



HEM *formation*

Humane Endeavour for Moral Awakening



1 Love and Respect

2 Appreciation

3 Rationality

4 Openness

5 Care and Share

6 Stereotype



*All the powers in the universe are already ours.
It is we who have put our hands before our eyes
and cry that it is dark.*

उतिष्ठ जागृत भारतः

Swami Vivekananda

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 led, 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.

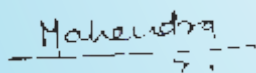
The restoration of Values in the youth would stabilize the society and spread the fragrance of love and kindness and concern for humanity. The organization believes that making monsters with knowledge of physics and chemistry and other subjects come much later, for, they have to be human beings first. 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.

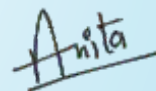
Hema Foundation is expecting is a transformation of human beings into practical, sensible and lovable individuals who care for others. This describes or justifies the title of the book as "[Hemformation](#)" -'Transformation like gold'. Gold gets purified each time when it comes in fire and like that the students who get in to tough situations of life, the Values brought out or learnt, must support them for a transformation. The [Hemformation](#), 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. [Hemformation](#) 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

In writing of this book

Entire concept and scaffolding of this value education material is based on pretext of world scenario today, as proudly conceived India had been the land of compassion and cohesion bereaved humanity strives for Great Indian culture, customs and traditions have been sheltering, promoting and spreading peace, cohesion and prosperity amongst all life forms on earth, rich in its values Indian soil provides bedrock of fragrance and empowered life.

Shri Mahendra Kabra, Chairman and Managing Trustee of Hema Foundation, has been the real soul behind preparation of this book along with Trustee and Creative Director, Ms. Anita Maheshwari.

Entire concept, selection of content and methodology of text flow has been aligned and corroborated with latest guidelines of National Education Policy draft 2019 and National Curriculum Framework (NCF) Delhi.

Before producing this book, research based on modus operandis of Indian academia was thoroughly researched, numerous sessions of discussions with educational authorities, principals, teachers and students were held to streamline flow of text and relevance with education system and world.

Before preparing the final draft, approach of child's mind, psychology of education and pedagogy of our classrooms was seriously corroborated and all the exercises in this book are planned in a manner that this content invokes an automatic stimulus in reader's mind and prepares ground for taking these values in life forward.

Ms. Hetal Desai, Ms. Anubha Daga and team Rajasthan Ruchi Rastogi, Vandana Singh, Ankita Ranawat and Pawan Rajput of Hema Foundation have been pivotal in editing the contents along with Subhash Medekar and Pooja Chavan in carrying out the tedious task of designing.

Also thousands of teachers and students also deserve a sincere gratitude for standing with the team of Hema Foundation that helped in formulating the basic design of this book.



Dr. Nagpal Singh
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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 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 Pramahansa 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 and 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, 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 PLEDGE



I Commit to :

- * I am honest, truthful and reliable.
- * I am simple, calm and organized.
- * I am hardworking and dutiful.
- * I am social and philanthropic.
- * I am fearless and courageous.
- * I am patient and determined.
- * I respect parents, teachers and elders.
- * All the living beings on the earth are mine and i belong to them.
- * I am a responsible citizen for my family, society and country.



I would lead my life based on these values and would remain abide by them.

Name: _____

Signature: _____

School: _____

Date: _____

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VALUE THE VALUES TO REMAIN VALUED

ANGRY AKKU

Problems Addressed

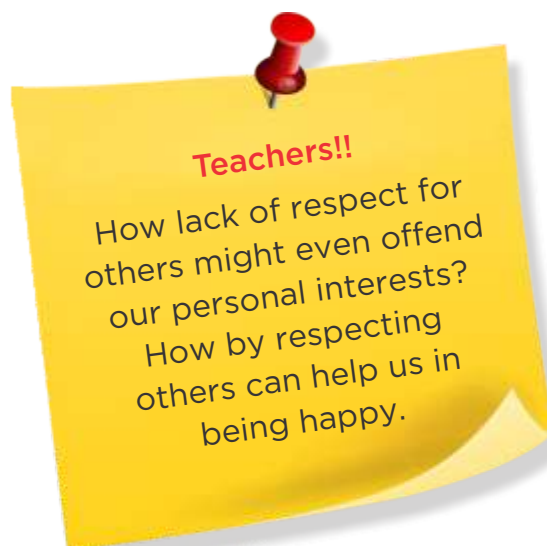
- lack of feelings for other
- Self centeredness
- Prioritizing oneself over others

Resources Developed

- Ability to know feelings
- Listening is important
- Others opinions are important
- Lets not under estimate others

Outcomes Offered

- Being sensitive and active
- Being responsible
- Developing a sense of acceptance



You can watch the short film
"THE REAL GOD" on [YouTube](#)





When the last school bell rang, all the children laughed and screamed with joy. All, except Akku. Akku was **ANGRY!**

"Akku! Akku! Look at the pretty sunflowers!" said Appa, as they rode through a field.
"GRRMPH! They're **TOO YELLOW!** They're making my eyes hurt!" said Akku.



"Akku! Akku! Look! Look at all the monkeys!" said Appa, pointing at the roof of their house.

"CHEEE!" said Akku. "SHOOO! Go AWAY! SHOOO!"



"Here, drink some buttermilk," said Appa. "It'll cool you down."

"HRRRM!" said Akku. "I DON'T WANT ANY!"

"Try a sip, at least?"

"OKAY! FINE!" said Akku, and tried a sip.

It wasn't all that bad.

She had another sip. And another.

In no time, the glass was empty.



"Would you like a vada?" asked Appa.

"FFEHH!" said Akku.

"Just one little bite?"

"Okay, FINE!" said Akku, and took a bite. It was quite good.

She took another bite.

And another.

In no time, the plate was empty.





"Good girl," said Appa. "Now will you tell me why you're so angry?"

"NO!" said Akku.

"Was it something I did?"

"NO!"

"Was it something Amma did?"

"NO!"

"Did something bad happen in school today?"

"MAYBE!"

"Oho."



"Would you like to draw it?" asked Appa. "Here's a nice sheet of paper and some crayons." "Okay, FINE!" said Akku.

Akku drew a brick...
"This is the STUPID BRICK that I tripped over
this morning," said
Akku.
"You're right. That IS a VERY STUPID brick!"
said Appa.



And Akku drew a boy...
"This is Bikku, a VERY BAD BOY!
He laughed when I fell down!" said Akku.
"You're right," said Appa.
"He shouldn't have laughed at you."



And Akku drew an idli...
"This is my idli," said Akku. "It fell out of my
lunch box when I tripped over
the STUPID BRICK!"



And Akku drew a crow...
"This is the VERY BAD CROW that flew off with my idli,"
said Akku. "The crow must have been very hungry," said Appa.



And Akku drew her teacher...
"This is my teacher, Amala Miss," said Akku."She helped me up when I fell down.

And then she hugged me."

"That's nice of her," said Appa.
"And then she pinched my cheeks.
I DON'T LIKE IT when my cheeks
are pinched."

"Oho! That must have HURT, no?"

"A little bit. But I'm okay now."

"That's good."

"See how well you draw,
Akku?" said Appa.
"You're a real artist! Will you
draw something for Amma
too?"
"OH-kay!" said Akku, and
started drawing some more.
"This is a little white
mouse... and this is a boat...
and this is a coconut tree..."



"And this is a sunflower...
and this is your cycle, Appa...
and this is a dog... and this is
a frog..."

In no time, Akku had
forgotten all about the
STUPID BRICK that made
her trip and fall. And about
the BAD BOY who laughed
at her. And about the
IDLISTEALING CROW.
And Akku even forgot
about being ANGRY.



10 Things to Do If You Feel **ANGRY** like Akku:

1. Laugh loudly and jump around
with your arms in the air!
2. Slowly - very, very slowly
- breathe in, and breathe out!
3. Drink some water! Or buttermilk!
4. Eat a piece of fruit! Or a vada!
5. Tell a grown-up about how
you're feeling!
6. Write about how you're feeling!
7. Draw it out! Paint it!
8. Play with a pile of clay!
9. Make up a song about your anger!
Sing it aloud!
10. Dance like a monkey!



TAKE AWAY



Anger is a state of mental disorder, often it is seen people get angry when their choices are ignored or their preferences are denied. Solutions are always opened only when we are calm and reasonable in our behaviour. Remember an angry mind is acceptance of inability.

Exercise 1.1

How do we feel when we listen to the following?

Tick your answer. (P)

1. School bell



Happy

Cautious

Sad

2. Morning alarm



Happy

Cautious

Sad

3. Police siren



Happy

Cautious

Sad

4. Fire brigade



Happy

Cautious

Sad

5. Telephone bell



Happy

Cautious

Sad

6. Rail horn



Happy

Cautious

Sad

7. National anthem



Happy

Cautious

Sad

Exercise 1.2

Draw these and write any two cautions we shall observe for these

1. Walking on a rope



2. Seeing monkeys



3. Street food



4. Fruit fly



5. Bird with twig



6. Crowded place



You Can Learn From



SHRAVAN KUMAR - A Historical Character

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



MALLIKA SARABHAI - Kachupudi And Bharatnatyam Dancer

- Mallika Sarabhai is a noted Kuchipudi and Bharatnatyam dancer from Ahmedabad, Gujarat.
- Born to famous dancer Mrinalini Sarabhai and the well-known space scientist Vikram Sarabhai.
- Mallika is a woman of many dimensions and talents. She has also shown her talent in the fields of acting, theatre, writing and publishing.
- As she was raised by parents who had liberal and progressive mind, Mallika always stood apart from the crowd.
- She has also played an active role in the UNICEF Peer Educators Project, UNICEF Anandshala Project, 2007 Fatehpura Model village project and UNICEF Rural Health Project.
- In her long career, Mallika Sarabhai has been honored with several awards. Here is the list of awards and honours:....Best actress award (1975) - Meena Gurjari, nomination for noble prize peace, Padam Bhusan etc.
- She payed a tribute to her mother by dancing before her body, as she was an aspiration for her in life.



