

Fostering Vedic Values

Rig Veda
Yajur Veda
Sama Veda
Atharva Veda

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

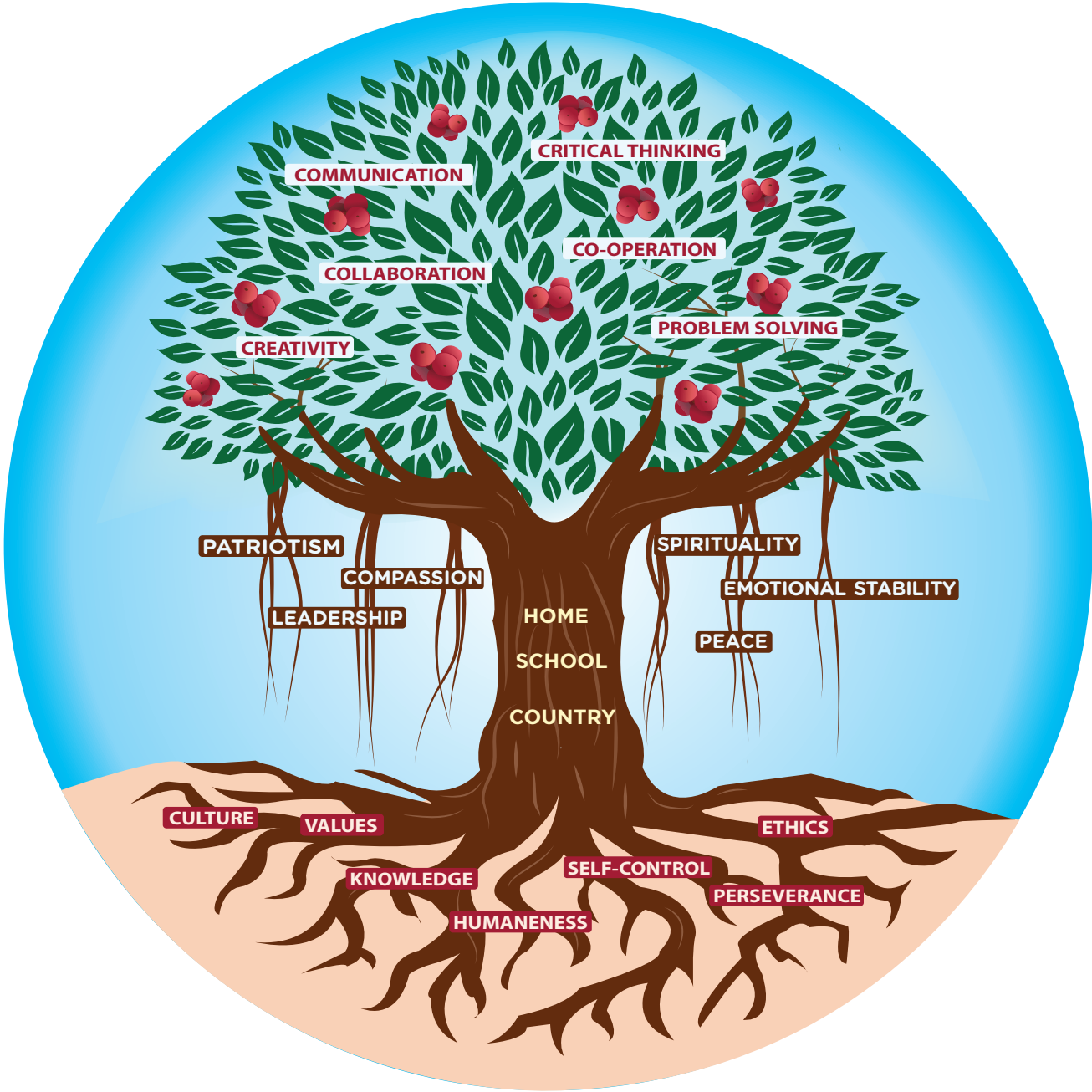


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The Learning Tree



1

GOD IS EVERYTHING!

Expected learning outcomes

Students:

- realise that God is the parent of all of us.
- believe that the Almighty is our true guide.

Glossary

encourage	-	give hope
grip	-	hold firmly
sincerely	-	truly
frightened	-	afraid
depend	-	trust in
backyard	-	the area behind the house



Story time

Chandrima and her **aabu** (*grandmother in Assamese*) were walking on a crowded street in Guwahati. Chandrima felt frightened seeing the crowd and tightly held on to aabu's fingers. Once back home...

Chandrima – Aabu, I was afraid of walking through the crowded streets. I was holding tightly on to you.



Aabu – Yes Chandrima, I could feel your tight grip. I knew you were frightened.

Chandrima – Aabu, do you also feel frightened sometimes?

Aabu – Absolutely! I also feel so in difficult times.

Chandrima – I have someone to hold on to – Ma, Baba, you and many others. But then you have no one to hold on to. What do you do?

(Ma, baba - mother and father in Assamese respectively)

Aabu – I also have my parents.

Chandrima – Your parents? You are joking!

Aabu – No Chandrima. I am not. We all have God (Ishvar) as our parent. If we want to keep ourselves safe, then we should depend on Ishvar who is always there to help us.

Aabu – Have you heard this shloka?

त्वमेव माता च पिता त्वमेव ।	Tvam-Eva Maataa Cha PitaaTvam-Eva
त्वमेव बन्धुश्च सखा त्वमेव ।	Tvam-Eva Bandhush-Cha SakhaaTvam-Eva
त्वमेव विद्या द्रविणम् त्वमेव ।	Tvam-Eva Vidya DravinamTvam-Eva
त्वमेव सर्वम् मम देव देव ॥	Tvam-Eva Sarvam Mama Deva Deva

Chandrima – What does this mean, aabu?

