



HEM *formation*

Humane Endeavour for Moral Awakening



1 Nature's love

2 Being Sensitive

3 Empathy

4 Courage

5 Tolerance

6 Determination



*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.

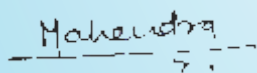
The restoration of Values in the youth would stabilize the society and spread the fragrance of love and kindness and concern for humanity. The organization believes that making monsters with knowledge of physics and chemistry and other subjects come much later, for, they have to be human beings first.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

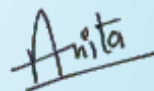
Hema Foundation is expecting is a transformation of human beings into practical, sensible and lovable individuals who care for others. This describes or justifies the title of the book as "[Hemformation](#)" -'Transformation like gold'. Gold gets purified each time when it comes in fire and like that 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 operands 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.



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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

THE REAL FATHER

Problems Addressed

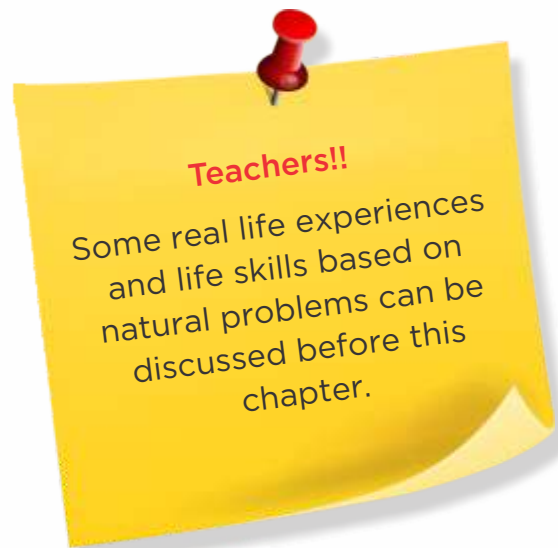
- Natural Disasters
- Global Warming
- Pollution

Resources Developed

- Awareness
- Concerns
- Critical thinking

Outcomes Offered

- Love For Nature
- Compassion



You can watch the short film "NAME PLATE" on 



A long time ago, there was a huge apple tree. A little boy loved to come and play around it everyday. He climbed to the treetop, ate the apples, and took a nap under the shadow. He loved the tree and the tree loved to play with him. Time went by, the little boy had grown up and he no longer played around the tree every day.

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

“Come and play with me”, the tree asked the boy.

“I am no longer a kid, I do not play around trees any more” the boy replied.

“I want toys. I need money to buy them.”

“Sorry, but I do not have money, but you can pick all my apples and sell them. So, you will have money.”

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



The tree was sad.

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

“Come and play with me” the tree said.

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

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

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

“Come and play with me!” the tree said.

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

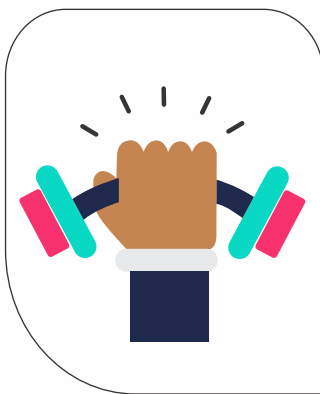
“Use my trunk to build your boat. You can sail far away and be happy.”

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

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

“No more trunk for you to climb on.” “I am too old for that now” the man said. “I really cannot give you anything, the only thing left is my dying roots,” the tree said with tears. “I do not need much now, just a place to rest. I am tired after all these years,” the man replied.

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



TAKE AWAY

Our parents bring us to this world but our life remains dependent largely on nature, everything that we depend to survive comes directly from nature, hence it's our responsibility to look after the nature very seriously. Remember our parents can bring us in this world but we as whole can't survive a single day without nature.

Exercise 4.1

Prepare list of items that we take from trees and give them in return, compare both as who does more to whom?

Sr. No	What trees give to animals?	What animals give to trees?
1.		
2.		
3.		
4.		
5.		

Exercise 4.2

There are always some reasons ascribed to natural hazards. Given are some consequences of acts. Do ascribe the possible reasons you feel for those.

Sr. No	Consequence	Possible reasons
1.	Rising pollution	
2.	Deforestation	
3.	Extreme weather	
4.	Global warming	

5.	Rising sea level	
6.	Drying out rivers	
7.	Droughts	
8.	Famines	
9.	Extinction of animal species	
10.	Crop failures	

Exercise 4.3

Given are the problems which humanity is left to deal with, if not resolved early, these consequences might be proven very hazardous, suggest some ways these problems can be averted?

Sr. No	Consequence	Solutions
1.	Rising pollution	
2.	Deforestation	
3.	Extreme weather	

4.	Global warming	
5.	Rising sea level	
6.	Drying out rivers	
7.	Droughts	
8.	Famines	
9.	Extinction of animal species	
10.	Crop failures	

You Can Learn From



AMRITA DEVI - Chipko Andolan

- Amrita Devi (Beniwal) sacrificed her life along with her three daughters viz. Asu, Ratni and Bhagu in year 1730 to save green trees being felled by the Maharaja of Jodhpur at a place known as Khejarli in Marwar, Rajasthan. Along with her more than 363 other Bishnois, died saving the Khejri trees.
- Amrita Devi protested against King's men attempting to cut green trees as it was prohibited in Bishnoi religion. The malevolent feudal party told her that if she wanted the trees to be spared, she should give them money as bribe.
- She refused to acknowledge this demand and told them that she would consider it as an act of ignominy and insult to her religious faith. She said that she would rather give away her life to save the green trees. It is at that stage she spoke these words:
- If a tree is saved even at the cost of one's head, it's worth it. Saying these words, she offered her head! The axes, which were brought to cut the trees, severed her head from her trunk. The three young girls Asu, Ratni and Bhagu were not daunted, and offered their heads too!!
- The news spread like wildfire. Bishnois gathered and sent summons to 83 Bishnoi villages to come and decide on the next course of action. Since the supreme sacrifice by those four had not satisfied the royal party, and the felling of green trees was continued, it was decided that for every green tree to be cut, one Bishnoi volunteer would sacrifice his/ her life.
- In the beginning, old people voluntarily started holding the trees to be cut in an embrace as in the Chipko movement of 20th Century in Uttar Pradesh (India).
- The Government of Rajasthan and Madhya Pradesh, Department of Forest, have started the prestigious state level Amrita Devi Vishnoi Smriti Award for excellent contribution to the protection and conservation.

