

O My Motherland – 8

1. **Bal Gangadhar Tilak** (National Integration)

Let's Think and Answer:

A. Answer the following questions:

1. How do we remember Bal Gangadhar Tilak? How do the Britishers remember him?

Ans:

We remember Bal Gangadhar Tilak as 'Lokmanya' which means 'admired by people'. The Britishers remember him as 'The Father of Indian Unrest'.

2. Write any two of his famous slogans.

Ans:

The two famous slogans given by Bal Gangadhar Tilak are as follows:

1. Swaraj is my birth-right and I shall have it.
2. Boycott the foreign goods.

3. Which policy of the British made England richer and India poorer?

Ans:

The British took away the raw materials from India for their industries in Britain and then sold their manufactured goods back in India. This policy of British made England richer and India poorer.

4. Write about Bal Gangadhar Tilak's publications?

Ans:

Bal Gangadhar Tilak brought out the following publications:

1. Kesari
2. Maratha

5. Which two festivals were started by Bal Gangadhar Tilak in India?

Ans:

The two festivals started by Bal Gangadhar Tilak in India were as follows:

1. Ganpati Jayanti
2. Shivaji Jayanti

Let's Do

- A. Lal-Bal-Pal were a triumvirate of assertive nationalists in British ruled India in the early 20th century. From 1905 to 1920, they advocated the Swadeshi Movement involving the boycott of imported items. You have read about one of them, that is Bal. The complete name is Bal Gangadhar Tilak.

Write about the other two's – 'Lal' and 'Pal':

Ans:

Lala Lajpat Rai 'Lal'

Lala Lajpat Rai was born on 28th January, 1865. He was one of the great Indian freedom fighters. He played a pivotal role in the Indian independence movement. He was popularly known as Punjab Kesari. He was one third of Lal Bal Pal triumvirate. He was nicknamed Punjab Kesari

He died on 17th November, 1928 at Lahore, Pakistan.

Bipin Chandra Pal 'Pal'

Bipin Chandra Pal was born on 7th November, 1858 at Habiganj District, Bangladesh. He was an Indian nationalist, writer, orator, social reformer and Indian independence movement activist. He was one third of Lal Bal Pal triumvirate. Bipin Chandra Pal was one of the main architects of the Swadeshi Movement. He stood against the partition of Bengal by the colonial British Government.

He died on 20th May, 1932 at Kolkata.

- B. Why did freedom fighters oppose and boycott foreign goods? Should we also boycott the imported goods in recent times? Write your views.

Ans:

The Indian freedom fighters opposed and boycotted the foreign goods to promote Indian goods. Boycott Movement was aimed to popularize the use of goods made in India. People were asked to boycott all foreign goods. They made huge bonfires of foreign-made goods. A large number of women and students joined the movement. But the British tried to suppress the movement.

We should not boycott the imported goods in recent times because India is an independent country.

2. My India (About India)

Let's Think and Answer:

A. Answer the following questions:

1. In the first stanza, what does the poet compare India to?

Ans:

In the first stanza, the poet compares India to a place on earth which is better than Heaven or Arcadia. He loves his motherland, India very much. He also wishes to give the love of India to other brother nations of the world.

2. What did God make and what did man make?

Ans:

God has made the mother earth and man has made the countries with illogical boundaries on the earth.

3. What features of India have been described by the poet in this poem?

Ans:

In this poem, the following features of India have been described by the poet:

“India is a big and beautiful country. It is famous all over the world for its unique cultures and traditions. It is famous for its historical heritage and monuments. The citizens here are very polite and understanding in nature. It was a slave country before 1947 and was under the British Rule. However, after many years of hard struggle and sacrifices of the great Indian freedom fighters, India got its freedom from the British Rule in 1947.

“India is a democratic country where its people are authorized to take decisions for the betterment of the country. India is a famous country for the saying, ‘Unity in Diversity’ because the people of many religions, castes, cultures and traditions live together with unity.”

B. Fill up the blanks:

Ans:

1. My country is better than **heaven**.
2. And your love I shall give to every **brother** nation that lives.
3. God made the **earth** but the man made the confining **countries**.
4. I behold the **borderland** of my India expanding into the **world**.
5. I am **hallowed**; my body touched that **sod**.

Let's Do

A. What do you do when a person from another country speaks ill of India?

Ans:

1. Abuse the person.
2. Criticize his/her country.
3. Defend India and explain the facts. [✓]
4. Agree with him/her.

B. Name four things that make you feel proud of being an Indian.

Ans:

1. Its unique cultures and traditions, its historical heritage and monuments.
2. Its citizens who are very polite and understanding in nature.
3. Its 'Unity in Diversity' because the people of many religions, castes, cultures and traditions live together with unity."
4. Its vibrant democracy.

C. Which four things about India cause you sadness or concern?

Ans:

1. Terrorism

2. Poor health services
3. Environmental degradation
4. Water Shortage

D. Write a few sentences about the following symbols of India:

Ans:

Tiranga:

Tiranga is our National Flag. There are three colours in Tiranga. The names of the three colours of Tiranga are:

1. Top - Saffron colour - shows strength and courage.
2. Middle - White colour - shows peace and truth.
3. Bottom - Green - shows fertility, growth and auspiciousness of land.

National Emblem:

National Emblem has a base 'Satyameva Jayate' written below in Sanskrit which mean 'Truth Wins'. National Emblem has been taken from Lion Capital of a Ashoka Pillar that was built by Emperor Ashoka at Sarnath, near Varanasi in Uttar Pradesh.

In National Emblem, there are four lions, horse and bull which stand for following:

Four Lions : They are guardians of four directions. They stand for Strength and Courage.

Horse : Horse stands for Energy and Speed.

Bull : Bull stands for Hard Work.

National Anthem:

Our National Anthem was written by Rabindranath Tagore.

Our National Anthem is: *Jana Gana Mana....*

National Anthem is sung on all important national occasions.

The National Anthem is sung by observing the following manners:

1. We must learn words of our National Anthem and National Song.
2. We must sing our National Anthem and National Song properly.
3. When National Anthem or National Song is being played, we should show our respect by standing in attention.
4. We should sing our National Anthem or National Song with utmost respect and sing it in complete harmony with others from the core of our heart and soul.
5. We should complete National Anthem in 52 seconds.

E. What is the meaning of ‘Satyamev Jayate’? Name the place where you can find this slogan:

Ans:

‘Satyameva Jayate’ means truth is always victorious. Satyameva Jayate is written in Sanskrit in the National Emblem.

National Emblem has a base ‘Satyameva Jayate’ written below in Sanskrit which mean ‘Truth Wins’. National Emblem has been taken from Lion Capital of a Ashoka Pillar that was built by Emperor Ashoka at Sarnath, near Varanasi in Uttar Pradesh.

In National Emblem, there are four lions, horse and bull which stand for following:

Four Lions : They are guardians of four directions. They stand for Strength and Courage.

Horse : Horse stands for Energy and Speed.

Bull : Bull stands for Hard Work.

3. Brave Deepak (Bravery)

Let’s Think and Answer:

A. Answer the following questions:

1. Why did Deepak not wait for the formal permission of his class teacher before leaving the class?

Ans:

Deepak did not wait for the formal permission of his class teacher before leaving the class because he saw that the ceiling was dotted with little drops of water. That was dangerous. The roof would collapse, he thought.

2. What did Deepak see on the terrace? What did he decide to do to overcome the situation?

Ans:

Deepak saw on the terrace that the rainwater outlet was choked. There was a large amount of water on the roof covered by parapet wall. Deepak decided to open the outlet so that water stored was drained out resulting in non-collapsing of the roof.

3. Could Deepak do what he wanted to do?

Ans:

Yes, Deepak could do what he wanted to by having a sharp object from a nearby shop. He pushed the sharp rod through the outlet onto the tarpaulin. He hit it again and again till tarpaulin had a gaping hole. It no longer blocked the water. The water found an outlet.

4. How did the school staff and teachers admire Deepak for his brave job?

Ans:

The school staff and teachers admired Deepak for his brave job. Deepak heaved a sigh of relief when the water level came down. The teachers, the students, the clerks and the staff exclaimed, "We are saved. All of us... We would have been crushed to death if the roof had come down."

Her teacher held him in a warm hug and said, "You did a marvelous job, Deepak! You acted in time and saved our lives. You are our hero. And you will remain a hero to us, always!"

Deepak was honoured on August 15, 1996 by then Chief Minister of Delhi with the 'Jeevan Raksha Padak'.

