it is this class of people who become role models - good or bad, without their consent or knowledge. Parents, teachers, family, school, environment, friends, society and religion– all these wield a great influence on the child. Academics and Co-curricular activities both help in teaching values. Meditation, Value Based Education, Music, Self-analysis, Positive affirmations and Resolutions help in improving our character. The suggestions and words spoken by the parents and others affect the character rand good conduct of a child.

- **Values are beliefs. But they are beliefs tied inextricably to emotion.**
- **Values are a motivational construct. They refer to the desirable goals people strive to attain.**
- **Values transcend specific actions and situations. They are abstract goals. The abstract nature of values, distinguishes them from concepts like norms and attitudes, which usually refer to specific actions, objects, or situations.**
- **Values guide the selection or evaluation of actions, policies, people, and events. That is, values serve as standards or criteria.**
- **Values are ordered by importance relative to one another. Values form an Ordered system of value priorities that characterize them as individuals. This hierarchical feature of values also distinguishes them from norms and attitudes.**

Each of the ten basic values can be characterized by describing its central motivational goal:

1. Self motivation	**2.** Knowledge	**3.** Happiness
4. Achievement	**5.** Power	**6.** Role of Parents
7. Security	**8.** Cooperation	**9.** Culture and tradition

10. Empathy **11.** Universalism

ROLE OF PARENTS

Home is the first school for the child and parents are the first teachers. They not only guide the child in its progressive path but also demonstrate the appropriate behavior by their actions. It is the parents who with their conduct and behavior set an example for the children. Parents at times show a lot of concern for the children and instead of correcting, they start to pamper even for their improper behavior. It is actually detrimental to the growth of the child. Such Parents are very possessive.

Some of the parents are too strict with their children. They try to overpower their wards .They do not let the child enjoy the bliss of his innocence. They try to check him for whatever he does. Another class consists of those parents who are not much concerned about their children either due to lack of time or are not educated enough to guide their children. Whatever be the reason it certainly affects the child's behavior. The parents handling of the children should be such that it could take care of all aspects and could provide firm guidance without being too strict. Extremities on the part of the parents either lead to introvert or oversensitive behavior or it may turn a child into dominant or aggressive person. A child reflects the impressions gathered by him in the initial stages of his life. If children are not guided, they may turn into problematic and complexed individuals.

ROLE OF TEACHERS:

Teaching is not a job; it is an attitude. Teacher is a source of information, a guide, a mentor, a parent, a motivator, all at the same time. Teaching is the noble profession which deals with the future generation. To be an ideal teacher, one needs to be a role model. A good teacher loves his/her students. A teacher must have respect for his/her profession and remarkable quality to love his/her students unconditionally. The role of a teacher in the changing social scenario is becoming very challenging. In the earlier times teacher was the only source of information and commanded respect on this count. The society is becoming more materialistic and values appear to be pushed into the background. Consider the vedic times when a wise man or a Rishi was an icon. In the period of Mahabharata, the role models had changed. The heroes of this era were the brave warriors. Before independence of India, our role models were Gandhiji, Patel, Bhagatsingh, Rajguru and other freedom fighters. After independence, unfortunately, the icon of the society is a rich

man. The young generation desires to become rich without making efforts by stepping on an escalator. This eagerness makes them sacrifice anything, less to talk about values. The present society needs an awakening. This period of transition urgently requires the nurturing of values. It is the moral responsibility of the teacher to be the torch bearer and show the right path to coming generations.

Value system is the backbone of any society. Values may vary from one society to another and from time to time. Every society follows some values and those values are identified as global values by all. A good teacher is someone who inspires the students and promotes their talents including the creativity and independent thinking. Teachers should understand the fact that every student has certain unique qualities and talents, which should be identified and nurtured.

ROLE OF TEACHER IN SOCIETY

Teachers role is very vital in molding the future of a country and, as such, it is considered the noblest profession. Teachers are the role models for their pupils. An educational institute should not be just confined to teaching and learning but it should be considered as a place where consciousness is aroused and illumined soul is purified and strengthened. It is the place where the seeds of discipline, devotion and commitment are planted and fostered with deliberate efforts. A constructive companionship between teachers and students has to be developed. In a nutshell, a teacher in real sense is one who himself practices the human values. He should not only preach but also practice to leave an ever lasting impression in the minds of students.

CONCLUSION

To conclude, this can be safely said as a general rule that value orientation is integral to all stages of upbringing, formal education, and interaction between individuals and social groups. Values are thus inseparable from life of the individual. It permeates the whole life. Since education is an essential requirement, the aims of education, content and methodology are viewed in terms of value development. Values and development are used interchangeably. Human development cannot be conceived in the absence of values.

The teacher plays a very important role in the society and they are considered as nation builders, a torch bearers, path guides, personality developers, etc. Importance should be given to religious/spiritual education so that society as a whole may flourish with desirable value system. The social, economic, cultural and

human values play a very important role in the overall development of society and help in achieving the socialistic pattern of the society. It is recommended that there should be congenial conditioning or proper environment in the society which includes parents, teachers, educators as well as administrators for inculcating values i.e. moral, spiritual, religious, social, economic and cultural values, etc. among the students/ youth. Promotion of human values in the society depends on the promotion of good qualities among individuals. In every tradition and in every country the place of a teacher, not only in the institution but also in society, has been glorified. According to a Japanese saying, a poor teacher tells, an average teacher teaches, a good teacher explains, an excellent teacher demonstrates and a great teacher inspires. To inspire the students, a teacher should discharge twin roles - one to mould himself and other to mould others.

In a nutshell, it can be concluded that education without vision is waste, education without value is a journey of high ridge in dark , and education without mission is an unending stampede. A nation with atomic power is not a strong nation but a nation with people with strong character is indeed a strong nation. Therefore, for the sustainable human development as well as for the social growth, there is a need of value based education, spiritual education, ethical education, as well as need based education. India has always been known for sound social values and character of its people, the impact of western values has adversely affected the mindset of people which can be rectified only by imbibing our value oriented educational system, which is of-course a big challenge. The challenge has to be met by collective introspections. In brief, the values are the guiding principles of life which are conducive for all round development of children to give direction and peace to life.



THE STRUCTURE

HEM DISHA

HEM DISHA is a book to supplement the powerful message in the film. It is a collection of reading and activity materials under twelve categories. These are:

- **INTRODUCTION OF THE VALUE:**
- **LIFE SKILL QUESTIONS :**
  Questions on the moral value shown in the film establish the continuity of quest for learning.
- **QUOTES :**
  It is an idea to start the day with a positive quote or thought. this can be done in the school assemblies. Under each value, Hem Disha has a collection of quotes in Hindi and English.
- **SANSKRIT SAMVAD AND SHLOK :**
  Sanskrit language is said to be the mother of all languages. It is replete with rich literature and wisdom. Appropriate shlokas on each subject makes the learning effective and compelling.
- **POETRY :**
  Poetry is a fine expression of thoughts. It encourages children to come up with rhyming sentences.
- **MORAL STORIES :**
  Stories are the best way to reach to a child's mind. Stories with a moral, leaves a lasting impact on child.
- **INSPIRATIONAL PLAY :**
  Plays involve children into one of the roles and keep them engaged actively.
- **GAMES / CROSSWORD / SCRAMBLE / PUZZLE :**
  Puzzles are fascinating and educative at the same time. Crossword, scramble and games call for active engagement of minds.
- **CASE STUDY:**
  Case studies on famous personalities across the globes, is another way to imbibe values in children.
- **SONGS:**
  Making value assimilation through entertaining activities like songs from Indian films that have relevance to the value under study is a good way to catch the attention of children.
- **PLEDGE:**
  Ending the entire period/session with a commitment to follow the

message given in the film is by way of pledge. Children register in their minds the message given in the film. The pledge reinforces it.

- **ASPIRE TO INSPIRE:**



A discussion about imbibing values from inspirational events of great personalities shall be conducted.

- **LET'S STEP OUT...**



After taking a pledge or a resolution, we need to begin our journey towards the value with small steps and move forward. These steps are small yet very significant.

Little activities involving children as individuals and as teams will inculcate qualities of responsible citizen, thus realizing the mission of Hema Foundation and vision for nation.

Children should get curious and engage themselves into activities which will make them assertive, confident, self-reliant and smart.



VALUE THE VALUES TO REMAIN VALUED



GUIDELINE

How to use the book HEM DISHA

If you tell me, I will listen.
If you show me, I will see.
If you let me experience, I will learn.
-Lao-Tsu (6th century BC)

HEM DISHA is a reference book for teachers. It is in 8 volumes. Each volume covers 6 Values / topics. Every Value / topic has 12 activity based learning themes. These are quotes, short stories, poetry, puzzles, games, crossword, scramble, resolution, chhote kadam... Badhte kadam... etc. Every activity is aimed to make children 'experience' so that they learn.

It is suggested that the activities are taken forward on a regular basis. This means that some of the activities will have to be done on a daily basis, while some activities will have to be scheduled on a weekly basis. It is not mandatory that all these activities be done while teaching each value. Freedom is there for the teacher to choose any and teach.

The involvement of teachers concerned in each activity will make the learning effective. For an effective learning to take place, we suggest guidelines as follow:

Daily:

In the school assembly, the following should be taken up every day:

i) Quotes in Hindi, Sanskrit or English

ii) Short stories to be narrated by the students. Teacher should encourage and involve as many students as possible in this activity.

Teachers need to ask the students what they understood from the quotes. Likewise, lesson learnt from the short stories need to be assimilated.

Weekly:

One period per week to be assigned for taking the learning forward in an effective way. The suggested week-by-week schedule is as follows:

Week 1 : Screening of the film by following the sequence given below:

i) Introducing the subject of the film. Why and what they will see and learn.

ii) Screening the film

iii) Encouraging the students to tell what they have learnt

iv) Resolution

v) Chhote Kadam... Badhte kadam... (activity one)

Assign an inspirational play for next week.

Week 2:

i) Inspirational play

ii) Moral lessons and discussions

iii) Resolution

iv) Chhote Kadam... Badhte kadam... (activity two)

Assign poetry and Sanskrit Samvad for next week

Week 3:

i) Poetry, Sanskrit Samvad and games

ii) Learning from the activities

iii) Resolution

iv) Chhote Kadam... Badhte kadam... (activity three)

Assign song for next week. Let the song be sung on karaoke.

Week 4:

i) Scramble, crossword, puzzle

ii) Song

iii) Resolution

iv) Chhote Kadam... Badhte kadam... (let students suggest activities for particular topic).

Every week, the activities should close with children taking a pledge or resolution. They will imbue the value that is being talked about in the pledge or resolution.

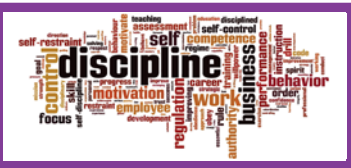
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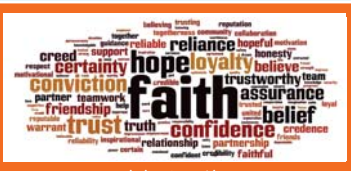
ATHANI KI KHOSHI

2 VALUE
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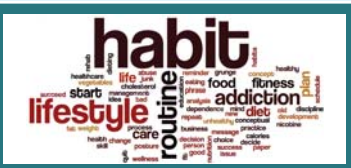
ANUBHUTI

5 VALUE
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PAROPKAR

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AADAT

ATHANNI KI KHUSHI



INTRODUCTION

We see everyone glued to their mobiles, i-pads, tablets. People, most of the times, with their neck down. As a result, there is no meaningful social interaction between a person and his family members (father, mother, brother, sisters etc.). The situation is very dangerous and alarming.

Each one of us is looking for small joys and little pleasures in far off environs, oblivious of the fact that these joys, pleasures and happiness are all around us – in talking to our father, chatting with mother, playing with brothers and sisters.

Happiness is a feeling of pleasure and positivity. When someone feels good, proud or satisfied about something, that person is said to be happy. When someone tells a joke, if joke is funny they laugh. The condition of happiness is short lived and no one would take it to heart if the joke is cracked in a light manner.



LIFE SKILL QUESTIONS

1. Can money buy you happiness?
2. Have you ever felt your small effort bring smile to other?
3. Just count number of people who are happy because of you?



QUOTES

- “Happiness is when what you think, what you say, and what you do are in harmony.” **- Mahatma Gandhi**

- Happiness is not a matter of intensity but of balance, order, rhythm and harmony.” **- Thomas Merton**

- The highest education is that which does not merely give us information but makes our life in harmony with all existence.” **- Rabindranath Tagore**

- Harmony is one phase of the law whose spiritual expression is love.” **- James Allen**

- “Harmony is pure love, for love is a concerto.” **- Lope de Vega**

शिक्षक : बालकाः का चर्चा प्रचलति भवत्सु ? अतीव गम्भीराः सर्वेऽपि भवन्तः!

Teacher : What is the discussion going on children? Why is everyone looking serious?

राजेश : अनेन सौरभेन मार्गाद् अष्टानाः प्राप्ताः तर्हि सः अतीव आनन्दितः !

Rajesh : Saurabh found some money on the road today and he is feeling happy about it.

शिक्षक : आम ! कथं न स्यादानन्दः भवति वयः - एव तद् किन्तु अत्र कोऽपि जानाति किम् ? वास्तविक अष्टानि: प्राप्यते तस्यानन्दः कदा भवति ?

Teacher : Yes! Why shouldn't he be happy? Do you know how does one earn money?

छात्र : अधुनैव ज्ञातम् ! यदा भाग्ये धनम् स्यात् तदा प्राप्स्यामः! अनन्तर आनन्दः एव !

Student : Yes, we know! If we are lucky we get money and it is real fun.

शिक्षक : न तद् सत्यम् परिश्रमेन यल्लभते धनम् तैनेव वास्तविक आनन्दः प्राप्यते यस्य अनुभूति एव दिव्या:

Teacher : This is not true. Money is earned with hard work and that gives a good feeling .

छात्र : परिश्रमेण ?

Student : Hard work?

शिक्षक : यद् किमपि पठित्वा यूयम् व्यवसाय आदि कृत्वा धनं अर्जयित्वा त्वं अनुभविष्यसि भाग्य द्वारा प्राप्तं धनम् नष्टः भविष्यति किन्तु परिश्रमेण द्वारा प्राप्तं धनं आनन्दकारी स्यात् !

Teacher : Money is obtained only when we complete studies, do a job or business. Money obtained by sheer luck does not stays. But money earned with hard work stays and gives satisfaction.

छात्र : तथेव करिष्यामः गुरवः वयं अभिवादयामः भवन्तः !

Student : We have understood and this is what we will follow. Teacher we worship you.

SANSKRIT SHLOKAS

नप्रहृष्यतिसम्मानेनापमानेचकुप्यति ।
नक्रुद्धःपरुषंब्रूयात्सवैसाधूत्तमःस्मृतः॥ - मनुस्मृति

A person who does not express happiness on being honoured or does not get angry on being insulted or abused, he is considered to be the best among Saints.

सूनुः सच्चरितः सती प्रियतमा स्वामी प्रसादोन्मुखः
स्निग्धं मित्रमवञ्चकः परिजनो निःक्लेशलेशं मनः।
आकारो रुचिरः स्थिरश्च विभवो विद्यावदातं मुखं
तुष्टे विष्टपकष्टहारिणि हरौ सम्प्राप्यते देहिना॥

A virtuous son, a loving wife, a happy and benevolent owner, a friend of love and help, a sincere servant, a clairvoyant mind, a beautiful physique, a steady wealth, a face adorned with knowledge, all these gifts of desire cannot be achieved by human being without the blessings of Lord Vishnu.

POETRY

HAPPINESS

Happiness is having fun with my friends.
Happiness is knowing I am loved.
When I do good things, I am happy with myself.
Good wishes for everyone make me happy inside.
When I have love and peace inside, happiness just comes.
I give happiness to everyone with my good wishes.
I give happiness with words that are flowers, not thorns.
I give happiness to others by sharing.



MORAL STORIES

1. THE SIMPLE BIRD

A bird was flying across the sky. It landed on a lawn. The air was fresh, the breeze was light, and the sun was warm. The bird noticed someone crying in the distance, sitting on a lawn chair outside of a house.

When the crying had finished, the bird flew over to the person, who now looked corpse-like on the chair.

"What's happened?" chirped the bird.

"I'm not sure if I'll ever get the job I want," said the person, with a tone of resignation.

"Oh. What's a job?" asked the bird.

"Just something we do so that we earn money to buy stuff, to pay for food, clothes, houses, cars and stuff like that," said the person.

“Oh," said the bird. "So do you have a job?"

“Yes," said the person. "But I hate it, I really want a different one."

“Oh," said the bird. "Where is your job?"

"About fifteen minute's drive away," said the person.

“Oh," said the bird. "So if it’s that far away, why is it making you cry?"

"Because I know I have to go back there again and I really don't want to," explained the person, having some patience with the bird who was obviously not intelligent enough to understand his problem.

“Oh," said the bird. "So don't go back then..."

"No, you don't understand," said the person, now becoming impatient at the bird's lack of understanding, "I have to go back so that I can pay my bills and buy food!"

“Oh," said the bird, beginning to understand this person's dilemma. "So if you have to go back there, and you feel you have no choice to just stop going, then what is the

purpose of your unhappiness?"

"I don't like it there. I don't like the people or the work that I do."

"But what is the purpose of your unhappiness, what does it do for you?" enquired the bird.

"Well I..." suddenly the person asked himself the same question. They began to speak out loud...

"Well the reason for my unhappiness, I thought, was because I hate my job."

"Yes," said the bird, "but has the unhappiness helped you to get a new job, or helped you to no longer go to the job you have now?"

"...No," said the person, slowly "...but, I can't really be happy about it, can I?!" he mused himself.

"You don't have to be anything at all," the bird said, "but your feeling unhappy does not seem to help you."

Suddenly the person began to feel lighter, they felt slightly happier, but not through trying to be happy...

"So what about getting another job? How can I do that if I'm not happy with my current job?"

"You misunderstand," explained the bird, "you are not happy with your job, you are just no longer unhappy. You see that your unhappiness is not helping you resolve your situation. Without unhappiness, would you still not want another job?"

"Well, yes, of course, but it is not such a big deal now...and I've realised that I've been assuming this job will be forever, again and again, but that is not true either..."

"What do you mean forever?" asked the bird.

"Oh...nothing," said the person, realising the bird did not know what time was. "So, ok, well – thanks," said the person. "That's great, I don't have to be unhappy, and I can still go for another job."

"Yes, of course," said the bird, and off he flew, forgetting everything that had just transpired.

2. THE VILLAGER WHO WENT TO THE CITY

Julian finally left his village when there was no one left living there. He had never left his beloved village before, but intrigued by the fact that everyone had gone to the city, he decided to go and see for himself what wonderful things those cities had. So he packed a knapsack with a few clothes, put on his best smile, and off he went to the city.

On reaching the city, he was given a most unexpected welcome. A couple of policemen stopped Julian and questioned him in great detail. It turned out that Julian had seemed 'suspiciously happy' for someone with hardly any possessions. In the end, the police had to let him go, but they were still suspicious about this apparently simple and good-natured fellow.

The first thing Julian noticed about the city was all the rushing around. Everyone was in such a hurry that he thought that there must be something special happening that day, which no one wanted to miss. Curious as to what it was, Julian started following a man who looked like he was hurrying to see whatever it was that was happening. However, after several hours following him, the man arrived at a small flat and went inside. He had done or seen nothing of interest that whole day.

That night Julian slept in a park. The park was strewn with bits of paper and plastic. As the bins were completely empty, Julian thought how cool it was that the city had seemingly invented plants with petals made of paper and plastic. He only believed this until the following morning, when a man came by and dropped his chocolate wrapper.

