

Welcome Life

(For Class – X)



Punjab School Education Board

Sahibzada Ajit Singh Nagar

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FOREWORD

Punjab Curriculum Framework (PCF-2013) which is based on National Curriculum Framework (NCF-2005) recommends that the child's knowledge must be connected to their life outside the school. It indicates the departure from the legacy of bookish learning and ensures that learning is shifted from rote methods to an activity based curriculum and should provide an opportunity for the holistic development of the students.

Under the leadership of Sh. Krishan Kumar, I.A.S., Secretary, Department of School Education (Punjab), a new progressive spirit has been infused in the entire system of school education in the state of Punjab. In due course of time, it has been realised that the inculcation of moral values through a specific subject can bring a major transition in the overall development of our students.

The present education system is indeed enabling students to compete worldwide in the modern times of growing economic and materialistic attitude but it is only the values of life that can transform them into real human beings. Therefore, focusing upon this prime objective of education, the Department of School Education, Punjab, in collaboration with Punjab School Education Board has introduced a new subject '**Welcome Life**' which is based on human values. It will be implemented in class I to XII from Academic Session 2020-2021.

The main objective of this practical and thought-provoking curriculum is to provide insight to the students in such a way that they will be able to realize their full potential and become well balanced and responsible individuals and dignified assets to the society. We believe that this new subject '**Welcome Life**' will undoubtedly prove beneficial in transforming the students into highly civilized individuals and sensitive to the diversity and human life. This text-book is an outcome of hard work and sincere efforts of 'Text-book Development Committee', who have contributed immensely by their conscious efforts to nurture an over-riding identity of students through this subject.

Punjab School Education Board welcomes suggestions and feedback from the stakeholders for the improvement of subsequent editions of the text-book.

Chairman
Punjab School Education Board

PREFACE

Dear Students, the significance of life is not only in living, but in living a full life. Living to the fullest is an art that has to be learnt and understood. Life goes on with our thoughts. Change in our thoughts, changes lives. To bring about a positive change in our views, this book is adorned with the writings of eminent writers.

This book will educate us how should we balance at home, school, relationships, elders, friends, people at the work-place and with our society. How to speak, stand, walk, talk, eat etc. This is a great education in the same way our regular school curriculum.

If we follow these good points, we will achieve our goals, then the whole world will be ours. We can live a happy life by directing the energy to our life in the right direction.

School Education Department, Punjab has always been indebted to the outstanding teachers, who, with their positive thinking devoted extra time, day and night tirelessly, under the sightful guidance of Honorable Secretary, School Education, S.C.E.R.T, State coordinator, “Padho Punjab, Padhao Punjab” P.S.E.B. provided books to develop moral qualities in students. The school education department, Punjab will be forever grateful to the subject experts and language experts too, who have corrected the entire textbook. These teachers contributed their maximum to give final shape to this class 10th book.

We sincerely hope that when we make every word of this book, a part of our life, then we will live in ecstasy, welcoming the life.

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Note - The psychological questionnaires (tools) used in this book are prepared by the teachers, they should not be used for research work .

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Lesson-1

Self-Awareness And Self-Discipline

1. (a) Polishing Talent

**Regular practice,
Repeated efforts,
Will sharpen your skill
Make it shine very well.**

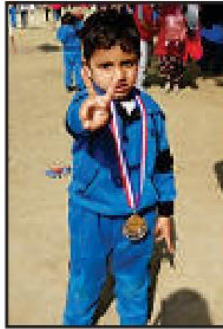
Every child is blessed with talent that makes him / her special. It can be singing, beautiful writing, painting, literature, dance, rhetoric, household work, mechanical work and so on. For example, as a child, we often fell and got injured while learning to ride a bicycle. But with repeated practice, we became proficient in cycling. Similarly while learning how to write at an initial stage of primary school level, your handwriting was not well. You became able to make your writing neat after some years in the fifth standard. It was the result of your continuous practice. Due to this skill of yours, you bagged first position in the beautiful writing competitions up to the state level competitions.



Activity-1 Let's identify our hidden skill :

Now we will write about our inner skills on the work sheet.

1. I like playing / writing / singing or
2. I enjoy connecting with this skill.
3. I have this skill I get satisfaction when I share it with my parents or peers.
Then I get a good sleep.
4. Even in dreams, I stay connected with the skill of



Activity-2

The students, who like singing, will be asked to sing a song in any language they like. They can recite poems from their Punjabi, Hindi or English books in their own style.

Students interested in writing will write three sentences on the topic 'My Dream'.

Students interested in painting / architecture can write or draw on the notebook or sheet the type of construction they dream of. The rest of the students can present their skills as per their interest.

Writing about your favourite field.....



Activity-3

Students will be asked to sit in groups of five students. Then each group will come forward and recite a poem from book.

First the students in different groups can recite this composition by looking at it. Then the same poem will be recited orally by the students in the next week's period. There will be recitation competition and the students will be awarded first, second and third position by the teacher in the morning assembly on the following day and their names will be displayed on the notice board .



Activity-4

In this activity one minute time will be given for on the spot speaking about the importance of any subject like science, mathematics, social science etc. Students will be called in turns. They will be given few minutes to prepare, and then they will be asked to speak again. The results of speaking for the first time and the second time will be very different. The result will be better for the students who participated in this work for the second time with more preparation.

EXERCISE

Choose True / False

1. Repeated practice sharpens the skills. ☐
2. Singing can be refined with practice. ☐
3. Skills are given to the lucky people by birth. He who has not got this boon cannot do anything. ☐
4. Talent should also be trained to be carved. ☐

Summary : You can have any skill, talent, ability. It requires constant hard work and concentration to cultivate it. You can flourish your talent by practicing again and again and by updating your knowledge about your talent.

(b) Flexible Attitude

Change is the law of nature .As it is well said that flowing water never goes stale. Human nature is also just like the same. If a person does not have a flexible attitude, he/she can never adapt himself/herself with the environment. A narrow minded person is never happy. Such person becomes toxic and spreads negativity all around. Besides this, that person fails to maintain relations with others because he/she is never ready to welcome wholeheartedly others' view points and criticism for his own ideology. A flexible attitude, therefore, is a very necessary trait to be developed in the individual for the healthy adjustment with others.



Activity-1

Dear students ! Our today's topic is Flexible Attitude. Can you tell, what is tried to be shown in this picture ?

.....

Just imagine what would happen if a person's mind is locked ?

.....



Now look at the other picture and guess what has been shown in this ?

.....

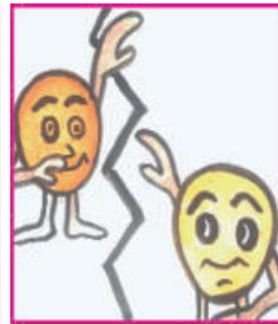
.....

.....



With a keen look, you will definitely be able to differentiate between the persons with a flexible attitude and a rigid minded person. Flexible attitude is the positive approach that helps to unlock our fixed mind. A flexible person accepts and adopts the changes broad-mindedly.

Can you identify the ways in which a person with flexible attitude is different from a rigid minded person ?



Dear students !

On the basis of above cartoons and the following behavior patterns, try to find the difference between the two and write them



Behavior Pattern

1. Never listen to anyone's advice
2. Always ready to learn something new
3. Run away from responsibilities
4. Always criticize others with different ideology
5. Frequently burst out in anger
6. Mix up easily with others
7. Accept different challenges
8. Lose heart



Dear students, As we have seen, a flexible person easily adapts himself with the changing environment. The flight of his mind is so high that for him, only sky is the limit.

We all know that science and technology has been developing with its highest possible speed. It is really difficult for the old generation people to go hand in hand with this drastic electronic revolution. They cannot learn and adopt the changes resulting like the young generation can. Mobile phones and computers are the living examples. You might have been able to learn their features so quickly than your grand parents.

You have to find out the names of flexible minded persons from your neighbourhood. Next week we will discuss about this in the class.

Name of The Person	His / Her Behavior with Others	Positive Trait of His/her Personality that you want to Adapt
1.		
2.		
3.		
4.		

Dear students, Sometimes the person's rigid thinking becomes a blockade in the welfare and progress of his/her family e.g. gender bias in terms of thinking that girls should not be given equal chance like boys in getting education as well as in jobs. Such behavior and thinking should definitely be changed for the prosperity of a family as well as that of a society. On the other hand, there are certain aspects in which rigidity of a person has a positive outcome like honesty, anti-corruption, not using unfair means during the exams etc.

Do you know the names of such people in Indian history who contributed in changing the society and making it free from social evils due to their flexible attitude.

What would be today's social scenario if they had not done so ?

.....

.....

.....

Dear students, You are the builders of future nation. The country will be in your hands after some years. You might be feeling that there are some negative practices present in today's society that you don't want to see in future. Have a look around and think.



Activity

Sit in four groups and discuss about the malpractices prevalent in the society that are needed to be changed and suggestions about the ways to eradicate them .After discussion, the leader of each group will write the points on the blackboard.

Group I	Group II	Group III	Group IV

Now write all the points and follow them in your life ahead ...

(c) Career Awareness

When Mr. Varendra Sharma came to the class having a piece of paper and a pen in his hand, all the students began to look at him with a great curiosity, actually he was the school career counsellor. So students felt very free and frank with him. He asked the students to write down their three top career preferences. Students did the same. One of his students, Manisha enquired -

“Sir, why have you asked us about three career choices, why not the single one?”

Students were told that it is not always possible to achieve the first plan or target, so we should be ready with plan number two and three, means B and C plans also. He also added telling the whole class that we should choose our career options according to our family conditions, aptitude, talent and economic and social circumstances. If we need, we can do our study courses along with a job by correspondence.

“Sir, you mean that first of all we should know our talent, interest and aptitude. Then according to our family conditions and social demands we should select a target and start to work hard for that.” concluded Navdeep, a brilliant student.

“Yes, we should see the job opportunities; as nowadays our own self employment is in vogue. You-tuber, web designer, dog-trainer, cook, leather, plastic and textile engineering and services sector offer a good area for a better career. We should not run after the jobs but we should create jobs also.”

He further told the class that we talked in a group, that is known as class counseling or group counseling. If we talk personally, one to one, then it would be a personal counseling.

“Now, in our schools, there are so many great works going on”, was the thought of Navdeep.



Think and Tell

1. Upon which thing, a good choice of career depends ?
.....
2. How many types of counselling did the career counselor suggest ?
.....
3. About which thing Navdeep was happy ?
.....
4. Nowadays, why is it become good to move with a lot of career options ?
.....
5. What good things do you notice in your schools ?
.....
7. Which quality do you find in Manisha ?
.....

Dear students, you will also start with a diary or your notebook. having personal questions and career guidance .

Sr. No	My Question/ Problem	Solution

Conclusion

It is very good to think about your career. You may get proper information by asking genuine questions. According to your talent, apptitude, family and personal conditions and also demands of society. You may chose a good career. Work hard for that plan. Select at least three better career options for you.