B. Complete the following sentences:

Ans:

1. Children trudged their way to *their school daring heavy rains*.
2. When speeding cars and buses *ran over pot-holes and forced muddy water to take to the air in arcs, he ducked to avoid a direct hit*.
3. His eyes ran all along the parapet wall of the roof *and stopped on sighting the outlet which normally drained out the water from the roof*.
4. The shopkeeper was drumming on the table, *keeping beats with the pitter-patter of the rain*.
5. He heaved a sigh of relief *when the water level came down*.

Let's Do

A. Read about the following people and write how they have shown courage.

Ans:

1. Kailash Satyarthi:

Kailash Satyarthi is an Indian Children's rights activist. He is a Nobel Peace Prize recipient. He is the founder of Bachpan Bachao Andolan, Global March against Child Labour, Global Campaign for Education, Kailash Satyarthi Children's Foundation and Rugmark now known as GoodWeave International.

Kailash Satyarthi has also received other awards like Robert F. Kennedy Human Rights Award, Wallenberg Medal, CNN-IBN Indian of the Year Outstanding Achievement.

Kailash Satyarthi Nobel Peace Prize for their struggle against the suppression of children and young people and for the right of all children to education. Kailash Satyarthi has dedicated the entire prize sum to the advancement of the rights of children.

2. Thomas Alva Edison:

An American scientist named Thomas Alva Edison had invented the electric bulb.

Even in his childhood, Edison loved to do experiments. He used to observe things very closely and do a lot of experiments. Some of his experiments were silly, but he learnt a lot from them.

In March, 1878, he began to work on an electric lamp. At last, he succeeded in making an electric bulb after nearly one thousand and two hundred experiments. On New Year's Day, 1880, people from all over America came to see that grand sight. Edison had kept his promise to the people. On September 4, 1882, for the first time, New York was shining in the brightness of electric lights.

3. Sunderlal Bahuguna of the 'Chipko Movement:

In 1973, villagers in the Alaknanda Valley in Uttarakhand protested against the cutting down of trees.

The women hugged the trees and refused to let go till the tree-cutters left the place. This activity became popular as the Chipko Movement. Sunderlal Bahuguna has been the leader of the Chipko Movement.

4. Martin Luther King Jr. :

When Martin Luther King was travelling in the bus, there was no seat for some passengers because the bus was overcrowded with people. Then the driver asked Martin to give his seat to a white man. It was a law then. This incident hurt Martin as it was injustice to black people.

Ronald Reagon, President of United States, declared 3rd Monday in January each year as Martin Luther King's Jr. Day, a National Holiday to acknowledge the great leadership and struggle of Martin Luther King.

5. Helen Keller:

Helen Keller was deaf and blind. She graduated despite being blind and deaf. She toured the entire world and wrote many books. She learnt to read and write from Anne Sullivan, who was her teacher. She taught her at home itself. Helen became a

well-known writer and wrote many books. In this way, if we do not stop trying, there is nothing that we cannot achieve. She has written in one of her books, “The best and most beautiful things in the world cannot be seen or even touched. They must be felt with the heart.’ Her autobiography is known as ‘The Story of My Life’.

B. Develop the following incomplete sentencing a short meaningful paragraph:

Ans:

I can be brave too by embracing courage with mental and moral strength.

There are two kinds of courage: physical or moral. Physical courage is needed in the event of any danger for bringing immediate relief or protection to the victim as in the case of fire or war.

Moral courage belongs to an honest person. Even a physically weak person can have moral courage. There are a few in the society to verbally protest against unfair or unjust deeds they come across.

A person of moral courage is not a coward. He always stands against injustice and wrong-doings.

None but the brave deserves the crown.

C. Write about the most courageous thing that you have ever done:

a) What made you do it?

Ans:

Because it is my responsibility and duty.

b) Was it difficult?

Ans:

It was difficult but I mustered up the necessary courage.

c) How do you feel about it now?

Ans:

I felt humbled by doing a bit as a citizen for the society.

d) How would you have felt today if you hadn't taken that step then?

Ans:

I would have felt ashamed if I hadn't taken that step then.

D. Write about one thing you have always wanted to do but couldn't muster up enough courage for this. How do you feel about it now?

Ans:

One thing I have always wanted to do but couldn't muster up enough courage for this was to stop the bullying and ragging. I feel that it should be banned.

E. Do you think the following people are courageous? Write reasons for your answers:

Ans:

1. Terrorists who kill people to demand justice?

Ans:

Terrorists who kill innocent people to demand justice are the most coward persons.

2. Protesters burning buses to draw attention to their problems?

Ans:

Protesters burning buses to draw attention to their problems is the worst kind of display of cowardice. They are intellectually bankrupt of other peaceful ideas.

3. Political parties enforcing bandhs to promote their beliefs.

Ans:

It is not justified when the political parties enforce bandhs to promote their beliefs. There are other ways to express their unhappiness.

F. Write how can you show courage in the following situations?

Ans:

1. You take your friend's new pen without telling her/him.

Ans:

I can show courage by telling my friend about what I have done and apologizing to her/him.

2. You want to perform on the stage, though you have never done it before.

Ans:

I can show courage by first enacting the role in front of my family members at home.

3. You see the shopkeeper returning less change to a little boy standing in front of you.

Ans:

I can show courage by telling the shopkeeper that he has given less change to the little boy.

4. Your friends dare you to smoke a cigarette.

Ans:

I can show courage by not to smoke at any cost.

5. The last time you tried skating, your friends laughed at you. But you really enjoyed yourself.

Ans:

I can show courage by practicing skating hard and in the end, show them that I can skate.

4. The Blanket (Love for Elders)

Let's Think and Answer:

A. Answer the following questions:

1. How did Surjeet Singh help Rohit's family?

Ans:

Surjeet Singh helped his son Rohit's family by investing his gratuity on the down payment of a flat they had bought.

2. Why did Sudha keep her only son Shivam away from his grandfather?

Ans:

Sudha kept her only son Shivam away from his grandfather by telling him how the old man was a burden and totally dependent upon them.

3. What happened on the day when Sudha tried with all her might to force her father-in-law to leave the house? Was her action justified according to you?

Ans:

On the day when Sudha tried with all her might to force her father-in-law to leave the house, she even did not offer him a cup of tea or a glass of water. Instead with tears streaming down her cheeks, she went to Rohit shouting, “Enough is enough! I cannot live in this house. Either your father stays here or I do!”

Rohit was already tired and tense. Rohit shouted to his father, “Why can’t you live and let us live? If you are fed up of living here, you can leave the house.”

Sudha asked her son Shivam, “Go and fetch your grandpa’s blanket.”

Shivam had cut the blanket into two pieces and brought one of them. When Sudha saw the half blanket, she asked her son, “What’s this? Why did you cut the blanket into two pieces?”

Shivam said, “Today you are asking my grandpa to leave home because he is old. In a few years my father too will grow old. I am keeping the other half of the blanket to give him when he too leaves the house.”

Both Rohit and Sudha looked at each other stunned. They had no reply.

According to me, her action was not justified and can’t be justified at all.

4. What did Shivam do to realize his parents their sinful act?

Ans:

Shivam cut the blanket into two pieces and brought one of them. When Sudha saw the half blanket, she asked her son, “What’s this? Why did you cut the blanket into two pieces?”

Shivam said, “Today you are asking my grandpa to leave home because he is old. In a few years my father too will grow old. I am keeping the other half of the blanket to give him when he too leaves the house.”

Both Rohit and Sudha looked at each other stunned. They had no reply.

5. Do you think Rohit and Sudha would have learnt a lesson? How can you say?

Ans:

Yes, I think Rohit and Sudha must have learnt a lesson. I can say this because they had no answer when their son said, "Today you are asking my grandpa to leave home because he is old. In a few years my father too will grow old. I am keeping the other half of the blanket to give him when he too leaves the house."

B. Complete the following sentences:

Ans:

1. Old and unable to earn, Surjeet Singh was now *dependent upon his only son and the latter's wife*.
2. When Shivam was small, Surjeet Singh would escort him to *school and fetch him back in the afternoon*.
3. Surjeet Singh bore the humiliation because *he had nowhere to go*.
4. Shivam paused for a few moments, *went in and came out holding the blanket*.
5. I am keeping the other half of *the blanket to give him when he too leaves home*.

