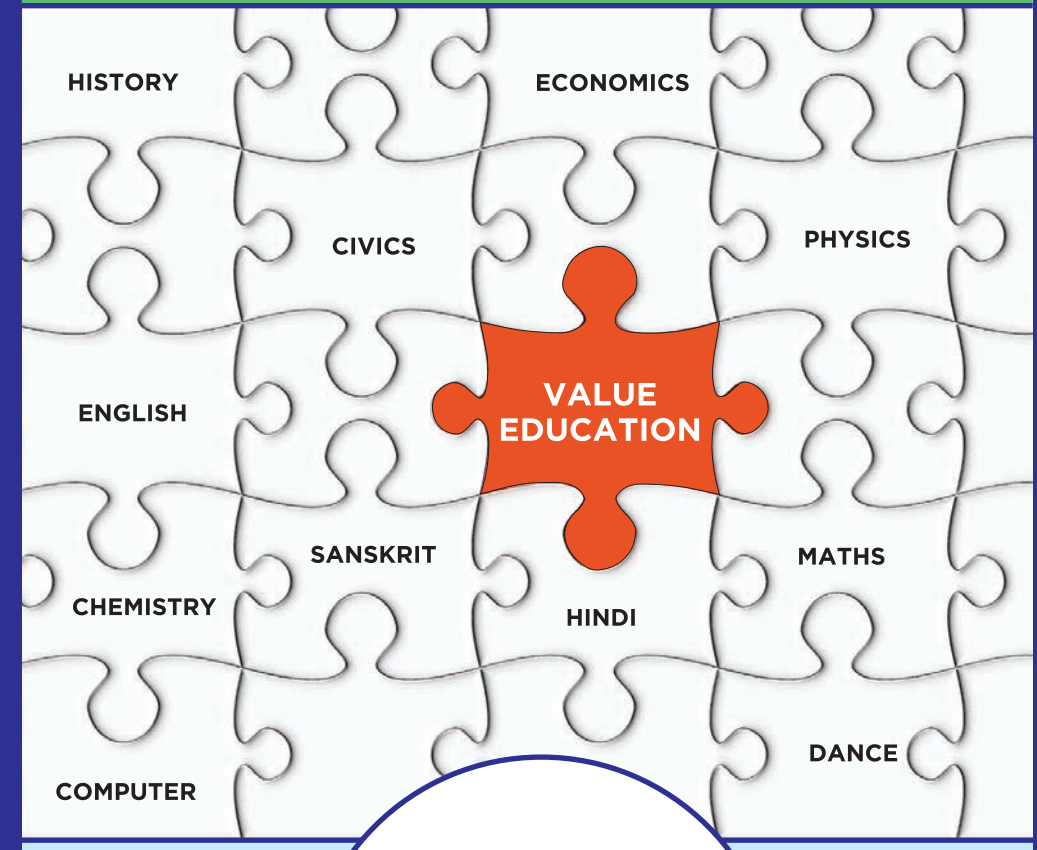
Hem Disha – STD 8

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 8



(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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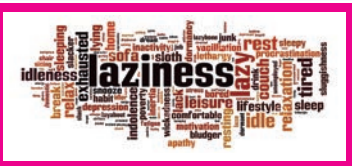

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AALASYA KA ROG



INTRODUCTION

Hard work and sincerity are very important for success in life. If we are lazy and keep finding excuses for not doing our work we will never be able to achieve anything in life. Laziness comes across as a very passive behaviour, where we have a strong desire to resist effort.

Procrastination, on the other hand, is a little different. It isn't passive. It's hesitant. Procrastination is a reluctant behaviour that we use to avoid doing something. It is kind of a defensive mechanism against difficulties, potential failure, criticism and obstacles. We desperately want to do something, but when we procrastinate, we hold ourselves back, and that subsequently makes us feel miserable. In other words we feel guilty when we procrastinate.

Laziness, on the other hand, doesn't come attached with guilt. It's a very carefree behaviour where we find comfort in being idle. We indulge in the pleasure of the moment than to suffer through the pain of putting effort into something meaningful.

When laziness takes hold of our lives, we reach a point where we just don't care about our goals or life objectives. We just don't care about the future. We rather just enjoy the fleeting pleasures of the moment. However, we all have goals and dreams and these things take work, effort and time. Achieving success in any field of endeavour requires discomfort, self-discipline, and effort. It requires doing unpleasant tasks while resisting the urge to succumb to laziness.



LIFE SKILL QUESTIONS

1. Why exactly do I tend to indulge in laziness?
2. What specifically am I afraid of or trying to avoid?
3. How is my laziness hurting me and ruining my life?



QUOTES

- "Laziness is a secret ingredient that goes into failure. But it's only kept a secret from the person who fails." **- Robert Half**
- "The trouble with the world is that laziness is seldom curable and never fatal." **- Evan Esar**
- "Failure is not our only punishment for laziness; there is also the success of others." **- Jules Renard**
- "I choose a lazy person to do a hard job. Because a lazy person will find an easy way to do it." **- Bill Gates**
- "Laziness is my biggest pet peeve of all time. Get up, make a plan, do the work, and love yourself, people." **- Dove Cameron**

(गुरुकुलस्य दृष्यम्, वृक्षस्य अघः आचार्यस्य आसन्दः स्थितः, पुरतः छात्राः उपविष्टाः सन्ति।)

The scene is of Gurukul. All the disciples were sitting in front of Guruji by putting a pedestal under the tree.

गच्छन् पिपीलको याति योजनानां शतान्यपि । अगच्छन् वैनतेयोपि पदमेकं न गच्छति ॥

The continuously moving ant covers a distance of hundreds of plans, but the non-active eagle cannot move even one step.

आचार्य : (प्रविश्य...) अहो ! उत्तमासूक्तिः। वत्स ! भवन्तः वदन्तु, कः पदमेकं न गच्छति?

Teacher : Oh wow, very beautiful verse. Son tell me, who can't move one step ahead?

सञ्जय : (चिन्तनं कुर्वन्.....)अत्र तु वैनतेयोपि उक्तम् अस्ति।

Sanjay : (Thinking) It is said in verse here about Venantay.

आचार्य : सम्यक् । वैनतेयः इत्युक्ते किम्?

Teacher : Who is Venantay?

वरुण : गरुडः।

Varun : To eagle.

आचार्य : उत्तमम् । कीदृशः गरुडः पदमेकं अपि न गच्छति ?

Teacher : (Very good) How can eagle not move even one step.

विवेक : (चिन्तयन्.....) अ...अगच्छन् वैनतेयः ।

Vivek : (Thinking) while walking.

आचार्य : अतिशोभनम् ! अगच्छन् गरुडः पदमेकं अपि न गच्छति। का याति?

Teacher : (Very beautiful) Even if eagle cannot walk even one step, then who can walk?

विवेक : पिपीलको याति।

Vivek : Ant.

आचार्य : बहु सम्यक् ! पिपीलका कियत याति?

Teacher : (Beautiful) How much can ants move?

रमा : योजनानां शतान्यपि ।

Rama : Up to a hundred plans.

आचार्य : साधु !, कीदृशा पिपीलका योजनानां शतान्यपि याति?

Teacher : Very good. How can ants cross hundred plan?

वरुण : गच्छन् .....।

Varun : By walking.

आचार्य : **अतिशोभनम्। गच्छन् लघु पिपीलका शत योजनं अपि याति, परन्तु डयने समर्थः अगच्छन**

Teacher: (Beautiful) The ant can go up to a hundred plan even though it is small, but the eagle is not able to walk even one step even after being capable and big. Why?

छात्रा : (एकस्वरेण) उद्यमरतः लघु पिपीलका साधयति, अलसः गरुडः पदमेकं अपि न गच्छति।

Student : (All in one voice) Ants can cross hundred plans with hard work, but due to laziness, the eagle does not move even a single step.

SANSKRIT SHLOKAS

अलसस्य कुतो विद्या अविद्यस्य कुतो धनम् ।
अधनस्य कुतो मित्रममित्रस्य कुतः सुखम्॥

Where is knowledge to the lazy man? Where is the money for the illiterate? Where is the friend without money? And where is happiness for the friendless?

आलस्यं हि मनुष्याणां शरीरस्थो महान् रिपुः।
नास्त्युद्यमसमो बन्धुः कृत्वा यं नावसीदति॥

Laziness in human body is their biggest enemy. There is no other friend like diligence, because a hard-working person is never sad or unhappy.



POETRY

THE LAZY FROG

Fred is a very lazy frog
Who lolls all day upon a log.
He always manages to shirk
Doing a single stroke of work.
His poor old mother calls in vain
“Come in and help!" he does not bother
To move two inches, much preferring
To be extremely hard-of-hearing.
He lies there in a silent heap,
And stays conveniently asleep.
If a lady frog hops past
You’d think he would get up at last
To bow, and help her on her way?
But no, I am ashamed to say
That when a lady frog comes by
He does not open up one eye!

MORAL STORIES

1. THE FARMER & HIS LAZY SONS

In Madhanpur lived a very hardworking farmer named Gopal. He had three sons Ram, Laxman and Hanuman. All three were strong and healthy. But they were all lazy. Gopal was sad thinking about his sons and the future of his farmland. One day, Gopal got a flash of an idea. He called all his sons and said, "Ram! Laxman! and Hanuman! I have hidden a treasure in our farmland. You search and share the treasure among you."



The three sons were overjoyed. They went to the fields and started searching. Ram started from one end. Laxman searched from the other end and Hanuman did so from the centre. They dug each and every inch of the field. But they could not find anything.

Gopal said to his sons, “Dear boys! Now you have toiled and conditioned the field, why not we sow a crop!" Off went the sons to sow the crops.

Days passed. Soon, the crops grew lushly green. The sons were delighted. The father said, "Sons, this is the real treasure I wanted you to share".

Moral : Fruits of hard work are always sweet.

2. THE KING AND HIS LAZY KINGDOM

There was a king who was totally unhappy and sad with his lazy people. He kept a big stone in the middle of a road one night when all his men were sleeping.

Next morning a merchant came and went round the stone and did not care to move the big stone so that there was easy passage for people and traffic. Then came an officer who with his horse carriage went round the big stone which laid untouched on the road. Then came a soldier who also came and went round the stone though being capable of getting the stone out of its way. Each and every one who passed the stone cursed the Government for not removing it.



Then came a farmer who was passing through that road, he decided to move that stone from there so he took the help of his mates and removed it. It was evening by then and the King who was sitting along roadside disguised as a beggar came down to congratulate them. He called for the official and the soldier who had passed by doing nothing. They felt very ashamed knowing what had happened.

The King then presented a box full of money, which was kept in a hole beneath the stone and it was written that this money belongs to the person who removed the stone. After that day, the people in Kingdom became very hard-working.

3. THE LAZY FARMER

The rain gods had been smiling the whole night. The roads were muddy and the potholes were filled to the brim. It was the day for the market and Raju the farmer was riding his cart along the country road. He had to reach the market early so that he can sell his hay. It was very difficult for the horses to drag the load through the deep mud. On his journey suddenly the wheels of the horse cart sank into the mire.

The more the horses pulled, the deeper the wheel sank. Raju climbed down from his seat and stood beside his cart. He searched all around but could not find anyone around to help him. Cursing his bad luck, he looked dejected and defeated. He didn't make the slightest effort to get down on the wheel and lift it up by himself. Instead he started cursing his luck for what happened. Looking up at the sky, he started shouting at God, "I am so unlucky! Why has this happened to me? Oh God, come down to help me."



After a long wait, God finally appeared before Raju. He asked Raju, "Do you think you can move the chariot by simply looking at it and whining about it? Nobody will help you unless you make some effort to help yourself. Did you try to get the wheel out of the pothole by yourself? Get up and put your shoulder to wheel and you will soon find the way out."

Raju was ashamed of himself. He bent down and put his shoulder to the wheel and urged on the horses. In no time the wheel was out of the mire. Raju learnt his lesson. He thanked God and carried on with his journey happily.

Moral: God helps those who help themselves.





You can watch the short film **"AALASYA KA ROG"** on YouTube



INSPIRATIONAL PLAY

CHINTU'S MAGICAL SHOES

Character -
Chintu, Chintu's mother, The bearded magician, School teacher, Other students in the class, Narrator.

SCENE 1

Narrator : *A classroom scene. The class teacher is teaching. She is seen asking questions to all the students, every student standing up to answer her question one by one. Now its Chintu's turn.*

Teacher : Chintu, please tell us who is the writer of the song "Vande Mataram".

Chintu : Teacher, "Vande Mataram" was written by Bankim Chandra Chattopadhyay.

Narrator : *Chintu stands up and answers this, that is when the teacher notices his shoes.*

Teacher : Oh Chintu, there is no limit to your laziness. You never clean and polish your shoes. Look how dirty they look. I am tired of repeatedly telling you this, but you don't pay heed.

Narrator : *All other students in the class look at Chintu's shoes and laugh.*

All the students: HA HA HA HA.

Teachers: Quiet everyone. Chintu get me your school diary right now. I am giving a remark on this, please get your mother's signature on this tomorrow.

Narrator : *School gets over, all the students leave for their homes, Chintu leaves for his home too.*

SCENE 2

Narrator : *In Chintu's house As soon as he reaches, he enters his house with his shoes on, throws his bag, water bag and other belongings here and there and leaves them scattered.*

Mummy : Chintu, what is all this mess? Why don't you keep your things in their respective places? How can you be so lazy? Look at your shoes, how dirty they are, you have stained the floor with them too. You are a grown up boy now, boys your age manage their own things. But I have to do all your work.

Chintu : (Not at all bothered by everything that his mother was saying) Mummy, I am very hungry. But before that please polish my shoes. Also, my class teacher has given some remark in my school diary, you will need to sign it.

Mummy : Chintu, you were scolded by your teacher once again. I am tired of your behaviour Chintu. The shoes need to be mended too. You trouble me so much.

Narrator : *A call is heard from outside. Shoe polish, shoe mending, magical cobbler is here.*

Chintu : Mummy, see the cobbler has come himself. Get my shoes polished and mended. Till then I wil watch T. V.

Narrator : Mummy goes out, a man with a long white beard, wearing a shiny jacket and a cap, carrying a heavy rucksack is standing on the doorstep.

Mummy : Hey Cobbler, you don't look like a cobbler actually... who are you?

Bearded Magician: You're a worried and troubled due to a pair of shoes...right? I have come to address your problem and help you. Everything will be fine.

Mummy : What will be fine? I am tired of doing all the

chores for his lazy boy, he still is so irresponsible. I am sick of laziness. I don't know when my son will start doing his basic things on his own and on time.

Bearded Magician: Oh! Please don't worry sister. I will help you right away.

Narrator : *He puts his hand in his rucksack and tries to look for something intensely murmuring something. The very next moment he removes his hand from the rucksack... and he is holding brand new shiny shoes in his hands.*

Bearded Magician: Here take these pair of shoes. With God's grace, everything will be fine soon.

Mummy : (shocked) Wow, new shoes, and that too perfect size for Chintu. It seems you know some kind of magic (Chuckles). So, how much for these shoes.

Bearded Magician: (Smiles) Nothing sister, just give me the old shoes in exchange of this.

Mummy : You giving me brand new shiny shoes in exchange for old dirty shoes. And what will you do with these old shoes?

Bearded Magician: (Laughs) I will show these dirty shoes to the lazy kids in the colony I live in... so they get a lesson from this.

Narrator : *The Bearded Magician leaves. Mummy gives the new shoes to Chintu.*

Mummy : Chintu, just see if these shoes fit you?

Chintu : Wow, new shoes.

Narrator : *Next day Chintu goes to school wearing his new shiny shoes. He flaunts his shoes, to his friends and everybody else in the school... After school, Chintu goes out to play... he carelessly runs all over the place, jumps in the mud... the shoes get stained all over with mud. Suddenly he stops running.*

Chintu : Oh, I feel the shoes are getting smaller on their

own. How is this possible?

Narrator : *Chintu reaches home and throws his shoes. Suddenly he hears a squeaky voice coming out of the shoes.*

Shoes : Chintu...Chintu... first thing you should do is pick up the shoes and polish them right now and keep them where they are supposed to be kept. If you don't polish them right away, the shoes will get even smaller. If they get smaller...you would get shoe bites and that will be very very painful. Did you understand? (Squeaky voice repeats once again) Did you understand Chintu?

Narrator : *Chintu is shocked and very scared... he immediately gets polish cream, a brush... picks his shoes up and starts polishing them.*

Chintu : (Speaks to himself) Oh my God, what kind of shoes are this....These seem some kind of magical shoes... I need to be careful.

Narrator : *Mummy enters the room.*

Mummy : Oh my god... Am I just watching the eighth wonder of the world... This is amazing. Chintu is actually polishing his shoes on his own... Wow...Thank you Bearded Cobbler.

Chintu : (He wears the shoes again after polishing them and to his surprise, the shoes are perfect for him now.) Blimey! These shoes are back to the previous size.. they are perfect and even more comfortable than they were before. Wow... my magical shoes.

Narrator : *Since that day, it became Chintu's routine to not just polish his shoes but also keep them at the right place... every day after he returns from his school. Suddenly one-day Chintu and his mother hear calls from outside, shoemaker, shoe seller. Both Chintu and his mother go out to see if it's the same bearded magician.*

Mummy : Oh you are back. Your shoes were magical and

so are you. My son is no more a Lazy-boy... he completes his work on his own and on time.

Bearded Magician: I told you, sister... Everything will be fine... have faith. (Once again puts his hand in his rucksack and removes Chintu's old shoes.) Take these... your old shoes... I have mended them. I came to return them to you.

Chintu : (Gets very happy) Oh my old shoes. Now I will take good care of them and will polish them every day.

Bearded Magician: Well-Done Chintu. And now return the new shoes I gave to you. There are many more kids like you... I will need the shoes to help them get rid of their bad habits and laziness. Do you see my rucksack is full of shoes of different sizes?

Narrator : *Chintu returns the new shoes to the Bearded Magician.*

Chintu : I promise I will not be lazy anymore and will do all my work on my own and on time. You can tell my story to all the other lazy kids and give them my example. They will learn a lesson too.

Narrator : *The Bearded Magician leaves, as Chintu and his mummy watch him walking away.*

Moral: Laziness is a kind of disease that can only be cured by discipline.

---- END ----



GAMES

1. BE A LIGHT UNTO YOURSELF

Teacher keeps a paper in front of kids and ask do you see fire in it ?....

Kids ---- No...

Teacher --- lights a match stick and burns the paper and ask where do this fire comes from....

Kids... from the spark of match stick

Teacher..same way the energy or potential which was in the paper was brought in notice with the help of spark. Same way each one of us have a lot of potential and ability in us. Just we have to be a light to our self.

2. STICK TO CHAIR

Call any one child and tell him to sit on chair and make sure his feet must touch the ground. Now tell the child to stand up without bending chest in front, It is not possible, now see he is stuck to the chair without gum....

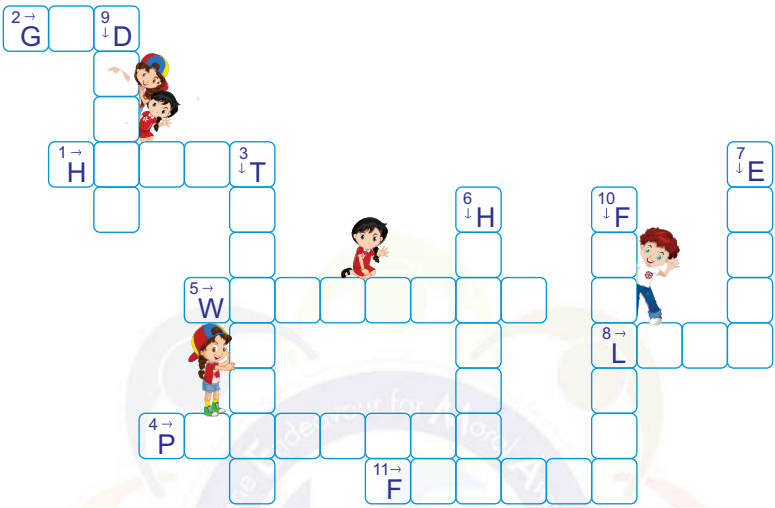
ANSWERS OF CROSSWORD :

1. Habit	2. God	3. Tomorrow	4. Progress
5. Work hard	6. Harvest	7. Early	8. Lazy
9. Dream	10. Failure	11. Future	

ANSWERS OF SCRAMBLE :

• Lazy	• Slow	• Dreams	• Inactive
Laziness			

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. Laziness is a bad _____ .(5)
2. _____ help those who help themselves. (3)
3. _____never comes. (8)
4. Hard work is important for_____ in life. (8)
5. _____ _____ and attain success. (4,4)
6. If you are too lazy to plough don't expect a_____.(7)
7. _____ birds gets the worm. (5)
8. If we find excuses for not doing our work we are _____ . (4)
9. Lazy people only _____ about success. (5)
10. Laziness leads to _____ in life. (7)
11. Hard work pays off in the_____,Laziness pays off now. (6)



SCRAMBLE

Arrange these jumble 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.

