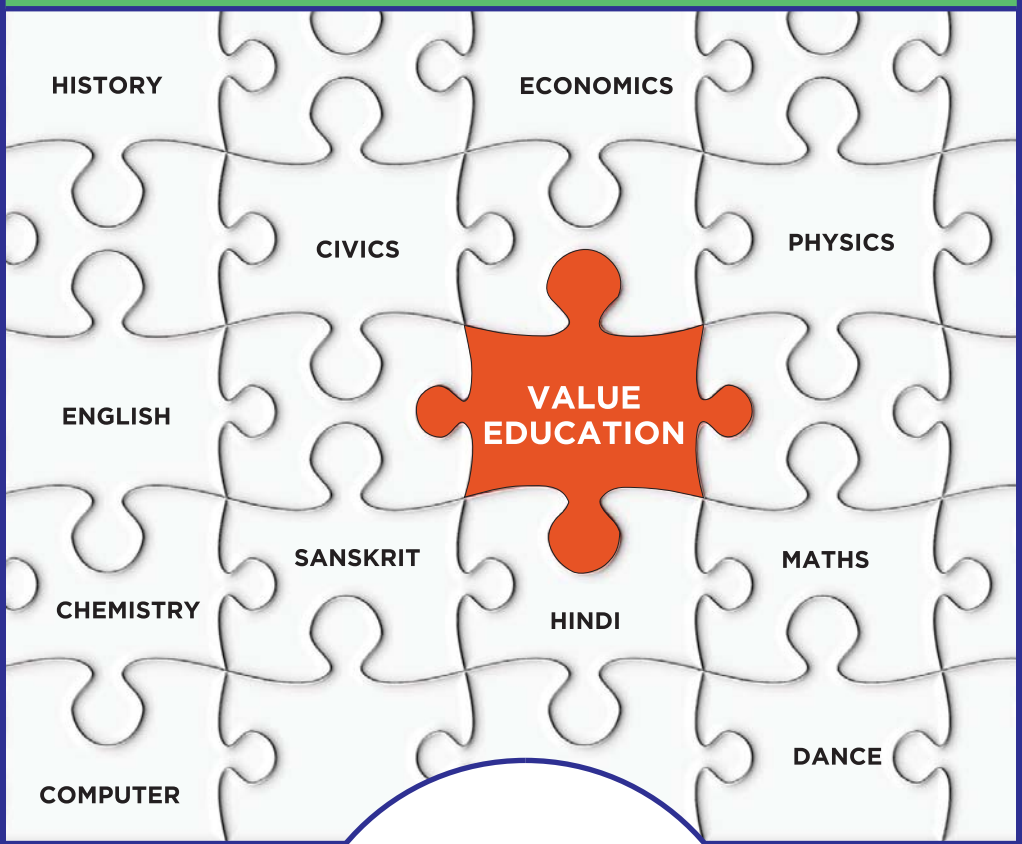
Hem Disha – STD 2

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 2



(A Teacher's Guide Book)

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Mob: 72280 01342 / 7710030852
E-mail: admin@hemafoundation.org
Website: www.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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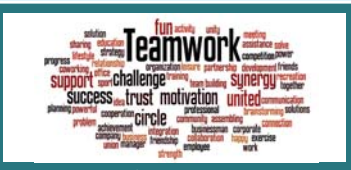


TEAM WORK

VALUE OF TIME



INTRODUCTION

Time is precious and priceless for everyone, so we should never waste time. We should use our time properly in positive manner.

Time is precious. Every moment is important to us in life and hence we must respect the value of time. And we must not waste time. time can destroy a lazy person's life and enhance the life of a hardworking person. Utilizing the time properly, brings happiness and prosperity in one's life. Wasting time, on the contrary, makes one face failures and defeats.

Punctuality, commitment, continuity are the facets of time and it flows like a river without any disturbance. There is a true saying that "If we ruin the time, it ruins us and our life". We should understand the value of time and go ahead with it because time never stays for anyone special.



LIFE SKILL QUESTIONS

1. Are your activities planned in advance, keeping in mind the amount of time that you spend on each?
2. What are the different ways in which people waste time?
3. Can you get back the time which has gone by?

QUOTES

- “Time is the most valuable thing a man can spend.”
  - Theophrastus

- “The key is in not spending time, but in investing it.”
  - Stephen R. Covey

- “When you understand the value of time, the resource and the wealth of time, you will be running away from the crowd.” **- Sunday Adelaja**

- “Time and effort can get you anything you want in the world. But nothing in the world can get you more time.” **- Matt Fox**

- “In youth, there can be a feeling that time moves too slowly. But, as we age, the acceptance that our time is limited prompts the wise to cherish each and every moment.” **- Wayne Gerard Trotman**



SANSKRIT SAMVAD



"आस्पदे मित्रे द्वे स्त: एकः पठति द्वितियश्च सुप्तः "

(There are two friends in the room! One is asleep and another is studying.)

चिन्तन : अये जयदीप! जागृहि! जागृहि! किमर्थम् स्वपिसि? समयमूल्यम् न ज्ञायते वा ?

Cintan : Hey Jaydeep! Wake up! Why are you still sleeping? Don't you know the value of time?

जयदीप : किम्भोः ! किमर्थं मां बाधसे ! मम समय: ! मम प्रश्नः ! ममेच्छा ! अहं किं कुर्याम् ?

Jaideep : What is it? Why are you bothering me? It is my time and I will use it as I wish.

चिन्तन : अरे ! कालस्य गतिः बहु महती अस्ति! सा नैव कस्मैचिदपि प्रतिक्षते क्षणस्यापि मूल्यम् जीवने बहु वर्तते !

Chitan : You know time and tide wait for none. Every single second has value in life

जयदीप : युक्तियुक्तं उच्यते ! यदि अहं सुप्तः सन् तिष्ठामि तर्हि तस्मिन् कालाभ्यन्तरे बहु कार्यं कर्तुम् शक्नुयाम् !

Jaideep : It is a tactical thing. The time spent on sleeping can be used for doing a lot of things.

चिन्तन : ह्म... अवगतम् ! समय: अस्माकं कृते मूल्यवान् यदि तस्य उपयोगः सम्यगरित्या क्रियते तर्हि जीवन साफ़ल्यमस्माकम्

Chintan : Hmm.. now you get it! Time is very valuable. If we use it well then our life will be successful.



SANSKRIT SHLOKAS

म्रियमाणं मृतं बन्धुं , शोचन्ते परिदेविनः !
आत्मनं नानु शोचन्ति कालेन कवली कृतम् !!

Those who do usually mourn, do so for the dead; but never or seldom mourn for one's own time which gets lost.

इदमद्य करिष्यामि श्वः कर्तास्मि इति वादिनम् !
कालो हरति संप्राप्तो, नदीवेग इव द्रुमम् !!

As the velocity of the river carries trees, same way time takes away a person who says "I will do this today or I will do this tomorrow".

POETRY

TIME

Time is precious don't let it pass by
For once its gone, there's nothing but to cry.

So be strong and hold some
Give some and take some.

Time is water, don't let it dry
For once its gone, there's nothing but to cry.

So be quick and keep some
Use some and gain some.

Time is money don't let it fly
For once it's gone, there's nothing but to cry.

So be wise and grasp some
Give some and gain some .

Time is precious don't let it pass by
For once it's gone, there's nothing but to cry.



MORAL STORIES

1. A GREAT CAREER...

One person worked long and hard for making a great career. One day he decided to rest from the work and to live in luxury for his pleasure, which he could afford because of his wealth. Just when he made this decision, an angel of death came to him. Being a very wealthy person, he decided to buy some more time from the angel of death at any cost. He bargained for a long time but the angel was unmoved. Desperate, the rich man made the last proposal to the angel: "Give me just one hour of my life, so that I could admire the beauty of this earth for the last time and spend some time with my family and friends whom I haven't seen for a long time, and I will give you all of my wealth." But the angel refused again. Finally, the man asked if the angel could give him at least one minute so that he could write a goodbye note. His wish was granted and he wrote a note: "Spend your time, which was given to you, in the right way. I couldn't buy even an hour of life with all of my wealth. Listen to your heart and check if the things surrounding you have a true value. Cherish every minute of your life."

2. IMPORTANCE OF TIME

A young man learns what's most important in life from the guy next door. It had been some time since Jack had seen the old man.

College, girls, career, and life itself got in the way. In fact, Jack moved clear across the country in pursuit of his dreams. In the rush of his busy life, Jack had little time to think about the past and often no time to spend with his

wife and son. He was working on his future, and nothing could stop him.

Over the phone, his mother told him, 'Mr. Belser died last night. The funeral is on Wednesday.' Memories flashed through his mind like an old newsreel as he sat quietly remembering his childhood days.

'Jack, did you hear me?'

'Oh sorry, Mom. Yes, I heard you. It's been so long since I thought of him. I'm sorry, but I honestly thought he died years ago,' Jack said.

'Well, he didn't forget you. Every time I saw him he'd ask how you were doing. He'd reminisce about the many days you spent over 'his side of the fence' as he put it him,' Mom told him.

'I loved that old house he lived in,' Jack said.

'You know, Jack, after your father died, Mr. Belser stepped in to make sure you had a man's influence in your life,' she said.

'He's the one who taught me carpentry,' he said. 'I wouldn't be in this business if it weren't for him. He spent a lot of time teaching me things he thought were important...Mom, I'll be there for the funeral,' Jack said.

As busy as he was, he kept his word. Jack caught the next flight to his hometown. Mr. Belser's funeral was small and uneventful. He had no children of his own, and most of his relatives had passed away.

The night before he had to return home, Jack and his Mom stopped by to see the old house next door one more time.

Standing in the doorway, Jack paused for a moment.

It was like crossing over into another dimension, a leap through space and time.

The house was exactly as he remembered. Every step held memories.

Every picture, every piece of furniture....Jack stopped suddenly.

'What's wrong, Jack?' his Mom asked.

'The box is gone,' he said.

'What box?' Mom asked.

'There was a small gold box that he kept locked on top of his desk.

I must have asked him a thousand times what was inside. All he'd ever tell me was 'the thing I value most,' Jack said.

It was gone. Everything about the house was exactly how Jack remembered it, except for the box. He figured someone from the Belser family had taken it.

'Now I'll never know what was so valuable to him,'

Jack said. 'I better get some sleep. I have an early flight home, Mom.'

It had been about two weeks since Mr. Belser died.

Returning home from work one day Jack discovered a note in his mailbox. 'Signature required on a package. No one at home. Please stop by the main post office within the next three days,' the note read.

Early the next day Jack retrieved the package. The small box was old and looked like it had been mailed a hundred years ago. The handwriting was difficult to read, but the return address caught his attention.

'Mr. Harold Belser' it read.

Jack took the box out to his car and ripped open the package. There inside was the gold box and an envelope. Jack's hands shook as he read the note inside.

'Upon my death, please forward this box and its contents to Jack Bennett. It's the thing I valued most in my life.' A small key was taped to the letter. His heart racing, as tears filling his eyes, Jack carefully unlocked the box. There inside he found a beautiful gold pocket watch.

Running his fingers slowly over the finely etched casing, he unlatched the cover.

Inside he found these words engraved:

'Jack, Thanks for your time! -Harold Belser.'

'The thing he valued most...was...my time.'

Jack held the watch for a few minutes, then called his office and cleared his appointments for the next two days.

'Why?' Janet, his assistant asked.

'I need some time to spend with my son,' he said.

'Oh, by the way, Janet...thanks for your time!'

'Life is not measured by the number of breaths we take but by the moments that take our breath away,' .



3. RESPECT TIME

Rahi and Rohit, sister and brother respectively, with a gap of two years between them. Both of them studied in very prestigious school and lived in the city of Mumbai with their parents. Both of them loved their grandparents and it was the time of the year when their grandparents visited them for fortnight. But this time both children had their exam schedule clashing with the visit of their grandparents. So their mother was always pressurising them for studies with studies and she told them they should finish up with exam preparations before their grandparents visit because then they would be busy playing and chatting with them. She knew how children were fond of grandparents and so she was worried that they finish up their syllabus before the visit. Children had no other option but to obey their mother's order. She cancelled their daily playtime and alloted evenings for revision of the lesson they learnt the previous day. Children were very upset and tried arguing with her but in vain.

Days passed by and finally the day for which children awaited was here. Their grandparents had arrived. Also there were few weeks left for exams so it was the last minute studies that was scheduled for them by their mother. As presumed by their mother, children spent their

entire days talking and moving around with their grandparents. This way they passed their entire week and now only last few days were left for their exams to start. But one night health of their grandfather deteriorated. And he was admitted to hospital that very night. Doctors said that it was emergency case and if they had been little late then there was danger to grandfather's life.

Entire family was now busy looking after him and children were worried and could not concentrate on their studies because of regular visits of hospital and all that was going on in their home. Finally it was the day of exam and children appeared in their exams without studying for the last week.

Their grandfather was released from the hospital and was doing fine. His health had recovered and now there was nothing to worry about. Children were also done with exams and it was vacation time. Grandfather stayed at their place for 15 days more as no one allowed him to go. Normally he would stay for 15 days in a year but this time he stayed a little longer and added 15 days more to his trip and all of them went to nearby hill station and famous shrine to spend the rest of the vacation. Grandfather thanked his son and daughter-in-law for the care they had taken and he said that he had learnt that one should never be late in showing gratitude and love because one never knows if he will ever again get a chance to do so. Those extended 15 days became memorable days for entire family. Grandfather went back to his village and children resumed their school.

Today, it was parents-teacher's meeting and result of the exam was to be announced. Both children and their parents were worried as they knew in what condition children had appeared for exams. Results were announced and children with baited breath read their result and they could not believe their eyes. Both children had passed with distinction. Both of them hugged their parents and all of them went out for lunch as a treat for results. Children realised that it was because of their mother's foresight that they could pass their exams so well. It was because they

had utilised the time they had on their hand before grandparent's visit that they could still manage to pass exams even though they could not study in last week before exams.

Moral- Children learned importance of time.





You can watch the short film **"VALUE OF TIME"** on YouTube

TIME AND TIDE WAIT FOR NONE

Character -

Father: Papa, Mother: Maa, Sheela: Raju's Sister / Didi

Raju: A class ten student, Teacher: Raju's teacher

Gopal: Raju's friend, Newspaper Vendor, Narrator

Narrator : *Curtain Rises on the stage... Raju is seen sitting on his chair and studying for his exam.*

Sheela : (Enters the room) Raju, it's too late you must go to sleep now. Wake up early in the morning and complete the remaining revision.

Raju : Didi, it's my exam tomorrow and I have to solve many math problems. I can no way go off to bed at this moment.

Sheela : Raju don't you know, keeping awake till late night and not getting proper sleep can make you feel sick. Also, what is the point in stressing yourself just a night before your exam?

Raju : But Didi, I study the entire year, still I wish to revise before the exam. I have to work harder during the exams.

Narrator : *Suddenly, Mother shouts from another room.*

Mother : Sheela... let him concentrate please, he has to appear for his exam tomorrow.

Raju : Didi, did you hear what maa just said. Now you go and let me study.

Sheela : Fine, I'll go for now. But you better go to sleep after an hour... Ok, Raju.

Raju : Got it, Didi, now you go.

Narrator : *Sheela leaves the room and lights on the stage goes off... after a few seconds... lights start*

getting bright. On stage, Raju's father is seen sitting on the couch. Suddenly a newspaper vendor shout from outside.

Newspaper Vendor: Breaking news...breaking news... Government initiates a year-long celebration of Mahatma Gandhi's 125th birth anniversary and around 5000 students will be performing Yoga on this occasion. Results of class X announced. Breaking news... breaking news.

Father : Raju, go and get the newspaper from outside, your results have been announced. Let's check it.

Narrator: *Raju quickly gets the newspaper.*

Raju : Papa please check my results.

Father : Ok, Hand me the newspaper. Raju you have passed, but with second class. (Raju gets upset)

Raju : Papa, but I studied hard, spent sleepless nights completing my revision. How can I get second class marks? (Raju's mother enters the room)

Father : Please come Raju's mother, Raju passed in is class X examination.

Mother : Well-done my son. My son never fails in any exam.

Father : But what's the point of passing with a second class even after studying day and night. Anyone can score second class marks nowadays.

Mother : Now don't be unfair to him, even though he has passed, you are upset.

Father : You just want to advocate everything your son does.

Mother : That's no advocating, nowadays neither study is done systematically nor lessons are conducted properly. Above that examiners have become very stringent in awarding marks.

Father : Saying this is unfair to the teachers Raju's mother. A teacher will never do anything wrong with his/her students. It is also a student's responsibility to manage time systematically

between eating...sleeping... and studying. (Meanwhile, Raju's friend Gopal enters with a box of sweets.)

Gopal : Hello Uncle. Uncle and aunty, please have sweets and please give your blessings and wish me luck for the future. Raju, you too have some sweets.

Mother : Wow, Gopal you distributing sweets, you must have passed with a pass class...right.

Gopal : Oh no Aunty, not pass class, I passed with first-class marks. Also, I scored 90% marks in Hindi and Maths.

Mother : Your father must have enrolled you in some coaching class, which must have helped you in scoring first class mark... right?

Gopal : Absolutely not Aunty, I was never enrolled in any coaching class. There was no need. Teachers in our school are very good.

Mother : Then you must be knowing some teacher personally. So then.....

Father : (Raju's father interrupts his mother) Enough of all this now. You don't understand anything and you just keep blabbering.

Mother : So, now you think I am wrong.

Father : I haven't said you are wrong. Why don't you ask Gopal, how he studied for his board exams?

Mother : So now you telling me that our Raju doesn't know how to study for the exam. If you don't know he has burnt the midnight oil for the exam.

Father : (Laughs) This is where he reached.

Mother : Great! So now studying day and night is bad according to you? (Meanwhile, Raju's teacher enters the house)

Father : Oh Great, please come in sir, Namaskar. You have come at the right time.

Teacher : Oh, and what makes the time of my arrival right?

Father : Raju's mom says that Raju has burnt the midnight oil and spend sleepless nights studying for his

board exams, still he scored low marks.

Teacher : Oh, so this is the issue. Well, Raju is good in studies, but, ...

Mother : (Raju's mother interrupts) I say my son is not at all weak in studies.

Father : Please allow the teacher to speak. So, what were you saying sir?

Teacher : It is true, that Raju is not at all weak in studies. However, it is not possible to cover the entire year's portion spending sleepless nights just before exam time.

Father : Did you hear that, Raju's mother.

Mother : Let the teacher speak.

Teacher : (Laughs) Whatever students are taught in class, must be revised and practised by them every evening. At least three hours of studying / revision every evening will suffice. And around two hours of revision before going to school. One can complete the entire year's portion that way.

Father : You are absolutely right sir.

Mother : How would this help students?