Teacher's Remarks





(a) Social outlook towards boys and girls

The modernisation and technological development has changed the dimensions of the society. Despite the fact the number of cases of gender discrimination has much decreased, it still exists and makes a lot of people suffer everyday. We should understand that though boys and girls look different, they are equal in ability, intelligence, politics, sports or any other field. Women have time and again proved their capability. Women display the same strength and determination as men, so how can we say women and men can't be equal?. While remembering heroes of our history such as Sri Guru Gobind Singh Ji, Maharaja Ranjit Singh, Hari Singh Nalwa who made us proud, the strong women such as Mai Bhago, Bibi Sharan Kaur, come in our mind who actively participated in struggle for freedom by showing immense valour and taught us that women bring positive changes in the society with their determination, bravery and kindness. Abraham Lincoln once said **“All that I am, I owe it to my mother!”**. Think about your mother, how she manages everything so perfectly, right from work to household, teaches you good values, becomes your pillar of strength. There is a beautiful saying **“Hand that rocks the cradle rules the world”**. Despite the decreasing rate of gender discrimination it is still prevalent in most parts of the world. We all should work hard to eradicate this conservative mindset which is very dangerous for the development of the society and tell people that men and women are the same, so stop playing the discrimination game !.



Activity-1

Make a group of four girls in team one and four boys in team two, and assign them with the task of making a pit four feet deep. A separate group leader will observe that:-

1. How did the girls perform while doing the task?

.....

2. How did the boys perform while doing the task?

.....



Activity-2

Assume that there is annual function in your school. The boys are assigned with the duty of serving tea and snacks to the guests and also washing the utensils afterwards.

3. What was the reaction of the boys when they were appointed with this duty?

.....

4. What was the reaction of the girls when they heard about it?

.....

Dear students these tasks will make you aware of some of the aspects of a conservative society that has always discriminated between boys and girls. Even today, the birth of a boy is celebrated with great pomp. This discrimination continues in every aspect be it education, sports, jobs, girl is still treated unequally. Students achieving gender equality require the indulgence of women and men, girls and boys in every field. It is everyone's responsibility. Learn to become more respectful towards every gender and try your best to bring positive change in the society.

(b) Time Management

The time for taking a pledge is now
The time for taking a pledge is now,
The time that goes,
Never comes back.
The time for taking a pledge is now....

When the time comes life will get better,
If you Respect the time then,
The colours of good fortune will come.
The time for taking a pledge is now....

Focus on daily routine now,
Make it a habit not to waste time

Recognise what's your aim?
The time for taking a pledge is now....

Take care of your time now,
Never lose precious time ever,
Take each step with caution.
The time for taking a pledge is now....-

Sudha Jain 'Sudeep'



Activity-1

Every student will fill up “sheet no 1” with their daily routine. How they spend their 24 hours that make up the day on “sheet no 1” the students will fill up the columns given in front of the sheet. The activities that are done by the students should be filled by a tick and those are not done should be filled with a

S.No.	Activity	Time	S.No.	Activity	Time
1.	Wake up		11.	Playing	
2.	Personal Hygiene- toilet, bath time		12.	Study-time	
3.	Breakfast		13.	T.V./ Entertainment	
4.	Going to School		14.	Talk-time with parents	
5.	School Timing		15.	Talk-time with brother-sisters	
6.	Study-Time		16.	Helping parents at house-hold	
7.	Talking/Playing		17.	Study-time	
8.	Returning from school		18.	Dinner	
9.	Eating Time		19.	Use of Mobile	
10.	Rest and Sleep		20.	Sleeping	

Then the student will count the activities that are done by them and mark them out of 20 and will return the sheet to the respective child.



Activity-2

Now after the discussion in class , students will fill sheet no 2 with columns 1 to 20. Columns from 1-20 will be the same. The children can add any other activities they do beneath the column and will again mark the activities they do and don't do. The students will compare the improvement from sheet 1 to sheet 2. They will be proud of themselves. Students will exchange their copies amongst themselves.

S.No.	Activity	Time	S.No.	Activity	Time
1.	Wake up		11.	Playing	
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8.	Returning from school		18.	Dinner	
9.	Eating Time		19.	Use of Mobile	
10.	Rest and Sleep		20.	Sleeping	

Dear students, You should know that the teacher, teaches the same to whole class but some students get 100/100 and some are not even able to get passing marks. Dear students, those who have already a good routine are praiseworthy. Such students should come in front of the class. The whole class will encourage them by clapping. Other students should also make their time table of 24 hours to utilize their time properly.

It is a very happy moment that we have made time table which will be followed by us now. If our mind get diverted, then we will follow our intellect and adhere to time table at all cost. We will use social media to our advantage so that we can save time by use of social media, many creative and innovative ideas can be implemented to achieve our goals. Only the efforts made by students in their life can take them to success. We have to learn the value of the time ; study at time of study, play at the time of playing as fixed in time table and undertake all achievements activities as per time. Time table will take us to 100% success in future by adhering to the time table. In this way, we can move from ‘someone ordinary’ to ‘someone special’.

Proper use of time is the proper utilization of time.



Activity-3

S. No.	Time	Activity to be done	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
1.									
2.									
3.									
4.									
5.									
6.									
7.									
8.									
9.									
10.									
11.									
12.									
13.									
14.									
15.									
16.									
17.									
18.									
19.									
20.									
21.									
22.									
23.									
24.									

(c) Proper use of mobile, internet & other means of communication

In the age of modern 'information-revolution' the means of communication and their role has been increased tremendously. Information, knowledge and entertainment are obtained through these means. But the main purpose of most of the companies, institutions or organizations that run these resources is also to make money. In such a situation they are providing all kinds of content; Whether it is for the good of humanity or not. In the present age, every human being has access and capability to use the internet and means of communication. Therefore, it is our duty to make proper use of these resources to develop our knowledge. Children have less ability to find right / wrong and therefore this fear persists due to misuse of internet or other means of communication. The main purpose of this activity-based lesson is to develop this habit / interest in the students so that they understand how to use these tools properly.



Activity-1

Location: The school's Computer Lab

Suddenly, the teacher will take the class to the school-computer lab, any prior-information. The class students will be divided into two groups. Half of the students will be asked to search on google browser, about the word, 'Punjab'. Students will be asked to note down the important geographical and historical facts related to Punjab from concerned wikipedia. The other students will be allowed to search or use Internet according to their choice, freely. After 15 minutes, the whole class will go through this following written test :



EXERCISE

1. Where is the other part of Punjab located?
 - a) Delhi
 - b) Canada
 - c) Pakistan
 - d) Rajasthan
2. How many assembly constituencies are there in Punjab?
 - a) 116
 - b) 21
 - c) 13
 - d) 117

awakened till night, some are taking extra products to make their body much more healthier and muscular, some posts on social media are misleading the young generation. Actually these advertisements which are promoted by companies and they are not the part of a t.v. channel. There is written 'disclaimer', advertisement on them. So, we should not blindly believe it. In such advertisements and we should think critically. So in nutshell, we should believe in hard work and home made healthy diet which should be simple and balanced diet. Madam also gave examples of Milkha Singh, P.T. Usha, Deepika Karmakar, Leander Pace, Marriecom and many other players who raised them up from ordinary or poor family and shined well in the world.



Questions for Worksheet

1. Which mis-conception was Sandeep holdings in her mind ?
.....
.....
2. What advice did the teacher give to her girl-students ?
.....
.....
3. Which things should be kept in mind while watching print media, electronic / and social media ?
.....
.....
4. How can we get rid of misconceptions ?
.....
.....

Teacher's Remarks





Lesson-3

Inter-personal Relationship

(a) Caring the Elders

We Should Devote Our Quality Time To Our Elders
And Get Their Blessings. Let's Read A Play About
Respecting Elders.



Play - 'Break The Ice'

Playwrite : Surender Kumar

There is a drawing room in the house. Grandmother is playing with her eight- year-old grandson in the room, playing games and talking...

- Romi** - "Oh .. Do Do ! Grandma Dodo, I won, Grandma lost"
- Grandmother** - "Ok..dear, it is fine, stop now, I lost and you won. . Now let me rest."
- Romi** - "No no ... Grandma, you play more with me. I just play now.. no one plays with me, neither mom nor dad, they don't bother. If you don't play grandma, then I will be cut off and not talk to you Then Then "Grandmother - (emotionally)" Son, what can I do with you to cut you off again?"
- Romi** - "Grandma, don't do it. Just tell me what's 'Ominous' ?"
- Grandmother** - "Its unfortunately, son, carrying bad luck because of whom, there will is a trouble in the house.
- Romi** - "Grandma you don't love me?"
- Grandmother** - "Come on son"
- Romi** - "Then you can't be ominous, miserable."



- Grandmother** - "Yes son I am not ..!"
Soon the grandmother started coughing. She asked for a glass of water..
- Romi** - "Grandma, what happened? May I bring water ?"
- Mother** - "How many times have you been told not to sit near this old lady.. you don't know what TB disease you may catch from her. Go to your room..."
- Romi** - "No, mom.. I would like to stay with grand ma."
- Mom** - "Oh no - I don't know what magic did she do on my son? Keep quiet.. "Shut up, you start talking in front of me too."
- Romi** - I'm sorry to hear that you've been saying bad things to Grandma all day."
(Papa 'Karanbir' enters in the room)
- Papa** - "What happened? Why? Why were you making so much noise?"
- Mom** - "Look, now it is unbearable. You have to decide about your mother. Otherwise I will go either she or I will stay at this home.... why? Why don't you speak?"
- Papa** - "What shall I say? Where shall I go now? Where can I send my mother?"
- Mom** - "Now you see it"
- Romi** - Papa leave it to me. Let mom go away. The food will be cooked by our Grandma.
- Mom** - "Look, what has she been taught to him"
(Grandma is listening to everything from behind and comes forward and speaks :)
- Grandmother** - "Son, don't quarrel with each other..., do n't worry, I have listened to you. I'm a burden for you. I won't bother you anymore.. just do me a favour now..leave me in a Vridh Ashram (old age home)"
- Mom** - "Take her .. now what are you thinking ? Now she is saying herself .. come on now .. I will pack your bag."
- Grandmother** - "OK daughter-in-law, I shall take my luggage, myself. Leave it."
- Romi** - "Please. Do n't go. Grandmother..don't..."
- Papa** - "Where is the key to my car?"
- Mom** - "You don't take the car, I have to go to the parlour. You take any auto rickshaw etc please, and what is in her hand ?"
Karan also looks at his grandmother's hand and asks - Ah!! what ?"
- Grandmother** - "Don't worry. The registry of this house is on your table.... This is a photo of Romi's grandfather .. He never left me when he was alive .. Now I can't leave him alone in this house."

(Next Scene)

(Sad Romi is sitting in the room of the house, His mother is forcing him to eat, father enters)

- Papa** - "It's very hot right now. It's been a long time ... In the car ... I'm not used to going in the auto rikshaw anymore
- Mom** - (on phone call) - "Hello, I'm fine too .. I just went to the parlor so couldn't pick the phone .. yes everything is fine .. I just wanted to give you some good news .. Romi's father sent his mother to the old age home.... You tell, take the medicine, in time, just do it.. yes pls, let me talk to him, surely. Hello bro, take care of my mom otherwise I will bring here her and will be made attended by my hubby.
- Papa** - "Please bring a glass of water .. a hard time in the heat."
- Romi** - Was it too hot in Auto, Papa ?
- Papa** - "Yes"
- Romi** - "Did grandma feel it hot today..?"
- Papa** - "Oh yes, It is really very hot today ?"
- Romi** - "Daddy, don't worry, when you have to be sent to old age home, I'll drop you off in the car, not in the auto rickshaw, because Daddy, I love you. (..Humming goes on)

* * *

(View of the drawing room six months later)

- Papa** - "I got a call from the old age home. I am going to meet my mother."
- Mom** - "Let's visit... may be the last time has come for the old lady... I will accompany you."
- Romi** - "Yes, I will go too, to meet Grandma.

