

O My Motherland – 6

1. Subhash Chandra Bose (Patriotism)

Let's Think and Answer:

A. Answer the following questions:

1. Write about the education of Subhash Chandra Bose?

Ans:

Subhash Chandra Bose was born at Cuttack, Odisha on January 23, 1897. His father's name was Janakinath Bose. His mother's name was Prabhavati Devi. Subhash Chandra Bose was first in the merit list of successful students in Matriculation Examination.

He did his graduation from Presidency College, Kolkata. He went to England and completed higher studies from Cambridge University. He was selected for Indian Civil Service but returned to India without completing his training to take part in freedom struggle.

2. Who was Subhash Chandra Bose's political guru?

Ans:

Deshbandhu Chittaranjan Das was Subhash Chandra Bose's political guru. He was very much impressed by his ideas and philosophy.

3. Why did Subhash Chandra Bose resign the Presidency of the Indian National Congress?

Ans:

Subhash Chandra Bose resigned the Presidency of the Indian National Congress because he formed his own party 'Forward Block' in 1939. He did so because of his differences with Mahatma Gandhi and other Congress leaders.

4. How and where did Subhash Chandra Bose form Indian National Army?

Ans:

Subhash Chandra Bose formed Indian National Army in Malaya by recruiting the Indian prisoners of war. In June 1943, he visited Japan to have support of the Japanese Government in

freedom struggle of India. On October 21 1943, he became the Commander of Indian National Army in Singapore and began his military struggle against the British. He also established Provisional Government of Free India there. In December, 1943 he occupied Andaman and Nicobar Islands.

5. What were his slogans that inspired the people to participate in the movements?

Ans:

Subhash Chandra Bose's slogans that inspired the people to participate in the movements were as follows:

1. "I have not found one single instance when freedom has been won without foreign aid. Therefore, seek help from the enemy countries of Britain."
2. "All my life I have been the servant of India and until the last hour of my life I shall remain one. My allegiance and loyalty has very been and will ever be to India alone no matter in what part of the world I live."
3. "Jain Hind"
4. "Delhi Chalo" (March on to Delhi)
5. "Give me blood I will give you freedom."

Let's Do

- A. What personality traits of Subhash Chandra Bose had inspired you? Write any four.**

Ans:

1. Master organizer
2. Efficient Leadership
3. His vision and foresight
4. His bravery, courage, shrewdness, allegiance for the nation.

- B. Collect some more information on the Indian National Army and write a passage on it:**

Ans:

Subhash Chandra Bose formed Indian National Army in Malaya by recruiting the Indian prisoners of war. In June 1943, he visited Japan to have support of the Japanese Government in freedom struggle of

India. On October 21 1943, he became the Commander of Indian National Army in Singapore and began his military struggle against the British.

In 1945 the Indian National Army invaded India and occupied Imphal and Kohima. He set up two INA Headquarters – In Rangoon and in Singapore and began to reorganize the INA. The recruits were sought from civilians, funds were gathered and even a women's regiment called the Rani Jhansi Regiment was formed.

He also established Provisional Government of Free India there. In December, 1943 he occupied Andaman and Nicobar Islands.

C. Here are some multiple choice questions about freedom fighters. Tick (✓) the right choice:

Ans:

1. 'Do or Die' was one of the most powerful slogans of India's freedom struggle. Who gave it?
(a) Gandhiji [✓]
(b) J.L. Nehru
(c) Bal Gangadhar Tilak
(d) Subhash Chandra Bose

2. Which of the following newspapers was started by Motilal Nehru in 1919?
(a) Voice of India
(b) The Leader
(c) Young India
(d) Independent [✓]

3. Three of the following were awarded the Bharat Ratna in the same year. Who was awarded much later?
(a) Rajagopalachari [✓]
(b) Radhakrishnan [✓]
(c) Abul Kalam Azad
(d) C.V. Raman [✓]

4. The Home Rule League was started by
(a) M.K. Gandhi
(b) B.G. Tilak [✓]

- (c) Ranade
- (d) Veer Savarkar

2. Our Motherland (National Integration)

Let's Think and Answer:

A. Answer the following questions:

1. Which continent is India a part of?

Ans:

India is a part of Asia continent.

2. What is the crown of India and what is at her feet?

Ans:

The crown of India is Himalayas and The Arabian Sea is at her feet.

3. India is a place of holy pilgrimage. Do you agree?

Ans:

Yes, I agree that India is a place of holy pilgrimage. India is a country of philosophy and sacred religious folklores. It is a land of Vedic seers and Vedic knowledge and wisdom.

4. "India is an example of a unity in diversity." Do you agree with this statement? If yes, describe the various diverse features of India.

Ans:

Yes I agree with the statement: "India is an example of a unity in diversity." The various diverse features of India are its different cultures, castes, religions, customs rituals, different natural resources, landscapes, different flora and fauna and different dress, food habits and life-styles.

B. Fill up the blanks:

Ans:

1. Our country India is a golden **bird** of Asia.
2. India is a land of **philosophy** and sacred love.
3. India is a place of holy **pilgrimage**.

4. The mighty river **the Ganges** flows through her varied lands.
5. A land of the origin of **zero** is my country India.

Let's Do

A. Do you agree with the following statement?

“I don't have any responsibility to my school, community, my nation or anything else. My only responsibilities are to myself.”

Ans:

I don't agree with the statement: “I don't have any responsibility to my school, community, my nation or anything else. My only responsibilities are to myself.”

B. Write a letter to the editor of your newspaper about a problem in the community that needs to be taken care of. In the letter, mention the problem and suggests its solutions.

Ans:

LETTER TO EDITOR

M-82, Model Town,
New Delhi – 110018.

Dated: June 24, 2019

To,

The Editor,
The Hindustan Times,
New Delhi-110 001.

Sub: Attention towards the price hike.

Dear Sir,

Through your esteemed newspaper, I want to draw the attention towards the unprecedented rise in prices of essential commodities. Today the value of the rupee is going down. There are many reasons for the rise in prices like increase in the cost of petrol or diesel and high standard of living, etc.

The housewives find it difficult to manage the family budget. The Government should take immediate steps to control the prices of essential commodities. The prices must be brought down to a reasonable level. The Government should take strict action against the traders charging the high prices or doing black marketing. The Government should also open more fair price shops.

Yours faithfully,

Ajay Kumar.

- C. Not every day are we confronted by 'Do or Die' situations. Some little acts in the direction of patriotism are on usual basis.

