

Fostering Vedic Values

Rig Veda
Yajur Veda
Sama Veda
Atharva Veda

1

FOSTERING VEDIC VALUES



Fostering Vedic Values

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PREFACE

The Vedas are widely acknowledged as the oldest books in the library of humans. They are essentially a set of ‘Operational manuals’ provided by Ishvar to help human beings lead their daily lives. They cover diverse topics including Spirituality, Mathematics, Material Science, Economics, Political Science, Sociology and many more.

The Vedas declare Ishvar to be One and Formless. Similar to air, it is this basic characteristic of the Almighty that facilitates His presence everywhere in each minute particle, in turn ensuring that He delivers justice to all living beings.

Today, we face a paradoxical situation. While the number of temples, churches and mosques has increased manifold, bloodshed in the name of religion has grown exponentially. Another simultaneous trend is that the younger generation is disoriented with various religions, and is turning atheist. We believe that true knowledge of the Vedas can help youngsters experience spirituality with scientific rigor, which is the need of the hour.

The Vedas are truly universal and secular. Interestingly, they do not even contain the name of any religion of the world as we know them today – Hinduism, Christianity, Islam, Jainism, Buddhism, Judaism etc., simply because none of these terms existed at the beginning of mankind. The Vedas only prescribe how humans can lead a healthy life in harmony with the environment and the animals around them. The various themes promoted by Vedas are egalitarian, empowering and liberating. They form the basis, as much of inner peace in every individual as they do of peace in a family, society, nation and the entire world.

It is unfortunate that the Vedas have been misinterpreted over the last few hundred years which led to many false beliefs. The Arya Samaj, started as a social movement by Maharshi Dayanand Saraswati in 1875, gave a clarion call – ‘**Back to Vedas**’, focussing global attention towards the Vedic knowledge and culture.

‘**Fostering Vedic Values**’ is a series of 10 books (for Classes I – X) with 12-16 chapters in each. Almost half the chapters focus on ensuring that the children are able to obtain a reasonably good understanding of the key spiritual principles as highlighted in Vedas. The remaining chapters are focussed towards imbibing the spirit of patriotism, compassion towards all living beings including animals, social service and other human values. Through these, we envision children to develop as responsible citizens, who contribute to the world



as a family, but in the face of a national threat, are also ardent patriots. We hope to see them evolve into empowered individuals who can overcome the challenges of life through spiritual strength and lead themselves, their families and societies to peace and happiness.

Many of the chapters are set up as a conversation between a child and the grandparent or a relative. This is to strongly emphasize our ancient culture wherein children spent a lot of time with grandparents and other relatives, learning from their life experiences. Also, rather than grandpa / grandma / uncle / aunt, we have used equivalent words in various Indian languages so as to make children appreciate the diversity that co-exists in this great civilization.

Many intellectuals have voluntarily contributed towards this book. We are grateful to Arya Samaj Greater Houston, US for conceptually reviewing the book. The teachers at D.A.V. Group of Schools, Chennai have read through many versions of the book with immense thoughtfulness proposing relevant changes from a child's perspective.

The core content of the book originates from the Vedas. We owe it to the tradition of Rishis who passed on the Vedic knowledge since ages. Therefore, there is no copyright on the content of this book. One can seek permission and print all or only certain chapters of the book. However, no unauthorized modification is permitted in any chapter.

This is the fifth version of the book and could contain not only omissions, but also areas of improvement. We request the reader to excuse us for the omissions, but please do bring to our notice any feedback for correction and improvement in subsequent versions. We will remain grateful to you for your support and feedback.

Lastly, before signing off, we would like to express our profound gratitude to Ishvar for His blessings, guidance and encouragement in this small endeavour.

VIKAS ARYA

Chief Editor

Chennai | May 2024

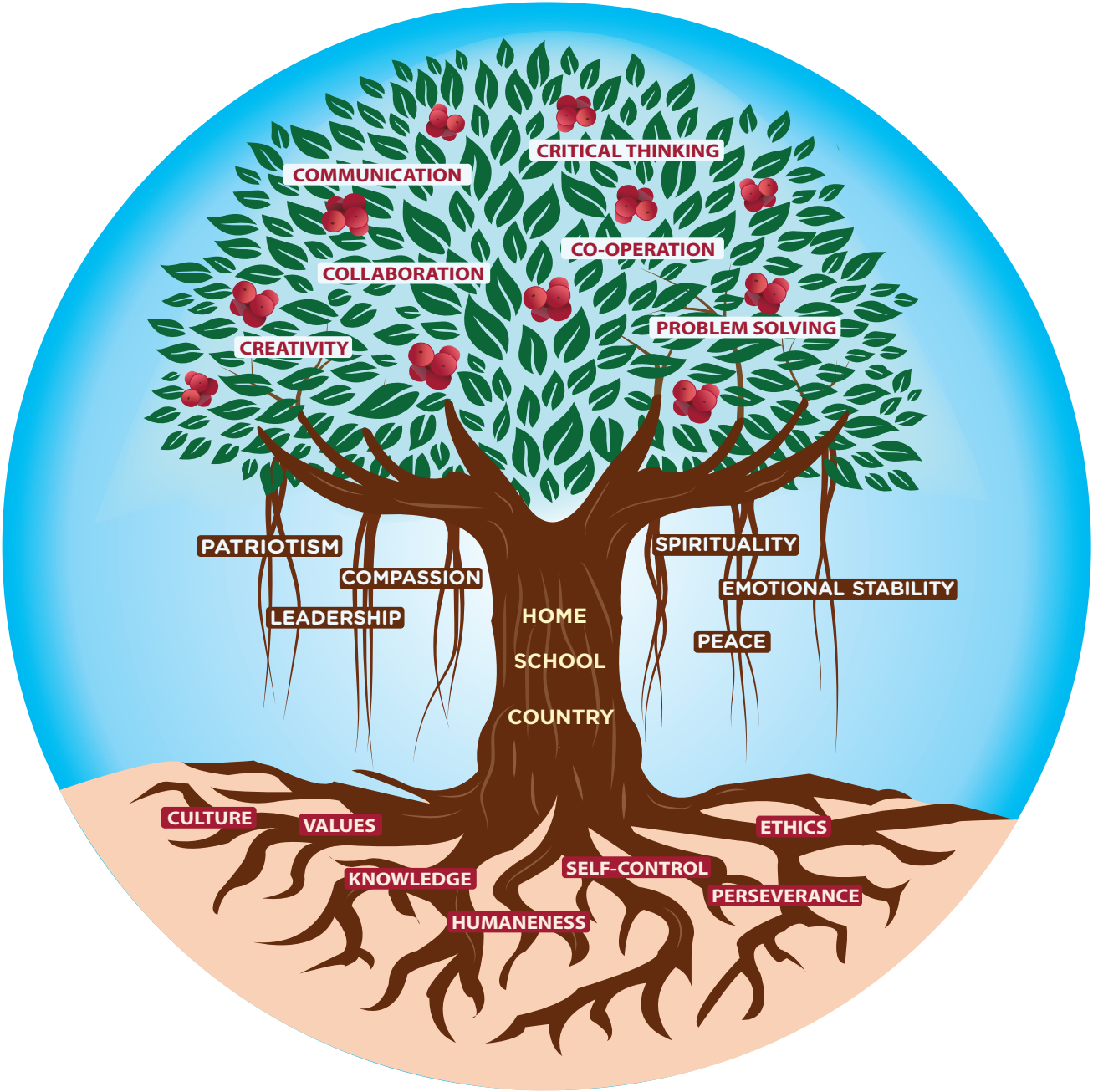


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The Learning Tree



1

ISHVAR

Expected learning outcome

Students understand Ishvar

Glossary

notice	- watch	sincerely	- faithfully
created	- made	denotes	- means
powerful	- mighty	primary	- first
specific	- fixed	peaceful	- free from worry
location	- place	express	- convey
similar	- equal		



Story time

Charvi loved her **thakuma** (*grandmother in Bengali*). She would often notice her thakuma praying. One day.....

Charvi – Thakuma, Who is Ishvar? Everyone keeps talking about Ishvar.

Thakuma – He is the one who has created this entire universe – Earth, Sun, Moon, Stars, Air, Water, Trees, Rivers, Oceans etc.

Charvi – Oh! So He must be someone very powerful.

Thakuma – Yes, absolutely. There is no one who can be more powerful than Him. He has also created all of us - human beings, birds, animals and plants.



Charvi – Where does He stay? Does He have an address where we can go and meet Him?

Thakuma – He is present everywhere – not in any one specific location.

Charvi – Everywhere?

Thakuma – Yes. It is like air. Isn't air present everywhere?

Charvi – Hmm....and how does He look like?

Thakuma – As I said, He is in a way similar to air. Can you see air?

Charvi – No thakuma. We can never see air. We can only feel air.

Thakuma – Similarly, we cannot see Him the way we see each other. We can however feel Him when we pray to Him sincerely.

Charvi – What is His name?

Thakuma – Well, He has many names. Each name denotes a particular quality of Ishvar. Do you have more than one name?

Charvi – Oh yes! My name on the School ID is Charvi. But at home, parents call me 'Charu'; you call me 'Gudiya'.

Thakuma – So, Charvi is your primary name. Similarly, Ishvar's primary name is 'Om'.

Charvi – Should we be afraid of Him, thakuma?

Thakuma – No Charvi. We need not be afraid of Him. He indeed loves each one of us. He is our well-wisher and our best friend. We should rather respect Him.

Charvi – What else does He do thakuma?

Thakuma – He rewards us if we do good deeds and punishes us if we commit mistakes. He is very similar to our parents. Don't they also praise us and give us a reward when we do something good or scold us if we do something wrong?

Charvi – Yes thakuma. They do.

Thakuma – Also since Ishvar is present everywhere, He knows everything about us. We can hide something from our parents and teachers but not from Ishvar.

Charvi – Should we pray to Him every day?



Thakuma – Yes. It will be good for us, if we pray. We will feel very calm and peaceful.

Charvi – Can I pray to Him for more toys, games and school holidays?

Thakuma (laughingly) – No Charvi. He does not fulfill those kinds of wishes. You should pray to Him to help develop good qualities within you – saying the truth, being kind, working hard etc. You will then be able to achieve anything in this world.

Charvi – How do I pray to Him?

Thakuma – The simplest way is to sit down quietly on the floor, and close your eyes. Chant ‘Om’ three times followed by the Gayatri mantra. Also, you can simply talk to Ishvar, requesting Him to bless you with good qualities. You can also tell Him about your problems. He will help you find answers to your problems.