JADAV PAYENG - Environmental Activist

- Jadav "Molai" Payeng (born 1963) is an environmental activist and forestry worker from Majuli, popularly known as the Forest Man of India.
- Over the course of several decades, he has planted and tended trees on a sandbar of the river Brahmaputra turning it into a forest reserve.
- The forest, called Molai forest after him, is located near Kokilamukh of Jorhat, Assam, India and encompasses an area of about 1,360 acres / 550 hectares. In 2015, he was honoured with Padma Shri, the fourth highest civilian award in India.
- He was born in the indigenous Mising tribe of Assam. Payeng believes that law enforcement alone cannot help protect vulnerable species. His sage advice is to form 'community reserves' and organise awareness camps to guard against poachers and conserve wildlife.
- For his remarkable solo undertaking, the Jawaharlal Nehru University invited Payeng on Earth Day and honoured him with the title of the 'Forest Man of India' in 2012.



- Later that year, the then President APJ Abdul Kalam felicitated him with a cash award in Mumbai. The same year, he was among the 900 experts who gathered at the seventh global conference of the International Forum for Sustainable Development at Evian in France. Sanctuary Asia bestowed on him the Wildlife Service Award. This year, he received the Padma Shri.
- This nature-lover strongly recommends making Environmental Sciences a mandatory subject, to start them young – just as he did. “If every school child is given the responsibility to grow two trees, it will surely lead to a Green India,” Payeng urges.



FELIX FINKBEINER - German Environmentalist

- Felix Finkbeiner (born 8 October 1997) is a German environmentalist and the founder of the international tree-planting and environmental advocacy organization Plant-for-the-Planet.
- In January 2007, when Finkbeiner was nine years old and in fourth grade, he gave a class presentation on global warming in which he suggested to classmates that children should plant one million trees in each country of the world. Together with many of his classmates, Felix planted a tree on 28 March

2007 and launched Plant-for-the-Planet.

- After three years, the initiative planted its millionth tree. At age 10 he spoke in the European Parliament and at age 13 at the UN General Assembly. A decade later, he leads an organisation with 130 employees internationally and 70,000 members in 67 countries.
- Plant-for-the-Planet has hosted over 1,200 Academies during which participants between 10 and 14 learn about global warming and the importance of trees, practice public speaking and make plans on how they want to contribute to tackling global warming.
- The organisation currently restores 22,500 hectares of forest on the Yucatán Peninsula in Mexico by planting on average one tree every 15 seconds.
- Furthermore, Plant-for-the-Planet leads the UN Billion Tree Campaign, as part of which 14 billion trees have been planted so far by contributing companies, organisations and governments.

Time to live the value

Discuss: The teacher will discuss with the students that educating for a sustainable future is not so much about long term final objective as is about the process of learning to make decisions that consider the long term economy, ecology and equity of all communities.

The teacher will then divide the class into groups of five and discuss pollution and the harmful effects of them.

- Each group studies one type of pollution - air, water, noise or land.
- Each group finds out causes, effects and solution.

The groups make presentation on the findings.

- Each group also prepares a banner or placard on the prevention of noise pollution. The placards can be displayed at traffic signals near the school, residential colonies and hospitals.

TRIPLE FILTER

Problems Addressed

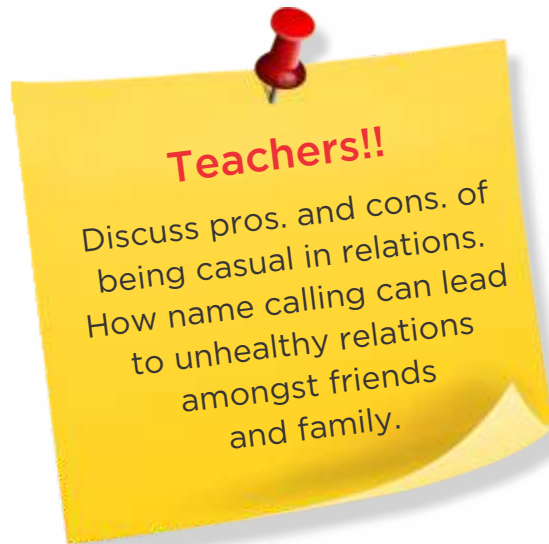
- Uncertainty and mind
- State of confusions
- When gone blank

Resources Developed

- Care and compassion
- Ability to analyze
- Critical thinking

Outcomes Offered

- Self awareness
- Conflict resolution



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



Scan code to view short film

In ancient Greece, Socrates was reputed to hold knowledge in high esteem.

One day an acquaintance met the great philosopher and said, "Do you know what I just heard about your friend?"

"Hold on a minute," Socrates replied, "Before you talk to me about my friend, it might be good idea to take a moment and filter what you're going to say. That's why I call it the triple filter test. The first filter is Truth. Have you made absolutely sure that what you are about to tell me is true?"

"Well, no," the man said, "actually I just heard about it and..."

"All right," said Socrates, "So, You really did not know if it's true or not. Now, let's try the second filter, the filter of Goodness. Is what you are about to tell me about my friend something good?"

"No, on the contrary..." said the friend.

Socrates continued, "You want to tell me something bad about my friend, but you're not certain it's true."

"You may still pass the test though, because there's one filter left - the filter of Usefulness. Is what you want to tell me about my friend going to be useful to me?"

"No, not really...."

"Well...." Concluded Socrates....

"If what you want to tell me is neither true, nor good, nor even useful, why tell it to me at all?"

"Do not waste time. Gossiping kills energy of both the people, you are gossiping about and the people you are telling it to..."





TAKE AWAY

On many of the occasions it is seen that people lose their friends and companions just because they lack a positive attitude towards criticism, if anyone points out our weakness we consider it a deliberate act of others and get offended. Remember having a positive attitude for criticism sharpens our abilities.

Exercise 2.1

Think and discuss



1. World is full of gossips, often people chatter endlessly about myriad subjects floating over many a time, in this entire course of gossip often gossips are derogatory, insinuating or weird innuendo and causes serious damage to someone's life. Discuss in group as how can we avoid discussions not healthy for others.

2. How controlling our behavior about others can promote good relations? Discuss.





3. Triple filter, a smart way to prevent unwanted or defamatory discussions can be easily implemented in our life and conflicts can be avoided. How, at your school or life you think this can be made more effective? Discuss.

Exercise 2.2

What would you do in the following situations? Describe.

1. Your teacher told you about the very poor marks your friend has scored in exam. How would you take that?

2. While traveling with your family you heard your co-passengers bantering incessantly about our political leaders. How would you react to that conversation?

3. Your group in school has a rival group and often cast malaise over each other. One day a member of rival group extended hands of friendship, how would you react?

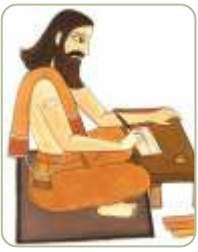
Exercise 2.3

Since nobody really has any conclusive knowledge for God, yet people spell weirdo speculations about God, if encountered the following, how should you react?

