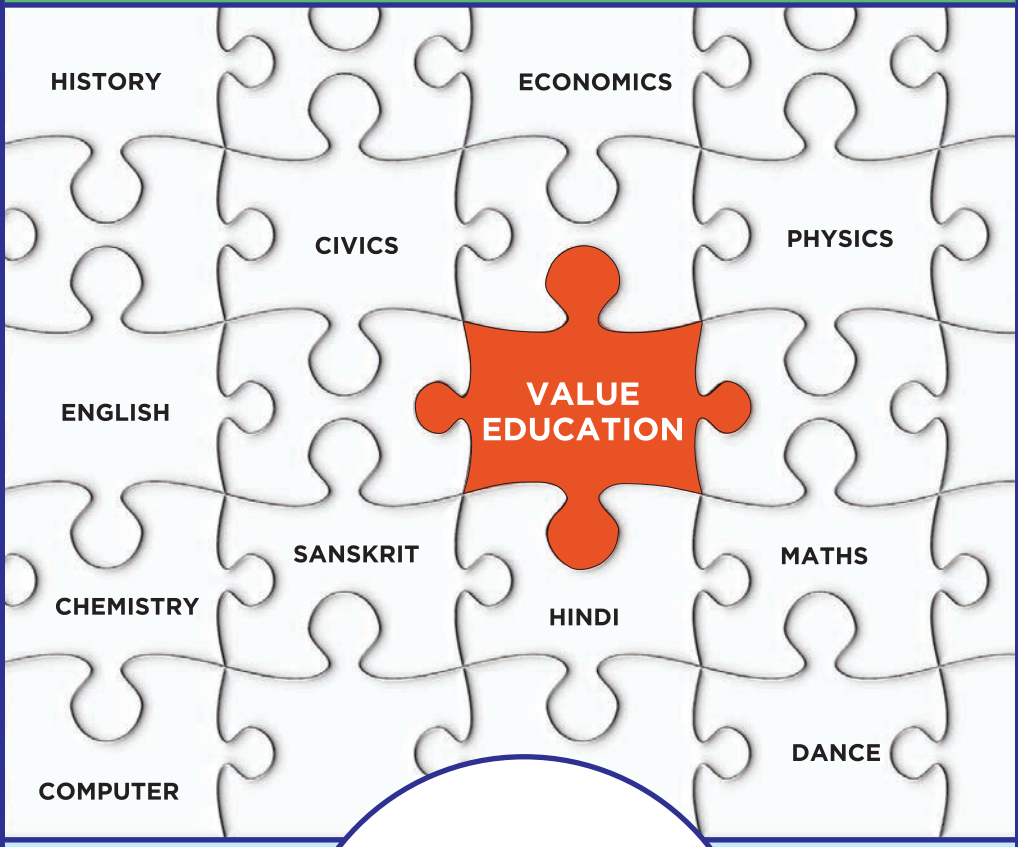
Hem Disha– STD 6

Value Education (Teacher's Guide)

giving wings to YOUR dreams



Humane **E**ndeavour for **M**oral **A**wakening

HEMA FOUNDATION

नैतिक जागृति हेतु मानवीय प्रयास

In the loving memories of



SMT. HEMAJI KABRA

25th June 1960 - 5th April 2013

Hem Disha – STD 6



(A Teacher's Guide Book)

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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 schedul.

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

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

Thank You,



Mahendra Kabra
Managing Trustee



Anita Maheshwari
Trustee & Creative Director

"वसुधैव कुटुंबकम्"

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



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

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

Vision

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

Mission

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

AN IMPORTANT READ

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

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

INTRODUCTION

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

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

NATIONAL POLICY ON EDUCATION, 2005

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

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

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

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

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

MEANING OF EDUCATION

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

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

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

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

VALUES

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

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

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

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

VALUE SYSTEM CONTAINS

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

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

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

CLASSIFICATION OF VALUES

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

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

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

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

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

Moral Values : Principles and directives, which enables us

to follow the correct and right path.

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

NEED FOR HUMAN VALUES IN THE SOCIETY

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

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

MEANING OF VALUE EDUCATION

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

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

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

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

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

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

10. Empathy **11.** Universalism

ROLE OF PARENTS

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

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

ROLE OF TEACHERS:

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

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

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

ROLE OF TEACHER IN SOCIETY

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

CONCLUSION

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

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

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

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



THE STRUCTURE

HEM DISHA

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

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

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

- **ASPIRE TO INSPIRE:**



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

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



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

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

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



VALUE THE VALUES TO REMAIN VALUED



GUIDELINE

How to use the book HEM DISHA

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

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

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

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

Daily:

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

i) Quotes in Hindi, Sanskrit or English

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

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

Weekly:

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

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

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

ii) Screening the film

iii) Encouraging the students to tell what they have learnt

iv) Resolution

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

Assign an inspirational play for next week.

Week 2:

i) Inspirational play

ii) Moral lessons and discussions

iii) Resolution

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

Assign poetry and Sanskrit Samvad for next week

Week 3:

i) Poetry, Sanskrit Samvad and games

ii) Learning from the activities

iii) Resolution

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

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

Week 4:

i) Scramble, crossword, puzzle

ii) Song

iii) Resolution

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

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

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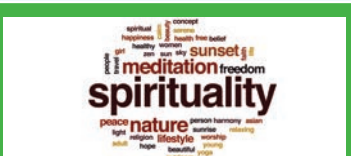
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SAFETY



INTRODUCTION

Safety is a controlled speculation in order to achieve an acceptable level of risk. It is a state of being safe, being protected from harm or undesirable outcomes. It is a feeling, knowing and understanding that we trust ourselves and every human being and the system within society. Another angle that we can look at is a kind and caring person. When we talk about these qualities, we see a person who knows what, why and how he takes a situation; it is being responsible. Being responsible also means having safe working conditions, a safe place for the children to play or safe to buy/eat/use. Safety also means being protected from danger and risks. When we are safe, we are sensible as this protects us from danger.

It is a common saying, that prevention is better than cure. Prevention means taking precautionary measures in order to ensure that one does not land in an emergency unknowingly. Responsibility is the milestone towards, establishing full safety. Being safe is being responsible whereas being responsible is being safe.

In short, when an individual takes full responsibility of the environment, the lifestyle and discipline, the results are usually risk free and calculated.



LIFE SKILL QUESTIONS

1. Is it possible to change and improve safety in general?
2. What are the sensible safety measures one should take if there is pandemic?
3. Who is responsible for your safety?



- “Carefulness costs you nothing. Carelessness may cost you your life.” **- F. S. Hughes**

- “Safety is not a gadget but a state of mind.”
  - Eleanor Everet

- “Safety is something that happens between your ears and mind , not something you hold in your hands."
  - Jeff Cooper

- “Safety applies with equal force to the individual, to the family, to the employer, to the state, the nation and to international affairs. Safety, in its widest sense, concerns the happiness, contentment and freedom of mankind." **- William M. Jeffers**

- “The future of the safety movement is not so much dependent upon the invention of safety devices as on the improvement of methods of educating people to the ideal of caution and safety." **- Walter Dill Scott**



SANSKRIT SAMVAD



शिष्य : भो गुरो ! सुरक्षा अर्थात् किम् ?
Disciple : Sir, what is safety?

गुरु : सुरक्षा अर्थात् समीचीनैरुपायै सर्वेषां वा आत्मरक्षणम् |
Guru : Safety means protecting ourselves with appropriate and correct measures.

शिष्य : किन्तु तत्कया रीत्या ?
Disciple : But how?

गुरु : यथा सैनिकाः सीमारक्षणं कुर्वन्ति ?
Guru : Like our soldiers guarding our border?

शिष्य : अन्यत् कुत्र कुत्र सुरक्षा भवति ?
Disciple : Where else is safety?

गुरु : परिवारे समाजे राज्ये देशे विदेशे संपूर्णेस्मिन् विश्वे आवश्यकी भवति | प्राणीषु अपि भवन्ति |
Guru : Safety is necessary in the family, in the society, in the state, in the country, in the whole world. Safety is needed even in animal kingdom.

शिष्य : भवतु | धन्यवादः |
Disciple : Ok. Thank you.



SANSKRIT SHLOKAS



आपदर्थे धनं रक्षेद्दारात्रक्षेद्धनैरपि |
आत्मानं सततं रक्षेद्दारैरपि धनैरपि |

Protect money to avoid disaster, but protect your wife before money. One should save money for the sake of protection in case of emergency or a calamity. But the same time give priority to protecting wife rather than wealth. He should continuously take care of himself, even more than his wife and wealth.

सुरक्षायै कृतं पापं न पापमिति कथ्यते |
यद्राष्ट्ररक्षकाः घ्नन्ति न ते पापभागिनः ||

Protection of oneself is not a sin. If a soldier dies in the nation of enemies, then it is not a sin.



POETRY

Safety is a subject that should be dear to every heart
And those who believe that safety matters
Have a few tips to impart
First in the matter of safety
Is the thought that safety depends on you
If you take time to think of yourself and others
Safe practices in life will see you through
Take some time to think ahead
Try to plan for what might just occur
If you look around for unsafe items or practices
You'll find that your own safety is ensured
Look out for others around you
Help them to know the safe way to do the job
Every work place should be well ordered and planned
Not look like some rushed and unruly mob
Have a plan for what you do
In the workplace and in daily life
If you plan ahead and think about safety
You will encounter less pain and strife
Just a little foresight and planning
Will make life a lot easier for everyone
Safety is a matter of thinking through the process
To get the job well and safely done.



MORAL STORIES

1. OVERCONFIDENCE

Rahul always had the habit of crossing the road without looking at either side. He was proud of the habit that this had never caused an accident. As a result, Rahul never lost a chance to make fun of people who took a long time to cross the road.

One day, Rahul saw a motorist coming very fast at a distance in the opposite direction on his motorcycle. He decided to have some fun. When the motorist reached almost near him, he tried to cross the road. Unfortunately, the bike hit him and both the rider and Rahul fell down. Although Rahul had no injuries, the bike rider was hurt badly. The bike had fallen on him and he was wounded in many places.

Soon, a group of people assembled at the spot and took the motorist to the hospital. He had sprained his hand and fractured a leg. Rahul's father had to pay the doctor's fee and for the patient's treatment. It was a fairly big amount and he had to spend almost half of his meagre salary. So, he could not get Rahul the play game that he had planned to buy that month. Rahul felt very upset that he was the reason for all this to happen. He decided that he would never again play pranks on the road and adhere to road safety rules always.

2. SIMPLICITY

A town-mouse paid a visit to his friend who lived in the countryside. The country-mouse was happy to see his friend. So he prepared a fine feast for him. The town-mouse looked at the fruit and the cart of corn with hatred.

"Is this how you live ?" he asked, "life in the country does

not offer much."

He persuaded the country-mouse to accompany him to the town and see all the good things there.

So, the country-mouse packed all his belongings and off they went to the city. The country-mouse was really surprised to see the things there. But as soon as they settled down to enjoy a fine meal of cheese and fruit, a big cat leapt in through the window. Seeing the cat, both the mice ran into their hole to save themselves. The cat ate up all the cheese and fruit.

When the cat had gone away, the mice came out of their hole.

"I am going," cried the country-mouse, "I like my simple fare in safety than this grand feast in such a danger."

Moral: Safety is the first importance.

3. QUICK THINKING

Amaya Lynne Beaudreault was a smart, precocious two year old, who brought an immeasurable amount of love and joy to everyone. Friends and strangers alike couldn't help but giggle at the statements she'd make and the things she'd do.

Her parents could not be more different. Her dad is quiet and reserved, an avid outdoorsman, who loves to hunt, fish, picnic and play outdoors. Her mom is a born performer who loves to sing and dance. She exudes confidence and happiness with her bubbly, outgoing personality. Amaya was all of her dad, and all of her mom, wrapped up into one amazing, joyful little bundle. She was calm and cuddly, and at the same time bounded with endless energy and curiosity.

On September 11th, 2012, Amaya was at home, relaxing with her mom after they finished dinner. Mom was doing dishes. Amaya wanted to watch a DVD, and after seeing her mom so many times put the DVD into the player on top of

the television, she opened the drawer of the cabinet beneath the television to get a DVD.

She then stepped onto the drawer to insert the DVD. She was killed instantly as the cabinet and television toppled on top of her.

The loss of Amaya has been profound. Countless lives have been affected by the abrupt end to the short life of this little girl. The heartache is deep, and far reaching. We've all learned a lot since Amaya was taken from us. Had we been aware and watchful of the dangers and risks within her presumed safe home, we could have avoided this horrific tragedy.





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

THE FOOLISH FISH

Characters-

Narrator 1, narrator 2, Bhola (crocodile), Bubu (fish 1), Sushi (fish 2), Tulla (fish 3), Anil (fisherman 1), Sunil (fisherman 2).

Narrator 1 : *In a pond, there lived many fish. They were arrogant and never listened to anyone. In this pond, there also lived a kind-hearted crocodile. His advice always used to be ignored by the fish.*

Bhola : It does not pay to be arrogant and overconfident. It could be your downfall.

Bubu : There you go again! Advising us. What good does it do to you?

Sushi : Dear Crocodile, why don't you mind your own work? We are very sensible. We can take care of ourselves.

Tulla : Yes! Now, shoo away from here and let us be.

Bhola : You mind my words. One day you will get into deep trouble!

Narrator 2 : *Saying this the crocodile made his way to his home. He was very disturbed that the fish were not aware of the safety.*

Narrator 1 : *One afternoon, on a Sunday, the crocodile was resting beside a stone near the pond. Two fishermen, Anil and Sunil, stopped by to drink water.*

Anil : Sunil, look at this water! It is so cool and clear!

Sunil : True! The water is so clean. Did you notice something?

Anil : (with a knowing smile) Yes! We will get a good

catch here my friend! There are so many fish!

Sunil : Come on! Let us come here tomorrow morning with our fishing net. We will make a good catch!

Anil : Surely! I am surprised though that we did not notice this pond before.

Sunil : Now that we have, let us make the most of it!

Anil : Yes! See you tomorrow.

Narrator 2 : *Meanwhile, Bhola, the crocodile was hearing the conversation between the two fishermen. He was worried about the fishes. He slowly slipped into the pond and went straight to the fish families.*

Bhola : (Worriedly and with panic in his voice) You all better leave this pond before dawn. Tomorrow early morning two fishermen are coming here with their net to catch you all!

Narrator 1 : *All the fish started laughing and mocking the crocodile.*

Bubu : There have been many fishermen who have tried to catch us. These two are not going to catch us either.

Tulla : (In a mocking voice) Do not worry about us, Mr. Bhola Crocodile.

Sushi : We are absolutely safe. Go! Do your own work and do not bother us.

Narrator 2 : *The next morning, the fishermen came and threw their net in the pond.*

Anil : These nets are very strong and big.

Sunil : Yes. I got them purposely as there are many fish. The net should also be able to take the load of such a big catch.

Anil : You thought well, my friend Sunil. Come on! Let's sit very quietly and wait for them to come.

Narrator 1 : *Very soon most of the fish were caught in the*

net. They were all taken by surprise and were trying to break free from the net. But alas! If only they had listened to their good friend Bhola.

Sushi : (Sadly) If only we had listened to Mr. Bhola Crocodile. This would never have happened!

Bubu : You are right. He only wanted to help.

Tulla : Yes. We misjudged him. Now we will have to pay for our arrogance.

Sushi : (Accepting) Our arrogance has cost us our lives.

Narrator 2 : *The fishermen took the foolish fish to the market and sold them for a good profit.*

ANSWERS OF CROSSWORD :

1. Protecting	2. Unsafe	3. Zebra	4. Rules
5. Alert	6. Oneself	7. Password	8. Sharp
9. Safety	10. Onus	11. Responsibility	

ANSWERS OF SCRAMBLE :

• Shrewd • Judicious • Visible • Mindful Sensible



GAMES

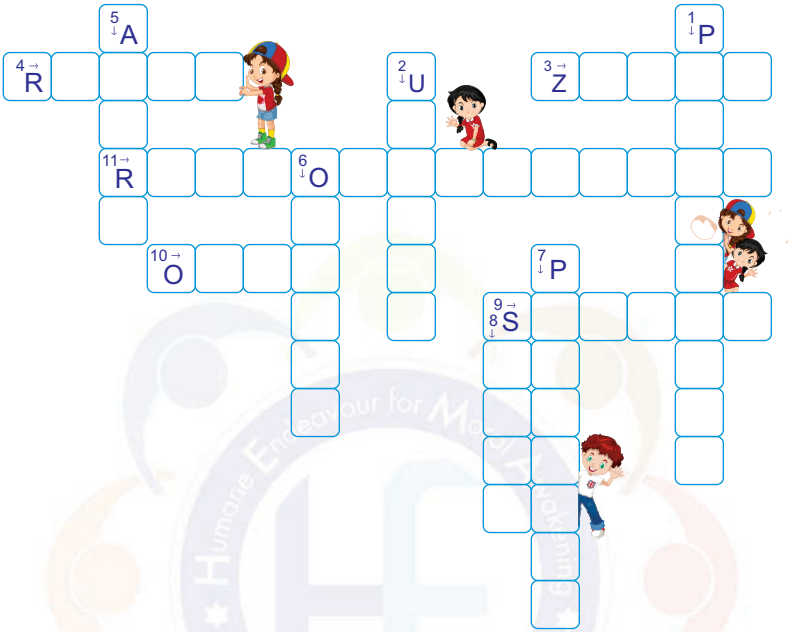
1. SAFETY WALK

Walk around the school with the children and count how many safety items they can find. Examples: fire extinguisher, non-slippery floor, safety railing, etc. On the other side, have the children point out all the unsafe items. Example: open cupboard doors where someone could bump their heads, sharp object where it could hurt someone, damaged switch board – discuss how unsafe it is, etc.

2. FIRE PAINTING

Using colors associated with fire (red, orange) draw thick lines or apply thick paints on the paper. Add a few drops of black paint randomly. Press clear plastic onto the paper and squeegee the paint around. Pull plastic off of the paper using a strong vertical pulling action. (This will cause the paint to look like fire.) When paint is dry, glue a black cut-out of a house (windows cut out) and/or a black cut-out of a fire truck.

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. Safety is to_____our self from any danger. (10)
2. _____practice is a great peril to our life. (6)
3. Use _____crossing while crossing the road. (5)
4. Follow traffic _____ to avoid accidents. (5)
5. Stay _____ is the basic rules for a safety. (5)
6. Hooking after_____is an importance aspect of staying safe. (7)
7. Keep all your account _____ protected. (8)
8. Keep _____ objects away from children. (5)
9. Caution is the parent of _____ (6)

10. The_____ is now on the football team and the captain to prove their worth. (4)
11. Jainam accepted full _____ for the safety of the class. (14)



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.

RWSDHE

ISCJUDOIU

EIBVSLI

UFNMDLI

It is_____to lock the door in the night when all go to sleep.



PUZZLE

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

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

Words

Judicious :

Sensible : I want all of us to be more <u>sensible</u> this time and be cautious.

Shrewd :

Logical :

Rational :

Detectable :

Awareness :

Alert :

Attentive :

Mindful :

Capable :

Wise :

Astute :

Real :

Concious :

CASE STUDY



BAL GANGADHAR TILAK

Bal Gangadhar Tilak was born on 23rd July, 1856 at Ratnagiri. He belonged to the ruling sect of the Maratha Kingdom on the Chitpavan Bahmins. This sect was a class of strictly orthodox Brahmins.

His father was an ordinary school teacher who later rose to be the inspector of schools. Bal Gangadhar passed his matriculation examination at the age of sixteen and was married soon after, but meanwhile he lost his father. He pursued his higher education at Deccan Education society that was established mainly because of his efforts.

He was a great lover of the great Indian heritage and a keen admirer of Shivaji. In order to enhance the spirit of patriotism and cooperation among the Indian people, he then organized the Ganapati and the Shivaji festivals.

He opposed tooth and nail the partition of Bengal in 1905. He was arrested and sent to Mandalay in Burma to serve a six years term. After returning from jail, he started the Home Rule Movement. He was one of the delegates of the Home Rule League that visited England in 1918. He breathed his last on August 1, 1920.

He will always be remembered for his words". "Swarajya is my birthright and I shall have it!".

He was one of the greatest Indian leaders who roused the masses against the foreign rule and imbued in them with the spirit of patriotism, social service and sacrifice.



NANDANA SEN

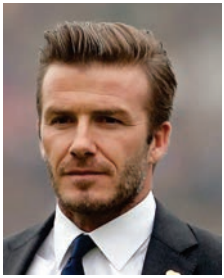
Nandana Sen (19 August 1967), is an Indian actress, screenwriter, children's author and child-rights activist.

Nandana Sen is the daughter of Nobel Laureate and Bharat Ratna economist Amartya Sen and Padma Shri winner Nabanita Dev Sen.