Charvi – Should I talk to Him only in Sanskrit or in English?

Thakuma – No Charvi. It is best to talk to Him in your mother tongue, so that you can express all your feelings. Ishvar understands all languages.

Charvi – Ishvar is wonderful. Thank you thakuma for explaining!

Let's do these exercises

a. Tick the correct answers:

1. Earth, Sun, Moon, Stars, Rivers, Oceans were all created by (**Man / Ishvar**).
2. Ishvar is present (**everywhere / in the sky**).
3. The primary name of Ishvar is (**Om / Bhagwan**).
4. It is good for us to pray (**once a week / every day**).
5. We (**can / cannot**) hide anything from Ishvar.



b. Write 'T' for true and 'F' for false:

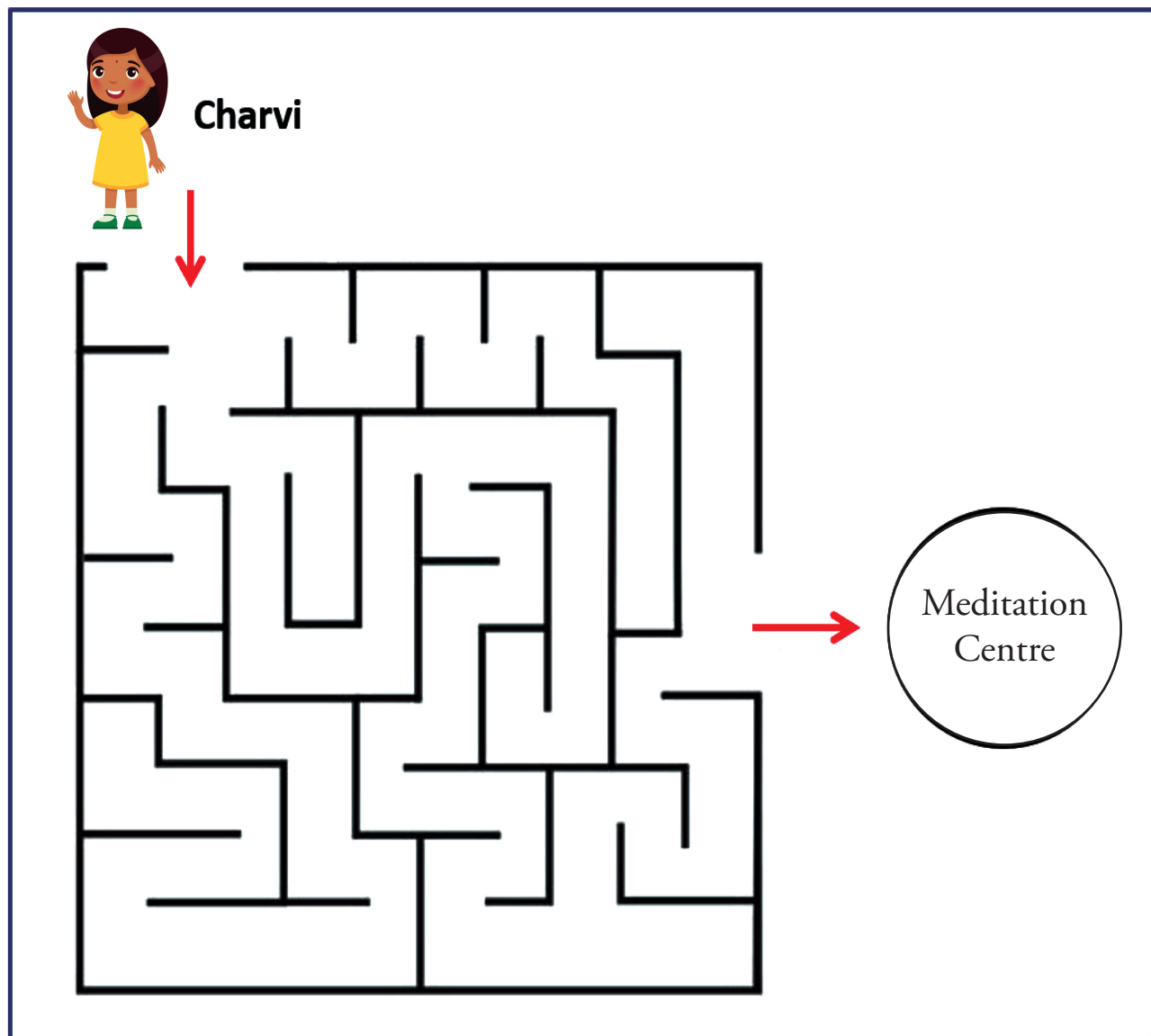
1. We should be afraid of Ishvar.
2. Our parents praise and reward us when we behave badly.
3. Praying everyday makes us feel calm and peaceful.
4. When we pray, we must ask Ishvar to give us gifts, chocolates and lots of money.
5. We can pray Ishvar in our mother tongue.

Activity

1. Learn to recite the Gayatri Mantra.
2. Write a Prayer, that you would like to say now, here.

Pray

3. Help Charvi to find the way to reach the meditation centre.



2

JOY OF LEARNING

Expected learning outcome

Students experience the fun of Learning

Glossary

approaching	- coming near	realized	- understand
heavy heart	- unhappy	definitely	- surely
gradually	- slowly	narrated	- described
perfectly	- exactly	exciting	- thrilling



Story time

One day early in the morning, Akshaya heard her **amma's (mother in Tamil)** voice waking her up.

Amma – Akshaya...dear, wake up... today is your first day of school... You're going to meet new friends, new teachers and you're going to have lots of fun!!

Akshaya (sadly) - But amma, I don't want to go to school... I'm happy here, playing with my friends and listening to stories from **paatti (grandmother in Tamil)**.

Akshaya's eyes were filled with tears as she was scared to go to this new place called school. Her mother fondly touched her hair and helped her out of bed. After much convincing, Akshaya finally



agreed to go to school. Her father dropped her near her class. Akshaya held on to her father's hands tightly and was about to cry when she saw her teacher approaching her with a bright, happy smile.



Teacher - Namaste Akshaya, we are very happy to see you here. Come, let me take you to your class.

With a heavy heart, Akshaya let go of her father's hand. She heard the bell ring and all the children stood up to chant the morning prayers. Akshaya came to know that her class teacher's name was Shashi Ma'am. In the first period, Akshaya spoke about her mother, father, little brother and her paatti. She had so much to share, that Akshaya spoke for quite some time. Her fear gradually began to disappear.

The next period was arts class and Akshaya was told to draw anything that she liked. Akshaya always loved to see the stars on the sky, so she drew the Stars, Moon, Sun and the Planets. She also coloured them. She loved her Arts class.



After some time, Akshaya's teacher took them all to play outside in the ground. She made new friends - Aditi, Kishore, Anita and Akhil. They played many games together. Some of them were even watering the plants near the playground. Soon the bell rang and they returned to their class.

The teacher wrote numbers from 1 to 10 on the board and she taught the numbers with a nice rhyme :-

*One little, two little, three little fingers
Four little, five little, six little fingers
Seven little, eight little, nine little fingers
Ten little fingers on my hand...
Ten little, nine little, eight little fingers,
Seven little, six little, five little fingers,
Four little, three little, two little fingers,
One little finger on my hand...*



The math period was followed by lunch time. Akshaya shared her lunch with her new



friends. In the last period, Akshaya's teacher gave them a few building blocks to play with. Akshaya made structures of colourful buildings while her friend Akhil was playing with the shape board. With help from Shashi ma'am, Akhil was fitting in shapes like circles, triangle, squares and rectangle to their blocks. Akhil felt very happy when he fitted all the shapes into their places perfectly. They played heartily and never realised the time pass.



Finally the bell rang and after the prayer ended, Akshaya thanked her teacher and walked out of her class. She saw her father waiting for her. She ran towards him and hugged him. She could not stop talking about her exciting first day all the way back home. When she reached home, Akshaya washed her hands and feet, hugged her

amma and paatti. She narrated everything once again to both of them.

Paatti (smilingly) - I understand, you enjoyed your school today. Do you want to go back to school tomorrow?

Akshaya - Of course paatti, I never knew school would be so much fun. My teacher is very caring and I have made new friends. I also learnt to sing my school prayer. I'm definitely going to school tomorrow.

Akshaya's mother felt happy for her daughter.



Let's do these exercises

a. Answer the following questions :

1. How do you feel everyday when you leave home for school?
2. Does your teacher give you home work everyday? When do you complete them?

Let's think about these

Do you like going to school? What do you like the most about your school?

Let's have some fun

Colour the picture given below :



3

THE CROW

Expected learning outcome

Students understand that they can be happy with what they have.

Glossary

beautiful	- pretty	forcibly	- compelled
satisfied	- pleased	absolutely	- perfectly
gathered	- collected		
immediately	- quickly		



Story time

One day Navneet, a young boy was sitting in the garden looking at the birds. Seeing this, his *aaita (grandmother in Assamese)* decided to tell him a story about a crow...

Aaita – There was a crow who, happily lived with his family in the city. One fine day, he was flying in the sky when he noticed a beautiful white bird.

Navneet – Must be a swan?

Aaita – Yes, it was a swan. The crow approached the swan and said – “Oh you are so beautiful. You must be the happiest bird in this world.”





The swan said – “Oh my dear friend! I used to be very happy and satisfied. But one day, I saw a parrot. It was even more beautiful with two colours – bright green and red. I think the parrot must be the happiest in the world.”

The crow then went to a parrot – “Oh Parrot! You have a nice mix of two colours. You must be the happiest in this world.”

Navneet – Yes. A parrot has a sweet voice too.

Aaita – That’s true. But guess what. The parrot also had a sad face. He said – “Oh! I felt that I was the best bird in the world, with a sweet voice. But the other day, I saw a peacock dancing in the rain with its feathers spread out. It was one of the most beautiful sights I have ever seen – so colourful!”

The crow then visited a peacock in the zoo and saw that hundreds of people had gathered to see him. After the visitors had left, the crow went to the peacock.

“Dear peacock,” the crow said, “you are so beautiful. Every day thousands of people come to see you. When people see me, they immediately shoo me away. I think you are the happiest bird on the planet.”



The peacock replied, “I always thought that I was the most beautiful and happy bird on the planet. But because of my beauty, I am made to live in this zoo. I am forced to live within



this small space day after day. I have absolutely no freedom. There are many days, when I do not even get enough food and water. Will you take me away from here?”

The crow felt sorry for the peacock.

The peacock added – “Indeed, you are very lucky, my dear friend.”

