Hem Disha– STD 3

Value Education (Teacher's Guide)

giving wings to YOUR dreams

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Humane Endeavour for Moral Awakening

HEMA FOUNDATION

नैतिक जागृति हेतु मानवीय प्रयास

Hem Disha – STD 3



(A Teacher's Guide Book)

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First Edition: 25 June 2019

Publisher:
HEMA Foundation
Ram Ratna House, Oasis Complex,
P. B. Marg, Worli, Mumbai - 400 013
Tel.: 022-2494 9009 / 9142, Extn.: 108
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Printer:

Cooperation amount: ₹ 200/- Only.

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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 Values / 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 Samvadand 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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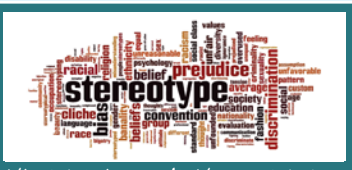


YASH KA LUCKY T-SHIRT

THE REAL GOD



INTRODUCTION

Gods' greatest gift to us are our parents. They look after us to the best of their ability. They adore and ignore hardships to provide us the best. The love and affection that parents give us is total, unconditional and for a lifetime. We should never underestimate their contribution in making us what we are.

Parents are the ultimate role models for children. Every word, movement and action has an effect. No other person or outside force has a greater influence on a child than the parent.

Education is a shared commitment between dedicated teachers, motivated students and enthusiastic parents with high expectations.

Respect for elders is a deep rooted value in our culture. Our history is replete with examples where the younger ones have shown immense respect for their elders – mother, father, guru (teacher).

Lord Ram accepted fourteen years exile so that the promise that his father Dashrath made to Kaikayee got fulfilled. In Gita the value of giving respect to elders is highlighted in Ch. 1, verse 41 to 43. Lord Krishna says that the family in which the traditions are not kept get annihilated.

We cannot miss the story of Shravan Kumar, the devoted son, who took his mother and father on a pilgrimage on his shoulders. Eklavya's guru-dakshina is an example of obedience towards one's Guru.

May our efforts help you see Godliness in the elders. May we be blessed with the service to elders.



LIFE SKILL QUESTIONS

1. Can we replace our parents?
2. What do our parents expect from us while we are growing up?
3. How can we make our parents happy when we grow up?



QUOTES

- "First your parents, they give you your life, but then they try to give you their life." **- Chuck Palahniuk**
- "When you look into your parents eyes, you know that is the purest love you can find on this earth." **- Mitch Albom**
- "No matter how far we come, our parents are always in us." **- Brad Meltzer**
- "Our parents prayer is the most beautiful poetry and expectations." **- Aditia Rinaldi**
- "Parents were the only ones obligated to love you; from the rest of the world you had to earn it." **- Ann Brashares**



SANSKRIT SAMVAD



विनय : अहं प्रतिदिनं शिव मन्त्रस्य मालिकां करोमि, देवालये गच्छामि!

Vinay : I go to Shiva temple every day and chant Shiva mantra.

विजय : किन्तु मातु पितुश्च आज्ञापालनं नैव करोषि, चेदस्या: भक्त्याः नैरर्थक्यं सिध्यति!

Vijay : But if we do not obey our mother and father, then our prayers are meaningless.

विनय : नैव ! मत्कृते तु ईश्वरसाधना एव कर्तव्या भवति !

Vinay : No. For me, the main duty is spiritual practice.

विजय : अहं मातृपित्रोः सन्तुष्टिः कथं स्यादित्येपः चिन्तयामि मम कृते तु इयमेव ईश्वर साधना !

Vijay : I am always thinking on how can I keep my parents satisfied, and that is my spiritual practice.

विनय : भवतु तावद्! करोतु भवान्

Vinay : That's good.

परीक्षा आगच्छति (Exam Time)

विनय : मम तु प्रथम: क्रमाङ्कः आगमिष्यति ! अहं मन्दिरे गत्वा प्रतिदिनं प्रार्थयामि

Vinay : I will come first in the examination, I pray every day in the temple.

विजय : मातापित्रोः आज्ञानुसारं तयोः निर्देषानुसारं पठितव्यमपि भवति किल

Vijay : Follow the instructions of your parents, then watch the results.

परीक्षा फ़ले विजयः अग्रिमः

(Vijay came first in the test result.)

विनय : एवम् कथम्

Vinay : How did this happen?

विजय : मातापित्रोः आशिषोपि आवश्यकाः तेषां भक्तिः एवईश्वरस्वरुपमस्ति !

Vijay : The blessings of mother and father are necessary and devotion to them is devotion to God.

SANSKRIT SHLOKAS

चाहे तपती धूप हो चाहे अंधियारी रात।
साथ कभी न छोड़ते आस माँ-बाप की जात ॥

Whether it is hot sun or darkness of the night, mother and father never leave your side.

माता शत्रु पिता वैरी येन बालो न पाठितः।
न शोभते सभामध्ये हंसमध्ये बको यथा॥

Mother and father who do not educate their children become enemies of their own children. It is like putting a crane among a group of swans. He will be a fool among the group of educated.

POETRY

A PARENT'S LOVE ...

No gift on earth is greater,
No treasure held above,
The joy that comes from knowing,
A Parent's endless love.
In spite of how it's tested,
It grows from year to year,
Providing strength and comfort,
It always draws us near.
It warms and it protects us,
And guides us from afar,
Shedding light upon us,
Like a bright and shining star.
And when all things are measured,
Not one shall rise above,
Or be compared in value.
To a Parent's endless love!



MORAL STORIES

1. STORY OF THE APPLE TREE

A long time ago, there was a huge apple tree. A little boy loved to come and play around it everyday. He climbed to the treetop, ate the apples, and took a nap under the shadow.

He loved the tree and the tree loved to play with him. Time went by, the little boy had grown up and he no longer played around the tree every day.

One day, the boy came back to the tree and he looked sad.

"Come and play with me", the tree asked the boy.

"I am no longer a kid, I do not play around trees anymore" the boy replied."I want toys. I need money to buy them.""Sorry, but I do not have money, but you can pick all my apples and sell them. So, you will have money."

The boy was so excited. He grabbed all the apples on the tree and left happily. The boy never came back. The tree was sad.

One day, the boy who now turned into a man returned and the tree was excited.

"Come and play with me" the tree said.

"I do not have time to play. I have to work for my family. We need a house for shelter. Can you help me?"

"Sorry, but I do not have any house. But you can chop off my branches to build your house." So the man cut all the branches of the tree and left happily. The tree was glad to see him happy but the man never came back . The tree was again lonely and sad.

One hot summer day, the man returned and the tree was delighted.

"Come and play with me!" the tree said.

“I am getting old. I want to go sailing to relax myself. Can you give me a boat?” said the man.

“Use my trunk to build your boat. You can sail far away and be happy.”

So the man cut the tree trunk to make a boat. He went sailing and never showed up for a long time.

Finally, the man returned after many years. “Sorry, my boy. But I do not have anything for you anymore. No more apples for you”, the tree said. “No problem, I do not have any teeth to bite” the man replied.

“No more trunk for you to climb on.” “I am too old for that now” the man said. “I really cannot give you anything, the only thing left is my dying roots,” the tree said with tears.

“I do not need much now, just a place to rest. I am tired after all these years,” the man replied.

“Good! Old tree roots are the best place to lean on and rest, come sit down with me and rest.” The man sat down and the tree was glad and smiled with tears.

This is a story of everyone. The tree is like our parents. When we were young, we loved to play with our Mom and Dad. When we grow up, we leave them; only come to them when we need something or when we are in trouble. No matter what, parents will always be there and give everything they could just to make you happy.

You may think the boy is cruel to the tree, but that is how all of us treat our parents. We take them for granted; we don't appreciate all they do for us, until it's too late.

(Story by Shel Silverstein)

Moral : Treat your parents with love and care.... For you will know their value, when you see their empty chair...We never know the love of our parents for us; till we have become parent.

2. LOVE YOUR PARENTS

Once upon a time in a village there was an old man-Bill. He wanted to meet his son who lived in a city. He started his journey and came to a city where his son used to work and stay. He went to the place from where he used to get letters long back. When he knocked the door he was excited and smiled with joy to meet his son. Unfortunately, someone else opened the door. Bill asked, "I suppose Mike should be staying in this place." The person said, "No! He had left the place and shifted to different location." Bill was disappointed and just thinking how to meet his son. He started to walk in the street and the neighbors asked Bill, "Are you looking for Mike?" Bill responded by nodding his head. The neighbors gave the present address and office address of Mike to Bill. Bill thanked them and started towards the path which will lead to his son.

Bill went to the office and asked in the reception counter, "Could you please tell me the location of Mike, in this office?" The receptionist asked, "May I know how you are related to him?" Bill responded politely by saying, "I'm his father." The receptionist asked Bill to wait for a moment and rang up to Mike and conveyed the same. Mike was shocked and told the receptionist to send his father to the cabin immediately. Bill entered the cabin and when he saw Mike; his eyes were filled with tears. Mike was happy to see his father. They had a simple conversation for a while and then Bill asked Mike, "Son! Mom wants to see you. Come home with me."

Mike responded, "No father. I can't come. I've a busy life and it's hard to get leave."

Bill gave a simple smile and said, "Okay! You may do your work. I'll be going back to our village today evening."

Mike asked, "You can stay for few days with me. Please."

Bill responded after a moment of silence, "Son. You are

busy with your tasks. I don't want to make you uncomfortable or become a burden for you. I hope that there is a chance to meet you again. I would be happy." He left the place.

After two months Mike felt bad for treating his father in a weird manner. He felt guilty, took a leave from office for few days and went to his village to meet his father. When he went to the place where he was born and grew up, he saw that his parents were not there. He was shocked and asked the neighbors, "What happened here? My parents have to be there. Where are they now?" The neighbors gave the address of the place where his parents are staying. Mike rushed to the place and noticed that the place where his parents are staying currently was like a graveyard. Mike eyes were filled with tears and started to walk slowly towards the home. His father Bill noticed Mike from a far distance and waved his hand to draw his attention. Mike saw his father and started to run and hugged him.

Bill asked, "How are you?" and continued, "What a surprise to see you here. I didn't expect that you would be coming to this place."

Mike felt ashamed and kept his head down. Bill said, "Why are you feeling bad? Has anything wrong happened?"

Mike responded, "No father" continued, "It's just I never knew that I would be seeing you in this position in our village."

Bill smiled and said, "I had debts due to loss in farming and wanted to reclaim our home back. So I thought of approaching you, but you were more concerned about your tasks than us. I just didn't want to burden you with this problem and remained silent."

Mike whispered, "You could've told me. I'm not an outsider."

Bill turned around and said, "Your words in the office made me remain quiet. All we wanted was your happiness."

Mike started to cry and hugged his father again. He asked his father to forgive him for his mistake. Bill smiled and said, "No need for that. All I wanted was that you must come to us. I'm happy with what I got now." And from then Mike made his parents life more comfortable.

Moral: The parents of most of the children want their children to be happy and they do not seek any help when they need. It is the responsibility of children to always take care of their parents.

3. RESPECT YOUR PARENTS

An 80 year old man was sitting on the sofa in his house along with his 45 years old highly educated son. Suddenly a crow perched on their window.

The father asked his son, "What is this?"

The son replied "It is a crow".

After a few minutes, the father asked his son the second time, "What is this?"

The son said "Father, I have just now told you "It's a crow".

After a little while, the old father again asked his son the third time, "What is this?" This time with some expression of irritation in his tone, the son said to his father with a rebuff. "It's a crow, a crow".

A little after, the father again asked his son the fourth time, "What is this?" This time the son shouted at his father, "Why do you keep asking me the same question again and again, although I have told you so many times 'IT IS A CROW'. Are you not able to understand this?"

A little later the father went to his room and came back with an old tattered diary, which he had maintained since

his son was born. On opening a page, he asked his son to read that page. When the son read it, the following words were written in the diary:

"Today my little son aged three was sitting with me on the sofa, when a crow was sitting on the window. My son asked me 23 times what it was, and I replied to him all 23 times that it was a crow. I hugged him lovingly each time he asked me the same question again and again for 23 times. I did not at all feel irritated I rather felt affection for my innocent child".

While the little child asked him 23 times "What is this", the father had felt no irritation in replying to the same question all 23 times. Today the father asked his son the same question just 4 times, the son felt irritated and annoyed. So if your parents attain old age, do not repulse them or look at them as a burden, but speak to them a gracious word, be cool, obedient, humble and kind to them. Be considerate to them...

Moral: Always respect your elders. One day you too will be an elderly person.





You can watch the short film **"The REAL GOD"** on YouTube

A PARENT'S SACRIFICE

Character -

Kapoor: Director of the company, Akhil: A student, Narrator 1, Narrator 2.

Narrator 1 : *The stage set up is like a company's office. A student after pursuing higher studies has applied for a job in a multi-national company. He has managed to pass the first round of interview and is awaiting the second and final round. In the final round the candidate will be interviewed by the director of the company himself, he will decide whether the student gets the job or not.*

Narrator 2 : *While scanning through his curriculum vitae (Bio-data), the director of the company Mr. Kapoor found out that apart from studies...the candidate had also excelled at extra-curricular activities.*

Kapoor : Have you ever got a scholarship during the entire academic career?

Akhil : No sir.

Kapoor : So then your parents paid the regular and full fees for your education?

Akhil : Yes sir, that's right.

Kapoor : What does your father do? As in, what is his profession?

Akhil : He does laundry, he washes other's clothes.

Narrator 1 : *Listening to this, Kapoor, immediately asked Akhil to show his palms to him. He found Akhil's hands are soft.*

Kapoor : Have you ever helped your father in washing other's clothes?

Akhil : No sir, my father never allowed me to help him. He always wanted me to pursue higher studies and read as many books as I could. Also one special thing... my father is very quick in washing clothes.

Kapoor : Can I ask you to do something?

Akhil : Please tell me, sir, what is it that you want me to do?

Kapoor : Today after you go home, wash your father's hands... then come back tomorrow morning and meet me.

Narrator 2 : *Listening to this Akhil felt, that he has got the job. Because that's why the director of the company has called him back. After returning home Akhil happily narrates the entire thing to his father. Then he offers to wash his hands as asked to him by the director of the company.*

Narrator 1 : *Akhil's father is surprised and hesitant at first, but later gives in to his son's wish and lets his son wash his hands. Akhil slowly starts rubbing and washing his father's hands with a smile on his face...however after a few seconds, Akhil's smile turns into a frown and then tears rolled down his cheek. While washing his father's palms he realised, that after spending years washing peoples dirty clothes, his father's had not only turned hard like an Emery paper but also had multiple deep cuts and scars at many places. In fact, many times while Akhil was washing his palms, his father felt the pain as and when the water hit his wounds.*

Narrator 2 : *This was probably the first time Akhil realised his father's hard work and sacrifice behind making him the person he is today. He thought to himself, these are the same hands which washed people's clothes and happily provided*

me with good food, good clothes and good education.

Narrator 1 : *The cuts and wounds on his father's palms were the proof of all the success he had achieved during his academic career.*

Narrator 2 : *Not only this but in the wake of all these thoughts running through his mind, Akhil did not realise that he even washed all the clothes after washing his father's hands. His father kept stopping him, and Akhil did not stop.*

Narrator 1 : *That night father and son had long conversation... Next morning the student went back to the company as instructed by the director. While facing the director for the interview, the student was all teary eyed.*

Kapoor : So you did what I asked you to?

Akhil : Yes sir, I did wash my father's hands.

Kapoor : How was your experience? Would you want to share it with me?

Akhil : Of course sir, yesterday I learnt a few most important lessons of my life...I learnt the importance of appreciating and encouraging... Had father not encouraged and appreciated me all the time, I wouldn't have been as successful in my academic career as I am right now. It was only when I helped my father last evening, I realised how difficult and harsh a task/work can be. For the first time I have realised the importance of relationships with so much intensity.

Kapoor : These are the qualities that I was looking for in a candidate, who will be the manager in this company. I wish to offer this Job to only such a candidate who values help given by others. A candidate who realises and considers other's problems too... I was looking for a candidate whose goal is not just to achieve monetary gains. Congratulations, you get this job Akhil.

You are the right candidate for this post. You always provide your children with a good life…a big house…good food…big television….mobile phones…computers and everything else. However despite all that it is important to give an experience of sorts for them to realise that you will always injure your hands while cutting the grass and all the leisure that they are getting life never comes so easily… all that is the result of parents' hard work and determination. Let them step into your shoes at least once in their lifetime. Let your children clean the dishes after having food… let them sometimes wash/dry clothes and lend you a helping hand… it is important for them to experience all this… value all this.

Narrator 1 : *The biggest lesson in life is …always value whatever your parents have given you… always respect your parents.*

Moral: Always love and respect your parents as they did for you throughout their lives.

---End—

ANSWERS OF CROSSWORD :

1. Love	2. Mother Father	3. World	4. Parental
5. Boundaries	6. Step	7. Respect	8. Children
9. Happy.			

ANSWERS OF SCRAMBLE :

• Respect	• Origin	• Raise	• Mother
Parents			



GAMES

1. PARENTS ARE PRECIOUS

Teacher ask kids some question by showing them images of Goddess Sarswati.

Teacher : Who is she?

Kid : Goddess Sarswati.

Teacher : What does she give?

Kid : Knowledge.

Teacher : Image of Goddess Lakshmi –what does she give?

Kid : Wealth.

Teacher : Have you ever seen Goddess Sarswati giving knowledge and Goddess Laxmiji giving wealth to you?

Kid : No.

Teacher : Who gives you money? For all your needs?

Kid : Parents / Father.

Teacher : Who gives you knowledge? Who teaches you good or bad?

Kid : Mother.

Teacher : So, if we bow our heads to Goddess Laxmi and Sarswati for wealth and knowledge...But in our real life who gives us everything, we should bow to them also. So, tell who will start bowing their head to their parents? Raise your hands. Very good. And teacher take a promise from all kids.

2. LIFT – THE – FLAP BOOK

Material: 10 A4 size papers cut into 2, different coloured marble paper – 20, different coloured sketch pens, a satin

ribbon 1cm thickness – 1-foot length, punching holes machine, glue.

How to make the book:

Stage 1

Assemble the 20 pieces of paper together and punch holes at a distance (4 are enough but you can make more). Pass the satin ribbon in the holes; once from up in the first hole and once from down in the second hole. Keep repeating in the holes you made and tie at the end. Remember not to tie it very tightly otherwise it will be difficult to open each page. Your stage 1 book is ready.

Stage 2

Cut the marble papers into 4 inches x 4 inches. Apply glue on the top reverse side of the marble paper (about 1 cm) and stick only the top side of the marble paper in the centre of each page of the book. When dry, flip it up and draw a square smaller than the marble paper.

Stage 3

Now with different colour sketch pen write the given text on each marble paper. You can suggest more to your children. Given here are a few so that, you have an idea what to write.

The text could be:

I am gentle when I offer things to my friends. (encouraging kids not to throw)

I pray to God after my bath.

I am gentle with my toys.

I bow to my parents every day in the morning.