Teacher : This will help students in a big way. Firstly, students will not get overburdened during the time of the exam. Secondly, if kids revise whatever is taught in class the same day, they remember it well by heart.

Mother : This means kids must keep studying all day and not have play time or free time.

Teacher : No sister, that's not what I meant. Playing and exercise etc. along with studies are all very vital for students. There is a one-hour period for playtime and physical education in school. Further kids can finish their reading, revision and then go out to play.

Father : I agree. You are absolutely right sir, those kids who dedicate equal amount of time each day for studying and revising all that was taught in class,

they don't have stress during the exam.

Teacher : Ok then, I will take leave. Namaskar.

Mother : I have understood all that the teacher explained very well.

Father : Now whatever has happened cannot be undone. From this year onwards, we will encourage Raju to study regularly each day.

Mother : I will keep in mind; what the teacher explained and will follow that.

Sheela : Papa, Maa food is ready. Please come in.

Father : Come, let's all eat together.

(Curtain falls)

Moral: It's better to do study now rather than later because time never waits for anyone.

----End----

ANSWERS OF CROSSWORD :

1. Back	2. Precious	3. Manage	4. Tide
5. Punctual	6. Wasted	7. Progress	8. Hour

ANSWERS OF SCRAMBLE :

• Priorities • Manage • System • Goals

Memories



GAMES

1. DAY RHYTHM

Waste time and the time chart will tell!

Material: Notebook and pencil

How to play: In the notebook, ask the students to list out the number of things that he/she does every day — brushing teeth, bathing, changing clothes, packing school bag, eating food, travelling, going to school, sleeping, doing homework and so on. Let the child denote a timeline for each.

Example: brush teeth – 10 minutes, bath – 10 minutes, drink milk – 5 minutes, and so on.

Check with your students that they have completed the tasks properly. Now help them in adding the total time taken for all the tasks.

This will make them realise how they have only 24 hours in a day, but their activities are going beyond 24 hours or they have lots of time left in their hand. Now for every activity, have a discussion on the right timeline that should be given to the listed activities.

Outcome: The student realises the importance of time and how unknowingly we wile away our time for nothing. This will teach them to prioritise their tasks for their daily activities and will learn to stick to a schedule.

2. THE MAYO JAR

The mayo jar activity demonstrates the importance of doing the most important tasks first.

Material: A mayo jar or a big jar, big stones, pebbles, sand,

water, small bottles.

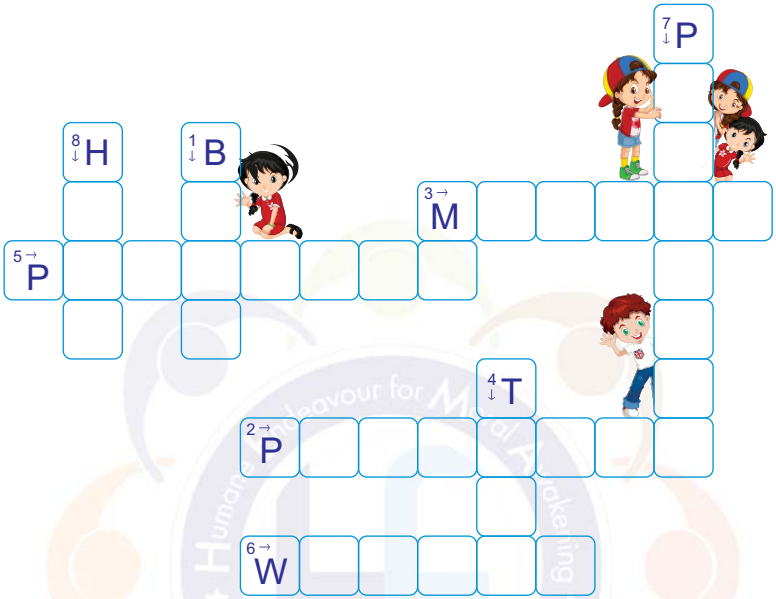
The teacher stands with an empty jar, fills it to the top with big stones and asks if it's full. The children say "yes." Yet he/she still manages to fill the jar with more stuff — first pebbles, then sand, even a bottle or two!

Depending on which objects you put in first determines how much of the other items you can put in afterward. If you put sand in first, nothing else will fit (except some water), but if you start with the big stones (our most important tasks) and go down, you can fit some of everything in.

The stones are the important things – your family, your grandparents, your relatives, your friends, your health, your school – things that if everything else was lost and only they remained, your life would still be full. The pebbles are the other things that matter – your clothes, your toys. The sand is everything else, the small stuff – your favourite watch, video games, your favourite chocolate, ice- cream.

The teacher then explains that if we put the sand into the jar first, there is no room for the pebbles or the rocks. The same goes for our life. If we spend all our time and energy on the small stuff, we will never have room for the things that are important to us. Pay attention to the things that are important to our happiness. Spend time with your grandparents, your parents. There will always be time to play with toys, eat chocolate ....

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. Time once gone never comes _____. (4)
2. Time is most _____ and cannot be bought. (8)
3. Until we learn to manage time we cannot _____ anything. (6)
4. Time and_____waits for none. (4)
5. To be on time is called_____. (8)
6. _____time never returns. (6)
7. Don't waste time on activities which do not contribute to our _____. (8)
8. Each second, minute or _____ that passes is lost forever. (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.

RIESITOIRP



EGAMAN



SESYTM



LSGOA



Time flies, but _____ lasts forever.



PUZZLE

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

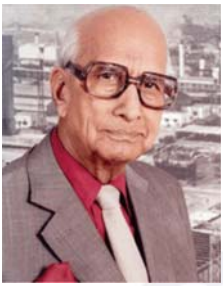
T	S	P	E	C	I	F	I	C	D	S	U	Y	Q	O
Z	Y	R	N	B	V	E	R	F	O	C	U	S	I	J
A	Q	I	V	E	T	Y	Q	M	A	N	A	G	E	H
W	G	O	A	L	S	R	A	G	C	N	C	H	A	S
M	U	R	Z	X	I	L	O	Q	T	C	I	E	A	P
E	E	I	U	O	A	S	S	K	I	L	L	S	R	R
T	A	T	A	S	K	S	E	T	V	C	H	X	Z	N
H	D	I	A	G	X	M	A	O	I	S	S	Z	O	K
O	K	E	R	F	O	R	C	O	T	N	C	G	O	L
D	L	S	C	H	E	D	U	L	I	N	G	N	B	K
L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

Words

Tools : All people would have tools to make them more productive.

Scheduling :
Priorities :
Tasks :
Activities :
Conscious :
Skills :
Manage :
Specific :
System :
Goals :
Planning :
Method :

CASE STUDY



GHANSHYAM DAS BIRLA

Ghanshyam Das Birla was the Founder of Birla Brothers Limited, a leading producer of tea, textiles, cement, chemicals, rayon, steel tubes, among others. He laid the foundation for what later became a billion-dollar empire. A close associate of Mahatma Gandhi, he was advised by him on several matters. Birla founded several educational institutions, including the prestigious Birla Institute of Technology and Sciences (BITS) in his hometown, Pilani, which is now one of the leading engineering institutions in India. He was the Founder of the Federation of Indian Chambers of Commerce and Industry (FICCI). He was awarded the Padma Vibhushan, India's second highest civilian award, in 1957.

He was very active in politics and dedicated a lot of his time and energy to Gandhi's Khadi movement.

He was a nationalist businessman who started from scratch and built a huge business empire in less than 20 years. Specially G D Birla known for his time punctuality.

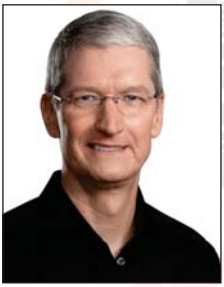


NARENDRA MODI

From selling tea to becoming the Prime Minister of India, Narendra Modi's journey has been nothing short of an inspiring journey.Narendra Modi's optimistic nature and challenging capabilities have led to an impact on our nation.

Prime Minister Narendra Modi sleeps for four hours and makes his first call to officers at 5am and this lasts around midnight. Works on weekends and expects his team to work as well. prime minister emphasized the need for those in high office to be punctual.

“Union ministers should everyday come to office on time that is 9.30 am while they should also maintain the highest standard of personal conduct. The prime minister has consistently emphasized these values, which he himself practices. He is a man of his words and has kept his promises. He is a Prime Minister who cares for everyone, be it the youth, the middle-aged, or even the aged. He really is a hero.



TIMOTHY DONALD COOK

Timothy Donald Cook (born November 1, 1960) is an American business executive and industrial engineer. Cook is the chief executive officer of Apple Inc., and previously served as the company's chief operating officer under its Co-founder Steve Jobs.

Cook joined Apple in March 1998 as a senior vice president for worldwide operations.

As Apple Inc. CEO, Cook regularly begins sending emails at 4:30 a.m. and previously held Sunday-night staff meetings by telephone to prepare for the next week. Cook shared in May 2013 that his leadership focused on people punctuality, strategy, and execution; he explained, "If you get those three right the world is a great place."

SONG

MOVIE: CHACHI 420 (1997)

Dauda dauda bhaga bhaga sa

Dauda dauda bhaga bhaga sa – 6
Wakt yeh sakht hai thoda thoda sa
Dauda dauda bhaga bhaga sa

Wakt yeh sakht hai thoda thoda
Chhuta khake din gira rat ne utha liya
Hath panv ponch key taakht pe bitha diya
Chhuta khake din gira rat ne utha liya
Hath panv ponch key takht pe bitha diya
Chand kaa chirag hai khuntiyo pe
Khuntiyo pe tanga tanga sa
Khuntiyo pe tanga tanga sa

Thoda thoda manga manga sa
Thoda thoda manga manga sa
Tika tika tik suiyan ghadi ki rukati hi nahi
Rassiyan yeh wakt ki gale se khulati hi nahi
Tika tika tik suiyan ghadi ki rukati hi nahi
Rassiyan yeh wakt ki gale se khulati hi nahi
Jism kaa libas hai chira chira sa
Chira chira dhaga dhaga sa
Chira chira dhaga dhaga sa

Thoda thoda manga manga sa
Thoda thoda manga manga sa
Wakt yeh sakht hai thoda thoda.

RESOLUTION

THE PLEDGE

Time is precious. We resolve to make priorities of our daily life and utilise the 24 hours with planning.

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 value of one day/one hour/one minute/one second.
2. Ask children to write names of people who are never late.
3. Ask children to find out most punctual people in the world.

WHAT MORE!!

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

SWACHHTA



INTRODUCTION

A small step from the end of every Indian citizen can be a big step for fulfilling the purpose of the Narendra Modi's 'Clean India' campaign. We should teach the purpose and importance of cleanliness in our daily lives to our kids.

Cleanliness is not a work which we should do forcefully. It is a good habit and healthy way of our healthy life. All type of cleanliness is very necessary for our good health whether it is personal cleanliness, surrounding cleanliness, environment cleanliness, pet animal cleanliness or work place cleanliness (like school, college, office, etc). We all should be highly aware about how to maintain cleanliness in our daily lives. It is very simple to include cleanliness in our habit. We should never compromise with cleanliness, it is as necessary as food and water for us. It should be practiced from the childhood which can only be initiated by each parent as a first and foremost responsibility.



LIFE SKILL QUESTIONS

1. What do you mean by cleanliness?
2. If we want cleanliness, what should we do?
3. If we want cleanliness, what should you not do?



- "The objective of cleaning is not just to clean, but to feel happiness living within that environment."
  - Marie Kondo

- "Better keep yourself clean and bright; you are the window through which you must see the world."
  - George Bernard Shaw

- "Cleanliness may be defined to be the emblem of purity of mind." **- Joseph Addison**

- "Cleanliness is not next to Godliness nowadays, for cleanliness is made an essential and Godliness is regarded as an offence." **- Gilbert K. Chesterton**

- "Cleanliness is the hallmark of perfect standards and the best quality inspector is the conscience."
  - J. R. D. Tata

आशीष : आगछन्तु मित्राणि ! अध्य वयं अस्माकं विस्तारस्य स्वच्छता कूर्मः !

Ashish : Come friends. Today we will clean our beds.

अजय : किन्तु आशिषः ! स्वच्छतायाः महत्वं किम् ? न कोऽपि अत्र करोति तर्हि वयं कथं कुर्याम ? तेषां निरर्थिकी सेवाम् !

Ajay : But Ashish, why is cleanliness important? No one follows cleanliness here, so why should we do fruitless service?

आशीष : कोऽपि जनः अत्र स्वच्छतायां स्वध्यानं न ददाति तर्हि एव अत्र रोगाः बहवः भवन्ति !अस्माकं विस्तारे बहवोऽपि जनाः रोगग्रस्ताः सन्ति स्वच्छतया एव अस्माकं जीवनं निर्मलं जीवनं स्यात् ! तर्हि समाजजना: सन्त वयमेव तत्करिष्यामः !

Ashish : No one pays attention to cleanliness here. That is the reason why there are so many diseases and we may get sick. If we live with cleanliness and hygiene, then we will be healthy. As a society, we have to take the responsibility.

अजय : तर्हि स्वच्छतायाः आरोग्येन सह योजनम् अस्ति ! एवम् ?

Ajay : It means that cleanliness and health goes hand-in-hand. Is it?

आशीष : आम् ! आरोग्येन सह तु अस्ति किन्तु अस्माकं स्वभिमानं अस्माकं व्यक्तित्वस्य परिचायकम् तथा च अस्माकं संस्कृते: अपि परिचयकम् अपि स्वच्छत्वम् एव अस्ति !

Ashish : Yes. Cleanliness is not only good for health, it is also indicative of self-respect, one's personality and values.

अजय : आम् ! चेदेयं स्वच्छता आवश्यकी

Ajay : Yes. Well then cleanliness is necessary.

आशीष : आम् ! अस्माकं स्वच्छता अस्माकं मदना

Ashish : Yes. Our cleanliness is our pride.

SANSKRIT SHLOKAS

सर्वेषामेव शौचानामर्थशौचं परं स्मृतम् ।
योऽर्थे शुचिर्हि स शुचिर्न मृद्वारिशुचिः शुचिः॥

There is lot of difference between the thoughts of the ordinary and the extraordinary. Just like the difference between water and holy water

अद्भिर्गात्राणि शुद्ध्यन्ति मनः सत्येन शुध्यति ।
विद्यातपोभ्यां भूतात्मा बुद्धिर्ज्ञानेन शुद्ध्यति ॥

The body is purified with water. The purification of the mind comes from true speech and is Path to purity of the soul. Cleanliness of the intellect comes from knowledge.



POETRY

CLEAN INDIA

Let good sanitation be a part of our education,
Indulge not in littering and public defecation.
If cleanliness is really next to Godliness,
Then let cleanliness be our main business.
If future generations are to a clean India witness,
Then much needed now is spreading of awareness.
Tourists come to India wise, wealthy and healthy;
Let us not send them back sick, upset and filthy!
India's honour, pride and image - to maintain,
Roll on a war footing Swachh Bharat Campaign!
Clean India is not just a Great Idea!
Clean India means a Healthy India!



MORAL STORIES

1. THE KING IS MISSING

There was once a boy whose parents were the custodians of an impressive old castle. The palace was full of old paintings, arms and armour. One day, the boy noticed something strange about one of the main paintings. Normally, it showed one of the old Kings, with sceptre in hand, standing next to his son and some members of the court. But the King had disappeared from the painting.

The boy was very worried by this, and he thought he must have made some mistake; but a while later he walked past the painting once more, and noticed that the sceptre had been left there by the King, and was leaning over. The boy was intrigued. Even more so when, soon after, he saw that the angle of the sceptre had increased. At that rate, in a few hours it would end up hitting the Prince on the head. So the boy started looking throughout the castle for the missing King.

Finally, he found him in one of the castle's bathrooms, quietly enjoying a wonderful bubble bath in the biggest bathtub in the whole building. The boy was speechless. On seeing his shock, the King explained to him that he had spent years and years hanging on the walls of that castle, and no one had cleaned the dust off him; not even once. He had gotten so dirty that he couldn't stand it a second more, and had to run off to get a bath.

When the boy had recovered from the surprise, he respectfully explained to the King what was about to happen with the sceptre and the Prince. The King hurried out of the bath, to return to his place in the painting, thanking the boy for the warning, and begging him to ask his parents to clean the paintings every now and again.

But the boy didn't need to ask his parents. From that day on, he himself cleaned and cared for all the paintings and

sculptures in that castle, making sure that none of the figures would ever again have to escape to have a good bath.

2. CLEANLINESS IS NEXT TO GODLINESS

Once upon a time there was a boy named Roy, he was very good at sports in school and used to play for school team. Roy's mother was very proud of him but she was only worried about one habit of his - staying dirty. Even though after reminding several times, Roy never bothered to brush teeth twice, take bath and wear clean clothes. He just used to pick whatever he saw first and wear it, even though he had worn it yesterday and played in it.

Today was a big day for Roy as cricket team selection committee was coming to select team for state level from their school. Roy had practiced late yesterday so got up a bit late in the morning. As soon as he got up he rushed to school in the same clothes, he was practicing yesterday and had slept. He did not even update his mother. He just ran out of the house rushing to school. His mother kept calling from behind but he did not listen.

He reached on time to join the line that was made to pick the teams. Roy's turn came and as scheduled like others he started giving his introduction explaining his experience around cricket he had played. Roy's sports teacher started praising him in front of selection committee. Roy was really feeling proud and sure that he will be selected. The committee was moving selected students in the right and others to left, they moved Roy to the left. He was shocked and could not believe the decision.

Storming towards the committee he questioned, "There is a mistake, I am the best in team here Sir!"

One of the members calmly replied, "A person who does not respect the importance of the game and dress

accordingly, cannot be part of our team. Cricket is a gentleman's game and a gentleman is always clean and presentable".

Roy stood there speechless, learning the lesson for his life.



3. KEVIN AND THE FOOTBALL

One day Kevin took his football outside and called to his friend, "Come and we can go and play with this ball down on the field." They played there happily for a long time. Then Kevin gave a big kick and the ball went high into the air and landed in a big puddle. This was a very dirty puddle because the water came from the rubbish dump. Kevin just went in and took up the ball and gave it a kick or two. Then because his hands were wet and dirty, he wiped them on his trousers. Just then his friend said, "You know, I'm very hungry. I'm sure it is lunch time." "Yes," said Kevin. "I'm also very hungry. Let's go home." He picked up his ball and off they ran.

When Kevin got home, he rushed into the kitchen. His mother said, "Gosh, where have you been? You are very late, and we have already eaten, but I didn't forget you and have put some sandwiches for you in this lunch box." Kevin grabbed the sandwiches and went outside to eat them. Her mother rushed outside. "Goodness you are dirty! Did you wash your hands before you ate your sandwiches?" "Oh, I forgot," said Kevin.