Julian carried on walking through the city streets, trying to understand what was going on, when he arrived at a group of big warehouses, which many people were entering. "This must be the best museum in the world," he thought, on entering, and seeing all the useless-looking things they had inside. But then he saw that people were picking these things up, paying for them, and taking them away.

"Why would anyone want a watch which doesn't show the minutes?" he wondered to himself, after seeing a woman very contentedly leaving with the most modern of watches on her wrist. He thought pretty much the same when seeing a pair of shoes with impossibly high heels, and then some electronic device which did a thousand things, and none of them well. Once again, he decided to follow the lady with the watch. He saw her joy turn into disappointment when her friends gave her new watch a look of disapproval. Julian started regretting having left his village, just to come to this place where no one seemed happy.

Then he saw a few kids playing. Now, they certainly did seem happy, playing, running about, chasing each other. Except for one child, who seemed troubled by a little machine they were calling a console. He was hitting it so hard with his fingers, and making all kinds of faces and angry gestures, that when one of the other children came over to invite him to play with them, the boy with the console just rudely walked away. Julian thought that the boy was trying to destroy that little machine because it was making him so unhappy. He decided to help the boy. Julian went over, took the console, threw it on the ground, stamped on it, and looked at the boy with great satisfaction.

At this the boy flew into a rage, as did all the other children there, and nearly all the adults. They pursued Julian so relentlessly that he had to run away. He didn't stop running until he reached the road leading back to his village.

As he was making his way home he couldn't help wondering whether the whole world had gone mad.

3. HARMONY

There is the story of a young martial arts student who was under the tutelage of a famous master.

One day, the master was watching a practice session in the courtyard. He realized that the presence of the other

students was interfering with the young man's attempts to perfect his technique.

The master could sense the young man's frustration. He went up to the young man and tapped him on his shoulder. "What's the problem?" he inquired. "I don't know", said the youth, with a strained expression. "No matter how much I try, I am unable to execute the moves properly". "Before you can master technique, you must understand harmony. Come with me, I will explain", replied the master.

The teacher and student left the building and walked some distance into the woods until they came upon a stream. The master stood silently on the bank for several moments. Then he spoke. "Look at the stream," he said. "There are rocks in its way. Does it slam into them out of frustration? It simply flows over and around them and moves on! Be like the water and you will know what harmony is."

The young man took the master's advice to heart. Soon, he was barely noticing the other students around him. Nothing could come in his way of executing the most perfect moves.





You can watch the short film **"ATHANNI KI KHUSHI"** on YouTube

THE PATH OF HAPPINESS

Character -

Yug: A six-year-old boy, Madhulika: Yug's mother.

Amarnath: Yug's grandfather, Hariram: A poor farmer, Narrator

SCENE 1

Narrator : *Yug is seen watching television and continuously changing channels on it. Yug's mother Madhulika is cooking in the kitchen while his grandfather Amarnath is reading a book.*

Yug : Mummy, I am bored... all my friends are travelling somewhere or the other this vacation. But we are at home. I don't have anyone to play outdoors.

Narrator : *Madhulika comes out from the kitchen and caresses Yug's head.*

Madhulika: Oh my boy, I know it's difficult for you but your papa couldn't get holidays, and also he's got extra work. Next year we will go somewhere nice during vacation I promise you.

Yug : Next year is too far mummy...what do I do now? Can we go to an amusement park? Please say yes mummy.

Narrator : *Madhulika is unwell.*

Madhulika: I am unwell my child... we'll definitely go to a waterpark next Sunday.

Narrator : *Annoyed Yug starts Jumping up and down on the couch.*

Madhulika : Yug, you might fall down and hurt yourself... please watch out.

Narrator : *Amarnath intervenes.*

Amarnath : Yug, my son you must obey your mom. Also, you must not trouble her as she is unwell. Come to me I will tell you a nice story. But before that, we shall finish our lunch.

Narrator : *Yug, his grandfather and his mother have lunch together.*

Yug : (Runs towards his grandfather.) Dadaji aren't you going to tell me a story now.

Amarnath : Oh! I completely forgot about that. I have to go to a meeting with our village senior citizen association. But I promise to tell you a story as soon as I come back.

Yug : That's unfair, you promised me...I have sat at home all alone. I am bored of the toys I have. There is nothing good to read as well.

Amarnath : Well then, I have an idea. Why don't you come along? While I am at the meeting you can play in the park. But first, go ask for your mother's permission.

Yug : Really, can we do that? Mom, can I please go?

Madhulika : Of course, but please don't be a menace and trouble your Dadaji.

SCENE 2

Narrator : *Yug and his Grandfather leave the house. They decide to walk up to the association office.*

Yug : What do you and your friends do at the association office?

Amarnath : We talk, come together and try to help each other.

Yug : But Dadaji, what do we get on helping others?

Amarnath : We get happiness...joy. Helping others is

satisfying, it makes the person happy and in turn, we get happy too.

Narrator : *Yug nodded in an affirmation. Yug and his grandfather then continue walking on the road that leads to the association office. Along the way, they see a farmer working hard on his farm...tilling the land.*

Yug : Why is this man digging the land?

Amarnath : He is a farmer... he is tilling the land. He will then sow seeds which will later grow into crops. Farmers are our best friends my son... they are the ones who provide us with food grains and vegetables etc.

Narrator : *Moving ahead Yug notices that the farmer had taken off his ragged shirt and torn shoes and placed them under a tree on the edge of the road.*

Yug : (Mischievously) Dadaji, let's play a prank on Mr. Farmer. Let's hide his shoes and shirt somewhere. He will be angry and he will yell. It will be fun to see him looking for his belongings... We will hide his things and quietly watch him from behind the tree.

Amarnath : No son, that will be wrong because unknowingly you will hurt him. Never hurt a poor and distressed person, it causes more pain to him. You were born in a family which is well-off, hence you don't understand the pain of poverty. However, if you want to have fun I have another great idea.

Narrator : *Amarnath hands over two Rs. 10 coins to Yug and asks him to place it in each of farmer's shoes and then asks him to come back and hide behind the tree.*

Amarnath : Come Yug lets hide behind the tree and see what happens.

Narrator : *Yug did as told by his grandfather and both hid*

behind the tree. Meanwhile, the farmer who finished his work came back to collect his belongings.

Hariram : (Washing his hands and face and talking to himself) What scorching heat it was today. I really wish I could get some money for Jhumki's book. Things are getting difficult each day without money.

Narrator : *After wearing his shirt Hariram tries to wear his shoes. Something hard hurts his heel.*

Hariram : (Angrily) God knows what is stuck in my shoes now.

Narrator : *While checking to his surprise Hariram finds a rupees 10 coin. Wondering how the coin reached into his shoes he tries to wear another shoe and feels something again.*

Hariram : Oh good lord, Two Rs. 10 coins placed in my shoes... how is it possible? That too on a day when I needed it the most. Thank you, God, Thank you Oh, ocean of compassion... you are so kind and many thanks to your messenger who gave these coins to me. (Jubilant Hariram then leaves the places and rushes to buy his daughter's book).

SCENE 3

Narrator : *Yug and his grandfather continue to walk on the road. Amarnath notices a big smile on Yug's face.*

Amarnath : So my dear boy, did you have fun? Wasn't my idea much better than yours?

Yug : Dadaji, watching the poor farmer when he found those coins, made me really happy.

Amarnath : Did you see how happy the farmer was. The happiness on his face is something that you hardly find on the face of a rich man.

Yug : Right Dadaji, now I get what you meant when you said helping others and making others happy makes us happy too. I feel proud and happy after lending a little help to that poor farmer. I will always remember this lesson.

Narrator : *Both Yug and his grandfather reach the association office.*

Moral: Making others happy is the true path to Happiness.

----END----

ANSWERS OF CROSSWORD :

1. Happiness	2. Later	3. Positivity	4. Little
5. Missile	6. Everything.	7. Tired	8. Thankful
9. Wave, Smile, Thanks		10. Small	

ANSWERS OF SCRAMBLE :

• Happiness • Joyful • Enjoyment • Loving • Caring Ourselves



GAMES

1. LET'S LAUGH A LITTLE

Take two papers, on one paper write the name of doer or noun and on second paper write the rest of sentence which shows action of that noun.

Don't use name -Proper nouns (Jay, Ram, Shamu, Usha)

1.	BOY	is playing foot ball
2.	SNAKE	is crawling
3.	MOON	is shining
4.	WIND	is blowing
5.	DOG	is barking
6.	PIANO	is playing
7.	ICE	is melting
8.	FROG	is hopping
9.	GIRL	is dancing
10.	MOTHER	is singing
11.	CHILD	is crying

Now fold both the papers and keep separately in two boxes. Now call one by one and let them pick up the one paper from each of the box and read them out with the noun and the action and you can see the fun created will be heard like.

Boy ----- is melting

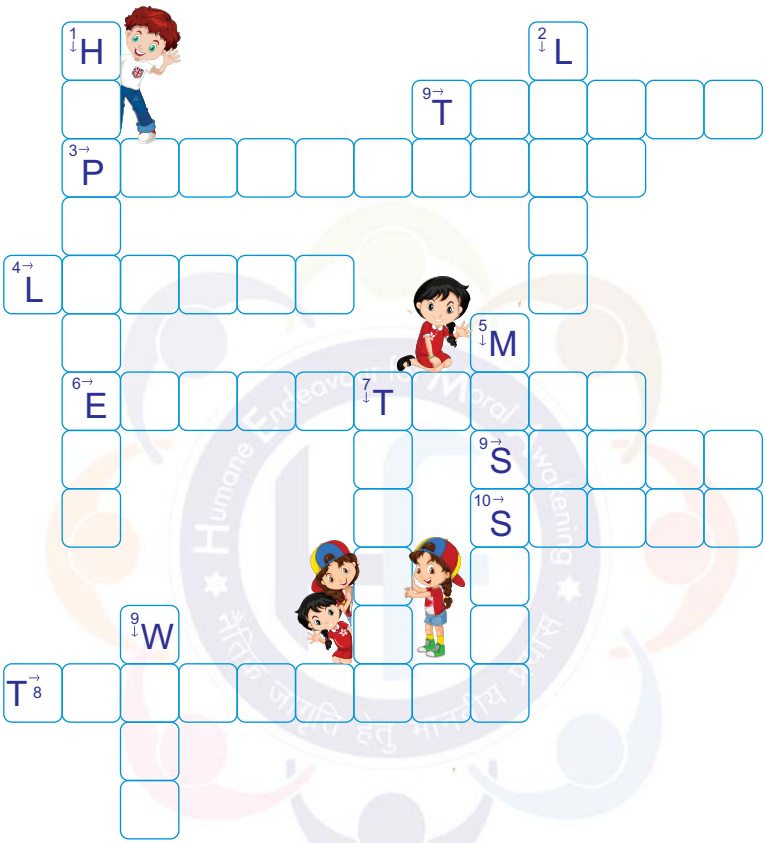
Wind --- is breaking

2. JUMBLE WORDS

We have jumbled the words of proverbs arrange it as fast as you can

1. Bites seldom a barking dog	1. A barking dog seldom bites
2. Friend best man's is A dog	2. A Dog is Man's best friend
3. Indeed is a friend in need A friend	3. A friend in need is a friend in deed
4. A door can open any key golden	4. A golden key can open any door.
5. By his friend a man is known.	5. A man is known by his friend.
6. A penny earned saved is a penny	6. A penny saved is a penny earned.
7. A nine stitch saves in time.	7. A stitch in time saves nine.
8. Than words action speak than louder.	8. Action speaks louder words.
9. All that gold is not glitters.	9. All that glitters is not Gold.
10. Shall you reap so, as you you sow.	10. As you sow, So shall you reap.

CROSSWORD



Find the answer to the sentence and fill the crossword above. The number of letters of the word has been given as clue.

Questions :

1. Find _____ in little things. (9)
2. Enjoy little things_____you will realize they were big things. (5)
3. Happiness is feeling of pleasure and _____.(10)

4. Great things are done by series of_____things brought together. (6)
5. Abdul Kalam was also known as_____man. (7)
6. See good in_____.(10)
7. Never get _____of doing better things for others. (5)
8. Always be_____for every little thing in life. (8)
9. A _____, a _____, a _____, a hug is often a smallest things that make the biggest difference. (4, 5, 6)
10. Enjoy the satisfaction that comes from doing _____things well. (5)



SCRAMBLE

Arrange these jumbled letters to form a word. Pick the encircled letters from the words and form another word. This will give you the missing word in the sentence below.

ENAPPHISS

YULOJF

MYTEONNEJ

LNIOGV

IGACRN

Happiness depends upon _____



PUZZLE

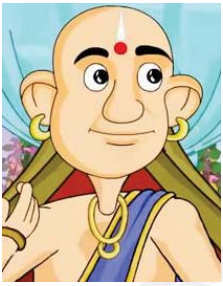
In the puzzle below, you have 13 words which are synonyms for **ATHANNI KI KHUSHI.** You will find them in different pattern. One of the words is done for you. Find the rest

J	M	T	W	T	O	G	E	T	H	E	R	J	Q	Y
D	E	B	V	Y	J	F	G	T	G	T	S	A	Z	R
I	Y	V	E	Q	Y	C	H	E	E	R	F	U	L	I
D	Z	T	S	A	K	E	Z	D	H	A	P	E	N	L
B	O	H	R	J	U	I	C	A	R	E	F	R	E	E
N	I	C	H	B	I	T	R	Q	A	O	X	I	Y	X
P	Q	U	S	L	W	V	I	V	T	E	X	Z	O	W
F	Y	T	N	M	O	H	S	F	A	M	I	L	Y	E
R	B	E	A	U	T	Y	M	R	U	X	C	T	Z	Y
E	H	I	R	J	J	O	Y	F	U	L	J	L	T	O
E	Q	J	L	S	G	A	Q	U	K	W	I	S	T	U
D	W	K	E	G	A	H	O	N	A	T	U	R	E	N
O	R	A	Y	I	S	J	E	S	M	I	L	I	N	G
M	H	M	Q	P	N	V	J	B	Z	B	L	E	I	A

Words

Joyful : I am so joyful
Fun :
Nature :
Cheerful :
Family :
Freedom :
Cute :
Carefree :
Young :
Together :
Beauty :
Beautiful :
Smiling :

CASE STUDY



TENALI RAMA

Tenali Ramakrishna (born Garlapati Ramakrishnayya; also known as Tenali Rama or Tenali Raman) was an Indian poet, scholar, thinker and a special advisor in the court of Sri Krishnadevaraya. He was a Telugu poet who hailed from what is now the Andhra Pradesh region, generally known for the folk tales which focus on his wit.He was one of the Ashtadiggajas or the eight poets at the court of Krishnadevaraya, the Vijayanagara emperor. When he was a child his father was led to death. So, to overcome the depression that Rama faced, his mother Lakshamma took him to Vijayanagara where he was an advisor and the 8th sai. He was also a great scholar of several languages that included Kannada, Hindi, Malayalam, Telugu, Marathi and Tamil.

Tenali Ramakrishna attained the status of a folk hero when he was the court poet of Krishnadevaraya, but at the same time, he composed serious works on religion. Three of his narrative poems are available today.



RAJ KAPOOR

Raj Kapoor (14 December 1924 – 2 June 1988) was an Indian film actor, producer and director of Indian cinema. Born at Kapoor Haveli in Peshawar to actor Prithviraj Kapoor– he was a member of the Kapoor family. Raj Kapoor is regarded as one of the greatest and

most influential actors and filmmakers in the history of Hindi cinema.He received multiple accolades, including 3 National Film Awards and 11 Filmfare Awards in India. The Filmfare Lifetime Achievement Award is named after Raj Kapoor. He was a two-time nominee for the Palme d'Or grand prize at the Cannes Film Festival for his films Awaara (1951) and Boot Polish (1954). His performance in Awaara was ranked as one of the top ten greatest performances of all time by Time magazine.He was called "the Clark Gable of the Indian film industry".

The Government of India honoured him with the Padma Bhushan in 1971 for his contributions to the arts. India's highest award in cinema, the Dadasaheb Phalke Award, was bestowed on him in 1987 by the Government of India.



SIR CHARLIE CHAPLIN

Sir Charles Spencer "Charlie" Chaplin KBE (16 April, 1889 – 25 December, 1977) was a British actor, comedian, movie maker, screenwriter, editor, musician, anarchist, and author. He was very famous in silent movies (where there was no talking or sound). He acted, directed, scripted, and produced most of them.

Charlie Chaplin was a performer for almost 70 years. He started working when he was 5, and worked until he was 80. The character that Charlie Chaplin played most was called "the Little Tramp". The "Tramp" was a man of good manners, who wore a coat, a pair of big trousers, shoes, mustache and a black hat.



MOVIE: BARFI (2012)

Itti Si Hansi

Itti si hansi, itti si khushi
Itta sa tukda chand ka
Khwab ke tinkon se
Chal banayen aashiyaan

Dabe dabe paaon se
Aaye haul haule zindagi
Hothon pe puppy chadha ke
Hum taale laga ke chal
Gumsum tarane chupke chupke gaayen
Aadhi aadhi baatein ye
Aaja dil ki ye zameen
Thoda sa tera sa hoga
Thoda mera bhi hoga apna ye aashiyaan

Na ho chaar deewarein,
Phir bhi jharokhe khule,
Baadalon ke hothon pe
Shaakhein hare pankhe jhalen
Na ho koi takraaren,
Are masti thahaake chalein,
Pyaar ke sikkon se mahine ka kharcha chale..

Itti si hansi, itti si khushi
Itta sa tukda chand ka
Khwab ke tinkon se
Chal banayen ashiyaan

RESOLUTION

THE PLEDGE

We resolve to think Love, Peace and Inner Harmony.

ASPIRE TO INSPIRE



A discussion about imbibing values from inspirational events of great personalities shall be conducted.

LET'S STEP OUT...



Joys multiply when we share them. There is immense joy in little things.

1. Arrange visit of children to old age home, women and children home on festivals and other important occasions like birthdays.
2. Let children talk to the elderly, women and children who reside away from their homes.
3. Ask children to narrate their experience after they have visited such a place.

WHAT MORE!!

- Essay Writing
- Debate
- Drawing
- Group Discussion
- Street Play
- Extempore speech
- Eco-friendly painting
- Field project
- Mono acting

ANUSHASAN



INTRODUCTION

Self-discipline is the ability to control your impulses and be able to make yourself do things that needs to be done. We often see how a person is when they're successful. We get inspired, and want to live the same lifestyle as the successful people. It's good to be motivated. However, if we really want to learn from someone's success, then we need to learn how they got there. Success is a Marathon. Not a Sprint.

With self-discipline, the average person can rise as far and as fast as his talents and intelligence can take him. But without self-discipline, a person with every blessing of background, education and opportunity will seldom rise above mediocrity.

Self-discipline and self-motivation go hand in hand. When you practice self-discipline you feel like you are in control of your life. You feel contented and motivated because you're moving toward your goals.



LIFE SKILL QUESTIONS

1. What are the good methods of classroom discipline?
2. You are what you think. Do you agree?
3. What is the importance of discipline in a student's life?



QUOTES

- "Discipline is the bridge between goals and accomplishment." **- Jim Rohn**

- With self-discipline anything is possible.
  - Theodore Roosevelt

- "There is no magic wand that can resolve our problems. The solution rests with our work and discipline. "
  - Jose Eduardo dos Santos

- "Discipline is wisdom and vice versa. " **- M. Scott Peck**

- "Self-respect is the fruit of discipline; the sense of dignity grows with the ability to say no to oneself."
  - Abraham Joshua Heschel

(द्वौ भ्रातरौ परस्परं वार्तां कुर्वन्तौ)
(Two brothers talking to each other)

भो भ्रातः! किन्नाम अनुशासनम् ?
Younger brother to elder brother - Oh brother, what is discipline?