Along with acting in theatre and films internationally, Nandana also promotes the cause of child protection. Nandana is Smile Ambassador for the global children's NGO Operation Smile, UNICEF India's National Celebrity for Child Protection and against Gender Based Violence, and Cause Ambassador for RAHI (India's first organization to break the silence about child sexual abuse). She collaborates with the National Commission for Protection of Child Rights (NCPCR) as a Child Rights Expert and Juror for Public Hearings. Nandana has been actively fighting to stop the crisis of child trafficking in India.

Nandana Sen has combined her commitment to child rights with her acting work.

Shobhaa De, who is her "Soul Mother" speaks glowingly of her: "I enjoy her mind. She is sensitive, passionate, committed, emotional, optimistic, argumentative, she is the quintessential India's daughter.



DAVID BECKHAM

David Beckham was born in London in 1975. His parents were fanatical Manchester United supporters. His talent was obvious from an early age and he signed with Manchester United on his fourteenth birthday. David Beckham is an English footballer who

has played for Manchester United and Real Madrid, as well as representing his country 100 times. He moved to the Los Angeles Galaxy in 2007 to increase the profile of football in America and has become a worldwide celebrity, an advertising brand and a fashion icon.

Beckham has supported UNICEF since his days at Manchester United and in January 2005, the English national team captain became a Goodwill Ambassador with a special focus on UNICEF's Sports for Development program.

In 2012, he met with UK Prime Minister David Cameron at 10 Downing Street to call for more action to help children affected by malnutrition around the world. In 2015, his tenth year as a UNICEF Ambassador, Beckham launched The David Beckham UNICEF Fund to help protect children in danger. In June 2015 he visited Siem Reap in Cambodia, where he met with child victims of violence. Beckham has pledged his support for the safety of children.



MOVIE: MERA NAAM JOKER (1970)

Aye bhai jara dekh ke chalo

(Aye bhai jara dekh ke chalo aage hi nahi pichhe bhi
Daye hi nahi baye bhi upar hi nahi niche bhi) - (2)
Aye bhai

Tu jaha aaya hai vo tera ghar nahi gav nahi
Gali nahi kucha nahi rasta nahi basti nahi
Duniya hai aur pyare duniya yah ek sarkas hai
Aur is sarkas me bade ko bhi chote ko bhi
Khare ko bhi khote ko bhi mote ko bhi patle ko bhi
Niche se upar ko upar se niche ko
Barabar aana jana padta hai
Aur ring mastar ke kode par koda jo bhukh hai
Koda jo paisa hai koda jo kismat hai
Tarah tarah nach kar dikhana yaha padta hai
Barbar rona aur gana yaha padta hai
Hiro se jokar ban jana padta hai - 2

(Aye bhai jara dekh ke chalo aage hi nahi pichhe bhi
Daye hi nahi baye bhi upar hi nahi niche bhi) - (2)
Aye bhai

Girne se darta hai kyu marne se darta hai kyu
Thokar tu jab na khayega paas kisi gam ko na jab tak bulayega
Jindgi hai chij kya nahi jan payega
Rota hua aaya hai rota chala jayega

(Aye bhai jara dekh ke chalo aage hi nahi pichhe bhi
Daye hi nahi baye bhi upar hi nahi niche bhi) - (2)

Aye bhai
Kaisa hai karishma kaisa khilwad hai
Janwar aadmi se jyada wafadar hai
Khata hai koda bhi rahta hai bhukha bhi
Fir bhi vo malik par karta nahi war hai
Aur insan yah maal jis ka khata hai
Pyar jis se pata hai geet jiske gata hai
Usike hi sine me bhokta katar hai

Aye bhai jara dekh ke chalo aage hi nahi pichhe bhi
Daye hi nahi baye bhi upar hi nahi niche bhi
Aye bhai

Sarkas ha ha ha
Ha babu yah sarkas hai sho tin ghante ka
Pahla ghanta bachpan hai dusra javani hai
Tisra budhapa hai

Aur uske baad maa nahi baap nahi
Beta nahi beti nahi tu nahi
Mai nahi kuch bhi nahi rahta hai
Kuch bhi nahi rahta hai
Rahta hai jo kuch vo khali khali kursiya hai
Khali khali tambu hai khali khali ghera hai
Bina chidiya ka basera hai na tera hai na mera hai

RESOLUTION

THE PLEDGE

We pledge to raise awareness on aspects of safety and happiness of society, so that we have a better world to live in.

ASPIRE TO INSPIRE



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

LET'S STEP OUT...



1. Instinct is nature's way of talking to you. Explain how your instinct had helped in saving you or someone else.
2. You are responsible in taking care of yourself. How would you suggest to do it?

WHAT MORE!!

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

NAADANI



INTRODUCTION

'Doing' relates to action and execution. 'Best' will vary from moment to moment, that, in a sense, we are always doing our best. Pushing ourselves outside our comfort zone will demand better outcome. this means that we must do all things to the best of our ability. Focusing on our work that we are doing will give us our desired outcome. And trying our best is actually doing everything we possibly can do to make something happen. When we set out on a new venture or fail at something, one of the few common sentiments seem to be about doing your best. But what does trying your best really mean? At face value, it can mean that we did try our hardest, and put in our efforts towards something. Doing your best is indeed that, and so much more. There are a number of actions we should be focusing on when doing our best. Put in our 100% effort, remain optimistic, never give up and take failure in the stride. In short doing your best is comparing yourself to yourself.



LIFE SKILL QUESTIONS

1. What does it mean to be the best?
2. What makes us nervous?
3. Who decides what is foolishness? Can anyone decide what is foolishness?

QUOTES

- "Being ignorant is not so much a shame, as being unwilling to learn." **- Benjamin Franklin**

- "Awaken from ignorance so that you may live your dreams." **- Jim Rohn**

- "The highest form of ignorance is when you reject something you don't know anything about." **- Wayne Dyer**

- "Nothing in the entire world is more dangerous than sincere ignorance and conscientious stupidity." **- Martin Luther King, Jr.**

- "Until you can ignore ignorance, neglect negativity, and disregard disrespect, you're not ready for the next level. Success isn't for the weak." **- W. Clement Stone**

बालक : हे मातः ! किन्नाम मूर्खता ?
Child : O mother! What is foolishness?

माता : मूर्खता अर्थात् अविचार्यकृतं कार्यम् |
Mother : Foolishness means to do work without thinking and reasoning.

बालक : कथम् ? कथम् ?
Child : How?

माता : यदा कोऽपि मानवः कार्यं करोति एवं तत् कार्यं हास्यास्पदं वा निष्फ़लम् अपि भवति तदा तस्य तत् करणं मूर्खता कथ्यते |
Mother : When a man does a work, which is funny, whose outcomes are fruitless and ridiculous, that work is called foolishness.

बालक : यथा कस्यापि कार्ये कृते सति ये जनाः हसन्ति ते सर्वे तस्य मुर्खतायै हसन्ति |
Child : If someone acts foolishly, people laugh at him, and they also laugh at his stupidity?

माता : आम |
Mother : Yes.

बालक : इतः अहं कदापि मूर्खतापूर्णं कार्यं न करिष्यामि |
Child : From today onwards, I will not act foolishly.

SANSKRIT SHLOKAS

अनुचितं हास्यास्पदं कृतं चाविचारितं यत् |
दृश्यते मूर्खता तत्र तत्कर्ता च मूर्खः स्मृतः ||

The work that is inappropriate, ridiculous and unintentional is seen as foolish and those who do it are also called as foolish.

शाखास्थः सः महामुर्खः तामेव कर्तयति सः |
दृष्टारः सर्वे पश्यन्ति तस्य मूर्खस्य मूर्खता ||

Sitting on top of a tree branch, the fool is cutting it. Everybody who is watching this stupid act can see the fool's foolishness.

POETRY

THE DOLLY

The dolly sat upon the shelf
in the toy maker's shop all by herself.
The dolly only had one eye,
so all the children passed her by.

They scoffed at the dolly
they weren't very kind
Then a child came in
with a dolly in mind.

Her mother led her around the shop.
At the shelf with the dolly her mother did stop.

The child reached out and felt for the dolly.
The toy maker shouted, "Dear child, I'm so sorry,
this dolly is blind; she only has one eye.
I've a dolly right here you might like to buy."

"No, this is the one," the child said to her mother.
"If I can't have her, I don't want any other."
So off dolly went with the child who was kind,
and just like the dolly, this child was blind.



MORAL STORIES

1. FOOLISHNESS

Billu's mother sent him to buy milk worth one anna. Those were the days when an anna bought things what today ten rupees can buy.

It was Billu's first visit to the halwai shop where milk, tea and sweets were sold. When he arrived the halwai was preparing to serve hot milk to a customer.

He was cooling the boiling milk by pouring it from one metal pot into another by trying to stretch the milk stream as long as he could. The milk almost looked like a long white strip of cloth. Billu watched fascinated.

After serving milk to the customer the halwai turned to Billu to ask, "What do you want, boy?"

"I want milk."

"How much?"

Billu didn't know the measurement of milk. Then he remembered the cloth strip like stream of milk and said, "I want two yards of it."

All the people present in the halwai shop burst out laughing including the halwai. The man who was drinking milk almost choked on his milk.

The halwai took anna coin and pot from Billu and poured milk into it in two long streams from his milk pot saying, "Here you are dear Billu, two yards of milk!"

Billu went away proudly as people burst into another round of laughing.

Moral: Innocence is good but foolishness is not.

THE FOOLISH KING

Once upon a time, there was a foolish King who believed

that he was the cleverest of all the people in his kingdom. He was convinced that nobody could trick him. Every day he displayed his wisdom in his palace, and predictably, his minsters applauded every word he spoke.

Not satisfied, the King decided to find out if there was anybody in the world who was smarter than he was.

He ordered his ministers, “Find a person smarter than me. A person who is clever and can outsmart me. Search the world and bring a person before me. I will test him and if I win him, he has to be my slave.”

The King’s ministers set out to find such a person who can take on the King. They met several wise men, but they were smart enough to know that if you compete with the King, you may end up being the slave. Therefore, nobody was ready to take up the challenge.

Worried over the prospect of returning to the King without any challenger, the ministers reached the very border of the kingdom. They decided to spend the night in the nearby village. The villagers here were poor because the farmlands belonged to the King. Besides, he charged the villagers a hefty tax for using it. Therefore, the villagers were left with nothing, even if they toiled throughout the year.

Despite their hardship, they treated the King’s men well. They gave them a hearty meal and entertained them around a campfire lit in the village center with stories, poems, and riddles. During the course of the evening, one fellow caught the attention of the ministers. He was very quick with his answers and clever in his ways. His name was Vonik. They approached him and suggested that he travel with them to the King’s palace and compete with him.

Although reluctant at first, Vonik agreed to go with them. He said, “I won’t take my coat or my hat. I will come with you if you agree to take me to King just like this”. The King’s men agreed, and they took him to the King.

“So, you think that you are very clever”, the King asked Vonik, when he was presented before the King. He then commanded, “I challenge you to trick me”. “But I am

warning you, I am a very tricky customer, and you will not be able to win over me" the King added.

Vonik replied, "I am afraid of just that, your majesty. I would not have come if I had time to think. I left in such a hurry that I forgot to take my coat and hat, and even my tools to trick people".

"You use tools for tricking people?" the King was intrigued.

"Yes, your majesty", Vonik replied.

"I would like to see the tools that you use. Why don't you go home and return with them", the King ordered.

"But I need 100 horse pulled carts to bring them all. And it will take at least six months to load them", Vonik replied.

"Take whatever you need from my stables, but come back as soon as you can", the King was becoming impatient.

So Vonik took the 100 finest horses from the King's stables, 100 carts and set out towards his village. Just before leaving he asked the King again, "If I lose to you, I will become your slave, but what if I win?"

"That won't happen. However, for the sake of the contest, I can make a promise. What do you want?", asked the King.

"I want something that you never use", Vonik was quick in his reply.

"Okay", the King said, and Vonik left for his village.

Once in the village, Vonik split the 100 horses between the villagers and with their help completed one season of cultivation. All the grain was cut and filled into the granaries within the stipulated six months.

At the end of six months, Vonik filled his carts with empty wine containers, and left for the palace.

The King welcomed him and demanded to see the tools that he brought. Vonik started unpacking them, and the King's dog came into the room. Seeing a stranger, the dog went up to Vonik and sniffed him.

"There is another problem, your majesty", Vonik told the

King. “This dog just told me that my wife is seriously ill, your majesty. I have to go. Please lend me your best horse, so I can reach there fast”, requested Vonik.

The King relented on the condition that he will return as early as possible. Vonik reached his village and sold the black horse given to him and bought a black donkey instead. He came back sitting on the black donkey.

“What is this? What took you so long and where is my horse?” the King exclaimed.

“The horse turned into a donkey on the way and that’s why it took me so long to reach home and return. Why did you give me such a horse?” he asked the King.

“Sorry, I didn’t know that. He was fine all the years I rode him”, the King sounded almost apologetic.

“Now forget all that, have a seat. And when are you going to try and trick me? “, the King queried.

“Sit down your majesty. Let me ask some questions. Did you ever use any tools for outsmarting people? asked Vonik.

“No”, said the King.

“Then how did you believe that I use some tools to do that. If you focus, you will realize that I already tricked you once,” said Vonik.

The King had no alternative, but to accept.

“Now did your dog ever talk to you? How did you ever believe that it talked to me?”, asked Vonik.

The King was beginning to see the light.

“Now did the black horse ever turn into a donkey all these years? You believed that as well. If you notice, I tricked you three times already”, Vonik said triumphantly.

The King realised he had lost the duel. As per the agreement, he asked, “Now I have to give you something I don’t use. What do you want?”

“Your head” pat came Vonik’s reply.

The foolish King got scared and began trembling. Vonik took pity on him and said, “But you can give me something

else instead. That farmlands and forests should be returned to the villagers to earn their livelihood".

The King readily agreed and gave back the villager's rights. Vonik returned to his village and lived a long and happy life.

The foolish King never tried to ascertain his smartness again.

Moral: Those who think they are the smartest, are usually the biggest fools. People who think they are wise, when they are not are worse than fools.

3. GIUFÀ AND THE JUDGE

One day Giufà went out to gather herbs, and it was night before he returned. On his way back the moon rose through the clouds, and Giufà sat down on a stone and watched the moon appear and disappear behind the clouds, and he exclaimed constantly, "It appears, it appears! It sets, it sets!"

Nearby there were some thieves who were skinning a goat which they had stolen, and when they heard, "It appears, it sets!" they feared that the officers of justice were coming, so they ran away and left the meat.

When Giufà saw the thieves running away, he went to see what it was and found the goat skinned. He took his knife and cut off flesh enough to fill his sack and went home. When he arrived there his mother asked him why he came so late. He said it was because he was bringing some meat which she was to sell the next day, and the money was to be kept for him. The next day his mother sent him into the country and sold the meat.

In the evening Giufà returned and asked his mother, "Did you sell the meat?"

"Yes, I sold it to the flies on credit."

"When will they give you the money?"

"When they get it."

A week passed, and the flies brought no money, so Giufà went to the judge and said to him, "Sir, I want justice. I sold the flies meat on credit, and they have not come to pay me."

The judge said, "I pronounce this sentence on them: Wherever you see them, you may kill them."

"What?" replied Giufà, "You grant me permission to kill flies?"

"Yes indeed," responded the judge. "You have my permission to kill them anywhere you find them."

In that moment Giufà saw a fly on the judge's cheek. He stepped up to him and gave him a slap, saying, "I bet that cursed fly is one of those who did not pay!"

Because of the permission he had granted Giufà, the judge could do nothing about the slap.





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

ANSWERS OF CROSSWORD :

1. Foolishness	2. Learn	3. Wiseman	4. Think
5. Sense	6. Leap	7. Best	8. Endeavor
9. Exert	10. Effort		

ANSWERS OF SCRAMBLE :

• Fine • Lead • Perfect • Cool • Extreme Excellence

THE WOLF AND THE THREE LITTLE PIGS

Characters - Mother, Pig 1, Pig 2, Pig 3, Man, Wolf, Narrator

Narrator : *Once upon a time three pigs left their mother´s home and went into the world.*

Pig 1, 2 & 3 : Good-bye Mother.

Mother : Good-bye my little sons.

Narrator : *The three pigs went different ways. Soon pig 1 met a man who was selling straw.*

Pig 1 : I need some straw, would you sell it to me?.

Man : Of course. Take it.

Narrator : *Pig 1 paid the man and went to build his house. Later, Pig 2 met a man who was selling wood.*

Pig 2 : Please Sir, I need some wood to build my house. Would you sell it to me?.

Man : Yes. Take it.

Narrator : *Pig 2 paid the man and went on his way to make his wood house. Later, Pig 3 met a man who was selling bricks.*

Pig 3 : Excuse me Sir, I need some bricks. Are they for sale?.

Man : Of course. Take them.

Narrator : *Pig 3 paid the man and went on his way to build his brick house. When the three pigs finished their houses they moved in. Pig 1 was taking a nap when someone knocked at the door. Pig 1 looked through the window and saw a wolf.*

Wolf : Little pig, little pig, let me in!.

Pig 1 : Not by the hair on my chinny-chin-chin.

Wolf : Then I´ll huff and I´ll puff and I´ll blow your house in.

Narrator : *The wolf huffed and puffed and destroyed pig 1 house. Pig 1 ran all the way to pig 2 house. When he got there Pig 1 told Pig 2 what had happened. Pig 2 invited Pig 1 to live with him. After a few days, there was a knock at the door. The two pigs looked out the window and it was the wolf.*

Wolf : Little pigs, Little pigs, let me in!.

Pig 1 & 2 : Not by the hairs on our chinny-chin-chins.

Wolf : Then I´ll huff and I´ll puff and I´ll blow your house in.

Narrator : *The wolf huffed and puffed and destroyed the house. The pig brothers ran all the way to pig 3 house. When they got there pig 1 and pig 2 told pig 3 everything that had happened. Then pig 3 invited his two brothers to live with him. After a few days, there was a knock at the door. The pigs looked out the window and they saw the wolf.*

Wolf : Little pigs, Little pigs, let me in!.

Pig 1, 2 & 3 : Not by the hairs on our chinny-chin-chins.

Wolf : Then I´ll huff and I´ll puff and I´ll blow your house in.

Narrator : *The wolf huffed and puffed several times but he couldn´t destroy the brick house. Then the wolf decided to think what to do, so he went and sat in a log. Meanwhile, the three pigs started cooking dinner. They put a large pot of water in the fireplace to cook some soup.*

Wolf : I know what to do. I´ll get in through the chimney and I will eat those pigs.

Narrator : *The wolf climbed up to the roof. But he didn`t know that there was a pot of boiling water at the bottom of the chimney. Then the three pigs heard a noise.*

Wolf : I´m coming to get you cutie pigs!.

Narrator : *The wolf then jumped down the chimney and*

fell into the pot of boiling water.

Wolf : AAAAAAAAAAAHHHHHHHHHH!

Narrator : *The wolf jumped back up the chimney and ran into the woods. The pigs lived in peace and never saw the wolf again.*

Moral: When you do a job, do it good

----END----



GAME

1. DIRECTION GAME

Outline: A fun and engaging activity to reiterate the importance of following directions! How we blindly follow what we are told to do without thinking about our action. Hand this questions out on an a four size paper. The end result is hilarious - and a great discussion-launcher!

Direction: Hand out the questions to the children and tell them that they need to read and follow the instruction. Tell the students to read the directions very carefully and to work as quickly as they can.

Direction Test

1. Read everything before starting, and then work as quickly as possible.
2. Write your name at the top right corner of the paper.
3. Draw a box around your name.
4. Circle number 1
5. Underline the word name in number 2.
6. Stand up and say your name loud.
7. Answer the question out loud. Do you like bitter gourd?
8. On the back of the paper, multiply 40 x 30.
9. Stand and start counting out loud backwards from 10.
10. At the bottom of the page write your favourite colour.
11. Put a box around the word 'colour' in number 10.
12. Standup and jogging around the school saying 'I love school' 'I love school' 20 times.
13. Draw a picture of a house at the back of the paper.
14. Stand up and tell the class how old you are.
15. Cross out the word 'picture' in number 13.
16. Stand up and announce 'I am almost finished the directions'
17. Now that you have finished reading the directions carefully, do only number 1, 2 and 13. Sit quietly and smile at your teacher. Do not speak to your neighbours.