During the night Kevin began to feel sick. He had a stomach-ache and then he began to vomit. Oh, he was so sick! His mother tried to help him and by morning he was feeling a bit better, but weak. Mother said, "You know that I have told you again, and again how important it is to keep clean. I am sure you were sick because your hands were filthy when you ate your sandwiches yesterday. I hope that

you have learnt a lesson. Wash your hands before you eat especially when you have been playing outside."





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

ANSWERS OF CROSSWORD :

1. Healthy	2. Clean India	3. Dustbin	4. Godliness
5. Diseases	6. Freshness	7. Clean	8. Hygiene

ANSWERS OF SCRAMBLE :

• Hygiene • Clarity • Tidiness • Clean
Cleanliness

CLASSROOM CLEANLINESS

Character -

Teacher, Rahul: Student, Radhika: Student, Bhairavi: Student, Principal, Narrator

Narrator: *The scene is in A classroom, students are all standing here and there chatting with each other... making noise. The teacher enters the classroom.*

Teacher : (As soon as she enters) Shhhh... (signals the students to settle down quietly) Please be silent and maintain decorum in the classroom. Everyone take seats quickly. (Looks down) My God, who has thrown this trash here?

Bhairavi : None of us has done this teacher (Points out at the ceiling)

Teacher : (Looks at the ceiling) Oh, there is a nest over here. Whose nest is it?

Rahul : Teacher it is not ours.

Teacher : I am aware of that.

Radhika : It's a bird's nest, teacher.

Teacher : Of course it is a bird's nest... I know that. What I meant was which bird built this nest. Anyway doesn't matter. But everyday trash would keep falling in the classroom from the bird's nest. We'll have to get it removed from the classroom.

Rahul : The school sweeper will clean it.

Bhairavi : Yes teacher, please don't get the nest removed... the sweeper cleans the classroom every day.

Teacher : Sweeper would clean the classroom only in the morning... what about later in the day. The trash

falling from the nest will remain there till the next morning. If you the students are not willing to get the nest removed from the classroom's ceiling, then you'll will all have to clean the classroom.

Bhairavi : We? But we are no sweepers teacher.

Radhika : So what's wrong in that? Keeping our classroom clean and hygienic is our responsibility too. We will clean the trash falling from the nest. But please teacher please don't get the nest removed.... The bird must have laid eggs in that nest...they will die.

Teacher : So then who will take the responsibility of keeping the classroom clean?

Bhairavi : Me and my friends (Look around her) So what do say? We will do this right? (A group of few girls and boys) Yes, teacher, we will take responsibility for this task.

Narrator: *Another group in the class: We will not clean the classroom.*

Bhairavi : Teacher, you don't worry. We will ensure that the classroom is clean.

Teacher : Ok fine. Now everyone open your books.

Narrator: *Bhairavi and her friends reach the school before time and ensure that the classroom is clean. They clean it themselves. After two months, the eggs hatch and the birds fly away. The empty nest too fell off. However, the students continue their cleaning of classroom daily. One day principal of the school passes by that class and spots students cleaning the corridor and gallery.*

Principal: (Curious) What are you all doing?

Rahul : Sir, we clean our classroom and its gallery every day.

Principal: But why? (The teacher reaches there.)

Teacher : Sir, I tell you. Two months back a bird had built its nest on the ceiling of this classroom. The trash

falling from that nest was making the classroom look unclean. However, students were not in favour of getting the nest removed and so Bhairavi and her friends decided to clean the classroom and maintain hygiene.

Bhairavi : But teacher, now we are not alone... the entire class has come together to keep the classroom clean. Also, we have a surprise for you today.

Principal: Oh! What is that surprise?

Bhairavi : Sir, actually for the first one week we did the cleaning work alone. Later others joined us too. Gradually every student in our class realised the importance of cleanliness and so they too participated. Later on, we decided that every day during the recess we would clean the school backyard instead of running around and playing. Our class has managed to clean the entire backyard and make it look not just clean but beautiful.

Principal: Oh... so that is the handiwork of the students... beautiful. I am so proud of you my students. By taking this task of cleanliness in your own hands...you students have set an example for other students in the school too. Your class will be presented with the best class award in this year annual function.

(All the students start clapping with joy.)

Moral: Cleanliness is next to Godliness.
Hence never depend on others for cleanliness.

----End----



GAMES

1. SCAVENGER HUNT

Example: Cleaning of the classroom

Hide some treasure for the children.

How to Play:

Prepare in advance by hiding small toffees or tiny gifts in specific areas that are well-hidden. Let students know that there is treasure around the place. Tie this up with clues which each student can get from you once they complete a specific activity.

Aim of the Game:

The lure of hidden treasure can at least get students started and seeing others get clues before them can motivate them to be faster and efficient.

2. TURN YOUR KID INTO A ROBOT

Welcome to the futuristic age where kids can obey your commands to the letter.

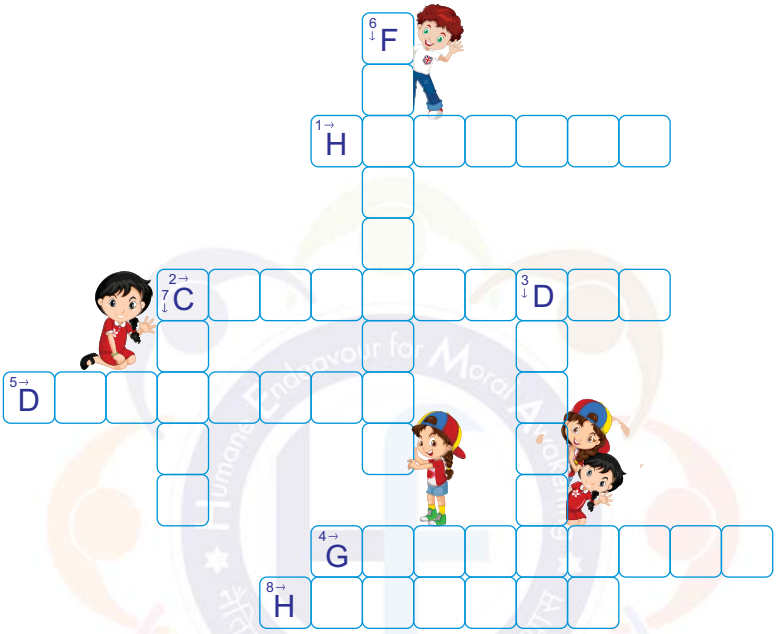
How to Play:

Advise student to listen to your commands exactly the way you tell them. Command them to turn right, walk five steps, pick up the bottle, turn around, walk ten steps and place it on the shelf. By repeating the commands and making a few mistakes, students will have a lot of fun and you can get the task done as well.

Aim of the Game:

Following the commands can help you finish any task and responding in a robot voice can be quite exciting for children. You can recharge them intermittently by giving them a sip of juice or a small chocolate.

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. Cleanliness is a good habit which everyone should have, to lead a_____life. (7)
2. Our Prime Minister Mr. Modi has started a cleanliness campaign, called _____. (5,5)
3. Use _____ to through garbage. (7)
4. Cleanliness is next to _____. (8)
5. One who maintains cleanliness keeps away _____. (8)

6. The _____on his face showed he likes to be clean. (9)
7. Keep our surrounding _____. (5)
8. Wash regularly to ensure personal _____. (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.

GYEHIEN

LTARIYC

IINDTSSE

AECNL

_____ is indeed next to Godliness.



PUZZLE

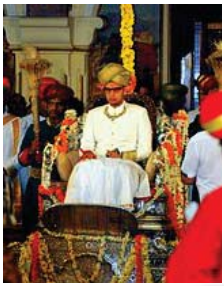
In the puzzle below, you have 13 words which are synonyms for **SWACHHTA.** You will find them in different pattern. One of the words is done for you. Find the rest

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

Words

Cleanliness : We require the cleanliness from our child.
Freshness :
Sanitation :
Purity :
Orderliness :
Hygiene :
Holiness :
Discipline :
Tidiness :
Clarity :
Whiteness :
Pureness :
Sterile :

CASE STUDY



THE WODEYARS DYNASTY

The emergence of the heritage city of Mysuru as the cleanest city in the country in the pre-Swacch Bharat rankings released recently, is testimony to the importance of imbibing a culture of cleanliness over decades and generations.

Mysuru has had four markets since the days of the Wodeyars. This has ensured more efficient waste disposal in the city. The Wodeyars decision to set aside 900 acres for a sewage treatment plant has helped subsequent civic administrators handle the problem of Mysuru's sewage disposal. The sewage plant created in 1994 is today also an important source of cattle fodder. Door to door collection of garbage is efficient with the participation of civic groups and NGOs. In the well-laid out localities there are clearly demarcated areas for garbage collection.A culture of democratic participation was also started by the Wodeyars through the creation of Praja Pratinidhi Sabhas where cleanliness of the local environment was an area of key focus. A culture of democratic participation was also started by the Wodeyars through the creation of Praja Pratinidhi Sabhas where cleanliness of the local environment was an area of key focus.



KINKRI DEVI

Kinkri Devi (1925 – 30 December 2007) was an Indian activist and environmentalist, best known for waging a war on illegal mining and quarrying in her native state of Himachal Pradesh. Devi was born in the village of Ghaton in the Sirmaur district in 1925. Her father was a substinance

farmer of the Dalit, or untouchable caste.

While working as a sweeper, Devi noticed the massive quarrying in some parts of Himachal Pradesh's hills, harming the water supply and destroying paddy fields. At this point Devi decided to take on the mining herself. The first lady Hillary Clinton, took interest in Devi, and that same year Devi was invited to attend the International Women's Conference in Beijing. She was asked to light the lamp in the beginning of the ceremonies, and spoke of the cause she was fighting against and how ordinary people can make an impact.

In 1999, Devi was awarded the Stree Shakti.



SAKICHI TOYODA

Sakichi Toyoda (1867–1930) was a Japanese inventor, industrialist and the founder of Toyota Industries. Sakichi Toyoda revolutionized the textiles industry in Japan He is sometimes called the Japanese Thomas Edison. He is also the founder of the 5 Whys problem analysis method and the 5S system, which are both very effective for LEAN manufacturing tools.

Sakichi Toyoda's most famous invention was the automatic power loom in which he implemented the principle of Jidoka (autonomous automation). Which means that the machine stops itself when a problem occurs, later became a part of the Toyota Production System (TPS).

Sakichi Toyoda is also famous for development of the concept of 5 Whys: When a problem occurs, ask "why" five times in order to find the source of the problem, then put into place something to prevent the problem from recurring. This concept is used today as part of applying LEAN methodologies to solve problems, improve quality, and reduce costs.



SWACHH BHARAT MISSION SONG (2014)

Swachh Bharat Ka Irada

Swachh Bharat Ka Irada,
Irada kar liya humne desh se apne ye vada,
ye vada kar liya humne.

Swachh Bharat Ka Irada,
Irada kar liya humne desh se apne ye vada,
Ye vada kar liya humne.

Swachh Bharat Ka Irada kar liya humne,
Desh se ye vada kar liya humne.
Swachh Bharat Ka Irada,
Irada kar liya humne desh se apne vada,
Ye vada kar liya humne.

Humse niklegi swachhta ki ek nadi,
chal-chal-chal, kal-kal-kal,
Ek dhuli si jindagi.

Swachhta ki jyot lekar ghar-ghar jayenge,
saaf suthri Roshini mein sab nahayenge.

Swachh Bharat Ka Irada,
Irada kar liya humne desh se apne vada,
Ye vada kar liya humne.

Har gali ab unnati ki raah jayegi, (Jayegi..)
Dhoop asha ki aangan aangan gayegi, (Gayegi..)
swapna Gandhi Ji ka, ab sakar karna hai,
Swachhta ka desh mein ab tyohaar karna hai.

Khud se hi karni hogi shuruaat,
banaye Swachh Bharat saath-saath.

Ek pavitra si hawa bahegi,
Ujjwal-Ujjwal ho Bharat.

Kona-kona nirmal hoga,
Vishwa kahega jay Bharat.

RESOLUTION

THE PLEDGE

We resolve to have perfect standards of cleanliness for ourselves, society and nation.

ASPIRE TO INSPIRE



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

LET'S STEP OUT...



1. Collect pictures of places when they were unclean and when they got cleaned up. Compare and state the differences.
2. Ask children to find out what do students in Japan do to clean their school.
3. Visit some of the cleanest places (may be temple, museum). Ask what keeps such places so tidy.

WHAT MORE!!

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

SAADGI AUR SARALTA



INTRODUCTION

Simplicity is the state or quality of being simple. Something which is easy to understand or explain seems simple, in contrast to something complicated. Alternatively, as Herbert A. Simon suggests, something is simple or complex depending on the way we choose to describe it.

To understand simplicity, we must understand what it can achieve.

Simplicity leads to easier things.

Simplicity leads to faster actions.

Simplicity leads to saving of resources - be it time, money.

Simplicity leads to betterment of things.

In the modern times the lives have become complex with mislaid values and priorities. Instead of following simplicity in life, we have allowed complexity to creep in, leading to stress and strains.

The film emphasizes that even with a modern outlook and living, one can still pursue the path of simplicity.



LIFE SKILL QUESTIONS

1. What is the relation between simplicity and self confidence?
2. What is the opposite of 'simplicity'?
3. What is the best way to make things simple?

QUOTES

- "The ability to simplify means to eliminate the unnecessary so that the necessary may speak." **- Hans Hofmann**

- "Simplicity is the keynote of all true elegance." **- Coco Chanel**

- "In character, in manner, in style, in all things, the supreme excellence is simplicity." **- Henry Wandsworth**

- "Nature teaches us simplicity and contentment because in its presence we realize we need very little to be happy." **- Mark Coleman**

- "Simplicity is the trademark of genius." **- Robin Sharma**

सहदेव : अयि सखे !खलु जानासि किम्? समान्यतायाः सारल्यतयाश्च महात्म्यम्

Sahdev : O friend, do you know the greatness of simplicity?

सुखदेव : नैव सखे !तस्य किम् फ़लम् न जानामि

Sukhdev: No friend. What is the use of it? I do not know.

सहदेव : सारल्यता सामान्यता च अस्माकम् व्यक्तित्वं उद्दीपयतः ! तथा च अस्माकं व्यक्तित्वस्य परिचालकौ भवतः

Sahdev : Simplicity enlightens and identifies our personality. It enhances our personality.

सुखदेव : ननु एवं किमस्ति तयोः वदेतावत् महात्म्यम्

Sukhdev : What is so important in it?

सहदेव : अस्माकं जीवने समाजे च दृश्यते यत् सर्वे जनाः वयं सुखिनः इति दर्शयितुम् दुखःभाजः भवन्ति!

Sahdev : In our lives and society we want everyone to be happy and do not want to see them unhappy.

सुखदेव : सत्यम् किल ! उत्तमम् निरिक्षणम्

Sukhdev : Yes true, that is a very good observation.

सहदेव : तर्हि तस्य परिपुर्तिः सारल्यतया भवति ! येन वयं सुखिनः स्याम्

Sahdev : Simplicity comes from the truth and that makes us really happy.

सुखदेव : अस्माकं विचाराणां आचराणां च विशालता वैश्विकता च सूचयतः सारल्यता सामान्यता च! अस्माकं अलङ्कार भूते स्तः!

Sukhdev: Simplicity builds our image. It is reflected by the greatness of our thoughts and ethos.

SANSKRIT SHLOKAS

भवन्ति नम्रास्तरवः फलोद्गमै- र्नवाम्बुभिर्दूरविलम्बिनो घनाः ।
अनुद्धताः सत्पुरुषाः समृद्धिभिः स्वभाव एवैष परोपकारिणाम् ॥

Tress bow low when they bear fruits, water-filled clouds come down from the sky; Good people do remain good even during prosperity. This is the nature of philanthropists.

एके सत्पुरुषाः परार्थघटकाः स्वार्थं परित्यज्य ये सामान्यास्तु परार्थमुद्यमभृतः स्वार्थाऽविरोधेन ये।
तेऽमी मानुषराक्षसाः परहितं स्वार्थाय निघ्नन्ति ये ये तु घ्नन्ति निरर्थकं परहितं ते के न जानीमहे ॥ (नीतिशतकम् –)

The poet says that he can easily classify people into three types of people. One is the 'Satpurush' who gives up selfishness and work for the benefit of others. Such people are rare indeed.

POETRY

SIMPLICITY

Simplicity is greatness in goodness.
A simple life has to face very few problems.
Because you are simple,
you can embody God's powerful Hope in you.
Simplicity is a very glorious discovery.
Simplicity is the fruitful birth of peace.
Simplicity is God's beauty-friend.
Simplicity soulfully reaches the vast reaches
of the world.



MORAL STORIES

1. SIMPLE LIVING AND HIGH THINKING

He was the best Chemistry teacher in the district, I heard so. But I thought if he is the best in the town then why he did not move to city to enhance his career. Found to be the best faculty, my father talked to him about tuition fees – he said very calmly "I didn't choose this profession to become rich, I just love teaching. I gave free classes to many students who are not capable to pay me. But they are really talented. How could I ignore them just because of money?"

So, as per his principle, he didn't ask for fees. So, my first day at tuition, I went to his home. His name was Prof. K. M. Jha. I still don't know his full name. One amazing thing that I noticed about him was that he lived in such a big house and dressed like a very ordinary person. Very simple. He mostly wore the same clothes. This speaks about his thoughts towards life. We always say – "I am a person of simple living and high thinking", but we actually don't understand what it really means. That is what I found in Prof. K. M. Jha.

I asked him why he doesn't move to the city. And guess what was his answer? He said "if all literate people move from villages to the city then who will teach the kids who live here? We still have 72.2 % villages in our country and until the villages get education, how will our country be developed and progress? We need someone here, then why shouldn't it be me. The thought which I had brought with me about Prof. K.M. Jha was completely wrong. I agreed on his thoughts and was greatly influenced by this thinking.

He was the best person I ever met .....

2. SIMPLICITY OF LIFE

My parents knew their goal; each other, their six children,

and their faith. They tried to live uncluttered lives so that they could have time for what was most important.

They didn't busy themselves buying a bigger house, because that would mean working harder to pay the monthly mortgage, doing overtime work or taking a second job. Who would then go jogging with me? Who would read story for me?

They didn't burden themselves buying an expensive car because that would mean laboring and worrying about installment bills. Besides, walking to the shopping center every Saturday afternoon with me gave my dad his needed exercise, and made me feel so special.

One of the delights of my heart was seeing Dad and Mom in their bedroom at night, after our night family prayer. The lights were turned off, and I could see the silhouette of my father seated in his old chair and mom standing behind him, gently massaging his shoulders. I could hear them talk about what transpired during their day. Even as a child, I sensed their quiet pleasure at being together.

