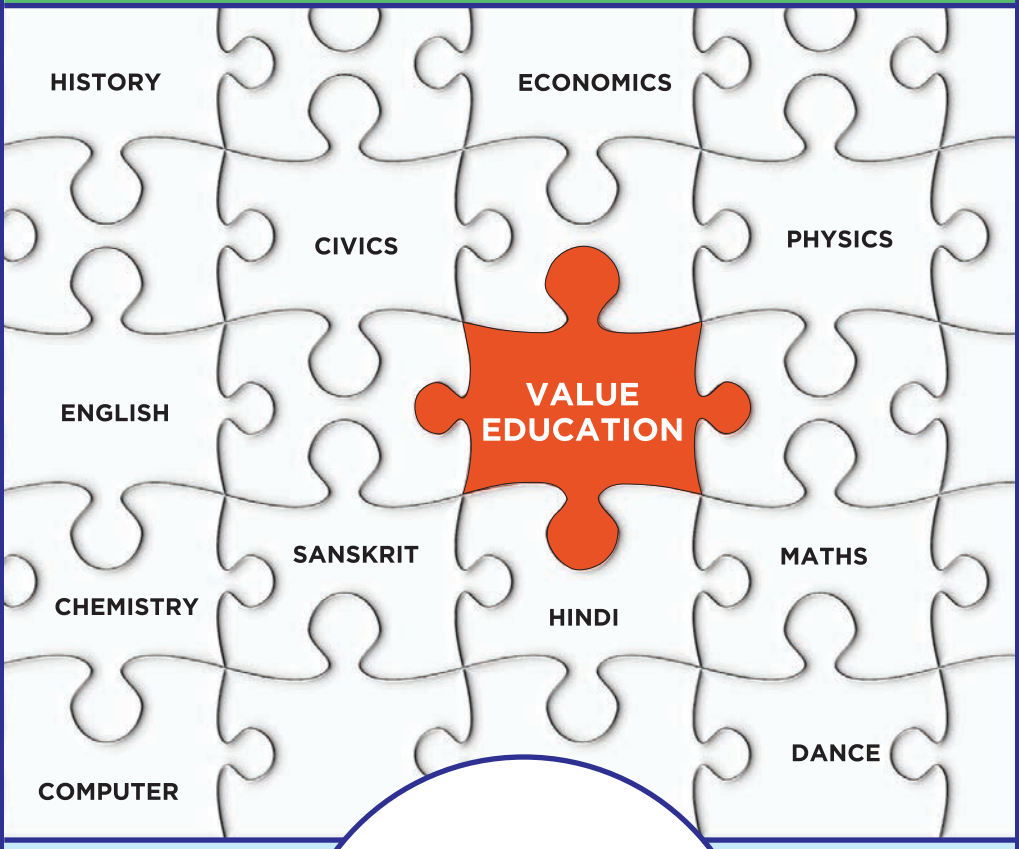
Hem Disha – STD 7

Value Education (Teacher's Guide)

giving wings to YOUR dreams



Humane Endeavour for Moral Awakening

HEMA FOUNDATION

नैतिक जागृति हेतु मानवीय प्रयास

In the loving memories of



SMT. HEMAJI KABRA

25th June 1960 - 5th April 2013

Hem Disha – STD 7



(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 schedule.

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

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

Thank You,



Mahendra Kabra
Managing Trustee



Anita Maheshwari
Trustee & Creative Director

"वसुधैव कुटुंबकम्"

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



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

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

Vision

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

Mission

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

AN IMPORTANT READ

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

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

INTRODUCTION

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

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

NATIONAL POLICY ON EDUCATION, 2005

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

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

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

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

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

MEANING OF EDUCATION

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

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

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

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

VALUES

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

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

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

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

VALUE SYSTEM CONTAINS

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

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

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

CLASSIFICATION OF VALUES

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

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

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

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

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

Moral Values : Principles and directives, which enables us

to follow the correct and right path.

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

NEED FOR HUMAN VALUES IN THE SOCIETY

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

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

MEANING OF VALUE EDUCATION

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

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

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

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

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

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

10. Empathy **11.** Universalism

ROLE OF PARENTS

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

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

ROLE OF TEACHERS:

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

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

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

ROLE OF TEACHER IN SOCIETY

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

CONCLUSION

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

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

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

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



THE STRUCTURE

HEM DISHA

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

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

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

- **ASPIRE TO INSPIRE:**



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

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



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

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

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



VALUE THE VALUES TO REMAIN VALUED

GUIDELINE

How to use the book HEM DISHA

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

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

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

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

Daily:

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

i) Quotes in Hindi, Sanskrit or English

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

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

Weekly:

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

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

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

ii) Screening the film

iii) Encouraging the students to tell what they have learnt

iv) Resolution

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

Assign an inspirational play for next week.

Week 2:

i) Inspirational play

ii) Moral lessons and discussions

iii) Resolution

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

Assign poetry and Sanskrit Samvad for next week

Week 3:

i) Poetry, Sanskrit Samvad and games

ii) Learning from the activities

iii) Resolution

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

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

Week 4:

i) Scramble, crossword, puzzle

ii) Song

iii) Resolution

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

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

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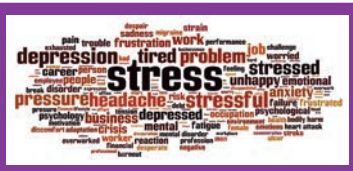

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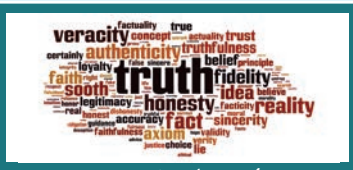


THE IMPORTANCE OF TRUTH

SADBHAV



INTRODUCTION

When we meet strangers who smile at us we automatically respond with a smile. We may not know them but their smile makes us happy. We may even offer them a seat in a bus or train. This is because politeness help win over friends as well as enemies. Politeness is the art of behaving in a pleasant manner. Politeness costs nothing, and yet it is a very valuable possession. The tradesman who is not polite soon loses customers. Many boys and girls seem almost incapable of being-polite. When they speak to any one, they do so in a rude and even vulgar manner.

Qualities of a polite person:

- In reply to a question, they always say 'Sir' or 'Madam'.
- When they receive anything, they are sure to say 'Thank you'.
- When asking a favor they are careful to say 'If you please'.
- They are equally polite at home. In dealing with their parents, brothers, or sisters for anything.



LIFE SKILL QUESTIONS

1. Why should we be polite to people?
2. How do we respond when people are rude to us?
3. Have you ever felt you were rude to someone?



- “Politeness and a sense of honor have this advantage: we bestow them on others without losing a thing.”
  - Baltasar Gracian

- “Politeness is the outward garment of goodwill.”
  - Julius Charles Hare

- “True politeness is perfect ease and freedom; it simply consists in treating others just as you love to be treated yourself.” **- B. H. Smart**

- “Treat everyone politely, even those rude to you; not because they are nice, but because you are.”
  - Jean Cherni

- “Politeness doesn't require actual humanity. It's just cultural ritual.” **- Karen Kilgariff**



SANSKRIT SAMVAD



आचार्य : (आगत्य) भो छात्राः ! किमर्थं विवादं कुरुथ ! अस्माभिः सहभावः धातव्यः ! संघस्य महत्वं ज्ञायते ?

Teacher : O students, why are you arguing in vain? We should live in good faith. Do you know the importance of good faith?

छात्रा : न न किमस्ति?

Students: No, what is it?

आचार्य : यदि वयं परस्परं विवादं करिष्यामस्तर्हि अन्य अस्माकं विवादस्य लाभं नेष्यति !

Teacher : When we have a disagreement with each other, someone else takes advantage of our dispute.

मेघ : कया रीत्या प्राचार्याः ?

Student : How Teacher?

आचार्य : अन्य अस्माकं भेदेन स्वकारणि साधयिष्यति ! अस्माकं कार्यं नैवं भविष्यति !

Teacher : Others will do their work secretly and our work will be left undone.

करण : आम् ! तर्हि सहभावेन तु महदपि कार्यं झटिति भविष्यति !

Karan : Yes, by staying together, the big work will also get completed quickly.

आचार्य : आम् ! एवं युष्माकं विध्या अपि तदैव सर्थिकी यदा यूयं संघे कार्यं कर्तुं शक्नुयाय!

Teacher : Is it? Your learning will is meaningful only when you work cooperatively.

मेघ : भवतु ! निश्चितमहे यत्सहभावेन एव सर्वं साधयिष्यामः !

Medh : Okay. So, we decide that we will do all the work with harmony and cooperation.

SANSKRIT SHLOKAS

महानुभावसंसर्गः कस्यन्नोन्नति कारकः !
रथाम्बु जाह्नवीसंगात्रि , दशैरपि वन्ध्यते !!

The body becomes holy like Gods, when it is cleaned in holy water of the Ganges. In the same way, who one progresses due to harmony and contact with older people.

महानुभावसंसर्गः कस्यन्नोन्नति कारकः !
पद्मपत्रस्थितं वारि, धत्ते मुक्ताफ़लश्रियम् !

A water drop falling over a lotus flower becomes a pearl. In the same way, wise men achieve progress by remaining in contact with the great men.

POETRY

Be Polite

I think it's fun to be polite,
to say Good morning and Good night,
and Thank you too, and if you Please,
there are no nicer words than these,
unless perhaps it is Hello,
or Sorry I stepped on your toe.



MORAL STORIES

1. THE KING AND TWO PARROTS

Once upon a time, a tribal king who was hunting in the forest caught two parrots in his nest. He was very pleased with this and thought that he would teach the parrots to talk and his children would be happy to play with the talking parrots.

As the tribal king was returning home with his catch, one of the parrots somehow escaped from the net and flew away to the other end of the forest. At the other end of the forest was a sage's hut. The parrot that escaped started living there with the sage. The other parrot was carried to the tribal king's home and he began living there with the tribal king and his family.

Many months later, one day, a king from a nearby kingdom was passing through the forest on his horse. While riding, he came near the tribal king's house. As he came nearer to the house, the tribal king's parrot who was kept in a cage outside the house, started shouting loudly, "Who is there? Catch this man who is coming here and beat him black and blue."

The king was displeased on hearing the parrot talk in such a filthy way and decided to ride in the other direction. Soon, he reached the other end of the forest where the sage's hut was situated. When the king came closer to the hut, the sage's parrot, who was also kept in a cage outside the hut, said politely, "You are welcome, dear sir. Please come in and have a seat. Would you like a glass of water and some sweets?" After having welcomed the guest with proper manners, the parrot called out to his master, "Guruji, you have a visitor. Please take him inside and offer him some refreshments."

The king was amazed to see the intelligence and manners of this parrot. He realized the contrast between

the tribal king's parrot who was extremely rude and the sage's parrot who was polite and courteous. He understood that a good environment and training always give better results and that a man is known by the company he keeps.

2. THE GOAT AND HIS MASTER

There was a goat in Mercer. He had a kind owner, who grew him with love. One day, the goat thought: "My master has taken good care of me. I owe him." So he went to his master and said “Go to a rich merchant and tell him that your goat can pull a hundred carts. Make a bet of a hundred gold coins.” His master thought he was dreaming. But still he went to the merchant and did the wager.

And as the carts were loaded, the owner got greedy thoughts in his head: "With the money that I get I’ll buy more goats. Then I’ll do more bets. Then I’ll be the richest man in town!" With such greedy thoughts, he said: “Move, you rascal! Move!”

The goat thought: “He calls me rascal! I won’t move!” So the goat stayed there.

“Why is my goat not moving?” His owner thought.

“Sir! You’ve lost a 100 gold coins!" the merchant said.

The goat’s owner left home sadly. But the goat didn’t give up.

He went to his master and said: "All is not lost. Go to the merchant again. Make a bet of 200 gold coins this time. But remember, don’t call me a rascal again!”

The owner of the goat did so. And so it was a 200 gold coin bet. This time, the master said: "Now my fine fellow! Move the carts along." And the goat did.

The owner got 200 coins and he went home as a happier, wiser and richer man.

3. HAVE GOOD FEELING

Once there was a small boy named Shankar. He belonged to a poor family. One day, he was crossing through the forest carrying some woods. He saw an old man who was very hungry. Shankar wanted to give him some food, but he did not have food for his own. So he continued on his way. On his way, he saw a deer who was very thirsty. He wanted to give him some water, but he did not have water for himself. So he went on his way ahead.

Then he saw a man who wanted to make a camp but he did not have woods. Shankar asked his problem and gave some woods to him. In return, he gave him some food and water. Now he went back to the old man and gave him some food and gave some water to the deer. The old man and the deer were very happy. Shankar then happily went on his way.

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

Moral: If you help others, then they will also help you.





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



INSPIRATIONAL PLAY

Character -
God, Priest, Constructor, Candidate 1, Associate, Narrator.

Narrator : *The scene of the night. An old man was sleeping on the mat. Just then on the stage there is a light spreading from one corner and a divine voice is heard In the midst of light, like a shadow of Shri Ram (or just light and a voice).*

God : Ramsharan! I am really impressed with your devotion and services. You have started a lot of other public services by means of this temple of mine. Now I want you to come to me. Now, you will have to find a successor for yourself, so that this public service goes even after you. Now, you will have to delegate your good work to somebody who is as devoted as you. Complete this work immediately."

Narrator : *With this the light spreads on the stage. The sun rises and Priest Ramsharan tries to remember his dream.*

Priest : Was it my dream or I really saw the Lord! Whatever may be the case, I should immediately find a successor for myself.

Narrator : *He hears the sound of the bell then. People have started visiting the temple and after that, they sit. After 8-10 people arriving, the priest says.*

Priest : My dear friends, mothers and sisters! 50 years before I had started worshipping God in a small temple here. I think that my time has come. By help and devotion of you, all this small temple has turned into a big temple trust today. By the charity that you all have given, we were able to make a hospital and school. Different types of

good deeds are going on. I want to thank you all.

One person : Oh Priest, why are you suddenly saying this today?

Priest : I am saying all this because my time to go is nearing. I want that instead of me a worthwhile person should be appointed as the main priest. On the next Sunday, I would like to interview the interested people and select the ideal candidate for this temple trust.

Constructor: This news is spreading like fire in the nearby villages. And many candidates have already come to give an interview for this post. The temple was located on a small hill and Priest Ramsharanji had decided a different way for the contestants. On Sunday, there is a huge rush in front of Ramsharan's office and the priest is meeting each and every candidate one by one.

Narrator : *On the stage, in one corner, Ramsharanji is sitting on a chair on the high seat. There is a chair or high seat in front also, on which one by one candidate sit and leave.*

Priest : Why do you want to become Chief Priest and Chief Director of this temple?

Candidate 1 : Because I am well aware of the complete process of puja and I have also studied the 'Shastras'.

Priest : Okay, you can leave. Why do you want to become Chief Priest and Chief Director of this temple?

Candidate 2: I know about different rituals and I have also studied till MBA. Hence, I think that I can perform these duties well.

Priest : Okay, please wait outside.

Constructor : This way, the priest talks to all the candidates. The time gets over. That time a young man walking briskly reaches there.

Narrator : *The young man has dust on them, the hair is not proper and he is panting too.*

Associate : Tell me. Whom do you want to meet?

Young Man: I have come to give the interview for the post of Chief Priest and director of the temple trust. I want to meet the Chief Priest.

Associate : But you have arrived very late. The Interview process is already over.

Priest : Ramgopal, Let him in.

Narrator : *The young man goes inside and touches the feet of Ramsharanji.*

Priest : What took you so long?

Young Man: Priest, I am a very punctual man and today also I would have reached on time but even after reaching the temple I got late reaching here.

Priest : I am not able to understand.

Candidate1: What is the meaning of wearing such dirty clothes? You want to show that you are very poor and thereby gain the sympathy of the Chief Priest?

Young Man: Priest, the way you had designated for us to reach the temple, had a lot of dust, stones and thorns lying in the way due to which other candidates were facing problems. I cleared them all due to which my clothes got dirty. After that, I almost reached the temple, when I saw an old man by the stairs. He was having fever. I took him to the temple trust hospital. Making all the arrangements for him there I got late. Even if you don't select me...no problems. I had to be here to serve that old man I suppose.

Priest : Not only for that old man, young guy. You are here today to serve the entire society. I declare you to be the new Chief Priest of the temple and Chief director of the temple trust.

Candidate 2: What's this? The Priest didn't even ask for his

caste or his knowledge about the "Shastras". And he selected the young man as his successor.

Priest : I had myself scattered the thorns and the dust on the way to the temple. You all saved yourself from the thorns and dust and reached here in time but nobody thought of the people who were coming behind you. I only had asked the old man to sit near the stairs acting like he was ill. You all saw him and some of you gave him some money and completed their moral duties. But nobody showed good faith towards him and tried treating him. I wanted a Chief Priest for this temple, who would look at Shri Ram's statue which is established here in each and every human being and would treat every human being equally in good faith and thus take the temple trust ahead.

Narrator : *Shri Ram had false plums that Shabri had given and that is a message to us to above the caste system. This young man has shown real devotion towards Shri Ram.*

Moral: There should be no discrimination in good faith. For humanity, we should always practice good faith.

----End----



GAME

1. TELEPHONE GAME

Along with speaking, listening also is an important aspect. We should listen to other people carefully and completely. Listening and speaking is something which people take for granted and moreover doing these tasks in an elegant manner is still a challenge for people.

Let us all form a circle and play the Telephone game.

The first player starts the game by whispering a phrase into the ear of the next player. No repeating! If the next player didn't quite hear it, well, that's part of the fun of the game! The next player then whispers what they think they heard to the following player, and so on. This continues until the phrase reaches the very last person.

The last player gets the most important part, announcing what phrase they heard! It's fun to get to see just how much it changed from one person to the next! The first player then goes on to state what the actual phrase was. The last player then gets to jump to the first player's position and so the game starts again. This can continue until each person has had a turn at choosing the initial word or phrase and a turn at being the one to announce it!

2. POLITENESS IN TALKING

The sense of gratitude makes others more comfortable. The sheer rudeness in talking makes others less interested in conversation, might be he/she will not listen to you completely or they will not care about what you are talking.

Being polite is a matter of etiquette; it's about respect, and being considerate of people's feelings, culture, and values.

Here are some pointers where one can identify politeness. The children get divided into groups and pick any situation where the pointers gets reflected. It can be in the form of a small skit/a real life situation/a conversation etc.

Pointers

1. Be gentle, don't insist much.
2. Be courteous.
3. Start a conversation with asking questions about other person.
4. Be graceful and show elegance.
5. Respond to the situations appropriately.
6. Start your conversation with proper greetings "Good Morning / Noon / Evening".
7. Use appropriate language keeping in mind the gender, race, religion.
8. Don't shout.
9. Apologise for your mistakes.

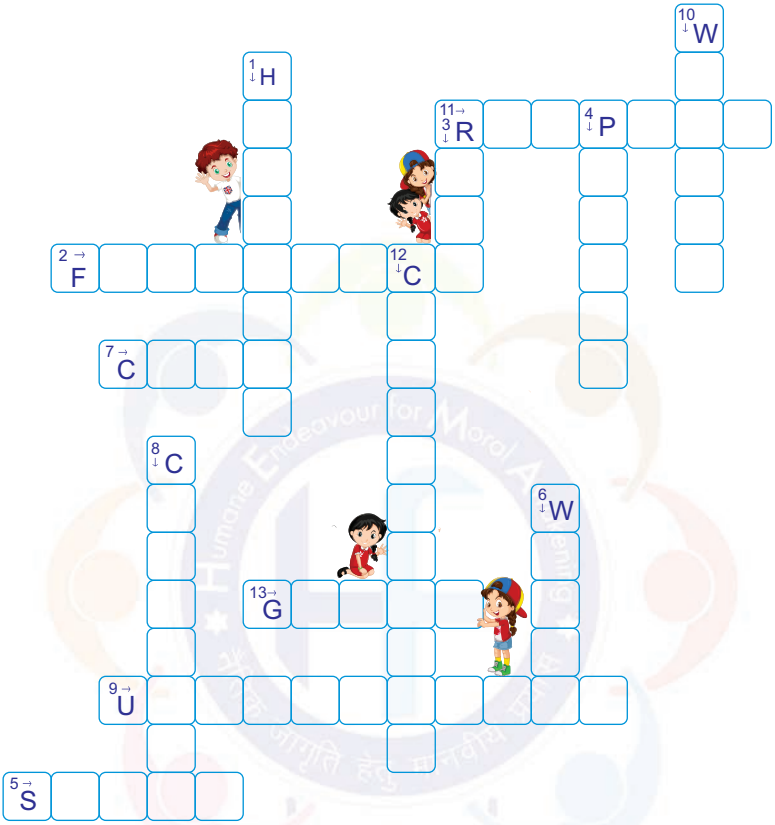
ANSWERS OF CROSSWORD :

1. Humanity	2. Fragrance	3. Rude	4. Polite
5. Smile	6. World	7. Cost	8. Cordinal
9. Understands	10. Warmth	11. Rapport	12. Communicate
13. Grace			

ANSWERS OF SCRAMBLE :

• Teach • Pleasant • Mild • Social Politeness

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. Service to..... is service to God (8)
2. A good thought is like a..... (9)
3. We should never be ..... (4)
4. Be.....even if others are not. (6)
5. Greet everyone with a ..... (5)

6. Be the change that you want see in the..... (5)
7. Politeness.....nothing but still is valuable. (5)
8. Leadership must be likeable, affable, _____, and above all emotional. (8)
9. Love _____ all languages. (11)
10. A smile's_____comes from the fire within the heart.(6)
11. Varun's _____ with everyone is very good. He is charming, cordial and matured. (7)
12. Being a good host is about able to _____ and build up a rapport with the audience. (11)
13. _____ can warm soul of worry and melt a heart of bitterness. (5)



SCRAMBLE

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

AHCTE

ANTSCEAP

LIMD

LOCIAS

Treat everyone with_____even if they are rude to you.