OPRAH WINFREY - Actress, producer and philanthropist

- Oprah Winfrey The Famous American media proprietor gained immense popularity owing to her talk show titled “The Oprah Winfrey Show” which made records of most rated T. V. program in the history.
- She was born in a poor family and it is even said that her mother was a single teenager who had not enough resources to provide her basic amenities like food and clothing.
 - Her mother worked as a housemaid and her father was a barber, who previously worked as a coal miner. After moving to her father, Vernon, she joined the State University of Tennessee and began working at a radio station where she co-anchored an evening local news program.
- Oprah Winfrey considers her grandmother and mother to have a key influence in encouraging her towards public speaking. Becoming the first youngest as well as first black female anchor at the local news channel showcased her excellent interviewing and vocal skills.
- Oprah Winfrey Network (OWN) earned billions of revenue through the talk show hosted by Winfrey with American cyclist. Oprah was declared as the richest African American who was a billionaire for three decades by the Forbes Magazine.

Time to live the value

Helpers are people who extend support to improve a situation, resolve a problem or lend assistance when needed.

Objectives:

- To identify qualities that are present in 'helpers'
- To explore the ways in which 'helpers' help others
- To understand the ways in which we can become 'helpers'

Activity :

Guide the students to make a "Thank You" card for a soldier who protects the nation's borders. Encourage them to present it with a big smile.

GAPPU CAN'T DANCE

Problems Addressed

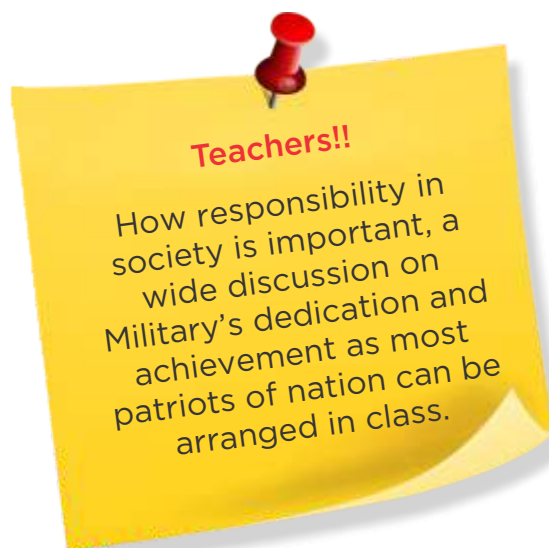
- Lack of discipline
- Biased approach about things
- Being judgmental

Resources Developed

- Acceptance for others
- Contribution of people in our life
- Importance of discipline
- How being punctual is important

Outcomes Offered

- Learning to be disciplined
- Importance of being dutiful
- Knowing our weaknesses



You can watch the short film "GOOD LUCK" on [YouTube](#)



Scan code to view short film



Komal Ma'am is showing 1A
Dance steps for Wednesday's class play.



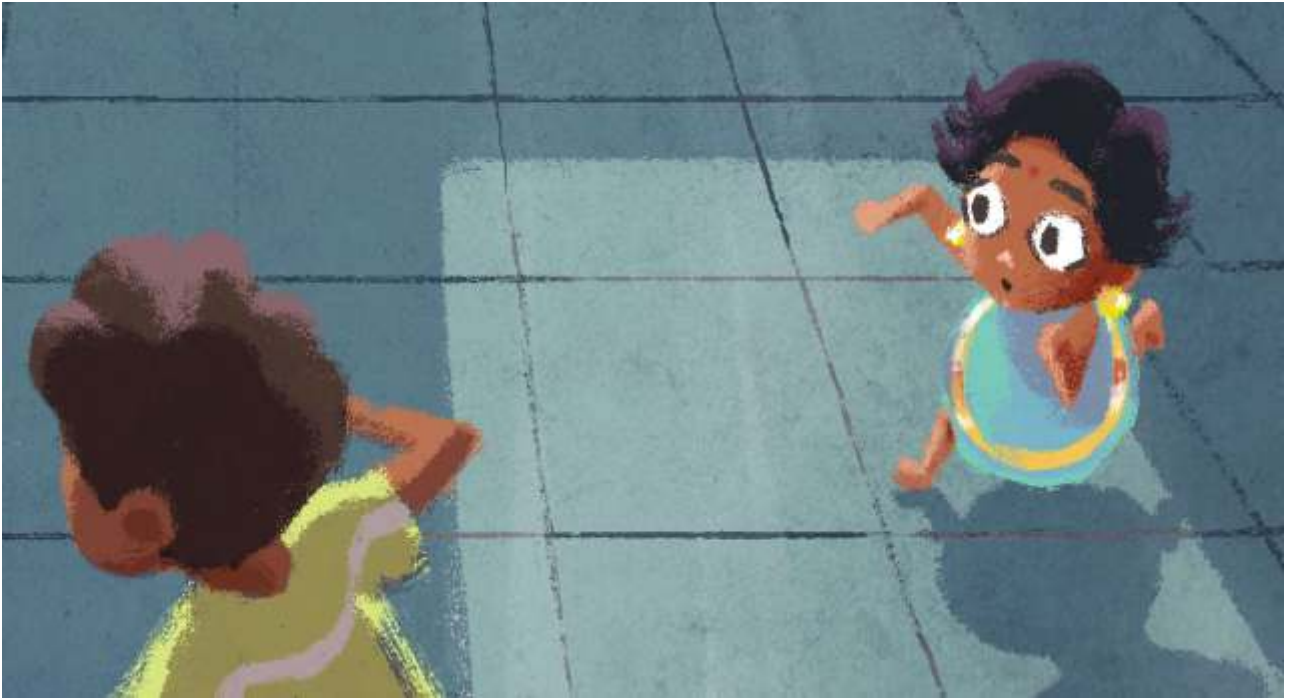
Thaka dhimi thai!
"Lift your left hand
high."



Uh-oh! Gappu lifts
her right hand.
Gappu can't dance!

Bippity bop bop
boom!
"Run fast around
the room."





Uh-oh! Gappu is too slow.
Gappu can't dance!



Thaka-dina-din tak!
“Everybody jump up.”



Uh-oh! Gappu sits
down.
Gappu can't dance!

Dooby doop diddly din din!
"Put your right leg in."





Uh-oh! Gappu puts
her right leg out.
Gappu can't dance!



Everyone giggles and points as Gappu gets it wrong.
But Komal Ma'am knows what to do.
She tells the class, "Follow Gappu!"



Thaka dhimi thai!
 Some hands low, some hands high.
 Bippity bop bop boom!
 Fast and slow around the room.
 Thaka-dina-din tak!
 It doesn't matter if
 you're down or up.
 Dooby doop diddly din din!
 Just make sure you join in.

Gappu CAN
 dance. And so
 can you!



TAKE AWAY



It is seen most of the times that many a brilliant minds lack behind as they don't have desired exposure or training available to them. If provided with these facilities some apparent poor performers might excel brilliantly in their respective fields. Hence never hold a person reason of all his success or failure but it is his upbringing that makes him unique.

Exercise 2.1

Rules form a basic structure of any successful work. In the given situations categorize them as they need rules or not.

1. Dance classes

	<i>Needs Rules</i> <i>No Rules</i>
---	--

2. Race

	<i>Needs Rules</i> <i>No Rules</i>
--	--

3. Stampede

	<i>Needs Rules</i> <i>No Rules</i>
---	--

4. Classes

	<i>Needs Rules</i> <i>No Rules</i>
---	--

5. Military



Needs Rules

No Rules

6. Birthday party



Needs Rules

No Rules

7. Shopping mall



Needs Rules

No Rules

8. Trade fair



Needs Rules

No Rules

Exercise 2.2

Draw and write any two precautions of the followings

1. Swimming



.....

.....

2. Racing



.....

.....

3. Dancing



.....

.....

4. Pet animal



5. Driving



6. Playing music



7. Family



.....
.....

8. Library



.....
.....

9. Zoo



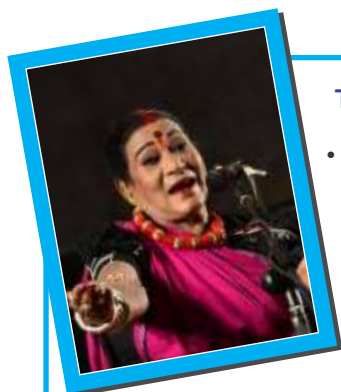
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You Can Learn From



SAVITRIBAI PHULE - Social Reformer

- Savitribai Phule (3 January 1831 – 10 March 1897) was an Indian social reformer, educationalist, and poet from Maharashtra.
- She is regarded as the first female teacher of India. She played an important role in improving women's rights in India. She is regarded as the mother of Indian feminism.
- Phule and her husband founded the first Indian girls' school in Pune, at Bhide wada in 1848. She worked to abolish the discrimination and unfair treatment of people based on caste and gender.
- Savitribai raised her voice against the social injustice made to them. The untouchability was also one type of social crime which was running on that day.
- The Savitribai even dug a well in her hose so that the untouchables can come and fetch water.
- Savitribai Phule used to write a poem. Kavya Phule and Bhavan Kashi Subodh Ratnakar were the two books which were written by her and was published worldwide.
- She was the real iron lady; she holds the courage to fight for the girl's education and sati system. A great salute to a great lady.



TEEJAN BAI - Pandavani

- Teejan Bai (born 24 April 1956) is an exponent of Pandavani, a traditional performing art form, from Chhattisgarh, in which she enacts tales from the Mahabharata, with musical accompaniments.
- Though she was married at 12, she was expelled by the community, the 'Pardhi' tribe, for singing Pandavani, being a woman.
- She built herself a small hut and started living on her own, borrowing utensils and food from neighbours, yet never left her singing, which eventually paid off for her.
- Beginning in the 1980s, she travelled all over the world as a cultural ambassador, to countries as far as England, France, Switzerland, Germany, Turkey, Tunisia, Malta, Cyprus, Romania and Mauritius.
- Her big-break came, when Habib Tanvir, a theatre personality from Madhya Pradesh, noticed her talent, and she was called to perform for then Prime Minister, Indira Gandhi.
- In time she received national and international recognition, a Padma Shri in 1988, Sangeet Natak Akademi Award in 1995, and Padma Bhushan in 2003, and Padma Vibhushan in 2019 by Government of India.