My question today: "Could they have done this rich ritual each night and nourished their marriage if they had been busy paying for designer outfits for themselves or their kids, or if they had been worrying about monthly bills for new hi-tech appliances? I don't think so. And I've made a choice: I don't want that kind of life either"

3. THE PRINCESS WITHOUT A PALACE

Once upon a time there was a kingdom with an ancient prophecy that spoke of a Princess without a palace. The prophecy said that as soon as that Princess found her palace, she would be the wisest and fairest Queen there had ever been. That kingdom had a royal family who had lived in a beautiful palace for generations. But there was a great earthquake which destroyed the palace and killed the King and Queen.

Their two daughters, Princess Nilam and Princess Shailee, managed to survive.

After this tragedy, Nilam understood that she, being the elder sister, might be the Princess mentioned in the prophecy. Accompanied by her sister, Nilam devoted herself to finding her new palace. During their travels they met a wise old man who gave them an old key that would open the palace doors.

“I have no idea where the palace will be”, said the old man, “All I know is that you should try this key wherever you seek it”.

And Nilam went with her sister, trying the key on all the palace doors they found. When there were no more palaces to try, they thought maybe the palace would just be some large important house, but neither did the key fit any of those. Fed up, the sisters lost hope of ever finding their palace. They had spent so much time away, travelling and searching, that no one now missed them. Neither did they have any money or jewels left, and when they arrived at a poor village they had to work in the fields alongside all the poor people who, not knowing that the sisters were royal, took them in as though they were two homeless orphans.

The sisters lived there for some years. They worked hard, and knew what hunger was, and how life could be so difficult, but people loved them so much that they came to be very happy, and they gradually forgot their royal past. One night, while tidying Nilam's things, Shailee found the old key. Amused, she took it to her sister, and they reminisced about their search for their own magnificent palace.

"There still must be some palace, hidden in some little forest, just waiting for us to find it," said Nilam, with a glimmer of hope.

"Well, you know what I think," answered her younger sister, "that I don't need anything else to be happy. We spent months travelling from castle to castle to live the life of Queens, but I have never been so happy as I am now, even though we don't have much. If I had to choose a

palace," she continued, joyfully dancing about by the door, "it would be this little cabin." she ended, laughing, and then with a solemn gesture placing the key in the cabin door.

Just then, the room filled with lights and music, and from that old door arose a wonderful palace filled with life and colour. The place became totally transformed; there were fountains, gardens, and animals. The village people marvelled at all of this.





You can watch the short film **"SAADGI AUR SARALTA"** on YouTube

ANSWERS OF CROSSWORD :

1. Happy	2. Education	3. Wins	4. Wisdom
5. Simplicity	6. Modesty	7. Simple	8. Life

ANSWERS OF SCRAMBLE :

• Plain • Clear • Quiet • Easy • Understand

Treasures

HUMBLE MR GANESH SHANKAR

Character -

Foreigner, Gentleman: Ganesh Shankar Vidyarthi, Man 1, Man 2, Peanuts seller, Narrator.

Narrator : *The stage is decorated with the set of a railway station. The honking of trains and repeated announcements on the platforms could be heard in the background. That's when a suit-clad gentleman, who is a foreigner enters the stage.*

Foreigner : Coolie...Coolie, Oh I can't spot a single Coolie here. (Looks here and there, searching for a Coolie.)

Narrator : *(A train announcement) Amritsar to Mumbai down train is arriving shortly on Platform number 2. (The announcement then repeats in Hindi)*

Peanuts seller: (Walk towards the gentleman) Crunchy tasty peanuts... crunchy tasty peanuts.

Foreigner : Hey Peanuts seller...please come here.

Peanuts seller: Tell me, sir... how much should I pack for you?

Foreigner : No...no! I don't need nuts... I am looking for a Coolie. Can you help me?

Peanuts seller: What you need coolie, you are not going to buy peanuts? Please don't waste my time during peak hours... (leaves) Crunchy tasty peanuts... crunchy tasty peanuts.

Foreigner : Oh what do I do now. How will I leave this place with so many luggage and without a Coolie?

Narrator : *Meanwhile, the Amritsar to Mumbai train arrives and a crowd is seen rushing here and there on the stage. Foreigner is seen sitting on one of his luggage... shouting coolie...coolie, but in vain. At the same time a gentleman wearing a kurta and a cap passes from in front of Foreigner.*

Foreigner : Hey mister...Please wait, I need help.

Gentleman : Yes sir, how can I help you?

Foreigner : I have been looking for a Coolie on this station. But it's been close to an hour, I haven't been able to find one.

Gentleman : Ok, that's not a problem. I'll help carry your luggage.

Foreigner : Ah Good! Are you a Coolie?

Gentleman : No, that I am not, but I consider it as my responsibility to help you, sir.

Foreigner : (Chuckles) Oh how nice of you. You seem to be a very helpful and nice man.

Gentleman : Show me your luggage sir.

Foreigner : Quickly points out at a big bag and a huge suitcase. (Pick these)

Gentleman : (The man carries the luggage) Where do you want to go, sir?

Foreigner : I am here to meet Mr. Ganesh Shankar. Please get my luggage out of the station.

Narrator : *Crowd continues to rush... Foreigner and gentleman carrying his luggage leave the stage from one entrance and then in a few seconds are seen entering from other. The scene has changed from the railway platform to the outside of the railway station.*

Gentleman : Sir, you didn't tell me where have you come from?

Foreigner : I've come from America.

Gentleman : Oh! But you don't look like an American, also

you speak Hindi so well.

Foreigner : (Laughs) I am living here in India for quite some time now. I love it here in India.

Gentleman : (Inquires once again) Who did you say you've come to visit here sir?

Foreigner : I am here to see Mr Ganesh Shankar Vidyarthi.

Gentleman : Oh! I have heard a lot about him, do you know him?

Foreigner : Oh yes, I know him well. You please leave my luggage here now, I shall have some tea and hire a vehicle from here now. You just give me his address.

Gentleman : Sir, there is no need for you to hire a vehicle. Mr Ganesh Shankar's residence is not very far from here. We can walk it up.

Narrator : *Both leave from one end of the stage and entre from another side. People are seen walking from here to there... like on a busy street.*

Foreigner : Ok, so how far we need to walk now?

Gentleman : We have almost reached sir.

Narrator : *In a few seconds, The two reach in front of a house.*

Gentleman : You please wait here in front of this for a minute and I shall be back soon.

Narrator : *The foreigner, sees a passer-by and stops him.*

Foreigner : Hey mister, Do you know where Mr Ganesh Shankar Vidyarthi lives here?

Man 1 : Are you new in this area?

Foreigner : Yes, that I am. I want to meet Mr Ganesh Shankar Vidyarthi.

Man 1 : Mister, Then you have reached the right place. You are standing right in front of Mr Ganesh Shankar Vidyarthi's house...

Narrator : *The direction in which the gentleman who carried foreigner's luggage went, another man comes out.*

Foreigner : Mister, is this Mr. Ganesh Shankar Vidyarthi's house?

Man 2 : Yes, sir. Mr. Vidyarthi has sent me to get you to him.

Foreigner : Oh great!.

Narrator : *Man 2 carries foreigner's luggage inside the house. They get in from one side of the stage and come out from another. The set changes from street to a house. A few chairs have been placed on the stage to give it a drawing room look.*

Man 2 : Sir, Please be seated here (Man 2 tells Foreigner pointing at a chair.) I will inform Mr. Vidyarthi.

Foreigner : Yes please send him as soon as possible.

Man 2 : You just relax for a moment and he will be here in a jiffy.

Narrator : *As soon as Man 2 leaves the room, the gentleman who carried foreigners luggage enters the room.*

Gentleman : Namaskar! Sir.

Foreigner : (Surprised to see him there) Oh, how come you are here?

Gentleman : I live here sir. Hope you were not inconvenienced by anything while travelling up to here.

Foreigner : Absolutely not, you dropped me at the right place. (Man 2 enters the room with two glasses of water.)

Gentleman : Please have some water.

Foreigner : (Picks up a glass) I was very thirsty. (Looks at Man 2 and asks) Mister, when will Mr Ganesh Shankar be here.

Man 2 : (Looks at the Gentleman and laughs) Sir, Mr

Vidyarthi is standing right in front of you.

Foreigner : (The glass of water slips from his hand and he looks very shocked) You...you...you... are you Ganesh Shankar Vidyarthi?

Gentleman : Yes that's my name. Please relax.

Foreigner : But you carried my luggage all the way from the railway station.

Gentleman : So what, don't worry about it... I was just helping you.

Foreigner : But why didn't you tell me that you were Ganesh Shankar Vidyarthi earlier when we met at the railway station?

Gentleman : Well you never asked me who I was sir.

Foreigner : Yes but I did tell you that I was here to meet Ganesh Shankar Vidyarthi. You could have told me that time.

Gentleman : Right... But had I told you that I was Ganesh Shankar Vidyarthi, you wouldn't have allowed me to carry your luggage...would you?

Foreigner : Ganesh Shankar ji you are actually a great person.

Gentleman : Excuse me sir, not me but you are great. Despite all the hardships you faced during your travel you were persistent to meet me.

Foreigner : You are more than what I had heard about you. So Humble...So simple.

(The two laugh and hug each).

Moral - Simplicity and humility are the greatness of one's behaviour. Our simplicity is something that people will always remember.

----End----



GAMES

GAME - 1

Ask everyone to sit down. Out of all pick 2 and tell them to run in opposite direction. In their sprint they will meet at a point. Ask them to say " Ram – Ram Bhaiji" at that point after saying RAM -RAM" the first to reach his position would be declared winning.

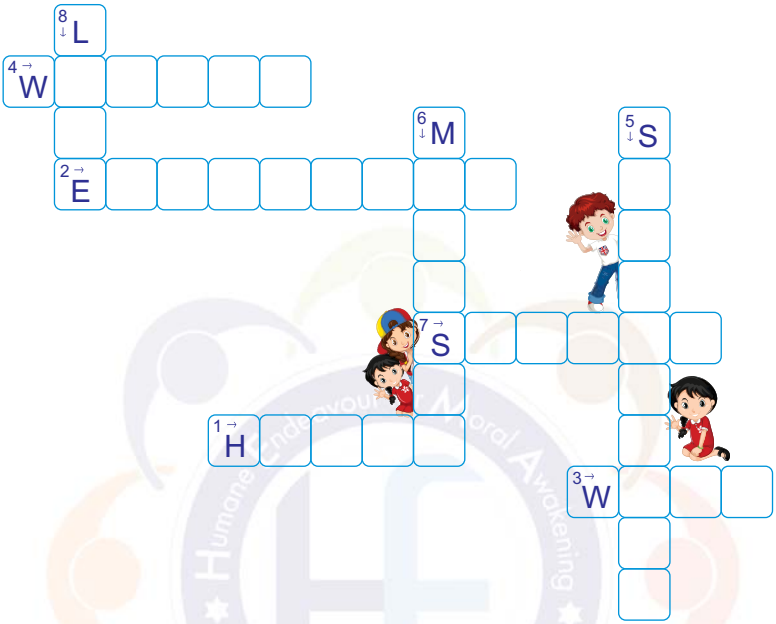
GAME - 2

This game would test one's memorizing power. Firstly narrate the story given below. Give the instruction regarding the game after the story.

Mr. Patil started walking towards the office. He was going to receive his salary today. He was about to step outside but before that his wife said, "Listen... While returning bring apple, chickoo, tomatoes and cucumber along with you. "He replied "Okay, I will get all of these." "Papa, get me my cricket tools i.e. bat and stumps," said Mahesh. Yes, don't worry" he said. " Bring my belt, white socks and red ribbon. Please don't forget," said Nisha. " Okay, I won't forget," he said. His dad said to get his spectacles which were given for repairing and the Ramayana to which was given for binding. His Mother asked him to get "Prasad" and garland. Mr. Patil nodded. His wife said, " Since you have made a list for every one's items get cloths for yourself as well. They look so old. Get yourself shirt, pant's cloths" Mr. Patil said, "Okay!" While returning he got all the items carefully.

Now ask the kids to make a list of all the items. The person whose list would be longest and the one who would do it first could be declared as the winner.

CROSSWORD



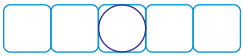
Find the answer to the sentence and fill the crossword above. The number of letters of the word has been given as clue.

Questions :

1. People can live a simple life and be _____. (6)
2. Philosophy of real_____is simple living. (9)
3. Politeness _____the heart of all. (4)
4. A person is recognized by his_____and not his clothes. (6)
5. Gandhi ji believed in dignity of_____(10)
6. The hallmark of education is _____not pride. (7)
7. Simplicity is the state and quality of being _____(6)
8. _____is really simple, but we insist on making it complicated. (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.

LANPI 

LAREC 

TUQIE 

SAYE 

NDASDERNUT 

"Live a simple life; you will own the most beautiful _____ of the world!"



PUZZLE

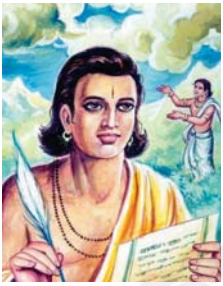
In the puzzle below, you have 13 words which are synonyms for **SAADGI AUR SARALTA.** You will find them in different patterns. One of the words is done for you. Find the rest

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

Words

Easy : You make an easy target.
Vision :
Process :
Question :
Reduce :
Clarify :
Method :
Mind :
Keep :
Pragmatic :
Clear :
Minimalism :
Advice :

CASE STUDY

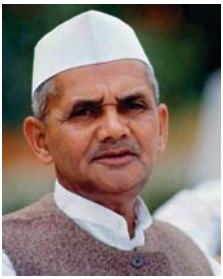


KALIDASA

Kalidasa is the greatest known Sanskrit dramatist and poet. Kalidasa was one of the Navratnas (9 gems) at the court of Chandragupta Vikramaditya. Kalidasa's works include plays, epics and lyrics. His play Abhijnana Sakunthalam is the most well-known of all his works and it has been translated into various languages of the world. These are Malavikagnimitra, Vikramoravasiyam and Abhijnana Sakunthalam (Plays); Raghu Vansa and Kumara Sambhavam (epics) Meghdoot and Ritu Samhara (layrics).

Kalidasa was a contemporary of the Gupta ruler Chandragupta Vikramaditya (4th-5th century A. D.).

Kalidasa was illiterate and a dullard. A highly intelligent princess Vidyottma, got herself married to Kalidasa in a deceitful manner out of jealousy. On getting admonished by his wife, Kalidasa was very much shocked and he now took a vow to become a learned man. So he left his home in this pursuit and returned only after he had become a man of profound learning.

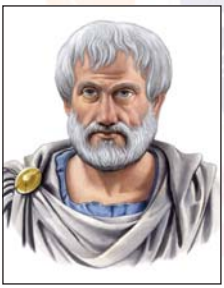


LAL BAHADUR SHASTRI

Lal Bahadur Shastri' was born on 2nd October, 1904 at Mughal Sarai, Uttar Pradesh, India. His father's name was Sharda Prasad,His mother's name was Ramdulari Devi. He was hardly an year old when he lost his father. After the death of his father, his mother took him

and his two sisters to her parent's house.

Lal Bahadur Shastri was educated at Mughalsarai and Varanasi. He graduated with a first-class degree from the Kashi Vidyapeeth. He was given the title 'Shastri'. He offered Satyagraha and was sentenced to imprisonment at different times. He joined the Indian independence movement in the 1921. He was deeply impressed and influenced by Mahatma Gandhi. He became the second Prime Minister of India. Lal Bahadur Shastri showed rare quality of courage and determination during India-Pakistan war. He gave a slogan 'Jai Jawan Jai Kissan'. He was the first person to be posthumously awarded the Bharat Ratna. A memorial 'Vijay Ghat' was built for him in Delhi. Shastri was known for his simplicity, honesty and humility throughout his life. He died on 11th Jan, 1966 at Tashkent, USSR. Lal Bahadur Shastri was truly a great man who gave less importance to himself.



ARISTOTLE

Aristotle is known for his deliberately definite perceptions about nature and the physical world, which laid the preparation for the cutting edge investigation of science.

In 335 BC, Aristotle founded his own school, the Lyceum, and operate it for twelve years, where he wrote extensively on a wide range of subjects such as politics, metaphysics, ethics, logic, and science.

Aristotle's philosophy involved both inductive and deductive reasoning, observing the workings of the world around him and then reasoning from the particular to a knowledge of essences and universal laws. One might say, Aristotle was the primary significant defender of the cutting edge logical strategy.

In 322 BC, Aristotle died unexpectedly.



MOVIE: BHOLA BHALA (1978)

Main Bhola Bhala Hoon

Main bhola bhala hoon
Bhole dilwala hoon
Main bhola bhala hoon
Bhole dilwala hoon
Duniya mujhko kya jane
Duniya se nirale hai
Main bhola bhala hoon

Desh videsh ki bate
Main kya samjhoon
Main kya janu
Mere dil mein baat jo aaye
Main us baat ko manu
Desh videsh ki bate
Main kya samjhoon
Main kya janu
Mere dil mein baat jo aaye
Main us baat ko manu
Log sach kahte hai ho
Kahte rahte hai
Log sach kahte hai ho
Kahte rahte hai
Mai bhola bhala hoon
Bhole dilwala hoon
Mai bhola bhala hoon

Rukhi sukhi khake
Pani pike main so jau
Nind na aaye fir bhi sundar
Sapno mein kho jau
Rukhi sukhi khake
Pani pike main so jau
Nind na aaye fir bhi sundar
Sapno mein kho jau
Log sach kahte hai ho

Kahte rahte hai
Log sach kahte hai ho
Kahte rahte hai
Mai bhola bhala hoon
Bhole dilwala hoon
Mai bhola bhala hoon

Aur kahi jana tha pakdi
Aur kahi ki gadi
Maaf karo o babu
Main hoon bada anadi
Aur kahi jana tha pakdi
Aur kahi ki gadi
Maaf karo o babu
Main hoon bada anadi
Log sach kahte hai ho
Kahte rahte hai
Log sach kahte hai ho
Kahte rahte hai
Main bhola bhala hoon
Bhole dilwala hoon
Mai bhola bhala hoon

Maine koshish ki thi
Sikhoon thodi si chalaki
Fir socha mujhme sabme
Kya fark rahega baki
Maine kosis ki thi
Sikhoon thodi si chalaki
Fir socha mujhme sabme
Kya fark rahega baki
Log sach kahte hai ho
Kahte rahte hai
Log sach kahte hai ho
Kahte rahte hai
Main bhola bhala hoon
Bhole dilwala hoon
Main bhola bhala hoon.

RESOLUTION

THE PLEDGE

We resolve to abide by simplicity as it is all about a greater appreciation for things that really matters.