PUZZLE

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

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

Words

Goodwill : **They'd gone shopping at the local goodwill for their polyester outfits.**

Generosity :
Sympathy :
Cordiality :
Rapport :
Favor :
Harmony :
Altruism :
Grace :
Love :
Understanding :
Punctuality :
Humanity :
Warmith :

CASE STUDY



CHAKRAVARTI EMPEROR ASHOKA

Idealist and versatile, the precursor of human civilization and the ancient Indian history star Ashoka was a great emperor. As per historians of all ages, King Ashoka's time was the golden period

Ashoka was the son of Bindusara, in the Buddhist scriptures Deepavansha and Ashoka's mother's name was Shubhadagri. Bindusara had arranged to give an excellent education to all his sons. But Ashoka was the best and the wise in all of them.

Bindusara appointed Ashoka as a good leader of Ujjain for administrative education. Ashoka was very cloudy from childhood. Ashoka is counted among the greatest rulers of the world.

Sushim was the eldest son of Bindusara, but he was unable to suppress the rebellion in Takshshila only during the reign of Bindusara. Bindusara sent Ashok to Takshshila. Ashoka succeeded in establishing peace there.

Ashoka was successful in administrative work only during his father's reign. During 273 BC, when his father was ill, Ashoka was ruling Ujjain. On hearing the father's illness, he left for Pataliputra, but on the way, Ashoka got the news of the death of his father Bindusara. By reaching Pataliputra, he had to face those people who did not like him. Ashoka was too far from succession because him not being the successor. But the qualification of Ashoka meant that Ashoka was a better successor. Many people were also in favor of Ashoka. Therefore, with the help of them, and after a stringent struggle of four years, 269 BC Ashoka was formally enthroned in.

Ashoka, represented the sacrifice, charity, and generosity in the administrative field, and inspired humans to raise the

moral level that are not seen anywhere else in world history. Ashoka made many improvements to run the governance smoothly and appointed many Dharma-Mahapatra. Ashoka considered his people as his offsprings.

He appointed provincial princes in public interest. It is clear from Ashoka's sixth article that he was an efficient administrator. His message was every time when I take a morsel of food in, let me know the working conditions of those who produce that food for me. I wish to work everywhere in the interest of the people and there lies my interest and that is my business"

He sent his son Mahendra and daughter Sangamitra to the Buddhist campaign in Sri Lanka, to be the spokespersons for Buddhism and enabled them to create most of the rock inscriptions



NEERJA BHANOT

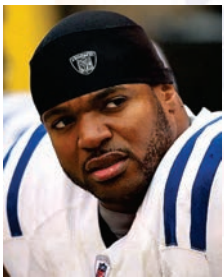
Neerja Bhanot (7 September 1963 – 5 September 1986) was an Indian head purser who died while saving passengers on Pan Am Flight 73 which had been hijacked by terrorists during a stopover in Karachi, Pakistan, on 5 September 1986. Posthumously, she became the youngest recipient of India's highest peacetime gallantry, the Ashok Chakra Award, as well as several other accolades from the government of the United States. She was shot while helping passengers escape through the emergency exits.

It was the morning of September 5, 1986. The aircraft, Pan Am Flight 73 with 360 passengers on board had just arrived from Mumbai and was ready to depart from Jinnah International Airport in Karachi for its destination- the United States. Unfortunately the flight was hijacked by four

heavily armed terrorists while it was parked at Karachi airport. Neerja Bhanot was the senior most crew member on board the flight.

The terrorists started asking for passports of crew members and Neerja realised that their primary targets were the Americans on board. She was instructed by the terrorists to collect the passports of all passengers. Neerja managed to hide their passports and discard them down the rubbish chute. With her help at least 39 American passengers were saved out of 41.

The terrorists held the passengers hostage for 17 long hours and after that they started to open fire on them. Neerja helped the passengers escape through the emergency door exit but in an attempt to save three children from the bullets being fired, Neerja lost her life.



FREENEY

Freeney was born in New Jersey during the Great Depression and came from a modest background of blue collar Irish-American parents in Elizabeth, New Jersey. His ancestry traces to County Fermanagh in Northern Ireland. Freeney graduated from Elizabeth's St. Mary of the Assumption High School in 1949; he has credited his charitable spirit to his education at St. Mary. His donation that he made in 2016, of $250,000, was the largest in the school's history from a single contributor. He served as a U. S. Air Force radio operator during the Korean War.

The concept of "duty-free shopping"—offering high-end concessions to travelers, free of import taxes—was in its infancy when Freeney and his college classmate Robert Warren Miller started selling duty-free to American

servicemen in Asia in the 1950s. They later expanded and founded the Duty Free Shoppers Group (DFS Group) on November 7, 1960. DFS began operations in Hong Kong, later expanding to Europe and other continents. DFS' first major breakthrough came when it secured the exclusive concession for duty-free sales in Hawaii, allowing it to market its products to Japanese travelers.

In 1982, Freeney created The Atlantic Philanthropies, and in 1984, secretly transferred his entire 38.75% stake in DFS, then worth about $500 million, to the foundation. Not even his business partners knew that he no longer personally owned any part of DFS.

For years, Atlantic gave away money in secret, requiring recipients to not reveal the sources of their donations. "Beyond Mr. Freeney's reticence about blowing his own horn, 'it was also a way to leverage more donations from some other individual who might contribute to get the naming rights.'"

The largest single beneficiary of Freeney's giving is his alma mater Cornell University, which has received nearly $1 billion in direct and Atlantic gifts, including a donation of $350 million enabling the creation of Cornell's New York City Tech Campus.

Through Atlantic, he has also donated around $1 billion to education in Ireland, mostly to third-level institutions such as the University of Limerick and Dublin City University. Freeney has given substantial personal donations to Sinn Féin, a left-wing Irish nationalist party that is historically associated with the IRA, and has worked to support peace efforts in Ireland.

He has also supported the modernization of public-health structures in Vietnam.



MOVIE: BATON BATON MEIN (1979)

Uthe Sabake Kadam

Uthe sabke kadam dekho ram pam pam
Uthe sabke kadam dekho ram pam pam
Aji aise geet gaya karo
Kabhi khushi, kabhi gham tara ram pam pam
Hanso aur hansaya karo

Uthe sabke kadam dekho ram pam pam
Aji aise geet gaya karo
Kabhi khushi, kabhi gham tara ram pam pam
Hanso aur hansaya karo

La la la la la... ya ya ya la la la..

Woh pyaare din aur woh pyaari raatein
Yaad hamein hain woh mulakatein
Nahin koi gham mujhe nahin hai gila
Zindagi ki raah mein mila hai jabse tu mere humdam
Shabnam hum hain aur tum shola ban jaya karo
Kabhi khushi, kabhi gham tara ram pam pam
Hanso aur hansaya karo

Uthe sabke kadam dekho ram pam pam
Aji aise geet gaya karo
Kabhi khushi, kabhi gham tara ram pam pam
Hanso aur hansaya karo

La la la la la... ya ya ya la la la..

Roop naya hai, rang naya hai
Jeene ka to jaane kahan dhang gaya hai
Kise hai fikar kise kya pasand

Pyaar ke jahan mein razamand jab hum tum
Tum hum ban gaye hain sanam
Bedhadak mere ghar aaya karo

Kabhi khushi, kabhi gham tara ram pam pam
Hanso aur hansaya karo

Uthe sabke kadam dekho ram pam pam
Aji aise geet gaya karo
Kabhi khushi, kabhi gham tara ram pam pam
Hanso aur hansaya karo

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Uthe sabke kadam dekho ram pam pam
Aji aise geet gaya karo
Kabhi khushi, kabhi gham tara ram pam pam
Hanso aur hansaya karo

La la la la la... la la la..

RESOLUTION

THE PLEDGE

Let us resolve to be polite, even if others are not.

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 make a list of highly successful people they know. From this list ask them to underline those who are very simple and down-to-earth despite their success.
2. Ask children to write as many qualities as they can for a person who is simple.
3. Arrange a meeting of the children with people who are simple and humble despite their success.

WHAT MORE!!

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

STRESS BOMB



INTRODUCTION

The most basic fact about stress is that like feelings, stress is experienced. It is purely the consequence of how our mind and body functions are interacting.

Stress is a fact of life, wherever we are and whatever we are doing, we cannot avoid stress, but we can learn to manage it so that it doesn't manage us. Stress can be physical, mental or emotional. A balance of all these three elements is the key to a happy and successful life in modern society. Emotional Intelligence has the potential to enable individuals to cope better and experience less stress thus contributing to a healthy and stable life.

By understanding our emotions and how to control them, we are better able to express how we feel and understand how others are feeling. This allows us to communicate more effectively and forge stronger relationships in our personal, social and professional life.

Being in tune with our emotions serves a social purpose, connecting us to other people and the world around us. Social intelligence enables us to recognize friend from foe, measure another person's interest in us, reduce stress, balance our nervous system through social communication, and feel loved and happy.



LIFE SKILL QUESTIONS

1. Does stress physically affect you?
2. Does stress and /or pressure ever do good things for you?
3. How do you reduce stress in your life?



- “The greatest weapon against stress is our ability to choose one thought over another.” **- William James**

- “There are thousands of causes for stress, and one antidote to stress is self-expression.” **- Garson Kanin**

- “Worry and stress never robs tomorrow of its sorrow, it only saps today of its joy.” **- Leo F. Buscaglia**

- “Remember that stress doesn’t come from what’s going on in your life. It comes from your thoughts about what’s going on in your life.” **- Andrew Bernstein**

- “If you really want to escape the things that harass you, stress you, what you’re needing is not to be in a different place but to be a different person.”
- Lucius Annaeus Seneca

शिष्य : भो गुरो ! त्वाम् अभिवादयामि |
Disciple : Sir, my greetings to you.
गुरु : ते शुभं भूयात् |
Master : Bless you.
शिष्य : गुरो ! मे मनः खिन्नः एव भवति | तस्य शान्तये किमपि उपायो भवतु |
Disciple : O Master! I am very depressed. Give me some remedy for its peace.
गुरु : तव सर्वेषां प्रश्नानां उत्तराणि गीतायामस्त्येव |
Master : All your questions are answered in the Gita.
शिष्य : कथम् ?
Disciple : How?
गुरु : यथा भगवता गीतायां द्वितीये अध्याये एकसप्ततीतमे श्लोके बुद्धिस्थिरताया विषये कथितं यः सर्वान् कामान् विहाय निस्पृहः भवति तथा च निर्ममत्वभावनया निरहङ्कारेण भ्रमति सः शान्तिमाप्नोति |
Master : As in the 71st verse of the second chapter of the Lord Gita, it is said that a person who has given up all desires for sense gratification, who lives free from desires, who has given up all sense of proprietorship and is devoid of false ego- he alone can attain real peace
शिष्य : एतत्कथं भवितुमर्हति ?
Disciple : How can it be?
गुरु : भवितुमर्हति | यथा कर्म तु करणीयं किन्तु तस्य फ़लेच्छा न करणीया | त्वमपि एवं करिष्यति मनः शान्तं भविष्यति |
Master : It is possible by doing one's karma and not wishing for the fruits of one's actions. If you do this, your mind will also be peaceful.
शिष्य : यद्भवतामाज्ञा |
Disciple : As you request.
गुरु : कल्याणमस्तु |
Master : Wish you well.

SANSKRIT SHLOKAS

चिंतया स्याच्चिता प्राप्तिस्तस्माच्चिन्ता न कर्तव्या |
शान्तेन मनसा कार्यं कुर्याद्वै बुद्धिमान्नरः ||

Worrying does not get anything. So, one should not worry. A wise man does his work with a calm mind devoid of worries.

विहाय कामान्यः सर्वान्पुमांश्चरति निःस्पृहः |
निर्ममो निरहङ्कारः स शान्तिमधिगच्छति ||

A person who works leaving desire for all results and without attachment, he gets peace.

POETRY

FEELING EMPOWERED

Things get crazy,
Out of control,
Overwhelmed,
And stressful.
I can take it;
I can survive.
I will get up,
Brush myself off,
And tackle whatever comes my way...



MORAL STORIES

1. WEIGHT OF THE GLASS

A lecturer was giving a lecture to his student on stress management. He raised a glass of water and asked the audience, “How heavy do you think this glass of water is?”

The students’ answers ranged from 20gm to 500gm.

It does not matter on the absolute weight. It depends on how long you hold it. If I hold it for a minute, it is OK. If I hold it for an hour, I will have an ache in my right arm. If I hold it for a day, you will have to call an ambulance.

It is the exact same weight, but the longer I hold it, the heavier it becomes. If we carry our burdens all the time, sooner or later, we will not be able to carry on, the burden becoming increasingly heavier.

What you have to do is to put the glass down, rest for a while before holding it up again. We have to put down the burden periodically, so that we can be refreshed and are able to carry on.

So before you return home from work tonight, put the burden of work down. Don’t carry it back home. You can pick it up tomorrow. Whatever burdens you are having now on your shoulders, let it down for a moment if you can. Pick it up again later when you have rested.

2. REMEDY FOR STRESSFUL LIFE

Sunil George had a severe heart attack. His family doctor was called. The doctor's verdict was sombre. “Sunil,” he said, “you have been neglecting my advice to take it easy. Now, I will make no bones about it... you're in for some serious trouble if you continue to neglect medical advice any longer. You must strictly leave off attending to business

and live a quiet and sedentary life preferably on an isolated beach, for three months.

No letters, no telephone calls and no business talk. Got it?" Sunil understood. But for him it meant the end of the world. He was still relatively young, just into his fifties and at the height of his capabilities. He had taken his business from a humble beginning to the highest place that it now occupied.

Sunil loved his business; it was all he knew and all he had ever done. Each day he looked forward to go to the office. At night before going to sleep he would go over business problems in his mind: lovingly, savoring each factor always passionately, and in some he had the answer. The business world, regarded Sunil as a titan and more of a machine than men.

He was respected, but (and he was neither aware of nor concerned about this) not loved. Even his family did not love him. He lived in an ivory tower, completely cut off from human ties. His entire world revolved around facts that related to statistics and not any other stuff. He would say to associates, "Give me pieces of the problem. They can be round, square, oblong or of any other shape. I'll find the proper solutions for them. But spare me people. You can't predict them." Now, Sunil's banishment was complete. He was virtually in exile, cut off from all communications. And he resented it.

One day, as he walked along the beach, morosely looking out at the sea, he came upon an old man sitting upon a rock. The old man tended a fishing pole and smoked a pipe. He had a white beard and his blue eyes sparkled. Sunil was drawn to talk to him.

"Did you catch anything ?"

The old man smiled and nodded.

What have you caught?" asked Sunil.

The old man touched his head., and then his chest.

"I don't understand," Sunil said. "Sit down," said the old man.

Sunil sat down. Something about the old man was compelling. Sunil's interest stirred.

"I've been watching you," the old man said, "you walk along the beach every day but you never see anyone. You don't want to be here, you want to be somewhere else, but you can't be, and you refuse to accept it. Now I will tell you what I catch."

The old man said "I catch the knowledge that God is running the universe. I get that with my head, just by looking at the sky and the sea. Then I get the feeling that God is running me."

I get that with my heart, just by sitting still and listening. All there is to catch in life, can be caught right here. That's how good the fishing is. Why not try it?" Sunil did. He fished with the old man for the rest of his compelled retreat, and he felt his joy and vigor increase.

Within a year, his physician pronounced him competently fit and healthy. Back at his job, he is just as successful as ever, but successful now with people too. He works only four days a week and nearly every weekend, he goes for fishing at the beach. But most people never understand why because he seldom brings home any fish.

This story is a revelation to all those who live stressful lives, particularly in the business world. It teaches the principle of total surrender to God, which in turn develops the virtue of humility Happiness comes out of humility and scintillating health emanates out of happy life.

3. JUST ONE SMALL SIP

Once upon a time there was a woman who had been lost in the desert for three whole days without water. Just as she was about to collapse, she saw what appeared to be a lake just a few hundred yards in front of her. "Could it be? Or is it just a mirage?" she thought to herself.

With the last bit of strength she could muster, she staggered toward the lake and quickly learned that her prayers had been answered: it was no mirage—it was indeed a large, spring-fed lake full of fresh water—more

fresh water than she could ever drink in her lifetime. Yet while she was literally dying of thirst, she couldn't bring herself to drink the water. She simply stood by the water's edge and stared down at it.

There was a passerby riding on a camel from a nearby desert town who was watching the woman's bizarre behavior. He got off his camel, walked up to the thirsty woman and asked, "Why don't you have a drink, ma'am?"

She looked up at the man with an exhausted, distraught expression across her face and tears welling up in her eyes. "I am dying of thirst," she said, "But there is way too much water here in this lake to drink. No matter what I do, I can't possibly finish it all."

The passerby smiled, bent down, scooped some water up with his hands, lifted it to the woman's mouth and said, "Ma'am, here's your opportunity right now, and as you move forward throughout the rest of your life, it is important to understand that you don't have to drink the whole lake to quench your thirst. You can simply take one sip. Just one small sip... and then another if you choose. Focus only on the mouthful in front of you, and all your anxiety, fear and overwhelming about the rest will gradually fade."

Challenge yourself throughout the day to focus solely on the sip (task, step, etc.) you're actually taking.

Honestly, that's all life is—small, positive actions that you take moment by moment, and then one day when you look back it all adds up to something worthwhile—something that's often far better, and different, than what you had imagined when you started.





You can watch the short film **"STRESS BOMB"** on YouTube

STRESS ISSUES

Characters: Shiv and Bimal

Setting: A conversation between two friends in the garden.

Shiv : Hey Bimal, what's up? How are your classes going?

Bimal : They're not. No matter how much I try, I just can't seem to get anything done.

Shiv : Sounds like you have some stuff happening. Do you have any idea what's up?

Bimal : No. I'm just really confused about what I need to know for class, and I can't seem to get going. I can't stay focused. I'm really tired and sometimes I even fall asleep in class.

Shiv : Why don't you take a break now and I'll try to calm you down a little. I know some stress relief methods.

Bimal : That sounds great, if you don't mind helping me out.

Shiv : No problem. Let's start with a few questions. Do you think you get enough sleep at night?

Bimal : Not really. I have to work and study, so I probably only get about four or five hours if I'm lucky.

Shiv : What about exercise? You should try to exercise at least three days a week.

Bimal : The only exercise I get is walking back and forth to class.

Shiv : Hmmmm... I bet you're eating a lot of junk food, too, right?

Bimal : Yeah, I am, but I don't have the time to sit down and eat regular food.

Shiv : I know what you mean. I can't tell you how many times I've ordered pizza this month just because I didn't have the time to make myself a real meal.

What about your friends? I know it helps me out a lot, when I'm feeling lousy, to talk to my friends. It really cheers me up.

Bimal : Well, I used to talk to my friends all the time, but ever since I got into this slump, I've sort of lost touch with them. Sometimes someone will call and see if I want to go out.

Shiv : Well? Do you go?

Bimal : Yeah, sometimes, but not as often as I used to.

Shiv : Whoa! When I first met you, you used to party till, well, the cows came home.

Bimal : Yeah, now I find myself hanging out in my room a lot just watching TV.

Shiv : Is something worrying you? Something making it hard to concentrate.

Bimal: I guess I'm worried about grades, work, and especially letting my parents down. The more I think about this stuff, the worse it gets and the less I get done.

Shiv : It really sounds like a vicious cycle, and what we need to work on is breaking that cycle so you can start focusing on your work again.

Bimal : That sounds great Shiv, but how do I get started?

Shiv : Actually, you've already started. You see, what you just did is called an awareness check. You found out that you're not getting enough sleep and your eating habits need to change. You need more exercise to stop your body from tiring out, and you need to keep in touch with your friends who support you and keep you in a positive frame of mind. You have something to work with there.

Bimal : Wow, I didn't realize that all those things could be connected to how I feel.

Shiv : So, how do you usually cope when you feel uptight and stressed out?

Bimal : Well, in high school I used to run whenever I felt stressed, but now I think that I really like listening to

music and zoning out.

Shiv : How do you feel after you're done listening to music?

Bimal : I feel a little more relaxed. Sometimes it puts me to sleep.

Shiv : Maybe you should run and listen to music!

Bimal : Yes. I guess you are right. It will definitely help.

Shiv : Great then. You know your remedy to get relaxed. Don't unnecessarily get stressed out. One way or another, there are many aspects which will help us to destress.

Bimal : (With mischievous eyes) Next time I will come again to stress you with more ideas!

Shiv : (Laughing out Loud) That was a good one mate! See you then. Bye.

Bimal : Thank you and yes see you soon. Bye.

----END----



GAME

1. TRIGGER POINTS

Have each student list 3 priority stress areas which they find difficult to handle. Ask them not to write their name on list. Later, shuffle and distribute the lists. Have students read the list he/she received and ask them to share how they would handle those stressful situations.

2. PASS THE STRESS BALL

Outline: By actively, consciously paying attention to the present, we live life to the fullest. While doing the exercise, students are unlikely to be thinking about anything else. While doing the exercise, students are having fun and losing themselves in the moment.

How to Play: Have everyone stand in a circle. One student starts out with one ball and tosses it to someone else, remembering who they tossed it to. The next student tosses it to someone who has not had the ball yet, remembering who they tossed it to. The third student tosses it to someone who has not had the ball yet, remembering who they tossed it to. This continues until everyone has had the ball, and it returns to the first person who started. The pattern is repeated (each student always tossing it to the same student) until it is remembered easily. Each student only needs to remember who they toss the stress ball to and who they receive it from. Once the group remembers the pattern easily, they introduce more balls into the same pattern, with the first student tossing one stress ball, then another, then another, to the same student, who then passes on each ball to the next student in the pattern. If balls fall or roll, pick them up and continue the pattern until everyone is laughing too hard to play effectively, or until about five minutes are up.