I always touch babies very gently. They are very small and need special care.

I bow to my grandparents every day in the morning.

I am gentle with my friends' feelings when we play.

I am gentle with my grandparents when they ask for something.

I am careful not to hurt anyone when we are playing.

I help my grandparents in giving their medicine.

I help my parents in house work.

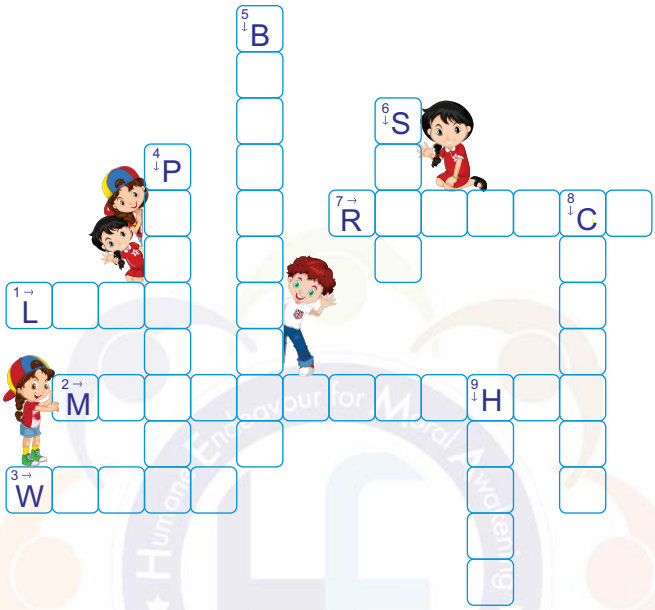
I am sensitive to my parents illness. (encouraging not to make unnecessary noise)

Stage 4

Whenever the children take a photograph of the text written on the marble paper, ask them to flip the marble paper and stick the photograph in the square that they made.

Outcome: The exercise that the child will go through while making the lift-the-flap book, will give them a sense of achievement and since it has to be done with the help of their parents (taking photographs and sticking it) the bonding between child and parents gets stronger.

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. Treat your parents with _____. (4)
2. Our first love is our _____ and _____. (6,6)
3. There is only one pretty child in the_____, and every mother has it. (5)
4. _____ love is the only love that is truly selfless, unconditional and forgiving. (8)
5. Parent's love for their children has no_____. (10)
6. Parents help us at every _____ of our life. (4)
7. Always _____ your parents. (7)
8. God's greatest gift to parents are their _____. (8)
9. Parents always want us to be _____. (5)



SCRAMBLE

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

PEERSCT

GINRIO

SEAIR

TOMHER

Never forget your_____they are the reason why you are and who you are.



PUZZLE

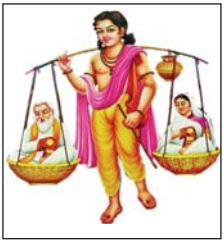
In the puzzle below, you have 14 words which are synonyms for **THE REAL GOD.** You will find them in different pattern. One of the words is done for you. Find the rest

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

Words

JOY : Have joy in helping others.
PARENTS :
BLESSINGS :
RESPECT :
PATIENCE :
STRUGGLE :
LOVE :
JOY :
ADVICE :
GIFT :
PAIN :
CARE :
DISCIPLINE :
DECISIONS :

CASE STUDY



SHRAVAN KUMAR

Shravan Kumar is a historical character whose short life is depicted in Ramayana, an ancient epic.

Shravan Kumar he was born quite late to his parents as his parents were old and also blind. Even at that age they wanted to go on pilgrimage, hence, they told their son to take them for the pilgrimage. He took both of them and was killed by an hunter who mistook him to be an animal in the forest. This hunter fired the arrow towards the direction of the sound coming from a water hole thinking that some wild animal was drinking water. This hunter was Raja Dashrath who was more famous for his dear son Ram. When Raja Dashrath came to know that it is a human and not an animal, he went to the parents of Shravan Kumar to seek their forgiveness. But in place of foregiving Raja Dashrath, parents of Shravan Kumar immediately cursed him that he will also die longing for his son.

What I understood from this story:....Good parents are those who under all circumstances think good, say good about their children and teach good to their children.

Basically, if children are taking good care of their parents, it is those parents under whom the child has learnt such things.



MALLIKA SARABHAI

Mallika Sarabhai is a noted Kuchipudi and Bharatnatyam dancer from Ahmedabad, Gujarat. Born to famous dancer Mrinalini Sarabhai and the well-known space scientist Vikram Sarabhai, Mallika is a woman of many dimensions and talents. She has also shown her

talent in the fields of acting, theatre, writing and publishing. As a social activist she has actively participated in many socio-economic developmental projects initiated by the United Nations. Mallika has won many national and international awards for her excellence and contribution to performing arts. She has also produced many television programs and also anchored many TV shows. Apart from her contribution to the field of classical dance, Mallika has also contributed columns for several national newspapers. She looks after the Darpana Academy of Performing Arts, founded by her parents. As she was raised by parents who had liberal and progressive mind, Mallika always stood apart from the crowd.

In an effort to serve the society, Mallika Sarabhai took up many developmental projects including the 'The Acting Healthy Project'. The project educated people on how to avoid maternal deaths and infant deaths due to malnutrition. In addition to this, she has also played an active role in the UNICEF Peer Educators Project, UNICEF Anandshala Project, 2007 Fatehpura Model village project and UNICEF Rural Health Project.

In her long career, Mallika Sarabhai has been honored with several awards. Here is the list of awards and honours:....

Best actress award (1975) - Meena Gurjari

Sangeet Natak Akademi Award (2000)- Creative Dance

Padma Bhushan (2010) - for contribution to Performing Arts.

Nobel prize nomination - For peace

French Palme D'or (1977) - The highest Civilian award in France

Theatre Pasta Theatre Award

Chevalier des Palme's Academiques



OPRAH WINFREY

Oprah Winfrey, the Famous American media proprietor gained immense popularity owing to her talk show titled "The Oprah Winfrey Show" which made records of most rated T.V. program in the history. She has also been a great actress, philanthropist besides being an excellent producer. Her African-American identity accompanied by her billionaire status is why she outshines as an influential person.

She was born in a poor family and it is even said that her mother was a single teenager who had not enough resources to provide her basic amenities like food and clothing. Her mother worked as a housemaid and her father was a barber, who previously worked as a coal miner.

Oprah Winfrey considers her grandmother and mother to have a key influence in encouraging her towards public speaking. She was the first youngest as well as first black female anchor at the local news channel. Winfrey didn't only make her mark as an influential person in the media industry but her announcement of the Oprah Winfrey Network (OWN) in collaboration with the Discovery Communications was another significant achievement. OWN earned billions of revenue through the talk show hosted by Winfrey with American cyclist.

Oprah was declared as the richest African American who was a billionaire for three decades by the Forbes Magazine. Even the Business Week magazine acclaimed her as the greatest philanthropist amongst the Blacks in year 2008.

Oprah has been motivated towards doing charity and staying a devoted activist for child rights. She moved a proposal to the Congress which was enforced into a law by Clinton in 1994 in order to create a database of all child abusers in the nation. Oprah is a woman who has earned great respect and fame as a media giant in spite of hardships that she faced as a child and teenager.



MOVIE: HUM SAATH SAATH HAI (1999)

Yeh to sach hai

Yeh to sach hai ki bhagwan hai,
Hai magar phir bhi anjaan hai,
Dharti pe roop maa baap ka,
Us vidhaata ki pehchaan hai...

Janmdaata hai jo, naam jinse mila,
Thamkar jinki ungli hai bachpan chala,
Kaandhe par baithke, jinke dekha jahaan,
Gyan jinse mila, kya bura kya bhala,
Itne upkaar hain kya kahen,
Yeh bataana na aasaan hai,
Dharti pe roop .....

Janam deti hai jo, maa jise jag kahe,
Apni santaan mein, pran jiske rahe,
Loriyan hothon par, sapne bunti nazar,
Neend jo vaar de, hanske har dukh sahe,
Mamta ke roop mein hai prabhu,
Aapse paaya vardaan hai,
Dharti pe .....

Aapke khwab hum, aaj hokar jawaan,
Us param shakti se karte hain prarthna,
Unki chhaya rahe, rehti duniya talak,
Ek pal reh sake hum na jinke bina,
Aap dono salaamat rahe,
Sabke dil mein yeh armaan hai,
Dharti pe roop ...

RESOLUTION

THE PLEDGE

We resolve for living with parents even when they grow old just like how they were there for us, when we were young.

ASPIRE TO INSPIRE



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

LET'S STEP OUT...



Parents are real Gods.

1. Ask children to greet their parents politely and seek their blessings
2. Let children narrate how they felt when their parents blessed them.
3. Ask children to express the joy of their mother when they return home from their schools.

WHAT MORE!!

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

GOOD LUCK



INTRODUCTION

Some people believe in luck while some do not. None of us can be lucky all the time, but there is no doubt that there are times when people tend to be luckier than others. According to science, nothing will actually change or improve the chance of the person's success or failure. However, from the Law of the Universe's point of view, your thoughts are vibrations and they can change and alter the event.

When you tell someone "good luck", you are expressing your wishes for his or her success. You are appreciating the person's effort or action. Another reason could be to show support and to inspire them. When you tell your children good luck in their exams, you are inspiring them to do better. And when you wish your father good luck in their new business venture, you are showing a sign of support. It is important though to wish someone good luck from the bottom of your heart and they understand your intention.

We have also seen that if someone took in the wishes and make it personal, they started to believe that they are lucky, they will experience a shift in their mindset. They become optimistic and brave. They dare to take action and follow their instinct because they believe that they are lucky.

Therefore, what truly happens is in the mindset of the one who receives the good wish. When they accept and believe that they have good luck, they will operate from a different mindset of a confident person.



LIFE SKILL QUESTIONS

1. Does wishing someone 'Good-Luck' really makes a difference?
2. What are the benefits of appreciation?
3. How do you appreciate a friend?



QUOTES

- "Learn to recognize good luck when it's waving at you, hoping to get your attention." **- Sally Koslow**
- The amount of good luck coming your way depends on your willingness to act." **- Barbara Sher**
- " I'm a greater believer in luck, and I find the harder I work the more I have of it" **- Thomas Jefferson**
- "I've found that what most people call luck is often little more than raw talent combined with the ability to make the most of opportunities." **- Timothy Zahn**
- "Good luck is when opportunity meets preparation, while bad luck is when lack of preparation meets reality." **- Eliyahu Goldratt**

हरेश : अहमद्य करिष्यामि मम सर्वकारि कार्यम्! सफ़लो हि भविष्याम्येवेति मे दृढो विश्वासः !तत्र हेतुभूतं मम सुभगम् !

Haresh : I will do my official work today. I believe that I am successful because of my good luck.

प्रीत : कथं सुभगम् ? मामपि परिचिनुहि तव सुभगे !

Preet : What? Introduce me to your good luck too.

हरेश : भवतु ! मम जीवने भगवतः पूर्णा कृपा अस्ति !तस्मादेव मम भाग्यं सर्वत्र फ़लति एवं सफ़लताम् प्राप्नोमि !

Haresh: Okay. God has full grace on me. I achieve success everywhere because of my destiny.

प्रीत : तव भाग्यस्य उपरि तव एतावान् महान् विधासः अस्ति (?)

Preet : You have such a great faith in your fate?

हरेश : आम् ! अहं हि विश्वस्तः मम सुभगे ! सर्वत्र भाग्यस्य आवश्यकता तु भवत्येव !

Haresh : Yes, I am confident of my fate. Luck is needed everywhere.

प्रीत : आम् ! खलु त्वम् सुभगी किल ! भवंतु जीवन मे अपि सफ़ली भूया इति सुभंग ते भूयात् !

Preet : Okay. You are really lucky. Good luck with such hope in life.



SANSKRIT SHLOKAS



न केवलं मनुष्येषु दैवं देवेष्वपि प्रभुः।
सति मित्रे धनाऽध्यक्षे चर्मप्रावरणो हरः॥ - प्रसंग रत्नावली

Daiva (fate) establishes his dominion not only over humans, but also to the Gods. Look! All the Gods also have the Lord's friendship with Lord Shiva, Kubera, the treasurer of the Gods. They have to wear clothes made of leather.

किं करोति नरः प्राज्ञः प्रेर्यमाणः स्वकर्मणा ।
प्रागेव हि मनुष्याणां बुद्धिः कर्मानुसारिणी ॥

What should an ignorant person do, inspired by earlier deeds? Anyway, the intelligence of a human being is hierarchical.



POETRY

GOOD BYE

Life itself is test
Hardly an easy feat
In comparison I'm sure
Your exams are easier to beat
Life is the biggest challenge
Every day to face
This is just one of the few
Obstacles in the race
I wish you good luck
In facing this exam, and more
I wish that in everything
You rise above and soar.



MORAL STORIES

1. THE NOVA EFFECT

Once a man named Eric was on a walk with his dog Nova. While they were near the woods, a rabbit jumped before them and Nova, the dog, ran away after the rabbit.

Nova was lost

Eric searched for him for days. He notified all the neighbours, his family members to help and put up posters all around. He started to reimagine the incident, he thought about how the rabbit jumped out, just at the wrong time. A week passed by, Nova came back.

Then a woman named Vanessa brought Nova back. Eric thanked her for bringing Nova home and then, they had a few talks and a few days later they began to date and eventually became a serious couple.

Now, Eric reimagined the incident that how lucky he was that his dog got lost and Vanessa brought him back. It was a good lucky day.

One day, Eric was driving to pick up Vanessa and he got into a car accident. He was quickly taken to the hospital. The doctor informed him that he had a few scratches and nothing to worry about them but there is a piece of bad news and good news.

Eric got tumour.

Eric was confused and asked the doctor to explain him. The doctor said: “The bad news is, well, it’s good news, I don’t know. You have an early stage tumour in your brain.”

Eric was shocked and angrily asked: “How in the world, this is a piece of good news.”

The Doctor explained: “Your tumour is in the early stage where it can be removed with a little surgery. It’s hard to notice such types of the tumour until it is too late. Your accident saved you.”

Eric finally collected all the incident of bad luck (losing his dog, getting in an accident) and also all the great good luck that came out of it (Meeting the love, discovering a curable tumour), demonstrating the incredibly random nature of luck.

Moral : It is really impossible to tell whether anything that happens is good or bad because you never know what would be the consequences of the misfortune or you never know what would be the consequences of good fortune.

2. GOOD LUCK BAD LUCK!

There is a Chinese story of a farmer who used an old horse to till his fields. One day, the horse escaped into the hills and when the farmer's neighbors sympathized with the old man over his bad luck, the farmer replied, "Bad luck? Good luck? Who knows?" A week later, the horse returned with a herd of horses from the hills and this time the neighbors congratulated the farmer on his good luck. His reply was, "Good luck? Bad luck? Who knows?"

Then, when the farmer's son was attempting to tame one of the wild horses, he fell off its back and broke his leg. Everyone thought this very bad luck. Not the farmer, whose only reaction was, "Bad luck? Good luck? Who knows?"

Some weeks later, the army marched into the village and conscripted every able-bodied youth they found there. When they saw the farmer's son with his broken leg, they let him off. Now was that good luck or bad luck?

Who knows?

Everything that seems on the surface to be an evil may be a good in disguise. And everything that seems good on the surface may really be an evil. So we are wise when we leave it to God to decide what is good fortune and what misfortune, and thank Him that all things turn out for good with those who love Him.

3. APPRECIATION OF LITTLE THINGS

'Getting late for a meeting, need to run', he said, as he slung his coat over the shoulder, and bounded out of the house.

As he drove away, she came running down the stairs two at a time. 'Wait, wait', she said, but he had already left.

Her mouth crumpled like used wrapping paper. 'He forgot to give me a goodbye kiss', she whispered in a voice that trembled under the weight of her hurt.

She called him, 'you left without giving me a kiss', she said accusingly. 'I am sorry sweetheart', he said, his voice contrite. 'It is okay', she said, trying to be all grown up as she cut the call.

She gulped down her breakfast morosely, wore her shoes, picked up her school bag and started to walk out of the door, her shoulders slumped.

As she climbed down the steps, the car glided to a stop outside the house. He got out of the car. She ran to him, her whole face lit up like a Christmas tree.

'I am sorry I forgot', he said, as he picked her up and hugged her. She said nothing. Her jaw ached from smiling.

Fifteen years later, no one would remember he was late for a meeting, but a little girl would never ever forget that her father drove all the way back home just to kiss her goodbye!

Life is beautiful. Appreciate every little thing and be happy.





You can watch the short film **"GOOD LUCK"** on YouTube

A 'TAANSEN' WORTH A PENNY

Character -
Fortune teller / parrot astrologer, Sukhbir, Shanno, Baby Naresh, Raju, Ganesh, A boy, All children. Narrator.

Narrator : *A fortune teller is seen sitting on a footpath right outside the school gate wearing a Kurta and wrapped a Lungi (Apron). He has set up a small makeshift shop, where he has even displayed some herbs and Ayurvedic medicines in this shop. He has many.....cards kept in shiny envelopes and had a caged parrot. The astrologer had an old tennis racket on which some kind of a thing was wrapped... when rattled it made a sound like a Damru.*

Fortune teller : (Rattles the Damru)... gidak... gidak...gidak... Oh, lovely cute boys and girls. Oh, my thick fresh watermelons and little...little papules from Bamboo...come to me....if you want to be healthy. Come on come on children...mystic parrot Hiraman will reveal your fortune. (Keeps shouting) 'Hail Lord Bajrangbali... break the bones of the enemy.' Gidak...gidak...gidak (Rattles Damru once again).

Narrator : *School's kids start gathering around the fortune teller.*

Fortune teller : Well done ... boys and girls...come ahead.... I will give you my secret formula that will boost your immunity and make you all strong...and very tall. My secret formula comprises of elephant tusks powder...beak of a white crow, a

tinge of rose petal, roots of gul chamcham herb all these ingredients were ground 10-10 times on 20 different types of mountains across the country. Consume my secret formula once and you will become as tall as legendary actor Amitabh Bachchan. (Kids clap) Pay 10 paisa and claim your packet... just 10 paisa coin and nobody can stop you from becoming tall. (Many kids buy the packet.)

Narrator : *After selling the packets, he gets the cage out...Hiraman his parrot starts mimicking his master.*

Fortune Teller: One show over...another starts. Now watch my mystic parrot Hiraman tell your fortune. Just in 10 paisa, you will know your future. Well-done Baby...here is a 10 paisa coin from Baby. Come on Hiraman...get serious my boy... it is Baby's future we are talking about... pull a card that will reveal her future. (The parrot pulls a card from a heap of cards) Baby...here read your future yourself.

Baby : (Reads from the card) You emerge topper in the exam. You will score the highest marks in History. You will become a professor in the future... you will be very famous... (Makes faces) Huh! All this is rubbish... nothing of this is true. I don't want to be a professor. Also, I have not opted for History... I have opted for biology.

Fortune Teller : No...no...no Baby. Hiraman never pulls a wrong card. Your future is correct... Oh ho... you will have to opt for history and leave biology... you will only excel in history, my dear girl. So don't get involved in frogs and study about Napoleon.