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 the great leaders who have shown extreme modesty despite being so great.
2. Arrange meeting of simple but eminent personalities to talk to the children
3. Ask children whom would they emulate in their life.

WHAT MORE!!

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

SUKOON IMANDARI MEIN



INTRODUCTION

Being honest means choosing not to lie, steal, cheat, or deceive in any way. When we are honest, we build strength of character that will allow us to be of great service to God and to others. We are blessed with peace of mind and self-respect and will be trusted by the Lord and others.

It's easier than lying. Have you ever told a lie and then forgotten the details about it?

If you stick with the truth, it doesn't matter how often you're asked about the subject-you'll always respond the same way, because you're being honest about what really happened. Regardless of how perfect your lie is, someone will find out about it eventually. If you trust that the truth always finds a way to rise to the surface, just own up.

Sometimes a lie can cause much more misery, dismay than honesty. Although the words "I'm sorry" can ameliorate certain ugly situations, they cannot heal rifts or set things back to how they were before everything went wrong. If someone finds out that you've lied to them, they will never be able to fully trust you again, even if you spend the rest of your life being a complete paragon of honesty and integrity, the person you lied to, will always wonder if you're being dishonest on some level. You can be sincere to your very marrow, but they will never ever have total faith in you again.



LIFE SKILL QUESTIONS

1. Is the worst truth better than the best lie?
2. What does 'honesty' mean to you?
3. Do you agree that honesty is the best policy?



QUOTES

- "Honesty is the fastest way to prevent a mistake from turning into a failure." **- James Altucher**

- "Being honest may not get you a lot of friends but it'll always get you the right ones." **- John Lennon**

- "No matter what you do, stand up for who you are and be honest." **- Bryant McGill**

- "Each time you are honest and conduct yourself with honesty, a success force will drive you toward greater success. **- Joseph Sugarman**

- "Leadership is intelligence, honesty, and doing the right thing." **- Julie Zeilinger**

रामदास : प्रणमामि – प्रणमामि ! भर्तः !

Ramdas : Pranam brother.

व्यापारी : अहो! रामदास ! त्वम् ! (साश्चर्यम्) त्वम् कथमिह ?

Businessman : Oh ! Ramdas why are you here?

रामदास : अहमंत्र तुष्माकं धनं यदासीत् तत्र अपरे प्रान्ते तं दातुमत्र आगतः अस्मि !

Ramdas : I came to give you money which you had in another province.

व्यापारी : किंतु तत्र तु भूकम्पात् सर्वे त्रस्ताः स्युः मया विचारितं तत्र त्वं सर्वं नीत्वा गतः स्याः ! अधुना तु अहं तां संपत्तिमपि विस्मृतवान् !

Businessman : But everyone was plagued by earthquake there, so I thought all of you must have gone away with money. I forgot that property too.

रामदास : आम् ! किंतु मया बहुकष्टेन युष्मत्संपत्तिं विक्रिता एवं तस्या धनं अत्र दातुमागतो अस्मि!

Ramdas : Yes, but I have sold your property with great difficulty and have come to give you that money.

व्यापारी : आम् ! बहूत्तमम् ! तव प्रामाणिकता दिव्या अस्ति !

Businessman : Yes. Very good. You are an honest man.

रामदास : अधुनैव अहम् सुखेन स्थांतु शक्नुयाम् !

Ramdas : Now I can live in peace.

व्यापारी : एतदेव प्रामाणिकतायाः सुखम् !

Businessman : That's the conscience of honesty.

SANSKRIT SHLOKAS

सुखानि सर्वाणि न योग्यकानि यदि स्थता तत्र हि योग्यतायाः !
प्रामाण्यता यत्र भवेत् सुखं वै सौख्यं हि सौख्यं भुवि सर्व मोदम् !!

All the happiness of the world is useless without sincerity! But where honesty resides, the same happiness is said to give all kind of pleasure in the world.

प्रामाण्यमेवैकमिदं सु –निश्चलम् प्रामाण्यता वै मुदिता मता वै !
प्रामाण्यतायाः महति प्रतिष्ठा प्रामाण्यता वै परमा हि वन्ध्या !!

The happiness from honesty is certain. Pleasure from honesty is considered to be enjoyable! Reputation increases from authenticity. For this reason, man should always lead an honest life.

POETRY

They say honesty is the best policy
So let me be honest with you;
I hate myself
I always have
I always will
I can't do anything to change how I feel;
I can't fix my face
I can't fix my voice
I can't fix myself
You want me to be honest, and you want me to change;
But I am honest, and I can't change
I never will be able to
and you'll never understand.



MORAL STORIES

1. HONESTY AND TRUTH

Everyone knew that Stuti was the best speller in the whole class. She could spell difficult words like "encyclopedia" and "amendment" very easily. She used to get perfect scores during each weekly spelling test.

Ms. Daisy, her English teacher made a rule for the spelling tests that any child who did not get 60% spellings correct, would have to copy each word fifty times for next week's spelling test. Seema, who sat next to Stuti always struggled in spellings. Last Thursday, she received 56 percent which meant copying each word fifty times.

Stuti was so confident of her spelling abilities that she decided not to study for her next spelling test. The test began. Ms. Daisy pronounced each word and then repeated it. Everything was OK until she spoke "Handkerchief". Stuti scribbled h-a-n-d-k-e-r-c-h.....now what?? i??...or...e?? Her mind was blank.

Ms. Daisy started to move on to the next word. It occurred to Stuti that Seema knew how to spell it!! Seema had written this word fifty times. There was wide open space between Stuti and Seema. Stuti's eyes rolled to the right. There it was, spelled out in Seema's handwriting. Her eyes went quickly back to paper and she finished the word with the letters "i-e-f".

Stuti remained tense and nervous as Ms. Daisy read the last spelling word. She had cheated for the first time in her life. She thought, "Is this the way I want to keep my perfect record - by being a cheater?"

Frantically, she erased what she had written earlier and replaced it with what she knew was the wrong answer. She wrote "e-i-f". As her sweaty hands released pencil and passed the test up to the front, she sighed with relief. She thought, "So, what if my perfect scores are no longer intact? At least my honesty is."

Moral: There is a saying, "Honesty is the best policy." Every time that you are dishonest, Know dishonesty as dishonesty & repent for it. Without doubt, one who repents is an honest person. Honesty is the highest religion of all & dishonesty displays foolishness

2. THE HONEST GIRL

A mother and a father had a daughter who grew from a baby into a beautiful girl. The mother and father were very proud of their daughter. One day the father said, 'It is time for you to get married, my beautiful daughter.' And so it was agreed that the mother and father would travel to the next village to make arrangements with the family of the boy whom she would marry.

When her parents were away, the honest girl began to daydream about what her life was going to be like with her new husband. And then she began to daydream about what it would be like to have children. And then she began to daydream about what her children would be called.

She decided that she would have four children: three boys and one girl. She would call them Mulak, Jahaan, Dhesh and Lutdi.

She imagined what it would be like to call out to her children when it was time for them to come in for dinner. The girl was so absorbed in her beautiful daydream that she climbed up onto the roof of her parents' house and called out... 'Mulak, Jahaan, Dhesh, Lutdi!' And as the honest girl called out these names, the people of the village all stopped what they were doing and turned towards the house where the honest girl lived with her parents.

Then, one by one, they began to run towards the house because they thought that the girl was in trouble.

You see, in Punjabi, the names Mulak and Jahaan also mean 'people'. And the name Dhesh means 'land'. And, although Lutdi is a name one might give to a daughter, it

can also mean 'I am being attacked!' And so you might understand why all of the villagers began to run towards the house where the honest girl was standing upon the rooftop calling out the names of her imagined children... The villagers were afraid that the honest girl was being attacked!

Strangely, at that very moment there was indeed a group of thieves who were trying to sneak into the house where the honest girl lived. The gang of thieves intended to steal everything they could get their hands on because they had heard that the mother and the father were away in the next village and the girl was all alone in the house.



But when the thieves noticed that all of the people from the village were approaching the house, they got scared and ran away into the surrounding woods never to be seen again.

As the villagers arrived at the house, they called up to the honest girl. 'What is wrong, my child, who is attacking you?'

And the honest girl replied, 'There is nobody attacking me. I was just calling out to my children.'

'But you are not yet married!' said one villager.

'And you do not yet have children!' protested another.

The girl had great difficulty explaining to the villagers that she was simply dreaming about what her life was going to be like after she was married and had children. The villagers were not impressed at all. They accused the honest girl of daydreaming and causing trouble and not thinking before she spoke.

But then a wise man appeared from behind the house and explained to the assembled crowd how he had seen a group of thieves running from the house, and how the villagers had scared them away and saved the honest girl from a terrible fate.

He said, 'Mulak and Jahaan are the names we give to our people. Dhesh is the name we give to our land. And when this honest girl called out to the people of her land, you all came. When she called out "Lutdi" you were all here to help her in her time of need. Does this not prove that you are all good people?'



The villagers had to agree with the wise man, and they were all very proud that they had saved the honest girl from the thieves.

Then the wise old man looked at the girl and said: 'Perhaps it is also true that it is a good thing for a young person to daydream once in a while. After all, 'he said with a smile, 'look what became of your daydream and how it saved you on this day.'

Soon after, the mother and father returned to the village and the honest girl was married to her handsome husband.

The years passed, and the girl did indeed become the mother of four beautiful children. She never forgot about what the wise man had said to her on that day, and she often reminded her children that is was a good thing for a young person to dream from time to time because amazing things come from dreams.

3. BOY'S JOB APPRAISAL

A little boy went into a drug store, reached for a soda carton and pulled it over to the telephone. He climbed onto the carton so that he could reach the buttons on the phone and proceeded to punch in seven digits (phone numbers). The store-owner observed and listened to the conversation.

Boy : 'Lady, can you give me the job of cutting your

lawn?

Woman : (at the other end of the phone line): 'I already have someone to cut my lawn.'

Boy : 'Lady, I will cut your lawn for half the price of the person who cuts your lawn now.'

Woman : I'm very satisfied with the person who is presently cutting my lawn.

Boy : (with more perseverance): 'Lady, I'll even sweep your curb and your sidewalk, so on Sunday you will have the prettiest lawn in all of Palm beach, Florida.'

Woman : No, thank you. With a smile on his face, the little boy replaced the receiver. The store-owner, who was listening to all this, walked over to the boy.

Store Owner : 'Son... I like your attitude; I like that positive spirit and would like to offer you a job.'

Boy : 'No thanks.'

Store Owner : But you were really pleading for one.

Boy : No Sir, I was just checking my performance at the job I already have. I am the one who is working for that lady I was talking to!'

Moral: This is what we call 'Self Appraisal'. Every time if we don't get ahead of others, we blame others for it. We should look to ourself and compare, find own weaknesses and work hard to throw away weaknesses. Always Work Hard, Be Honest, Be Dedicated. It will and always pay up.





You can watch the short film **"SUKOON IMANDARI MEIN"** on YouTube

THE BLACK PLATE

Characters-
Narrator, Merchant 1, Merchant 2, girl, GrandMa.

SCRIPT

Narrator : *Once upon a time in India, there were two merchants who sold plates, pots, pans, brooms, mops, soap, jewellery, and clothes. Each day, they took turns to sell.*

Merchant 1 : Everybody come here!. Come see our jewellery for sale, pots, pans. We have everything you need!.

Girl : Grandma, look at that beautiful bracelet!.

GrandMa : How much is it?.

Merchant 1 : More than what you can pay, old lady.

GrandMa : At home we have an old black metal plate. Do you want it for the bracelet?.

Merchant 1 : I have to see it first.

GrandMa : Let´s go home so you can see it.

Merchant 1 : Fine, you lead the way, old lady.

Narrator : *When they arrived to the old lady´s house, she showed the plate to the merchant.*

GrandMa : Take a look at the plate.

Merchant 1 : Mmmm, let´s see.

Narrator : *When the merchant saw the plate, it was truly black, but when he scratched it a little, he could see that it was a silver plate.*

Merchant 1 : This plate is worthless, old lady. If you want to, I can take the plate with me and give you a broom.

GrandMa : Thank you, but we prefer to keep our plate.

Merchant 1 : It´s your decision. I have wasted my time.

Narrator : *But the merchant was thinking about going back the next day to try to convince her to give him the plate. Next day, merchant 2 was selling in the street.*

Merchant 2: Pot, pans, brooms, clothes, I have everything you need!. Just come and get it!.

Girl : Grandma, look, I still want that beautiful bracelet!.

GrandMa : How much is it?.

Merchant 2: More than what you can pay, old lady.

GrandMa : At home we have an old black metal plate. Do you want it for the bracelet?.

Merchant 2: I have to see it first.

GrandMa : Let´s go home so you can see it.

Merchant 2: I will follow you.

Narrator : *When they arrived to her house, she showed him the plate.*

GrandMa : Take a look at the plate.

Merchant 2: Mmmm, this is a silver plate. It´s all black because it is dirty. The things I have to sell are not enough to pay you.

GrandMa : Oh, we didn´t know. But we don´t have anything in this house!. We don´t have any furniture, we are very poor. Can you give us the bracelet and something else?.

Merchant 2: I will give you everything I have.

GrandMa : Oh thank you, you're so kind.

Narrator : *When the merchant left the home, he went to see his friend.*

Merchant 2: Take a look at this. It´s a silver plate I got it from an old woman. I gave her everything I had for this plate. What do you think?.

Merchant 1 : What?. I saw that plate yesterday! I lost an opportunity to have it without giving her

anything in return.

Narrator : *Then he stopped to think for a while.*

Merchant 1 : I have thought about it. If we join your honesty and the beautiful things that I still have, we can do great businesses. Can we work together from now on?.

Merchant 2: Sure!.

Narrator : *Both men cleaned the silver plate until it was sparkling. And both became very successful merchants.*

----End----

ANSWERS OF CROSSWORD :

1. Honesty	2. Hard	3. Strong	4. Rewarded
5. Dishonesty	6. Trusts	7. Action	8. Home

ANSWERS OF SCRAMBLE :

• Truth • Direct • Bold • Company • Sure

Honesty



GAMES

1. "TRUE AND FALSE."

Create signs and learn about discovering truth for yourself.

Make two signs which say "True" and "False". You may like to simply use pieces of paper, or index cards taped to a popsicle stick. Show your student which sign is "true" and which is "false," and explain what the words mean. Now tell your student some things that might be true or untrue while they hold up the correct sign for what you say. You can take turns where they say things and you hold up the signs, as well. This game reminds us that we should always use our own knowledge to decide what's true – we do not have to believe without thinking for ourselves. Sometimes we may even need to ask for help and learn new things to discover truth — such as when someone says a statement which is not clearly true or false to us (such as "I am ten feet tall" when we do not know how much ten feet is). Knowing when to ask questions, and remembering to use our minds when we hear things, is important for investigating what is actually truth.

2. BUTTON, BUTTON

Introduction:

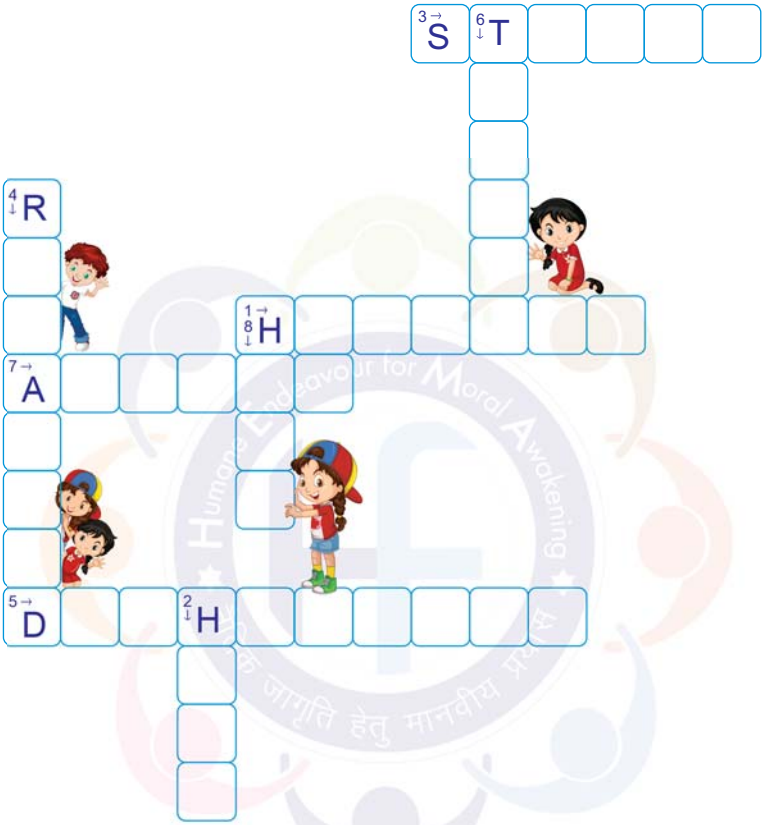
Lying is so easy sometimes. We don't want to hurt someone's feelings, or it may feel easier to fib a little than to get into the whole story of what really happened. But when it comes down to it, lying is the most difficult thing anyone can do. Not only for the person hiding the truth but also for the person being lied to. We'll see an example of this in

today's game!

Instructions :

1. Have students sit in a circle and close their eyes.
2. Once all eyes are closed choose one student to walk around the circle for a bit and have them tap a student on the shoulder to let them know to open their eyes.
3. They will then place a button in that student's hand.
4. Next they will turn around and count to fifteen.
5. In that time, the student with the button has the option of walking around the circle and choosing a new student to give the button to or keeping it to themselves.
6. After fifteen seconds, have the original student stand in the center of the circle and ask each student "Button, button who's got the button?"
7. Each student will have to say no, they don't have the button.
8. If the liar is correctly guessed, then the standing student wins. If not, then the rest of the class wins.

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. _____ is the best policy. (7)
2. It is _____to believe even if a honest person tells truth, (4)
3. Standing for truth makes me _____ (6)
4. Later or sooner honesty is always _____(8)

5. Any achievements but on a foundation of deceit and _____can never last .(10)
6. No one _____a dishonest person. (6)
7. Take responsibility of your _____ (6)
8. Honesty like charity begins at _____ (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.

RUTTH

RDICET

LBDO

OMACPNY

RUES

_____ **is the best policy.**



PUZZLE

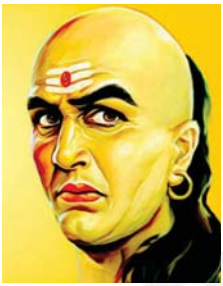
In the puzzle below, you have 13 words which are synonyms for **SUKOON IMANDAARI MEIN.** You will find them in different patterns. One of the words is done for you. Find the rest.