The crow was surprised. He asked – “Why do you say so? I am so ugly.”

The peacock said – “In the zoo, the crow is the only bird not kept in a cage. So for the past few days, I have been thinking that if I were a crow, I could happily roam everywhere.”

Navneet – So, aaita, the animals and birds do not like being kept in a zoo?

Aaita – Yes, Navneet. Every one of us like to be free. In a zoo, they are forcibly kept in a small space. What else do you learn from this story, Navneet?

Navneet – We should be happy and satisfied with whatever we have.

Aaita – Yes, that’s true. All of us are blessed in different ways by Ishvar. We should learn to accept it. Yes, we should work hard towards doing better, but should feel happy with whatever we have. Also, we should never feel jealous looking at what others have!

Let’s do these exercises

a. Tick the correct answers:

1. Peacock is a (**tricolour** / **multi-colour**) bird.
2. Birds would feel (**happy** / **unhappy**) when they are caged.
3. Parrots have a (**green** / **red**) body and a (**green** / **red**) beak .
4. The happiest bird in the world could be the (**Crow** / **Peacock**) as it was free.

b. Name any two birds that:

- a. are never caged.
- b. have a sweet voice.
- c. have multiple colours on their feathers
- d. are white.

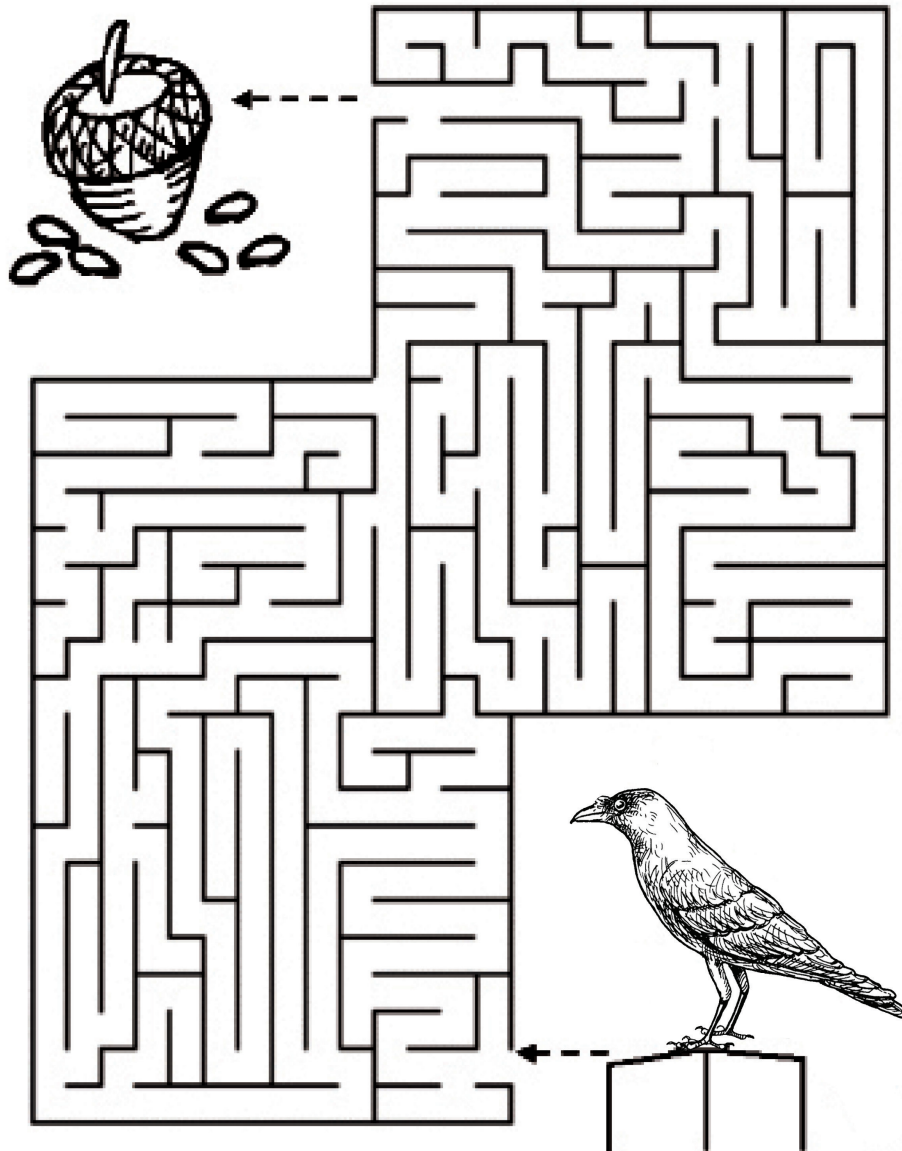


c. Write 'T' for true and 'F' for false:

1. When birds are in zoo, they have no freedom.
2. We should be satisfied with what we have.
3. Animals and birds don't like to be caged.

Activity


1. Help the Steller's Jay find his supper



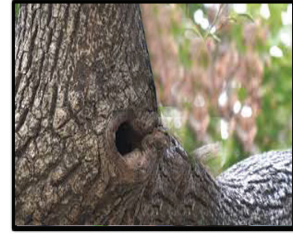
2. Find crow, parrot, swan and peacock in the grid.

a	n	l	o	w	o	r	c	a	j
p	p	u	e	r	a	x	b	o	l
s	a	s	c	r	w	a	c	m	z
c	r	u	w	h	x	v	o	p	n
p	r	e	o	a	r	b	z	d	w
w	o	q	m	l	n	q	f	j	s
b	t	y	n	i	t	o	r	a	p
g	p	e	a	c	o	c	k	e	p

3. Using the words given below, write the moral of this story.

with	let	in	Learning
we			to
be			happy
what	us	have	life

4. Match the bird with their home.



4

GOOD DEED FOR THE DAY

Expected learning outcome

Students do at least a good deed every day

Glossary

ignore	- avoid	donate	- to give
encourage	- cheer	required	- needed
unnecessarily	- without reason	saplings	- a small plant
identify	- to spot	treatment	- to cure
		spilt	- fell down



Story time

Rohit would often spend time with his **aaji (grandmother in Marathi)**, upon returning from school....

Aaji – How was your day?

Rohit – Good aaji. School was as usual. But, I felt happy today.

Aaji – What happened? Did you score well in your class test?

Rohit – No aaji. There was no class test.

Aaji – So, what was it Rohit?

Rohit – Aaji, it was lunchtime and I was about to open my lunch box. Just then, my classmate, Arjun, dropped his lunchbox by mistake. Food spilled



on the floor. A few children started laughing. I first wanted to ignore Arjun because I had a small fight with him just the previous day. But then suddenly, I decided to go over and help Arjun pick up his lunchbox from the floor and clean up the place.

Aaji – That’s very nice!

Rohit – I then realized that he had no food left for lunch. So, I also offered him food from my lunchbox and we shared it.

Aaji – I am proud of you, Rohit.

Rohit – I felt very nice about helping Arjun.

Aaji – Who gave you this happiness, Rohit?

Rohit – I don’t know. It came from within.

Aaji – Remember, it is Ishvar who gave you this happiness. He knows about all our actions. The moment we decide to do a good deed, he encourages us and fills us with happiness.

Aaji – Rohit, why don’t you try and do atleast one good deed daily?

Rohit – But, what can I do every day?

Aaji – Oh, there are so many different situations that keep arising, where you can make a small difference by your act of kindness. Let me give you a few examples

- ✓ You notice waste paper lying in your school classroom or corridor. You pick up the paper and put it in the dustbin.
- ✓ Someone is unnecessarily teasing your classmate. You decide to support your classmate and if required bring it to the notice of the teacher.
- ✓ Your classmate is ill. You share your notes with him, when he is back to school.
- ✓ You see a Rs. 500 note lying on the floor. You pick it up and hand it over to your parents. They first try to find the person who dropped the note. If they are unable to find him, they donate the money to a poor person.
- ✓ You come out of a restaurant after a meal. You see an old man outside in torn clothes. He is hungry. You speak to your parents, take permission, and buy him some food.



- ✓ You see a dog is hurt and is bleeding on the road. You approach an elder and help the dog get medical treatment. You get the elder to call an animal shelter home if required.
- ✓ You are walking on your street and see a brick lying in the middle of the road. You feel that someone might fall down and get hurt due to the brick. With the help of an elder, you carefully remove the brick from there.
- ✓ You have a guest at home. Your parents are out and will be back soon. You go to the kitchen and get the guest a glass of water.
- ✓ The guest requests for a cell phone charger. You do not have it at home. If possible, you make a special effort to borrow it from your neighbour and offer it to the guest.
- ✓ You see your neighbour's clothes drying on the terrace. You realize that it is about to rain. You immediately go and inform them.
- ✓ You collect all your clothes that no longer fit you, and give it to the poor.
- ✓ You fill a small pot of water every day for the birds and also offer them some grains.
- ✓ You plant a few saplings at home and water them every day.



Rohit – Wow! There are so many different things I can do. I will definitely try to do at least one good deed every day and share it with you.

Aaji – Definitely Rohit! I would love to hear about it every day.

**DO A
GOOD
DEED**

DO SOMETHING GOOD TODAY!



Let's do these exercises

a. Tick the correct answers:

1. Small children also can be of (**help** / **no help**) to others.
2. We need to (**share** / **not share**) what we have.
3. When we help others, Ishvar gives us (**happiness** / **sadness**).