ZALY 

OWLS 

SAMRED 

ENCATIIV 

_____ is the Mother of all bad habits.



PUZZLE

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

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

Words

Lazy : He says they're too <u>lazy</u> to work.
Quiet :
Good :
Wise :
Faith :
Friend :
Dream :
Calm :
Sleep :
Force :
Dull :
Freshness :
Faith :
Life :
Health :
Progress :

CASE STUDY



KUMBHAKARNA

Kumbhakarna is a famous rakshasa and younger brother of Ravana in the famous Hindu Legends in the events of Ramayana. Despite his gigantic size and great appetite, he was described to be of good character and great warrior in those times, though he killed and ate many monkeys only to show his power.

He was considered so pious, intelligent and unchallenged warrior in battle that Indra, the king of gods, was worried and jealous of him and his strength. Along with his brothers, Ravana and Vibhishana, Kumbhkarna performed a major yajna and penance to please Lord Brahma. When the time came for asking a boon from Brahma, his tongue was tied by goddess Saraswati, who was acting on Indra's request; because of which, instead of asking Indraasana (seat of Indra), he asked for Nidraasana (bed for sleeping). It is also said he intended to ask for Nirdevatvam (annihilation of Devas) and instead asked for Nidravatvam (sleep). His request was granted. However, his brother Ravana asked Brahma to undo this boon as it was in reality a curse. He slept for six months and when he awoke, he ate everything in the vicinity, including humans.

Kumbhakarana is portrayed as a virtuous character, despite his monstrous size and appearance. He had asked his older brother Ravana to apologize for kidnapping Sita, however, Ravana did not heed this advice.

He used to sleep for months at a timer excellent contribution to the protection and conservation.



ROHIT SHARMA

Rohit Gurunath Sharma (born 30 April 1987) is an Indian international cricketer who plays for as a captains Mumbai Indians, as a right-handed batsman and an occasional right-arm off break bowler. He is the vice-captain of the Indian national team in limited-overs formats.

Rohit Sharma is in supreme batting form and living in a dream life in 2019 World Cup. So far he has scored five 100s in a single edition of a World Cup and it is a record.

The 'Hit Man' is proper sobriquet for Rohit that has been adopted by cricket fans not only in India but across other cricket playing nation also.

The vacuum which was created after the retirement of Sachin Tendulkar and Virender Sehwag especially at the opening position has been filled with tremendous energy by Rohit and Shikhar. Unfortunately, due to a thumb injury, Shikhar was ruled of the tournament but Rohit didn't even flinch for a moment and continued his flawless batting with another partner.

Technically, the word laziness may not be the proper phrase in world of sports to delineate someone's ability but his batting style and art of scoring runs and hitting boundaries (4s & 6s) with such an ease that makes anyone to say 'Wow what a six with such a lazy back-lift and that is frumpy to fabulous shot by him'. This is what Rohit Sharma with decrepit style has been doing since he made his debut in an International Cricket. No efforts in hitting boundaries, no energy from bat, no power, no strong bottom hand, no sweet sound from bat, no stand & delivery shot, no wrist work, just perfect timing, sheer class with an effortless art of making piece of wood willow into a magician's wand. Rohit's 3 ODI double hundreds (209, 264 and 208*), the feat that is still to conquer, earned several sobriquets like 'Run Machine' and 'Hit Man' which are perfect to his batting career.

Rohit Sharma's press conference after World cup matches are also a testimony to his effortless and laziness lifestyle. Rohit's simple answers, without added masala (flavour), to media's questions which are usually full of bouncers, resemble his batting style that he is doing the things effortlessly with a stint of bit laziness in it.ther day, and in it lies the seeds of many more forests.



WINSTON CHURCHILL

Sir Winston Leonard Spencer Churchill was a British politician, army officer, and writer who was the prime minister of UK. As a prime minister ,Churchill led Britain to victory in Europe in the Second World War.

He was born on NOVEMBER 30 1874 and died on JANUARY 24 1965.

Winston Churchill

If you're a lazy bum who loves napping and hates getting off the couch, then you have more in common with Winston Churchill than you think.

I know, you must be mind blown.

Churchill? Seriously? But wasn't he a super productive leader who changed the world? Yes, he was.

But he also loved laying in bed and taking frequent naps. If you have the same tendencies and want to achieve success, then the best place to start would be to emulate Churchill.

"Conserve energy, never stand up when you can sit down and never sit down when you can lie down" Says Winston Churchill here at the Art of Laziness. Let's get real for a second. Here is a list of Churchill's accomplishments before

we delude ourselves that he was a lazy bum.

Served 40+ years in the House of Commons, holding many cabinet-level positions.

Wrote his first book at the age of 22 while serving on India's Afghanistan-bordering North West Frontier.

In total wrote 43 book-length works in 72 volumes over his lifetime. That's way more than Shakespeare!

In 1953, Churchill was knighted by Queen Elizabeth II.

The same year, he received the Nobel Prize for Literature for "for his mastery of historical and biographical description as well as for brilliant oratory in defending exalted human values."

He is fondly remembered for his motivational speeches and his ability to uplift people even when things weren't going well.

If one looked at the daily routine of Churchill, you could miss the fact that he was one of the most important people at a time in history where his actions could dictate the direction of the free world. He would continue working while dictating his speeches at a pace faster than his secretary could keep up.

He loved his naps and attributed much of his productivity to it claiming that humans were not meant to work from morning to midnight.

"Continuous effort — not strength or intelligence — is the key to unlocking our potential."

Churchill is an ideal figure and, He wrote a number of historical books and won the Nobel Prize in Literature in 1953.



SONG

MOVIE: VEER-ZAARA (2004)

Ham to bhai jaise hai, waise rahenge

Ham to bhai jaise hai, waise rahenge
Ham to bhai jaise hai, waise rahenge
Ham to bhai jaise hai, waise rahenge
Ab koyi khush ho ya ho khafa
Ham nahi badlenge, apni adaa
Samjhe na samjhe koi, ham yahi kahenge
Ham to bhai jaise hai, waise rahenge

Ham dil ki sehzadi hai, marzi ki malika
Ha ham dil ki shehzadi hai, marzi ki malika
Sar pe aanchal kyu rakhe, dhalka to dhalka
Ab koyi khush ho ya koi ruthe
Is baat par chahe har baat tute
Ham to bhai jaise hai, waise rahenge
Ham to bhai jaise hai, waise rahenge

Hame shauk mehendi ka na shehnai ka hai
Ho hame shauk mehendi ka na shehnai ka hai
Hamare liye to apna ghar hi bhala hai
Sunta agar ho to sun le kazi
Lagta nahi kabhi ham honge raazi
Ham to bhai jaise hai, waise rahenge
Ham to bhai jaise hai, waise rahenge
Ab koi khush ho ya ho khafa
Ham nahi badlenge, apni adaa
Samjhe na samjhe koi ham yahi kahenge
Ham to bhai jaise hai, waise rahenge
Ham to bhai jaise hai, waise rahenge

RESOLUTION

THE PLEDGE

We resolve to overcome laziness traps by staying aware, organised and vigilant.

ASPIRE TO INSPIRE



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

LET'S STEP OUT...



1. What are the long term consequences of continuing to indulge in lazy habits?
2. What are the opportunity costs? What could we potentially miss out on as a result?
3. What habits will we need to develop and routines might we need to set in stone to achieve our goals?

WHAT MORE!!

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

AASHAYE



INTRODUCTION

Hope is the essence of life. Many of us couldn't even live a life of peace without having hope deep inside the heart. Life is unpredictable, hard and quite notorious many time. Hope helps us keep the light on and improve the chances of making our life better and the essence of life keep our eyes wide open on for an improved future. We know it very hard keeping up with the inner faith, during the most artificial times but those who never leave hope actually make it till the end.

Hope is a positive mind frame. It is an attitude of being optimistic despite the most adverse circumstances. Hope is seeing light in spite of being surrounded by the darkness.

When you have HOPE, you look forward to positive outcomes. We make progress only when we have hope.

Therefore, we must never give up hope.

When the world says 'give up'; HOPE whispers 'try it one more time.'

Once you choose hope, everything is possible.

Hope sees the invisible. Feels the intangible. And achieves the impossible.

As parents and teachers, we must imbibe in children positive attribute of looking forward to good things in life.



LIFE SKILL QUESTIONS

1. What happens when a person does not give up 'Hope'?
2. What are the signs of a person with 'hope'?
3. What is the opposite of 'hope'?



- “Hope lies in dreams, in imagination, and in the courage of those who dare to make dreams into reality.” **- Jonas Salk**

- “Hope is the thing with feathers that perches in the soul and sings the tune without the words and never stops at all.” **- Emily Dickinson**

- “Hope can be a powerful force. Maybe there’s no actual magic in it, but when you know what you hope for most and hold it like a light within you, you can make things happen, almost like magic.” **- Laini Taylor**

- “They say a person needs just three things to be truly happy in this world: someone to love, something to do, and something to hope for.” **- Tom Bodett**

- “Hope is the companion of power, and mother of success; for who so hopes strongly has within him the gift of miracles.” **- Samuel Smiles**

व्रज : मम तु आशा अस्ति! प्रथम परिक्षायाम् प्रथमः क्रमः मम एव आगच्छेत्!

Vraj : I have a wish that I should stand first in the first exam.

सुरेश : शठ मित्र! आशा एव न कर्तव्या! परिपुर्तये श्रमः एव कर्तव्यः!

Suresh : Silly friend, one should not wish but one has to work hard to fulfil it.

व्रज : मम मित्रम् अस्ति विवेकः सः मम सहाय्यं करिष्यति!

Vraj : I have a friend Vivek he will help me.

सुरेश : परेषां आशा तु महति हानिकरा अस्ति! एवं तु नैव कर्तव्यम् !

Suresh : Hoping from others always hurts! That's why you should depend on others.

व्रज : दर्शयिष्यामि तव!

Vraj : I will show you.

परिक्षायाम् नैव सहाय्यं करोति

He did not help in the exam.

व्रज : सु दुख्हं! किमपि नैव जातम् बहु क्रोधः आगच्छति !

Vraj : I am sorry, I do not know anything. It is very annoying!

सुरेश : मया हि कथित मासीत्! किल यद् परेषां आशा नैव स्वीकर्तव्या!

Suresh : I had already said that hope always hurts.

व्रज : आम ! मम क्षति आसीत्!

Vraj : Yes, I forget.

सुरेश : अस्य दुक्खं न कर्तव्यम् !इयं तु प्रथम परिक्षा एव आसीत् ! किन्तु जीवने महत्वपुर्णेषु स्थानेषु ध्यानं दातव्यं !

Suresh : Do not be sad now! This was the first test, but pay attention to important things in life.

SANSKRIT SHLOKAS

आपूर्यमाणमचलप्रातिष्ठं समुद्रमाप: प्राविशन्ति यद्वद ।
तद्वद कामा यं प्रविशन्ति सर्वे स शान्तिमाप्नोति न कामकामी ॥

A person who is not disturbed by the incessant flow of desires- that enter like rivers into the ocean, which is ever being filled but is always still – can alone achieve peace and not the man who strives to satisfy such desires.

अयमाविचारिचारुतया संसारो – भाति रमणीय।
अत्र पुन: परमार्थदृशा न किमपि सारमपीय ॥

Imagining the glory of this world for its beauty, without analysing, Without analysing, simply based on imagining the glory of this world looks beautiful, but reality is that we cannot expect even smallest mole from this perceived beauty.

POETRY

THE NIGHT OWL

Hoot! Hoot! Came the call
In silence I listened, heard nothing.
Suddenly, hoot! Hoot! Came the cry,
Tree branches rustling, Wings flapping.
Seems the world was in absolute silence.
Went I to the window and looked
into the empty darkness.
As I lay down, I Knew somewhere
I would Hear that sound again.



MORAL STORIES

1. LIMITING BELIEFS

The first trick an elephant trainer trains an elephant to do is not to escape.

When the elephant is still but a baby, the trainer chains the infant's leg to a huge log, so when if the elephant tries to escape, the log proves stronger, and he gives up.

Eventually the elephant becomes so used to its captivity, that even when it has grown huge and strong, all the trainer merely has to do is tie the chain around the elephant's leg to anything - even a tiny little twig - and the elephant won't even try to escape.

It has become a prisoner of its past. It has become a prisoner of its limiting beliefs.

This elephant and its twig are a lot like you and the pain, struggles, challenges and limitations of your past. Nothing in your past is in your present now – except your limiting beliefs. You are not your past history. You are not your past actions. You are not how others have treated you in the past. You are only who you think you are in this moment. You are only what you do right now in this moment.

It's time to step away from your twigs.

2. TICKETS TO HEAVEN

There once was a sick child named Parth. He had a rare and serious illness, and all the doctors confirmed that he would not live long, though they couldn't say exactly how long it would be. Parth spent long days in the hospital, saddened by not knowing what would happen, until one day a clown who was passing by saw how sad Parth was and came over to say:

"How come you're standing there like that? Haven't they told you about the Heaven for sick children?

Parth shook his head, but continued listening intently.

"Well, it's the best place you could ever imagine, much better than heaven for parents or anyone else. They say it's like that to compensate children for having being sick. But to enter it there is one condition."

"What is it?" asked Parth, concerned.

"You cannot die without having filled the bag."

"The bag?"

"Yes, yes. The bag. A large grey bag like this," said the clown as he pulled one out from under his jacket and gave it to Parth.

"You were lucky I had one on me. You have to fill it with notes so you can buy your ticket."

"Notes? It's no use then. I haven't any money."

"No, not ordinary notes, my boy. Special notes: notes for good deeds, pieces of paper on which you write every good thing you do. At night an angel comes and checks all this paperwork, and exchanges the good ones for tickets to heaven."

“Really?"

"Of course! But be sure to hurry up and fill your bag. You've been sick a long time and we don't know if you have enough time left to fill the bag. This is a unique opportunity and you cannot die before completing it; that would be a terrible shame!"

The clown was in a hurry, and when he left the room Parth was pensive, staring at the bag. What his new friend had told him seemed wonderful, and he had nothing to lose by trying. That same day, when Parth 's mother arrived to see him, he gave her the best of smiles, and made an effort to be more cheerful than usual, since he knew this made her happy. Then, when he was alone, he wrote on a piece of paper "Mum smiled today."

And he put the piece of paper in the bag.

The next morning, as soon as he woke up, Parth ran to see the bag. And there it was! A real ticket to heaven! The

ticket looked so magical and wonderful that it filled Parth with excitement, and he spent the rest of that day doing everything he knew to cheer up the doctors and nurses, and he was company to the children who felt most lonely. He even told jokes to his little brother and took some books to study a little. And for every one of those things he put a piece of paper in his bag.

And so it continued, every day Parth woke up with the excitement of counting his new tickets to heaven, and working on getting a lot more. He did as much as he could, because he realised it was no good just to accumulate tickets in the bag in any way he could: every night the angel arranged them in the tidiest way, taking up the least space. And Parth was forced to continue doing good works at top speed, with the hope of filling the bag before getting too sick ...

And although he spent many days on this, he never filled the bag. Parth had become the most beloved child at the hospital, and he had done so in the most cheerful and helpful way,... and this ended up completely healing him. Nobody knew how it happened: some said that his joy and his attitude must have cured him, others were convinced that the hospital staff loved him so much that they spent extra hours to try to find a cure and provide the best care, and some told how a couple of elderly millionaires who Parth had cheered up lot during their illness had paid for him to have expensive experimental treatment.

The fact is that all these were true because, as the clown had seen so many times, you only have to put a bit of heaven in your old grey bag each night to transform what seems like a dying existence into the very best days of your life, however long they should last.

3. ALWAYS KEPT HOPE ALIVE

The little country schoolhouse was heated by an old-fashioned, pot-bellied coal stove. An eight-year-old boy

named Glenn Cunningham had the job of coming to school early each day so that he could use kerosene to start the fire and warm the room before his teacher and his classmates arrived. One cold morning someone mistakenly filled the kerosene container he used with gasoline, and disaster struck.

The class and teacher arrived to find the schoolhouse engulfed in flames. Terrified on realizing that Glenn was inside, they rushed in and managed to drag the unconscious little boy out of the flaming building more dead than alive. He had major burns over the lower half of his body and was taken to a nearby county hospital.

From his bed, the dreadfully burned, semi-conscious little boy faintly heard the doctor talking to his mother. The doctor told his mother that her son would surely die – which was for the best, really – for the terrible fire had devastated the lower half of his body.

But the brave boy didn't want to die. Glenn made up his mind that he would survive. And somehow, to the amazement of the physician, he did survive.

Yet when the mortal danger was past, he again heard the doctor and his mother speaking quietly. The mother was told that since the fire had destroyed so much flesh in the lower part of his body, it would almost be better if he had died, since he was doomed to be a lifetime cripple with no use at all of his lower limbs. His mother refused to let the doctors amputate.

Once more this brave little boy made up his mind. He would not be a cripple. He would walk. But unfortunately from the waist down, Glenn had no motor ability. His thin, scarred legs just dangled there, all but lifeless.

Ultimately Glenn was released from the hospital. Every day afterward his mother and father would massage his little legs, but there was no feeling, no control, nothing. Yet his determination that he would walk was as strong as ever.

When he wasn't in bed, he was confined to a wheelchair. One sunny day his mother wheeled him out into the yard to get some fresh air. This day, instead of sitting there, he threw himself from the chair. Glenn pulled himself across

the grass, dragging his legs behind him.

He worked his way to the white picket fence bordering their lot. With great effort, he raised himself up on the fence. Then, stake by stake, he began dragging himself along the fence, resolved that he would walk. He started to do this every day until he wore a smooth path all around the yard beside the fence. There was nothing he wanted more than to develop life in those legs.

Ultimately through his daily massages, Glenn's iron persistence and his resolute determination, he did develop the ability first to stand up, then to walk haltingly with help, then to walk by himself – and then miraculously – to run.

Glenn began to run to school. He ran for the sheer joy of running and being able to run. He ran everywhere that he could. The people in his town would often see him run by on his way to who knows where and smile. Later in college Glenn made the track team where his tremendous determination paid off. He eventually received the nickname the "Kansas Flyer."

In February 1934, in New York City's famed Madison Square Garden, this young man who was not expected to survive, who would surely never walk, who could never hope to run – this determined young man, Dr. Glenn Cunningham, ran the mile in four minutes and eight seconds, the world's fastest indoor mile! Later that same year in a prestigious outdoor track meet, he shaved another second off his record to run the world's fastest mile to that time.





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

NEVER LOSE HOPE

Character -

Kailash: A class VI student, Arvind: Kailash's elder brother, Shyamcharan: Kailash's Father, Narrator.

Set: In a room at Kailash's residence.

Narrator : *Kailash is seen sitting on the chair...looks sad. Arvind enters the room. Seeing Arvind Kailash stands up.*

Kailash : (Points out at another chair) Please have a seat brother.

Arvind : (Pulls his chair near Kailash's chair) It's 5 pm already, won't you go outdoors to play.

Kailash : No Brother.

Arvind : Why?

Kailash : I don't feel like.

Arvind : But why?

Kailash : I feel annoyed at my success. Even if someone expresses sympathy, I feel as if they are making fun of me. If I go out to play... my friends will definitely say something or taunt me.

Arvind : Does that mean you will never set your foot out of this house? You haven't failed, just that you couldn't rank first. But you ranked second, which is not a bad thing. There is nothing to worry about in that.

Kailash : You say that there is nothing to worry about. But I feel as if the most precious thing of mine has been snatched away.

Arvind : That is there, I agree you feel bad about it. But

you won't gain anything by thinking and worrying about it all the time. You must instead take a lesson from this and start preparing for the next time from this very moment. You must have heard about the story of the Hare and the Tortoise...right?

Kailash : No Brother. Can you please tell me the story?

Arvind : Ok, listen to the story then. Once upon a time... in a forest, a tortoise was going somewhere. He was walking slowly with a heavy shell on his back. A hare comes hopping around an asks the tortoise... uncle tortoise you walk very slowly. To this, the Tortoise replied: I like walking slowly also no matter how I walk I don't lag behind in anything as compared to you. The hare was very proud of himself and he asked the tortoise. "Shall we have a race one of these days?" The tortoise agreed to this.

Kailash : So then brother...did the two race?

Arvind : Yes the two fixed a day for their race. They started the running race from the same spot. The hare ran very fast, within five minutes of the race the hare reached far ahead. But the tortoise walked very slowly. Seeing tortoise far behind him, the hare decided to have some snack and take a short nap thinking he will cover it up in no time. Meanwhile, the tortoise was persistent and kept walking. While the Hare was fast asleep tortoise managed to reach ahead of him and finally reached the finishing line before the hare. The hare woke up from his slumber and started running.. by the time he reached the finishing line he learnt that he has lost the race and to a slow walking creature – Tortoise.

Kailash : Oh dear brother, this story was so very interesting. This means like tortoise even we need to keep going and be persistent. Unlike the hare, we should not start resting or go slow on

our little success.