अनुशासनम् नाम शिष्टाचारः, शिस्तपालनं वा कथयितुं शक्नुमः |
Big brother to younger brother - Discipline is to follow the rules, methods, remain courteous with everybody

अर्थात् स्वकीये जीवने आचारशुद्धिर्भवेत् ?
Younger brother to elder brother – Does that mean there should be ethics in your life?

आम | सत्यम् उक्तं त्वया | जीवने यदि शिष्टता,सदाचारः, गुरुभक्तिः, अनुशासनं न स्यात् तर्हि सः मनुष्यः मूर्खः भवति वा विवेकहीनोऽपि कथयितुं शक्यते |
Big brother to younger brother - Yes. If there is no courtesy, good virtues, Godliness and discipline, then the man is either stupid or insensitive.

किमर्थं ?
Younger brother to elder brother - Why?

कारणं यदि जीवने अनुशासनं स्यात्तदेव गुरवः विद्यां यच्छन्ति |
Elder brother to younger brother – The reason is that if there is discipline in life only then one is eligible for Guru Vidya.

अत एव स्वजीवने अनुशासनम् अति आवश्यकम् अस्ति |
Therefore, self-discipline is a very important trait. This is why discipline is very important in your life.

अद्य आरभ्य अहं सदा सर्वदा अनुशासनं पालयिष्यामि |
Younger brother to elder brother – From today onwards, I will follow a disciplined life every day.

त्वं सदा प्रगतिं कुरु |
Big brother to younger brother – Blessings to you. Always progress.

SANSKRIT SHLOKAS

अनुशासनशीला ये श्रद्धावन्तः गुरौ च ये |
गुणिनो ज्ञानिनो भूत्वा तरन्ति भवसागरात् ||

Those who are disciplined and are loyal to the Guru, they swim in this world by becoming virtuous and knowledgeable.

अनुशासनशीलस्य सदाचाररतस्य च |
सर्वकार्याश्च जायन्ते मानसौख्यप्रदायकाः ||

People who are disciplined and virtuous, all their actions become value providers and provide happiness.

POETRY

DISCIPLINE

Discipline is the key to God's door
Only if we are discipline our heart can be pure
Conquer all bad habits that surround
Then try to push them in to the background
Discipline truly furnishes the mind
Discipline in our character we should bind
In life discipline plays the most important part
Only if we are disciplined God will dwell in our heart



MORAL STORIES

1. DISCIPLINE – PRIME QUALITY

Guru Ram Dass, the fourth Sikh Guru, had several disciples. Every disciple remained busy doing his duty. One of the disciples was Arjun Dev. His particular quality was that he devotedly kept himself busy with the duty assigned to him. Ever since he became the Guru's disciple, he was given the work of scrubbing the utensils. Other disciples used to ask him, "Arjun Dev you are always busy in cleaning utensils, you should serve the Guru also sometimes."

Arjun Dev replied, "This work of cleaning the utensils, I do with Guru's orders."

They said, "But only cleaning the utensils does not comprise the whole service. The Guru will not be pleased in this manner."

Arjun Dev said, "I do not try to please the Guru. My duty is to obey him."

The other disciples were quiet. They thought, it was wasting time to advise him.

The time passed on. Whenever there was a sermon or religious congregation, Arjun Dev was always busy in doing his duty. Guru Ram Dass's end neared. Every disciple thought that he had the right to succeed the Guru because he had all the qualities of service and devotion in him. The Guru had written down the 'will' for the announcement of his successor. The 'will' was to be opened after his death.

Guru Ram Dass died. Everybody was eager to hear what was written in the 'will' so that he might know his fortune. When the 'will' was opened, Arjun Dev had been declared the successor. Everyone, particularly those who had built up high hopes, were greatly surprised. Some put up a question that how was Arjun Dev made the successor even though he had no better qualities than other disciples.

The wise men said, "In the Guru's views Arjun Dev was

the only deserving successor to him."

The disciples asked, "But he never said his prayers. He never took part in the religious discourses. He was only cleaning utensils. Nothing else did he do. Then where lies the justification in making him the successor".

Discipline is the only prime quality.

In fact, the touch stone of eligibility is one's innate faith, absolute devotion and discipline, not his knowledge and wisdom.

2. HUNTING FOR SMILES

The Princess of the fairies was ill. The doctors could not find what the problem was, but luckily two little dragons managed to find out what was wrong. The problem was that the Princess wasn't seeing anyone smile. So the two little dragons set off around the world, trying to find some smiles. Well, they didn't come across a single one. So off they flew, to the planets, to the stars, searching for a smile.

They travelled so far and for so long, with no success, that one of the dragons decided to head back, so he could be with the Princess when she died, which she surely would soon. But the other dragon decided to carry on, and in the very next planet he visited - a small and dark planet which was hardly visible - he found out an amazing fact: all the smiles in the Universe were right there, gathering for a party. The dragon told the smiles what the problem was, and without hesitation millions of smiles agreed to accompany him on his return home. The dragon arrived, and as soon as the Princess's gaze fell on so many smiles, she instantly regained her health and happiness.

The first dragon, on seeing this, was immensely happy that his friend had been more persevering and patient than himself.

3. DRUMS IN SPACE

Brenda Bongos was a happy, artistic girl, a girl with one big ambition - to play the drums in a band. But one big obstacle lay in her way. To be good enough to play in a band Brenda had to practice a lot, but she lived next-door to a lot of old people - many of them sick - in a care home. She knew that the sound of beating drums and crashing cymbals would disturb them.

Brenda was a very good, respectful, girl. She always tried to find a way of practicing her drums without bothering other people. So, she had tried playing in the strangest places; a basement, a kitchen, an attic, and even in a shower. But it was no good; there was always someone it would annoy. However, determined to practice as much as she could, Brenda spent most of her time playing on books and boxes, and looking for new places to practice.

One day, while watching a science documentary on TV, she heard that sound cannot travel in space, because there's no air. At that moment, Brenda Bongos decided to become a sort of musical astronaut.

With the help of a lot of time, a lot of books, and a lot of work, Brenda built a space bubble. This was a big glass ball connected to a machine which sucked out all the air inside. All that would be left inside was a drum kit and a chair. Brenda got into the space suit she had made, entered the bubble, turned on the machine, and...

She played those drums like a wild child!

It wasn't long before Brenda Bongos - 'The Musical Astronaut' - had become very famous. So many people came to see her play in her space bubble that she had to mount a pair of speakers so that everyone could listen to her play. Shortly afterwards she came out of the bubble and started giving concerts. Her fame spread so much that the government proposed that she form part of a unique space journey. Finally, Brenda was a real musical astronaut, and had gone far beyond her first ambition of playing drums in a band.

Years later, when they asked her how she had achieved all this, she thought for a moment, and said,

"If those old people next-door hadn't mattered so much to me, I wouldn't have gone to such lengths to find a solution. Sheer perseverance and discipline of the mind also played a big role."





You can watch the short film **"ANUSHASAN"** on YouTube

ANSWERS OF CROSSWORD :

1. Hard	2. Think	3. Life	4. Self
5. Control	6. Cultivate	7. Right	8. Civilized

ANSWERS OF SCRAMBLE :

• Beeps • Basic • Icing • Daily Discipline

MORNING BLUES

Characters-
Narrator 1, Narrator 2, Akhila: mother, Manu: son, Ramdev: Bus driver, Manu's father, Mangat Madam: school teacher.

Narrator 1 : *It is a cold winter Monday morning in Khandarpur. Khandarpur is a city in Khandarganj state that lacked the usual hustle bustle. Roads are quite clean and the traffic also did not seem to be a problem due to its wide roads. Birds are chirping, a few vehicles sound can be heard at a distance and the morning sound of a household chores can be heard.*

Narrator 2 : *Manu, an eight year old, is sleeping comfortably in his bedroom upstairs, at the Khagal house. After a sumptuous meal at the party last night, Manu is reluctant to wake up in the morning. Mondays are usually very difficult for him after a weekend break from his school. This seemed to be the routine at the Khagal household every day except for the weekends when Manu has his break from school.*

Akhila : "Manu, beta wake up. It's time for you to get to school" shouted out Manu's mother, Akhila, from the kitchen.

Narrator 1 : *The tasty fragrance of hot parathas on one side and Akhila's efforts to wake up her son is on the other side. Akhila, a young lady who has just turned 32 last week, is short, dark complexioned and is wearing a faded blue salwaar kameez.*

Narrator 2 : Manu pulled the blanket over him and

pretended to ignore his mother's repeated attempts to wake him up.

Akhila : "Manu! Please wake up! Its already 6'o clock and your school bus will be here by 7. So please wake up and get ready.'

Narrator 1 : *Manu continued sleeping. Finally, Akhila walks up to the bedroom.*

Akhila : "Manu, wake up! It's time that you at least learn to wake up on time and do your early morning chores without much effort from my side."

Manu : "5 more minutes, Ma."

Akhila : "What?! You are already late. Please get ready."

Narrator 2 : *After much pestering and pampering, Manu, a short, lean and dark-complexioned boy in white pyjamas, wakes up from the bed and starts getting ready for his school lazily.*

The school bus is already honking in front of his house while Manu is brushing teeth.

Akhila : "Your bus is here, Manu! How much time to get ready?"

Manu : "5 minutes Ma. I am coming"

Akhila : "Ramdev Bhai, please wait. Manu is just coming."

Ramdev : "Bhabhiji, keep Manu ready on time. Everyday he is late."

Akhila : "He will not be late from tomorrow. This last day today."

Ramdev : "Ok. Try to make it fast."

Akhila : "Thank you Ramdev Bhaiya. I will send Manu as fast as possible."

Narrator 1 : *She quickly helps Manu get ready and helps him get to his school bus.*

Akhila : "Manu! Please have your lunch during the lunch break and don't keep playing."

Ramdev : "Hurry up! We are getting late."

Akhila : Continues: "Concentrate in your class and study well."

Manu : "Yes! Yes Ma! Stop fussing!"

Akhila : "Phew! Manu did not miss his bus today."

Narrator 2 : *Akhila is really concerned about her son. Manu would not do anything on time, be it waking up in the morning or any of his daily tasks. It is getting very difficult for Akhila to get her son to be disciplined.*

Akhila : "What do I do with this boy? I will need to work out a plan wherein he learns to be self-disciplined. Repeated advices and warnings have not changed him."

Narrator 1 : *Akhila thinks of a plan to teach Manu the lesson of self-discipline.Manu is back from school at 4 o'clock.*

Akhila : "Manu freshen up please and have your snack. After you are done, please finish your homework and then go out to play."

Narrator 2 : *Manu as usual ignores his mother and continues playing with his pet, Boji, a chubby looking cute pug with an innocent face.*

Manu : "Mamma! I will do it. Let me play with Boji now."

Narrator 1 : *After playing for a long time with Boji and Akhila's repeated attempts, Manu freshens up and has his snacks. Finally with much effort, she helps him complete his work. Manu has his Math test the next day and he is exemplary in studies.*

Narrator 2 : *The next day, it is the usual scene at the Khagal household except for that there is no effort from Akhila to wake up her son. The piping hot parathas of the kitchen plus the silence in the house is definitely welcoming for Rajesh, Manu's father. A young man around 35 year old clad in his formal trouser and shirt reads the newspaper in the balcony of his house. Articles in the newspaper seem to be making sense to him today precisely due to the unexpected silence. The time is 7am and Akhila still makes no efforts to wake up Manu. The school bus*

honks and Akhila, unlike her usual self asks the bus driver to leave.

Akhila : "Bhaiya! You can leave. I will drop Manu to school".

Ramdev : (With a surprised expression) "Bhabhiji! You will drop him?"

Akhila : "Yes. I will. You go on."

Narrator 1 : *Ramdev is surprised because he does not see a mother who literally pleads in front of him every day for the bus to wait is telling him to leave. There is an unusual confidence on Akhila's face.*

Narrator 2 : *Manu finally wakes up at around 9 o' clock. He looks at the clock hanging in his room.*

Manu : "Maaaaaa!" He runs down to the kitchen and cries out, "Mamma! Why didn't you wake me up? The school bus would have already left and I am really late to the school today." He could not stop crying. "I have a Math test today and Mangat madam will punish me if I miss her class and the test. Why didn't you wake me up?"

Narrator 1 : *Mangat madam's fear seemed to have taken a toll on the little eight years old. The serene face of Akhila makes Manu all the more tensed.*

Manu : "Mamma, what do I do now? Please help. I promise that I will wake up every day on time if you please take special permission from the school for today's test." said he weepingly.

Narrator 2 : *Akhila could no longer see her son crying and thinks to herself, 'I think he has learnt his lesson.'*

Akhila : "Just promise me one more thing that you will do your entire daily task without me pestering you to do it."

Manu : "Sure Ma!! I promise."

Akhila : "I have already taken permission from your Math teacher and she has accommodated my request to allow you to take up the test today."

Manu : (Hugs his mother)"Mamma! Thank you."

Narrator 1 : *He quickly gets ready to school without any effort from Akhila. On his way to the school with his mother in the old auto rickshaw, he thinks to himself "My mother has not only saved me from Mangat madam's punishment but also taught me to be self- disciplined.' Although there is khad- khad noise from the autorickshaw, there is a silence between the mother and son. There is a smile on Akhila's and Manu's face. She drops him at the school gate.*

Narrator 2 : *Needless to say, Manu enters the class with fear. Mangat madam calls him in politely "You have to give your maths tests today, Manu. Are you ready now?"*

Manu : "Yes, Madam. I am ready. Thank you."

Narrator 1 : *Mangat madam Allows him to take up the Math test.*

Narrator 2 : *The day goes as usual at the school. That night Manu decides to use the alarm clock gifted by his mother on his previous birthday. The alarm is set to 6'o clock in the morning without Akhila asking him to do it.*

Narrator 1 : *The scene next day at the Khagal household is a little different. Manu has transformed to a new leaf. It is the usual time in the clock but there is a difference today. Manu is exercising in the terrace and after that he gets ready to his school on his own.*

Narrator 2 : *For a change, when the school bus arrives, Manu is there already waiting. There is no longer the morning rush at the household and what seems to be common between Manu and Akhila is the calmness on both the faces. That day Manu returns from school and plays with Boji after completing his daily work. Finally, Manu learns the value of being self-disciplined.*

---- END ----



GAMES

1. RAM SAYS ADAL BADAL

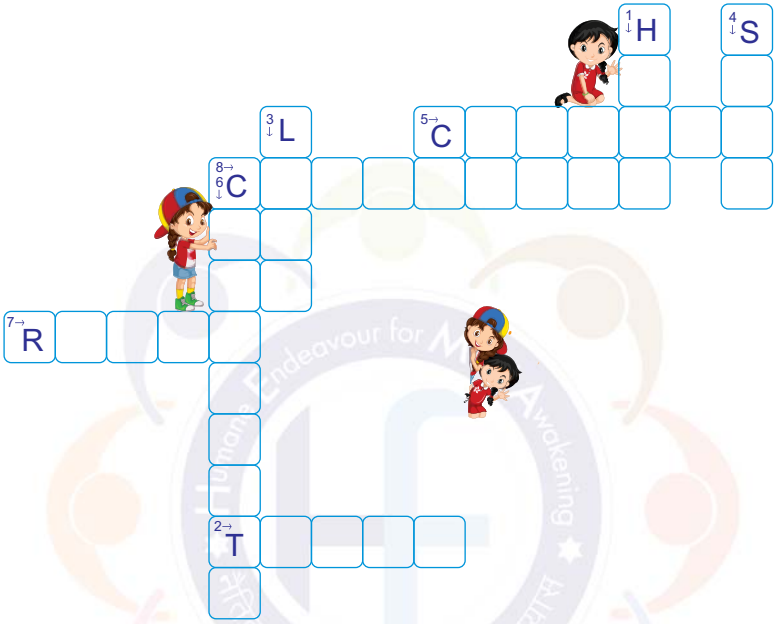
In Ram Says, one student asks their peers to do specific actions by saying ""Ram says hands up" or "Ram says Adal Badal" or "Ram says hands down." Then the other students will do the action—but only as long as the leader adds "Ram Says" to their instructions. If they say it without Ram Says they will not follow the action. They will be out.

Students who don't pay attention quickly discover that if they don't listen, they'll be the only one doing the silly action and be out. That gives them extra motivation to listen closely to the entire set of instructions before getting started.

2. PARACHUTE GAMES

Students stand in a circle, holding a parachute (or large bedsheet) between them. When a ball or other object is placed on the parachute, students toss the ball up and down. Students must move in sync or the ball will fall off the side of the parachute. If playing with a big parachute, students have to work together to keep multiple balls in play at the same time, or learn how to throw the parachute up so one child can run underneath before the parachute falls.

CROSSWORD



Find the answer to the sentence and fill the crossword above. The number of letters of the word has been given as clue.

Questions :

1. Work_____through determination and discipline, you can accomplish anything. (4)
2. If you do not control what you_____, you cannot control what you do. (5)
3. Discipline helps us to progress in _____. (4)
4. _____-discipline begins with mastery of thoughts. (4)
5. We have to learn to _____ our selves. (7)

6. One should _____ good manners from childhood. (9)
7. Discipline guides us in the _____ path. (5)
8. Myra was very pleasant and _____. (9)



SCRAMBLE

Arrange these jumbled letters to form a word. Pick the encircled letters from the words and form another word. This will give you the missing word in the sentence below.

SPEBE

CAIBS

IGNIC

IYDLA

_____ in life helps us to improve our habits and personality.



PUZZLE

In the puzzle below, you have 14 words which are synonyms for **ANUSHAASAN.** You will find them in different pattern. One of the words is done for you. Find the rest

B	T	A	M	E	L	I	O	R	A	T	E	O	K	Q
A	T	R	I	K	D	R	E	S	T	R	A	I	N	T
P	W	U	O	E	L	A	I	O	L	D	X	L	A	D
R	E	A	D	Y	G	R	F	O	S	T	E	R	V	F
A	S	G	E	I	K	A	A	I	Y	W	Q	I	E	L
C	O	N	T	R	O	L	R	R	C	D	C	V	T	A
T	R	O	U	A	R	I	E	U	R	A	T	T	V	V
I	S	I	F	R	O	A	D	E	O	T	T	O	I	O
C	E	T	R	W	T	A	B	L	O	C	W	I	T	W
E	H	A	B	I	T	U	A	T	E	E	N	R	O	P
Y	C	E	A	L	I	A	R	E	I	G	H	E	M	N
M	L	R	N	L	I	G	H	E	F	W	L	P	X	A
O	J	C	C	P	R	E	P	A	R	A	T	I	O	N
R	E	A	E	O	Z	E	B	Q	I	D	E	E	D	G
F	T	R	M	E	T	H	O	D	T	R	O	M	B	Z

Words

Control :
Nurture :
Habituate :
Edification :
Foster :
Preparation :
Will :
Ameliorate : Steps have been taken to ameliorate the situation.
Practice :
Restraint :
Motivate :
Encourage :
Creation :
Method :

CASE STUDY



EKALAVYA

Ekalavya is a character in the epic of Mahabaratha. He is very good in archery and the art of bow and arrow. When he went to Guru Dronacharya for joining his Gurukul the guru he rejected his request because he felt that only princes can join this Gurukul. But Eklavya did not get dejected. He made a statue of Dronacharya with mud and kept it in front of him and practiced archery. Soon after years of practice he became perfect in archery. When Dronacharya got to know about this, he asked him to give Guru Dakshina. Eklavya cut his thumb from his right hand and gave it as Guru Dakshina.

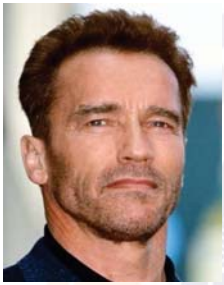


P. T. USHA

It was on May 20, 1964, when a girl was born in Kerala who went on to become the best sprinter of not only India, but also of Asia. The name of this girl is Pilavulakandi Thekkeparambil Usha. It was her phenomenal performance in various national and international meets which made her an exceptional woman athlete.