2. FOOLISH OR WISE RELAY

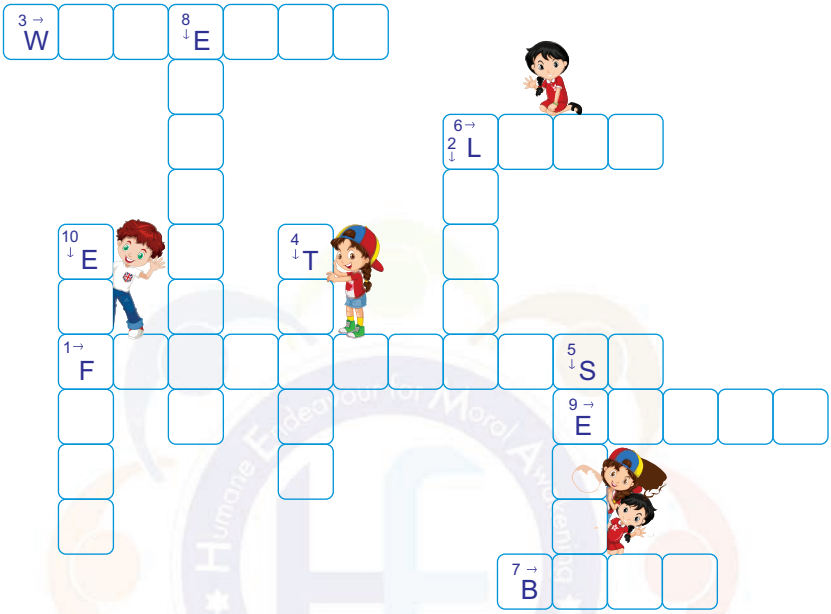
Outline: A set of sentences that can be either a foolish or a wise action. One sentence will be written on a piece of paper and as many students that many sentences of foolish and wise ones. They will be divided amongst the group that you make. The team will be given 15 minutes to reason out why the sentences that they were given are either foolish or wise. The next 15 minutes each team will take one slip of paper and quickly tape it to the FOOLISH or WISE side of their team's chart paper. After the game let the class discuss why they put the slips on which side of the board.

Direction: Divide the class into 2 or more teams. Each team will have 2 full sheet of chart paper to run to when the game begins. Each team will also have a pile of small papers that they will take one slip of paper and quickly tape it to the FOOLISH or WISE side of their team's chart paper. Then the student will run back to his team and tap the next player to do the same, until all the slips of papers have been placed/taped on the chart paper for FOOLISH or WISE.

Examples of sentences:

- Why are the alphabets in the order that they are? Is it because it is a song?
- If you write a book about failure, and it doesn't sell, is it called success?
- Why is Greenland called Greenland, when it is covered with ice?
- Why is the 0 on a phone after 1 and not before one?
- Why do our feet smell and our nose runs?
- If you jump off the roof of a three storied building, where would you land? **Ans:** In Hospital
- What has four legs but cannot walk? **Ans:** A table
- Which was the tallest Mountain before Mt. Everest was discovered? **Ans:** Mt. Everest existed but had not been discovered before.

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. When someone acts without their wisdom or common sense its_____. (11)
2. With too much pride a man cannot _____. (5)
3. A _____can learn more from a foolish question. (7)
4. Fools never _____of consequences. (5)
5. Fools are generally devoid of common _____ . (5)
6. Look before you _____ . (4)
7. The grass is always greener on the other side of the fence. Just do your _____ . (4)
8. Teachers always _____ to please their students. (8)

9. I will have to _____ more if I want to pass this exam. (5)
10. Some people put more _____ into distinguishing right from wrong. (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.

NIFE

DELA

FEREPCT

OLOL

MEERTXE

_____ is not being the best; it is doing your best.



PUZZLE

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

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

Words

Ignorance : He that boasts of his knowledge proclaims his ignorance.

Conflict :
Problem :
Frustrated :
Lifestyle :
Disappointment :
Confusion :
Foolishness :
Ignore :
Disregard :
Amateur :
Gullible :
Awkward :
Innocence :
Idiocy :

CASE STUDY



TIRUPUR KUMARAN

Born on 4th October 1904 to a small family, OKSR Kumaraswamy Mudaliar was a native of Chennimalai, which is presently Erode, Tamil Nadu. Raised by a family whose occupation was handloom weaving, young Kumaraswamy had to drop out of school by class 5. His family couldn't afford his education, and he had to contribute to the income by joining the family profession.

His family, however, began to be concerned about his growing commitment to the independace movement. They would visit him frequently, urging him not to get involved in the movement as there could be a danger to his life. But Kumaran took no heed to the discouraging advice. Instead, he was an active member in the Indian Freedom movement and soon started "Desa Bandhu Youth Association". They conducted protests marches carrying out the national flag, which was banned at the time, in honour as well as in revolt. One of the participants holding the flag was Tirupur Kumaran. When the British started lathi charges against the protestors, Kumaran didn't leave the premises. He was later found on the street, still clutching the Indian flag, preserving its dignity even in death.

Tirupur Kumaran was only 27 when he lost his life. While he may not have played a major part in the country's independence, his national pride, patriotic fervour and selfless commitment garner credit. A martyr, Tirupur Kumaran is remembered in Tamil Nadu by the epithet 'Kodi Katha Kumaran'–The Kumaran who saved the flag. We salute this brave soldier who lost his life for our freedom.

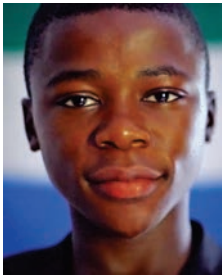


HAAZIQ KAZI

Haaziq Kazi (born 8 April 2006) is a middle-school student from Pune, India known for his project (alias ERVIS) to clean ocean from wastes (primarily plastic). Haaziq is one of the youngest presenters at TEDx at multiple occasions.

“It started as a project in school when we were asked to do a talk on things we cared about," recalls Haaziq. "Then one day when I was washing my hands, I noticed how water flowed into the sinkhole," Haaziq remembers. It's when he observed the swirl of the water vanishing into the drain that he realized he could use the same concept to suck in waste from our oceans.

“I believe ignorance is the biggest threat to our planet today," says Haaziq Kazi. "We live in a world where every single one of us is contributing towards the destruction of the planet. I feel if we are conscious and juidicious in the choices we make, the earth will be a much better place for all of us to stay in and when I say all of us, I don't mean just humans but animals, plants, water, air, the ecosystem which makes the wonderful planet we stay in," he explains, showing us a glimpse into the dreamy innocence of a 12-year-old, a change-maker wiser beyond his age. When I ask Haaziq Kazi about his ceaseless drive and determination, he lets me in on a secret. "There are two kinds of people in the world," Kazi tells me, remembering what his father told him once not too long ago, "The ones who create problems and the ones who solve them."



KELVIN DOE

Kelvin Doe (born October 26, 1996 in Freetown, Sierra Leone), also known as DJ Focus, is a Sierra Leonean engineer. He is known for teaching himself engineering at the age of 13 and building his own radio station in Sierra Leone, where he plays music and broadcasts news under the name "DJ Focus." He was one of the finalists in GMin's Innovate Salone idea competition, in which Doe built a generator from scrap metals. Doe would constantly use discarded pieces of scrap to build transmitters, generators, and batteries, as well.

As a result of his accomplishment, he received an invitation to the United States and subsequently became the youngest person to participate in the "Visiting Practitioner's Program" at MIT. His accomplishments were documented by RadicalMedia and presented on their corporate YouTube channel. When the video went viral, the story was picked up by CNN, NBC News, and The Huffington Post. Doe subsequently was a speaker at TEDxTeen and lectured to undergraduate engineering students at Harvard College.

Today, Kelvin Doe is one of the most respected young African inventors. He has had the opportunity of meeting various leaders of the world including former US Secretary of State Hillary Clinton, and Ghanaian President, Nana Akufo-Addo. He has also been able to speak to young people in Africa on different platforms. In 2016, Kelvin Doe became an Honorary Board member of Emergency USA, an organization with a mission to provide free medical and surgical care to the victims of war and poverty.



MOVIE: BHOOTHNATH (2008)

Hum To Hai Aandhi

Hum To Hai Aandhi, Hum To Hai Toofan,
Dadagiri Kisi Ki Chalegi Nahin Yahaan.
Hum To Hai Aandhi, Hum To Hai Toofan,
Dadagiri Kisi Ki Chalegi Nahin Yahaan.

Ooo..Oho..Baat Karma Nahin Zyaadha
Ooo..Oho..Kya Hai Mann Ka Iraadha
Kis Mein Dum Hai, Jo Kare Ga,
Humse Koi, Jagda Pagda
Jo Bhi Akda, Khayega Woh,
Hath Hamaara Jum Ke Thagda

Ooo...Ooo...Oho..Oho; Ooo...Ooo...Oho..Oho

Tumhe Hum Lathe, Thappad, Ghuse,
Khas Khas Ke Chadenge Hoooo
Tumhe Hum Kaho Tho Maare Juthe,
Gin Gin Ke Padenge Hooooooo
Jis Jungle Ke Shere Hai Hum To,
Us Jungle Ke Tum Jeedhad Ho
Apna Agar Jo Phir Gaya Sir To,
Phir Nahin Kahna Jo Bhi Gadbad Ho
Kis Mein Dum Hai, Jo Kare Ga,
Humse Koi, Jagda Pagda
Jo Bhi Akda, Khayega Woh,
Hath Hamaara Jum Ke Thagda

Ooo...Ooo...Oho..Oho; Ooo...Ooo...Oho..Oho

Ladh Na, Bedh Na, Humse Na Kabhi,
Tumhein Mehenga Padega Hoooo

Haddi Pathli Thudwaayego Woh,
Humse Jo Ladega Hoooooo

Nikhle Jidhar Se, Jaaye Jidhar Hum,
Bhool Ke Bhi Tum Udhar Na Aana

Rastha Hamaara Kanta Jo Tumne,
Dekho Padega Tumhe Pachthana

Kis Mein Dum Hai, Jo Kare Ga,
Humse Koi, Jagda Pagda

Jo Bhi Akda, Khayega Woh,
Hath Hamaara Jum Ke Thagda

Ooo...Ooo...Oho..Oho; Ooo...Ooo...Oho..Oho (3)

RESOLUTION

THE PLEDGE

We resolve not to surrender to the cobwebs of ignorance as it submits to whatever it is dictated to.

ASPIRE TO INSPIRE



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

LET'S STEP OUT...



1. Cite examples to tell how people were saved from unwise actions.
2. Ask children to make a list of wise actions in any given situation.
3. Give a hypothetical situation to children. Ask them how would they react/respond.

WHAT MORE!!

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

ACCEPTANCE



INTRODUCTION

Acceptance – be comfortable with who you are. No-one's perfect. But so often we compare ourselves with other people. Dwelling on our flaws - what we're not rather than what we've got - makes it much harder to be happy. Acceptance is learning to accept ourselves, accepting a difficult or unpleasant situation as is. Recognizing a process or condition without attempting to change it or protest it, and being kinder to ourselves when things go wrong. These qualities increase our enjoyment of life, our resilience and our well-being. It is a 'this is it' response to whatever is happening at the moment in life, physically, emotionally and spiritually. Pleasant or unpleasant. It also helps us accept others as they are.

"Don't compare your strengths with other people's"

Acceptance is also showing kindness and consideration to others; including and accepting those around you. Demonstrating empathy and taking time to understand other's thoughts, ideas and feelings and acknowledging your strengths and being comfortable with who you are.



LIFE SKILL QUESTIONS

1. What are your good qualities? Do you appreciate them?
2. Which is harder to you, accepting others or accepting yourself ? Why?
3. What does it mean to be "fearfully and wonderfully made"?



QUOTES

- “Understanding is the first step to acceptance, and only with acceptance can there be recovery.” **- J. K. Rowling**

- “Every step of our life we need to accept ourselves all over again.” **- Jeff Moore**

- “The happiest people in life are able to be themselves. But you cannot be yourself, until you accept yourself.” **- Jeff Moore**

- “Acceptance doesn’t mean resignation; it means understanding that something is what it is and that there’s got to be a way through it.” **- Michael J. Fox**

- “Acceptance of what has happened is the first step to overcoming the consequences of any misfortune.” **- William James**

रमेश : त्वया अद्यस्तनीयं वर्तमानपत्रं पठितं वा?
Ramesh : Did you read today's newspaper?

महेश : न मित्रं ! किं जातम् ?
Mahesh : No Friend, what happened?

रमेश : एकस्याः महिलायाः पुत्रः मृतः |
Ramesh : Some woman's son died

महेश : अरे ! यस्य जन्म तस्य मृत्युः जायते एव |
Mahesh : Whoever is born dies.

रमेश : मध्ये मा वद | पूर्णां वार्तां शृणु |
Ramesh : Do not speak in between. Listen fully.

महेश : क्षमा याचे | अग्रे किं जातम् ?
Mahesh : I apologize. What happened?

रमेश : सा महिला अपि पुत्रशोकेन मृता |
Ramesh : That women too died.

महेश : बहु दुःखदायिकी वार्ता |
Mahesh : It is very sad.

रमेश : तत्तु सत्यं किन्तु सा महिला यदि धैर्येण कार्यं अकरोत् चेत् स न म्रियेत् |
Ramesh : The truth is that if the woman had endurance, she would not have died.

महेश : सत्यम् |किन्तु यथास्थितेः स्वीकारः कर्तव्यः |
Mahesh : Right. But we must accept the situation.

रमेश : सत्यम् |तत्तु कर्तव्यः एव किन्तु तस्य निवारणाय प्रयत्नः अपि कर्तव्यः |
Ramesh : Right. That has to be done. But we should also try to face it.

SANSKRIT SHLOKAS

परिस्थितीनां स्वीकृतिः कर्तव्या धीरबुद्धिना |
तमो ज्योतिवदियं चक्रं स्थितिर्न भवति स्थिरा ||

We should accept any circumstance with patience. The conditions are cyclic and impermanent like darkness and light (night and day). The situations are never permanent.

मानवस्य स्वभावोऽयं सर्वेषां दोषदर्शनम् |
दोषदर्शी स्वयमेव स्वीयं दोषं न पश्यति ||

It is the nature of human beings to see the faults in others. People who have faults within himself is not able to see his own faults.

POETRY

DEAR SELF

This is who I am
This is all I've got
These are my mistakes
And everything I'm not
I'm not asking for your love
I want you to accept me
Let go of these chains
Yes I mess up
And I'm nowhere near perfect
But are the bruises and scars
Really worth it
The emotions that have died
And you're dying to be loved

Don't know what to do
you look and smile in the mirror
But the smile looks fake

You're hoping to be accepted
Cause you're so misunderstood
You'd change your life in a second
And gain some self-esteem
So you're writing yourself
This letter
In hopes that
You'll get better
Maybe one day you'll see
That you're a shooting star
You'll see that you've come
So very far
And accept yourself
For who you are

Barbara Dixion



MORAL STORIES

1. THE UGLY FAIRY

There was once a fairy who was learning how to be a fairy godmother. Most magical and wonderful, she was the kindest and cleverest of all fairies. However, she was also a very ugly fairy. And no matter how much she showed her wonderful qualities, it seemed that everyone was determined to believe that the most important thing about a fairy was her beauty. In the fairy school they ignored her, and every time she flew off on a mission to help a child or anyone else in trouble, before she could say a word they were already screeching and yelling at her: "Ugly! Get out of here!"

Despite her being little, her magic was very powerful, and more than once she had considered using it to make herself beautiful. But then she remembered what her mother had always told her: "My dear, you are what you are, warts and all; and never doubt that you are this way for a very special reason..."

But then, one day, the witches of the neighbouring land invaded and destroyed the country, putting all the fairies and wizards in prison. Our fairy, just before being attacked, put a spell on her own clothes and, helped by her ugly face, she managed to pass for a witch. That way she was able to follow the witches back to their den.

Once there she used her magic to prepare a big party for everyone, decorating the cave with bats, toads and spiders. The music was provided by a pack of howling wolves. While the party was in full swing, the fairy hurried off and set free all the fairies and wizards who had been imprisoned. When all of them were free, they worked together on one big spell which succeeded in trapping the witches inside the mountain for the next hundred years. And for the next hundred years, and more, everyone remembered the great bravery and intelligence of the ugly fairy.

2. THE PEACOCK AND THE CROW

Once there lived a crow who did not like his feathers. She always admired the colorful feathers of the peacock and wanted to be one among them.

“You all look so dull and plain. Look how beautiful the peacocks are. I so wish I were a peacock” she would say to her fellow crows.

One day, the crow saw many peacock feathers on the ground. Seeing those peacock feathers an idea struck. She gathered them and stuck them into her wings and tail and a few up from her head to look exactly like the peacock.

"Now I am as gorgeous as a peacock," she said to herself. And so, she went to join the flock of peacocks but was mocked and thrown out. The peacocks clearly understood that she was not one among them.

"Putting on peacock feathers will not make you a peacock," they said to her.

Sad and humiliated, she returned back to her fellow crows. But, none of her fellow crows wanted her company after all her insults. To add insult to the injury, they noticed peacock feathers hanging out from her wings and tail and mocked her.

Then an old wise crow came and told him “we should accept us the way we are. Don’t try to copy others blindly. I hope you have learned your lesson”

The crow realized her mistake and regretted what she did. She tore off the entire peacock feathers stuck to her feathers and accepted herself again as a crow. Then, she went and apologized to her fellow crows for insulting them. They became friends again. The crow was extremely happy.

3. THE WASHERMAN'S DONKEY AND DOG

Once upon a time there lived a washerman in a small town. He had a dog and a donkey. The dog used to guard

the master's house and the donkey used to carry stacks of clothes daily on his back to and from the washerman's house and river.

One night, a thief broke into the washerman's house. The dog saw the thief and started barking. Hearing his dog's barking the washerman got up immediately and caught the thief. The washerman felt so proud of his dog that he started giving special care and attention to the dog that day onwards.

Seeing all these, the donkey became jealous and unhappy. He thought "My master thinks the dog is a more useful animal than me and so loves him more". He felt the master did not value his contribution.

The donkey concluded that to get more value and love from the master, he will have to show his master that he too can be useful like the dog.

A few days passed by. On an unfortunate night, another thief tried breaking into the washerman's house. But when the thief saw the dog sitting just outside the main door, he got scared and fled. On seeing this, donkey thought "this is the right opportunity for me to show my master that I am also useful to him the way the dog is. He will start giving me all the extra care from now on".

He started braying at the top of his voice. The washerman woke up and looked around. Since the thief had already fled, the washerman couldn't find anyone. He got furious at the donkey for disturbing his sleep in the middle of the night. The washerman came out with a stick and thrashed the poor donkey very badly. Seeing the poor donkey's condition the dog told him "It is better to do your duties than trying to copy me". The donkey understood his foolishness. Thereafter the donkey and the dog remained good friends.

Moral - We should love and accept ourselves rather than just trying to copy others. We should focus more on our strength.





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

ANSWERS OF CROSSWORD :

1. First	2. Steal	3. Happiness	4. Respect
5. Life	6. Blame	7. Conquer	8. Exist
9. Acceptance	10. Strength	11. Tenacity	

ANSWERS OF SCRAMBLE :

• Term • Situation • Things • Department • Condition
Understanding

GUEST OF HONOR

Character - Sebastian, King, Servant, Narrator.

Narrator : *Once upon a time in Turkey there was a man called Sebastián. One day, the King invited him to a very important dinner party at the palace.*

Sebastian : I have been working all day in the field, but I feel good to know that tonight is the big party at the King's palace.

Narrator : *When it was getting dark he noticed that it was time to go.*

Sebastian : Oh, it's too late go home to take a shower and change my clothes. I will just go to the party the way I am dressed.

Narrator : *When he arrived to the palace everybody ignored him. Nobody asked for his opinion, or talked to him. Not even the King.*

King : (Talking to a servant) Take Sebastian to the farthest place of the room. I don't want him to sit with all my other guests.

Servant : Yes, my King.

Narrator : *Sebastian noticed what his appearance had caused, so he decided to go home to take a shower and change.*

Sebastian : I will wear my best clothes. My golden pants, the silk shirt, and the embroidered coat with red rubies.

Narrator : *Then he went back to the party.*

Servant : Please sir, come in. You will sit beside the King.

Sebastian : Thank you for your kindness.

Narrator : *So he sat at the table beside the King, and this time everybody was talking to him and asking for his opinion.*

Servant : Please sir, taste the food, everything is so delicious.

Narrator : *But they were surprised to see that he was placing the food in his coat pockets.*

Sebastian : Eat, my dear coat, eat my dear coat.

King : Why are you doing that?.

Sebastian : I am feeding the Guest of Honor.

King : Are you crazy?.

Sebastian : No. A while ago I came wearing my work clothes and nobody paid attention to me.

King : So?.

Sebastian : Now, that I am wearing this coat, everybody is being kind to me. I am the same person, but the way you all treat me depends on the way I am dressed. So, I think that my coat is the Guest of Honor.

King : Oh, Sebastian, please forgive us. Now we understand that we shouldn't have treated you bad because of the way you were dressed.