Arvind : Yes that's the idea. Study little portions every day religiously, finish your work on a daily basis and never keep it pending for later on. Then you will see that like the slow but persistent tortoise you too will win the race from speeding but an ignorant hare. Success in life is not for those who run fast, but for those who keep running and are always on the move.

Kailash : But I don't feel like doing anything. My mind does not support me. Everything seems so uneasy and uncomfortable. As if no excitement and enthusiasm left within me.

Arvind : Hey silly, if you lose your mind, you lose everything. If you want to win you need to keep yourself happy. Never lose hope... because if your hope is battered...you'll end up standing nowhere in life.

Kailash : But then how will I face father. When he asks me how I failed to the first rank, what will I tell him?

Narrator : *Suddenly someone calls out for Kailash from out... followed by coughing.*

Kailash : Oh God, father is here already.

Arvind : You don't worry at all.

Narrator : *Shyamcharan enters the house. Kailash and Arvind both stand up, but none of the two speaks up.*

Shyamcharan: (Pulls a chair to his side) Why are you two so quiet. (Kailash and Arvind both take a seat) Oh, today Kailash's exam results must have been announced. What happened? Did you score the first rank?

Arvind : Yes we were just discussing that father. Kailash stood second and he is very sad about it. He has not even gone out to play.

Shyamcharan: Kailash, this won't work. Haven't you heard the famous Indian saying: Ab Pachtaye hot kya.

Jab chidiya chug gayi... (There is no point in remorse when the bird has already flown away.) There is another very old saying: Let bygones be bygones. Think about what's next.

Arvind : That is exactly what I was explaining him, father. But he instead says that he has lost his mind and feels disinterested in everything because of his "failure" to score the first rank.

Shyamcharan: He is silly. Considering failure as defeat is the biggest mistake. Don't let temporary failures defeat you or stop you from realizing your dream. Let failure motivate you to achieve your goals instead. Listen to me Kailash "It is better to fight and fall than to live without hope." So forget all this and see how you can rise up again.

Kailash : Father, I never paid heed to you when you always alerted me. Had I studied a little bit every day and completed my work on time, I wouldn't have lost my first position.

Shyamcharan: You realise your mistake at this point in time, which itself is a good sign. Now it is important to forget the past failures and put efforts on to making your future successful.

Arvind : Yes father, and it is human to err.

Shyamcharan: Right. A very famous person said: I commit mistakes every day, but never repeat the same mistake any day.

Arvind : Very true. Kailash repeating the same mistake again is a very big mistake. We must learn from our mistakes and correct ourselves.

Shyamcharan: In reality there is so much worth learning from our own mistakes. A poet says:

You'll never be brave
If you don't get hurt,
You'll never learn
If you don't make mistakes,
You'll never be successful if you don't encounter

failure.

Arvind : Absolutely right, We need to learn from our mistakes and failures and not cry over it or show remorse. Hence think of what you are going to do next, move on and start working hard. And see how you will always succeed.

Kailash : But my mind...

Shyamcharan: (lightly pats on his cheek) you silly boy. Just keep this in mind... all those people who have been successful in life, follow this one principle in life...

Kailash : And what is that father?

Shyamcharan: Never lose hope, always be grateful to the Almighty God.

Kailash : Right Father, I will never lose hope and be confident. Will work hard and study harder.

Moral: Always let your dreams become your inspiration, never let them turn into your ambition.

----END----

ANSWERS OF CROSSWORD :

1. Hardship	2. Remedy	3. Hopeful	4. Time
5. Try	6. Determination	7. Light	8. Believe
9. Impossible	10. Motivate	11. Failure	12. Action

ANSWERS OF SCRAMBLE :

• Aims • Dream • Plan • Wish

Whisper



GAMES

1. CARDBOARD STEPS

Outline: A highly energetic active exercise to show the participants that getting place to place is not usually as easy as it appears. Innovative thinking and creativity are essential to high performance. Ensuring that their new ideas are both heard and implemented or at least given a chance usually is a challenge for groups and specially with children.

Material required:

- Several sturdy pieces of cardboard in two sizes; a small size that can only fit one person to stand on it and a large size that's big enough for two persons to stand on it in close proximity.
- Masking tape

Getting Started:

- Using the masking tape on the floor create and mark off a path that should be wide enough for 3 people to walk next to each other and about 30 – 40 feet in length.
- Split the group into two teams of 10 team members each and tell them that this will be a race between the two teams but with some specific strict rules.
- Gather the two groups to one end of the stretch and designate the start.
- The first team that gets there safely and as fast as possible will be the winning team.
- The challenge is that their path is contaminated, so they cannot directly step on the floor. The only way to move through their race path is to use the cardboard steps along the path and walk on them and this is the only way for each team to cross this dangerous path.

- One catch though - the cardboard steps need to be in contact with a human body at all times. If the steps are left for more than 2 or 3 seconds on the floor, they will instantly disappear (supervisor will be taking them away).
- Hand each team of 10 participants a 3 small and 3 big cardboard steps.
- Start off the activity and pay attention to the cardboard steps, instantly remove any that were left unattended for a few seconds.

Reflection:

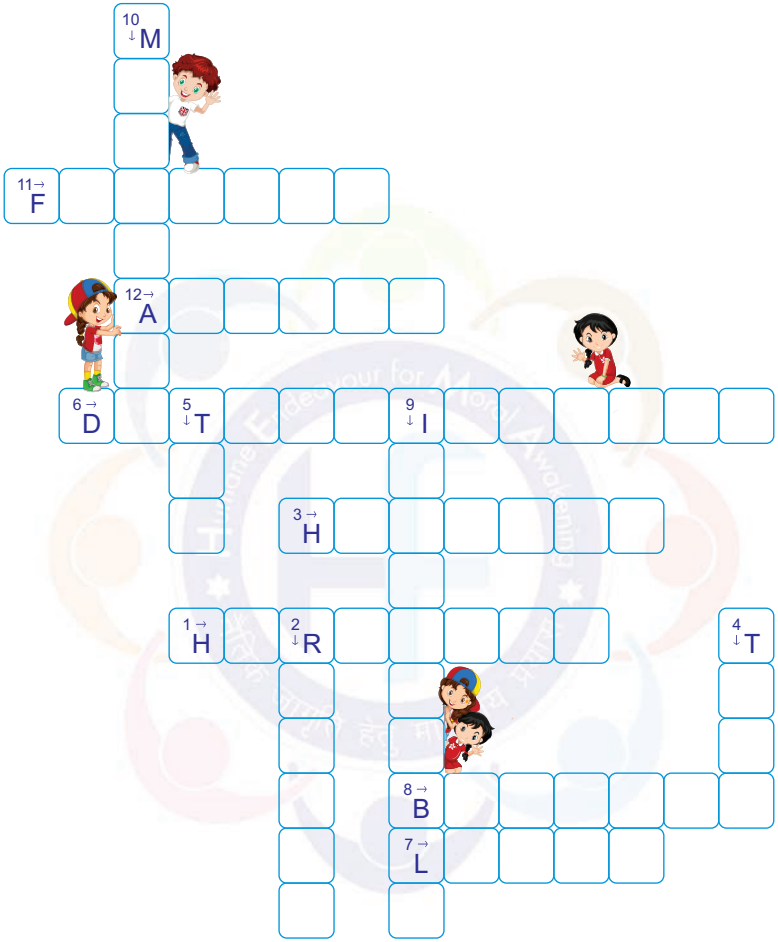
1. Which had some good ideas for initiation? Which ideas where adopted and which were discarded?
2. Did they have hope to win the race without any challenges?
3. Was there someone who took the lead?
4. Did you have to revise your strategy when you lost some of your cardboard steps?
5. If you would do this activity again, what would you do differently?
6. When steps were lost, how can we link this to our life?

2. MANAGE RESOURCES

Outline: Give 6 toothpicks to each participant. They have to create 4 triangles with the toothpicks. Stress that these are the only toothpicks that will be given to them. They will have to find ways to create 4 triangles out of them.

The answer is simply to make a 3D pyramid with the six toothpicks, then you will have three standing triangles and one base triangle.

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 can overcome_____with hopes. (8)
2. Hope is_____for all sort of hardship. (6)

3. A person who is_____believes that he will succeed. (7)
4. Hope help us to overcome unpredictable and hard _____ of life. (4)
5. Always_____one more time. (3)
6. _____makes us win all battles of life. (13)
7. There is _____ at the end of the tunnel. (7)
8. _____ you can and you are half way there. (7)
9. It's going to be hard but hard, does not mean _____ (10)
10. The ability to _____ people is a priceless asset. (8)
11. _____ will never overtake me if my determination to succeed is strong enough. (7)
12. we generate fear while we sit we overcome them by _____ (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.

MIAS

EMARD

ALPN

HSIW

Hope is the soft voice inside you when you_____
"Yes, you can"



PUZZLE

In the puzzle below, you have 11 words which are synonyms for **AASHAYE.** You will find them in different pattern. One of the words is done for you. Find the rest

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

Words

Determination : A familiar look of determination was on her upturned face.

Achievement :
Future :
Success :
Bright :
Encourage :
Positive :
Improvement :
Motivation :
Organization :
Inspiration :

CASE STUDY



RANI LAKSHMIBAI

Rani Lakshmibai' was born on November 19, 1835 at Kashi. Her father's name was Moropant. Her mother's name was Bhagirathi Devi. Laxmi's childhood name was Manikarnika but affectionately she was called Manu in her childhood.

Rani Lakshmibai was married to Gangadhar Rao in 1842. Gangadhar Rao was the king of Jhansi. In 1851, the Rani had a son; he unfortunately died when he was barely four months old. Raja Gangadhar Rao could not bear the shock and after a long illness, he died on November 21, 1853.

Jhansi became a major center of the revolt of 1857. Rani Lakshmibai of Jhansi, began to strengthen security and started a volunteer army. Ordinary people also contributed to the revolt. In 1857, the kings of the neighbouring state of Jhansi, Orchha and Datia attacked. Rani Lakshmibai defeated them successfully. In March 1858 the British army besieged the city of Jhansi. But Rani, with her adopted son Damodar Rao was able to escape. Rani died on June 18, 1858.

The Hindi saying that goes like this, Khoob Ladi Mardani Woh To Jhansi Wali Rani Thi is the most apt for describing this brave queen of Jhansi.

Rani Lakshmibai was the great heroine of the First War of Indian Freedom. She was the embodiment of patriotism, self-respect and heroism. Her life is a thrilling story of womanliness, courage, adventure, bravery, courage, hopes, wisdom, her progressive views on women's empowerment, deathless patriotism and martyrdom, in the 19th century India, Rani Lakshmibai was the real meaning of the ideal heroine. She was proud of not just India but the world's women.



PAULAMI PATEL

Nothing is impossible , the word itself says , " I'M POSSIBLE " - the statement holds cent percent true for the 28 year old mumbaikar - Paulami Patel. She has survived the darkest phase of life and emerged as a fighter , a torch bearer to many sinking souls. She got electrocuted at the age of 12 while playing with a fishing rod. 11, 000 volts of current ran through her right hand while she was trying to catch the rod that slipped out of the window and got hold of an electrical wire instead. Spending about a week in the ICU , what came later was a big shock - her right hand had to be amputated to prevent gangrene from spreading.

Life was not the same as before , she had to start from the scratch. She was just a teen , and to accept the harsh reality was tough. To begin writing again with her prosthetic arm was a challenge . But slowly and steadily she mastered it all - she wrote her first word. Matilda' .What has been the driving force through the tough times ?? 'Instead of focussing on the struggles , I took it as a celebration of my second inning of life ' she says . Little achievments like zipping her bag to the day she was able to wear her own clothes , every single task that she could accomplish.

She pursued BCOM followed by MBA from a top notch college of Mumbai , that too writing all the exam papers herself . She has toughened her mettle to such an extent that disability has just become a meagre 'part' of her life.

Without an arm and with 45 surgeries, the journey has not been easy. It took time for her to be positive about her flaws and accept her own self . She used to hide herself beneath long sleeves , dared not to wear shorts as her legs were scarred but slowly she learnt to let it go. She has opened her wings to fly high - driving, skydiving, bungee jumping and presently the brand ambassador of Tata Mumbai Marathon 2018. No more ashamed of her scars, instead she is proud of them as they have contributed in making her what she is today . Indeed a motivation for all of us who feel insecure about our flaws. We are proud of you Paulami !



WILMA RUDOLPH

Wilma Rudolph was an exceptional American track and field athlete who overcame debilitating childhood illnesses and went on to become the first American woman to win three gold medals in a single Olympics.

Wilma Rudolph was born in 1940 in Bethlehem, she was born with polio and suffered from serious bouts of pneumonia and scarlet fever as a young child. All these ailments contributed to a bad leg that some said would prevent her from ever walking. She wore a leg brace from the time she was five until she was 11 years old. Then, one Sunday, she removed it and walked down the aisle of her church.

When Wilma was 13, she got involved in organized sports at school, including basketball and track. Soon she was running and winning races. She participated in the Olympic Games in Melbourne, Australia. She lost the 200 meter race, Wilma became more determined than ever.

She set a world record for the 200 meter dash during the Olympic trials. Then during the Olympic games in Rome, she became the first American woman to win three gold medals in the 100 meter dash, the 200 meter dash and the 400 meter relay. When she returned to Tennessee, she was honored with her hometown's first racially integrated parade.

The next year she received a Sullivan Award, the first recipient of President Clinton's National Sports Award.

Wilma had worked her way through school and later became a coach and teacher.

On Nov. 12, 1994, Wilma Rudolph died of a brain tumor at the age of 54. The Olympic flag covered her casket at her funeral. She will always be remembered for her inspirational determination to overcome her physical disabilities. Through the love of her family and her religious convictions she rose above the racism and segregation of her time. Wilma Rudolph was not only a sports hero, she was also a family hero and a teacher hero.



SONG

MOVIE: IQBAL (2005)

Aashaayein, aashaayein, aashaayein

Kuchh paane ki ho aas aas,
Koi armaan ho jo khaas khaas
Aashaayein, aashaayein, aashaayein

Har koshish mein ho vaar vaar,
Kare dariyaon ko aar paar
Aashaayein, aashaayein, aashaayein

Toofaanon ko cheer ke,
Manzilon ko chheen le

Aashaayein khile dil ki,
Ummeedein hase dil ki
Ab mushkil nahin kuch bhi, nahin kuchh bhi

Aashaayein khile dil ki,
Ummeedein hase dil ki
Ab mushkil nahin kuch bhi, nahin kuchh bhi

Oh oh oh oh
Oh oh oh oh

Ud jaye leke khushi
Apne sang tujhko vahaan
Jannat se mulakat ho
Puri ho tere har dua

Aashaayein khile dil ki,
Ummeedein hase dil ki
Ab mushkil nahin kuch bhi, nahin kuchh bhi

Aashaayein khile dil ki,
Ummeedein hase dil ki
Ab mushkil nahin kuch bhi, nahin kuchh bhi

Guzre aise har raat raat
Ho khwaishoon se baat baat
Aashaayein, aashaayein

Lekar suraj se aag aag
Gaayeja apna raag raag
Aashaayein, aashaayein

Kuch aisa kar ke dikha
Khud khush ho jaaye khuda

Aashaayein khile dil ki,
Ummeedein hase dil ki
Ab mushkil nahin kuch bhi, nahin kuchh bhi

Aashaayein khile dil ki,
Ummeedein hase dil ki
Ab mushkil nahin kuch bhi, nahin kuchh bhi

RESOLUTION

THE PLEDGE

We resolve to choose hope as it sees the invisible, feels the intangible and achieves the impossible. Hope is a way to make our dream become a reality.

ASPIRE TO INSPIRE



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

LET'S STEP OUT...



1. Let children meet and talk about their hopes in life.
2. Let them share how hopes motivated them.
3. What is the one thing you hope to learn when your school is over?

WHAT MORE!!

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

DAKSHATA



INTRODUCTION

Cleverness is a positive personality trait of a person. Cleverness is to analyse any given situation and respond in a positive manner. It does not necessarily mean knowledgeable.

Cleverness should not be confused with negative aspects of cunningness and shrewdness.

When a person is clever, he/she is:

being intelligent

being a quick learner

being alive and alert

In the film Dakshta, the princess with her presence of mind saves the king from embarrassment. Her cleverness makes her confront the challenges with all her dexterity. She solves a puzzle given by a sculptor and dissolves his pride.



LIFE SKILL QUESTIONS

1. Thinking smart is as important as hard work. Use the story of a thirsty crow to highlight this fact.
2. How do the stories of Tenali Rama and Birbal teach you that keeping cool and using your presence of mind helps you to get out of difficult situations?
3. What should you do in order to be clever?



- "It is a great act of cleverness to be able to conceal one's being clever." **- Francois de La Rochefoucauld**

- "The principal point of cleverness is to know how to value things just as they deserve." **- Bertrand Russell**

- "Intelligence is a harder gift. For this you must work, you must practice it. Cleverness is the shadow, whereas intelligence is the substance."
- Bryce Courtenay

- "Clever people will recognize and tolerate nothing but cleverness." **- Henri Frederic Amiel**

- "Science is always discovering odd scraps of magical wisdom and making a tremendous fuss about its cleverness." **- Aleister Crowley**

(इतिहासप्रसंगोऽयम्) This is the history

मंत्री : भो राजकुमारि! खल्वयं संकटसमयः। पार्श्वस्थेन राज्ञा आक्रमणं कृतमस्ति। न सन्ति महाराजाः।

Minister : Oh Princess! Difficult time has arrived. The neighbouring king has attacked. The King is also not there.

राजकुमारी : भवतु। निर्भयं स्थातव्यमस्माभिः। सर्वं शिवं भविष्यति।

Princess : All right. Do not fear. All will be well.

सेनापति : किन्तु सर्वन्दायित्वं युष्मासु वर्तते।

Commander : But the onus is on you.

राजकुमारी : अहं हि दक्षा तदर्थम्।

Princess : I have skills for that.

सेनापति : जयतु। अस्मभ्यं का आज्ञा अधुना।

Commander : Jai Ho. What is the command for us now?

राजकुमारी : रणनीतेः संघटनां कुर्मो वयम्।

Princess : Let's frame a strategy.

(राजकुमार्या अनुसारं सर्वा रणनीतयो भवन्ति)

Strategies are made according to the princess plans.

राजकुमारी : (सैनिकेभ्यः) सर्वे वीराः। अद्य खलु अस्माकं शक्तेः परिचयो दातव्यः। वयं योत्स्यामः। वयं जेष्यामः।

(To the soldiers) Hey heroes! Today we have to show our strength. We will fight to win .

(युद्धं भवति) War begins.

(युद्धे राजकुमार्या वीरतया जीयते)

The war is won by the heroism of the princess in battle.

महाराज : मम राजकुमारी दक्षा। अधुना न कापि चिन्ता राज्यस्य।

King : My Princess is skilled. Now I have no worries about the State.

SANSKRIT SHLOKAS

भवन्ति ते सभ्यतमा विपश्चिता मनोगतं वाचि निवेशयन्ति ये।
नयन्ति तेष्वप्युपपन्ननैपुणा गभीरमर्थं कतिचित्प्रकाशताम्॥

A person who can present his thoughts is considered to be a great orator among scholars and those who reveal a deep secret of life are considered to be masters of orators.

.

शौर्य तेजो धृतिर्दाक्ष्यं युद्धे चाप्यपलायनम्।
दानमीश्वर भावश्च क्षात्रं कर्म स्वभावजम्॥

When courage, valour, patience and capability does not let a warrior surrender in war, charity and devotion are also the natural deeds of all Kshatriyas.

POETRY

WONDER

When the last spark of wonder fades
from the eyes of our young,
When we decide to live in a blase' Universe
only then are we lost, only then,
Have we ceased to find our North Star
And we become refugees
while sitting in your own homes.

Trying to rekindle our flame, that old spirit
but Alas we lack the spark!
Ingenuity has died, cleverness lies withered.
Renaissance will not come
for wonder has perished and us along with it.

- Derrick Annis



MORAL STORIES

1. THE CLEVER BOY

A man and his donkey carrying two sacks of wheat were on their way to the market. After a while the man was tired and decided to rest under a tree.

When he woke up, he found his donkey missing and started looking for it everywhere.



He met a boy and asked him, “Have you seen my donkey?"

The boy asked, “Is the donkey's left eye blind, his right foot lame and is he carrying a load of wheat?"

The man was happy and said, “Yes, exactly! Where have you seen it?"

The boy answered “I haven't seen it."

The man was angry and took the boy to the village chief.

The chief asked, “Dear boy, if you had not seen the donkey, how were you able to describe it”?

The boy answered, “I saw the tracks of a donkey and since the right and left tracks were different, I understood that the donkey which passed was limping. The grass on the right side of the road was eaten but the grass on the left was not which made me understand that he was blind in its left eye. There were wheat seeds scattered on the ground and I understood that he must have been carrying a load of wheat."

The Village Chief understood the boy's cleverness and told the man to forgive the boy.

This story teaches us not to jump to conclusions.

2. A WISE OLD MAN

Richard was a wise retired old man who had bought a modest home near a junior high school. He spent the first few weeks of his retirement in peace and contentment.