She began her wonderful career in the 1982 Asian Games held in New Delhi where she bagged two gold medals in the 100-metre and 200-metre races. She kept the Indian flag high by winning 4 gold, 1 silver in the Track and Field events. Her success story continued in Jakarta in 1985 where she won six medals at a single championship.

In the 1986 Asian games, held in Seoul, she achieved the distinction of winning the maximum number of gold medals by a single athlete in a single international meet. In the 4th Asia Track and Field Championship she won 3 gold, 3 silver and 1 bronze medals. The Government of India has honored the sprint queen by awarding her the Arjuna Award and the Padma Shri.



ARNOLD ALOIS SCHWARZENEGGER

Born July 30, 1947) is an Austrian-American actor, filmmaker, businessman, author, and former politician and professional bodybuilder. He served as the 38th Governor of California from 2003 to 2011. As of 2020, he is the most recent Republican governor of California.

Schwarzenegger began lifting weights at the age of 15, and went on to win the Mr. Universe title at age 20 before winning the Mr. Olympia contest seven times; he remains a prominent presence in bodybuilding and has written many books and articles on the sport. The Arnold Sports Festival, considered the second most important bodybuilding event after Mr. Olympia, is named after him. He is widely regarded as one of the greatest bodybuilders of all time, as well as the sport's most charismatic and famous ambassador.



MOVIE: TARE ZAMEEN PAR (2007)

Jame Raho

Kasake Juta Kasake Belt, Khos Ke Andar Apani Shirt
Kanjil Court Chali Sawaari, Kandho Pe Jimeindaari

Haath Mein File, Mann Mein Dum, Milon Mil Chalenge Hum
Har Mushkil Se Takraayenge, Tas Se Mas Na Honge Hum
Duniya Ka Naara Jame Raho,
Manjil Ka Ishaara Jame Raho - 2

Aisi Bhi Hai Tension, Aage Rehne Ki Hai Tension
Mehnat Inako Pyaari Hai, Ekdum Aagyaankaari Hai
Yeh Aamlet Par Hi Jite Hain, Yeh Tonic Saare Pite Hai
Waqt Pe Sote Waqt Pe Khaate, Taan Ke Saana Badhate Jaate
Duniya Ka Naara Jame Raho,
Manjil Ka Ishaara Jame Raho - 2

Yahaan Alag Andaaj Hain, Jaise Chhidata Koi Saaj Hain
Har Kaam Ko Taala Karte Hain, Yeh Sapne Paala Karte Hain
Yeh Hardum Socha Karte Hain,
Yeh Khud Se Poochha Karte Hain
Kyun Duniya Ka Naara Jame Raho,
Kyun Manjil Ka Ishaara Jame Raho - 2

Yeh Rakht Ke Kabhi Gulaam Nahim
Inhe Kisi Baat Ka Dhyaan Nahi
Titli Se Milne Jaate Hain, Ye Pedo Se Batiyaate Hain
Yeh Hawa Batore Firte Hain, Baarish Ki Boonde Padhate Hain
Aur Aasmaan Ke Canvas Pe Yeh Kalaakaariyaan Karte Hain
Kyun Duniya Ka Naara Jame Raho,
Kyun Manjil Ka Ishaara Jame Raho - 2

RESOLUTION

THE PLEDGE

Our foundation on self-discipline will have the magic power of breeding success. We resolve to be disciplined.

ASPIRE TO INSPIRE



A discussion about imbibing values from inspirational events of great personalities shall be conducted.

LET'S STEP OUT...



1. How do you like to be greeted?
2. Is there a way to motivate good behaviour?
3. In what way would you help someone follow discipline.

WHAT MORE!!

- Essay Writing
- Debate
- Drawing
- Group Discussion
- Street Play
- Extempore speech
- Eco-friendly painting
- Field project
- Mono acting

AASTHA



INTRODUCTION

What is Belief ?

A belief is a mental attitude that some proposition is true.

Everyone has beliefs; Some are simple and basic (e.g. someone name, age), while others are complex and controversial (e.g. God? Soul? Politics? Morality?). But what is the concept of 'belief'? What does it take for some statement to be a 'belief'?

Beliefs are important because behavior is important and one's behavior depends on one's beliefs.

The film AASTHA helps in acquiring a right perspective.

All of us are taught to pray. Each one of us follows a different God in line with our faith. Though none of us have seen God, we are continuously inspired by him to have faith in him. There are times when in difficulty, we don't know what to do. It is God who guides us on the right path.



LIFE SKILL QUESTIONS

1. How does God answer our prayers?
2. Why do we believe in God, even though we have not seen God?
3. How does God help us?

QUOTES

- "Faith is to believe what you do not see; the reward of this faith is to see what you believe."
  - Saint Augustine

- "Our faith comes in moments; our vice is habitual."
  - Ralph Waldo Emerson

- "Faith is not something to grasp, it is a state to grow into." **- Mahatma Gandhi**

- "Faith is a knowledge within the heart, beyond the reach of proof." **- Khalil Gibran**

- "Faith is permitting ourselves to be seized by the things we do not see." **- Martin Luther**

नास्तिक : भो साधो ! अद्य एव एनमाश्रमं त्यज |
Atheist: Hey seekers! Abandon the ashram today itself.
साधु : भवतु | यथा भगवदिच्छा | त्यजामि |
Monk : As God wishes. We will leave.
नास्तिक : न भगवदिच्छा | एषा मम इच्छा |
Atheist: No God's wish. It's my wish.
साधु : भवतु |यथा त्वं मनुषे |भगवान् यत्किमपि करोति तत्सर्वं हिताय एव भवति|
Monk : Ok. As you believe. Whatever God does, it is for everyone's benefit.
नास्तिक : अरे साधो ! त्वदधिको महामुर्खः मया न दृष्टः| इतः निष्काषिते सत्यपि भगवति श्रद्धां करोषि|
Atheist: O Sadhu! I have not seen more foolish people like you. Even after being removed from here, you revere God.
साधु : त्वमपि भगवत्प्रेरणया एव मामितः निष्काशयति | धन्यवादः |
Monk : You are also expelling me from God.
नास्तिक : गच्छ | गच्छ | अत्र केवलं ममैव इच्छा |
Atheist: Go away. Only my wishes work here.
साधु : भवतु |गच्छामि |
Monk : Ok. I am going.
(द्वितियेऽह्नि सः साधुः भगवत्प्रेरणया तस्मान्मार्गादेव निर्गच्छति |
(On the second day, the monk leaves from the same path.)
नास्तिक : पाहि माम् ! पाहि माम् |
Atheist: Save me! Save me!
साधु : एषा तु तस्य ध्वनिः |
Monk : That is his (atheist's) voice.
साधु : तं रक्षति |
Monk : Protect him.
नास्तिक : भवान् सत्यमेव उक्तवान् |भगवति श्रद्धया एव अद्य रक्षितः अहं | विना श्रद्धया किमपि भवितुं नार्हति |
Atheist: You were right. I was protected because of my reverence to God. Nothing can happen without reverence.
साधु : तदेव कथयामि सदा भगवति श्रद्धा तु भवितव्या एव |
Monk : I am saying that we should always have faith in God alone.

SANSKRIT SHLOKAS

"देवे तीर्थे द्विजे मन्त्रे दैवज्ञे भेषजे गुरौ ।
यादृशी भावना यस्य सिद्धिर्भवति तादृशी ।।"

Gods, pilgrimage places, Brahmins, mantras, astrologers, vaidyas and gurus - He has the same feeling (faith) as human, he attains siddhi (success).

श्रद्धावान लभते ज्ञानं तत्परः संयतेन्द्रियः।
ज्ञानं लब्ध्वा परां शान्तिम् अचिरेणाऽऽधिगच्छति॥

Faithful, zealous and resourceful human beings attain enlightenment. On attaining enlightenment, he attains the ultimate peace (Bhagavadpraan form) soon.

POETRY

IT IS ALL BECAUSE OF YOUR NAME

Its all because of you Oh Lord
You give me strength in my very thought
You guide me wherever I lose my way
You give the power to have my say
You pick me up when I do fall
You give me the hope to stand so tall
For your love is like a blessing in my life
Because of thy name I truly survive!
God bless me in every way
Thanks for being there is all I wish to say
Thanks Almighty Lord!



MORAL STORIES

1. A LESSON IN FAITH

The amazing story of Charles Blondin, a famous French tightrope walker, is a wonderful illustration of what true faith is.

Blondin's greatest fame came on September 14, 1860, when he became the first person to cross a tightrope stretched 11,000 feet (over a quarter of a mile) across the mighty Niagara Falls. People from both Canada and America came from miles away to see this great feat.

He walked across, 160 feet above the falls, several times... each time with a different daring feat - once in a sack, on stilts, on a bicycle, in the dark, and blindfolded. One time he even carried a stove and cooked an omelet in the middle of the rope!

A large crowd gathered and the buzz of excitement ran along both sides of the river bank. The crowd "Oohed and Aahed!" as Blondin carefully walked across - one dangerous step after another - pushing a wheelbarrow holding a sack of potatoes.

Then a one point, he asked for the participation of a volunteer. Upon reaching the other side, the crowd's applause was louder than the roar of the falls!

Blondin suddenly stopped and addressed his audience: "Do you believe I can carry a person across in this wheelbarrow?"

The crowd enthusiastically yelled, "Yes! You are the greatest tightrope walker in the world. We believe!"

"Okay," said Blondin, "Who wants to get into the wheelbarrow."

As far as the Blondin story goes, no one did at the time!

This unique story illustrates a real life picture of what faith actually is. The crowd watched these daring feats. They said they believed. But... their actions proved they

truly did not believe.

Similarly, it is one thing for us to say we believe in God. However, it's true faith when we believe God and put our faith and trust in Him.

2. TRUST IN GOD

A man just got married and was returning home with his new wife. They were crossing a lake in a boat, when suddenly a great storm arose. The man was a warrior, but the woman became very much afraid because it seemed almost hopeless.

The boat was small and the storm was really huge, and any moment they were going to be drowned. But the man sat silently, calm and quiet, as if nothing was happening.

The woman was trembling and she said, "Are you not afraid? This may be our last moment of life! It doesn't seem that we will be able to reach the other shore. Only some miracle can save us; otherwise death is certain. Are you not afraid? Are you mad or something? Are you a stone or something?"

The man laughed and took the sword out of its sheath. The woman was even more puzzled: What he was doing? Then he brought the naked sword close to the woman's neck, so close that just a small gap was there, it was almost touching her neck.

He said," Are you afraid?"

She started to laugh and said," Why should I be afraid? If the sword is in your hands, why I should be afraid? I know you love me."

He put the sword back and said, "This is my answer. I know God loves me, and the storm is in His hands.

So what so ever is going to happen is going to be good. If we survive, good, if we do not survive, good, because everything is in his hands and he cannot do anything wrong.

3. LET'S RUN THROUGH THE RAIN

A beautiful 6-year-old was with her mother waiting for a store to open. Her beautiful red hair and freckles were the perfect image of innocence.

Outside the store, it was raining very heavily. People gathered, some patiently, others irritated of the inconvenience. The girl's little voice broke the silence as she said, "Mom, let's run through the rain".

"What?!"

"Let's run through the rain!"

"No, dear. We will wait until it slows down a bit."

This young child waited about another minute and repeated, "Mom, let's run through the rain!"

"We will get soaked, if we do."

"No. We will not, Mom. That is not what you said this morning."

"This morning? When did I say we could run through the rain and not get wet?"

"Don't you remember? When you were talking to Daddy about his cancer, you said, if our faith can get us through this, we can get through anything."

Everyone stopped and stood silently.... The mother paused and thought for a moment about what to say. This was a moment of affirmation in a young child's life. A time when innocent trust can be nurtured so that it will bloom into faith.

"Honey, you are absolutely right. Let's run through the rain....."





You can watch the short film **"AASTHA"** on YouTube

GOD IS GREAT

Character -

Mansukhlal: A businessman, Malti: Mansukhlal's wife Shambhu: Mansukhlal's employee, Girilal: An Old businessman / wise old man, Client: Manager (Purchasing) of a company that runs a chain of five-star hotels, Narrator.

Narrator : *Morning at 6.30 am, Mansukhlal's living room. Mansukhlal, a hardworking man and a smalltime businessman is seen reading newspaper...and waiting for his morning tea. Malti his wife is in the kitchen preparing tea... two kids still sleeping in their room.*

SCENE 1

Mansukhlal : Malti... please hurry up. I have to reach office and I have to visit the temple.

Malti : Bringing...1 minute

Mansukhlal : You know I have an early meeting today... still you delaying it.

Malti : You should avoid such early meetings... so you should delay your temple visit... You work so hard every single day...

Mansukhlal : I cannot tell the client to meet me on a time convenient to me.... And delaying temple visit is out of question... I have to see Thakurji's face.

Narrator : *Finishes his breakfast and leaves. Lights get*

dim on the stage and Malti is clearing the table. Lights go off fully.

SCENE 2

Narrator : *As usual, Mansukhlal reaches office after visiting the temple. He asks Shambhu his assistant to get all the transaction and order files... he wants to glance through all that before the client arrives. Mansukhlal is a small-time dealer of electronic appliances... and it is a big day for him today as the client he is meeting can get him orders in bulk for television sets for a chain of five-star hotels across India. Mansukhlal has worked day and night to fix this deal and the day of the final meeting has finally arrived. The client reaches Mansukhlal's office.*

Mansukhlal : Oh please come, sir... please have a seat.

Client : Your shop is very nice Mansukhlal ji.

Mansukhlal : Thank you, sir... Sir, please tell me what will you have tea or cold drink...

Client : Nothing, Mansukhlal ji, Just a glass of cold water and detailed list of cost etc.

Mansukhlal : (Laughs) Sure sir... (asks Shambhu to serve the client water) Here is the list of costing...

Client : Very well then Mansukhlal ji.. everything is in place...

Mansukhlal : Thank you, sir. (Escorts client to the entrance.)

Shambhu : What do you think sir... Will he call back?

Mansukhlal : Of course he will... I have faith in God... He will always do good to me.

Narrator : *Mansukhlal leaves for home after finishing the day's work... Next day morning... Mansukhlal is*

a little restless. Leaves home without having breakfast.

Mansukhlal (speaks to the idol of Lord Krishna) If this order is passed, then there is no looking back... I have worked very hard. Please stand by me Almighty!

(Mobile phone rings...Mansukhlal leaves the Temple and answers the call... acts as if listening to the person on the other side...)

Mansukhlal : Thank you, sir... Thank you very much... delivery of television will be done within a month's time in all your hotels.

Narrator : *Jubilant Mansukhlal goes home and shares the good news with his family.... Really after this order, there was no looking back... from a small-time dealer.... Mansukhlal became a very well known businessman... He gets very busy.*

Mansukhlal : Malti, make some heavy breakfast today... I feel like eating something nice.

Malti : Ok... visit the Temple and come back. It will be ready by then.

Mansukhlal : It's ok, Temple is not moving anywhere. I'll go in the evening while returning home or maybe tomorrow morning.

Narrator : *Malti is shocked... but thinks that Mansukhlal is tired and wants to take it easy... hence lets him be that day. However, this continues for almost a year. Mansukhlal has gradually stopped making his early morning temple visits. Noticing this,Malti questions Mansukhlal one day.*

Malti : I have noticed that you don't go to the temple nowadays. Is something wrong?

Mansukhlal : It's just that I have loads of work now and there is no time to visit the temple.

Malti : But you never missed temple no matter what. What happened suddenly?

Mansukhlal : Nothing happened suddenly Malti... it's just that I have realised it not just God... but my own hard work and persistence that have led me to this position.

Narrator : *Days after days pass and Mansukhlal gets even more successful in this course of time his faith in God has almost vanished. He even removed photos and idols of god from this home.*

SCENE 3

Narrator : *Mansukhlal is invited to a community felicitation programme. Where he is a chief guest. The comperer at the event starts praising God and this inconveniences Mansukhlal who questions the audience who is God and if anybody has ever seen him.*

Mansukhlal : God is just a belief and not a reality.

Audience 1 : Even if he is just a belief... he motivates us to do things and good things.

Mansukhlal : (Angrily) Ok, so you all believe that God is there..and He is so powerful... Can He kill me in the next five minutes? I challenge him.

Narrator : *There is silence on the stage... Five minutes later, Mansukh Lal laughs at God for he was still alive.*

Mansukhlal : See, that's your God. He can't do anything...I am successful all because I worked hard.

Narrator : *Suddenly an old man and also a well-known businessman Girilal from the audience stands up.*

Girilal : Mansukhlal, if your son asks you to kill him with a gun, will you do that?

Mansukhlal : What? What sort of question is this Girilalji.

Girilal : No, answer... will you kill him... It's his own will to get killed by you.

Mansukhlal : (Puzzled Mansukhlal thinks for a few seconds) No, I can't and I won't.

Girilal : Why?

Mansukhlal : Because I am his father... I cannot kill my son...even if he himself asks me too.

Girilal : Similarly, Mansukhlal, God is like your father and he'll never harm you.

Narrator : *Shook by Girilal's explanation, Mansukhlal realized his mistake and apologised to God and the audience. Now he knew that faith in God is far more important than God himself.*

Moral: Faith is a form of positive power/ energy, which is always beneficial for us.

---- End ----



GAME

1. HEARING THE VOICE OF NATURE

A Faith trust walk can teach children to listen for Nature despite distractions and urgings to the contrary. In this game, one child plays the Voice of Nature while another plays himself, a Child of Nature. Other children will play distractions. Set up an obstacle course consisting of obstructions such as cardboard boxes and stacks of books from one wall of the room to the opposite. Blindfold the "Child of Nature" and position him at one wall. The person portraying the Voice of Nature should use his words to help guide the Child of Nature safely to the opposite wall. Other children should use their words to distract the child. This game teaches a child to focus on the Word of Nature and to trust it, regardless of what others tell him.

2. FAITH IN THE FUTURE

A game that removes negative memories from the past reminds children to have faith in God's guiding hand. Tie empty tissue boxes (or seal a cardboard box and make a hole bigger than the ping pong size ball) to belts, placing four ping-pong balls inside each tissue box. Explain to the children that these ping-pong balls represent past mistakes, failures, and bad feelings, and that with faith in God's guiding hand, children can remove the weight of the past, leaving only a bright future. By having faith in God, they will release the ping-pong balls without using their hands. Have the children strap on the belts so that the tissue boxes are at the backs of their bodies. The opening is

out and the sealed part on the belt. When you say, "go," the children will jump, dance and wiggle around to get the ping-pong balls to fall out of the tissue boxes. They cannot use their hands. We can play this game by giving them a time. For example, each child will be given a chance to play and the time limit to make all the balls fall would be 1 minute.

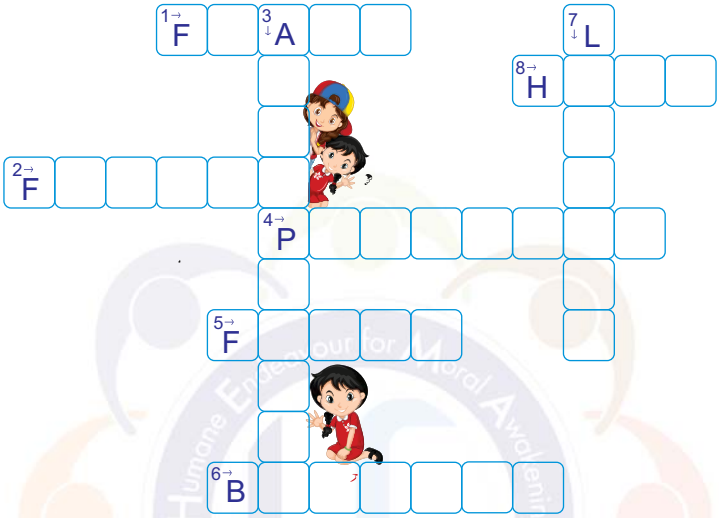
ANSWERS OF CROSSWORD :

1. Fears	2. Future	3. Acceptance	4. possible
5. Faith	6. Believe	7. Loyalty	8. hope

ANSWERS OF SCRAMBLE :

• Ball	• True	• Fairy	• Horse
Faith			

CROSSWORD



Find the answer to the sentence and fill the crossword above. The number of letters of the word has been given as clue.