1. Someone denies the existence of God

2. Someone compares your god with their God.

You Can Learn From



PANINI - Revered Scholar

- Panini dated between 4th century BCE; and "6th to 5th century BCE" was an ancient Sanskrit philologist, grammarian, and a revered scholar in ancient India.
- Considered "the father of linguistics", after the discovery and publication of Panini's work by European scholars in the nineteenth century, his influence on aspects of the development of modern linguists is widely recognized in the profession;
- His grammar was influential on foundational scholars such as Ferdinand de Saussure and Leonard Bloomfield. Panini likely lived in Shalatula in ancient Gandhara in the northwest Indian subcontinent (modern-day Khyber Pakhtunkhwa, Pakistan), during the Mahajanapada era.
- Panini's analysis of noun compounds still forms the basis of modern linguistic theories of compounding in Indian languages. Panini's comprehensive and scientific theory of grammar is conventionally taken to mark the start of Classical Sanskrit.
- His systematic treatise inspired and made Sanskrit the preeminent Indian language of learning and literature for two millennia. Panini's theory of morphological analysis was more advanced than any equivalent Western theory before the 20th century.
- His treatise is generative and descriptive, uses metalanguage and meta-rules, and has been compared to the Turing machine wherein the logical structure of any computing device has been reduced to its essentials using an idealized mathematical model.

LATA MANGESHKAR - Nightingale Of India

- Indian people should thank God for giving birth to people like Lata Mangeshkar in India. Her voice has been entertaining and inspiring millions of people for many years.
- Lata Mangeshkar also known as 'Nightingale of India' is the most famous singer of India. Born on September 28, 1929 in Indore, Lata has been active in all spheres of Indian popular and light classical music having sung ghazals, bhajans and pop.
- In fact, she has sung over 50,000 songs in 20 Indian languages for three generations of heroines, ranging from Madhubala to ZeenatAman to Kajol.
- She even made it to the Guinness Book of Records as the most recorded artist in the world. The Dadasaheb Phalke Award was bestowed on her in 1989 by the Government of India.
- In 2001, in recognition of her contributions to the nation, she was awarded the Bharat Ratna, India's highest civilian honour and is only the second vocalist, after M. S. Subbulakshmi, to receive this honour. France conferred on her its highest civilian award (Officer of the Legion of Honour) in 2007.
- She is the recipient of three National Film Awards, 15 Bengal Film Journalists' Association Awards, four Filmfare Best Female Playback Awards, two Filmfare Special Awards, Filmfare Lifetime Achievement Award and many more.



- In 1974, she became the first Indian to perform in the Royal Albert Hall. Dilip Kumar once said, "Lata Mangeshkar ki awaaz kudrat ki takhleeq ka ek karishma hain," meaning "Lata Mangeshkar's voice is a miracle from God."
- In 2020, she was the only singer on TRA's Most Desired Personality list (all-India).



DALE CARNEGIE - American Writer

- Dale Carnegie born into poverty on November 24, 1888, in Maryville, Missouri, Dale Carnegie worked as a travelling salesman before teaching public speaking at a YMCA.
- His seminal self-help book, "How to Win Friends" and "Influence People", won him a national following and enabled him to expand the Dale Carnegie Institute into countries around the world.
- When Carnegie was in middle school, his family moved to Warrensburg, Missouri. As a boy, Carnegie was unskilled in athletics but learned that he could still make friends and earn respect because he had a way with words.
- These events brought entertainment to rural communities throughout the country and featured popular speakers, musicians, entertainers and preachers.
- Since Carnegie's death, the Dale Carnegie Institute has continued to expand and is currently a highly respected business training firm operating in 90 countries.
- Although he wrote thousands of pages of books and gave hours upon hours of lectures, Carnegie's essential message on "How to Live a Successful Life" can be summed up by his two most fundamental maxims: "Forget yourself; do things for others" and "Cooperate with the inevitable."

Time to live the value

Tolerance in day-to-day life:

Intolerance lies at the root of most conflicts in the world today, be it at a local or a global level.

Discuss:

- a. Religious intolerance
- b. Racial discrimination
- c. Rich-poor divide
- d. Any other

What was the conclusion from your discussion? Divide into groups and use any of the following methods for the same:

- 1. Street Plays
- 2. Poster campaign

BE THE CARPENTER OF YOUR UNITY

Problems Addressed

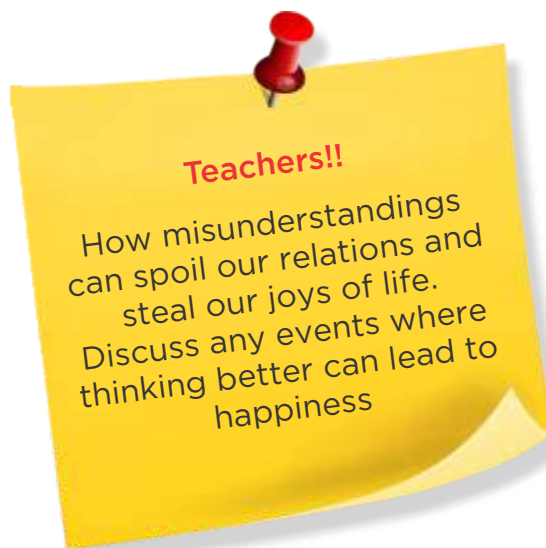
- Conflicts
- State of confusions
- Misunderstandings

Resources Developed

- Care and compassion
- Ability to analyze
- Critical thinking

Outcomes Offered

- Self awareness
- Conflict resolution



You can watch the short film
"KUCH TUM BADLO KUCH HUM" on **YouTube**



Scan code to view short film

There lived two real brothers who were famous for their love for each other, they never quarreled for anything in their life, people always quoted their examples, but lately some misunderstandings started creeping in them, they were often seen despising each other. It was the first serious rift in 40 years of farming side by side, sharing machinery and trading labour and goods as needed without a hitch. Then the long collaboration fell apart. It began with a small misunderstanding and it grew into a major difference and finally it exploded into an exchange of bitter words followed by weeks of silence. One morning there was a knock on Ramdeen's door.

He opened it to find a man with a carpenter's toolbox. "I'm looking for a few days work," he said. "Perhaps you would have a few small jobs here and there. Could I help you?"

"Yes," said the older brother. "I do have a job for you. Look across the creek at that farm. That's my neighbour, in fact, it's my younger brother Naamdeen. Last week there was a meadow between us and he took his bulldozer to the river levee and now there is a creek between us. Well, he may have done this to spite me, but I'll go him one better. See that pile of lumber curing by the barn. I want you to build me a fence - an 8-foot fence - so I won't need to see his place anymore. Cool him down, anyhow."

The carpenter said, "I think I understand the situation. Show me the midland the post-hole digger and I'll be able to do a job that pleases you."

The older brother had to go to town for supplies, so he helped the carpenter get his materials ready and then he was off for the day. The carpenter worked hard all that day measuring, sawing, nailing. About sunset when the farmer returned, the carpenter had just finished his job. The farmer's eyes opened wide, his jaw dropped!