Narrator : *All the kids burst into laughter. Raju comes forward and pays money, the parrot now pulls out his fortune card.*

Fortune teller : (Reads Raju's fortune card) You become a

very top class singer. You will be compared to the famous singer musician from Emperor Akbar's court Taansen. Gargle daily with warm water... it will be beneficial for you.

Raju : What...singer? and me? What, when I sing Mukesh's song, I sound like my grandfather is gargling... And when I sing Lata Mangeshkar's song, it sounds as if the grandmother is grinding something. (Kids laugh) And you say that I will be a famous singer.

Fortune Teller : This is Hiraman's prediction... not mine. You will definitely become a great singer.

Raju : Are you sure? Then let me sing something for you.

Fortune Teller: (Gets scared) No...no please don't, my parrot will get a cardiac arrest. Grab an old pitcher at home... put your face in it and then practice every day. Now come one anyone else wants to know their future.

Narrator : *Naresh comes ahead and pays money, parrot pulls a fortune card for him.*

Fortune Teller : Wow...great! You will be a veterinarian (Animal doctor).

Naresh : What a vet?

Fortune Teller : Yes and a very successful one. You will become famous for conducting stomach operations on elephants...Camels and Cheetah's will visit you get a cure for their cough. Many chicks will get treated by you and become Hens and Roosters.

A boy : Wow... he might have a good scope in Circus then

Narrator : *Everyone laughs.*

Fortune Teller : Hey you, the one in the yellow shirt... come on pay up and know your future... don't be shy

Narrator : *Sukhbir hands the fortune teller a coin of 10 paisa, Parrot pulls his fortune card.*

Fortune Teller : God helps me... Your future is the most powerful one amongst all of them. You will travel in a vehicle worth Rs one lakh...your pocket will be filled with money notes and the driver will take your orders.

Baby : Oh my God...Sukhbir is going to be a bus conductor..

Narrator : *The crowd bursts into laughter.*

Sukhbir : (Makes weird faces) Ok fine...Very funny. Shanno why don't you get your future?

Fortune Teller : Yes yes, give money... and know your future,

Narrator : *Shanno too pays up 10 paisa coin. The parrot pulls her fortune card.*

Shanno : Please give it to me... I want to read it myself. Oh wow... I am going to be an air hostess, travel across the world in aeroplane.

Sukhbir : Wow... don't fall off from the aeroplane... or we will find flour all over on the ground.... Such a 'sack of flour' you are... You start sweating by just walking two steps here...and dreaming of travelling the world.

Shanno : Huh... Anyway Kumar why don't try your luck?

Narrator : *Kumar pays the money.... Parrot pulls his fortune card too.*

Fortune Teller : (Read the card). Namaste sir... you will become a police officer... Please don't forget me, sir.

Kumar : Hmmm... got it... I will make a moustache from coal... I can show off then. Where is my jeep... Where is my horse... Where is my pistol????

Sukhbir : Oye...enough now... don't fill so much air...that your stomach will burst in some time.

Fortune Teller : Oh ho! Why our Mr. Pyjama... Mr. geek standing behind... Come forward and show me the money.

Baby : Hey Ganesh, don't you want to know your future? I will pay 10 paise on your behalf.

Sukhbir : Ha ha ha... oh, don't waste your money on knowing his future. I can predict his future myself. His nose will be chopped off and then it will be replaced with an elephant trunk. Then he will sit on his rat shaped scooter and become Ganesh in real... will eat loads of Laddoos.

A boy : No...No, This geek will only become a clerk in some library.

Narrator : *Everybody laughs at him...Wearing a pyjama...old worn out Kurta and torn slippers, a very simple boy Ganesh comes ahead.*

Ganesh : Even I have 10 paise, but I do not wish to waste them this way. I save from my pocket money to buy books and stationery and other educational necessities. my father died too early, my grandfather has been saving so that I can study further. How he is doing that only I know it. Also, you all don't get influenced by such people. If these so-called 'mystic parrots' were able to predict your future, then these fortune tellers would not have been setting up their shops on a footpath for earning 10 paise for each prediction.

Fortune Teller : Oh please leave from here and mind your own business.

Ganesh : You are collecting money and tricking school children. We might become doctors, engineers, lawyers, pilots or anything else that we want to become...however that will become possible only if we work hard and put enough efforts. We will be successful only with honesty and sincerity, not with the help of a parrot's beak. There are so many steps... so many hurdles that we have climbed by sincerely studying. You cannot deceive us and trick us anymore. Collecting money dishonesty and fooling people is a sin.

Baby : Ganesh is absolutely right.

All Children : Boo hoo Fortune teller... Fortune Teller down down... Fortune teller down down... Boo hoo to his stupid parrot.

Narrator : *Scared Fortune teller packs all these things and runs away... his parrot stars screaming... all kids leave home laughing.*

(Curtain on the stage falls down)

Moral: The superstition can be defeated with a wise approach.

---End—

ANSWERS OF CROSSWORD :

1. Believe	2. Luck	3. Recognition	4. Grateful
5. Appreciation	6. Gifts	7. Thankful	8. Outcome

ANSWERS OF SCRAMBLE :

• Lucky • Favour • Future • Windfall

Luckier



GAME

1. PICK-UP STICKS

All children have this at home. They are also known as 'Jackstraws' or 'Spilikins'. With this game, each time a child picks up a stick he/she will have to share something of when they were appreciated about or they appreciated someone. They can also share something they were grateful for. Each colour represents a different type of thing. It's a great way to get the children really thinking in different ways about all that they can be grateful for and learn to be appreciative.

To play, you hold all of the sticks in your hand and drop them. They will fall randomly and that is great. Then each player takes a turn pulling a stick from the pile. You cannot make any other sticks move or you lose your turn and do not get to collect the stick. The player with the most sticks at the end of the game wins. When the children pick up a coloured stick they will share what the colour represents.

Red Sticks: People you are thankful for

Orange Sticks: Places you are thankful for

Green Sticks: People you appreciated for doing something for you

Blue Sticks: Things you are thankful for

Purple Sticks: People who appreciated your action or thoughts.

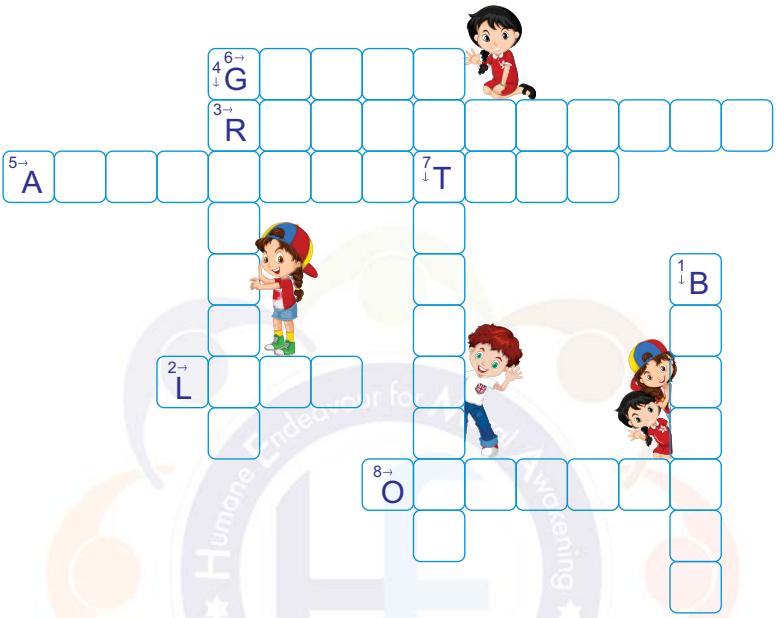
2. ACKNOWLEDGEMENT GUESS WHO

As your students settle, have them each write down on sheet of paper something about their friends, parents, relatives, family, teachers, etc on what they appreciate

about them the most. Or write about something they are grateful for. They will write their name also on the piece of paper. After which they will fold them into 4 to 6 folds so that no one peeks in a bowl or basket. Then, shuffle them and have everyone take turns picking a paper and reading the item without reading the person's name and the group should guess who has written it.

This activity unknowingly will make children acknowledge what is appreciation and how good it feels to be appreciated.

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. _____ you can and you will. (7)
2. The illusion of_____disappears when we start seeing things as they actually are. (4)
3. In_____of his service towards the society, he was facilitated in the assembly. (11)
4. I am so _____for your help. (8)
5. Children show_____for what their parents do for them. (12)
6. On her birthday she got amazing_____.(5)

7. He was_____to his uncle for taking him to the live match. (8)

8. We were satisfied with the_____of the project. (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.

LUKYC

VAORFU

UFTUER

DNIWFLLA

The harder I work, the _____I get.



PUZZLE

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

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

Words

Lucky : He was a lucky fox that left his tail in the trap.
Fluke :
Miracle :
Kindness :
Good :
Gift :
Favor :
Boon :
Chance :
Opening :
Fortune :
Future :
Outcome :
Kismet :
Benediction :

CASE STUDY



SAVITRIBAI PHULE

Savitribai Phule (3 January 1831 – 10 March 1897) was an Indian social reformer, educationalist, and poet from Maharashtra. She is regarded as the first female teacher of India. She played an important role in improving women's rights in India. She is regarded as the mother of Indian feminism. Phule and her husband founded the first Indian girls' school in Pune, at Bhide wada in 1848. She worked to abolish the discrimination and unfair treatment of people based on caste and gender. The Unteachability was also one type of social crime which was running on that day. The Savitribai even dug a well in her house so that the untouchables can come and fetch water. Savitribai Phule used to write poems. 'Kavya Phule' and 'Bhavan Kashi Subodh Ratnakar' were the two books which were written by her and was published worldwide.

She was the real iron lady; she had the courage to fight for the girl's education and sati system. A great salute to a great lady.



TEEJAN BAI

Teejan Bai (born 24 April 1956) is an exponent of Pandavani, a traditional performing art form, from Chhattisgarh, in which she enacts tales from the Mahabharata, with musical accompaniments. Though she was married at 12, she was expelled by the community, the 'Pardhi' tribe, for singing Pandavani, being a woman. She built herself a small

hut and started living on her own, borrowing utensils and food from neighbours, yet never left her singing, which eventually paid off to her.

Beginning in the 1980s, she travelled all over the world as a cultural ambassador, to countries as far as England, France, Switzerland, Germany, Turkey, Tunisia, Malta, Cyprus, Romania and Mauritius.

Her big-break came, when Habib Tanvir, a theatre personality from Madhya Pradesh, noticed her talent, and she was called to perform for then Prime Minister, Indira Gandhi. In this time she received national and international recognition, Padma Shri in 1988, Sangeet Natak Akademi Award in 1995, and Padma Bhushan in 2003, and Padma Vibhushan in 2019 by Government of India.



WALT DISNEY

Walter Elias Disney (December 5, 1901 - December 15, 1966) was an American business magnate, animator, cartoonist, producer, screenwriter, entrepreneur, and voice actor. He is regarded as an international icon, and philanthropist. He is well known for his influence and contributions to the field of entertainment during the 20th century. He was the founder of Walt Disney Productions. He created some of the world's most well-known fictional characters including Mickey Mouse, Where he provide the original voice. He received four honorary Academy Awards and won 22 Academy Awards from a total of 59 nominations, including a record four in one year. It gave him more awards and nominations than any other person in history. Disney also won seven Emmy Awards. He gave his name to the Disneyland, and Walt Disney World Resort theme parks in the United States, as well as international resorts like Tokyo Disney Resort, Disneyland Paris, and Hong Kong Disneyland.



MOVIE: HALLA BOL (2016)

Halla Bol

Halla Bol, Aage Dhol, Karta Jha
Goal Pein Goal
Hum Kaun Hain
Hum Kya Hain
Duniya Kho Dikha Ye Gein
Rokhe Jho Parbat Bhi Hamein Tab Rok Paien Geeee
Dhan Dhana Dhan (10)
Dhan Kareinge Gein Goal
Halla Bol, Aage Dhol, Karta Jha
Goal Pein Goal
Hum Kaun Hain
Hum Kya Hain
Duniya Kho Dikha Ye Gein
Rokhe Jo Parbat Bhi Hamein Tab Rok Paien Geee
Hey Dhan Dhana Dhan
Dhan Dhana Dhan (2)
Dhan Bhaje Gein Dholl
Hey Dhan Dhana Dhan
Dhan Dhana Dhan (2)
Dhan Kareinge Gein Goal
Buurrrrrrr....
Koi Rokhe Chahe Baiye Se
Koi Rokhe Chahe Daiye Se
Baiye Se Daiye Se Baiye Daiye Baiye Se
Ho Ho Ho...

RESOLUTION

THE PLEDGE

We resolve to understand our worth and appreciate the blessings from life.

ASPIRE TO INSPIRE



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

LET'S STEP OUT...



1. Let children narrate the meaning of good luck
2. Ask them if good luck has favoured any one of them.
3. If a student has stood first every year, what attributes have contributed to that.

WHAT MORE!!

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

KARTAVYANISHTHA



INTRODUCTION

Individuals are expected to demonstrate love and devotion in response to rights and privileges as a member of a community or country. We are also expected to give attention to the well-being of others by being sensitive to their situation and well -being.

The sense of duty or responsibility is something that should be taught to a child at a young age. Teaching children about responsibilities will make a world full of adults who care more about the people around themselves, and are keen to take up responsibilities and make our society a better place to live in. Teaching responsibilities to students will help them become self-motivated, own up their actions and become constructive members of the Society.



LIFE SKILL QUESTIONS

1. What are your duties to yourself ?
2. What are your duties towards your family and friends ?
3. What are your duties towards the society and the nation at large?

QUOTES

- “Ordinary men earns responsibility towards their family, extraordinary men earns duty towards their nation.” **- Amit Kalantri**

- “Do your duty and a little more and the future will take care of itself.” **- Andrew Carnegie**

- “Do your duty in all things. You cannot do more, you should never wish to do less.” **- Robert E. Lee**

- “The duty of man is the same in respect to his own nature as in respect to the nature of all other things, namely not to follow it but to amend it.”
- John Stuart Mill

- “Accept responsibility for your life. Know that it is you who will get you where you want to go, no one else.”
- Les Brown

करण : अत्र विध्यालये कस्मिन्नपि कर्तव्यनिष्ठा नास्ति !

Karan : There is no dedication in this school here.

हितेश : का इयं कर्तव्यनिष्ठा ! तस्य प्रारूपं किं भवति ?ज्ञापयतु मित्र

Hitesh : What is this dedication? What is its form? Please tell.

करण : मित्र ! यद् यद् अपि वयं कूर्मः तत् तत् कदा सिध्यति जानासि खलु ?

Karan : Friend, as we go on doing things, they get revealed and proven.

हितेश : नैव जाने ! कदा सिध्यति ?

Hitesh : No. When is it proven?

करण : अस्माकं कार्ये अस्माकं एका निष्ठा भवति अर्थात् दृढ संकल्पः भवति येन सर्वमपि सिध्यति सर्वमपि सुष्ठुतया भवति !

Karan : When we do our work with dedication and determination, we are successful and achieve satisfaction.

हितेश : आम् ! एतादृशं तु भवति किमपि येन स अस्माकं कार्यम् प्रति समर्पणं भवति !

Hitesh : Yes. This happens when we take interest in the work and when we have full commitment.

करण : आम् ! सैव कर्तव्यनिष्ठा भवति ! यदि सा न स्यात् तर्हि कस्यापि सिद्धिः नैव भवितुं शक्या ! तस्मात् सा आवश्यकी !

Karan : Yes. That is dedication. Nothing can be accomplished without dedication. It is necessary.

SANSKRIT SHLOKAS

विहाय कामान् य: करवान्पुमांश्चरति निस्पृह: !
निर्ममो निरहंकार , स शांतिमधि गच्छति !!

A person who abandons all desires, leaves his arrogance and carries out his duty faithfully, alone gets peace.

तस्मादसक्त: सततं, कार्यं कर्म समाचर ।
असक्तों ह्याचरन्कर्म, परमाप्नोती पुरुष : ॥

Man should continue to do his karma, devoid of any attachment, because a person doing his karma without any expectation attains divinity.

POETRY

I CAN DO THINGS ON MY OWN

When I turn it on, I turn it off.
When I unlock something, I lock it up.
When I drop something, I pick it up.
When I break something, I repair it.
When I open something, I close it.
When I make a mess, I clean it up.
When I make a promise, I keep my promise.
When I find something, I return it.
When I borrow something, I gave it back.
When I take it out, I put it back.
When I am assigned to a task, I complete it on time.
When I earn money, I spend and use it wisely.



MORAL STORIES

1. GROWING GOOD CORN

There once was a farmer who grew award-winning corn. Each year he entered his corn in the state fair where it won a blue ribbon. One year a newspaper reporter interviewed him and learned something interesting about how he grew it. The reporter discovered that the farmer shared his seed corn with his neighbors. "How can you afford to share your best seed corn with your neighbors when they are entering the same corn competition as you do?" the reporter asked. "Why sir?" said the farmer, "did you not know that the wind picks up pollen from the ripening corn and swirls it from field to field. If my neighbors grow inferior corn, cross-pollination will steadily degrade the quality of my corn. If I am to grow good corn, I must help my neighbors grow good corn." He is very much aware of the connectedness of life. His corn cannot improve unless his neighbors' corn also improves, so it is with our lives. Those who choose to live in peace must help their neighbors to live in peace. Those who choose to live well must help others to live well, for the value of a life is measured by the lives it touches. And those who choose to be happy must help others to find happiness, for the welfare of each is bound up with the welfare of all. The lesson for each of us is this: if we are to grow good corn, we must help our neighbors grow good corn.

2. BE TRUE TO YOUR DUTY

Once a nobleman arranged a grand feast. He got all kinds of dishes prepared. There was, however, one deficiency. The nobleman was fond of fish and he wanted it somehow. A fisherman came to know of it. He caught a fish

and brought it to the house of nobleman. His porter, however, would not let him get in. At last he let the fisherman enter when the latter agreed to pay him half of what he got.

The nobleman was pleased to see the fish. He wanted to give some reward to the fisherman. The fisherman said that the price of the fish was one hundred lashes. The nobleman and his guests regarded it as a merry joke. He therefore, ordered the fisherman to be given lashes but gently. When the fisherman had received fifty lashes, he stopped and said, "I have a partner, sir, please send for him. He will receive the remaining fifty lashes."

The nobleman was surprised. "Who is this second fool to receive the lashes ?" said he "It is your porter, Sir," replied the fisherman. The nobleman sent for the porter. He was whipped fifty times very severely. He was dismissed. The nobleman gave a rich reward to the fisherman as a price of his fish.

Moral: Be true to your duty.

3. SELF-SACRIFICE

Once the enemy soldiers laid a siege to a Maratha fortress. The Maratha soldiers began fighting a defensive battle from within the fort. Even the day-long enemy fire proved futile. At night-fall the enemy retreated. In the darkness of the night three enemy soldiers went from the rear of the fort. One of them had a torch; another had a power-soaked long rope. The third had a ball of powder.