WALT DISNEY - American Business Magnate

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

Time to live the value

Activity:

- Ask the students to observe their class before and after the recess. Discuss the differences with them. Encourage them to clean up the class after the break time. Students may be asked to clean the class (Desk, Cupboard etc.) using duster and water.
- Take students on a walk around the school after break. Ask them the ways through which cleanliness can be maintained after lunch break.

WHAT MAKES YOU SPECIAL

Problems Addressed

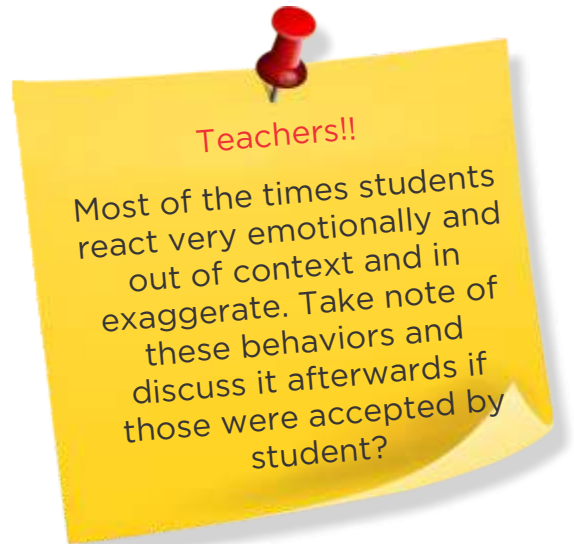
- Lack of others opinions
- Prioritizing self over others
- Comparing yourself with others

Resources Developed

- Listening to helpful advice
- Using your unique skills
- Paying attentions to others opinions
- Moving ahead

Outcomes Offered

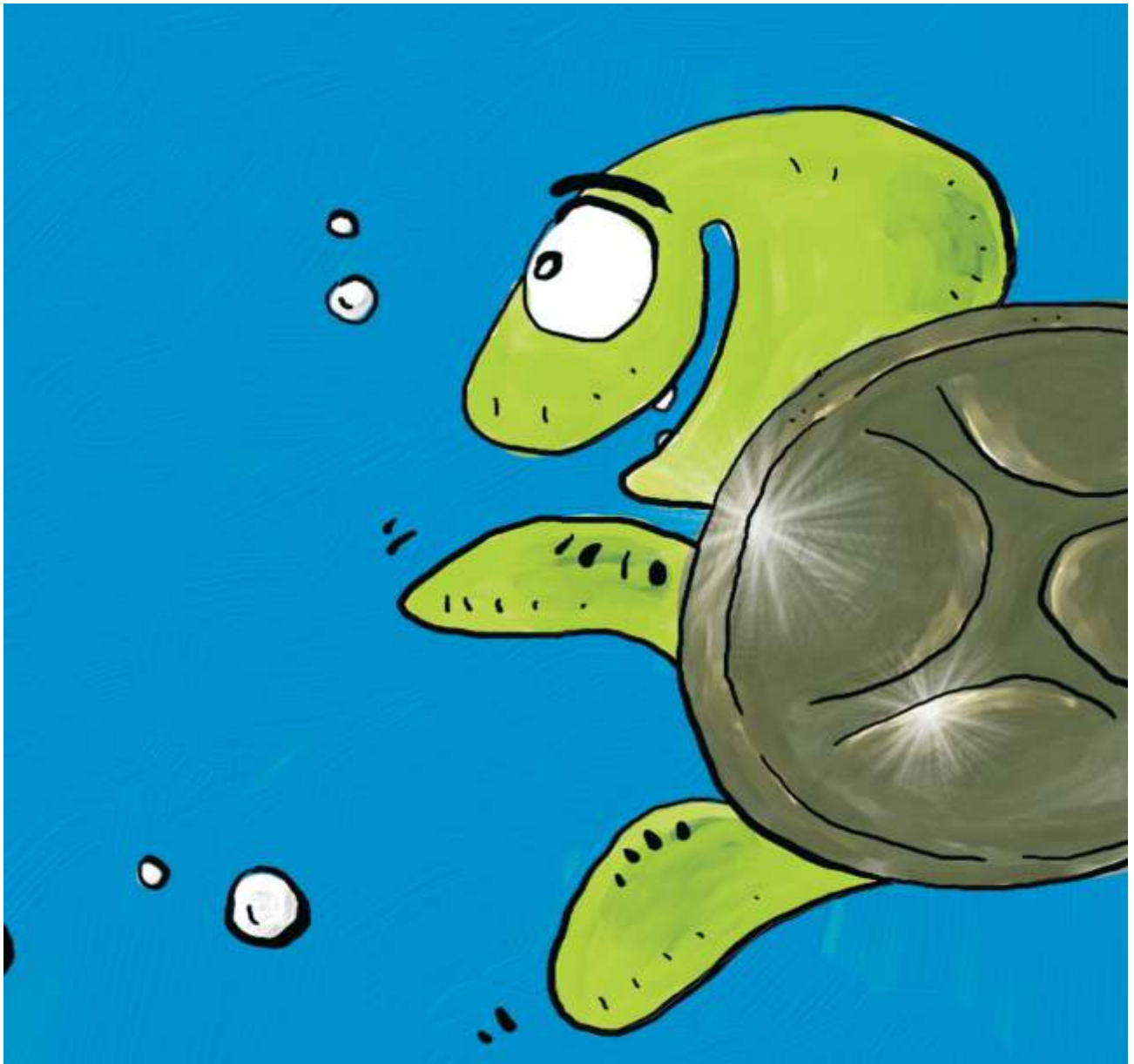
- Knowing own strengths and values
- Accepting the need to change
- Being self-accepting



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



Scan code to view short film



Who are you?

I am a turtle.

What makes you special?

I have the shiniest shell, of all the turtles in the world!

North, South, East, West,

Of all the turtles, I'm the best!



Who are you?

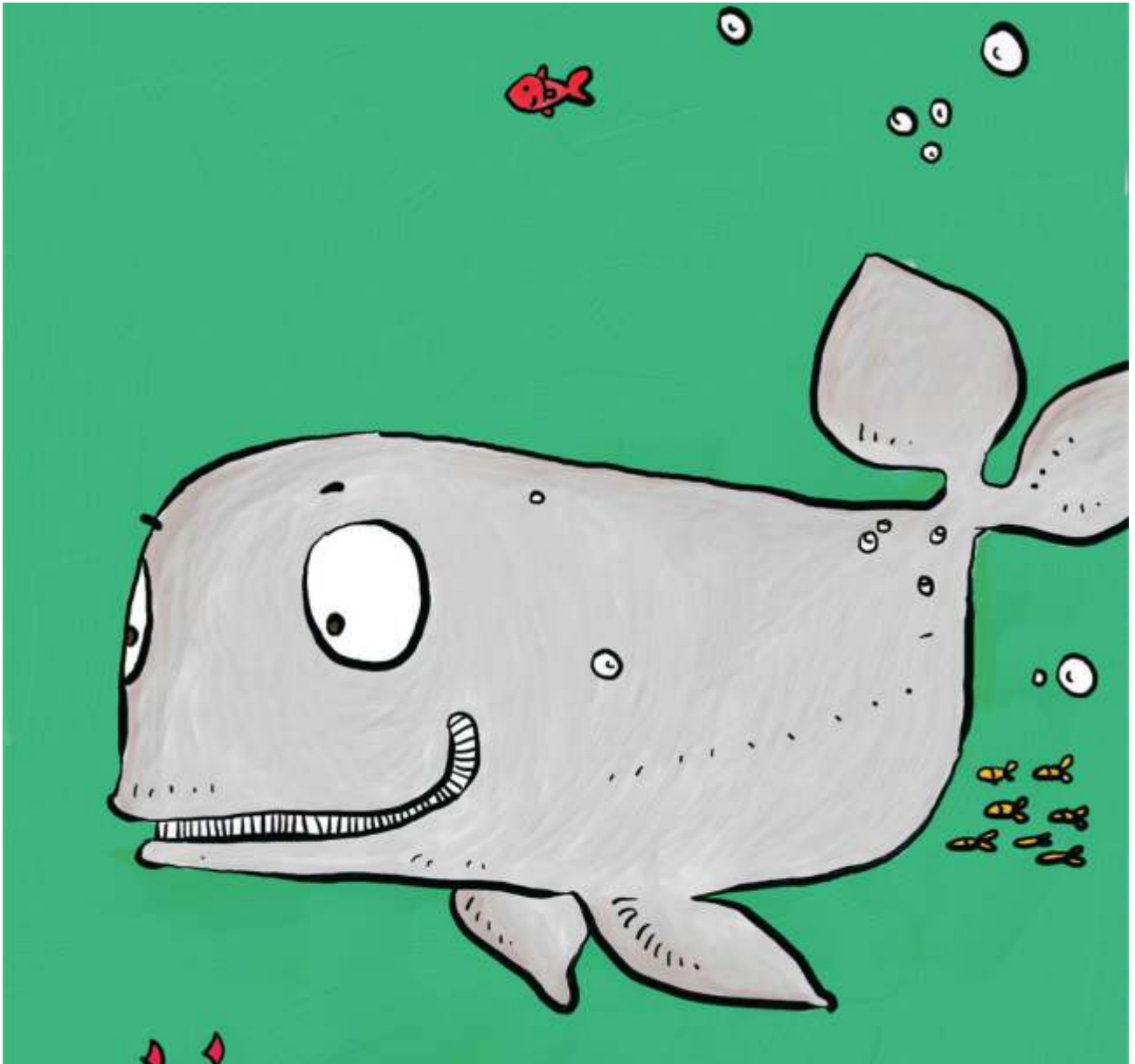
I am a cheetah.