Write down three such acts in space given below.

Ans:

1. Last year, I saw old flags over buildings and schools. I carefully observed that the flags are a little rough and faded. I went to one such building and requested the authority concerned to replace the old flag with the new one that I had brought.
2. During Republic Day earlier this year, I along with my 10 schoolmates, bought 100 tiny national flags. We stood on the 10 different roads to distribute the national flags to the small children of our age for free. The children and the bystanders were happy to see us distribute them and appreciated our effort of generating awareness about patriotism.
3. I, along with my neighbourhood friends, organized a small procession in the streets of our area to chant 'Jai Hind' and 'Vande Mataram' on the occasion of 'Independence Day' last year to commemorate the day with enthusiasm and fervor.

- D. **What is your opinion, makes someone a good citizen?**

Ans:

In my opinion, if we have gone through and studied the sacrifices of the freedom fighters, we shall come to know the real meaning of freedom. In this way, we will start loving our country. As a result, we shall naturally become a good citizen of our country.

3. Dignity of Labour

(Respect People at Work)

Let's Think and Answer:

A. Answer the following questions:

1. What kind of a person was the corporal?

Ans:

The corporal was a thoughtless and emotionless kind of a person. He had no feelings for others. He was elated, proud and headless person. He only thought about his status, rank and position. He didn't care about others at all.

2. Why did the corporal refuse to help his subordinates?

Ans:

The corporal refused to help his subordinates because he considered himself as superior to them. He was a thoughtless and emotionless. He had no feelings for others. He was elated, proud and headless person. He only thought about his status, rank and position. He didn't care about others at all. He considered it below his dignity to mingle with the soldiers below his rank and position.

3. Did the soldiers enjoy tea with Washington?

Ans:

Yes, the soldiers enjoyed tea with George Washington. They went into the canteen and Washington stood in a queue with them for tea. They shared their experiences and their life in the army. Washington heard them with great interest.

4. Do you think the corporal finally realized that he was wrong? How can you say that?

Ans:

Yes, I think the corporal finally realized that he was wrong. This is evident from the following:

“The officer suddenly realized that he was talking to George Washington. But it was too late as his Commander-in-Chief had already gone away.

B. Fill up the blanks:

Ans:

1. Every job is **important** and must be respected.
2. **George Washington** became the first President of the United States of America in 1789.
3. The load that the soldiers were carrying was **quite heavy**.
4. Rolling up his sleeves, he joined the **soldiers**.
5. It would be beneath my **status** to mingle with these workers.
6. The officer suddenly realized that he was talking to **Commander-in-Chief**.

C. Read the following sentences and mark each of them either true or false:

Ans:

1. George Washington was the first President of the United States of America. : [True]
2. The soldiers were pushing a cart with great force. : [True]
3. The corporal was very helpful and friendly. : [False]
4. George Washington helped the soldiers to carry the heavy box into the barracks. : [True]
5. George Washington refused to take tea with the soldiers. : [False]

Let's Do

A. Think of five things that you don't like doing at home and complete the table:

Ans:

Do it yourself.

B. Imagine that you are a washer-man or a gardener. Write five ways in which you want to be treated by others:

Ans:

1. I would like to be loved by others.
2. I would like to be cared for by others.
3. I would like to be trusted by others.
4. I would like to be treated well by others.
5. I would like to be respected by others.

C. What do you think of the following actions? Do they make you feel happy, sad, angry or respectful?

Ans:

1. Rahul refuses to help his friends to clean the playground of the school. : [sad]
2. Your neighbour makes a little servant girl do all the household work. : [sad]
3. Your principal has made a new rule according to which every class will clean the school playground once a month. : [happy]
4. Your mother is kind to the maid and never shouts at her. : [happy]
5. Your neighbour throws all the garbage of his house in the street. He says that it's the duty of the street sweeper to sweep and take away the garbage from the street. : [sad]

D. Do you think the people who work in your house – driver, maid, washerman, etc. deserve respect?

Write five ways in which you show your respect towards them:

Ans:

The **five** ways in which we can show your respect towards them are as follows:

1. We should respect them with dignity.
2. We should treat them well and with respect.

3. We should trust them.
4. We should extend love and affection towards them.
5. We should think that they are doing important work for us.

4. Pitching a Tent (Solving Conflicts)

Let's Think and Answer:

A. Answer the following questions:

1. What were the groups required to do in order to win the prize?

Ans:

The children were divided into groups of five. Mayank, Rahul, Faiz, Tarun and Sanchit were in one group. Each group was required to pitch a tent in order to win the prize.

2. What made the group divide into two parts?

Ans:

Sanchit and Tarun reached the top separately while Mayank, Rahul and Faiz had already reached the top separately. Therefore, the group was divided into two parts.

3. Why did Rahul become so angry?

Ans:

Rahul became so angry because Sanchit and Tarun had reached the top quite late and lost the valuable time. As a result, their group stood last in the competition.

4. What caused conflict in the group?

Ans:

Since Rahul's group stood last and lost in the competition, Rahul became so angry. He thought that they lost the valuable time in pitching the tent. He blamed Sanchit and Tarun for this. On the other hand, Sanchit and Tarun blamed it on Rahul because he was the leader of the group. They thought that Rahul was not a good leader.

5. What did the teacher consider more important than finding out who was to blame?

Ans:

The teacher considered it more important to find a solution to the problem than finding out who was to blame.

It is wiser to find a solution to the problem than to pin blame.

The teacher asked the group to try to find a solution rather than blaming.

B. Read the following statements and write true or false for each of the following:

Ans:

1. We all like to have fun. : [True]
2. Conflicts spoil our fun time, so we must avoid them. : [True]
3. We should solve conflicts by acting impulsively or angrily. : [False]
4. We should cooperate with one another and work as a team. : [True]
5. It is important to listen to all sides before reaching a solution. : [True]

Let's Do

A. Do you think we should support others when we work as a team? Why or why not?

Ans:

Yes, I think we should support others when we work as a team. There will always be conflict in life and in the work place. Conflict is a breakdown in the decision making process where an alternative cannot be chosen. The main issue is how we deal with conflict in an appropriate manner. There are many people who sometimes do not take the right path in resolving a conflict. The main idea in resolving a conflict is to come up with the best plan of action that both sides will agree on.

- B.** Students are playing in the park. There is only one swing. Aditi and Sudha try to sit on it at the same time. Each is trying to push the other off so that she may enjoy swinging. If you are watching them, what will you do to ensure that both the girls can enjoy themselves?