Moral Value: Tolerance. Respect. We should understand that we are all different. We have different cultures, projects, and goals. We should respect others for the way they are, and understand that not everybody is the way we want them to be. We should not judge others for their mistakes or for their socio-economic condition.



GAMES

1. IN COMMON

Children are divided into small groups, ideally with a mix of children with whom they aren't already friends with. That group then has to find seven (or whatever number you want) things that they all have in common.

Children not only learn a lot about each other, but also find out that they have more in common with children from different social groups than they thought.

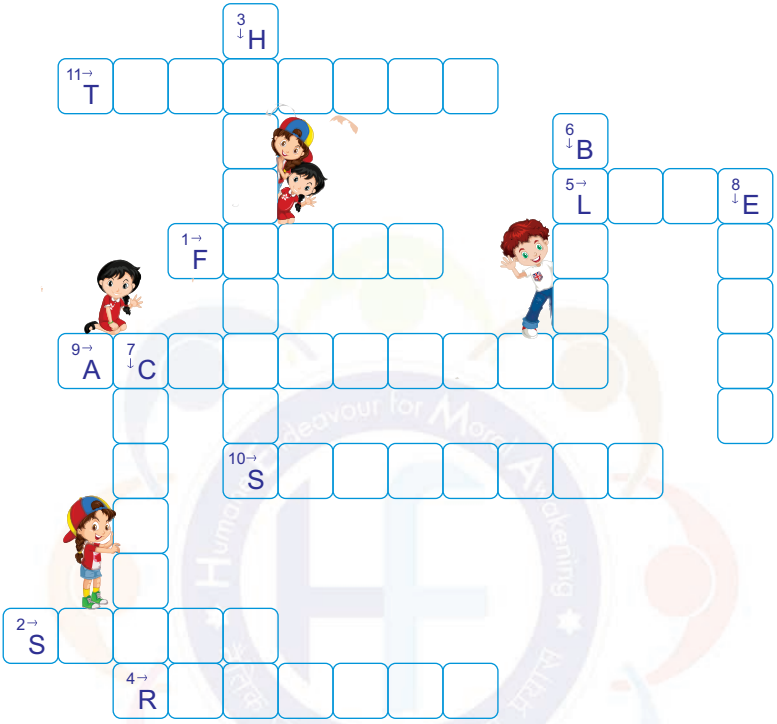
2. BLIND FOLD

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

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

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

CROSSWORD



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

Questions :

1. Understanding is the_____step to acceptance. (5)
2. Happiness comes from within and no one can _____your happiness. (5)
3. Money can buy food but acceptance brings_____.(9)
4. Self-acceptance is when you are able to accept who you are and_____them. (7)
5. _____will always have challenges. (4)
6. Never _____ anyone in your life. (5)



PUZZLE

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

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

Words

Patience :
Strength : Her strength faded replacing it with turmoil.
Forbearance :
Compliance :
Acknowledgement :
Avowal :
Realization :
Corroboration :
Conformity :
Resignation :
Approval :
Support :
Espousal :

7. What you deny or ignore you delay, what you accept and face you _____. (7)
8. Happiness can _____ only in acceptance. (5)
9. His logic and _____ of the deformity was amazingly positive and mature for a 9 year old. (10)
10. My father's handling of the Covid-19 crisis attested to his_____ of character. (8)
11. She succeeded by virtue of her_____ rather than her talent. (8)



SCRAMBLE

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

ERTM

TIONAUSIT

INSGTHI

ENTDEMAPTR

DIONTION

_____ **is the first step to acceptance.**

CASE STUDY



TIRUVALLUVAR

Thiruvalluvar, also called Valluvar, (flourished c. 1st century BC or 6th century AD, India), a Tamil poet-saint known as the author of the Tirukkural ("Sacred Couplets"), that is considered a masterpiece of human thought.

Tirukkural"

Little is known about the life of Tiruvalluvar except that he is believed to have lived in Mylapore (now part of Chennai, Tamil Nadu, India) with his wife, Vasuki.

Tiruvalluvar's reasonable tone, many of his ideas were revolutionary. He dismissed the caste system: "One is not great because of one's birth in a noble family; one is not low because of one's low birth." The poet maintained that goodness is its own reward and should not be regarded as a mere means to a comfortable afterlife.

Tirukkural is one of the most revered ancient works of Tamil language. It provides a comprehensive guide for human morals and better living of life. This treatise on moral values has been translated into several languages. It was also translated into Latin in the year 1730, thereby introducing this great work to European intellectuals too.

It is a massive exposition that has surpassed all forms of literature of those times. Tirukkural is kept alive by being taught in all schools and colleges of Tamil Nadu, making every generation of that state aware of this great poet/saint's teachings.



ARUNIMA SINHA

Arunima "Sonu" Sinha (born 1988) is world's first female amputee to climb Mount Everest. She is also the first Indian amputee to climb Mount Everest.

She was a national level volleyball player who was pushed out of a running train by thieves in 2011 while resisting them. One of her legs had to be amputated below the knee as a result.

Sinha, a former national volleyball and football player, boarded the Padmavati Express train at Lucknow for Delhi on 11 April 2011, to take an examination to join the CISF. She was pushed out of a general coach of the train by thieves wanting to snatch her bag and gold chain. Recounting the incident, she said "I resisted and they pushed me out of the train. I could not move. I remember seeing a train coming towards me. I tried getting up. By then, the train had run over my leg. I don't remember anything after that" While still being treated in the All India Institute of Medical Sciences, she resolved to climb Mount Everest, She was inspired by cricketer Yuvraj Singh, who had successfully battled cancer, "to do something" with her life. On 1 April 2013, Sinha and Susen Mahto, a TSAF instructor, who had together climbed Mount Chhamser Kangri (6622 metres) in 2012 under the guidance of Bachendri Pal started their ascent of Mount Everest. After a hard toil of 17 hours, Sinha reached the summit of Mount Everest at 10:55 am on 21 May 2013, as part of the Tata Group-sponsored Eco Everest Expedition, becoming the first female amputee to scale Everest. She took 52 days to reach the summit. She was congratulated by the Indian Sports Minister on her achievement. Uttar Pradesh chief minister on Friday honoured Arunima Sinha, the first amputee to climb Mount Everest.

Arunima Sinha is now dedicated towards social welfare and she wants to open a free sports academy for the poor and differently-abled persons.



NICK VUJICIC

Nick Vujicic was born to Dushka and Boris Vujicic in 1982 in Melbourne, Australia. Although he was an otherwise healthy baby, Nick was born without arms and legs; he had no legs, but two small feet, one of which had two toes. Vujicic became one of the first physically disabled students integrated into a mainstream school once those laws changed. However, his lack of limbs made him a target for school bullies, and he fell into a severe depression.

He also stated in his music video "Something More" that God had a plan for his life and he could not bring himself to drown because of this.

Nick gradually figured out how to live a full life without limbs, adapting many of the daily skills limbed people accomplish without thinking. Nick writes with two toes on his left foot and a special grip that slid onto his big toe. He knows how to use a computer and can type up to 45 words per minute using the "heel and toe" method. He has also learned to throw tennis balls, play drum pedals, get a glass of water, comb his hair, brush his teeth, answer the phone and shave, in addition to participating in golf, swimming, and even sky-diving.

Nick describes life as all about finding the purpose. You don't have to live for others; you don't have to prove others, but to focus on the purpose of life. He says it's not important what others want you to do the things, but you have to do it for yourself. He feels that every single human life has its value and it doesn't depend on anything else other than life itself.

In the year 2007, Nick Vujicic's motivational speaking company 'Attitude is Altitude' was founded. Nick Vujicic has traveled more than 60 countries for delivering inspirational lectures out of his own experiences. Nick Vujicic Says..."If I fail, I try again, and again, and again. If YOU fail, are you going to try again? The human spirit can handle much worse than we realize. It matters HOW you are going to FINISH. Are you going to finish strong?"



SONG

Movie:

Yeh Mat Kaho Khuda Se

Yeh Mat Kaho Khuda Se,
Meri Mushkilen Badi Hain,
Yeh Mat Kaho Khuda Se,
Meri Mushkilen Badi Hain,
Yeh Mushkilon Se Keh Do,
Mera Khuda Bada Hai...!

Aati Hain Aandhiyan To,
Kar Unka Khair Makdam.
Aati Hain Aandhiyan To,
Kar Unka Khair Makdam.
Toofa Se Hi To Ladne,
Khuda Ne Tujhe Jadha Hai...!

Yeh Mat Kaho Khuda Se,
Meri Mushkilen Badi Hain,
Yeh Mushkilon Se Keh Do,
Mera Khuda Bada Hai...!

Agni me tapkar sona,
Hai aur bhi nikharta,
Agni me tapkar sona,
Hai aur bhi nikharta,
Durgam ko paar karke,
Himalaya Koi Chadha Hai.

Layegi rang mehnat,
Aakhir tumhari ik din,
Layegi rang mehnat,

Akhir tumhari ik din,
Hoga vishal taruvar,
Wo beej jo pada hai.!

Yeh mat kaho khuda se,
Meri mushkilen badi hain,
Yeh mushkilon se keh do,
Mera khuda bada hai...!

Wo sarv shaktiyon se,
Jab sath hai hamare,
Vo sarv shaktiyon se,
Jab sath hai hamare,

Har kaam uske rehte,
Hargiz hua pada hai,

Himmat haarna na,
Himmat ka kadam badhao..
Himmat haarna na,
Himmat ka kadam badhao..
Hazaaron kadam badhaane,
Vo samne khada hai...!

Yeh mat kaho khuda se,
Meri mushkilen badi hain,
Yeh mushkilon se keh do,
Mera khuda bada hai...!
Yeh mushkilon se keh do,
Mera khuda bada hai...!

RESOLUTION

THE PLEDGE

Let us resolve to live in acceptance, life as is, rather than expectations.

ASPIRE TO INSPIRE



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

LET'S STEP OUT...



1. How can you start making allowances for other people's faults starting today?
2. How do we learn to love, embrace and accept ourselves as we are?
3. What does it take to accept oneself unconditionally ?

WHAT MORE!!

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

ADHYAATM



INTRODUCTION

Spirituality and purpose are at the core of the reasons WHY we learn what we are learning and provide a great context from which to unify the interests, talents, and skills around WHAT we learn. Spiritual development is the process of growing the human capacity for self-evolution, in which the self is ingrained in something greater than itself. It is the developmental "engine" that pushes the search for connectedness, meaning and purpose of life. It is shaped both within and outside of traditions, beliefs, and practices. In short, we can say somewhat that a person often inherits his religion, but makes the conscious choice to practice spirituality by seeking answers about self, the universe, meaning of life and his purpose in life. Spirituality is when one understands the pain and sufferings of his fellow human being. It evokes compassion within, which allows us to see through the eyes of innumerable beings.



LIFE SKILL QUESTIONS

1. Does spirituality bring love and happiness? Give examples.
2. Should we feel compassionate towards an animal?
3. Does teaching spirituality help in our upbringing?



- “Spirituality is a broad concept, transcending religious boundaries. By virtue of being human, all people are spiritual, regardless of whether or how they participate in religious observance.” **- Margaret A. Burkhardt**

- “Your life is your spiritual path. It's what's right in front of you. You can't live anyone else's life. The task is to live yours and stop trying to copy one you think looks better.” **- Sandy Nathan**

- “Spirituality is a continual endeavour to bring out the best potential latent in every person or society.” **- Swami Agnivesh**

- “Spirituality is not a different way of living. Spirituality is the tool, the compass, which guides me in my normal day-to-day living-whether personal, professional life, family life. That is spirituality. My power lies in the present moment.” **- Sister Shivani**

- “Spirituality is understanding the inherent limitations of the material world. When that becomes clear to us, we can live in a manner that allows us to experience the infinite peace that is our true nature.” **- Rita Demontis**

द्वौ मित्रौ परस्परं वार्तालापं कुरुतः
Two friends are talking.

पार्थ : भो मित्र ! ह्यः अहं मन्दिरं गतवान् |
Parth : Hey friend! I went to the temple yesterday.
योगेश : तर्हि किम् ? मन्दिरं तु सर्वे गच्छन्ति |
Yogesh : So what everyone goes to the temple.
पार्थ : तत्तु सत्यम् | किन्तु मया तत्र एकस्य महात्मनः प्रवचनं श्रुतम् |
Parth : Oh, that's right, but I heard a Mahatma's sermon there.
योगेश : कस्मिन् विषये प्रवचनम् आसीत् ?
Yogesh : Which topic was the discourse on?
पार्थ : अध्यात्मनः विषये |
Parth : Topic of Spirituality.
योगेश : तर्हि किं कथितम् अध्यात्मनः विषये ?
Yogesh : So what did he say about spirituality?
पार्थ : अध्यात्मम् अर्थात् स्वकीयस्य आत्मनः विकासाय ज्ञानाय ये मार्गाः प्रशस्ताः ते भवन्ति |
Parth : Spirituality means the path to the development and knowledge of your soul.
योगेश : के ते मार्गाः ?
Yogesh : Which route is that?
पार्थ : सदा सर्वदा सत्याचरणं,वसुधैव कुटुम्बकम् भावनया व्यवहारः, अहिंसापालनं, स्तेयं न कर्तव्यम् इत्यादयः नेके मार्गाः सन्ति |
Parth : Speaking the truth, the whole world is our family, dealing with such feelings, following non-violence, not stealing, there are many such ways.
योगेश : भो मित्र ! त्वया सम्यक् प्रवचनं श्रुत्वा मह्यं श्रावितम् अतः धन्यवादः |
Yogesh : Hey friend! Thank you for listening to such good sermon and enlightening me.

SANSKRIT SHLOKAS

गुरुसेवाऽहिंसा सत्यमध्यात्मं तदुच्यते
अध्यात्मनि रतो युवा वार्धक्ये भवति सुखी |

Guru seva, non-violence, telling truth, etc. are all spiritual paths, whenever the youth walk on these path, they will be happy in old age.

धृतिक्षमातितिक्षाश्च परेषु स्नेहत्वं दया |
अहिंसासत्यमस्तेयं स्वभावोऽध्यत्ममुच्यते ||

Patience, forgiveness, stamina over others, love, kindness, non-violence, truth, not stealing are all spiritualities. (That is, they are qualities of spirituality.)

POETRY

KNOWLEDGE IS POWER

Knowledge will tower,
Ignorance will cower,
And, Until the last hour,
Knowledge is power.
Ignorance is bliss,
staring into the dark abyss,
and becoming completely brainless.
Ignorance is bliss.
"The Family" can give you a clue,
but books will give you the big debut.
Books will send you into thought,
that is long overdue.
Knowledge will tower,
Ignorance will cower,
And, Until the last hour,
Knowledge is power.



MORAL STORIES

1. THE BEST SEED

There once was a farmer who grew the most excellent wheat. Every season he won the award for the best wheat in his county.

A wise woman came to him to ask him about his success.

He told her that the key was sharing his best seed with his neighbours so they could plant the seed as well.

The wise woman asked, "How can you share your best wheat seed with your neighbours when they complete with you every year?"

"That's simple," the farmer replied. "The wind spreads the pollen from everyone's wheat and carries it from field to field. If my neighbours grew inferior wheat, cross-pollination would degrade everyone's wheat, including mine. If I'm to grow the best wheat, I must help my neighbours grow the best wheat as well."

This is not only excellent advice for growing the best crops, but also great advice for how to live your life.

If you want to live a meaningful and happy life, help others find happiness.

Remember: The value of your life is measured by the lives you touch with love, kindness, respect, and hope.

2. QUIT

It was one seemingly ordinary day when I decided to QUIT... All of a sudden, I made a decision to quit my job, my relationship and finally my spirituality. I just wanted to quit my life.

But before that, I went to the wood to have one last talk with God.

I started: “God, can you give me one good reason not to quit?”

His answer really surprised me: “Look around”, He said. “Do you see the fern and the bamboo?”

I replied: “Yes. When I planted the fern and the bamboo seeds, I took very good care of them. I gave them light. I gave them water. The fern quickly grew from the earth.

Its brilliance green covered the floor. Yet, nothing came from the bamboo seed. But I did not quit on the bamboo. In the second year the fern grew more vibrant and plentiful.

But still, nothing came from the bamboo seed. But I did not quit on the bamboo.

He said: “In year three there was still nothing from the bamboo seed. But I would not quit. In year four, again, there was nothing from the bamboo seed. I would not quit.”

“Then in the fifth year a tiny sprout emerged from the earth. Compared to the fern it was seemingly small and insignificant... But just 6 months later the bamboo rose to over 100 feet tall.

It had spent the five years growing roots. Those roots made it strong and gave it what it needed to survive. I would not give any of my creations a challenge it could not handle.”

After that, He asked me: “Did you know, my child, that all this time you have been struggling, you have actually been growing roots. I would not quit on the bamboo. I will never quit on you.”

“Don’t compare yourself to others.” He added. “The bamboo had a different Purpose than the fern. Yet they both make the forest beautiful.”

God said to me: “Your time will come”

“You will rise high”.

I asked: “How high should I rise?”

“How high will the bamboo rise?” He also asked.

I was confused: “As high as it can?”

“Yes.” He said, “Give Me glory by rising as high as you can.”

After this conversation I left the forest and I wrote this amazing story. I really hope that these words can help you to see that God will never give up on you.

You should Never, Never, Never, Give up

Don't tell the God how big the problem is, tell the problem how Great the God is!

3. THE FROG IN THE WELL

Once a frog from the Ocean came and jumped into a well. He got acquainted with the frog in the well and the well frog asked, "From where do you come?"

He said, "I come from Ocean."

The well frog asked, "Is it bigger than this well?" Of course suspicion was in his eyes; doubt in his mind. "How can anything be bigger than this well where I live?"

The Ocean frog laughed and said, "It is very difficult to say anything because there is no measure."

The well frog said, "Then I will give you some measure so you can."

He jumped on-quarter of the well, one fourth of the space, and asked, "Is it this big?"

The Ocean frog laughed and said, "No."

Then he jumped half of the well, and asked, "Is it that big?"

Again the Ocean frog laughed and said, "No."

Then he jumped three-quarters and asked, "Is it that big?"

Again the Ocean frog said, "No."

The he jumped the whole well, the whole length, and said, "Now – now you cannot say no."

The Ocean frog said, "You may feel hurt and I don't want to be offensive, but still the answer is no."

Then the well frog said, "Get out from here, you liar.

Nothing can be bigger than this well."

You should not be too hard on the well frog because what can he do? You can only have compassion, you cannot be too hard, because that is all he has known. He has never been to the Ocean so how can he conceive it?





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

BULBUL IN SEARCH MODE

Character: Narrator, Bulbul, Pagal, Chavi, Ganesh, Ranee Madhumakhee, Dost

Narrator : *Bulbul enters with backpack from stage right and wanders across to bump into Pagal, dressed as a punk/rebel.*

Pagal : Hello. I'm Pagal.

Bulbul : I'm Bulbul.

Pagal : Pleased to meet you, Bulbul. And where did you come from?

Bulbul : I'm not sure. I just fell through a dark hole and here I am. So what does that all mean?

Pagal : That you come from darkness - or nothingness?

Bulbul : So then, I'm searching for something.

Pagal : You are? Well, as it so happens, you have just found something. (motions to himself)

Bulbul : I guess I have.

Pagal : Join me then, in a cup of nothingness. Alright?

Narrator : *Pagal begins to mime pouring a cup of tea.*

Pagal : Tea?

Bulbul : I actually prefer coffee.

Pagal : As you wish.

Narrator : *Pagal mimes pouring a cup of coffee.*

Bulbul : How do you know which pot is which?

Pagal : Does it matter? It's all pretend. So nothing matters. Life is crazy that way.

Bulbul : Really? Then where are YOU going in life?

Pagal : I like it right here.

Narrator : *Pagal hands Bulbul an imaginary cup of coffee.*

Bulbul finally pretends along. Pagal takes a sip.

Bulbul : But – oh! Ah, thank you. - But, what do you even get out of this?

Pagal : A great imagination, I suppose! I just make it up as I go.

Bulbul : I see.

Pagal : You do? (looking around) Well, I'm starting to worry about you.

Bulbul : Imagination is nice, but to live in it - isn't that just an interesting way - to create denial?

Pagal : Depends. Do YOU live in an imaginary world?

Narrator : *Bulbul looks down at her imaginary coffee cup.*

Bulbul : This is beginning to make less and less sense.

Narrator : *Bulbul throws her hands to the side.*

Pagal : Oopsies. You spilled your coffee.

Bulbul : There must be something real. Perhaps I need to look further.

Pagal : Further – would be – over there, or there, or there. (as he points, he is careful not to spill)

Bulbul : I suppose it would be anywhere but here!

Pagal : (lightly) Exactly! Ta-ta.

Bulbul : (unsure) Ta.