Questions :

1. Do not be afraid of your _____. (5)
2. The _____ depends on what we do in the present. (6)
3. Happiness can only exist in _____. (10)
4. Without faith, nothing is _____; with it nothing is impossible. (8)
5. Where there is love there is _____. (5)
6. _____ in yourself. (7)
7. What we value most in our friend is _____. (7)
8. All children need a little help, a little _____ and somebody who believes in them. (4)

SCRAMBLE

Arrange these jumbled letters to form a word. Pick the encircled letters from the words and form another word. This will give you the missing word in the sentence below.

LABL 

UTER 

RFAYI 

REHSO 

I have complete_____ that what my parents do is right for me.



PUZZLE

In the puzzle below, you have 14 words which are synonyms for **AASTHA.** You will find them written either horizontally or vertically. One of the words is done for you. Find the rest

W	Z	S	O	P	C	X	I	E	S	N	C	T	W	O
E	F	V	S	P	A	Q	E	C	X	C	H	E	M	N
E	T	K	A	E	Z	C	G	I	W	O	Z	G	C	P
S	D	Y	E	W	N	A	X	P	P	N	F	A	G	T
R	J	P	A	A	Z	E	V	E	X	V	H	R	S	P
A	F	F	I	R	M	F	R	L	K	I	M	U	S	E
L	O	L	O	R	O	P	F	U	Z	C	R	O	L	C
P	E	C	N	E	D	E	R	C	S	T	S	C	Z	C
R	L	I	Y	A	I	B	Z	L	E	I	A	L	K	A
R	W	G	A	L	Z	M	L	Y	Z	O	G	D	H	P
E	X	P	E	C	T	A	T	I	O	N	Y	T	S	A
F	F	B	Z	I	O	C	X	P	W	J	I	Q	H	E
E	W	P	O	A	S	Z	M	E	W	A	Z	L	W	Q
Y	T	P	L	Q	L	K	X	N	F	Z	M	E	S	I
P	E	P	C	E	R	T	A	I	N	T	Y	K	O	U

Words

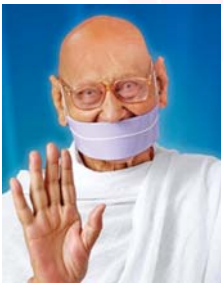
Trust : You must learn to <u>trust</u> me.
Belief :
Conviction :
Credence :
Reliance :
Expectation :
Accept :
Affirm :
Joy :
Hope :
Courage :
Sureness :
Faith :
Certainty :

CASE STUDY



BHAKT PRAHLAD

Prahlada was a king, the son of Hiranyakashipu and Kayadhu, and the father of Virochana. He belonged to the Kashyapa gotra. He is described as a boy from the Puranas known for his piety and bhakti to God Vishnu. Despite the abusive nature of his father, Hiranyakashipu, he continued his devotion towards God Vishnu. He is considered to be a mah jana, or great devotee, by followers of Vaishnava traditions and is of special importance to devotees of Narasimha avatar. A treatise is accredited to him in the Bhagavata Purana in which Prahlda describes the process of loving worship to his God Vishnu. The majority of stories in the Puranas are based on the activities of Prahlda as a young boy, and he is usually depicted as such in paintings and illustrations.

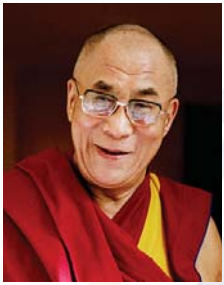


ACHARYA SHRI MAHAPRAGYA

Acharya Shri Mahapragya (crya mahapragya) (14 June 1920 – 9 May 2010) was the tenth head of the Svetambar Terapanth order of Jainism. Mahapragya was a saint, yogi, spiritual leader, philosopher, author, orator, and poet.

He began his life of religious reflection and development as a Jain monk at the age of ten. Mahapragya played a major role in Anuvrat movement launched by his Guru Acharya Tulsi in 1949, and became the acknowledged leader of the movement in 1995. Acharya

Mahapragya formulated the well organized Preksha meditation system in the 1970s, and developed the "Science of Living" education system which is a practical approach for the balanced development of a student and his character building.



DALAI LAMA

The Tibetan spiritual leader the Dalai Lama was born in a small village of Taktser Northeast Tibet in 1935 in a peasant family. His parents main livelihood was agriculture. He was one of seven siblings to survive childhood. He had two sisters and four brothers.

His holiness began his monastic education at the age of six. The curriculum, derived from the Nalanda tradition, consisted of five major and five minor subjects. The major subjects included logic, fine arts, Sanskrit grammar and medicine but the greatest emphasis was given to Buddhist philosophy. He was a steadfast follower of non-violence.

At the age of the 20th century, Tibet increasingly came under chinese control, and in 1950 communist China invaded the country. After years of scattered protests, a full scale revolt broke out in March 1959, and the Dalai Lama was forced to flee as the uprising was crushed by Chinese troops. On March 31, 1959, he began a permanent exile in India, settling at Dharamshala in Punjab, where he established a democratically based shadow Tibetan government.

In 1989, the Dalai Lama was awarded the Nobel Peace Prize for his nonviolent efforts for the liberation of Tibet and his concern for global environmental problems.

SONG

MOVIE: LAGAAN (2001)

O Paalanhaare

O Paalanhaare, Nirgun Aur Nyaare
Tumre Bin Hamra Kaunon Naahin
Humri Uljhan Suljhaao Bhagwan Tumre Bin...

Tumhe Humka Ho Sambhaale
Tumhe Hamre Rakhwaale Tumre Bin...

Chanda Mein Tumhe To Bhare Ho Chaandni
Sooraj Mein Ujaala Tumhe Se
Yeh Gagan Hai Magan, Tumhe To Diye Ho Isse Taare
Bhagwan, Yeh Jeevan Tumhe Na Sanwaaroge
To Kya Koi Sanwaare O Paalanhaare...

Jo Suno To Kahe Prabhuji Hamri Hai Binti
Dukhi Jan Ko Dheeraj Do
Haare Nahin Voh Kabhi Dukh Se
Tum Nirbal Ko Raksha Do
Reh Paaye Nirbal Sukh Se
Bhakti Ko Shakti Do

Jag Ke Jo Swami Ho, Itni To Araj Suno
Hai Path Mein Andhiyaare
Dedo Vardaan Mein Ujiyaare O Paalanhaare...

RESOLUTION

THE PLEDGE

Faith liberates us, believing in it will make things possible, we resolve to put it in practice.

ASPIRE TO INSPIRE



A discussion about imbibing values from inspirational events of great personalities shall be conducted.

LET'S STEP OUT...



1. Ask children to list down everything that they get free in the world.
2. Ask children who could have provided these free things.
3. Let children narrate incidents where faith has proven to heal.

WHAT MORE!!

- Essay Writing
- Debate
- Drawing
- Group Discussion
- Street Play
- Extempore speech
- Eco-friendly painting
- Field project
- Mono acting

ANUBHUTI



INTRODUCTION

Gratitude is an emotion, a kindness, a moral attitude, a motive, a skill, a coping response. Gratitude is all this and much more. Gratitude is an emotion similar to appreciation. It is emotional response to a gift, a form of generosity. It is an emotion we feel in response to receiving something which was undeserved. Gratitude is also the realization of things that were taken for granted in life. The idea that tomorrow is not guaranteed is a strong motivator for some people to be their "best self" today; that also can be gratitude.

People can use gratitude to form new social relations or to strengthen current ones. Acts of gratitude can be used to apologize, to redress and help solve other problems. Alternatively, simply being grateful for being alive is a great way to motivate oneself to seize the day.

Gratitude is a selfless act. Its acts are done unconditionally, to show to people that they are appreciated. For example, if someone is sad and you write them a note of appreciation, you are likely not asking for something in return for this person; instead, you are reminding them of their value, and expressing gratitude for their existence. At the moment, you are not waiting for a "return note" from this person.

In short, gratitude is a positive emotion felt after being the beneficiary of some sort of gift. It is also a social emotion often directed towards a person. Gratitude is a habit. It's a way of looking at the world and all the good things in it with a feeling of appreciation, regardless of whether or not your current situation is to your liking.



LIFE SKILL QUESTIONS

1. Has there been a moment of realization (AHA moment) in your life?
2. Do you feel happy or sad on this realization?
3. Will you nurture preconceived notions for anyone?



QUOTES

- "As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them." **- John F. Kennedy**
- "Gratitude is not only the greatest of virtues, but the parent of all the others." **- Cicero**
- "Gratitude is one of the sweet shortcuts to finding peace of mind and happiness inside. No matter what is going on outside of us, there is always something we could be grateful for." **- Barry Neil Kaufman**
- "Gratitude is the healthiest of all human emotions. The more you recognize and express gratitude for the things you have, the more things you will have to express gratitude for." **- Zig Ziglar**
- "The longer you linger in gratitude, the more you draw your new life to you. For gratitude is the ultimate state of receivership." **- Dr. Joe Dispenza**

महेश : अद्य खलु अनुभूतिर्जाता यन्मया पठितमस्ति ! तस्य

Mahesh: Today I have experienced everything I have read through feelings.

राकेश : केयमनुभूति: ? पठितस्य अनुभूतिः कथं भवितुमर्हति

Rakesh : What is this feeling? And what is the feeling of reading?

महेश : अस्माभिः यद्यदपि क्रियेत यध्यदपि पठ्यते तस्य यावत् अनुभूतिः न जायते ! तावत् तस्य परिपूर्तिनैव भवति !

Mahesh: Whatever we study or whatever we do, will not be realized fully, until we experience it.

राकेश : न उपगतम् अनुभूतिः रूपं भवति तस्य प्रारूपं किमस्ति ? तेन किं जायते ?

Rakesh : I do not understand! What is a feeling and does it have a form?

महेश : अस्माभिः यत्क्रियते व अधीयते तस्य यदा अस्माकं जीवने अन्गीकार: जायते ! तस्य जीवने अपि परिशीलनं भवेत्

Mahesh: Whatever we do, read or accept in life, should be applied in real life by in a practical way. Only when we believe and understand things that they become strong.

राकेश : आम् ! यदा अहं किमपि कार्यं करोति ! तदा तस्य महत्वं न अवगम्यते ! किन्तु गच्छता कालेन तस्य फ़लम् प्राप्यते तदा तस्य अनुभूतिः जायते !

Rakesh : Yes. When I do something, I may not understand its importance, but after some time, when its fruits are obtained, then there is a realization.

महेश : अनुभूतिः ! वैषिट्य यदा सा आगच्छति तदा न कस्यापि अवश्यकता !

Mahesh: Realization. This is a special feeling that tells you that now nothing else is needed.

SANSKRIT SHLOKAS

विद्वानेव विजानाति विद्वज्जन परिश्रमम् ।
नहि वन्ध्या विजानाति गुर्वीं प्रसव वेदना ॥

Only a scholar can understand how hard a scholar works.
Same way of child's birth cannot be felt by a barren lady.

सखी साहजिकं प्रेमं दूरादपि विराजते।
चकोरी नयनद्वन्द्वमान – नन्दायति चंद्रमा ॥

O love, the love that is natural, the feeling of love comes from far away, just as the moon sees the feeling of bliss in both the eyes of a Chakor bird.

POETRY

ANUBHUTI

God the creator, has made me,
With a definite special plan,
He has assigned some work to me,
He hasn't marked for any other man.
Every one is outwardly special,
As per the creator's plan,
You must do something special,
To become a special man.



MORAL STORIES

1. SIX BLIND SONS

One well-known legend tells how an Indian mahout (elephant driver) ordered his six sons-all of whom were blind-to wash the family elephant. Each boy was given a certain portion of the elephant's body to wash. Delighted to have this chance to learn something about elephants, the sightless boys took great pride in the opportunity given them by their good father, and were all extremely careful in the diagnosis of their first experience with the elephant.

About an hour later, when the elephant washing was over, the six blind boys simultaneously shouted, "Now I know what an elephant is like!" Then the first son addressed the second son: "Well, what is the elephant like?" The second brother, who had been washing the sides of the animal, promptly declared: "It is just like a huge wall." The first son, who had been washing the elephant's trunk, retorted scornfully: "You are talking nonsense. The elephant is just like a bamboo pole."

Listening to the quarrel between his two brothers, the third son, who had washed the elephant's ears, laughed and interrupted: "You fools, you don't know anything. The elephant is like two big banana leaves."

Hearing what he thought to be absurd remarks from his brothers, the fourth son, who had been washing the four legs of the elephant, stated firmly: "You are all wrong. It is ridiculous for you to fight about something you evidently know nothing about. The elephant is only a large roof of flesh supported by four fleshly pillars."

The fifth son, who had been washing the tusks of the elephant, was by this time shaking with laughter, but he managed to speak up: "My blundering brothers, listen to me. I declare, as a result of personal experience, that the elephant is nothing but a pair of bones."

This was too much for the sixth son, who had washed the tail of the elephant. "All of you must be crazy," he exclaimed, "or under the spell of hallucinations. The elephant is only a piece of rope hanging from heaven."

This boy, being the youngest and quite short, could not reach the top of the elephant's tail, and so thought that the animal was a heavenly rope suspended just above the earth by the Gods.

The father, who had been nearby, cooking some rice for the elephant, heard in great merriment all this squabble about the animal, but he came running to his children when their argument waxed into a free-for-all fight. "You assorted young fools, stop this fighting!" he commanded. "All of you are right and yet all of you are wrong."

The boys cried in unison: "How can that be?" To which the father replied: "It is I who have seen the whole elephant, and I know that all of you are right because you have each one described a part of the elephant. But all of you are wrong because the whole elephant is neither a pair of tusks, nor four legs, nor one trunk, nor a huge wall of flesh, nor a tail; but he is an aggregate of all of these. The tail or the trunk separated from the elephant, could not be termed an elephant."

The story very well illustrates the condition of modern theoretical religions or "isms." Most religious denominations possess only partial knowledge of the elephant of truth. Zealous followers argue with one another like the six blind brothers, each claiming to know the whole truth.

2. THE WAY WE LOOK AT THE WORLD

A blind boy sat on the steps of a building with a hat by his feet. He held up a sign which read, “I am blind, please help.”

There were only a few coins in the hat – spare change from folks as they hurried past.

A man was walking by. He took a few coins from his pocket and dropped them into the hat. He then took the sign, turned it around, and wrote some words.

Then he put the sign back in the boy's hand so that everyone who walked by would see the new words.

Soon the hat began to fill up. A lot more people were giving money to the blind boy.

That afternoon, the man who had changed the sign returned to see how things were.

The boy recognized his footsteps and asked, "Were you the one who changed my sign this morning? What did you write?"

The man said, "I only wrote the truth. I said what you said but in a different way." I wrote, "Today is a beautiful day, but I cannot see it."

Both signs told people that the boy was blind. But the first sign simply said the boy was blind. While the second sign told people that they are so lucky that they are not blind. The second sign was indeed impressive and effective! Be thankful for what you have. Be innovative. Think differently and positively.

Enjoy the world with a heart of gratitude and be thankful to the God that He has gifted you all the sense faculties that are intact.

3. THE PILLOW FAIRY

A long, long time ago, thousands of children in the world didn't know how to tell whether they were treating others well or badly. They could hit their brothers and sisters, thinking they were doing good. They could be filled with regret at having helped their mother or having tidied their bedroom. The whole day through, the fairies had to explain to the kids whether they had been good or bad. It was a tremendously boring and tiring job.

One of the fairies was called Sparkles, and she was great

fun. She thought it would be better to teach the children a few things, and so she invented a talking pillow for her favourite girl, Alicia.

When Alicia went to bed, the pillow would ask her:

-"Tell me, my girl, what did you do today?"

Whenever Alicia told her that she had done bad things, the pillow would make annoying noises through the night, and contort itself into all kinds of uncomfortable lumps and bumps. Of course, Alicia could hardly get any sleep.

But when Alicia talked of good things she had done, the pillow would purr like a pussycat, would wish Alicia a good night, and would play sweet soft music the whole night through. Before long, the girl had learnt how to behave so that her pillow would play lovely music every night.

Sparkles the fairy then decided to use the pillow on another little girl who was giving her a lot of trouble. At first, Alicia was afraid that she might forget how to be good, but she remembered the words she had heard every night, and she would say to herself:

-"Let's see then, Alicia. What did you do today?"

Alicia was pleased to find that she herself now knew whether she had behaved well or not. And when she had been good, she slept wonderfully. Just like when the talking pillow had been there, she found it hard to sleep whenever she had done something bad. And she could only feel peace if she promised to make right, the next day, whatever harm she had done.





You can watch the short film **"ANUBHUTI"** on YouTube

GO GOGGLES

Character -

Nagsen, Sachith, A cat and a bird, Mr. Dalpat, Aryana. Narrator.

Narrator : *Nagsen was sitting in the garden on the bench and was thinking very deeply about something. His friend, Sachith was passing by and went to see what was bothering Nagsen.*

Sachith : Hey Nagsen! What are you doing here all alone?

Nagsen : Hey Sachith! Whatsup? Oh! I am supposed to write in this book about stuff that I like.

Sachith : Oh yeah! The gratitude journal. I got that assignment from my school too. What have you done so far?

Nagsen : Nothing so far, my friend.

Sachith : I'm sure there are things around here that you are grateful for. What about your skate board?

Nagsen : Oh yeah, that's obvious. I totally appreciate my skate board. It makes me happy. Whenever I am on board, I am like one with the world.

Sachith : One with the world! Right. Ok. What else?

Nagsen : I have no idea. That's the problem.

Sachith : Well have you tried the 'Go Goggles'?

Nagsen : The 'Go Goggles'? No. I don't like technological stuff, Sachith.

Sachith : It does not hurt. It makes you see stuff that you appreciate. I did it in the morning. It's actually fun. (Takes the 'Go Goggle' from inside his cap)

Sachith : Try it!

Nagsen : Hmm. Ok. Let me try it.

Narrator : *Nagsen puts on the goggles and start to walk in*

the garden. He is observing what comes in front of him.

Nagsen : What is this that I see? The bird and cat are friends! I wonder why one of them is not trying to eat the other. That is so cool! I am grateful for that!

Narrator : *He is writing down everything that he sees and feels grateful about in the Grateful Journal.*

Nagsen : Hey! Look at Mr. Dalpat. He is talking to himself. That's kind of cool too. He does what he wants. He does not care what anybody thinks. I respect that. I am grateful to know him.

Narrator : *After writing his grateful thought, Nagsen walks ahead .....*

Nagsen : Oh no! Not here! What is Aryana, my Chudkali sister doing here!? I think the Go goggles must have stopped working! Well, I guess she is good as she brought me an energy bar this morning since I had skipped breakfast. And she never tells Mum when I practice skate boarding as Mum doesn't like me to do skate boarding. I guess she is not a total Chudkali. I suppose I should be grateful to her.

Narrator : *Nagsen returns at the bench where his friend, Sachith was waiting for him.*

Sachith : So, how did you do?

Narrator : *Nagsen extends the grateful Journal to his friend to read.*

Sachith : You are grateful for crossbreed animal friendships, adults with imaginary friends, and Chudkali sister. Eh ok. I guess that works.