Ans:

I would try to convince both Aditi and Sudha about the matter. I would try to convince them that it is futile to argue and fight as it would not lead to any solution. I am sure they will understand and cooperate and let other to sit and enjoy the swing first.

- C.** You and your younger brother want to read the same book. One way of avoiding conflict has been given.

Write two more ways and the quality you would exhibit in each.

Ans:

1. I would **give the story book to my sister so that she may read it first.**
By doing this, I exhibit the quality of **not being selfish.**
2. I would **give the story book to my brother first so that he may read it first.**
By doing this, I exhibit the quality of magnanimity.
3. I would discuss the matter with my sister amicably and sort out the matter in a friendly way.
By doing this, I exhibit the quality of **maturity.**

- D.** Write three conflicts that commonly occur in your school. Against each, write one action that can worsen the conflict and one that can end it.

Ans:

Conflict	Can make it worse	Could end it
1. Fight	Sticking to one's stand.	Not sticking to one's stand.
2. Competition	Adopting unfair means will make it worse.	A fair and healthy competition can be encouraged.
3. Jealousy	Unfair and jealous attitude makes the matter worse.	Negative mindset does not lead to any solution. We should take a pragmatic

		view.
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E. Do it yourself.

F. **Read the situation and answer the questions that follow:**

Suraj and Sumit share a room. Since it is untidy and unclean, their mother asks them to clean it. Suraj says that he cleaned it last week, so it's Sumit's turn. Sumit remembers that the room wasn't so dirty last week. He feels that Suraj has dirtied it more than usual because it's not his turn to clean it.

1. How would you feel if you were in Sumit's place?

Ans:

If I were in Sumit's place, I would not mind it cleaning the room.

2. What will happen if Sumit shouts at his brother in anger?

Ans:

If Sumit shouts at his brother in anger, the situation will worsen and aggravate the situation further.

3. Is there a nice way in which Sumit could get Suraj to help him?

Ans:

Yes, there is a nice way in which Sumit could get Suraj to help him. He should humbly and politely request Suraj to cooperate and clean the room together.

4. What will happen if the two brothers refuse to clean the room?

Ans:

If the two brothers refuse to clean the room, the room will remain unclean, untidy. Ultimately, the mother will have to clean the room. It will show that both the brothers are entirely responsible.

5. The two brothers can't agree with each other. What should they do now?

Ans:

If the two brothers can't agree with each other, they should take up the matter with their parents. Whatever the parents decide, they will have to abide by that decision.

5. **Brave Maloji** (Courage)

Let's Think and Answer:

A. Answer the following questions:

1. Why did Maloji want to kill Shivaji?

Ans:

Maloji wanted to kill Shivaji because he said, "My father was a soldier in your army. He was killed in a battle. After his death, there was an economic crisis in the family. My mother was ill. Money was needed for her treatment. I did not know what to do? I wanted to save my mother. Your enemy Bhan Singh told me that if I could kill Shivaji, I would get 100 gold coins. I agreed."

2. What was Maloji's last wish before his death?

Ans:

Maloji's last wish before his death was, "Before my death, I want to see my mother one last time. Let me go back home to meet her. I shall come to you tomorrow morning. Then I may be put to death."

3. Why did Shivaji allow Maloji to go back home all alone?

Ans:

Shivaji allowed Maloji to go back home all alone because he appreciated and was moved by Maloji's fearlessness, firmness, frankness and self-confidence.

4. Did Maloji come back?

Ans:

Yes, Maloji came back.

5. How did Shivaji honour the boy?

Ans:

Shivaji honoured the boy by allowing him to be a soldier in his army. Maloji touched the feet of Shivaji, embraced him and arranged for the maintenance of his family.

6. How do you think Maloji was a courageous person?

Ans:

I think Maloji was a courageous person because he exhibited the following qualities:

1. Courage
2. Valour
3. Bravery
4. Intelligence
5. Wisdom
6. Fearlessness
7. Firmness
8. Frankness
9. Self-confidence.

B. Fill up the blanks:

Ans:

1. A brave person is a **courageous** person who has courage to speak the truth.
2. Shivaji was fast **asleep** in the bedroom of his palace.
3. Malohi wanted to **kill** Shivaji.
4. Shivaji's enemy Bhan Singh told Maloji that he would get **one hundred gold coins** if he could kill Shivaji.
5. Shivaji listened to the brave boy **Maloji**.

Let's Do

A. Write a story based on the following pictures:

Ans:

Sahil, a student of Class II, was enjoying the swimming in the Swimming Pool of his school. He had carried air-filled tyre tube with so that he might not be drowned in the water. While swimming, the tyre-tube loosened and he started drowning. He cried for help. His friend Suraj, who was playing around, heard his cry and rushed for his help.

Suraj immediately lived into the water and caught hold of Sahil. They swam laboriously and reached the edge of the swimming pool. Suraj save Sahil. Sahil thanked Suraj for his help.

B. Suppose you are a person with mental courage. Write a few things that you will do for your family, society and nation.

Ans:

1. I will raise voice against corruption.
2. I will gather detailed information against the prevalent corruption. I will
3. I will approach the different authorities to fix the problem. I will write to the police, concerned department, Chief Minister and also the Prime Minister. I would also approach the court for intervening in the matter.

C. Why are some people not afraid to risk their lives to fulfill their commitment?

Ans:

A person possesses two types of courage; one is physical and the other is mental. Physical courage encourages the man to do acts of risk like rocket manufacturing, launching satellites. Moral or mental courage enables a person to select right or wrong path and to act according to his will.

With the help of moral courage, he selects the right path, even if it be opposite to public opinion.

A man of courage is also full of faith. We should be brave and courageous.

D. Read yourself.

6. Miser Amirchand (Miserliness)

Let's Think and Answer:

A. Answer the following questions:

1. What is the meaning of miserliness?

Ans:

The meaning of miserliness is not spending money and resorting to hoarding of articles. A miserly person does not spend money even for very important needs.

2. How much did the first vendor ask for a coconut?

Ans:

The first vendor asked for a coconut 'Forty Rupees'.

3. How much did the vendor at the beach ask for one coconut?

Ans:

The vendor at the beach asked for one coconut 'Thirty Rupees'.

4. When Amirchand tried to bargain with the vendor at the beach, what did the vendor suggest to Amirchand?

Ans:

When Amirchand tried to bargain with the vendor at the beach, the vendor suggested to Amirchand to go a mile ahead and he will get a coconut for Twenty Rupees. Amirchand said to himself, "Money is very precious. I don't mind walking a mile more to save money."