* * *

(Next is the view of the ashram : Grandmother is lying on the floor and the rest of the family is standing . The grandson loves her grandmother very much. He has a gift. He has brought a 'home' as a gift.)

- Papa** - "Yes, tell me, why did you invite me?"
- Grandmother** - "Son, it seems as my last time has come. everyone here serves me a lot, they care... with God's grace everything is ok. son.. You also have everything in your life so much money, factories, machines, everything... Donate a fan..it is very hot.. here... one more thing, the water is very hot..sometimes too hot to drink. ... please donate refrigerator also.

- Papa** - “Just such a thing? You had to tell me on the phone .. I did everything I would have sent to you earlier.. That was the only problem you had to face, mother?”
- Grandma** - “Son, I bear. I tolerated and will continue to tolerate. but when you will have to come here to live, you can not bear..that’s why.. I’m thinking of those times...”
- Papa** - “What are you saying mom ?
(Enters the main official of the Ashram)
- Official** - “I think, “she is right, Mr. Karanbir Singh Brar . If I am not mistaken, then your name is Karanbir Singh Brar, isn’t it?”
- Karan** - “But how do you know me?”
- Official** - “You don’t know, here we keep not only the elders, but also the children in this ashram.. They are both helpless and orphans. Exactly thirty-five years from now, your father Hardev Singh Brar had also adopted you from this Ashram and now you are Karanbir Singh Brar. And the other way around .. your mother is also in this ashram .. isn’t it a game of nature?”
- Papa** - Sorry I am.... m also, - I ... its not a game of nature, it’s me who played the dirty game.. Forgive me, I am too...(weeping loudly).
- Mom** - (crying) - “Forgive me Mom. I forgot that if I have my own mother then you are also someone’s mother. Tomorrow we may have to come here too.”
- Official** - “Mr. Karanbir, It is not too late, yet. You can take her from this old age home to your home and keep her with you. Serve her... Go home happily.”
- Romi** - “Let’s go home.”
(All in happy mood now...just to take grandmother with them..)
- Papa** - “This is the kind of treatment What I want from my children. That is the treatment I should have given to my parents.”
- Mom** - “The girl living far away from her mother can call her brother and expects from him to take care of her mother, then why can not she ask her husband to take care of his mother ?
- Romi** - “Loving Loving Grandma”
(Fade out)

EXERCISE

1. What did you feel after reading this play ?

.....

.....

.....

2. How do you care your elders ?

.....

.....

.....

3. Which character of the play, you find the most tolerating person ?

.....

.....

4. Give your opinion about the characters of the play.

1. Grandmother -
2. Romi -
3. Mom -
4. Papa -

(b) Socially Defined Boundaries of Relationships

Dear Students, there are some social boundaries about our relations .They tell us to what extent we should keep our relationships. We are not supposed to violate these limits and boundaries. These social rules make a set up that is known as a social set up. Our family or neighbours, school/college teachers, students, friends almost every person in the world make us realise of the socially well-defined boundaries and limitations of relationships every stage of life. So we should observe and follow them with a logical approach. We should not violate such boundary otherwise we may have to murder any other relationship. So there is a limit which marks a social grace ; as some relations are to be kept at home, on the other hand, some are limited to our office or any other workplace. Therefore it's not wise to bring our outer relationships (workplace relationships or professional relations) to our home and vice versa. Some relations are blood relations which are known very close to us but it is not always the same. Sometimes, a relation which is not a blood relation, helps us more and is closer to us than the blood relations. Sometimes we do not feel safe at our home ; so some relations may cause danger. It varies from relations to relations and person to person. There is no hard and fast rule

about relationships It's not easy to make and go through the relations. It may be understood by the game. In your childhood, you must have played this game of touching the alphabets as directed by your companion without crossing or cutting any line with your pen. So as there was an alphabet web and the same way here are our relationships. We need to keep our all relationship alive. And never to cut any one because each relation has its own importance. so stay secure, keep secure, don't incline to some relations so much that the door or passage of the other relations might be closed. Now, play the game. Pick up a pencil (pen, try to touch all the circle from 1 to 20 in proper order. No line should be cut.

Try to touch all the numbers



(c) To end up Relationships Constructively

In life, every person lives with many relationships. Some relations are life long but some are to be cut down or some relations break up with the effect of time and circumstances. So it remains as a memory, good or bad in any corner of our mind perhaps throughout the life. Some relations are breakup by ego, fear, anger or social helplessness. Sometimes we have to go away to start a new life and for this we have to end up our relationship. Sometimes we feel that we cannot go for a long time with someone else so we cut our relations. We should end up our relationship very constructively and with graceful manner.



Activity-1

Suppose, there is a last practical exam of your tenth class and you have to depart from school and go far from some people, which you think, you will never meet again in your life, How will you get separated from your classmates ? Please imagine and write down a few sentences about this.



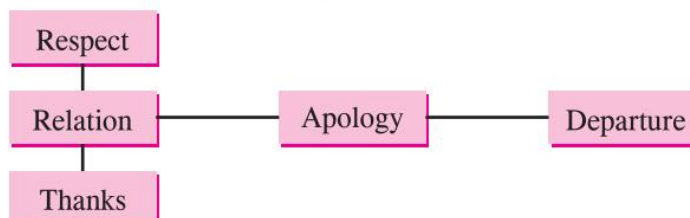
Activity-2

Please write down a page about your school and hand it over to your teacher.

So, please always get farewell in that way that if you meet that person again in your life, you need not feel ashamed about it. Always keep in mind these points while ending up a relationship:

1. Say thanks to the concerned person memorizing the good time spent with him or her.
2. Never discuss or remind him/ her about the bad memory.
3. Do not forget to exchange your contact numbers if you want to keep to be in touch with the person from whom you are getting separated.

4. If you don't trust that person or don't want to meet him / her again or you don't want to keep contact with him/ her, then please don't get emotional at the time of departure (separation) and do not share your personal photographs and personal detail with that person.
5. Don't try have revengeful attitude on that person.



Always keep in mind that the story which you cannot end properly, try to leave it with a nice turning point.

(d) Attitude and Behavior

Dear students, good attitude and behaviour polish our personality. How we behave with anyone, How we react and it all makes our identity, our personality and our image also. So we need to learn good behaviour and give up the bad habits. For example, fighting, quarrelling, doubting someone ; all these are negative attitude. Instead of all this, we need to live happily Positivity, hard working, soft-speaking and care are the traits considered to be the part of good behavior .



Activity-1

Dear students, let us do an activity in the classroom. You have to write down on your work sheet here. Which type of behaviour is correct ?

Situation-1 You are going on the road. in front of you, a boy is a eating banana and he throws the banana peel on the road, then what will be your reaction ?

1. You will try to persuade the boy.
2. You will call someone else to pick up the banana peel.
3. You will yourself pick up the banana peel and throw it in the dust bin.
4. You will call the police and complain the boy .

Situation-2 Your friends gifted an empty chalk box on your birthday. The box is totally empty. What will be your reaction ?

1. You will stop talking to them.
2. You'll look at them and smile.
3. You will ignore them.
4. You'll see in anger towards them.

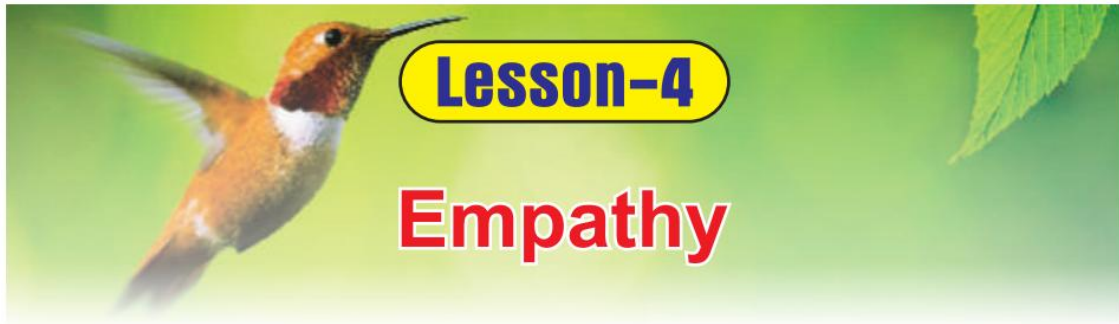
Divide yourself in various groups : Take certain 'situations'. Chose one from the right patterns of behaviour and one from the wrong patterns of behaviour. Act it in front of the whole class and discuss about it which behaviour is the right one.

Conclusion

It's not good to avoid suggestion or try to stay away from the situation and problem. Never react but act with wisdom, Try to do good even with the bad. Never blame others but display your good attitude.

Teacher's Remarks





(a) Gender-sensitivity

Understand, if you want to treat everyone in a fairly, respectful manner. We should have the quality of sensitivity. We all have to look at it with love and respect, with the eyes of equality. So boys and girls - men and women have to treat each other fairly with respect and equality. In this way, the meaning of the word 'pain' is limited - one's own pain. In the same way the meaning of 'sympathy' is - to understand the collective pain of all .

If we look at our home, siblings often complain that their parents treat their sisters and brothers better than they. Even at school, boys often complain about why girls are being monitor of class ?

So issues like this are really an indication of our lack of gender sensitivity. Let's be sensitive in this regard, for which we will make some deviations. All the children write the names of the tasks you do, on this worksheet.

- Q.1.** What tasks your mother also does ?
.....
- Q.2.** What are the tasks, both of your parents do ?
.....
- Q.3.** What homework activities will you share with your mother ?
.....
- Q.4.** How many home work activities will you share with your spouse ?
.....

Look at the children, it is not necessary for the girls to help their mothers and the boys to help their fathers in his work. In fact , both of you now have to help your parents in their daily chores.



Activity-1

You will plant a garden or plant in your home. In this project, the girls also need to help their fathers in gardening.

Actually nature has not divided any work to be done by boys or girls, only. It makes no discrimination on basis of gender. So we have to change our outlook about it, so that boys and girls can achieve their maximum.

(b) Expressing Needs and Desires

Dear students, needs and desires are very important in our life but they should not exceed their limits. They should not be so too many that it will be difficult to live a simple life within our means. Desires should be kept in a social boundary. Food, clothes and home are basic necessities, in the same way a good lifestyle is also of same importance. Let us see, of which type our needs and desires are ? Whether they are limited or they are much more and exceeding all means and sources ? Are they teasing our parents or not ?



Activity-1

After one year, which type of facilities and how many do you want to have ?

.....

.....



Activity-2

Look at the picture, here are total ten things. Out of these, which thing is enough to fulfil our needs and do the work of other nine facilities ?

.....



Right the right answer on your worksheet

Conclusion

We can fulfil our basic needs even with this minimum expenditure and less means of income and other sources. We should minimize the number of our desires but not the level of desires and needs. So our desires are less in number but not low in quality. They should be of high moral level. here i use the word 'level' which does not belong to economic level rather it means a good moral level. our desires should be in favour of our society. They should be sincere, positive, may be exceptional, eco-friendly.

(c) How To Tackle Sensitive Issues

In morning assembly, Principal sir was addressing the students. He said - “Dear students, you are the future of our society, tomorrow the command of our society will be in your hands so let us understand and try to manage our responsibilities. You need to be responsible right now. Please those students; raise your hands who consider themselves capable of solving their domestic and personal problems”.