There was no fence at all. It was a bridge - a bridge stretching from one side of the creek to the other! A fine piece of work handrails and all -

and the neighbor, his younger brother, was coming across, his hand outstretched.

“You are quite a fellow to build this bridge after all I’ve said and done.”

The two brothers stood at each end of the bridge, and then they met in the middle, taking each other’s hand. They turned to see the carpenter hoist his toolbox on his shoulder. “No, wait! Stay a few days. I’ve a lot of other projects for you,” said the older brother.

“I’d love to stay on,” the carpenter said, “but, I have many more bridges to build.”



TAKE AWAY



- Unity will always lead to prosperity.
- Differences might occur in different people, but let the differences should not create rifts in us.

Exercise 3.1

Below is the list of words or expressions accruing in conflict or cooperation, separate them in accordance to their effect in the tables given below:-

Discord, disharmony, alliance, association, collaboration, confederation, connection, hookup, liaison, dissension (also dissection), dissent, dissidence, dissonance, disunion, disunity, division, friction, infighting, in harmony, schism, strife, variance, war, warfare, clash, collision, competition, contention, affiliation, linkup, partnership, relation, relationship, tie-up, union



Cooperation



Conflict

Exercise 3.2

Think and answer



1. We have innumerable choices and preferences, not necessarily others shall hold opinions like us. What shall be our reactions on facing a counter opinion?



2. Sometimes people go quite deliberate when they differ from us, if not handled properly these difference of opinions can stay permanently in our life, how do you think one can avoid difference of opinions from going permanent?



3. Ramdeen and his brother Namdeen had been quoted for their unity but suddenly their differences reached to the level of permanent block, what do you think was the turning point in their relation coming back to normaly ?

Exercise 3.3

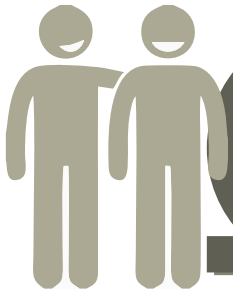
What pictures come to your mind when you hear the word conflict.
How do you think following acts would affect conflicts?

Act	Effect in conflict
Smile	
Making faces	
Shaking hands	
Ignoring	
Commenting	
Staring	

Exercise 3.4

While playing with your friend or your peer, suddenly some playing equipments break down. State your reaction if your friend or peer resorts to following reaction.





Assures
you
of no
worries

--

--

Brings
another
toy for
playing



Walks
away
from you

--	--

You Can Learn From



RAJA RAM MOHAN ROY - Social Reformer

- Ram Mohan Roy (22 May 1772 – 27 September 1833) was one of the founders of the Brahmo Sabha, the precursor of the Brahmo Samaj, a social-religious reform movement in the Indian subcontinent.
- He was given the title of Raja by Akbar II, the Mughal emperor. His influence was apparent in the fields of politics, public administration, education and religion.

- He was known for his efforts to abolish the practices of sati and child marriage.

Raja Ram Mohan Roy is considered to be the "Father of the Indian Renaissance" by many historians.

- Ram Mohan Roy was a great scholar of Sanskrit, Persian and English languages and also knew Arabic, Latin and Greek.
- He preached the unity of God, made early translations of Vedic scriptures into English, co-founded the Calcutta Unitarian Society and founded the Brahma Samaj.
- He sought to integrate Western culture with the best features of his own country's traditions. He promoted a rational, ethical, non-authoritarian, this-worldly, and social-reform Hinduism.
- He dreamed of bringing together the positive aspects of Eastern and Western cultures. Hence, he supported the introduction of English education in India.

JAYAPRAKASH NARAYAN - Socialist And Political Leader

- Jayaprakash Narayan was an Indian independence activist, theorist, socialist and political leader.
- He is also known as the "Hero of Quit India Movement" and he is remembered for leading the mid- 1970s opposition against Prime Minister Indira Gandhi, for whose overthrow he had called for a "total revolution".
- Popularly known as 'Lok Nayak', Jai Prakash Narayan was a great freedom fighter and political leader. He was a leader (Nayak) of the people (Lok).
- He is remembered especially for leading the opposition to Indira Gandhi in the 1970s and for giving a call for peaceful Total Revolution. He was an author too. His essay, 'The present state of Hindi in Bihar' won a best essay award.
- He was dedicated social worker and took part in the Bhoodan Movement to give land to the poor and landless people of India.
- Lok Nayak Jai Prakash Narayan was awarded posthumously India's highest civilian award, the 'Bharat Ratna' in 1999. He was also awarded by 'Ramon Magsaysay Award' in 1965.
- Jai Prakash Narayan died on 8 October 1979 in Patna, Bihar, India. He was a great Indian Hero and will always be remembered as the true patriot and sarvodaya leader of India.





ROSA PARKS - American Activist

- Rosa Parks has gone down in history as an ordinary, elderly black woman who spontaneously kick-started the modern African American civil rights movement.
- It all began in December 1955, when Parks was arrested for civil disobedience: she had refused to give up her seat to a white passenger on a crowded bus in the racially segregated town of Montgomery, Alabama.
- Her defiance sparked the push for racial equality, which brought civil rights superstars such as Martin Luther King Jr into the public eye, and changed the world forever.
- In Australia, students from the University of Sydney undertook their own “freedom ride” in 1965 to expose racism against the country’s indigenous inhabitants.
- Meanwhile, in the United Kingdom, it was an inspiration for the Bristol bus boycott of 1963 and the Northern Ireland civil rights demonstrations later in the decade.
- Rosa Parks died in 2005. She earned her place in history, alongside hundreds of other brave men and women who helped end racial segregation by statute.
- Even today, the Black Lives Matter movement in the United States – sparked by the unlawful police killing of African Americans – demonstrates that the activist spirit unleashed in Montgomery in 1955 lives on.

Time to live the value

Value Focus: Relevance of goal setting in team work. The teacher sets the tasks for her students by asking them to prepare a newsletter for the school covering the activities of the entire school

for four weeks.

She assigns topics for the newsletter and creates groups. The topics can focus on school activities, assembly, intra house competitions, games and matches.

After collecting material the group reassemble and together prepare the newsletter. Through this activity they learn the associated values: responsibility, creativity, team bonding, respect for others, discipline, value of time as well as importance of goal setting.