ANSWERS OF CROSSWORD :

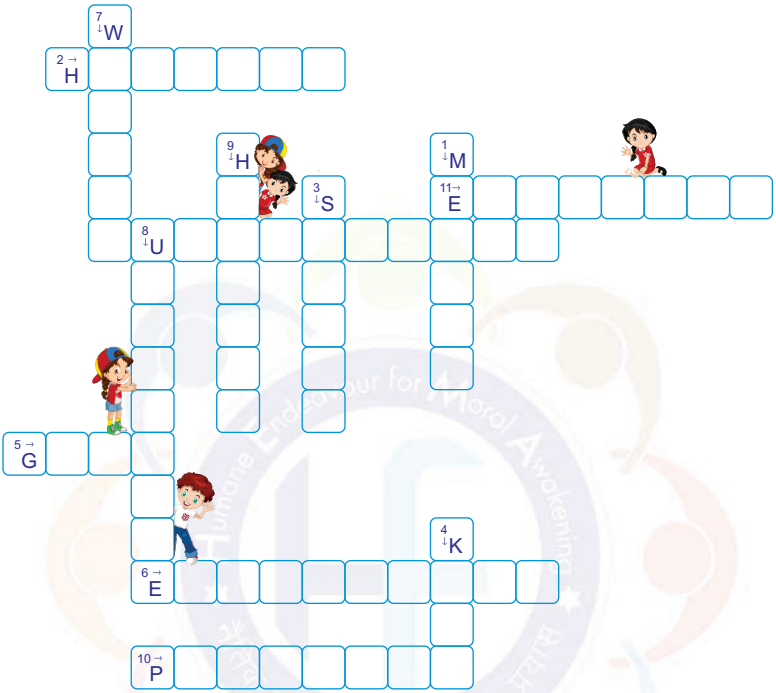
1. Mental	2. Healthy	3. Stress	4. Kill
5. Goal	6. Everything	7. Weapon	8. Underline
9. Harping	10. Physical	11. Exercise	12. Nutritional

ANSWERS OF SCRAMBLE :

• Burn • Strain • Frustate • Worry

Concentration

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. Stress is that which disturbs a person's _____and physical well-being. (6)
2. Stress affects a_____ body. (7)
3. Relaxation techniques are a great way to deal with _____ . (6)
4. It is not stress that_____us it is our reaction to it. (4)
5. Set peace of mind as your highest _____ .(4)
6. You can do anything but not _____ .(10)

7. The greatest _____against stress in our ability to choose one thought over other. (6)
8. Jia glanced at the watch to _____ that we are wasting our time. (9)
9. He is always _____ on about lack of discipline. (7)
10. The _____ change like increased heartbeat, muscle tensed up are part of stress response. (8)
11. _____ spurs the generation of new brain cells. (8)
12. Food lacking _____density can elevate stress level. (11)



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.

XTNAIYE

UEISDNRTABC

SRPNSEOPIO

NXOTEVIA

REGIEVACN

Stress and tiredness often result in lack of_____ .



PUZZLE

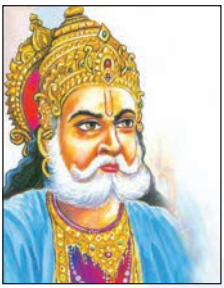
In the puzzle below, you have 16 words which are synonyms for **STRESS BOMB.** You will find them in different pattern. One of the words is done for you. Find the rest.

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

Words

Anxiety : The change increased her anxiety.
Consternation :
Strain :
Panic :
Trepidation :
Scare :
Argue :
Uphold :
Headache :
Depression :
Frustration :
Burnout :
Disorder :
Pain :
Anger :

CASE STUDY



MAHARAJA DASHRATHA

Dasharatha was a descendant of the Raghuvanshi-Ikshvaku-Suryavansha dynasty and the Maharaja of Ayodhya as mentioned in the Hindu epic, the Ramayana.

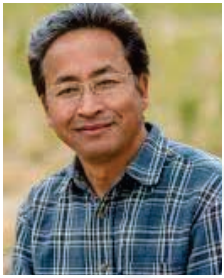
Dasharatha was the son of King Aja of Ayodhya and Princess Indumati of Vidarbha. His birth name was Nemi, but he acquired the name Dasharatha as his chariot could move in all ten directions. Dasharatha was a great warrior who single-handedly conquered the whole earth with his prowess and defeated and slew many Asuras in war.

Dasharatha had three queen consorts, namely, Kaushalya, Sumitra and Kaikeyi. Having an immense desire to beget a son, Dasharatha promised Kaikeyi that the son she bore would succeed him as King of Ayodhya after she pleaded with him in the Kop Bhavan.

After Rama's departure to the forest, Dasharatha lies in his bed with a wailing Kaushalya. He suddenly remembers an incident which had occurred in the past. He narrates to Kaushalya about how, by accident, he had killed a young boy named Shravana mistaking him to be an elephant. Dasharatha hurried there to find a boy lying sprawled on the banks of the river with an arrow lodged in his chest. Dasharatha approaches the blind couple and tells them about their son's unfortunate death. The parents, grief-stricken curse the prince: "Just as we are dying due to the separation from our beloved son, you too shall have the same fate." Dasharatha concludes the chapter by saying that his end is near and the curse has taken effect.

Following his narration of Shravana, Dasharatha dies in the night due to the pain and misery of his separation from Rama. His funeral rites were performed by Bharata and Shatrughna.

His Palace is in Ayodhya district (U.P.) about 18.1 km away from Bilhar Ghat. It is on the sides of the bank of the Sarayu River where he was cremated. This place is very devotional for Hindus.



SONAM WANGCHUK

Sonam Wangchuk was born in 1966, in Uleytokpo, near Alchi in the Leh district of Jammu and Kashmir. For a man who has had a definite impact on his surroundings, it does come as a surprise that he did not start receiving formal education until the age of 9, for there were no schools in his village. He faced trouble in Srinagar, where he was taken at the age of 9 and enrolled in a school. He got addressed in a different language, which he could not respond and was considered stupid. He escaped alone to Delhi in 1977 and later went against his father's wishes to self- finance his Mechanical Engineering from NIT, Srinagar. Much later, he also went to France to study Earthen Architecture to give impetus to his initiatives.

Wangchuk is not just an engineer, he is also an innovator and education reformist. All the formative experiences shaped his future and his frustration against the education system led him to start the Students' Educational and Cultural Movement of Ladakh, to address the problems of the younger generation and their lack of focus and cultural confusion. The work also involved reforming the government school system, creating awareness in the youth about the insensitive school education system and harnessing solar energy for the benefit of the villagers.

Wangchuk experience and wisdom have been used by several governmental agencies, in the capacity of an advisor and consultant. He was entrusted with the task of formulating the policy on Education and Tourism as part of the Vision Document Ladakh.

He has been involved in many other agencies and committees and his biding concerns have remained integrated development that is in sync with ground realities.

His project called the 'Ice Stupa' has brought him fame from outside India as well.

Sonam Wangchuk won coveted Ramon Magsaysay award 2018. For all his path-breaking achievements, Sonam Wangchuk has been awarded at various platforms, notably the ICA Honor Award 2017, San Francisco, CA, the GQ Men of the Year Awards, Social Entrepreneur of the Year, 2017, Rolex Award for Enterprise, 2016, International Terra Award for best earth building, 2016, Man of the Year by the Week, 2001 and many more.

Sonam Wangchuk's life is truly inspirational and highlights the concept of conscientious enterprise, business that helps the society.



MARTIN SELIGMAN

Martin Elias Pete Seligman (born August 12, 1942) is an American psychologist, educator, and author of self-help books. Seligman is a strong promoter within the scientific community of his theories of positive psychology and of well-being. His theory of learned helplessness is popular among scientific and clinical psychologists. A Review of General Psychology survey, published in 2002, ranked Seligman as the 31st most cited psychologist of the 20th century.

Seligman was born in Albany, New York to a Jewish family.

Seligman developed the theory, finding learned helplessness to be a psychological condition in which a human being or an animal has learned to act or behave helplessly in a particular situation — usually after experiencing some inability to avoid an adverse situation —

even when it actually has the power to change its unpleasant or even harmful circumstance. Seligman saw a similarity with severely depressed patients, and argued that clinical depression and related mental illnesses result in part from a perceived absence of control over the outcome of a situation.

Seligman is the director of the university's Positive Psychology Center. Seligman was elected President of the American Psychological Association for 1998. He is the founding editor-in-chief of Prevention and Treatment (the APA electronic journal) and is on the board of advisers of Parents magazine.

Seligman has written about positive psychology topics in books such as The Optimistic Child, Child's Play, Learned Optimism, Authentic Happiness and Flourish. His most recent book, The Hope Circuit: A Psychologist's Journey from Helplessness to Optimism, was published in 2018.

Seligman worked to create a "positive" counterpart to the Diagnostic and Statistical Manual of Mental Disorders (DSM). While the DSM focuses on what can go wrong, Character Strengths and Virtues (2004) is designed to look at what can go right. In their research they looked across cultures and across millennia to attempt to distill a manageable list of virtues that have been highly valued from ancient China and India, through Greece and Rome, to contemporary Western cultures. Their list includes six character strengths: wisdom/knowledge, courage, humanity, justice, temperance, and transcendence. Each of these has three to five sub-entries; for instance, temperance includes forgiveness, humility, prudence, and self-regulation. The authors do not believe that there is a hierarchy for the six virtues; no one is more fundamental than or a precursor to the others.

In July 2011, Seligman encouraged the British Prime Minister, David Cameron, to look into well-being as well as financial wealth in ways of assessing the prosperity of a nation.



MOVIE: TAARE JAMEEN PAR (2007)

Kholo Kholo Darwaaje

Kholo Kholo Darwaaje, Parde Karo Kinaare
Khute Se Bandhi Hai Hawa, Milke Chhudao Sare

Aa Jaao Patang Leke, Apane Hi Rang Leke
Asaman Ka Shamiyaana, Aaj Humne Hai Sajaana

Kyun Is Kadar Hairaan Tu, Mausam Ka Hai Mehmaan Tu
O Duniya Saji Teri Liye, Khud Ko Zara Pehchaan Tu
Tu Dhop Hai, Chham Se Bhikhar, Tu Hai Nadi O Bekhbar
Beh Chal Kahin, Udd Chal Kahin
Dil Khush Jahaan, Teri To Manzil Hai Wahi
Kyun Is Kadar Hairaan Tu, Mausam Ka Hai Mehmaan Tu

Basi Zindagi Udaasi, Tazi Hasne Ko Raazi
Garma Garma Sari, Abhi Abhi Hai Utaari
Ho Zindagi To Hai Bataasha, Meethi Meethi Si Hai Aasha
Chakhle Rakhle Hatheli Se Dhak Le Isse
Tujhe Mein Agar Pyaas Hai, Barish Ka Ghar Bhi Paas Hai
Roke Tujhe Koi Kyun Bhala, Sang Sang Tere Aakaash Hai
Tu Dhop Hai, Chham Se Bhikhar, Tu Hai Nadi O Bekhbar
Beh Chal Kahin, Udd Chal Kahin
Dil Khush Jahaan, Teri To Manzil Hai Wahi

Kyul Gaya Asmaan Ka Rasta Dekho, Khul Gaya
Mil Gaya Kho Gaya Tha Jo Sitaara, Mil Gaya, Mil Gaya
Roshan Huyi Saari Zameen, Jagmag Huwa Saara Jahaan
Ho Udane Ko Tu Aazaad Hai, Bandhan Koi Abb Hai Kahaan
Tu Dhop Hai, Chham Se Bhikhar, Tu Hai Nadi O Bekhbar
Beh Chal Kahin, Udd Chal Kahin
Dil Khush Jahaan, Teri To Manzil Hai Wahi
Kyun Is Kadar Hairaan Tu, Mausam Ka Hai Mehmaan Tu

RESOLUTION

THE PLEDGE

Let us resolve to always keep a relaxed mind with positive thoughts and deeds.

ASPIRE TO INSPIRE



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

LET'S STEP OUT...



1. Give examples of the people who have shown lot of poise, even when they struggled hard in their lives.
2. Ask ways in which people can de-stress themselves. What activities should they pursue?
3. Ask children to find a word for each of the letters of word STRESS to express emotions (Example Someone Trying to Repair Every Situation Solo)

WHAT MORE!!

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

ANUKARAN



INTRODUCTION

Each one of us is blessed with different qualities, interests and talents. This difference makes each of us unique. Some of us are good at sports, some in academics and others have some different talent. Can we all excel in everything? If we just try to copy what others are doing we might end up being a failure. It is important that we understand our inherent talent and work on honing our skills and not ape others.

Some Characteristics that can be reinforced to hone our skills ...

1. Accept thoughts, emotions, and sensations as we are.
2. Eliminate "should" from our vocabulary.
3. Do not rely on other people to provide us with our sense of worth.
4. Forgive.
5. Take stock of our talents.



LIFE SKILL QUESTIONS

1. Do all of us have similar qualities ?
2. What happens when we try to imitate others?
3. Why we need to work on our strengths/qualities?



- “Each of you, as an individual, must pick your own goals. Listen to others, but do not become a blind follower.” **- Thurgood Marshall**

- “Innovation distinguishes between a leader and a follower.” **- Steve Jobs**

- “Followership does not mean changing the rank of followers but changing their response to their rank, their response to their superiors and to the situation at hand.” **- Barbara Kellerman**

- “Stay true to yourself. An original is worth more than a copy.” **- Suzy Kassem**

- “We all have idols. Play like anyone you care about but try to be yourself while you're doing so.” **- B B King**

जयेश : मित्र परेश ! त्वं अनुकरणस्य शिक्षा प्राप्नुहि !
Jayesh : Friend Paresh, you get education by following examples of someone.
परेश : किम्भो: कथयसि ? किमिदमनुकर्णम् ? का च तस्य उपयोगिता ?
Paresh : What are you saying? What does it mean to follow someone? And what is its importance?
जयेश : बन्धोः यदा वयं कस्य चिदपि जनस्य कस्यचिदपि कार्यस्य प्रभविततया पुनरावर्तनम् कुर्मः तदेव अनुकरणम्
Jayesh : Friend, when we are influenced by someone and we repeat his action, we call it to follow his example. In Hindi it is ANUKARAN.
परेश : यदि एवमुच्येत चेत् अनुकरणम् न केवलं कार्यस्य विचारणामपि पुस्तकस्य अपि भवितव्यम् !
Paresh : If it is said so, then one should follow not only someone's work but also this thoughts and deeds.
जयेश : आम् ! खलु भवति एव !
Jayesh : Yes, it really happens.
परेश : किन्तु तस्य प्रकाराः सन्ति वा ?
Paresh : What are the types of followings?
जयेश : आम् ! तस्य प्रकारौ द्वो ! एकं समाचीमनुकरणम् अपरञ्च असमाचीमनुकरणम् मित्र !
Jayesh : Yes, there are two types, one is good followings and the other is bad followings.
परेश : यदि वयं सतामनुकरणम् कुर्याम तर्हि वयं सर्थकाः भवेम अन्यथा निरर्थकाः कस्य अनुकरणम् कर्तव्यम् इत्यस्माकं कर्तव्यम् !
Paresh : If we follow the right following, then we are meaningful and if we follow the bad, then it is meaningless. It is our duty to follow the right one.
जयेश : आम् किल ऋतम् ! अनुकरणेन अस्माकं पन्थाः सुनिश्चितः भवति नैके जनाः जीवने सफ़लिभूता: अनेन इतिवृत्तमेव साक्षीभूतं तत्र !
Jayesh : Yes true. Our paths are generated by following. History testifies that many people have succeeded following this.
परेश : आम् ! अनुकरणम् पथद्रुक्षम्
Paresh : Yes, following examples is the path setter.

SANSKRIT SHLOKAS

यदा न कुरुते भावां सर्वभूतेष्वमंगलम्।
समदृष्टेस्तदा पुंस: सर्वा: सुखमया दिश: ॥

A person who does not have a duality towards any living being, a man who looks everyone in a proper way, should imitate such people in order to have happiness in all respects.

आस्ते भग आसीनस्योर्ध्वस्तिष्ठति तिष्ठत:।
शेते निपद्यमाएँ स्य चराति चरतोभगश्चरैवेती ॥

The fate of the person who remains seated and does not do anything, remains still. The one who stands, his fate also stands. The fate of the one who falls asleep also sleeps and the fate of the one who walks also starts walking. Fate follows destiny, and fate changes only through actions.



POETRY

SELF-WORTH

Be yourself, don't imitate
Find out who you are; meditate
It's easier to be someone you're
not in order to fit in, but there is
No fulfilment in that, life isn't
About impressing the crowd.
At the end of it all, crowds
Will always be there to
applaud both your uprise and downfall,
So, what's there to really live
For in the crowd?
Do what fulfill you as a person,
you won't live here twice.
Do what makes you happy,
You deserve that.



MORAL STORIES

1. ANYTHING IS POSSIBLE

Once upon a time, there was a girl who could do anything in the world she wanted. All she had to do was choose something and focus. So, one day she sat down in front of a blank canvas and began to paint. Every stroke was more perfect than the next, slowly and gracefully converging to build a flawless masterpiece. And when she eventually finished painting, she stared proudly at her work and smiled.

It was obvious to the clouds and the stars, who were always watching over her, that she had a gift. She was an artist. And she knew it too. She felt it in every fiber of her being. But a few moments after she finished painting, she got anxious and quickly stood up. Because she realized that while she had the ability to do anything in the world she wanted to do, she was simply spending her time moving paint around on a piece of canvas.

She felt like there was so much more in the world to see and do—so many options. And if she ultimately decided to do something else with her life, then all the time she spent painting would be a waste. So, she glanced at her masterpiece one last time, and walked out the door into the moonlight. And as she walked, she thought, and then she walked some more.

While she was walking, she didn't notice the clouds and the stars in the sky who were trying to signal her, because she was preoccupied with an important decision she had to make. She had to choose one thing to do out of all the possibilities in the world. Should she practice medicine? Or design buildings? Or teach children? She was utterly stumped.

Twenty-five years later, the girl began to cry. Because she realized she had been walking for so long, and that over the years she had become so enamored by everything that

she could do—the endless array of possibilities—that she hadn't done anything meaningful at all. And she learned, at last, that life isn't about possibility—anything is possible. Life is about making a decision—deciding to do something that moves you.

So, the girl, who was no longer a girl, purchased some canvas and paint from a local craft store, drove to a nearby park, and began to paint. One stroke gracefully led into the next just as it had so many moons ago. And as she smiled, she continued painting through the day and into the night. Because she had finally made a decision. And there was still some time left to revel in the magic that life is all about.

2. THE SEVEN WONDERS

Anna was a 9-year-old girl from the small village. She finished attending elementary school till 4th grade at her village. For the 5th grade onwards, she will have to get an admission in a school at a city nearby. She got very happy knowing that she was accepted in a very reputed school in a city. Today was the first day of her school and she was waiting for her school bus. Once the bus came, she got in it quickly. She was very excited.

Once the bus reached her school, all students started going to their classes. Anna also made it to her classroom after asking fellow students for direction. Upon seeing her simple clothing and knowing she is from a small village, other students started making fun of her. The teacher soon arrived and she asked everyone to keep quiet. She introduced Anna to the class and told that she will be studying with them only from today.

Then the teacher told the students to be ready for the surprise test now! She told everyone to write down the 7 wonders of the world. Everyone started writing the answer quickly. Anna started to write the answer slowly.

When everyone except Anna had submitted their answer paper, the teacher came and asked Anna, "What happened Dear? Don't worry, Just write what you know as other students have learned about it just a couple of days back".

Anna replied, "I was thinking that there are so many things, which 7 I can pick to write!" And, then she handed her answer paper to the teacher. The teacher started reading everyone's answers and the majority had answered them correctly such as The Great Wall of China, Colosseum, Stonehedge, Great Pyramid of Giza, Leaning Tower of Pisa, Tajmahal, Hanging Gardens of Babylon etc.

The teacher was happy as students had remembered what she had taught them. At last the teacher picked up Anna's answer paper and started reading.

"The 7 Wonders are – To be able to See, To be able to Hear, To be able to Feel, To Laugh, To Think, To be Kind, To Love!"

The teacher stood stunned and the whole class was speechless. Today, a girl from the small village reminded them about the precious gifts that God has given us, which are truly a wonder.

Moral: Value what you have, use what you have, trust what you have. You don't always have to look away to find an inspiration. God has given you all the strength to reach your goals.

3. THE MAN AND THE LION

A Lion and a Man chanced to travel in a company through the forest. They soon began to quarrel, for each of them boasted that he and his kind were far superior to the other both in strength and mind.

Now they reached a clearing in the forest and there stood a statue. It was a representation of Heracles in the act of tearing the jaws of the Nemean Lion.

"See," said the man, "that's how strong we are! The King of Beasts is like wax in our hands!"

"Ho!" laughed the Lion, "a Man made that statue. It would have been quite a different scene had a Lion made it!"

Moral: It all depends on the point of view, and who tells the story. Always trust your own wit and try to judge the circumstances.





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

COPYCAT STUDENT

Characters -
Harish: Lazy boy / teenager aged 12 to 13 years.
Nasir: Harish's friend, Vipin: Harish's friend
Mayaram: Harish's father, Sadhana: Harish's mother.
Pappi: Harish's sister., Mudit: Pappi's brother, Narrator.