At first some students hesitated then fourteen hands were raised. So, fourteen students came to the stage. All the other students clapped for them. After the completion of morning assembly, principal sir and staff members invited those students to the main office and explained them about serious issues. Students were told that it is not easy to handle the sensitive or delicate issues at our own, mainly these sensitive issues belong to our home, family, personal, any section of society, religion related talks and language and residential issues. While tackling such issues selection of vocabulary is very important. Words should be carefully selected, we should be patient, calm and sensitive towards such issues.

One student told that there is tension always in their home another girl told that in the their neighborhood one or two boys are passing wrong comments they often use cheap language... another boy told that some boys used to tease a little boy calling him alien stranger..... another girl told that there are some objectionable relationships in the people of her street, because of them there was always a quarrell and fight in their homes.

School counsellor Mr. Khushminder Singh briefed the students that now you come to know which type of issues are sensitive and these issues cannot be solved roughly. So they need patience, tolerance, insight, sensibility, sensitivity, proper knowledge, good language. We should know the basic reason of the problem and we should listen each and every person carefully and respectfully with deep insight and common sense we should take a solid decision keeping in mind the situations all around. We should not impose a decision on someone. we need to create such atmosphere each and every person understand and agree with the decision. We should put ourselves in the situation in which someone else is facing the situation only then we can judge his or her problem, situation and offer the better solution for him or her. And yes, these have sensitive issues should not be thrown open in air and should not be exposed openly we should keep them secretively.

“Very good sir, we learnt a lot.” All the students were raising the message in common voice.

“We can get rid of many problems and can solve family problems, now we can help others to solve the problems also.” “Right sir, the person who takes the right decision at right time should not feel regretted at any time.” concluded the Principal sir.

Q.1. What do you mean by sensitive issues ?

.....

.....

Q.2. Which points did the school counselor suggest to solve the sensitive issues ?

.....

.....



Activity



Which Message does symbolically suggest the concept of fist by school counselor ?

.....

.....

Please write down five sensitive issues in these five fingers.



Conclusion

Difficult serious critical sensitive issues should not be handled and solved in hurry. Please take time to understand them and find the right solution. Always take advice from a sensible person and with patience, come to the right decision

(d) Accepting All

Every human being in the world is different. We are different from each other in many ways, just like that Everyone has a different personality. It is important for mutual respect that we treat each other in the same way. Acknowledge what their personality is different relationships are a blessing for us. We often see that the personalities of two good friends are often different. One speaker and the other listener. In this way our diversity is complementary to each other. When we accept each other, we also learn a lot from them. If we think of ourselves as right and others as wrong, we will be left alone. Friendship is especially important in student life. Accept the friend in his or her full form. Everyone's reaction to the same situation is different. When a student is pointed out in the class, one should understand and make changes in his / her ways. Someone else gets angry and deliberately misbehaves, while, someone is completely silent. Our problem is that we want everyone to change according to us. This is not fair. They behave differently.



Activity-1

At home Madhu, Mohan, Mala have siblings, Mother scolded the three of him for not keeping their room not clean. Tell, what would be their reaction ?



Mohan.....

Mala

Madhu.....



The biggest problem in human life is that we want everyone to follow us, so we want changes in their behavior according to our wishes. If we accept everyone as they are, most of our problems will be solved. We all differs in looks and behavior, too. We complement each other with our diversity. When we accept diversity, we learn a lot. If we try to change everyone we will be unhappy and unsuccessful .

Teacher's Remarks





(a) Looking for 'Good' in the World

The world is very beautiful. This beauty depends upon the eyes of the beholder. If we want to find goodness around us, we will surely find it. As Arjun had to target the eye of the sparrow. For that, he focused only on the eye, not anything else.



Activity-1

We all have some expectations from others and want others to do as we wish. The teacher will ask the students to write down some of the five things they expect from others. Students can, for example, write the following expectations:

1. I want everyone to respect me.
2. I want everyone to be willing to talk to me.
3. I want my friends to obey me.
4. I can take my friends wherever I want and they will not refuse me.
5. Let each of my friends invite me to their birthday party.

Now the teacher will ask the student if you have good expectations from others, others will also have good expectations from you. All students will nod. The teacher will now ask each of the students to ask him/herself these questions:



Do you behave with others in the same way, you expect from them ?



Do you live up to others' expectations ?

This question will make the students think and feel that their own expectations will be fulfilled only if they themselves cater the needs and expectations of others. Only by fulfilling each other's expectations can we achieve goodness in this world and seek goodness.



Activity-2

The teacher will now ask the students to write on their note-books any of the four qualities of their classmates. Care should be taken that no student will be left undiscussed or undescribed. Therefore, the teacher should distribute the task among the students at his own level in such a way that each student must write down the qualities of one of the students in his class. The marks may be less but a maximum of five should be written. The teacher should make a list of the distribution of students and give priority to the student about which student he wants to write about. In addition, a student can write about more than one student. The teacher will then ask each student to describe the qualities of another student in the class. An atmosphere of curiosity throughout the class will be there.

Each student will be delighted to hear their qualities. It is from this happiness that we can seek goodness. There will be a strange kind of aspiration in the students.

Summary

The teacher will now generalize the second activity and motivate the students to find good qualities not only in their class but also in their teachers, other friends, relatives, neighbors etc. and make them realize it. By doing so, the respect of these students will also increase in the minds of everyone and the fragrance of goodness will start spreading in the entire universe. At this stage the habit of seeking goodness in the world becomes a part of human nature.

(b) Be Companion

Aim of Activity – Respecting elders, loving the young ones and spend a quality time with each other.

Material required – photographa of doing a work together.



Activity-1

Your School is your extended family. Just like a tree needs soil to grow, the tree of school requires soil of compassion and togetherness, then the flowers on the tree i.e. students of such school fill the world with fragrance of their success.

Q.1. Who are the parts of the tree of school?

.....

.....

Q.2. How do flowers of school's tree spread their fragrance in the world?

.....

Like trees require manure + water to grow to bless the world with their fruits, flowers & shade, Similarly the school's tree requires manure of respect, co-ordination & time to give back to the world. Love towards younger ones & respect towards elders helps this tree to grow and develop.

Q.3. Do you irrigate your family tree with love, respect, time and cooperation ?

Yes ☐ No ☐ if yes, tell how

Detail of given and taken cooperation to the single family, joint (maternal / paternal) family.

Sr. No.	Name of the family member and relation	Cooperation got from them	Cooperation given to them
1.			
2.			
3.			
4.			
5.			
6.			
7.			

Q.4. How do you feel when someone else helps you at time of need?

.....

.....

Q.5. Do you cooperate with the 'School-Family' ?

Yes ☐ No ☐

If yes, give detail :

Sr. No.	Name of the members of school family	Cooperation given to them	Cooperation got from them

Q.6. Someone helps you, when you need help, how do you feel ?

.....

Let's give respect, time and co-operation to our elders. Let's spend quality time with them to make them happy. Let's listen to their stories and experiences, So that we learn from their experiences and they feel good about sharing.

Similarly one should not fight with younger siblings/classmates, rather give them support & co-operation whenever required. We shall celebrate Birthdays and anniversaries in a way that's memorable to them & bring them happiness.

For E.g. Cake cutting ceremony for younger ones and visiting to pilgrim places (Church, Temple, Gurudawaa or Mosque) with the elders. Let's fill society and family life with a lot of precious moments that bring happiness.

**Paste Photo of you, cooperating
or supporting some one at home or school.**

For these	How will you cooperate them	For these	How will you cooperate
Family		Class	
Elders		School	
Youngsters		Classmates	
Society		Needy/with special needs	

Let us enjoy :-

1. Be companion to all
Be companion to all
Empower the needy,
If you're a man of God.
2. By supporting the powerless,
By supporting the powerless,
You will make their strength
And power double.
3. What you sow is what you reap,
What you sow is what you reap,
Be positive and
Never wish badly on anyone.
4. Don't live a life of selfishness,
Don't live a life of selfishness,
Nobody will stand with you
In the time of hopelessness.
5. When you live in harmony and togetherness,
When you live in harmony and togetherness,
You will always lead a life full of happiness.
Nobody will be able to break your spirit of happiness.
6. You'll never see the face of defeat,
You'll never see the face of defeat,
When you start.
Finding unity in diversity
7. Good & bad are never at parity,
Good & bad are never at parity,
Helpful people bring to the world,
love and solidarity.
8. Fist is more powerful than a finger,
Fist is more powerful than a finger,
Whole the religions teach the world to be united.

Sudha Jain 'Sudeep'

Q.1. What do these poetic lines tell us ?

.....

Q.2. How do we double their impact ?

.....

Q.3. What happens if we don't live in togetherness ?

.....

Q.4. Who runs the society ?

.....

Q.5. Who never lost the bet ?

.....

(c) Comprehension (Comprehensive Skills)

life is incomplete without understanding. As it is necessary for us to understand the study material while getting education, in sports we should know the rules of the games which we are playing, in the same way ; we should understand ourselves, our parents and we should even realise and appreciate the love behind our parents's rebukes. To understand our friends, their behaviour, let us try to improve our comprehensive skill, our understanding with this activity.



Activity-1

Please read the passage given below and make a precis of this in thirty to thirty five words. Also find a suitable title for it and write down in your worksheet.

Once there was a person named Mangat who met with an accident and one of his leg was broken. He was admitted to the hospital. He was injured such badly that he could not move here and there, even he could not move to see on left or right side. In hospital there was a person named Vishal, who was next to his bed. Vishal used to tell him and described the beauty of nature seen through the window besides. In this way, Mangat listened to him very carefully and began to imagine about the beauty of nature as well as the beautiful world around him. Soon, he started recovering from the accident. The day came when he was allowed to move a little bit and he was shifted to adjacent bed on which Vishal was lying. Now, he would be able to look through the window and see the beautiful world around him. The hospital officials told him that his friend Vishal passed away yesterday and that's why he was shifted to his bed. First, of all Mangat felt sorry for Vishal who passed away last night. Mangat got sad... Then again he imagined the beauty of world he could see when his bed would be shifted.

The well awaited time came. He was astonished to see that there was no window in the wall . he asked the officials where was the window from which vishal used to see the nature and tell him about that. The officials told him that there was no window in the wall and moreover, vishal was a totally blind person . He could not see anything but he told all about the beauty of nature only to cheer his friend Mangat to improve his health and to fill him with life and interest for seeing the world. Then Mangat came to know that vishal was really broad minded, he was generous and kind. He was very nice. He did all this for the wellbeing of his friend just see how a blind person. Vishal was trying to help and fill another one's life with joyful colors ..Mangat realized that the helpful person support others to help them, improve them. Despite of their own sorrows, they care for the happiness of others.

Title

Precis

(d) Developing of Creativity

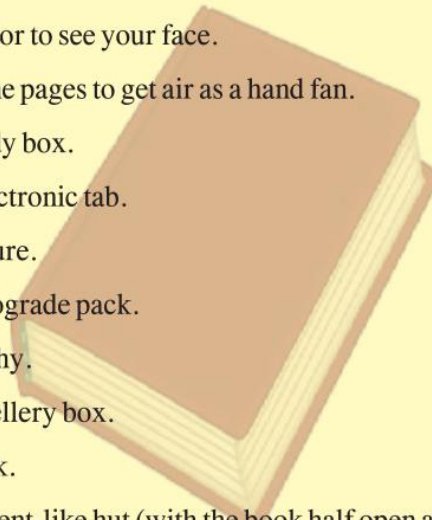
Creative thinking means that we have a tendency to do something new, unique and original. In a human being with a creative mindset, there are always new ideas and the way to express those ideas is also unique. Different human beings have different traits and qualities. A person with a creative mindset uses this quality to develop himself and also gain social respect. Creative focus can be found not only in the field of art or literature but also in people associated with any field. By developing this attitude in the students, their personality should be refined and their nature should be made creative by making proper use of their energy .



