

- Do you remember the Teacher's Day, when our Prime Minister spoke to the children country wide? (Mann ki Baat)
- Do you remember how it was transmitted?
- That medium of communication used is known as video conferencing.



(Children from different centres are participating in the video conference.)

A video conference was organized by the “Youth Club” in Jaipur. The subject of the conference was, “What's the way out”? Teenagers discussed their problems with well-known counsellors Dr. Bhatnagar and Dr. Smita Garasiya. They guided the teenagers towards the right path.

The secretary of the youth club introduced the counsellors and welcomed all.

**Anchor** : Let's begin the conference with a question from Dudu, Jaipur.

**Boy** : Namaskar Sir, I am Ramesh from Dudu.

**Dr. Bhatnagar** : Good morning, Ramesh. Please tell us how old you are and which class you study in.

**Ramesh** : Sir, I am fifteen and study in Class X.

**Dr. Garasiya** : Ok, Ramesh. What do you want to ask?

**Ramesh** : Sir, I am not able to concentrate on my studies, and I will be appearing for my board examinations this year. I couldn't score good marks in my half yearly exams. Now what to do?

**Dr. Bhatnagar** : Ramesh, it's because you lack in self-confidence.

**Ramesh** : Yes sir, I do. I am not able to concentrate which has made me indecisive. I am not able to take any decisions. I prepare a time table but can't follow it. I think I am good for nothing. My parents also don't understand me. How can I build up my confidence?



**Dr. Garasiya** : Well Ramesh, don't lose hope. Your parents do love and understand you much better. They are worried about you and your future. In true sense, they are your guide. Be optimistic.

**Dr. Bhatnagar** : Ramesh, as you said that you prepare a time table and can't follow it, tell me how many days you plan for.

**Ramesh** : I go for a monthly planning.

**Dr. Bhatnagar** : Ramesh, don't plan for a long period. Don't set such a difficult goal to achieve. Be practical. Plan only for one day and try to follow it. Get habituated to do like this.

**Ramesh** : Will it build confidence in me?

**Dr. Bhatnagar** : Certainly. Make it a rule to follow your timetable regularly. Practise 'Yoga' regularly for concentration. Yoga will definitely strengthen your mind, which will also help you to concentrate on your studies and build up confidence.

**Ramesh** : Thank you sir. I will certainly follow your advice.

**Anchor** : Perhaps Ramesh will be confident now. Let's listen to a young girl online.

**Girl** : Pranam Sir, I am Mumal from Bundi. I study in class IX.

- Dr. Garasiya** : What's your question, Mumal?
- Mumal** : Madam, I have a friend who wants to know how to get rid of pimples.
- Dr. Garasiya** : Don't worry, Mumal. It is a common problem amongst teenagers. What has she done so far?
- Mumal** : She applied various creams but nothing has worked.
- Dr. Garasiya** : Tell her not to worry so much. Don't touch skin and pimples with nails. Clean the face with water and mild soap at least twice or three times a day. They are sure to go.
- Mumal** : But how? She is tired of applying creams now.
- Dr. Garasiya** : Don't get carried away by the TV advertisements and newspapers. Eat healthy, eat a lot of green vegetables, salad, fruits, etc. Drink ample of water daily. Say no to oily and spicy food, chocolates and fast food.
- Mumal** : Thank you, madam.
- Anchor** : Here is Rahim from Pokharan, Jaisalmer with a query to make.
- Rahim** : Good morning sir, My query is, does a blood donor also acquire HIV?
- Dr. Bhatnagar** : That's a good question. By the way, a student like you cannot donate blood. The age for donating blood is 18 and above.
- Rahim** : I still want to know.
- Dr. Bhatnagar** : It is quite safe to donate blood to an HIV patient. The blood donor can't get infected because the instruments are sterilized.
- Rahim** : Thank you, sir.