SCENE 1

Narrator : *On the stage are seen two teenagers talking to each other, brownish, grizzly light has been put on to indicate that it is evening time.*

Nasir : Harish you didn't come to school yet again today. Aren't you aware that our annual exams are around the corner, missing a single class can prove very costly for you?

Harish : Nasir my friend, I don't feel like studying or coming to school.

Nasir : You remember last year you skipped exams because you were not prepared.

Harish : No, I did appear for exams last year, just that my preparation for English subject was so bad that I lost hope and courage to appear for that exam. And then even my father said to skip it that year, next year prepare well and appear for the exam.

Nasir : But even this year too you haven't done any better. You haven't studied and prepared for the exam at all.

Narrator : *While the two are talking, another friend Vipin enters the house.*

Vipin : So a lot of chit-chatting going on ?

Nasir : What chit-chat!? I was telling Harish that exams are around the corner and he should get serious on studying.

Vipin : What on this earth are you talking about? Harishand studying are two poles apart. In fact, he is the believer of this couplet Padhoge likhoge Hoge kharab, kheloge koodoge banoge nawab (Meaning: Read and write you'll become bad, play and enjoy you'll become achieve great lengths.)

Nasir : Yes you are right Vipin, even I think the same.

Harish : Now what to tell you guys, I really get disinterested while studying.

Vipin : Last year all those kids who were your classmates in class VIII have moved to class IX and preparing for that exam. And our dear friend is determined to stay in class VIII.

Nasir : Last year he took a drop by skipping exams midway. At least this year he should have got serious about studying.

Harish : Trust me Nasir, every day I insist myself to study, get determine to study, as soon as I think of going to school, I get upset and they cannot study.

Vipin : This very feeling of getting upset and scared of going to school is destroying you.

Nasir : Last year he used to leave home to go to school, but ended up playing in the park with miscreants all day.

Vipin : The shocking thing is that his father has never corrected him in this.

Nasir : Had his father corrected him, he would have been better by now. I wonder if he at all knows that Harish bunks schools.

Vipin : You father never scolds your or stops you from bunking school, not studying?

Harish : Many times teachers have reported this to him. My classmates too informed him. But he never told me anything about this.

Vipin : He said nothing at all... really shocking.

Harish : But he keeps telling me one thing: "Harish, my son. There are two kinds of people around us. Ones who cheat others and others who cheat themselves. You, my son, are amongst those who cheat themselves, and these kind of people are the most dangerous enemies of their own self.

Nasir : Now what more he must tell you. This should have been enough for you to realise your mistake. Harish, a good person needs to be told once and a good horse needs just a single whiplash to run.

Harish : I am not a good person. And book as soon as it comes before me, I imagine as if it will bite me or tear me apart.

Nasir : But this year your father has even enrolled you in the best coaching class for English and Mathematics.

Harish : Yes, but I skipped coaching classes too, never attended it daily.

Nasir : But your father must be paying them fees regularly at the end of every month.

Harish : Yes, I used to attend one or two classes here and there. But I could neither grasp English nor maths.

Vipin : Harish, if your mind is not conducive enough for studying, then why don't start working somewhere.

Harish : You are misunderstanding me Vipin. It is not that I don't want to study. Just that I cannot do hard work that goes into studying.

Nasir : But if you start working, then you will need to put it even more hard work then you do in studies.

Harish : That even I am aware of Nasir. But I only keep thinking about one thing, somehow I get some mantra that will help it easy for me to pass every exam without any hard work.

Nasir : That is impossible, Harish.

Vipin : You can never achieve success without hard work and efforts.

SCENE 2

Narrator : *Harish is sitting on the couch with his parents. There is a heap of books before him. His younger brother and sister are playing in the courtyard.*

Sadhana : Harish, my son. It will be nice if you pass the exam with first class.

Mayaram : If you pass the annual exam with first class, then I will gift you a watch.

Sadhana : And I will get a new suit stitched for you.

Narrator : *Harish starts mugging up an essay on rainy season in English. Mayaram and Sadhana go and get busy in their chores. Harish talks to his friends Nasir and Vipin.*

Harish : If this year I pass with first class marks, then mummy will get a suit stitched for me and papa will gift me a watch.

Nasir : But how will you pass, that too with a first class marks?

Harish : Help me resolve this, my friends. Give me some plan you two...help me.

Vipin : Now, how can we resolve this. Exams begin after two days, even if you start studying now and double hours, it will be impossible to score first class marks.

Harish : Think about some shortcut.

Nasir : Shortcuts could be found only on roads and

streets, no shortcuts in studying.

Harish : What... aren't there any shortcuts?. Well, there is.

Vipin : Really, what is that shortcut?

Harish : Copying

Nasir : So you will copy and cheat in the exam now.

Harish : This is the only shortcut to pass this exam.

Nasir : If you get caught.. then your career gets spoiled.

Vipin : Copying is a criminal offence. You will be a dead man Harish, be careful.

Harish : I know that it is a risk. But unless I take risk... I won't be able to score the first class in the exam.

Vipin : You always think irrationally Harish.

Harish : Guys let me do what I want to. If I pass by copying, then there won't be any issues.. and even if I won't...my father always says this one thing.

Nasir : And what is that one thing that your father says?

Harish : He often says that some people don't learn their lessons through words but through incidents and accidents.

Vipin : Harish, don't try to learn a lesson, that will put your career and your future in jeopardy.

Harish : There is no other option left with me.

Nasir : Ok as you wish. But promise me one thing, the chits you use for copying during exams, you will give them all to me once your exams are over.

Harish : What will you do with those chits?

Nasir : They said you need to be street smart to copy in the exam. I want to know how smart you are when it comes to copying.

Harish : Ok my friend. It's a promise then.

SCENE 3

Narrator : *Results are announced. Harish managed to pass with first division. He happily rushes home with his mark sheet.*

Harish : Papa...Papa, I passed with first division.

Mayaram : Well-done my son, that's wonderful news.

Sadhana : I knew it. This time he genuinely worked very hard.

Mayaram : Fine, let's have a tea party to celebrate our son's success in exam... On Sunday, let's invite Harish's friends and his college principal over tea. And that is when I shall gift him a wristwatch as promised.

Sadhana : Great... That'll be good.

SCENE 4

Narrator : *As decided tea party was organised by Harish's parents. All his friends and his college principal gathered at his house.*

Mayaram : I am very happy that my son Harish passed with first division. It's all because of your blessings and goodwill principal sir.

Principal : Frankly, I had very bleak hope on him Mayaram ji. But by the end of the year he had pulled up his socks and studied sincerely.

Mayaram : This is the result of your blessings and grace sir. Next year if he passes with first division then I will gift him a golden ring.

Principal : Yes, and this year Harish gets a wrist watch from Mayaram ji and a suit from Sadhana ji.

Mayaram : Son Harish, put more efforts and work more diligently next year.

Nasir : (Nasir gets off his seat). Sure Uncle, he will need to put in more efforts for copying next year.

Mayaram : What do you mean?

Nasir : (Shows the chits Harish had used for copying in the exam) This is the proof of Harish's hard work and success in the exam.

Narrator : *Everyone is shocked, there is a long silence in the room. Harish bursts into tears.*

Moral: Copying and blindly imitating can help you achieve success in the present, not in the future.

----End----



GAMES

1. USE EDUCATION IN LIFE

Things you will need- A glass, hanker-chief and water.

Instruction - Once a person went for a trip to Rajasthan. The train was going through an uneven path. Due to this the water in his lota was dropping in the vehicle. There was a saint in the vehicle. He understood the problem of the person and told him, "You can wrap and tie the lota in any cloths and hang it upside down. Then the water will not fall" After listening to the saint, the person started laughing and said "sir, half of my water has already fallen, if I will hang it upside down then all my water will fall. Then will you give me water?" The saint said calmly, "I have kept my water the way I have told you, if you want to drink you can."

(The instructor has to hold the glass and handkerchief)

When the person saw the lota upside down he was shocked and said to the saint, " In our science lecture we learnt the use of a pressure but we never applied it practical life.

The condition of science and history is same. We do not learn from our ancestors or great men Ramayana, Mahabharata and Geeta. All listened but very few imbibe the lesson from them. We do not learn from the mistakes made in the past. We learn a language but we can't pronounce it perfectly. If we do not use the lessons in our real life then studying is useless.

2. "ECHO"

Call for 4 groups of two children. Make everyone stand facing each other. Tell one of the child to do any work or enact anything. Ask the second one to copy the first one clapping, laughing, crying, fighting, acting like a doctor,

plumber, pilot, nurse etc. are few examples.

The first child does various activities and the second one copies him. After a minute, ask the second child to imitate something or someone else and ask the first one to copy.

In this game out of four at least three pairs will follow the pattern i.e. the activity the first one does will be copied by the second one. After the game is over ask the children to sit.

Instructor- children! It was seen now that when the second child was given an option he repeated the first one. This is human behavior. The way a person behaves with us is the same way we tend to treat others. Same way as we treat them, they would treat us. There is a place in Mahabaleshwar known as, "Echo-Point". The word which we speak is the same word which returns. "As you sow, so shall you reap." This saying also emphasize on the above lessons.

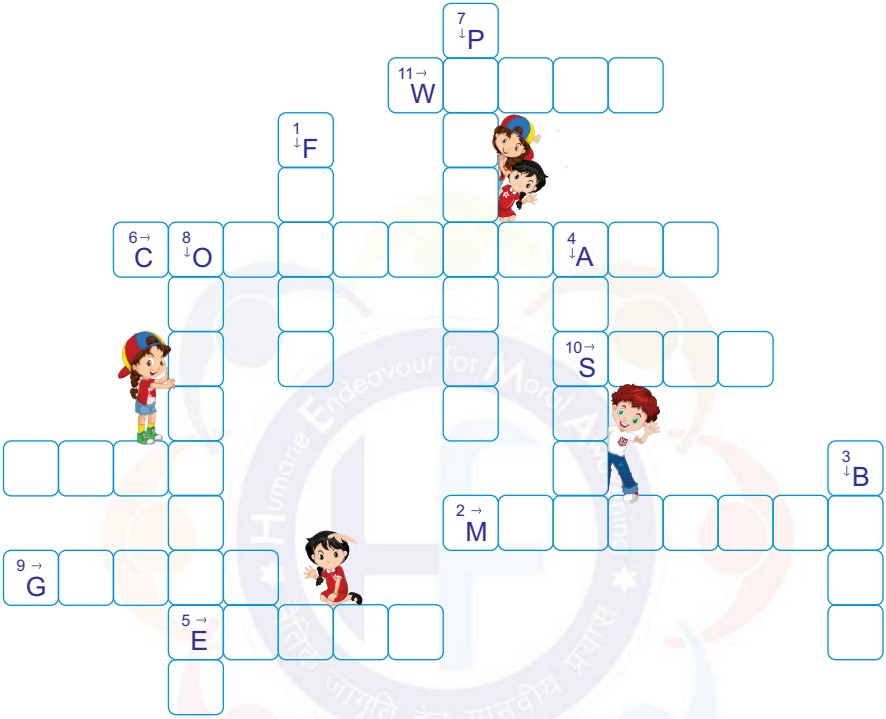
ANSWERS OF CROSSWORD :

1. Focus	2. Minimise	3. Best	4. Assign
5. Ethic	6. Concentrate	7. Positive	8. Obstacles
9. Goals	10. Stay	11. World	

ANSWERS OF SCRAMBLE :

• Copying	• Mirror	• Mimicry	• Pattern
Imitation			

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. _____ on completing one thing at a time. (5)
2. _____ time wasters and interruptions. (8)
3. We get_____result by giving full concentration on work. (4)
4. Prepare a to do list and_____ priorities. (6)
5. Develop a mission goal and strong work_____(5)

6. If you are doing something_____wholly on what you are doing. (11)
7. Create a_____mental picture. (8)
8. Understand the_____ . (9)
9. Set your_____in life. (5)
10. _____ on track. (4)
11. Show the_____, what you can do. (5)



SCRAMBLE

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

YOCPGIN

RROMIR

MIIMCRY

NTETAPR

It is better to fail in originality than to succeed in_____



PUZZLE

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

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

Words

Imitation : He held that art consists in the faithful imitation of the beautiful in nature.

Clone :
Resemblance :
Copy :
Mimicry :
Replica :
Duplicate :
Reality :
Mock :
Lifelike :
Literal :
Mime :
Feign :
Enact :
Mannerism :
POSE :

CASE STUDY



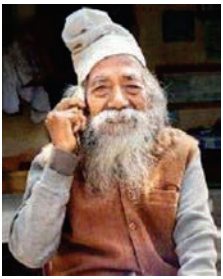
CHATRAPATI SHIVAJI

Chatrapati Shivaji, was the son of Shahji Bhosle and Jijabai. He was born on 19th February, 1630. As a young boy he learnt to read and write, wrestling riding and many other physical arts. Shivaji was deeply religious and hated the Muslim rulers.

When he was just 18 years old, Shivaji captured the fort of Torna from the rulers of Bijapur. He raised an army of his own and captured many more forts. By the end of 1659, he ruled 40 forts, and had a huge army.

The Bijapur government sent Afzal Khan with an army of 10,000 men to fight against Shivaji. But Shivaji killed him. He and his Maratha soldiers captured the Bijapuri soldiers. This event made Shivaji very famous. Shivaji began to expand his territory further. He built new forts and gave grants to merchants and poor people. He was a kind and able ruler. He respected women very much, and worshiped Goddess Bhawani. Shivaji was also very brave and clever. The Mughal ruler Aurangazeb wanted to capture Shivaji. Shivaji was defeated in the battle and brought to Agra. But he and his son escaped by hiding inside baskets of sweets. Shivaji disguised himself as a sanyasi and went to Allahabad.

Shivaji was crowned as the Maratha King in 1674, and took the title of Chatrapati Shivaji. He conquered more regions in the South and made himself very strong. He ruled for many more years, but fell ill and died on 3rd April, 1680. Shivaji is a great hero of history. He fought for the Hindus against the Mughal rulers. He loved his motherland. Such was the life of this great emperor.



SUDHANSHU BISWAS

Honoured by the Padma Shri in 2018, he is a veteran 99-year-old freedom fighter who left his home in his early teens to fight for our independence. Since childhood, his family had been disciples of Shri Ramakrishna, the guru of Swami Vivekananda. His teachings were instilled in Sudhanshu's value system since birth. In 1948, inspired by Swami Vivekananda, he set out for the Himalayas for the company of saints to bask in their wisdom. He also associated himself with the Domes and Chamars of Varanasi, tribes who burn dead bodies at the crematorium and break skulls with bamboo sticks.

However, instead of relying on alms of the rich, he decided to earn a livelihood himself so that he could use that money freely for his social work. Hence, set up a plastic factory in Kolkata. In 1973, he shut down his business to dedicate himself completely to the service of the downtrodden and marginalized sections of the society. He established Sri Ramakrishna Sevashram.

In the last four decades, he has set up 18 residential schools for such children, all boys, in the most remote areas around West Bengal. The schools currently don't have the infrastructure to accommodate girls. Not just children, many old aged people who have nowhere to go are also welcome in his ashrams in return of a nominal fee.

Thousands of children, many of whom are orphans, have not only become professionally successful but also better humans. One unique aspect of schooling in Ramakrishna Sevashram is the holistic environment where, in Sudhanshu Biswas' words, "man-making education is imparted". Along with providing education, the school runs vocational centres, free medical camps, and an ambulance in case of emergencies, for the village. All the schools are eco-friendly with their own organic plantations and solar panels.

His heartwarming humility shines through his eyes. He is so nonchalant about his service that when he was informed that he'd be conferred with the Padma Shri in 2018, his only response was "Do I have to travel to Delhi to collect it?".

How rare it is to find people like Sudhanshu Biswas whose entire life has been about the well-being of others. Be it aggressively fighting for the country using guns, or compassionately fighting for the upliftment of its people through holistic education.



WARREN BUFFETT

Warren Buffet Known as the "Oracle of Omaha," Warren Buffett is an investment guru and one of the richest and most respected businessmen in the world.

Born in Nebraska in 1930, Warren Buffett demonstrated keen business abilities at a young age. He formed Buffett Partnership Ltd. in 1956, and by 1965 he had assumed control of Berkshire Hathaway. Overseeing the growth of a conglomerate with holdings in the media, insurance, energy and food and beverage industries, Buffett became one of the world's richest men and a celebrated philanthropist.

As for 2018, Buffett has an estimated net worth of $84 billion. Between 2006 and 2017, Buffett has given away close to $28 billion in charity.

In June 2006, Buffett made an announcement that he would be giving his entire fortune away to charity, committing 85 percent of it to the Bill and Melinda Gates Foundation. This donation became the largest act of charitable giving in United States history.

According to the release, the yet-to-be-named company

will be "free from profit-making incentives and constraints" as it tries to find ways to cut costs and improve the overall process for patients, with an initial focus on technology solutions.

Calling the swelling costs of healthcare a "hungry tapeworm on the American economy," Buffett said, "We share the belief that putting our collective resources behind the country's best talent can, in time, check the rise in health costs while concurrently enhancing patient satisfaction and outcomes."





MOVIE: KHAMOSHI (1996)

Aaj Main Upar Aasman niche

Aaj Main Upar Aasman niche
Aaj Main Aage Jamana hai pichhe
Aaj Main Upar Aasman niche
Aaj Main aage Jamana hai pichhe
Tell me O khuda abb main kya karu
Chalu sidhee kee Ulatee chalu

Aaj Main upar Aasman niche
Aaj Main aage Jamana hai pichhe
Tell me O khuda abb main kya karu
Chalu sidhee kee Ulatee chalu
Aaj Main Upar Aasman niche

Yunhi bin bat ke chhalke jaye hansee
Dole jab hawa lage Gudgudee
Yunhi bin bat ke chhalke jaye hansee
Dole jab hawa lage Gudgudee
Sambhalu gir padu
Arre arre arre arre arre tauba kya karu
Chalu sidhe kee ulatee chalu...
Aaj mai upar aasman niche
Aaj mai aage jamana hai pichhe
Aaj mai upar aasman niche
Aaj mai aage jamana hai pichhe
Tell me O khuda abb mai kya karu
Sar ke bal ya kadam se chalu
Aaj mai upar aasman niche...
Jhoome jaa mauj me rukna naa jane jaan,
Dekhu yeh tarang rukatee hai kaha

Jhoome jaa mauj me rukna naa jane
Jaan, Dekhu yeh tarang rukatee hai kaha
Main bhee tere sang in lehron pe chalu
Sar ke balya kadam se chalu
Aaj main upar aasman niche
Aaj main aage jamana hai pichhe
Aaj main upar aasman niche
Aaj main aage jamana hai pichhe
Ho, Tell me o khuda abb mai kya karu
Chalu sidhee kee ulatee chalu
La la la la la...

RESOLUTION

THE PLEDGE

We resolve to respect the natural gift given to us by exploring and knowing self; it is not a selfish act.

ASPIRE TO INSPIRE



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

LET'S STEP OUT...



1. Let children point out to someone in their class whom they would like to follow.
2. Ask the reasons why they would like to follow him.
3. Ask children to give examples of leaders whom they would like to follow.

WHAT MORE!!

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

JAL – AWARENESS



INTRODUCTION

Although the earth is rich in water, only one percent is liquid fresh water, the form we require for our highest priority needs. As population grows, the demand on this liquid fresh water is growing, and the amount of water that we consume will increase. There are ways to save water and we all try our best. Rainwater harvesting, avoiding excessive flooding of fields by farmers, better ways of using water at home and less polluting of rivers are some. One of the factors to determine how much water we consume is by having an awareness about water footprints. Water footprint tells us how much water is used each and every day in all our activities, such as for producing our food and to clothe us and indicates the pressure we exert on our freshwater resources.

Each of us uses water at home for cooking, bathing, laundry but our larger water footprint is the 'hidden' water in all the products we use or consume. Depending upon what we eat and our lifestyle, we can have a larger or smaller water footprint. And where is this water footprint? It's all around the world, linking us to rivers and aquifers, communities, plants and animals far from our homes.

This is a great awareness and a total awakening factor, as it will give us a reality check on how and where to use water so that we have a better future with water.



LIFE SKILL QUESTIONS

1. What are the day to day water activities that we can reduce to control our water footprints?
2. Should big recreational water users like water parks and golf courses be closed?
3. Deforestation is one of the causes of scarcity of water. Explain.



QUOTES

- "Thousands have lived without love, not one without water." **- H. Auden**
- "When the well's dry, we know the worth of water." **- Benjamin Franklin**
- "A drop of water, if it could write out its own history, would explain the universe to us." **- Lucy Larcom**
- "Water is the most critical resource issue of our lifetime. The health of our waters is the principal measure of how we live on the land." **- Luna Leopold**
- "Water is the world's first and foremost medicine." **- Slovakian Proverb**

माता : अद्य निर्जला एकादशी वर्तते |
Mother : Today is Nirjala Ekadashi
शिशु : तेन किम् ?
Child : What is that?
माता : अस्याम् एकादश्यां जलं न पेयम् |
Mother : On this Ekadashi day, we should not drink water.
शिशु : किमर्थम् ?
Child : Why?
माता : तस्य पौराणिकी कथा तु महाभारतादि ग्रन्थेषु प्राप्यते किन्तु आधुनिके विज्ञाने किं महत्त्वम् इति शृणु |
Mother : There is a mythological story in Mahabharata Adi Granth Milati. You listen to it.
शिशु : श्रावय |
Child : Let us hear it.
माता : जलस्य मूल्यं किमस्ति इति ज्ञानं स्यात् तदर्थं एषा एकादशी भवति|
Mother : On this Ekadashi people appreciate the value of water.
शिशु : कीदृशं मूल्यम् ?
Child : Which value?
माता : सर्वे आहारेण विना तो जीवितुं शक्यते किन्तु विना जलं तु जीवनं न भवति |
Mother : Everyone can live without food but no one can live without water.
शिशु : एवमस्ति ! एतत् तु मम ज्ञानमेव नासीत् अद्यतः अहं कदापि जलव्ययः न करिष्यामि ||
Child : Is that so!, I did not know that. Today I will not waste water.

