

O My Motherland – 7

1. Swami Vivekananda (Spiritualism)

Let's Think and Answer:

A. Answer the following questions:

1. Why is Swami Vivekananda's birthday celebrated as the National Youth Day in India?

Ans:

Swami Vivekananda's birthday is celebrated as the National Youth Day in India because his teachings have been an inspiration to many and his words have become goals of self-improvement for the youth of the country.

2. Where was Swami Vivekananda born? Write his initial name.

Ans:

Swami Vivekananda was born on January 12, 1863 on the occasion of Makar Sankranti in Kolkata. His initial name was Narendranath Dutta.

3. Why did Swami Vivekananda initially question on the existence of God? How did his mind change?

Ans:

Swami Vivekananda initially questioned on the existence of God because he did not receive and could find any concrete satisfactory answer regarding the existence of God. He visited prominent spiritual leaders from all religions asking each one of them, "Have you seen God?" Each time he came out without a satisfying answer.

He asked the same question to Sri Ramakrishna at his residence in Dakshineswar Kali Temple. Ramakrishna replied, "Yes, I have. I see God as clearly as I see you, only in a much deeper sense." The more Narendranath visited the temple, the more his questions were answered.

4. What changes did Swami Vivekananda feel in himself when he went to the temple and faced the Goddess?

Ans:

In 1884, Swami Vivekananda underwent a considerable financial crisis due to the death of his father as he had to support his mother and younger siblings. He asked Sri Ramakrishna to pray to Goddess for the financial welfare of his family. On Sri Ramakrishna's suggestion, he went to the temple to pray. But once, he faced Goddess, he could not ask for money and wealth, instead he asked for 'Vivek' (conscience) and 'Bairagya' (reclusion). That day marked the complete spiritual awakening of Swami Vivekananda and he found himself drawn to spiritual way of life.

5. What was all about the programme in Chicago that made Swami Vivekananda a world figure?

Ans:

The programme in Chicago was about World Parliament of Religions in 1893. He was to represent India, Hinduism and his Guru Sri Ramakrishna's philosophy.

On 11th September, 1893, Swami Vivekananda took the stage and stunned everyone with his opening remark "My brothers and sisters of America". He received a standing ovation from the audience for this opening phrase. He went on to describe the principles of Vedanta and its spiritual significance putting Hinduism on the map of world religions.

He spent next two and half years in America and founded Vedanta Society of New York in 1894. He then travelled to U.K. to preach tenets of Vedanta and Hindu Spiritualism to the Western World.

6. Describe Swami Vivekananda as a prominent nationalist?

Ans:

Swami Vivekananda was a prominent nationalist. He was a great patriot and loved his countrymen. He urged his fellow countrymen to "Arise, awake and stop not till the goal is reached."

Swami Vivekananda revealed to world the true foundations of India's unity as a nation. He taught how a nation with such a

vast diversity can be bounded together by a feeling of humanity and brotherhood.

B. Complete the following lines:

Ans:

1. The young monk and his teachings have been an inspiration to many, *and his words have become goals of self-improvement, especially for the youth of the country.*
2. Narendranath excelled in his studies as well, *first at the Metropolitan Institution and later at the Presidency College in Kolkata.*
3. Although Narendranath's mother was a devout woman and *he had grown up in a religious atmosphere at home, he underwent a deep spiritual crisis at the start of his youth.*
4. Ramakrishna gradually won over this argumentative *young man with his patience and love.*
5. Swami Vivekananda spent the next two and a half years in America and *founded Vedanta Society of New York in 1894. He then travelled to U.K. to preach tenets of Vedanta and Hindu Spiritualism to the Western World.*

Let's Do

A. Answer at random the question "Who am I?"

Do not think about the topic of today. Spontaneously, express the answer that comes to your mind naturally and readily.

You can identify yourself in many ways by giving your name and address, your parents' details, by talking about your height, weight, where you study, your intelligence and talent and so on.

Ans:

Name : Komal Mahori
Address : D-10, Arjun Park,
Najafgarh,
New Delhi-110 043.

Parents Father : Mr. B.S. Mahori
Mother : Mrs. Devki Mahori

Height	:	176 cm
Weight	:	48 kg
School	:	Rajkiya Pratibha School, Dwarka, New Delhi.
Intelligence	:	Good
Talent	:	Average

B. Why is self-realization important in our life?

Ans:

Self-realization is very important in our life. The main focus of spiritualism is to promote an individual's personal experience with God.

C. What do you mean by the 'physical attributes; and intellectual powers of a person? Write examples.

Ans:

Physical attributes : Physical attributes indicate the physical capacity of a person doing the physical work.

Intellectual powers : Intellectual powers indicate the Intellectual capacity and ability of a person doing any kind of work. It covers the self-belief, courage, patience, perseverance and determination.

D. Read yourself.

**2. Where The Mind is
Without Fear
(About India)**

Let's Think and Answer:

A. Answer the following questions:

1. What does the poet mean by 'the head is held high'?

Ans:

By 'the head is held high', the poet means a man's upright position with self-respect, self-esteem and exhibits the personal integrity of a person.

2. Explain what the poet means by 'where knowledge is free'?

Ans:

By 'where knowledge is free', the poet means there is no bound or limit of attaining knowledge in any direction or in any field or subject.

3. What do you understand by 'clear stream of reason'?

Ans:

By 'clear stream of reason', we understand there is free-flow of reasoning. Just like a stream flows freely without any hindrance or shackle, in the same way, our reasoning should flow freely without any restraint.

4. What is the 'dead habit' according to the poet?

Ans:

According to the poet, the 'dead habit' means old and conservative way of thinking and acting. Dead habit reflects doing things in conventional and traditional way. It prevents attempting newer things in life with newer ways.

5. What does the poet mean by 'ever-widening thought and action'?

Ans:

By 'ever-widening thought and action', the poet means that our thinking and action must keep on widening in all directions without any hindrance and impediments.

B. Describe any two traits of character the poet wants to inculcate in his countrymen.

Ans:

The two traits of character the poet wants to inculcate in his countrymen are as follows:

1. It is the duty of every countryman to have love and affection for the land of our birth. It is our duty not to hate other persons or nations.

2. We must try to cultivate patriotism and to devote ourselves whole-heartedly to the betterment and prosperity of our country. One should never forget one's duty towards humanity in general.

C. What is the freedom that R.N. Tagore mentions in the poem?

Ans:

The freedom that R.N. Tagore mentions in the poem is that we should have a free mind, our head should be held high with respect and self-esteem, where knowledge is free, where world is not divided into different sections of narrow domestic walls, where truth is spoken without fear, where hands work tirelessly for perfection, where there is clear and free flow of reasoning, there is no way of thinking and doing things in a conservative way.