Nagsen : Yes! This Go goggles are awesome!

Sachith : Hmm. Yes.

Narrator : *Both friends are happy about the results of Go Goggles. They happily go back home.*

---- END ----



GAMES

1. PIN THE TAIL ON THE DONKEY

Material

- A donkey's image
- Hard surface - Wall/board
- Donkey's tail
- Blind fold

The donkey's image will be hanged on surface where the student can reach easily to stick the missing tail of the donkey. One student is blind folded and taken to a distance. He/she is turned around to confuse them. Rest of the children will guide the blindfolded student to reach the donkey and stick the tail in the right place.

This game will have lots of noise. After sticking the tail, when the blind folded student looks at the picture, and if it is wrong, he/she will realise the mistake. It is a fun game.

2. TREASURE HUNT

Treasure hunts capture the imagination of children of all age group. Colour coding clues will help in having a chance for each child to read the clue. Working as a team, the children can track down the treasure, and be rewarded for their efforts.

Clues examples

You have two hands, you have two feet, the first clue is under someone's seat.

Ears help you hear, eyes help you look, find your next clue near a favourite book.

Some people live in a flat, some live in a house, find this clue near your teacher's computer.

Cats say meow, cows say moo, find the next clue under somebody's shoe.

Do you see rain, clouds, sunshine, or maybe snow? Discover your next clue close to the window.....

Etc....



ANSWERS OF CROSSWORD :

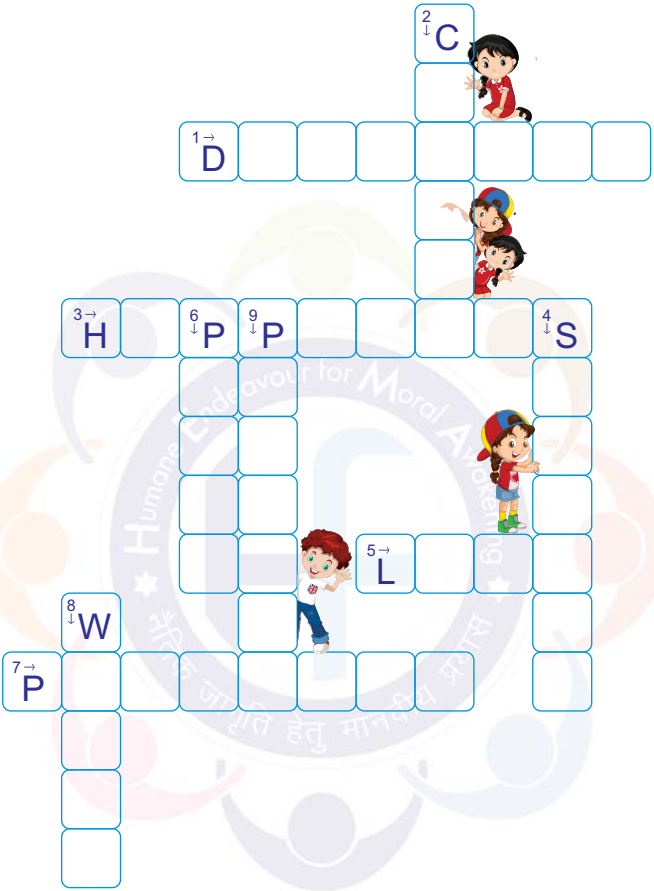
1. Discover
2. Choice
3. Happiness
4. Success
5. Life
6. Peace
7. Positive
8. World
9. Perfect

ANSWERS OF SCRAMBLE :

- Road
- Game
- Time
- Tune

Gratitude

CROSSWORD



Find the answer to the sentence and fill the crossword above. The number of letters of the word has been given as clue.

Questions :

1. Life's challenges help us to_____who we are. (8)
2. The 3c's in life_____, chance and change. (6)
3. The_____of your life depends upon quality of your thought .(9)

4. Correction of mistake is the first step of_____(7)
5. Only human being can have self realization in_____ (4)
6. _____and justice are same side of a coin. (5)
7. The _____people always improve them selves. (8)
8. Your own self-realization is the greatest service you can render to the_____(5)
9. _____ person is the one who works daily on self-realization and self-improvement. (7)



SCRAMBLE

Arrange these jumbled letters to form a word. Pick the encircled letters from the words and form another word. This will give you the missing word in the sentence below.

ARDO

AMGE

ITME

UENT

As we express our_____, we must never forget that the highest appreciation is not to utter words, but to live by them.



PUZZLE

In the puzzle below, you have 14 words which are synonyms for **ANUBHUTI.** You will find them in different pattern. One of the words is done for you. Find the rest

S	A	G	F	L	O	U	R	I	S	H	H	K	I	S
E	E	M	O	T	I	O	N	S	D	F	G	H	F	E
N	F	N	G	J	U	H	S	E	J	P	A	V	M	N
S	R	E	S	P	O	N	S	E	E	L	G	N	I	T
A	R	T	G	I	M	P	R	E	S	S	I	O	N	I
T	T	E	S	N	T	E	G	Q	R	G	U	D	G	M
I	K	F	D	N	R	I	P	Y	H	T	A	P	M	E
O	R	D	E	R	D	G	V	H	W	D	F	F	H	N
N	O	I	S	S	A	P	E	I	G	L	F	I	W	T
W	K	D	I	O	H	J	J	O	T	S	E	F	G	J
L	P	P	R	I	D	E	K	Q	P	Y	C	D	Q	P
Q	R	Y	E	L	R	I	M	H	G	O	T	G	F	H
W	A	R	M	T	H	O	H	O	R	G	I	J	H	N
H	P	F	J	I	R	H	B	L	O	R	O	R	I	P
O	Q	B	N	J	M	K	W	P	X	P	N	P	D	X

Words

Sensation : I have had the same strange <u>sensation</u> even in the heart of the city.

Emotion :
Sensitivity :
Impression :
Passion :
Sentiment :
Tingle :
Response :
Order :
Desire :
Warmth :
Pride :
Affection :
Flourish :

CASE STUDY



DHRUV

Dhruva ("constant, immovable, fixed") is a devotee of Vishnu mentioned in the Vishnu Purana and the Bhagavata Purana. The Sanskrit term dhruva nakshatra "immovable star" is used of the polar star in the Mahabharata, personified as son of Uttanapada and grandson of Manu, even though Polaris at the likely period of the recension of the text of the Mahabharata was still several degrees away from the celestial pole.

Even today, when you look up into the sky, you will be able to see a little star shining high above. This little star never moves, for it is Dhruv, who never moved from his meditation on Narayan. We call this star the Pole Star. Children in India still call it 'Dhruv-tara' or 'Dhruv-star'. The seven stars of the Seven Rishis can also be seen, slowly moving around the Pole Star. These Seven Stars form the constellation known as Saptarishi in India, and as the Great Bear in other parts of the world.

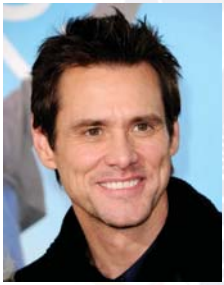


GEETA PHOGAT

Geeta Phogat is a famous Indian wrestler who belongs to Haryana state in India. Geeta came into limelight in 2009 from the Common Wealth Championship when she achieved the first gold of her carrier. Geeta brought many joyful and pride moments for India in various sports including Common Wealth Games and Asian Games also but to make

a career in wrestling after being a female was not easy for Geeta. She had struggled a lot to fulfill her father Mahavir Singh Phogat's dream in which the most important contribution has been of her father.

Mahavir Singh had trust in Geeta and Geeta kept on her father's dream with hard work and dedication. In spite of taking other's opinions seriously, she only focused on her wrestling and improved. Now Geeta is a successful wrestler and she has paved the path of wrestling for other females in India.



JIM CARREY

Jim Carrey, formally known as James Eugene Carrey, was born January 17, 1962. Jim found his knack for being funny at an early age. He started becoming a comedian in elementary school. His teachers allowed him to do a comedy routine at the end of the day for a few minutes. At age 15 Carrey got a stand-up comic job at a Toronto Club, which was a tragic failure. After his stand-up job, his family had money problems. Carrey's life changed. He and his family had to move out of the house. Jim and his family got janitorial jobs at the Titan Wheels factory. They had to work eight-hour shifts. When his family got out of the factory, they had to live out of a camper van.

Jim Carrey is a hero for many reasons. He did not give up when his first comedy act was a failure. He also persevered though hard times by not letting his dream die. Jim Carrey is a person who can make others happy and joyful. Jim Carrey has also accomplished great things.



MOVIE: DASVIDANIYA (2008)

Maa, Meri Maa

Maa, Meri Maa, Pyari Maa, Mammaa
Ho O Maa, Meri Maa, Pyari Maa, Mammaa

Haatho Ki Lakirein Badal Jayengi
Ghum Ki Yeh Janjirein Pighal Jayengi
Ho Khuda Pe Bhi Asar, Tu Duwao Ka Hai Ghar
Meri Maa, Meri Maa, Pyari Maa, Mammaa
Ho O Maa, Meri Maa, Pyari Maa, Mammaa

Bigadi Kismat Bhi Sanwar Jaayegi
Jindagi Taraane Khushi Ke Gaayegi
Tere Hote Kiska Dar, Tu Duwao Ka Hai Ghar
Meri Maa, Meri Maa, Pyari Maa, Mammaa
Ho O Maa, Meri Maa, Pyari Maa, Mammaa

Yu Toh Main Sabse Nyara Hoon,
Tera Maa Main Dulhara Hoon
Yu Toh Main Sabse Nyara Hoon,
Par Tera Maa Main Dulhara Hoon
Duniya Mein Jine Se Jyada Uljhanein Hai Maa,
Tu Hai Amar Ka Jahan
Tu Gussa Karti Hai, Bada Achha Lagata Hai
Tu Kaan Pakadati Hai Badi Jor Se Lagta Hai, Meri Maa
Meri Maa, Meri Maa, Pyari Maa, Mammaa
Ho O Maa, Meri Maa, Pyari Maa, Mammaa

Haatho Ki Lakirein Badal Jayengi
Ghum Ki Yeh Janjirein Pighal Jayengi
Ho Khuda Pe Bhi Asar, Tu Duwao Ka Hai Ghar
Meri Maa, Meri Maa, Pyaari Maa, Mammaa
Ho O Maa, Meri Maa, Pyari Maa, Mammaa

RESOLUTION

THE PLEDGE

Today, we resolve to live with gratitude for the love that fills our heart, the peace that rests within our spirit, and the voice of hope that says all things are possible.

ASPIRE TO INSPIRE



A discussion about imbibing values from inspirational events of great personalities shall be conducted.

LET'S STEP OUT...



1. Let children write five things they are grateful for.
2. Let children write two things that they have which others don't.
3. Ask children how grateful are they towards their mother and father.

WHAT MORE!!

- Essay Writing
- Debate
- Drawing
- Group Discussion
- Street Play
- Extempore speech
- Eco-friendly painting
- Field project
- Mono acting

PAROPKAR



INTRODUCTION

All of us need other people at some or other time in our lives. When others help us we are very happy, at the same time we also experience happiness, when we see others expressing their gratitude towards us. We also know about our abilities when we help others. So helping others is a two way process.

Kindness starts at home. It's about living with integrity, knowing what our principles, be someone who is honest and follow good moral standards and what right and wrong means in our life. It also means treating our self as we would to anyone else, we care about.

How we treat and talk to our self becomes the foundation from which we approach our other relationships. So, kindness isn't just about how we treat other people, it's about extending the same intentions and behaviours to our own self too.

Therfore, we can say that "Kindness" is based on our own ethics, our own values, and our own beliefs.

Doing good things to others boosts your self-respect and makes you feel the satisfaction that comes from giving.

"There is more happiness in giving than there is in receiving."



LIFE SKILL QUESTIONS

1. Why should we help others?
2. How does helping others contribute to our own growth?
3. Can you describe the satisfaction that you get by helping others?



QUOTES

- "No act of kindness, no matter how small, is ever wasted." **- Aesop**

- "Kindness is the language which the deaf can hear and the blind can see." **- Mark Twain**

- "A warm smile is the universal language of kindness." **- William Arthur Ward**

- "Kindness in words creates confidence. Kindness in thinking creates profoundness. Kindness in giving creates love." **- Lao Tzu**

- "Carry out a random act of kindness, with no expectation of reward, safe in the knowledge that one day someone might do the same for you." **- Princess Diana**

(रजना चिकित्सालये अन्तरङ्गविभागे रोगिणां प्रकोष्ठे प्राप्नोति, तत्र तस्याः पिता अस्ति, समीपे एका महिला रोगिणां आच्छादने विश्रमति, रञ्जना पितुः चरणस्पर्शं कुर्वन्ति.....)

(Ranjana enters the patients' room in the hospital. There was her father, a patient woman resting near her. Ranjana touches her father's feet.)

रञ्जना : प्रणमामि तात् (चरणस्पर्शं करोति.....उत्थाय.)। इदानिं कथं अस्ति एषा?

Ranjana : Hello Dad. (Touches his feet) What is this?

पिता : यशश्विनी भव! पुत्री। (प्रसन्न मुद्रया..) भवत्या त्वरया प्राणः तु रक्षितः, नोचेत दुष्कर आसीतरक्ताधिकस्रावः जातः, अतःरक्तदानं कृतं मया।

Father : (Says happily) Yashaswi Bhavah: Daughter. This woman was bleeding heavily. I am donating blood to protect her life.

रञ्जना : एषा किमपि उक्तवती ? का अस्ति? इति।

Ranjana : Dad, what are you saying? What is this?

पिता : आम्। अर्धहोरापूर्वं सपरिचयं सर्वं अनया उक्ता यत् कथं कारयानेन घातं कृतम्। गृहसदस्यान् अपि सूचितम्। अस्या पतिमहोदयः आगच्छन् अस्ति। भवत्य केन्द्राधिकारिभिः परीक्षांलेखयितुं अनुमति प्रदत्ता वा?

Father : Yes. I came to know her half an hour back. I enquired how did she got hurt. Then I informed her family, and her husband came. Tell me, did your center officer allow you to take the exam?

रञ्जना : (उत्साहपूर्वकं) आम्। पुर्वं तु सर्वं बोधितं यत् मुख्य मार्गे रक्तरञ्जिता महिलाय चिकित्सालयं प्राप्य आगतवती इति। तेन अत्रचिकित्सकं दूरवाण्यापृष्ट्वा सत्यापनं कृतम्। होराद्वयमेव अवशिष्टं इति सपदि मह्यं सोत्साहेनअनुमति प्रदतम्।

Ranjana : (Happily) Yes, first I took a bleeding woman who met with an accident on the main road to the hospital and then gave complete information to the doctor. Two hours were left so I got permission.

पिता : न्यूनमेव समय आसीत्। भवति परीक्षां सम्यक् लिखितवती वा?

Father : Time was short. Was the exam good or not?

रञ्जना : सर्वाणि उत्तराणि उत्तमं लेखितम् । परञ्च समयाभावेन १० अंङ्नां प्रश्नं न लेखित शक्तवती यद्यपि उत्तरं अहं जानामि स्म।

Ranjana : I solved all the questions. But I could not write the answer for ten marks due to time constraints.

पिता : रञ्जने! चिन्तामास्तु। वेदव्यासेन उक्तम् यत् परोपकाराय पुण्याय पापाय परपीडनम्।

Father : Ranjana, don't worry. Only through charity does virtue come.

SANSKRIT SHLOKAS

परोपकारः कर्तव्यः, प्राणैरपि धनैरपि :।
परोपकारजं पुण्यं, न स्यात्क्रतुशतैरपि :॥

Human beings should do charity both from one's own life and wealth. The virtue that comes from doing charity, is not obtained even through hundred yagyas.

रविश्चंद्रों घना: वृक्षा, नदी गावश्च सज्जना :।
एते परोपकाराय, युगे दैवेन निर्मिता :॥

Sun, moon, cloud, tree, river, cow and gentleman have all been created by Gods for charity.

POETRY

LITTLE

Little drops of water,
Little grains of sand
Make the mighty ocean
And the pleasant land.

Thus the little minutes,
Humble though they be,
Make the mighty ages
Of eternity.

Little deeds of kindness,
Little words of love,
Help to make earth happy
Like the heaven above.

So our little errors
Lead the soul away
From the path of virtue
Far in sin to stray.



MORAL STORIES

1. ONE GOOD DEED

This is a story of a poor Scottish farmer whose name was Fleming. One day, while trying to make a living for his family, he heard a cry for help coming from a nearby dog. He dropped his tools and ran to the dog. There, mired to his waist in black muck, was a terrified boy, screaming and struggling to free himself. Farmer Fleming saved the boy from what could have been a slow and terrifying death. The next day, a fancy carriage pulled up to the Scotsman's sparse surroundings. An elegantly dressed nobleman stepped out and introduced himself as the father of the boy Farmer Fleming had saved. “I want to repay you,” said the nobleman. “Yes,” the farmer replied proudly. “I'll make you a deal. Let me take your son and give him a good education. If he's anything like his father, he'll grow to a man you can be proud of you.” And that he did. In time, Farmer Fleming's son graduated from St. Mary's Hospital Medical School in London, and went on to become known throughout the world as the noted Sir Alexander Fleming, the discoverer of Penicillin. Years later, the nobleman's son was stricken with pneumonia. What saved him? Penicillin. This is not the end. The nobleman's son also made a great contribution to society. For the nobleman was none other than Lord Randolph Churchill and his son's name was Winston Churchill. Let us use all our talent, competence and energy for creating peace and happiness for the nation. One good deed of farmer Fleming lead to the making of Sir Alexander Fleming. So, why not do good and be good ?

2. THE GREAT WILD CAR RACE

In a faraway land there was once a type of small wild car that would drive freely around the countryside. They didn't need motorways or gasoline, since all they needed to be able to move was good thoughts and desires – a rather original idea of their eccentric inventor.

Those cars became really famous, and the wild car races were everyone's favourite pastime. Every boy dreamt about driving one, as their light weight and their honesty and sincerity made them feel ideal drivers. And as it was difficult to find light children with such good hearts that they could maintain good thoughts throughout an entire race, there were often tests to discover new talent, during which every boy would have a unique opportunity to demonstrate his ability with the wild cars.

So, one day, the testing team arrived at the small town where Nicky lived. Nicky was a good kid who, like many others, didn't sleep that night, while queueing up, waiting his turn to drive one of the cars. During the wait, many boys rehearsed and practiced their good wishes and thoughts, but as soon as the gates were opened, a great lot of elbowing and pushing revealed that not all were as good as they appeared. However, the organisers expected this kind of thing, and after a few simple tests such as thanking someone for giving you a chocolate, helping to prepare the races, and respectfully attending to a rather annoying little old lady, there was only a small group of really good children left. Nicky was among them.

So, those children took turns to get into the cars and do a few laps of the circuit. Nicky would go last, but it didn't bother him much, since he enjoyed seeing up close how the cars accelerated. When his turn came, his heart was beating ten to the dozen. Due to the excitement, he could hardly run, and so was about the last to get into his car. He was so

happy, that he was a little late in realising that there was one last boy yet to get into his car; a boy who walked using crutches, and who hadn't been able to reach the car earlier. Nicky could hear the head of testing say:

"I'm very sorry, my boy, there are no cars left, and this is the last test of the day. The cars have to be rested soon. Come on, you'll get your opportunity some other day..."

Seeing the shine of excitement disappear from that boy's face, and witnessing his deep sadness, Nicky took a deep breath, got out of his car and said:

"It's OK, he can have my car."