I CAN STAND FEAR

Problems Addressed

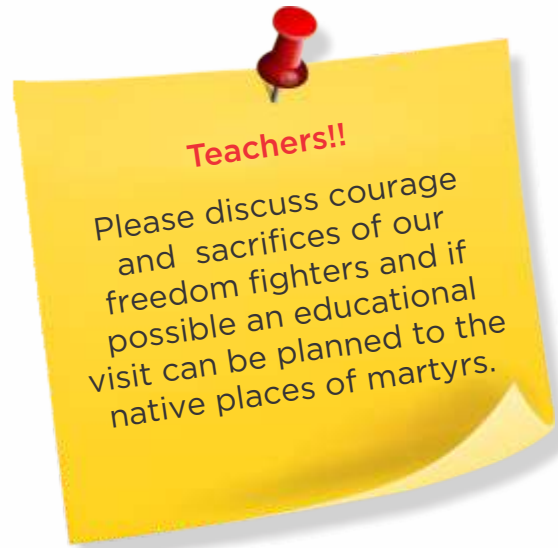
- Feeling helpless
- Feeling powerless
- Seeing what you can't do

Resources Developed

- Caring for others
- Acting with confidence
- Believing you can help
- Taking the first step

Outcomes Offered

- The joy of winning
- Discovery of your own abilities
- The rewards of courage



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



Scan code to view short film

Recall any moment from your life when you felt helpless or you were in state of complete loss as what to be done next, sometimes situations take complete hold of our abilities by putting at the mercy of events.

Once some country dogs were passing through a town. They were happily moving around when a large number of town dogs made a fierce attack on them.

The country dogs scampered off in terror with their tails between their hind legs. But one among the country dogs was not so cowardly. he gathered up some courage and instead of running away, he turned upon the town dogs. With his tail curled up and showing his canine teeth with savage snarls he exhibited his readiness to face them and fight them all.

This act of bravery scared the town dogs and they stopped advancing toward them. But they kept growling for some time. When they saw that their growling and their number also could not deter the courageous dog standing before them, the town dogs began receding one by one.



TAKE AWAY



Courage is the key to control, courage precedes success. Sometimes overwhelmed and anxiety brings down our abilities, specially in demanding situations our ability to hold on our nerves increases our chances of winning many folds. Be courageous be victorious.

Exercise 4.1

Think and Discuss.



1. Life is full of activities, situations unfold every moment, nothing remains the same. Imagine a life if things were not changed, how would have life been with same events? For example, if there were no seasons or it was only raining.



2. Courage has been the key for us to deal with odds of life. Discuss what it takes to be courageous in life.

Exercise 4.2

Imagine and respond as what you would have done in the following situations



Situation	Response
You are walking alone in your colony lane and suddenly you hear a barking dog charging towards you	
While playing you are confronted with your rival team players for a foul you made unknowingly	
When you woke up in night disturbed by the chaos of sounds coming from road outside	
When your class was full of chaos and everybody seemed reluctant to obey the order of monitor	
When you were accused of some misdeeds you haven't committed	

Exercise 4.3

Agree or disagree

In the followings you are given a situation, respond to the same with your opinion as in agreement or contrary.

1

We should never care about wild animals.

Agree

Disagree

2

No animal can harm us.

Agree

Disagree

3

We must seriously analyze situation before reacting to it.

Agree

Disagree

4

No situation in the world exists that man can't handle.

Agree

Disagree

5

Knowledge is the key to confidence.

Agree

Disagree

Exercise 4.4

From the given words, separate them according to the category they belong to us as given below.

audacity, bravery, daring, determination, endurance, fearlessness, firmness, fortitude, gallantry, grit, heroism, prowess, spirit, spunk, tenacity, valor, wimp, alarmist, baby, caitiff, cur, dastard, deserter, funk, invertebrate, jellyfish, mouse.



Courage



Coward

You Can Learn From



MAHARANA PRATAP - Greatest Patriotist

- Maharana Pratap was one of the greatest patriots of our country. He was not only the pride and glory of Rajasthan but also of the whole country. He was the ruler of Mewar.
- He was the son of Rana Udai Singh and the grandson of great Rana Sanga. Maharana Pratap was undoubtedly, the bravest soldier of his time. He never feared of death.
- Rana Pratap heard of the invasion. He went with his army to Haldighati. There the Rajputs and Mughals fought a hand to hand fight. Rana Pratap led his army. He wore the royal helmet. He was mounted on his famous horse, Chetak. He scattered the Mughal army.
- He fought bravely against the mighty army of Mughals. He had a high sense of self – respect. It was his love for the country that he fought against the mighty Mughal Empire.
- The Rajputs were defeated. Rana's life was in great danger. A Shishodia Chief saw this. He exchanged his helmet with that of the Rana. The Mughals took the chief to be Rana.
- He was surrounded by the enemies, while Pratap escaped. In fact, he never wanted to do that. He had to do so against his will. Rana Pratap had to go to the Aaravalli Hills. He remained there with his family and some faithful Rajputs.
- Here Rana suffered many difficulties. Sometimes, he did not get meal for his children. But he did not surrender. With the help of Bhama Shah, Rana reorganized his troops and won back a part of his kingdom.
- Every Indian feels proud of Rana Pratap.

RIFLEMAN JASWANT SINGH - Mahaveer Chakra

- Rifleman Jaswant Singh Rifleman Jaswant Singh Rawat was born on 19 August 1941 to Shri Guman Singh Rawat, at village Baryun in Pauri Garhwal district of Uttarakhand.
- Rifleman Jaswant Singh joined Indian Army on 19 Aug 1960 at the age of 19 years. He was recruited into 4 Garhwal Rifles of the famed Garhwal Rifles Regiment, known for its gallantry and many battle honours in various operations.
- During 1962 Indo-China war, Rifleman Jaswant Singh's unit was deployed in the NEFA region. When the troops of Garhwal Rifles were given the command to return back from Battle of Nuranang, a 21-year-old Sepoy from the unit refused to leave the battleground.
- In a display of rare courage, he held the post and gave a tough time to the Chinese soldiers with his dare-devilry. Rifleman Jaswant Singh was martyred in the battle, but fought courageously for three days, and almost to the last man.
- Rifleman Jaswant Singh was martyred but his daredevil action silenced the MMG and a major threat was neutralized. This turned the course of the battle and eventually the Chinese retreated, suffering a loss of 300 soldiers.
- Rifleman Jaswant Singh was awarded the Maha Vir Chakra for his exceptional bravery, unyielding fighting spirit, and supreme sacrifice.
- Rifleman Jaswant Singh's unit, 4 Garhwal Rifles was awarded the battle honour Nuranang, the only battle honour awarded to an Army unit in the Sino-Indian war of 1962.





GIUSEPPE GARIBALDI

- July 1807 – 2 June 1882) was an Italian general, patriot, and republican. He contributed to the Italian unification and the creation of the Kingdom of Italy.
- He is considered by many to be one of the great generals of modern times and one of Italy's "fathers of the fatherland", along with Camillo Benso, Count of Cavour, Victor Emmanuel II of Italy and Giuseppe Mazzini.
- Garibaldi is also known as the "Hero of the Two Worlds" because of his military enterprises in South America and Europe. Garibaldi was a follower of the Italian nationalist Mazzini, and embraced the republican nationalism of the Young Italy movement.
- He became a supporter of Italian unification under a democratic Republican government. After participating in an uprising in Piedmont, he was sentenced to death, but escaped by sailing to South America.
- He spent 14 years in exile, taking part in several wars and learning the art of guerrilla warfare. His last military campaign took place during the Franco-Prussian War, as commander of the Army of the Vosges.
- Garibaldi became an international figurehead for national independence and republican ideals. He was showered with admiration and praises by many intellectuals and political figures, such as Abraham Lincoln, William Brown, Francesco de Sanctis, Victor Hugo.