All the three reached their appointed spot. Here was a let-out-drain which carried sewage water out from the fortress. The drain had the desired aperture. A Maratha defender of the fort was seeing all this from a distance. He at once reached the drain. A large ball fell just at his feet. A rope was attached to the ball. The other end of the rope was

extending outside the drain. Seeing all this defending soldier did not take long to understand the enemy's objective. Just near the drain was the arsenal of the fort. The enemy wanted to blow up that part of the fort. It would have given them an open access to the inner apartments of the fort.

The enemy soldier had ignited the powdered-soaked rope from outside. The Maratha soldier had little to think. He had to decide immediately. He could have run away and saved his life. He did not shirk his duty. He had to protect the honor of the Marathas as well as the great name of Shivaji. The soldier immediately kicked the ball into the drain and thrust his head in the drain hole. The ball exploded but its effects were not far-reaching because the drain had been blocked by the soldier's head. The brave soldier had saved the fort.

On hearing the sound of the explosion the other soldier ran to the spot. They saw their companion's body. His head had been shattered and scattered to pieces. They understood the whole story. This dutiful brave soldier had scarified his life to save the fort and the lives of his companions. Everybody was in tears. They paid tribute to the brave soldier and were full of gratitude for him.

The report of the extraordinary bravery of the soldier reached Shivaji. He reassured that so long as such brave and duty-loving people were there in a nation, that nation could not die. Arrangements were made to support the wife and the children of the martyr at State expenses. A large statue of the brave soldier was installed in the mall hall of the fort.





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

A GOOD SON

Characters -
Prince Salim: Son of Emperor Akbar, Ratan Singh: A Rajput youth, Father: Ratan Singh's Father, Mother: Ratan Singh's Mother, Akbar: Mughal Emperor, Narrator

SCENE 1

Narrator : *Ratan Singh & Prince Salim busy in conversation.*

Ratan Singh : The Earth and Sky would never meet right Prince Salim? What do you have to say?

Salim : I don't understand Ratan Singh! What do you have to do with it?

Ratan Singh : I was born to parents who were blind by birth. You were born to Emperor Akbar who rules over the entire country of India. If I am Earth, you are the Sky. Then how come there is friendship between Earth and Sky?

Salim : (Laughing aloud) Don't think like that Ratan Singh (patting on his back with love) If we see from the place where we stand, we find that Earth is too far from the Sky, but take your eyes a little further, you will feel that Earth is meeting the Sky. High-low and rich-poor are terms created by humans in society. If they want, they can break it too. I have considered you as my friend, so you will be my friend till my last breath. You would not find my behaviour changed with you even for once.

Ratan Singh : I promise you today that I will lay my life for this friendship. I am proud to be a Rajput and

Rajputs lay their lives but do not break their promises.

SCENE 2

Narrator : *Ratan Singh is sitting along with his blind parents in an old house.*

Mother : Is the Prince in Chittorgarh these days son?

Ratan Singh : Yes Mother! He has come for hunting. He is also followed by a small set of soldiers.

Father : "Kahaan Raja Bhoj, Kahaan Gangu Teli". He is the son of Emperor Akbar and you...

Ratan Singh : He extended the hand of friendship towards me. Along with many, even I went hunting with him. I killed a wild tiger in a single swing of the sword. The Prince was so much impressed with my hunting skills that he made me a friend. He never boasts to be the son of an Emperor. He meets me like a normal man. Then blood in my body knows the difference between friendship and enmity. You need not worry.

Father : Ok, now hurry for your work. There is nothing to eat at home.

SCENE 3

Narrator : *Prince Salim again talks to Ratan Singh.*

Salim : Now we have to raise our swords against Emperor Akbar, Ratan Singh. Other than that, we don't have any other choice left with us.

Ratan Singh : (Replies with cool) Would you fight against your own father, Prince?

Salim : Why not! Many a time such calls have to be taken in Monarchy, Ratan Singh.

Ratan Singh : But I am not in the favour of war, Prince. You

should rather try to resolve the differences through dialogue. I would not advise you to raise a sword against your own beloved father. Whether you are wrong or right, I promised you to be with you. I would fight in the front row.

Salim : I expected this kind of answer from you Ratan Singh.

SCENE 4

Narrator : *The armies of Emperor Akbar are facing the armies of Prince Salim. In the first row, Ratan Singh is seen standing with a sword in his hand. Furious war starts. "Move Forward" is heard for some time.*

SCENE 5

Ratan Singh : Salim has been defeated badly in this war.

Father : This had to happen.

Ratan Singh : How much time Prince Salim's small army would have fought with huge armies of Emperor Akbar. We fought with a lot of valour but then, our army ran helter-skelter.

Mother : Even you must have participated in the war, my son?

Ratan Singh : Yes Mother, I was participating with the army in the front row itself, I fought with a lot of courage and valour. But when horse-riders and elephant-riders attacked us, I could have done very little.

Father : Many soldiers who lost would have been captured by the winning army as prisoners?

Ratan Singh : Yes Father, hundreds of soldiers were captured. Even Prince Salim is being captured. Even I am being searched for.

Mother : (Nervously) You better save yourself, son!

Narrator : *The Munadhi wala is heard from outside.*

Munadhi wala: An announcement has been made on behalf of Emperor Akbar that whoever reports to the court about the rebel youngster Ratan Singh will be rewarded with five hundred coins of Gold.

Father : The reward of 500 gold coins is being announced to get you arrested, Ratan. You go away from here to a safer and secret place. The soldiers would reach here anytime to get you arrested.

Ratan Singh : But father, how would you stay here? Who would look after you? Who would feed you?

Mother : If you get arrested, we would be in more misery than now, Ratan, please leave from here soon.

Ratan Singh : (touching his parent's feet) I am leaving, whenever I find a chance, I shall come to meet you, people.

Narrator : *Ratan Singh is seen disguised moving out from the house. Many days passed. Ratan Singh comes to see his parents during the night.*

Ratan Singh : (Enters the home silently and touches the feet of his parents) Have you faced any difficulties in these days mother-father?

Father : Don't ask son? Nobody was here to ask about our well-being. We have been hungry for the last four days. There was nothing we could eat. Your mother is in a bad state due to hunger.

Ratan Singh : You are facing all these troubles because of me, Father. But don't worry. Everything would be alright by tomorrow.

Father : How would everything be alright, my son!

Ratan Singh : Let the the sunrise tomorrow, Father.

SCENE 6

Narrator : *Emperor Akbar is sitting on his throne on the stage. The court is on. That's when a watchman comes and salutes.*

Watchman : A young man wants to appear before you in the court Emperor!

Akbar : Bring him.

Narrator : *The young man appears before the court. He salutes the Emperor and then stands still.*

Akbar : (To the young man) What happened young man? Tell me clearly.

Ratan Singh : His Highness, the man on whom you have declared a reward of 500 gold coins. If you give the reward to his parents, then I would help you to get him arrested.

Akbar : (With surprise) How would you help him get arrested? I know that he is a very brave soldier. But he would be punished for his rebellious nature. Do you know what would happen to him after his arrest?

Ratan Singh : He would be hanged. I know very well.

Akbar : (To himself) There was one son, Salim who rebelled against his own father. And then there is this son, Ratan Singh who is ready to get himself hanged for his parents. (Emperor Akbar gives the order) I forgive Ratan Singh, and I value his valour on the battlefield. I accommodate this young man (Ratan Singh) in my Army from today itself. Also, 500 gold coins to be given to his parents immediately.

Moral: You should never shy away from the responsibility. You should never change it as per time and situations.

----End----



GAMES

1. LEAN WALK

Form pairs, with someone of a similar height.

Standing side by side, ask each person to lean sideways towards their partner resting on one another's shoulders.

Ask each person to shift their own feet away from their partner as far as they feel comfortable.

When ready, explain that each pair should aim to maintain this leaning stance as they walk together to an agreed point. When ready, swap sides or swap partners.

2. WALK AND STOP

Invite your group to spread throughout a large open space.

Instruct your group to walk when you say "WALK" and to stop walking when you say "STOP."

Issue a series of these two commands, in any order, for 20 to 30 seconds to help your group practice responding.

When ready, announce that you will now swap the meaning of these commands, so "WALK" means stop walking and "STOP" means to walk.

Challenge your group and each individual to continue to be as accurate and as fast as possible responding to each command.

When ready, announce two new commands :

"JUMP" invites everyone to JUMP; and

"CLAP" invites your group to perform one simultaneous clap.

Practice these two new commands together with "WALK" and "STOP."

Finally, announce that you swap the meaning of the last two commands, eg when you call “JUMP” everyone claps and vice versa. Continue playing for several minutes, and/or try a variation.

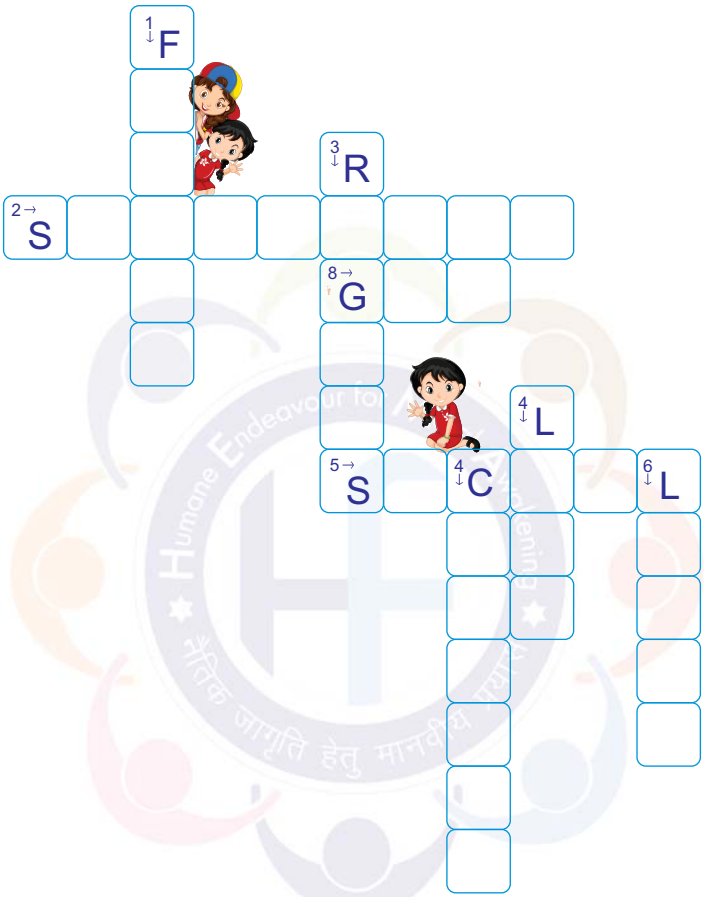
ANSWERS OF CROSSWORD :

1. Family	2. Spiritual	3. Rights	4. Life
5. Social	6. Legal	7. Choices	8. God

ANSWERS OF SCRAMBLE :

• Faith • Citizen • Duty • Rebel Children

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. Familial duties are towards the members of _____ (6)
2. _____duties are towards God. (9)

3. People tend to forget their duties but remember their _____(6)
4. All duties are necessary to be fulfilled to lead a successful. _____(4)
5. _____duties are towards the society as a whole. (6)
6. _____duties are necessary under the law of land. (5)
7. _____we make are ultimately our responsibility. (7)
8. Every duty is holy and devotion to duty is the highest form of worship of_____(3)



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.

HITAF

TIZNEIC

YUTD

BEERL

The dutifulness of _____ is the foundation of all virtues.



PUZZLE

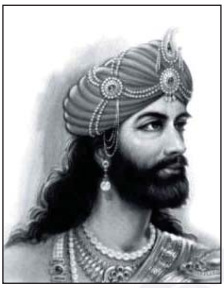
In the puzzle below, you have 14 words which are synonyms for **KARTAVYANISHTHA.** You will find them in different pattern. One of the words is done for you. Find the rest

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

Words

Honesty :
Honor : We're the guests of honor tonight.
Veracity :
Faithfulness :
Concern :
Exactness :
Nicety :
Vigilance :
Candor :
Fidelity :
Principle :
Virtue :
Duty :
Integrity :

CASE STUDY

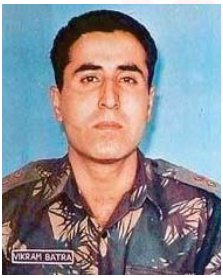


VIDURA

Vidura is one of the central characters in the Mahabharata, a major Hindu epic. He is described as the prime minister of the Kuru Kingdom and also the uncle of Pandavas and Kauravas.

Vidura-niti narrated between Vidura and King Dhritrashtra, is considered the precursor in some ways of Chanakyaneeti.

Vidura is held to be a paragon of truth, dutifulness, impartial judgement and steadfast dharma. He is considered the embodiment of the inner consciousness of the Mahabharata. The curse carried by Narada was also transferred to Vidur. The curse that though he being bestowed with ultimate knowledge and wisdom about past, present and the future, he would not be believed.



VIKRAM BATRA

Captain Vikram Batra, PVC (9 September 1974 – 7 July 1999) was an officer of the Indian Army, awarded with the Param Vir Chakra, India's highest and most prestigious award for valour, for his actions during the 1999 Kargil War.

Captain Vikram Batra, thus, displayed the most conspicuous personal bravery and leadership of the highest order in the face of the enemy and made the supreme sacrifice in the highest traditions of the Indian Army.

Vikram Batra is also well known in India for using the

slogan, Yeh Dil Maange more, as his signal to communicate mission success. He is also known for an interview in which he stated that Pakistani soldiers were aware of him. He was also honoured with several landmarks being named after him: the historic capture of Point 4875 led to the mountain being named Batra Top in his honour.



GEORGE WASHINGTON

George Washington (February 22, 1732 – December 14, 1799) was an American political leader, military general, statesman, and Founding father who served as the first president of the United States from 1789 to 1797. Previously, he led Patriot forces to victory in the nation's War for Independence. He presided at the Constitutional Convention of 1787, which established the U. S. Constitution and a federal government. Washington has been called the "Father of his Country" for his manifold leadership in the formative days of the new nation.

Washington owned slaves, and in order to preserve national unity he supported measures passed by Congress to protect slavery. He was a member of the Anglican Church and the Freemasons, and he urged broad religious freedom in his roles as general and president. Upon his death, he was eulogized as "first in war, first in peace, and first in the hearts of his countrymen". He has been memorialized by monuments, art, geographical locations, stamps, and currency, and many scholars and polls rank him among the greatest U. S. presidents.



MOVIE: DO ANKHEN BARAH HAATH (1957)

Ai Maalik Tere Bnde Ham

Ai maalik tere bnde ham,
Aise ho hamaare karam
Nekee par chale, aur badee se tale,
Taakee hasate huye nikale dam

Ye andheraa ghanaa chhaa rahaa,
Teraa insaan ghabaraa rahaa
Ho rahaa bekhbar, kuchh naa aataa najr,
Sukh kaa sooraj chhupaa jaa rahaa
Hain teree roshanee men jo dam,
To amaawas ko kar de poonam

Badaa kamajor hain aadamee,
Abhee laakhon hain is men kamee
Par too jo khadaa, hain dayaaloo badaa,
Teree kripaa se dharatee thamee
Diyaa toone hamen jab janam,
Too hee jhelegaa ham sab ke gam

Jab julmon kaa ho saamanaa,
Tab too hee hamen thaamanaa
Wo buraai kare, ham bhalaai bhare,
Naheen badale kee ho kaamanaa
Badh uthhe pyaar kaa har kadam
Aur meete bair kaa ye bharam

RESOLUTION

THE PLEDGE

We resolve to have the duty of a quality human being which is the foundation of all virtues; to be sincere and honest forever.

ASPIRE TO INSPIRE



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

LET'S STEP OUT...



1. Let the children make a list of things that should not be wasted.
2. What are your responsibilities at your home?
3. Ask children how can they become more responsible towards saving the environment.

WHAT MORE!!

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

LEARN EVERYTHING



INTRODUCTION

No work is small. Whichever work we are into should be committed with full perfection. Like the job of sweeping a floor might not be a big project. But execute it with perfection by cleaning every nook and corner. Take pride in all we do – how can we be expected to be responsible for big work, if we cannot even handle small work. In nature, every job is equally important. There is no superior or inferior work. If we feel comfortable with a job, and if we can perform it with joy, that's our work. We lose the joy of doing things when we don't understand the importance of them, when we compare our work with someone else's work. The world needs everything. Every action is equally good. Do them all with joy and perfection. There is an old saying that says, 'You need to rise to the top step by step and in order to rise to the second step, you will have to come to the first step and gradually, you will rise to the top.' No work is big or small; it is the manner in which it is executed that makes it big or small.



LIFE SKILL QUESTIONS

1. What are your goals and the path towards your goals?
2. How will you climb the ladder to success?
3. Are there any challenges that might come in the way of your goals? How would you handle them?



QUOTES

- "A learning curve is essential to growth."
  - Tammy Bjelland

- "Learning is not attained by chance, it must be sought for with ardor and attended to with diligence."
  - Abigail Adams

- "The beautiful thing about learning is that nobody can take it away from you." **- B. B. King**

- "The more I live, the more I learn. The more I learn, the more I realize, the less I know." **- Michel Legrand**

- "Tell me and I forget, teach me and I may remember, involve me and I learn." **- Benjamin Franklin**



SANSKRIT SAMVAD



पितामह : हे पुत्र ! मह्यम् आङ्ग्लभाषां पाठय |

Grandfather : O son! Teach me English language.

पुत्र : अरे पितामह ! अस्यां वयसि आङ्ग्लभाषा पठनम् ?तदपि मे सकाशात् ?

Son : Hey grandfather, learning English language at this age? That too from me?

पितामह : आम | किमपि पठनाय वयः न भवति | एवं च कस्मिनपि स्थिता सरस्वती (विद्या) बाला न भवति |

Grandfather : Yes. There is no age bar to learn anything. Not everyone has is blessed with Saraswati.

पुत्र : किन्तु भवान् किमर्थम् आङ्ग्लभाषां पठितुम् इच्छति ?

Son : But why do want to learn English?

पितामह : वर्तमाने आङ्ग्लभाषायाः व्यवहारः बहु जायते अतः |

Grandfather : English language is used widely at present.

पुत्र : भवतु | अहं भवते आङ्ग्लं पाठयामि किन्तु भवता अपि मह्यं संस्कृतं पाठनीया|

Son : Ok. I will teach you English but you will have to teach me Sanskrit.

पितामह : भवतु | पाठयिष्यामि |

Grandfather : Ok. I will teach you.

SANSKRIT SHLOKAS

बालो वा यदि वा वृद्धो यत्किमपि वेदयति |
विद्यार्थी भूत्वा तद्ग्राह्यं विद्याप्राप्तौ न स्याद्वयः |

Be it a child or an elderly person, we can learn once we become a student. There is no age bar in learning, both for the giver and the receiver of learning.

यद्ज्ञानं स्याद्कार्यरूपं सर्वेभ्यस्तच्च प्रापयेत् |
सर्वं ज्ञानं यस्य पार्श्वे तेन लोकं वशीकृतम् ||

Anyone desiring to get knowledge should get it from one who is possessing it. A person who has knowledge has control over his people.