Activity-1

Under this activity students will be given a single item / items and students should use the item / items in different ways but the method of use should be such that it can be guessed from the use of the item / item. Let's find out what is the substitute for that thing. For example, we can use a book in different forms like this:

- To read as a book
- Use the book as a mirror to see your face.
- To open it and wave the pages to get air as a hand fan.
- Use the book as a candy box.
- Use the book as an electronic tab.
- Use the book as a picture.
- Use the book as a retrograde pack.
- Use the book as a trophy.
- Use the book as a jewellery box.
- Use the book as a brick.
- The book is used as a tent-like hut (with the book half open and upside down).
- Use the book as a tea and water serving tray.



The use of an object must be exercised through its use. When using the object in different forms, it should be kept in mind that the object we are using as the actual object should resemble it. In the above example, the form of the book must be similar to the object in the form in which we have used it. It is not possible to use the book as a stick because there is no similarity between the stick and the book in terms of size.



Activity-2



Bedsheet /dupatta



Stick



Lunch-box

Students will practice speaking the following dialogues in different moods. When speaking, bring maximum diversity in voice, facial expressions and body language :



Let's go to playground to play a game.

Can be Different moods for speaking this conversation



Students can openly communicate these dialogues in a variety of ways beyond these. There are endless possibilities to speak to this conversation. Only looking for these possibilities can make students creative. This dialogue can also be diversified by speaking in different situations (at home, at school, in the village grounds).



Activity-3

There are many activities related to literature, art and mental ability that students can do; Such as

- Students can write a story, play, poem, novel, essay, etc. with an event, someone's life, history or their original imagination.
- The thoughts that come to mind or what is seen around them can be expressed through painting or singing.

Summary:

These activities are just a sample for the students. Through continuous practice of various activities in many other fields, students can develop their creative minds limitlessly.

Teacher's Remarks

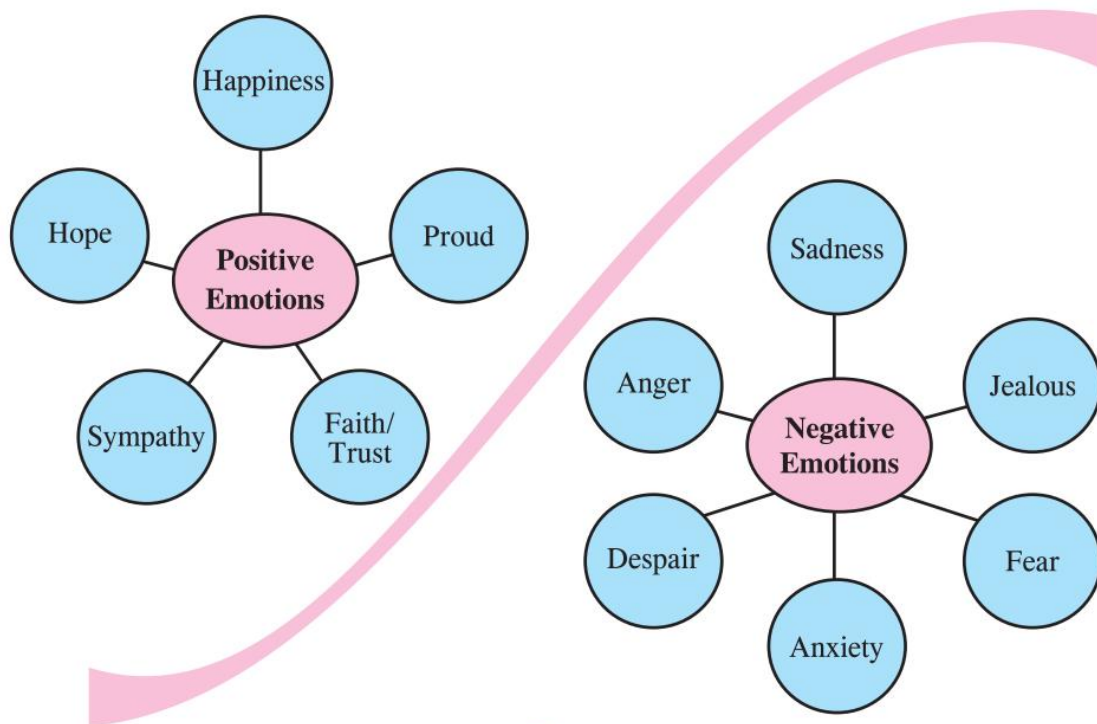




It is normal if we feel sad, scared, nervous, restless, angry, jealous or distressed at times, but if this happens often, it becomes essential to control these feelings. If our emotions get out of control, these can prove to be detrimental and may affect our physical health, mental health, family relationships and social dealings. So we should learn to control our emotions to avoid committing mistakes by being excessively emotional and then to regret later.

We can be bright and successful students by introspection and analysis of our emotions, by understanding these and channelizing these properly because the balance of emotions plays a significant role in our lives as our physical well-being, mental health, family bondings and social interactions are all linked to emotional balance. Balancing emotions means that we need to be fully aware of when and how much to express. We must set a limit to how we can express our feelings.

(a) Emotions :- Positive and Negative Emotions



- You can consult with your teacher or your elders to seek their advice for balancing your emotions.
- Dear Students! Divide the students in your class into two teams. The students with odd roll numbers will be in the first team and the students with even roll numbers in the second team. Each team will answer the following statements through role-play after mutual discussion.

Team-1 Odd roll numbers	Team-2 Even roll numbers
Express feelings of happiness	Expression of feelings of anger
Expression of feelings of gratitude	Expression of feelings of apology
Expression of feelings of fear	Expression of feelings of empathy

- Discuss in your class and note down the other ways to positively express your feelings in addition to these.

Self-Analysis

Some of the feelings have been given below. By completing this table try to analyse your emotions:

My name is.....

I feel happy when

I feel sad when

I get scared when

I hate when.....

I feel proud when

I get frustrated when.....

I sympathize when

I feel confident when

(b) Proper Expression of Feelings

Some feelings have been given below. You have to introspect and write how do you express your feelings? Then compare the statement in front of it to see how you should react in order to express your feelings in a healthy way.



Positive Emotions

Emotions	How do I express?	How should I react?
Happiness	<ul style="list-style-type: none"> • Share the happiness with others. • Work for the welfare of others. • Make more efforts to do good deeds to prolong my happiness.
Pride	<ul style="list-style-type: none"> • Be courteous and polite. • Don't be arrogant. • Keep following the path of goodness.
Trust	<ul style="list-style-type: none"> • Share your secret with someone you trust. • Never breach anyone's trust. • Never disclose the secrets someone shared with you.
Hope	<ul style="list-style-type: none"> • Have a positive and optimistic outlook. • Always think constructively
Sympathy, love, gratitude	<ul style="list-style-type: none"> • Never hurt sentiments of others. • Always think for the wellbeing of others and act according to your ability. • Be thankful and express gratitude.



Negative Feelings

Emotions	How do I express?	How should I react?
Sadness	<p>.....</p> <p>.....</p>	<ul style="list-style-type: none"> • Think of happy moments in your life. • Do something you like and try to be happy. • Try to find the cause of your sadness. • Try to solve your problem. • Make efforts to forget the unpleasant experiences.
Anxiety, nervousness, frustration	<p>.....</p> <p>.....</p>	<ul style="list-style-type: none"> • Try to find the reason. • Try to resolve your problem. • Seek the advice of your teachers or elders
Despair	<p>.....</p> <p>.....</p>	<ul style="list-style-type: none"> • Remember a good thing that happened to you. • Make efforts to improve your attitude and move ahead. • Try to forget the unpleasant incidences. • Learn from the failures.
Jealousy	<p>.....</p> <p>.....</p>	<ul style="list-style-type: none"> • Try to amend your behaviour by imitating the good habits of others.
Shame, regret	<p>.....</p> <p>.....</p>	<ul style="list-style-type: none"> • Should apologize for the mistake. • Promise not to repeat the same mistake again.

Emotions	How do I express?	How should I react?
Anger, resentment	<ul style="list-style-type: none"> • Should calmly put up the case before others avoiding aggressive arguments. • Try to find out the cause of other's misbehaviour. • Make efforts to improve the behaviour.

(c) Art of being Amicable with Peers

Two friends Ravi and Prince make a plan for a hangout together. As soon as they go to the sand dunes, they start arguing about something. The argument escalates and Ravi gets angry. He slaps Prince. Prince says nothing and writes on the sand, "Today my dear friend slapped me." After writing, they leave but quiet and calm. Going a little further. They start bathing in a lake. While bathing, Prince begins to sink. Courageous Ravi saves him from drowning. "Today my dear friend saved my life," Prince writes in bold letters on a stone on the shore of the lake. Ravi gets surprised and he asks him "When I slapped, you wrote on the sand but when I saved your life, you wrote on the stone, why?" Prince responds by saying that an unpleasant incidence or a terrible event can ever be erased from the sand. I wrote the good incidence on the stone so that the virtues of friendship and companionship would be appreciated for the rest of my life.

Q.1. What did you learn from this story?

Art of being Amicable

Write down the names of your friends.

1. 2. 3.

How often you get angry with your friends?

Never/ Often/ Sometimes

How soon do you restart your interaction after an argument with your friends?

What efforts do you make to please your peers?

- Suppose a friend of yours goes to the canteen with you one day, you order tea and samosas but he only takes tea, after asking the price of the Samosa. What would you do in such a situation?

.....

- A student in your class has arrived at school without having his breakfast. He is not carrying his tiffin-box. What will you do for him?

.....

.....

(d) Writing a Diary

Writing a diary is a very good habit. We may cherish the most beautiful moments of life by noting these down in a diary. The bitterness of the past life, the wealth of sweet memories can be entered in our personal diary. The pages of this diary will brighten the future with their fragrance. This diary becomes the most valuable document of our life. So every human being should develop the habit of writing a diary and this should become a part of daily routine. To write a diary, we have to get used to it and ultimately with little efforts, it will become a habit to note down the daily life experiences in it.

Dear students, every day you have to take some time to note down the interesting events that have taken place throughout the day in your diary.

1. Write in your diary the activities that took place in your school's morning assembly today.

Date :
Day :
Time :
Dear Diary

.....
.....
.....
.....
.....
.....

Signature



2. The second day, pen down the most pleasant incidence that happened with you.

Date :
Day :
Time :
Dear Diary

.....
.....
.....
.....
.....
.....

Signature




3. Record in your diary any task completed by you during the last few days that has made you happy.

Date :
Day :
Time :
Dear Diary

.....
.....
.....
.....
.....
.....

Signature



Teacher's Remarks





(a) Chossing the Career

“Choosing a career of own choice not only makes a person happy but becomes the reason of the family’s prosperity too.” Every person has to do some or the other work to make his living. If we have a job of our choice then no other happiness matches this. The contentment one gets by doing his favorite job is more valuable than its monitory value. Adolescence is the stage of life when we have to decide which profession or course to pursue.