Time to live the value

Reinforce the concept of caring by creating an action group in class. Develop a list whereby this group can show active concern for others.

Think of ways your group can collect items for the hungry or homeless.

- Think of ways to help people who are alone, confined, sad or overworked.
- Think of ways to help underprivileged children.
- Think of ways to help the elderly, single parents or disheartened unemployed people.
- Think of ways you reflect care for your natural heritage.

Put yourself in similar situations and adopt ways for sustainable class effort for the term. Make posters to create awareness. At the end of the term evaluate the result of your class effort.

I LOVE MY GRANDFATHER

Problems Addressed

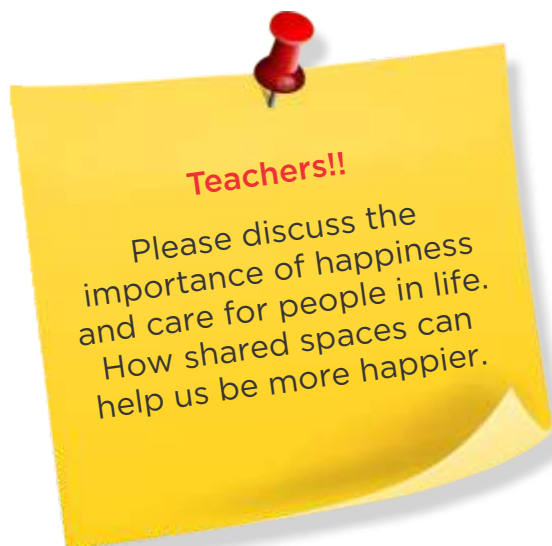
- Feeling helpless
- Feeling powerless
- Seeing what you can't do

Resources Developed

- Caring for others
- Acting with kindness
- Believing you can help
- Taking the first step

Outcomes Offered

- The joy of caring
- Discovery of your own abilities
- The rewards of kindness



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



I am sure you have heard the story of Goldilocks and the Three Bears but have you heard of Grandpa and the Four Bears? When Goldilocks visited, a long time ago, there were only three bears. Now there are four Little Bears, Big Brother Bear, Mama Bear, and Papa Bear. Since Goldilocks' visit, Grandpa Bear had come to stay with the Bear family, too. He was a frail old bear whose coat had turned gray, whose paws shook when he tried to eat, and whose shoulders bent forward as if he was tired of standing.

Little Bear loved Grandpa Bear. Grandpa Bear always listened to Little Bear when everyone else was too busy rushing off to gather honey or something. Grandpa Bear would never say "No" when Little Bear wanted to sit quietly on his lap and be told a story... and Grandpa Bear had some great



stories. Little Bear also felt sorry for Grandpa Bear, whose paws shook so much at times that his spoon might miss his mouth and spill porridge all over his fur. Sometimes he would drop his bowl on the hard floor, smashing the bowl and making a big mess.

Mama Bear and Papa Bear would get annoyed with him. Apart from the fact that he was breaking all the bowls Goldilocks had made famous in her story, they had to clean up after him. "As if there isn't

enough for us to do already,” they would complain.

Big Brother Bear would say things like, “Grandpa Bear’s got Craft’s disease. He Can’t Remember A Flaming Thing,” and laugh out loud. Little Bear knew Big Brother Bear was teasing her, but still it hurts and she hated him for it. She wanted to help Grandpa Bear, but what could she do?

One day when Grandpa Bear had dropped his bowl yet again, Little Bear got down on the floor and picked up all the pieces. She then asked Papa Bear if he had any glue.

“Why do you want glue?” asked Papa Bear.

“So I can stick Grandpa Bear’s bowl back together and keep it for you and Mama when I have grown up,” answered Little Bear.

Papa Bear quietly sat back in his Papa Bear’s chair and looked at Mama Bear in her Mama Bear chair. For a moment they just looked at each other. After that Little Bear noticed they were kinder to Grandpa Bear. They bought him a special grandpa plastic bowl that wouldn’t slip off the table so easily and wouldn’t break if he did drop it. They didn’t seem to care so much if he spilled porridge down his fur or made a mess on the tablecloth. They talked to him more and listened to his stories, even if they had heard them before.



So our story has a happy ending. With thanks to Little Bear, Mama Bear and Papa Bear were happier. Big Brother Bear . . . well, he was much the same as he always was. Grandpa Bear was certainly happier. And Little Bear was happier, too.



TAKE AWAY

- Families familiarize kids with world.
- Tolerance is the key to unity.
- Let's learn from mistakes.

Exercise 5.1

Errors and mistakes are two different things, errors are committed without knowing but mistakes are committed even while we know them, given are some situations, categorize them in errors and mistakes.

1

Forgot to return sharpener you borrowed from your friend.

Error

Mistake

2

Struck the table while entering the class.

Error

Mistake

3

Pulled hair of your classmate sitting on next table.

Error

Mistake

4

Elbowing neighboring student in assembly.

Error

Mistake

5

Yelling out at your friend.

Error

Mistake

6

Refusing to switch off TV.

Error

Mistake

7

Listening music loudly.

Error

Mistake

8

Again forgot to put water tap off.

Error

Mistake

9

Rushing down the stairs at the leaving time.

Error

Mistake

10

Missed the school bus.

Error

Mistake

Exercise 5.2

While being careless we sometimes continue to repeat our mistakes and later it turns out in our habits, describe the possible intervention of the following situations that it doesn't lead into a bad habit. One example is already given for you.

General error

Redemption

Ex



Getting up late in the morning.

Can have alarm clock or immediately get off the bed as soon as wake up

1



Reaching late to school.

2



Not finishing home assignment given by teacher.

3



Not finishing home assignment given by teacher.

4



Unable to find notebooks at home.