Let's Do

A. What are your dreams about a nation?

Imagine the nation of your dream and write a passage on it.

Ans:

We should have a nation where there is freedom of speech, action and thought. A nation in which we should have a free mind, our head is held high with respect and self-esteem. A nation where knowledge is free, where world is not divided into different sections of narrow domestic walls, where truth is spoken without fear, where hands work tirelessly for perfection, where there is clear and free flow of reasoning, there is no way of thinking and doing things in a conservative way.

B. How India is now and how you want to see it in future? Write your views considering the following things in your mind:

Ans:

1. Growth of science, industry and science:

Ans:

India has seen considerable growth of science, industry and science. The Government is according more emphasis to the growth of science, industry and science.

2. Social and economic justice:

Ans:

India has seen much progress in social and economic justice in the society in general, but a lot still needs to be done. There are many areas where speedy progress is urgently needed.

3. Women's empowerment and equality:

Ans:

India has seen a considerable development in women's empowerment and equality. But with the changing of society in modern age, greater autonomy is needed towards the women's empowerment and equality.

4. Cleanliness issues:

Ans:

Cleanliness has become one of the most important issues in this modern and technological world. Though we have made significant development in different fields of human civilization, but the development has also unfortunately contributed towards the degradation of ecological system. Cleanliness in all spheres of life should be the motto of all people, Governments and institutions in the world to make earth a better place to live.

3. The Young Man and The Fortune Teller (Destiny or Deeds)

Let's Think and Answer:

A. Answer the following questions:

1. Who was Shakti Singh? What did he want from his countrymen?

Ans:

Shakti Singh was a wise courtier in the court of King Vikram Suryavanshi. He wanted his countrymen to be hard-working and sincere to their duties.

2. What did Shakti Singh notice one day?

Ans:

One day, when Shakti Singh was walking home, he noticed that a young man sitting before a roadside fortune-teller. Next to the fortune-teller, there was a cage with a parrot. A few cards

were spread on the pavement. The fortune-teller was reading a card that the parrot had picked up.

3. What did the fortune-teller say to the young man?

Ans:

The fortune-teller said to the young man, "Destiny has favoured you, son. Great opportunities await you. The king himself will honour you."

The young man asked, "But how can I expect the king to honour me? I haven't done anything great. I am just a jobless person."

The fortune-teller said, "Don't worry. Your planets will take care of this. It doesn't matter whether you work or not. Royal privileges are in store for you."

4. What did the young man say when his mother asked him about her medicines? Could his reply satisfy his mother?

Ans:

When mother asked the young man about her medicines, he said, "I don't have any money." The mother said, "Where will money come from if you don't work?"

The young man replied, "Don't be disappointed Amma. I am destined to receive royal honours. My planets say so. Soon, I will receive a lot of gold from the king and then everything will be okay."

5. How did the young man react when he heard from Shakti Singh a punishment of three years in prison?

Ans:

When the young man heard from Shakti Singh a punishment of three years in prison, he reacted, "I am just a poor man. What have I done that you should ask the soldiers to handcuff me and drag me to the court like this?"

6. What did Shakti Singh want to make the young man realize?

Ans:

Shakti Singh wanted to make the young man realize that if planets can earn money for his mother's medicines, why can't the same planets put him in prison?

The young man was dumbfounded and speechless by Shakti Singh's reply. He freed him this time, but cautioned him to remember that there was no alternative to hard work. His destiny was never a substitute for karma – his deeds.

B. Write true or false:

Ans:

1. There is no shortcut to attain success. : [True]
2. The fortune-teller has a small cage with a parrot. : [True]
3. The young man did not want to work to earn money for the family. : [True]
4. Shakti Singh put the young man in the prison. : [False]
5. There is no alternative to hard work. : [True]

Let's Do

- A.** “Success can be achieved only through efforts, not by longing for it alone. Just like a deer does not go into the mouth of a lion just because the lion desires, it has to kill its prey, the deer.” Do you agree?

Write down a similar type of an example.

Ans:

Yes, I fully agree. Success can be achieved only through efforts and not by simply wishing for it alone.

Mahatma Gandhiji secured freedom for India through a prolong struggle and sacrifices in his life. The freedom did not come to India by destiny itself.

There is no substitute for hard work in life. Hard work and perseverance are the two keys to success. We can shape our own destiny by hard work and perseverance.

Hard work can defeat a lot of ill-luck. It attracts good luck and it also increases the effect of it.

B. What do you do when you are in some difficulty?

Ans:

When I am in some kind of difficulty, I draw inspiration from the difficulties the great personalities of the world had undergone in their life. All the great men of the world could achieve success only through hard work and sheer perseverance.

C. Read yourself.

4. The Golden Fish
(Greed)

Let's Think and Answer:

A. Answer the following questions:

1. What did the golden fish tell the fisherman when it was caught in his net?

Ans:

When the golden fish was caught in fisherman's net, it said to fisherman, "Please let me go back into the sea. I am a magic fish. You can ask a wish and I will fulfill it. But in return, you have to return my life."

2. When the fisherman told his wife about the golden fish, why did she get angry?

Ans:

When the fisherman told his wife about the golden fish, she got angry and scolded him, "Why didn't you ask for something? Could you not ask for at least a new wash-tub? Didn't you remember our older one has been broken?"

3. What things did she tell the fisherman to ask the golden fish?

Ans:

The fisherman's wife told fisherman to ask the golden fish the following things:

1. A new wash-tub.
2. A cabin of logs.
3. To change her into an aristocratic woman.

4. To change her into a mighty empress.
5. To rule over the sea.
6. To have a palace in the deep sea water.
7. Wanted golden fish to serve her in her palace.

4. Why do you think the wife was never satisfied even upon becoming the empress?

Ans:

I think the fisherman's wife was never satisfied even upon becoming the empress because she was a greedy woman. A greedy person always remains greedy and is never satisfied.

A greedy person loses all control over himself when he/she is over-powered by greediness. One fails to see good things. One wants to hoard more and more by hook or by crook. A greedy person is always poor.

5. Do you think the golden fish was right in not granting the last wish?

Ans:

Yes, I think the golden fish was very much right in not granting the last wish. The golden fish wanted to put a full stop the greed of the fisherman's wife.