5. What cost had Amirchand to pay to get just one coconut?

Ans:

Amirchand had to pay nothing to get just one coconut. The last vendor said to him, "Why don't you climb up one of these coconut trees and get one for nothing?"

Amirchand said, "That's right." He climbed up a coconut tree. He tightly held a coconut between his two hands to pluck it from the tree. But his legs lost the hold of the trunk and he hung in the air. He fell down on the sandy beach. He got a coconut just for a lot of scratches and wounds on his body and a fracture in his leg.

Let's Do

A. **How is miserliness different from saving for future? Write your views.**

Ans:

Miserliness is quite different from saving for future. We should save money for our future use. Saving money is good. But it should not be at the cost of needs of the present day. The habit of not spending money on basic necessities is not advisable to anybody.

We should live within our means but we shouldn't be miserly.

B. Tick (✓) for the people who are misers and cross (X) the other ones:

Ans:

1. Mr. Amit Jain earns a handsome salary. He likes to buy toys and books for his children, but he does not spend on chocolates and coke. Is he a miser? : [X]
2. Mrs. Reeta Gupta is a maid. She earns less. She spends on the education of her two children, but she does not spend on toys. Is she a miser? : [X]
3. Mr. Kapoor is a businessman. He earns good but does not pay any bonus to his staff. Is he a miser? : [✓]
4. Mr. Naman Gupta is a trader and earns well. Once his son had an accident and got scratches on his body. Mr. Gupta did not take his son to a good hospital. He just gave him first aid and consoled him that he would get fine sooner. Is he a miser? : [✓]
5. Mr. Ritesh Sinha has a family car. He does not allow his son to go to the college in the car. Instead he tells him to use a bicycle as the college is at a distance of only 2 km. Is he a miser? : [X]

C. Read yourself.

D. Do it yourself.

E. Spending not on necessities is an act of miserliness. Do you agree? Elaborate your answer by giving an example.

Ans:

If we do not spend on our basic necessities, it is an act of miserliness. Miserliness is quite different from saving for future. We should save money for our future use. Saving money is good. But it should not be at the cost of needs of the present day. The habit of not spending money on basic necessities is not advisable to anybody.

We should live within our means but we shouldn't be miserly.

Mr. Ritesh Sinha has a family car. He does not allow his son to go to the college in the car. Instead he tells him to use a bicycle as the college is at a distance of only 2 km.

7. Dumbo and the Flower (Everyone is Special)

Let's Think and Answer:

A. Answer the following questions:

1. What was Dumbo doing?

Ans:

Dumbo was sitting on the hill. He was looking at the clouds which looked like very large elephants. Dumbo was very happy until he noticed that the flower next to him was walking round him, stopping every now and then and looking at him. The flower said to him, "You are a freak."

2. What did the flower say to Dumbo?

Ans:

The flower said to him, "You are a freak. You haven't got any petals."

3. What did Dumbo do then?

Ans:

Dumbo became very worried about the fact that he had no petals. He thought that he should have some petals. He thought flower is right. Every time Dumbo heard the animals in the jungle, he hid himself and kept very still. He was really worried about having no petals. Then he had an idea. He said, "I'll just have to go and find some leaves and flowers and stick them all over myself." He did that.

4. Why did Dumbo jump into the pond?

Ans:

Dumbo jump into the pond because he didn't want petals any more.

5. Repeat the words of the flower that made Dumbo feel comforted?

Ans:

The words of the flower that made Dumbo feel comfort are as follows:

“You don’t need them. Elephants are elephants and flowers are flowers!”

Dumbo thought this was a wonderful speech and he got out of the water and went home to look at the clouds again.

B. Write true or false for each of the following statements:

Ans:

1. Dumbo was happily looking at the clouds in the sky. : [False]
2. The clouds formed the shape of Dumbo. : [True]
3. The flower called Dumbo as ‘freak’. : [True]
4. The word ‘freak’ annoyed Dumbo. : [True]
5. Dumbo became very worried about the fact that he had no petals. : [True]
6. Dumbo got petals and became like a flower. : [False]
7. Dumbo was happy to become an elephant again. : [True]
8. Flowers are flowers and elephants are elephants. : [True]

B. Complete the following:

Ans:

1. The flower said to the elephant, “I have just found out that you are a ‘freak’.”

(a) What did Dumbo think?

Ans:

Dumbo got angry. But the flower again repeated the words. He replied back, “You haven’t got a trunk either.” The flower reiterated its words. Then the Dumbo really got worried.

(b) What did he feel?

Ans:

Dumbo became very worried about the fact that he had no petals. He thought that he should have some petals. He thought flower is right. Every time Dumbo heard the animals in the jungle, he hid himself and kept very still. He was really worried about having no petals. Then he had an idea. He said, "I'll just have to go and find some leaves and flowers and stick them all over myself." He did that.

(c) What did he do?

Ans:

Dumbo became very worried about the fact that he had no petals. He thought that he should have some petals. He thought flower is right. Every time Dumbo heard the animals in the jungle, he hid himself and kept very still. He was really worried about having no petals. Then he had an idea. He said, "I'll just have to go and find some leaves and flowers and stick them all over myself." He did that.

Dumbo jumped into the pond and all the petals and leaves were washed away.

2. The flower said, "Elephants are elephants and flowers are flowers."

(a) What did Dumbo think about?

Ans:

The flower said to Dumbo, "You don't need petals or leaves on your body. You don't need them. Elephants are elephants and flowers are flowers!"

Dumbo was pleased to hear this wonderful speech of the flower and got out of the water and went home to look at the clouds again.

(b) What did he feel?

Ans:

Dumbo felt happy to hear the wonderful speech: "Elephants are elephants and flowers are flowers!" He

got out of the water and went home to look at the clouds again.

(c) What did he do?

Ans:

Dumbo got out of the pond and went home to look at the clouds again. He was happy.

Let's Do

A. What do you understand about the word “freak” used in the story?

Ans:

‘Freak’ means a person who has a very strong interest in something. In the story, “freak” is used to show Dumbo a very unusual and strange animal.

B. If somebody calls you a ‘freak’,

Ans:

1. What will you think?

Ans:

I will think nothing and let it go. I won't be affected. Everybody is free to express his feelings as per his set of thoughts developed by him over the time. If anyone else calls him a ‘freak’, he will go mad if he attaches too much importance to the word and its meaning.