Let's Do

A. How should we treat old people in or near your house?

Ans:

We should treat old people in or near your house with care, love and affection. Every individual should respect his/her elders. We should remember elders were not born elders. They were once kids like us and now have grown up. Few years henceforth, we shall also grow older.

B. Do it yourself.

C. Do you think the decision of sending an elderly person to an old-age home is right? Justify your answer:

Ans:

I think the decision of sending an elderly person to an old-age home is not right at all. It must be the last means to resort to.

D. When was the last time you did any of the following things for your grandparents or any elderly relative?

1. Spent time sitting by their side and talking to them about your school life.

Ans:

I spend time sitting by their side and talking to them about my school life on a daily basis.

2. Listened to whatever they wanted to tell you.

Ans:

I always try to listen to whatever they want to tell me.

3. Sent them a card made by you.

Ans:

I send them a card made by my on their birthdays.

4. Celebrated their birthday or planned an outing for them.

Ans:

I celebrate their birthdays every year and also plan an outing for them.

5. Helped to make their favourite dish.

Ans:

I help my mother to make their favourite dish.

E. Spend some quality time with an elderly person this week. Then complete the details below:

1. The elderly person I spent time with:

Ans:

The elderly person I spent time with was my grandfather when I had joined him on my summer vacation. We enjoyed a lot and had a lot of fun together.

2. What I said and did?

Ans:

I said a lot of good things as desired by my grandmother.

3. What the elderly person said and did?

Ans:

My grandfather took me to the nearby parks and spent some quality time with me. I have also learnt a lot of things from him to succeed in my life.

4. How I felt afterwards?

Ans:

After meeting my grandparents, I felt happy, relaxed, relieved and found the ways to manage the things in life.

F. Read yourself.

5. The Trick of the Lord (Tolerance)

Let's Think and Answer:

A. Answer the following questions:

1. Why was the guru troubled by the ashram dwellers' behaviour?

Ans:

The guru was troubled by the ashram dwellers' behaviour because the inhabitants of ashram used to often quarrel with one another over the food being served in the common kitchen in the ashram.

2. What did the guru do then?

Ans:

The guru then increased the number of sermons he gave. He gave each person more attention and advice. The reverence of inmates for their guru increased but unfortunately, this did not result in the better behaviour of the inmates.

Then Guru resolved to do penance and asked Lord for divine help. He shut himself up in his hut for a week, maintained silence. After a week, Lord's voice came through the light and said, "My child, my dear child. Tell me what I can do for you." Guru said, "You know everything." The voice replied,

“Certainly I will come but not for one week. I will come forever. But only on one condition; I will come, but not in my usual form. I will always be in the ashram in the guise of one of the inmates. I shall always be present in the heart of one of them; it could be any one of them.”

Nobody in ashram knew who could be God in disguise. Everybody was guessing and as a result, everyone became careful too. Each one thought, “How can I fight with anyone here? May be he/she is the one in whom God now resides. A subtle change gradually came over ashram dwellers. They began to see one another and took every opportunity to help one another and be kind and courteous. There was atmosphere of love and harmony.

3. What do you think is more important – practising holy rituals or being kind and courteous to those around you? Why do you think so?

Ans:

I think being kind and courteous to those around us is more important than practising holy rituals. We do greater service to the people around us by being kind and courteous.

4. What was the ‘Lord’s trick’? Do you think it will work in today’s world?

Ans:

The ‘Lord’s trick’ was that He will always be in the ashram in the guise of one of the inmates. He said that He shall always be present in the heart of one of them; it could be any one of them.”

Nobody in ashram knew who could be God in disguise. Everybody was guessing and as a result, everyone became careful too. Each one thought, “How can I fight with anyone here? May be he/she is the one in whom God now resides. A subtle change gradually came over ashram dwellers. They began to see one another and took every opportunity to help one another and be kind and courteous. There was atmosphere of love and harmony.

No, I don’t think it will work in today’s world.

5. Can you suggest another way by which the guru could have brought peace to the ashram?

Ans:

Another way by which the guru could have brought peace to the ashram was by suspending and prohibiting the trouble makers from the ashram. In this way, discipline could have been enforced in the ashram.

B. Write T for true statement and F for a false one:

Ans:

1. The Guru wanted his disciples fight with one another. : [F]
2. One day, the Guru saw two inmates fighting over the chairs and the beds. : [F]
3. The Guru increased the number of sermons he gave. : [T]
4. At the end of the week, he was rewarded with a vision of celestial light. : [T]
5. The Lord said, "I shall always be present in the hearts of **all** the people." : [F]

Let's Do

A. Write three things that can make this world a more tolerant place:

Ans:

1. Respect and create space for others' thoughts.
2. Exercise for greater tolerance.
3. Capacity to accommodate others' views and viewpoints.

B. Intolerance is the root cause of most conflicts in the world today. Write one such commonly seen conflict in each of the following places listed below:

Ans:

Place	Conflict	Possible Solution
-------	----------	-------------------

Home	Difference of opinions	Mutual discussions and consultations.
School	Jealousy, superiority, unhealthy competition	Teachers and parents can help in overcoming such problems.
Neighbourhood	Excessive status consciousness	Qualified religious gurus and study of religious books can help in this regard to a great extent.
Across the globe	Religious fanaticism, racial and economic discrimination	Political leaders, social activists, intellectuals and religious heads combined together can help in providing solution to the problems.

C. Suggest a solution to end each of the following problems:

Ans:

1. Racial discrimination : Racial discrimination can be eradicated by a combined effort of political leaders, social activists, intellectuals and religious heads.
2. Religious intolerance : Religious intolerance can be put an end to by clear cut well-defined Government laws and regulations as well as by the religious leaders.
3. Rich-poor divide : Rich-poor divide can be curbed by adopting balanced economic policies and initiatives in this regard.
4. Terrorism : The terrorism can be defeated by strict Government's anti-terror mechanisms.
5. Caste-based problems : Caste-based problems can be reduced by creating awareness about its ills

among the general public and by adopting public welfare schemes and measures.

- D.** Think of a person whom you intensely dislike and find difficult to tolerate. In your notebook, write a plan to change your attitude towards that person.

Ans:

1. Ignore the person : It is the first method to be adopted to deal with a person.
2. To find the person's weakness : To capitalize on his weakness and help him to overcome that somehow. In this way, his behaviour is bound to change towards you.
3. Excel in your field : This will, over the time, put a pressure on him to excel in the field too. It will foster healthy competition.
4. Befriend his parents and friends. : Over the time, it will have magical effect.

- E.** List any **four** ways in which you can contribute to make the world more tolerant and peaceful.

Ans:

1. Respect and create space for others' thoughts.
2. Exercise for greater tolerance.
3. Capacity to accommodate others' views and viewpoints.
4. Adopting a beneficial and benevolent approach towards others and society.

- F.** Suppose you are made a world leader for a year. What five problems would you focus on to make the world a happier place to live in?

Ans:

1. Racial discrimination : To eradicate racial discrimination by a combined effort of political leaders, social activists, intellectuals and religious heads.
2. Religious intolerance : To put an end to religious intolerance by clear cut well-defined Government laws and regulations as well as by the religious leaders.
3. Rich-poor divide : Rich-poor divide can be curbed by adopting balanced economic policies and initiatives in this regard.
4. Terrorism : The terrorism can be defeated by strict Government's anti-terror mechanisms.
5. Caste-based issues : Caste-based problems can be reduced by creating awareness about its ills among the general public and by adopting public welfare schemes and measures.

6. Heights of Greatness (Our Scientists)

Let's Think and Answer:

A. Answer the following questions:

1. "It had lived there for over a 100 years and had every right to go on living there!" What did Dr. Bhabha do to ensure this?

Ans:

Civil work was being planned for Atomic Energy establishment in Trombay. Many landscape proposals were submitted. An old mango tree was obstructing the road and engineers recommended the felling of mango tree. But Dr. Homi Jehangir Bhabha felt that mango tree had lived there for over a 100 years and it had every right to go on living there. The building plan was redesigned and modified to protect the mango tree.

2. What according to Dr. Bhabha, was the duty of artists and scientists? Do you agree with him?

Ans:

According to Dr. Homi Jehangir Bhabha, it is the duty of artists and scientists to be less bothered about the monetary part of their work, rather their duty should be to come out with their best in the larger interests of mankind.

Yes, I fully agree with the viewpoint of Dr. Homi Jehangir Bhabha.