Then a new school year began. The very next afternoon after school, three boys full of youthfulness, came down his street, beating merrily on every trash can [rubbish bin] they encountered.

The crashing percussion continued day after day, until finally Richard decided it was time to take some action. The next afternoon, he walked out to meet the young 'percussionists' as they banged their way down the street. Stopping them, he said, 'You kids are a lot of fun. I like to see you express your exuberance like that. In fact, I used to do the same thing when I was of your age. Will you do me a favour? I'll give you each a dollar if you'll promise to come around every day and do your thing.'



The kids were elated and continued to do a bang-up job on the trash cans.

After a few days, the old-timer greeted the kids again, but this time he had a sad smile on his face. 'This recession is really putting a big dent in my income,' he told them. 'From now on, I'll only be able to pay you 50 cents to beat on the cans.'

The noisemakers were obviously displeased, but they accepted his offer and they continued their afternoon ruckus. A few days later, Richard, the wily retiree, approached them again as they drummed their way down the street. 'Look,' he said, 'I haven't received my Social

Security cheque (Old Age Pension) yet, so I'm not going to be able to give you more than 25 cents. Will that be okay?'

"Only a lousy quarter?" the drum leader exclaimed. "If you think we are going to waste our time, beating these cans around for a quarter, you are nuts! No way mister. We quit!".

Richard, the clever old man then enjoyed peace and tranquility.

3. THE WISE FARMER'S DONKEY

One day a farmer's donkey fell down into a well. The animal cried for hours as the farmer tried to figure out a way to get him out. Finally he decided it was probably impossible and since the animal was old and the well was dry anyway, so it just wasn't worth it to try and retrieve the donkey. The farmer asked his neighbours to come over and help him cover up the well. They all grabbed shovels and began to shovel dirt into the well.



At first, when the donkey realized what was happening he cried horribly. Then, to everyone's amazement, he quieted down and let out some happy brays. A few shovel loads later, the farmer looked down the well to see what was happening and was astonished at what he saw. With every shovel of dirt that hit his back, the donkey was shaking it off and taking a step up.

As the farmer's neighbours continued to shovel dirt on top of the animal, he continued to shake it off and take a step up. Pretty soon, to everyone's amazement, the donkey stepped up over the edge of the well and trotted off.

Moral: Life is going to shovel dirt on you. The trick is to shake it off and take a step up. With wisdom every adversity can be turned into a stepping stone. The way to get out of the deepest well is by never giving up but by shaking yourself off and taking a step up. What happens to you is not as important as how you react to it.





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

ANSWERS OF CROSSWORD :

1) Thinking	2) Birbal	3) Wisdom	4) Cochision
5) Learner	6) Solutions	7) Cleverness	8) Clever
9) Intelligence	10) Smart	11) Mistakes	12) Essential
13) Professing	14) Gossip		

ANSWERS OF SCRAMBLE :

• Smart	• Good	• Aware	• Vision
Wisdom			

THE THUG MONK

Character -
Monk: Fraud Monk / Fakir, Sharad: The clever boy.
Sharada: Sharad's mother, a naïve and innocent woman.
Shalini: Sharad's little sister. Ahmed: Sharad's Friend.
Police: Senior Inspector, Narrator.

SCENE 1

Narrator : *It's a lazy afternoon, in the drawing room of a small house, Sharad, a teenager is seen studying, as his mother is cooking in the kitchen. Shalini, Sharad's nine-year-old sister is seen cutting and sticking colourful papers trying to make flowers out of it. Meanwhile doorbell rings, Sharad leaves his books and rushes to the door to open it. A monk-like figure appears before him donning a saffron attire, long beard and hair and vermin on his forehead. Kamandal (an oblong water pot made up of metal), and a rosary made of beads.*

Monk : Jai Shiv Shankar, (Hail Lord Shiv Shankar). (Begs) Dear mother please give some alms to this poor fakir.

Sharad : (Greets the monk) Namastey Maharaj.

Monk : Stay Blessed son, be happy.

Sharad : What do you want baba (monk)? Do you want something to eat?

Monk : Of course son, will not only have food, but will also accept Dakshina (Offerings). Hearing the conversation Sharad's mother comes out of the Kitchen.

Sharada (Mother): Who is it Sharad? Whom are you talking to son?

Sharad : (Replies) Its Sadhu Maharaj (Monk) mummy, he will have the food he says.

Sharada (Mother): Pranaam Maharaj (Greeting the monk with Namastey).

Monk : Stay blessed, Always be happy.

Sharada (Mother): Please come in Maharaj, I shall serve food.

Narrator : *The monk enters into the house, Sharada puts a carpet for the monk to sit. While the monk sits down in no time.*

Monk : Om...Jai Shiv Shankar! Donating food is the biggest donation / charity according to our holy scriptures.

Narrator : *Meanwhile, Sharada offers water to the monk followed by food. The monk starts eating.*

Sharad : Where do to you live Maharaj?

Monk : I am a wanderer my son...I live like a nomad. Someday here, someday there... I don't have a fixed place of residence.

Sharad : But still there might be someplace where you would be staying Maharaj.

Monk : Yes, there was a time long long ago, when I resided in caves in the Himalayas. Left the place following twenty long years of sacramental penance, then I built a small hut for myself in a deserted place in the forest and lived there for a couple of years. I started wandering in this locality and visiting houses for alms just a few days ago.

Sharad : So then Maharaj, how did you arrange for food and other necessities when you lived in the caves of Himalaya and deserted place in the forest?

Monk : A friar, ascetic like me does not need food.... We are beyond all these worldly desires... He

renunciates taste, choice, selfishness and all other desires of his life.

Sharad : Then Maharaj, after all that why have you come back to get trapped in these worldly desires once again.

Sharada (Mother): (Immediately snapped Sharad and scolded him) Enough! Sharad, You cannot talk to Monks and Saints in this manner. Behave yourself.

Monk : (Chuckles), Oh let him ask questions. He seems to be very curious.. and it is better to quench his curiosity. (Changes the topic). So my son, in what grade/ class you study?

Sharad : I study in class X Maharaj!

Monk : God Bless you my son!

Sharad : (Expressing his surprise once again) I am still wondering one thing, Maharaj, after renunciation and giving up food and other necessities for about twenty to twenty-five years, how come you are back asking for food and alms from door to door.

Monk : The household which is special, a monk visits only those household and not just any household.

Sharada (Mother): (Expresses gratitude with folded hands) All because of your blessings Maharaj.

Monk : So, where is your Husband, lady?

Sharada (Mother): My Husband stays away in another city – Delhi. He works there. And comes home only during the holidays.

Monk : God Bless You! God Bless You!

Sharada (Mother): Please visit us again Maharaj.

Monk : No Lady, I strongly feel that you are going to face a very big problem very soon.

Sharada : Oh! Please elaborate more on it, before you take a leave, Maharaj.

Monk : Come, let me have a look at the palm of your

hand, read your fate lines and see what they say.

Sharada : (Opens her fist and shows her palm to the monk) What kind of problem am I going to face Maharaj?

Monk : (Pretending to read the fate lines on Sharada's palm) I was right, the time has arrived....

Sharada : (Puzzled and scared) What time Maharaj?

Monk : You are 40-years-old... right?

Sharada (Mother): Yes Maharaj.. 40-years-old.

Monk : The fate lines on your palms clearly show that at the age of 40... you will lose all your money, jewellery, wealth etc...Everythingearned you will be destroyed... And in the depression of losing all this, you will commit suicide.

Sharada (Mother): (Trembling with fear) What can I do to prevent all this Maharaj, Please guide me.

Monk : (Angrily) Human Beings are stupid, unrighteous, they never want to take the righteous path and show disrespect to the religion. They instead choose to suffer from one crisis to another but will never act sensibly. What big difference will it make if I tell you the way to prevent your problem lady?

Sharada (Mother): No... No Maharaj. I shall religiously follow what you say.

Monk : Then arrange for Yagna (ritual of sacrifice). We need to do Yagna at your house.

Sharada (Mother): Fine! Maharaj, Please guide me on what is to be done.

Monk : We will need 1.25 kilogram of pure ghee, sandal and other offerings that are required for the yagna.

Sharada (Mother): Ok Maharaj, We shall get all that is needed. Do we need anything else?

Monk : No, Nothing else is needed, But do remember the method of the Yagna.

Sharada (Mother): What method? Maharaj.

Monk : You must not forget to collect all the precious utensils, Jewellery and money etc and keep it on both sides (Left and right) of the spot where we will perform the yagna ritual. (Explains the method further) We will chant Mantras (hymns), give offerings to the sacred fire during the Yagna. When I am about to chant the final Mantra, I shall ask you to close your eyes and count till a hundred, you must do exactly that. And I ensure that this will provide a 100 % security to both your wealth and to your life.

Sharada (Mother): So Maharaj, when will we perform this Yagna.

Monk : Tomorrow early morning at 5 am.

Sharada (Mother): (Requesting) Please do come tomorrow Maharaj.

Monk : Of course...Of course, I will... (Leaves the premises)

SCENE 2

Narrator : *Sharad is seen talking to his mother, the two have been discussing the Monk since the moment he left their house.*

Sharad : This monk seems thug to me, mummy.

Sharada (Mother): Son, I told you not to speak ill about the monk. He seems like a great sage to me.

Sharad : No mummy, he is a fraud for sure. How come has he foreseen that we will lose all our wealth and money and that you will commit suicide?

Sharada (Mother): Oh stupid boy, don't you know, such monks can read your face and can tell you everything about your past, present and even predict your future.

Sharad : But mummy, I can't believe all this.

Sharada (Mother): If it is hard for you to believe it, that doesn't matter. If he was a fraud he would have insisted on performing yagna today itself. Why would he push it for the next day?

Sharad : I strongly suspect the method of counting up to hundred?

Sharada (Mother): By counting up to hundred he just meant 100 % resolution from the problem we are likely to face.

Sharad : I fear some other untoward thing might happen to us mummy.

Sharada (Mother): You are just a kid... you won't understand all these issues. Don't stress yourself over it my son.

SCENE 3

Narrator : *Early in the morning next day, the monk arrives and stations himself on the spot where Yagna is to be performed. As instructed by him Sharada has collected and placed all the jewellery and other valuables on both sides of the Yagna spot. Monk begins to perform Yagna and starts chanting hymns as discussed.*

Sharad : (Discreetly slips out of his house and starts running towards the entrance) Hey Ahmed! Are you there?

Ahmed : (Comes out of his house) Hey Sharad, how are you... Is everything alright my friend?

Sharad : Please accompany me till the police station Ahmed.

Ahmed : Hey! What's the matter? was there a robbery at your home last night?

Sharad : No robbery did not happen at night, but might happen now.

Ahmed : How come?

Sharad : Don't ask me for all those details right now, just

come along to the police station with me.

Narrator : *Both Sharad and Ahmed then rush to the police station.*

SCENE 4

Narrator : *Sharad informs police about the monk and his Yagna. Following that four constables and the senior police, inspector reaches Sharad's house and hide around the main entrance. Some are seen emitting from the house due to the Yagna, while chantings could be heard too. Just a few minutes later the Monk speaks up.*

Monk : Lady I have finished chanting Hymns, now you can close your eyes and start counting, you must not open your eyes till you finish counting up to 100.

Sharada : Starts counting numbers.

Narrator : *Sharada had hardly finished counting up to 10, by that time the monk quietly picks up all the jewellery and valuables that were kept near the Yagna and attempts to run outside the house. As soon as he reaches the entrance gate, the cops nab him.*

Senior Inspector : (Pats Sharad's back and praises him) Well-done boy...well-done. You acted smartly and helped us nab this thug/ fraud.

Sharada : Truly, Sharad's cleverness and alertness saved us today.

(The cops handcuff the thug monk and take him away)

Moral: If you show cleverness you will win.

---- END----



GAME

1. BRAVO! DO WHAT I SAY.

Let all players be gathered at the place and teacher will instruct them by different command like (sit down, stand up, catch you, touch you nose, lift on leg, dance, cry etc.) players have follow the command which is addressed with Bravo! Like Bravo! Sit down, Bravo! Catch your nose .... One who follow the instruction without our Bravo! is out of the game.

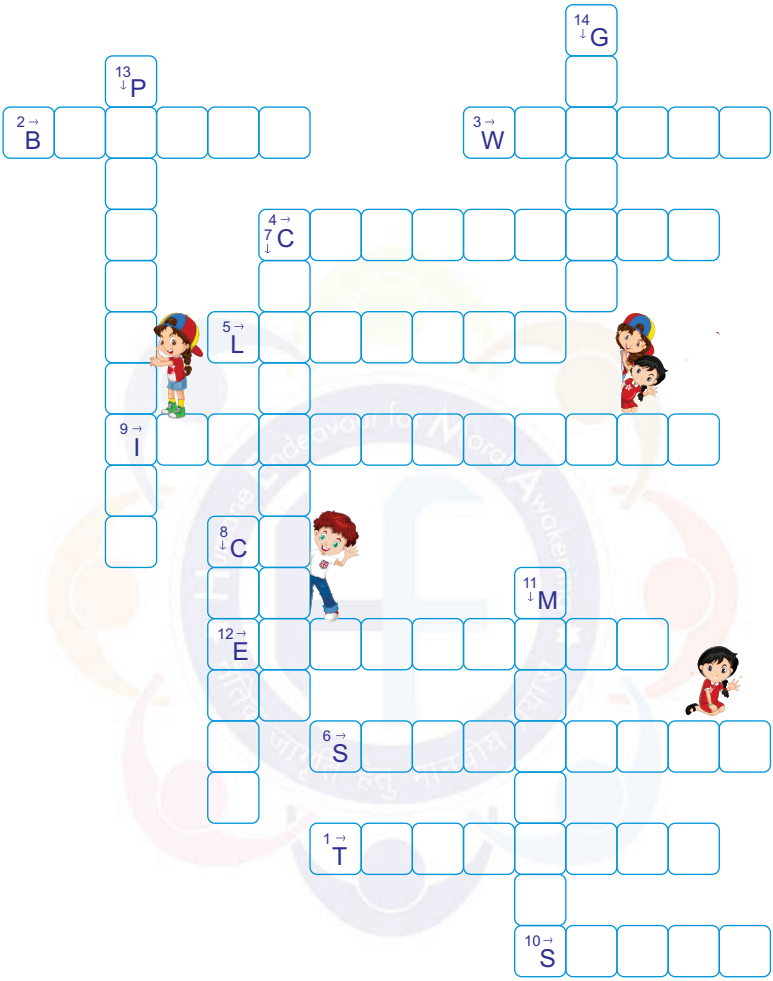
2. SIGN LANGUAGE

Teacher gives 3 sign to the players,

1. Human being....Join your hand
2. Soilder .... Shoot
3. Catch.... Catch your ears

Teacher stand in the centre instruct and do the same or misguide with different action, one who follows the wrong instruction is out of the game one who follows correctly till last is the winner.

CROSSWORD



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

Questions :

1. Always act after_____ (8)
2. Akbar always admired_____ (6)
3. With _____ every adversity can be turned into a stepping stone, (6)

4. Clever person thinks before jumping to_____(9)
5. Bad times have a scientific value. These are occasions a good _____ would not miss. (7)
6. Identify your problems but give your power and energy to _____. (9)
7. Good honest _____ is better than clever cleverness. (10)
8. A _____ man commits no minor blunders. (6)
9. _____ is the ability to adapt to change. (12)
10. The_____kids get good grades and go off for further studies. (5)
11. A man must be big enough to admit his _____ , smart enough to profit from them, and strong enough to correct them. (8)
12. It is only with the heart that one can see rightly, what is _____ is invisible to the eye. (9)
13. Live truth instead of_____ it. (10)
14. Gossip is called _____ because it is not always the truth. (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.

ARMTS

ODOG

AREWA

SINOIV

Cleverness is not_____



PUZZLE

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

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

Words

Education : Education is the key to success.
Knowledge :
Intelligence :
Problem :
School :
Book :
Happy :
Funny :
Solution :
Smart :
Learn :
Wisdom :

CASE STUDY



BIRBAL

Birbal, the famous historical character, was born as Mahesh Das, in 1528, in a very poor Brahman family, in a place called Trivikrampur, situated on the banks of river Yamuna. He was a prime member of the group of nine members, known as the 'Nava Ratnas', the inner council of advisors, for the Mughal emperor Akbar.

Birbal was mostly entitled to the administrative and military duties but was very close to Akbar who loved his wisdom, sense of humour and subtle wit. Birbal was moreover a poet and an author. Equally loved by children and the adults, generations have grown up listening to the folklores of Birbal and Akbar.

Akbar was illiterate himself but he had respect for the talented, and thus, he used to invite in experts from various fields. There are many stories that are based on the conversations and the exchanges between Birbal and Akbar, both inside and outside the court which have been published in volumes. It is said that the other courtiers at Akbar's court were jealous of Birbal and they continuously plotted for his downfall, without success. Even these incidents are recorded in the books.

Birbal wrote under the pen name 'Brahm'. The collection of his writings can be found in the Bharatpur Museum, Rajasthan.

It is believed that Birbal died during an expedition to Afghanistan, heading a large military troupe. It's said that Akbar mourned his death for several months.



SRINIVASA RAMANUJAN

Srinivasa Ramanujan is one of the greatest mathematicians in the world, and he is known for the great work that he did in his field. He made a lot of his theories very popular in the world, and that is why his theories still get used in lots of countries.

He was born on 22nd December 1887 in Erode, and he gets known by a number of contributions he made in the theory of numbers. It is very shocking for a lot of people, but initially, Ramanujan never studied mathematics. He studied mathematics in the latter half of his education and became an expert of it.

He was very poor, and he did various researches in poor circumstances only, but he later got supported by Ramachandra Rao and his clerical job due to which he became able to learn more and invent several new studies on mathematics.

In 1914, he won a scholarship to England and studied under Godfrey hardy. He did not only study hard but invented various other theories which made Hardy his fan as well. He surprised every teacher with the knowledge of mathematics that he had because he never knew the modern techniques of the maths, but he still did better than a lot of professors and researchers at that time.

He invented a lot of theories, and the most famous ones are as followed: Ramanujan constant, Mock theta functions, Ramanujan conjecture, Ramanujan prime, Ramanujan theta function, Ramanujan's sum, Ramanujan's seta series, etc. He also won the award of fellow of the royal society.

He worked for a very short period as he died at the age of 32 only, but his theories are still alive in a lot of people's brains and textbooks. So, this was all about the best mathematician in the country Srinivasa Ramanujan.



ISAAC NEWTON

Isaac Newton is considered one of the most important scientists in history. Even Albert Einstein said that Isaac Newton was the smartest person that ever lived. During his lifetime Newton developed the theory of gravity, the laws of motion, a new type of mathematics called calculus, and made breakthroughs in the area of optics such as the reflecting telescope.

Isaac Newton was born in Woolsthorpe, England on January 4, 1643. Isaac attended school where he was an adequate student. Isaac grew up mostly alone.

In 1661, Isaac began to attend college at Cambridge. He would spend much of his life at Cambridge, becoming a professor of mathematics and a fellow of the Royal Society. He spent two years in study and isolation at his home in Woolsthorpe developing his theories on calculus, gravity, and the laws of motion.

In 1696 Newton became the warden of the Royal Mint in London. In 1687 Newton published his most important work called the "Mathematical principals of Natural Philosophy". In this work he described the three laws of motion as well as the law of universal gravity. This work would go down as one of the most important works in the history of science. It not only introduced the theory of gravity, but defined the principals of modern physics. Isaac Newton made many scientific discoveries and inventions throughout his career. Most important and famous ones are - Gravity, Laws of Motion, Calculus, and Reflecting Telescope.

Legend has it that Newton got his inspiration for gravity when he saw an apple fall from a tree on his farm. He once said of his own work "If I have seen further than others, it is by standing upon the shoulders of giants."

Newton died on March 31, 1727 in London, England. Today, he is considered one of the most renowned scientists of all time.



MOVIE: FANAA (2006)

Chanda Chamke

(Chanda chamke cham cham, chikhe chaukanna chor
Chitee chate chinee chatoree chinikhor) - (2)
Kitna mushkil yeh gana jara gake dikhana
Chanda chinee chamke chate chaukanna chikhe chor
Chanda chamke cham cham chikhe chaukanna chor
Chitee chhatee chinee chatoree chinikhor

(Khadaksingh ke khadakne se khadaktee hain khidkiya
Khidkiyo ke khadakne se khadakta hain khadaksingh) - (2)
Kitna mushkil yeh gana jara gake dikhana
Khadak khadak ke khadake khidkee, khadaksingh kaa khadke jor
(Chanda chamke cham cham, chikhe chaukanna chor
Chitee chate chinee chatoree chinikhor) - (2)

Pakke ped par paka papita, paka ped ya paka papita
Pake ped ko pakde pinku, pinku pakde paka papita
Pakke ped par paka papita, pakda pinki paki kaa kapda
Kapda ha ha ha.....
Pakke ped par paka papita, paka ped ya paka papita
Pake ped ko pakde pinku, pinku pakde paka papita
Kitna mushkil yeh gana jara gake dikhana
Pakke ped par paka papita, paka ped ya paka papita
Pake ped ko pakde pinku, pinku pakde paka papita
(Chanda chamke cham cham, chikhe chaukanna chor
Chitee chate chinee chatoree chinikhor) - (2)
Kitna mushkil yeh gana jara gake dikhana
Chanda chinee chamke chate chaukanna chikhe chor
Chanda chamke cham cham chikhe chaukanna chor
Chitee chhatee chinee chatoree chinikhor

RESOLUTION

THE PLEDGE

We resolve to be focused and clever in our actions.