2. What will you feel?

Ans:

I would feel sorry for the person for his lack of ignorance and misplaced opinion.

3. What will you do?

Ans:

I would not react at all because I take the thing in its right perspective.

C. Did you have any feeling like Dumbo elephant? Why?

Ans:

I don't have any feeling like Dumbo elephant at all. I won't be slightly affected. Everybody is free to express his feelings as per his set of thoughts developed by him over the time. If anyone else calls

him a 'freak', he will go mad if he attaches too much importance to the word and its meaning.

- D.** Look at the picture given below. Decide in your group why each of these would call you a 'freak'. In the bubbles, write what you think they would say.

Ans:

1. Monkey : If a monkey calls me a 'freak', I won't mind because I know he doesn't know the actual deeper meaning of it.
2. Bird : If a bird calls me a 'freak', I won't bother because I know every other creature is a 'freak' as per one's perspective.
3. Lion : If a lion calls me a 'freak', I won't bother because I know every individual is a unique creature in this world.
4. Fish : If a fish calls me a 'freak', it doesn't affect me because fish doesn't know that every creation of God is unique.
5. Tree with fruits : If a tree with fruits calls me a 'freak', I would simply laugh it away.

- E. What is the meaning of 'freak'? Why do you think some people all others 'freak'?**

Ans:

'Freak' means a person who has a very strong interest in something. In the story, "freak" is used to show Dumbo a very unusual and strange animal.

I think some people call others 'freak' because they form a definite set of opinion about others.

Everybody is free to express his feelings as per his set of thoughts developed by him over the time. If anyone else calls him a 'freak', he will go mad if he attaches too much importance to the word and its meaning.

- F.** God has made each of us different. We should be happy that we are so. Discuss with our friends about it.

Ans:

Yes, Almighty God has made each of us different. We should be happy that we are so unique.

Everyone is special. Talent is a God-given gift. We may not be talented in one thing, but we all have certain gifts given to us by Almighty God. We need to discover our talents and capitalize on them. Each of us is special and unique. We all have something to offer.

Everyone is special and perfect in himself. Almighty God has created every creature with a purpose. So, no living being has a right to let down the other on this Mother Earth.

8. A Mango Tree (Compassion)

Let's Think and Answer:

A. Answer the following questions:

1. What happened to Maharaja Ranjit Singh as he was walking in his garden one day?

Ans:

One day, as Maharaja Ranjit Singh was walking in his garden, suddenly a stone flew out of nowhere and hit him right on his forehead. The king was shocked and began to bleed profusely. He was quickly surrounded by his guards. An attendant rushed off to fetch the royal physician.

The king's courtiers searched the whole garden to find the culprit. They found a young woman hiding herself behind some bushes because she had seen what had happened.

2. Who threw the stone at Maharaja Ranjit Singh and why?

Ans:

The young woman had thrown the stone at Maharaja Ranjit Singh, but she didn't mean to hit the king. The stone hit the king accidentally. She said, "I was trying to pluck some

mangoes from that tree to feed my hungry children with. I did not mean to hit your most gracious self. I hit you by mistake. I most certainly did not mean to hurt you!”

3. What did his courtiers want the king to do to the woman?

Ans:

The king’s courtiers wanted the king to punish the woman for the crime she had committed.

4. What did Maharaja Ranjit Singh ask his Minister to do?

Ans:

Maharaja Ranjit Singh asked his Minister to make arrangements to give the young woman enough money to ensure that her life and that of her children are comfortable.

5. How did the courtiers react to Maharaja Ranjit Singh’s command?

Ans:

The courtiers reacted to Maharaja Ranjit Singh’s command with amazement. They said, “Your Highness! How could you let a person who has injured you go so easily. That too, after you rewarded her for her foolish deed. She could have killed you?”

Maharaja Ranjit Singh replied, “If a mango tree without the power of expression could help someone feed her children despite being hit by stones, so being a king, how could I do less? How could I ignore my subject’s needs on learning the truth?”

B. Fill in the blanks:

Ans:

1. Maharaja Ranjit Singh, the great Sikh King, was known for his **military** achievement.
2. Suddenly, a stone flew out of nowhere and hit Maharaja Ranjit Singh right on his **forehead**.
3. An attendant rushed off to fetch the royal **physician**.
4. I did not mean to hit your most **gracious** self.

5. The woman could not believe her **ears**.
6. At this, his courtiers had occasion to marvel yet again at the great king's **wisdom** and deep **compassion**.

Let's Do

A. You can be compassionate to all people around. List five ways you can show compassion to people.

Ans:

1. By showing kindness to people.
2. By showing love and affection to people.
3. By understanding other's problems.
4. By feeling the positive effects of compassion.
5. By understanding the divine quality of compassion.

B. Write five ways you can show compassion to plants and animals:

Ans:

1. By take care of plants and animals.
2. By giving water and manure to plants and animals.
3. By planting more plants and rearing more animals.
4. By treating them plants and animals with compassion.
5. By understanding the various benefits of plants and animals.

C. Find and circle eight qualities that a compassionate person possesses.

Ans:

1. HONEST
2. KIND
3. LOVING
4. FORGIVING
5. FRIENDLY
6. CARING

7. HELPFUL
8. GENEROUS

9. The Reward of Patience (Patience)

Let's Think and Answer:

A. Answer the following questions:

1. What kind of a woman was a widow?

Ans:

The widow was a patient woman. She had lost her husband in an accident and had no support. She had a daughter – Neetu and two sons – Sonu and Monu. She was patient and resigned to her fate. She did cleaning work for a household or two and earned some money for their sustenance.

2. Neetu was a patient girl. How can you say?

Ans:

The widow heard about a rich man who used to distribute bread every Thursday and Sunday. She sent her daughter - Neetu there. Neetu went and stood in line. When the distribution began, the people rushed. But Neetu was patient and waited in her place. Soon the stock was over and she got nothing. The rich man had watched her from his window.

The rich man saw the well-behaved girl go empty-handed. He sent a servant inside to get something for her. Neetu thanked the man for the gift. The next time, the rich man made sure something was kept for Neetu after the rush of others. Neetu's patience was rewarded which she had learnt from her mother.

3. What did Neetu find when she opened the bundle?

Ans:

One day, when Neetu opened the bundle, she found a 100 rupee note. Her mother took the note to the rich man. She said that it came perhaps by mistake in the bundle. The rich man was please with the woman's behaviour and enquired about her family.