POETRY

People work. People play.
That's why we have Labor Day.
Plumbers, bakers, painters, vets,
Fishermen with giant nets.
Firefighters, engineers,
Barbers snipping with their shears.
Teachers, waiters, nurses, cooks,
Authors writing thrilling books.
Carpenters and deputies,
People who take care of bees.
No matter what it is you do,
There's one thing that's always true.
Every worker needs to rest.
I hope your Labor Day's the best!



MORAL STORIES

1. THE WOODCUTTER

Once upon a time a very strong woodcutter asked for a job from a timber merchant, and he got it. The pay was really good and so were the work conditions. For that reason, the woodcutter was determined to do his best.

His boss gave him an axe and showed him the area where he was supposed to work.

The first day, the woodcutter brought 18 trees down.

"Congratulations," the boss said. "Go on that way!"

Very motivated by the boss' words, the woodcutter tried harder the next day, but he only could bring down 5 trees. The third day he tried even harder, but he only could bring down 10 trees. Day after day he was bringing down less and less trees.

"I must be losing my strength", the woodcutter thought. He went to the boss and apologized, saying that he could not understand what was going on.

"When was the last time you sharpened your axe?" the boss asked.

"Sharpen? I had no time to sharpen my axe. I have been very busy trying to cut trees..."

To get optimal results we need to sharpen our skills consistently. Being proficient at our job can help us achieve our targets. The good thing about this 'Miracle of Asia' is that it provides equal opportunities to incompetent and competent people, thereby giving the idea that even without an axe also you can cut trees.....using your mouth.

2. THE CLOUDSQUEEZER

Wincey Wise was a young lady who worked cleaning the King's advisers' building. She was a very intelligent and

studious girl and wasn't going to waste the opportunity of being around these wise men. Even so, after a year there, listening to their meetings through the keyhole, she was worried. The wise men never talked about anything new. They just went on about old matters: when he did this and he learned that.

Wincey had been reading all the books the men mentioned, and about all the subjects they discussed. But there came a time when she didn't know what to learn next. She had read everything on what the advisers talked about. So Wincey started reading about all kinds of other things.

Meanwhile, a very long drought had begun - something which had never happened in that land. The wise men proposed solutions, but as it was something that had never happened before, none of their ideas worked. Wincey, who had read all about climate, and seeing that she knew a great deal more than them, dared to interrupt their deliberations to suggest some solutions. The advisers ignored her; they said she was just a girl, that they were the experts, and not to bother them again.

Wincey felt so saddened and offended that she gave up her job there, went home, and spent several days holed up in her attic. When she left, she was pushing a trolley, and she pushed it straight to the palace. She showed the King her invention: a strange contraption with lots of buttons and a huge tuba sticking out the top.

"This is the Cloud squeezer," said Wincey, "it will put an end to the drought."

"Hmm," said the King, looking doubtful, "does it really work?"

Wincey bent over the machine, whispered a few words into it, and the words were transformed into strange deep noises, which came out of the tuba, like a speaker. Soon, a light shower began falling outside. It stopped as suddenly as it had started.

"Did you cast a spell?" said the King, "Are you some kind of witch?"

"You--what?" answered Wincey, "it's just a bit of

science."

The King seemed to approve, and he called for his advisers to come and see the new invention. Wincey gave another demonstration. On seeing the rain fall, the advisers launched into a great scholarly debate. Was the effect based on atmospheric turbulence? Was it a product of lunar reflectivity? And so many other equally ignorant theories that Wincey couldn't help but chuckle to herself.

While they had been theorising, the rain outside just got harder and harder. It ended up raining heavier than anyone had ever seen. The advisers kept talking, and it rained all the harder. So much so, that the King had to tell Wincey to disconnect the machine. She turned off the Cloud squeezer, and the rain stopped. In front of astonished faces, she explained.

"The Cloud squeezer is just a translator. It translates and amplifies words so that the clouds can understand them."

"So, how come it starts to rain?" asked the King.

"Ahh, that's because the clouds have a good sense of humour. Every time they hear a bit of foolishness they cry with laughter!"

Everyone looked accusingly at the King's advisers, and the wise men could do nothing but blush like tomatoes, in shame. That experience turned out to be of great use to the King. Not only did the drought come to an end, but, from that day on, they always kept the Cloud squeezer switched on. To avoid being shamed by the cloud's tears of laughter, the people of that land soon learned to study what they could, and to keep quiet on themes about which they were ignorant.

3. THE PEA BLOSSOM

There were once five peas in one shell, they were green, the shell was green, and so they believed that the whole world must be green also, which was a very natural conclusion. The peas grew, they accommodated

themselves to their position, and sat all in a row. The peas as they sat there grew bigger and bigger, and more thoughtful as they mused, for they felt there must be something else for them to do.

"Are we to sit here forever?" asked one, "shall we not become hard by sitting so long? It seems to me there must be something outside, and I feel sure of it.". And as the week passed by, the peas became yellow, and the shell became yellow.

"All the world is turning yellow, I suppose," said they, and perhaps they were right.

Suddenly they felt a pull at the shell; " Now we shall soon be opened," said one, just what they all wanted. " I should like that to happen," said the largest pea. "What is to happen will happen," said the largest pea.

"Crack" went the shell as it burst, and the five peas rolled out in to the bright sunshine. There they lay in a child's hand. A little boy was holding them tightly, and said they were fine peas for his pea-shooter. And immediately he put one in and shot it out. "Now I am flying out into the wide world," said he, "catch me if you can," and he was gone in a moment. "I intend to fly straight to the sun, and it will suit me exactly," said the second pea and away he went. "We will go to sleep wherever we find ourselves,' said the next two. And they did certainly fall on the floor, and roll about before they got into the pea-shooter; but they were put in after all that. "We shall go farther than the others," said they. "What is to happen will happen," exclaimed the last. As he was shot out of the pea-shooter; and he spoke he flew up against an old board under a garret window, and fell into a little crevice, which was almost filled up with moss and soft earth. The moss closed itself round him, and there he lay, captive indeed, but not unnoticed by God. "What is to happen will happen," said he to himself.

Within the little garret lived a poor woman, who went out to clean stoves, chop wood into small pieces, for she was strong and hard working. Yet she remained always poor, and at home in the garret lay her only daughter, not quite grown up, and very delicate and weak. For a whole

year she bedridden, and it seemed as if she could neither live nor die. "She is going to her little sister," said the woman; "I had but the two children, and it was not an easy thing to support both of them. God took one of them to himself and left the other to me. The sick girl still remained where she was, quietly and patiently she lay all the day long, while her mother was away from home at her work.

Spring came, and one early morning the sun shone brightly through the little window, and threw its rays over the floor of the room. Just as the mother was going to her work, the sick girl fixed her gaze on the lowest pane of the window

"Mother," "She exclaimed," "what can that little green thing be that peeps in at the window? It is moving in the wind."

The mother stepped to the window and half opened it. "Oh!" she said, " There is actually a little pea which has taken root and is putting out its green leaves. How could it have got into this crack? Well now, here is a little garden for you to amuse yourself with."

"Mother, I believe I shall get well," said the sick child in the evening, " the sun has shone in here so brightly and warmly today and the little pea is thriving so well; I shall get on better, too, and go out into the warm sunshine again."

"Good. I am so happy for you," said her mother. She propped up with the little stick the green plant which had given her child such pleasant hopes of life, so that it might not be broken by the winds. She tied the piece of string to the window-sill and to the upper part of the frame. So that the pea-tendrils might twine round it when it shot up. And it did shoot up, indeed it might almost be seen to grow from day to day.

The old woman saw a flower coming from the plant, she began to hope that her sick daughter might really recover. She remembered that in some time the child had spoken so cheerfully, and during the last few days had raised herself in bed in the morning to look with sparking eyes at her little garden which contained only a single pea-plant. A week

after, the invalid sat up for the first time for a whole hour, feeling quite happy, by the open window in the warm sunshine, while outside grew the little plant, and on it a pink pea-blossom in full and gently kissed the delicate leaves.

"Nature has planted that pea, and made it grow and flourish, to bring joy to you and hope to me, my blessed child," said the happy mother, and she smiled at the flower, as if it had been an angel.

But what became of the other peas? Why the one who flew out into the wide world, and said, "Catch me if you can," " fell into a gutter on the roof of a house, and ended his travels in the crop of pigeon. The two lazy ones were carried quite as far, for they also were eaten by pigeons so they were at least of some use, but the fourth, who wanted to reach the sun, fell into a sink and lay there in the dirty water for days and weeks, till he had swelled to a great size. "I am getting beautifully fat," said the pea.

"I expect I shall burst at last: I am the most remarkable of all the five which were in the shell."

The young maiden stood at the open garret window, with sparkling eyes and the rosy hue of health on her cheeks, she folded her thin hands over the pea-blossom, and was thankful.





You can watch the short film **"LEARN EVERYTHING"** on YouTube



INSPIRATIONAL PLAY

Characters -
Monica, Yash, Kavish, Siddharth, Anusha, Narrator

Narrator : *All cousins are sitting together at the beach for a day out.*

Monica : Any luck in the applications that you gave at different hotels?

Siddharth : Yes. I got 2 interview calls. One offered me a job in their Seychelles unit.

Narrator : *There are snacks and refreshment around which they are all enjoying while talking. In the background, one can hear dogs barking, children playing and a soft sound of the waves hitting the shoreline.*

Anusha : Wow! Seychelles! Cool! So, when are you going?

Siddharth : They had a crazy offer. They wanted me to start from house keeping first.

Narrator : *Anusha was aghast! She had a mouth wide opened. The refreshment that she was drinking was put down. She got worked up and started shouting.*

Anusha : What?! That's not good. You are a qualified Hotel Management guy. You should be getting a manager's post and nothing less.

Monisha & Anusha: Absolutely right! You deserve it!

Yash : Calm down. Let us have a conversation here. Siddharth, we have to start somewhere.

Siddharth : Sure. But not at such a lowly and unrespectful job!

Narrator : *Yash was puzzled as to why Siddharth was thinking that it was a small job. No job is small or big according to him. If we love it, we respect it.*

Yash : What is wrong in housekeeping?

Siddharth & Anusha : I don't believe you just said that!

Anusha : Imagine cleaning people's rooms!

Yash : Our mother cleans after us. If you think that way, you should clean up your room yourself!

Anusha : She is our mother. I too will do it for my children They are not strangers.

Narrator : *Monica nudges Anusha and points out at Kavish who is looking far away as if in a dream.*

Monica : Why are you quiet Kavish? You are a renowned Chef! You know how smart and hard work Siddharth has put in to reach here. He too deserves better. What is your opinion?

Kavish : Yes. I have done well for myself. People respect me and my work. Yes Siddharth is smart and intelligent. He deserves a good entry in the work place.

Siddharth : Exactly! I am not going to accept anything less than a manager's post! I deserve it. I have worked and studied a lot for it.

Anusha : I agree with you completely.

Yash : I think one should start from bottom to understand the people at all levels.

Kavish : Monica, I want to ask you and Siddharth a question? Monica and Siddharth: Yes?

Kavish : How did I start my career? What kind of work was I doing?

Monica : I remember you used to complain about cutting only vegetables in the kitchen.

Siddharth : Oh yes! And how you used to smell of onions every night when you used to come to bed!

Anusha : Oof! Kavish how bad! You must have had a tough time Siddharth!

Siddharth : Well! I had no choice! He was my big brother.

Monica : Remember the day you came home, and mother went all paranoid seeing so much of blood on your chef's coat!

Narrator : *Monica, Kavish and Siddharth laughed out loud. They could not control their laughter.*

Kavish : How can I forget! She thought I had lost all the blood from my body!

Narrator : *Kavish burst out laughing again.*

Anusha : Alka aunty would definitely have fainted seeing blood!

Kavish : She did! After she let out all her anger!

Yash : So, what had happened?

Kavish : My colleague made the mistake of squeezing the tomato sauce and it spread all over me as I was standing in front of him.

Anusha : Like in horror movies. Using tomato sauce for blood!

Kavish : Let us not get carried away.

Monica : So, after your experience with cutting vegetables, you were shifted in maintaining the appliances clean.

Kavish : Absolutely right! That was 5 years ago. Where am I today?

Narrator : *Very proudly Yash gets up and announces as if to the world ...*

Yash : The sous-chef at the leading 5-star Hotel in town. The second in command in the kitchen! You did well brother Siddharth. I am proud of you.

All except Kavish: Yes, we are proud of you.

Narrator : *The sun was setting and all kept quiet to admire the beauty of the sun setting on the horizon. After some time ...*

Siddharth : I think I am going to take the offer of the housekeeping's job. No job is small or big, it is how we perceive it and how we dedicate ourselves in making it the best.

Narrator : *They all smiled and hugged each other.*

----END----



GAMES

1. ROLE PLAY INTERVIEW

Role-play is a great way to give students practical examples of what to expect while in a situation. It can also help give student's confidence and ease their nerves at what they may find a daunting situation.

Activity : Talk to the class about the importance of making a good impression by tasking them with a mini interview. **(5 – 10 minutes)**

Highlight the importance of body language and how this demonstrates that we are keen and confident to appear for the interview. Something as simple as understanding and practicing how to greet the interviewee when one arrives can help improve student's confidence.

Make of three groups: As, Bs, and Cs. 'As' - the interviewees, 'Bs' are the students, and 'Cs' are the observers. (20 – 30 minutes)

Ask the 'students' to enter the classroom and introduce themselves to the 'interviewees'. Make sure you have guided them prior to this, on the importance of:

shaking hands with their interviewees maintaining eye contact, smiling disposition.

During the interview, the students will have to answer three questions.

Here are some example questions.

- What can you tell me about yourself?
- Can you list your strengths?
- What weaknesses do you have?
- Why should I consider giving you admission?
- Where do you see yourself after completing this course?
- Why do you want to study here?

The Cs will observe the interview. Afterwards, they will

share something positive the student has done, and something they can improve on, in writing.

The As, Bs, and Cs will rotate until each student has had a chance at each role.

After the activity, you can do a Q&A session to see what the students have learned. (5 – 10 minutes)

This activity will allow students to gain valuable peer-to-peer feedback and an understanding of what to expect from an interview and at any given time we have to go through a channel to achieve something in life.

2. EXPERIENCE DIARY

(5 – 10 minutes)

Introduce students to the idea of recording their experiences for any activity. Here we have given an example of a 5-day residential camp. Other activities could be:

A picnic day, a visit to the science exhibition, a guest visit in the school, sports day, annual day, the value education session, my whole year in the school .....

This will help them understand what they have learned or found useful during their participation in the activity. Find reflective activities for use in class with students.

For example:

What did I accomplish?

What is important about what I did?

Where could I use this experience again?

How well did I do? What could be done differently?

How could I use this knowledge in future?

Name _____ Camp_____

School_____ Std _____ Date_____

	Day 1	Day 2	Day 3	Day 4	Day 5
Tasks I completed today					
Something new I learnt today					
Something I found tricky and difficult today					
In what way did I help someone today					
Where did I miss out on the schedule today					
What did I discover about myself as a learner?					
What did I discover about myself as a person?					
What did you accomplish today that you are really proud of					

What was the learning in this 5-day camp? You can either write or draw.

Pointers:

Make an impression – Make sure you turn up on time, appropriately dressed

Get to know people – Greet everyone you meet with a smile. Don't be afraid to ask any doubts you have

Be organized – Listen carefully and note down important instructions. This will help in respecting the timetable of the camp.

Get involved – The more you participate, the more experience you will gain. Be enthusiastic about any activity.

Ask Questions – Ask for clarification if you are not sure what you are doing or what you have to do

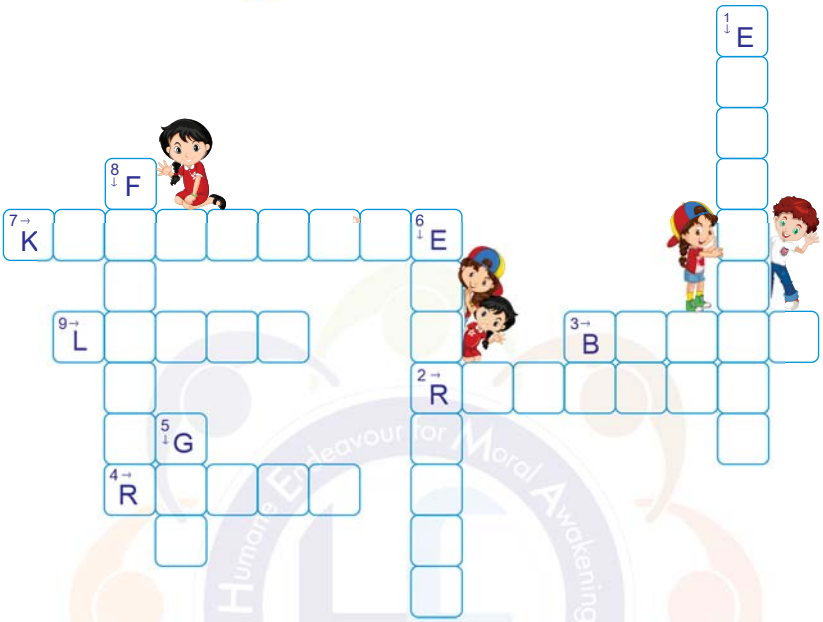
ANSWERS OF CROSSWORD :

1. Community 2. Respect 3. Basic 4. Ready
5. Get 6. Everyone 7. Knowledge 8. Forever
9. Learn

ANSWERS OF SCRAMBLE :

• Frown • Spicy • Snake • Quest
Openness

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. _____helpers are people who help us with our health and well being. (9)
2. We should_____people who help us in our daily life. (7)
3. We should always be ready to fulfil our_____needs. (5)
4. Always be_____to learn. (5)
5. When things go wrong_____ready to learn something new. (3)
6. Spread knowledge to_____and learn knowledge from everyone. (8)
7. The only source of _____ is experience. (9)

8. Learn as if you have to live _____ (7)
9. A wise person knows that there is something to be _____ from everyone. (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.

ORFNW

IYPSC

KANES

STUQE

Their_____was a lesson to me; we should learn everything in life, whatever the age.



PUZZLE

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

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

Words

Impression :
Reflection :
Opinion :
Perception :
Inferior :
Perfection :
Purpose : Yash explained the purpose for sweeping the floor. It was to learn the right technique of cleaning a room perfectly.
Paltry :
Petty :
Insignificant :
Lowly :
Colossal :
Egotistic :
Illustrious :
Renowned :

CASE STUDY



KING BHOJA

Bhoja (reigned c. 1010–1055 CE) was an Indian king from the Paramara dynasty. His kingdom was centered around the Malwa region in central India, where his capital Dhara-nagara (modern Dhar) was located. Bhoja fought wars with nearly all his neighbours in attempts to extend his kingdom, with varying degrees of success. At its zenith, his kingdom extended from Chittor in the north to upper Konkan in the south, and from the Sabarmati River in the west to Vidisha in the east.Bhoja is best known as a patron of arts, literature, and sciences. The establishment of the Bhoj Shala, a centre for Sanskrit studies, is attributed to him.Bhoja is best remembered for his intellect and patronage to cultural activities. Under his rule, Malwa and its capital Dhara became one of the chief intellectual centres of India.