Let me share a story with you about this:

“Avi was a boy from a middle class peasant family. He was studying in 10th class. Whenever someone at home or at school asked him which profession he would like to choose, He started thinking about it.

There was a family in his neighborhood who had five cars. They had a good income from cars. Avi also thought that he would do the same when he grew up.

One day at school, the drama team came. A little actor captivated all the students by singing songs and role-plays. Avi was sure that he could sing better than this student. He could do acting also because he too had been acting and singing at the state level competitions in middle school. He enjoyed reading books also.

There was a big shop in his village. Whenever he went there to get a bargain, he saw a crowd of customers at the shop and also the shopkeeper holding currency notes in the hands. At that time, he thought how good that work was. He was having a farm at home. He helped his parents there. He also used to count money after selling the crop but he was not very happy with this income.

He also had pets in his house. He loved them very much. One day he went to the veterinary hospital to get the buffalo vaccinated. He saw the vet and got attracted to that profession. He can also do the mechanics of small things in the house. Sometimes he had a thought of going abroad after seeing the big mansion of the family who went abroad from his village.

Dear students! Now let us guess in which profession Avi can be more successful :

We will give Avi a score out of 5 for each task.

Work or occupation	Score (1 to 5)
1. Trade
2. Doctor
3. Driving
4. Agriculture
5. Literary (Acting)
6. Vehicle / Transportation work
7. Scientist
8. Settling Abroad
9. Mechanic

You have to give score to the profession suitable for Avi with maximum of five marks , keeping in view his nature and personality. Another aspect of Avi's nature is lack of attention and concentration. He used to think a lot but did not focus on one goal. Aren't we doing the same ? You must think !!!

EXERCISE

PART-I

Choose True / False

1. I will choose the course that my parents say, even if I am not interested in that job. ☐
2. If I do not become a doctor due to my family or other circumstances, then other courses like medical profession, pharmacist, nursing can also be thought about. ☐
3. Everything is preplanned by luck in the form of our destiny. So there is no use of taking much tension about work. ☐
4. I have to choose the same course as my classmates will choose. ☐
5. What I want to be in life, only I have to choose my path. This applies to me. ☐

PART-II

1. What should I do after the tenth ?

.....

.....

2. Write down the names of some of the occupations of the people around me.

.....

.....

3. What makes me happier ?

.....

.....

Analysis by the teacher

No task is small or big. The way we work and the way we approach, it should be positive. You can choose the right profession by getting more information.

(b) How to take right decision

Once there was a king. He tried to test wisdom of his son. So that he might nominate the better one for his post in his province. He called all his three sons, he gave them 100 rupees each. Then he asked them to fill the palace only with this hundred rupee. They were given one day. So his sons started thinking. His elder son thought a lot and gave the money back to his father. The next son bought the garbage, the waste material and filled the palace with garbage. The palace was filled with dirt and foul smell. The father king got very much angry. Then he gave chance to the youngest son who was very wise.

Think

Dear students, think how can the young prince fill the whole palace, just spending 100 rupees ?

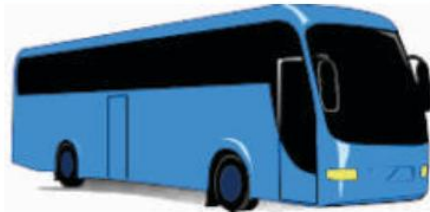
The youngest son bought some perfumes and scents. The whole palace was filled with fragrance of perfumes. So the king became very happy and he gave him prize.

Dear students, in this way, we should refresh and adore our personality with the fragrance of good values. Our mind should not be corrupted and filled with bad thoughts, rather it should be filled with good ones.



Activity-1

Look at the story of this picture. Here is a squirrel crossing the road but in condition of indecision sometimes it goes forward then comes back. Again goes forward and comes back. It doesn't decide in which direction should it move. From front side there is a car and from backside there is a bus. It comes under the tyre of the car and dies.



Question : Choose the correct option :

(Q) The real cause of the squirrel's death was

(a) bus (b) car (c) indecision (d) none of these.

(2) Fill the blank with suitable word :-

The squirrel could have escaped if it took
decision at Time.

(3) Take the better way

(2) Think every possible way out

(1) Understand the situation

Conclusion

If we move two Steps forward and come two steps back then where will we reach ??
nothing.

In the same way, we should move towards the right Direction to achieve the goal with firm determination. We can reach at our destination .

Now discuss these situations in the class and find the better decision and write it down in your worksheets :-

Situation-1 A and B, both are your fast friends, but now they are not on speaking terms with each other. A asked you to leave B, while B asked you not to talk to A. Then what will be your decision ?

.....
.....

Situation-2 Tomorrow there will be a mathematics test in your class. you are very intelligent in maths. but your friends decided not to take the test. What will be your decision ?

.....
.....

(c) Self-Confidence

“The person with self-confidence is appreciated by all, can achieve every goal and finally reaches his destination”.

Dear students, today you will come forward and tell something about you. Come forward one by one and tell :

Your name _____ your father's name _____, your mother's name _____ and your hobby _____



Activity-1

Now answer the statements given in the following table in Yes or No.

Students	Yes	No
1. Going forward, I was looking downward.		
2. I was nervous when I spoke.		
3. I hurried out of my seat.		
4. I left my seat very calmly.		
5. I spoke quickly and came back.		
6. I found this task very difficult.		
7. I went comfortably and looked at everyone and smiled.		
I felt very good.		
8. Many students were making fun of me when I spoke.		
9. I got nervous before I spoke but when I began to speak, I felt comfortable.		
10. Many students stood up straight while speaking and spoke easily.		
11. Some students mispronounced some words while speaking.		
12. I could feel my heart pounding.		
13. Many students did not say anything.		
14. I kept looking left, right, up, down while speaking.		
15. I speak a lot at home, but it's hard to speak here.		

This activity is only for myself. I have to evaluate my self-confidence by giving score. Based on this score, I can increase my self-confidence by following steps:

1. I will go home and record my voice on the phone. I will listen. I will record and listen for the second time. By speaking again and again, I will also have the experience of speaking in front of other people.
2. What a good quality I have ! If I bring brilliance in it. Like Kuldeep is a good player. All like and respect him a lot. I too will improve my talent to be famous amongst people.
3. Teachers love and appreciate students who score good marks in studies. I will do the same to be in their good books .
4. Nothing can become the hindrance in my way to success , be it my family conditions, my irritating friends ,or any other factor .
5. I can change my life by getting up in the morning to exercise, reading good books, being accompanied by good and noble people, reading biographies of great people, watching good movies and listening to the good songs. All great people have become great because of such habits.

(d) Use of Common Sense

Imagine a situation, in which the teacher will ask his students –

“Dear students, the last question from my side is- please tell where is the centre of this black-board ? The students will have to point out the centre of B.B. within only 10 seconds. The whole class will get confused.

1. There can be two situations arised. In the very first situation, A student can place his finger on one of the places on the blackboard or guess of his hand and say that it is the center.
2. The second situation may be that no student can tell the center of the blackboard.



When the first situation occurs, the teacher will ask how the student can claim that this is the center of the blackboard when he has not measured the center. When the student is unresponsive, The teacher will explain to the whole class that you can point to any place on the blackboard and tell them that this is the center. The teacher will explain that he has already announced that this is his last question and he will not ask any more questions after this. So He can't ask them another question as he promised. It will be a strange situation for the students in

the classroom that the teacher himself is saying that he will not ask any more question. The teacher will explain that we should always listen carefully and make a wise decision. It enhances our common sense and we may be able to use it in our life. In the second case the teacher himself can explain the question as above.

Human life is extremely complex and full of challenges. There are times in our lives when it becomes difficult for us to make a decision to deal with a particular situation or problem. The main reason for this is that theoretical knowledge / formulas or judgments sometimes cannot lead in practical life and make right or wrong judgment for us. Therefore in such a situation only our common sense or wisdom works. Renowned physicist and Nobel laureate Albert Einstein stated that imagination is more important than knowledge. It Can solve many problems. Therefore every human being should have common sense and the skill to use it in life. It is used while travelling on the road, talking to someone, cooking, eating, drinking, reading, writing and teaching, in every part.

Objectives

The main objective of this lesson is to inculcate in our students the skills to use common sense. It is a common tendency among the majority of our students to always answer the question in the traditional way and they do not get much importance to the knowledge provided by the teacher, which is outside the textbooks too. Students apply their common sense, less in exams. They do not think outside the box. This habit becomes so ingrained that they reduce the use of their intellect or talent in ordinary life and always use the traditional way. We have to change this tendency of the students and widen the scope of their understanding and knowledge. We need to inculcate such confidence in them that they can solve any kind of problem in life at their own level with their own wisdom.

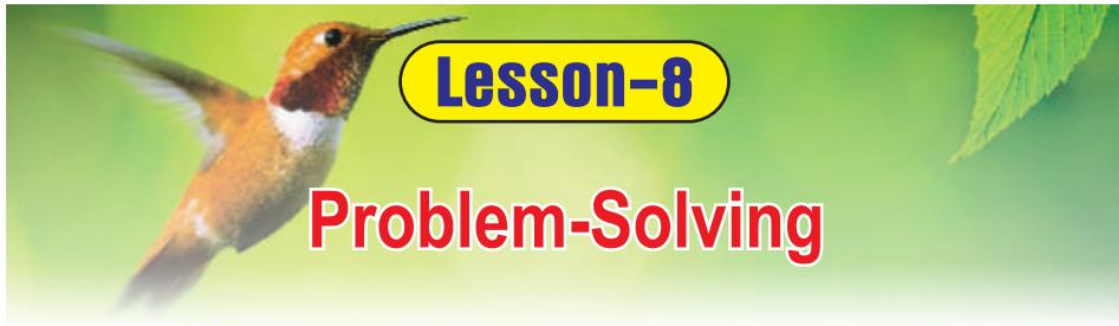
EXERCISE

Ques. “Students, answer a question that a man was out of the house and was constantly soaking in the rain. His whole body was wet from the rain. His head was completely bare and there was no turban, safa, hat or anything on his head to keep his head safe from getting wet. But not a single hair of his head got wet. How can this be possible ?”

Ans.

Teacher's Remarks





(a) How to manage (control) Anger ?

Restlessness as well as anger is a state of mind in which one feels very nervous and takes oneself far away from peace and tranquility. This mental disorder sometimes causes such damage to our personality that we continue to suffer for a long time. In fact, we get angry when we don't get what we want from our surroundings. Sometimes it does not suit us.

Let's learn how to get out of bed in time with the help of a story.

A boy named Robin was very short-tempered and had a habit of getting frustrated at small things. His parents, grandparents and younger sister were all tensed because of his behaviour. One day while he was playing in the park with his friends, he got angry over something. He left the game and sat down. His friends asked him to come and play with them but he started abusing them ruthlessly. Everybody tried his best to make him feel better but he was adamant. They all got tired, and went to play again but Robin kept on feeling agitated. Suddenly he saw some dogs who were fighting. A lady came there and distributed some bread among them. They ate it and started playing. Robin was amazed at how they had been fighting for so long and now forgot everything. How lovingly they were playing! He suddenly began to think how stupid he had been for fighting and being so begrudging for such a long time. He immediately got up and went to his friends and apologized. He said, "Let's play together."

So, students what do you learn from this story?

Q.1. Who were bothered by Robin's habit?