4. How did the rich man help the poor widow?

Ans:

The rich man helped the poor widow by giving her work. The widow pleased him with her sincere services. The rich man provided for the education of her children. Perseverance and patience paid her rich dividends.

5. What are the consequences of being impatient often?

Ans:

The consequences of being impatient often are that one is rewarded in the end. With patience we can avoid making hasty decisions. In modern age, most of us have forgotten to be patient and get irritated very quickly on such minor things like a traffic jam, stock market fluctuation, a baby crying and so on. In fact, patience is a virtue that everybody must possess. Patience makes us better person.

6. Why should we be patient in difficult times?

Ans:

We should always we be patient in difficult times. Life is not a bed of roses. We shall let ourselves down through our shortcomings and weaknesses. Others too will let us down. Be patient. Learning to live with these things makes you an achiever in the end.

B. Read each of the following sentences and write true or false:

Ans:

1. Patience is an attitude which helps you to bear all difficulties. : [True]
2. Patience is a calm way of facing problems. : [True]
3. The widow and her children were very patient. : [True]
4. Neetu was impatient and pushed the other children to have more bread. : [False]

Let's Do

A. Write down a few instances when you were impatient. What was the reason of your impatience and what was its result?

Ans:

Do it yourself.

B. Write a few lines when you were patient. How did you feel about it?

Ans:

Do it yourself.

C. Read yourself.

D. Understand and study yourself.

10. A Pair of Tongs
(Joy of Giving)

Let's Think and Answer:

A. Answer the following questions:

1. What was so special about the day when Hamid woke up with a happy feeling?

Ans:

When Hamid woke up, he had a happy and special feeling about the day because it was Eid. He was supposed to go to a fair at a nearby village with other children and the men-folk.

2. Why did Hamid stop himself from buying toys and sweets?

Ans:

Hamid stopped himself from buying toys and sweets because he had only 3 paise in his pocket which his grandmother had given him. He thought, "What's the use of these toys? They are after all made of clay. They would break with the slightest fall."

3. What did Hamid's friends buy?

Ans:

Hamid's friends Mohsin, Mahmood and Sammi bought clay toys – soldiers and lawyers, sadhus and rajas! Hamid felt tempted, but he consoled himself.

At sweetmeat shops, his friends bought gulab jamuns, laddus and halwa. Hamid's mouth watered but he controlled himself.

4. What did Hamid finally buy and for whom?

Ans:

Hamid finally bought a pair of tongs for his grandmother. He thought that if he buys a pair of tongs, his poor dadi would not burn her fingers while making roti.

After reaching home, Hamid gifted the tongs to his grandmother.

At first, she was shocked and annoyed by his stupidity that instead of eating anything or buying any toy at the fair, he had purchased tongs. But when Hamid told her why he had bought them for her, she burst into tears.

5. What do you learn from Hamid's actions?

Ans:

From Hamid's actions, we learn that giving is not all about money or wealth. It is about kindness, helpfulness, unselfishness, sacrifice, service, love, etc.

The joy of giving is great. Giving something that was of great benefit or of requirement to the receiver definitely provides a feel of happiness and fulfillment. We should try to experience that wonderful feel of sharing and giving out things.

B. Rewrite the following sentences by correcting them:

1. Giving is all about losing money.

Ans:

Giving is not all about losing the money.

2. If we give gifts to others, we feel happy but if we give our services to others, we do not feel happy.

Ans:

If we give gifts to others, we feel happy. But if we give our services to others, we feel happier.

3. Hamid was a selfish boy, he didn't think about his grandmother.

Ans:

Hamid was a very kind-hearted boy. He always thought about his grandmother.

Let's Do

A. Think a little and write 'Yes' or 'No':

Ans:

1. Gifts are a way of showing love. : [Yes]
3. I give gifts only to those people who give gifts to me. : [No]
3. I like to give and receive expensive gifts. : [No]
4. A card or hug or 'Thank you' can also be a gift. : [Yes]
5. I don't care for gifts which are not expensive. : [No]
6. Gifts are a way of showing how rich I am. : [No]
7. I give lovely gifts to my friends and I tell them how much I spend on the gifts. : [No]
8. I like to give my friends gifts – expensive or inexpensive. : [Yes]

B. Have you ever received a special gift from someone? How did you feel?

Ans:

When I received a special gift from someone, I felt great and I was very much moved by the kind gesture.

C. Which felt better – giving a gift or receiving a gift? Give reasons for your answer.

Ans:

Giving a gift feels better than receiving a gift. Giving is divinity, receiving is materialistic. A mango or any other fruit tree always gives all its fruits and never takes even a single fruit for itself.

It is more blessed to give than to receive. When we do good to others, we receive great happiness and pleasure.

D. Do it yourself.

11. Who Controls You?
(Self-discipline)

Let's Think and Answer:

A. Answer the following questions:

1. What do you understand by the term 'self-control'?

Ans:

By the term 'self-control', we understand doing what e ought to do at all times and not doing what e ought not to do, without waiting for orders from others.

2. Mention the behaviour of someone who has self-discipline.

Ans:

The behaviour of Sahil is an example of a student who has self-discipline. He always exercises self-discipline because he considers it as one of the most important and useful skills one should possess. This skill is essential in every area of life.

3. Why is it dangerous to depend too much on guidance from others?

Ans:

It is dangerous to depend too much on guidance from others because we all are humans and have shortcomings and weaknesses. We should take guidance from our parents, teachers, elders and religious leaders. They are the best people to guide us in life.

4. What should we do when we are not sure what is right or wrong?

Ans:

When we are not sure what is right or wrong, we should seek guidance from elders, our parents, teachers and religious leaders.

B. Fill up the blanks:

Ans:

1. As a member of this country, you and many others are controlled by the **Government** and its **laws**.
2. Many people do the right thing only because they are afraid of being **wrong** if they don't.
3. People with no self-control often make **mistakes**.

4. Our **parents** and **teachers** are the people we ought to talk to on such matters.
5. We must also develop our **will-power** so that we may have enough self-control to act according to the right knowledge we have acquired.

Let's Do

A. Practise the following physical postures and see your self-control.

Ans:

1. Sit quietly by yourself. Don't move, don't look around and don't laugh. See how long you can do this?

Write here:

*I could sit still for **five** minutes.*

2. Stand with your arms raised up like this for as long as you can.

Write here:

*I stood with my arms raised for **thirty** minutes.*

3. Sit or stand opposite your partner.
Look at each other. Don't talk or laugh.

Write here:

*I could keep quiet for **ten** minutes.*

B. What do you suggest these children to do? Do you think they need self-control?

Ans:

1. Nidhi's brother has broken her favourite toy. She wants to shout at him and hit him.

Ans:

Nidhi's brother should immediately say 'sorry' for breaking her favourite toy. He should be quite polite and sincere in saying sorry and ask for her forgiveness repeatedly.