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

Words

Sincere : He seemed sincere, but it could have been an act.
Values :
Honor :
Responsibility :
Pledging :
Confident :
Integrity :
Gesture :
Truth :
Attitude :
Reliability :
Fair :
Ethical :

CASE STUDY



CHANAKYA

Chanakya was also known as Kautilya or Vishnugupta, was a great philosopher, thinker, teacher, economist and played a very significant role in the establishment of the great Maurya Empire, which ruled most of the Indian subcontinent. He was born in Pataliputra, Magadh (modern day Bihar). His foresightedness and in depth knowledge about politics had resulted in the mighty Mauryan Empire.

Chanakya's teachings and thoughts are called "Chanakya Niti" and these are still applicable on different situations.

Nitishastra was propounded by Chanakya that defines the ideal way of living a life. He used to find a root cause of every problem before finding the solution. Present day Universities still teach his philosophies and principles of politics. Chanakya is a timeless person whose teachings are great. He said that Our feelings are the actual God and Soul is the temple. He had given great importance to education and even said that education can beat the beauty and the youth. No one but education is our best friend. People respect educated persons.



AJIT DOVAL

Ajit Kumar Doval is the fifth and current National Security Advisor (NSA) to the Prime Minister of India. He is a retired Indian Police Services (IPS) officer of the Kerala cadre and a former Indian intelligence and law enforcement officer. Born in Uttarakhand in 1945, he was the

youngest police officer in India to be awarded the Kirti Chakra for his meritorious service, a gallantry award for military personnel.

Doval had spent seven years as an undercover operative in Pakistan gathering intelligence on active militant groups. After a one-year stint as a secret agent, he worked at the Indian High Commission in Islamabad for six years.

Ajit Doval spent a major part of his career as an active field Intelligence officer with the Intelligence Bureau (IB). With a plethora of well-known awards, honours, and records to his credit, Doval has built a reputation for taking a strict stance against militancy and terrorism.

After his retirement in 2009, Doval became the founder director of Vivekananda International Foundation. Doval was the youngest police officer to receive the Police Medal for meritorious service.He was later awarded the President's Police Medal.

In 1988, Doval was granted one of the highest gallantry awards, the Kirti Chakra, becoming the first police officer.



SIMON PHILLIP COWELL

Simon Phillip Cowell (born 7 October 1959) is a British businessman, music talent show judge, actor, and entrepreneur. Cowell is the A&R executive for Syco in the United Kingdom and the son of Eric Cowell Sr. (1918-1999), an Estate agent, Property developer, and Music industry executive. and Julie Brett (née Josie Dalglish; 1925-2015), a ballet dancer and Socialite. He was born in Lambeth, London and raised in Elstree, Hertfordshire. He is well known as a judge on television programmes Pop Idol, The X Factor, American Idol and Britain's Got Talent. On these shows, Cowell is known for saying that most of the

contestants on the shows are not talented. He is known for joining activities in the television and music industries, having made singles and records for many television characters.

In 2004 Entertainment Weekly named Simon Cowell as one of the Top Entertainers of the Year. In 2006 he renewed his contract with American Idol for five more seasons;

That same year he was named Variety's UK Personality of the Year.

In 2007 Cowell earned the No. 3 slot on the Forbes TV Faces List, and No. 21 on Forbes' Celebrity 100 Power List. He also created an American Idol spin-off, Idol Gives Back, a two-episode special that helped to provide aid to children in Africa and the American poor. The show raised $76 million for charity.



SONG

MOVIE: GUDDI (1971)

Hum ko man kee shakti

Hum ko man kee shakti, Dena man vijay kare
Dusaron kee jay se pahale, Khud ko jay kare
Dusaron kee jay se pahale, Khud ko jay kare
Hum ko man kee shakt, Dena man vijay kare
Dusaron kee jay se pahale, Khud ko jay kare
Hum ko man kee shakt dena

Bhedabhaaw, Bhedabhaaw apane
Dil se saaf kar sake, Bhedabhaaw apane
Dil se saaf kar sake, Doston se bhool ho
To maaf kar sake, Doston se bhool ho
To maaf kar sake, Zoothh se bache rahe
Sach kaa dam bhare, Zoothh se bache rahe
Sach kaa dam bhare, Dusaron kee jay se
Pahale khud ko jay kare, Hum ko man kee shakt
Dena man vijay kare, Dusaron kee jay se pahale
Khud ko jay kare, Hum ko man kee shakt dena

Mushkile pade to hum, Pe itanaa karm kar
Mushkile pade to hum, Pe itanaa karm kar
Saath de to dharm kaa, Chale to dharm kar
Saath de to dharm kaa, Chale to dharm kar
Khud pe hausalaa rahe, Badee se naa dare
Khud pe hausalaa rahe, Badee se naa dare
Dusaron kee jay se, Pahale khud ko jay kare
Hum ko man kee shakt, Dena man vijay kare
Dusaron kee jay se, Pahale khud ko jay kare
Hum ko man kee shakt dena.

RESOLUTION

THE PLEDGE

We resolve to be always honest with ourselves as it is the greatest step towards honesty.

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 their role model for the habit 'Honesty'.
2. Ask children to find out examples of people who have shown great examples of honesty.
3. Arrange a meeting of people who have shown exemplary honesty (like rickshaw wala / bus conductor, who have found someone's money and returned it).

WHAT MORE!!

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

FORGIVENESS



INTRODUCTION

When we hold on to hurt, pain, resentment, and anger it harms us far more than it harms the offender. When people cannot forgive or does not forgive it strains our mind, body and heart resulting in bad health. That is why it is said that to forgive is the highest, most beautiful form of love and it has to be genuine to be effective on us. This will allow us to move on without anger or contempt or seeking revenge. Forgiveness when done truly develops compassion as it is an act of kindness for ourselves. Forgiveness can be in the form of when someone forgot your birthday and they ask for forgiveness. You might be hurt at that time but you forgive without any effort. However, sometimes we are hurt very badly and it changes our feelings or thoughts about that person. This is when it will harm us mentally and emotionally.

It does not mean that a person's hurtful actions are forgotten; instead, over time, it enables us to replace negative feelings associated with the memory of those actions with positive ones. Complete forgiveness in this case happens when we truly let go of all of our hurt and anger and replace those feelings with empathy, compassion, and love.



LIFE SKILL QUESTIONS

1. What is the relationship between love and forgiveness?
2. Why is forgiveness important?
3. How does forgiveness impact your health?

QUOTES

- “Forgiveness says you are given another chance to make a new beginning.” **- Desmond Tutu**

- “There is no love without forgiveness, and there is no forgiveness without love.” **- Bryant H. McGill**

- “Forgiveness is the fragrance that the violet sheds on the heel that has crushed it.” **- Mark Twain**

- “Forgive, forget. Bear with the faults of others as you would have them bear with yours.” **- Phillips Brooks**

- You can’t forgive without loving. And I don’t mean sentimentality. I don’t mean mush. I mean having enough courage to stand up and say, ‘I forgive. I’m finished with it.’ **- Maya Angelou**

एकः राजा युद्धे स्वसैनिकेभ्यः कथयति
A king tells his soldiers during war

महेन्द्रसिंह : भोः सैनिकाः ! अद्य अस्माकं महत्सौभाग्यमस्ति एतादृशं युद्धं लब्धम् |

Mahendrasingh : Hey soldiers. Today is a very fortunate day for us in the war.

सैनिका : आम ! सत्यम् | हर हर महादेव |

Soldiers : Yes. That's right. Har Har Mahadev.

महेन्द्रसिंह : यावच्छक्यं स्वप्राणाहुतिं यावत् युद्धं करिष्यामः |

Mahendrasingh : We will fight as long as we are alive.

सैनिका : यथादेशः | वयं तदर्थमेव उपस्थिताः |

Soldiers : As you command. Why we are here.

महेन्द्रसिंह : परन्तु यदा शत्रवः शरणमागच्छन्ति तदा तेभ्यः क्षमां दत्त्वा मोचनीयाः |

Mahendrasingh : But when the enemy accepts refuge, he is forgiven and he is set free.

सैनिका : किन्तु ते अस्माकं शत्रवः तर्हि किमर्थं क्षमा ?

Soldiers : But if he is our enemy then why should we forgive him?

महेन्द्रसिंह : सत्यम् | किन्तु क्षमा सर्वोपरि शस्त्रं वर्तते |क्षमा वीरस्य भूषणम् अस्ति |हत्यया वैरं वर्द्धते क्षमया स्नेहः जायते

Mahendrasingh : It is rightly said that forgiveness is the greatest weapon. Forgiveness is ornament of a true hero. Killing leads to rage. Love leads to forgiveness.

सैनिका : भवतु | वयं सर्वेभ्यः शरणागतेभ्यः क्षमां दास्यामः | हर हर महादेव |

Soldiers : We will forgive all those who seek refuge from us. Har Har Mahadev.

महेन्द्रसिंह : हर हर महादेव |

Mahendrasingh : Har Har Mahadev.

SANSKRIT SHLOKAS

क्षमा शस्त्रं करे यस्य दुर्जनः किं करिष्यति |
अतृणे पतितो वह्निः स्वयमेवोपशाम्यति ||

What can a wicked person do to someone who has the weapon of forgiveness. Fire fallen on ground without any grass extinguishes by itself.

नरस्याभरणं रूपं रूपस्याभरणं गुणम् |
गुणस्याभरणं ज्ञानं ग्यानस्याभरणं क्षमा ||

Man is similar to a jewel. The jewel of virtue is knowledge and the jewel of gratitude is forgiveness.

POETRY

It's hard to forget even harder to forgive.
It's hard to forgive someone for hurting you,
for inflicting pain on you,
for making you shed a tear or two.
It's hard to move on, when you're stuck!
Unaware of who are your friends or foe
People like that make it hard to forgive.
They're the ones that hurt you, inflict pain on you, make you shed that tear or two.
Just Stop! For a minute just clear your mind, let it
A wise person once told me Forgiveness will set you free
so you won't be a slave to your hurt feelings.



MORAL STORIES

1. TWO KINDS OF JUSTICE

There was once a hand whose fingers were great friends. The owner of this hand, despite the care he gave the rest of the fingers, the thumb always came off worse.

At first, the other fingers asked the thumb's forgiveness for their clumsiness, and the thumb did indeed forgive them. However, this happened so many times that, one day, the thumb decided to forgive the fingers no more. He stretched himself away from the fingers, and wanted nothing to do with them.

Initially, the thumb looked dignified, straight, rigid and aloof. However, that kind of position was forced and ridiculous.

Finally, the thumb understood that it had all been his fault, and he asked the fingers' forgiveness, fearful that they would reject him. On the contrary, the fingers easily forgave him, because they - better than anyone - knew that we all make mistakes. Friends once again, all five of them worked together to prove to the owner that they were perfectly well again.

2. THE BRIDGE

One day, there was a knock on the older brother's door. When he opened it, he was facing an old, bearded carpenter, holding a toolbox. "I could sure use some work, sir" said the stranger. "Do you need any repairs in your farm?" "Yes", replied the brother. "I've got a job for you. Across the creek, there's a farm that happens to belong to my younger brother.

Until recently, the whole area between our homes was

green, but then he changed the creek's path, making it into a border between us. I'm sure he did that for spite, but I'll show him..." said the older brother. "You see those trees by the barn? I want you to turn them into a 10-foot tall fence. I never want to see his face again."

The farmer helped the carpenter carry his tools and the wood, and then drove off to the city on some errands. When he came back in the evening, the old carpenter had finished. Upon arriving at the creek, the older brother was stunned.

Here a fence should have been standing, a bridge now stood. A quaint and special bridge, truly a work of art, with an intricately carved banister. At the same time, the younger brother happened to come to the same spot. He rushed over the bridge and embraced his older brother, and said:

"You're something special... building a bridge, after all I've said and done!" While both brothers were hugging, the old carpenter collected his tools and started walking away. The brothers turned to him and said. "I would have loved to stay, kind sirs," said the carpenter. "But I have many more bridges to build and things to fix in other places..."

Moral : We allow pride to come before our love. Don't let it happen to you. Learn to forgive and appreciate what you have.

3. FORGIVENESS OF THE KING

Once upon a time there was a King in a country who was on a tour with his Ministers, including his royal security and others. He was taking rest, under the shade of the mongo tree at the mango garden with his team when suddenly a stone hit him directly on the forehead. Immediately he started bleeding.

The king had no idea who threw the stone at him, but he did know that he was experiencing an intolerable pain. The royal securities left right away to find the person who threw the stone at the king. After searching they found only one

old lady there, and they asked if she had thrown any stones recently.

"Yes," she replied. "I threw a stone at the mango tree."

They asked her, "Did you throw any stone at the king?" The woman's face showed how terrified she was, so the guard forcefully told her that she would be punished. The woman was arrested and presented before the King.

She trembled with immense fear and prayed that they would not kill her. After seeing the blood flow down the King's face, she became more upset and felt hopeless. "What will happen to me?" she thought.

The king, very calmly asked her, "Did you throw the stone at me?"

She replied, "Your majesty, I threw the stone at the mango tree."

"Why?" the king asked.

She replied weeping, "Your majesty, my child has been starving for two days. I was collecting food for him but could not find any. I hoped that when I threw the stone at the mango tree, a mango would fall so that I could feed my son. Your majesty, by mistake the stone hit your forehead and that is my unknowing mistake."

The woman bowed down before the king begging pardon for her mistake. The king was a kind hearted one and understood the situation very clearly. He forgave her mistake and ordered his security personnel not punish her in any way. Instead of punishment he said to give her money, food, and return her safely to her home.





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

THE KING'S THREE DAUGHTERS

Characters:

Narrator, Father, eldest Daughter, Second Daughter
Youngest Daughter, Cook, King

SCRIPT:

Narrator : *Once upon a time there was a rich king who had three beautiful daughters, but the youngest was the prettiest, and the king loved her the most. The three of them were engaged and were happy. One day, the king was feeling weak, so he called his three daughters and their handsome princes.*

Father : I wanted to talk to you because I feel sick and weak and I need that one of you take my place.

Eldest Daughter: I will take your place, father.

Father : Don´t interrupt me.

Second Daughter: Let him talk!.

Father : I have thought about dividing my kingdom into three equal parts, one for each one.

Eldest Daughter: That will be fair.

Father : I will live for a while with each of you, and will take with me a hundred men.

Eldest Daughter: A hundred men!.

Father : But that´s not all. I will divide my kingdom into three equal parts, according to your love and kindness.

Narrator : *Then, there was silence in the room. The king asked the oldest daughter.*

Father : How much do you love me?.

Eldest Daughter: More than my own life. Come and live

with me, I will take care of you.

Second Daughter: I love you more than anybody could love you in the whole wide world.

Youngest Daughter: I love you as a daughter should love a father, and I need you as the food needs salt.

Narrator : *The king was very angry because he was disappointed of the youngest daughter, and said.*

Father : That´s all?. Well, I will divide my kingdom between your two sisters and you will receive nothing.

Narrator : *At that moment, the youngest daughter´s prince left the room and didn´t come back. He thought that he didn´t want to have a poor girlfriend. Then she said to her sisters.*

Youngest Daughter: (crying) I don´t know how to express myself as you do, but I love our father as much as you do. And I know that you must be very happy right now because you wanted so much this kingdom that now it will be yours.

Narrator : *The two sisters were laughing at her.*

Eldest Daughter: Ha, ha, ha.

Second Daughter: Ha, ha, ha.

Father : I don`t want to see you anymore!.

Youngest Daughter: But father!.

Father : Get out of my castle, and never come back!.

Narrator : *The crying princess left the palace taking only one dress, a party dress, and her wedding dress.*

Youngest Daughter: I have been walking for days, and I am so tired.

Narrator : *One day she got to the edge of a lake where she saw some reeds. She looked herself in the water and saw a beautiful image.*

Youngest Daughter: I will take some of those reeds to make a dress. I need to cover this elegant dress I am wearing. And I will also make a hat to cover my blond hair.

Narrator : *From that day on, when people saw her they started calling her: Reed Hat. One day she arrived to her ex-boyfriend´s land. She then knew that his father had died and that now he was the king. She also knew that he was looking for a princess . Then she went to talk to the cook.*

Youngest Daughter: I know that you have a lot of work with so many parties and so many guests. Can I work here?.

Cook : The truth is that I don´t have so much work. But if you make a mistake I will throw you away from here.

Narrator : *The princess worked a lot and never complained. She wasn´t getting paid and could only get food to eat. Once in a while she could see the king and that made her feel happy. Meanwhile, her father wasn´t as rich as he was because he had already divided the kingdom between his other two daughters. And with his hundred men he went to the oldest daughter´s house.*

Eldest Daughter: I am happy to see you but you bring too many people, father. I think that fifty men is enough for you.

Father : (angry) What are you saying?. I gave you my kingdom and you cannot have my men living here. I will go live with your sister.

Narrator : *The second daughter heard his complains and said.*

Second Daughter: Come on, father. My sister is right. Why do you want so many men for?. You should fire them all. You can stay, but I cannot have all those people here.

Father : Ohh!. I will go back with your sister, at least she wanted fifty of my men. You are so ungrateful.

Narrator : *The old man fired half of his men, and went back to his palace. But because of his old age he travelled slowly and by the time he got to his oldest daughter´s house she knew already what*

had happened. So she ordered to close all the gates. When he arrived, a man from the high tower shouted.

Man : Go away, my lady doesn´t want you here!.

Narrator : *The old king, sadly fired all his men, and had to sell his horse. Then started walking through the woods where he found an abandoned hut and stayed there to live. One day Reed Hat was walking in the forest looking for fruit for king, when she saw her father sitting in a rock. She felt sorry for her father. The king didn´t recognize her because of her dress and hat and because he was almost blind.*

Youngest Daughter: Good morning, sir. Do you live here alone?.

Father : (sadly) Yes, who would want to take care of an old man?.

Youngest Daughter: Many people. And if you need something, just tell me.

Narrator : *Then she started cleaning his house, made the bed and cooked for him.*

Father : You are a kind girl .

Narrator : *Reed Hat went to see her father every Sunday, and whenever she could, and feed him. There was going to be a big party at the palace and everybody could go the cook said.*

Cook : But you, Reed Hat, you cannot go the way you are dressed, so you have to stay in the kitchen.

Narrator : *When everybody left, the girl took off her reed dress and hat and with her beautiful princess dress and her shiny blond hair, went to the great party at the palace. Everybody looked at that beautiful lady. The king, apologizing with the other princess went walking straight to her and said.*

King : Do you want to dance with me?.

Narrator : *He didn´t even recognize that she was the princess, as soon as she had the opportunity she*

escaped and went to hide in a room. That night she was very happy. Next day, the cook couldn´t stop talking about the beautiful girl.

Cook : (Talking to the prince) I noticed that you liked the beautiful girl that came to the party last night.

Prince : Yes, and I am hoping to see her again.

Cook : Why don`t you give another party, maybe she will come.

Prince : That is a good idea!.