Exercise 5.3

Think and answer



1. Why were papa bear and mother bear unhappy with Grandpa bear?



2. Was Grandpa bear committing mistakes intensely?



3. Baby bear was trying to help his Grandpa bear.
Do you agree?



4. Kindness and love are important qualities of families.
Justify the statement.

Exercise 5.4

From the following acts classify them in the categories followed

1

Stepped over
friend's feet



2

Spoiled table while
having lunch in class



3

Pulled and dragged
student while playing



4

Refused to lend help
as was in hurry



5

Screaming loudly for
disliked food served



6

Refusing to lend ears
when parents denied
your friend's home
visit



You Can Learn From



RAMAKRISHNA PARAMAHAMSA - Philosopher

- Ramakrishna was born on February 17, 1836 in a religious Brahmin family of Chatterjees or Chattopadhyaya in Bengal at the village Karmapukur in the Hooghly district.
- When Ramakrishna was 17 years old was given the duties of priest which he performed quite satisfactorily. His piety, devotion, honesty, purity of heart and specially lots of patients impressed everyone.
- Later Ramakrishna was appointed the permanent priest of the famous Dakshineswar Kali temple. He practiced asceticism, deep meditation, reciting the thousand names of God. Consequently, he began to have visions of the Divine Mother Kali.
- Gradually this realization depend and he began to have long spells of divine intoxication. With it his sadhana grew more and more intense. He often suffered from divine madness and had prolonged spiritual fits which ultimately led him to God-realization.
- He always looked upon his wife Sarda Devi as the visible representation of the Divine Mother.
- He had many notable and well-known devotees who felt highly privileged to spend a few hours in his divine company listening his teachings and sermons which were often so simple, full of sayings, epigrams, anecdotes and in the form of dialogues.

AMITABH BACHCHAN - Millennium Star

- Tough time lasts but tough people don't. Amitabh Bachchan is one such person who faced many ups and downs in his life. In the beginning of his career in the film industry he struggled to get a good role due to his height and unconventional voice.
- But with his determination, he established himself as an actor. However, when he had reached to a superstar status he met a major accident in the film sets of Coolie.
- That accident had almost cost his life but destiny had something other in the store. He started his re-birth with extra vigour and gave many superhit movies. He essayed many award-winning performances, for Agnipath he also received a National Award for acting.
- Amitabh Bachchan was born in Allahabad on October 11, 1942. His father; Harivansh Rai, one of the most popular Hindi poets, was himself a legend by then. His father a strict disciplinarian, with an open mind and strong temper, he inspired Amitabh a lot and helped him to take his decisions on his own.
- His mother was a Sikh from Karachi, Pakistan (the then Punjab) and was strong in her values and in her beliefs. In-a way he got lovely blend of these cultures, which can be easily seen, in Amitabh's attitude and aura.
- He first appeared in Saat Hindustani but the film sank without making any impact. Then followed months of struggle. Ironically, known for his rich voice, he was rejected by the All India Radio.



- After some more flops, he even played villain to Navin Nischol's hero in Parwana. Then happened Zanzeer which changed the course of his life.
- Sir Lawrence Oliver declared him as 'The Actor of the Millennium' in the BBC News Poll. Besides that he became the first Asian actor whose wax model is displayed at Madame Tussaud's Museum of Wax Models in London, UK.
- Nobody else ever had this deadly combination of unmatched talent and charisma and nobody else will ever have it in future. Then there was style, polish and a great deal of seclusion encouraging rumours and augmenting the aura.
- Anyway if looked at it, the man radiates power. To recapitulate there has only been one super star in India, and that is Amitabh Bachchan.



KARL MARX - Philosopher

- Karl Heinrich Marx (5 May 1818 in Trier – 14 March 1883 in London) was a German political thinker who wrote about economics and politics.
- Marx thought that if a place that works together runs on wage-labor, then there would always be class struggle.
- Marx thought that this class struggle would result in workers taking power. He believed that no one should have power over another, that everyone should be equal. His most famous book was the Communist Manifesto.
- He wrote it with Friedrich Engels in 1848. The book is about the ideas and aims of communism. His ideas are called Marxism. His most important work is Das Kapital, or The Capital.
- Das Kapital describes how "capitalism" works and the problems this creates, such as division of labour, alienation and exploitation. Marx's ideas have been thought of as responsible for socialist revolutions.
- Marx's most popular theory was "historical materialism", arguing that history is the result of material conditions, rather than ideas. He believed that religion, morality, social structures and other things are all rooted in economics. In his later life he was more tolerant of religion.
- Marx also wrote the Economic and Philosophic Manuscripts of 1844, a critique of political economy in which he discusses topics such as labour wages, labour rent, and capital profit, and his ideas of how to change the economy, including proletarian socialist revolution and an eventual communist society.

Time to live the value

Celebrate all festivals in your class by:

- a. Decorating your class according to the festival.
- b. Bringing food prepared to signify a particular festival.
- c. Bringing food of the regional / local flavour.
- d. Discussing the spirit behind each festival.

I CAN FLY

Problems Addressed

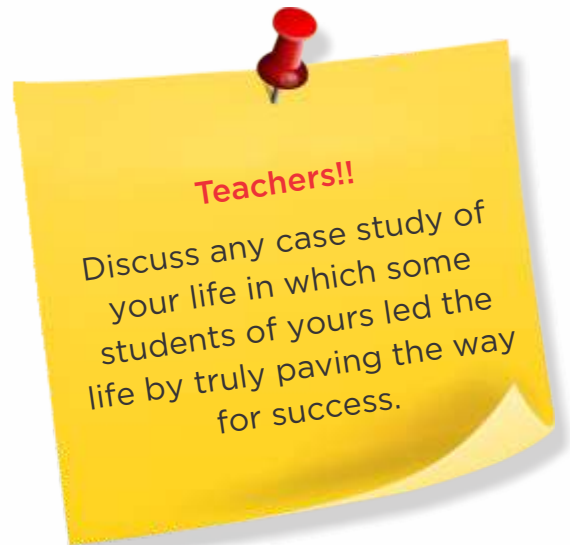
- Changing behavior
- Shouting and loudness
- Perseverance
- Resistance

Resource Developed

- Kindness
- Determination

Outcome Offered

- Change achieved through perseverance



You can watch the short film "SACCHI LAGAN" on [YouTube](#)



There in deep jungle on an lonely rock, lived a happy family of parrots. Ana, Mana and Nana three baby parrots and their parents. Mother parrot was very happy for the baby parrots as she liked their little mischiefs and cluttering voices. Mother parrot loved feeding her baby parrots with delicious nuts and berries of jungle because they were too little to fly their own and have food for themselves that's why all the baby parrots waited eagerly for their mother to return with their food.

When baby parents grown enough to fly, she thought to teach them flying, and to make them fly she took them near the edge of rock and asked them to flutter wings up and down and rise in air, having seen their mother Mana and Nana followed and were enthralled to see themselves floating in air. Both were very happy to fly like their mother but little Ana was scared of height and refused to fly, Mother parrot pampered Ana to fly but to no avail.



Whole family was upset because Ana was not flying like them all, mother parrot shared the incident with father parrot, he thought for a while and said," I will try with Ana, don't worry, she will fly". Everybody went to sleep for the night and wake up next morning.

Let's go, Let's go! Ana, it's time to fly, lets touch the sky, asked both brothers Mana and Nana indicating towards sky to Ana, But she was already scared and didn't move a bit.

Come on Ana, "Said the father". I will be with you, don't worry, we'll not let you fall. Come on !