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

Ans:

1. The fisherman was surprised to see a big golden fish in the net. : [True]
2. The golden fish was able to speak. : [True]
3. The first thing that the fisherman's wife wanted from the golden fish was a gold necklace. : [False]
4. The golden fish was a cruel creature. : [False]
5. The fisherman's wife was a greedy woman. : [True]

Let's Do

A. In your daily life, name five things that you regard as –

Ans:

Need

1. House
2. Food
3. Clothes
4. Work
5. Bicycle

Greed

1. Car
2. Bungalow
3. Junk Foods
4. Parties
5. Unmindful hobbies

B. Have you come across the people who take undue advantage of others' kindness? Pick examples from your surroundings.

Ans:

1. Employers
2. Businessmen
3. Hoarders
4. Policemen
5. Politicians

C. Put a tick (✓) for the children that you think are content and cross (X) for those who are discontent:

1. Raj has a packet of crayons in his bag. His aunt gifts one on his birthday. Raj decides to keep it

- in the almirah for later use. : [X]
2. Mohit's father brings two kites and gives them to Mohit. Mohit gives one to his brother. : [✓]
3. Avinash has two chocolate bars. He hides them and asks his father for one more. : [X]
4. Rohit has many clothes. He politely requests his father not to bring clothes for him for the next three months. : [✓]
5. Namita says to her father that she feels happy when he brings clothes for her but she feels happier when he brings clothes for himself. : [✓]

5. The Two Pups and The Red Ball

(Anger)

Let's Think and Answer:

A. Answer the following questions:

1. Where did Charlie and Toby live? What did they like to eat?

Ans:

Charlie and Toby lived with their mother in a big garden. They loved chewing on bones and also liked the bits of chapatti that the people in the garden gave them.

2. Was Charlie angry or happy? How do you know?

Ans:

Charlie was angry. Charlie went into the mirror-house and found many pups inside. All of them were just like him – black and white, with a small tail. He said, "They want to take my ball from me." The pups barked back at him. Charlie didn't like being treated that way. So, he got angry.

3. Why did the dogs bark angrily at Charlie?

Ans:

The dogs barked angrily at Charlie because Charlie had barked at them. The dogs were only the reflection of Charlie in the

mirror house. So, it was only Charlie who was barking in the mirror-house.

4. Why were they friendly towards Toby?

Ans:

The pups were friendly towards Toby because he went into the mirror-house wagging its tail. He was surprised to find many other pups just like him. All of them were wagging their tails and smiling at him.

Toby thought all these pups want to be my friends. His tail wagged really fast and the other pups wagged back just as fast.

5. Why couldn't Charlie find the ball?

Ans:

Charlie couldn't find the ball because his angry mind didn't let him search properly. He ran from one edge to the other. He kicked his leg at everything he saw. He couldn't find the ball anywhere as his angry mind was fixed on the angry pups.

6. What do you learn from this story?

Ans:

We learn from this story that our life is very short. If we spend all of our time getting angry, we are going to miss many joys and surprises that life offers. Think about how many times our anger has destroyed a relationship or caused us to miss a happy day with friends and family. We will never get back that time. However, we can prevent this from happening again – the choice is ours.

7. Draw the pictures of Charlie – an angry dog and Toby – a happy dog.

Ans:

Do it yourself.

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

Ans:

1. The ball rolled into a strange – looking house. : [True]
2. Toby was scared to enter the house. : [True]

3. There were many pups in the mirror house. : [True]
4. Charlie was angry to see many pups in the mirrors. : [True]
5. Toby found all the puppies happy. : [True]
6. Toby found the ball. : [True]

Let's Do

A. When you feel angry, what do you do? Complete the blanks below:

Ans:

When I am angry,

I sometimes get angry on others.

I never smile.

I always remain angry.

B. Do it yourself.

C. Do it yourself.

D. People react in different ways when they are angry. Here are a few of them. Can you add some more?

Ans:

1. getting angry on others
2. crying
3. unhappy
4. throwing a tantrum
5. sulking
6. slamming the door
7. shouting
8. shut myself in the room

9. don't eat
10. breaking things
11. waking up late
12. feel dejected

E. Read yourself.

6. A Science Experiment (Time Management)

Let's Think and Answer:

A. Answer the following questions:

1. What did the Lab Assistant bring in the class?

Ans:

The Lab Assistant brought in the class the following things:

1. A large glass jar
2. Several containers containing rocks of different sizes
3. Gravel
4. Sand
5. A pitcher of water
6. Several round river stones

2. Why were the students puzzled?

Ans:

The students were puzzled because they didn't know what the science teacher was going to do with the various things he had brought in the class.

3. What was the point of the experiment? Was it a science experiment?

Ans:

No, it was not a science experiment. The point of the experiment was to make the students understand the importance of 'Time Management'.

4. Do you think the experiment illustrated the point the teacher wanted to make to his students well or not?

Ans:

Yes, I think the experiment illustrated the point the teacher wanted to make to his students. He successfully illustrated the importance of time management by displaying an experiment.

5. What is time management?

Ans:

Time Management is the process of organizing and planning how to divide our time between specific activities. Good time management enables us to work smarter – not harder. The failure to manage our time damages our effectiveness and causes stress.

It appears that there is never enough time in our day-to-day life. Since we all get the same 24 hours, why is it that some people achieve so much more with their time than others? The answer lies in good time management.

6. Why is time management important?

Ans:

Time Management is important it enables us to arrange, organize, schedule and budget our time. We should apply all these things for the purpose of generating more effective work. The productivity is called time management.

Some steps of time management are as follows:

1. We must do the important things first and finish the rest later.
2. We should list out the things that we want to achieve in a given day, month or year.
4. We need to have a balance of both work and leisure activities to feel good about ourselves.
5. Time management is about filling every moment of the day with productivity.

It is also important to remember the following things in mind:

1. Time is money.
2. The early bird catches the worm.
3. A stitch in time saves nine.
4. Time and tide wait for none.

B. Write true or false:

Ans:

1. We must do the important things first and finish the rest later. : [True]
2. The teacher in the story wanted to tell about the water table through his example. : [False]
3. We should list out the things that we want to achieve in a given day, month or year. : [True]
4. We need to have a balance of both work and leisure activities to feel good about ourselves. : [True]
5. Having a huge backlog of jobs makes us feel out of control and unhappy. : [True]
6. Time management is about filling every moment of the day with productivity. : [True]

Let's Do

A. Managing time is all about prioritization, as the teacher demonstrates in this story. Do you agree? How can you say?

Ans:

Yes, I agree that managing time is all about prioritization, as the teacher demonstrates in this story. We can say this on the basis of the following which the teacher told to the students in the class:

“Today, there are a lot of different demands on our time. To manage our time properly, we must identify the big rocks or the priorities in our life. They could be several different things: our education or work, our dreams, our time with family and friends, our hobbies and interests or even a cause that we believe in. It is only when we put the big rocks in the jar of our life first that we can get them in at all.”