Narrator : *And the prince threw another party, and the princess appeared even more beautiful than the first time. The king only danced with her. Again, as soon as she could, she escaped without being noticed. Then once again, the king threw another party. This time the princess attended the party in her wedding dress. She was so beautiful that everybody admired her. The king said.*

King : You are the most beautiful girl I have ever seen and also the sweetest. I beg you not to leave, and marry me.

Narrator : *The princess smiled, but once again escaped. The king was so sad that couldn´t even eat. One morning, the cook told Reed Hat to prepare breakfast for the king. Then over the jelly she put the wedding ring that the king once gave her. When he saw it, he said-*

King : Bring the cook!.

Narrator : *The cook was very afraid and told the king that he didn´t cook breakfast that morning, that Reed Hat did it. The king called her, and under her reed dress she was wearing her wedding gown.*

King : Where did you get the ring that was over my plate?.

Youngest Daughter: Someone gave it to me.

King : Who are you?.

Youngest Daughter: They call me Reed Hat, sir.

King : Let me see what you are hiding under that reed dress.

Narrator : *She started taking off really slowly her reed dress and hat and a wonderful wedding dress appeared.*

King : Oh, dear, it was you. I don´t know if you can forgive me.

Narrator : *But since the princess loved him with all her heart they started planning the wedding. Her father also came. The wedding ceremony was magnificent, but the food tasted bad, with no spices on it, and nobody was eating. The king, really angry told the cook.*

King : Nobody is eating this food!.

Narrator : *Then the princess, looking at her father ordered the cook to bring some salt. Her father started to cry, because it was then that he knew how much her youngest daughter loved him, and how bad he was to her.*

Father : Please, my sweet daughter, forgive me!.

Youngest Daughter: I have nothing to forgive you, father. I love you as much as food needs salt.

Narrator : *And they all lived happy forever.*

Moral Value: Unconditional Love. Power of forgiveness

----END----

ANSWERS OF CROSSWORD :

1. Forgive	2. Hurt	3. Mistakes	4. Positive
5. Happiness	6. Mercy	7. Kindness	8. Compassionate

ANSWERS OF SCRAMBLE :

• Excuse • Forget • Release • Overlook • Ignore Forgiveness



GAMES

1. RED LIGHT, GREEN LIGHT

Description: This adaptation of the game Red Light, Green Light gives participants a chance to relax while saying the words "I forgive you" and "You are forgiven."

Explain the game: One person, designated as "It" or "the stoplight," faces away from the rest of the group. The group lines up as far as they can get from the stoplight. When the stoplight yells "Forgiveness" all participants can move forward. As they move they say, "We forgive you." This will help the stoplight hear when participants get closer. The stoplight can turn around and yell, "Stop!" anytime to stop the movement forward. The stoplight should wait until all others have stopped moving forward, then turn away from the group again, saying, "Forgiveness." The first player to touch the stoplight gets to be the next stoplight.

Reflection: Ask participants after playing several times.

- When we play games, do we always forgive people who are the winners?
- What are some ways that our games can treat others fairly?

Suggestions: Participants with accessibility issues can use whatever form of movement works best for them. When the age span is great, it helps to have the stoplight ("It") or a leader vary the movement actions forward. Skipping, hopping, jumping or galloping will all work.

2. I FORGIVE YOU

Forgiveness: Explore the topic together. Talk about ...

- When is it hardest to forgive?
- Why is it so hard to say, "I'm sorry"?
- How does it feel when your brother or sister does

something unfair and does not say they are sorry?

- Who can hurt you more, strangers or people you are close to?

Share which you think is stronger, love or unfairness.

Session: Have a conversation about forgiveness: Forgiveness is an action surrounded by love, both in forgiving and being forgiven, and the family is where forgiveness is first learned. Forgiveness is under-represented in the media; seven and eight-year-olds may be more familiar with revenge, winning, and "I'm better" attitudes. They generally talk about how difficult it is to forgive others. Then play a game to practice saying "I forgive you."

Invite everyone to gather in a circle and hold hands. Start by squeezing the hand to your right and saying: "Today I found love, today I gave love." Lead the group to move the hand squeeze around the circle until everyone has had a chance to say the words.

Then, invite the group to unclasp hands lead them to say the closing words in unison:

Be good to yourself.

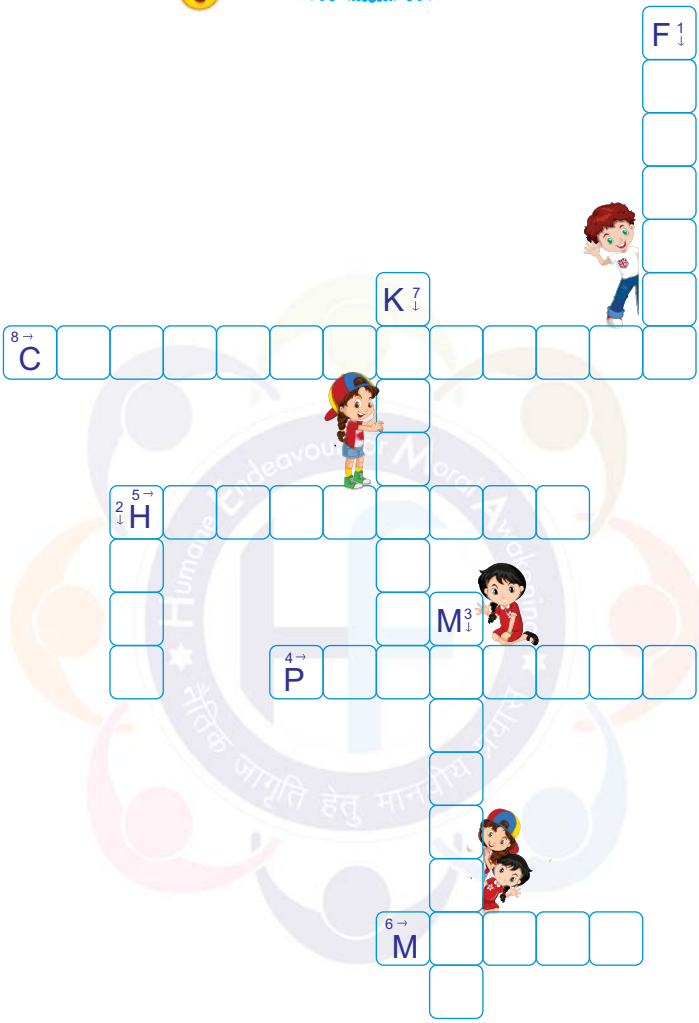
Be excellent to others.

Do everything with love.

..... Explain then that's forgiveness. 'I Forgive You'

Extend the game together: Write the word FORGIVENESS across the top of piece of paper. Work together to think of places where forgiveness needs to happen, one place for each letter. Start with F for FAMILY.

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. To err is human, to_____is divine. (7)
2. We get angry towards those who have _____us. (4)

3. We all make _____. (8)
4. Forgiveness helps to create _____ energy in this planet. (8)
5. _____ lies in forgiveness. (9)
6. The boy asked for _____ for his mistake. (5)
7. _____ and compassion are not weaknesses. (8)
8. My grandfather was a deeply _____ man. (13)



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.

UXCUES

GTFORE

ELAERSE

KOOLREVO

RONEGI

_____ says you are given another chance to make a new beginning.



PUZZLE

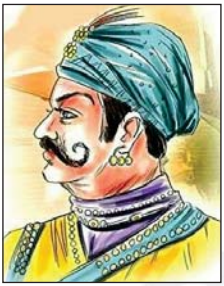
In the puzzle below, you have 15 words which are synonyms for **FORGIVENESS.** You will find them in different pattern. One of the words is done for you. Find the rest.

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

Words

Faith :
Pardon : Riya asked my pardon for taking up so much of my time.
Benevolence :
Apology :
Compassion :
Request :
Love :
Hope :
Communication :
Confess :
Unconditional :
Mercy :
Emotion :
Belief :
Forgiven :

CASE STUDY



PRITHVIRAJ CHAUHAN

Prithviraj Chauhan or Rai Pithora was a king from the (Chauhan) dynasty. He ruled Sapadalaksha, the traditional Chahamana territory, in present-day north-western India. He controlled much of the present-day Rajasthan, Haryana, and Delhi; and some parts of Punjab, Madhya Pradesh and Uttar Pradesh. His capital was located at Ajmer although the medieval folk legends describe him as the king of India's political centre Delhi to portray him as a representative of the pre-Islamic Indian power.

Early in his career, Prithviraj achieved military successes against several neighbouring Hindu kingdoms, most notably against the Chandela king Paramardi. He also repulsed the early invasions by Muhammad of Ghor, a ruler of the Muslim Ghurid dynasty. However, in 1192 CE, the Ghurids defeated Prithviraj at the Second battle of Tarain. His defeat at Tarain is seen as a landmark event in the Islamic conquest of India.

The most popular of accounts is Prithviraj Raso, which presents him as a "Rajput". Prithviraj also honour him as "the last Hindu emperor".



SWAMI DAYANAND SARASWATI

Swami Dayanand Saraswati, originally called Mul Shankar, was born in Gujarat in 1824. He believed in monotheism and discouraged idol worship, social inequalities and child marriage.

Dayanand encouraged women's education and widow remarriage.

Great social reformers like M G Ranade, Vidyasagar and Keshab Chandra Sen helped Dayanand to establish the Arya Samaj in Bombay in 1875. Membership of the Samaj was open to all castes. The Arya Samaj aroused cultural and national pride among the people. It also carried out social work like famine relief, and ran orphanages and widow homes. The Samaj produced leaders like Lala Lajpat Rai and Lala Hansraj.Dayanand popularised the slogan "Go back to the Vedas". He began the Shuddhi Movement to reconvert Hindus who had converted to other religions. He published his writings mostly in Hindi so as to reach out to the common people. In 1877. Dayanand Saraswati died in 1883.

Dayanand's followers established the Dayanand Anglo-Vedic (DAV) School. The education imparted at these institutions combined traditional Indian learning with Western scientific studies.



LATE POPE JOHN PAUL II

Late Pope John Paul II rode past a crowd in an open car in 1981, Mehmet Ali Agca shot him four times in an assassination attempt, seriously wounding the pope. Pope John Paul II nearly died. He underwent emergency surgery at a hospital to save his life and then recovered. Two years later, the pope visited Agca in his prison cell to let Agca know that he had forgiven him. The Catholic leader clasped Agca's hands—the same hands that had pointed a gun at him and pulled the trigger.

After emerging from Agca's prison cell, the pope said that he spoke to the man who had tried to kill him "as a brother whom I have pardoned."

The miracle of forgiveness always starts with someone who

is willing to move beyond the pain of the past in faith that God will help him or her forgive and then experience freedom. You can make this miracle happen in your own life by choosing to forgive the people who have hurt you, with help from God.





MOVIE: PANAAH (1992)

Teri panaah mein hume rakhana

Teri panaah mein hume rakhana
Sikhe hum nek raah par chalana
Teri panaah mein hume rakhana
Sikhe hum nek raah par chalana
Kapat karam chori beimaani
Aur hinsa se humko bachaana
Kapat karam chori beimaani
Aur hinsa se humko bachaana
Nali ka ban jau na paani
Nali ka ban jau na paani
Nirmal gangajal hi banaana
Apani nigaah mein hume rakhana
Teri panaah mein hume rakhana
Teri panaah mein hume rakhana
Sikhe hum nek raah par chalana

Kshamavan koyi tujhasa nahi
Aur mujhasa nahi koyi aparaadhi
Kshamavan koyi tujhasa nahi
Aur mujhasa nahi koyi aparaadhi
Puny ki nagari mein bhi maine
Puny ki nagari mein bhi maine
Paapo ki gathari hi baandhi ho ho ho
Karuna ki chhaanv mein hume rakhana
Teri panaah mein hume rakhana
Teri panaah mein hume rakhana
Sikhe hum nek raah par chalana.



RESOLUTION

THE PLEDGE

Forgiveness is for ourselves. Hence, we resolve to forgive those who also have hurt us.

ASPIRE TO INSPIRE



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

LET'S STEP OUT...



1. When do children have to forgive others?
2. Give examples of forgiveness from Hindu mythology.
3. What are the benefits of forgiveness?

WHAT MORE!!

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

TEAM WORK



INTRODUCTION

Team work starts, when a group of people work together cohesively, towards a common goal, creating a positive atmosphere, and supporting each other to combine individual strengths to enhance team performance. An individual working as part of a team will have a sense of ownership towards his role in the group as he is committed himself to goals he has helped to create. An individual in a team will collaborate together and use his talent and experience to contribute to the success of the team's objectives. An individual in a team will base their success on trust and encourage all members to express their opinions and varying views. An individual will make a conscious effort to be honest, respectful, and listen to every person's point of view. Team members see conflict as a part of human nature and they react to it by treating it as an opportunity to hear about new ideas and opinions. Everybody wants to resolve problems constructively.

So, it is important that students learn to function in a team environment so that they will have teamwork skill from an early age which will help in all walks of life.

Teamwork combines individual strengths and skills in the pursuit of a common direction or cause, in order to produce meaningful results with a shared commitment to performance, it's not just about getting on well together. To become an effective member of a team leading to good teamwork, it is important to realise that attitudes come from what we value and are expressed in how we behave. In short it is spirit of a group that makes the members want to succeed.



LIFE SKILL QUESTIONS

1. Provide an example of a time you showed strong teamwork skills.
2. Do you prefer working on your own or as part of a team?
3. What is your idea of an ideal team-building exercise?





QUOTES

- "Talent wins games, but teamwork and intelligence win championships." **- Michael Jordan**



- "Coming together is a beginning, staying together is progress, and working together is success." **- Henry Ford**



- "With teamwork we are able to multiply our output and minimize individual input." **- Ogwo David Emenike**



- "Be fast, be first, but never be alone. Nothing can replace the value of teamwork." **- Farshad Asl**



- "Unity is strength... when there is teamwork and collaboration, wonderful things can be achieved." **- Mattie Stepanek**





SANSKRIT SAMVAD



नरेश : भो गुरवः ! अद्य किमपि संघशक्तिविषये पिपठीषा वर्तते |
Naresh : Hello Master. I want to study about team work today.

गुरु : संघशक्तिविषये एव पाठयामि | शृण्वन्तु |
Guru : I shall be teaching about the 'Sanghshakti.'

शिष्या : श्रावयन्तु |
Disciple: Listen.

गुरु : भो छात्राः ! 'संघे शक्ति कलौ युगे' एषा एका सूक्तिरस्ति |
Guru : Dear students, in Kal Yug, there is power in togetherness.

हरेश : अर्थात् किम् ?
Harish : What does it mean?

गुरु : अर्थात् वर्तमानसमये यदि भवन्तः संघे समूहे वा कार्यं करिष्यन्ति तर्हि कार्यं शीघ्रं सिद्धं भवितुमर्हति |
Guru : Remember that the work done by a group of men together is completed soon.

महेश : तत् कया रीत्या भवितुमर्हति ?
Mahesh : How can that be?

गुरु : यथा एनं प्राङ्गणं यदि अहं एकाकी स्वच्छं करिष्यामि तर्हि बहुकालं गमिष्यति |
Guru : If I clean this verandah alone, I will take a long time.
एवं च यदि वयं सर्वे मिलित्वा कार्यं करिष्यामः तर्हि झटिति स्वच्छं भविष्यति |
If we all do it together, it will be cleaned soon.

नरेश : आम् गुरुणा सत्यं उक्तम् | इतः वयं आरभ्य वयं यत्र संघकार्यं भविष्यति तत्र तदेव करिष्यामः |
Naresh : Yes, Guruji is right. From today, we will work in team.

धन्यवाद गुरवः |
Thank you, Master. Greetings





SANSKRIT SHLOKAS



अल्पानामपि वस्तूनां संहतिः कार्यसाधिका |
तृणैर्गुणतवमापन्नैर्बध्यते मत्तदन्तिनः ||

On collecting small things, big works can be accomplished. From grass straws we make rope which can then tie an elephant.

ऐक्यं बलं समाजस्य तदभावे स दुर्बलः |
तस्मादैक्यं प्रशंसन्ति दृढं राष्ट्रहितैषिणः ||

Unity is the strength of society, and without it, society is weak. Hence those who wish the good of the nation heartily encourage Unity.



POETRY

Tomorrow is the key to getting things done
cooperatively sharing idea and listening too,
Working together to see it through,
You work with me and I will work with you
When we all work together
We get things done!
And working together is much more fun !!!!



MORAL STORIES

1. RAINDROP, SNOWFLAKE

Once upon a time there was a little drop of water who dreamed of becoming a snowflake and turning the landscape white. Years passed, and then there was a great drought which evaporated the little drop from the lake where he lived. When he reached the sky, he became part of a small cloud. As soon as the weather turned cold, the little drop looked for a nice bit of countryside where he could fall, and help cover the place in snow.

But only a little bit of snow fell, and as soon as it touched the ground, it melted. And there the little drop had to remain, waiting for the sun's rays to shine again, and send him back up to the clouds. When the sun shone, the little drop ascended once more, turned to snow again, and down he fell. Again, just after landing, he melted.

This happened several times. Finally, the little drop went and joined a great big cloud, where millions of other drops had crowded together. Despite being gigantic, conditions in that cloud were rather uncomfortable. A few of the drops were ordering everyone else around, making them squash up together, amid a great racket.

"Biggest drops at the bottom! Smallest drops at the top! Come on, come on! There's no time to waste..."

Our little drop wasn't keen on all this, and he considered falling down to Earth again, but a nice, friendly drop next to him managed to talk him out of it.

"Where are you going?! You don't want to take part?"

Seeing how surprised our little drop looked, the friendly drop explained they were preparing for a big snowfall.

"All of us here love being snow, and covering the land for days; that's why we've all gathered together here. Years ago I would try doing it on my own, but I learned I couldn't manage it without help. I found this nice cloud, where we all

help each other a little. And thanks to our teamwork, we've made some of the best snowfalls ever!"

A little later, both drops were flying down through the sky as snowflakes, surrounded by millions and millions of other flakes, turning the green fields white.

And with great joy, our little drop realised that when everyone worked together they could achieve what had at first seemed impossible.

2. THE BIG MATCH

Once, a group of boys decided to play a proper soccer game. Each one of them would bring something used in professional matches. So one would bring the ball, another the whistle, another the goalposts, others the goalkeeper gloves, the corner flags, etc...

But before the game started, while they were picking the teams, there was a slight argument. They decided that the boy who had brought the most important object would get to pick the teams. Well, now they couldn't decide which had been the most important object, so they thought it would be best to just start playing, using all the objects, and gradually get rid of what people had brought, to see which things were truly indispensable.