Narrator : *Pagal exits stage left while still drinking his tea, while Bulbul turns around and heads back toward stage right where Chavi finds her and begins to do a slow, sly dance around Bulbul. Getting uncomfortable and suspicious, Bulbul stops to face Chavi.*

Bulbul : Excuse me.

Narrator : *Chavi does a little swirl then stops to preen.*

Bulbul : Hello?

Chavi : (coyly pretending to just notice) Oh, hi.

Bulbul : Who are you?

Chavi : (looks long and deep into Bulbul's eyes). Did you want to play - or hunt? Hunt and play? I just

LOVE to hunt and play.

Bulbul : Do you live in an imaginary world also?

Chavi : I live – for the moment. So I try to pick my moments wisely.

Narrator : *Chavi quickly swirls around Bulbul and lightly lifts her backpack from her.*

Bulbul : Oh, are you wise?

Chavi : I am clever. I usually get what I want.

Bulbul : (noticing) Hey, you took my backpack!

Chavi : (lightly) No I didn't.

Bulbul : You did. There it is.

Chavi : Oh, so it is. May I have it? I just LOVE your backpack.

Bulbul : (taking backpack) No, it's mine and I need it.

Chavi : I don't know why you would need it, when you don't even know what you want?

Bulbul : Perhaps you can help me with that?

Chavi : I would LOVE to help you.

Bulbul : Well, what looks good to you right now?

Chavi : I just like to float and fly and dance around. I like to look around. Find what looks interesting for the moment. Find something that I LOVE.

Bulbul : Love sounds wonderful. It must be nice to have love in your life.

Chavi : Oh yes. I love many things - for a moment.

Bulbul : For a moment?

Chavi : Yes, moments of love come and go. So I'm always searching for what I love at the moment.

Bulbul : Well, then – which is the best way to go right now?

Chavi : What do you THINK you would LOVE to look for?

Bulbul : Something - real. I would love to find something – very real.

Chavi : What does that mean to you?

Bulbul : I don't know.

Chavi : Then it doesn't matter which way you go.

Bulbul : You've never found anything that has kept you in one spot?

Chavi : No. Whatever catches my fancy for the moment – OH LOOK, Catnap!!!

Narrator : *Cool Cat dashes off to stage right in a big flash and a pounce.*

Bulbul : Well, I never.

Narrator : *Bulbul shakes her head and puts the backpack on her more securely. Seeing Ganesh sitting in a lotus position over at stage left, Bulbul approaches him cautiously. Bulbul stops to study him, wondering if she should interrupt.*

Ganesh : Yeeesssss?

Bulbul : You look very wise.

Ganesh : Indeed.

Bulbul : Are you wise?

Ganesh : I like to think so.

Bulbul : Can you help me then?

Ganesh : One can always pass on the knowledge that one possesses. Ummmmmmmm...

Narrator : *Bulbul quickly sits down to listen closely.*

Ganesh : Let me think... you need to think, and determine, and decide. Let yourself find the matter to the cause and details of the circumstance, and then you can "be" in the place of accepted realization.

Bulbul : Wow. That sounded very wise. It must mean something... What does that mean? Exactly?

Ganesh : The actualization of the internal question opposed to the propaganda of societal realms. Peace.

Bulbul : Oh... Well, I like the sound of peace.

Ganesh : Harmony with your "self."

Bulbul : Harmony sounds nice, too.

Ganesh : The musical rifts that equate to an iridescent tranquillity.

Bulbul : (shakes her head to rattle her brain, finally...). Okay. But what does that really mean? Put it all into plain words, please.

Ganesh : The substance of existence is whatever you make of it.

Bulbul : So you live in a pretend world also.

Ganesh : Ha! Such impudence! You are a stupid girl, then.

Bulbul : Because I disagreed with you? You just said it was - whatever I made of it.

Ganesh : Intellectual pondering will escalate the grander proportions to higher and broader scopes.

Bulbul : Just because you use big words and fancy talk does not mean you know anything and everything.

Ganesh : Then you have a lot to discover.

Bulbul : Indeed, because I have learned nothing here.

Narrator : *As Bulbul gets up, Ranee Madhumakhee enters from stage left and calls her over.*

RM : Little girl! Girl! Forget about him. Come here!

Narrator : *Bulbul notices Ranee Madhumakhee and approaches.*

RM : Thinking is great, but you must "DO." It is all about success in life. THAT - fills you up.

Bulbul : Sounds wonderful! What is - "success?"

RM : (gasps) Money and power!

Bulbul : That sounds very reasonable, and alluring.

RM : Exactly. It also gives you purpose.

Bulbul : So it's fulfilling, as well.

RM : It is filling. Just fill up your bank account and your pockets with riches and you will obtain your heart's desires.

Bulbul : Which is?

RM : (joyfully) Things! I have so many things. And - I

want more things.

Bulbul : More things? So you still do not have enough?

RM : (suddenly angry) It's never enough!

Bulbul : So it's NOT ful-filling...

RM : It is – filling. We must continue to fill, and get, and have. And YOU - will help me do that.

Bulbul : Wait! For myself – or for you?

RM : (suddenly slyer) Aaaahhhh, both?

Bulbul : You're just trying to use me to get more things.

RM : What is wrong with that? Success is how much you have, not necessarily how you get it.

Bulbul : That doesn't sound very nice to me.

RM : Are you going to work for me or not?

Bulbul : What if I want to work for myself?

RM : Then we may be in competition... Come, work for yourself, while working for me. There is always opportunity as you climb higher up the ladder of life.

Bulbul : Is this ladder - stepping on all the things that you acquire – or stepping on all the poor, vulnerable people as you go?

RM : It is work. All work. Work hard and work fast and work long hours. Work-work-work! Or will you be a lazy girl?

Bulbul : I am just questioning the principles here.

RM : You are questioning me? Off with her head!

Bulbul : What?!

RM : You're – FIRED! And obviously you will never amount to much!

Narrator : *Ranee Madhumakhee marches off. Bulbul gasps, then sees Dost across the stage at stage left. Dost holds a holy book. Bulbul is so annoyed, she doesn't know which way to go, but is wary of speaking to yet another ignorant person. Dost sees Bulbul and approaches her.*

Dost : Excuse me, can I help you?... You – you look lost.

Bulbul : I am. I suppose I can listen to one more person. I'm looking for something, and I don't even know what it is. Why do we exist? What is it all for? What does life mean to you? Are there such things as success, truth, love or purpose? But I don't even know why I'm bothering to talk with you. Like me, you're not very old. What could you know.

Dost : Well, I am young. But I do know where to find all the answers to your questions.

Bulbul : Really?!

Dost : All of your questions are answered in this book.

Bulbul : And you wrote this book? Or some other wise person?

Dost : Through men, it was written by God, who not only knows all things, but created all things, and created us – with a purpose – to love God as He loves us. To have a successful life as we follow His will and perfect direction.

Bulbul : Can – can you tell me more? I really want the truth.

(LIGHTS DIM.)



GAME

1. THE LABEL GAME

Label (name tags- Id card) – 3 per player

Markers – as many as players

Label ideas - All powerful, deaf, invisible, devotional, intellectual, arrogant, magician, fool, inarticulate, devious, fashionable, humble, funny, emotionally unstable, handsome, happy, religious, pious .....

Each player will label themselves as per what they feel they want to be. The written label has to be visible from far.

Once everyone has labelled their id card and hang it in their own neck, all will mingle around as if in a party. They move around and talk, treating each other according to their label. So, should you have a label that says "Innocent" everyone would respond to whatever you said to them as if it were coming from an innocent person. You might spend some of the time looking for someone with a label you especially want to spend time with. Or looking for several people whose labels would make them want to spend time with you. You might enjoy introducing people to each other in a host-like manner.

You might want to change your label, add another label, or exchange labels with someone else. You might want to remove all your labels and walk around unlabelled. You might want to sit somewhere and just watch. And whatever you do, whomever you encounter, your only goal is to help people feel that they are precisely and entirely as labelled.

It's kind of a socially aware game - when you think about how we label people. Except it's different, because we're labelling ourselves. And that little difference is part of what makes the whole thing so much fun.

2. MIX AND MEET

Get each person to grab some Smarties. Tell them not to eat them.

Assign a different meaning to each colour:

Blue = family

Green = school

Yellow = friends

Red = hobbies

Brown = neighbours

However many Smarties they have in their hands, that is how many positive facts they have to share. For example, if they have three blue, they would have to say three facts about their family.

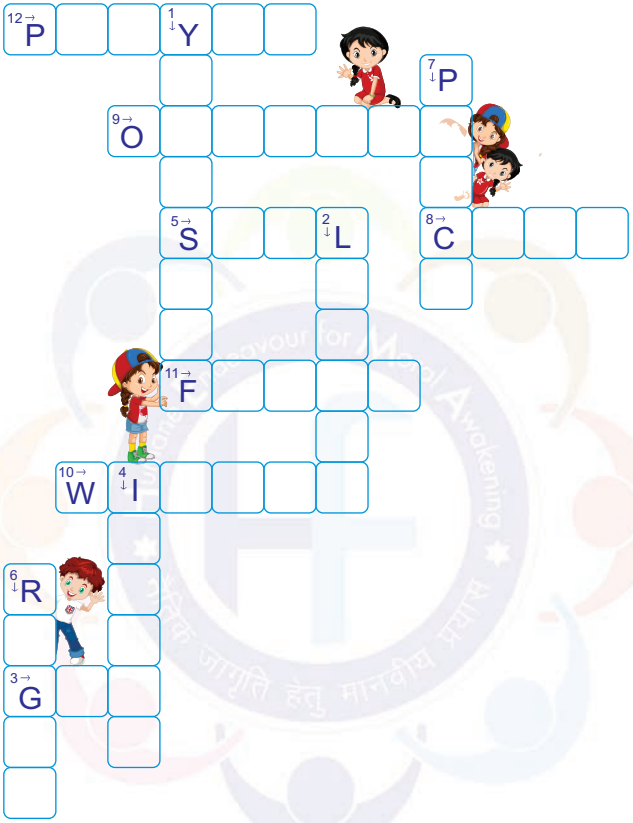
ANSWERS OF CROSSWORD :

1. Yourself	2. Listen	3. God	4. Inside
5. Soul	6. Right	7. Peace	8. Calm
9. Outside	10. Within	11. Faith	12. Prayer

ANSWERS OF SCRAMBLE :

- Alertness
- Fellowship
- Relationship
- Respect
- Awareness

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. The only temple that matters can be found within _____ . (8)
2. It is important to learn how to _____ your heart. (6)
3. _____ is in you and in me. (3)
4. You have to grow from the _____ out. (6)

5. There is no other teacher but your own _____. (4)
6. Spirituality helps us to govern what is_____and what is wrong. (5)
7. Spirituality brings _____ of mind. (5)
8. Spiritual people are very _____ (4).
9. Create a life that feels good on the inside not just one that looks good on the _____ . (7)
10. We cannot control what happens around us but we can control what happens _____ us. (6)
11. Let your _____ be bigger than your fears. (5)
12. _____ is the cure for a confused mind, weary soul and a broken heart. (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.

ESLTENASR

LWISFOPELH

ILOEPARIHNTS

CSRETEP

_____**is the essence of all spiritual qualities.**



PUZZLE

In the puzzle below, you have 16 words which are synonyms for **ADHYAATM.** You will find them in different pattern. One of the words is done for you. Find the rest.

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

Words

Spirituality : **We have to think of others, as well as of our own growth in purity and spirituality.**

Dedication :
Faithfulness :
Sincerity :
Affection :
Grace :
Ardour :
Pious :
Passion :
Intensity :
Soul :
Mind :
Individuality :
Morality :
Character :
Spirit :

CASE STUDY



GARGI VACHAKNAVI

Gargi Vachaknavi was an accomplished scholar of Vedic times. She excelled many sages in knowledge. She was the daughter of sage Vachaknu and her challenging the great sage Yajnavalkya forms part of Brihadaranyaka Upanishad.

Once King Janaka, convened a court of scholars to exchange views about the nature of Ultimate Reality. Yajnavalkya and hundreds of other sages from different parts of the country attended. Gargi too came to the court of Janaka.

A desire arose in the mind of Janaka to know who was the most learned among the sages. He had a thousand cows confined in a place and on the horns of each cow was attached a pouch of gold. He declared: 'Venerable sages! Let him who is the greatest Vedic scholar among you drive these cows home'. The sages did not dare to make that claim, they kept quiet. But Yajnavalkya asked his disciple to drive the cows to his hermitage. The other sages did not approve of this. They started asking him questions to test his knowledge. Yajnavalkya answered all of them brilliantly.

Finally Gargi stood up. She said that she would ask Yajnavalkya some questions. If he answered them satisfactorily she would admit that he possessed the highest knowledge. Yajnavalkya answered the series of questions to her satisfaction. The Gargi-Yajnavalkya dialogue is a remarkable proof of the depth of spiritual insight, women scholars were capable of in those times.

Gargi was honoured as one of the Navaratnas (nine gems) in the court of King Janaka of Mithila.



B. K. S. IYENGAR

B.K.S. Iyengar, in full Bellur Krishnamachar Sundararaja Iyengar, (born December 14, 1918, Bellur, Karnataka, India—died August 20, 2014, Pune, Maharashtra), Indian teacher and popularizer of Yoga, a system of Indian philosophy.

Iyengar was born into a large impoverished family. A sickly child, he suffered from a distended belly and was unable to hold his head up straight. His physical condition made him a laughingstock among his peers, and his friendlessness hindered his academic achievement. While still in his teens, he turned to Yoga for relief, although not without suffering great physical pain in his effort to master the 200 Yoga postures (asanas). The pain paid off when he began to attract some attention by demonstrating the asanas.

Iyengar regularly taught Hatha Yoga—an orchestration of numerous postures, controlled breathing, and meditation designed to relax and develop mind, body, and spirit—to classes in Pune, India, and throughout the world. Iyengar spoke nonstop during his classes and used a personal approach characterized by sensitivity to his students' physiques. His method took into account how difficult it is for students to meditate, relax, and control their breathing while being twisted into unnatural postures. He introduced the use of various props-for example, blocks, chairs, and blankets-to make Yoga less daunting, especially to Westerners.

He won three of India's highest civilian honours: the Padma Shri (1991), the Padma Bhushan (2002), and the Padma Vibhushan (2014).



MARCO POLO

In 1254, Marco Polo was born in Venice, Italy to a very rich Venetian merchant family.

The Polos had originally planned to be gone for only a few years. As they made their way through the Middle East, Polo absorbed its sights and smells. His account of the Orient, especially, provided the western world with its first clear picture of the East's geography and ethnic customs. Polo was forced to retreat to the mountains in order to recoup from an illness he'd contracted. Polo later wrote. "And at the narrowest point it takes a month to cross it. It consists entirely of mountains and sands and valleys. There is nothing at all to eat." Yet his knowledge of the culture and its customs are hard to dismiss. His later account told of Khan's extensive communication system, which served as the foundation for his rule. Polo's book, in fact, devotes five pages to the elaborate structure, describing how the empire's information highway efficiently and economically covered millions of square miles.

Polo's immersion into the Chinese culture resulted in him mastering four languages.

From his travels, Polo amassed not only great knowledge about the Mongol empire but incredible wonder. He marveled at the empire's use of paper money, an idea that had failed to reach Europe, and was in awe of its economy and scale of production. Polo's later stories showed him to be an early anthropologist and ethnographer. His reporting offers little about himself or his own thoughts, but instead gives the reader a dispassionate reporting about a culture he had clearly grown fond of.

Polo's story has inspired countless other adventurers to set off and see the world, two centuries after Polo's passing.



MOVIE: RANG DE BASANTI (2015)

Roobaroo

Aye Saala
Abhi Abhi Huaa Yaqeen Ki Aag Hai Mujh Mein Kahi
Hui Subaah Main Jal Gaya
Suraj Ko Main Nigal Gaya
Ruu-Ba-Ruu Roshni Heyy... (2)
Jo Gumshuda-Sa Khwaab Tha
Woh Mil Gaya Woh Khil Gaya
Woh Loha Tha Pighal Gaya
Kichhaa Kichhaa Machal Gaya
Sitaar Mein Badal Gaya
Ruu-Ba-Ruu Roshni Heyy... (2)
Dhuaan Chhataa Khula Gagan Mera
Nayi Dagar Naya Safar Mera
Jo Ban Sake Tu Hamsafar Mera
Nazar Mila Zara . (2)
Aandhiyon Se Jaghad Rahi Hai Lau Meri
Ab Mashaalon Si Bhad Rahi Hai Lau Meri
Naamo Nishaan Rahe Na Rahe
Ye Kaaravaan Rahe Na Rahe
Ujaale Mein Pee Gaya
Roshan Huaa Jee Gaya
Kyon Sehte Rahe
Ruu-Ba-Ruu Roshni Heyy... (2)
Dhuaan Chhataa Khula Gagan Mera
Nayi Dagar Naya Safar Mera
Jo Ban Sake Tu Hamsafar Mera
Nazar Mila Zara
Ruu-Ba-Ruu Roshni Heyy... (2)
Aye Saala... (3)

RESOLUTION

THE PLEDGE

We resolve to work towards knowing self which is a continuous process to have inner strength.

ASPIRE TO INSPIRE



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

LET'S STEP OUT...



1. Ask children to give examples of those personalities who personify spirituality?
2. Visit places where programs are held for spiritual development.
3. Help children to speak on one of the spiritual leaders (Swami Vivekananda / Dayanand Sawaswati etc.)

WHAT MORE!!

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

DAYITVA



INTRODUCTION

Discharging one's responsibility is a highly appreciated and desired personality trait. Parents want their children to be responsible. Being responsible, means:

- Being dependable.
- Keeping one's word.
- Meeting one's commitments.
- Doing something to the best of one's ability.
- Being accountable for one's behavior.
- Accepting credit when you do things right and acknowledging mistakes.
- Being a contributing member of one's family, community and society.

Being responsible is a key to children's success both in school and in the larger world when they grow up.



LIFE SKILL QUESTIONS

1. What is the meaning of responsibility?
2. Why is being responsible so important?
3. What are the consequences if we are not responsible?

QUOTES

- “Being responsible is an enormous privilege.... It's what marks anyone a fully grown human.” **- Barack Obama**

- “It is only when you take responsibility for your life that you discover how powerful you truly are.” **- Allanah Hunt**

- “The moment you take responsibility for everything in your life is the moment you can change anything in your life.” **- Hal Elrod**

- “The key is taking responsibility and initiative, deciding what your life is about and prioritizing your life around the most important things.” **- Stephen Covey**

- “Take responsibility — it’s where your powers live.” **- Will Craig**

मिलन : सुरेशः ! एक: प्रश्न: अस्ति यत् किमिदं दायित्वं ?किञ्चित अवगमय

Milan : It is not clear. Please explain with an example.

सुरेश : किमर्थन्न ! सामान्यतया अस्ति यत् कस्मिन्नपि क्षेत्रे तस्य उन्नतये एकम् पदं आवश्यकं भवति तदैव दायित्वं !

Suresh : As the principal is generally responsible for the progress of a school, the responsibility of the progress of the country is with the Prime Minister.

मिलन : स्पष्टं न भवति ! उदाहरणेन स्पष्ट्यतु !

Milan : It is not clear. Please clarify with an example.

सुरेश : यथा सामान्यतया एकस्याम् शालायाम् प्राचार्यपदमस्माकं दायित्वं भवति तथैव देशस्य उन्नतये प्रधानमन्त्रिणः दायित्वं भवति ! तथैव सर्वेषु क्षेत्रेषु भवति !कारणन्तत्र तेन एव क्षेत्रस्य व्यवस्थापनं भवति

Suresh : Owning responsibility is very important in the society. Responsibility gives a direction to the society. Those who can undertake responsibility are assigned important tasks.

मिलन : भवतु ! अवगतम् । किन्तु तस्य महत्वं किम् ?

Milan : Ok. Understood, but what is its importance?

सुरेश : तस्य महत्वं बहु बहु अस्ति !अस्माकं समाजे दायित्वं समाजस्य एकं सर्वाधिकारकं पदं अस्ति ! येन समाजस्य दिशानिदर्शनं भवति । समाजे ये विशिष्टाः सन्ति ते एव दायित्वभागिनो भवन्ति !

Suresh : Responsibility is very important. Those who take responsibility are given important posts. They give the direction to society.

मिलन : अवगतम् सम्यक् ।

Milan : I have understood it well.

सुरेश : तस्मादस्माभिः सदा दायित्वमङ्गीकर्तव्यम् ।

Suresh : That is why we should always take responsibility.

SANSKRIT SHLOKAS

कर्मायत्तं फलं पुंसां बुद्धिः कर्मानुसारिणी ।
तथापि सुधिया भाव्यं सुविचार्यैव कुर्वता ॥ !! चाणक्य नीति !!