B. List six important things (on the basis of priorities) that you have to do in your life. Begin from the most important one and end it with the least important one to you.

Ans:

1. Firstly, identify and select the area of field of your career.

2. Then allocate the proper time for the difficult subject or portion of the subjects.
3. Accordingly, allocate the proper time for the lesser difficult subject.
4. Do not at all underestimate the importance of lesser difficult subject. The lesser difficult subjects are the ones which help in averaging out the ultimate score or result.
5. Allocate adequate time for play, recreation and entertainment to keep you healthy and fit mentally.
6. Hard work, patience, determination and perseverance are the important friendly tools which accompany in trying times.

C. Read the following things and think which of the following factors take away most of your useful time.

Ans:

1. watching programmes on television. : [✓]
2. chatting or talking to your friends on cell-phone. : [✓]
3. playing at odd hours. : [✓]
4. laziness and indifference. : [✓]
5. spending time on social networking sites. : [✓]

Now, think of a few to stop wasting time. Write **five** sentences on what you could do to utilize your time most effectively.

Ans:

1. Stop immediately laziness and indifference. : [✓]
2. Spend least time on social networking sites. : [✓]
3. Watch study related programmes on television. : [✓]
4. Chat or talk to your friends on mobile to the point. : [✓]

5. Only play at odd hours. : [✓]

D. What do you think the priorities of each of these people on any given day are? List them out:

Ans:

Your Mother

1. Preparing food
2. Washing clothes
3. Cleaning house
4. Assist in homework
5. Impart moral values in children

Your Father

1. Earning money
2. Look after the family
3. Fulfil social obligations
4. Proper management of the family
5. Assist in homework

The Prime Minister of India

1. Think about development of country
2. Think about betterment of people
3. Maintain good relations with other countries
4. Maintain good relations with opposition leaders
5. Maintain law and order and secure national boundaries

The Principal of your school

1. Look after the overall management of the school
2. Create better study environment
3. Maintain friendly relations with teachers and students
4. Maintain cleanliness in and around the school
5. Inculcate moral values in the students

E. Read the following proverbs. Discuss your experiences which describe these the best.

Ans:

1. Time and tide wait for none. : [✓]
2. The early bird catches the worm. : [✓]
3. A stitch in time saves nine. : [✓]
4. Time is money. : [✓]

7. Green Raw Mangoes (Stealing)

Let's Think and Answer:

A. Answer the following questions:

1. Why did Vikas and Varun go into their neighbour's orchard?

Ans:

Vikas and Varun went into their neighbour's orchard to fill their pockets with raw mangoes. This orchard belonged to a police officer who was their neighbour. The watchman saw them and blew his whistle, but they ran away.

2. Why did Varun give his mangoes to Vikas?

Ans:

Varun gave his mangoes to Vikas because he was afraid so that he could not be caught for theft.

3. What did Vikas's mother make him do?

Ans:

On seeing her son with stolen raw mangoes, Akash's mother asked, "Who allowed you to pick the raw mangoes? Did you steal them?" Vikas replied, "I didn't steal them. I only took them from the orchard. There are so many mangoes. Police Uncle won't even realize that some mangoes are missing" His mother said, "Don't empty the mangoes. You'll take them and put them back where you got them from."

4. Do you think the old watchman was a kind person?

Ans:

Yes, I think the old watchman was a kind person. He was glad that Vikas had brought all the tomatoes back except one which he had eaten.

5. Why wasn't Vikas afraid of the dark on his way back from the neighbour's garden?

Ans:

Vikas was not afraid of dark on his way back from the neighbour's orchard. He didn't see any reason for being afraid. But this time, he had given all the mangoes to the guard and he

was out of trouble and was not being caught for his theft. This was the reason that he didn't get afraid this time while returning to his home.

B. Write true or false:

Ans:

1. Varun was afraid he would get into trouble for picking mangoes from the police officer's house, so he gave all his mangoes to Vikas. : [True]
2. Vikas came home all excited and told his mother that he had brought mangoes for her. : [True]
3. Vikas's mother was happy to see so many stolen mangoes with Vikas. : [False]
4. Vikas returned all the raw mangoes to the gardener of the orchard. : [True]
5. Vikas was feeling very happy, happier than he had felt when his pockets were full of green raw mangoes. : [True]

Let's Do

A. Should Vikas's mother have forgiven him for the first time? Write your views about it.

Ans:

No, Vikas's mother shouldn't have forgiven him for stealing mangoes for the first time. Honesty should be praised and rewarded. Dishonesty should be punished and discouraged. No mother would like that her child should be dishonest.

B. If you were Vikas, what would you have done on your way to the neighbour's house?

Ans:

If I were Vikas, I would have given back all the mangoes on my way to the neighbour's house. It would have given me an opportunity to exhibit my honesty.

- C. **Sometimes we take things from our parents, but when we take them without their knowledge we are stealing. Do you agree?**

Ans:

When we take things without our parents' knowledge, it amounts to stealing. Yes, I full agree with this statement. Stealing is a bad habit and it should be stopped immediately and discouraged at the very beginning.

8. The Most Valuable Cargo (Education)

Let's Think and Answer:

A. Answer the following questions:

1. Where were the merchants travelling to and why?

Ans:

The merchants were travelling to a far away country to sell their goods. They boarded a ship and the ship set off to the land of their destination. They had their cargoes of silk, gold, gems, clothes, etc.

2. What did they ask the stranger on the ship? How did the stranger reply to them?

Ans:

The merchants asked the stranger on the ship, "What cargo do you carry with you?"

The stranger replied, "The greatest cargo of all."

3. How did the merchants treat the stranger when they could find no cargo that belonged to him?

Ans:

When the merchants could find no cargo that belonged to stranger, they treated him badly and said, "He is lying. He has nothing." The others laughed at him. From then on, the merchants taunted the stranger about the fact that he had no cargo at all, precious or otherwise. But the stranger stayed silent.

4. Did the scholar help the merchants to come back?

Ans:

Yes, the scholar helped the merchants to come back. The people of many educational institutes helped to pay for the passage of the merchants on the same ship that was taking the scholar home.

5. What happened later to the ship and the travellers?

Ans:

When the journey was about to end on reaching its destination, there was a huge and violent storm. The ship crashed against the rocks that lined the coast. The ship was broken to pieces. Somehow, everyone on the ship managed to swim to safety but all the valuables of the merchants sank to the bottom of the sea.

6. What did the merchants come to realize at the end?

Ans:

At the end, the merchants came to realize that knowledge gained from studying and practising it for the betterment of the society is the most valuable cargo. No shipwreck can ever take this away from a person.

The merchants said to the stranger, "Forgive us. What you say is true. Yours is certainly the most precious cargo of all!"