Aabu – It has a beautiful meaning. We sincerely pray -

“Oh Almighty! You are truly my mother; You are truly my father;

You are truly my relative; You are truly my friend;

Knowing you is ‘True Knowledge’; Having
You is ‘True Wealth’;

You are Everything for me!”

Chandrima – Is Ishvar more important for me, than my own parents?



Aabu – Yes Chandrima! Think about it. Though your parents really love you, they are not with you all the time. For example, they cannot be with you always in school or in the playground. But Ishvar is present everywhere. He is always available, to give you the best advice. If you sincerely think about Him, you will receive His blessings. You will be able to understand what is right and what is wrong. Remember, no magic will happen all of a sudden, but He will encourage you to take the right steps. You will have to follow them as it will help you to be good and not harm others. This, in turn, will make you happy.

Chandrima – Will Ishvar teach us to be good?

Aabu – Yes. Let me give you an example. It is a hot day and you notice a bird outside the window. Now, if you pray regularly, you will receive encouragement from Ishvar to help the thirsty bird. You decide to follow it with effort – You get up from your seat and keep a pot of water in the backyard for the thirsty birds. Now, on seeing the bird drink water, you will feel really happy.

Chandrima – This sounds so simple! Ishvar really helps us, and Ishvar is with us always.

Aabu – Shall we now together recite the shloka slowly, thinking about its meaning?

Chandrima – Yes, aabu.

Let's do these exercises

a. Tick the correct answers:

1. The parent of all of us is (**God** / **Teacher**).
2. Ishvar motivates us to take the (**right** / **wrong**) steps in life.
3. During summer we should keep a pot of (**water** / **food**) for the birds to quench their thirst.



b. Fill in the blanks:

1. In the shloka, we pray that knowing Him is _____, Having Him is _____ and He is _____ for us.
2. Ishvar is our true _____, _____, _____ and _____.
3. On seeing the bird drink water from the pot, we feel _____.
4. Ishvar is available at all times to provide us with the best _____.

c. Match the following sanskrit words that you learnt in the shloka given in this lesson with their meanings :

- | | | | |
|-------------|---|------------|-----|
| 1. Vidya | - | Friend | () |
| 2. Dravinam | - | Everything | () |
| 3. Sarvam | - | Knowledge | () |
| 4. Bandhush | - | Wealth | () |
| 5. Sakhaa | - | Relative | () |

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

1. Ishvar is present everywhere.
2. We feel safe when we are with our parents at times of difficulty.
3. Ishvar is more important than parents.
4. Parents are always present with us everywhere we go.
5. We all depend on Ishvar as He is our true guide.



Activity

Find the names of the birds from the puzzle below.

Birds

S Q H R W O O D P E C K E R Q B S
G P F B E A K C O F P I K W O E Z
J X E N E S T U D N T Z I T O A S
J P A T W A D C C G M U I M R G J
W X T G P W T K Q C J J B G L L S
E G H Y E R G O H Q M P S V E E E
G G E D N H O O N S Y R E I H M U
G X R P G U W B O P C C A N F S E
Y H A T U M L I S A F R G B J Z H
M W E D I M A R T R B A U O A P C
K A A H N I F D R R J N L T P N U
I P A B K N Z Z I O V E L N L Y P
W I F P V G Y G C W J E W V C R F
I G M S I B H B H A E P A D H Y C
I E T Z O I L R W P P A R R O T C
Z O Z E C R H P E L I C A N Y R P
B N L P P D T W H A W K Y A H E K

beak

crane

eucroo bird

eagle

egg

feather

hawk

humming bird

kiwi

nest

ostrich

owl

parrot

pelican

penguin

pigeon

seagull

sparrow

woodpecker

2

RANI LAKSHMIBAI

Expected learning outcome

Students know Rani Lakshmbai's great contribution towards our country's Independence and her act of bravery and fearlessness.

Glossary

bravery	- boldness
surrender	- handover / submit
declared	- announce openly
captured	- gain control by force
destroyed	- end something by damaging it
sacred	- holy



Story time

Just before going to bed every evening, **matamahi** (*grandmother in Sanskrit*) narrated a story to Indrani. Today, being November 19th, she wanted to talk about...

Matamahi – Let me tell you about a young Indian queen who is known for her bravery - Rani Lakshmbai. Today is her birth anniversary.

Indrani – Oh yes, I have heard her name. Please tell me more about her.



Matamahi – She was born in Varanasi on November 19th, 1828. Her childhood name was Manu. She was also called ‘Chhabili’, which means ‘playful’. Her mother died when she was four years old. Her father took care of her.

She was trained in horse riding, shooting, fencing and archery, apart from her academics. The young Manu was married to Raja Gangadhar Rao, the King of Jhansi, in Uttar Pradesh. As the Queen of Jhansi, Manu came to be known as Rani Lakshmibai. It was however sad, that her husband, Raja Gangadhar Rao passed away a few years later. She had adopted a little boy as her son.



Indrani – She must have been very sad, due to her husband’s death.

Matamahi – Yes. Meanwhile, the Britishers had already occupied large parts of India. They wanted to occupy Jhansi too. They thought that they can easily do so, since the King of Jhansi had passed away.

Indrani – What happened then?

Matamahi – They asked Jhansi to surrender. However, they were surprised that Rani Lakshmibai refused. She declared “Meri Jhansi nahi doongi” – “I shall not surrender my Jhansi”. She decided to fight against the British.

She tied her son to her back and fought bravely using a sword in each hand. She filled the heart of her soldiers with a spirit of heroism. She fought bravely and defeated her enemy. But Jhansi was again attacked in 1858. This time Jhansi was destroyed and captured by the British.