ASPIRE TO INSPIRE



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

LET'S STEP OUT...



There are number of highly successful and influential people in the society. These include doctors, engineers, lawyers, industrialist etc.

1. Arrange a meeting of the children with such personalities.
2. After the meeting gets over, ask the children what has impressed them the most about the person they just met.
3. Ask children what would they do to imbibe the qualities they liked in such people in themselves.

WHAT MORE!!

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

SANGATI



INTRODUCTION

Variety reigns everywhere, in any tangible or in intangible emotions such as friendship. Friendship can be of different kind and types. For some friends are “close buddies” other are best friends. Friendship can be between brother and sister, opposite sex friendship, family friend, agentic friendship or imaginary friend. In this age of technology and social networking new kinds of friendship have emerged. There are “Internet friends” where friends hardly get to meet each other in person yet share great emotional quotients. There also exist “Pen Friends” where friends share emotions through the exchange of letters.

Friendship is a share of mutual affection between two or more people. It is a stronger version of interpersonal bond as compared to a simple acquaintance. Although there are many forms of friendship, varying from place to place, certain traits are present in most kinds of friendship. The vast majority of high-quality friendships feature certain core traits that lead to a sustained and mutual sense of empathy, sympathy, honesty, affection, altruism, comfort, love, understanding and enjoyment of one another's company, the ability to be one self, and make mistakes without fear of judgment from the friend and trust.

Friendship is undeniably important for our mental and emotional well-being. With a solid support network in place, we can meet just about any challenge life throws at us.



LIFE SKILL QUESTIONS

1. Why are friends important?
2. How does one maintain good friendship?
3. What is the effect of good and bad company?



QUOTES

- "My idea of good company, is the company of clever, well-informed people who have a great deal of conversation; that is what I call good company. **- Jane Austen**

- "Good company is important, it helps to cultivate good qualities." **- Sathya Sai Baba**

- "Be around people that make you want to be a better person, who make you feel good, make you laugh, and remind you what's important in life. **- Germany Kent**

- "Good company and good discourse are the very sinews of virtue." **- Izaak Walton**

- "Good company, lively conversation, and the endearments of friendship fill the mind with great pleasure." **- Edmund Burke**

हरेश : भोः छात्राः ! आगन्छन्तु अध्य चर्चां कुर्मः संगति विषये
Haresh : Students come, today we will discuss the topic of consistency.
मितेश : कथम् ? कथम् ? संगति विषये एवं किमस्ति ?
Mitesh : What is the subject of consistency?
हरेश : संगति अस्माकं जीवने बहुमहात्वपुर्णा भूमिका अस्ति ! येन अस्माकं जीवनं कीदृशं?, मार्गः ,कीदृशः ? लक्ष्यम् कीदृशं? फ़लम् कीदृशम् ? तस्य सर्वस्यापि निर्धारणम् भवति !
Haresh : Consistency has an important role in our lives. So, how is our life? What is our path and our goal? It is all predestined, determined.
गिरिश : तत्तु सत्यम् ! अहमपि एभिः मित्रैः सह अस्मि! चेदैव सर्वं कर्तुं शक्नोमि ! अन्यथा तु किमपि नैव कर्तुं शक्नुयाम् !
Girish : That is true! Whatever I am doing with my friends is because we are here, otherwise I could not do anything.
पार्थ : सत्सङ्गत्यातु अस्मज्जीवनमार्गः अपिः शुद्धैः भवति किन्तु दुःसङ्गत्या जीवनस्य अशुद्धिकरणं भवति !
Parth : The path of our life becomes pure only by satsangati, but life becomes impure due to unrest.
करण : अहमपि पूर्वे एकवारं दुःसंगतैः कारणात् दुर्मार्गे गतवान् किन्तु अधुना युष्माभिः साकं सर्वम् सुस्थम् !
Karan : Yes, even once I went on the wrong path due to unhappiness, but now everything is fine when I came in your company and staying with you.
प्रीत : सत्यम् ! सत्संगतिः कथय किन्न करौति पुन्साम् ?
Preet : Really, what can friendship not do!?

SANSKRIT SHLOKAS

संग: सर्वात्मना त्याज्यः, स चेत्कर्तुं न शक्यते।
स सिद्धिः सह कर्तव्यः सन्तः सङ्गस्य भेषजम् ॥

Bad company should be given up completely. If this is not possible, then the gentleman's good company should always be kept, because the gentleman's company is like a medicine.

दूरीकरोति कुमतिं विमलीकरोति चेतश्चिरंतनमधं चुलुकीकरोति।
भूतेषु किं च करुणां बहुल् करोति संग: सतां किमु न मङ्गलमातनोति ॥

A satsangi gives the following to men: Removes misery, makes the mind pure, keeps us away from sin, expands compassion

POETRY

TRUE FRIEND

A friend is like a star that twinkles and glows
Or maybe like the ocean that gently flows
A friend is like gold that you should treasure
And take care of forever and ever
A friend is like an angel that is there to guide you
A friend is someone you can trust out of a few
A friend is more than one in a million
They are one in a ca-zillion
And you, my friend, are very special
and so it is official.

Ashley Campbell



MORAL STORIES

1. FIONA FAMOUS

Fiona Famous was a very popular girl at school. She was clever and fun, and got on well with everyone. It was no accident that Fiona was so popular. From an early age she had made an effort to be kind and friendly to everyone. She invited the whole class to her birthday party, and from time to time she would give presents to everybody. She was such a busy girl, with so many friends, that she hardly got a chance to spend time with individual friends. However, she felt very lucky; no other girl had so many friends at school and in the neighbourhood.

But everything changed on National Friendship Day. On that day, at school, everyone was having a great time, drawing, painting, giving gifts. That day in class everyone had to make three presents to give to their three best friends. Fiona enjoyed the task of choosing three from amongst all the dozens of her friends.

However, when all the presents had been made and shared out among classmates, Fiona was the only one who had not received a present! She felt terrible, and spent hours crying. How could it be possible? So much effort to make so many friends, and in the end no one saw her as their best friend? Everyone came and tried to console her for a while. But each one only stayed for a short time before leaving.

This was exactly what Fiona had done so many times to others.

She realized that she was a good companion and acquaintance, but she had not been a true friend to anyone. She had tried not to argue with anyone, she had tried to pay attention to everyone, but now she had found out that that was not enough to create true friendship.

When she got home that night , created quite a puddle

with her tears, and Fiona asked her mother where she could find true friends.

"Fiona, my dear," answered her mother, "you cannot buy friends with a smile or a few good words. If you really want true friends, you will have to give them real time and affection. For a true friend you must always be available, in good times and bad".

"But I want to be everybody's friend! I need to share my time among everyone!", Fiona protested.

"My dear, you're a lovely girl," said her mother, "but you can't be a close friend to everybody. There just isn't enough time to be available for everyone, so it's only possible to have a few true friends. The others will be playmates or acquaintances, but they won't be close friends".

Hearing this, Fiona decided to change her ways so that she could finally have some true friends. That night, in bed, she thought about what she could do to get them.

She thought about her mother. Her mother was always willing to help her, she put up with all of Fiona's dislikes and problems, she always forgave her, she loved her a great deal...

That was what makes friends!

And Fiona smiled from ear to ear, realizing that she already had the best friend anyone could ever want.

2. HAVING A BEST FRIEND

A story tells that two friends were walking through the desert. During some point of the journey, they had an argument, and one friend slapped the other one in the face.

The one who got slapped was hurt, but without saying anything, wrote in the sand "Today my best friend slapped me in the face".

They kept on walking until they found an oasis, where they decided to take a bath. The one who had been slapped

got stuck in the mire and started drowning, but the friend saved him. After he recovered from the near drowning, he wrote on a stone "Today my best friend saved my life".

The friend who had slapped and saved his best friend asked him, "After I hurt you, you wrote in the sand and now, you write on a stone, why?" The other friend replied "When someone hurts us we should write it down in the sand where winds of forgiveness can erase it away. But, when someone does something good for us, we must engrave it in stone where no wind can ever erase it."

3. BHISHMA PITAMAHA

Bhisham Pitamaha was lying on bed of arrows waiting for the auspicious moment to die. Lord Krishna urges Pandvas to seek advice on Raj Niti from Bhishma. Bhisma used to narrate Raj Niti to Pandvas. One day, at the end of the lecture, Draupdi, queen of Pandus, could not control herself and burst into laughter. Bhishma enquired as to why she laughed. Draupdi replied "Oh nobel soul, you know so much about Raj Niti. I am surprised why you could not tell a single word to Duryodhana when Duhsaasana tried to disrobe me in his court."

Bhishma could not have an instant answer. He pondered over the question the whole night and got the answer the next day morning. He replied to Draupdi "Hello noble lady, I got the answer for your question. When the incident took place in the court of Duryodhana I was his courtier and I was in the company of the bad people. The food I was eating, the water I was drinking, the luxuries I was enjoying – all were bestowed by the wicked Duryodhana. Naturally my impulses were under his control. I could not pronounce dharma at that time. Now I am a free man and no more at the mercy of anybody. Now my words reflect my thoughts."





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

ANSWERS OF CROSSWORD :

1. Picks	2. Happy	3. Friendship	4. Strength
5. Binds	6. Sweet	7. Library	8. Cheerful
9. Better	10. Hug	11. Network	12. Sound
13. Affection	14. Boomerang		

ANSWERS OF SCRAMBLE :

• Harmonious • Connection • Linkage • Belief • Kindred Influenced

BAD COMPANY...GOOD THINKING

Character -

Teacher: Class VI teacher, Kailash, Gopal, Hari, Mohan, Gyan, Pravin, Dinesh, Charandas, Narrator.

Narrator : *Set- Class VI classroom. Around seven to eight students in the classroom as seen sitting on the floor. A blackboard is kept on the front side. A chair is placed in the middle. A teacher is seen standing near the blackboard. He writes two words on the blackboard in Hindi Vyaadhi and Upaadhi. The teacher asked the students to read and repeat the words. The students, all of them manage to pronounce it correctly.*

Teacher : (Walks up to the chair) Ok, now tell me what does the word Vyaadhi mean?

Narrator : *Around four to five students raise their hands.*

Teacher : (Pointing at one of the students) Yes, would you answer that Gyan?

Gyan : (stands up) Vyaadhi means pain, misery.

Teacher : Good, please sit down. (Gyan sits) Now students tell me what does the work Upaadhi mean? (Once again four to five students raise their hands to answer) Pravin, why don't you try.

Pravin : (Stands up to answer) Upaadhi means mess.

Teacher : Ok, partially correct. Upaadhi actually means quarrel or a fight. (Hints Pravin to sit down).

Narrator : *Pravin sits down.*

Teacher : Ok, So now you all must have understood the meaning of this Doha (Couplet) by Saint Kabirdas. Can one of you read it again? Hari, please read the couplet for the class.

Hari : Kabira sangat saadhu ki, harei aur ki vyaadhi. Sangat Buri asaadhu ki, aantho pahar upaadhi.

Teacher : Now who will tell us the meaning of this entire couplet. Kailash, please tell us the meaning.

Kailash : Saint Kabirdas says "In the company of good people, leads to taking away (rid) others pain. In the company of virtueless and those with bad intentions, one only gets involved in quarrels and fights all the time."

Teacher : Well-done Kailash. Very nicely said. (Please have a seat)

Kailash : (Stands up again) Excuse me Sir, May I go out of the classroom for a few minutes please?

Teacher : May I know why you want to go out?

Kailash : Two of my friends are calling me.

Teacher : Ok, go. But return quickly.

Narrator : *Kailash leaves the class.*

Teacher : Mohan, please re-read the couplet for the class. (Mohan re-reads, the teacher then indicates him to sit down) Students, can anybody tell me who wrote this couplet? Gopal, can you tell us?

Gopal : (Stands up) Saint Kabirdas.

Teacher : Correct. Now sit down.

Kailash : (Returns back) May I come in, Sir?

Teacher : Yes please come in. (Kailash comes in and takes his place) Kailash is everything alright? What's the matter?

Kailash : No Sir, Nothing at all.

Teacher : No, there is something. What is it? Who had called you?

Kailash : Dinesh and Charandas.

Teacher : Dinesh and Charandas? They didn't come to the class today.

Kailash : No Sir.

Teacher : But why?

Kailash : They went for a movie.

Teacher : Bunked class to watch cinema! Oh...got it. And why did they call you?

Kailash : They were insisting me to join them sir.

Teacher : Did they leave?

Kailash : Yes, they left sir.

Teacher : What did you tell them, when they asked you to join them?

Kailash : I said no. I told them...Firstly, it is wrong to bunk school to go to a movie. Going for a movie without the knowledge of your parents is not a good idea. I urged them to drop the plan of a movie and attend class, however, they were very adamant and they left.

Teacher : Students, those who watch a movie, play, waste time during school hours...will you consider them as good and sincere students?

All students: (Together) No, Sir.

Teacher : Why can't we call Dinesh and Charandas sincere students? Gopal, can you tell the class?

Gopal : (Stands up) They went to a cinema during school time and bunked class. Not only this but the two don't study themselves and they were insisting Kailash too to bunk class and join them for a movie.

Kailash : (Stands up) I can never bunk class and neglect study for them.

Teacher : You made the right decision Kailash. You are a sincere boy. Now sit down and take your seat.

Narrator : *Teacher turns to the class.*

Teacher : Today's incident involving Dinesh and Charandas and Kailash's decision reminds of a famous couplet written by Poet Rahimdas.

Je Rahim uttam prakruti, ka kar sakat kusang.

Chandan Vish vyapat nahi, lipte rahit bhujang.

(Meaning: Those who have good understanding and good nature, bad company can never affect

or influence them. In a similar manner in which there is no effect of venom on the sandalwood, despite venomous snakes wrapped around the sandal tree all the time.)

Teacher : I hope everyone in the class would take the example of Kailash and try to give priority to studies during school hour and not get influenced by bad company.

Narrator : *School bell rings, school hour is over... all the students leave class.*

Moral: Better alone than in a bad company, because a bad company can corrupt good morals.

----END----



GAME

1. SANGATI

Bring a pot and ask kids about it, what, this is? Pot... what it is made up of ? Mud... where do we get mud from? At the bank of the rivers.

After this the teacher explains the mud is taken from a place which is very untidy and dirty. But know we are using this pot to drink water, why we value a pot so much even if it is made from such a dirty place one of the student said just because it is created by the potter... a potter took this mud, cleaned it mixed with water, heat it hard to become soft, but it on the wheel, dried in sun and baked it in the fire then only we got this pot. Same way we need to be in good company then only we are appreciated the pot when used at home we drink water, when in a temple used as a holy pot when at some dirty place we don't drink water from it. So always stay in good company.

2. ROOP NAHI GUN ADHIK MAHTVPURN HAI

Things require: One black and white ballon.

Teacher : Children here are many students, some are fair and some are black in colour. Think If God gives us a choice of color, which colour will you like to have (most of you will say white) Oh! Great all want white colour. Ok. Now see there are two balloons in my hand. Identify the colour.

Child : One black and one white

Teacher: Now imagine if I take these two balloon and fill same weight of air and fly it which will go higher.

Children: Both will be at same height

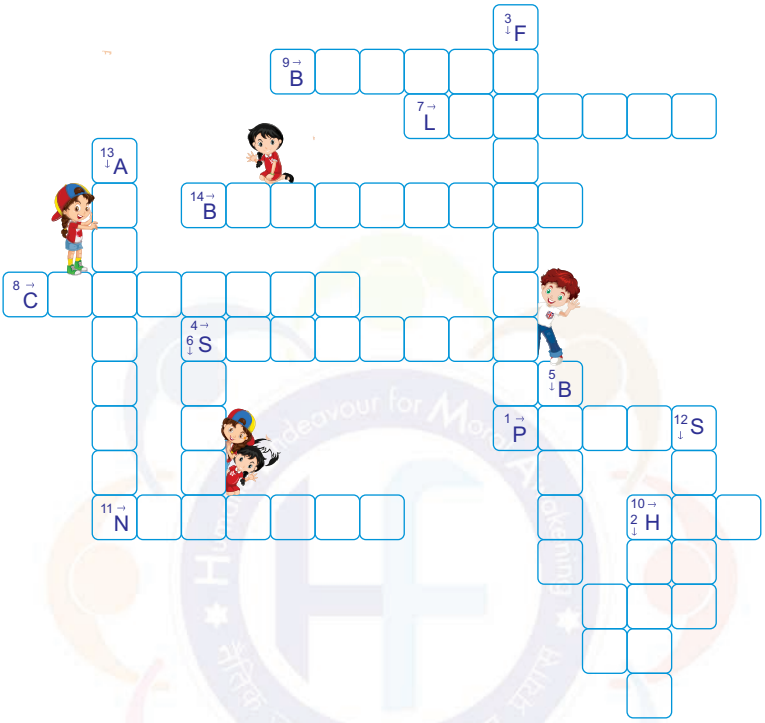
Teacher: Why? White should reach greater heights as it is

white in colour and black should be at lower level because it is black.

Children: No the rise of a balloon doesn't depend on colour it is dependent on the air filled in it.

Teacher: Right, same way in human being also a person is not known on bases of his colour or beauty, he is known by his talent, kindness intelligence and values in him. The person who is with high value achieve success in life. When ever we talk about the famous people like Gandhi ji, Lord Kirshna, Chhatrapati Shivaji Maharaj all are known for their deed, their work and vision no one are known for their looks.

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. Friendship _____ you up when the world lets you down. (5)
2. Whatever you decide to do make sure it makes you. _____(5)
3. If you never had _____ you never lived life. (10)
4. Unity is _____ . (8)
5. Friendship is a golden thread which_____us together. (5)
6. Friendship is a_____responsibility. (5)

7. One test book is equal to hundred good friends but one good friend is equal to a _____ (7)
8. A _____friend is like a sunny day which shades its lighten all around. (8)
9. Good friends make good time_____and hard time easier. (6)
10. A silent _____from a friend means a thousand words.(3)
11. Your _____ is your net worth. (7)
12. True friendship is like _____ health, the value of which is seldom known until it is lost. (5)
13. Having a warm heart human, _____ will lead to a calmer and peaceful mind. (9)
14. A hug is like a _____ you get in a right way. (9)



SCRAMBLE

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

ORHNSAIMUO

NTNICOEONC

KGNLEIA

ISFEBL

IDDKREN

India extended its power and_____the world in the pandemic.



PUZZLE

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

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

Words

Hug : **The look on his face made her want to <u>hug</u> him and ease his fear.**

Team :

Mates :

Party :

Happy :

Unity :

Smiling :

Leisure :

Young :

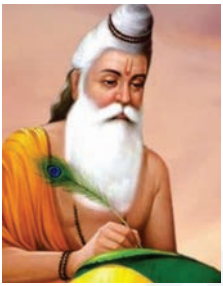
Network :

Care :

Funny :

Support :

CASE STUDY



VALMIKI

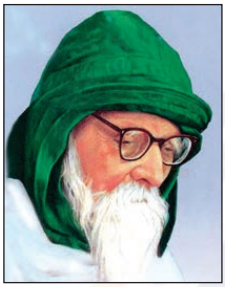
Valmiki is known mostly from the great epic of Hindus called "Ramayana", the life story of Lord Rama. He is also believed to be the author of Yoga Vasistha, a text that elaborates on a range of philosophical issues.

Valmiki is not the birth name. His actual name was Ratnakara, which was given by his birth parents. His father was a sage named Prachetasa.

At a very young age, Ratnakara went into the forest and got lost. A hunter, who was passing by, saw Ratnakara and took him under his own care. Under the love and care of his foster parents, Ratnakara forgot his original parents. Under his father's guidance, Ratnakara turned out to be an excellent hunter. As his family grew larger, he took to robbery and began looting people passing from one village to another. One day, the great sage Narada attacked by Ratnakara. As Narada played his Veena and sang praises of the Lord, Then, he asked Ratnakara whether the family, for whom he was robbing others, will partake in his sins also. Ratnakara went to ask the same question to his family and on being refused by all his family members, he went back to sage Narada. Narada teach him chanting "Ma Ra", . Ratnakara followed the instructions and kept sitting for years, during his body got covered by an anthill. Ratnakara was bestowed with the honor of a Brahmarshi and given the name of Valmiki since he was reborn from the Valmika (the ant-hill).

One day, Valmiki had the fortuity of receiving Lord Rama, His wife Sita and brother Lakshman at his ashram. On Valmiki's suggestion, Lord Rama built his hut on Chitrakuta hill, near the ashram.