B. Write true or false:

Ans:

1. The merchants laughed at and taunted the stranger about the fact that he had no cargo at all, precious or otherwise. : [True]
2. The merchants were travelling with their cargo of silk, gold, gems and spices. : [True]
3. The stranger was travelling with the cargo of gold and gems. : [False]
4. The merchants were forced to seek the help of the scholar. : [True]
5. The merchants finally realized that the scholar was right. : [True]

6. The scholar didn't help the merchants return the home country. : [False]

Let's Do

- A. Find an example from your day-to-day life. It should be about a person who had money, possessions or power in life but misfortune had taken away from him?

Ans:

The latest example is that of Boris Becker, the legendary tennis player of Germany. He is the youngest winner in Wimbledon's history, who has claimed the first of three titles aged just 17. He became the youngest ever Grand Slam Singles Champion.

Boris Becker was declared bankrupt in 2017. He is auctioning off 82 items including medals, cups, watches, photographs, trophies and personal souvenirs.

However, the sales will not be enough to cover debts valued at millions of pounds. The auction will take place online from Monday by British firm Wyles Hardy to partially clear the bankrupt champion's debts.

- B. Read the following sentences and tick (✓) the ones for the children who think in a right direction.

Ans:

1. Naman sticks to the TV channel on which a programme is being telecast on science or geography. : [✓]
2. Ratan is not concerned to the things that become the headlines of the newspaper. He is limited to his class syllabus. : [X]
3. Soha says that too much knowledge can cause her headache. : [X]
4. Mahima likes to read magazines, newspapers and books in her free time. : [✓]

5. Sunidhi takes interest in most of the activities that are held in her school. : [✓]

C. Do it yourself.

D. **Discuss and write your views on each of the following:**

Ans:

1. There are many people who dropped out of college and did well. Bill Gates is an example. So, education isn't that important.

Ans:

No, education is very important. There may be exceptional people like Bill Gates who dropped out of college and did well. The exceptions do not make up for the general people. 1% exception cannot make up for 99% general people.

2. The person who has enough money can always hire educated people to work for you.

Ans:

It's true that a person who has enough money can always hire educated people to work for him. But that very person will have to face difficulties on a daily basis for depending on educated people all the time.

3. Even education can be taken away from you, what if you have a head injury?

Ans:

If we have a head injury, the education cannot be taken away from us. If there is serious damage to the brain, only then education can be taken away.

4. A person is educated only when he has undergone formal learning i.e. gone to school and college.

Ans:

It's not true that a person is educated only when he has undergone formal learning i.e. gone to school and college. Education can be attained in any form and in any manner, but education by formal learning through schools and colleges is widely accepted mode of attaining the education.

5. Having money is better than having education.

Ans:

Not at all! Having education is always better than having money.

9. The Story of Helen Keller (Perseverance)

Let's Think and Answer:

A. Answer the following questions:

1. Write about Helen Keller's feelings when she couldn't understand the meanings of doll and some other words. How do you think she would have felt when she finally understood what these words meant?

Ans:

When she couldn't understand the meanings of doll and some other words, she had mixed feelings; of happiness for those words that she was able to spell, of fear and confusion for those words that she was not able to spell.

When Helen Keller finally understood what these words meant, she felt happier and confident.

2. What qualities of young Helen Keller helped her come out of the 'still, dark' world in which she lived?

Ans:

Following qualities of young Helen Keller helped her come out of 'still, dark' world in which she lived:

1. Confidence
2. Happiness
3. Patience
4. Perseverance

3. Do you think like Helen Keller or Anne Sullivan you also show real perseverance in your real life story?

Ans:

No, I don't think like Helen Keller or Anne Sullivan I also show real perseverance in my real life. But I want to develop the qualities of patience and perseverance.

4. Suggest a suitable title for the story?

Ans:

A suitable title for the story would be “Patience and Perseverance”.

B. Write true or false for the following:

Ans:

1. The baby Helen Keller got an idea from her mother’s signs and from the excitement of moving to and fro in the house that something unusual was about to happen. : [True]
2. It became little difficult for baby Helen Keller to differentiate between the words m-u-g and w-at-e-r. : [True]
3. When baby Helen Keller played with the doll a little while, Miss Sullivan slowly spelled into her hand the word d-o-l-l. : [True]
4. Bringing a hat was the indication that Helen Keller was going out into the warm sunshine. : [True]
5. Helen Keller did not obey her teacher – Anne Sullivan – many times. : [False]

Let’s Do

A. Everyone faces problems or challenges in his or her life in everyday life. How would you rate the challenges you face against those of Helen Keller’s?

Ans:

Problems or challenges in our real life in everyday life are more or less similar. Our challenges that we face against those of Helen Keller’s might be more difficult or easier, but what matters is that we should have patience and perseverance in which Helen Keller excelled very successfully. We should exhibit patience and perseverance like Helen Keller.

B. Do it yourself.

C. Find out how each of the following people showed persistence to get successes in his life. Write four lines about each.

Ans:

1. Mahatma Gandhi : In South Africa, Mahatma Gandhi developed technique of Satyagraha based on truth and non-violence. In December, 1929, he demanded 'Purna Swaraj' from British. Civil Disobedience Movement began in early 1930 under his leadership. In August, 1942, he started Quit India Movement. He asked people to 'Do or Die' in their attempt to throw British out of country.

2. Abraham Lincoln : Abraham Lincoln was 16th President of USA. He was also a civil rights activist and a lawyer. He kept America united during Civil War. He is credited with ending Slavery in America. He loved common people because they were poor simple and honest.

3. J.K. Rowling : J.K. Rowling was born on 21st July, 1965 at Yate General Hospital near Bristol and grew up in Gloucestershire in England. She wanted to be a writer from an early age. She wrote her first book at the age of six – a story about a rabbit, called 'Rabbit'. At 11, she wrote first novel – about seven cursed diamonds and the people who owned them. She studied at Exeter University. Her famous writings are Harry Potter series, some of which are based on Latin.

After her degree, she moved to London and worked in a series of jobs, including one as a Researcher at Amnesty International.

She conceived the idea of Harry Potter in 1990 while sitting on a delayed train from Manchester to London King's Cross.

4. Kiran Bedi : Kiran Bedi was born on 9th June, 1949. She is a retired IPS officer, social activist, former tennis player and politician. She is current Governor of Puducherry. She is first woman to join Indian Police Service. She remained in service for 35 years before taking voluntary retirement in 2007 as Director General, Bureau of Police Research and Development.