But Rani was still firm. She said “As long as there is a drop of blood in my body and a sword in my hand, no foreigner dare to spoil the sacred land of Jhansi.”



**A statue of Lakshmibai in Solapur,
Maharashtra**

Indrani – So did Rani succeed?

Matamahi – No. She could not. The British were very powerful; her sword was no match for their guns. On June 18, 1858, she laid down her life fighting the British at the age of 30. She was one of the bravest freedom fighters of this great country.

Indrani – What a brave lady!

Matamahi – Yes. Indeed, a number of patriotic songs have been written about the Rani. The most famous composition about Rani Lakshmibai is the Hindi poem ‘**Jhansi ki Rani**’ written by Subhadra Kumari Chauhan. It is about the life of Rani Lakshmibai. A popular stanza from it reads as follows:

बुंदेले हरबोलों के मुँह हमने सुनी कहानी थी,
खूब लड़ी मर्दानी वह तो झाँसी वाली रानी थी||

“Bundele harbolon ke munh hamne suni kahani thi,
Khoob ladi mardani vah to Jhansi waali rani thi.”

Indrani – What is the meaning of this?

Matamahi – It means – “We heard the story from all the people of Bundelkhand (Jhansi). The one who fought very bravely was indeed the Queen of Jhansi”.

Question time

1. Name a few women freedom fighters who played a vital role for our country's independence.
2. What qualities in Rani inspired you the most?



Let's do these exercises

a. Tick the correct answers:

1. Rani Lakshmibai was born on (**November** / **October**) 19th, 1828.
2. Rani (**wanted** / **did not want**) to surrender to the British.
3. Rani Lakshmibai was (**playful** / **serious**) in her childhood.
4. When Jhansi was invaded the second time, Rani was (**successful** / **unsuccessful**) in defeating the British.

b. Fill in the blanks:

1. Manu was married to _____ who was the King of _____.
2. Rani's father encouraged her to undergo training in _____, _____, _____ and _____.
3. Rani Lakshmibai had a _____ whom she tied to her back and fought bravely using _____ in both her hands against the British.
4. The most famous Hindi poem about Rani is _____ which was written by _____.
5. Rani Lakshmibai was a _____ freedom fighter who filled the hearts of the soldiers with the spirit of _____.

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

1. The British army was very weak when they fought in 1858.
2. Rani's childhood name was Manu and she was called 'Chhabili'.
3. Since the King of Jhansi had passed away, the Britishers wanted to occupy Jhansi.

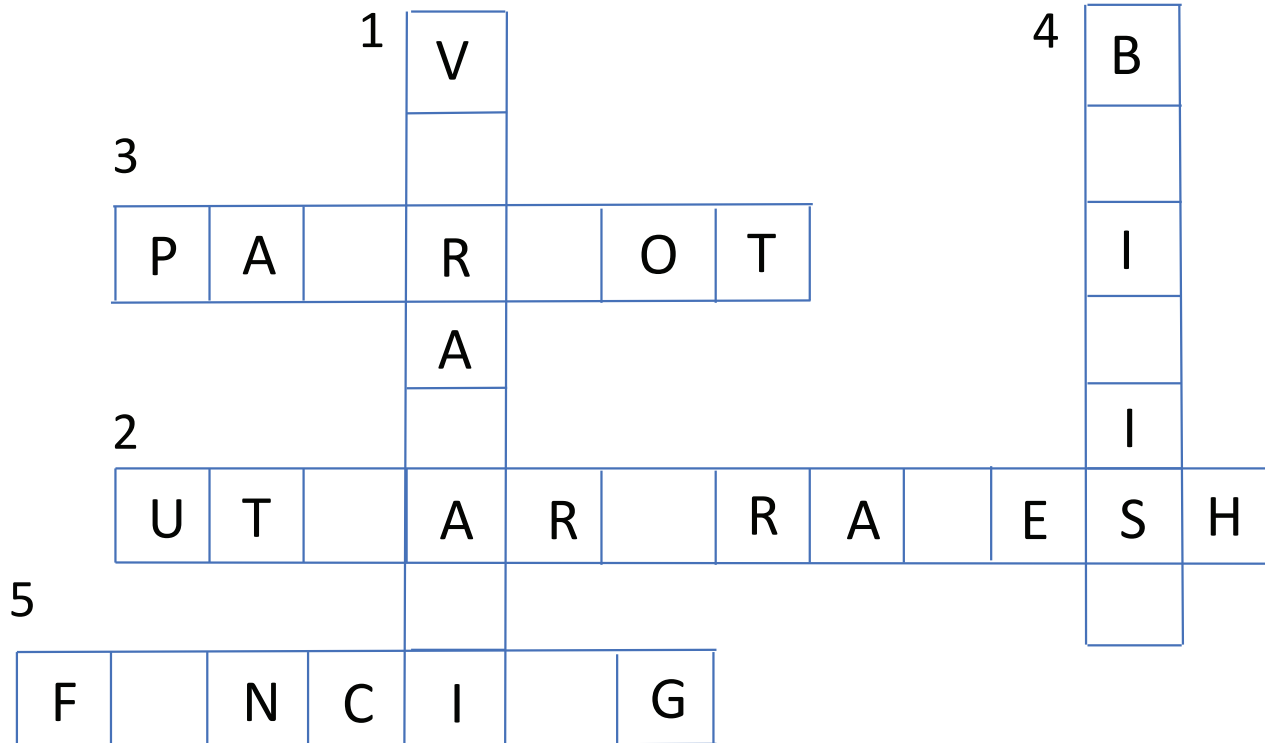


Activity

Give a title of your own to Rani Lakshmbai and colour the picture.