3. How can you say that Dr. Bhabha was a multi-faceted personality?

Ans:

Dr. Homi Jehangir Bhabha was a multi-faceted personality because he was a Nuclear Physicist, Space Scientist, Microbiologist, Electronic Expert and a first-class artist. He was the first Director of Tata Institute of Fundamental Research.

Dr. Homi Jehangir Bhabha solved the 'mystery' of cosmic rays and became world-famous. He was a connoisseur of Indian art, a painter and his works are found in major art galleries of world. He was a designer of buildings and gardens. He was a highly innovative administrator.

Dr. Homi Jehangir Bhabha was also great believer in national self-reliance and self-confidence. He was unanimously selected President of first UN Conference of Nuclear Energy for Peaceful Purposes.

4. Dr. Bhabha felt that science could free people from manual drudgery. Has that actually happened in our country?

Ans:

Yes, science has freed people from manual drudgery to a large extent, but not completely. It is still prevalent not only in India, but world-over also. Science has opened up the possibility of freedom for all from long hours of manual drudgery

Today, we stand at the beginning of an age where every person will have the opportunity to develop himself spiritually to his fullest stature. A tremendous progress has been made, but still a lot has to be done in this regard.

5. What was Dr. Bhabha's opinion about national self-reliance?

Ans:

Dr. Homi Jehangir Bhabha was a great believer in national self-reliance and self-confidence. He felt that the experience gained from the initial failures too have been a gain for the country. ISRO has not only taken long strides in the development of science, but it has also established Indian prowess on the world map.

Today, ISRO has become one of the world's best research institutes of international fame.

6. What did staying in India for a longer period make Dr. Bhabha realize?

Ans:

Staying in India for a longer period made Dr. Bhabha realize that he can re-establish his bonds with the country and realize the role he could play in the scientific development of India which was then at the threshold of independence.

7. Dr. Bhabha's belief was in science being used for the 'larger interests of mankind' – for peace and progress. Do you agree with him?

Ans:

Yes, I fully agree with Dr. Bhabha's belief that science should be used for the 'larger interests of mankind' – for peace and progress.

B. Fill up the blanks:

Ans:

1. But one man felt that the **mango tree** had lived there for more than a 100 years and had every right to go on living there!
2. Dr. Bhabha was the first **Director** of the Tata Institute of Fundamental Research.

3. According to Dr. Bhabha, **scientists** and **artists** should consider less about the monetary part of their work.
4. A great believer in national self-reliance and self-confidence, Dr. Bhabha felt that the experience gained from the initial **failures** too have been a **gain** for the country.
5. In his opinion, the scientific institutions too needed **nurturing**.

Let's Do

- A.** Do you have any trees in your school or in your neighbourhood? What can you do to look after them?

Ans:

1. Water the tree.
2. Give manure from time to time.
3. Weeding out the unwanted things.
4. Protecting it from animals and others.
5. Taking care of it by using pesticides, if needed.

- B.** What did the scientists at the Tata Institute of Fundamental Research do? Discuss how their work is useful for our country and to us.

Ans:

The scientists at Tata Institute of Fundamental Research do research in a number of science subjects.

Tata Institute of Fundamental Research (TIFR), Mumbai is a National Centre of Government of India, under the umbrella of Department of Atomic Energy. It is also deemed University awarding degrees for master's and doctoral programs.

Prof. R. Narasimhan (1926-2007) often referred to as Bhisma of Computer Science and Technology in India made a significant contribution for the development of Computer Science education, research and technology in India in the early stages.

He joined Tata Institute of Fundamental Research, Bombay in 1954 and spent 36 years at TIFR retiring in 1990 as a Professor of eminence.

- C. Science and a scientific mind can help us to be better human beings. A scientific mind will always reject superstitions which slow down the process of development. Write your views.

Ans:

Science and a scientific mind can always help us to be better human beings as exemplified by Dr. Homi Jehangir Bhabha and Prof. R. Narasimhan. A scientific mind will always reject superstitions which slow down the process of development. Science deals in truth by scientific research and experiments. Anything that can be verified by science with experiments will always stand the test of time. Superstitions are blind faith and myth not based on scientific evidence. Superstitions are retrogressive and slow down the process of development whereas science is always progressive and development of one thing always leads to the discovery of another.

- D. **Write about the contributions of the following scientists in brief.**

Ans:

1. **C.V. Raman:**

Chandrashekhara Venkata Raman popularly known as C.V. Raman was born on 7th November, 1888 at Thiruvanaikoli, Tiruchirapalli, Tamil Nadu.

C.V. Raman studied at Presidency College, 1907, University of Madras.

Chandrashekhara Venkata Raman (C.V. Raman) was the first Indian scientist to win Nobel Prize. He made a discovery which is now known as 'Raman Effect'. His other awards include Bharat Ratna, Hughes Medal, Franklin Medal, etc.

He was an Indian physicist born in the former Madras Province in India. He carried out ground-breaking work in the field of light scattering, which earned him the 1930 Nobel Prize for Physics.

He died on 21st November 1970, at Bengaluru.

2. **M. Visvesvaraya:**

He was born on 15 September, 1861 at Muddenahalli.

He studied at College of Engineering, Pune, 1883, Bangalore University.

M. Visvesvaraya was popularly known as Sir MV. He was an Indian Chief Civil Engineer, Scholar, Statesman, Politician and 19th Diwan of Mysore, who served from 1912 to 1919.

He was also knighted as a Knight Commander of the Order of Indian Empire by British for his myriad contributions to the public good. After India attained independence, he received India's highest honour, Bharat Ratna in 1955.

He died on 12th April, 1962 at Bengaluru.

3. Venkataraman Radhakrishnan:

V. Radhakrishnan was born on 18th May, 1929 at Madras Presidency. His parents were: Father - C. V. Raman and mother - Kokasundari Ammal. He received his B.Sc. (Hon) from Mysore University. His fields of specialization were Astronomy and Astrophysics.

V. Radhakrishnan was a Space Scientist and member of the Royal Swedish Academy of Sciences. He was Professor Emeritus of Raman Research Institute in Bangalore where he had been Director from 1972 to 1994.

He died on 3rd March, 2011 at Bengaluru.

4. Srinivasa Ramanujan:

Ramanujan was born 22nd December, 1887. The name of his mother was Komalathammal. She was a religious lady. She took care of him as a child. Sadagopan was Ramanujan's younger brother. At the age of 10, he passed his primary examination. He scored good marks in the examination. He received most certificates and awards throughout his schooling.

Ramanujan's family lived in Sarangapan Street in the town of Kumbakonam. He developed his own theorems. His achievements during schooling were as follows:

1. At the age of 10, he stood first in his district.

2. By the age of 14, he was the master of theorem on his own.
3. He received Merit Certificates & Academic Awards.
4. He completed Math. Exams in half the allotted time.

Ramanujan's academic awards were:

1. Awarded 'K. Ranganatha Rao Prize' for math.
2. In 1918, he became a 'Fellow of the Royal Society'.
3. He became the 1st Indian to be elected a 'Fellow of Trinity College, Cambridge'.

E. Read and then discuss what Pandit Jawarharlal Nehru, a close friend and active supporter of Bhabha, had to say about science. Write a short note.

Ans:

Science for Pandit Jawarharlal Nehru was an essential and basic component of development and progress. But for his ceaseless efforts, clear vision and an uncompromising commitment, science and technology in India would not have been developed as a major force for social and economic transformation. Pt. Jawarharlal Nehru played the crucial role in the progress and development of science in India. He was a close friend and active supporter of Dr. Homi Jehangir Bhabha. The present success in science and technology is simply due to the vision, efforts and endeavours of Pt. Jawarharlal Nehru Dr. Homi Jehangir Bhabha.

F. Write at least two inventions of the following scientists:

Ans:

1. Thomas Alva Edison:
 1. Electric Bulb
 2. Phonograph
2. Galileo:
 1. Galileo's Micrometer
 2. Galileo's Proportional Compass
3. Albert Einstein:
 1. Einstein Refrigerator
 2. Gas Absorption Heat Pump
4. J.L. Baird:

1. Television
2. Televisor

7. India's Best Contribution to the world (India's Greatness)

Let's Think and Answer:

A. Answer the following questions:

1. Who developed the science of yoga?

Ans:

Patanjali, a great Indian sage, developed the science of yoga. Yoga is not merely a collection of physical exercises, but it is much more than that. It is a whole science which helps to integrate (unite) the body, mind and soul. It makes a person strong, healthy and happy and ultimately attains God.