The first thing they got rid of was the whistle, because the referee could just shout instead. Then they tossed the goalkeeper gloves; they managed to save the ball just as well without them. Neither did they really notice when they stopped using the corner flags, nor when they replaced the goalposts with a couple of bins. And so they continued, until finally they replaced the football with an old tin, and managed to keep playing...

While they were playing with the tin, a man and his son passed by. Seeing the boys playing like that, the man said to his son:

"Look, son. Learn from those kids over there. Without

even a ball they're managing to play football, even though they're never going to be able to improve playing that way."

The boys heard him say this, and realised that because of their excessive pride and egotism, what could have been a great match had turned into a shameful display, which they were hardly enjoying at all. That moment, they decided to put their selfish opinions to one side, and they agreed to start playing the match again, from the beginning , and with all the proper equipment.

And it really was a great game. No one thought about who was playing better or worse. Rather, they just concentrated on having fun and improving their game.

3. BALLOON ACROBATICS

The day finally arrived. It was time for the great acrobatic balloon competition. Every insect in the garden had been training hard, and now they were preparing to begin their routines. The balloon competitions were always something really special, since they could only happen after the children of the house had some big party. There was only a short window of opportunity too, before the parents came around to collect up the balloons.

Each time, the flying insects were favourites to win, because they could grab the balloon strings and fly off in all directions, creating all sorts of patterns in the air. However, on this occasion there were some rather unusual insects taking part: a group of ants. Of course, no one expected that they'd do anything special. They were so light that no ant had ever bothered to take part, but it was quite impressive to see all the ants all perfectly organised and prepared.

So, the competition began, and the different insects took their turns, performing beautiful manoeuvres with the balloons. As always, the butterfly and the firefly left

everyone amazed with their twist and turns, and their wonderful colours. When it was time for the ants to perform, it seemed like the competition had already been decided.

For the first time in living memory, the ants shared just one balloon between them, and one by one they climbed up the balloon string; forming a thin black thread of ants. When all the string was covered, the last ant climbed over his teammates to reach the balloon. Once there, he climbed onto the top of the balloon.

This strange spectacle attracted everyone's curiosity, and they were just about to witness the most important moment: the ant opened his jaws as wide as he could... and then he stabbed the balloon with all his might!

Pssshhhhhhh!!!

The result was tremendous! The balloon began blowing out its air, flying madly about, here and there, doing a thousand pirouettes, while the perfectly synchronised ants, made all kinds of beautiful shapes out of the string.

Of course, that acrobatic flight ended with quite a hard landing, but it didn't matter. The originality and teamwork of the ant performance was so impressive that the crowd didn't even have to vote for there to be a winner.

From then on, in that garden, everyone understood how much could be achieved by working together. In the years to come, the balloon competitions were full of displays carried out by teams, and they put on some wonderful routines; something those individual insects could never have achieved on their own.





You can watch the short film **"TEAM WORK"** on YouTube



INSPIRATIONAL PLAY

Characters -

Jiya. Hazel, Aaina, Rahul, Anusha, Ishika, Shantanu, Anusha's mother, Shantanu's father, Ishika's father, Narrator.

ACT 1 – IN THE PARK

Narrator : *Three small red ants – Jiya, Hazel and Aaina – sleep in an ant hole. Music plays for a few seconds. Pause music – Rahul rings a bell.*

Rahul : (walking back and forth ringing the bell) Wake up everybody! It's time to work. It's a beautiful day for gathering food!.

Narrator : *Jiya, Hazel and Aaina open their eyes and stand up.*

Jiya : Good morning sisters!.

Hazel : We have a lot of things to do, so let's get to work!.

Aaina : I'll stay home to clean the house and cook for you.

Rahul : Good idea!. See you later.

Narrator : *Rahul, Jiya and Hazel waved good-bye to Aaina and get out of the ant hole.*

Aaina : Bye, don't come too late or the soup will get cold!.

Rahul, Jiya and Hazel: We won't. Bye Didi.

Narrator : *Rahul, Jiya and Hazel start to walk away.*

Rahul : We all should help to gather food to survive this coming winter.

Jiya : There's a rumour that the winter will be harsh, and our population keeps growing and growing.

Hazel : We need all the help we can get!.

Rahul : Fortunately, we work hard.

Narrator : *They see Anusha, Ishika and Shail lying under a tree.*

Rahul : Anusha, Ishika and Shail!.

Narrator : *Anusha, Ishika and Shail stand.*

Anusha, Ishika and Shail: You scared us, Rahul!.

Anusha : Yeah. What is it with you?.

Rahul : What are you doing here taking a nap?.You're supposed to be working!.

Ishika : I don't have to work. I'm the queen's daughter.

Shail : Me too!. Besides, I'm not working under this hot sun. No way!.

Rahul : We are all the queen's daughters!.

Anusha : Even if that's true, don't count on me, either. Every year it's the same thing. You ring the bell, and we get out to gather food. It's so boring!. Besides, my makeup gets all ruined!.

Ishika and Shail: And it's so expensive!.

Anusha : I wanted to leave the ant whole, but my dad didn't let me go away!. I don't like to get all dirty!.

Ishika and Shail: We all get dirty!.

Anusha : So, Rahul and company, please excuse us, we have to go.

Rahul : Where do you think you're going?.

Anusha, Ishika and Shail: We're going to the mall to get our manicure done!. Oh, We're so happy!.

Anusha : We need to get distracted from all this drama!.

(Anusha, Ishika and Shail leave)

Hazel : They are so stuck up!.

Jiya : And lazy.

Rahul : I am not going to stand here and watch how they get their free share of food. They need to learn the value of work.

Hazel : What are you going to do?.

Rahul : I'll talk to their parents. Come on, let's get to work.

(They leave)

ACT II – IN THE ANT HOLE

Narrator: *Rahul is having a meeting with Anusha's, Ishika's, and Shail's parents. They are sitting around a table.*

Rahul : I'm sorry to bother you, but yesterday your daughters refused to work in the park gathering food and leaves. As you know, winter is almost here.

Shail's father: Please, don't apologize. I already told Shail about the importance of working together for our own good, but unfortunately, she doesn't listen to me.

Ishika's mother: I'm also having problems with Ishika. She doesn't want to do anything around the house. She just wants to go shopping. I don't know what to do!.

Anusha's father: Anusha wanted to enter a student exchange program in another ant hole, but I didn't agree. So now, she's angry at me.

Shail's father: You have our support, Rahul.

Ishika's mother: How are we going to convince them about the importance of working together?.

Rahul : In fact, they have no option. We are talking here about survival.

Anusha's father: You're right. They must work just like we all do. Tomorrow morning they will join you and the rest of the ants. We give you our word!.

Rahul : (He stands up) I knew I could count on you. Now, come with me, (they all stand up and follow him) I want to show you our food warehouse. We still need some...

(They leave)

ACT III – IN THE PARK

Narrator: *Rahul, Jiya and Hazel and some ants are working gathering food and leaves. Anusha, Ishika and Shail enter along with their parents.*

Rahul : I'm glad you're here. We have been waiting for you. There's a lot of work to do!. (to Anusha). Anusha, start gathering pieces of leaves, we will need many of them!.

Anusha : (to her father) Father, please, I really don't want to. I wasn't born to work!. Is there something else I can do, besides working?.

Anusha's father: Do what she's telling you to do. Now!.

Jiya : (to Anusha) Anusha, we really need your help.

Hazel : We can not do this alone.

Rahul : Girls, we all have to be responsible and the results will be incredible. Just imagine all the fun we will have this coming winter!.

Ishika : He's right, we'll need shelter and food.

Shail : We will have all kinds of goodies...mmmm... good! Come on, let's do our job and let's do it well!.

Shail's father: Just remember children, we are all working for our community.

Anusha's father: We know it's not easy. It takes a lot of work, and compromise, too.

Rahul : We are all in this together, and in the long run we will all be proud of ourselves!.

Anusha, Ishika and Shail: Where should we start?.

Rahul : This place is just right. It's full of tasty leaves!.

Anusha, Ishika and Shail: (yelling) What are we waiting for. Let the music play and let's work hard!.

(Music plays: The ants start to pick up tree leaves)

----END----



GAME

1 - ELECTRIC FENCE

Tie a string between two stacks of chairs to create an "electric fence wire" that comes to about the average waist height on your students. Have students gather on one side of the fence and form a human chain by holding hands. The objective of the game is to get the entire team from one side of the wire to the other without touching the wire. Rules: Students can only go over (not under) the wire and must be holding hands at all times. They will have to cooperate to help each other over one at a time without touching the wire.

2 - I'LL GIVE YOU SOME OF MINE IF YOU GIVE ME SOME OF YOURS

Part of becoming a functional member of a team is learning to understand what you bring to the group and what you might need from others. This game is designed to help students begin to identify their individual strengths and needs regarding teamwork.

Materials - Pens or pencils, Question paper

Ask students for a list of some of the characteristics they think make up a good team member. For example: "What does it take from each person on a team to make a team really work?"

Students will be completing an assessment of the skills they possess related to teamwork by filling in honestly the skills given.

Skill #1 - Reliable

This means - You can be counted on to get the job done.

Evaluation - _____Not so confident _____Sort of Confident _____Really confident

Skill #2 - Effective Communicator

This means - You express your thoughts and ideas clearly and directly, with respect for others.

Evaluation - _____Not so confident _____Sort of Confident _____Really confident

Skill #3 - Active Listener

This means - You listen to and respect different points of view and you don't get upset or defensive.

Evaluation - _____Not so confident _____Sort of Confident _____Really confident

Skill #4 - Participates

This means - You are prepared and get involved in team activities.

Evaluation - _____Not so confident _____Sort of Confident _____Really confident

Skill #5 - Shares Openly And Willingly

This means - You are willing to share information, experience, and knowledge with the group.

Evaluation - _____Not so confident _____Sort of Confident _____Really confident

Skill #6 - Cooperative

This means - You work with other members of the team to accomplish the job - no matter what.

Evaluation - _____Not so confident _____Sort of Confident _____Really confident

Skill #7 - Flexible

This means - You adapt easily when the team changes

direction or you're asked to try something new.

Evaluation - _____Not so confident _____Sort of Confident _____Really confident

Skill #8 - Committed

This means - You are responsible and dedicated. You always give your best effort!

Evaluation - _____Not so confident _____Sort of Confident _____Really confident

Skill #9 - Problem Solver

This means - You focus on solutions. You are good about not going out of your way to find fault in others.

Evaluation - _____Not so confident _____Sort of Confident _____Really confident

Skill #10 - Respectful

This means - You treat other team members with courtesy and consideration - all of the time.

Evaluation - _____Not so confident _____Sort of Confident _____Really confident

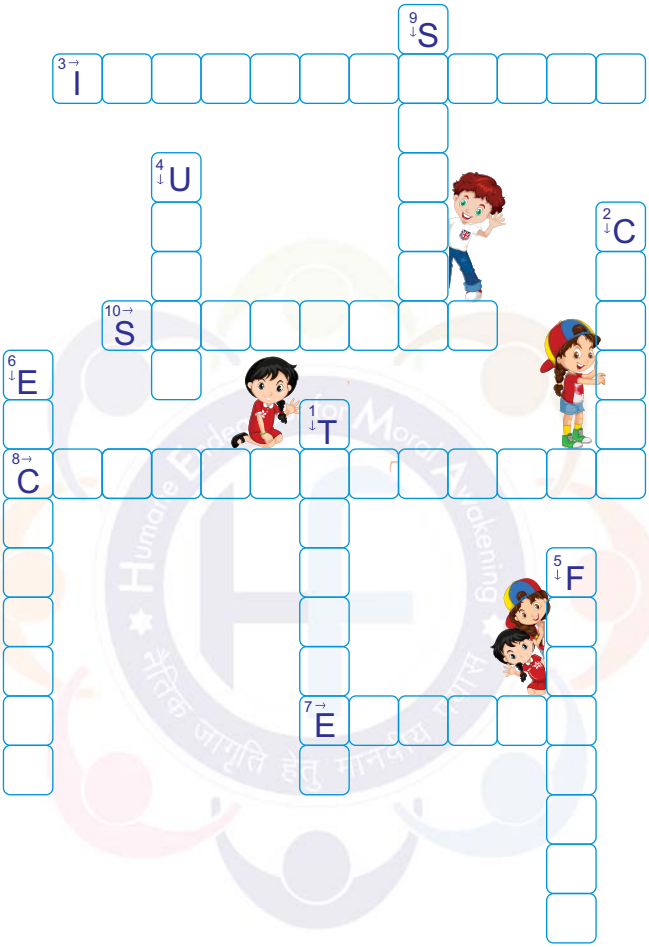
ANSWERS OF CROSSWORD :

1. Together	2. Common	3. Individually	4. Unity
5. Football	6. Encourage	7. Effort	8. Collaboration
9. Support	10. Strengths		

ANSWERS OF SCRAMBLE :

• Harmony • Union • Will • Partner • Task Teamwork

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. Team work is working _____. (8)
2. In team work all have_____vision. (6)
3. There are some task that cannot be done _____. (12)

4. Team work always work on _____. (5)
5. In _____team work is more important than individual skill. (8)
6. We should _____ good team work. (9)
7. Their combined_____was what made the project the successful. (6)
8. The government worked in close_____with the teachers on the new curriculum. (12)
9. We assured him of our_____to make the trip enjoyable. (7)
10. We can make the classroom the best, if we put all our _____together. (8)



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.

MONHARY

ONIUN

LLIW

TERNRAP

ASKT

_____divides the task and multiplies the success.



PUZZLE

In the puzzle below, you have 15 words which are synonyms for **TEAM WORK.** You will find them in different pattern. One of the words is done for you. Find the rest.

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

Words

Harmony : This team works in perfect harmony.
Partnership :
Synergy :
Unity :
Collaboration :
Communication :
Strengths :
Participation :
Exchange :
Networking :
Transaction :
Alliance :
Effort :
Aid :
Mutual :

CASE STUDY



SUBHAS CHANDRA BOSE

Subhas Chandra Bose was famous by the name of 'Netaji'. He was born on 23rd of January 1897 at Oriya Bazar, Cuttack. His father was Janakinath Bose and mother was Prabhavati Bose. In his childhood, he was a bright student. He had a high a sense of self-respect. After education, he joined in the freedom struggle. He went to jail many times. He formed Swaraj Party and Azad Hind Fauj. He became the President of Indian national congress. He worked very hard to make this country free.His message was "Give me blood; I will give you freedom Subhas Bose now formed the Azad Hind Government. His Azad Hind Fauj fought bravely against British forces and advanced up to Kohima in Assam. But afterwards, Indian troops were defeated by the British. Subhas Bose went in an aeroplane towards Japan but disappeared on the way. No one knows anything about him, but it said that his plane crashed at Taihoku and he was burnt to death. As long as India is free, people will remember Netaji Bose with respect and love. His life gives us a message of courage n team work.



MAHENDRA SINGH DHONI

Mahendra Singh Dhoni (born 7 July 1981), commonly known as M. S. Dhoni and *Mahi*, is a cricket player and was the former captain of the Indian cricket team. Dhoni is a right-handed batsman. He is known as the greatest captain of all time, having achieved more success

than any other captain in the history of cricket.The Indian cricket team won the 2011 Cricket World Cup under his captainship. His Test cricket and One Day International records are the best among all Indian captains to date. Dhoni also holds the post of Vice-President of India Cements Ltd. after resigning from Air India.

Dhoni has also been given many awards, such as the ICC ODI Player of the Year award in 2008 and 2009 (the first Indian player to achieve this), the Rajiv Gandhi Khel Ratna award in 2007 and the Padma Shri, India's fourth-highest civilian honour, in 2009.



UNESCO

UNESCO is the United Nations Educational, Scientific and Cultural Organization. UNESCO purpose, as defined just after the end of World War II, is "to build the defenses of peace in the minds of men and women". It does this by helping nations work together, through education for all, science, and culture. This is supposed to help other nations follow the rule of law and human rights. It also helps promote some freedoms in the UN Charter.UNESCO has 195 Member countries.

UNESCO tries to achieve what it wants to do through six programs: education, natural sciences, social and human sciences, culture, communication and information. Some projects sponsored by UNESCO are literacy, technical, and teacher-training programmes.

UNESCO is also a member of the United Nations Development Group and works for Millennium Development Goals.



MOVIE: LAGGAN (2001)

Chale chalo, chale chalo

(Baar baar haan, bolo yaar haan
Apni jeet ho, unki haar haan)
Koi humse jeet na paave
Chale chalo, chale chalo
Mit jaave jo takraave, chale chalo
Bhale ghor andheraa chhaave
Chale chalo, chale chalo
Koi raah mein na thaam jaawe, chale chalo
Toot gayi jo ungli utthi
Paanchon mili to ban gaye mutthi
Eka badhta hi jaawe
Chale chalo, chale chalo
Koi kitna bhi bahekaave, chale chalo
Koi humse jeet na paave
Chale chalo, chale chalo
Mit jaave jo takraave, chale chalo

Koi na ab roke tujhe, toke tujhe
Tod de bandhan saare
Mila hai kya hoke tujhe nirbal, tu hi bataa

Kabhi na dukh jhelenge, khelenge
Aise ke dushman haare
Ke ab to le lenge, himmat ka rasta
Dharti hilaa denge, sab ko dikhaa denge
Raja hai kya, parja hai kya, oh oh oh
Hum jag pe chhaayenge, ab yeh bataayenge

Hum logon ka darja hai kya, ho oh oh oh
Baar baar haan, bolo yaar haan
Apni jeet ho, unki haar haan
Ab darr nahin mann mein aave
Chale chalo, chale chalo
Har bedi ab khul jaave, chale chalo

Chalaa hi chal, haanf nahin, kaanp nahin
Raah mein ab to raahi
Thakan ka saanp nahin ab tujhe dasne paaye

Vohi jo tera haaqim hai, jaalim hai
Ki hai jisne tabaahi
Ghar uska pachhim hai, yahan na bas mein paaye
Dharti hilaa denge, sab ko dikhaa denge
Raja hai kya, parja hai kya, oh oh oh
Hum jag pe chhaayenge, ab yeh bataayenge
Hum logon ka darja hai kya, ho oh oh oh
Jo hona hai, ho jaave
Chale chalo, chale chalo
Ab sar na koi jhukaave, chale chalo
Koi humse jeet na paave
Chale chalo, chale chalo
Mit jaave jo takraave, chale chalo
Baar baar haan, bolo yaar haan
Apni jeet ho, unki haar haan
(Toot gayi jo ungli utthi
Paanchon mili to ban gaye mutthi)

RESOLUTION

THE PLEDGE

We resolve to be a part of great team and it's joint efforts leads to achieve the goal of team.

ASPIRE TO INSPIRE



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

LET'S STEP OUT...



1. Share an example of a team project that failed.
2. What makes a team function successfully?
3. What strategies would you use to motivate your team?

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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