What makes you special?

I run the fastest, of all the cheetahs in the world!

North, South, East, West,

Of all the cheetahs, I'm the best!



Who are you?

I am a whale.

What makes you special?

I have the biggest tummy, of all the whales in the world!

North, South, East, West,

Of all the whales, I'm the best!



Who are you?

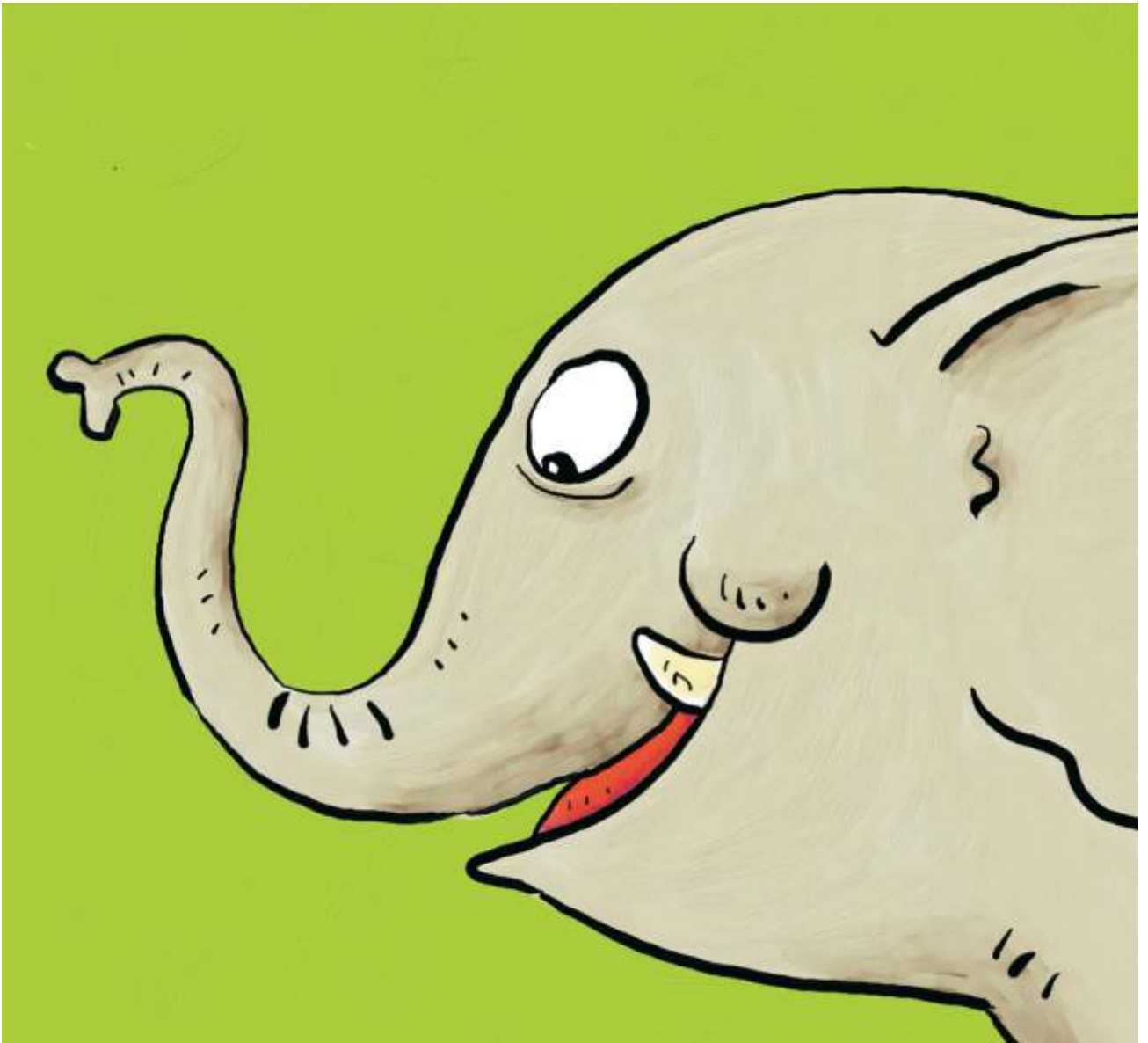
I am a canary.

What makes you special?

I have the sweetest voice, of all the canaries in the world!

North, South, East, West,

Of all the canaries, I'm the best!



Who are you?

I am an elephant.

What makes you special?

I have the brightest memory, of all the elephants in the world!

North, South, East, West,

Of all the elephants, I'm the best!



Who are you?

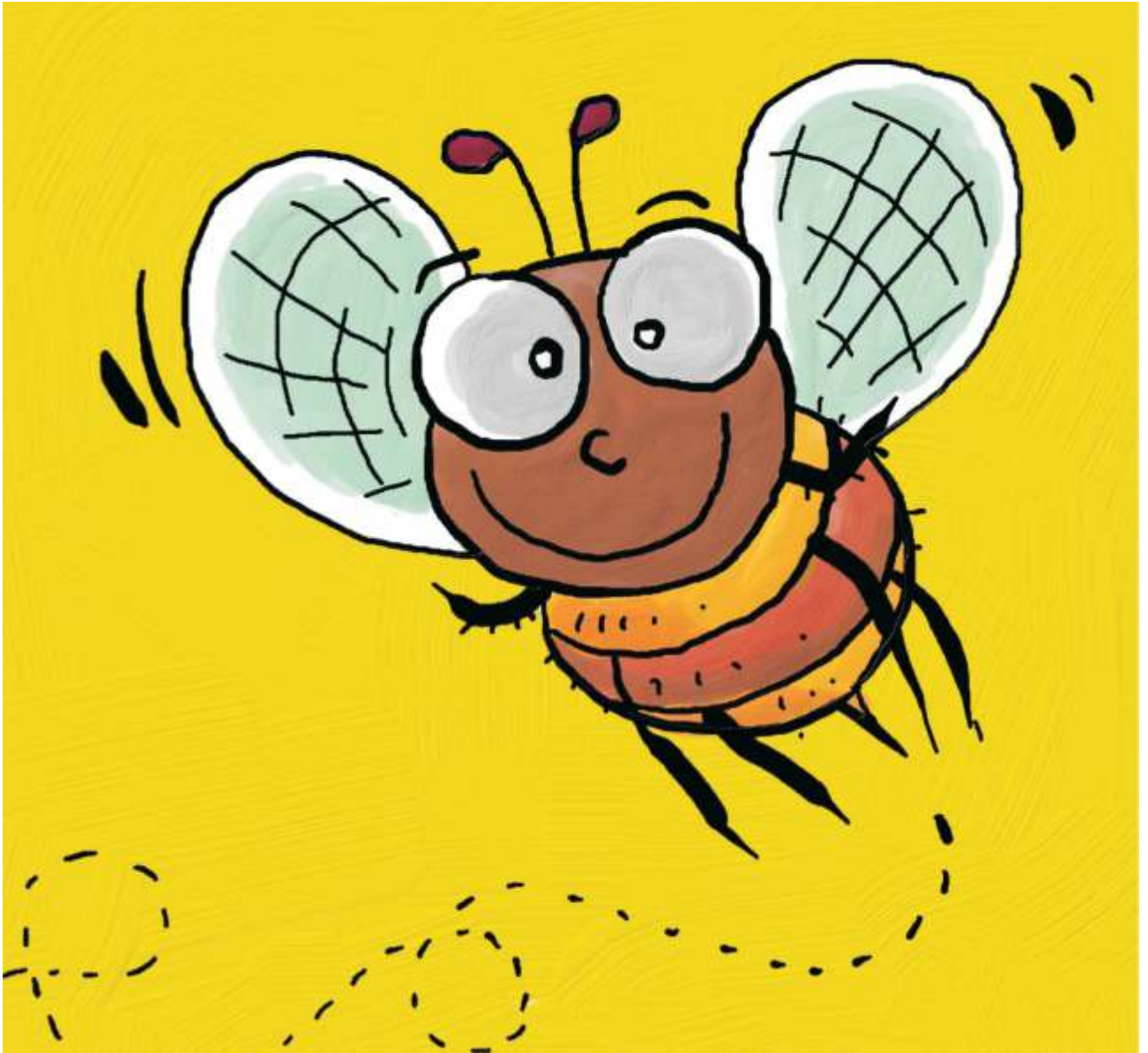
I am a frog.

What makes you special?

I hop the highest, of all the frogs in the world!

North, South, East, West,

Of all the frogs, I'm the best!



Who are you?