Narada visited Maharishi Valmiki in his ashram once and there, he narrated the story of Lord Rama. Thereafter he received a vision from Brahma in which the Lord instructed him to write Ramayana in slokas, which the sage readily followed.



VINOBA BHAVE

Acharya Vinoba Bhave' was born on September 11, 1895 in Kolaba, Maharashtra. His real name was Vinayaka Rao Bhave. His father's name was Narahari Shambhu Rao. His mother;s name was Rukmini Devi.

Vinoba Bhave's early education was at Baroda. Later, he studied at Varanasi. He was interested mainly in philosophical literature. He joined Sabarmati ashram and became one of the closest associates of Mahatma Gandhi.

Vinoba Bhave was a great freedom fighter. He was actively involved in the 'Nagpur Salt Satyagraha', the 'Dandi March' and the 'Temple Entry Movement' in Kerala. He was chosen by Gandhi to be the first Satyagrahi for the individual civil disobedience movement.

Vinoba Bhave died on 15 November 1982 at the age of 87. He was a spiritual visionary, whose spirituality had a pragmatic stance with intense concern for the deprived. He is best known for the 'Bhoodan Movement'. He also led the 'Sarvodaya movement'. His contribution to the history of nonviolent movement remains significant.

Vinoba Bhave was a learned scholar. He knew eighteen languages. He wrote several books of international fame. In 1958 Vinoba was the first recipient of the international Ramon Magsaysay Award for Community Leadership. He was awarded the 'Bharat Ratna' posthumously.



HITLER

Hitler, Adolf (20 April 1889 – 30 April 1945), German political and military leader and one of the 20th century's most powerful rulers. Hitler converted Germany into a fully militarized society and launched World War II in 1939. He made anti-Jewish culture a top priority of allies and policies and built the Nazi Party into a mass movement. He hoped to conquer the entire world, and for sometime, dominated most of Europe and much of North Africa. He founded sterilization and euthanasia measures to enforce his idea of racial purity among German people and caused the deaths of millions of Jews, Roma (Gypsies), Slavic people, and many others, all of whom he considered inferior.

Adolf Hitler was born in Braunau am Inn.

Hitler wanted to become an artist but was rejected because he was unqualified by the Vienna Academy of Fine Arts in October 1907. His mother died in 1908. Hitler mostly wandered about the city admiring its public buildings and often attending operas.

When he had lost all his inherited money, Hitler, unwilling to take a job, ended up in an orphanage. It was there that he was first exposed to his political ideas. At the same time Hitler acquired a hatred for communism and came to equate it with the Jews.

Between 1910 and 1913 Hitler's life improved when he began to paint and sell postcards and pictures for a living. He copied famous paintings and drawings of public buildings. He talked about his ideas in a hostel, where he lived figuring out the beginnings of his public speaking style. Failure to register for recruitment in Austria led him to run for Munich, Germany, in 1913 to escape the Austrian police. He was handed over to Austria but was found physically unfit to be a soldier. So he then returned to Munich.

The outbreak of World War I in 1914 came as an opportunity for Hitler. He volunteered for a Bavarian unit in the German army and served the whole war.



SONG

MOVIE: PAL (2000)

Yaaron dosti badi hi haseen hai

Yaaron dosti badi hi haseen hai
Yeh na ho to kya phir
Bolo yeh zindagi hai
Koi to ho raazdaar
Begaraj tera ho yaar
Koi to ho raazdaar

Yaaron mohabbat hi to bandagi hai
Yeh na ho to kya phir bolo yeh zindagi hai

Koi to dilbar ho yaar
Jisko tujhse ho pyaar
Koi to dilbar ho yaar

Teri har ke buraai pe daante woh dost
Gam ki ho dhoop to saaya bane tera woh dost

Naache bhi woh teri khushi main
Aree yaaron dosti badi hi haseen hai

Yeh na ho to kya phir
Bolo yeh zindagi hai
Koi to ho raazdaar
Begaraj tera ho yaar
Koi to ho raazdaar

Tan mann kar tujhpe fida mehboob woh
Palkon pe jo rakhe tujhe mehboob woh
Jiski vafa tere liye ho

Are yaaron mohabbat hi to bandagi hai
Yeh na ho to kya phir
Bolo yeh zindgi hai
Koi to dilbar ho yaar
Jisko tujhse ho pyaar
Koi to dilbar ho yaar

RESOLUTION

THE PLEDGE

We resolve to keep company of good people and keep simplicity as the guiding principles of our lives

ASPIRE TO INSPIRE



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

LET'S STEP OUT...



1. Do we have special duties to our friends, because they are our friends, that we do not have to others?
2. How does a friendship need to be successful?
3. How can we become a better friend?

WHAT MORE!!

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

SANSKRUTI



INTRODUCTION

Culture is a word for 'Cultivated Behaviour', when applied by people, it becomes the 'way of life'. It encompasses food habits and how we sit at the table, dressing types, how we wear it, our language and accent, music, marriage, how we greet visitors, how we behave with loved ones, and many other things.

Values are acquired from parents or taught by them and teachers to their children. Some values are reflected by society, in this way, values of a particular society gets accumulated, preserved and passed on from generations to generations. Put simply, culture is social heredity, which is transmitted from one generation to another with the accumulation of individual's collective experiences. It connotes everything that is acquired by them as social beings.

Culture differs from society to society. Cultural elements like customs, traditions, morals, values, beliefs are not uniform everywhere. The culture of every society is unique to itself. It is the social glue that helps hold the society together by providing appropriate standards for what a community should say and do. Although the culture differs within different societies, it beautifully binds people with virtues for common good.

So, we can say that culture has to be nurtured, it is learned, shared, transmitted, dynamic, aligning, gratifying, a way of life, that varies from society to society. Finally our cultural values serve as the founding principles of our life. It shapes our thinking, behaviour, and personality. That is the importance of culture.



LIFE SKILL QUESTIONS

1. What does ‘sanskriti’ mean?
2. Where has our ‘sanskriti’ come from?
3. It is possible to change cultures?



QUOTES

- “India is the cradle of the human race, the birthplace of human speech, the mother of history, the grandmother of legend and the great grand mother of tradition.” **- Mark Twain**
- “A nation's culture resides in the hearts and in the soul of its people.” **- Mahatma Gandhi**
- “Indian culture certainly gives the Indian mind, including the mind of the Indian scientist, the ability to think out of the box.” **- Roland Joffe**
- “Maintaining one’s culture, values and traditions is beyond price.” **- Getano Lui**
- “Culture is the widening of the mind and the spirit.” **- Jawaharlal Nehru**

गुरु : एजन्तु-एजन्तु छात्राः ! वयमद्य संस्कृतेः महत्वंजानीमः!
Teacher : Come on, students, today we will get to know the importance of culture.

निलेश : गुरवः ! संस्कृतिः अर्थात् किम्?
Nilesh : Teacher, what is this culture?

गुरु : संस्कृतिः सा या च सम्यग्रीत्या कृता वा जाता स्यात्!
Teacher : Culture is what we get from tradition and heritage.

विशाल : अधुना अपि स्पष्टीकरणम् न जातं !
Vishal : Still unclear.

गुरु : यदा कस्यापि समाजस्य उन्नतिः भवति स्थिरीकरणम् च भवति तदा तस्य स्वभिमानभूता सा संस्कृतिरेव हेतुभूता भवति ! यथा भारतदेशः तस्य स्थितेः कारणन्तस्य संस्कृतिरेव !
Teacher : When any society progresses; it has strength; its self-respect is due to its culture; India is a country, where self-respect is its culture.

मतंग : किन्तु संस्कृतिस्तु प्रतिदेशं भिन्ना भवति !
Matang : Every country has a different culture.

गुरु : आम् ! संस्कृतिस्तु यस्य कस्य अपि क्षेत्रस्य परिचायिका भवति यस्याः स्मरणेन वयं गर्वयुक्ताः भवितव्याः!
Teacher : Yes, culture is the identity of every region; we can be proud of it by remembering it.

कृणाल : किन्तु गुरवः ! यदि संस्कृतेः हानिः जायेत तर्हि किम् ?
Krunal : But teacher, what if culture is harmed?

गुरु : तर्हि वयं जीविता अपि मृता एव !अस्माकं संस्कृतिः अस्माकं मदः!यदि स्वभिमानं न स्यच्चेत् अशस्त्रवधः !
Teacher : 'Our culture is our pride', if there is no self-respect, it is like being killed without weapons.

सर्वे : वयं प्रतिजानीमहे संस्कृतिं रक्षयिष्यामः !
All : We pledge to protect our culture.

SANSKRIT SHLOKAS

अखण्डा दृढा संस्कृति भारतस्य सदा सत्यरूपा सदाऽदर्श रूपा !
कृषिणां मुनीनां पवित्रा धरित्री सदा वर्धते भारतास्यो हिते !!

Our country is a country of steadfast and unbroken welfare: Sanskrit, Culture, Civilization! Here, the sages always show the true form and Tripadgamini is the protector of Sanatan like Ganga, Yamuna, Saraswati! It is a matter of pride for us!

सत्येन रक्ष्यते धर्मो विद्याऽभ्यासेन रक्ष्यते ।
मृज्यया रक्ष्यते रुपं कुलं वृत्तेन रक्ष्यते ॥

Protection of religion through truth, protection of learning through practice, protection of beauty through cleanliness, protection of tomorrow through good conduct is possible.

POETRY

Indian culture is the best like gold

Indian culture is the best like gold
India hath need of cultured men,
A gun or bomb may convert into a pen,
Educated men have a royal hold,

All women must be literate and bold,
And all dress as per their religions,
Way of living depends upon their regions,
Old is gold as we have been told,

And we all live with our fore – fathers!
But we think as lucky and blessed,
For humanity's sake we help to others,
As the citizens of India we are addressed,
So as all the states are our brothers,
In the golden words Indian culture is expressed



MORAL STORIES

1. VISHWAMITRA (FRIEND OF WORLD)

Some people brought a young man to Maharshi Patanjali and said – "Despite the best efforts from our side, we are not able to teach this man the importance of yoga sadhana in human life. Kindly help us in this regard". The Maharshi asked the young man to stay back in his Ashram for a few days.

Several days passed. The people who had brought that man to the Ashram came to meet him there. It was indeed a pleasant surprise for them to see him completely transformed. That man, who was addicted to intoxicating drugs and sensual pleasures a few days back, was now living a life of austerity and self control. He was engrossed in deep meditation beneath a huge tree when they reached the Ashram.

"How did this magical change occur?" – They couldn't help asking Maharshi Patanjali. The latter humbly replied that there was nothing amazing in this. It was due to healing and soothing influence of the spiritually suffused vibrations of this Ashram, where every inmate is devoted sadhaka; this acts as an attitudinal therapy. Those people were well aware that the environment also plays an important role in the progress of sadhana but they could not follow what the Maharshi meant by attitudinal therapy. Maharshi further explained – "An eye-specialist cures the problems of eyesight but treatment of the mental-sight, the outlook towards the self and the world, is the job of a rishi. Because of the deep insight awakened by long-term sadhana, a rishi can view the hidden tendencies and nature of a person and diagnose the ailments of his mental and emotional selves. Using their spiritual powers, rishis can heal such ailments

and infirmities of the inner selves of a person. The treatment and righteous orientation of one's mentality is achieved not merely by preaching and teaching but by the impact of the rishi-level sadhana".

2. EKALAVYA

Ekalavya was a young boy living with his tribe deep in the forest. His aim in life was to become the finest archer the world had ever seen. However, when he asked to become Drona's student, he is refused due to the low status of his birth. Despite this, Ekalavya created a statue of Drona and practised archery before it until he became incredibly skilled. However, when Drona encountered him and learned of his accomplishments, he was afraid that a tribal boy would surpass his best student, Arjuna. He demanded that Ekalavya sacrifice his own right thumb as payment for learning under his name. Without questioning Drona, Ekalavya immediately cut off his right thumb and gave it to him, and was unable to become the best archer in the world.

3. SAGE NARAD AND A CUP OF OIL

Once upon a time Narad Muni who always greets people by saying

"Narayan, Narayan" visited the heavenly abode of Lord Vishnu and asked him who he thought his greatest devotee was!

Lord Vishnu pondered for a while and then told Narad Muni that his greatest devotee was a poor farmer who lived

in a small village of India.

Narad Muni was surprised and he reasoned with the Lord that no one chanted the lord's name more than he did...(he is known to chant "Narayan,Narayan" every second of his life).

The Lord smiled and told Narad Muni that this might take a while but before that he had an errand for him. Narad Muni agreed to run lord's errand half-heartedly.

Lord Vishnu gave him a bowl full of oil....it was filled up to the brim....and as the lord handed Narad Muni the bowl he told him that he wanted him to take the bowl around the whole world making sure that while he did so not a single drop dripped out of the bowl. Narad Muni carefully took the bowl and left for his journey around the world.

Narad Muni returned with the bowl after having taken it around the world as the Lord had directed....proud of his accomplishment of not having spilled a single drop.

As he handed lord Vishnu the bowl the Lord questioned him....."Narada, thank you for running this errand for me.....how many times did you chant my name as you went around the world with this bowl?"

Narad Muni was left speechless.....he had been so engrossed in making sure that not a drop of oil spilled out of the bowl that he had completely forgotten to chant/remember god's name in any way....

"But Lord..." he argued "it was your errand.....I was doing the work you wanted me to do....it was your work....."

"Narada.....that farmer is also doing the work I have picked for him....he is living the life I gave him.....dealing with all the circumstances that I gave and in spite of all this.....he takes time out of his busy routine to remember me and that is what makes him my greatest devotee!"





You can watch the short film “SANSKRUTI” on YouTube

ANSWERS OF CROSSWORD :

1. Jaipur	2. Bharatamuni	3. Mumbai	4. Iqbal
5. Valmiki	6. Jagannath	7. Parsi	8. Unity
9. Souls	10. Community	11. Diversity	12. Difference
13. Collective	14. Civilization	15. Sanskruti	

ANSWERS OF SCRAMBLE :

• Cultivated • Behaviour • Society • Dynamic • Importance
Nationhood

THE HOUSEHOLD DOCTOR

Characters -

Trees/ Plants in the kid's garden: Holy Basil, Neem, Banian tree, Acacia- Babool, Banana tree, Dayaram: Grandfather (70-year-old), Madhav: Father (50-year-old), Dheeru: Son (14-year-old, Barfi: daughter (12 years old), Dhaniya: younger son (10-year-old), Rinku: Dhaniya's friend, Narrator

Narrator : *Set: (Scene: Garden... Barfi is seen going around the garden and collecting dead leaves fallen from the trees... and putting them in a ditch inside the garden. Dhaniya gives water to plants and trees in the garden every two hours in the evening and in the morning by a water hose pipe. It was his daily routine to sit in the garden with his friends for hours watching the movements of the leaves of plants and enjoy the cool breeze. Every day Dayaram smokes his hookah in the garden. However, the noise made by the hookah smoking irritates the kids.*

Tulsi (The plant): Grandpa, why do you dirty my leaves by blowing smoke on them daily? Have you forgotten that I am worshipped by people? Not just that but my leaves are used medicinally for curing cough, cold, fever etc. In reality, not just the splendour of the house maintain its purity. Whether it is birth or death...during any kind of religious rituals, my leaves are used.

Grandfather: Even I used to worship you Tulsi, I am sorry, I have lost my mind in this old age... it has led to me

forgetting everything I guess. My dearest Tulsi, I will never ever smoke hookah in the garden ever again...I promise you.

Banian tree: (To Madhav) Why do let the smoke of your hookah reach my big stalks. The smoke coming from your hookah is leading to my leaves getting black...and getting rotten too. My stems are loosening and weakening gradually due to this. Due to this smoke and noise coming from your hookah, I am unable to produce enough oxygen for your family and others too. I will be blamed for this. I have been serving your family for many generations now. Why should I get this blot on me in this old age? I have a lot of love for you and the others in the family for the fact that you all have played in my lap.

Madhav : (shy- hesitating) When I get drunk, grandpa Banian...I run amuck. I will take care from now onwards.

Banian Tree: All the women of this house worship me. They offer milk to me. (Angrily) and you, on the other hand, trample me with your feet. What should I interpret this act of yours Madhav?

Madhav : I am very embarrassed, grandpa. You have made me realise my mistakes. This won't happen again...I promise.

Narrator : *Dheeru, Barfi, Dhaniya...and other kids are playing around the huge neem tree.*

Kid 1 : Why do you call neem leaves as fruit, Dhaniya?

Dhaniya : (Smiles) You too eat it?

Kid 1 : No...No... it's too bitter. What's the benefit of eating neem leaves. Doesn't your mother give you fruits to eat?

Dhaniya : My mother says that eating these tiny fruits from neem tree helps prevent constipation. It cleanses your tummy. One of my friend's father who suffers from a high level of sugar eats neem leaves and these fruits every day.

Kid 2 : Even my mother says that if your tummy is clean and healthy than disease cannot touch you. Actually, most of the diseases we suffer from occur only due to stomach upset.

Dhaniya : Our teacher too had once mentioned in class that every small and big part of the neem tree is useful for our body. It also cleanses our blood...resulting in controlling the occurrence of acne, pimples or any other kind of skin breakouts.

Kid 1 : Why didn't you tell me all this before...this is an all-in-one cure. We will get freedom from applying and consuming medicines. I have issues of skin breakouts every year... my mother gets sad shelling out huge sum to the doctors for my treatment.

Dhaniya : So now you got my point. Now forget the past and think about the future. One more thing... if you place dried neem leaves in your woollen clothes...they won't get spoiled.

Narrator : Rinku comes crying.

Barfi : Hey, Rinku. What's the matter, why are you crying?

Rinku : I have got terrible pain in my tooth.

Barfi : So then, why are you crying... all you have to do is just break some twigs from neem tree and chew it for a few minutes and rinse your mouth... then see how helpful it is. Within no time you tooth pain will vanish.

Kid 1 : Didi (elder sister) is there any benefits of Babool /acacia tree.

Barfi : Why not my brother, there are many medicinal and non-medicinal benefits from Babool tree. The leaves and roots have proven to be of great medicinal use.

Narrator : *All the kids gather around.*

Kid 2 : How foolish are we...we were totally unaware of

our household clinic.

Dheeru : Our trees and plants have cure and prevention abilities for most of the diseases. We just need to learn the proper use of it.

Kid 1 : When we can just eradicate diseases from its root then how will it increase?

Dhaniya : Friends, we must pledge:

1. We will not allow anybody to ever cut our trees.
2. We shall plant more and more trees.
3. We will not let anybody pollute our household clinic.
4. We will try to cure ourselves through our household clinic and try not to end up going to the doctor's clinic or hospital.
5. We all kids will protect our garden.

Moral: (Everybody loudly) Greenery in homes leads to happiness in lives.

----END----

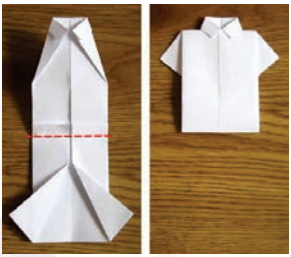


GAMES

1. NEWSPAPER COSTUMES

Things you will need : Old newspaper and pins

Make a group of 6-8 children. Give each one the time of 10 minutes. Each group has to make a uniform of a particular occupation. It's up to them WHAT they will choose but everything has to be done within 10 minutes. Every person in the group has to get involved.



Example: A uniform of a soldier.

One child makes a cap while another makes a shirt. In this way everyone has to do some work.

After 10 minutes all the children have to stop working and show the demonstrator what work they have done. The instructor then asks questions in regards to the profession or how was their uniform made .



Rules:

1. Every child has to participate.
2. They have to be careful around pins.
3. After the game all papers must be thrown in the dustbin.
4. After the game the pins must be removed cautiously and must be kept systematically.

Ideas for the uniform

1. Nurse
2. Student
3. Doctor
4. Joker
5. Dabbawala
6. Lawyer

2. CULTURAL PURSUIT

Greeting people exist in all known human culture. It can be both expressed audibly and physically, often with a combination of the two. A greeting can consist of an exchange of formal expression, kisses, handshakes, hugs, and various gestures. The form of greeting is determined by social etiquette, as well as by the relationship of the people.

Given below are a few examples of some greetings around the world and its meaning. Let the children find out the rest or you may help them by discussing.

Country	Greeting	Gesture	Meaning
India	Namaste	Namaste is usually spoken with a slight bow, hands pressed together, palms touching and fingers pointing upwards, thumbs close to the chest.	Derived from the Sanskrit language, Namaste is formed by joining two words, namas and te. 'Namas' means 'bow', 'adorations', 'obeisance' and 'salutation'; and 'te' means 'to you'. Therefore, the literal meaning of Namaste is 'bowing to you'. According to the Hindu customs, Namaste has a spiritual meaning too. Hindus believe that 'the divine and soul is the same in everybody'. So when you say Namaste to someone, it implies 'I bow to the divine in you'.