The word 'yoga' originates from Sanskrit word 'yuj' which means 'to unite'. When all the parts of body, mind and intellect of a person are united harmoniously, he or she becomes capable of performing great things.

2. What is meditation?

Ans:

Meditation is the state of profound peace that the body experiences when the mind is calm and silent, yet completely aware of the surroundings. It was introduced to the world by India. Meditation is an important health aid and spiritual exercise in Hinduism and Buddhism (both religions were born in India). Meditation of various kinds is now taught all over the world. There are many benefits of meditation.

3. What does Ayurveda advocate?

Ans:

Ayurveda, the most ancient system of medicine, was born in India. It is a vast system of herbal medicine used as tonics and cures. Sushruta, a famous surgeon of ancient India, used more than 120 medical instruments for surgery.

Many branches of medicine were developed in ancient India. Plastic Surgery was developed in India and taken to the West by surgeons of East India Company in 18th century.

A medical treatise, 'Sushruta Samhita' describes 1120 diseases, 700 medicinal plants, a detailed study of Anatomy, 64 preparations from animal sources.

4. List the contributions that India has made in the field of Mathematics.

Ans:

The India's contributions in the field of Mathematics are as follows:

1. Concept of Zero
2. Reference to huge numbers
3. Decimal System
4. Concept of Infinity
5. Concept of Calculus

5. What are the contributions that India has made in the fields of Algebra and Geometry?

Ans:

India's contributions in the fields of Algebra and Geometry are as follows:

Algebra:

Ancient Indian mathematicians made use of symbols to denote unknown quantities. Aryabhata, Brahmagupta, Sridhara and Bhaskara II contributed enormously to the study of Algebra.

Florian Cajori, one of the historians of mathematics said, "Diophantus, Father of Greed Algebra, got first Algebraic knowledge from India.

Astronomy:

Geometry is derived from Sanskrit work 'Jyamithi'. It was ancient Indian study of shapes, sizes and measurements of ritualistic and sacrificial altars. The basics and importance of Geometry are mentioned in Upanishads such as Brihadaranayaka Upanishad and Taittiriya Upanishad.

6. Name the language that is ideal for computerization.

Ans:

The Sanskrit is ideal for computerization. Sanskrit is the oldest and most scientific and systematic language in the world. It has been considered as most perfect in construction and only language totally fit for computerization.

Jeffrey Armstrong, a great thinker, said, "Sanskrit is such a perfect language that NASA thought of using as a Programming Language.

7. What are the benefits of learning Sanskrit?

Ans:

The benefits of learning Sanskrit are as follows:

1. Sanskrit is ideal for computerization.
2. Sanskrit is the most scientific and systematic language in the world.
3. Sanskrit is such a perfect language that NASA thought of using as a Programming Language.
4. The study of classical languages begins with Sanskrit.
5. Sanskrit's grammatical system provides excellent training for the mind, prepares a foundation for study of all classical languages and enhances English speech.

8. Who was Sushruta? Write about his achievements.

Ans:

Sushruta was a famous surgeon of ancient India, is considered as the first Surgeon of Ayurveda. He was born in India 800 B.C. Sushruta, a famous surgeon of ancient India, used more than 120 medical instruments for surgery.

Many branches of medicine were developed in ancient India. Plastic Surgery was developed in India and taken to the West by surgeons of East India Company in 18th century.

A medical treatise, 'Sushruta Samhita' describes 1120 diseases, 700 medicinal plants, a detailed study of Anatomy, 64 preparations from animal sources.

B. Fill up the blanks:

Ans:

1. The word 'yoga' is derived from the Sanskrit word 'yuj' which means 'to unite'.
2. The ancient system of medicine is called **Ayurveda**.
3. **Meditation** is an important health aid and spiritual exercise in Hinduism and Buddhism.
4. **Aryabhatta, Brahmagupta, Sridhara** and **Bhaskara II** contributed enormously to the study of Algebra.

C. Match the following:

Ans:

Column 'A'

Column 'B'

- | | |
|----------------------------------|---------------------|
| 1. The study of grammar | (f) Vyakarana |
| 2. The study of politics | (d) Arthashastra |
| 3. The study of warfare | (b) Dhanurveda |
| 4. The study of pronunciation | (e) Siksha |
| 5. The study of prose and poetry | (c) Chandas Shastra |
| 6. The study of planets | (a) Jyotisha |

Let's Do

A. How much do you know about 'Yoga'? Write its definition and names of any four asanas.

Ans:

Patanjali, a great Indian sage, developed the science of yoga. Yoga is not merely a collection of physical exercises, but it is much more than that. It is a whole science which helps to integrate (unite) the body, mind and soul. It makes a person strong, healthy and happy and ultimately attains God.

The word 'yoga' originates from Sanskrit word 'yuj' which means 'to unite'. When all the parts of body, mind and intellect of a person are united harmoniously, he or she becomes capable of performing great things.

The four asanas (poses) are as follows:

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.

B. Name four Vedas. What are they all about? Write a few lines.

Ans:

- Rigveda : Rigveda is about the collection of Vedic hymns. It is an ancient Indian collection of Vedic Sanskrit hymns along with associated commentaries on liturgy, ritual and mystical exegesis. It is a collection of 1028 hymns in about 10,600 verses.
- Yajurveda : It is a compilation of ritual offering formulas that were said by a priest while an individual performed ritual actions such as those before the yajna fire.
- Samveda : Samveda is the Veda of melodies and chants. It is a liturgical text which consists of 1,549 verses.
- Atharveda : It is knowledge storehouse of the procedures for everyday life. It is composed in Vedic Sanskrit and it is a collection of 370 hymns with about 6,000 mantras divided into 20 books.

C. India gave the world its first University. Its name was Takshashila University. Look at its picture and write a few lines on it.

Ans:

Takshashila University was established in Mauryan Empire under the guidance of Chandragupta Maurya and Kautilya or Chanakya.

It is an important archaeological site of ancient Indian subcontinent, located in the city of Taxila in Punjab, Pakistan. It lies about 32 km north-west of Islamabad and Rawalpindi just off the famous Grand Trunk Road. It was founded 1000 BCD. Takshashila University lectures taught Vedas and 18 arts which included skills such as archery, hunting and elephant lore and it has an addition law school, medical school and school of military science to the students.

D. Read yourself.

8. The Old Farmer and the Angel
(Joyfulness)

Let's Think and Answer:

A. Answer the following questions:

1. What kind of a man was the old farmer?

Ans:

The old farmer was a very kind and joyful man in a small village. He was ninety years old but his eyes still brightened with love and laughter.

2. What was the wish of the old farmer?

Ans:

The old farmer's wish was: "Before I die, I should like just once to see heaven and hell."

3. What did the old farmer see in hell?

Ans:

In the hell, the old farmer saw that many people seated around a large round table. The table that was heaped high with the most magnificent and delicious food the man had ever seen. Yet as he drew nearer, he saw that the people around the table looked sickly and thin as if they were going through great starvation. He said, "How could this be?"

Then he noticed that the people's arms were locked straight so that they might not bend them. It was possible for these people to feed themselves.

The old farmer said, "This is truly hell."

4. What did the old farmer see in heaven?

Ans:

In the heaven, the old farmer saw that many people seated around a large round table that was heaped high with the most wonderful and delicious foods. As he drew nearer, he saw that the people's arms were locked straight so that they could not be bent. Yet these people were smiling and laughing. Their eyes brightened with a merry delight and seemed joyfully satisfied.

The old farmer uttered, "How was this possible?"

The old farmer went closer and then he saw that the people of heaven were feeding one another!

The old farmer exclaimed, "This is truly heaven."

5. What lesson in joyfulness did the old man learn from his visits to hell and heaven?

Ans:

From his visits to hell and heaven, the lessons learnt by the old farmer were as follows:

In hell : In the hell, the old farmer saw that the people were not able to enjoy the delicious foods placed on the table. This was because of their bad karmas (evil actions) committed by them in their life.

In heaven : In the heaven, the old farmer saw that the people, though their arms chained, were able to enjoy the delicious foods placed on the table. This was because of their good karmas (right actions) committed by them in their life.

6. How can you make a hell, a heaven?

Ans:

We can make a hell, a heaven by our good actions, intentions, good thoughts and good speech. If we have a positive outlook in life and are right in our actions, speech and thoughts, we can create a divine environment around us like heaven.

However, we can create an environment like hell around us, if we have a negative outlook in life and are not right in our actions, speech and thoughts.