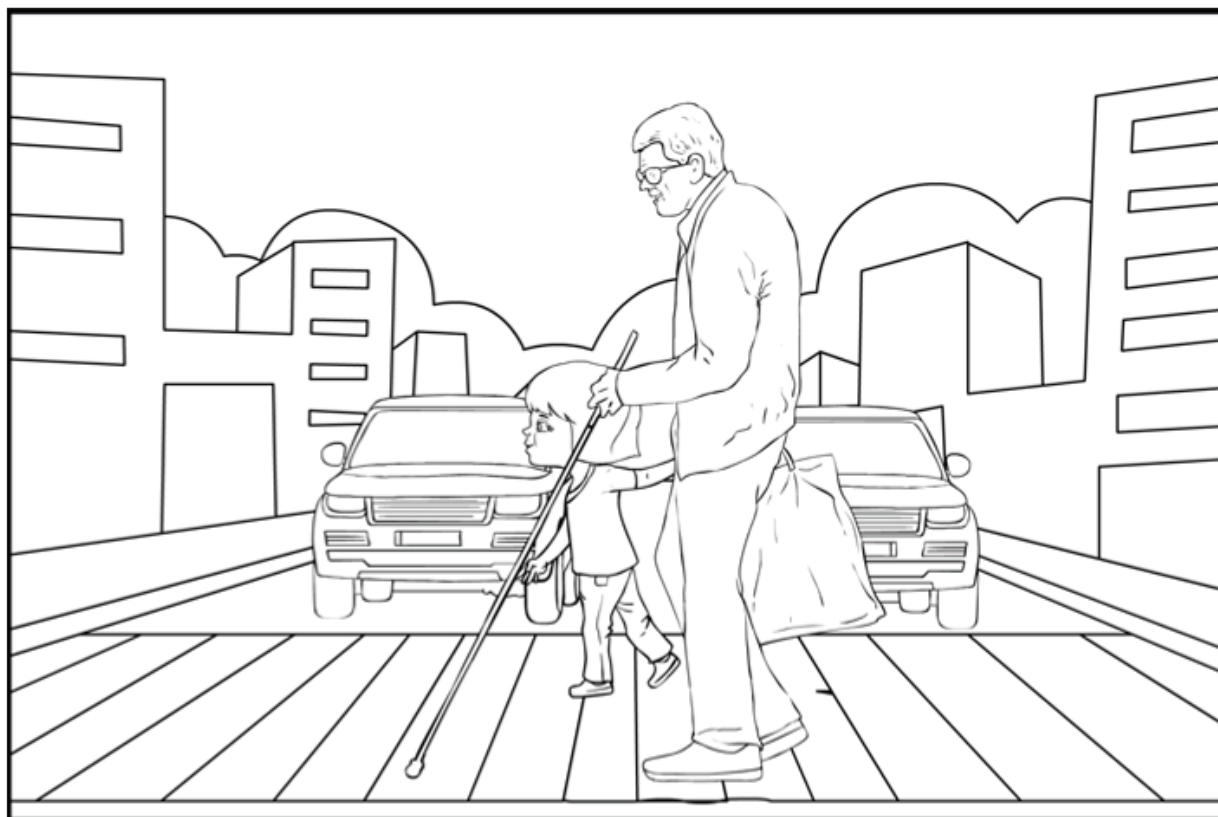
b. Read the sentences and write 'yes' if it is a good deed and 'no' if it is not:

1. You help your father find his car or bike keys, which he has misplaced.
.....
2. Throwing a biscuit wrapper on the road.....
3. Helping your mother store the vegetables when she comes from the market.
.....
4. Leaving the tap open in the rest room.
5. Taking care of your books and belongings in school.

Activity

1. Given below is a list of good deeds that you can do every day. How many did you do today? Put a tick mark against those you do every day.
 - I put away my books after studying.
 - Wake up on time everyday.
 - Help my friend in school by sharing my colour pencils with him.
 - Not play games on my father's mobile phone.
 - Go to school cheerfully.

2. Colour the picture



5

COUNT YOUR BLESSINGS

Expected learning outcome

Students appreciate all good things that they have in their lives

Glossary

eagerly	- keenly	complain	- grumble
hustle	- busy	rarely	- not often
experience	- feel	grateful	- thankful
surprised	- amazed		

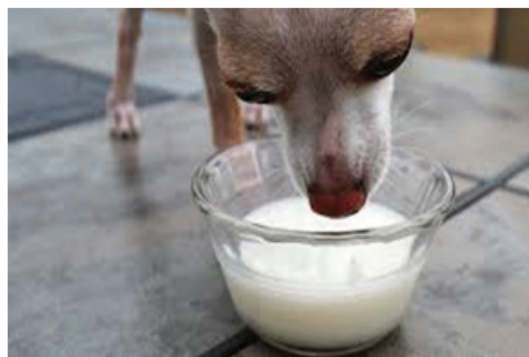


Story time

Mrs. and Mr. Shastri lived in a small home with their pet dog called Pinto. They loved Pinto very much and took care of him. Mrs Shastri made sure she never let Pinto go hungry. She always gave him his meals on time!!! Pinto had a small bed for himself where he would lie curled up most of the time. Though there was a small garden in their home, Pinto would rarely play there.

One morning as usual, Mrs Shastri called “Pinto! It’s breakfast time. Come and have your milk”.

Pinto thought “Oh no! The same milk again today? This is so boring. I wish I could have something tasty”.



Pinto would eagerly wait for it to be five in the evening. That was his favourite time because Mr. Shastri would take him out for a walk. That was the time he would get to see the outside world - the hustle and bustle of the city, people walking around, dogs on the street chasing and playing around with each other. Life seemed to be full of action all the time.

Once he came back home, he would once again curl up in his bed and feel sad again!

One day, Mr. Shastri left the gate open by mistake.

Pinto at once decided to sneak out and enjoy the world outside. Silently he got up and walked out of the gate. But, once outside, he felt strange being all by himself. It was a new experience for him. Just then one of the street dogs, Bingo was surprised to see Pinto walking alone. Bingo ran up to Pinto.

Bingo - Hey buddy , how come you are all by your self today?

Pinto - Hmm.. I just came for a walk. What is your name?

Bingo - Oh, I am Bingo... and what is yours?

Pinto - I am Pinto. You are so lucky Bingo!! You are free to go anywhere, eat what you want and play around all the time.

Bingo - Hmm....You are right in a way, but life on the streets is not easy, my dear friend. There are many days when I don't get anything to eat and I have to go hungry. Sometimes when I get the food, I have to fight with other dogs in the street to get my share!

Pinto - Oh that is scary, is it not??

Bingo - Not only that, whether it is a hot summer day or a cold rainy night, I have to sleep on the streets. It is very difficult most of the times. But look at you Pinto – you are so lucky and blessed. You get your food on time. You have a safe and cozy place to sleep in and a garden in Mr. Shastri's house where you can run around and play happily without the danger of dog fights!

Just then Pinto heard Mrs. Shastri calling out his name. He turned to Bingo.

Pinto - Thank you dear friend. It is time for me to go. But I must say Thank you.

Bingo - Thank You? Why?



Pinto - You have just made me understand all the wonderful things I enjoy every day. You have taught me to count my blessings. I now understand how lucky I am. Bye, my dear friend.

And so Pinto decided that he will be happy and grateful for all the good things that he enjoys every day and not complain about what he does not have.

Let's do these exercises

a. Answer the following:

1. List four things that
 - (a) you have but your friend does not have.
 - (b) you don't have but your friend has.
2. How do you feel when you see someone holding a toy, that your parents have not got for you?
3. Your mother prepares a sumptuous meal everyday. One day, if a meal is not tasty, how do you react? Justify your reaction.

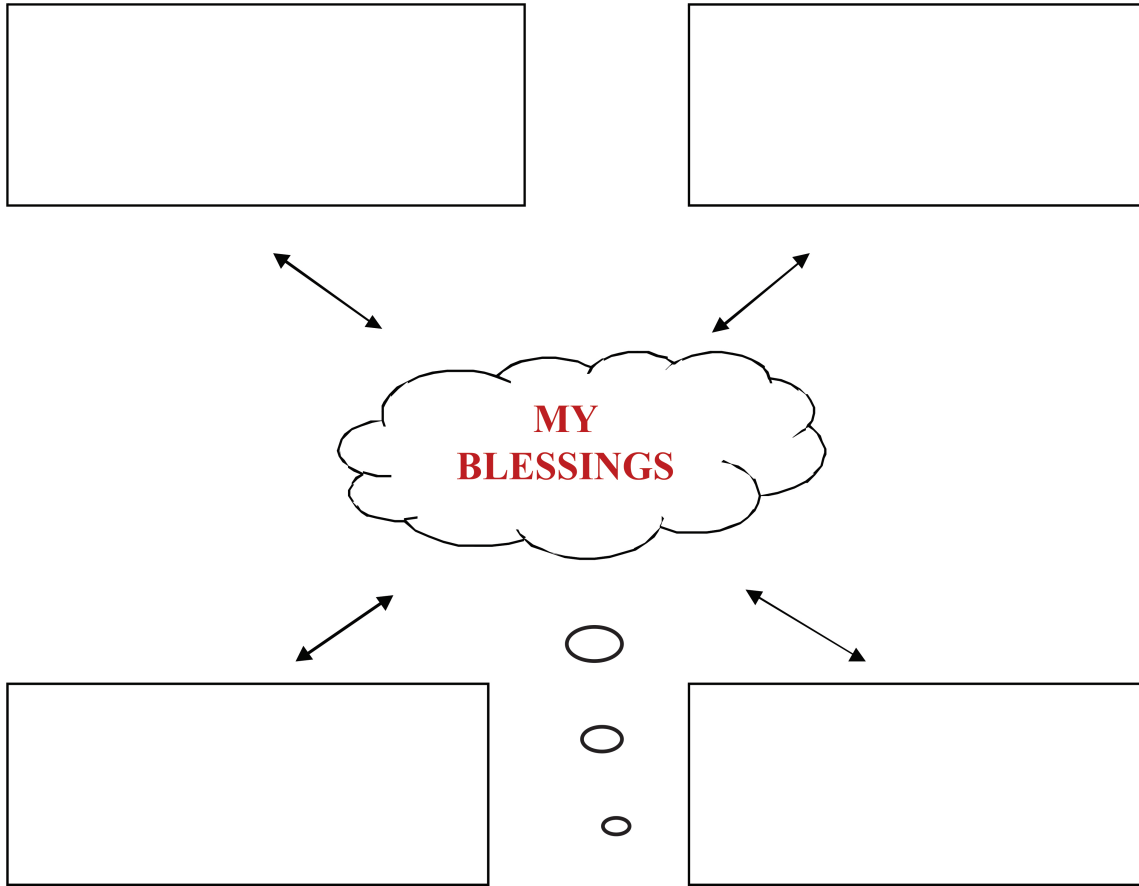
b. Write 'T' for true and 'F' for false:

1. It is a good habit to complain about all the things we do not have.
2. We must always count our blessings and be happy.
3. Contentment makes us happy.