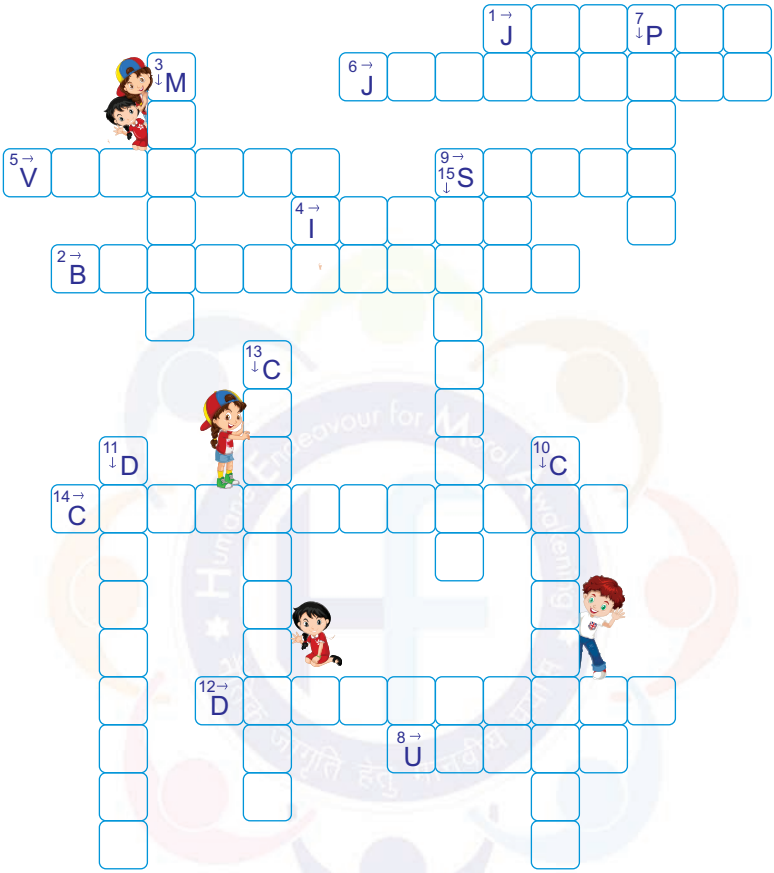
Israel	Shalom	It consists of a raised hand with the palm forward and the thumb extended, while the fingers are parted between the middle and ring finger.	The ancient Hebrew concept of peace, rooted in the word "shalom," meant wholeness, completeness, soundness, health, safety and prosperity, carrying with it the implication of permanence.
Japan			
Thailand			
France			
Turkey			
Greek			

When we are done with this activity, have a refraction by asking these questions to the participants. The teacher may add her own questions.

Guided Questions:

- What did you think about this activity?
- How did you feel when you knew the answer?
- How did you feel when you didn't know the answer?
- Did any of the answers surprise you?
- Why or why not?
- How does this activity and/or knowledge apply to your role as a student?

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. Elephant festival is celebrated annually at_____ (6)
2. Natya shastra is written by_____(11)
3. Kala Ghoda art festival is associated with_____(5)
4. Sare jahan se accha is composed by Muhammad _____ (5)
5. Author of Ramayana is_____(7)

6. Rath Yatra at Puri is celebrated in honour of Lord_____ (9)
7. Holy book of_____Zend-Avesta (5)
8. Indian culture is known for its_____in diversity (5)
9. A nation's culture resides in the hearts and _____ of the people (5)
10. Cultural values are the core principles and ideals upon which the entire_____exists. (9)
11. The beauty of the world lies in the _____of its people. (9)
12. Cultural _____ should not separate us from each other. (10)
13. Cultural diversity brings a_____strength that can benefit all of humanity. (10)
14. Environmental damage threatens the whole of _____. (12)
15. Theatre is also a very intrinsic part of_____.(9)



SCRAMBLE

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

ITTUDLVCEA

VBIEROAUH

OYISECT

AMNYIDC

ERAMCNITOP

The family took great care to inculcate the values of _____and their own family values.



PUZZLE

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

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

Words

Culture : These activities were part of the culture of everyday life.

Religion :
History :
Anthropology :
Hierarchies :
Social :
Values :
Perception :
Racial :
Society :
Beliefs :
Civilization :
Knowledge :
Linguistic :
Vision :

CASE STUDY



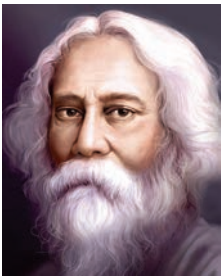
YOGI PATANJALI

It is believed that Maharishi Patanjali was the avatar of Adi Shesha - the Infinite Cosmic Serpent upon whom Lord Vishnu rests. He is considered to be the compiler of the Yoga Sutras, along with being the author of a commentary on Panini's Ashtadhyayi, known as Mahabhasya. He is also supposed to be the writer of a work on the ancient Indian medicine system, Ayurveda.

The life history of Patanjali is full of legends and contradictions. There are no authentic records regarding his birth. As per one legend, he fell (pata) into the hands (anjali) of a woman, thus giving him the name Patanjali.

It is said that once, while watching a dance by Lord Shiva, Adi Shesha found it unbearable to support the weight of Lord Vishnu. Amazed at this, he asked Lord Vishnu the reason for the same. Lord Vishnu said that this was because of his harmony with Lord Shiva's energy state, owing to the practice of Yoga. Realizing the value and benefits of Yoga, Adi Shesha decided to be born amongst humans as 'Patanjali', to teach them the great art.

Yoga Sutras are considered to serve as the basis of the yogic techniques. Maharishi Patanjali, "The Father of Yoga", compiled 195 sutras, which serve as a framework for integrating Yoga into the daily routine and leading an ethical life. The exact date of the compilation of the Yoga Sutras is not known. However, it is believed that they were written somewhere around 200 BC. The core of Patanjali's teachings lies in the eightfold path of yoga. The path shows the way to live a better life through yoga.



RABINDRANATH TAGORE

Rabindranath Tagore was a legendary Indian poet. Furthermore, he was also a great philosopher, patriot, painter, and humanist. People often made use of the word Gurudev with regard to him. This exceptional personality was born on the 7th of May in 1861 at Calcutta.

Rabindranath Tagore began to write drama from sixteen years of age.

Tagore's work focused on feelings and not on action. He wrote original dramatic piece Valmiki Pratibha and Visarjan. Visarjan is probably the best drama work of Rabindranath Tagore. Similarly, from the age of sixteen Rabindranath Tagore began to write short stories. His first short story was Bhikarini.

Rabindranath Tagore was certainly known for his novels as well. He wrote eight notable novels. Furthermore, he wrote four novellas.

The best collection of poetry of Rabindranath Tagore is Gitanjali. Most noteworthy, Rabindranath Tagore received the Nobel Prize in 1913 for Gitanjali. Furthermore, his other important poetry works are Manasi, Sonar Tori, and Balaka. The man enjoys the reputation of writing a mighty 2230 songs. The popular name in usage is rabindrasangit, which refers to Tagore's songs. His songs certainly reflect Indian culture. His famous song Amar Shonar Bangla is the national anthem of Bangladesh. Above all, he wrote the national anthem of India Jana Gana Mana.

Rabindranath Tagore also had excellent skills in drawing and painting. Probably, Rabindranath Tagore was red-green color blind. Due to this, his artworks contain strange color themes.

Rabindranath Tagore was active in politics. He wrote some works for patriotism. There was great love among the masses for such works.

In conclusion, Rabindranath was a patriotic Indian. He was certainly a man of many talents. His contribution to Literature, arts, music, and culture is brilliant.



SHINZO ABE

Shinzo Abe born 21 September 1954) is a Japanese politician who has been the Prime Minister of Japan since 2012. PM of japan Abe sharing some insight on Japanese culture.

Abe, has addressed aspects of the Japanese calendar and the relationship of the Japanese people with time. History of Time and Calendar in Japan was the title, which focused on how the modernization of the calendar has transformed the temporal culture in Japan, leading to one of the most punctual people in the world.

Abe said that foreigners visiting Japan get very impressed by how everything there is timely. In fact, this is true. The high-speed rail network (shinkansen) between Tokyo and Osaka is an example. Despite having a territory that is usually battered by earthquakes, the transport has an average delay of 30 seconds, according to the professor. But punctuality is not restricted to trains. The Japanese are also very punctual. People are always anxious not to be late to their appointments.

All people form opinions about places and their inhabitants based on whatever they can glean from the engagement of people with food, tourism, and art or culture.

Weighing in, at number one was polite, or in Japanese “reigi tadashii.” Everyone has heard of the traditional Japanese bow used as a greeting during any given exchange. Kind is a genuinely positive word. In Japanese, words with similar connotations to the English phrase are “yasashii” or meaning “thoughtful of others.” One sterling example of this is the custom of bringing a gift (usually food) when you visit another person’s house in Japan. A hard-worker or “hataraki-mono” is definitely a common word that classifies a Japanese mindset. Many Westerners find the concept of being so respectful to their elders a bit outside the norm. But in Japan, the older you get, the wiser you are considered and the more respectfully you’re treated. An

overall impression of the citizens of Japan is that they're very shy people, This might be linked to their focus on politeness and respect. The Japanese word for intelligent is "kashikoi." Incidentally, if you tried to say the katakana pronunciation of smart, "sumato," that actually means to be thin and attractive in Japanese. A word of advice to any aspiring English teachers in Japan is to make lots of group activities. They prefer not to have to voice their opinions alone, but would rather share ideas with their peers and make a group decision.

Tying in with the word polite, Japan has a reputation for being very formal. This manifests itself in both manner and language. Japanese has many different formality levels depending on who you're addressing. Did you know that Japanese students clean their schools by themselves? No janitors, just students hauling trash bags, sweeping the steps, and wiping down the halls with wash cloths for a good 30 minutes each day. Most storefront owners sweep up the sidewalks and streets outside their stores, too.

Overall, the impression of Japan from a Westerner's eyes is pretty darn good, though perhaps a bit lacking in the relaxed and fun-loving department. Japan would be focused. Whether it's staying after school for 3 hours practicing with the baseball club, going to cram schools to get into good colleges, or clocking in extra hours of unpaid work at their jobs, Japanese people seem to find a goal and stick with it. Even in more fun pursuits, Japanese people throw themselves into their hobbies and work with a zeal that is truly commendable.



MOVIE: PURAB AUR PACHHIM (1970)

Hai Preet Jahan Ki Reet Sada

Jab zero diya mere Bharat ne
Bharat ne mere Bharat ne
duniya ko tab ginti aayi
taaron ki bhasha Bharat ne
duniya ko pahle sikhlaayi

Deta na dashamlav Bharat to
Yoon chand pe jaana mushkil tha
Dharti aur Chand ki doori ka
andaaza lagaana mushkil tha

Sabhyata jahan pahle aayi
Sabhyata jahan pahle aayi
pahle janmi hai jahan pe kala
Apna Bharat wo Bharat hai
jiske peeche sansaar chala
Sansaar chala aur aage badha
Yoon aage badha badhta hi gaya
Bhagwan kare ye aur badhe
Badhta hi rahe aur phoole phale
Badhta hi rahe aur phoole phale

hmm hmm ho ho
ho ho ho ho
Hai preet jahan ki reet sada

Hai preet jahan ki reet sada
Hai preet jahan ki reet sada
main geet wahan ke gaata hoon
Bharat ka rahne waala hoon
Bharat ki baat sunaata hoon
Hai preet jahan ki reet sada

ho ho ho ho
ho ho ho ho
Kale gore ka bhed nahin
har dil se hamaara naata hai
kuchh aur na aata ho hamko
hamen pyaar nibhana aata hai
Jise maan chuki saari duniya
ho Jise maan chuki saari duniya
main baat
main baat wahi dohraata hoon
Bharat ka rahne waala hoon
Bharat ki baat sunaata hoon
hai preet jahan ki reet kahan

Jeete hon kisi ne desh to kya
hamne to dilon ko jeeta hai
Jahan Ram abhi tak hai nar me
Nari me abhi tak Seeta hai
Itne paawan ho log jahan
Itne paawan ho log jahan
main nit nit
main nit nit sheesh jhukaata hoon
Bharat ka rahne waala hoon
Bharat ki baat sunaata hoon

ho ho ho ho
itni mamta nadiyon ko bhi
jahan mata kahke bulaate hain
ho ho
Itna aadar insaan to kya
patthar bhi poojee jaate hain
Uss dharti pe maine janam liya
ho Uss dharti pe maine janaaaam liya
Ye soch
Ye soch ke main itraata hoon
Bharat ka rahne waala hoon
Bharat ki baat sunaata hoon
Hai preet jahan ki reet sada
ho ho ho ho

RESOLUTION

THE PLEDGE

We pledge to respect the culture and the values that have been given to us by our forefathers and the society.

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 the different components of culture.
2. Let children find out how people greet each other in different countries.
3. Let children say who they would like to meet to tell them more about Indian culture.

WHAT MORE!!

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

AHIMSA



INTRODUCTION

Ahimsa is an attitude of harmlessness, an intent rather than the action. It is both a principle and a practice. Ahimsa is refraining from harming any living being; people should respect all living things and not do any harm to them. Practicing ahimsa builds mental strength.

Ahimsa involves actively peaceful behaviour in the midst of conflict, becoming an example of consideration to those around us and breaking the destructive cycle of retaliation when we believe we have been wronged. It also means awareness of our own inner violence, and eliminating its negative effects upon our own intentions.

Some of the benefits of ahimsa includes cultivate compassion, reduce conflict, anger violence on personal, local, national and global levels. It develops love for self and others, helps in achieving peace of mind and increases will power. In short, it means being non-violent in thought and action.



LIFE SKILL QUESTIONS

1. What does it mean to be non-violent?
2. Why is non-violence important to our community?
3. Why should we write about people who practice truth, love and non-violence?



- "Non-violence leads to the highest ethics, which is the goal of all evolution. Until we stop harming all other living beings, we are still savages." **- Thomas A. Edison**

- "Nonviolence is the greatest force at the disposal of mankind." **- Mahatma Gandhi**

- "At the center of non-violence stands the principle of love." **- Martin Luther King, Jr.**

- "Non-violence is a permanent attitude we bring to the breakfast table and bring to bed at night."
- Coretta Scott King

- "Violence does not contribute to anything."
- Atal Bihari Vajpayee

अर्जुन : हे मित्र ! मया यत् श्रुतं तत सत्यं किम् ?
Arjuna : Hey friend. Is what I hear right?

वैखान : त्वया किं श्रुतं तत कथय |
Vaikhan: Tell me what you did you hear.

अर्जुन : अहिंसा परमो धर्मः | अर्थात् अहिंसा सर्वोपरि धर्मः वर्तते |
Arjuna : 'Ahimsa Paramo Dharma:' Ahimsa is the biggest religion.

वैखान : त्वया सत्यं श्रुतं त्वं जानासि अहिंसा अर्थात् किम् ?
Vaikhan: You have heard it right. Do you know the meaning of non-violence?

अर्जुन : आम | हिंसा अर्थात् विना दोषेण केषामपि जीवानाम् अकारणं पीडनं | तादृशानां कर्मणां नकरणं अहिंसा |
Arjuna : Yes. Violence means that one has to suffer without any fault or reason and non-violence is to refrain from all such actions.

वैखान : तदेव न मित्र ! अहिंसा अर्थात् वाचा,मनसा,कर्मणा कस्मैचिदपि जीवेभ्यः दुःखं न स्यात्तदपि अहिंसा |
Vaikhan: That's not all my friend. Ahimsa means that no one grieves caused through mind, speech and deeds. Not giving pain too is non-violence.

अर्जुन : सत्यं मित्र | अहमपि अहिंसायै प्रयत्नशीलो भविष्यामि |
Arjun : You said it right. I will also try to follow non-violence.

SANSKRIT SHLOKAS

हिंसया क्रूरताऽऽयाति क्रूराः भवन्ति राक्षसाः |
रक्षसां नरके वासो तस्मादहिंसको भवेत् ||

Violence brings cruelty and the cruel ones are demons.
Demons live in hell, so one should be non-violent

अहिंसा परमो धर्म अहिंसनं परं तपः |
पङ्के क्षिप्ते सति अश्मे कलङ्कयति क्षेपकम् ||

Ahimsa is the ultimate religion, non-violence is very austere, like throwing a stone in mud also spills on one who throws mud.



POETRY

MAHATMA

Many many years ago,
A man with a small built,
Humble, kind and generous
An able lawyer by profession,
Threw away the comforts of life; and
Made simple living his life's motto
A white "dhoti" was all that he wore
Great beloved son of India
And the people call him "Mahatma".
Never did he rest in peace
Dared the British with non-violence
He helped the poor and the needy; and
Instilled in us pride and self respect
Brotherhood was his sermon
And affection for the masses his hallmark
Passionately he struggled for our freedom; and
United us to be a proud Indian Nation.



MORAL STORIES

1. HOW MY FATHER TAUGHT ME NONVIOLENCE

I was 16 years old and living with my parents at the institute my grandfather had founded, 18 miles outside Kolhapur, Maharashtra, in the middle of the sugar plantations. We were deep in the interiors and had no neighbours, so my two sisters and I would always look forward to going to town to visit friends or go to the movies.

One day, my father asked me to drive him to town for an all-day conference, and I jumped at the chance. Since I was going to town, my mother gave me a list of groceries she needed and, since I had all day in town, my father asked me to take care of several pending chores, such as getting the car serviced. When I dropped my father off that morning, he said, 'I will meet you here at 5:00 p.m., and we will go home together.'

After hurriedly completing my chores, I went straight to the nearest movie theatre. I got so engrossed in a Raj Kapoor double-feature that I forgot the time. It was 5:30 before I remembered. By the time I ran to the garage and got the car and hurried to where my father was waiting for me, it was almost 6:00. He anxiously asked me, 'Why were you late?' I was so ashamed of telling him I was watching a Raj Kapoor movie that I said, 'The car wasn't ready, so I had to wait,' not realizing that he had already called the garage. When he caught me in the lie, he said: 'There's something wrong in the way I brought you up that didn't give you the confidence to tell me the truth. In order to figure out where I went wrong with you, I'm going to walk home 18 miles and think about it.'

So, dressed in his suit and shoes, he began to walk home in the dark on mostly unpaved, unlit roads. I couldn't leave him, so for five-and-a-half hours I drove behind him, watching my father go through this agony for a stupid lie

that I uttered.

I decided then and there that I was never going to lie again. I often think about that episode and wonder, if he had punished me the way we punish our children, whether I would have learned a lesson at all. I don't think so. I would have suffered the punishment and gone on doing the same thing. But this single non-violent action was so powerful that it is still as if it happened yesterday. That is the power of non-violence.

2. REAL PEACE

There once lived a king who announced to prize the artist who would paint the best painting depicting peace. Many great painters sent the king several of their best art pieces. One of the pictures among the various master pieces was of a calm lake perfectly mirroring peacefully towering snow-capped mountains. Overheard was a blue clear sky with fluffy clouds. The picture was perfect. Most of the people who viewed the pictures of peace from various artist thought that it was the best among all.

But when the king announced the winner, everyone was shocked. The picture which won the prize had a mountains too but it was rugged and bare. The sky looked very angry, there were lightning. This did not look peaceful at all. It looked like the artist has mistakenly submitted his painting depicting storm rather than peace. But if anyone looked closely at the painting, he could see a tiny bush growing in the cracks in the rock. In the bush a mother bird had built her nest. In the midst of the rush of angry weather, the bird sat on her nest with peace.

The peace does not mean to be in a place where there is no noise or trouble. Peace means to be in the midst of all the chaos and still be calm in the heart. The real peace is the state of mind, not the state of the surroundings. The mother bird at her calm, despite her chaotic surrounding, indeed was the best representation for peace.

3. THE WORLD'S BEST WARRIOR

Hasmukh was a brave young man, an expert swordsman, and he dreamed of becoming the best fighter in the world. In the whole army there wasn't a single soldier who could beat him. He hoped to become head of the army one day, so he could replace the cowardly old Senapati who was currently in charge. The King liked Hasmukh, but when Hasmukh told him about his ambition to be appointed , the King looked a bit shocked and said,

"Your desire is sincere, but I'm afraid it can't happen right now. You still have much to learn."

That was the worst thing that could have happened to Hasmukh, who became so furious that he stormed out of the palace, determined to learn all there was to know about fighting wars. He went to all kinds of schools and colleges, improving his technique and his strength, but without really learning any new secrets, until one day he went to a very special school, a huge grey fortress on top of a great mountain. He had heard it was the best military school in the world, and only very few students were allowed to train there. On his way he learnt that the old Senapati had studied there, and Hasmukh proceeded, ever more determined to be accepted into the school to learn the great secrets of war. Before entering the fortress, he was made to hand in all his weapons.

"You won't be needing those any more. Here you'll be getting better ones", said the guard. Hasmukh was impressed, and he handed his weapons to a little grey man who immediately threw them into a pit. One of the instructors, a serious old man of few words, accompanied Hasmukh to his room.