SANSKRIT SHLOKAS

आहारेण विना सर्वे जीवितुं सक्षमाः भवेत् |
जलैव जीवनं प्रोक्तं तुष्टिस्तेनैव जायते ||

No one can live without food. Water is life,
it gives satisfaction (after meals)

जलामृतं हि सर्वेषां जीवनं परमं स्मृतम् |
यदा हि जलरक्षा स्यात्तदैव भूमिरक्षणम् ||

Water is the nectar of life. If water is protected
it will protect our land.

POETRY

Water water all around,
Save every drop that can be found.
Wasting water is not good,
So you never never should.
Never let your tap run,
Turn them off as soon as you are done.
You must realize water is good,
To save everyone as know we should.



MORAL STORIES

1. LITTLE DROPS OF WATER

Rangan is a farmer in a small village. He is a hard working person. He lived near his farm. His land has a deep well. Apart from the ground water, he thought that the rain water can be collected in the well. After spending a little money for buying pipes, Rangan set up the pipes in the roof so that he could collect the rain water falling on the roof through the tube and then into the well. Rainy season started and there was a good collection of rain water. He advised the people in the town to set up rain water pipes on the roof so that they can also save rain water.

They did not listen to his words. They made fun of him and ignored his advice. They considered it is waste of money to set up rain water harvesting pipes. Summer season started. All of the water resources became drained. Lakes and ponds became empty. All the people in the village were worried about water scarcity .The villagers decided to ask the village chief to help them.

The chief asked them “Did your village get rain during rainy season?”.

People replied that they got good rainfall in that year's rainy season . Then the chief asked, " Why was this drought if there was good rainfall?" The villagers informed the chief that the lakes and ponds had become empty. The chief asked again, “Are you storing rain water in the well ?"

The villagers said “No! We did not save rainwater.”

He told them: " Water is our life saver, rain water is invaluable resource, if you had saved the rain water, we would not have fallen short of water today.”

The villagers felt sorry for not realizing the need to save water. The chief continued, “Rangan, a farmer in your village has stored rain water in the well in his farm. He has accepted to offer water to your entire village this summer.”

He advised to the villagers to save rain water and reduce water wastage. People realized that they need to save water and thanked the Chief and Rangan. They all returned to the village and rain water harvesting pipes were set in every house. They all began to save water and lived happily.

Moral: Little drops of water make the mighty ocean.
Rain water harvesting is one of the best method to save water.

2. NOT GIVING UP

In a village, there lived a kid who had always said "water is very important". He saved lots of water when he was using it. Many years later, people started to waste water but the kid didn't. He tried to tell everyone to take care of water but they didn't care.

Then an idea struck him. He showed people responsible ways of saving water like turning the tap off when brushing teeth. Still, the people didn't care.

A month later, on a cold frosty morning, the people of the village woke up and discovered that there was no water! They had nothing to drink, to wash with or even to use when they went to the toilet. People were very scared and worried so they approached that kid again. The kid explained and reminded them that water was so important that people needed to look after it. Having no water for their daily activities convinced the people on what the kid had always tried to teach them.

The next day some water appeared and as months went by, the volume of water in the village also increased.

Then everyone shouted "That's why water is so important!". Travellers passing by the village also heard the commotion and as they approached the village they too were convinced on the importance of water.

3. THE MOST INSPIRING 15-YEAR-OLD I'VE EVER MET

Tyler Riewer—content strategist at Charity: water, a non-profit that works to bring clean water to developing countries, sharing his experience in honour of World Water Day.

It's hard to fathom. The idea of waking up before sunrise every morning and spending hours walking just to find a water source. Standing in line to access a muddy hole in the ground that you share with both your neighbours and their livestock. Carrying 40 pounds of dirty water all the way home on your back and then serving it to the people you love most. Constantly suffering from stomach pain and diarrhoea. Losing children to water-related diseases.

It's a world most of us don't know. And yet, it's the reality for 748 million people around the world—748 million! That's nearly 10 percent of everyone living on this planet.

You and I got lucky. We're the other 90 percent. We happened to be born in places where we've never had to worry about finding water or deal with the fear that our water might affect the health of our families.

But that doesn't mean their stories can't impact us.

Over the past two years, I've visited eight countries that were in need of clean water. I've camped in rural communities, shared meals inside people's homes, and met some of the most courageous, driven, and inspiring people I've ever known.

Here's one which was very impressive ....

By the time we reached our first village in Mozambique, a small crowd had already gathered around the water point. They were eager to talk about the difference clean water had made in their community.

At the front of the pack, neatly lined up in matching blue T-shirts, were five members of the local water committee (a team responsible for taking care of the water access and educating the community about health and sanitation). One by one, the men and women introduced themselves: a chairman, mechanic, tax collector, health and hygiene

officer. And then the final introduction, which came from a seemingly shy 15-year-old girl at one end.

"My name is Natalia. I'm the President."

Ahem. I don't know what your reaction to that was just now, but I had to pick my jaw up off the ground. I've visited more than 25 communities with charity: water, and never had I met a 15-year-old water committee president before.



What it came down to was Natalia's education, leadership, and work ethic. Having access to clean water gives her more time to spend in school, and as a result, she's become better educated than many of the adults in her community. Now she's a leader.

At one point in the trip, I asked Natalia's mother what she wanted for her daughter's future. "Our dream is for Natalia to become a teacher," she said proudly.

Overhearing the conversation, Natalia whipped around to respond: "I don't want to be a teacher; I want to be the headmaster!"

Over and over again, I've met people in the field who have told me that water is life. And I don't think I understood the depth of that right away. I knew that having access to clean water would immediately improve health and make life easier and safer—but the incredible takeaway for me has been that getting clean water for the first time brings the start of a new life.

Healthier kids spend more time in school. Healthier families save money on hospital bills. It's exponential. Better opportunities. Stronger economies. Future leaders. An end to poverty.

Water is where it all begins.

Knowing that...how can we, the 90 percent who got lucky, not do something to help the 748 million people who didn't?





You can watch the short film **"JAL – AWARENESS"** on YouTube

ANSWERS OF CROSSWORD :

1. Life	2. Water	3. Natures	4. Ecological
5. Straight	6. Gallon	7. Everything	8. Footprint
9. Dishwashing	10. Harvesting	11.Project	12. Evaporation
13. Element	14. Reduce		

ANSWERS OF SCRAMBLE :

• Care • Drop • Ocean • Situation • Spring
Precious

THE WATER OF LIFE

Characters-

King, Advisor, Harish (Oldest Son), Ganpat (Middle Son), Mangesh (Youngest Son), Old Man, Dwarf, Princess Arya, Narrator.

Script:

Narrator : *The King is lying in his bed. His Advisor is beside him.*

King : (coughing) I want to see my three sons. I will die very soon.

Advisor : Please, don't talk, your majesty.

King : You know that I'm very ill, and I don't know which of them deserves to take my place.

Narrator : *Harish enters.*

Harish : Father? (There is no answer. He whispers to the advisor) How is he?

Advisor : Not very good. The doctor said there's no hope.

Harish : No hope? There must be something we can do!

Advisor : Calm down.

Harish : How do you expect me to calm down when my dear father is dying?

Advisor : I understand how you feel.

Harish : I'll go to the village. I can't just stay here watching him die! I'll get another doctor, or some other medicines.

Advisor : You will waste your time. Stay here. He needs you!

Narrator : *Harish leaves. On his way to the village he meets an old man.*

Old Man : Why are you going in such a hurry?

Harish : My father is very sick, and the doctor said nothing can save him.

Old Man : The Water of Life is the only thing that can save him.

Harish : The Water of Life?

Old Man : Yes, he will only need to take a drink and he will be well again.

Harish : Tell me, where can I find this water?

Old Man : It's very hard to get it.

Harish : Just tell me!

Old Man : It will not be easy, there are great dangers along the way.

Harish : My father cannot die. I'll bring him this water, and when he knows that I saved his life, he will make me king!

Old Man : Before you go, the King must know where you're going.

Harish : I'll go and tell him right away. Good-bye, old man.

Old Man : I really hope you can get it.

Narrator : *The Old Man leaves. Harish returns to the palace.*

Advisor : You're back.

Harish : I need to talk to my father.

Advisor : He is sleeping right now.

Harish : Listen, when he wakes up tell him I went to look for the Water of Life, and that I will be back as soon as I find it.

Advisor : I beg you not to go, please, prince. You're not the first one who will try to get it, and that is impossible. Oh, none of them have returned yet.

Harish : So you knew about it, and you didn't tell me?

Advisor : How could I? I didn't want to risk your life.

Harish : If I bring the water, I will be the new King. But never mind, just tell him what I said.

Advisor : Good luck... you will need it.

Narrator : *Harish leaves. He walks through a deep valley with rocks and woods. He meets a Dwarf.*

Dwarf : Oh, prince, where are you going in such a hurry?

Harish : What do you care, you ugly dwarf!

Dwarf : What did you call me?

Harish : What you've just heard!

Dwarf : I cast a spell on you! From now on, you will be an unlucky man. You will not succeed in what you're looking for!

Narrator : *The Dwarf leaves. Harish keeps walking.*

Harish : The road in this mountain is getting narrower and narrower. I can't go back, and I can go forward. I'm stuck in the middle of the mountain!

Narrator : *There is a loud laugh backstage – ha, ha, ha, ha.*

Harish : Who's laughing! Who's there!

Narrator : *He tries to walk but he can't move his feet*.

Harish : Oh no! It's so dark, and I can't see anything!. I will never see my father again, and I will never be King!

Narrator : *At the palace the King talks to his middle son.*

King : Your brother hasn't come back. I'm afraid I won't see him again.

Ganpat : Don't say that, father. I have decided to look for the Water of Life.

King : No! I don't want to lose another of my beloved sons.

Ganpat : Good-bye, father.

Narrator : *Ganpat leaves. The Advisor approaches him.*

Advisor : Prince, don't go. I have the feeling that you will too never come back.

Ganpat : Don't worry, I will! I'm sure that my brother is dead, and this kingdom will be mine if I find the water.

Advisor : You talk just like your brother!

Narrator : *Ganpat doesn't answer and leaves. He walks through a deep valley with rocks and woods. He meets a Dwarf.*

Dwarf : Prince, where are you going in such a hurry?

Ganpat : Get out of the way, you ugly dwarf!

Dwarf : What did you call me?

Ganpat : I said ugly dwarf!

Dwarf : I cast a spell on you! From now on you will be an unlucky man. You will not succeed in what you're looking for!

Narrator : *The Dwarf leaves. Ganpat keeps walking.*

Ganpat : The road in this mountain is getting narrower and narrower. I can't go back, and I can go forward. I'm stuck in the middle of the mountain!

Narrator : *There is a loud laugh – ha, ha, ha, ha.*

Ganpat : Who's laughing! Who's there!

Narrator : *He tries to walk but he can't move his feet.*

Ganpat : Oh no! It's so dark, and I can't see anything!. I will never see my father again, and the kingdom will never be mine!

Narrator : *At the palace the King talks to his youngest son.*

King : Oh Mangesh, many days have passed and I haven't heard anything about your brothers.

Mangesh : I'm sure they are fine. Father, I need your permission to look for the Water of Life.

King : Not you, Mangesh.

Mangesh : I love you father, and I want you to be well again.

King : If that's what you want, then I give you my blessings. Leave now.

Narrator : *Mangesh kisses his father and leaves. He walks*

someone found me. Please, take me out of here!

Mangesh : Who are you?

Princess : A wizard locked me in here. Please, promise you will take me with you, and I will tell you where the Water of Life is.

Mangesh : How do you know what I'm looking for?

Princess : If you came this far, then it must be because of the water.

Mangesh : You're right, but...your eyes remind me of someone. No, it can't be.

Princess : Let's not waste any more time. I know where the water is.

Mangesh : Then tell me, please.

Princess : The well that holds the Water of Life is in the garden, come, let's go get it.

Narrator : *They go to the garden where there is a well. Mangesh pours some water into the bottle.*

Princess : Ready? We have to leave the castle before the clock strikes twelve.

Narrator : *Mangesh closes the bottle and both run outside the castle.*

Mangesh : We made it!. I finally have the Water of Life!

Princess : And since you saved my life, all your wishes will come true!

Mangesh : We have to hurry. My father is dying and I need to give him the water.

Narrator : *They start walking. The Dwarf enters.*

Dwarf : I see that you have the water with you.

Mangesh : Yes, and I truly appreciate your help.

Dwarf : You must be proud of yourself, but you look worried.

Princess : What is wrong? You have what you wanted.

Mangesh : I'm just thinking about my father. He must be very sad. He wanted so much to see my brothers again, and they never came back.

through a deep valley with rocks and woods. He meets a Dwarf.

Dwarf : Prince, where are you going in such a hurry?

Mangesh : I'm looking for the Water of Life. My father is very sick, and I don't want him to die. Can you help me? Please, help me if you can.

Dwarf : Do you know where the Water of Life is?

Mangesh : No, I'm afraid not. Please, tell me if you know.

Dwarf : Since you have been kind to me, and you are wise enough to seek for advice, I will tell you how and where to go. The water you're looking for springs from a well in an enchanted castle. Take this iron wand and these two little loaves of bread. When you get there, strike the iron door of the castle three times with the wand, and it will open: two hungry lions will be lying down inside waiting for their prey, but if you throw them the bread they will let you pass. Then go to the well, and pour some of the Water of Life into this bottle. Just remember, you have to do it before the clock strikes twelve, because if you take longer, the door will shut upon you forever.

Mangesh : Thank you my friend!

Narrator : *He keeps walking until he reaches the castle. The door opens at the third stroke of the wand. He enters and gives the bread to the two lions and keeps walking.*

Mangesh : That little dwarf was right. I was lucky to find him on the road. Now, I have to look for the well.

Narrator : *He keeps walking and. He enters a room. The Princess is sitting in a couch.*

Princess : Oh. It's you, I thought I would never see you again.

Mangesh : Do you know me?

Princess : Oh no, I don't. What I meant was that finally

Princess : Do you remember what I told you? Do you remember my promise?

Mangesh : Yes, I remember what you told me in the castle.

Princess : Little dwarf, you know what to do.

Dwarf : Yes, Princess. I know where your two brothers are. I left them between two mountains.

Mangesh : I will not ask you why, I will only ask you to set them free.

Dwarf : Don't waste any more time, your father is waiting for you. And don't worry about your brothers, soon you will find them.

Mangesh : Then, we must continue our journey. I will always be grateful to you.

Narrator : *He and the Princess start walking. They find his two brother lying on the ground. He kneels down and wakes them up.*

Mangesh : Ganpat! Harish! Wake up!

Ganpat and Harish: What happened?

Ganpat : I must have fallen asleep.

Harish : I can't remember anything.

Mangesh : It doesn't matter. We have to go, our father is waiting for us.

Ganpat : How did you find us?

Mangesh : It's a long story. I'll tell you about it when we get to the palace.

Harish : I remember now. I was looking for the water of life!

Mangesh : I have it with me.

Ganpat : What are we waiting for. Let's go!

Narrator : *They walk to the palace. When they arrive, the Advisor is beside the king's bed.*

Advisor : You're back! Do you have the water?

Mangesh : Yes, I do. How is he?

Narrator : *Ganpat, Harish, Mangesh and the Princes stand beside the King's bed.*

Advisor : He hasn't spoken since you left, and he hasn't

opened his eyes either.

Narrator : *Mangesh takes his father's hand.*

Mangesh : Father. We're back. We're all here.

Narrator : *Mangesh opens the bottle of water, pours some in a glass, and gives a little to the King. As soon as the King drinks some water, he opens his eyes.*

King : Mangesh? Ganpat? Harish?

Ganpat : Oh, father. I love you! Please, forgive me.

King : Forgive you?

Harish : Me too, father. I feel so ashamed. I went looking for the Water of Life thinking only of myself. All I wanted was to be...

King : The new King?

Ganpat and Harish: Yes.

King : But... all of this is yours, and you know it!

Ganpat : I don't want anything, all I want is for you to be well.

Harish : Me too. I can now remember those cold dark nights in the mountain, I had a lot of time to think, and to remember.

Mangesh : Well, now that our father has recovered, we need to celebrate.

King : But... who is this lovely girl?

Mangesh : Oh, she is Princess...

Princess : Your majesty. I'm Princess Arya.

King : Princess Arya? Where were you? They have been looking for you!

Princess : A wizard locked me in a castle, and only the man who could open the iron door and make the lions fall asleep, was the one who could rescue me, and that was your son Mangesh.

King : Oh, Mangesh, I'm so proud of you!

Advisor : I think we should all leave the King to rest.

Narrator : *Ganpat, Harish and the Advisor leave. Mangesh and the Princess stand in the center of the*

stage. Mangesh holds the Princess hand.

Mangesh : Why you didn't tell me you were Princess Arya?

Princess : You never asked what my name was.

Mangesh : When I saw you in the castle, I asked you who you were, but you didn't tell me!

Princess : You looked so confused, that's why I decided not to tell you.

Mangesh : I'm sorry, you're right. One day a friend of mine and I went to the market and I fell in love with a beautiful girl that I saw. She was with two of her friends, and she looked so happy! I wanted to talk to her, but as soon as she saw me, she ran away.

Princess : Maybe she wasn't ready to meet someone. Or maybe...

Mangesh : I asked my friend if he knew her, and he said she was...

Princess : Princess Arya.

Mangesh : Yes! Princess Arya, the girl from the market. Now that I remember, when I saw you in the castle, I knew there was something about you. Something that I never forgot...your beautiful eyes.

Princess : Oh, Mangesh.

Mangesh : I love you, Arya. Will you marry me?

Princess : Yes! Yes, I will marry you!

(They hug)

---- END----



GAME

1. HOW MUCH WATER

The game is about how much water is needed to produce that food or product. The teacher will speak out one product at a time and each student writes his or her guess as to how much water is needed to produce that food or product on a sheet of paper. In the end ask students to add up their numbers that they had written against the product. The total is what we need. The actual total of litres for all of the food and product items in the game is 20,393. The student who is closest to this figure either above or below is the winner of the game, the next closest is second, etc...

At the end of the day winning this game isn't important. What is important is that you and your students have learnt how much water goes into making the food we eat and the clothes we wear.

How Much Water

1. Slice of Bread: 40 Litres
2. Bag of Potato Chips: 185 Litres
3. Pair of leather shoes: 8000 Litres
4. A pair of jeans: 7600 Litres
5. Apple: 70 Litres
6. Cup of Tea: 35 Litres
7. Tomato: 13 Litres
8. Glass of Apple Juice: 190 Litres
9. Potato: 25 Litres
10. 1 kilogram of rice: 2260 Litres
11. Cotton T- Shirt: 1500 Litres
12. Glass of Milk: 200 Litres
13. Cup of Coffee: 140 Litres
14. Egg: 135 Litres

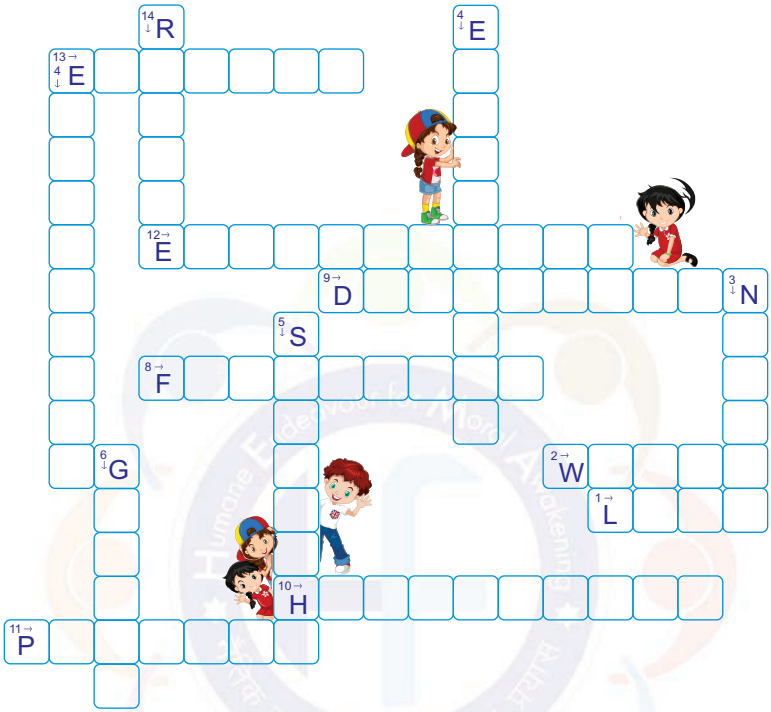
Total: 20,393 Litres

2. WATER RELAY

Divide students into 2 teams. Mark a straight line ask the teams to form a straight line behind it. Then place a bucket of water in front of each team. Place an empty bucket on another chair some distance away from the start line. Mark the empty buckets at a level the students can fill water up to. Give each team a cup or glass. Each student will take turns dipping the cup/glass into the bucket of water. Now they will carefully walk to the empty bucket and pour the water into it. The student returns to the line and hands over the empty cup/glass to the next in line who will fill up the cup/glass and empty it in the bucket on the chair. The game goes on till the water gets over which was placed in front of the line.

Objective: Who saves enough water without wastage to reach the marked line in the empty bucket first. (If the team spills water, they will not achieve the desired line of the empty bucket).