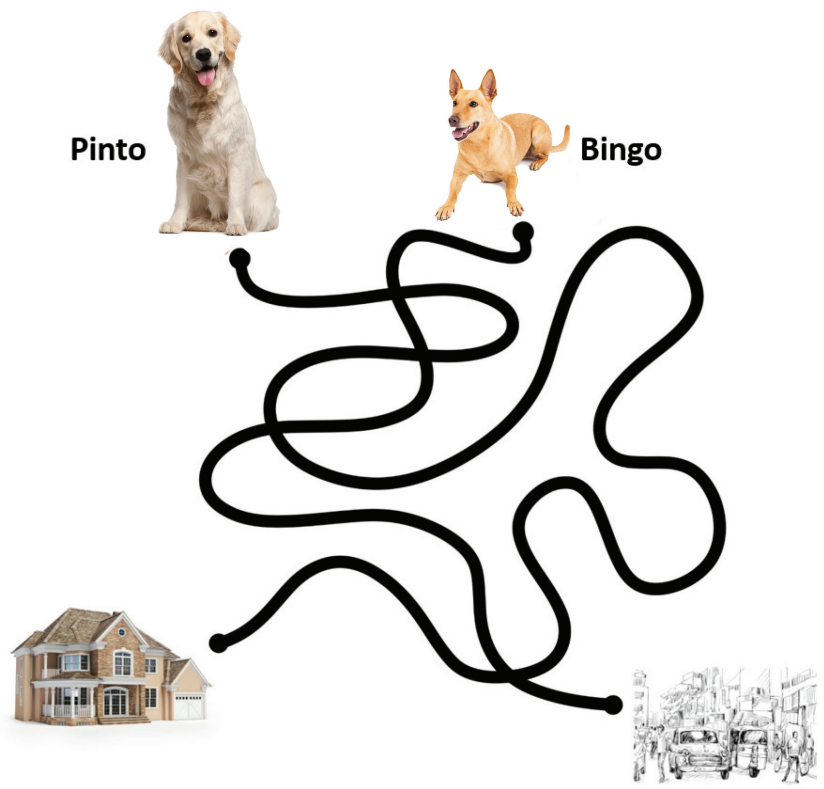


Activity

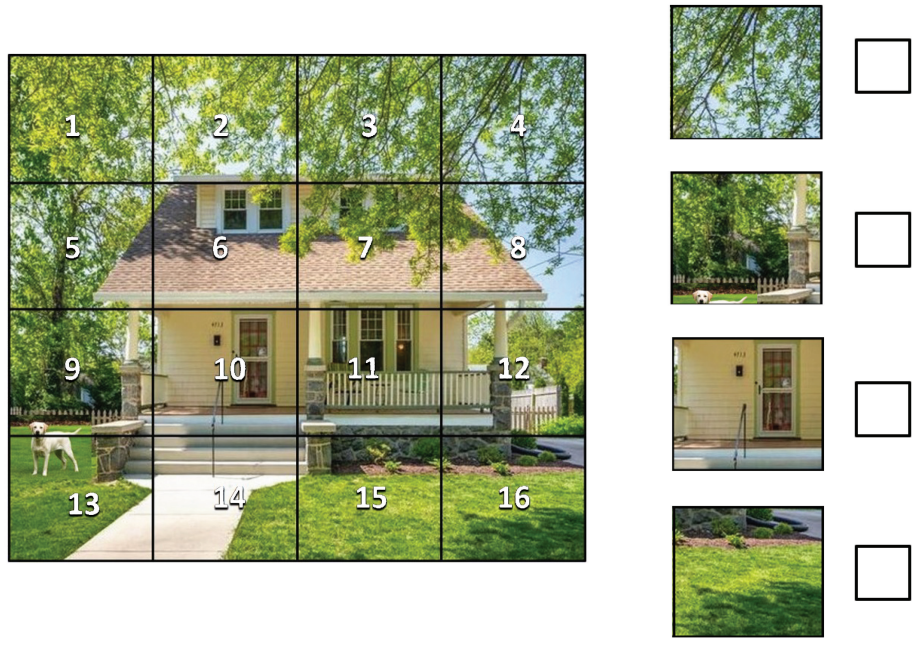
1. Draw and colour any four things for which you feel blessed.



2. Find and circle, who is the blessed dog to live in a happy home, Bingo or Pinto?



3. Use the Grid Reference to find the Four Squares.



6

WATER IS PRECIOUS

Expected learning outcome

Students understand the importance of water and do not waste it

Glossary

shortage	- lack	struggle	- suffering
precious	- important	wastage	- loss
collecting	- bringing together	celebrated	- enjoyed



Story time

Bhargav was a naughty little kid studying in class I in Chennai. Bhargav was one of those kids who always got anything that he wanted. But, Bhargav never knew the need to save water.

He left the tap open while brushing his teeth, spent quite some time under the shower and simply threw away the water from the bottle even if it was half full.

One day, Bhargav's teacher saw him spraying water from his water bottle on his friends, Nanda and Tejaswini, during lunch time.

Teacher - Bhargav...you should not waste water. Water is very precious and there is shortage of water across our country.



Nanda - Yes Ma'am.. I have seen many people standing in queues to fill water in their pots from a water lorry.

Bhargav didn't seem to care and ran away.

One day, Bhargav's teacher took the entire class to the beach for picnic. The children loved the cool air, with so many games to play, the merry-go-round, shooting colourful balloons and playing with sand. Some children were making sand castles; some were collecting pebbles while Bhargav was busy spraying water from his bottle on everyone.



Soon, it was lunch time and all the kids sat together to share their food. Bhargav was still playing and soon felt very thirsty. He opened his bottle to have a sip but alas! What did he see?

He found that there was no water in the bottle. His mouth was dry and he began to cry. Bhargav's teacher saw him struggle. She approached the little boy -



Teacher - Bhargav, this is why I told you not to waste water. You must save it and treat it with care and respect so that you will have water

when you need it. Here, take some water from my bottle.

Bhargav immediately drank the water and quenched his thirst. He thanked his teacher and apologized. He promised never to waste water again.

Tejaswini - Ma'am, we are going to celebrate the Holi festival next week. People throw coloured water on each other and use so much water during such celebrations. Isn't it a waste of water?

Teacher - That's an excellent observation Tejaswini. Yes, a lot of water is lost during Holi as people throw coloured water on each other as a way of celebration. We should definitely avoid doing so. There are many other ways to celebrate Holi by meeting up with your friends and playing other games and enjoying yourself. And yes, we should not forget to thank the farmers, as this festival is mainly celebrated, praying for a good harvest season.



Bhargav took his promise very seriously. He did not splash colours on Holi. He simply played with his friends and had good food. He did not want to waste water. Bhargav's teacher and his parents were very proud of him.

Bhargav also became very alert whenever the water motor to pump water, was switched on in his building. The moment he understood that the overhead tank was full, he would switch off the motor..

Also, if Bhargav saw others wasting water, even if he didn't know them, he would go to them and advise them not to waste water.

Image Courtesy : Clipartpanda.com , pinterest.com , clipground.com

Let's do these exercises

a. Match the following :

1.	Water	Kind
2.	Beach	Mother Nature
3.	Teacher	Precious
4.	Bad habit	Merry-go-round
5.	Rivers and lakes	Wasting water

b. Answer the following :

1. Did you identify the ways by which you waste water? What is your plan to stop it?
2. Have you been to a beach? What do you like the most in the beach?
3. How do you help animals and birds quench their thirst?

LIST FIVE THINGS THAT YOU MUST DO TO SAVE WATER :

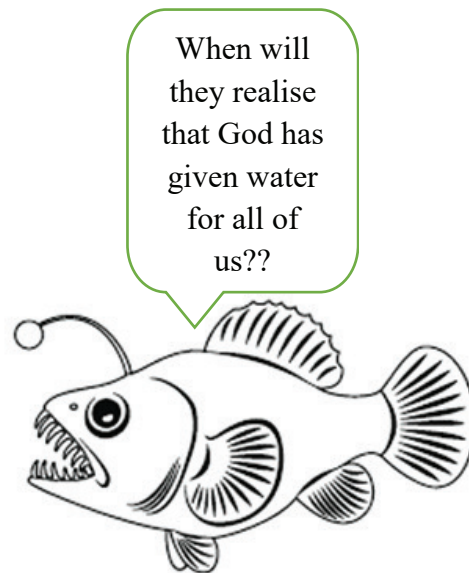
1. _____
2. _____
3. _____
4. _____
5. _____

Activity

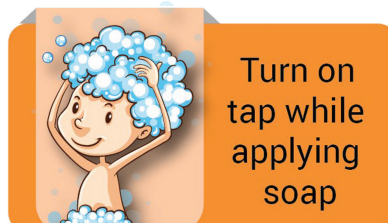
1. Recite the rhyme after your teacher:

**There's water, water everywhere,
But, we must use it with care !
Water is precious for all of us,
Let's conserve it without a fuss!!**

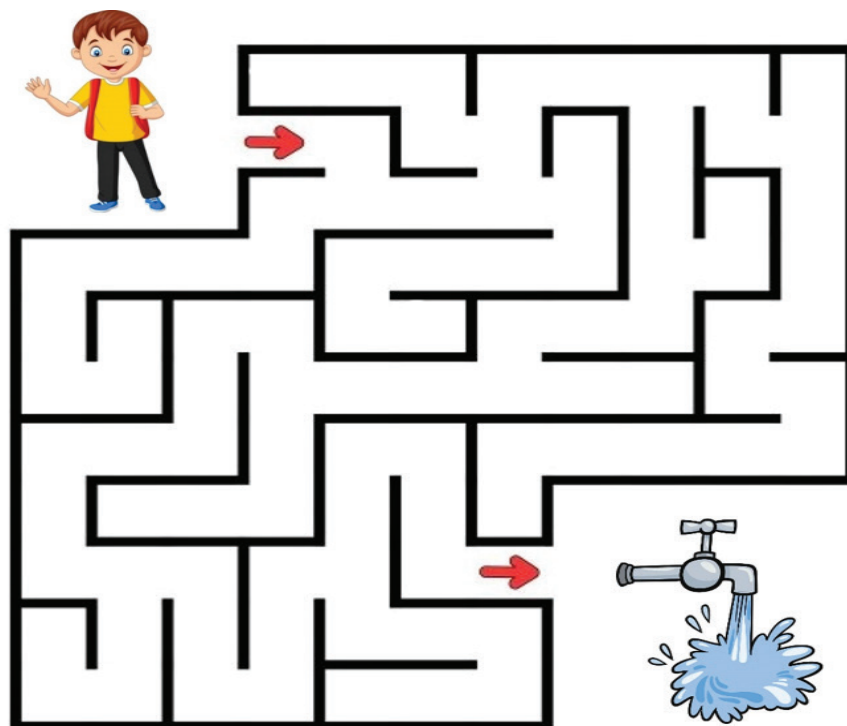
2. Colour the picture given below:



3. Draw a smiley 😊 for the correct habit and a frownie 😠 for the wrong one..



4. Help Bharghav to close the running tap.



7

FRIENDSHIP

Expected learning outcome

Students know the value of true friendship.