Man gets fruits according to karma. Wisdom is also subject to karma. A wise man should discharge his duties wisely

अनाश्रित: कर्मफलम कार्यम कर्म करोति य: !
स: संन्यासी च योगी न निरग्निर्ना चाक्रिया:॥ !! श्री मद भगवत गीता !!

Person who does his work without expectations of the fruits and works to discharge his responsibilities is like a monk and yogi. The non-performing saint cannot be called so.



POETRY

BEING RESPONSIBLE

Every day, our jobs to do,
The responsibilities of me and you,
To wash our bodies, and do our brush,
To go to the toilet, and remember to flush.

When eating our food, we keep tidy and clean,
This keeps us healthy, neat and keen,
To do all our work without a fight, And try and try with all our might, We go to bed at 7 o′ clock,
And wake up when we hear the tick-tack,
Every day, our jobs to do,
The responsibilities of me and you.



MORAL STORIES

1. THE CARELESS CLOWN

There was once a clown named Lemon. He was a lot of fun, but also very careless. Whenever he did anything, he almost always ended up tearing his jacket, getting a hole in his sock, or ripping the knee of his trousers. Everyone said he should take more care, but Lemon found that really boring. So, one day, he had the happy idea of buying himself a sewing machine. This machine was so fantastic that it sewed everything up within a moment. It seemed like Lemon wouldn't have to worry about his things anymore.

Soon, the most important day in Lemon's life arrived. It was the day when everyone in town prepared a party for him, in celebration of Lemon's many years of service in making the citizens chuckle. On that day he wouldn't have to wear his colourful clown suit. That day he would be dressed like anyone else; very elegantly in his suit, and everyone commenting on his smart appearance.

However, the night before, he had a look in his closet, and there wasn't a single suit in good condition. They were all ripped and torn, with dozens of stitching marks. Lemon couldn't possibly go to the party dressed in those. Well, Lemon was sharp and quick-witted, and he solved this problem by attending the gala celebration in his usual clown suit. That definitely amused the audience, but Lemon wasn't as keen on it. He had dreamed of being, just for one day in the year, the hero of the show, and not just the clown.

Very early the next day, Lemon replaced all those damaged old suits, and since then, he has looked after his clothes with great care. He realised that using short-term remedies ends up being no remedy at all.

2. THE INSIGNIFICANT TASK

The day when the assignments were handed out was one of the most exciting for all the children in the class. It took place during the first week of the term. On that day, every boy and girl were given an assignment for which they would be responsible for the rest of the school year.

As with everything, some assignments were more interesting than others, and the children were eager to be given one of the best ones. When giving them out, the teacher took into account which student had been most responsible during the previous year, and those students were the ones who most looked forward to this day. Among them Supriya stood out. She was a kind and quiet girl; and during the previous year she had carried out the teacher's instructions perfectly. All the children knew Supriya was the favourite to be given the best assignment of all: to look after the class dog.

But that year there was a big surprise. Each student received one of the normal assignments, like preparing the books or the radio for the lessons, telling the time, cleaning the blackboard, or looking after one of the pets. But Supriya's assignment was very different. She was given a little box containing some sand and one ant. And even though the teacher insisted that this ant was a very special ant, Supriya could not help feeling disappointed. Most of her classmates felt sorry for her. They sympathised with her and remarked at how unfair it was that she had been given that assignment. Even her father became very angry with the teacher, and, as an act of protest, he encouraged Supriya to pay no attention to this insignificant pet. However, Supriya, who liked her teacher very much, preferred to show the teacher her error by doing something special with that assignment of such little interest.

"I will turn this little task into something great," Supriya said to herself.

So, Supriya started investigating all about her little ant. She learned about the different species and studied everything about their habitats and behaviour. She modified the little box to make it perfect for the ant. Supriya gave the ant the very best food, and it ended up growing quite a bit bigger than anyone had expected...

One day in spring, when they were in the classroom, the door opened, revealing a man who looked rather important. The teacher interrupted the class with great joy, and said, “This is Doctor Sinhasan. He has come to tell us a wonderful piece of news, isn't that right?"

“Exactly," said the Doctor. "Today they have published the results of the competition, and this class has been chosen to accompany me, this summer, on a journey to the tropical rainforest, where we will be investigating all kinds of insects. Among all the schools of this region, without doubt it is this one which has best cared for the delicate little ant given to you. Congratulations! You will be wonderful assistants!"

That day the school was filled with joy and celebration. Everyone congratulated the teacher for thinking of entering them in the competition, and they thanked Supriya for having been so patient and responsible. And so, it was that many children learnt that to be given the most important tasks, you have to know how to be responsible, even in what are apparently the smallest tasks. And without doubt, it was Supriya who was most pleased at this, having said to herself so many times "I will turn this little assignment into something really great".

3. TWO INTELLIGENT BOYS

Once upon a time there were two incredibly intelligent and capable boys. Their wonderful talents were obvious from an early age, and they easily outdid everyone

around. They had always known they were special, and they harboured inside them a desire that, in the future, everyone would come to admit how exceptional they were.

Each of them developed in a different way. The first used all his talent and intelligence to have a successful career and show everyone his superiority. He took part in all kinds of competitions, visited all the most important people and places, and was great at making friends in high places. Even when he was very young, no one doubted that some day he would be the wisest and most important person in the world.

The second boy, equally aware of his own capabilities, never stopped feeling a heavy responsibility. He would do almost any task better than those around him, and he would feel obliged to help them. This didn't leave him enough time to follow his own dreams of greatness. He was always busy looking for ways to more effectively help others. As a result, he was a much-loved and well-known person, but only in his own small circle.

Destiny was such that a great disaster struck that nation, spreading problems and misery far and wide. The first of those brilliant young men had never come across anything like this, but his brilliant ideas worked successfully throughout the country, and they managed to slightly improve the situation. But the second young man was so used to solving all kinds of problems, and had such useful know-how in certain subjects, that the disaster hardly affected the people in his region at all. His admirable methods were then adopted across the country, and the fame of this good and wise man spread even more than that of the first young man.

Indeed, he was soon elected governor of the whole nation.

The first young man then understood that the greatest fame and wisdom is that which is born from the very things we do in life, from the impact they have on others, and from the need to improve ourselves every day. He never again

took part in competitions or vain shows, and from then on, whenever he travelled, he took his books along with him, so he would be ready always to offer a helping hand to all.

Moral: Our best talents are simultaneously gifts and responsibilities with regards to others, rather than simply individual advantages for us to exploitearn to value hard work behind all the given comfort.





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

THE RESPONSIBILITY RASH

Characters:

Gaurang: a guy who doesn't want to study**, Jigna:** his older sister the **Narrator 1 , Narrator 2** in Gaurang's nightmare.

Setting: One day after school at Gaurang and Jigna's house.

Narrator 1 : *Gaurang enters, carrying a large math textbook. He looks around to make sure no one's watching, then cheerfully drops it into a trash can. He sits down and starts rocking out to something on his MP3 player. Jigna enters and glances in the garbage can; sees the book. She takes it out, goes up behind Gaurang, and pulls off one earbud.*

Jigna : BUS-TED!

Gaurang : (startled) The book was already in the trash, I swear!

Jigna : How do you know I was talking about a book?

Gaurang : (covering himself badly) I. . . didn't! What book, Jigna?

Jigna : Why do you throw out your math book?

Gaurang : Too big to burn.

Jigna : You need to study! You have a huge test tomorrow.

Gaurang : I don't get this stuff! Math doesn't add up.

Jigna : So, you'll have to work harder.

Gaurang : (shaking his head) Uh-uh. Anybody who can figure out that 3 plus 3 equals 7 is a genius.

Jigna : (shaking her head) You're in trouble. Look, if you want to learn math, you have to be responsible.

Gaurang : (suspiciously) Is that a rash?

Jigna : No, it means some things are so important that you keep trying...even when you feel like quitting.

Gaurang : (a shudder) Like subtraction with regrouping?

Jigna : Yes! And sometimes, you have to ask for help. That's when you find out 3 plus 3 equals 6. Trust me, Gaurang, once you start getting pay cheques, knowing addition will pay off. And subtraction is even more important. Most people need a lot of that.

Gaurang : Well, maybe . . .

Jigna : Just sit down and work. Okay?

Gaurang : Can I get a drink first?

Jigna : You can have a break after thirty minutes.

Gaurang : Who died and made you queen?

Jigna : I'll be back to check on you. Now STUDY!

Narrator 1 : *Jigna exits. He reluctantly sits down in a chair and cracks open the book.*

Gaurang : (mimicking Jigna) "If you want to learn math, you have to be responsible." "Keep trying, even when you feel like quitting." Yeah ... nothing this boring could be important. (a sigh. Looking at a problem in the book) So... 8 minus 3. (he counts on his fingers) Dangit! Do I count my thumb or not? Okay, addition's easier. 9 plus 3. Hmmm . . . 9 plus 3 . . . (he counts on his fingers) I don't have enough fingers! (He takes off a shoe. It really stinks!) Forget it! This math stuff is not worth it! (he slams the book shut, then yawns) I need a nap. You can't study when you're tired; it'll be easier when I wake up. (laying down his head) I'll get up before Jigna comes back. I have plenty of time . . .

Narrator 1 : *He drifts off to sleep with his head in his lap. We hear dreamy music. Suddenly, the Narrator speaks out of thin air.*

Narrator 2: *Gaurang... wake up, sleepyhead . . .*

Gaurang : (muttering in his sleep) Five more minutes, Mommy . . .

Narrator 2: *(shouting) GET UP!*

Narrator 1 : *Gaurang sits bold upright.*

Gaurang : Who said that?

Narrator 2: *It's me, the narrator.*

Gaurang : Why is there a narrator?

Narrator 2: *Hey, this is your nightmare. I'm here to show you what will happen to your life...without math!*

Gaurang : If this is a nightmare, I don't want to wake up!

Narrator 2: *Don't be so sure, Gaurang. Since you were never responsible enough to study, your life turned out a bit differently than you expected. Everything started to fall apart one fateful day at school when you finally decided that math was useless.. and you were never going to study again!*

Narrator 1 : *Jigna enters, wearing a schoolmarm hair bun and glasses.*

Gaurang : How come Jigna gets to be the teacher? I want that part.

Jigna : (sharply) Pipe down, young man!

Gaurang : (cowed) Yes, Ms.Jigna.

Narrator 2: *Sounds like the teacher to me.*

Gaurang : Who asked you?

Jigna : Gaurang, if we're done talking to our imaginary friend now, why don't we go to the board and do number six?

Gaurang : I've got some bad news, Ms. Jigna. I don't have number six, because, uh... my piranha ate my homework.

Jigna : That's a shame.

Gaurang : Yes, ma'am. Tragic.

Jigna : Is this the same piranha that bit your hand yesterday so you couldn't hold a pencil?

Narrator 1 : *Gaurang looks down at his hand-he completely forgot it was supposed to be hurt!*

Gaurang : Look, my hand healed. It's a miracle!

Jigna : The miracle would be if you studied! Go stand in the corner, young man! Gaurang: (crossing his arms obstinately) You can't make me!

Jigna : Really?

Narrator 1 : *Jigna grabs Gaurang by the ear and pulls him into a corner. Gaurang says "ow" all the way. Jigna exits.*

Narrator 2: *Gaurang, since you never learned to take responsibility, you kept getting farther and farther behind in math. As I was saying . . . once you dropped out of school, there was only one job that would hire you.*

Narrator 1 : *Jigna enters and hands Gaurang a spatula as she places a hairnet on his head.*

Gaurang : I have to work at Burger Queen?

Narrator 2: *It was the only position you could find without knowing math. Then your first day on the job, a customer came in to place her order . . .*

Jigna : Yeah, I'd like two Big Whoppin' Mack Castle Burgers. One with no brussel sprouts; one with extra grease. Then I want a ten-piece Chicken Treasures, with extra beaks and feathers...and the Wilted Medley salad . . .

Gaurang : (punching buttons on a keyboard) Uhhhh, I didn't get all that.

Jigna : You high school dropouts are slow! Just give me the chicken and the salad but hold the lettuce.

Gaurang : (panic rises as he realizes the buttons aren't working) Wait . . . our cash register's broken. Can you come back tomorrow?

Jigna : Add it up in your head!

Gaurang : What's two dollars plus three dollars?

Jigna : Forget it. I'm going to McDonnie's! They know

how to do math there.

Narrator 1 : *Jigna stalks off in a huff.*

Gaurang : *Wait; I figured it out! Eight bucks, right? Please order from me... I can't get another job! (Music comes in.) Oh, no! It's the Narrator again.*

Narrator 2: *Gaurang, little did you know that your customer was actually the Regional Manager of Burger Queen. When she found out you couldn't do math, she came back with a special surprise for you.*

Gaurang : I love surprises! What is it?

Jigna : (re-entering) YOU'RE FIRED!

Gaurang : But I got it! Two plus three equals eight, right?

Narrator 1 : *Jigna yanks off his hairnet, grabs his spatula, and points to the door.*

Narrator 2: *It was a sad day for you, Gaurang. You ended up out of work and on the street. You had to beg for money just to eat the burgers you once served. And worst of all, you learned a horrible secret about Burger Queen: they drop your burgers on the floor before they serve them to you!*

Narrator 1 : *Jigna picks up a burger, drops it on the floor, and stomps on it. Gaurang sits down to beg, holding a styrofoam begging cup.*

Gaurang : Money for the poor... money for the poor... (Jigna walks by.) Please, ma'am—I need money for a burger. Just enough for a burger. . .

Jigna : Guess I can help even if you don't know math. Here's a quarter.

Narrator 1 : *Jigna drops a coin in the cup.*

Gaurang : Thank you, ma'am! You made my day! God bless you.

Jigna : Aren't you going to give me change?

Narrator 1 : *Gaurang dejectedly reaches into his cup and pulls out a coin; hands it to Jigna. She exits.*

Gaurang : Money for the poor... money for the poor...

Narrator 2: *Well, Gaurang, that's what happened because you didn't learn math. You wound up out of work, begging for spare change on the streets. It's too bad you weren't responsible enough to study, because it could have all been different! But you refused to keep trying when you felt like quitting... then you paid the price.*

Gaurang : (standing up and ripping off the sunglasses) No, wait . . . I can change! I'll learn to love math; I'll marry subtraction! I don't want to be a dropout! I look horrible in a hairnet! Please, give me one more chance. I can change! I can change! I can change! (He dissolves into sobs. After a moment, he lifts his head and asks ...) Uh . . . do they really drop your burgers on the floor?

Narrator 1 : *Quick blackout. Dreamy transition music. When the lights rise again, Gaurang is back in his studying chair, squirming and thrashing in his sleep.*

Gaurang : I can change. I'll do fractions! I'll learn algebra! I don't want to beg Jigna for money... please; I can change... I can change. (His flailing arms knock the math book to the floor, which startles him awake.) Where am I? (pinching himself) Hallelujah—it was only a dream! How long was I sleeping? (glancing at his watch and suddenly panicking) Jigna will be here any minute! (picking up his math book in desperation) I got to learn quick. Better try osmosis. (he begins banging his head against the book and chanting) Math... math... math... math... math... (he rubs his sore head). This stuff is hard! I need another method... (He eyes the book dubiously, then tears a page out and shoves it in his mouth.) Tastes just like chicken!

Narrator 1 : *Jigna re-enters. She sees what Gaurang is doing and puts her hands on her hips.*

Jigna : Gaurang Shah, spit that gum out of your mouth and get back to work!

Gaurang : I am working! You are what you eat, right?

Gaurang holds out the soggy paper to Jigna, who won't take it. See? Long division!

Jigna : Now you're destroying your homework. I don't know why I bother....

Gaurang : You don't get it! Math is the air I breathe, the water I drink, the paper I eat.

Jigna : Gaurang I know!

Gaurang : I had a dream.

Jigna : You were sleeping?

Gaurang : I dreamt that I dropped out of school because I didn't study. So now I'm reforming, and I'll start by developing a taste for the subject. (Jigna just shakes her head at the horrible pun.) There's got to be a shortcut for something this boring. I tried osmosis; I tried chewing.

Jigna : Shortcuts? You missed the whole point of your dream!

Gaurang : How do you know?

Jigna : I was in it, remember? (Gaurang shrugs in agreement.) Sometimes, there aren't any shortcuts. You have to keep trying, even when you feel like quitting.

Gaurang : But I have to learn this stuff now! Dad already took away Disney Channel.

Jigna : Getting in trouble is the least of your problems!

Gaurang : Oh, yeah? How will I watch Hannah Montana?

Jigna : Shortcuts might keep Dad away, but they won't help in the long run. They won't keep you out of Burger Queen.

Gaurang : I hate hairnets.

Jigna : You have to learn by studying for a long time, until you really know the answers. You might even have to ask for help.

Gaurang : But that means flashcards.

Jigna : It might . . .

Gaurang : And carrying this heavy book home, then opening it.

Jigna : Definitely.

Gaurang : (suspiciously): So, what's in it for me?

Jigna : You won't have to beg your sister for quarters? Gaurang involuntarily shudders at the thought. Now, are you ready to study?

Gaurang : I guess . . .

Jigna : Then let's get ready for your test tomorrow. What's 6 plus 8?

Narrator 1 : *Gaurang tries counting on his fingers, but quickly realizes he doesn't have enough.*

Gaurang : I can't do that one—my feet stink.

Jigna : (shaking her head) You have work to do.

Gaurang : Are you sure I can't just eat division?

Jigna : Studying is much easier on the stomach. Open that book . . . now!

Gaurang : But it's heavy. . .

Narrator 1 : *Jigna gives him a withering glare. With a heavy sigh, Gaurang opens the book. He whines ad lib as we slowly go to blackout. Transition music. When the lights come back up, Jigna is sitting at the desk, doing her own homework. Gaurang suddenly bursts onto the stage, waving a test paper in the air.*

Gaurang : Jigna! Jigna, I took my test, and guess what?

Jigna : I'm afraid to ask.

Gaurang : Got a B minus! A B minus!

Jigna : That's great!

Gaurang : Yeah, because to figure out my last grade, I would have had to learn negative numbers.

Jigna : So, your studying paid off, huh?

Gaurang : Yeah, and I owe it all to you!

Jigna : No . . . you owe it to responsibility.

Gaurang : I told you I don't have that rash.

Jigna : (rolling her eyes) The point is, you kept trying when you felt like quitting.

Gaurang : Yeah, I guess . . .

Jigna : And you asked for help when you needed it. Now, do you want some ice cream for a reward?

Gaurang : Uh-uh. I only want one thing.

Jigna : Not ice cream?

Gaurang : No more dreams with you in them!

Narrator 1 : *Jigna shrugs. Blackout.*

Moral: Some things are so important that you have to keep working on them, even when you feel like quitting.

---- END----



GAME

GAME 1

Form groups and take them to a garden or any place which is close to nature. Before taking them, have a discussion on what they should be observing and what nature teaches human beings. After the visit, the student describing the nature's observation the best can be declared the winner. If possible, try to add tree plantation activity or give the students a sapling to plant at their home.

GAME 2

Students will learn all about being responsible. Lessons for teaching what students are responsible for, and how to act responsibly. The class will discuss what is the teacher's responsibility, what is the student's and what is their parent's. After discussion, they will fill in Table A given below and submit to the teacher.

The second table, Table B will be given and filled in after the first one. This activity is a self-realisation of their responsibilities.