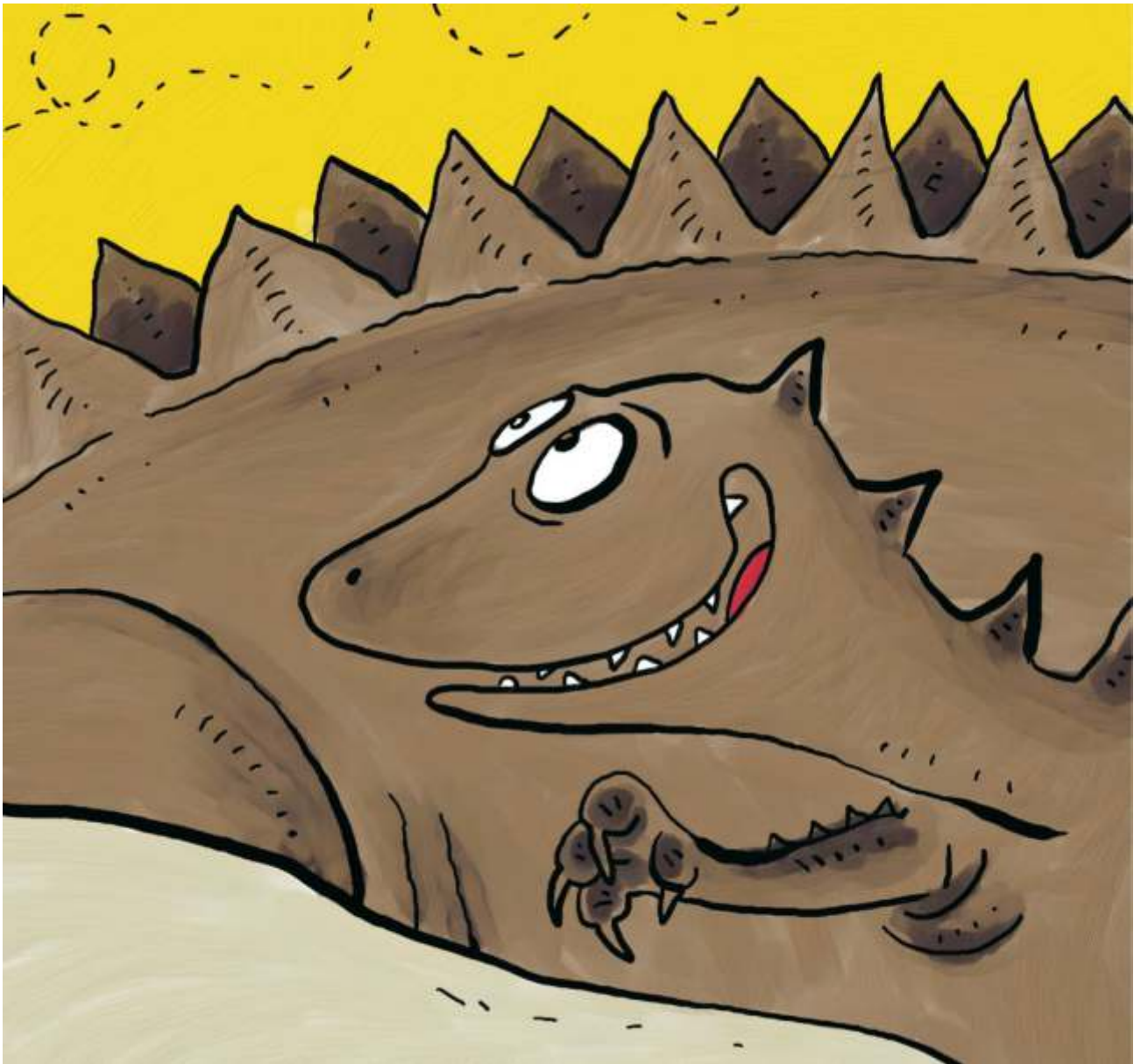
I am a bee.

What makes you special?

I make the yummiest honey, of all the bees in the world!

North, South, East, West,

Of all the bees, I'm the best!



Who are you?

I am a dinosaur.

What makes you special?

I have the sharpest spikes, of all the dinosaurs in the world!

North, South, East, West,

Of all the dinosaurs I'm the best!



Who are you?

I am a boy.

What makes you special?

I am ME. There is only one ME in the world!

North, South, East, West, I Don't have to be better than the rest!

TAKE AWAY



Any society or group always flourishes on the cooperation of its members within themselves, less the cooperation less the size and less the synergy of the group. Larger the cooperation larger the size and happiness of the group and Remember our country is also a group and all the citizens are members of this larger group, our cooperation will ensure prosperity of our nation.

Exercise 3.1

Keeping oneself safe is great virtue for all. Give your options if you ever see these -

1. Cow



Useful

Useless

2. Cat



Useful

Useless

3. Lion



Useful

Useless

4. Goat



Useful

Useless

5. Buffalo



Useful

Useless

6. Snake



Useful

Useless

7. Spider



Useful

Useless

8. Insect



Useful

Useless

9. Butterfly



Useful

Useless

Exercise 3.2

Draw these and write any one thing you like about them.

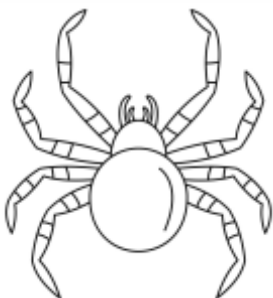
1. Lion



.....

.....

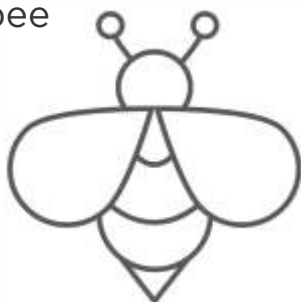
2. Spider



.....

.....

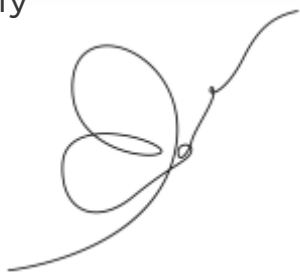
3. Honey bee



.....

.....

4. Butterfly



.....

.....

5. Rose



.....

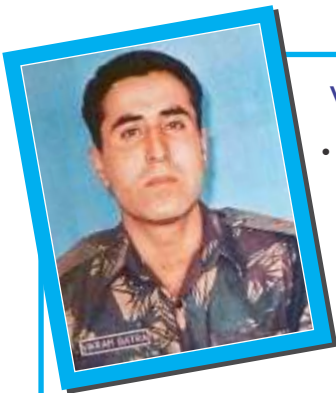
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You Can Learn From



VIDURA - One of the central Character of Mahabharat

- Vidura is one of the central characters in the Mahabharata, a major Hindu epic. He is described as the prime minister of the Kuru Kingdom and also the uncle of Pandavas and Kauravas.
- Vidura-niti narrated between Vidura and King Dritrashttra, is considered the precursor in some ways of Chanakya-neeti.
- Vidura is held to be a paragon of truth, dutifulness, impartial judgement and steadfast dharma.
- He is considered the embodiment of the inner consciousness of the Mahabharata. The curse carried by Narada was also transferred to Vidur.
- Vidura was the only one who protested against the humiliation of Draupadi.



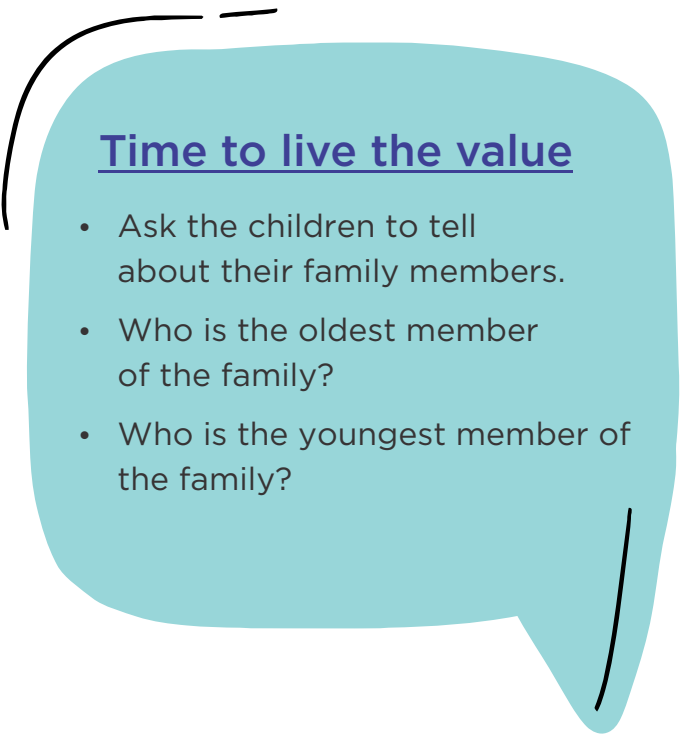
VIKRAM BATRA - Param Vir Chakra

- Captain Vikram Batra, PVC (9 September 1974 – 7 July 1999) was an officer of the Indian Army, awarded with the Param Vir Chakra, India's highest and most prestigious award for valour, for his actions during the 1999 Kargil War.
- To fiancée Dimple Cheema he replied I will either come back after raising the Indian flag in victory or return wrapped in , but I will come back for sure.
- Captain Vikram Batra, thus, displayed the most conspicuous personal bravery and leadership of the highest order in the face of the enemy and made the supreme sacrifice in the highest traditions of the Indian Army.
- Vikram Batra is also well known in India for using the slogan, Yeh Dil Maange More! as his signal to communicate mission success.
- He was also honoured with several landmarks being named after him: the historic capture of Point 4875 led to the mountain being named Batra Top in his honour.



GEORGE WASHINGTON - 1st US President

- George Washington (February 22, 1732 – December 14, 1799) was an American political leader, military general, statesman, and Founding Father who served as the first president of the United States from 1789 to 1797.
- Previously, he led Patriot forces to victory in the nation's War for Independence. He presided at the Constitutional Convention of 1787, which established the U. S. Constitution and a federal government.
- Washington has been called the "Father of His Country" for his manifold leadership in the formative days of the new nation.
- Washington owned slaves, and in order to preserve national unity he supported measures passed by Congress to protect slavery.
- He was a member of the Anglican Church and the Freemasons, and he urged broad religious freedom in his roles as general and president. Upon his death, he was eulogized as "first in war, first in peace, and first in the hearts of his countrymen".
- He has been memorialized by monuments, art, geographical locations, stamps, and currency, and many scholars and polls rank him among the greatest U. S. presidents.



Time to live the value

- Ask the children to tell about their family members.
- Who is the oldest member of the family?
- Who is the youngest member of the family?