B. Complete the following lines:

Ans:

1. He was ninety years old but *his eyes still sparkled with love and laughter.*
2. The farmer could have wished for anything under the Sun but *instead, he said to the angel, "I am happy with the bounty of food upon my plate and joyful with the love that surrounds me daily.*

3. The angel told him to take hold of her cloak and *in an instant, they arrived at the gates of hell.*
4. At the hell, he saw that people *looked sickly and thin, as if they were going through great starvation.*
5. The old farmer looked closer and *then he saw that the people of heaven were feeding one another.*

Let's Do

A. All of us have the have the moments of joy every day. Make a note of joyful situations for each of the following:

Ans:

1. My grandfather was joyful when *he was presented a beautiful gift on his 80th birthday by his grandson.*
2. I saw a gleam of joyfulness in my teacher's eye when *we informed her that most of her students have scored 95% marks in the final examination.*
3. When my father *saw my Report Card, his happiness saw no bounds.*
4. I was ecstatic with joy when *my sister successfully secured a Government Job in an competitive exam.*
5. Mother and father shared each other's joy recently when *they celebrated their 15th marriage anniversary.*

B. Narrate yourself.

C. Talk about the characters on television/radio/books that create joy and laughter. Which ones are your favourites?

Ans:

I like very much the The Kapil Sharma T.V. Show on television.

D. **What are the words than can by synonyms for joy? Write them.**

Ans:

1. Laughter
2. Happy

3. Bliss
4. Ecstasy

E. Peace is often considered equivalent to joy. Do you agree? Why?

Ans:

Yes, I fully agree that peace is often considered equivalent to joy. A person can experience joy and happiness when one is at peace with himself.

E. Make 'Happy' words from the letters of the words 'Joyfulness'. You can repeat the letters any number of times you like.

Ans:

1. Yoyo
2. Fun
3. Enjoy
- 4.

G. Recite yourself.

9. The Brooklyn Bridge (Persistence)

Let's Think and Answer:

A. Answer the following questions:

1. Where is the Brooklyn Bridge situated?

Ans:

The Brooklyn Bridge is situated over New York City's East River. It connects the island of Manhattan with Brooklyn. It was built between 1869 and 1883.

2. Why did John Roebling think of making a bridge across the East River?

Ans:

John Roebling thought of making a bridge across the East River because once, on a ferry across the East River, when the weather was extremely cold, his ferry got stuck in ice. He was a German immigrant to America.

3. How did John Roebling's counterparts and friends react when he first voiced his idea to his friends?

Ans:

When John Roebling first voiced his idea to his friends counterparts, they reacted with surprise and raised many questions. They thought he lost his balance of mind and his friends discouraged him

4. How did Washington Roebling continue the construction of the bridge even after he was paralyzed?

Ans:

Washington Roebling continued the construction of the bridge even after he was paralyzed. He started giving out instructions from his bed to his wife Emily Roebling. Emily Roebling used to pass on the instructions to the engineers who were on the site.

In this way, the work on the bridge resumed once again. Emily Roebling studied higher Mathematics and Bridge Engineering in order to understand the concepts involved. The work progressed satisfactorily. Everyone thought that Emily Roebling was the Chief Engineer of the project. The bridge took thirteen long years to complete.

The bridge was ready on 23rd May, 1883. It was opened and 150,000 people crossed the bridge that day.

5. Was Emily Roebling an engineer? How did she prepare for the challenging task?

Ans:

No, Emily Roebling was not an engineer. She studied higher Mathematics and Bridge Engineering in order to understand the concepts involved.

She started receiving instructions from the bed of his husband Washington Roebling. Emily Roebling used to pass on the instructions to the engineers who were on the site.

B. Complete the following lines:

Ans:

1. The Brooklyn Bridge stands *majestically over New York City's East River.*

2. The entire credit of this bridge goes to *John A. Roebling, a German immigrant to America.*
3. Since 1883, its granite towers and steel cables *have offered a safe and scenic passage to millions of commuters and tourists, trains, bicycles, pushcarts and cars.*
4. Many people still doubted *about the success, construction and completion of the bridge.*
5. Roebblings claimed that even if *the cables were to collapse, the bridge would merely sag.*
6. Once the paper-work was done, *they hired the crew for going ahead with work on the ground.*

Let's Do

A. Are there things that you find difficult to achieve? Enlist three such things below:

Ans:

Do it yourself.

B. Put a tick (✓) against each of the activities you think requires 'perseverance':

Ans:

1. Learning a difficult music lesson. : [✓]
2. Watching television. : [X]
3. Playing a computer game. : [X]
4. Boiling an egg. : [X]
5. Getting good marks in exams. : [✓]
6. Eating meals. : [X]
7. Learning a new stroke of swimming. : [✓]

C. Find out how each of the following people showed persistence to achieve something remarkable:

Ans:

1. 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.

2. Walt Disney : Walt Disney was born on 5th December, 1901 at Hermosa, Chicago, Illionis, USA. He was an American entrepreneur, animator, voice actor and film producer. A pioneer of the American animation industry, he introduced several developments in the production of cartoons.

He was awarded with Academy Award for best Short Film (Animated), Academy Honorary Award.

He died on 15th December, 1966 at Providence Saint Joseph Medical Center – Burbank, California, USA.

3. Mahatma Gandhi : 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.

4. 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.

D. Write five things that you would love to do but haven’t tried because you think they are too difficult or because you are too scared. Against each, write how you can rouse yourself to take the first step:

Ans:

Do it yourself.

E. Do it yourself.

F. Do it yourself.

10. Nicholas James Vujicic (Achieving Goals)

Let’s Think and Answer:

A. Answer the following questions:

1. Why did Nick remain depressed when he was a little boy?

Ans:

Nick remained depressed when he was a little boy because he was born with no arms attached to his shoulders and no legs

either. He had a head, a torso and one small foot with two joined toes dangling from it. Initially, the state law did not allow him from getting admitted to a regular school although he was mentally at par with other children.

He was extremely self-conscious and constantly bullied at school. So he grew increasingly depressed.

Children looked at him and laughed. Some of them were put off at the sight of his limbless torso and abruptly looked away.

When he was 10, he began to think of even ending his life. There were so many questions in him mind about his future, but he had no answers to those questions.

2. Write about Nick's parents' attitude towards him.

Ans:

When his parents saw him for the first time, they were shocked and devastated. His mother cried, "What will happen of him? How will he survive in this world?" The father cried in distress, "Why has all this happened to my child?" His parents wondered, "How could God be so cruel to a person!"

Nick's mother, who was a nurse herself, was determined to give her son unconditional love and acceptance.

3. What made Nick take on a positive view of his disability?

Ans:

One day, Nick's mother had something for him to see, "Nick, I was reading the newspaper today and look what I came across!"

Nick exclaimed, "This man is also on a wheelchair. He can't walk either."

Mother said, "Yet he is completely independent. He cooks, washes and moves. He is determined not to let his disability come in the way of living to the fullest."

Nick said, "This means there are many people like me."

Mother said, "There are people with all sorts of disabilities, Nick. And they live normal life."

Mother replied, "Those who decide to."

This made Nick take on a positive view of his disability.

4. Write about Nick's qualification and career plans.

Ans:

After seeing the positive aspects of life, he felt that God has made him special because he has designed a special path for him. Nick's activities, qualifications and career plans are as follows:

1. He organized disability campaigns.
2. At 17, he began conducting talks at the church and at many prayer groups.
3. He became an influential speaker.
4. At 21, Nick completed graduation with a Bachelor of Commerce with specialization in Accountancy and Financial Planning.
5. He decided to work full-time for his organization to spread awareness about physical disabilities.
6. He has addressed millions of people in six continents.

5. What do we learn from Nick?

Ans:

From Nick, we learn that no handicap can stop us if we are determined towards our goal. Lakhs of people in India and other countries are physically handicapped. However, those who are successful are only a handful. Since many encounter discrimination, they tend to alienate themselves from society as they feel unwanted and rejected. Our mind-set has to be changed to accept these people and integrate them into our society.

The Government should introduce steps to ensure that all the disabled people have access to education and employment.

B. Tick (✓) the correct answer:

Ans:

1. Nick prayed to God for a miracle because he
(a) felt he was a burden for his parents.
(b) wanted to become an athlete.
(c) wanted to be like the other children. [✓]
(d) wanted to travel the world.

2. Nick is a living example of someone who has
(a) used his disability as a stepping stone to help others. [✓]
(b) given up in life and adopted a defeatist attitude.
(c) stopped living.
(d) not accepted his disability.