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. We cannot lead our day to day_____without water. (4)
2. We cannot imagine life without _____. (5)
3. Water is one of the _____ precious gifts to mankind. (6)
4. We all reduce our_____footprints, (10)
5. You can't trust water: Even a _____stick turns crooked in it. (8)
6. It takes half a _____ of water to produce a single pasta noodle. (6)

7. _____we use, wear, buy, sell and eat takes water to make. (10)
8. The water _____ is a measure of humanity's appropriations and fresh water in volume of water consumed and polluted. (9)
9. Using_____machine is actually more efficient than hand washing. (11)
10. Rainwater _____ should be implemented in all societies to water their garden. (10)
11. Sardar Saroovar Dam is part of Narmada valley _____(10)
12. _____ is one of the major processes in water cycle. (11)
13. The three _____ of water footprints are green, blue and grey. (7)
14. Thread lightly. _____ your water footprint. (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.

ARCE

RDDP

EANOC

NOTAUSITI

RINGSP

Don't waste water, Every drop of water is _____



PUZZLE

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

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

Words

Drink :
Natural :
Rainwater : Rainwater which falls on our roof is almost free, without getting them wasted we should gather it into a tank or a reservoir.
Concern :
Comprehension :
Submerge :
Foresight :
Channel :
Resources :
Distillation :
Planet :
Energy :
Future :
Consciousness :
Reservoir :

CASE STUDY



CHOLA KING KARIKALA

Karikala was a Tamil Chola king who ruled southern India. He is credited with the conquest of the whole of India up to the Himalayas and the construction of the flood banks of the river Kaveri. He is recognised as the greatest of the Early Cholas.

Karikala was the son of Ilamcetcenni. The name Karikalan has been held to mean "the man with the charred leg" and perpetuates the memory of a fire accident in the early years of his life.

Later Chola kings attributed the building of dikes along the banks of the Kaveri to Karikala. The raising of the banks of the river Kaveri by Karikala is also mentioned by the Malepadu plates (seventh century AD), of the Telugu Chola sovereign of Renadu, who claims descent from Karikala: kaveri tira (he who caused the banks of the Kaveri to be constructed by all the subordinate kings led by the Pallava Trilochana whose third eye was blinded by his lotus foot).

The Grand Anicut, also known as the Kallanai was built by Karikala and is considered one of the oldest water-diversion or water-regulator structures in the world which is still in use. The Kallanai is a massive dam of unhewn stone, 329 metres (1,080 ft) long and 20 metres (60 ft) wide, across the main stream of the Kaveri. A later Chola record from Tiruvaduturai refers to this event that is raising the banks of the Kaveri by Parakesari Karikala Chola.

Karikala Cholan Manimandapam (memorial hall) was built in honour of the king who built the Grand Anicut. The hall designed as per Tamil architecture style was built. It features a bronze statue of the king.

The copper-plate charters and stone inscription of the tenth and eleventh centuries also mention Karikala.



RAJENDRA SINGH SIDDAPPA

Rajendra Singh known as the 'Water man of India'.

An award known as "the Nobel Prize for water" has been given to an Indian Rajendra Singh campaigner who has brought water to 1,000 villages. The judges of the Stockholm Water Prize say his methods have also prevented floods, restored soil and rivers, and brought back wildlife.

His technique is cheap, simple, and that his ideas should be followed worldwide.

Mr Singh uses a modern version of the ancient Indian technique of rainwater harvesting.

It involves building low-level banks of earth to hold back the flow of water in the wet season and allow water to seep into the ground for future use.

He first trained as a medic, but when he took up a post in a rural village in arid Rajasthan he was told the greatest need was not health care but drinking water.

Groundwater had been sucked dry by farmers, and as water disappeared, crops failed, rivers, forests and wildlife disappeared and people left for the towns.

Our planet does contain over a billion trillion litres of water. But very little of that is safe to drink. Over 97% of water on Earth is salt water. "When we started our work, we were only looking at the drinking water crisis and how to solve that," Mr Singh said.

"Today our aim is higher. This is the century of exploitation, pollution and encroachment. To stop all this, to convert the war on water into peace, that is my life's goal."

"In a world where demand for freshwater is booming, we will face a severe water crisis within decades if we do not learn how to better take care of our water. Mr Singh is a beacon of hope." "Today's water problems cannot be solved by science or technology alone. They are human problems of governance, policy, leadership, and social resilience.

“Rajendra Singh's life work has been in building social capacity to solve local water problems through participatory action, empowerment of women, linking indigenous know-how with modern scientific and technical approaches and upending traditional patterns of development and resource use."



AUTUMN PELTIER

Autumn Peltier (born September 27, 2004) is Anishinaabekwe and a member of the Wiikwemkoong First Nation. She is best known as an internationally recognized advocate for clean water. She is a water protector and has been called a "water warrior". In 2018, at the age of thirteen, Peltier addressed world leaders at the UN General Assembly on the issue of water protection.

Peltier began her advocacy on behalf of water at the age of eight and was inspired by her great aunt, Josephine, who was a founding member of the water protectors movement. The turning point for her advocacy was attending a ceremony at the Serpent River Reservation and saw a warning sign against drinking the water. From this, she learned that not all people in Canada have access to clean drinking water.

Peltier soon became in-demand as a speaker. She gained national and international notice when at a meeting of the Assembly of First Nations she presented Canadian Prime Minister Justin Trudeau with a copper water pot and although she did not have time to deliver her prepared speech she confronted Trudeau on his record on water protection and his support for pipelines. Her act inspired the Assembly of First Nations to create the Niabi Odacidae fund.

In April, 2019 Peltier was named the chief water commissioner by the Anishinabek Nation.

In September 2019, Peltier was nominated for an International Children's Peace Prize and named as one of the United States Union of Concerned Scientists list of 2019 Science Defenders. She was also invited to speak at the United Nation Secretary-General's Climate Action Summit in New York, in 2018 and 2019.



SONG

SOCIAL AWARENESS SONG

Ye Sabko Batana Hai

Ye Sabko Batana Hai
Paani Ko Bachana Hai
Mil Karke Kadam Uthana Hai
Naya Savera Lana Hai
Jal Hai Jeevan
Jal Asli Dhan
Jal Jeena Ka Sahara
Tu Hi Kal Me Tu Hi Ab Me Tu Hi Kal Hai Hamara.
Kudrat Ne Diya Hai Hamko
Beshakemti Tohfa
Pyaas Bujhe Tan Man Ki
Boond Boond Bane Nadiya
Save Water Save Energy Go Green
Pyassi Galyan Vo Ghar Bhi Pyasse Honge
Socho Zaea Tum Vo Pal Bhi Kese Honge
Jal Ke Bina Tarsegi Ye Duniya
Jal Ko Sab Dhoonde Honge
Beeta Ye Lamhe To Kal Fir Na Ayega
Peene Ka Saara Paani Dooshit Ho Jaega
Ye Sabko Batana Hai
Paani Ko Bachana Hai

RESOLUTION

THE PLEDGE

To an ant a drop of water is an ocean.
We should learn the importance of water and resolve to save water.

ASPIRE TO INSPIRE



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

LET'S STEP OUT...



1. Give examples of villages / places where women have to walk miles and miles to fetch just 10-12 litres of water.
2. Ask children to visualise life without water.
3. How can we prevent wastage of water in our homes? Seek ideas from children.

WHAT MORE!!

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

EATING FOR BALANCE



INTRODUCTION

When it comes to diet and nutrition, we all have many questions/doubts in our mind. Eating well is good. But you need to be hydrating well too. It is important to ensure that you are drinking enough water and other healthy fluids. An ideal daily meal plan would be to spread our calorie intake through the day and include all six food groups (starch, fruits, vegetables, protein, dairy, and fats). Large gaps between meals might lead to health issues.

A balanced diet is important because our organs and tissues need proper nutrition to work effectively. Without good nutrition, our body is more prone to disease, infection, fatigue and poor performance. Children with a poor diet run the risk of growth and development problems and poor academic performance.

Bad eating habits can persist for the rest of their lives.



LIFE SKILL QUESTIONS

1. Why should we eat a balanced diet?
2. Why do adolescents need extra energy and protein in their diet?
3. What am I doing for self-care?



- “Your diet is a bank account. Good food choices are good investments.” **- Bethenny Frankel**

- “Healthy does NOT mean starving yourself EVER. Healthy means eating the right food in the right amount”. **- Karen Salmansohn**

- “Eating healthy food fills your body with energy and nutrients. Imagine your cells smiling back at you and saying: “Thank you!”.” **- Karen Salmansohn**

- “Healthy eating is a way of life, so it’s important to establish routines that are simple, realistically, and ultimately livable.” **- Horace**

- “Any food that requires enhancing by the use of chemical substances should in no way be considered a food.” **- John H. Tobe**

रुग्ण : मम उदरे दिनद्वयेन बहु पीडा जायते |
Patient : My have a stomach ache for last two days.

वैद्य : भवतु | द्वयोः दिनयोः पूर्वं किं खादितम्?
Vaidya : Oh, what did you eat two days ago?

रुग्ण : अहं तु विवाहे गतवान् तत्र मया रसगोलकानि , पिज्झा, बर्गर, एवं चैनिज् वस्तुनि खादितानि |
Patient : I had gone to a wedding. I ate a rasgulla, pies, burgers and Chinese food.

वैद्य : तदेव पीडयति |अतः कृपया सुपच्यानि वस्तुनि खादन्तु |
Vaidya : That is the reason for your problem. Please eat only that food which can be digested.

रुग्ण : तानि कानि ?
Patient : What are those things?

वैद्य : यथा सुपोदनम् ,क्षिप्रा,करपट्टीका,व्यञ्जनानि गोरसनिर्मितानि वस्तुनि इत्यादीनि भवन्तु |
Vaidya : Everything like cinnamon, khichdi, roti, sabji and cow's milk and ghee etc.

रुग्ण : अहं भवदाज्ञानुसारेण भोजनं करिष्यामि |
Patient : I will eat what you have suggested from now on.

Thank you.

SANSKRIT SHLOKAS

वारं वारं एकः पक्षी पृच्छति यत्कोऽरुक्?कोऽरुक्?|
तस्योत्तरं प्राप्तं हितभुक् मितभुकृतभुगिति ||

A bird asked again and again where to stop and stay.
One should stop and stay where the mind is stable (and not disturbed).

आहरन्तु वरं मन्ये यत्स्वास्थ्यवर्धको भवेत् |
तादृगाहारेवात्तव्यो येन प्राप्येन्निरोगिता ||

The best food is one which is the healthiest. We should eat the food that gives us good health.

POETRY

Healthy brain foods, what's the cost?
Those that avoid, their memory is lost.
We need more than nutrients essential,
Our human brains, have so much potential.
Assorted berries, a memory boost,
Apples protect us, cancers reduced.
Cherries will fight inflammation,
Dark chocolate boosts, our circulation.
Oysters provide us with plenty of zinc,
Aging and healing, there is a link.
Eggs and fish, will build our brains,
All these foods, have countless gains.



MORAL STORIES

1. THE LAST THOUSAND DRAGONS

There are many legends dealing with the extinction of dragons, but only one of them involves a certain Sir Emile, a brave knight who finished off the last thousand dragons. Like many others, Sir Emile spent years studying the cruel and wicked behaviour of the dragons of his time. However, his own particular conclusions were unique and unusual: dragons lived in a constant state of anger, which created the fire that came from their mouths.

So, when he decided to finish the dragons off, he swapped the normal weapons and armour of a knight for something rather unusual: a joke and a cart full of ice creams. When the first dragon came to eat him, Sir Emile shouted his joke at it. It was such a good joke that even the dragon had to laugh. Just as the brave knight had expected, this blew the dragon's fire out. Just as the dragon was laughing, Sir Emile offered it an ice cream...

How refreshed and pleasant the dragon now felt, after years of having had a fiery throat! Taking advantage of the dragon having calmed down for a moment, Sir Emile offered it a piece of fruit, and to the dragon this tasted heavenly.

Dragons didn't normally eat fruit or vegetables, because the fire of their mouths burned such food and left it without any taste. So they preferred to eat cows or people, which, even though left a bit singed, at least tasted of something. However, when the dragon tasted fresh fruit for the first time, it felt so happy and joyful that even its terrible appearance began to change. It had looked so bad because of its awful diet, but after only a few days of this new, healthier, life, the dragon disappeared one night. All that remained of it was a beautiful butterfly with large colourful wings...

And so it was, that Sir Emile, using only some good jokes and a cart full of ice cream and fruit, made the last thousand dragons disappear and take up new life in the form of beautiful butterflies.

2. THE WORLD'S BEST ICE-CREAM

Avantika Just Wants To Eat Ice- Cream, Even At Dinner!

But there were too many flavours to choose from.

"What are your favourite foods?" said the ice cream man. " Tell me, and I will work out the best ice cream flavour for you." "Well," said Avantika. "I Like Sushi." "We don't have any ice-creams that taste like sushi here..." said the ice-cream man. "I also like croissants." The ice-cream man looked. "No. Nothing like croissant flavoured ice-cream here, I'm afraid," said the ice-cream man.

"Well how about noodles?" "No." "Tomato sandwiches?" "No." "Grapes?" The ice-creams man looked up. "Grapes are closed to blueberries".... "I don't think it's the same," said Avantika. "They are both fruits. They are both purple." said the ice-cream man. Avantika just shook her head. "Well, what about vada pav?" said Avantika, brightening. "Or spaghetti? Oh! How about eggs on toast?"

But the ice-cream man didn't have any flavours like vada pav, spaghetti, or eggs on toast.

"French fries?" "No." "Red beans?" "No." "Potatoes?" "No." "Chocolate?" "Hang on." said the ice-cream man. "Did you say chocolate?" Avantika nodded. "Chocolate."

"No," said the ice-cream man, looking disappointed. "We sold our last chocolate ice-cream yesterday." "It's okay," said Avantika.

"How about I pick one for you? Ice-cream?" said the ice-cream man at last. "It will not taste like any of your favourite foods, but it will still be like any of your favourite foods, and still taste nice." "Okay," said Avantika. She shut her eyes and

counted to ten.....

When she opened them, the great big ice–cream was in front of her. It was a broccoli, as a mountain. " I call it "Ice-cream Special," said the ice-cream man.

Avantika ate every bit. It was very good.

"Ah, there you are!" said Mum and Dad. Coming in from the kitchen. "Did you finish your dinner, Avantika?" "I ate every bit," said Avantika. "Then you can have dessert," said her parents. "What is it?" she said.

1. *The little girl in this story pretends that her dinner is her favourite food, to help her eat things she did not like. Why do you think she does this? Do you think it would work if she tried?*

2. *What are some healthy foods that you enjoy?*

3. JOJO'S JUNK FOOD PROBLEM

Young Jojo, the elephant was excited as he had been invited for his friend's birthday party.

"It is Ronny's birthday on Sunday. He is organising a pool party. We're going to have a blast!" he said to his mother.

"Did you say, Sunday?" asked his mother, flapping her large ears.

"Yes. He says that there will be delicious food and lots of games," said Jojo, now facing his mother.

"Jojo, I am sorry, but we may not be able to go," said his mother. "Sunday is the Forest Elephant Day. I want you to come along. You'll get to meet all your distant relatives and cousins."

"No, mommy. I don't want to go for that," said Jojo, extending his trunk to touch his mother's. "I cannot miss Ronny's party. Please!" he said, making a cute face.

"The celebrations will be fun, Jojo. All the animals will

assemble at the main ground. There will be a speech by our Lion King praising the efforts elephants take to protect the forest. There will be delicious food," said Jojo's mother, trying to convince him.

"What food?" questioned Jojo, twitching his trunk.

"They will have watermelons, musk melons, pineapples, bananas of all varieties and jack fruits. Isn't that great?" mother tried to impress Jojo.

"Oh, mommy!" said Jojo, rolling his eyes. "That is the food we eat every day. Such dull and unattractive food!" he said with a slight snort.

His mother was silent for a second. She then asked, "What is the menu at Ronny's pool party?"

"He has ordered pizzas, burgers, wafers, noodles, and French-fries. There will be lots of cola drinks, too!" answered Jojo. "I'll have a few bottles of cola once I reach Ronny's house. Then I'll have some after the cake-cutting. Then, I'll have more while playing and finally, some more bottles of cola before leaving the party," he rattled off in excitement.

"You know what you call this menu?" asked Jojo's mother concerned. "It's called JUNK! And junk food is not good for your health. By the way, what do they have for dessert?"

"Fruit salad," replied Jojo, in a sad tone.

Jojo realised that his mother would not allow him to eat junk food.

His mother sensed that Jojo was sad. So, to lighten the mood, she asked him, "Didn't you mention games? What games are you going to play at the party?"

Jojo immediately brightened up and replied, "We've planned a swimming competition. Then, there'll be a throw ball competition and finally, a card game."

"The games sound interesting," said his mother, trying to cheer him up. "But avoid eating junk food. You can attend the pool party and then rush to the main ground to join me for the buffet."

Jojo was happy that mother allowed him to attend the pool party.

Finally, Sunday arrived. Jojo and his mother got ready and left for their respective events.

Jojo and his friends had a great time at the pool party. Though mother advised him to avoid junk food, the temptation was too much for Jojo to resist.

"Mommy won't find out. I'll eat some fruits at the elephant festival. That way mommy will not doubt me," he thought to himself.

Following the competitions, Ronny was declared the fastest swimmer, while Jojo was judged the best player in throw ball. Jojo was given a big bottle of cola as a prize. He was elated.

After the party, Jojo rushed home to hide his prize and then went to the main ground to join his mother for the Elephant Day celebration.

By the time Jojo reached the main ground, the celebration was in full swing. King Leo was thanking all the elephants for their role in maintaining the forest's ecosystem. After his speech, the animals proceeded to the buffet.

All kinds of fruits were piled up to form big mountain-like structures.

Jojo's mother carried a big watermelon and dropped it on the ground before him. But Jojo could hardly eat. His tummy was already full.

"If I eat even one more bite, I will puke," he thought to himself.

"Why aren't you eating?" asked Jojo's mother concerned.

"I'm very tired, mommy. I just want to sleep," said Jojo.

His mother quickly bid all her friends goodbye and walked home with Jojo. By this time, Jojo was already going through a terrible tummy ache. His stomach was rumbling quite loudly.

"I can hear your tummy, Jojo," said his mother. "I'll get you something to eat."

"It is okay, mommy," said Jojo, looking down. He could not face his mother as he had lied. He also realised how concerned his mother was regarding his well-being.

"It's not okay," said Jojo's mother, leading him to the stream. "Drink some water. You'll feel better."

His mother was right. Jojo felt better after drinking the cool water from the stream.

Once they reached home, both of them went to bed. Jojo's mother fell asleep almost immediately. But Jojo woke up and walked silently to the spot where he had hidden the cola bottle.

Jojo carried the bottle out and dumped it in a garbage bin. The bottle was gone and so were Jojo's guilt and weakness for junk food!





You can watch the short film **"EATING FOR BALANCE"** on YouTube

FAST FOOD ORDERS - LIFESTYLE ATTITUDES

Characters -

Devdutt, Persons 1, Persons 2, Persons 3, Persons 4, Persons 5, Persons 6, Narrator.

Narrator : *Devdutt stands behind the counter waiting while Persons 1-6 rush to get in line, and even though they know each other, Person 1 pushes their way to the front.*

Person 1 : Out of my way! Me first!-Me first! Me-me-me-me!

Devdutt : Hi, welcome to Fast Food with an Attitude! You are what you eat! May I help you?

Person 1 : I want stuff. Lots of stuff! And I want to rub shoulders with the rich and the powerful. And I want it! Now! ASAP!

Devdutt : So you want an order of greed! Ah, I guess you want that to be with... a side of selfishness, arrogance and pride?

Person 1 : You got it! And heap on the ego!

Devdutt : It is a big meal to handle. You do realize, you might be in for some...

Narrator : *Indigestion... and by indigestion, I mean, stress - and ulcers - induced by high risk investments, misleading flattery, deception and backstabbing politics.*

Person 1 : Bring – It – On!

Devdutt : Okaaay, don't say I didn't warn you.

Narrator : *Devdutt hands a bag to Person 1, who has money ready. Person 1 goes to sit at the table or on the floor to the side. As everyone goes to the*

table, they freeze, waiting. Person 2 immediately slides up to the counter.

Person 2 : So, well, ahhh, I'm not sure – ahhhh...

Narrator : Person 3 pushes Person 2 out of the way.

Person 3 : (rudely) While you decide, allow me!

Person 2 : You are the stupidest friend I've ever had.

Person 3 : Not as stupid as you!

Person 2 : I had a pet HAMSTER that was smarter than you.

Person 3 : I'll get back at you later! (to Devdutt) I - want - revenge!

Devdutt : That automatically comes with the toppings impatience, anger, hatred, bitterness, and rebellion.

Narrator : *Person 3 holds out hand with money while speaking.*

Person 3 : Serve that up now, so I can dish it out later!

Narrator : *While Person 3 keeps holding out hand, Devdutt pulls out a bag and makes the exchange. Person 3 sits at table with arms crossed, angrily. Devdutt nods at Person 2.*

Devdutt : Are you ready to order yet?

Person 2 : Ahhh-

Person 4 : Dude!

Person 2 : Goooo ahead. But you owe me.

Narrator : *Person 4 almost dances up to the counter.*

Person 4 : I want the... the ahhhh, like wow... like, where to start?

Devdutt : Let me guess. You probably want – the party pack.

Person 4 : Dude! that is what I'm talking about!

Narrator : *Devdutt pulls out a bag and holds it out while talking.*

Devdutt : It starts with self-centeredness. Followed by addictions and laziness, then topped off with a dessert of poverty, leading to a life of crime.