2. Sid is confused. There is a Maths Test tomorrow. But there is a lovely programme on T.V.

Ans:

Sid should watch T.V. to the bare minimum. Afterwards he should devote all his time for studying the Math. He should not waste any time after watching the T.V.

3. The teacher has left the classroom. She has asked the students to complete their sums quietly by themselves.

Ans:

The students should exhibit their level of self-control and self-discipline in the class and try to do their sums.

4. Everyone is working quietly in the library. Sudha wants to tell Saumya what happened at the party last night.

Ans:

Sudha should display her patience and tell Saumya after the party is over.

12. Akbar and Birbal (Sense of Humour)

Let's Think and Answer:

A. Answer the following questions:

1. Who was Akbar the Great? How was Birbal related to him?

Ans:

Akbar the Great was a wise and mighty Mughal Emperor who gave a good administration to our country. He liked the people who had wit and good sense of humour. Akbar had several ministers in his royal court. His nine ministers were very special and called 'Navratnas'.

Birbal was the only courtier who was allowed to crack jokes even at the expense of the Emperor. Birbal was wise and shrewd enough to know his limits. So he never offended the Emperor Akbar.

2. Why did another Minister thrash Birbal? What wrong was Birbal doing?

Ans:

Another Minister thrashed Birbal because once, out of curiosity, had sat on the royal throne. Another Minister said, "Birbal has no business to sit on the royal throne. Let me first

teach him a lesson. Then I will report the matter to the Emperor.”

He walked up to the throne and caught hold of Birbal. He tried to pull Birbal from the throne, but Birbal remained stuck to his seat. Now the minister was very angry. He pounced on Birbal and rained blow after blow on Birbal. Birbal, unable to bear the pain, began shouting for help.

So loud was the noise that the Emperor himself came running in to see what the uproar was all about.

3. What clarification did Birbal gave to Akbar in the defense?

Ans:

In his defense, Birbal gave clarification to Akbar: “Your Majesty, I meant no disrespect to you by doing so. If anything is to be blamed, it is my idle curiosity. I just wanted to see how it would feel to sit on your royal throne.” Akbar said, “How did it feel?” Birbal said, “Your Highness, I sat there only for a few minutes, but I realized what it is really like!” He showed his bruises and wounds he had suffered all over his body in the scuffle with the minister and said, “I have suffered enough for it. You, Sir, sit on it every day. I wonder how much pain you must be suffering day in and day out.”

4. How did the throne of Akbar attract Birbal?

Ans:

One day, Birbal said, “I wish to sit on the Emperor’s royal throne, just to see what it is like.” Birbal walked up to the Emperor’s throne and sat on it.

5. What did Akbar say on listening to Birbal? Did he punish Birbal for his fault?

Ans:

On listening to Birbal, Akbar said, “How did it feel?” Birbal said, “Your Highness, I sat there only for a few minutes, but I realized what it is really like!” He showed his bruises and wounds he had suffered all over his body in the scuffle with the minister and said, “I have suffered enough for it. You, Sir, sit

on it every day. I wonder how much pain you must be suffering day in and day out.”

No, Akbar did not punish Birbal for his fault. Instead the Emperor was delighted with Birbal’s clever reply. He patted Birbal on his back for his witty as well as wise answer.

6. “Sitting on the throne every day, how much pain you must be suffering day in and day out.” What did Birbal want to say to Akbar through these lines? Elaborate your answer.

Ans:

Birbal wanted to say to Akbar through these lines it was very difficult to run the affairs of the administration sitting on the royal throne. The royal throne represented the responsibility, expectation and aspirations of all the people of his kingdom.

Let’s Do

- A. Write a really humorous instance about your family here and then narrate it in the class.**

Ans:

Do it yourself.

- B. Below are some phrases that use humour in an entirely different sense. Find out the meanings of these phrases:**

Ans:

1. Out of humour : Sad, dejected and disappointed.
2. Locker room humour : Exhibiting humour in a very suppressed way.
3. Feel out of humour : Didn’t show any sign of humour. Didn’t find anything humorous.

C. Do it yourself.

D. Read yourself.

13. Protect the Environment (Environment)

Let's Think and Answer:

A. Answer the following questions:

1. What did the rich man want and why?

Ans:

The rich man wanted someone to help him move the hill sight in the middle of his lands so that he could grow rice. The hill sight was a source of pride and joy to the people who lived in the nearby town. In the evenings, many people walked to the top of the hill to enjoy the view. The small river that rose on the hill gave the town its supply of clear, fresh and sweet water.

2. What did Andare offer to do? What did he ask for return?

Ans:

Andare said to the rich man, "There is one man in the kingdom of Kandy who can help you move that hill. I can move it as far as the forest in distance."

In return, Andare liked to be fed with rice and black-fowl stew for the period that took him to complete the job. It would help me keep my strength up."

3. What happened in the end?

Ans:

For the next few months, morning and night, Andare went to the rich man's house and fed sumptuously on rice and black-fowl stew. Andare's attendance to rich man's house was so regular that he even neglected going to court. As time passed, Andare grew nice and fat, his plump face shining with good health and cheer. He asked the rich man to call the village people to see a hill being moved.

Andare placed a betel leaf on his shoulder. He said to rich man, he said, "Please ask all these people to pick up a piece of hill and place it on my shoulder. Then I'll be able to carry the hill away as far as that forest."

The townsfolk burst into laughter. Now the rich man realized that he had been tricked by King's court jester, Andare.

4. Why did Andare teach the rich man a lesson? How was the hill important to the town?

Ans:

Andare taught the rich man a lesson because he was a greedy person. There was no end to his greed. He was so greedy that he even wanted a hill sight to be moved somewhere else so that he could grow rice on that hill sight.

The hill was important to the town because it was a source of pride and joy to the people who lived in the nearby town. In the evenings, many people walked to the top of the hill to enjoy the view. The small river that rose on the hill gave the town its supply of clear, fresh and sweet water.