Let's Do

A. Do you know any other person like Nick? Write his/her story in a paragraph.

Ans:

Sudha Chandran, an Indian, was another person like Nick who successfully overcame her physical disability.

She was born on 27th September, 1965 at Mumbai. She was the daughter of K.D. Chandran and Thangam. She completed her education from Mithibai College of Arts Chauhan Institute of Science and Amrutben Jivanlal College of Commerce and Economics.

In June 1981, she lost one of her legs due to an accident following a road accident near Tiruchirapalli, Tamil Nadu while coming back from Madras with her parents.

Dr. Pramod Sheti told her that she would be able to dance again because he didn't want to dishearten her. However, he told her father in negative because he didn't want to keep her father in dark and told the truth.

Doctor instructed his assistant to watch her perform on stage. He also took advice of her dance teacher and gave her a replacement which was more suitable for her dance movements. He told her that if she has will and determination, no one could stop her from dancing again. He tried different options by observing her dance movements. Finally, he made a special leg that would not hamper her movements as a dancer.

Now she is an Indian film and television actress and an accomplished Bharatnatyam Dancer. She has received National Film Award, Special Jury Award and many more.

She is a living example before us how to overcome an injury or a disability. How a positive attitude towards the situation makes a difference?

B. What will you do in these situations? Tick (✓) any one:

Ans:

1. You are stuck in a traffic jam. You will
 - (a) curse the people who have caused the jam.
 - (b) be patient and read a book or listen to music. [✓]
 - (c) get irritated and start fighting with people around you.
 - (d) call up a few friends whom you have not spoken to in a long time.

2. You have done very well in all subjects except Maths. It has always been your weak link. You will.....
 - (a) tell yourself that you will never get good marks in Maths.
 - (b) stop studying Maths.
 - (c) blame your parents for making you study Maths.
 - (d) identify the steps that you need to take to improve in Maths and then implement those steps. [✓]

3. A friend of yours did not win a prize in the inter-school debating competition. She is depressed. You will
 - (a) tell her that the judges were not good.
 - (b) assure her that she is good and will do better the next time. [✓]
 - (c) tell her that she is no good at debating and should give it up.
 - (d) let her brood over her performance.

4. You fear speaking in front of an audience. You will
 - (a) do nothing about it.
 - (b) never participate in any event that involves public speaking.
 - (c) do everything to overcome this fear. [✓]
 - (d) remain depressed about it.

C. Everyone has dreams. But what qualities does one need to turn one's dreams into a reality? List the qualities.

Ans:

1. Self-belief
2. Courage
3. Valour and bravery
4. Patience
5. Hard work
6. Perseverance
7. Determination

D. Given below are the goals of some young people like you. Mention two things that each person can do to achieve his/her goal. If you think the goal is not achievable, say no.

Ans:

1. Namita wishes to become an architect.

Ans:

1. Having the courage to dream big.
2. Working hard to prepare yourself.

2. Sumant dreams of meeting Virat Kohli.

Ans:

1. Sumant should keep on trying with patience.
2. Sumant should pragmatically think about ways to meet him.

3. Manisha wants to make new friends.

Ans:

1. She should first read books on 'How to make friends'.
2. She should keep on trying with patience.

4. Sneha has set her heart on the lead role in the school play.

Ans:

1. Sneha has to act, perform and satisfy the concerned person first.
2. She must put her body, mind and soul in the performance to achieve perfection.

5. Avinash wants to travel into space on his next birthday.

Ans:

No, it's a whimsical wish.

6. Anika wants to become a supermodel.

Ans:

1. Anika should gather all the necessary information to become a supermodel.
2. The she should take up the course earnestly.

7. Vikram's goal is to reduce noise pollution in his neighbourhood.

Ans:

1. Vikram should talk to the senior persons in the neighbourhood regarding his noble aim.
2. Vikram should think about ways and means to reduce noise pollution in his neighbourhood.

E. Read each of the following statements. Do you agree or disagree? Write a reason for your choice.

Ans:

1. Everyone needs to set a certain goal in his life.

(a) Agree [✓]

(b) Disagree

Reason: In order to succeed in a particular field in life, everyone needs to set a certain goal in his life.

2. Goals must be realistic and achievable.

(a) Agree [✓]

(b) Disagree

Reason: In order to achieve a goal, the goal must be realistic and achievable.

3. You should give up on your goal if you face difficulties.

(a) Agree

(b) Disagree [✓]

Reason: No, we should not give up on our goal if we face difficulties. Rather we should plan, manage and double our effort.

4. The best way to realize a goal is to break it down into smaller, achievable steps.

(a) Agree [✓]

(b) Disagree

Reason: Yes, it's right. The best way to realize a goal is to break it down into smaller, achievable steps.

11. Beware of the Black Cat! (Superstition)

Let's Think and Answer:

A. Answer the following questions:

1. Write three examples of superstitious beliefs.

Ans:

Three examples of superstitious beliefs are as follows:

1. When a black cat crosses your path, we should stop. We should wait till somebody passes ahead of us and only then should we continue with our journey.
2. When we are leaving the house and someone calls us back for something or sneezes, we should better abandon our programme for that day. If we go ahead, we will only fail.
3. When an owl lives somewhere near our house, it blocks our ears. If we hear hooting of an owl, someone will feel sick.

2. How are superstition and religion different?

Ans:

Superstition and religion are different as follows:

Superstition : Superstition is a belief that is not based on any kind of logic. It is accepted as true without any rational behind it. Some people say that if we don't believe in superstitions, this implies that we are not religious. But in reality, superstitions have nothing to do with religion. Superstitions prevail mostly at those places where people are ignorant and do not think scientifically. There is nothing rational to support our superstitious beliefs.

We should strengthen our common sense and believe in the things which are logical and scientific. If we have our goals and aims clear and we work seriously towards them, no bad luck can stop us. The greatest weapon against superstition is self-confidence. We must have confidence in ourselves and above all in Almighty God.

Religion : Religious beliefs set us free from fear and they remove our worries and anxieties. They give us confidence in ourselves and in life. They support us in our struggle against the forces of evil. Religious beliefs encourage us to do good deeds for ourselves and for others. They bring us peace and happiness.

3. What are the roots of superstition?

Ans:

The roots of superstition are ignorance and illiteracy. The most ironical part of superstition is that even the well-educated persons and people fall victim to superstitions. This gives fodder and ammunition to the common people to be superstitious. Most of the superstitious beliefs have been passed on from one generation to the next generation. This is again ugly part of superstition.

4. What are the harmful effects of superstition?

Ans:

Superstitions push us back in several ways. Superstitions make us feel afraid. These fears prevent us from benefiting from some excellent opportunities that come our way. These fears do serious harm to us by limiting our possibilities for growth.

Going out on a journey on a Saturday is bad luck for some people. So, they miss some interviews even when they could almost certainly land some very good jobs.

5. Suggest some remedies for our superstitious beliefs?

Ans:

Some remedies for our superstitious beliefs are as follows:

1. The greatest weapon against superstition is self-confidence. We must have confidence in ourselves and above all in Almighty God.
2. We should strengthen our common sense and believe in things which are logical and scientific. If we have our goals and aims clear and we work seriously towards them, no bad luck can stop us.
3. Superstition is the religion of feeble minds. To conquer fear is the beginning of wisdom.

Let's Do

- A. What is the most common superstition among the students of your class? Discuss and then write what could be the origin of this false belief.

Ans:

Do it yourself.

- B. **List any five superstitious beliefs that have not been mentioned in this chapter.**

Ans:

1. 666

Three sixes in a row give some people the chills. It's a superstition that harks back to the Bible. In Bible, 666 is given as the number of the 'beast', and is often interpreted as the mark of Satan and a sign of the end times.

2. Careful with that mirror:

According to folklore, breaking a mirror is a surefire way to doom yourself to seven years of bad luck. This superstition seems to arise from the belief that mirrors don't just reflect your image, they hold bits of your soul. That belief led people in American south to cover mirrors in a house when someone died, lest their soul be trapped inside.

3. Bad luck comes in threes:

The belief that bad luck comes in threes is a classic example. A couple of things go wrong and believers may

start to look for the next bit of bad luck. A lost shoe might be forgotten on day, but seen as the third in a series of bad breaks the next.

4. A rabbit's foot will bring you luck:

Rabbit feet as talismans may hark back to early Celtic tribes in Britain. They may also arise from hoodoo, a form of African-American folk magic and superstition that blends Native American, European and African tradition.