I Complete the puzzle with the help of given clues :



1. Rani Lakshmi Bai was born in this city
2. The state in which Jhansi is located
3. A person who has love for one's country
4. Rani Lakshmi Bai died fighting against the _____
5. The sport of fighting with swords

3

BRAVE MAMATA DALAI

Expected learning outcome

Students understand the importance of being brave.

Glossary

pleasant	- enjoyable
emerged	- become known
screamed	- shouted
struggle	- fight



Story time

On a pleasant evening, Guhan and his *chikkappa* (Father's younger brother in Kannada) were playing on the terrace of their home...

Chikkappa – I was watching the news yesterday. Our beloved Prime Minister, Shri. Narendra Modi, was giving away awards to 18 brave children from across the country on January, 24, 2018 in New Delhi. I will tell you the story of a six-year-old girl, by name Mamata Dalai, who lives in the Kendrapara district of Odisha.



Guhan – What did she do, chikkappa?

Chikkappa – It was Thursday, April 6, 2017. Mamata Dalai along with her 10-year old elder sister Ashanti Dalai went to a nearby pond to take a bath. They were enjoying themselves in the cool water. Suddenly, a crocodile, over 5-feet-long, emerged out of the water and attacked Ashanti, the elder sister. The crocodile caught hold of Ashanti's right hand with a tight grip and tried to drag her into the pond.



Guhan – Oh my God! What happened then?

Chikkappa – Ashanti screamed in pain. But, she did not run away, frightened. The little girl Mamata who was standing nearby acted very bravely.

Guhan – What did she do?

Chikkappa – She tightly held her sister's left hand and tried to pull her away from the crocodile's jaws.

Guhan – But chikkappa, what kind of strength she would have? She was just six years old!

Chikkappa – Yes Guhan. But in moments such as these, we get special strength from the Almighty. She put all the strength that she could gather in pulling her sister back. She also threw a vessel kept nearby to scare away the crocodile. She struggled at first, but her loud scream and strength, made the crocodile lose its grip on Ashanti. The crocodile slipped back into the water.

Guhan – So, could she save her sister?

Chikkappa – Yes, Mamata safely pulled her sister back. Ashanti had a few injuries, but her life was saved.

Chikkappa – Guhan, what did you learn from this brave girl, Mamata Dalai?

Guhan – I learnt not to be frightened in situations of great difficulty.

Chikkappa – Yes, you kids are afraid of so many things like riding a bicycle, getting into a swimming pool, learning new subjects, etc. But remember, if you have a strong will, God will help you to gain both physical and mental strength.

(Acknowledgement – Articles available electronically on Thebetterindia.com; Yourstory.com)



Question time

1. Are you afraid of anything? If yes, what is it?
2. How do you manage to overcome your fear?

Let's do these exercises

a. Tick the correct answers:

1. Mamata Dalai lives in (**Meghalaya** / **Odisha**).
2. A (**crocodile** / **whale**) attacked Ashanti.
3. Mamata acted (**bravely** / **cowardly**) and rescued her sister.

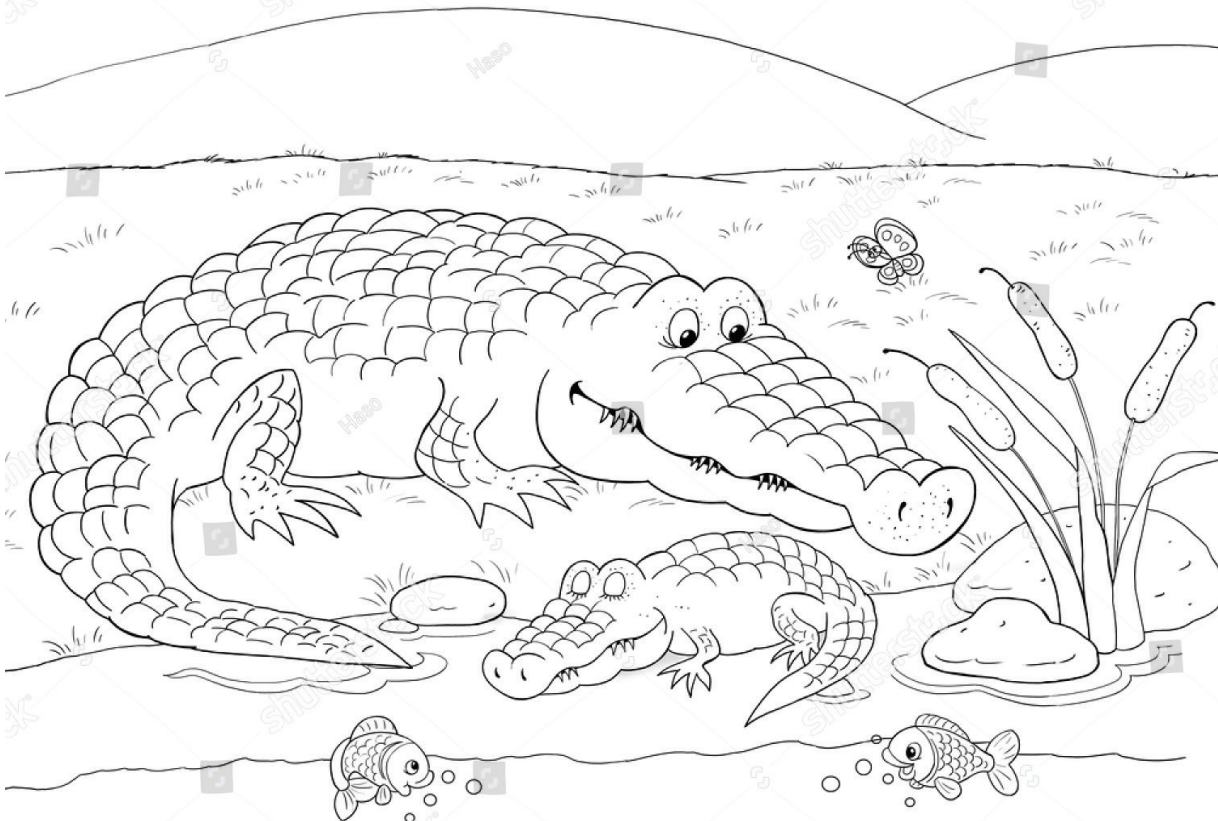
c. Write 'T' for true and 'F' for false:

1. Mamata Dalai along with her sister Ashanti Dalai went to a nearby pond to take bath.

2. Mamata Dalai is a brave girl.
3. The crocodile held Ashanti's right hand with a firm grip and tried to pull her.
4. We should not get frightened in difficult situations.
5. When we have a strong will, God will help us.
6. Mamata threw a vessel kept nearby to scare away the crocodile.

Activity

1. Colour the picture given below :



2. Are you brave ? Are you intelligent ? Are you caring ?

Fill in the boxes and write down how you know about these qualities of yours :

1. I am I know this because _____

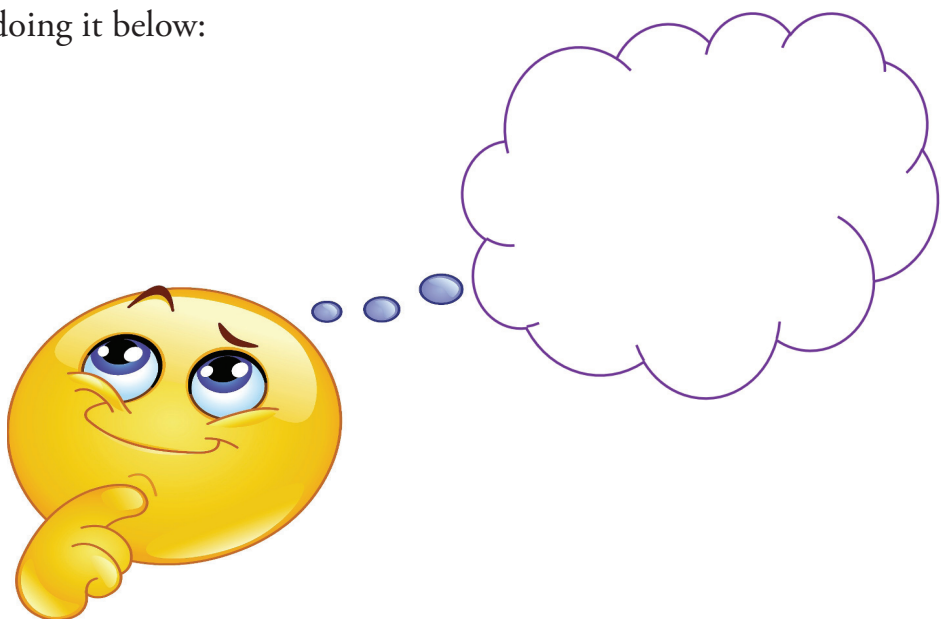


2. I am I know this because _____

3. I am I know this because _____

4. I am I know this because _____

3. Imagine yourself doing something brave. Share the act of yours in the bubble and illustrate you doing it below:



4

PRAYING

Expected learning outcomes

Students:

- find out the right way to pray.
- realize the value of prayers and meditation in everyday life.

Glossary

gently	- kindly
scared	- frightened
worry	- upset
wise	- clever
meditation	- focus your mind in silence



Story time

The 'Value Education' class was going on. The teacher asked a question...

Teacher – Children, how many of you pray every day?

Swetha immediately raised her hand. All heads turned towards her.

Teacher – Do you pray every day, Swetha?

Swetha – Almost on all days, ma'am.



Teacher – How do you pray Swetha?

Swetha – Ma'am, I sit down in a quiet place on a mat, along with my parents and gently close my eyes.

Teacher – Children, this is called '**Meditation**' or 'Dhyaan' (in Sanskrit).

Teacher – Swetha, why do you pray every day?

Swetha – My parents and grandparents look after me and take care of everything I need. I know I never have to worry about anything if they are with me in my life. When I sit with them I feel very happy. I am not scared of anything when they are with me. My parents are also happy when we are all together.

Ishvar is like our parents. He brought us into this world and takes care of us. When I pray, I feel that Ishvar is with me. It makes me feel stronger. I am not afraid of anything.

Teacher – So, what do you ask Ishvar for when you pray?

Swetha – When I pray, I first thank Ishvar who gives me so many things every day – bright sunlight, clean air and food to eat. I feel so lucky that He gave me loving parents, grandparents, brothers and sisters. He also gave me good friends with whom I love to play.

I pray to Ishvar every day to take care of all things around me. If my friends are healthy and happy, it makes me very happy. I ask Ishvar to make me wise. I ask Ishvar to help me be good to my family, my friends, animals and everyone around me.



My grandmother has taught me that when we pray to Ishvar, we should not ask for things, such as toys and games, but should instead ask Ishvar to make us wise and healthy.

Teacher – Excellent Swetha!

Rohit – Swetha, have you seen Ishvar?

Swetha – No, Rohit. Ishvar has no shape or form, no body, no hands, no legs. However, I have heard that Rishis have felt the presence of Ishvar through prayers. This is why it is important for all of us to spend a few minutes every day, in quiet meditation. Meditation allows us to get closer to Ishvar and to ourselves.

Teacher – Let us all clap for Swetha. We should all learn from her.