The engine of that car roared like never before, while the injured boy got in, filled with joy. Nicky was happy at what he had done, though a little bit disappointed. But before setting off, the other boy saw the hint of sadness in Nicky's face and, grateful to him, reached out his hand, saying:

"Get in. We'll go together, even though it'll make us a bit slower."

Nicky leapt in. The two happily embraced, but they hardly managed to do anything else. Their car thundered like a rocket and made off at the speed of light!

That race broke all known records, and during that season Nicky and his friend won every competition they entered, becoming the idols of all, spreading their friendship and good wishes to every corner of the world.

3. BIRD AND THE BANYAN TREE

One day, a little sparrow was flying happily in the sky. Suddenly, a hunter hit her with a stone. One of the sparrow's wings broke and she plummeted. The sparrow tried hard to fly up to the sky, but she understood that she would not really be able to fly anymore. "What do I do now?

None of my friends or family is with me! How will I ever get back home with this broken wing?" she said to herself.

So, she decided to stay in one of the trees nearby for that day. She first approached the banana tree. "Hey, banana tree, can I stay in your branches? Please!" she asked. "Shoo! Go away!" said the banana tree. The bird limped away to the next tree. It was a guava tree. "You silly bird! I won't give you any space! Get out of here," shouted the guava tree before the bird could ask anything.

The poor bird was now totally heartbroken. "No one wants me! I don't have any friends!" she cried. As she was walking, she suddenly heard a voice. The voice said, "Come to me!" It was the banyan tree. "Hey, little sparrow! I can be your friend. I have lots of room in my branches. So, you can comfortably stay here," said the banyan tree. "That's so kind of you Mr. Banyan. I'd love to stay with you," the bird said happily.

Just then, a voice from the sky spoke up, "Oh, banyan tree, you will be rewarded for your act of kindness. You will go the strongest of all the trees and provide shelter to the variety of birds. You will also live a very long life!" Even today, the banyan tree is the strongest of all the trees.

Moral: Good begets good.





You can watch the short film **"PAROPKAR"** on YouTube

A LITTLE KINDNESS BRINGS HAPPINESS

Characters -

Narrator, Group 1- Rehan, Saloni, Arnav, Group 2- Hazzle, Ahana, Chayan, Group 3 - Dhiaan, Abha, Myra, Shanaya.

Narrator : *It was recess time in the school and all the children were sitting in groups to have their lunch box. They were chatting non stop. Darsh, the new boy who was new to the school enters the canteen and was looking for a place to sit. He did not know in which group he should be sitting. So, he tried to fit in the group ...*

Darsh : May I sit with you, friends?

Arnav : Oh oh! Look who is here, my friends?

Saloni : Who? Ok. It is our new stranger of the class!
(Everyone in the group burst out laughing.)

Arnav : You are not like us. Go away from here.

Rehan : Please never come here again.

Narrator : *Darsh felt disappointed and sad. He again looked around. When he saw another group, a smile lit up and he went towards the group.*

Darsh : May I sit with you, friends?

Hazzle : Who are you?

Chayan : Didn't you recognise him?

Hazzle : No!

Ahana : Hazzle, he is the new boy who joined the school today.

Hazzle : Is it? So, tell me new boy, where do you sit in the class?

Darsh : (Excitedly) I sit alone. But teacher told me that

she will give me a friend tomorrow with whom I can sit. (Saying this, he started to sit next to Chayan.)

Ahana : Wait! (Darsh who was sitting freezes)

Darsh : Yes?

Ahana : We never said you could sit here.

Chayan and Hazzle: We never said so.

Hazzle : Sorry but we need so much space to sit and eat our food.

Ahana : Yes. So, sit somewhere else. Bye.

Narrator : *Darsh felt very bad and looked around for a place to sit. He did see another group but could not go there as he did not want to feel left out.*

During all this while, the third group was observing everything. They were feeling bad for Darsh.

Shanaya : Are you all thinking what I am thinking?

Dhiaan : What are you thinking?

Abha and Myra: Yes. Tell us what are you thinking?

Shahana : I think it is sad to eat food alone. Let us call him here.

Dhiaan, Abha and Myra: Yes. We were thinking the same thing.

Shanaya : Let me go and invite him here.

Narrator : Darsh was opening his tiffin box. Sahana got up and approached Darsh.

Shanaya : Wait Darsh.

Darsh : (Surprised) You know my name?

Shanaya : Of course. Teacher introduced you to the class in the morning.

Darsh : Yes.

Shanaya : Why don't you join us? We are sitting there.

Darsh : You are sure?

Shanaya : Yes we are sure. Come on. Let me help you with your water bottle.

Darsh : (Excitedly) Thank you. That is very kind of you.

Narrator : *Darsh settled with the group.*

Darsh : I want to thank you all for inviting me in your group.

Dhiaan : Think nothing of it. We love to have friends.

Abha : Let us eat. I am very hungry!

Darsh : My parents say that we should thank anyone who is kind to us. And you were kind to allow me to sit with you.

Shanaya : Very true. My Mama also said the same to me.

Myra : Ok. So, What have you all got today? I am starving.

Narrator : *All laughed as they knew how Myra loves food. It is always good to be kind. We feel happier.*

----END----

ANSWERS OF CROSSWORD :

1. Poor
2. God
3. Father
4. Life
5. River
6. Others
7. Yourself
8. Help
9. True

ANSWERS OF SCRAMBLE :

• Gentle • Decent • Kindle • Soft • Sin

Kindness



GAMES

1. THINGS YOU WILL NEED-INCENSE STICK

Instructor has to ask the kids what is in their hands. The kids will answer correctly and then he has to ask them if the fragrance of this stick spreads just by keeping it or they need to do something. Most of the kids would answer correctly that the fragrance spreads by lighting the incense stick. Now repeat the question by replacing the incenses stick by garbage. Make the kids understand that to be happy and keep your surroundings happy you need to work hard and make sacrifices while to spread negativity all you need to do is nothing.

2. BLIND FOLD

Make pairs. 2 pairs will face each other in which one partner of a pair will be blindfolded. The other will not be allowed to make any noises whatsoever. During the allotted time (1-2 minute rounds recommended) the partners must work together despite their individual "flaws" to have the blindfolded person draw the items listed on a sheet of paper that only his/her partner can see. The non-blindfolded partner helps the blindfolded partner by giving advice and direction, but cannot do the actual drawing him/herself. The Team that finishes drawing the most amount of items wins.

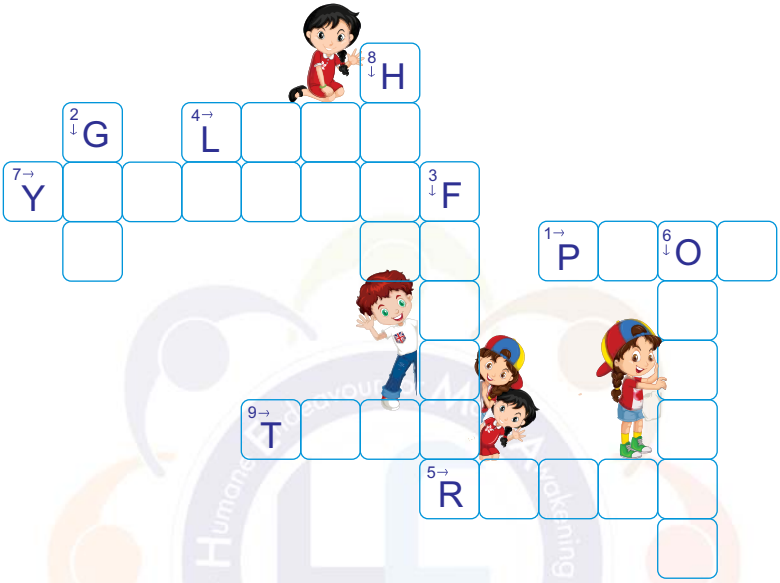
Material

Paper, Pens/crayons/markers, table/drawing board/hard surface, Blindfolds

Items to Draw

Cross, Smiley face, Heart, Stick figure, Tree, Bird, Cat, Football, Chair, The capital letter "G", Cell phone, Flower.

CROSSWORD



Find the answer to the sentence and fill the crossword above. The number of letters of the word has been given as clue.

Questions :

1. No one has ever become_____by giving. (4)
2. Service to humanity is service to_____(3)
3. Gandhi ji is known as_____of Nation. (6)
4. Mother Teresa devoted her_____to serve poor. (4)
5. _____flows to fulfil others life. (5)
6. Those who are happy are those who do the most for _____ (6)
7. When you help others you help_____(8)
8. We should always _____others. (4)
9. Helping others without expecting is a_____service. (4)



SCRAMBLE

Arrange these jumbled letters to form a word. Pick the encircled letters from the words and form another word. This will give you the missing word in the sentence below.

TENLEG

ENTDEC

DELINK

OFTS

INS

_____ is caring for others even when they may not care about you.



PUZZLE

In the puzzle below, you have 13 words which are synonyms for **PAROPKAAR.** You will find them in different pattern. One of the words is done for you. Find the rest.

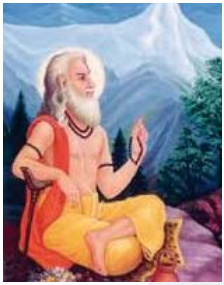
U	Y	G	I	F	T	X	A	N	W	O	A	K	J	S
B	F	N	S	W	B	C	O	U	R	T	E	S	Y	S
E	D	I	S	O	A	Z	M	Q	U	Y	Y	Z	K	E
N	J	V	Z	I	H	J	Q	H	C	Z	U	S	N	N
E	C	I	V	D	A	M	G	R	I	Y	N	B	Q	S
F	G	G	I	L	N	A	E	X	P	O	L	X	G	S
A	L	Q	P	O	D	M	Q	O	C	J	P	E	R	E
C	K	W	P	Z	O	I	R	E	W	A	R	D	A	L
T	D	P	Q	M	U	H	Z	Y	M	Q	R	I	C	F
I	G	Q	O	S	T	X	K	A	J	R	O	E	E	L
O	M	C	H	A	R	I	T	Y	B	H	A	J	E	E
N	F	G	L	U	A	N	K	I	N	D	N	E	S	S
Q	Y	I	Z	K	O	X	B	E	O	S	J	A	M	W
O	H	S	S	E	N	R	E	D	N	E	T	P	H	J
P	J	K	Q	F	C	I	T	I	O	A	M	K	S	J

Words

Charity : You must have a genius for charity as well as for anything else.

Advice :
Handout :
Reward :
Giving :
Gift :
Care :
Benefaction :
Courtesy :
Selflessness :
Kindness :
Mercy :
Tenderness :

CASE STUDY



MAHARSHI DADHICHI

Dadhichi, also known as Dadhyancha or Dadhyanga, is a central character in Hinduism. Dadhichi is primarily known for sacrificing his life so the Devas, or benevolent celestial beings, could make the weapon called "vajra" from his bones. After being driven out from Svarga, or heaven, by the serpent king Vritra, the Devas needed a powerful weapon to aid their fight. By making use of the vajra, made from the sage Dadhichi's bones, the Devas defeated the Asura and reclaimed heaven.

Dadhichi is believed to have written the "Narayana Kavacham", a famous hymn in southern India, sung for power and peace.

By helping the Deva defeat the Asura through his sacrifice, Dadhichi became revered among the Rishi, or Hindu sages, for his selflessness. Dadhichi symbolizes the notion that no sacrifice is too great in order to help defend the defenseless from evil. This symbolization has inspired the Param Vir Chakra.



AZIM PREMJI

Azim Hashim Premji (born 24 July 1945) is an Indian business tycoon, investor, engineer, and philanthropist, who is the chairman of Wipro Limited. He is informally known as the Czar of the Indian IT Industry. He was responsible for guiding Wipro through four decades

of diversification and growth to finally emerge as one of the global leaders in the software industry. In 2010, he was voted among the 20 most powerful men in the world by Asia Week. He has twice been listed among the 100 most influential people by TIME Magazine, once in 2004 and more recently in 2011.

He is currently the tenth richest person in India with an estimated net worth of US$7.2 billion as of October 2019. In 2013, he agreed to give away at least half of his wealth by signing The Giving Pledge. Premji started with a $2.2 billion donation to the Azim Premji Foundation, focused on education in India.

Those of us who are privileged, who are privileged to have wealth, should contribute significantly to try and create a better world for the millions who are far less privileged"--- Azim Premji (AP).

In April 2013 he said that he has already given more than 25 per cent of his personal wealth to charity.



BILL GATES

Entrepreneur Bill Gates founded the world's largest software business, Microsoft, with Paul Allen, and subsequently became one of the richest men in the world. Born in Seattle, Washington, in 1955, famed entrepreneur Bill Gates began to show an interest in computer programming at age 13. Through technological innovation, keen business strategy and aggressive business tactics, he and partner Paul Allen built the world's largest software business, Microsoft. In the process, Gates became one of the richest men in the world. In February 2014, Gates announced that he was stepping down as Microsoft's chairman.

Bill Gates and his wife Melinda Gates were awarded the Order of the Aztec Eagle in November 2006 for their philanthropic work around the world in the areas of health and education. Gates received the 2010 Bower Award for Business Leadership from The Franklin Institute for his achievements at Microsoft and his philanthropic work. In 2002, Bill and Melinda Gates received the Jefferson Award for Greatest Public Service Benefiting the Disadvantaged. In 2006, Gates received the James C. Morgan Global Humanitarian Award from The Tech Awards.

He donated large amounts of money to various charitable organizations and scientific research programs through the Bill & Melinda Gates Foundation, reported to be the world's largest private charity. The foundation works to save lives and improve global health, and is working with Rotary International to eliminate polio.



MOVIE: ANURODH (1977)

Tum besahara ho to kisi ka sahara bano

Tum besahara ho toh, Kisi kaa sahara bano
Tum ko apne aap hi, Sahara mil jayega
Kashti koyi dubati Pahuncha do kinare pe
Tum ko apne aap hi Kinara mil jayega
Tum besahara ho toh Kisi kaa sahara bano
Tum besahara ho toh

Hans kar jinda rehna padta
Hai apna dukh khud Sehna padta hai
Rasta chahe kitna lamba ho
Dariya ko toh behna padta hai
Tum ho ek akele toh Ruk mat jao chalo niklo
Raste me koyi sathi Tumhara mil jayega
Tum besahara ho toh Kisi kaa sahara bano
Tum besahara ho toh

Naa basti me naa virano me
Naa kheto me naa khalihano me
Naa milta hai pyar bajaro
Me naa bikta hai chain dukano me
Dhundh rahe ho tum jis ko, Usako bahar mat dhundho
Mann ke andar dhundho, Pritam pyara mil jayega
Tum besahara ho toh, Kisi kaa sahara bano
Tum besahara ho toh.

RESOLUTION

THE PLEDGE

We resolve to spread kindness as it brings sunshine into people's lives regardless of the weather.

ASPIRE TO INSPIRE



A discussion about imbibing values from inspirational events of great personalities shall be conducted.

LET'S STEP OUT...



1. Ask children to name amongst them, those who are always helpful.
2. Ask children what makes a person considerate and compassionate.
3. Let children state whom they would like to follow as an example in 'Paropkar' person.

WHAT MORE!!

- Essay Writing
- Debate
- Drawing
- Group Discussion
- Street Play
- Extempore speech
- Eco-friendly painting
- Field project
- Mono acting

AADAT



INTRODUCTION

Habit is something that you do often or regularly, often without thinking about it.

It is a recurrent, often unconscious pattern of behaviors that are acquired through frequent repetition. Over a period of time, the acquired behaviors patterns become HABITS.

The behaviourial patterns can be good or bad. So we have good habits and bad habits. The most important point to know about Habits is that they start developing at a very early stage of one's childhood. Therefore, it becomes crucial to look out for the habits in a child in their formative stage.

Fortunately, the habits can be changed. That is where the role of parents and teachers becomes important.



LIFE SKILL QUESTION'S

1. Why should we have good habits?
2. How do people form habits?
3. Give examples of three good habits?



- “Change might not be fast and it isn't always easy. But with time and effort, almost any habit can be reshaped.” **- Charles Duhigg**

- “Sow a thought, and you reap an act; Sow an act, and you reap a habit; Sow a habit, and you reap a character; Sow a character, and you reap a destiny.” **- Samuel Smiles**

- “A nail is driven out by another nail; habit is overcome by habit. **- Erasmus**

- “If you believe you can change - if you make it a habit - the change becomes real.” **- Charles Duhigg**

- “Nothing so needs reforming as other people's habits.” **- Mark Twain**

तेजस : सर्वाणि मित्राणि! अत्र आगच्छन्तु अत्र अहम् लघ्वी चर्चाम् व्यसने कर्तुमिच्छामि!

Tejas : Friends, come here. I want to discuss a little on habit.

मन्थन : भवतु! किन्तु किमिदं व्यसनम्?

Manthan : Okay, what is habit?

तेजस : यदा किमपि वयं कुर्मः! तेन प्रभाविताः भवामः! प्रतिदिनं कुर्मः! पश्चात् तेन विना न मनसः सुष्ठु स्थितिर्भवेत् तस्य करणेयस्य आवश्यकता भवति! तदा व्यसनं भवति!

Tejas : When we do something, then we are influenced by it. And if we do it every day, then until it is done, we will feel restless. This urge to do something is called done, then it is called habit!

रोनक : आम्! सर्वेषामपि व्यसनं तुं किमपि भवत्येव!

Ronak : Yes everyone has a habit.

रोहित : तस्मात्तु तस्य प्रकाराः अपि भवितव्याः!

Rohit : So there will be different types too.

तेजस : आम्! तस्य प्रकारौ द्वौ भवतः! सद्व्यसनमसद्व्यसनञ्च!

Tejas : Yes, it has two types, good and bad.

रोहित : यथा हि ?

Rohit : For example?

तेजस : पुस्तकपठनम् मानप्रदानादिकानि सद्व्यसनानि!

Tejas : Reading books, giving respect to all, these are good habits.

मन्थन : एवम्! असद्व्यसनानि तु तमाखुपानम् आदीनि भवन्ति

Manthan : And bad habits are tobacco, drinking etc.

तेजस : खलु! तर्हि वयमपि निश्चितुमहे यत् वयमपि सद्व्यसनानि एव सेवामहे!

Tejas : True! So, we also resolve to cultivate good habits!

SANSKRIT SHLOKAS

स्वभावो नोपदेशेन, शक्यतेकर्तु मन्यथा ।
सुतप्तमपि पानीयं, पुनर्गच्छति शीतताम् ॥

It is not possible to change someone's habit just by giving advice. If we heat water it gets hot. But after some time it cools down again.

व्योमनि वासं कुरुते चित्रं निर्माती यत्नतः सलीलम् ।
स्नपयति पवनं सलिलैयर्स्तु खले चरती सत्करम् ॥

The man who greets a malevolent person, he would do agriculture in the sky or does painting in water and painting and bathing the wind with water, that is, the work of people with such idiocy and habit only fails.

POETRY

A FEW GOOD HABITS

A few good habits
Forget none,
Surely will they
Please everyone.

Get up early
And brush your teeth;
Seek bath shower
Sit underneath.

Look at your hands
And at your feet;
Cut your nails well
To keep them neat.

Wear your uniform
Have breakfast;
Go to school first
Don't be the last.

Be happy at school
Learn and play;
Complete your home-work
Everyday.

Obey your Ma'am
Don't tell a lie;
Stand up to answer
Never be shy.

If you follow these
As a rule;
You'll be the best student
Of the school.





MORAL STORIES

1. SATWIKA'S HONESTY

There was a little girl named Satwika. She was ten years old. Once she went to a sweets shop. She bought sweets as told by her mother.

As she was about to leave she noticed that the shop owner was busy in dealing with other customers. She immediately took one Laddu (a nice sweet) from a Laddu plate and went home.

At home, she gave the sweets she bought to her mother. Her mother also noticed the Laddu she has brought. Surprise from where this Laddu had come without her telling to buy one, she asked Satwika "How did you get this Laddu?"