5. Don't walk under that ladder:

Since a ladder leaning against a wall forms a triangle, breaking that triangle was blasphemous.

6. Find a penny, pick it up:

See a pin, pick it up and all day long you'll have good luck.

See a pin, let it lay and your luck will pass away.

7. Beginner's luck:

Newbies are unusually likely to win when they try out a sport, game or activity for the first time.

C. Do it yourself.

D. Read yourself.

12. KAILASH SATYARTHI

(Social Work)

Let's Think and Answer:

A. Answer the following questions:

1. Write a short note on Bachpan Bachao Andolan.

Ans:

Bachpan Bachao Andolan (BBA) is founded by Kailash Satyarthi. He is an Indian Children's rights activist. Bachpan Bachao Andolan (BBA) is an organization dedicated towards the eradication of child labour and rehabilitation of child

workers. Child labour is a rampant problem in India where millions of young children are engaged in various of work instead of attending schools.

Kailash Satyarthi has been working as a children's rights activist for the past many years and has liberated over 80,000 child labourers since 1980. As a child, he was moved by the plight of other children who were made to work by their parents and he wanted to do something for them. He was an Electrical Engineer, but his profession gave him no satisfaction. When he was in his 20's, he sacrificed his lucrative engineering career to work for the welfare of child labourers.

He is a Nobel Peace Prize recipient.

2. When and where was Kailash Satyarthi born?

Ans:

Kailash Satyarthi was born on 11th January, 1953 in Vidisha, a small town in Madhya Pradesh, India.

3. What kind of inequality did he see in the society in his early school days?

Ans:

In his early school days, Kailash Satyarthi noticed that some children did not go to school like he did and instead worked under harsh conditions to earn money.

Disturbed by the inequalities he witnessed, he decided to do something about it. He asked his classmates to donate textbooks and money to the underprivileged so that the poor kids might too get a chance to study.

4. Write about Kailash Satyarthi's education and initial career. Why did he quit his job?

Ans:

Kailash Satyarthi was born on 11th January, 1953 in Vidisha, a small town in Madhya Pradesh, India.

He studied Electrical Engineering in a Bhopal College and went on to earn a Post Graduate Diploma in High-Voltage Engineering.

His profession as an Electrical Engineer gave him no satisfaction. When he was in his 20's, he sacrificed his lucrative engineering career to work for the welfare of child labourers.

In his early school days, Kailash Satyarthi noticed that some children did not go to school like he did and instead worked under harsh conditions to earn money.

Disturbed by the inequalities he witnessed, he decided to do something about it. He asked his classmates to donate textbooks and money to the underprivileged so that the poor kids might too get a chance to study.

5. What did he do with a group of like-minded people?

Ans:

When Kailash Satyarthi learnt of a factory in which children were forcibly kept and made to work, he joined hands with a group of like-minded people and conducted raids on the factories from where he rescued several children and their parents who were held as bonded labourers. He was even often beaten up.

6. How was he honoured for his noble work?

Ans:

Kailash Satyarthi has been honoured for his noble work. He has also received other awards like Robert F. Kennedy Human Rights Award, Wallenberg Medal, CNN-IBN Indian of the Year Outstanding Achievement.

Kailash Satyarthi has received Nobel Peace Prize for their struggle against the suppression of children and young people and for the right of all children to education. He has dedicated the entire prize sum to the advancement of the rights of children.

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

Ans:

1. Kailash Satyarthi was an architect. : [False]
2. Kailash Satyarthi asked for the stricter laws against trafficking and child labour and met with mixed success so far. : [False]
3. Kailash Satyarthi sacrificed his engineering career and helped people especially children. : [True]
4. Kailash Satyarthi was honoured with Bharat Ratna Award. : [False]
5. Kailash Satyarthi has served as a member of the UNESCO's Education. : [True]

Let's Do

A. Here are the pictures of some more social workers. How much do you know about them? Write a little about each.

Ans:

1. Ishwar Chandra Vidyasagar

Ishwar Chandra Vidyasagar was a jewel among reformers and towering intellectual. He was moved by the plight of young widows and opposed polygamy and child marriage. He advocated widow remarriage and even got his own son married to a widow.

He played an important role in passing Hindu Widow Remarriage Act. He also advocated introduction of modern subjects along with traditional Sanskrit learning.

He devoted his life for spreading education among girls and downtrodden. He is said to be the originator of modern Bengali language.

Ishwar Chandra Vidyasagar also started a number of schools for girls.

2. Baba Amte

Murlidhar Devidas Amte, commonly known as Baba Amte was born on 26th December, 1914 at Hinganghat, Wardha in Maharashtra. His father, Devidas Amte was a British Government officer working for the District Administration and Revenue Collection Departments.

He had a good education and completed his B.A. LL.B. Trained in law, he developed a successful legal practice in Wardha, Maharashtra. He soon became involved in the Indian struggle for freedom from the British Raj. In the year 1942, he began working as a Defense Lawyer for Indian leaders imprisoned by the British during Quit India Movement.

Baba Amte was an Indian social worker and social activist known particularly for his work for the rehabilitation and empowerment of people suffering from leprosy. In those days, people with leprosy suffered a social stigma and the society disowned these people. Baba Amte strove to dispel the widespread belief that leprosy was highly contagious.

Baba Amte founded three ashrams for treatment and rehabilitation of leprosy patients, disabled people and people from marginalized sections of the society in Maharashtra.

He received numerous awards and prizes including Padma Vibhushan, Dr. Ambedkar International Award, Gandhi Peace Prize, Ramon Magsaysay Award, Templeton Prize and Jannalal Bajaj Award.

Baba Amte died on 9th February, 2008 at Anandwan, Maharashtra.

13. Yoga for Good Health (Yoga)

Let's Think and Answer:

A. Answer the following questions:

1. What is Surya Namaskar?

Ans:

Surya Namaskar comprises a sequence of 12 yogic postures. Surya Namaskar provides a good cardiovascular workout. If we do these 12 yogic postures at a slower pace, they will help us

tone the muscles and can be relaxing and meditative. Moreover, it makes the body more flexible.

2. Name the asanas that are the part of Surya Namaskar.

Ans:

The asanas which are the part of Surya Namaskar are as follows:

1. Pranamasana (Prayer Pose)
2. Hastauttanasana (Raised Arms Pose)
3. Hasta Padasana (Hand to Foot Pose)
4. Ashwa Sanchalanasana (Equestrian Pose)
5. Dandasana (Stick Pose)
6. Ashtanga Namaskara (Salute with Eight Parts or Points)
7. Bhujangasana (Cobra Pose)
8. Parvatasana (Mountain Pose)
9. Ashwa Sanchalanasana (Equestrian Pose)
10. Hasta Padasana (Hand to Foot Pose)
11. Hastauttanasana (Raised Arms Pose)
12. Tadasana (Palm Tree Pose)

3. Write the benefits of Surya Namaskar?

Ans:

The benefits of Surya Namaskar are as follows:

1. Postures are a good blend of warm-ups and asanas.
2. It helps to keep us disease-free and healthy.
3. Regular practice of Surya Namaskar promotes balance in the body.
4. It improves blood circulation throughout the body.
5. It strengthens the heart.
6. It tones the digestive tract.
7. It stimulates abdominal muscles, respiratory system, lymphatic system, spinal nerves and other internal organs.
8. In addition, it tones the spine, neck, shoulders, arms, hands, wrists, back and leg muscles, promoting overall flexibility.
9. Psychologically, it regulates the inter-connectedness of body, breath and mind, and thus, making us calmer and boosting the energy levels with sharpened awareness.

Let's Do

Here are the pictures of all the asanas involved in Surya Namaskar. Write the name of each below its picture.

Ans:

The name of Surya Namaskar postures are as follows:

1. Pranamasana - Prayer Pose
2. Hastauttanasana - Raised Arms Pose
3. Hasta Padasana - Hand to Foot Pose
4. Ashwa Sanchalanasana - Equestrian Pose
5. Dandasana - Stick Pose
6. Ashtanga Namaskara - Salute with Eight Parts or Points
7. Bhujangasana - Cobra Pose
8. Parvatasana - Mountain Pose
9. Ashwa Sanchalanasana - Equestrian Pose
10. Hasta Padasana - Hand to Foot Pose
11. Hastauttanasana - Raised Arms Pose
12. Tadasana - Palm Tree Pose