Question time

1. When you pray to Ishvar, what do you ask from Him?

Let's do these exercises

a. Tick the correct answers:

1. We should meditate in a (**quiet** / **noisy**) place.
2. We feel (**happy** / **sad**) when we sit together with our family members.
3. Meditation allows us to get (**closer to** / **far away from**) Ishvar and ourselves.
4. Ishvar (**has** / **does not have**) shape or form.

b. Fill in the blanks:

1. While praying we should not ask for _____ instead we should ask Ishvar to make us _____ and _____.
2. We should thank Ishvar for _____.
3. When we pray we feel _____.

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

1. Ishvar is like our parents who brought us into this world and take care of us.
2. Ishvar looks like a grand majestic king.
3. Meditation should be practised only by Rishis and Yogis.
4. We should pray for the happiness of our friends and relatives.



Activity

Write a thank you note to Ishvar for the invaluable/priceless things that He gives you everyday.

5

FOLLOW RULES

Expected learning outcomes

Students

- know the need for rules.
- understand that following the rules keeps everyone and everything safe and in order.

Glossary

burden	- a difficult task
accurately	- correctly / exactly
curious	- wanting to know or learn something new
conscience	- the part of your mind that tells you whether you are right or wrong



Story time

Rajan and his **achachan** (*grandfather in Malayalam*) went for a walk. They saw a traffic jam with lot of people sounding the horn of their vehicles. Achachan decided that it was the right time to talk to Rajan about 'Following Rules'...

Achachan – Let me ask you a question. What is a rule?

Rajan – It is something, which we are supposed to follow.



Achachan – Do you like following rules?

Rajan – No achachan. We are always told to ‘Do something’ or ‘Not to do something’. Why should it be so?

Achachan – Hmm... Rules are not really a burden. Let us take a simple example of a road crossing. What do you see there? (Points at the traffic light)

Rajan (excitedly) – Traffic light. There are three colours – Red, Orange and Green.

Achachan – What do they mean?

Rajan – Red is for ‘Stop’; Orange is for ‘Ready’; Green is for ‘Go’.

Achachan – Very good. What will happen if people stop following the colours displayed on the traffic lights?

Rajan – Vehicles will come from all different directions and it will lead to accidents.

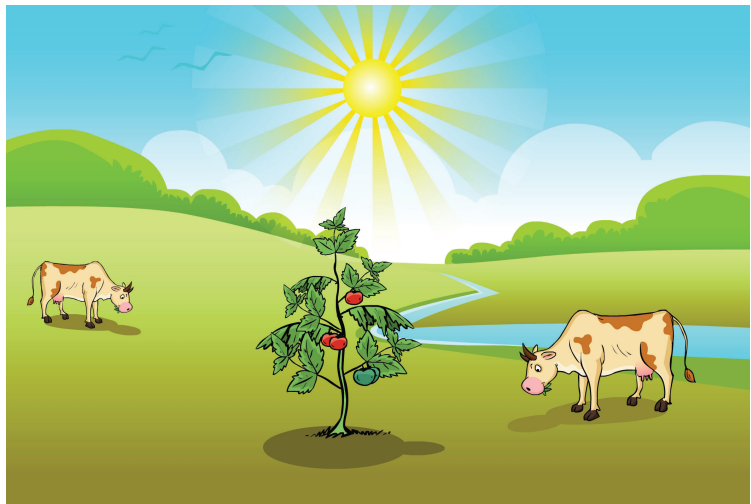
Achachan – That’s true. So, it is clearly a rule that one should proceed at a junction only when the traffic light turns ‘Green’. Following this rule, helps us avoid accidents.

Now, don’t you agree that rules are made only to help us? Remember, if everybody starts breaking rules, it will harm others.

Rajan – Yes, achachan. Similarly, we should not talk on the phone while driving, as it may also lead to accidents.

Achachan – That is right. This is once again a rule for our own good.

Achachan – God has a set of rules, for all in the world to follow. The Earth goes around the Sun. Every morning, we see the Sun rising in the east and setting in the west in the evening. We can accurately say the time it will rise and set. It never fails. If we plant a tomato seed in the soil, providing sunlight and water, we will be able to see a tomato plant growing. All these happen following the rules of God.



Achachan – God has also made rules for all human beings, young and old. He has created our body, which will function smoothly if we follow the rules. For example, we should sleep early and wake up early. We should eat healthy, vegetarian food, with plenty of fruits and vegetables. There are also rules to follow at home or when we are with elders.

Achachan – There is nothing wrong in knowing the reason behind the rules. One should be curious. However, once we understand, we should follow them always, to lead a happy life.

At times, not following a rule may make us happy for a while. For instance, if we keep eating only junk food every day, we may enjoy it. We will possibly not fall ill in the first few months. Therefore, we may think that it is fine and the rule need not be followed. But soon, we will start realising that we are not able to digest the food, we are getting obese and do not have energy.

Think about whether we should follow the rules only when someone is watching us. Many of us tend to jump the traffic light if a policeman is not around. Why do we do so?



Rajan – May be because we feel there is no one to punish us.

Achachan – Is it right to do that?

Rajan – No achachan.

Achachan – We need to be true to our own conscience. We should follow rules at all times. Also, we should remember that there is someone who is watching us all the time. We can never ever be alone.

Rajan (excitedly) – I know who it is! It is God, the Almighty.

Achachan – Absolutely right. He exists everywhere. God can see every action of ours. Therefore, it is best to follow rules always!