B. Read each of the following statements and write true or false:

Ans:

1. The earth nurtures us like a mother. : [True]
2. In many places, human greed is harming the earth to a great extent. : [True]
3. Everyone in the kingdom loved Andare for his sense of humour and his intelligence. : [True]
4. During that time, hill in question was a source of pride and joy to the people who lived in the nearby town. : [True]

C. Fill up the blanks:

Ans:

1. Each part of the earth whether it be **village**, **town**, **city** or **land** has its own resources which the people living there use.
2. The earth has so much that it can fulfill all our **needs**.
3. The **spring** that rose on the hill gave the town its supply of clear sweet water.
4. The townsfolk burst into **laughter**.

Let's Do

A. Write different ways in which we can make people feel aware of the importance of preserving our environment.

Ans:

1. Creating public awareness about environment.
2. Making them understand the importance of balance in environment.
3. Providing knowledge about the harmful effects of imbalance in nature.
4. Letting them know the various programmes initiated by the Government about preserving the environment.
5. Observing U.N.'s World Environment Day every year.
6. Making public aware of the various movements undertaken by environmentalists like Sundarlal Bahuguna, etc.

B. Do it yourself.

C. Is your state rich in natural resources? List all the other natural resources available at present. Include soil types, sea, lake, pond, rivers, hills, forests, minerals and wildlife.

Ans:

Do it yourself.

14. The Patriot (Patriotism)

Let's Think and Answer:

A. Answer the following questions:

1. Where did Grandpa take Avinash and Anju?

Ans:

Grandpa took Avinash and Anju to a small village around 100 km away for a picnic on Sunday. They took the first train to the village 'Himapet'.

2. Why were Akash's parents not happy with his decision?

Ans:

Akash's parents were not happy with their son's decision because Akash had decided to come back to his motherland, India, after finishing his medical studies in America. His father was very happy that his son had a foreign degree. He wanted his son to make America his home, earn a lot of money and finally invite his parents and sisters also to settle down in America.

But Akash was adamant. Amar said, "My country has spent thousands of rupees in educating me. I have to repay this debt. The only way I can do it is by serving the people here."

3. Why didn't Akash inform his parents before leaving for the village where epidemic broke out?

Ans:

Akash didn't inform his parents before leaving for the village where epidemic broke out because he was afraid that they would get worried and won't permit him to serve there for being infected himself. Therefore, when Akash knew about the epidemic spread in the nearby village, he just packed his bags and left. Later Akash's father received a postcard from him saying that he was busy treating the patients and that the situation was very serious.

4. What happened to Akash in the village?

Ans:

In the village, Akash did his best to serve, treat and save the people from the epidemic diseases. In the process he got infected and after battling for a month, he died in his mother's arms.

5. "Akash was a true example of patriotism." Do you agree?

Ans:

Yes, I fully agree that Akash was a true example of patriotism. He sacrificed his life for the sake of serving his fellow countrymen.

B. Write true or false for each of the following:

Ans:

1. Patriotism is like Gandhiji and Chacha Nehru

- or dying for your country like Bhagat Singh. : [True]
2. Akash wanted to settle in America, but his parents did not allow him. : [False]
3. Our country spends thousands of rupees in the education of a doctor. : [True]
4. Akash wanted to repay this debt of the Government by serving his countrymen. : [True]
5. Akash taught the real meaning of the word 'patriotism' to his father. : [True]

Let's Do

- A. "It is not the war-field alone which generates patriots. In the battlefield of life, too, one can find many martyrs." Do you agree with this statement? Name a person who is an example, other than Akash.

Ans:

Yes, I entirely agree with the statement: "It is not the war-field alone which produces patriots. In the battlefield of life also, one can find many martyrs."

One such great personality was Swami Vivekananda. The torch lit by Ramakrishna was taken all over the world by his disciple, Narendra Nath, later known as Swami Vivekananda. He was only 20 years old when he came in contact with Ramakrishna. He travelled to America, England and Europe to spread his master's message. People flocked to hear this great orator. New York Herald wrote: "Vivekananda is undoubtedly the greatest figure in the Parliament of Religions. After hearing him, we feel how foolish it is to send missionaries to this learned nation."

Vivekananda's journeys made him realize the tragedy of India as it was sunk in mental wretchedness and material mud. He tried to re-establish pride of India in his own culture and tradition. He questioned superiority of West. Instead of trying to defend or apologize for his religion, he proudly proclaimed spiritual superiority and greatness. His passionate and forceful words, which won

admiration of world, greatly elated Indians and stirred the feeling of self-pride.

Vivekananda believed in Yoga of Action and wanted more contemplation and meditation. He aroused patriotism and love for the nation.

B. How can you contribute to your country's progress? Write any four ways:

Ans:

1. By loving our neighbours and neighbourhood.
2. By helping the people who are in need and who come in contact with us.
3. By moving on the path shown by our freedom fighters.
4. By contributing in any possible manner towards the betterment of our society.

C. Our love for our country is called patriotism. A patriot contributes in his / her country's progress and prosperity.

Tick (✓) for the right and a cross (X) for the wrong one:

Ans:

1. Somesh loves to draw lines and shapes on the walls of the monument that comes his way to school. : [X]
2. Saksham teaches his maid's child for half an hour every day. : [✓]
3. Neerja goes to a slum area on every Sunday. He tells the people to send their children to schools there. : [✓]
4. Punit stands straight putting his arms down when the National Anthem of our country is being played. : [✓]
5. Nilima, with the help of her friends, organizes a 'clean up' drive in her neighbourhood

park on every Saturday.

: [✓]

15. Yoga for Good Health (Yoga)

Let's Think and Answer:

Write the benefits of the following asanas:

Ans:

1. Tadasana :
 - (i) This pose teaches us stand with majestic steadiness like a mountain.
 - (ii) It involves the major groups of muscles and improves focus concentration.
 - (iii) It is the starting position for all the other poses.

2. Vrikshasana :
 - (i) This pose gives us a sense of grounding.
 - (ii) It improves our balance and strengthens our legs and back.
 - (iii) It replicates the steady stance of a tree.

3. Adho Mukho Svanasana :
 - (i) This pose stretches hamstrings, chest and lengthens the spine, providing additional blood flow to the head.
 - (ii) It will leave us feeling energized.

4. Trikonasana :
 - (i) This pose stretches the legs and torso.
 - (ii) It mobilizes the hips and promotes deep breathing, leaving one with enlivening effects.

B. Identify these poses and name the asanas.

Ans:

1. Trikonasana (Triangle Pose)
2. Adho Mukho Svanasana (Downward Facing Dog Pose)
3. Tadasana (Mountain Pose)