Glossary

personality	- character	prepare	- to get ready
remained	- stayed	farewell	- goodbye
ripped	- torn	informed	- told
belief	- to trust	ashamed	- feeling bad
embraced	- to hug		



Story time

Suraj visited his *chote mama's* (*mother's younger brother in Hindi*) house. That evening he asked his chote mama to tell him a story.

Chote Mama – Let me narrate to you a story about a great personality, a true Yogi – Shri Krishna.

Suraj – Yes chote mama!

Chote Mama – Krishna had a childhood friend, called Sudama. Both of them studied in the same Gurukul.

Suraj – What is a Gurukul?

Chote Mama – In olden days, children stayed with teacher’s (Guru’s) family to get educated. The word Gurukul is made of ‘Guru’ (Teachers) and ‘Kul’ (Family).

Chote Mama – Krishna and Sudama (Kuchela) were very close friends. After finishing their education, both went their separate ways. Later in their life, Krishna became the King of Dwarka, but Sudama remained a poor man. Sudama didn’t have enough money to even feed his children.



Therefore, Sudama’s wife suggested that he should go to his childhood friend Krishna, the King of Dwarka, and ask for help. Sudama, did not want to but then he agreed. He decided to go to Dwarka.

Sudama wanted to take a gift for his friend but didn’t have any money to buy one. Sudama’s wife therefore packed some flattened rice as a gift for Krishna in a piece of cloth. Sudama took the bundle and left for Dwarka.

On seeing Dwarka, Sudama was amazed. It was a beautiful city where people were very rich. Sudama reached Krishna’s palace and went to the palace guard. He said, “I am Krishna’s childhood friend and I am here to meet him.” The guards saw the man in dirty ripped clothes. They did not want to believe him. However, one of the guards went and informed Krishna that there was a very poor man, claiming to be the King’s friend. He said his name was Sudama.



Suraj – What happened then?

Chote Mama – On hearing Sudama’s name, Krishna ran to meet him. Everyone was surprised to see the great King running bare-foot to meet his poor friend. Krishna

took Sudama into the palace.

They talked about their childhood at the Gurukul. Sudama was hesitant to give Krishna the flattened rice that he had brought for him. He tried to hide the bundle, but Krishna saw

it and playfully took it from him. While enjoying the snack, Krishna said, “This is simply delicious.” Sudhama was very happy, seeing this.

Sudama stayed at the palace for a few days but he did not ask Krishna for any help. While leaving, Krishna embraced Sudama and went out along with him to bid him farewell.

Suraj – What happened next?

Chote Mama – When Sudama reached home, he could not find his family in his old hut. He got to know that they were shifted to a proper house with all basic comforts provided for. Sudama’s wife informed that a few officials sent by Krishna visited them and asked them to shift from the hut to the new house. Sudama’s eyes filled with tears of joy.

Suraj – What an amazing story of friendship!

Chote Mama – Yes, Suraj. Shri Krishna was not ashamed to call Sudama a friend, even though he was very poor. Also, he helped Sudama, without him asking for it. This story reminds me of the proverb – ‘**A friend in need is a friend indeed**’.

Question time

1. Narrate an incident in which you helped your friend.
2. ‘A friend in need is a friend indeed’. Share an incident where you received a help from your friend.
3. When Sudhama returned from Dwarka, he saw that his family has been shifted to a better house. If you are Sudhama, how would you feel about it?

Let’s do these exercises

a. Tick the correct answers:

1. Krishna’s childhood friend was (**Sudama** / **Bheema**).
2. Krishna was the King of (**Kalinga** / **Dwarka**).
3. Dwarka was a (**beautiful** / **ugly**) city where the people were very (**rich** / **poor**).
4. Krishna (**did** / **did not**) accept the flattened rice brought by his friend.
5. Krishna was a (**greedy** / **helpful**) friend.



b. Fill in the blanks:

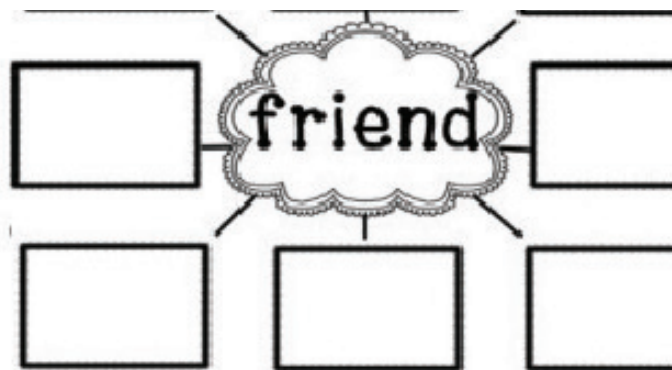
1. The word Guru means _____.
2. Sudama's family was shifted to _____ by the officials sent by Krishna.
3. Sudama took some _____ as a gift for Krishna.
4. In olden days, children used to stay with their teacher's family to get educated. This system was called _____.

c. Write 'T' for true and 'F' for false:

1. Shri Krishna was a true Yogi and a true friend.
2. Sudama was a poor man who didn't have enough money to feed his children.
3. Krishna was so happy to see his friend that he ran bare-foot to meet him.
4. Sudama asked Krishna for help.

Activity

Write the adjectives that describe the word 'friend'.



Write a sentence using the word friend and one of the adjectives.

The word friend is a noun.

d. Given below are list of behaviours. Put them in the appropriate column.

I let her go first	I share my snacks with him
I laughed at her when she was sad	I yelled at her
I asked her if she needed help	I told him the truth
I talked when he was talking	I talk behind her back
I make fun at him	I treat everyone in a nice and kind way

Good choice	Poor choice



8

SAATVIK FOOD

Expected learning outcome

Students understand the need to eat healthy food

Glossary

prefer	- like	regularly	- frequently, often
digest	- to break into small pieces	instead	- in place of
disturb	- troubled	advise	- suggested
develop	- build, grow	harmful	- damaging
		identify	- recognize, to find out



Story time

It was dinner time. Ajay's **aabu** (*grandmother in Assamese*) was preparing dinner in the kitchen. He went up to her....

Ajay – What are you cooking, aabu? I only want to have a burger and French fries tonight. Can I order it from a restaurant?

Aabu – Ajay, you always seem to prefer only these kinds of food items.

Ajay – Aabu, home food is boring.

Aabu – I am sure you know what these food items like pizza and burger are called.

Ajay – Yes aabu. All these are ‘junk food’.

Aabu – What is the meaning of ‘junk’?

Ajay – Hmm....something bad?



Aabu – The word junk means – rubbish or waste material. I am sure your stomach is not a dustbin.

Ajay – But aabu, it is very tasty....yummy.

Aabu – Hmm...ok think about it - When you have a burger, how long do you enjoy the good taste?

Ajay – I do not understand.

Aabu – How much time do you take to actually eat your burger?

Ajay – May be 10 minutes.

Aabu – Yes, so you feel good only for those 10 minutes. Your tongue enjoys the taste. Once you have eaten the burger and it has reached your tummy, the good feeling stops. Isn't it?

Ajay – Yes, aabu. That is true. I have never thought about it this way though.

Aabu – Remember, good taste is only for a few minutes. But your problems will start afterwards.

Ajay – What problems will arise, aabu?

Aabu – If you keep eating junk food often, your body will not be able to digest it properly. It will be difficult for your body to send out the undigested food the next morning. You will thus not feel good during the day. You will have a disturbed sleep, and will tend to become obese (fat).

Ajay – So, what should we eat aabu?

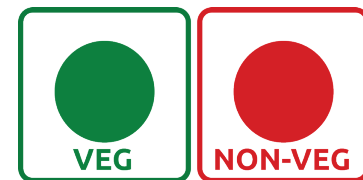
Aabu – You should eat only Saatvik food – food that is good for your body and mind. Here, I am making ragi dosa and chutney for you. Once you start eating these healthy food items regularly, you will develop a taste for it. You will start liking it.

Ajay - Interesting! Ok, aabu, is it fine to have non-vegetarian food?

Aabu - This is a very important question. Some people say that non-vegetarian food is good for our body; but many others feel that it is harmful for us. But Ajay, I would advise you not to eat non- veg food because we then need to kill animals and birds. They feel lot of pain. We should instead love all birds and animals and take care of them.

Ajay – Is there a way we can identify whether a food item is vegetarian?

Aabu – Yes. All vegetarian items have a green dot on the cover. All non-vegetarian items will have a red dot on them. Be careful to buy only those food items that have a green dot on them.



Ajay – I understand aabu. Ok, I will eat the Saatvik food being prepared by you.

Aabu – Good boy! You are intelligent. Also, remember you should never overeat. Overeating is not good, even if it is Saatvik food.

Ajay – Yes, aabu.

Aabu – Also, some food items should not be taken together. For example, you should never have salted items along with milk. You can have something sweet with milk, but not anything that is salty. Therefore, I will give you a glass of milk after sometime – not along with dosa and chutney.

Ajay – Wow, there are so many rules around food!!

Aabu – Finally, always remember to thank Ishvar for the food you are blessed to eat everyday. Ok, bring your plate quickly now...

Let's do these exercises

a. Tick the correct answers:

1. Junk means (**good materials** / **waste materials**).
2. We taste food with our (**tongue** / **teeth**).
3. When we kill birds, they (**feel** / **do not feel**) pain.












b. Write 'T' for true and 'F' for false:

1. It is good to eat any food that is tasty.
2. When we start eating healthy food regularly we will start liking it.
3. Over eating makes us healthy and strong.
4. It is not harmful if we overeat satvik food.
5. Highly salted food is good for health.