.....
.....

Q.2. Can Robin's begrudging behaviour be justified?

.....
.....

Q.3. Who taught Robin to control his anger ?

.....
.....

Why is it necessary to control your anger? We realise our mistakes after ruining everything due to rage. But we have no idea how to deal with the consequences that arises because of our instant furious behaviour. You will know about the gruesome effect of anger after reading this story. In the olden days when students went to the Madrasa to study, a Maulvi asked the class students if they had any grievances against anyone in the class. Many students nodded in agreement. Then the Maulvi told all them to bring a tomato the next day. All of them brought a tomato the following day. He told them that if anyone had any problem with anyone in the class, then they should write the name of that person on a paper and wrap a tomato inside it. He also told them to put it into their respective bags. All the students performed the task without asking the Maulvi why it was necessary to put the tomato inside the paper? The Maulvi performed the same task the next week and asked the students to take out the tomatoes from their bags. When all the students took them out from their bags, they noticed that all the tomatoes were squeezed badly. They had a pungent, bad smell. The Maulvi then told them that their bags had also started smelling because of the rotten tomatoes. Our minds would also start smelling like that bag if we keep grudges against anyone and become egoistic. We would have to go through lot of mental breakdown which would further ruin our personality. All students started looking at their classmates whom they did not like. They let go of all the misunderstandings and hugged each other graciously.

Q.1. Students, what did you learn from this story?

.....

Q.2. How do you feel after fighting with anyone ?

.....

These are some suggestions to help you control your anger.

- Always have an optimistic approach towards everything.
- Read good books.
- Adopt a hobby and spend time on it.
- Take a long breath and count till ten.
- Drink water in little sips.
- Keep reminding yourself that anger further ruins your mental peace.
- Write down all your feelings whenever you feel angry.
- Think about the happy and precious moments of your life that are very close to your heart.
- Think about the times when you helped someone and vice -versa.
- Share your feelings with your loved ones.
- Go for a long walk/ long run.
- Stop thinking about the things that are bothering you.
- Learn to say no and understand other person's perspective.

Dear students, you will feel far better after implementing the above techniques in your life. You will notice a significant change in your behavioural and mental aspects. It is important for you to know that ignorance and egoism sometimes destroy good relationships. By acquiring such qualities as humility, we will distance ourselves from these thoughts and develop our personality in all respects. Then very slowly we will create peaceful, progressive and happy society. Instead of trying to change others, we will learn to accept the differences. Our society will become a society of responsible, skilled, and happy people. Everyone will enjoy his life. Let's do our best to make this world a better place .

(b) How to manage fear

“Fear” is a feeling of worrying about any assumed future loss. Suppose you are walking alone on a deserted road at night. There are bushes on either side of the road. You assume that there are some people standing around who can hurt you. You pass by the bushes and see that they are only bushes, not people. You just got scared irrationally. This example shows that the only thing that scares you is the fear of losing someone or something. You were afraid of the bushes in the darkness of night. When you realized that it was nothing but bushes, you stopped frightening.



Activity-1

The teacher will form four groups having three students in each group. In this activity, the teacher will say one letter like “s”. The members of the first group will speak the words starting with the letter “s”. Similarly, all the groups will have their turn. Then the next group will play. The rest of the groups will be out. Then other letters will be spoken alternately. In this situation, students will experience the feeling of fear. The students will make a lot of mistakes due to fear and panic resulting from this task. The same activity will be repeated again. This time, the students will be given more time to think and speak. All groups will take their turn for speaking. We will notice that the number of incorrect words is very less now.



Activity-2

Tomorrow you will have a test of 30 idioms, Math questions or any subject. Only the students who pass this test will be able to join the school tour. Due to this fear, the result of the students will be better.

EXERCISE

PART-I

1. Write down your fears and anxieties in your notebook that bother you all day.

.....

.....

PART-II

True / False

1. Work hard to reduce the fear of failure, the fear will go away. ☐
2. Sometimes fear is also beneficial for us. ☐
3. A soldier accepts that service to the country is more valuable than his life. He is not afraid of death during war. In this way fear can be avoided even by knowing more about fear. ☐
4. Fear is very difficult to control. ☐
5. When you grow up, all fears disappear by themselves. ☐

Sometimes fear proves to be beneficial for us as well. Fear also warns us of future dangers. But fear should not be allowed to dominate on us. To eliminate the fear, understand the cause of the fear. The fear of feeling disappears if we accept this feeling. So never run away from a fearful situation with a denial. Rather take it as a challenge and control it.

(c) How To Find Solution ?

Q.1. Dear Student, can you answer this question ; there are five men in a room. One more man enters in the room and kills four men out of them, now how many men are there in the room ?

Ans.

.....

.....

Kindly write down your answer in the box above.

Read the question thoroughly, two or three times. This question is much easier, but the answer that strikes our mind, may not be appropriate. So read again the question. You were not asked about the number of men. See, can you solve this question or not ?

So required answer should be in form of yes or no.

Required Answer :  Or 

Whatever you have been asked, it is required to give adequate answers before try to fall into detail or to impress someone, often cause complication. It may confuse the issue .

So try to find the solution to the problem by understanding these points :-

- (1) Understand the problem well .
- (2) Find a solution with concentration, confidence and patience .
- (3) Sometimes there can be several solutions to a problem, choose the one that is most appropriate .
- (4) Find solutions, based on your problem, resources and circumstances .

Discuss in class groups and write the best solution, coming out from discussion ;

1. After recess, you find a book was missing in your bag. What will you do ?

.....
.....

2. You reach the school late. How will you enter in the class ?

.....
.....

Which cup will fill at first ?



The solution to the problem, comes quickly with attention and concentration.

(d) Concentration

Dear Student, there is a great example in the Mahabharata that Guru Dronacharya set aside the diamond eye of a bird to test the archery skill of the Kauravas and Pandavas. Only Arjun was able to hit the target. The Guru asked Arjun how he got the target fulfilled. He replied that he could only see the eye of the bird. This is called the power of concentration. Concentration means being completely focused. The fixed state of our mind is when all our powers are in a fixed position.



Activity-1

Activities to Increase Concentration

Dear Students, four students will assist me in today's activity.

Interested ones, please come forward.

Take a minute to look at everything in your class.

Write down all the things you remember. Now all the four students will count the number of things written by them.

Dear students, you can see that some students have written more number of things observed by them than the others. What can be the reason? It is concentration. The more you concentrate while looking at things, the more number of things you were able to write.



Activity-2

The teacher will call the whole class out of the class room. A student will be asked to place 20 items such as ball pens, erasers, pebbles, scales, keys, chalk, pins, staplers etc. to be placed on the table in the room.

Then the individual students will be sent to see those things. Then everything will be removed and the whole class will be called. Students will now be asked to write or recite these items. This can be done many times with different things.



Activity-3

The teacher will ask a student to read five sentences from the text book. The recording will be played and the students will be asked to listen to the recording carefully. Then they will recite or write the sentence they have listened. After this, record another paragraph and listen. This can be done many times to increase concentration.

EXERCISE

1. What is the importance of concentration in our life?

.....

.....

2. What will you do to increase your concentration?

.....

.....

True / False

1. A balanced diet, walks, sound sleep, meditation, etc. are very important to increase concentration. ☐
2. Concentration cannot be increased. ☐

Summary

Concentration is the power with which we can get what we want. With concentration we can make life more energetic and valuable. The work, that we spend a lot of time on, is very quick and efficient.

Teacher's Remarks





(a) Expressions

Expressions are very important in our personality development and our life. To express, to tell our feelings, ideas or our outlook is known as expressions. If we don't express ourselves well, we often have to suffer. Let's read this story :-



Activity-1

Story 'APRAISAL'

This is a story of a boy named Pargat, who was very intelligent, sincere but shy. One day his class teacher asked the boys to write down the names of all the districts of Punjab and also learn them by heart. Pargat finished this home work during recess, hoping for the apraisaal. Suddenly Ravinder, a student of his class asked him for note book and promised him to return it the next day. The next day, Ravinder forgot to bring his note-book back. Pargat got cofused. He was bewildered to think about the Social Studies period. So he lost his self- confidence. When the S.St subject teacher asked the class to get their note books checked. Pargat stood up. As he was a shy person, so he did not tell the truth. The teacher rebuked him. He got angry not due to his incomplete homework, but more becuse of his silence. In recess, Pargat started crying. One of his friend, Sandeep was a confident boy. He went to the teacher and told the truth. The next day, the teacher asked the whole class to answer his questions verbally. Pargat had already learnt the whole topic by heart, so he gave all the right answers. Meanwhile, his classmate Ravinder could not give the correct answers. Therefor the teacher praised Pargat in front of the class and asked Ravinder to avoid the copying work. The whole class clapped for Pargat. Ravinder realized that hard and original work gets appraisal indeed



Why did the teacher scold (rebuke) Pargat ?

Actually, Pargat did not express himself well. He should have explain the real cause to teacher. The teacher felt bad, because Pargat did not make any reply. That's why, he was rebuked by the teacher.

Dear students, always be expressive whenever it is required. Clear your stand openly. Sometimes, 'NOT ANSWERING' is more harmful than 'WRONG ANSWERING'.

Many times our students feel reluctant when teacher ask them questions. There are many reasons for students not answering well. Usually they are :- Lack of confidence, not knowing the answers or not knowing the proper way of answering.



Activity-2

The teacher will organize a debate in the class. He/ she will put the motion (topic) in front of class. Some students will have to speak for the topic, while the others will speak against the topic. The discipline of the class will be maintained. One student will be speaking in favour of the topic, then someone else will raise his/her hand to interrupt the debate for cross questioning.

Any out of these subjects may be chosen for the debate :



Home-work should be assigned to students from the school .



Online education is must during the holidays announced due to disaster.



Uniform should be compulsory in the schools.

Summary

After these activities, the students will realize the importance of good communication. With practice during different school activities and daily conversation, the students will get enabled to improve such skills and polish them.

(b) Positive Attitude

Every human being has a different perspective towards life. Every human beings point of view actually reflects his or her personality. If every human being develops the habit of being positive in every situation then it becomes icing on the cake. Dear students your teachers always expect this positive approach from you. The price of everything in the world depends on our perception. Maybe what is worth lakhs to me is useless to you and vice versa. Our positive attitude is a reflection of our personality. There is a saying, “The way you perceive, the way you create”.

Example : Once Yudhishtar was sent to look for the worst man in the world and at the same time Duryodhana was sent to look for the best man. Surprisingly both returned empty-handed because Yudhishtar himself was good so he could not find any negative quality in anyone whereas Duryodhanahimself was bad, so he did not find any good person.



Activity-1

Content-half glass of water.

Students, write a sentence on this half filled glass in your notebook.

EXERCISE

Question : What have you observed ?

1. The glass of water is half empty.....
2. The glass of water is half filled.....
3. Have you written something different? What is it.....

Conclusion

Our perception justifies the environment we live in. A student who writes about a glass of water that the glass is half filled has a positive approach towards everything. Whereas a student who writes about the glass of water being half empty has a negative approach towards life and is a pessimist. Like the empty part, they also look for the shortcomings of human beings.

Think and Answers

Q.1. Who is your dearest friend in class? Ans.

Q.2. What are the qualities which make you like that person?

Ans.

Q.3. Whom you don't like? Ans.