MATHS AT THE MELA

Problems Addressed

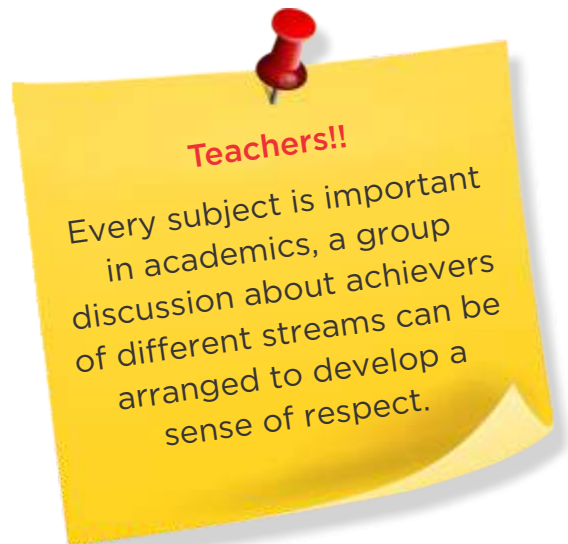
- Stereotypes of Education
- Skepticism about major subjects
- Importance of fine arts and literature

Resources Developed

- Rational thinking
- Knowledge makes better decisions
- Dependence on facts
- Viewing future

Outcomes Offered

- Being rational
- Valuing your resources
- Knowing the things



You can watch the short film
“LEARN EVERY THING” on **YouTube**





Leelu is at the mela with the students of Standard 4. All 36 of them! Sir says, "Those who want to go on the toy train raise your hands." Everyone shouts, "Me, sir... me!"



Sir starts counting the hands.
Before he can get to 36, the toy train gets full.
It gives a loud toot of the whistle and takes off.
Standard 4 has to wait for the next round.





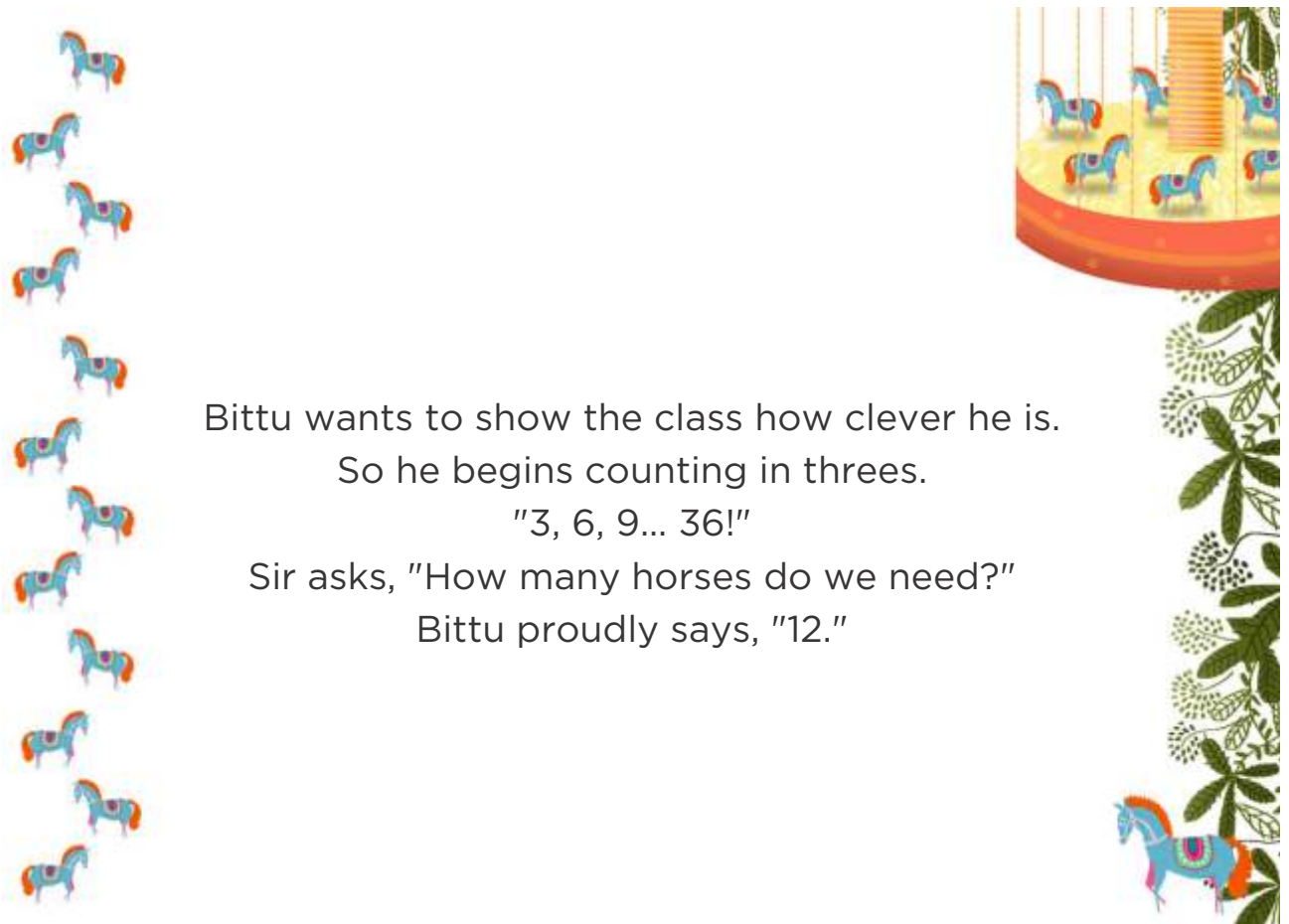
Next, it is time to go on the giant wheel.
Each swinging box of the wheel has two seats.
Leelu sees that a single ticket is for two people.



Before Sir starts counting one by one,
Leelu quickly counts her class in twos:
"2, 4, 6, 8, 10, 12, 14... 36."
The ticket collector asks, "How many tickets?"
Leelu answers, "18."



At the merry-go-round, each horse has three seats.





It is the end of the day. They are all tired. Sir wants to make sure all 36 children are safely back in the bus. This time, Didu wants to count. She notices that each row in the bus has four seats. So she counts loudly in fours.



"4, 8, 12, 16, 20, 24, 28, 32..."
 She stops just before saying '36'.
 "Sir, two kids seem to be missing and
 are not in the bus!" she gasps.
 The bus driver, Didu and Sir count the sleeping
 class again. Who could be missing?





"Aaaah! Come, see... here is one missing fellow,"
the driver says from the back of the bus.
On the last row is Montu, fast asleep and snoring!

But that only adds up to 35 children.
Just as Sir steps out to search for the missing child,
Didu shouts, "Sir, come back please...
we found her!"
"Who is this naughty girl?" Sir asks.





Didu points at herself.
"Me, Sir. I had forgotten to count myself!"



Number fun
You don't have to go to a mela to count
in twos, threes or fours. All around us
are chances to count in sets.
Count the number of feet in your classroom,
by counting in twos!





Oh oh! DHUPP!

Bishen thinks he will read the story. He likes lions and lizards more than he likes to go round and round and round and round and... And he wants to read this story --- EVEN if the lion and lizard are friends with a ... COCKROACH! The story may even have a sparrow!

TAKE AWAY



Having some virtues or abilities is great sign of learning, but exacerbating or exaggerating our strengths over weak might create permanent distances for us, ensure that you respect people with what they possess without any criticism.

Exercise 4.1

Should we exhibit any caution on these places? If yes than write.



1. Shopping mall

.....

.....

.....

2. Crowded place

.....

.....

.....



3. Walking in dark

.....

.....

.....

4. Playing with sharp object

.....

.....

.....





5. Dealing with stranger

.....

.....

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6. Helping a beggar

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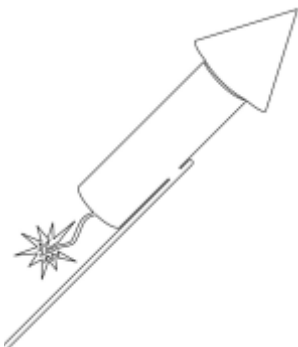
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Exercise 4.2

Draw and state two precautionary measures to be take in these conditions.

1. Fringing crackers



.....

.....

2. Fringing crackers



.....

.....

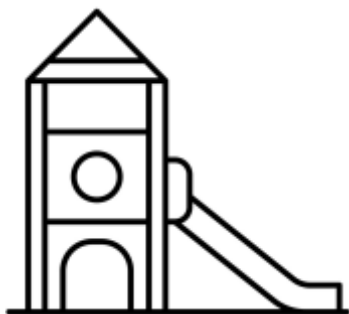
3. Horse ride



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4. Playing in garden



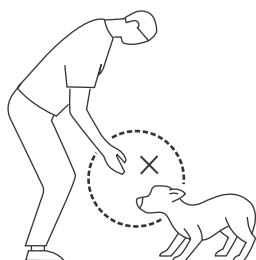
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5. An accident



6. Dealing with animals



You Can Learn From



KING BHOJA - King From Paramara Dynasty

- Bhoja (reigned c. 1010-1055 CE) was an Indian king from the Paramara dynasty. His kingdom was centered around the Malwa region in central India, where his capital Dhara-nagara (modern Dhar) was located.
- Bhoja fought wars with nearly all his neighbours in attempts to extend his kingdom, with varying degrees of success. At its zenith, his kingdom extended from Chittor in the north to upper

Konkan in the south, and from the Sabarmati River in the west to Vidisha in the east.

- Bhoja is best known as a patron of arts, literature, and sciences. The establishment of the Bhoj Shala, a centre for Sanskrit studies, is attributed to him.
- Bhoja is best remembered for his intellect and patronage to cultural activities. Under his rule, Malwa and its capital Dhara became one of the chief intellectual centres of India.
- Bhoja established the Bhoj Shala which was a centre for Sanskrit studies and a temple of Sarasvata in present-day Dhar.
- According to folklore, the Bhopal city was established by and named after him ("Bhojpal"), but it is possible that the city derives its name from another king called Bhupala (or Bhupal).



MARY KOM- An Indian Boxer

- Mangte Chungneijang Mary Kom (b. 1 March 1983) is an Indian boxer. Kom is a member of the Kom tribe of north-east India. She was born in Kangathei, Churachandpur, Manipur.
- Since childhood, Kom has liked athletics boxing and was good at them. She became interested in boxing after watching Dingko Singh in 2000.