Bhoja established the Bhoj Shala which was a centre for Sanskrit studies and a temple of Sarasvat in present-day Dhar. According to folklore, the Bhopal city was established by and named after him ("Bhojpal"), but it is possible that the city derives its name from another king called Bhupala (or Bhupal).



MARY KOM

Mangte Chungneijang Mary Kom (born in March 1983) is an Indian boxer. Kom is a member of the Kom tribe of north-east India. She was born in Kangathei, Churachandpur, Manipur.

Since childhood, Kom has liked athletics boxing and was good at them. She

became interested in boxing after watching Dingko Singh in 2000. That same year, she began training with M. Narjit Singh (Manipur State Boxing Coach) at Khuman Lampak, Imphal.

On 25 April 2016, the President of India nominated Kom as a member of the Rajya Sabha, the upper house of the Indian parliament. In March 2017, the Ministry of Youth Affairs and Sports, Government of India, appointed Mary Kom along with Akhil Kumar as national observers for boxing.After her sixth world title in 2018, the Government of Manipur has conferred on her the title "Meethoi Leima", loosely translated as great or exceptional lady in a felicitation ceremony held in Imphal on 11 December 2018. At the function, the then Chief Minister of Manipur also declared that the stretch of road leading to the National Games village in Imphal West district, where Kom currently resides, would be named as MC Mary Kom Road. She was awarded the Padma Vibhushan, India's second highest civilan award, in 2020.



PABLO PICASSO

Pablo Ruiz Picasso (October 25, 1881 - April 8, 1973) was a Spanish painter and sculptor. He created over 20,000 images.

He is considered as one of the greatest artists of the 20th century. He is best known as the co-founder of cubism. A work of art of a cubist when the artist opts to break up objects and reassemble them in abstract and geometric form. Picasso could draw and paint when he was very young. His first word was lápiz, the Spanish word for "pencil".Perhaps his most famous painting is Guernica, which shows the horrors of war after the bombing of the

town of Guernica.

He was 90 years old when a number of his works were shown in an exhibition at the Louvre in Paris. He was the first living artist to have an exhibition at the Louvre. Exceptionally prolific throughout the course of his long life, Picasso achieved universal, renowned and immense fortune for his revolutionary artistic accomplishments, and became one of the best-known figures in 20th-century art.



SONG

MOVIE: CHILLAR PARTY (2011)

Ek school banana hai

Chote Chote pahiyon pe, Sapno ki cycle
Udhte chalenge aaj, Pedal ko markar
Hum.. hum.. hum

Bachon ki peeth pe, Pahad jaise bag hai
Kandhon se aajunhe, Chalenge utarkar
Hum.. hum.. hum

Aankhon se hamari hume dekhne de
Khud se hume bhi, Kuch seekhne do
Hum ko jahan, Mazoor ho wahin
Tumhari duniya se badi door kahin
Ek school banana hai

Wahan tumko padhana hai, Jo bhool baitho ho
Woh yaad dilana hai, Ek school banana hai

Nanhi munhi muthiyon mein, Yeh nanha sa dream hai
Rakhte hai takiyon ke, Neeche jo sambahal kar
Hum.. hum.. hum

Baadlon se muskurake, Hath milate hai
Aasmaan ki ore, Apni gendon ko uchalkar
Hum.. hum.. hum

Aankhon se hamari zara dekh lo tum
Humse kabhi kuch seekh lo tum
Hum ko jahan mazoor ho wahin
Tumhari duniya se badi door kahin
Ek school banana hai

Wahan tumko padhana hai, Jo bhool baitho ho
Woh yaad dilana hai, Ek school banana hai
Wahan tumko padhana hai, Jo bhool baitho ho
Woh yaad dilana hai, Ek school banana hai
Wahan tumko padhana hai

RESOLUTION

THE PLEDGE

Perseverance, hard work, studying, learning from mistakes and love what we do are the main attributes for success; we resolve to follow for a better life.

ASPIRE TO INSPIRE



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

LET'S STEP OUT...



1. The greatness or the smallness of a job depends upon the attitude of the doer. Can you think of a work that you did which you were proud of?
2. The willingness to take up any task wholeheartedly, helps in its smooth completion. Discuss an activity which you did half- heartedly and its result.

WHAT MORE!!

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

SEVABHAAV



INTRODUCTION

Helping others always gives us happiness. It gives us internal satisfaction. We feel a positive energy around us. We feel happy when our help brings smile on the face of other people.

Helping our fellow men has long been seen as an altruistic behavioral model. But it turns out that more selfish motives - pleasing friends, doing what you want - are more successful causes of effective volunteering. Whatever the motive, volunteering improves the health, happiness, and in some cases, the longevity of volunteers. Children who volunteer are more likely to grow up to be adults who volunteer. Even unwilling children who are forced to volunteer, fare better than kids who do not volunteer. And in a virtuous circle, communities with lots of volunteers are more stable and better places to live, which in turn further boosts volunteerism.



LIFE SKILL QUESTIONS

1. When you do selfless deed, do you expect something in return?
2. Who in your family is the best example of rendering selfless service?
3. Which professions have the maximum element of SEVA and that you admire?



QUOTES

- "There is nothing more beautiful than someone who goes out of their way to make life beautiful for others."
- Mandy Hale

- "When you reach out to those in need, do not be surprised if the essential meaning of something occurs."
- Stephen Richards

- "What people see you do may not be remembered; what they hear you say may be forgotten; but how they feel your intervention in their times of need will forever be remembered." **- Israelmore Ayivor**

- "When you want to help people, you don't need no language – it'll all be written on your face."
- Tamuna Tsertsvadze

- "Sign of life is not whether you are breathing, but whether you are helping others." **- Abhijit Naskar**

परीक्षित : मित्राणि ! अध्य मया नूतनं शिक्षितमस्ति ! तत्प्रस्तौतुमिच्छामि ! सेवा विषये अस्ति !

Parikshit : Friends, today I want to present something new that I have learned! Which is about service.

मेघ : (साश्चर्यम्) सेवाविषये ! अहो बहु गहन विषयः शोभनम् प्रस्तुहि !

Megh : (Surprisingly)... .Wow the subject of service is a very good topic.

परीक्षित : सेवकार्यं यदस्ति तस्य महत्वं अस्माकं शास्त्रेषु बहु प्रतिपादित मस्ति! सेवया वयं जीवने किमपि कर्तुं शक्नुयामः ! सेवातु समेषामपि कार्याणां सिद्धिदात्री अस्ति !

Parikshit : Our scriptures talk of the importance of 'service to others' We can achieve a lot in life by serving others. Service is the accomplishment

करण : आम् ! उत्तमम् सेवयाहि सर्वमपि अनायासेन एव लभ्यते

Karan : Yes. When we help others, we get happiness like no other.

परीक्षित : तस्मादेव सेवायाः बहु महत्वं अस्माकं समाजे दरीदृश्यते

Parkishit : That is why the importance of service is seen everywhere.

करण : तस्मादेव तु सेवा धर्मः योगिभ्यः अपि दुर्लभः मन्यते !

Karan : That is why serving others is *considered to be* lucky.

करण : भवतु ! प्रतिजानीमहे अहर्निशम् सेवां करिष्यामः

Karan : Okay. We pledge that we will continue to serve others whenever we get a chance.

SANSKRIT SHLOKAS

चत्वारि ते तात गृहे वसन्तु श्रियाभिजुष्टस्य गृहस्थधर्मे ।
वृद्धो ज्ञातिरवसन्नः कुलीनः सखा दरिद्रो भगिनी चानपत्या ॥

It is the duty of a prosperous household that he should support these four types of persons: an aged close relative, a noble person, poor friend and his childless sister.

पन्चाग्र्यो मनुष्येण परिचर्याः प्रयत्नतः।
पिता माताग्निरात्मा च गुरुश्च भरतर्षभ ॥

Bharat Shrehtra, Father, Mother, Fire, Soul and Guru are called Panchagni. A man should serve these five very diligently.

POETRY

A HELPING HAND

Make a difference, each day you live
Open your heart, learn to give
Life for many is so unkind
Giving people are hard to find
So open your heart give what you can
We're all responsible for our fellow man
It's so easy to look the other way
But the tables could turn on any given day
So help if you can for one day you may be
The one who's down and out the one no one will see



MORAL STORIES

1. STORY OF SHANKAR

Once there was a small boy named Shankar. He belonged to a poor family. One day, he was crossing through the forest carrying some wood. He saw an old man who was very hungry. Shankar wanted to give him some food, but he did not have food for himself. So he continued on his way. On his way he saw a deer who was very thirsty. He wanted to give him some water, but he did not have water for himself. So he went on his way ahead. Then he saw a man who wanted to make a camp but he did not have wood. Shankar asked his problem and gave some wood to him. In return, he gave him some food and water. Now he went back to the old man and gave him some food and gave some water to the deer. The old man and the deer were very happy. Shankar then happily went on his way.

However, one day Shankar fell down the hill. He was in pain and could not move and no one was there to help him. But, the old man who he had helped before saw him, he quickly came and pulled him up the hill. He had many wounds on his legs. The deer to whom shankar had given water saw his wounds and quickly went to forest and brought some herbs. After sometime his wounds were covered. All were very happy that they were able to help each other.

2. A MAN AND AN OLD LADY...

A man was driving his car, when he saw an old lady, stranded on the side of the road. He saw that she needed help. So he stopped his Pontiac near her Mercedes and got out.

He smiled, while he was approaching her, still she was

worried, as nobody had stopped for hours. Moreover, he did not look safe, as his appearance was so poor and shabby. He could see, how frightened she was, so he tried to calm her: "I'm here to help you, don't worry. My name is Vijay Nair"

The tire was flat, so he had to crawl under the car. While changing the tire, he got dirty and his hands were hurt.

When the job was done, she asked how much she owed him for his help. Vijay smiled. He said: "If you really want to pay me back, the next time you see someone, who needs help, give that person the needed assistance. And think of me".

At the same evening, the lady stopped by a small cafe. That place looked dingy. Then she saw a waitress, nearly eight months pregnant, wiping her wet hair with a towel. The waitress had a sweet friendly smile, although she had spent on her feet the whole day.

The lady wondered how someone, who has so little, can be so kind and giving to a stranger. Then she remembered Vijay.

The lady had finished her meal and paid with a hundred dollar bill. The waitress went to get change and when she came back, the lady was gone. She left a note on the napkin: "You don't owe me anything. Somebody once helped me, just like now I'm helping you. If you really want to pay me back, do not let this chain of love end with you." The waitress found four more one hundred bills under the napkin.

That night the waitress came home earlier. She was thinking about the lady and the money she left. She was wondering, how the lady could know, how much she and her husband needed it, especially now, when the baby will soon arrive. She knew that her husband was worried about that, so she was glad to tell him good news. Then she hugged him and whispered "Now everything will be all right. I love you, Vijay Nair."

3. A SWEET WITCH

There was once a very special little witch. She was special because she was good hearted, but she had no idea how to put that into practice. From the time when she was very young, she had been told off many times by the witches. They told her she had to be wicked like all the rest of them. The little witch suffered greatly; she didn't want to be wicked. All her spells were a disaster, and she couldn't find anyone to teach her how to put her goodness into action. So the little witch was sad most of the time.

One day she heard that the old witches were planning to cast a spell on a big mountain and turn it into a volcano, which would destroy a small town. The good little witch thought about how she could prevent this, but she didn't really know how to. When she went to speak to the townsfolk to warn them, they threw her out and pelted her with stones, shouting

"Get away from here, witch!"

The little witch ran off, and sat crying at the side of the road. Soon a few children came by, and seeing her crying, tried to console her. She told them that she was a good witch, but she didn't know how to put her goodness into practice, and that everyone treated her badly. The children told her that being good was very easy. All you had to do was help others, do good deeds for them.

"And what can I do for you guys?", asked the witch.

"You could give us some sweets!"

they told her, happily. The witch was very embarrassed; she had no sweets on her, and she knew no spell for making them. But the children didn't mind, and off they went to play.

Feeling somewhat encouraged by this, the little witch set off for her cave ready to help everyone. However, on her way, she came across the old witches casting their spell on the mountain. The mountain had already turned into a volcano and was beginning to spit fire. The little witch

wanted to prevent this happening, but she didn't know how. Then a whole load of magic words came into her head. She said them and, before she knew it, the fire on the mountain had turned into a stream of sweets. The mountain launched thousands of sweets into the air and they fell onto the town below.

And that's how the little witch learned how to do good; by sincerely wanting to help others. The children realised that all this had been thanks to her, and they let everyone know. From that day onwards, no one in the town thought of her, or treat her, like a wicked witch. She made friends with everyone there, and did what she could to help them.

And in memory of her spell, since then they always called her The Sweet Witch.





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

ANSWERS OF CROSSWORD :

1. Pilot	2. Librarian	3. Firefighter	4. Teacher
5. Doctor	6. Waiter	7. Dentist	8. Judge
9. Chef	10. Banker		

ANSWERS OF SCRAMBLE :

• Together	• People	• Boast	• Family
Problems			

PLEDGE YOUR HELP

Character -

Raju, Gopal, Ramu, Baba: Old man in Pain, Doctor, Teacher, Joseph, Karim, Pradhan Pathak, Narrator.

Narrator : *The curtain rises, an old man is seen wailing in pain. Passerby look at the old man but move ahead leaving him in pain. Meanwhile a few children with their school bags reach there, and stop by seeing the old man.*

Raju : Oh God, just look at this, the old man seems to have hurt his leg.

Gopal : Come on leave him alone, Let's go to school.

Ramu : Look he is badly hurt and is wailing in pain. We must lend him a helping hand.

Raju : (Laughs) Fine, you stay here and help him, we are leaving. (Pull Gopal's hand) Lets go Gopal.

Ramu : Gopal, don't you remember just yesterday teacher told us that we must help elderly people.

Gopal : I agree with Ramu, we must help this old man.

Raju : Wow, now you turned into Raja Harishchandra too.

Gopal : We must wait with Ramu and help the old man.

Ramu : (Looks at the old man) I guess he is hungry too.

Raju : You wait here alone and help the old man, we will go to school. (Pulls Gopal along with him).

Ramu : (Goes near the old man) Baba what has happened to you?

Old Man : I am unwell, son. My leg is hurt and I haven't eaten anything since few days.

Ramu : Don't worry Baba. I will give you something to eat (Gives food to the old man from his lunch box) Take this and have some water.

Old man : (Has water) God bless you son.

Ramu : Now come on baba, keep your hand on my shoulder, hold my hand and try to stand up. I shall drop you home.

Narrator : *They two take a few steps, suddenly the doctor sees Ramu.*

Doctor : Hey Ramu, where are you going. And who is this old man walking with you?

Ramu : I was passing by and I saw baba wailing in pain. He has hurt his leg and has fever too.

Doctor : Ok let me have a look. (checks the wound) Ramu now you must go to school. I will take baba to hospital.

Ramu : Ok doctor uncle.

Narrator : *Doctor and old man head towards the hospital, while Ramu rushes to school. Meanwhile at the school teacher enters the class, around 10-12 pupils enter the classroom after him.*

Teacher : Everyone take your seat please.

Narrator : *Raju and Gopal reach school.*

Raju and Gopal: May we come in sir?

Teacher : Yes, come quickly and take your seats. Everyone turn to page 20 of your book.

All the students: We are on page 20 teacher.

Teacher : Students, in your last class I had taught you on how to serve your elders and those in pain. Joseph you tell me what did I teach yesterday.

Joseph : That if someone is unwell or hungry, we must help them by giving them food and water.

Teacher : Ok, Karim! now you tell us.

Karim : Teacher, we must help blind cross the road and show them the way.

Teacher : Ok, What else?

Karim : And...(Thinks for the answer) and...(Tries to recollect).

Teacher : You haven't followed what was taught in class. Everyone open books and start reading the lesson now.

Narrator : *At that very moment, Ramu reaches school. He asks for the teacher's permission to enter the classroom.*

Teacher : Yes, come in and take your seat. You are very late to school. What happened?

Ramu : I...I... (Stammers) Sir... (Is unable to answer).

Teacher : I am letting you go this time, but next time if you come late you will be subjected to punishment.

Narrator : *Doctor enters into the classroom.*

Teacher : Oh! Please come in Doctor.

Narrator : *All the students stand up to greet the doctor.*

Doctor : Sit down children... Please sit down.

Teacher : So, what brings you to our school all of a sudden doctor?

Doctor : I have come to congratulate one of your students Ramu. He has done a great deed today.

Teacher : Ramu? What great deed has he done for you to praise him so much?

Doctor : Please be patient sir. Ramu's father and Pradhan Pathak ji are on their way here. They will tell you everything.

Teacher : Ok... Ramu, please come here son.

Narrator : *Folds his hands and greets doctor.*

Doctor : Well done Ramu, you saved that old man's life.

Narrator : *Meanwhile Pradhan Pathak and Ramu's father enter the classroom. All the students stand up to greet them.*

Pradhan Pathak: Please sit-down children. Ramu, please come to me son. Children, today your classmate and friend Ramu has brought our school's name

to limelight. While coming to school, Ramu helped and served an old man who was unwell and hurt. Doctor why don't you describe the rest.

Doctor : Ramu was taking an old man home, when suddenly I reached there and saw them. Ramu stopped by offered him food and water due to which his life was saved. The old man could have died due to hunger had Ramu decided to neglect him and come to school on time.

Pradhan Pathak : Ramu how did you manage to do all that?

Ramu : Just yesterday our teacher taught us to lend helping hand to elders and those in pain. Besides my father always tells me to help needy.

Pradhan Pathak : My dear students, did you see if you do good deeds and help those in need, you are praised by all. The school management will felicitate Ramu for this.

Narrator : *All the students and teachers leave school, only Ramu, Raju and Gopal are left on the stage.*

Raju : Ramu, my friend... We were wrong. Had we waited with you and helped that old man, even we would have received praises and felicitation.

Gopal : Yes Ramu, we will never repeat this mistake ever again.

Ramu : No problem my friends, don't feel bad. Just that from this very moment you two must pledge to help and serve the elders and needy.

Narrator : *Raju and Gopal hold Ramu's hand and together they pledge to help and serve the elderly.*

Moral: Helping others should be done selflessly, and not for praises and rewards.

----END ----



GAMES

1. SHOULD I SHARE MY ICE CREAM?

This activity is really simple and takes just minutes to put together.

Material: A thin beige cardboard or thick beige paper - A 4 size, black markers, ruler, cello tape, different coloured plastic balls which would fit in the cone.

How to play: Take your beige cardboard and use a ruler and black marker to draw horizontal and vertical lines on one side. This will be the outside of your cone.

Then roll the paper into a cone shape, making sure that the opening is wide enough for your ball to fit inside. Secure the edges with cello tape.