Conclusion

It is because of our own perspective that we like and dislike some people. We never find any mistakes in our friends and ignore their bad qualities, but on the other hand, you never find anything positive in your enemy. Dear students always be positive in your life because optimistic people are always happy, liked by all and have a respectable position in life.

(c) Interview Skill

The word interview is not only meant to be selected for the job but it is also a good career option, too. To get succeed in life we should be a good interviewer as well as a good interviewee. We should know the art of taking and giving good interview.



Activity-1

In classroom, you have to select the monitor or class representative (c.r.). so the winning candidates pass through the interview procedure. The student who was an ex monitor or c.r. or any other student who is very much confidence in speaking, will host (conduct) the interview. He/she will ask the questions and the candidates will answer them.

Dear students, you have often seen in television or come to know from radio that there was a very good career scope in field of taking interview. They can get good money. First of all we should know the rules of good interview. Please concentrate on the points given below on the basis of which we can succeed in interview:

The questions to be asked an interview must be precise, clear. Appropriate, his/her language should be simple. Questions should not be repeated. If the interview is for any designation or post, the qualities of the candidates for such posts should be judged through the question answers and the manners and pattern of behavior. While asking the question, the person with due respect looking in his/her eyes. On the other hand the person who is giving interviews should also see in eyes. There must be a little bit smile on the face of the both persons. Keep your mobile phone on silent mode. Sit in erect manner. Talk in humbleness, not in an arrogance. If you don't know the right answer, then accept the reality. You should promise to find out the correct answer. Try to increase your knowledge in future.

The office bearers will be selected on the marks they will get in the interview. The students may vote after getting impressed by the candidate. Write down the suggestions you will get from your teacher and the classmates.



Activity-2

The interview will take place in front of the class.

Q.1. What would you do, if you would be the c.r./monitor if the class.

.....

2. Which improvement do you want to inculcate in yourself?

.....

3. How will you improve the class ?

.....

Distribution of marks:-

Sr. No.	Name of Student	Roll No.	Relevant Ques./Ans. (05)	Self Confidence (05)	Voice or Impression	Manners (05)	Total (20)
1.							
2.							
3.							

Write down the score of the candidate on the worksheet. Make chart of the qualities of a (i) good interviewer (ii) and a good interviewee.

Qualities of Interviewer
1.
2.
3.

Qualities of Interviewee
1.
2.
3.

(d) Body Language

Our language has a special effect when we speak. We always use words of humility to make a good impression on our personality and try to fill the voice with sweetness and tenderness. But the effect of our personality is made not only by what we speak, but also by the way we communicate.









Activity-1

A friend of yours is now coming to your house every day and wasting your time in useless talk. You are tired of his habits. One day you tell him the following dialogue to get him out of your house.

**Now you go,
we will meet again.**

This dialogue will now be given to different students to speak in the following moods. To help students, meaning and facial expressions are provided as samples.

Mood	Position of the body - parts	Face Expressssions
Humility	The body bowed slightly and both the hands joined.	
Lovingly	Hugging a friend and holding his hand in yours	

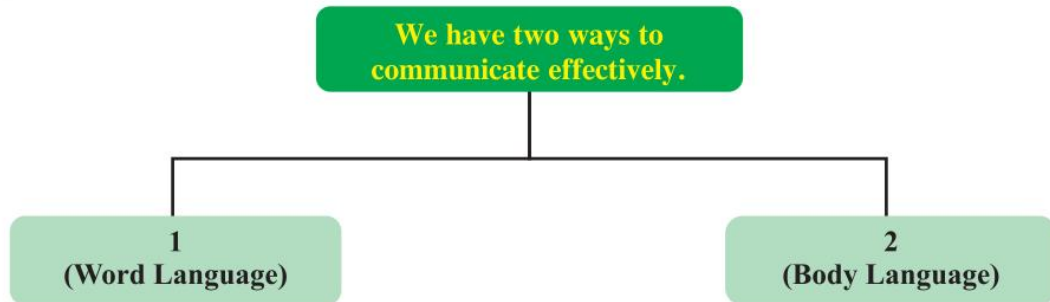
Mood	Position of the body - parts	Face Expressssions
With complete anger	The body is straightened and pointing with the finger of the hand raised.	
Internal resentment.	Mild resentment on the face Slight bitterness and resentment in the voice	
Laughing	With a smiling face and hands explaining.	
Irritated	Both hands are tightly clasped, face is tense and there is obvious resentment on the face.	

During this activity all other students will fill in the following table by listening to the dialogues:

Name of Students	Roll No.	How was the way of sending friend out of home	If good, then why was it so ?	If not good, then why was it so ?

What would I say to my friend in this situation ?

Students will now feel that we have a special interest in our voice, facial expressions, gestures and body posture (asanas) to make a good impression. It will be useful for the teacher to inform the students about their good behaviour in different situations; For example, during interviews, how talking to teachers, how interacting with your various relatives, with your friends and younger ones, come up to this level and explain to the students that we have two ways to communicate effectively.



Now, you must have understood the concept of 'Body Language'. Students can improve their personality with the help of verbal and non-verbal communication.



Activity-2

Students should practice as much as possible by doing the following different tasks :



Inspire others to keep school clean, safe and secure as our home.



Inspire the students to work hard and help the parents.



To request the school-head to organize various cultural and sports competitions in the school, monthly.

Summary

Continuous practice in practical life, students develop proficiency in speaking, etiquette and good use of body language.

Teacher's Remarks





(a) Causes for Stress

Any situation that does not happen according to the expectations of our mind and body is stress. Suppose we are going to school on a bicycle. Suddenly our bicycle gets punctured, we will be late. This is the state of mind that makes us tense. This is what we call stress. There is stress. Stress can be both helpful and detrimental to us. We can eliminate stress by understanding the cause of stress and subsequently resolving it, and we can also be stressed by treating the problem as a burden. It is up to us what to choose.

Causes of stress:

1. Home, school, neighborhood conditions
2. Teasing or abusing by peers about our short stature or any part of the body.
3. Deteriorating situations in the country due to war or epidemic.
4. Over expectations and unfulfilled desires.
5. Our nature and personality type
6. Workload and lack of management
7. Any ailment or debt.
8. Being bullied by someone.
9. Comparison with others.



Activity-1

The teacher will ask the students to sing a song , recite a poem or talk about the environment for two minutes. Some students will come forward and perform very well. It will turn out to be a good opportunity for them to show their talent. This presentation will become an opportunity for many students to do something But many students will find it stressful.



An intelligent student can speak very well but he will not say anything due to his shy nature.

Statement by the student :-

When I was asked to speak

.....

.....

.....

.....



Activity-1

Dear students, Imagine a situation. Suppose you have to appear in an important test the next day. Due to some reason, you could not complete and revise full syllabus. So you studied well till late night and hence are able to perform well in the test.

The above situation was stressful for you earlier. You made it useful for yourself by fixing it with your own efforts.

What is your contribution in this? How were you able to manage stress ? Write your thoughts about it :

Effects of Stress

Stress weakens our physical and mental strength. We have faster heart beat , sleeplessness and sweating. Stress increases the risk of obesity, abdominal pain, headaches, breathing problems, heart disease, diabetes and many other diseases. We lose a lot of our energy or potential while dealing with a stressful situation . Positive aspect of stress is that it prepares us to fight situations, increases concentration, boosts our self-esteem and energy. The negative aspect of stress is that it restricts us to work and keep us away from responsibility.

EXERCISE

1. How stress can be useful for us ?

.....

.....

2. What are the physical and mental changes felt when you are stressed ?

.....

.....

3. What does a stressed person's face look like ?

.....

.....

4. What are the stressful things for you ?

.....

.....

Summary

Sometimes the student has stress. One factor of stress becomes a reason of being stressed in many situations. When the teacher provides detailed information to the students and explains the cause of stress through the above methods, the students will be able to find the real cause of their stress and will think about the solution. Their lives will be stress-free.

(b) How to avoid stress

Stress is a natural part of our lives. It is a multi-factored phenomenon. The reason of stress for a 10th class student can be school work, being abused by fellow students, lack of friendship, calling names, physical condition, uncontrollable desires etc. Stress affects our heart rate, fatigue, lethargy, irritability, lack of concentration and so on. If we learn to channelize our stress, it becomes beneficial for us. There are different situations in the life of every student. By understanding these situations we can reduce our stress.

Here are some tips to help you deal with stress :-

The teacher will instruct the students to reduce stress in the class. All the students would sit comfortably

1. Close your eyes and feel comfortable. Open after 5 seconds.
2. Take a deep breath. Exhale !
3. Students will close their eyes and act according to what is said by the teacher or the class monitor.

Dear students, feel that we are sitting on a level place in the lap of the mountains. The river is flowing near us. We are touching the flowing water. The sound of water is enchanting us.

The song of the mountain birds, the cool breeze and the calm atmosphere have taken us to a supernatural state. Sit in this state and take five deep breaths.

Now open your eyes. This state of bliss gives us a lot of energy. We can do this at home by remembering any beautiful scene.

4. If the class is in the ground then Kotla Chhapaki, tug of war, running or any other sport can be played .

Actions to be taken by the student himself :

1. Walking or exercising yoga.
2. Taking a needful balanced diet.
3. Spending quality time daily in flourishing hobbies like painting, writing, diary writing, singing, dancing, cooking etc.
4. Supporting parents with household chores Reading about our great heritage, glorious history, warriors and be positive and optimistic in every situation despite the pains and sufferings.
5. Playing with family members or peers.
6. Set aside some time for an entertaining movie, music or play.
7. Going for a walk, connecting with nature.
8. Finding positive things around you.
9. Be in the company of the people with positive aura or contact them by a phone call.
10. Be sure to talk to your relatives and friends for a while.
11. Make a list of your tasks. Write important tasks before and after the rest. Ticking while finishing work.

EXERCISE

1. How does stress affect our body ?

.....

.....

2. What can we do to reduce stress ?

.....

.....

3. What can we do to keep others stress free ?

.....

.....

4. Can stress be good for us ?

.....

.....

Summary : Sometimes the student is in stress. One factor of stress becomes a reason of being stressed in many situations. When the teacher provides detailed information to the students and explains the cause of stress through the above methods, the students will be able to find the real cause of their stress and will think about the solution. Their lives will be stress free.

(c) Live And Let Live

All gifts of nature like the sun, the wind, soil and water are serving us selflessly. Never asking for price. But for the sake of selfishness, man forgets that out of his pride !



On the earth, human beings, animals and plants all help each other to live. If we take care of everything in nature then the balance of nature will be maintained. Our life will be prosperous. In the same way, if we take care of our home, neighborhood, village and city people, we will never harm them for our own sake. In return, they too will keep on filling our lives with happiness.



Activity-1

An organic balance chart can also be shown in this activity. The teacher can also involve the whole class in this activity.

Five students will stand as a tree in the class. Some of the children as the trees will pretend to sit next to the students who have become trees and enjoy the air and enjoy the fruits. Some students will walk around like animals and birds.

Then two more students will act to cut down trees. Two students will act to hunt animals. After cutting down trees, students sitting under trees will fall to the ground pretending breathing problem. Animals and birds will also fall.

*“A student can sing this song later,
All depend on each other dear animals trees,
Why do you forget your duties?
Live and let live, live and let live.”*

EXERCISE

1. Can a human being live on earth without animals ?

.....

.....

2. What is the harm of destroying natural vegetation ?

.....

.....

3. What can we, as students, do to maintain the balance of nature ?

.....

.....

Teacher's Remarks