- On 25 April 2016, the President of India nominated Kom as a member of the Rajya Sabha, the upper house of the Indian parliament.

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



PABLO PICASSO - Painter And Sculptor

- Pablo Ruiz Picasso (October 25, 1881 – April 8, 1973) was a Spanish painter and sculptor. He created over 20,000 images.
- He is considered one of the greatest artists of the 20th century. He is best known as the co-founder of cubism.
- A work of art is cubist when the artist opts to break up objects and reassemble them in abstract and geometric form.
- Picasso could draw and paint when he was very young. His first word was lápiz, the Spanish word for "pencil".
- Perhaps his most famous painting is Guernica, which shows the horrors of war after the bombing of the town of Guernica.
- Exceptionally prolific throughout the course of his long life, Picasso achieved universal renown and immense fortune for his revolutionary artistic accomplishments, and became one of the best-known figures in 20th-century art.

Time to live the value

With the help of teacher or parents, the students have to create a "Nature Album". In the album they may stick the different things that they find in nature. Make sure that they do not pluck any flowers or leaves. Just use the ones that they find fallen from trees / plants. They may paste pictures of animals or plants around their locality.

HASHIM SAVES THE MANGOES

Problems Addressed

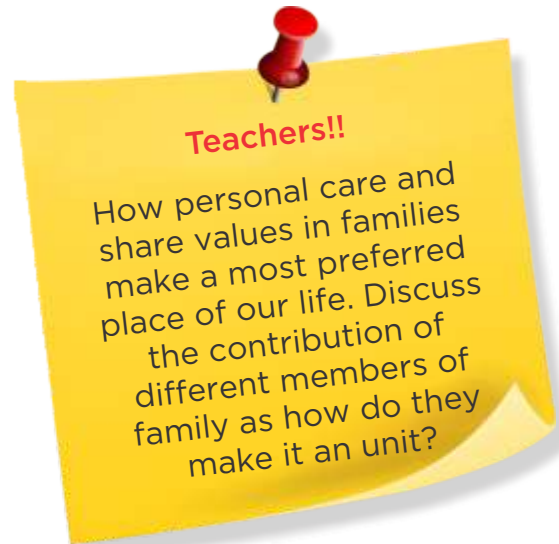
- Carelessness for others
- Unsocial remarks and habits
- Reasons of conflicts in a group

Resources Developed

- Identifying priorities of a group
- How diversity flourishes
- Respecting counter opinions
- What cohesion demands in life

Outcomes Offered

- Support and care
- Attending to the priorities
- Resting the greed



You can watch the short film “SEVA BHAAY” on [YouTube](#)



Scan code to view short film



Hashim loves mangoes.
This summer, the mangoes are about to spoil.
Hashim wants to save them.



Baba tells Hashim that if he removes water from the mangoes, they will not spoil.

“Germs cannot live without water,” he says.



“How do we take water out of the mangoes?” asks Hashim.

“Add salt to them!” says Baba.

Then Baba and Hashim keep the mangoes out in the sun to dry.



They put the mangoes in a bottle with some oil.
Oil doesn't let germs from the air reach the mangoes.



“Baba, we have made pickle!” says Hashim.



How can we preserve our favourite fruits and vegetables?



TAKE AWAY



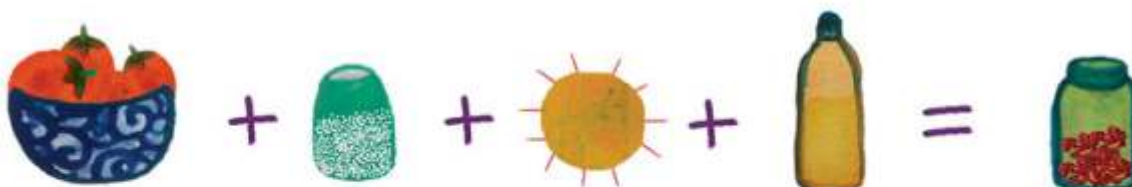
Any society or group always flourishes on the cooperation of its members within themselves. Less the cooperation less the size and less the synergy of the group, larger the cooperation larger the size and happiness of the group. Remember our country is also a group and we all citizens are members of this larger group, our cooperation will ensure prosperity of our nation.



Potato slice + boil + dry = potato chips
(to be fried and eaten)



Any fruit + sugar + lemon + cook = jam



Tomato + salt + sun + oil = sun-dried tomatoes



Lemon + salt = lemon preserves

Exercise 5.1

Interdependence makes life more beautiful on earth. What according to you are the dependability aspects of following creatures?



1. Fish

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2. Tiger

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3. Birds

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4. Old man

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5. Insects

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6. Baby

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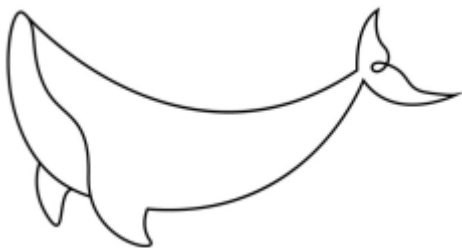
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Exercise 5.2

Draw and state any two conditions that help these animals in their survival?

1. Fish



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2. Snake



3. Lizard



4. Tiger



5. Deer



.....
.....

6. Mosquito



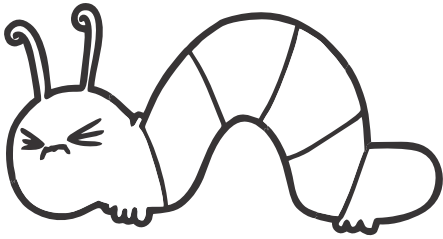
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7. House fly

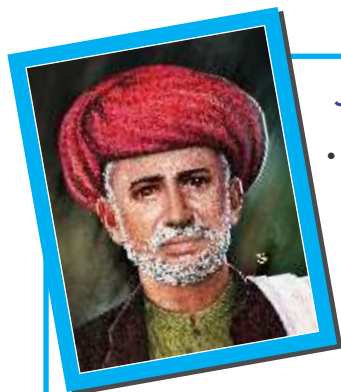


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8. Cater pillar



You Can Learn From



JYOTIRAO PHULE

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



BABA AMTE - Social Activist

- Murlidhar Devidas Amte, commonly known as Baba Amte, (26 Dec. 1914 – 9 Feb. 2008) was an Indian social worker and social activist known particularly for his work for the rehabilitation and empowerment of people suffering from leprosy.
- He has received numerous awards and prizes including the Padma Vibhushan, the Dr. Ambedkar International Award, the Gandhi Peace Prize, the Ramon Magsaysay Award, the Templeton Prize and the Jamnalal Bajaj Award.
- He is also known as modern Gandhi of India. Trained in law, he developed a successful legal practice in Wardha.
- Dr. Amte had saved a girl from the lewd taunts of British soldiers, Gandhi gave him the name – Abhay Sadhak. In those days, people with leprosy suffered a social stigma and the society disowned these people.
- Amte founded three ashrams for treatment and rehabilitation of leprosy patients, disabled people and people from marginalised sections of the society in Maharashtra.
- Amte devoted his life to many other social causes, most notably the Quit India movement to raise public awareness on the importance of ecological balance, wildlife preservation and the Narmada Bachao Andolan.
- Government of India awarded Baba Amte with a Padma Shri, Padma Vibhushan and many more awards for his social contribution.



EDWARD JENNER - English Physician

- Edward Jenner, FRS FRCPE FLS (17 May 1749 – 26 Jan. 1823) was an English physician who was a contributor to development of the smallpox vaccine.
- The practice of vaccination was popularized by Jenner, and since then has been used ubiquitously to prevent several diseases. Jenner is often called a pioneer of immunization.
- Using a method valid in immunology before the discovery of germ theory, his work saved many lives. In Jenner's time, smallpox killed around 10% of the British population, with the number as high as 20% in towns and cities where infection spread more easily.
- In 1821, he was appointed physician extraordinary to King George IV, and was also made mayor of Berkeley and justice of the peace. A member of the Royal Society, in the field of zoology he was the first person to describe the brood parasitism of the common cuckoo.
- In 2002, Jenner was named in the BBC's list of the 100 Greatest Britons. Jenner's discovery had made a huge contribution to public health.
- It has saved hundreds of thousands of lives and continues to be one of the greatest medical achievements in the history of humankind.

Time to live the value

Activity

Taking a cleanliness pledge – Earth is our home

- I promise to throw my trash in the dustbin.
- I will not waste water, and close the taps to stop wastage.
- Young or old we need to care, because Earth is our home to share.

BINTI KNOWS HER MIND

Problems Addressed

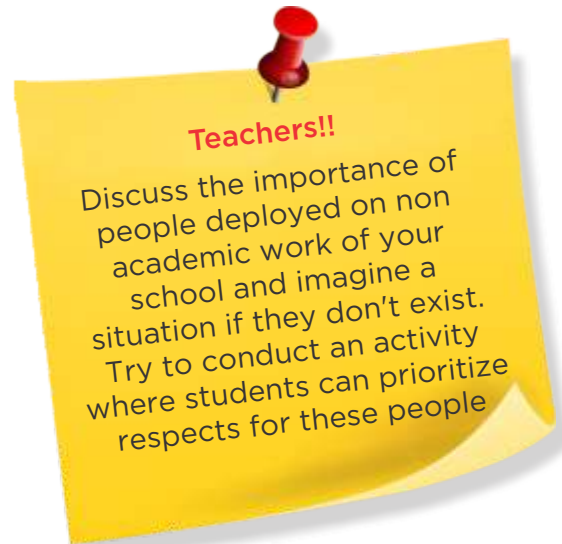
- Professions and their needs
- Valuing all professions
- Work is worship

Resources Developed

- Humanity
- Compassion
- Reasoning and analysis
- Harmony and benevolence

Outcomes Offered

- Developing an attitude of peace
- Rejecting criticism and jibes
- Developing self esteem



You can watch the short film
"YASH KA LUCKY T-SHIRT" on [YouTube](#)





Every day, Binti woke up with the energy to move a mountain. Today, she could move five. It was a special day. Everyone at home was busy. Binti wanted to help too.