Table A

Responsibilities

Name:_____

	Things I am responsible for	Things my teacher is responsible for	Things my parents are responsible for
1			
2			
3			
4			

5			
6			
7			

Table B

My Responsibilities

Name:_____

	Things I am responsible for	Do I follow it?	If 'NO', WHAT are you going to do about it and HOW?
1			
2			
3			
4			
5			
6			
7			

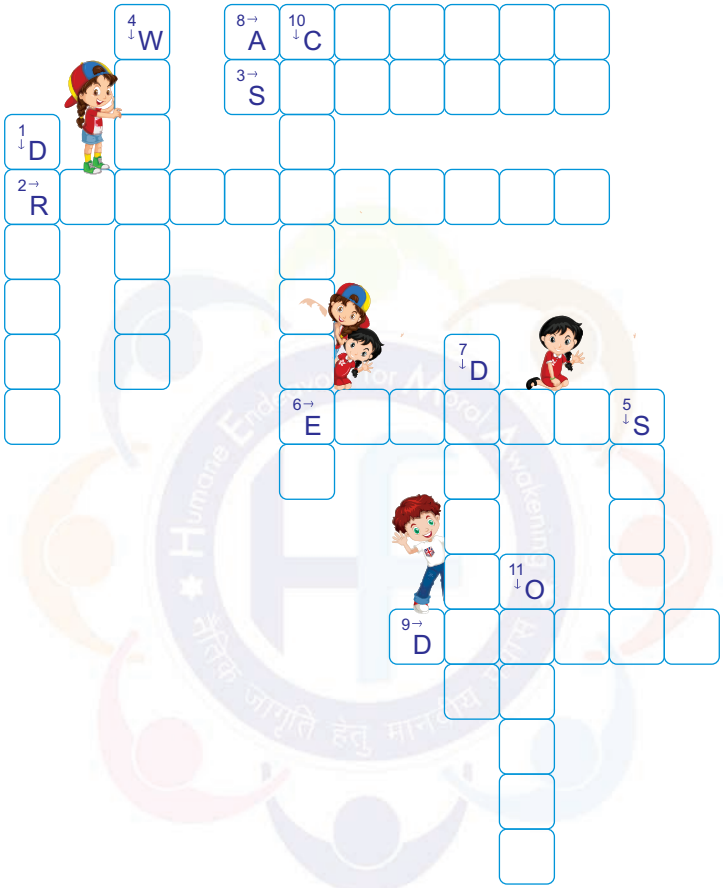
ANSWERS OF CROSSWORD :

1. Dreams
2. Responsible
3. Society
4. Worship
5. Sense
6. Excuses
7. Dutiful
8. Actions
9. Duties
10. Country
11. Others

ANSWERS OF SCRAMBLE :

• Rubbishy • Sizzler • Importance • Obligation
Responsibility

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. _____ won't work unless you work. (6)
2. Knowing your duties make you _____ towards others (11)

3. We have duties to the oppressed of our_____(7)
4. Service to God's creations is as good as _____ of God (7)
5. _____of duty make us selfless, merciful and responsible (5)
6. When I lost all my_____I found all my result (7)
7. A _____ person is never self centered or selfish. (7)
8. Accept responsibility of all your_____(7)
9. By carrying out our _____we act as responsible people (6)
10. As a citizen of India we have our duties to our _____(7)
11. Duty includes every things that we must do for the sake of_____(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.

BSRYBIUH

ZRSLZIE

OAMEICRTNP

IANOIBOGLT

Parents who give important work to their children instill a sense of _____ in them.



PUZZLE

In the puzzle below, you have 13 words which are synonyms for **DAYITVA.** You will find them written either horizontally or vertically. One of the words is done for you. Find the rest.

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

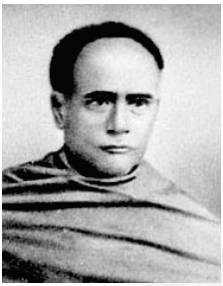
Words

Accountability : Transparency and accountability are essential to a democratic government.

Loyalty :
Charge :
Conscious :
Honesty :
Respect :
Concern :
Need :
Duty :
Promise :
Bond :
Openness :
Milestone :



CASE STUDY



ISHWAR CHANDRA VIDYASAGAR

Ishwar Chandra was born on 28 September, 1820 in a village named Birsingha in Midnapore district of Bengal. His father was Thakurdas Bandyopadhyay, and his mother was Bhagwati Devi. 'Vidyasagar' is an academic title in Sanskrit, meaning 'the Ocean of Learning', which used to be awarded to the outstanding scholars by the Government Sanskrit College of Calcutta. Out of the few learned men of repute, the term 'Vidyasagar' is generally referred to by the people of India for only one person who is Pandit Ishwar Chandra, whose surname is 'Bandyopadhyay'. Thus, Vidyasagar has, in course of time, become his personal name.

From his childhood, Vidyasagar was very brilliant. In a short time, he could quickly grasp things; and at a very tender age, he completed his college education. As a student, he had always earned highest marks in the examinations and obtained scholarships, with which he managed to meet his educational expenses, because his father was a poor gentleman who worked in a private firm on a petty salary.

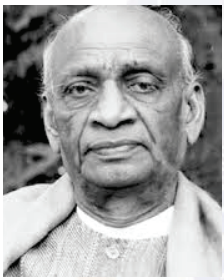
Vidyasagar worked as a School Inspector with a handsome salary. Besides, he earned some extra money by writing a number of text books. In 1850, Vidyasagar was offered the post of Professor of Literature in the Sanskrit College in Calcutta. Soon he became the Principal of the college.

Vidyasagar was a kind-hearted man. He always helped the poor and the sick. He found that the Hindu girls were given in marriage at a tender age, and sometimes they soon became widows. Hence the rest of their life was wasted. So he went against the orthodox Brahmins of the Hindu Society, and became the instrument to get the Hindu

Widow Re-marriage Bill passed by the Government. Thus many young lives of Hindu women were saved by him.

Vidyasagar worked hard to establish girls' schools in India for the education of girls, who were in those days not allowed by their parents to go to school.

In this way, Vidyasagar did many social reforms for the welfare of the Indian society. His name is remembered by his countrymen respectfully even this days reached."



SARDAR VALLABHBHAI PATEL

Sardar Vallabhbhai Jhaverbhai Patel was one of the most important person involved in the struggle for independance. He was born on 31st October 1875 at Nadiad though his native place was at Karamsad. His family was not educated. He also initially passed matriculation very late at the age of 22 years. However he wanted to study law and he went to England for pursuing it. With great determination and hardwork he topped his college too. And after few years he emerged as a successful lawyer.

The role of Sardar Patel in the history of India's independence is very important. He was the first Deputy Prime Minister and Home Minister of India. He did not become Prime Minister only because Gandhiji wanted Nehru to become the Prime Minister due to some reason. Sardarji became the first Home Minister of nascent India. Britishers left India after two centuries of struggle against them. Many people gave their lives and India got divided too. There were now many small kingdoms. Sardar Patel travelled to whole of India to convince all the 100 kings to join their kingdoms with the Independent Union of India. His most important role was the integration of 562 princely

states under Indian Union. Within a year he redrew the boundaries of the India Map with every princely state merging the union of India and thereby making part of the political stream of life that was prosperous with harmony and cultural unity.

He was truly the Iron Man of India in its true meaning. He received the highest civilian award of Bharat Ratna for his immense contribution and 31st October is celebrated as Sardar Jayanti. There are lots of organizations and memorials after his name.

This iron man of India started to collapse in 1950 slowly due to blood in cough. After 2nd November in the same year he was confined to bed. He breathed his last on 15th December 1950. He will always be remembered for his brave and strong personality.



STEPHEN HAWKING

Stephen Hawking was born on January 8, 1942 in Oxford, England.

When he was nine, Stephen was always interested in how stuff works and he took clocks and radios apart, but had trouble putting them back together. Stephen was always interested in Math and Science. When he was 21, Stephen started tripping, dropping items and his speech became unclear. After a series of tests, doctors concluded that Stephen was suffering from ALS- Amyotrophic Lateral Sclerosis; a disease which paralyzed him and required a speech generating device to communicate. According to the doctors, he only had another two years to live. For that reason Hawking started concentrating fully on his research work. He worked very hard to earn his PhD and even though, he was on a wheelchair he could communicate with a touch pad computer and a voice synthesizer. When he

was 65, he took a zero gravity ride, which enabled him to leave his wheelchair, for the first time in 40 years.

Stephen said "It is a waste of time to be angry about my disability. One has to get on with life and I haven't done badly. People won't have time for you if you are always angry or complaining. I don't think the human race will survive the next thousand years, unless we spread into space. There are too many accidents that can befall life on a single planet. But I'm an optimist. We will reach out to the stars."

His most famous theory was that black holes can emit radiation; also known as Hawking radiation.

Hawking had received numerous awards but never won the Nobel Prize.

He received the US Presidential Medal of Freedom in 2009 .

Stephen always enjoyed writing books. His best seller, 'A Brief History in Time' made terms like the Big Bang and black holes easy to understand. Other famous Stephen Hawking books include: A Briefer History in Time, On the Shoulders of Giants and The Universe in a Nutshell. Hawking had also co-written many books for children along with his daughter Lucy. His famous books for children include George's Cosmic Treasure Hunt and George and the Big Bang. Stephen Hawking IQ is estimated to be over 160.

Stephen Hawking was Director of Research at the Centre for Theoretical Cosmology at Cambridge University. He was a highly successful lecturer and author and had also authored several scientific lectures apart from his books. Using the equalizer, he was capable of speaking just 15 letters per minute. Stephen had been completely paralyzed but he was still a living legend.



SONG

MOVIE: AGNEEPATH (2011)

Abhi mujh mein Kahin

Abhi mujh mein kahin,
baaki thodi si hai zindagi
Jagi dhadkan nayi,
jaana zinda hoon main to abhi
Kuch aisi lagan
is lamhe mein hai
Yeh lamha kahaan tha mera
Ab hai saamne, ise chhoo loon zara
Mar jaaun ya jee loon zara
Khushiyaan choom loon
Ya ro loon zara
Mar jaaun ya jee loon zara.

Ho abhi mujh mein kahin,
baaki thodi si hai zindagi

Ho.. dhoop mein jalte hue tann ko,
chhaya ped ki mil gayi
Roothe bachche ki hansi jaise,
phuslaane se phir khil gayi
Kuch aisa hi ab mehsoos dil ko ho raha hai
Barson ke puraane zakhmon pe marham laga sa hai
Kuch aisa reham is lamhe mein hai
Ye lamha kahaan tha mera
Ab hai saamne, ise chhoo loon zara
Mar jaaun ya jee loon zara
Khushiyan choom loon
Ya ro loon zara
Mar jaaun ya jee loon zara

Dor se tooti patang jaisi,
thi yeh zindagani meri
Aaj hoon kal ho mera na ho
Har din thi kahaani meri
Ek bandhan naya peechhe se ab mujhko bulaaye
Aane wale kal ki kyun fikar mujhko sataa jaaye
Ik aisi chubhan, is lamhe mein hai
Yeh lamha kahaan tha mera
Ab hai saamne, isse chhoo loon zara
Marr jaaun ya jee loon zara
Khushiyaan choom loon
Ya ro loon zara
Marr jaaun ya jee loon zara..

RESOLUTION

THE PLEDGE

We resolve to take our moral responsibilities towards the right path, for it increases our self esteem and success.

ASPIRE TO INSPIRE



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

LET'S STEP OUT...



1. Select a student who shows signs of responsibility. Ask all other students to narrate what exceptional qualities he possesses.
2. Take students to meet parents of a responsible boy. Let these parents talk about their son and how he has got so responsible.
3. Let children give examples of personalities who have shown great deal of responsibility in their lives.

WHAT MORE!!

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

EK CHHOTEE PAHAL



INTRODUCTION

Patriotism or national pride is the feeling of love, devotion and sense of attachment to the homeland. Patriotism is associated with serving your country. Either way we celebrate our country or make it stronger is a great display of patriotism. Patriotism has deep roots and long continuity in our history. Great patriots are recognised not just by their own citizens but by nationalities everywhere. Our greatest patriots emerged in times of crisis; Lal Bahadur Shastri spoke for it, as did Gandhiji and Bhagat Singh. Many of our unsung heroes were Special Branch officers working undercover, their mission so secret that their families did not even know. They certainly did not wear patriotism on their sleeve.

True patriots are those who study or work hard, are efficient and productive, contribute to the economy and pay taxes, and are law-abiding and courteous on the road and wherever they go. Patriotism does not simply entail loving India, patriotism also entails each Indian, young and old, making active, healthy and positive contributions to the development of the country. It entails having enough passion for this country to comment on the issues that affect the country.

Being a good patriot is caring about your family, relatives, neighbours, friends, community and also being proud of where you come from. Pride of Self, Pride for Nation.



LIFE SKILL QUESTIONS

1. What is the importance of Patriotism?
2. What is not a word that describes Patriotism?
3. What does it mean to be free? What are the responsibilities that go along with freedom?



QUOTES

- "The essence of patriotism is the sacrifice of personal interest to public welfare." **- William H. Burnham**
- "Patriotism is a thing of the heart. A man is a patriot if his heart beats true to his country." **- Charles E. Jefferson**
- "Patriotism is not the same as nationalism, because love of country is not the same as worship of country." **- John Chandler**
- "Patriotism consists not in waving the flag, but in striving that our country shall be righteous as well as strong." **- James Bryce**
- "Your pride for your country should not come after your country becomes great; your country becomes great because of your pride in it." **- Idowu Koyenikan**

पिता : रमेश ! अद्य अस्माकं क्षेत्रे गमनीयम् अस्ति |
Father : O Ramesh, today we have to go to our field.
रमेश : भवतु | किन्तु किमर्थं गमनीयमस्ति ?
Ramesh : Ok. But why do have to go?
पिता : तत्र गत्वैव कथयिष्यामि |
Father : I will tell after reaching there.
रमेश : भवतु | चलन्तु |
Ramesh : Ok. Let's go.
पिता : त्वं यत् क्षेत्रं पश्यति तत् मरुभूमिः वर्तते | अत्र प्रयत्नेन फ़लद्रुपाभूमिः सम्पदनीया वर्तते |
Father : The field that you see is a waste land. We have to make it fertile with hard work.
रमेश : तत्कयारीत्या भवितुमर्हति ?
Ramesh : How can that be?
पिता : प्रयत्नेन लघुप्रयासेन भवितुमर्हति |
Father : It can be done with little efforts.
रमेश : लघुप्रयासेन कथम् ?
Ramesh : How do we do with little effort?
पिता : त्वम् अत्र वृक्षारोपणं कुरु |
Father : You plant trees here.
रमेश : तेन किं भविष्यति ?
Ramesh : What will happen with that?
पिता : तेन एषा मरुभूमिः हरिता भविष्यति एवं वर्षा अपि आगमिष्यति |
Father : It will be filled with greenery and it will rain also.
रमेश : यदि मम एकस्य लघु प्रयासेन भवितुमर्हति तर्हि अहं अवश्यं करिष्यामि |
Ramesh : If this can be achieved with a small initiative like that, then I will definitely do it.

SANSKRIT SHLOKAS

योजनानां सहस्रं तु शनैर्गच्छेत् पिपीलिका |
अगच्छन् वैनेतेयोपि पदमेकं न गच्छति |

Even a tiny creature such as ant can move ahead miles together if it keeps on walking consistently. But if an Eagle does not move and keeps sitting, then it can't move even an inch ahead.

प्रयत्नः खलु कर्तव्यः साफ़ल्यं सुलभं भवेत् |
पिपीलिकाः प्ररोहन्ति दुर्गममुत्तुङ्गं नगम् ||

To be successful in life, efforts should be made. Ants cross the inaccessible and high mountains by moving consistently though slowly.

POETRY

I love my India, I love my Nation
Every dust is my God's creation
People, hill, and stones are divine
Rivers are silver and crops shine
Forgive and be kind is the witness
Holy soul and sturdy body is a fitness
Yog, Viyog, And Sanyog is a lifestyle
Unlearn past and make the new smile
Righteousness is the plain living
The purity no misgiving no grieving
Balanced parity and coequality
Help to growability of mentality
I love my India, I love my Nation
Sunrise teaches beyond the limitation
Wisdom gave sacred Veda's birth
World come to learn clean mirth
I love my India, I love my Nation
Everyone leads a life of salvation
Nobility is a teacher of a generation
Each day is the festival celebration.



MORAL STORIES

1. SHYAMU AND THE ISLAND

There was a beautiful Island in the Indian Ocean. People were friendly and lived in harmony. The island was self-sufficient and to protect themselves from unwanted disturbances, they had erected a tall wall for their protection.

One day the Sarpanch of the Island called for an emergency meeting. He explained that while taking a walk around the island with some friends, he noticed that there was a crack developed in the walls of the island. He required some people with the expertise to mend the wall. Four of the Island people volunteered. So, it was decided that next day, early in the morning they would gather under the Banyan tree with all the tools and materials. They parted ways and all went off in deep thoughts.

All this while, a small boy aged 12 years old, Shyamu, was quietly listening to the meeting. After the elders parted ways, he thought "Why wait for morning. Let me go and see the situation." Off he went through the small jungle to the destination.

When he approached the site, he was surprised to see that the crack had developed into a hole and the sea water was already seeping inside!

Quickly he made up his mind. He realized that if he goes to the village, the hole might get bigger and the island might not survive with its people! So, without hesitation, he closed the hole with his finger which was fitting perfectly. However, this would entail him standing there till morning! But it would save the island and its people. That thought gave him courage and motivated him to stand there throughout the night.

Next morning when the Sarpanch and the volunteers arrived, they saw Shyamu tired and ready to fall off. They

quickly realized what Shyamu did. They relieved him, carried him to the village and the rest of the volunteers repaired the wall.

Next day Shyamu was sitting under the Banyan tree when the Sarpanch happened to pass by. He praised him, thanked him and was very proud of him that he did such a wonderful deed to save the island and its people.

2. TRUE STORY

I put my cabin-baggage in the luggage compartment and sat down in my assigned seat. It was going to be a long flight to Delhi. I'm glad I have a good book to read. Perhaps, I will get a short nap! He thought to himself.

Just before take-off, a few soldiers came down the aisle and filled all the vacant seats, totally surrounding Pratik. I decided to start a conversation!

"Where are you guys headed?", I asked the young soldier seated next to me.

"Agra! We'll be there for two weeks for special training, and then we will be deployed for operations."

After flying for about an hour, an announcement was made that lunch packs will be made available on payment. It would be some time before we reached Delhi. So, I quickly decided a lunch would help pass the time.

As I reached for my wallet, I overheard a soldier ask his buddy if he planned to buy lunch?

"No, that costs a lot of money! Probably wouldn't be worth it! I'll wait till we get to Delhi", his buddy replied.

I looked around at the other soldiers. No one was buying lunch.

That's when I walked to the back of the plane and handed the flight attendant enough money to cover for sufficient number of lunch pack to cover all the soldiers, and told her "Take a lunch pack each to all those soldiers!"

She grabbed my arms and squeezed tightly. Her eyes

wet with tears, she thanked me, and said, "My younger brother was a soldier in Kargil, it's almost like you are doing it for him!"

Picking up the lunch packs, she headed up the aisle to where the soldiers were sitting.

She stopped at my seat and asked, "What do you like best – Vegetarian or chicken?"

"Vegetarian," I replied, wondering why she asked?

She turned and went to the front of plane, returning a minute later with a dinner plate from the First Class, and said "This is yours!"

After we finished eating, I went again to the back of the plane, heading for the rest room. An old man stopped me. "I saw what you did. I want to be part of it. Here, take this!" He handed me a Rs 500/- currency note.

Soon after I returned to my seat, I saw the Captain of the flight coming down the aisle, looking at the seat numbers as he walked. I hoped he wasn't looking for me, but noticed he was looking at the seat numbers on the side of the plane where I was sitting. When he got to my row he stopped, smiled, held out his hand, and said, "I want to shake your hand."

Quickly unfastening my seat-belt, I stood up and took the Captain's hand. With a booming voice he said, "I was an Air Force pilot a long time back. Once someone bought me a lunch. It was an act of kindness I never forgot." I was embarrassed when applause was heard from all of the passengers.

Later, I walked to the front of the plane so I could stretch my legs. A kid who looked about 18-years of age was sitting about six rows in front of me, reached out his hand wanting to shake mine. I felt him stick a currency note in my palm.

When we landed, I gathered my belongings and proceeded to deplane. Waiting just inside the aeroplane door was a man who stopped me, put something in my shirt pocket, turned, and walked away without saying a word.

Another currency note it was!

Upon entering the terminal, I saw the soldiers gathering for their trip ahead. I walked over to them and handed them all the currency notes that were given to me on the flight by several people and said, "It will take you some time to reach Agra. It will be about time for a sandwich. May God Bless You! And thank you all for doing whatever you do."

The young men of honour left that flight feeling the love and respect of their fellow countrymen. As I walked briskly to my car, I whispered a prayer for their safe return. These soldiers were giving their all for our country. I and a few fellow passengers could only give them a couple of meals. It seemed so little....."

A Serviceman is someone who, at one point in his life, wrote a blank cheque made payable to 'India' for an amount of 'Up to and including my life.'

That is Honour!"

As narrated by Pratik P. Surana on his blog

3. THE GREAT PATRIOTIC LEGEND

Freedom is not free. True freedom comes from various virtuous qualities such as discipline, commitment, perseverance, and courage. Because of the sacrifices of our great patriots, we are enjoying freedom today. This is an inspiring story of one of the great Indian patriotic legends.

There was a boy of age 12 in the year 1918. His name was Chandrashekar Tiwari. Once the boy was sitting in the class. After some time he heard the slogans from outside.

He took permission from his teacher and went out to see what was happening. He saw a sage leading some group. Then he came to know that it was a freedom movement.

Suddenly there was a change in the situation. He saw some British officers attacking the crowd and hit the sage. This young patriotic boy felt very angry to see this. He took a stone and hit the British officer. The policemen attacked

the boy to catch. But he escaped from the place.

The next morning the police submitted the boy to the court. The judge asked the boy to tell his name. the brave boy told his name as “Azad” which means freedom. The judge was shocked.