You're ready to play: Talk about the importance of friendship and how it feels good to share with our friends. Then give each child a paper cone. Put a ball inside one of the cones to serve as the "ice cream." Then encourage each child to take a turn sharing their ice cream with their friend - by passing it from one cone to another.

This is harder than it looks when you're little! But it is so much fun! Encouraged them to say "Would you like to share my ice cream?" as each took a turn - it's a great opportunity to practice politeness and saying "please" and "thank you" as well.

And if your ice cream gets stuck, no problem! That's what friends are for.

This activity provides a way for children to interact and get to know each other while also learning about sharing and friendship.

2. ROLL A TOPIC - KINDNESS

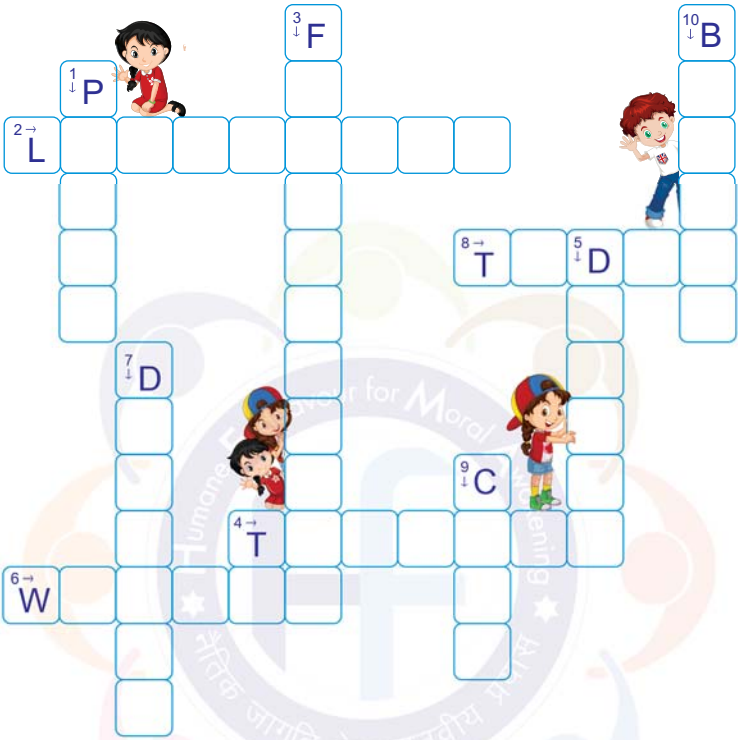
A simple way to encourage the spread of acts of kindness.

Material: 1 dice

How to play: Sit in a circle. Each child will roll out the dice. Whichever number they roll out, the child will be encouraged to do the action corresponding the number on the dice. An example has been given to you, however the teacher is free to write her own actions.

	Dice Numbers	Action
1	4	Share your smile with 10 people
2	1	Today ask your grandparents to tell you a story and share it in the class tomorrow.
3	5	Share your toys with your friends.
4	6	Say something nice about your friend.
5	3	Give someone you love a high five.
6	2	Make a thank you card for your teacher.

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. I fly an airplane - _____(5)
2. Help you in library - _____(9)
3. Comes handy when house on fire - _____(11)
4. I help students to learn and grow - _____ (7)
5. I care for you when you are sick - _____(6)
6. I take your order when you go to restaurant - _____ (6)

7. Keep your teeth healthy- _____(7)
8. Make decision in court - _____(5)
9. I cook food - _____(4)
10. Keep your money safe - _____(6)



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.

TEGTOHER

PLEOEP

AOBTS

FALIYM

Help others even when you have your own_____



PUZZLE

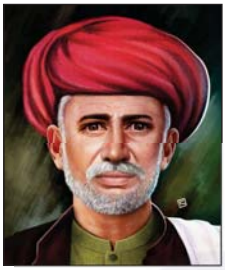
In the puzzle below, you have17 words which are synonyms for **SEVABHAV.** You will find them in different pattern. One of the words is done for you. Find the rest

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

Words

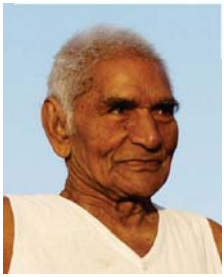
Help : We have a natural desire to want to help others.
Comfort :
Support :
Service :
Aid :
Guidance :
Use :
Corrective :
Cure :
Assist :
Adjuvant :
Subservient :
Friendly :
Favour :
Serve :
Oblige :
Blessings :

CASE STUDY



JYOTIRAO PHULE

Mahatma Jyotirao Govindrao Phule (11 April 1827 – 28 November 1890), also known as Jyotiba Phule, was an Indian social activist, thinker, anti-caste social reformer and writer from Maharashtra. His work extended to many fields including eradication of untouchability and the caste system, and women's emancipation.He is mostly known for his efforts in educating women and lower caste people. On 24 September 1873, he formed the Satyashodhak Samaj (Society of Seekers of Truth) to attain equal rights for people from lower castes. People from all religions and castes could become a part of this association which worked for the upliftment of the oppressed classes. Phule is regarded as an important figure in the social reform movement in Lagrange.Phule was bestowed with the title of Mahatma on 11 May 1888 by another social reformer from Bombay, Vithalrao Krishnaji Vandekar.



BABA AMTE

Murlidhar Devidas Amte, commonly known as Baba Amte, (26 December 1914 – 9 February 2008) was an Indian social worker and social activist known particularly for his work for the rehabilitation and empowerment of people suffering from leprosy. He has received numerous awards and prizes including the Padma Vibhushan, the Dr. Ambedkar

International Award, the Gandhi Peace Prize, the Ramon Magsaysay Award, the Templeton Prize and the Jamnalal Bajaj Award. He is also known as modern Gandhi of India.

Trained in law, he developed a successful legal practice in Wardha.

Dr. Amte had saved a girl from the lewd taunts of British soldiers, Gandhi gave him the name – Abhay Sadhak. In those days, people with leprosy suffered a social stigma and the society disowned these people. Amte founded three ashrams for treatment and rehabilitation of leprosy patients, disabled people and people from marginalised sections of the society in Maharashtra.Amte devoted his life to many other social causes, most notably the Quit India movement to raise public awareness on the importance of ecological balance, wildlife preservation and the Narmada Bachao Andolan. Government of India awarded Baba Amte with a Padma Shri, Padma Vibhushan and many more awards for his social contribution.



EDWARD JENNER

Edward Jenner, FRS FRCPE FLS (17 May 1749 – 26 January 1823) was an English physician who was a contributor to development of the smallpox vaccine. The practice of vaccination was popularized by Jenner, and since then has been used ubiquitously to prevent several diseases.

Jenner is often called a pioneer of immunization. Using a method valid in immunology before the discovery of germ theory, his work saved many lives. In Jenner's time, smallpox killed around 10% of the British population, with the number as high as 20% in towns and cities where infection spread more easily. In 1821, he was appointed

physician extraordinary to King George IV, and was also made mayor of Berkeley and justice of the peace. A member of the Royal Society, in the field of zoology he was the first person to describe the brood parasitism of the common cuckoo. In 2002, Jenner was named in the BBC's list of the 100 Greatest Britons.

Jenner's discovery had made a huge contribution to public health.

His essential idea that a mild form of a disease can help immunise against the disease itself has been taken to advanced laboratories and using observation and experimentation equipment proven. It has saved hundreds of thousands of lives and continues to be one of the greatest medical achievements in the history of humankind.



SONG

MOVIE: ANARI (1959)

Kisi ki muskurahaton pe ho nisaar

Kisi ki muskurahaton pe ho nisaar
Kisi ka dard mil sake toh le udhaar
Kisi ke vaaste ho tere dil mein pyar
Jeena isi ka naam hai
Kisi ki muskurahaton pe ho nisaar
Kisi ka dard mil sake toh le udhaar
Kisi ke vaaste ho tere dil mein pyar
Jeena isi ka naam hai

Maana apni jeb se fakeer hai
Phir bhi yaaro dil ke hum ameer hai
Maana apni jeb se fakeer hai
Phir bhi yaaro dil ke hum ameer hai
Mite joh pyar ke liye woh zindagi
Jale bahaar ke liye woh zindagi
Kisi ko ho na ho humein toh aitbaar
Jeena isi ka naam hai

Rishta dil se dil ke aitbaar ka
Zinda hai hum hi se naam pyar ka
Rishta dil se dil ke aitbaar ka
Zinda hai hum hi se naam pyar ka
Ke marke bhi kisi ko yaad aayenge
Kisi ke aansuo mein muskurayenge
Kahega phool har kali se baar baar
Jeena isi ka naam hai

Kisi ki muskurahaton pe ho nisaar
Kisi ka dard mil sake toh le udhaar
Kisi ke vaaste ho tere dil mein pyar
Jeena isi ka naam hai

RESOLUTION

THE PLEDGE

Sharing is caring; we resolve to open doors for a happy and fulfilling life.

ASPIRE TO INSPIRE



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

LET'S STEP OUT...



1. Let children nominate two or three persons from their class, who they consider doing selfless service for others.
2. Ask them the reasons why they have selected these two/three persons.
3. Let children honour such selfless students and speaking one minute for each of them.

WHAT MORE!!

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

YASH KA LUCKY T- SHIRT



INTRODUCTION

Superstition is the belief in supernatural-that one event causes another without any natural process linking the two events-such as astrology and certain aspects linked to religion, like omens, witchcraft, and prophecies that contradict natural science.

The word superstition is generally used to refer to the religion not practiced by the majority of a given society – such as Christianity in Western culture – regardless of whether the prevailing religion contains superstitions. It is also commonly applied to beliefs and practices surrounding luck, prophecy, and certain spiritual beings, particularly the belief that future events can be foretold by specific (apparently) unrelated prior events.



LIFE SKILL QUESTIONS

1. Can you identify some superstitious beliefs?
2. Are superstitious beliefs based on scientific evidence?
3. Can superstitious beliefs hold back our progress?

QUOTES

- “We can each define ambition and progress for ourselves. The goal is to work toward a world where expectations are not set by the stereotypes that hold us back, but by our persona passion, talents, and interests.” **- Sheryl Sandberg**

- “Tradition is a pretty poor excuse for perpetrating stereotypes.” **- Ramsey Campbell**

- “I just want to continue to break barriers and the world that beauty is diverse, and you don’t have to be a certain stereotype to be beautiful.” **- Joan Smalls**

- “Stereotypes are lazy thought; we don’t need to listen or observe as we feel we know already. Except we don’t – we just have a head full of prejudices.”
- Deb Caletti

- “The whole idea of a stereotype is to simplify. Instead of going through the problem of all this great diversity – that it’s this or maybe that – you have just one large statement; it is this.” **- Chinua Achebe**

यशहिमेशौ लपतः
(Yash and Himesh are talking!)

हिमेश : अरे यश ! अद्य बहु सुन्दरं कंचुकं त्वया धारितमस्ति ! शोभते त्वयि !

Himesh : Hey Yash, today you are wearing a very beautiful T-shirt! It suits you.

यश : आम् ! इदं कंचुकं मम प्रियातिप्रियं कंचुकं वर्तते !

Yash : Yes. This is my favourite t-shirt

हिमेश : केन दत्तमस्ति ?

Himesh : Who gave it to you?

यश : इदं कंचुकं मम मातुलेन दत्तमासीत् ! मम मातुलः मम प्रियः ! मम मातुलः मम हार्दिकाः आत्मियाश्च !

Yash : My maternal uncle gave me this T-shirt. I love my uncle very much..

हिमेश : त्वं कथं इदं कंचुकं बहुवारं धारयसि !

Himesh : Why do you wear this T-shirt a lot?

यश : इदं कंचुकं मम भग्यदं कंचुकमस्ति ! येन सर्वत्र मम भाग्यं सर्वत्र फ़लति !

Yash : This T-shirt is very lucky for me. It always gets me good luck.

हिमेश : अस्य एतिवृत्तं कथय !

Himesh : Tell me about it.

यश : इदं कंचुकं यदा अहं धारयामि तदा मम दिनम् सम्यग्रित्या गच्छति एवम् सर्वाणि कार्याणि अपि सिद्धन्ति !

Yash : When I wear this T-shirt, my day goes very well and all my work is successful.

हिमेश : खलु इदं भाग्यदं कंचुकम् !

Himesh : Really, it's a Lucky T-shirt

SANSKRIT SHLOKAS

यथा ह्येकेन चक्रेण न रथस्य गतिर्भवेत् ।
एवं परुषकारेण विना दैवं न सिद्ध्यति ॥

Just as a chariot cannot move with one wheel, similarly without work luck cannot be proved.

भाग्यं फलति सर्वत्र न विधा न च पौरूषम !
शुराग कृत विद्याश्च:,वने तिष्ठंति मे सुता: !!

Kunti, the mother of the Pandavas, tells Sri Krishna that my son is a great philanthropist and a scholar, but we are still living a life wandering in the forests, because luck gives fruit everywhere. The person may be learned and doing work with great efforts, but without luck it is meaningless.

POETRY

WHAT MAKES ME GROW

I see the changes
At times they are clear
Other times, they seem to pass right by me...
I am growing... maturing... changing...
I am becoming a stereotype
Just not the one I thought I'd be...
Breaking rules, sneaking out, telling lies, cheating...
The list seems to continuously grow,
But my determined act make me grow.



MORAL STORIES

1. SUPERSTITION

It was 2 AM in the early morning, when a faint knock struck Swapnil's house's main door. Swapnil in his sleep almost thinking it to be his dream was about to continue his nap when he heard the same faint knock the second time. Swapnil now becoming sure just lit his bed side lamp and with his half closed eyes glared at his table clock. Quite astonished seeing the time though, about who could have just arrived at this point of time in early morning, approached towards the main door to check out, rubbing his eyes.

Just standing near the door Swapnil whisperingly asked "Who?"

The only other voice from the opposite side of the door just whispered too, "Swapnil, its Bhanu here, please open the door."

Swapnil quite amazed, slowly opened the door and saw a man fully covered in blanket was standing. Swapnil still unable to become quite sure whether that really was Bhanu, tried to peep inside the blanket. The man immediately understanding the problem, removed the cover from his face himself and then seeing Swapnil a bit satisfied after his suspicion, went inside without wasting any more time.

At the entrance, Bhanu instead of requesting Swapnil, himself hurriedly shut closed the door and told, "Sir, I am in great trouble and so I am here. Please do not keep the door opened for long. Do not know if someone sees me!!! I believe none has noticed me while I was coming. It is because of this that I found no other suitable time to come to you. I know if not all, atleast you will not be like others."

Bhanu just burst out crying. Swapnil was a bit surprised and so holding Bhanu he took him to his drawing room. Then making him sit on the sofa, wiped off his tears and

offered him a glass full of water.

Bhanu taking a couple of sips from it continued, “Swapnil, this incident is very new. So I believe you might not have got any knowledge of this. I still remember the day, when I was in the tea shop and Rahul was entering the tea shop. He unexpectedly slipped on the mud in front of the shop and fell down. Do not know what happened next ? Instead of acting like a matured guy, he started yelling, “Yes I was indeed suspecting and noticing this for now quite some days but was unable to become sure without any proof. Now I know. I will spread this to all who I know, in this locality, immediately. Bhanu is unlucky. He is unlucky for all. Anyone who will even come in contact with his shadow would have his whole day ruined.” Saying this he went away.

“Swapnil you know that we have people in our locality, who believe in these superstitions, get entertained and pass time gossiping about them. Also since I do not have any family, I do not have a job, I live in a hut, this message spread like fire. We all work and struggle to make a living. So there will be some failures and some success on the way.

The people started believing that whatever failure they face is because they see me. Some people even beat me up on seeing me fearing I would bring them ill luck. I have become a joke. I have no standing or prestige remaining. I have even stopped coming out of my home in normal hours. I come out just during this night time. But for how long? I also want to chat with others. I also need to go to market to buy food for myself, which will not be available in the night. Moreover, I keep all my house's doors and windows closed the whole day. I have forgotten when I last saw sun rays. I have even forgotten its taste, how it looks.”Bhanu continued weeping.

Swapnil put one of his arm on Bhanu's shoulder and drawing him nearer said, “Do not cry my friend. We must have some solution to this. We need to uproot people's belief. The more we allow them to continue more deep rooted it will become. They will still continue to have their

regular failures and successes. After some days it could get worse and they might not allow you to stay in your house itself. So what exactly we need to do here is to make them understand that they are wrong, or make them un-believe their beliefs. And for that they need to pass time with you and see that good things indeed also happen when you are in front of them. This would be enough if shown to few. The news will then spread."

Bhanu said, "But how would you make people agree to spend time with me?"

Swapnil said, "See in this case forcibly nothing can be done. We have to do something that they themselves come, speak and spend time with you".

Bhanu seeing some light, wiping his rest of the tears on his cheeks, sat properly and started expectantly looking at Swapnil.

Swapnil knew that he himself had to play a very active role on sorting out Bhanu's problem.

Next day in the early morning Swapnil was present right there in the tea shop. As time passed some known faces and some unknown faces started gathering in the tea shop. Swapnil finding out a suitable time and situation among that and collecting few known, important people, who could in actual be responsible again for making Bhanu get back his position in the society started telling casually, "You all know this Bhanu?"

All shouted, "O that unlucky brat, you mean to say?"

Swapnil pretended and said, "Unlucky? What are you saying? I do not believe this? Do you know, Bhanu plays lottery?"

One said, "So what else would a person who has no family nor a job could do?"

Other said, "I am damn sure that he has not won anytime. He is such a bad omen."

Swapnil stood up and said, "Yes. That is a fact. He might be playing because he has no family, no job and is doing it just to pass time and looking to earn something by chance.

But as you all guys say he is unlucky so how come he has won a 1 crore rupees lottery?"

One said, "1 crore? I cannot believe this? He might be unlucky for others and not for himself. The day we would have a good time in his presence, I would believe he is lucky for others as well. But who's going to take that risk to experiment after so many have suffered?"

2. GOOD LUCK

The little boy, lost and hungry, sat on the pavement crying. He hadn't found anything to keep his family going for a few days, and he was almost glad he was lost, so that he wouldn't find his way home.

Home, where his six siblings were waiting with hungry eyes. Home which stank worse than the city dump.

He sat on the edge of the gutter, trying to make himself as small as possible so the local gangsters wouldn't make him a target. He would just sit here until night came. Maybe the darkness would give him some solace. Until then...I His tears dripped into the gutter.

He studied the main street. People were walking by, rich and poor, big and small. He didn't stretch out his hand; he already knew they would pretend that they hadn't seen him, hadn't seen the starving little boy sobbing near the gutter. Everybody did that.

A dollar note fell on the ground near him. He looked up in surprise. A couple of tourists were walking past. They were dressed flamboyantly, Americans, he thought. He was surprised. "Thank you," he shouted. That would buy tonight's dinner. Maybe he should start making his way home- if he remembered how.

He decided to wait a few minutes. He studied the American's' retreating backs as they walked down the street, peering into shop windows.

Then from one of the upper apartments in the street, there was a commotion. Glass splintered and smashed.

A pale green velvet sofa flew straight out of the window and crashed down to the street.

A split second before it hit, he saw that it was going to squash the people who were obliviously walking underneath it. The American tourist couple.