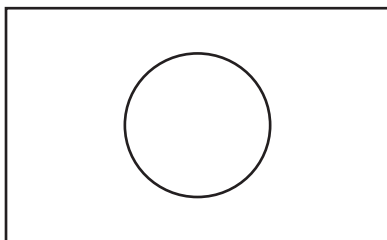
Activity

1. Given below are pictures of Healthy and Junk Foods. Put a Star above the healthy foods.

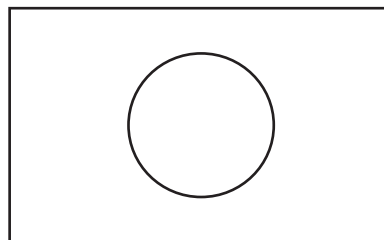
			
			
			

2. Food packets represent vegetarian and non-vegetarian food by a colour. Colour the dots accordingly.

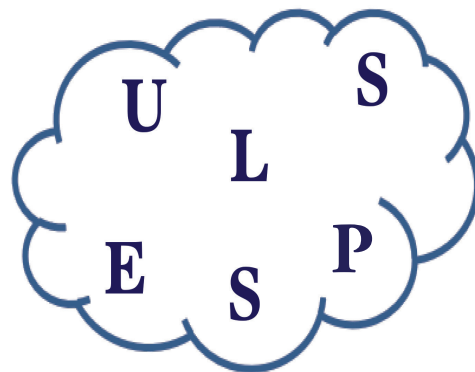
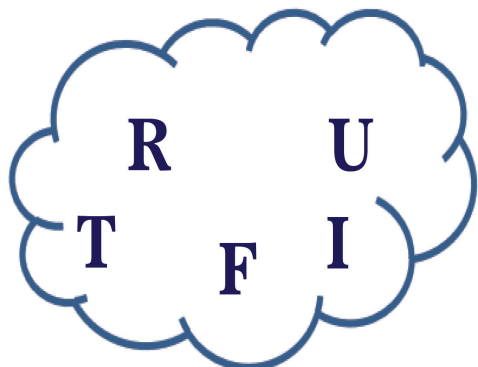
Vegetarian Food



Non Vegetarian Food



3. Unscramble the following words



9

SHIVANGI KALE

Expected learning outcome

Students understand the need to act with presence of mind during an emergency.

Glossary

- electrocuted** - severe injury caused by electric shock
- incredible** - wonderful
- malfunctioning** - fault in working
- heartening** - encouraging
- validation** - proof, evidence
- credible** - reliable

Story time

Medhya's **mausiji** (*mother's sister in Hindi*) found that Medhya handled electrical devices carelessly. She wanted her to gain inspiration from Shivangi's story...

Mausiji – Medhya, I have noticed that you have been handling electrical devices a bit carelessly. I want to share a story with you. Have you heard about this incredible six-year-old girl, Shivangi Kale, who received the Pradhan Mantri Rashtriya Bal Puraskar for bravery in 2022?

Medhya – Oh really? No, I haven't heard about it. What did she do to deserve such an honor?



Mausiji – On January 5, 2021 when Shivangi was just in Senior KG, she saved her mother and younger sister from being electrocuted.

Medhya – Mausiji, what is electrocution?

Mausiji – Electrocution is a severe injury or death caused by an electric shock, i.e. electrical current flowing through the body.

Medhya – Oh ok! So, what exactly happened?

Mausiji – Shivangi’s mother Gulbakshi Kale, a retired navy official, was heating water in a steel bucket. She was manually holding an iron rod electric heater. Unfortunately, due to malfunctioning of the heater, Shivangi’s mother got an electric shock. It was however Shivangi’s quick thinking that prevented a major tragedy.

Medhya – That’s quite remarkable for a young girl. What exactly did she do?

Mausiji – The impact of electric shock was so high that Shivangi’s mother could neither speak or move. And her little sister, Ishanvi was unknowingly running towards the danger. Shivangi quickly figured out what was happening – she immediately grabbed her sister and pulled her back. She also noticed that the switchboard was at a height of around 5 feet from the ground. She therefore quickly brought a stool, got onto it and switched off the appliance, saving her mother from further harm.

Medhya – That’s incredible presence of mind for such a young child! How did she know what to do?

Mausiji – According to Shivangi’s father, Prasad Kale, she had been taught to be careful with electrical appliances. So, she knew exactly what needed to be done in that critical moment.

Medhya – It’s heartening to see that she was educated about such important aspects.



Mausiji – Remember Medhya, never touch electrical appliances or outlets with wet hands. Always pull the plug rather than the cord, when disconnecting an electronic device. Also, stay away from power lines, utility poles, and transformers and never touch a wire whose insulation is worn off.

Medhya – I will definitely follow the safety tips, mausiji. By the way, how was she selected for the award?

Mausiji – Her father applied for the award online through the Indian Council for Child Welfare (ICCW) website. He submitted details of the deed performed by Shivangi along with her birth certificate, newspaper clippings, and validation of incident by credible authorities



like the School Principal or the Police. Out of 600 applications, Shivangi was one of the 29 selected. It was a proud moment for her family and the entire community.

Medhya – Indeed, it is. These stories truly inspire us.

Mausiji – It is a reminder that education and awareness can empower even the young members of our society to make a difference.

Medhya – Even I will be careful while using electrical appliances, and I will make sure to learn from Shivangi's bravery.



Let's talk about these

1. What are the precautions to be taken while using an electronic device?
2. Have you felt an electric shock? What did you do then?

Let's do these exercises

a. Tick the correct answers:

1. Shivangi received the award for her act of bravery / sports.
2. We should pull the plug / cord while disconnecting electrical devices.
3. Shivangi got a stool to reach the switchboard and switched on / off the appliance.

b. Fill in the blanks:

1. Shivangi's mother was heating water using _____.
2. Severe injury or death caused by an electric shock or electrical current flowing through the body is called _____.

c. Write 'T' for True and 'F' for False:

1. We should handle electronic gadgets carefully.
2. Shivangi was not able to save her mother from electrocution.
3. We should use our presence of mind during an emergency?

Let's have fun

Each pair of pictures shows something safe and something not safe. Mark an X over the picture that is not safe.



10

THE MAGIC WORDS

Expected learning outcome

Students use the four magic words, effectively.

Glossary

powerful	- strong	pleasant	- nice
appropriate	- right	commit	- to accept
energy	- power	receiving	- getting
option	- choice	politely	- kindly



Story time

Jhanvi shared a very special bond with her **ajji** (grandmother in Kannada). Ajji would often tell Jhanvi about key values.....

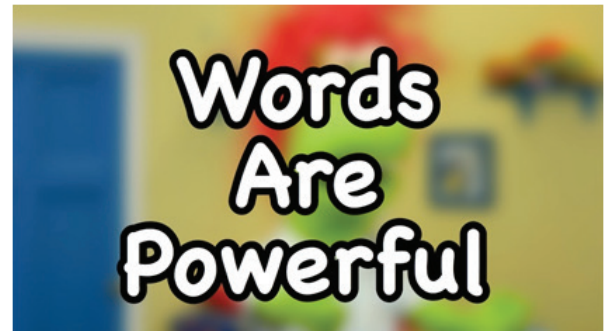
Ajji – Jhanvi, which is the most powerful thing that each one of us have?

Jhanvi – Is it our two arms, ajji?

Ajji – No. The most powerful thing that we all have is speech. The words that we speak and the way we say them, can make others happy or sad.

Jhanvi – Yes ajji.

Ajji – There are a few magic words that all of us can easily learn and practice in our daily lives.



Jhanvi – Magic words?

Ajji – Yes Jhanvi. If you use these magic words when you speak, you can make the other person feel nice. He or she will like to talk to you.

Jhanvi – What are these words?

Ajji – Firstly, whenever you meet someone, you should greet them.

Jhanvi – So should we say – ‘Good morning’?

Ajji – We can greet people in different ways – Good morning, Good evening, Hi, Hello etc. But, as per the Indian culture, the most appropriate way to greet is to fold your hands and say ‘**Namaste**’.

Jhanvi – What does Namaste mean?

Ajji – It has a very simple meaning – ‘I bow to you’. In Tamil, you can also say ‘Vanakkam’.

Ajji – A nice warm greeting makes the people we meet happy.

Jhanvi – In our school, we greet each teacher with a Namaste.

Ajji – Good. Let me now ask you a question. If I want you to get me a glass of water, which of the following two sentences would you like to hear? -

- “Jhanvi, get me a glass of water”

OR

- “Jhanvi, can you please get me a glass of water”



Jhanvi – The second sentence is more pleasant to hear.

Ajji – Therefore, add the word ‘**Please**’ in your sentence, whenever you make a request to anyone.

Jhanvi – I will definitely do so.

Ajji – Ok, Jhanvi, we may often make mistakes, don’t we? Now, whenever we commit a mistake, it is best to say – ‘**Sorry**’.

Many children simply tend to go away without saying anything, whenever an elder points



out their mistake. This is very rude. We should definitely say ‘Sorry’ before we leave.

Jhanvi – I agree ajji.

Ajji – The fourth magical word is ‘**Thank You**’. During a day, we keep receiving help and guidance from others. We should always politely say – ‘Thank You’. For instance, you can say ‘Thank You’ to your friend who helped you with his pencil in the class. As you get down from your school bus, you can say ‘Thank You’ to the conductor or the bus driver. There can be many such examples.

Jhanvi – Definitely ajji.

Ajji – Good girl. While these words are magical, also remember that the manner in which you say them is equally important. You should say these words politely. You should feel the situation and say it gently. Uttering these words in a harsh way, will not serve any purpose. You rather not say it in that case.

Jhanvi – Got it ajji. I will definitely start using these magical words regularly in my speech.

Let’s do these exercises

a. Tick the correct answers:

1. The most powerful thing we all have is (**speech** / **our hands**).
2. When we use magic words in our speech, it makes others feel (**angry** / **happy**).
3. A warm greeting will make the people we meet (**happy** / **sad**).
4. When we have a request, it is good to use the magic word (**sorry** / **please**).

b. Fill in the blanks with the magic words:

PLEASE

GOOD BYE

NAMASTE

SORRY

THANK YOU

1. May I have a glass of water
2. Did I hurt you? I am.....
3. You shared your water with me today so
4. When you go to your friend's house, you greet his parents by saying

Activity 2 : Choose the correct magic word and write.

If you want something _____

When you receive something _____

If someone says "Thank you" _____

If attempting to get someone's attention _____

When you have done something wrong _____

**You are welcome
Sorry
Excuse me
Thank you
Please**

Activity

How did your friend feel when you used these Magic words?

11

HELPING HANDS AT HOME

Expected learning outcome

Students participate in daily chores at home

Glossary

participate - to take part extend - continue
responsibilities - duties regularly - always
comfortably - easily



Story time

Gaurav and Rashmi were twins. One day, their **bebeji (mother in Punjabi)** sat beside them for a talk.

Bebeji – Both of you are growing up, aren't you?

Gaurav – Yes bebeji. We have now come to 1st standard.

Bebeji – Hmm.....what are your main duties on a daily basis, Gaurav and Rashmi?

Gaurav – To study?

Bebeji – Yes. It definitely is. Apart from this you should also go out and play; learn music, karate, drawing, etc.



But, there are some more duties that you should probably start taking on.

Gaurav – What are those, bebeji?

Bebeji – There are many simple things to do at home so that we can comfortably eat, sleep, get ready in the morning etc.

Gaurav – Yes bebeji, I see you cooking food for us every day.