“Binti, stop!” said Papa.
“You’ll hurt yourself.”

“I can do it Papa, I can,”
said Binti.

And she packed a box of yummy biscuits for Dadi, then ran outside.



"Binti, stop!" said Didi.
"You'll fall."
"I can do it Didi,
I can," said Binti.





And she made the car the cleanest it had ever been.



It was almost time to leave. Binti loved watching Dadi getting ready.

Mummy took out the watch that Dadi had gifted Binti.

Binti did not like wearing it because the strap made her wrist itchy.

But today, she wore it with a smile.



They were about to leave when Dhuli Aunty, Pooran Uncle and Pinku came home.

Binti knew what Dhuli Aunty would do. Pull her cheeks and make them go round and round.

But today, Binti would have none of it!

Binti had barely escaped Dhuli Aunty's fingers when she saw Boro in Pinku's hands.

"Give me back my Boro," said Binti.

Pinku squeezed Boro's tummy tight.

"It's good to share, Binti," said Papa.



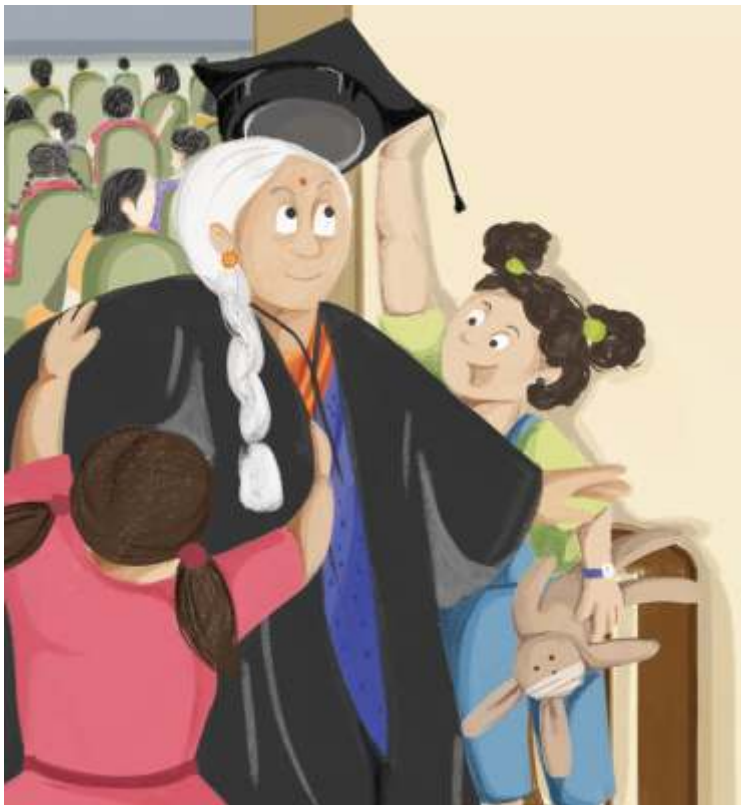
That is what everyone always said.
But they didn't know the horrible
things Pinku did with her toys.
“He hurt Boro’s eyes last time,
Papa,” said Binti.
Pinku held Boro tighter.



“GIVE ME BACK MY BORO,” Binti roared.
Boro was happy to be back in Binti’s arms.



Mummy said they were getting late.
They said their goodbyes to Pinku and his parents, and soon they were off.



Binti had never seen so many people together.
Her Dadi looked the smartest.

Dadi had decided to study in college the year she turned 70.
Mummy said Binti couldn't even walk back then.

Today, Dadi was finishing 3 years of college. She had worked hard.



Everybody clapped for Dadi when she got her medal.
Binti clapped the loudest.



Binti selected a delicious cake for Dadi's celebrations.

"Binti, stop!" said Mummy. "You'll drop it."

"I can do it, Mummy, I can!" said Binti.

Oops! The slice of cake rolled on to Dadi's sari.

“Look what you’ve done, Binti,” said Didi. “You never listen.”

“That was only one slice, Didi,” said Binti, “now look at this.”

Binti sliced through the cake, this time slowly, and scooped up a neat piece for Dadi.

“My Binti, she always knows her mind!”
said Dadi, giving her the biggest hug she ever had.



TAKE AWAY



Everyone has some strengths and some weaknesses, and having knowledge of them is very necessary for everybody, it is a fact that we shall not feel condemned for the weaknesses nor shall we feel proud for some strengths we possess. We must always be rational and logical.

Exercise 6.1

What do we get from these places? Describe.



1. Library

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2. Grocery store

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3. Hospital

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4. Super market

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5. Railway station

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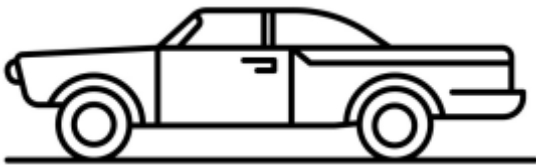
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Exercise 6.2

Draw following and state any two uses of these.

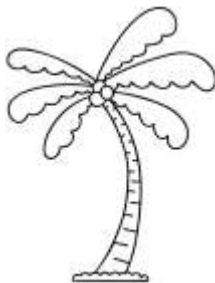
1. Car



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2. Tree



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3. River



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4. Garden



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5. Sun



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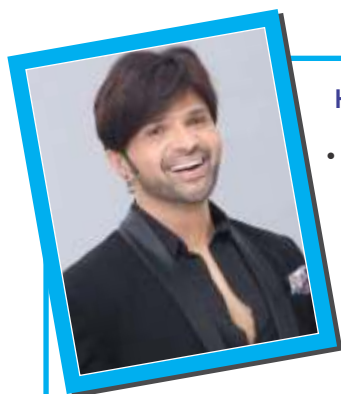
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You Can Learn From



VIKRAMADITYA - Legendary emperor of ancient India

- Vikramaditya (IAST: Vikramaditya) was a legendary emperor of ancient India. Often characterized as an ideal king, he is known for his generosity, courage, and patronage of scholars.
- Vikramaditya is featured in hundreds of traditional Indian legends, including those in Baital Pachisi and Singhasan Battisi.
- Many describe him as a universal ruler, with his capital at Ujjain (Pataliputra in few stories).
 - According to popular tradition, Vikramaditya began the Vikrama Samvat era in 57 BCE after defeating the Shakas,
- This belief is based on a historical figure place him around the first century BCE. However, this era is identified as "Vikrama Samvat" after the ninth century CE.
- Other scholars believe that Vikramaditya is a mythical character, since several legends about him are fantastic in nature. The Indian Navy aircraft carrier INS Vikramaditya was christened in honour of Vikramaditya.
- On 22 December 2016, a commemorative postage stamp honouring Samrat Vikramadittya was released by India Post. Currently a series Vikram Betaal Ki Rahasya Gatha is running on & Television Channel .



HIMESH RESHAMMIYA - Indian music director

- Himesh Reshammiya (born 23 July 1973) is an Indian music director, lyricist, composer, producer, singer, screenwriter and film distributor who predominantly works in Bollywood.
- Reshammiya was the first Indian singer to perform at the Wembley Arena and the Heineken music hall in Amsterdam. He believes that cap is very lucky for him, so he always wears during performances.
 - Himesh Reshammiya won the Filmfare Award for Best Male Playback Singer in 2006 for "Aashiq Banaya Aapne".
- He also received several awards like Star Screen Award, IIFA Award, Zee Cine Award for this song and became first ever Bollywood singer to receive Filmfare Award for his debut song.
- He also received several nominations for his Music Direction. He also won BIG Star Entertainment Awards, the best Music director award.



STAR JONES - Lawyer, Journalist, Journalist

- Starlet Marie Jones (born March 24, 1962) is an American lawyer, journalist, television personality, fashion designer, author, and women's and diversity advocate.
- She is best known as one of the original co-hosts on the ABC morning talk show *The View*, on which she appeared from 1997 to 2006.
- She was also one of sixteen contestants of the fourth installment of *The Celebrity Apprentice* in 2011, coming in fifth place.
- Jones is the President of the National Association of Professional Women (NAPW). She created the organization's philanthropic endeavor, NAPW Foundation,
- To benefit the American Heart Association, of which Jones is also a National Volunteer; the Breast Cancer Research Foundation; Dress For Success and Girls, Inc.
- Jones is also the president of Professional Diversity Network. She is also a member of its board of directors, becoming the youngest of a small circle of African-American women in the US leading a public company.

Time to live the value

Main Idea:

Health and hygiene are practices of keeping yourself and your surroundings clean in order to prevent illness or disease.

Objectives:

- To explore the importance of personal hygiene.
- To understand the ways in which personal hygiene can be maintained.
- To explore the benefits of following good hygiene practices.

Activity:

Let the students check each other's nails in the class. Make hygiene / cleanliness monitors.



HEMFORMATION

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

Values are the breathers of an amiably functioning society. Harmony benevolence, and compassions are the very cornerstones of a flourishing and vibrant society, all citizens shall contribute to the cumulative prosperity and well-being of our nation.

Real wealth of a nation lies in the prosperity of its citizens which in turn is direct function of valued perspective, hence a society augmented with values will always lead a prosper life for it's citizens.

Everybody who contributes to the census also contributes to the state of society at micro level; hence valued acts of every individual are requisite of collective well-being of country.

Humanity in moderns times is passing through a very transient time, where sustenance of life variably transform rapidly with every passing moment, its very pertinent for life to have some values to subscribe able to stand challenges paused by uncertainty, and values can provide a permanent scaffolding to a society to stand any change.

United we fight and divided we fall.



**VALUE
THE VALUES
TO REMAIN
VALUED**



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