Satwika never lied about anything. So she told her mother the truth that she took the Laddu from the same sweet shop she bought other sweets, when the shop owner was busy with other customers.

After listening to Satwika's words, her mother told her "If you are taking something of another person without their knowing, then it is called stealing. Stealing from others is wrong. God will always be watching you even though the shop owner might not have seen you taking the Laddu. When God sees you do this, he thinks that you are not a good girl. Hence he does not give you good friends and education in your life afterwards".

Satwika was quick to understand her mother's words. She learned that stealing things from others is not a good thing to do. So she decided to give the Laddu back to the shop owner.

She took the Laddu and went to the shop to return it. While giving the Laddu back to him, she explained what she did.

The shop owner was very much happy about her

honesty. He sent her back home by giving some Laddus as gifts.

Moral: One should make the children learn good habits from childhood.

2. BAD HABITS

Once there was a wealthy man who requested an old sage to wean his son away from his bad habits.

The sage took the boy for a stroll through a garden. Stopping suddenly he asked the boy to pull out a tiny plant growing there. The boy held the plant between his thumb and forefinger and pulled it out.



The old man then asked him to pull out a slightly bigger plant. The boy pulled hard and the plant came out, roots and all. "Now pull out that one," said the old man pointing to a bush. The boy had to use all his strength to pull it out.

"Now take this one out", said the old man, indicating a big tree.

The boy grasped the trunk and tried to pull it out. But it would not budge. "It's impossible," said the boy, conceding defeat.

"So it is with bad habits," said the sage. "When they are young it is easy to pull them out but when they take hold, it becomes impossible to uproot them."

This meeting with the old man changed the boy's life.

Moral : Don't wait for bad habits to grow in you, drop them while you have control over it else they will get control you.

3. HABIT - KEY OF SUCCESS

Naresh was in Class VI. He always used to come first in the class. Naresh took an active part in games. There too he stood amongst top players. Many of his classmates were envious of Naresh as he beat them not only in studies but also in games.

Everybody wanted to know the secret behind his success. They started following him wherever he went and whatever he did. After a week all his friends got together. They discussed what they had observed and found out. Naresh got up early in the morning. He prayed for a while. After the daily chores, he sat to study his books. In classroom, he attentively listened to the teacher. In whatever he did, he showed a meticulous approach; including games.

The teacher happened to pass by that very moment. She asked what were discussing was. They told her about what they had observed about Naresh. Teacher then told them that it was the good habits that differentiated him with the rest of the students.

Moral: When we have good habits, they drive us towards success.





You can watch the short film **"AADAT"** on YouTube

BITS OF PAPER

Character -

Radha: A Girl, Rakesh: Radha's brother/ Bhai.
Mohan: Rakesh's friend, Narrator.

Narrator : *The set is of a house. On the wall of this house are two framed photos, one calendar is hanging on the wall. Rakesh is seen sitting on a chair...on the table, scissors are kept along with a bottle of glue. Also old invitation cards, newspapers, used and unused papers are kept on the table. Rakesh is writing something, while Radha enters the room with a glass of water.*

Radha : (Keeps the glass of water on the table.) Sometimes you cut old newspapers, sometimes to make inkpot, aeroplanes, ships and even toys using old papers. What is the use of all this?

Rakesh : (Drinks water, keeps the glass away) We don't understand the worth of paper, don't value it. Now see this (Shows her notebook) see, this notebook... one page is used...next page is left blank...the notebook is full however many pages are blank. I solve mathematics problem on these blank papers. Old and used papers, newspapers can be used to make many useful things.. toys etc. See this (Shows a few art and craft that he had made using old and waste papers and newspapers).

Radha : Wow bhai! Really you made such beautiful things.

Rakesh : Radha, you must have seen people selling colourful wind spinner and flowers in the market.

Radha : Yes Bhai.

Rakesh : All this stuff are made of scrap and waste paper most of the time. However, most of the household discard them as waste.

Radha : Really bhai, you taught me some great things about the usage of old and waste papers. From now on I too will make smart use of these bits of paper.

Narrator : *Radha is seen dancing playfully on the stage. Mohan, Rakesh's friend enter from the other end of the stage.*

Mohan : Rakesh, are you not going to school today?

Rakesh : Have I ever missed school? There is still one hour. No point in leaving early.

Mohan : We can take a walk...look around things before reaching school.

Rakesh : No Mohan... I hate wasting time in vain. Time is very precious.

Mohan : Oh Rakesh! You are so boring. These are the days of playing, enjoying life.

Rakesh : Well I feel exactly opposite Mohan. I feel these are the days when we should work hard and study harder. Once this time passes away, it won't return ever.

Mohan : My friend... we cannot just keep studying all day... We must also spend time going out, meeting people and playing.

Rakesh : You are absolutely right Mohan, but even playing and going out too should not be done every day. I wake up a little before sunrise and go to the nearby park for a stroll after that I also exercise there and then I return back home.

Mohan : I am not habitual of waking up early...though I want to wake up early. I try but in vain.

Rakesh : No you must try...It was my uncle who taught me the important lesson of sleeping early waking up early. So I sleep early... which helps me to rise up

early.

Mohan : Your uncle taught you a good thing Rakesh. In my case, I watch television till 12 am. From tonight itself I will sleep early... and will try to wake up early. Will go out for a stroll too.

Rakesh : Oh... look at the watch...it's time to go to school. We didn't realise how time was running while we were talking. (Picks up his books) Come let's go to school.

Narrator : *Both leave for school.*

Moral: It is always good to assimilate discipline and the habit of proper utilization of things.

---- End ----

ANSWERS OF CROSSWORD :

1. Advising
2. Good
3. Character
4. Act
5. Early
6. Control
7. Reap
8. Future
9. Spiritual

ANSWERS OF SCRAMBLE :

- Custom
- Rule
- Sad
- Prick
- Practise



GAMES

1. PLAY BAD HABITS

Behaviour = Motivation + Trigger + Ability

Behaviour is what you actually do. “Motivation” is the desire to do the behaviour. “Trigger” is the thing that prompts you to do the behaviour. “Ability” is what you have as the means to follow through with the behaviour.

So, when we have motivation, trigger, and ability which is present in games , we can create good habits.

Motivation to play which will be the rigger to play and the ability to play facilitate learning in children because it is through play that children learn behaviour patterns.

How to play bad habits :

Distribute a small piece of white paper (A4 size paper cut into 4 pieces and give each piece to every participant). Each one has to write ONE bad habit (for example - biting fingernails, picking your nose, lying, wasting time on mobile games, getting up late, not brushing teeth in the morning, using bad language, always late in school, etc.) They can write 2 -3 habits without letting others know. Collect all the paper-pieces. Distribute them again randomly. Each student takes it in turn to read out the bad habit on the paper, and then others can try to guess whose bad habit it is. The person whose bad habit it is, will need to acknowledge when the group has guessed it right. He will also have to share how he will come out from this bad habit.

Materials Needed:

A4 size papers - 5 (for 20 participants)

Outcome:

To be honest, relevant, hilarious and be tolerant of others’ reactions and to change our bad habits.

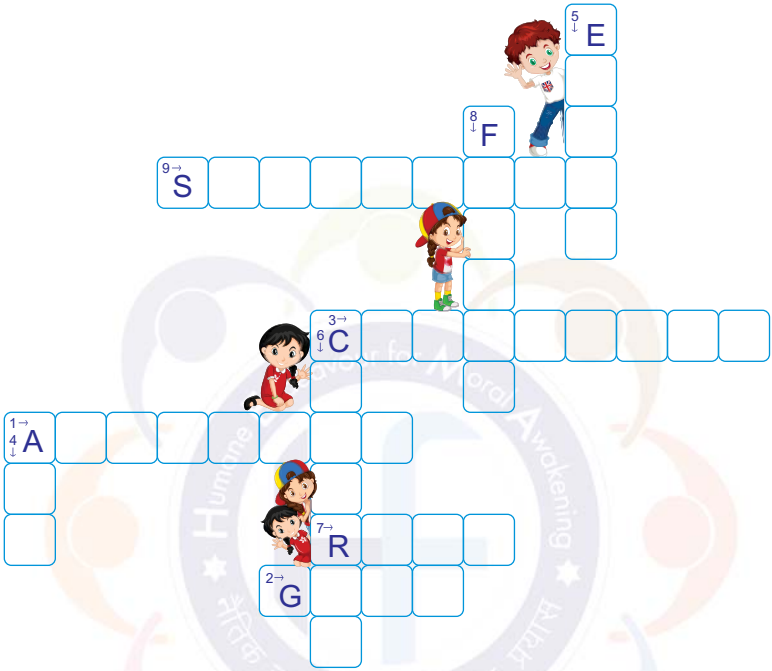
2. CHANGE YOUR BAD HABITS BINGO

This fun activity challenges students to change their bad habits into good habits. The bingo game board can be used as a checklist for students. Health and safety topics covered include: exercise, nutrition, home and personal safety, chores and character education. A review can be done every week on a fixed day. The student will cross out the good habit formed in the previous week. The student who gets five in a row is the winner.

Change Your Bad Habits Bingo

Have fruit for snacks	No fighting	Brush your teeth	Not interrupt someone when they are talking	Not tease anyone badly
Make your bed	Turn off the light once you leave a room	Read for 15 minutes before going to bed	Exercise for 30 minutes	Help mother at home
Did not lie at all in the week	Turn off the water while brushing your teeth		Have vegetables for lunch and dinner	Drink water instead of cold drink
Remember to say 'please' and 'thank you'	Do your chores without complaining	Smile when you see others	Keep your room neat and clean	Packed your own bag
Filled your own water bottle	Wash your hands before every meal	Keep your desk clean	After school, keep your uniform for washing	Got up on your own in the morning

CROSSWORD



Find the answer to the sentence and fill the crossword above. The number of letters of the word has been given as clue.

Questions :

1. It is not possible to change a person's habit by_____ him. (8)
2. Habit can be _____or bad. (4)
3. Sow a habit and you reap a _____ (9)
4. Excellence is not an _____ but a habit. (3)
5. Habit are formed at a very _____ stage. (5)
6. To overcome bad habits you should have self _____ (7)

7. We sow an act we _____ a habit. (4)
8. Habit act as a foundation stone of our _____(6)
9. _____ habit gives spiritual results. (9)



SCRAMBLE

Arrange these jumbled letters to form a word. Pick the encircled letters from the words and form another word. This will give you the missing word in the sentence below.

STOUMC

LUER

ADS

ICKRP

_____ **makes a man perfect.**



PUZZLE

In the puzzle below, you have 12 words which are synonyms for **AADAT.** You will find them in different pattern. One of the words is done for you. Find the rest

Q	E	Y	T	P	D	B	R	A	Z	O	L	S	A	E
D	F	A	F	R	E	E	F	S	F	B	I	U	G	G
Q	G	I	L	K	G	E	G	B	A	Z	K	N	N	H
R	D	S	A	N	V	C	L	W	B	N	A	Z	E	E
W	Q	P	O	S	I	T	I	V	E	H	G	C	X	A
D	V	R	X	Z	U	J	V	S	C	N	R	J	I	L
N	B	I	C	E	X	Z	E	J	E	E	N	W	Q	T
S	Y	S	F	W	Q	B	V	G	G	U	E	R	J	H
M	S	I	Z	C	X	G	N	N	W	H	G	A	S	Y
R	L	D	S	A	B	A	O	X	N	N	E	E	D	E
F	G	J	K	W	H	R	O	V	E	R	C	O	M	E
W	Q	I	R	C	T	D	N	I	E	W	B	O	X	K
G	J	O	P	S	T	H	O	U	G	H	T	D	W	N
P	L	W	I	L	L	P	O	W	E	R	Q	I	K	V

Words

Stronger : They grew up <u>stronger</u> and healthy.
Healthy :
Free :
Box :
Change :
Need :
Willpower :
Positive :
Overcome :
Live :
Life :
Thought :

CASE STUDY



NARAD MUNI

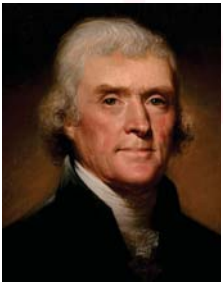
Narada is a Vedic sage, famous in Hindu traditions as a traveling musician and storyteller, who carries news and enlightening wisdom. Once God decided that it was time for Him to descend to earth to set matters right, most lesser Gods came down too as someone or the other to aid and enjoy a ringside view of epochal events. He is also referred to as the king of all sages or rishis, meaning Rishiraj. He was gifted with the boon of knowledge, past, present and future. Once his knowledge became a hindrance in God's designs. He was therefore cursed that although he would tell the truth and warn people, they would never believe him. Narada is depicted carrying a khartal (musical instrument) and tambura with the name Mahathi and is generally regarded as one of the great masters of the ancient musical instrument. This instrument is known by the name "mahathi"which he uses to singing of hymns, prayers and mantras. In the Vaishnavism tradition of Hinduism, he is presented as a sage with devotion to Lord Vishnu. Narada is described as both wise and mischievous in some humorous tales. Vaishnav enthusiasts depict him as a pure, elevated soul who glorifies Vishnu through his devotional songs, singing the names Hari and Narayana, and therein demonstrating bhakti yoga. The Narada Bhakti Sutra is attributed to him. He would usually make his entrance vocally chanting Narayana.



J. R. D. TATA

Jehangir Ratanji Dadabhoy Tata (29 July 1904 – 29 November 1993) was an Indian aviator, entrepreneur, chairman of Tata Group.

Born into the Tata family of India, he was the son of noted businessman Ratanji Dadabhoy Tata and his wife Suzanne Brière. His mother was the first woman in India to drive a car and, in 1929, he became the first licensed pilot in India. He is also best known for being the founder of several industries under the Tata Group, including Tata Consultancy Services, Tata Motors, Titan Industries, Tata Salt, Voltas and Air India. In 1983, he was awarded the French Legion of Honour and in 1955 and 1992, he received two of India's highest civilian awards the Padma Vibhushan and the Bharat Ratna. These honours were bestowed on him for his contributions to Indian industry.



THOMAS JEFFERSON

Thomas Jefferson (April 13, 1743 – July 4, 1826) was an American statesman, diplomat, lawyer, architect, philosopher, and Founding Father who served as the third president of the United States from 1801 to 1809. The principal author of the Declaration of Independence, Jefferson was a proponent of democracy, republicanism, and individual rights, motivating American colonists to break from the Kingdom of Great Britain and form a new nation; he produced formative documents and decisions at both the state and national level.

Although Jefferson is regarded as a leading spokesman for democracy and republicanism in the era of the

Enlightenment, and his famous declaration that "all men are created equal", still holds good. Presidential scholars and historians generally praise Jefferson's public achievements, including his advocacy of religious freedom and tolerance in Virginia. Jefferson continues to rank highly among U. S. presidents.



Humane Endeavour for Moral Awakening
नैतिक जागृति हेतु मानवीय प्रयास

SONG

MOVIE: MARY KOM (2014)

Bas Khud Ki Hi Sunta Baatein

Bas khud ki hi sunta Baatein
Nadaani se hai Naate
Ghurrata aate Jaate
Din ko kehta yeh Raatein
Ho dekhe hai Aankhon mein
Kismat ki aankhein Daale...
hey Hawaa ke kaanon Mein jaake kahe
Kismat piddi hai
(Tum bahut ziddi hai)
Dil ye ziddi hai
Dil ye ziddi hai ziddi hai -2

Manmaani ke oye oye oye
Shehar jaake oye oye oye
Shaitani laata hai Sar pe ye bandh ke
Chhedkhaani ko oye oye oye
Ye samjha ke oye oye oye
Nazron pe chupke se Laata hai pehn ke
Rehta sabse takraate, Yea yea yeah
Apni hi dhun mein Gaate,
Woh oh dekhe hai
Aankhon mein Kismat ki aankhein daale
Hawa ke kaanon
Mein jaake kahe Kismat piddi hai - 2

Ye parchaaiyon se Chhupta yahaan
Oho phir tanhaaiyon Se ladta yahaan
Jo chahta wo hai kiya Apni hi sharton
Pe ye hai jiya Oho ziddi hai ziddi

RESOLUTION

THE PLEDGE

Consciously creating habits, as habits unconsciously dictate our life, and we resolve to create good habits.

ASPIRE TO INSPIRE



A discussion about imbibing values from inspirational events of great personalities shall be conducted.

LET'S STEP OUT...



1. Ask children to write what are good habits
2. Let children write the names of their friends in whom they have observed a particular good habit.
3. Let children write a target date by when they would imbibe a habit into their own self.

WHAT MORE!!

- Essay Writing
- Debate
- Drawing
- Group Discussion
- Street Play
- Extempore speech
- Eco-friendly painting
- Field project
- Mono acting

सफलता के ग्यारह सूत्र

1. **आत्म विश्वास (self confidence):** जब तक व्यक्ति को स्वयं पर विश्वास नहीं होगा तब तक वह कार्य को पूर्ण नहीं कर पाएगा। आत्म विश्वासी व्यक्ति के पास साहस का अक्षय भण्डार होता है।

2. **संकल्प/प्रतिज्ञा (pledge):** संकल्प से आत्म विश्वास को बल मिलता है व कार्यों के प्रति प्रेरणा जागृत होती है।

3. **दृढ़ता (determination):** दृढ़ता से संकल्प शक्ति सबल होती है व कार्य में दक्षता बढ़ती है।

4. **निरंतरता (continuity):** निरंतरता ही दृढ़ता को बनाए रखती है, अतः यह सफलता की सीढ़ी है।

5. **योजना बद्धता (planning oriented):** किसी भी कार्य की योजना बनाकर,पद्धति निर्धारण पश्चात् कार्य प्रारंभ करना ही सफलता की कुंजी है।

6. **आस्था (devotion):** आस्था से कार्य में लगनता रहेगी, श्रद्धा निर्माण होगी, जिससे कार्य का महत्व अपने-आप बढ़ जाता है।

7. **विनम्रता (humility):** विनम्रता ही मानव का अलंकार है, यह अहंकार को भी पराभूत करती है।

8. **धैर्य (patience):** कार्यों में विलम्ब अथवा बाधाएं आती हों तो संयम सहयोगी होगा व संकेत करेगा कि कार्य में ऐसे क्षण भी आते हैं।

9. **श्रेय (credit):** श्रेय देते रहने से उत्साह बढ़ता है व पूरी टीम सक्षमता/दक्षता की ओर अग्रसर होती है।

10. **मैं (I/my self):** मैं से कार्यों में विघ्न की संभावना रहती है तथा अहंकार का भाव निर्मित होता है।

11. **प्रामाणिकता (trustworthy):** सफलता तभी मिलती है जब कार्यों में प्रामाणिकता हो।

-रामेश्वरलाल काबरा

(चेयरमैन - आर आर ग्लोबल)



Swami Vivekananda

- **Take up one idea. Make that one idea your life – think of it, dream of it, live on that idea. Let the brain, muscles, nerves, every part of your body, be full of that idea, and just leave every other idea alone. This is the way to success.**

- **Whatever you think that you will be. if you think yourself weak, weak you will be; if you think yourself strong, strong you will be.**

- **Our duty is to encourage every one in his struggle to live up to his own highest ideas, and strive at the same time to make the ideal as near as possible to the Truth.**

- **The great secret of true success, of true happiness, is this: the man or woman who asks for no return, the perfectly unselfish person, is the most successful.**

HEMA Foundation
Ram Ratna House,Oasis Complex, P. B. Marg, Worli, Mumbai - 400 013. Tel.: 022-2494 9009 / 9142
Extn.: 108 / **Mob:** 72280 01342 / 7710030852 • **E-mail:** admin@hemafoundation.org
Website: www.hemafoundation.org

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