Person 5 : Yeah! Par-tay!

Narrator : *Person 5 reaches for the bag, but Devdutt holds on tight.*

Devdutt : Dude. You owe me.

Person 5 : Dude! I'll catch you later. I mean, look at me. I am so fine. I'm totally worth it.

Narrator : *(with a lower voice) Come on, be a pal.*

Devdutt : This first one - is on the house. 'Cause I know - you'll be back for more.

Person 5 : That is what I'm talking about.

Narrator : *Person 5 grabs the bag and goes to the table. Person 2 finally steps up.*

Devdutt : You ready?

Person 2 : As I'll ever be... I guess.

Narrator : *Person 2 slowly steps closer to the counter.*

Devdutt : So, what are you in the mood for?

Person 2 : Ah, I really don't want to strain myself too much. You know? I really would like to avoid any sort of work. Or any kind of deep thinking, for that matter.

Devdutt : So - an order of Foolishness! Oh – did you want negligence with that? May as well! And when you order two, you get lower expectations and less responsibilities.

Person 2 : Sure. Why not?

Devdutt : And as I know you do not care, I'll throw in lots of complacency. It definitely compliments the flavor profile you've got going on.

Person 2 : Whatever!

Narrator : *Devdutt and Person 2 make the exchange and goes to sit at the table, staring lamely off into space. Person 5 steps up with a sly and brooding attitude.*

Person 5 : I'll have - what – they are all having.

Devdutt : (confused) Ah, you mean the greed, the revenge, the – party pack - and the foolishness-

Person 5 : Yeah, all of it! His, hers- whatever they have, I

want it. Why can't I have it all? Huh? Seriously, don't leave me hanging.

Devdutt : Ohhhh, you want the Envy meal. And - I'll serve that up extra green for you.

Person 5 : Sure, but – anytime – anytime there- anytime.

Narrator : *Person 5 snaps the fingers to hurry Devdutt along to make the exchange. As Person 5 goes to sit at table, Person 6 steps up.*

Devdutt : Hi, welcome to Fast Food with an Attitude. You are going to be whatever it is you eat. So, what do you want?

Person 6 : I'm actually thinking – I want – wisdom. And love – love would be good. And ahhhh, with a side dish of truth? And for dessert, I think- contentment sounds really good.

Devdutt : Ohhhhh, we don't serve anything like that here. You want the Healthy place over there - up the road a bit.

Person 6 : Oh, okay, thanks. Thanks anyway.

Narrator : *Person 6 approaches the table where friends sit. Persons 1-5 now open their bags and look in. They shake their bags and find that nothing comes out.*

Person 5 : Emptiness???!

Person 1 : Yeah! I mean, no! Mine is full. Mine is Really full of stuff.

Person 4 : Not as full as mine!

Person 2 : Sooo, I'm just going to go enjoy all of this all by myself then.

Person 3 : Later dudes. I've got a party to go to.

Narrator : *Persons 1-5 exit in one direction. Person 6 thinks, then exits in the opposite direction. Devdutt looks at congregation.*

Devdutt : You are what you eat!

----END----



GAMES

1. MYSTERIOUS OUTBREAK

Outline: There has been a mysterious outbreak of unhealthy habits hitting too many boys and girls. If we don't solve to these cases, and fast, children might not make the right food and exercise choices as they grow, and that could be trouble!

All junior food detectives will get secret training on how to eat right and exercise.

Material: note book, pen/pencil

How to Play: Make two teams. Both the teams are going to be detectives. The team leader will decide on how to approach people and get the answers desired so that they can find out who is keeping healthy. A set of questions related to healthy food and junk food has to prepared. The detectives' investigation and findings should be kept a secret. What material they collect, at the end the team leader of each group has to compile and give a presentation.

2. CHAT SHOW

Outline: Welcome to your own chat show. Today we will create a show that explores the views of people on healthy eating. We will have families that have been affected by different views of what they would like to eat at the family dining table. Each family will have at least 6 members. There will be a chat show host and the audience. At a time there will be 4 sets of family playing. A panel of moderators comprising of teachers and students will also be arranged.

How to play: The chat show begins with an introduction. The 4 sets of family are ready for the chat show. The discussion will be centered on the ideal dinner menu and

why is it ideal? The set of families will have to ask questions with the help of the chat show host. Questions could be countering or getting to know more about the menu. The time of the chat show will be 10 minutes. Thereafter the panel of moderators will give their opinion.

Aim: We are not looking at who is the winner here, but what kind of healthy/junk food and why healthy/junk food is eaten for dinner. What is considered healthy and why? What is considered junk and why?

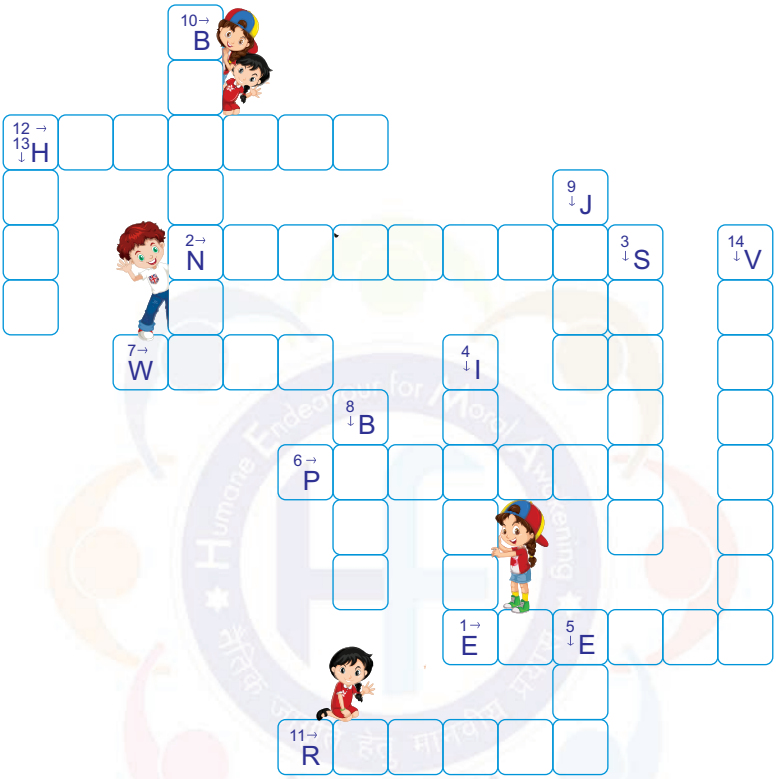
ANSWERS OF CROSSWORD :

1. Energy	2. Nutritious	3. Strong	4. Inside
5. Eat	6. Poison	7. Well	8. Body
9. Junk	10. Balance	11. Robust	12. Healthy
13. Hale	14. Vitality		

ANSWERS OF SCRAMBLE :

• Gentle	• Concern	• Mild	• Warm
Caring			

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. We get _____ from food we eat. (6)
2. We should eat _____ food. (10)
3. Healthy food make body active and _____ (6)
4. A healthy outside start from _____ (6)
5. Focus on what you eat not on how much you _____(3)
6. The food you eat can be either the safest and most powerful form of medicine or the slowest form of _____ (6)

7. Eat well, be _____ live well. (4)
8. I can't control everything in my life, but I can control what I put in my _____ (4)
9. Calorie dense _____ food look mouth-watering but it is harmful (4)
10. Experts agree that a _____diet is the key to great health. (8)
11. She made a perfect figure of _____ health. (6)
12. She has gone from being a cripple to being _____, fit and sporty young woman (7)
13. Because of his regular eating habits, he was _____ and hearty even at eighty years of age. (4)
14. Keep your _____. A life without health is like a river without water. (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.

TELNEG

LERNONC

DIML

WRMA

The simple act of _____ is sharing.



PUZZLE

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

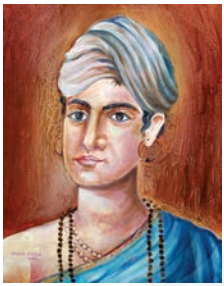
A	C	E	R	T	A	S	C	O	L	D	S	U	E	R
G	A	Z	E	T	R	E	T	A	L	E	D	Z	O	D
N	R	R	F	U	N	H	E	A	L	T	H	Y	E	F
I	I	E	R	T	O	M	O	B	L	O	E	I	R	E
Y	N	U	A	T	R	E	A	R	E	A	R	E	Y	T
T	G	G	H	S	I	T	O	A	I	F	R	I	W	E
I	R	E	R	A	E	H	N	B	E	A	T	I	E	S
N	E	E	G	G	O	A	R	A	C	T	I	O	U	S
F	D	R	E	S	N	U	T	R	I	T	I	O	N	Y
K	H	V	I	N	U	T	A	S	T	Y	I	K	J	O
Z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

Words

Calories : A diet to lose weight relies on <u>calorie</u> restriction in order to obtain results.

Unhealthy :
Sweet :
Fried :
Fatty :
Tasty :
Eat :
Nutrition :
Meal :
Delicious :
Vegetables :
Juices :
Grease :
Cuisine :
Caring :

CASE STUDY



ACHARYA VAGBHATA

Vgbhata (वाग्भट) is one of the most influential classical writers of ayurveda. Several works are associated with his name as author, principally the Ashtanga Samgraha (अष्टाङ्गसंग्रह) and the Ashtanga Hridaya Samhitha (अष्टाङ्गहृदयसंहिता).

Vagbhata was a disciple of Charaka. Both of his books were originally written in Sanskrit with 7000 sutra. According to Vagbhata, 85% of diseases can be cured without a doctor; only 15% of diseases require a doctor.

Vagbhata is considered to be "The Trinity" of Ayurvedic knowledge. According to some scholars, Vagbhata lived in Sindh around the sixth century. Not much is known about him personally, except that he was most likely to have been a vedic.

(AH, "Heart of Medicine") is written in poetic language. The Ah is written in 7120 easily understood Sanskrit verses that present a coherent account of Ayurvedic knowledge. Ashtanga in Sanskrit means 'eight components' and refers to the eight sections of Ayurveda: internal medicine, surgery, gynaecology and paediatrics, rejuvenation therapy, aphrodisiac therapy, toxicology, and psychiatry or spiritual healing, and ENT (ear, nose and throat). There are sections on longevity, personal hygiene, the causes of illness, the influence of season and time on the human organism, types and classifications of medicine, the significance of the sense of taste, pregnancy and possible complications during birth, Prakriti, individual constitutions and various aids for establishing a prognosis. There is also detailed information on Five-actions therapies (pañcakarma) including therapeutically induced vomiting,

the use of laxatives, enemas, complications that might occur during such therapies and the necessary medications. The The Ashtanga Hridayam (AH) is the central work of authority for ayurvedic practitioners in Kerala. Evidently it was not widely read in pre-modern times. However, the AH has come to new prominence since the twentieth century through being made part of the curriculum for ayurvedic college education in India.



VERGHESE KURIEN

Verghese Kurien, (born November 26, 1921, Kozhikode, Kerala state, India-died September 9, 2012, Nadiad, Gujarat state), Indian engineer and entrepreneur who was regarded as the architect of India's "white revolution," which transformed the country from an importer of dairy products to the world's largest milk producer through a system of farmer cooperatives.

Kurien was born into a wealthy Syrian Christian family. He attended Loyola College of the University of Madras. Kurien received a government scholarship to study at Michigan State University, where he received (1948) a master's degree in mechanical engineering. When he returned to India, he work at the Government Research Creamery in Anand, Gujarat state.

At the time, a small cooperative of dairy farmers, the Kaira District Co-operative Milk Producers' Union, was working to overcome an entrenched system in which small local dairies sold milk to a large supplier for very little money, and the supplier transported the milk to Mumbai and sold it at a substantial profit. The cooperative's chairman, Sri Tribhuvandas Patel, asked Kurien to help strengthen the organization. Kurien became manager of the cooperative

(which later came to be called Amul and became one of the largest food producers in India). Under his leadership, the organization acquired equipment to process and store dairy products and proved to be a reliable supplier. In the process, it improved the lives of the rural dairy farmers. Other dairy cooperatives were formed on a similar model, and in 1965 Kurien became the first chairman of the new National Dairy Development Board. He instituted Operation Flood, also known as the "white revolution," a long-range program with the objective of increasing milk production while both augmenting rural incomes and keeping prices within reach for consumers through the expansion of the cooperative movement. In addition, he established (1973) the Gujarat Co-operative Milk Marketing Federation.

Kurien received numerous honours, chief among them the Ramon Magsaysay Award for community leadership (1963) and the World Food Prize (1989), Padam Shri(1965) Padam Bhushan,(1966),and Padam Vibhushan,(1999).



MARION NESTLE

Marion Nestle (born 1936) is an American academician. She is the Paulette Goddard professor of nutrition, food studies and public health at New York University. She is also a professor of Sociology at NYU and a visiting professor of nutritional sciences at Cornell University.

Nestle received her BA from UC Berkeley, Phi Beta Kappa, after attending school there from 1954-1959. Her degrees include a Ph.D in molecular biology and an M.P.H. in public health nutrition, both from the University of California, Berkeley.

Nestle was assigned a nutrition course to teach and she realized that there was no standardized nutritional requirements and kicked off her interest in nutrition. She was senior nutrition policy advisor in the Department of Health and Human Services. In 1988, she was appointed Chair of Nutrition, Food Studies, and Public Health at New York University.

She hoped that the new program of study would raise the public's awareness of food and its role in culture, society, and personal nutrition. It not only succeeded but inspired other universities to launch their own programs. Her research examines scientific and socioeconomic influences on food choice, obesity, and food safety, emphasizing the role of food marketing. Through her role at NYU and her book, Food Politics (2002), she has become a national influencer of food policy, nutrition, and food education.

She received the John Dewey Award for Distinguished Public Service from Bard College in 2010 and in 2011, was named Public Health Hero by the University of California School of Public Health at Berkeley. She received an honorary Doctor of Science degree from Transylvania University in Kentucky in 2012. In 2013, she received the James Beard Leadership Award and Healthful Food Council's Innovator of the Year Award and the Public Health Association of New York City's Media Award in 2014.



SONG

Movie: waah tera kya kehna (2002)

Karele ki shaadi

Kaddu kat mildang bajaya nimbo kat majila
Tulai saath main thali malle jhoom ke gaaye kiyla
Arre kiyla nahin kira ra ra ra
Are wohi to bol raha hoon kiyla
Acha to bol kiyla

Kalele ki are karele ki
Kalele ki ho gayi sagayi sakal kan nachan chali ko aayi
Sab bartan nachan ko chali aayi
Sulan gobi tabla ban gaye sulan gobi tabla ban gaye
Luaki bani shanayi
Sab bartan nachan ko chali aayi
Sab bartan nachan ko chali aayi
Ale wah le wah wah le wah
Ale wah le wah wah le wah

Loot ke baitha piyaaz se aalo usko
Dhool se chede kachalo
Alvi ne baath nanayi
Sab bartan nachan ko chali aayi
Karele ki ho gayi sagayi sakal kan nachan chali ko aayi
Sab bartan nachan ko chali aayi
Are sakar kand kya nache gi mein naach ke dikhata hoon

Kidde makode ki chaal makode kidde ki chaal
Kidde makode ki chaal makode kidde ki chaal
Kidde makode ki chaal chaal chaal

Delhi mumbai ho ya batinda
hal koyi mange bayegan tinda
Bindi to sab ko hi baayi
Sab bartan nachan ko chali aayi
Karele ki ho gayi sagayi sakal kan nachan chali ko aayi
Sab bartan nachan ko chali aayi

Gaal ke jaise lal tamatal sab ka kale bola haal tamatal
Palwal ne preet jaayi
Sab bartan nachan ko chali aayi
Sulan gobi tabla ban gaye sulan gobi tabla ban gaye
Luaki bani shanayi
Sab bartan nachan ko chali aayi
Sab baltan nachan ko chali aayi
Sab baltan nachan ko chali aayi

RESOLUTION

THE PLEDGE

We pledge to eat food for energy and not for to suit our taste buds.

ASPIRE TO INSPIRE



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

LET'S STEP OUT...



1. Tell story of animals in jungle. Lions never kill animals around. It kills only when he is hungry.
2. Why do some people overeat? Why do parents not stop them from overeating?
3. What type of foods one must avoid?

WHAT MORE!!

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

IMPORTANCE OF TRUTH



INTRODUCTION

All parents teach their children to speak the truth. Most of us do try and speak the truth. When truth is not spoken it is generally due to fear of non acceptance and punishment. There are people who lie for fun. Lying becomes a habit with such people and could lead to great harm to oneself and others around.

TRUTH as a value, is deeply embedded in all the religions and cultures since time immemorial. Obvious yet so elusive, Truth has led many seers and saints to spend their entire lifetime seeking it.

Importance of truth is realized by all. Yet people resort to tell untruth for personal and petty gains. Over time this becomes a habit.

The film 'SACH KA MAHATTVA' shows the consequence of hiding a truth and resorting to untruth.



LIFE SKILL QUESTIONS

1. What happens when people lie?
2. Why should we speak the truth?
3. Should we lie to bring harm to others?



- “The truth is rarely pure and never simple.”
  - Oscar Wilde

- “If you tell the truth, you don't have to remember anything.” **- Mark Twain**

- “Three things cannot be long hidden: the sun, the moon, and the truth.” **- Buddha**

- “Truth is like the sun. You can shut it out for a time, but it ain't goin' away.” **- Elvis Presley**

- “Truth is certainly a branch of morality and a very important one to society.” **- Thomas Jefferson**

सत्यं ब्रूयात् प्रियं ब्रूयात् न ब्रूयात् सत्यमप्रियम् ।
प्रियं च नानृतं ब्रूयात् एष धर्मः सनातनः ॥

आचार्य : (प्रविश्य.....) अहो ! अति मधुरः स्वरः । वत्स ! भवन्तः जानन्ति वा, अत्र कः धर्मः सनातनः उक्तम्?

Aacharya : (Entering) in a very beautiful tone. Son do you know what sanatan dharma says?

सञ्जय : (चिन्तनं कुर्वन्.....) अत्र तु सत्यं.....प्रियं एव उक्तम् अस्ति।

Sanjay : (Started thinking) To speak the truth and to speak it well.

आचार्य : उत्तमम् । भवन्तः जानन्ति वा, सत्यधर्मेण कः प्रसिद्धः अभवत् ?

Aacharya : Very good. Do you know who became famous by following the path of truth?

विवेक : (चिन्तयन्..) अ....आम्। अयोध्यायाः नुपः सत्यवादी हरिश्चंन्द्रस्य।

Vivek : (Thinking) Yes, Satyavadi Harishchand.

आचार्य : अतिशोभनम् ! हरिश्चंन्द्रः सत्यवादी अस्ति इति कथं प्रसिद्धम् ?

Aacharya : (Very nice) Harishchandra was truthful, and how did it become famous?

विवेक : विश्वामित्रऋषिणा परीक्षया लोके प्रसिद्धम् ।

Vivek : When he was tested by sages like Vishwamitra, etc.

आचार्य : बहु सम्यक् ! परन्तु, ऋषिणा कथं परीक्षितम् जानन्ति वा?

Aacharya : But what kind of test did the sages take, do you know or not?

रमा : नैव, आचार्य ! कथां श्राव्यताम् । वयं उत्सुकाः ।

Rama : No Guruji, tell us the story, we are curious to know.

आचार्य : अस्तु, ध्यानेन श्रुण्वन्तु !

Aacharya : The students told the story of the truth of King Harishchandra.



SANSKRIT SHLOKAS



सत्यं ब्रुयात् प्रियं ब्रूयात्, न ब्रूयात् सत्यमप्रिय।
प्रियं च नानृतं ब्रूयात्,एष धर्म सनातन॥

One should speak the good and the truth.
But speaking unpleasant truth or pleasant untruth
is also Sanatan Dharma.

गोभिर्विप्रेश्च वेदैश्च, सतिभिः सत्य वादिभिः।
अलुब्धेर्दानशूरेश्च, सप्तभिर्धार्यते मही॥

Cows, Brahmins, Vedas, Sati women, truth-tellers,
Santoshi and Danveer people are the people from
the earth.



POETRY

THE TRUTH

I think to be thoughtful, I speak to be heard
I write to decipher, The truth in my words.
I smiled to ensnare you, I laughed to secure
You slipped through the trap, That I built to procure
I kissed to consume you, I hugged to enfold
My arms close on nothing, You're no where to hold
I writhed to entrance you, I clutched you to keep
Now the place where I hold you, Resides in my dreams.
I write so you'll read this, My hand pens the truth
All that I've written, I've written for you.



MORAL STORIES

1. BETTER USE OF FLOWERS

Once upon a time there were two friends who lived in a palace with their families which served the king. One of these boys wanted to give a present to the girl he liked. One day while walking with his friend in the main palace hall, and he saw a big vase filled with the loveliest flowers one could imagine. He decided to take one to give to the girl, thinking that no one would see him do so. He did the same thing the next day, and the next, and the next... until, one day, the King noticed that very few flowers were left in the vase. He was furious and called everyone in the palace to assemble.

When they were all before the King, the boy thought he should accept his wrong doings. However, his friend told him to be quiet, fearing the King's anger. The boy was afraid but when the King came closer to him he decided to confess.

No sooner the boy confessed, the King was fuming with anger, but on knowing what the boy had done with the flowers, a smile appeared on the King's face, and he said,

"I couldn't have thought of a better use for my flowers."

2. TO TELL THE TRUTH

"Who did this?" asked the teacher.

Thirty children tried to think about not only what they had done, but also what the teacher may have found out.

"Who did this?" asked the teacher again.

She was not really asking. She was demanding an answer.