10. We Are Friends (Jealousy)

Let's Think and Answer:

A. Answer the following questions:

1. Why did Shishir feel uneasy when Saif praised the new boy?

Ans:

Shishir felt uneasy when Saif praised the new boy Jack. He feared that if two of them play with the new boy Jack, Saif would start liking the new boy better. So, Shishir started pin-pointing Jack's outlook saying, "He wears specs! Look at his spiky hair. He looks like an alien". He said these things about Jack hoping to change Saif's views about Jack.

2. Why did Shishir point out the thing in Jack's ear?

Ans:

Shishir pointed out the thing in Jack's ear, "What is that in your ear?" hoping that Saif would hear him and stop admiring the car.

3. Shishir stopped going out to play because Saif was always with Jack. Do you think Saif was not a true friend of Shishir or was it just misunderstanding?

Ans:

No, I don't think Saif was not a true friend of Shishir. It was just a misunderstanding. Shishir was at fault and stopped going

out to play because Saif was always with Jack. Shishir was just jealous of Saif and he had his misplaced apprehensions about their friendship.

4. Why didn't Shishir like hearing nice things about Jack?

Ans:

Shishir didn't like hearing nice things about Jack because he fear that Saif would befriend Jack and he will be left out. So, he tried his best to keep both Saif and Jack apart. But he was wrong as he had his misplaced apprehensions about his friendship with Saif.

5. Why didn't Shishir's mother call Shishir handicapped from inside?

Ans:

Shishir's mother call straightaway Shishir handicapped from inside because she was apprehensive that Shishir might take it in a wrong prospective.

6. What did Shishir's mother suggest Shishir to do to remove this inner handicap?

Ans:

Shishir's mother suggested Shishir to do to remove this inner handicap the following things:

“Some people are handicapped on the outside, but many of us are handicapped from inside. You are troubled by selfishness and jealousy. These are stopping you from making new friends and from being kind and helpful. This handicap is a lot worse than Jack's.”

7. Is jealousy a bad feeling? In what way is it bad?

Ans:

Yes, jealousy a bad feeling. Jealousy is an emotion having components of both anger and fear commonly found in children. The jealous child feels insecure in his/her relationship with a loved one and is afraid of losing the love and affection which he/she was accustomed to getting hitherto. Among siblings in joint family, jealousy is found to be common. Parental preferences and extra care to one child and neutral behaviour to another child also aggravate jealousy.

In school students, who are academically poor, possess jealousy towards good students. Jealous students do not make good adjustments in school.

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

Ans:

1. Shishir called Jack an alien. : [True]
2. Shishir liked Jack and wanted to make him his friend. : [False]
3. Saif was a selfish boy and he forgot Shishir when he found new friend Jack. : [False]
4. Shishir was troubled by selfishness and jealousy. : [True]
5. Shishir admits before his mother that he was wrong and decides to change himself. : [True]

Let's Do

A. Jealousy is a negative feeling. It makes you and others feel unhappy. Read the following sentences and tick (✓) the ones that shows the persons talked about are jealous or have negative feelings.

Ans:

1. Ankit breaks his sister's new mobile phone because he doesn't have one. : [✓]
2. Ranjan tells his friend that he wants to sing as good as he does. : [X]
3. Raj works hard to win a competition. : [✓]
4. Raman feels like stealing his friend's pencil box. : [✓]
5. Anshika dislikes her classmate because the teacher praised her. : [✓]
6. Namita feels angry when her brother does

well in studies. : [✓]

7. Sudha lets her best friend play with the new student in the class. : [X]

8. Anjana refuses to lend his new shoes to his cousin because he doesn't take care of things. : [✓]

B. Have you ever felt jealous of someone? Why did you feel jealous? What did it make you do? How did you deal with it?

Ans:

Yes, I have felt being jealous of someone. I felt jealous because for some misplaced opinion. It was done due to not understanding the thing in right perspective. I discussed the matter with my parents and then the matter was sorted out amicably.

C. Read the words showing different feelings. Some of these feelings are related to jealousy and some aren't. Colour the jealous feelings **Grey**.

Ans:

1. **distrust**

2. friendliness

3. generosity

4. **sadness**

5. **hatred**

6. **anger**

7. **unkindness**

8. **selfishness**

9. **dislike**

10. love

11. joy

12. helpfulness

D. Write about five things/qualities that you are proud of. Which of these do you think make others feel jealous of you?

Ans:

1. Courteous [✓]
2. Affectionate [✓]
3. Trustworthy [✓]
4. Helpful [✓]
5. Magnanimous [✓]

E. 1. You win a prize in an essay writing competition. You tell this news to your classmates and they give their views and reactions. What kind of reactions they can give? Write here.

Ans:

A Positive reaction! : Wow! By winning the prize, you have made us and the school proud.

A Negative reaction! : See, how arrogant he sounds after winning the prize.

2. You designed your dress in a new way and got it stitched with the help of a tailor. You wore it in a party. People known to you gave their opinions. What kind of opinions they may give? Write here.

Ans:

A Positive reaction! : What a nice dress he is wearing!

A Negative reaction! : What an awkward dress is worn by him!

11. A Basketball Match (Sportsmanship)

Let's Think and Answer:

A. Answer the following questions:

1. Why do you think the Ratan International School team began to lose once Sujata was out of the game?

Ans:

Once Sujata was out of the game, I think the Ratan International School team began to lose because of the sportsmanship. They began to lose heart and their game suffered.

2. What did Sujata suggest to the coach to help them win the game? What does this show about Sujata?

Ans:

Sujata suggested to the coach to help them win the game, “Don’t give us, not just yet. OK, let’s talk to the coach about the game strategy you were telling me about earlier.” This quality about Sujata shows her sportsmanship. This shows her team-spirit.

3. What did the coach suggest instead? How did it affect the team’s morale?

Ans:

The coach suggested instead, “I know Anjali is a great player and she has wonderful ideas too, but do not let the fear of defeat and taunts of the opponents make you doubt the belief you have in yourself. All you need is faith in your abilities and a true sportsman’s spirit to fight on.”

It boosted the team’s morale and ultimately they won the match.

4. How did Anjali show sportsmanship towards the end of the game?

Ans:

Towards the end of the game, Anjali showed sportsmanship, “I believe in myself and will live up to the expectation of my captain and coach.” Ratan International School team ultimately won the match.

5. What impression of Anjali and Sujata do you get from the story ?

Ans:

The impression of Anjali and Sujata we get from the story is that sportsmanship does not mean only taking part in sports and playing the game in conformity with the rules prescribed, but also playing the game of life in the right spirit. A true sportsman is the one who observes all those rules in life which

he has been taught to observe in games. Fairness, honesty, integrity, openness of heart and frankness – these are the qualities that a sportsman must display in life.