As he left, the old man said, "In a hundred days the training will start." A hundred days! At first Hasmukh thought this was a joke, but he soon realised the man had been serious. The first days were filled with nervous tension, and Hasmukh tried all manner of silly tactics to try to get them to start the training. It didn't work, though, and

he ended up waiting patiently, enjoying each day as it was.

On the hundred and first day the first lesson began. "You have already learned how to use your main weapon: patience", began the wise old teacher. Hasmukh could hardly believe it, and he let out a brief chuckle. The old man went on to remind him of all the crazy stunts Hasmukh had pulled in the first days, when he had been overcome by impatience. Hasmukh had to admit the teacher was right. "Now it's time to learn how to win every battle," said the old man.

That sounded good to Hasmukh, that is, until he found himself tied hand and foot to a chair; a chair standing on top of a small pedestal, and with dozens of villagers climbing up to try to give him a good whack. He had little time to act, and the ropes were tight; he couldn't get out of this one. When the villagers climbed on the pedestal, they set to work, giving him a good beating.

The very same exercise was repeated for days, and Hasmukh knew he would have to try some new tactics. He tried, and failed many times, until it dawned on him that the only way to prevent the attack would be to deal with the villagers' anger. In the following days he kept talking to them, until he managed to convince them that he was no threat to them, but rather a friend. In the end, he was so persuasive that they gave up their hostility by themselves, and such a friendship developed that they offered to avenge Hasmukh by turning on the teacher. It was day two hundred and two.

"You already control the most powerful weapon - the weapon of words. That which you couldn't achieve with strength or sword, you managed with your tongue," said the old man.

Hasmukh agreed, and he prepared to continue his training. "Now, this is the most important part of all. Here you will face the other students", said the teacher. He accompanied Hasmukh to a hall where seven other warriors were waiting. Every one of them looked strong, brave and fierce, just as Hasmukh did. Not only that, but in each one

you could detect hints of the wisdom gained in the first two lessons. "Here you will fight, every man for himself. The winner will be the last man standing", said the teacher.

And so, every morning, the seven warriors would fight it out. Each one disarmed, each one wise, they called for the group of villagers, and the warriors set about trying to influence the villagers against their opponents, using only words and patience. Each one devised tricks and deceptions to attack the others when they least expected it; and without so much as aiming a blow themselves, they succeeded in directing a ferocious battle. However, as the days passed, Hasmukh realised that both his own strength, and his villagers, were weakening. So he changed his tactics.

Using his gift of the gab, Hasmukh gave up the fight, and he proposed using his villagers to help the others recover. His opponents were grateful to have one less enemy, as well as the welcome offer of help, and they intensified their fighting. Meanwhile, more and more villagers began to join Hasmukh's group, until finally one of the seven, named Toofani, managed to triumph over the others. At Toofani's side there now remained only a few villagers. When Toofani had finished the fight and seemed victorious, the teacher stepped in, saying "No, only one can still remain standing". Thunder sent Hasmukh a threatening look, but Hasmukh stepped forward and said,

"You really want to fight? Can't you see there are fifty times more of us? These men gave up everything for me, I have let them live freely and in peace, you have no choice."

On hearing this, the few villagers left at Toofani's side moved over and joined Hasmukh. He had won!

The old man then entered, grinning from ear to ear. "Of all the great weapons, peace is my favourite. Sooner or later everyone joins the side of peace," he said. Hasmukh smiled. Truly, in that school he had learned to wield much more powerful weapons than those he had handed in at the gate. Days later Hasmukh said his goodbyes, giving thanks to the old man. He returned to the palace, prepared to ask for

forgiveness from the King for his imprudence. When the King saw him approach humbly, with neither shield nor weapons, he gave Hasmukh a wise and knowing smile.

"What's new, Senapati?"





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

ANSWERS OF CROSSWORD :

1. Self	2. Gandhiji	3. Ahimsa	4. Life
5. Weapon	6. Harmony	7. Cynicism	8. Unity
9. Acrimony	10. Incurred	11. Hypocrisy	12. Unbreakable

ANSWERS OF SCRAMBLE :

• Violence • Neutrality • Friendship • Carnivals

Civilised



INSPIRATIONAL PLAY

A FAMOUS EVENT- DANDI MARCH

Character -

Nehru, Gandhi, Sardar, Karsanbhai, Gaffarkhan, Kasturba, Sarojini Naidu, Narrator 1, Narrator 2.

SCRIPT

The Dandi march by our great leader Mahatma Gandhi. A man with one single loin cloth had inspired thousands of our countrymen to break the salt law.

Narrator : *February 5th 1930. A newspaper reporting Gandhi going for civil Disobedience movement by defying a salt law. Nehru, Sardar Vallabhbhai Patel, Abdul Gaffer Khan, sitting in the Ashram of Gandhi and Kasturba (Gandhi's wife) discussing about their Dandi march.*

Nehru : Bapu, what is this in today's paper? What have you decided to do?

Gandhi : (Laughs) Punishment for you.

Nehru : Ok, you still feel I should be punished so you talk about Dandi. Would you like to use your stick to control me? Well, fine go ahead I am ready (laughs).

Gandhi : No, no not for you (laughs) this stick will be used to whip the British Colonial rule for imposing tax on Indians and burdening the poor people and exploiting our economy.

Sardar : How will you do this?

Gandhi : We will start our march from this Sabarmati ashram to Dandi beach and make a salt from the water of the sea.

Karsanbhai: (An ashram inmate) What will happen with that?

Gandhi : We want to show to the whole world with the weapon of non-violence we can fight every injustice and exploitation. This is only one newspaper reporter reporting our march but I want reporters to report of our march America, India and UK.

Sardar : Karsanbhai you make the arrangement for all the reporters. It will be your duty to see all events are reported.

Gandhi : First I will meet viceroy lord Irwin and convince him to agree to all our eleven demands and if he will not then let us go ahead with our plan. (Aggressively) Now nobody can stop us from attaining 'Purna Swaraj.'

Gaffarkhan: What are those demands?

Gandhi : Reduction of land revenue assessments, cutting military expenditure, imposing a tariff on foreign clothes and abolishing the salt law. My strongest appeal will be to abolish a tax levied on salt. I will give him the ultimatum if these demands are not fulfilled then we will proceed for the march.

Nehru : As the independence movement is essentially for the poorest in the land, the beginning will be made with this evil. (Laughs).

Gandhi : In this march I want to recruit the marchers from the ashram itself and no congress party workers.

(All surprised): Why?

Gandhi : Because the residents of my ashram are well trained and I want strict discipline during this march. I want people to adhere to Satyagraha and ahimsa. We must not forget our failure of non- Cooperation movement from 1920-22. we had succeeded in raising millions of heart of Indians but had not the violence broken out at Chauri- Chaura? So, we still cannot trust because Indians are not yet ready for non-violence resistance.

Narrator 1 : *Gandhi-Irwin talks failed. Irwin did not take the threat of a salt protest seriously. Then... on 12th march 1930 Gandhi and 78 male satyagrahis set out on foot for the coastal village of Dandi, Gujarat, 390km from their starting point at Gandhi ashram. Reporters from all over the Countries reached there.*

Narrator 2 : *After the prayer...Gandhi's speech to the marchers: truth (satya) implies love and firmness engenders and therefore serves as a synonym for force. I thus began to call the Indian movement Satyagraha, that is to say, force which is born out of truth and love or non- violence, and gave up the phrase "passive resistance". If the means employed are impure the change will not be in the direction of progress but very likely in the opposite. Only a change brought by pure means can lead to real progress. The British government in India has not only deprived the Indian people of their freedom but has based itself on the exploitation of the masses, and ruined India economically, politically, culturally and spiritually. We must severe all British connection and attain Purna Swaraj or complete independence. This Purna Swaraj will build up unity between Hindus and Muslims by fighting a wrong that have touched all of us. Everybody is prepared for arrest, jail or any physical assault...Come what may. I want you all to follow peace in silence.*

Music... bhajan....

Narrator 1 : *The statesman report presented in the| newspaper 100,000 people crowded the road that separated Sabarmati from Ahmedabad. The first day's march of 21 km ended in the village of Aslali, where Gandhi spoke to a crowd of 4,000. Volunteers collected donations, registered new satyagrahis, and received resignations from village officials to*

end cooperation towards British.

Sardar : Gaffarbhai, you go to Lahore and spread non-cooperation movement by boycotting all British goods and acting against all laws peacefully... and where is Sarojini Naidu?

Nehru : She will join us from the next village. Till now she was at Bombay preparing people to join this march.

Kasturba : Karsan, have the arrangements by the volunteers been made for a night halt? And ask the volunteers to tell village people to make arrangement for the simple food and a place to wash and rest.

Karsanbhai: Yes Baa, everything is ready but due to huge crowd we all will have to sleep in the open and about food people everywhere on the way have made arrangement for food.

Kasturba : Good!

A song .... Hari no

Narrator 2 : *More and more people joined the March everyday more then thousands came to hear Gandhi's speech which was held in every village during evening before prayer and rest. Foreign journalist made him a household name in Europe and America. As they entered into a village people welcomed them with drums and other musical instruments. People were shouting long live our Bapu! Jai hind! Vande mataram! Children cheered Gandhi, many villagers eyes were filled with tears in respect of Gandhi. Everywhere in India, in all other states laws were defied. Suddenly... after two days British officers arrived heavily armed started blows on satyagrahis.*

Sarojini Naidu: All of you keep Bapu's words in mind no violence under any circumstances you will be beaten, but you will not resists: you will not raise yours to ward off the blows.

Narrator : *Soldiers began clubbing the satyagrahis with*

steel tipped lathis. Many arrest were made, there was no space left in a jail for more arrest. Not one of the marchers even raised an arm to fend off the blows. A sound of sickening whacks of the clubs on unprotected skulls being heard, people groaned and sucked in their breaths in sympathetic pain at every blow. In two or three minutes the ground was quilted with bodies. They went down like ten pins. The survivors silently marched until struck down. 6th April 1930, arriving at the seashore...

Nehru : At last we have done it. But our many people have faced bravely the blows of the police officers, many dead in between the route.

Gandhi : I congratulate all my people for the sacrifices and laying their lives against injustice. It is an honourable death ... people have died a warriors death and warriors death is never a matter of sorrow.

People shouting: Gandhi broke the salt law! Gandhi broke the salt law!

Gandhi : (Speech) We have won the holy war. We succeeded a life and death struggle. We are the winners. I thank all my countrymen. And today with this fistful of salt I am breaking the unjust law of salt to which we have all the rights.

Narrator : And this way Gandhi boiled the sea water and took the salt and said...

Gandhi : With this I am shaking the foundation of British Empire, by producing illegal salt and I want all my followers to do likewise, making a salt along the shore let the world know – I want sympathy in this battle of "RIGHT AGAINST MIGHT."

Music of joy being played.

---- END----



GAMES

1. GROUP DRAWING

Make groups

Half of each group is allowed to look at a drawing prepared by the facilitator, while the other half is blindfolded. The drawing needs to be copied as exactly as possible, but only the blindfolded members of the group are allowed to touch the pens. Everyone is allowed to speak, but all the blindfolded participants have to contribute to the drawing. A time limit could maybe be set to add some pressure.

Verbal communication games allow for a specific focus on how we communicate among each other. They can show common challenges, pitfalls as well as biased assumptions, which makes them an excellent tool for intercultural learning.

2. CHAIR GAME

According to the size of the group it can be split into 3 – 5 groups of about 4 people. Each group receives a paper with an instruction they should follow, without showing the paper to any of the other groups. One possible set of instructions could be the following (4 chairs being put in the middle of the room):

A - Your task is to put the chairs into a circle

B - Your task is to take the chairs and to put them into another room (or simply out of the room)

C - Everyone from your group needs to sit on a chair

D - Your task is to take care that the chairs never watch towards each other

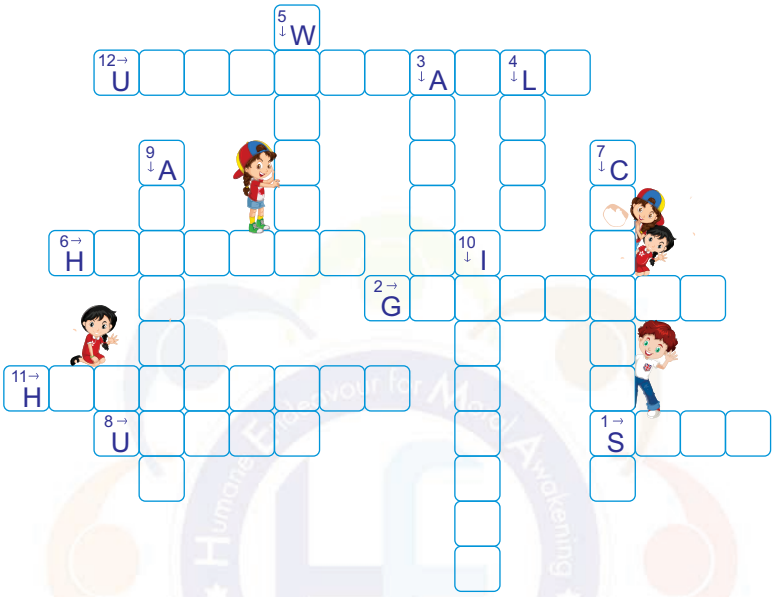
All groups start at the same time upon the command, trying to fulfil their task.

The main idea of surprise games is the following:

All the proposed tasks are complementary, not contradictory, which means that they all can be fulfilled at the same time without harming any of the other groups. Usually the groups would start fighting without engaging in any form of communication and realize only later that cooperation would actually have been the easiest, fastest and most sustainable option. This realization often only comes in the debriefing, which is the most important part of any surprise game.

NOTE: These games would relate to the topic if a debriefing is accompanied after the games.

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. Nonviolence is being harmless to_____and others. (4)
2. _____was one of the most famous leader with a movement in Non- violence. (8)
3. Gandhi ji was one of the most famous leader with a movement of_____and Satyagraha. (6)
4. Nonviolence is a Philosophy of_____(4)
5. Nonviolence is a _____of the strong. (6)
6. The communities maintained a good _____in times of the unrest. (7)

7. He is often been accused of _____ in his attitude towards politics. (8)
8. The prime minister has called for national _____ in the face of Covid-19. (5)
9. It is wrong to waste the precious gift of time, on _____ and division. (8)
10. He _____ the wrath of the authorities in speaking out against the government. (8)
11. _____ is the outside of cynicism. (9)
12. Sticks in a bundle are _____ .(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.

EOCVELIN

RUYNTEIATL

HDEIFPSRNI

ISCVRANAL

The spread of cynicism makes our collective life less _____.



PUZZLE

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

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

Words

Nonviolence : Nonviolence is the natural outgrowth of the law of forgiveness and love.

Love :
Forgiveness :
Truth :
Passiveness :
Peace :
Unity :
Happiness :
Patience :
Composure :
Harmony :
Calm :
Tranquility :
Accord :
Coorporation :
Empathy :

CASE STUDY



GAUTAMA BUDDHA

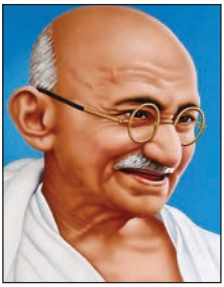
Mahatma Buddha was the founder of Buddhism. He was born to King Shuddhodana in Lumbini. At the time of his birth, astrologers told that this child would become a monk who would illuminate the whole world with his supernatural knowledge.

Once when he climbed the chariot for a walk in childhood, he saw a shabby body, a patient, a corpse and an ascetic in his old age. This sight left an indelible influence on his life. He started thinking of ways to get rid of sorrows and sorrows.

One night, he sneaks out of the house to solve the questions that remain in his mind. He reached Bodhgaya after receiving his first Sankhya darshan from Alarkalam. He sat under a peepal tree for meditation where he attained enlightenment after rigorous practice. Because of this his name became Buddha which means the awakened, conscious, knowledgeable etc.

In fact, Gautama Buddha has especially emphasized the quality of non-violence and peace, mercy and compassion, forgiveness and truth in his teachings. The treatise in which his sermons are compiled is known as Dhammapada.

Followers of Buddhism are known as monks and live in monasteries. Many contemporary kings adopted Buddhism. Emperor Ashoka adopted Buddhism and contributed rapidly to the spread of this religion. He sent his son Mahendra and daughter Sanghamitra to Sri Lanka to spread Buddhism. The favorite slogan of Buddhism is "Buddhaam Sharanam Gachchami, Sangham Sharanam Gachchami, Dhamma Sharanam Gachhami."



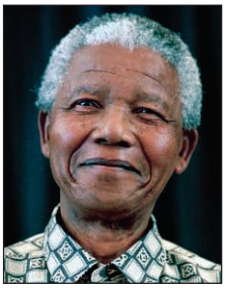
MAHATMA GANDHI

Full name of 'Mahatma Gandhi' was Mohandas Karamchand Gandhi. He was born in Porebandar of Gujarat, India on 2 October 1869. After passing the Matric Examination he went to England for higher studies. Gandhiji completed his law in England and came back to India in 1893. He started his career as a lawyer.

Social Life of Gandhiji was started in South Africa. In South Africa he faced many hurdles. He discovered that the white men were ill treating the dark Indians there. He himself was tortured and insulted by the white often. One day, he was travelling in a first class compartment of a train. He had booked a ticket for him. Still he was evented and punished out of the compartment by the white men. Gandhiji fought against this unjust and cruel treatment. He observed Satyagraha there and became successful.

Gandhiji returned to India and took part in freedom fight. He was sent to jail many times. Now all the countrymen were with him. He started the Non-co-operation in 1930 and the Quit India Movement in 1942. He became famous as the 'Father of Nation'. Lastly India won freedom on 15th August 1947.

Gandhi's style of living was very simple. He was follower of 'Simple living, high thinking'. He taught us the lesson of 'Ahimsa'. He removed the caste barrier in India. He was a social reformer. He was shot dead by an Indian on his way to attend a prayer on 30 January, 1948. Mahatma Gandhi is remembered in the world for his major virtues.



NELSON MANDELA

'Nelson Mandela' was born on July 18th, 1918 in the village of Mvezo in Umtata, then a part of South Africa's Cape Province. His story symbolizes a lifestyle struggle against apartheid in South Africa. It was a terrible form of institutionalized racism that held the South African society in it's grip for a long time. It was not easy for Mandela to fight against it, as he too was among those who were oppressed by the system.

Before becoming actively involved in the anti-apartheid struggle, Mandela survived many years of his life as a subject of colonialism. As a child in Africa, Mandela was a victim of the European colonial project which involved 'civilizing' indigenous communities by silencing African ways of life in favour of a Euro-centric culture.

In the early 1960's, Mandela was imprisoned for his stand against the racist laws of the government. He stayed in prison for nearly three decades but refused to compromise his position, which was to fight for justice and equality for all people.

A courageous and uncompromising hero, Mandela was a man of principles, strength and integrity. In 1994, he led the country to the end of apartheid and was elected the first black president of South Africa. He served as President of South Africa from 1994 to 1999. After he retired from public life, Mandela continued to embody the hopes and dreams of a free and equal world. He died on December 5th, 2013 at the age of 95 at Johannesburg, South Africa.

Nelson Mandela received more than 250 honours, including the 1993 Nobel Peace Prize, the US Presidential Medal of Freedom, the Soviet Order of Lenin and the Bharat Ratna. Today, Nelson Mandela, popularly known as 'Madiba' in South Africa, is a household name all over the world.



MOVIE: KHALNAYAK (1993)

Pyar Kee Ganga Bahe

Sun sun sun mere nanhe sun
Sun sun sun mere munne sun
Pyar ki ganga bahe, desh me ekta rahe
Sun sun sun meri nanhi sun
Sun sun sun meri munni sun
Pyar ki ganga bahe, desh me ekta rahe
Khatm kali rat ho, roshni ki bat ho
Dosti ki bat ho, jindagi ki bat ho
Bat ho insan ki, bat hindustan ki
Sara bharat ye kahe, pyar ki ganga bahe
Pyar ki ganga bahe, desh me ekta rahe

Ab naa dushmani pale, ab naa koyi ghar jale
Ab nahi ujde suhag, ab nahi faile ye aag
Ab naa ho bachhe anath, ab naa ho nafrat ki ghat
Sara bharat ye kahe, pyar ki ganga bahe
Pyar ki ganga bahe, desh me ekta rahe
Sare bachche bachchiya sare budhe
Aur jawa yani sab hindusta
Ek manjil par mile, ek sath phir chale
Ek sath phir rahe, ek sath phir kahe
Ek sath phir kahe, phir kahe
Pyar ki ganga bahe, desh me ekta rahe
Pyar ki ganga bahe, desh me ekta rahe
Desh me ekta rahe sara bharat ye kahe
Sara bharat ye kahe, desh me ekta rahe.

RESOLUTION

THE PLEDGE

We pledge to refrain from violence of fist, tongue and heart.

ASPIRE TO INSPIRE



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

LET'S STEP OUT...



1. Violence vs. nonviolence: which is more effective as a driver of change?
2. Nonviolent resistance proves potent weapon.
3. How modern society should respond to Ahimsa?

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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