- Anchor** : Here's Gautam from Devali, Udaipur. Let's listen to Gautam's problem.
- Gautam** : Namaste sir, I am Gautam from Devali, Udaipur district. I have a bad habit of chewing gutkha. It has spoiled my teeth. I want to get rid of this.
- Dr. Garasiya** : In which class do you study?
- Gautam** : Sir, I'm in class VIII.
- Dr. Garasiya** : How old is your habit and how often do you chew a gutkha?
- Gautam** : I have been chewing gutkha for the last two years. I chew it 7-8 times a day.
- Dr. Bhatnagar** : That's terrible. Tell me about your hobbies.
- Gautam** : My hobbies are reading newspaper, watching TV and playing games on mobile. I play on Tabla too.
- Dr. Bhatnagar** : That's good. Now whenever you feel like chewing gutkha, read an interesting news item or article from a newspaper, watch TV or play on Tabla. Be with your friends and talk to them. Play games of your choice. Try to keep your mind engaged in different activities. I'm sure you'll be able to get rid of this bad habit.
- “Where there is a will, there is a way.”**
- “You can.”**
- Gautam** : Thanks to you sir, Now I'm sure I will purge myself of this bad habit.
- Anchor** : So friends, now it's time to say good bye on behalf of the youth club. I thank Dr. Bhatnagar and Dr. Smita Garasiya for guiding the teenagers. I'm also obliged to the boys and girls who trusted us and shared their problems.
- Good bye. Take care!

**Glossary:**

counsellor	:	advisor, guide
indecisiveness	:	state of not taking decision easily
concentrate	:	give all attention to
build-up	:	increase
optimistic	:	hopeful
goal	:	aim
get habituated	:	get used to, get accustomed to
sterilized	:	completely clean and free from germs
absolutely	:	totally, fully
get rid of	:	to be free from
donate	:	to give in charity
get carried away	:	get influenced by
purge	:	purify
ample	:	plenty of

**Activity I****1. State whether the following sentence are true or false:**

- i. The video conference was organized by the central government of India in Delhi. ( )
- ii. Ramesh was laborious, intelligent and scholar. ( )
- iii. Yoga helps to concentrate on studies, strengthens the mind and helps in building confidence. ( )
- iv. The donor of blood can't acquire HIV. ( )
- v. Ramesh, Mumal, Rahim and Gautam were not satisfied with the counsellors. ( )

**2. Answer the following questions in 10-15 words each:**

- i. Where was the video conference held? Who organized it?
- ii. Who were the counsellors?
- iii. How many students (with names and places) participated in the video conference?

- iv. How will yoga be helpful to Ramesh?
- v. What suggestions were given to Mumal for her friend's problem?
- vi. Why is it safe to donate blood to an HIV patient?

## Activity II

1. Match the words given in column A with their meanings in column B :

A	B
i. counsellor	i get used to, accustomed to
ii. concentrate	ii to give in charity
iii. indecisive	iii to be hopeful
iv. optimistic	iv give all attention to
v. habituated	v. clean and free from germs
vi. donate	vi. advisor
vii. sterilized	vii. one who can't take decisions quickly

2. Fill in the blanks with correct words.

habit, indecisiveness, engage, trust, confidence

- i. The mayor was criticized by the party workers for his.....
- ii. If you say something with..... you will feel that it is correct.
- iii. He has a bad.....of biting his nails when he is nervous.
- iv. She found it difficult to.....with her office life.
- v. My teachers assigned the task to me because they had.....in me.

## Activity III

Look at the pictures:



in the bag



on the table



above the hills



over the man



going into the tunnel



under the table





between the two boys



among the birds

In the above pictures the underlined words are prepositions. They show relationships of various kinds between nouns and pronouns.

**1. Now fill in the blanks with suitable words (preposition) given in brackets:**

- i. She put her book.....the pillow (under, above)
- ii. A small table was kept.....the two chairs (between, among)
- iii. Hari works.....a factory. (in, into)
- iv. The kite was flying.....our heads. (over, under)
- v. Divide these chocolates.....the students. (among, between)
- vi. Meena kept the vegetables .....the table, (on, above)
- vii. I could only see her head.....the water. (above, over)
- viii. Distribute these books.....the two sisters. (between, among)
- ix. She quietly walked.....the room. (in, into)
- x. Sangeeta jumped.....the pool for swimming. (in, into)

### Activity IV

Make a list of the issues discussed in the video conference and suggestions given by the counsellors. Add your own suggestions also.

Let the groups read out the issues and their suggestions.

### Activity V

Divide the class into four groups and discuss major issues being faced by the peer groups (same age group). Speak out them in the class and with the help of your teacher find solution to each of the issues.

Write down the problems with their possible solutions.

Divide the class into two groups and read this poem aloud in the class.

### Activity VI

#### Don't Quit

When things go wrong as they sometimes will;  
When the road you are trudging seems uphill;  
When the funds are low, and the debts are high;  
And you want to smile, but you have to sigh;  
When care is pressing you down a bit  
Rest if you must, but don't you quit.

*Failure will never overtake me if my  
determination to succeed is strong enough.*