B. Write true or false:

Ans:

1. Anjali suggested Sujata that they should change their game strategy to give the opponent team a tough fight for the trophy. : [True]
2. Sujata had no faith in Anjali and the team. : [False]
3. The coach suggested Anjali that all she needed was faith in her abilities and a true sportsman's spirit to fight on. : [True]
4. Ratan International Team emerged as winners. : [True]
5. Anjali had true sportsperson qualities of a sportsperson. : [True]

Let's Do

A. Who according to you, is a true sportsperson? What qualities make him or her so?

Ans:

According to me, a sportsperson is one who observes all those rules in life which he has been taught to observe in games. Fairness, honesty, integrity, openness of heart and frankness – these are the qualities that a sportsman must display in life.

Sportsmanship does not mean only taking part in sports and playing the game in conformity with the rules prescribed, but also playing the game of life in the right spirit.

One should not practice deception, should not bluff or cheat others. A sportsman never takes due advantage of the weakness of his adversary nor does he hit below the belt.

Mere practice is not sufficient to win a match. It is the sportsmanship in players that make a team victorious.

B. Discuss what poor sportsmanship and good sportsmanship is? What is the difference between the two teams?

Ans:

The difference between poor sportsmanship and good sportsmanship is as follows:

Poor Sportsmanship:

1. Lack of team spirit
2. Deception
3. Bluff and cheat others.
4. Taking due advantage of weakness of adversary
5. To hit below the belt.
6. Neglecting rules and regulations

Good Sportsmanship:

1. Ample team spirit
2. No inclination towards deception
3. No bluffing or cheating
4. Not taking due advantage of adversary's weakness
5. Not to hit below the belt.
6. Strict observance of rules and regulations

C. Complete these lines with your own words:

Ans:

1. Good sportsmanship is about good behaviour that is respected and sympathetic towards everyone.
2. A good sportsman is the one who observes all those rules in life which he has been taught to observe in games. Fairness, honesty, integrity,

openness of heart and frankness – these are the qualities that a sportsman must display in life.

3. At home, good sportsmanship helps me to be cooperative towards all the family members, guests, relatives and neighbours.
4. At school, good sportsmanship helps me to be cooperative with all the students, teachers, Principal, guard and gardener.

D. Read yourself.

E. Read yourself.

Ans:

12. Neerja Bhanot

(A fight against terrorism)

Let's Think and Answer:

A. Answer the following questions:

1. When and where was Neerja Bhanot born? Where did she study?

Ans:

Neerja Bhanot was born on 7th September, 1963 in Chandigarh, Punjab, India. She completed her High School from Bombay Scottish School and graduated from St. Xavier's College. She was sent to Miami for training as a Flight Attendant in Pan Am. Soon she was made a Senior Flight Purser with the Airways.

2. Which field did she choose in the initial years of her career?

Ans:

In the initial years of her career, Neerja Bhanot got married shortly after her graduation. She returned home to her parents from Dubai because she had been pressurized by her husband for dowry.

She then undertook some modeling assignments. She appeared in many TV commercials and print advertisements for companies.

3. What was the post of Neerja Bhanot when that dreadful incident happened?

Ans:

When the dreadful incident happened, Neerja Bhanot held the post of Senior Flight Purser with Pan Am Airways.

4. What did Neerja Bhanot do first?

Ans:

Neerja Bhanot first alerted the cockpit crew who evacuated the plane. Being the seniormost staff on the hijacked aircraft, she took charge of the situation.

5. How did Neerja Bhanot sacrifice her life for that good cause?

Ans:

When terrorists hijacked Pan Am Airlines, Neerja Bhanot exhibited exemplary courage and bravery. She first alerted the cockpit crew who evacuated the plane. She became the Cabin Crew Head. She kept passengers silent and comforted, continued to serve and attend them. She handled the ordeal for 17 hours, opened the chute enabling passengers to flee. She was hurt, but never panicked. She finally died while saving 3 children. She saved lives of 360 passengers, except 20 who were killed.

In the plane, Neerja Bhanot had realized that terrorists would target Americans. To confuse terrorists about their identities, she discreetly collected passports of Americans and hid the passports of 41 Americans on board.

When the hijack ordeal went on for more than one and a half day, the light started getting dimmer and no more there was sufficient light inside the airline. Because of this, the terrorists sensed the danger and started gunning shots at random. But she proved to be smarter and opened the chute.

Neerja Bhanot sacrificed her life for that good cause.

6. How was Neerja Bhanot honoured by the Government of India and the Government of America for her noble task?

Ans:

Neerja Bhanot was honoured by Government of India and Government of America for her noble task as follows:

- 1) Ashoka Chakra, India's highest civilian award for bravery.
- 2) Ministry of Civil Aviation Award (India)
- 3) Flight Safety Foundation Heroism Award (USA),

B. Complete these lines:

Ans:

1. Neerja Bhanot completed her high school from *Bombay Scottish School*.
2. Pretty and confident, she *undertook some modeling assignments*. *She appeared in many TV commercials and print advertisements for companies*.
3. She was soon made a *Senior Flight Purser with the Airways*.
4. The hijackers opened fire after *17 hours prompting Neerja Bhanot to open the emergency door*. *She could have escaped, but she chose not to*.

Let's Do

A. Who are terrorists? What is their aim?

Ans:

Terrorists are those who indulge in unlawful act of violence to make people fear. Terrorism has become a common social issue. It is used for threatening common public and Government. Terrorism is used by various social organizations, political and business industries for achieving their goals in very unfair ways. The people who are involved in terrorist activities are called terrorists. Terrorism can be stopped only if we develop courage to fight against terrorists.

B. India had faced lots of challenges such as poverty, population growth, hunger, illiteracy, inequality and terrorism. Which of these, according to you, is highly dangerous for mankind?

Ans:

According to me, terrorism is highly dangerous for mankind.

C. Do you think the Government should wage war against the terrorists i.e. fighting and killing? Write your views in favour and against.

Ans:

For : I think Government should wage war against the terrorists i.e. fighting and killing.

Against: Once there is depletion in terror activities when the desired result is achieved, the Government should reduce the degree of fight.

D. Write about at least 5 to 6 terrorist attacks that recently happened in India.

Ans:

Do it yourself.

13. The Bully
(Bullying)

Let's Think and Answer:

A. Answer the following questions:

1. Do you think Jatin was being bullied? How do you think he felt?

Ans:

Yes, I think Jatin was being bullied. He felt scared of the bully boy Kamal who used to tease and torment him while going to school, in the school and coming back from school.