She was seldom angry. But now she was. She held up a

piece of broken glass and asked, “Who broke this window?"

“Oh, oh," I thought. I was the one who broke the window. I had not done it intentionally. It was just an unintentional mis-directed throw of a baseball. I was working on my knuckleball. It needed more work.

Why did it have to be me? It wasn't really my fault. If I admitted guilt, I would be in a lot of trouble.

How would I be able to pay for a big window like that? I didn't even get an allowance. “My father is going to have a fit," I thought. I didn't want to raise my hand.

But some stronger force pushed me to tell the truth. “I did it."

My teacher went to one of our library shelves and pulled out a book. Not known for hitting children, I thought she would make a beginning with me.

As I stood with guilt over my face, she walked towards me and said, “I know how you like birds". “Here is the field guide about birds that you are constantly checking out. It is now yours. It is time we got a new one for the school anyway. You will not be punished as long as you remember that I am not rewarding you for your misdeed. I am rewarding you for your truthfulness."

Moral: Be willing to learn from well directed advice. A sensible man learns from advice coming from experienced and knowledgeable sources. Even animals do not need punishment always, to understand.

3. BITTER JUICE

There was a small boy named Meju in the town Vavi. Meju has a bad of habit of telling lies. Even for the smallest thing, he will tell a lie. His father and mother tried a lot of methods to change his behavior. They advised him. They beat him. None of them could change Meju. He was always lying to anyone he spoke.

One day, Meju's mother met with his school teacher in the market. She told the teacher about his behavior and he is not changing. Teacher asked Meju's mother to meet him in the school along with Meju. Also, the teacher told, Meju's mother may have to face a little difficulty for some time till Meju changes. Meju's mother accepted that since she wanted Meju should not be a liar.

The next day, Meju and his mother went to school to meet the teacher. Teacher said to Meju's mother, " Madam, you are worried that Meju's lying, here is a bottle of tasty juice. Whenever he is found lying, you please have a sip of this juice. You will feel better. But, do not give this to Meju and please keep this out of his sight". Meju's mother thanked his teacher and went home. Whenever, Meju lied to his mother, she drank a sip of juice and said "Aha !" , after drinking she hid the juice in the kitchen shelf. Meju was so curious about the juice his mother was drinking.

When his mother was talking to their neighbor, he went into the kitchen. He pulled a chair in the kitchen. He climbed over the kitchen shelf and opened the shelf door. He found the juice bottle. He took it and climbed down. He walked to the backyard, sat under a tree. He opened the bottle and drank a sip of it. The juice was not sweet as he expected. It was too bitter. He spit the juice out. He was wondering how mother would enjoy such a bitter juice.

When he was about to place it back in the kitchen, his mother came in. Meju turned and asked his mother , "Momma, how are you drinking this bitter juice?". His mother replied, " Meju, this juice is better than your lies. Your lies make me feel so bitter in my heart". Meju realized his mistake. He felt sorry for being a liar and making his mother suffer because of his lies. Now, Meju has changed to a good person and speaks truth always. Meju and his parents lived happily.

Moral: A man who speaks truth will have a peaceful and successful life. A man who lies have to suffer because of his lies.





You can watch the short film **"IMPORTANCE OF TRUTH"** on YouTube

ANSWERS OF CROSSWORD :

1. Veracity	2. Motivation	3. Foundation	4. Truth
5. Hurts	6. Strength	7. Challenge	8. Threat
9. Free	10. Remember	11. Nature	

ANSWERS OF SCRAMBLE :

• Truth • Direct • Bold • Company • Sure
Honesty

CHILDHOOD PLEDGE

Characters -
Education inspector: 50-year-old, Teacher: 40-year-old
Peon: 30-year-old, Giju Patel: 12-13-Year-old
Ram Bharose: 12-13-year-old, Karim Ali: 12-13-year-old
Radha Vallabh: 12-13-year-old, Mohandas: 12-13-year-old
Chhagan Bhai: 12-13-year-old, Narrator.

Narrator : *Time line: Year 1882. Scene: First-year class of a school in Rajkot...there is a blackboard...chair and a table. An attendance register is kept on the table. The teacher is seated on the table. Some students are sitting on sack clothes.*

Teacher : Giju Patel, fewer students are present today.

Giju Patel : Yes sir. You had asked to recite English poetry today. Maybe that's why most of the students have remained absent today.

Teacher : Fine then, let me take attendance and then those who are found absent...will be beaten with a cane.

Narrator : *Teacher opens the attendance register and starts calling out students' name.*

Teacher : Giju Patel

Giju Patel : Present sir.

Teacher : Ram Bharose

Ram Bharose : Present sir.

Teacher : Karim Ali.

Karim Ali : Present sir

Teacher : Radha Vallabh

Radha Vallabh: Present sir

Teacher : Mohandas

Mohandas : Present sir

Teacher : Chhagan Bhai

Chhagan Bhai: Present sir

Teacher : That's it... so few students present today. Remaining all are absent. Nice... let them return tomorrow and I shall give them a good piece of my mind. I will make them squat and sit on the floor like a rooster for an entire period and then I will cane them on their back.

Giju Patel : Sir, then what will you teach us today.

Teacher : As very few students are present today... We will not recite English poetry and its meaning. Instead, we will learn new words. Then after going home, learn the spellings and pronunciation of these words before coming to class tomorrow.

Narrator : *A peon comes rushing to the class.*

Peon : Sir, an education inspector has arrived. He is sitting in head master's office and having tea. He will come to this side anytime for inspection. He might ask some English Idioms to the boys... he was writing something on a piece of paper. Please be prepared.

Narrator : *The peon leaves after informing the teacher.*

Teacher : The education inspector will come anytime in this class for inspection. He will ask and say a few English Idioms... you boys hear it carefully and write it down in your notebooks. In case you don't know the spelling of one or two words... it is fine to copy from your classmate. But nobody will make mistakes... or I will cane them.

All the students: (Together in one voice) Ok sir.

Narrator : *A suit-clad gentleman with a hat and a cane in his hand walks into the classroom. Both students and teacher stand up to greet him. The Gentleman settles down.*

Inspector : Please sit down, students.

Narrator : *All students sit down and the teacher stands next to the inspector.*

Inspector : Teacher, why are there so few students in the class.

Teacher : This area is too backward... These students belong to families from economically weaker sections of society. Many a time student are unable to reach the school.

Inspector : That's very bad. I shall speak to the headmaster and ask him to organise regular meetings with the parents and insist them to send their wards to school regularly.

Teacher : Very well ... that will be great.

Inspector : So, what were you teaching the students today?

Teacher : Today I was going to teach some new English words, their meaning and pronunciation to the class.

Inspector : Very well then, I will be giving dictation to these students and then inspect their level of learning through that.

Teachers : Ok sir.

Inspector : (Hands a piece of paper to the teacher) These are five words... you dictate these to them... and let them write it down. Meanwhile, I will inspect the attendance register.

Teacher : (Takes the paper from the inspector) Students get your notebooks and pens out and tell me when you are ready.

All students together: We are ready sir. Please dictate.

Teacher : So then start taking down the dictation.

Write Children (The teacher dictates the next word) Elephant.

Students : Done sir.

Teacher : Next word is House (discreetly peeps into the books of the students). Write down Kettle.

Students : Done sir.

Teacher : (Pushes Mohandas and indicates him to copy from others and correct his spelling) the Last word is Village.

Students : We are done, Sir.

Inspector : (Shuts the register) Ok, now all the students will come here and keep their notebooks on the table before me for checking.

Narrator : *Students keep their notebooks on the table and get back to their places. Inspector meanwhile starts checking the books.*

Inspector : (almost completes checking. looks at the last book) Oh sorry about this... but just this last student has made a spelling mistake... he has misspelt the word kettle. Please make him practice more... he is a little weak.

Narrator : *Finishes the inspection and leaves the class. The teacher escorts the inspector to the entrance. Comes back and sits on his chair.*

Giju Patel : Sir, so he was the education inspector?

Teacher : Yes, he was the one. He is a very qualified English officer. You did very well Giju Patel... he was praising you.

Karim Ali : Sir, we did as instructed by you... we copied from each other to ensure we wrote correct spellings.

Teacher : Well-done (Pauses) And Mohandas... Please come here (Shows him a cane) Now I will show you the consequences of not paying heed to what your teacher tells you

Narrator : *Mohandas comes and stands near the*

teacher's chair.

Teacher : Mohandas aren't you ashamed... you ruined the inspection session.

Mohandas : Sir, kindly punish me... beat me with your cane... I deserve it.

Teacher : You should have cheated for once... but at least you would have managed to impress the education inspector this time. You know what he said about you... he said you are weak.

Mohandas : I am sorry sir. But my parents always say that God watches everything. We can cheat ourselves... we can cheat others but how will we cheat the god?

Teacher : (Smiles) Amazing... what great views you have Mohandas.

Mohandas : God loves those who walk on the path of truth. I have pledged that I will never leave the path of truth... not even for a second. This is my pledge since childhood.

Teacher : Well-Done Mohandas... you made me realize my mistake today.

Mohandas : But still I did not obey you and so I apologise for that sir.

Narrator : *Touches the feet of his teacher.*

Teacher : (Pats Mohandas's back) Well-done my boy, Mohandas one day you will become a big name and a very famous personality. This childhood pledge of walking on the path of truth will inspire many in the future. God bless you and I wish you be very successful in life. (School bell rings...the curtain falls)

Moral: Truth is slow, but its benefits are eternal

----END----



GAME

1. LEARNING FROM YUDHISTHIRA

Dronacharya, the teacher of the Kaurvas and the Pandavas started their schooling. This was their first day in the Ashram. All the students woke up in spiritual hours according to Hinduism and got seated under a mango tree. Acharya taught the first lesson after prayer. He said "सत्यवद - धर्म-चर" which meant "speak the truth forever and practice religion forever." Acharya explained both the lines again and in the end, informed the students to memorize it.

Every student memorized the lesson. Acharya asked if any one had done what was asked, everyone except Yudhisthira, rose their hand in approval. He did not raise his hand. Acharya asked Yudhisthira "why did not you memorize it, Yudhisthira?" Yudhisthira said sincerely, "I will try my best." On another day, Acharya asked Yudhisthira the same thing and he gave a negative answer. The same thing happened for 3-4 days with no different outcome. Finally, one day the Acharya got furious and asked Yudhisthira why he had not memorized the lesson. Yudhisthira said, "it is not necessary to memorize only, but it is also necessary to implement the memorized lesson in life. Otherwise, what is the use of memorizing. I have been attempting to speak the truth for the last four days, but unknowingly I lie at least once in the day. As long as I do not have the full practice of not lying, I will consider my lesson as unmemorized and that is why you have received a negative answer from me in the past few days." Listening to this reply of Yudhisthira, Dronacharya and all the students were amazed. Acharyaji called Yudhisthirain front of everyone and praised him, "I am very pleased to see your integrity in such a small age."

Activity:

1. Students have to make a list of lessons they have learnt theoretically but never implemented in their lives.

2. WHY I LIE?

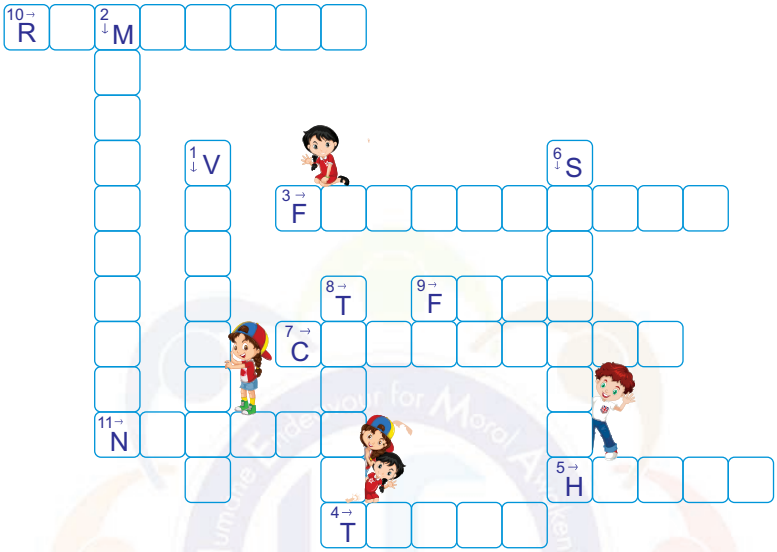
Lying can hurt our relationship with our siblings, friends, parents, and other adults in our life. The more we lie; the more people will not trust us. It is hard to win back trust once we lose it. Lying also can affect how people think of us. A person we have lied to, might let everyone around them know that we are not to be trusted. It always works out better to be truthful with others!

Here are a few reasons why people choose to lie. In the column of "Your Reasons" write what reasons you would say in the situations stated?

Why I Lie?			
Sr no.	**Situation**	**People's reasons**	**Your reasons**
1	We lie so that we don't get in trouble.	We are not allowed to eat any snacks before dinner, so we lie about it when our parent ask us about it.	
2	We lie because we don't feel like talking.	Our mother asks us how we are doing. We say 'fine' even though we are feeling sad.	
3	We lie to impress others.	Our friends are talking about football. We tell them we scored 5 goals even when we did not.	
4	We lie because we do not want to hurt another person's feelings.	Our friend asks us if we like their new outfit, and we say 'yes' even though we do not like it.	

5	We lie because we are so used doing it.	Our father asks what we were doing in the room. We lie immediately even though we were not doing anything wrong.	
6	We lie so that we are allowed to do something we want to	We cannot play outside until our homework is done, so we lie and say we do not have any homework.	

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. As a memoirist, I strive for _____. (8)
2. Self-realization is a source of confidence, _____ and well-being in everyday life. (10)
3. Truth is the _____ of all knowledge and the cement of all societies. (10)
4. A thousand probabilities do not make one _____. (5)
5. The truth may hurt for a little but a lie_____forever. (5)
6. It takes _____ and courage to admit the truth. (8)
7. The duty of youth is to _____ the corruption. (9)
8. Facts are a _____ to those investing in fraud. (6)
9. I am _____ for I have in me the strength of truth. (4)
10. If you tell the truth we don't have to_____ the truth. (9)
11. Truth is by _____ self-evident. (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.

RUTTH

RDICET

LBDO

OMACPNY

RUES

_____ is the best policy.



PUZZLE

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

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

Words

Truth : The truth was so painful.
Honesty :
Legitimacy :
Loyalty :
Deceit :
Believe :
Reality :
Authenticity :
Factuality :
Validity :
Fact :
Justice :
Sincerity :
Positive :

CASE STUDY



SATYAVADI HARISHCHANDRA

Once there was a great king named Harishchandra who never lied and alwasy kept his promise. He was the ruler of Ayodhya. He ruled his Kingdom wisely. He was well-known for his truthfulness. The gods decided to test him. They asked Sage Viswamitra to help them. One day, Harishchandra went hunting in the forest. Suddenly, he heard the cries of a woman. As he went to help her, he entered the ashram of Vishwamitra. Vishwamitra was disturbed in his meditation and became angry. To cool his anger King promise to donate his kingdom to Vishwamitra and he accepted his donation but also demanded dakshina. He asked Vishwamitra to wait for one month before he paid it.

A man true to his word, left his kingdom and went to Kashi along with his wife, Shaivya, and son, Rohitashwa. In Kashi, he could not earn anything.

His wife requested him to sell her as a slave to get the money. King requested the Brahmin to buy Rohitashwa also. But the money was not enough to pay the dakshina and so He sold himself as a slave to a chandala and started working in the cremation ground. One day, when Son was plucking flowers, a snake bit him and he died. He was filled with grief to see his only son dead. To perform the cremation, he asked wife who did not have any money.

Haishchandra, who was duty bound, could not cremate the body without tax. Shaivya was a devoted wife and she did not want her husband to give up his duty. She said, "The only possession I have is this old sari that I am wearing. Please accept half of it as the tax." He agreed to take the sari. They also decided to give up their lives on their son's cremation fire.

Vishnu himself appeared with all the other gods.

Seeing Harischandra's love for his subjects, the gods were very pleased. They took all the people of Ayodhya to heaven. Mean while, Vishwamitra brought new people to Ayodhya and made Rohitshwa the king.



C. RAJAGOPALACHARI

Full Name of 'C. Rajagopalachari' was 'Chakravarti Rajagopalachari'. He was born on 10 December 1878 at Thorapalli in the Madras Presidency, His father's name was Chakravarti Venkatrayan, who was munsiff of Thorapalli Village. His mother's name was Singaramma.

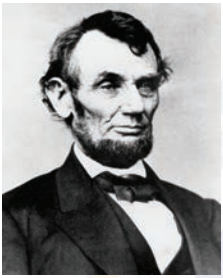
C. Rajagopalachari passed his matriculation examinations in 1891 and graduated in arts from Central College, Bangalore in 1894. He also studied law at the Presidency College, Madras, from where he graduated in 1897. He married to Alamelu Mangamma in 1897 and the couple had five children – three sons and two daughters.

C. Rajagopalachari entered the political forefront after meeting Mahatma Gandhi in 1919. His political career is marked with a number of achievements. He gave up his practice in response to the non-cooperation call by Gandhi. C. Rajagopalachari was arrested in April 1930 for leading a salt march from Trichinopoly to Vedaranniyam on the Tanjore coast.

C. Rajagopalachari served as the Governor of Bengal. He was a member of the Governor-General's Executive. He was the first and last Indian Governor-General of India. He became the Minister for Home Affairs in the Central Government in. He died on 25 December 1972 at the age of 94.

C. Rajagopalachari was a great socialist and an erudite

scholar. He condemned orthodox religious and social customs. He always speaks truth n believe in truth. He was also an outstanding intellectual. He was one of the first recipients of India's highest civilian award, the 'Bharat Ratna'.



ABRAHAM LINCOLN

Abraham Lincoln's entire life inspires every human being that talent blossoms in adversity. If one has determination, indomitable will, honesty and dedication in duty, sincere passion and high ambition, then any goal in life can be achieved. Turning failures into successes, turning thorns into delicate flowers, turning obstacles into success is all in the hands of man himself.

Abraham Lincoln was born in 1809 in Kentucky, United States. His childhood name was Abe. Lincoln's father Thomas Lincoln was a poor man. Born into a poor family, he had to go to work with his father along with studies since childhood.

Abraham did not even have copies, pencils, books and lamps. He used to study at night in street lamp light and used coal instead of pencil and wrote on wood instead of copy. He used to borrow books from people and returned them with gratitude after reading them and noted the important facts of that book and also put a good cover on reading the book. He once borrowed a book called 'The Life of George Washington' from his neighbor which was damaged due to rain at night. He returned the book with apologies to her and worked three days for compensation and acquitted her.

As a child, he would sit on a high mound with his friends and address them aloud, as if they were their leaders. His father

did not like the act, but he convinced his father that he would one day become President of the US. After several failures in the elections, he eventually won as a representative of the Republican Party in 1861 and was elected as the 16th President of the US.

Lincoln adopted the democratic system. In relation to democracy, he gave his best views to the whole world that democracy is the government of the people, for the people and by the people.

Abraham Lincoln was not only a good ruler, but also a good man. He was a living symbol of how a person can achieve his goal even after financial scarcity and failure. He made no compromise to maintain the unity and organizational power of his nation. In 1965, he said goodbye to this world, to stick to his principles and deliver a message to his high command.





MOVIE: SATYAMEV JAYATE (1996)

Tera rangg aisa chadh gayaa

Tera Rang Aisa Chadh Gayaa
Koi Aur Rang Na Chadh Sake
Tera Naam Seeney Pe Likha
Har Koi Aake Padh Sakey

Hai Junoon Hai Junoon Hai
Tere Ishq Ka Ye Junoon Hai
Rag Rag Mein Ishq Tera Daudtaa
Yeh Baawra Sa Khoon Hai
Tune Hi Sikhaya Sachaion Ka Matlab
Tere Paas Aake Jaana Maine Zindagi Ka Maksad
Satyamev, Satyamev, Satyamev Jayate
Sachcha Hai Pyaar Tera, Satyamev Jayate

Tere Noor Ke Dastoor Mein
Na Ho Salwatein Na Shikan Rahe
Meri Koshishen Toh Hai Bas Yahee
Rahein Khushbuein Gulshan Rahe
Teri Zulf Suljhaney Chala
Terey Aur Paas Aaney Chala
Jahan Koi Sur Na Ho Besura
Woh Geet Main Ganey Chala

Tera Rang Aisa Chadh Gaya
Tha Nasha Jo Aur Bhi Badh Gaya
Teri Barishon Ka Karam Hai Ye
Main Nikhar Gaya Main Sanwar Gaya
Jaisa Bhi Hoon Apnaa Mujhe

Mujhe Ye Nahin Hain Bolna
Kabil Tere Main Ban Sakoo
Mujhe Dwaar Aisa Kholna
Sanson Ki Is Raftaar Ko
Dhadkan Ke Is Tyohaar Ko
Har Jeet Ko Har Haar Ko
Khud Apney Is Sansaar Ko
Badloonga Main Tere Liye

Mujhe Khud Ko Bhi Hai Tatolna
Kahin Hai Kami To Hai Bolna
Khahin Daag Hain Toh Chhupayen Kyon
Hum Sach Se Nazrein Hatayen Kyon

Khud Ko Badalna Hai Agar
Badlunga Main Tere Liye
Sholon Pe Chalna Hai Agar
Chal Dunga Main Tere Liye
Mere Khoon Ki Har Boond Mein
Sankalp Ho Tere Pyaar Ka
Kaato Mujhe To Tu Bahe
Ho Surkh Rang Har Dhaar Ka

RESOLUTION



When we speak truth, respect is earned, honesty is appreciated, trust is gained, loyalty is returned; let us resolve to live a truthful life.

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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