He asked the boy to tell his father’s name. the boy replied saying “Swadheenata”. Then the judge with anger asked his last question, “Tell your address”.

The boy laughed and replied that he likes to be in jail and that was his permanent address. Then the judge gave him the punishment to beat the boy 12 times with a wet lather rope by a fat healthy person.

The boy told that it was a shame for his act to get only 12 so asked the judge to increase the punishment. But the judge refused, and the boy was taken to the place where he should be beaten.

The boy was made naked and the man started beating. It was so hard that the boy’s skin was torn. But the boy did not have tears but cried loudly “Vande Mataram”. For every beat, his voice increased.

After the beats, the jailer returned the boy’s dress. But the boy could not wear because the body was bleeding. He was given 12 paise to put a bandage.

The boy told to give the money to Queen Victoria and tell her that it was given by a young Indian patriot. The boy was none other than the great Legend “Chandrashekar Azad”.





You can watch the short film **“EK CHHOTEE PAHAL”** on YouTube

AKASH MEMORIAL HOSPITAL

Characters -

Nanaji, Akash, Akash's mother, elderly man and elderly woman, Bullock cart driver, Ajit and Naina. Narrator 1 and narrator 2.

ACT I

Location - Nanaji, naina and ajit sitting in their balcony on the swing having a conversation. Sounds of the garden in the building. A TV is on somewhere in the distance.

Ajit : Nanaji, what is patriotism?

Naina : It means going to jail like Gandhiji and Chacha Nehru or dying for your country like Bhagat Singh.

Nanaji : Yes Naina, you are right. But it also means a lot more. To be a patriot one need not die or go to jail. One can show one's love for one's country in many small ways.

Ajit : How?

Nanaji : By loving its culture and its people. Do you remember Ajit, on 26th after the Republic Day Parade a tune was being played?

Ajit : Yes Nanaji, as soon as the tune started you stood and continued standing till the end.

Nanaji : Do you know what the tune was?

Naina : I know, Nanaji. It was our national anthem – Jana gana mana...

Nanaji : Good. But do you know why I got up and stood to attention?

Naina : No, Nanaji. Why?

Nanaji : As a mark of respect to the national anthem. And unfortunately I was the only one to do so. Your father continued to read the paper and your mother went on with her conversation on the phone. Earlier in the cinema halls, at the end of the movie, the national anthem was played. But it was found that the people used to leave the hall midway, laughing, shouting and creating a racket. The Government then decided to play it in the beginning of the movie. The reason why I gave you this example is to explain to you that a person's patriotism can be reflected in simple day to day things like his respect for his language, his nation's anthem or flag and above all the love for his fellow countrymen.

Naina : Nanaji, I still don't understand. I thought patriotism was all about dying for one's country or making a big sacrifice.

Nanaji : Yes Naina, you are right. It is about big things but also little ones too. And remember, it is not the battlefield alone which produces patriots. In the battlefield of life too you will find many martyrs. Okay, let me tell you a story which will help you understand better.

Ajit : Yahoo! Nanaji. Tell me a story about dragons and dinosaurs.

Nanaji : No Ajit, I'll tell you a story about real people and their real problems. But not today; this Sunday I'll take you for a picnic to a small village around 100 KM from here. We'll spend the day there and return by night.

ACT II

Narrator 1: *On Sunday Nanaji, Naina and Ajit started very early on their 'picnic'. They took the first train to*

the village Himapet.

Narrator 2: *Two and half hours later they found themselves at a tiny and rather dusty railway station. They got down and stepped outside. A large well-built man wearing a white dhoti and kurta and sporting a huge turban greeted them with folded hands.*

Bullock Cart Driver : Namaste. Welcome to Himapet. Come. The carriage is waiting for you.

Narrator 1: *He led them to a bullock cart and much to Ajit's delight lifted and placed him on the cart. The cart trundled on for almost an hour till they finally reached the village. They alighted in front of a large brick house. An elderly man and woman came out, greeted Nanaji and fussed over the kids.*

Elderly man: Namaste. Welcome.

Elderly woman: Namaste. Hello my dear children. You must be Ajit and you Naina. Come, come inside and freshen up before I serve you breakfast.

Narrator 1: *Nanaji and they spoke in a dialect which Naina and Ajit found difficult to understand.*

ACT III

Narrator 2: *An hour later, after they had their breakfast Nanaji took them to a huge peepal tree where there was a platform. They sat down and Nanaji started his story.*

Nanaji : So, children, are you ready to hear the story now.

Ajit & Naina: Yes Nanaji. We are waiting for so long. Please start.

Nanaji : Ok. Around ten years ago there was a young man whose name was Akash. He was studying to be a doctor. After he completed his MBBS he worked hard and won a scholarship to USA. He

got his Masters degree and decided to come back. Along with him ten of his friends had also gone for higher studies to America. They all stayed back but Akash returned. Akash's father was not very happy with his son's decision. He was very proud that his son had got a foreign degree. He wanted his son to make America his home, earn a lot of money and finally invite his parents and sister also to settle down in America. But Akash was adamant. He said "My country has spent lakhs of rupees in educating me. I have to repay this debt. The only way I can do it is by serving the people here. And moreover, India and its villages need good doctors far more than rich countries like America."

Narrator 1: *There was silence and one could hear the villages sound in the background. Sound of village .....*

Naina : What finally happened Nanaji? Did Akash come back to India?

Nanaji : Yes child, he did. In the beginning he worked in a Government Hospital in the city. A year later an epidemic broke out in the nearby villages. When Akash learnt about that he just packed his bags and left. He didn't even inform his parents.

Ajit : Why?

Naina : Because they would have stopped him, silly. I have read that during epidemics, sometimes the doctors who are treating the patients also die.

Nanaji : Yes, Naina is right. Anyway, a week later Akash's father got a postcard from him saying that he was busy treating the patients and that the situation was very grim. However, Akash did not mention where exactly he was, fearing that his father would land up and try to drag him back.

ACT IV

Nanaji : Two weeks later his father received a phone call saying that Akash had been admitted in the City Hospital in a serious condition. His parents rushed to see him. He was in a very bad state. He could barely speak.

Akash father: Why are you torturing yourself, as well as us, son?

Narrator 2: His father asked him while his mother started sobbing.

Akash : I... I... can't help it father. I can't bear to see people suffer.

Akash's father: Your friends are enjoying life in America, earning loads of money and look at you here – fighting for your life. I can't understand what you are getting by doing all this. If you don't care about yourself at least spare a thought for your poor mother. Just see her condition. She has gone half mad worrying about you.

Akash : Father, I don't think I'll ever be able to convince you about my actions. All I can say is that I have the satisfaction that I have been able to save so many lives. Forgive me if I have tortured you. But... but please try to understand that I could not help it. I can't watch people dying all around me and not do anything.

Narrator 1: *After battling for a month Akash died in his mother's arms. The entire village was there at his cremation and there was not even one eye which was dry.*

Narrator 2: *The villagers decided to pay homage to Akash. They launched a drive to collect donations for building a small hospital in the village. They approached the local MLA who agreed to organise a hefty donation thinking that the hospital would be named after him. However, the villagers were adamant. They took the*

money, built the hospital and called Akash's parents for the opening ceremony. Akash's father inaugurated the hospital.

ACT V

Nanaji : Come, I want to show you something.

Narrator 1 : *Taking their hands in his he led them to a building a few hundred meters behind the peepal tree. They stopped in front of a blue board.*

Nanaji : Naina, please read what is written.

Naina : Akash Memorial Hospital – In memory of Dr. Akash Rai, who saved this village from death.

Narrator 2: *Naina looked at her grandfather. Nanaji's eyes were wet with tears.*

Naina : Nanaji, Akash Rai, but your surname is also Rai... was he your... ?

Nanaji : Yes, my child, he was my son. Your mother's elder brother. As a professor of Philosophy I always thought I knew everything about everything. But my son taught me the true essence of the term 'service' and the real meaning of the word 'patriotism'.

Narrator 1: *All of them stood silently and after some time the children held Nanaji's hand and squeezed it with reassurance.*

----END----



GAME

1. PATRIOTIC PLANT POT AND INDIAN FLAG RELAY RACE

Supplies: 3 unglazed terracotta plant pot, orange, white, green and blue acrylic paint, brushes

1. Paint the rim of the flowerpot orange and the lower part of the pot green. Once dry paint the centre white. Once it dries paint the chakra blue.
2. Let the paint dry. A second coat may be needed, especially for the white paint.

Have the children make small Indian flags and place them in 3 pots they painted filled with sand at the bottom.

1. Divide the children into two teams and have them run, grab a flag, and quickly walk back to the team line.
2. The next person must do the same. The team with all of the flags in hand the quickest wins!
3. Be sure to have the children take their pots and the flags home.



2. PATRIOTIC PING PONG BALL SPOON RELAY

1. Get small ping pong size balls in orange, white, blue and green. If not available get the children colour them in the said colours in equal numbers.
2. Divide the children into two teams, and provide each with a spoon and the 4 coloured ping pong balls. So, if we have 10 children in a team we will need 1 spoon, 4

different coloured ping pong ball of the Indian flag colour for each one in the team.

3. The children will balance the coloured ball (each colour at a time) according to the colour of the Indian flag; orange, white, blue and then green on their spoon. They will walk quickly from one end of the game area to the other and return.
4. If the ping pong ball drops, the team member must begin again from the first colour, that is from orange.
5. The first team with all members completing the flag colour with the relay race wins!

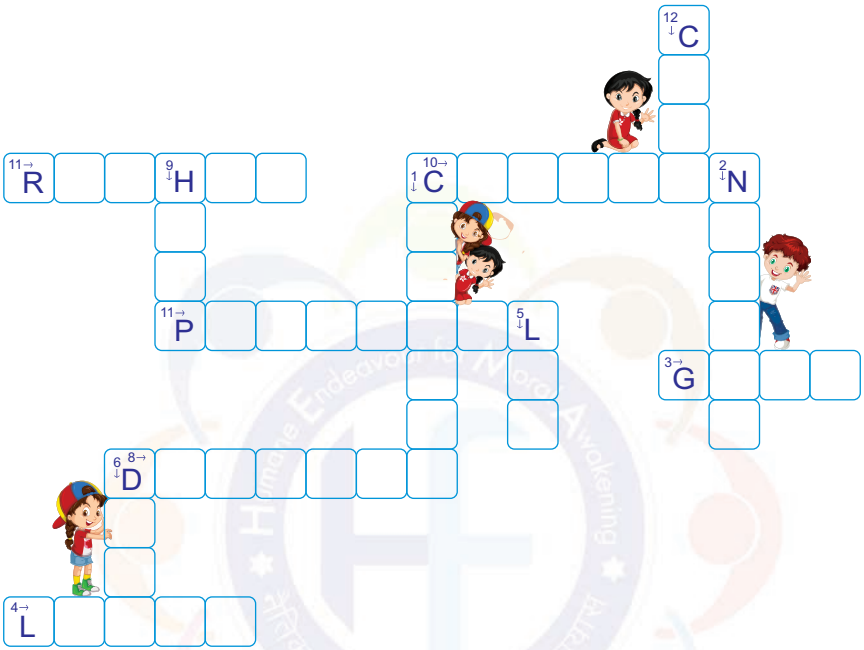
ANSWERS OF CROSSWORD :

1. Country	2. Nation	3. Good	4. Loyal
5. Law	6. Duty	7. Personal	8. Destroy
9. Help	10. Citizen	11. Rights	12. Care

ANSWERS OF SCRAMBLE :

• Nation • Loyal • Right • Prime • Sacrifice
Patriotism

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. Patriotism refers to the love one has for their_____. (7)
2. We should respect our _____. (6)
3. A _____ citizen is a blessing to society. (4)
4. We should be _____ to our country. (5)
5. We should obey _____ and rules to be a good citizen. (3)
6. We should have sense of our _____. (4)
7. We should take care of our national property as if it is

our _____ property. (8)

8. Don't _____ your historical monuments. (7)
9. We should help those who are in need of our _____. (4)
10. Every good _____ adds to the strength of a nation. (7)
11. Begin with duties of a man and _____ will follow as spring follows winter. (6)
12. We should take _____ of our national heritage. (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.

ONTINA

YOLAL

GIRHT

MERIP

IRCEFISCA

_____ is supporting your country and your government whenever is deserves.



PUZZLE

In the puzzle below, you have 16 words which are synonyms for **EK CHHOTEE PAHAL.** You will find them in different pattern. One of the words is done for you. Find the rest.

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

Words

Loyalty :
Nationalism :
Patriotism :
Faithfulness :
Attachment : **To increase the attachment of our people to the nation, our laws should be just.**
Devotion :
Honor :
Fidelity :
Zeal :
Flag :
Spirit :
Obedience :
Sincerity :
Duty :
Resolution :

CASE STUDY



MANGAL PANDEY

Mangal Pandey, born on July 19, 1827 in the village of Nagwa, district Ballia, Uttar Pradesh. Mangal Pandey was introduced to Indian history as the first freedom fighter and martyr of 1857. He is popularly named 'Shaheed Mangal Pandey' because he was the first Indian sepoy who woke up the Indian masses to fight for the nation. Mangal Pandey, at the age of 22 joined the British East India Company as a soldier in the 34th Regiment of Bengal Native Infantry. He was a true freedom fighter who gave a spark to the First War of Indian Independence. The British termed it as Sepoy Mutiny 1857 as it was a mass revolt of Indian soldiers in the British Army.

The main reason of Sepoy Mutiny was the Pattern 1853 Enfield rifled musket. To load a new rifle, the soldiers had to bite the cartridge and open to pour gunpowder into the rifle's muzzle. There was a widespread rumor that these cartridges were greased with lard or tallow. Lard is the pork fat which the Muslims regarded as unclean and tallow is the beef fat which the Hindus regarded as sacred. The British army constituted 96% of Indians and so both the Hindus refused to accept these cartridges. Everyone had a firm belief that this was done intentionally and this discontent turned into a major revolt.

Mass revolt forced Pandey to attack his British sergeant on the parade ground, besides wounding an adjutant. A native soldier stopped him from killing them. The officer in charge ordered a Jamadaar of the troop to arrest Pandey but he refused to do so. Mangal tried to commit suicide to light the flame of nationalism in the hearts of millions of Indians but he failed to do so. He was then captured and sentenced to death on April 8, 1857 in Barrackpore. March 29, 1857 is considered to be a day when Mangal Pandey reaped the seed for a struggle which gave India her freedom.



SINDHUTAI SAPKAL

Sindhutai Sapkal was Born on 14th November 1948, Sindhutai saw this world from the eyes of a cattle grazing family in the Wardha district of Maharashtra. Always considered unnecessary, she was named 'Chindi', which means a torn cloth, by the society. But the young Sindhutai's hunger to learn more was omnipresent. Instead, her passion to the help the helpless and wronged aggravated. Settling in the Navargaon forest in Wardha after marriage, she strongly opposed the exploitation of village women. Little did she knew, that her fight would change her life for the worse. This raised a rejection for her from the community.

It was during these experiences of poverty, abjection and homelessness that Sindhutai came across dozens of helpless orphans and women who were blatantly ignored by the society. She started adopting these orphans and worked and sometimes begged incessantly to feed them.

After years of hard work, she raised her first Ashram at Chikaldara. She travelled across villages and cities to raise money for her Ashrams. Many a time she even had to fight for the next meal due to lack of funds. But Sindhutai never stopped. Till date, she has adopted and nurtured over 1200 orphaned children. They fondly call her 'Maai'. Many of her adopted children are now lawyers and doctors.

Sindhutai Sapkal has received around 270 awards from various national and international organizations. She has founded numerous organizations across Maharashtra which provide education and shelter to thousands of orphans. Even today, at the age of 67, Sindhutai Sapkal works relentlessly to shape the future of these orphans because she believes that a deprived child means a deprived nation.



AUNG SAN SUU KYI

Aung San Suu Kyi was born on June 19, 1945 in the city of Rangoon, Burma. General Aung San Kyi and Daw Khin Kyi brought her into the world. Her father's death was one of the main reasons for her to fight for peace and interdependence for the Country Burma. She was educated in the city of Rangoon until she was fifteen years old. While in Burma she joined the pro-democracy movement, which was pushing for political reforms in Burma.

She addressed a half million people in a rally at the famous Shwedagon Pagoda in Rangoon. She had preached to these people and called for a democratic government so that the people of Burma could experience freedom.

The elections were going to be held in May of 1990 in which she was declared ineligible. Even though she was unable to run in the election the National League for Democracy had a landslide victory even without her present. She would spend the next six years of her life at her lakeside villa in Rangoon to serve her house arrest. She wrote many speeches and books that were published. During this time she received many awards dealing with her great aspiration toward peace. However, maybe her greatest honor was the Nobel Peace Prize that she won on October 14, 1991. With her prize money of 1.3 million dollars she established a health and education trust for the people of Burma.

She keeps on fighting for democracy and freedom in her homeland of Burma. She has dedicated her life to the citizens of Burma so that they can experience the freedom that they deserve. She has secured her name in Burmese history and will forever fight for democracy.



MOVIE: DILJALE (1996)

Mera Mulk Mera Desh Mera Yeh Watan

(Mera Mulk Mera Desh Mera Yeh Watan
Shaanti Kaa Unnati Kaa Pyaar Ka Chaman) ...2
Is Ke Waaste Nisaar Hai Mera Tann Mera Man
(Aye Watan, Aye Watan, Aye Watan
Jaaneman Jaaneman Jaaneman)...2
Mera Mulk Mera Desh Mera Ye Watan
Shaanti Kaa Unnati Kaa Pyaar Ka Chaman
Aaa Haa Aaa Haa....Aa....2 Hoo... Oooo...
Iski Mitti Se Bane Tere Mere Ye Badan
Iski Dharti Tere Mere Waaste Gagan
Isne Hi Sikhaya Humko Jeene Ka Chalan
Jeene Ka Chalan...
Is Ke Waaste Nisaar Hai Mera Tan Mera Man
Aye Watan, Aye Watan, Aye Watan
Jaaneman, Jaaneman, Jaaneman
Mera Mulk Mera Desh Mera Ye Watan
Shanti Ka Unnati Ka Pyaar Ka Chaman
Apne Is Chaman Ko Swarg Humm Banayenge
Kona-Kona Apne Desh Ka Sajayenge
Jashn Hoga Zindagi Ka Honge Sab Magan
Honge Sab Magan...
Is Ke Waaste Nisaar Hai Mera Tann Mera Man
Aye Watan, Aye Watan, Aye Watan
Jaaneman, Jaaneman, Jaaneman
(Mera Mulk Mera Desh Mera Ye Watan
Shanti Ka Unnati Ka Pyaar Ka Chaman....2
Is Ke Waaste Nisaar Hai Mera Tan Mera Man
(Aye Watan, Aye Watan, Aye Watan
Jaaneman, Jaaneman, Jaaneman)....2

RESOLUTION

THE PLEDGE

Let us resolve to take care of our country's property in small ways leading to bigger

ASPIRE TO INSPIRE



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

LET'S STEP OUT...



1. Ask children to state what things do they identify as country's property. Give examples first, like railway station, buses, public garden, trains etc.
2. Ask children what would they do if they -
   i) Find someone disfiguring the wall
   ii) Find somebody damaging seat in a bus
3. What qualities are necessary to develop concern and care for property which is not our personal, but belongs to every one of us?

WHAT MORE!!

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

सफलता के ग्यारह सूत्र

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

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

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

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

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

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

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

8. **धैर्य (patience):** कार्यों में विलम्ब अथवा बाधाएं आती हों तो संयम सहयोगी होगा व संकेत करेगा कि कार्य में ऐसे क्षण भी आते हैं।

9. **श्रेय (credit):** श्रेय देते रहने से उत्साह बढ़ता है व पूरी टीम सक्षमता/दक्षता की ओर अग्रसर होती है।

10. **मैं (I/my self):** मैं से कार्यों में विघ्न की संभावना रहती है तथा अहंकार का भाव निर्मित होता है।

11. **प्रामाणिकता (trustworthy):** सफलता तभी मिलती है जब कार्यों में प्रामाणिकता हो।

-रामेश्वरलाल काबरा

(चेयरमैन - आर आर ग्लोबल)



Swami Vivekananda

- **Take up one idea. Make that one idea your life – think of it, dream of it, live on that idea. Let the brain, muscles, nerves, every part of your body, be full of that idea, and just leave every other idea alone. This is the way to success.**

- **Whatever you think that you will be. if you think yourself weak, weak you will be; if you think yourself strong, strong you will be.**

- **Our duty is to encourage every one in his struggle to live up to his own highest ideas, and strive at the same time to make the ideal as near as possible to the Truth.**

- **The great secret of true success, of true happiness, is this: the man or woman who asks for no return, the perfectly unselfish person, is the most successful.**

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