2. What tricks did Jatin learn in order to handle the bully?

Ans:

In order to handle the bully, Jatin learned the tricks suggested by Anuja and Nidhi. They suggested him the following:

1. Just ignore the bully.
2. To stand up to the bully. Look straight in bully's eyes and tell him, "Don't bully me anymore. I will not let you trouble me."
3. If the bully doesn't work, we will go with you to help you because bully gets scared if others get together.

3. What did Kamal do when Jatin stood up to him?

Ans:

When Jatin stood up to Kamal, he just stood there and his mouth slightly open. He said to his friend, "Come on! We will see him later." He walked away.

4. Did Jatin feel any change when he stood up to the bully?

Ans:

Jatin felt good and went home happier. He even looked forward to going to school the next morning.

5. Was it difficult for Jatin to handle a bully like Kamal?

Ans:

No, it was not difficult for Jatin to handle a bully like Kamal. Once he worked upon the tricks suggested by Anuja and Nidhi, it was easier for him to handle a bully like Kamal.

Let's Do

- A. Here are some ways of dealing with bullying. Write what would happen if you tried each of these methods.**

Ans:

- | | | | |
|----|------------------------------------|---|---|
| 1. | ignore the taunting | : | It is the first method to be adopted to deal with a bully. |
| 2. | complain to a teacher/parent | : | It is one of the best methods to be adopted to deal with a bully. |
| 3. | stay with friends who will help me | : | This method is also recommended to stop a bully. |
| 4. | feel upset and cry | : | It will not solve the problem. |
| 5. | think of a clever reply | : | Yes, it will work also. |

- B. Look at the following situations. Put a tick (✓) for each of the statements that shows bullying:**

Ans:

- | | | | |
|----|--|---|-------|
| 1. | We should play according to the game rules. | | |
| | There are no rules. What I decide is the rule. | : | [✓] |
| 2. | If you are my friend, you must do as I say. | : | [✓] |

Do it if you feel like doing it.

3. I want to play. Give me your bat. : [✓]

I want to play too. May I join in?

C. Think about the following situations and tick (✓) the options you would choose:

Ans:

1. When you go to the playground, the older girls don't let you and your friends play.

(a) I will tell an elder about the problem. : [✓]

(b) I will stop playing.

2. When you walk back home from school, some bullies wait at the corner to trip you. What will you do?

(a) I will call the bullies names.

(b) I will walk home with my friends. : [✓]

D. Write 'Y' for yes or 'N' for no to each of the following:

Ans:

1. Do you beat or tease other children? : [N]

3. Do you deliberately leave out someone from your group to make him/her feel bad? : [N]

3. Do you make up stories about someone so that others may laugh at him/her? : [N]

4. Do you enjoy it when your friends say rude things about someone? : [N]

5. Do you feel happy when you trouble others? : [N]

6. Do you watch quietly when your friends tease a child? : [N]

E. The elder sister of your friend constantly teases him. Write suggestions telling him how to handle the situation.

Ans:

- | | | | |
|----|------------------------------------|---|---|
| 1. | Ignore the taunting | : | It is the first method to be adopted to deal with a bully. |
| 2. | Complain to a teacher/parent | : | It is one of the best methods to be adopted to deal with a bully. |
| 3. | Stay with friends who will help me | : | This method is also strongly recommended to stop a bully. |
| 4. | Think of a clever reply | : | Yes, it will work also. |

F. Look at the following picture and see how the child is being bullied by the two other boys. Write about it in your own words in the form of a story.

Ans:

Do it yourself.

14. Yoga For Good Health (Yoga)

Let's Think and Answer:

Write the benefits of the following asanas:

Ans:

- | | | | |
|----|----------------------------|----|--|
| 1. | Naukasana (Boat Pose) : | 1. | Tones the leg and arm muscles. |
| | | 2. | Strengthens the back and abdominal muscles. |
| | | 3. | Useful for people with hernia. |
| | | 4. | It helps to remove belly fat. |
| | | 5. | It improves digestion. |
| 2. | Bhujangasana (Cobra Pose): | 1. | This pose stretches muscles in the shoulders, chest and abdominal. |
| | | 2. | It decreases the stiffness of the lower back. |
| | | 3. | It strengthens the arms and shoulders. |
| | | 4. | It increases flexibility. |

- | | | | |
|----|--------------------------|----|---|
| | | 5. | It is good for the heart. |
| 3. | Chakrasana (Wheel Pose): | 1. | It strengthens liver, pancreas and kidneys. |
| | | 2. | It is excellent for the heart. |
| | | 3. | It is good for asthma. |
| | | 4. | It strengthens arms, shoulders, hands, wrists and legs. |
| | | 5. | It stretches the chest and lungs. |
| 4. | Dhanurasana (Bow Pose): | 1. | It helps regulate the pancreas and is recommended for people with diabetes. |
| | | 2. | It expands the thoracic region of the chest. |
| | | 3. | It helps alleviate hunchback. |
| | | 4. | It increases the appetite. |
| | | 5. | Bow Pose combines the benefits of the Cobra and the Locust Posture. |

Let's Do

Write steps to perform these asanas:

Ans:

1. Bhujangasana (Cobra Pose):
Steps:
 1. Lie on your stomach with your toes flat on the floor and your forehead resting on the ground.
 2. Keep your legs close together with your feet and heels lightly touching each other.
 3. Place your hands (palms downwards) under your shoulders, keeping your elbows parallel and close to your torso.
 4. Taking a deep breath in slowly lift your head, chest and abdomen while keeping your navel touching the floor.
 5. Pull your torso back slowly and off the floor with the support of your hands.
 6. Focus on your breathing as you slowly curve your back.
 7. If possible, straighten your arms by arching your back as much as possible; tilt your head back and look up.

2. Chakrasana (Wheel Pose):

Steps:

1. Lie flat on the back in the shava-asana.
2. While exhaling, bend the knees and bring the feet as close to the buttocks as possible with the soles of the feet flat on the floor.
3. Bend the arms at the elbows and place the palms of the hands flat on the floor directly under each shoulder with the fingers pointing towards the back.
4. While inhaling slowly, begin to raise the head, back and buttocks off the floor while arching the spine. Continue to press downward on the hands and feet while raising the hips and stomach as high as possible.
5. Hold for the duration of the held inhaled breath. When you can't hold the breath comfortable any longer, slowly exhale and return and back to the floor; slide the legs out-straight returning to sava-asana.

3. Dhanurasana (Bow Pose):

Steps:

1. Lie on your stomach.
2. Hold your both feet with your hand making a back bend and positioning like a bow.
3. Pull your both feet slowly and slowly as much as you can.
4. Look straight ahead with a smile in your face.
5. Keep the pose stable while paying attention to your breath.
6. After 1 – 20 seconds, you as exhale, gently bring your legs and chest to the ground and relax.