If it had been someone else, he wouldn't have cared. He would have turned away and ignored the accident, the way most people ignored him.

But these people hadn't ignored him. They'd given him money. He owed them something.

They say that in life and death situations, everything is blurry.

He had never seen so clearly. He saw the tourists glance up- a man in flowery shorts and a t-shirt and a woman wearing outrageously little. He saw them staring at their death.

He stood and leaped. He shouldn't have been able to make it. But in his limbs he felt a burst of strength. He hit the American couple as the sofa got nearer and nearer.

He knocked them out of the way as the sofa hit the ground.

They recovered fast, he had to give them that. Within a few minutes they were thanking him profusely in highly accented English. After a few minutes they noticed his filthy ragged clothing and stick-thin physique.

"Family?" they asked.

He snorted. What would these people want with his family? They looked very rich, and would probably faint at the stench.

He shook his head.

They got together and had a short conversation in whispers. He just stood there, feeling out of place. Eventually he decided to start making his way home. But the woman called him back.

"We have no children," she said. "We will adopt you."

His world turned upside down. Adopt? These people wanted him? As a son? Did they really mean it?

Yes, please.

He smiled. They smiled.

3. THE UNLUCKY MERCHANT

There was once a merchant who, after years of bad business, was cursing his bad luck.

A traveller was passing by, and he asked the merchant what was troubling him. Hearing that the merchant was a man of great ill fortune, the traveller opened his knapsack and pulled out a strange-looking device made from two crystal glasses stuck together. They were decorated with strange drawings. One glass was green, and the other red, and inside each glass were some strange seeds, each the same colour as their glass.

"Well, you've just run into some good luck, meeting me," said the traveller. "This is exactly what you need: two little pots of luck."

The merchant was somewhat surprised, but the traveller explained to him that these seeds were seeds of luck. The green seeds brought good luck, and the red seeds brought bad luck. The two glasses were joined, and when one filled up, it caused multiple incidents of good or bad luck, according to which type of seed was overflowing the glass.

The merchant, thrilled, thanked him for the gift, and hardly managed to hear the traveller's last words, warning the merchant how difficult it was to use the glasses effectively. Expectantly, he carefully examined the green seeds; the lucky ones. Though he wasn't familiar with them, he was sure he could find someone that could sell him several new containers, and so he covered the top of the vessel with great care, being sure not to drop it.

Then he looked at the red seeds, and thought that the

best way to avoid them filling the glass would be to empty them out, right there. So that's what he did, and off he went, continuing his journey. A little later, he met a woman who, seeing his seed jars, must have recognised them. She ran up to him and asked him for a good handful of seeds. The merchant roundly refused, and the woman left, cursing him under her breath.

"What do they want me to do?" he thought, sadly, "I can't just throw away my good luck."

He continued on his way, and had many other similar encounters. As time went on, the merchant saw that only the red jar was filling up. It seemed more or less logical, because otherwise the jars wouldn't have much power. He just stopped every now and then to empty the red seeds out. However, the red jar was filling up faster and faster, and it reached a point where he could hardly empty it before it had filled up again. Finally it started overflowing.

"Well, that's gone and done it," thought the merchant, "all I need now is another pile of bad luck."

He looked all the way back down the road, and saw that the seeds he had emptied out, had grown into great big weeds which had choked to death all the other plants in the area. When the local villagers saw this, they were furious, and set about finding who had caused the destruction of their crops. The merchant almost escaped suspicion, but the woman who he had refused to give seeds, betrayed him, and he had to run from that village through a hail of kicks and punches.

And that was only the start of the series of ill fortune the merchant had to suffer. Without doubt, those seeds were extremely powerful, and all that power had backfired against him. In just three days he tried a hundred times to get rid of those jars, but it would never stop his run of bad luck. Instead, he had to find some way to fill up the green jar, and not spill any more red seeds. So he removed the lid of the green jar, to find, to his horror, that most of the green seeds had disappeared.I.

While he was lamenting his poor luck, he took a moment

to examine the pictures on the jars. They seemed to be instructions. In the pictures the red jar was always closed, and the green one always open. It seemed that anyone could take as many green seeds as they liked. He decided to continue his journey in that manner. Soon he met a man who asked him for some seeds, and the merchant told the man to help himself. Immediately after this his luck began to change. The villagers, who had been chasing the merchant weren't far off now, but his new friend - who he had given the seeds to - came to the rescue by pointing them in the wrong direction.

Similar things occurred with many others he met on the road. The merchant realised that if, instead of throwing them away, he gave the seeds as a gift to others, then the green jar was the one that would fill up. After offering the seeds to everyone, the green jar would begin to overflow.

Of course, good luck stayed with him, and wonderful things started happening. One man he helped became a very rich man, and this rich man thanked the merchant in the form of luxuries and expensive gifts. Other people considered the merchant to be such a good man that they put him forward to be mayor.

Some time later, the merchant bumped into the traveller who had given him the jars. After greeting him, the merchant told him of his adventures, and he thanked him profusely. But before taking his leave, he asked the traveller

"Why did you give me the lucky jars? Did you no longer want to have so much good luck?"

And the traveller, laughing loudly, answered:

“Don't tell me you still have them! Those seeds don't really do anything!I.I The 'magic' of the jars is pure foolishness: all they do is make some stupid seeds increase or decrease in number. Some of them are edible, some of them poisonous, but they have no effect at all on luck. I heard they were invented by a wizard's stupid, clumsy, apprentice."

"You what?!" exclaimed the merchant, shocked.

"I think it was an old teacher who found them and realised they would be a good way to teach people about how best to use your luck. In effect, keep the bad for yourself, and share the good with others. And, in truth, that is the only way to attract the good luck and avoid the bad, and Boy, does it work! When you shared out your bad luck, and tried to keep the good luck to yourself, you were sure that no one would want to share the good with you, only the bad. The seeds had nothing to do with all this. Everything that happened to you was your own work. Do you see now?"

And the merchant certainly did understand now! And as the traveller walked off into the distance, with the little jars in his hand, he searched the faces of the townsfolk, looking for who, among them, most needed to learn how best to use their luck.





You can watch the short film **"YASH KA LUCKY T-SHIRT"** on YouTube

ANSWERS OF CROSSWORD :

1. Stress	2. Smile	3. Planning	4. Trust
5. Luckier	6. Love	7. Good Luck	8. Hard

ANSWERS OF SCRAMBLE :

• Leader • Prize • Successful • Quality

Self Respect

THE BLIND SERPENT GOD

Character -
Kishan: a village teenager/12-year-old.
Bapu Makkhanlal: Kishan's father.
Mother: Kishan's mother, Girdhaari: Kishan's uncle.
Shekhar: Kishan's friend, Madari: Snake charmer.
Two-three villagers present at the village meeting point.
Narrator.

SCENE 1

First Person : Have you heard, that last night serpent God was spotted atop a Peepal tree that is standing in the middle of a ground towards the western direction of the village.

Second Person : People in this village can get fooled by anyone about anything. Some poor snake must have ventured into the area and must have reached atop Peepal tree. People started spreading rumour of him being the serpent God and that there is an image of Lord Shiva on his head. This was it, people give in to this hoax and started rushing to the spot to offer milk and water to the poor snake.

First person : The head of the village has already announced that a huge temple will be built at the spot where serpent God was spotted. People of the region are praising the village head's decision.

Second person: Brother! whatever you people think about this, I don't believe a word of it. Some things amiss, I have own suspicion about this entire snake issue.

Narrator : *Listening to villagers talking about serpent God, Kishan rushes home.*

Kishan : Father! Have you heard about serpent God being spotted in our village? I have heard that there is Lord Shiva's image on his head.

Mother : Your father does not just know about the incident but also offered milk to the serpent God.

Makkhanlal : You have already seen the Peepal tree Kishan. The lowest branch of the tree might be hardly one or one and half yards above the ground. Still the serpent God is neither scaring off the public nor is he talking to anybody. He just sitting still with his eyes closed as if meditating. Also, he is accepting everybody's offerings.

Kishan : But at the meeting place, I heard Girdhaari uncle was calling all of this a drama created by the village head. Mom, he even mentioned that the village head has been trying to capture this land for quite some time now. He was unable to capture the land due to strong resistance from the villagers. The false story about serpent God and building a temple on that place is just another way in which he can capture the land. He feels there has to be some manipulation of village head.

Mother : No matter what, but the entire village and its people believe that the snake spotted on the Peepal tree is the serpent God, then Girdhaari's opposition to this stands nowhere.

Narrator : *Girdhaari enters the house.*

Kishan : Girdhaari Uncle, even you went to see the serpent God?

Girdhaari : Yes, I did go there. But I feel all this is just a sham.

Makkhanlal : But Girdhaari, what will the village head gain out of building a temple at that spot. Just think about it. Just by building a temple there, the land cannot be captured by the village head.

Kishan : But Bapu there was school proposed on that same land, now if temple will be built on that land, school won't come up.

Makkhanlal : The plan for school will be cancelled now as temple would come up on the same land. But I can't see what Pradhan might gain out of it? Not necessary he has manipulated things for capturing that land.

Kishan : But Bapu, we must find out the truth.

Makkhanlal : No, my son don't do that. Entire village is convinced that the snake on the Peepal tree is the serpent God. Also, there is an image of Lord Shiva on the snake's head. Now if anybody calls it a sham or opposes this, they will be killed by the villagers. And how will you and me stop this?

SCENE 2

Narrator : *Kishan and his friend Shekhar meet at a deserted place in the village.*

Kishan : Shekhar, even I visited the serpent God today.

Shekhar : Oh! What did you see?

Kishan : Shekhar, I felt as if it's the same snake that

we had seen on this very street at the snake charmer's road show a few days back.

Shekhar : Oh! How did you recognize the snake? Are you sure it is the same snake that we saw with the snake charmer? Because I played with him with a stick...the snake did not even respond to it... I felt he wasn't seeing the stick at all.

Kishan : Even I did the same. If you clearly remember the snake with the snake charmer was blind. He used to fool the viewers that he can see everything without his eyes. I think we need to clear our suspicion. Listen, let's go to the Peepal tree right now, there will be hardly anyone there at this hour. We can spend as much time as we want and verify the fact.

Shekhar : Ok, let's go.

SCENE 3

Narrator : *Both Shekhar and Kishan reach the Peepal tree. They reach the branch where the serpent God was resting. Kishan raises his hand and quickly grabs the snake. The two friends then take the serpent God at home to Girdhaari uncle.*

Girdhaari : Kids, what is that you have got?

Kishan : We caught the serpent God and got him here. We feel that this is the same snake that we had seen at the road show performed by the snake charmer.

Girdhaari : Oh! Good, I will go catch the snake charmer from his house and make him speak before the entire village. And then everything will get as clear as the ice.

SCENE 4

Narrator : *Entire village gathers before Girdhaari at the village meeting place.*

Girdhaari : Does this snake belong to you Madari?

Madari : Yes sir, this snake belongs to me.

Girdhaari : Then how come it got on the Peepal tree and stayed there for so long?

Madari : I sold this snake to the village head for Rs. 300.

Girdhaari : So finally, the master plan of the village head has been busted.

(Curtain falls)

Moral: Don't let your faith in religion become blind faith.

----End----



GAMES

1. FIND THE LEADER

Let children sit on the floor making a circle, By asking one child to go away from the circle and call another child and appoint him as the leader, after that we call the first child back and ask to identify the leader,

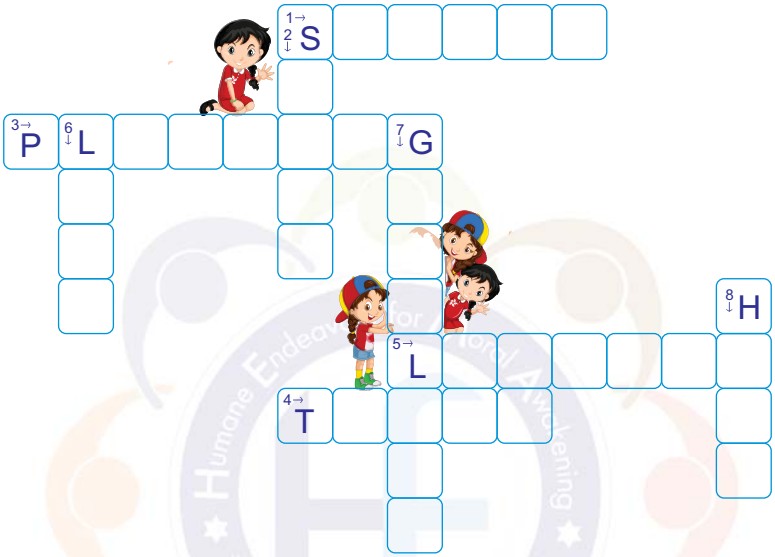
Once all are back and sitting in the circle, and the leader does many action like clapping, holding ears, tapping head etc. rest all copy or follow him but they don't look directly at the leader,

Leader carefully changes all action but take care that he is not noticed if the person indentifying him indentifies wrong person he has to take punishment, he gets to exchange the place and find the leader once again.

2. COMPLETE THE PICTURE

For the game, first make a line of 10 – 10 children, At the end of the line place a sketch pen and a paper, as the game start the first child will start painting after going back. Meanwhile count till five, As soon as we count five stop the painting, now let the second child come and start painting now count till 6 then till 7 ... and so we have to reach till 15. As we reach till 15 the drawing should be completed now. Let the first child disclose what he was planning to draw and now see how it ends. Mostly it ends with something new. A temple becomes a mountain, elephant become tree, if the imagination of first child is correct congratulate them. Give them an applause, In this game we will be careful that the first child does not disclose what picture she had in his mind.

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. Don't ....., do your best. (6)
2. Even when things are bad, it's time to ..... (5)
3. Good luck is result of good ..... (8)
4. You know more than you think you do ..... yourself. (5)
5. The harder I work, the ..... I get .(7)
6. A little smile, a word of cheer and a bit of ..... from someone near. (4)
7. May your .....be your friend in whatever you do. (4,4)

8. The only thing that overcomes good luck is ..... work. (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.

EDELAR

IREZP

LCEFSUSCSU

QAYITUL

I have made an effort not to _____ you and the life you lead.





PUZZLE

In the puzzle below, you have 13 words which are synonyms for **YASH KA LUCKY T-SHIRT**. You will find them in different patterns. One of the words is done for you. Find the rest

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

Words

Winner : "Winner takes all," she said, backing away.
Prize :
Win :
Goal :
Leader :
Glory :
Cup :
Leadership :
Quality :
Succeed :
Opportunity :
Successful :
Best :

CASE STUDY



VIKRAMADITYA

Vikramaditya (IAST: Vikramaditya) was a legendary emperor of ancient India. Often characterized as an ideal king, he is known for his generosity, courage, and patronage of scholars. Vikramaditya is featured in hundreds of traditional Indian legends, including those in Baital Pachisi and Singhasan Battisi. Many describe him as a universal ruler, with his capital at Ujjain (Pataliputra in few stories).

According to popular tradition, Vikramaditya began the Vikrama Samvat era in 57 BCE after defeating the Shakas, and those who believe that he is based on a historical figure place him around the first century BCE. However, this era is identified as "Vikrama Samvat" after the ninth century CE. Other scholars believe that Vikramaditya is a mythical character, since several legends about him are fantastic in nature. The Indian Navy aircraft carrier INS Vikramaditya was christened in honour of Vikramaditya. On 22 December 2016, a commemorative postage stamp honouring Samrat Vikramadittya was released by India Post.Currently a series Vikram Betaal Ki Rahasya Gatha is running on the TV Channel.



HIMESH RESHAMMIYA

Himesh Reshammiya (born 23 July 1973) is an Indian music director, lyricist, composer, producer, singer, screenwriter and film distributor who predominantly works in Bollywood.

Reshammiya was the first Indian singer to perform at the Wembley Arena and

the Heineken music hall in Amsterdam. He believes that cap is very lucky for him, so he always wears during performances.

Himesh Reshammiya won the Filmfare Award for Best Male Playback Singer in 2006 for Aashiq Banaya Aapne and also received several awards like Star Screen Award, IIFA Award, Zee Cine Award for this song and became first ever Bollywood singer to receive Filmfare Award for his debut song. He also received several nominations for his Music Direction. He also won BIG Star Entertainment Awards, the best Music director award.



STAR JONES

Starlet Marie Jones (born March 24, 1962) is an American lawyer, journalist, television personality, fashion designer, author, and women's and diversity advocate. She is best known as one of the original co-hosts on the ABC morning talk show The View, on which she appeared from 1997 to 2006. She was also one of sixteen contestants of the fourth installment of The Celebrity Apprentice in 2011, coming in fifth place.

Jones is the President of the National Association of Professional Women (NAPW). She created the organization's philanthropic endeavor, NAPW Foundation, to benefit the American Heart Association, of which Jones is also a National Volunteer; the Breast Cancer Research Foundation; Dress For Success and Girls, Inc. Jones also conducts regular visits to NAPW Local Chapters and hosts the organization's annual National Networking Conference.

Jones is also the president of Professional Diversity Network. She is also a member of its board of directors, becoming the youngest of a small circle of African-American women in the US leading a public company.



MOVIE: LUCK (2009)

Aazma luck aazma

Aazma luck aazma, Aazma waqt aazma,
Apni kismat ki baazi aazma.
Subaha nayi aazma, Haath saare aazma,
Apni kismat ki baazi... aazma.

Zameen se uthaaye, Phalak pe bithaye,
Meharbaan ho jaaye gar khuda,
Hawaon mein chahe chirag jalaye,
Meharbaan ho jaaye gar khuda,
[Aazma luck aazma, aazma luck aazma 2

Sari Kudarat ... Sara Aalam Tujh pe ho jaayenge yu fida,
Saari duniya saare mausam Aise mil jaayenge baakhuda,
Aazma luck aazma, aazmaaa... – 2 times

Hai tera wo aashiyaan, Chu le tu yeh aasmaan,
Manzilon se aage nikal, Phir tere dono yeh jahan.
Zameen se uthaaye, Phalak pe bithaye,
Meharbaan ho jaaye gar khuda,
Hawaon mein chahe chirag jalaye,
Meharbaan ho jaaye gar khuda,
Aazma luck aazma, aazmaaa... – 2 times

Tedhe mere raaste, Sab hain tere vaaste,
Har mushkil aasan bane, Chalna tu aahiste.
Zameen se uthaaye phalak pe bithaye,
Meharbaan ho jaaye gar khuda,
Hawaon mein chahe chirag jalaye,
Meharbaan ho jaaye gar khuda,
Aazma luck aazma, aazmaaa... – 2 times

RESOLUTION

THE PLEDGE

We resolve to work towards a world where expectations are not set by the stereotypes but by our personal passion, talents and interest.

ASPIRE TO INSPIRE



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

LET'S STEP OUT...



1. Let children narrate a superstition that they have come across.
2. Ask a scientific reason for the superstition that they hold.
3. Let children state how they can get rid of a superstition.

WHAT MORE!!

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

In the loving memories of



SMT. HEMAJI KABRA

25th June 1960 - 5th April 2013

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.**

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