Bebeji – There are also other things to do to help us enjoy the cooked meal – Laying the table (neatly arranging the plates, bowls and spoons), clearing the table after we eat, cleaning the dishes etc. Why don't you start taking up some of these responsibilities? If all of us at home do it together, it will be quick and easy.

Rashmi – I agree bebeji.

Bebeji – So during meal time, both of you come 5 minutes earlier to lay the table and stay back for 5 minutes to clear the table.

Gaurav – Sure bebeji.

Rashmi – What about the dishes?

Bebeji – To start with, please don't dump your plates in the sink. If there are any leftovers on the plate, empty it in the dustbin. Then rinse your plate, spoon and bowl with plain water, before leaving them in the sink. This will help us easily clean the plates later as well.

Slowly, you can also start cleaning your own plates and spoons. The dishwashing powder is always kept there. I can help you for a few days, so that you learn to do it properly.

Gaurav – Fine bebeji, but would we not get late to school in the morning?

Bebeji – May be you should start taking up these responsibilities during dinner time. Once, you get used to it, we can extend it to morning as well. If you plan properly, you can definitely do it.

Bebeji – What are the other activities that you can possibly help with?

Rashmi – May be, we can help our father clean the car and the two-wheeler.

Bebeji – Yes, good idea. Also, you can possibly clean your own room. One of you can sweep it and the other can quickly mop it.

Gaurav – Oh yes, it would be fun.



Rashmi – We can also possibly empty the trash in the garbage bin, kept on the street outside our house.

Gaurav – We can also make our bed in the night and tidy it up in the morning.

Bebeji – Absolutely. You can yourself fill in your water bottle before going to school. And Gaurav, this is especially for you - Keep all your things (School ID card, socks, shoes, belt etc.) at the right place once you are back from school! I need to always keep reminding you about it.

Gaurav – Yes bebeji. I will be careful from now on.

Bebeji - All these are very good habits. They are known as daily chores. If you do them regularly, you will start feeling good about it. It will then slowly become part of your routine – similar to the way you brush your teeth and take bath every day.

Let's do these exercises

a. Circle the odd one






1. ID Card, Shoes, Socks, Belt, Horse
2. Sweeping, Cleaning, Washing, Sleeping
3. Cleaning the vessels, mopping the floor, buying vegetables, playing games on the mobile
4. Reading a story book, watching a movie, enjoying a game, folding clothes

b. Answer the following questions:

1. What should you do before leaving the plates in the sink?
2. How will you help your father?
3. Have you helped your mother with household chores? How did you feel when you did it?

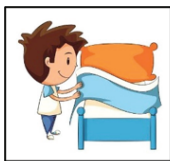
c. Match the following

A place for everything! And everything in its place!

Plates, spoons, bowls	
Keys	
School Books	
Shoes and Slippers	
Garbage	

Activity

Help Gaurav and Rashmi, to complete the sentence using the given words.



I _____ the bed



I _____ the dishes



I _____ the floor



I _____ the bookcase



I _____ the plants



I _____ the dog



I _____ the table



I _____ the car

sweep, wash, set, water, walk, make , clean, arrange

MY INDIA (BHARAT)

Expected learning outcome

Students appreciate the greatness of our nation

Glossary

hoisting	- raising	unfurl	- unfold
compulsory	- must	continue	- carry on
celebrate	- honour	ensure	- make sure
attend	- to take part	protected	- saved
sacrificed	- to give up	pride	- to be proud
patriotic	- loyal		



Story time

It was August 14th. Anil was playing till late in the evening. Jejema (grandmother in Odiya) was reminding him to sleep soon....

Jejema – Anil, it is quite late. Why don't you sleep now?

Anil – Jejema, it is ok. Anyway, tomorrow is a holiday. I can wake up late.

Jejema - Don't you have the flag hoisting program in your school tomorrow?

Anil – I do. But it is not compulsory for me to go. I would rather sleep.



Jejema – Anil, this is not the right thing to do. August 15th is the most important day for us in the entire year. It is the festival that is far more important than Diwali, Pongal, Holi etc.

Anil – I do know it is our Independence Day. But why is it so important for me to attend the program?

Jejema – This is because, every year on this day, we pay our respects to our brave freedom fighters and soldiers who helped us gain independence. They sacrificed their lives for us to be free and happy. Attending these programs makes us more patriotic.

Anil – Yes, jejema.

Jejema - You should also watch on television the Prime Minister of our country, Shri. Narendra Modi, hoist the national flag at the historic Red Fort in New Delhi, the capital of our country. Similarly, on the Republic day you should watch our President, unfurl the national flag at



the Rajpath, followed by a military parade, in which our brave soldiers march in their smart uniform. Remember, even today our Armed forces – Army, Air force and Navy continue to ensure that we are safe and protected.

Anil – Yes jejema. I especially like our national flag. It is so beautiful. But, why there are three colors on our flag?

Jejema - In the national flag of India, the top band is **saffron** – it stands for strength and courage of our country. The **white** middle band stands for peace and truth. The last band

is **green** and stands for fertility and richness of our land.

Anil – There is also a wheel in the middle.

Jejema – Yes, this is also known as ‘**Dharma Chakra**’. Dharma means to be on the right path and do those deeds which are good for us and the country. Chakra means wheel.

Jejema – There are many spokes in the wheel. Do you know how many are there?

Anil – I have never counted.

Jejema – There are 24 spokes. How many hours are there in a day?

Anil – 24!

Jejema – The 24 spokes thus inspire us to work as a country, tirelessly for 24 hours a day. It also means that we should have 24 good qualities like love, courage, etc.

Jejema – Ok, apart from India, is our country referred to by any other name?

Anil – Not sure jejema.

Jejema – India is also known as ‘Bharat’. In the past it was also referred to as ‘Hindustan’.

Jejema – August 15th is one day that unites all Indians around the world with a sense of pride for our country.

Anil – Yes, jejema. I now understand its importance. I will immediately go to bed now. I will get up early in the morning and will definitely attend the school program. I will also put the flag lapel pin on my shirt.

Can we also hoist the national flag on our own terrace, after I come back from school?

Jejema – Sure, Anil. Let us plan to do it. Jai Hind!



Question time

a. Tick the correct answers:

1. Our Independence Day falls on the 15th of (**August / December**).
2. The three colour bands in our flags are (**saffron, white, green / saffron, blue, green**).
3. The Dharma chakra is (**blue / red**) in colour.
4. The (**white / green**) band in our national flag stands for peace and truth.

b. Write 'T' for true and 'F' for false:

1. The President of India unfurls the national flag on the Independence Day.
2. Our Armed Forces make sure that we are safe and protected.
3. India is also known as Bharat.
4. Dharma means to go on the right path.

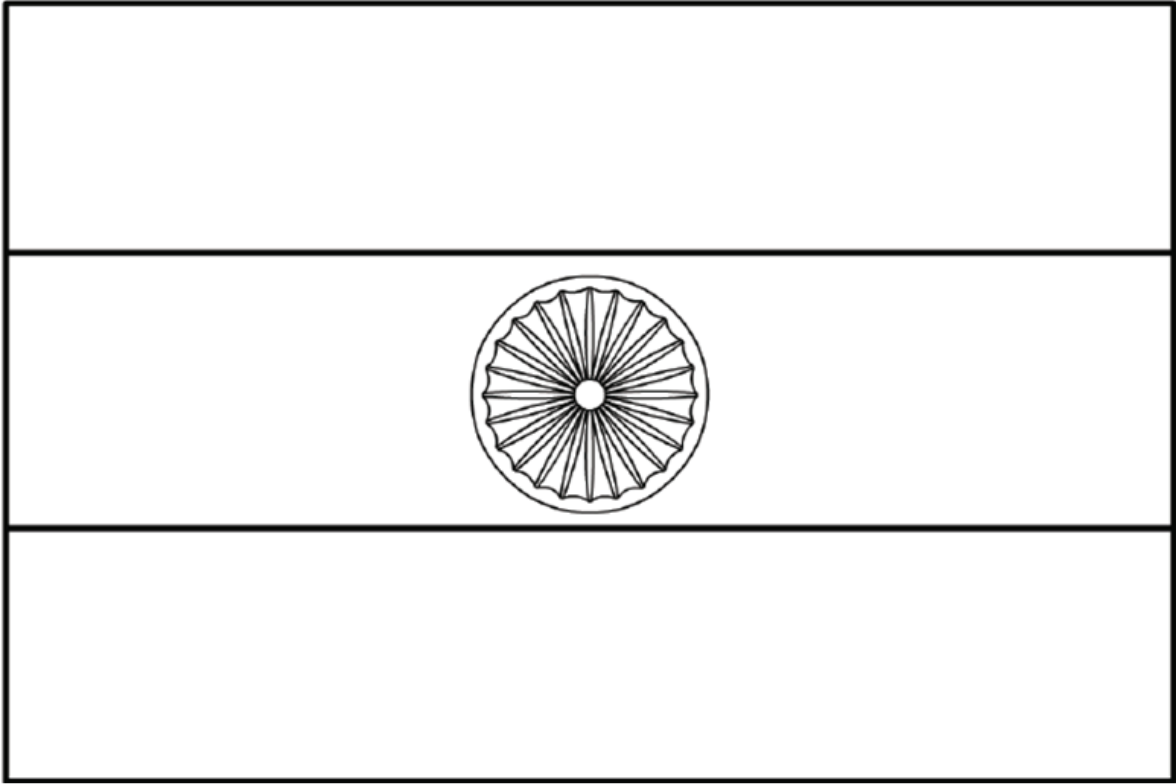
c. Arrange the words in alphabetical order:

Bharat	Hindustan	Freedom fighters	Chakra	Peace
Patriot	National flag	Independence	Country	Tricolour
Red fort	Sacrificed	Jai Hind	Parade	Army



Activity

Colour the national flag and also write what each colour stands for.





Coin a caption _____



Coin a caption _____

Fostering Vedic Values

‘Fostering Vedic Values’ is a series of 10 books (for Classes I – X) with 12-16 chapters in each. Almost half the chapters focus on ensuring that the children are able to obtain a reasonably good understanding of the key spiritual principles as highlighted in Vedas. The remaining chapters are focused towards imbibing the spirit of patriotism, compassion towards all living beings including animals, social service and other human values.

Through these, we envision children to develop as responsible citizens, who contribute to the world as a family, but in the face of a national threat, are also ardent patriots. We hope to see them evolve into empowered individuals who can overcome the challenges of life through spiritual strength and lead themselves, their families and societies to peace and happiness.

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