Yea... we'll be there with you Ana, don't worry exclaimed both brothers as well, and started to fly over Ana. Ana was watching them

fly and wanted to fly but she was scared, suddenly she found herself in air as her father had lifted her with his talons.

After reaching to a height father parrot dropped Ana little loose and flew with her falling with all family members,

“Come on Ana, Flap your wings, twitch your tail, flutter fast” cried all family members. Hesitatingly Ana tried her wings flap and slowly she was able to flutter them fast enough to fly, Now Ana was flying high in the sky, everybody was happy to see her fly.



TAKE AWAY

Not everyone holds challenges and opportunities in the same way as others, sometimes people stand challenges firmly and excel well, but sometimes challenges crumble people because a firm determination is missed. Remember being deterministic holds key of success for us.

Exercise 6.1



1. Why do you think Ana was not able to fly?

2. How does our confidence increase when we have someone around to help us?





3. What do you think would have happened to Ana if her family didn't help her?

Exercise 6.2

What generally comes to your mind instantly after seeing anything is known as our gut feeling which defines our nature, but in the journey of life we can train ourselves to achieve better, here are given few instances which differ in our first hand thought and needed thought of life. Based on examples state your feelings in the options given.

After seeing		First thought to mind	Our decisions
	A blind man standing at roadside.		
	A child willing to cross the road.		
	A young man begging.		



A man crying in pain
after accident.



A small boy willing
to board the bus.



Exercise 6.3

Success in life comes after a great deal of hard work which requires a firm determination and commitment towards our goal. Given are some examples which inspire us to achieve better in life. State your opinions how would have they planned their life to rise to that height, one example is given for you.

Ex.



Sachin Tendulkar

Has been very punctual about his training, never compromised with his training schedules, was always on training ground before time, regularly participated in fitness camps, never enjoyed his position over junior players, was a committed sportsman to his health.

1



Swami Vivekananda

2



A. P. J. Abdul Kalam

3



Lal Bahadur Shastri

4



Bill Gates

5



Kalpana Chawla

Exercise 6.4

On various occasions of our life we encounter some juicy distractions that destruct our focus from our objectives, tempted of those we sometimes miss our objectives, given below are some cases of objectives and juicy distractions with suggested opinions to avoid them, ascribe the possible answers of yours for the given options .

Sr. No.	Objective	Possible distractions	Advised suggestions
1	Need to qualify for a competitive exam	Indiscipline, past times with friends	
2	Participate in a music competition		
3	Participate in district basketball tournament		
4	Prepare for final exams		
5	Participate in a marathon organized by city group		

You Can Learn From



MADAN MOHAN MALVIYA - Indian Educator

- Madan Mohan Malviya' was born on December 25, 1861 in Allahabad. His grandfather Pt Premdhar and father Pt Baijnath were Sanskrit scholars.
- Madan Mohan's education began at the age of five. He was a diligent boy. He matriculated in 1879 and joined the Muir Central College and graduated from the Calcutta University in 1884.
- He wished to devote himself entirely to the service of the nation. Though he studied law and passed the LLB examination in 1891 yet he was not interested in legal profession.
- He was given the title of 'Mahamana'. He is most remembered as the founder of Banaras Hindu University (BHU) at Varanasi.
- Madan Mohan Malviya was a great Scholar, educationist, man of action and a leader of the national liberation movement. He became popular for his outspoken views about the British, the abject poverty of the masses and the indifference of the British towards them.
- Madan Mohan Malviya was a conservative in social matters. He believed in the 'Vamashrama Dharma' (caste system). He was known for his gentleness and humility. It will be true to say that he considered responsive co-operation a better policy than civil disobedience.
- He died on November 12, 1946 at the age of 85. He was posthumously conferred with Bharat Ratna, India's highest civilian award, on 24 December 2014, a day before his 153rd Birth Anniversary.

SUDHA CHANDRAN - A Living Legend

- Sudha Chandran' was born on 21 September 1964 in Kerala, India. She got her higher education from Mumbai, India. Sudha Chandran was born in a middle class family living in Mumbai, India.
- At the stage of three, she started learning Indian Classical Dance. Soon she became one of the most promising pupils of Bharat Natyam, a Classical Dance form.
- Sudha had just turned sixteen when she and her parents set off on a vacation to South India. On their return journey, their bus was hit by a truck. It was a terrible accident and Sudha had fractured her leg.
- Unfortunately, the fractured foot got infected and lastly removed. She was fitted with an artificial foot.
- Sudha resumed dance lessons. It was not easy at all with artificial foot. Her strong will and hard work paid off. Very soon she started dancing in front of an audience again.
- Soon she became very popular. Inspired by her story, in 1982 'Mayuri', a Telugu film was made. She acted in the film herself. Later, in 1986, it was remade in Hindi, and called 'Nache Mayuri'.
- After that she acted in many other films, too. Her television serials are also screened in several countries. Sudha Chandran is much more than an actor or a dancer-- She is a living legend.





KAROLY TAKACS

- Károly Takács (21 January 1910 – 5 January 1976) was the first shooter to win two Olympic gold medals. There was in Hungary, Karoly Takacs, one of the best pistol shooters of the country.
- He had won every national shooting championship during his career and was focus to win the Olympics in 1940.
- As he was a sergeant in the Hungarian army, while he was training in a camp, a faulty grenade exploded in his right hand.
- He was right-hand, so his dream vanished with that explosion. He only had two options: to give up his dream and curse his fate for the whole of his life or to stand-up once again for his dream and get what he planned.
- So, leaving the pain behind, he stood up for his dream again but this time with his left. At that time, he wasn't even able to write with his left hand but he didn't give up.
- He received treatment for his right hand for one month and right then he began training for his left hand. People cursed him, de-motivated him and even underestimated him.
- But leaving everything on his back, he kept moving. Right after one year he again participated in the national shooting championship.
- Seeing him there, the other participants praised him for coming to watch them, but he replied: "I am not here to spectate but to compete with you all."
- After that, he was focusing on 1940 Olympics, but they got canceled due to the World War. Then he focused on the 1948 Olympics. In 1938, his age was 28 years, but in 1948 his age was 38 years.
- We all know that it is too difficult to compete with young players, as they are more sharp and agile. The Olympics started.
- There were best pistol shooters of the world who were competing with their best hand, but Karoly was competing with his only hand, and guess what... The Man With The Only Hand Won. He got what he aimed for.
- So the journey doesn't end where you lose your resource, it ends where you give up, where you think that you can't do it, it ends where you defeat yourself by your hand.

Time to live the value

Discussion: The teacher discusses the disregard for traffic rules and the problems caused by the violation. The following points can be highlights.

- Underage driving
- Ignoring traffic rules
- Drinking and driving
- Speeding etc.

The teacher will then ask the students to go through the newspaper reports and note down

how many such incidents are reported in a week. The teacher then asks the students to create a poster campaigning for adhering to traffic rules. These can be put up on the school display board or be a topic for the assembly.



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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