Question time

1. List a few rules that should be followed
 - (a) at school
 - (b) at home.

Let's do these exercises

a. Tick the correct answers:

1. We (**should** / **should not**) follow the rules.
2. Vehicles should proceed at a junction only when the traffic light turns ('**Green**' / '**Orange**').
3. We should eat (**junk** / **healthy**) food every day.

b. Fill in the blanks:

1. We should always be true to our _____.
2. We should not _____ while driving a vehicle.
3. When we eat junk food regularly, we will become _____ and will not have _____.
4. Every Action of ours good or bad, is being watched by _____.
5. When we don't follow traffic rules, it can lead to _____.

c. Write 'T' for true And 'F' for false

1. Rules are made for the benefit of all.
2. The Sun revolves around the Earth.
3. If we plant a tomato seed in the soil, provide sunlight and water, we will be able to see a carrot plant growing.
4. We should follow traffic rules only in the presence of the police.

Activity

Colour the picture:





Stop, Look, Listen

Stop, look and listen,
Before you cross the street.

Use your eyes, use your ears,
Before you use your feet.

STOP! LOOK! LISTEN!



6

ARJUNA – THE GREAT ARCHER

Expected learning outcomes

Students

- learn to concentrate on what is important.
- understand the importance of concentration in achieving our goals.

Glossary

- concentrate** - to give all your attention to something
- achieve** - to gain something by hard work
- strike** - to hit
- disciple** - a pupil
- distraction** - something that takes your attention away



Story time

Just before going to bed every night, *thakurma* (grandmother in Bengali) narrates a story to Ajay...

Thakurma – Today, let me tell you a story from the childhood of Arjuna. Do you know about Arjuna?

Ajay – Oh yes! He is the third brother of the Pandavas. He was a great archer (person who shoots with bow and arrow).

Thakurma – Yes, he indeed was. One day, their teacher - Guru Dronacharya, decided to conduct a test in archery. He called all his disciples and asked them to bring their bow and arrow. He placed a wooden bird on the branch of a tree and asked his disciples to strike at the eye of the wooden bird. But before letting them set their arrows loose, he decided to ask each of them a question.



He first asked Yudhistira, the eldest of the lot: “What do you see there?” Yudhistira replied, “I see a wooden bird, the branch and the tree, the moving leaves and other birds.” Guru Dronacharya asked him not to strike and put down his bow and arrow.

Ajay – What happened then?

Thakurma – He called all the other disciples one by one. Each one mentioned the same things – tree, branch, bird, leaves, sky etc. Guru Dronacharya asked them all to lay down their bow and arrow.

When it was Arjuna’s turn, the Guru once again asked – ‘Arjun, what do you see?’ Arjuna confidently stated: “Guruji, I can see the eye of the bird.”

Guru Dronacharya asked, “What else do you see?” Arjuna said, “That’s all. Nothing else.”

The Guru then asked him to take strike. The arrow left the bow and exactly hit the centre of the eye of the wooden bird.

Dronacharya smiled. He then turned towards all his disciples and explained – “I am sure all of you are good archers. But Arjuna could do even better as he concentrated on a single point. He could see only one thing – the target, which in this case was the eye of the wooden bird.” The children congratulated Arjuna.



Thakurma – The others failed to separate their goal from the distractions in their path;

But Arjuna was able to ignore everything else and have his eyes only on the target.

Similarly, in life there are many distractions. We should avoid the disturbances and concentrate on things that are important. Can you identify one such distraction in your life?



Ajay (feeling embarrassed) – Cell phone.

Thakurma – Absolutely. It is a very big distraction.

I would indeed call it a ‘Poison’, which can cause great harm to all of us, especially children. It can completely take away their concentration from studies.

Ajay – How can we increase our concentration, thakurma?

Thakurma – There are two steps that we can take to increase concentration. Firstly, we should follow a proper routine. This includes eating proper food, drinking enough water, sleeping well and playing physical games. All these will keep our mind and body healthy.

Ajay – What is the next step?

Thakurma – The next step is to pray to Ishvar every day requesting His blessings to help you increase your concentration level, helping you to study well. We should make a promise every day – ‘It will be a good day for me. I will be nice to everyone and will concentrate on my studies’.

Let's do these exercises

a. Tick the correct answers:

1. Arjuna is one of the (**Pandavas** / **Kauravas**) brothers.
2. Arjuna was a better archer because he had a (**single** / **many**) point(s) of focus.
3. Increasing ones concentration helps to (**study well** / **sleep well**).

b. Fill in the blanks:

1. Arjuna was a great _____.



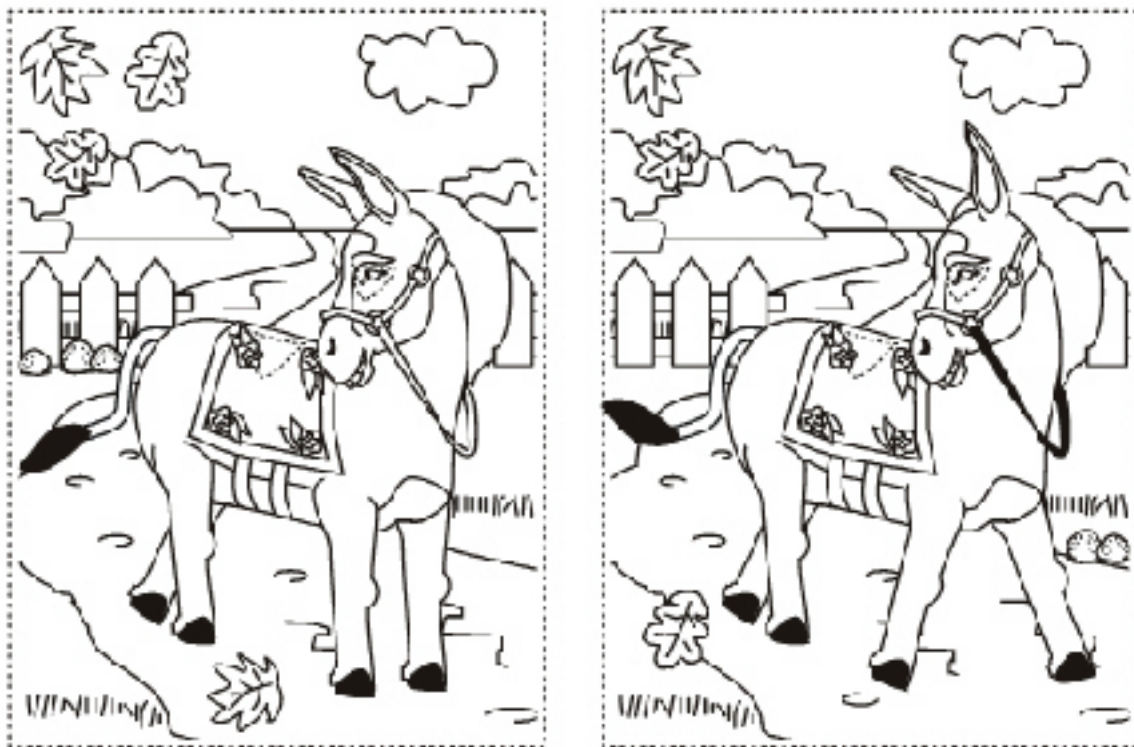
2. The things observed by the Yudhishtira during the test were _____, _____, _____ and _____.
3. Arjuna could see only the _____ because of his concentration on the goal.

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

1. Guru Dronacharya conducted a test for Arjuna alone.
2. Cellphones are a big distraction..
3. We should avoid the disturbances and concentrate on what is important in our lives.
4. We should keep our body and mind healthy by having a proper routine.
5. We should pray to Ishvar every day to seek His blessings to help us increase our concentration level.

Activity

1. Spot atleast 8 differences



2. Tick (✓) the activities that help you increase your concentration and mark (x) for the activities that distract you.

Eat proper food

Watch Television for long time

Use cellphone to play games

Maintain proper sleep routine

Drink enough water

Play outdoor games

Pray to God and seek His blessings

Talk with your friends while studying



7

DEEPAVALI (DIWALI) - 1

LEAD US FROM DARKNESS TO LIGHT

Expected learning outcomes

Students:

- understand the background and spirit of Deepavali.
- understand the practical implementation of the phrase 'From darkness (Ignorance) to light (Knowledge)'.

Glossary

significance	-	meaning
dispelling	-	removing
interpreting	-	explaining
literal	-	exact
ignorance	-	lack of knowledge
theoretically	-	according to books
acquire	-	obtain, get



Story time

Deepavali was round the corner and Rakshit was very excited. He was looking forward to celebrating the festival. This was the favourite topic of discussion in the class amongst his friends during the lunch break.

Rakshit reached home and saw his **ajji (grandmother in Kannada)** reading a newspaper sitting in the balcony. He went to her excitedly and put up his Deepavali wishlist to her. Ajji smiled and asked him to read out from his list. "New set of clothes, rasmalai, pavbhaji,



samosas,” he hurriedly read out. Aaji silently thought – “Ok! At least he is not asking for crackers!.” Rakshit said naughtily – “Aaji, I know what you are thinking. You are wondering that my list does not include crackers.” Both of them burst into laughter as that was exactly what aaji was wondering.

Rakshit pulled out another list, which was even longer – “chakris, anaar, rocket, bombs, ladis...” “Enough, enough!” exclaimed aaji. “Do you want the entire shop?”

Aaji kissed him gently on his forehead and said – “My son, you have become very naughty. But, never mind. I understand you are excited about Diwali.”

“But have you thought about the significance of this festival? While all of us eat good food and wear new clothes, to celebrate the day, there is a deeper meaning behind this festival which is its true spirit!”

Rakshit remarked – “Yes, we do light lamps on this occasion. They look so beautiful.”

Aaji questioned – “But once again, what does the lamp signify? Is it only to beautify the place?”

Rakshit had never thought beyond. He just thought they looked beautiful and was a part of our custom.

Aaji explained – “Lighting the lamp is symbolic of dispelling darkness. It emphasizes the Vedic message of **तमसो मा ज्योतिर्गमय** – **Lead us from darkness to light.**”

Rakshit inquired – “But aaji, isn’t electricity there to remove darkness wherever and whenever we want. I can always switch on a tube light whenever I need.”

Aaji laughed and said – “Rakshit, you are interpreting this in a literal sense. *Darkness refers to the ignorance within us.* There are multiple aspects in life which we are ignorant about. Even if we know the concept theoretically, we do not follow it in our lives. Let me give you an example. We all know that we should tell the truth. There is no child in your class who does not know this concept. But, is it not a fact that some of them don’t follow it?. At the spur of the moment they blurt out a lie. This is ignorance!”

Rakshit was a bit mesmerized by this explanation. He interrupted – “So are we taking a resolve during Deepavali that we should all dispel all our internal ignorance and be better human beings?”

“Absolutely yes!” remarked aaji.



“But ajji, people say that we should do Lakshmi pooja on Deepavali. What does that mean?” inquired Rakshit.

“Well, we pray for multiple things during Deepavali. We also pray to the Almighty to shower us with wealth and prosperity. But remember, wealth should be acquired through right means, not by cheating anyone. Also, we need to put in the effort to achieve prosperity. Merely praying, without adequate effort does not yield results”, explained ajji.

She continued – “We also clean our homes and offices on this occasion. You as a student should ensure that your study table, desk, bag, books are all arranged neatly.”

“Sure ajji. I remember, my teacher also telling about Sri Rama coming home to Ayodhya on this day of Deepavali”, remarked Rakshit.

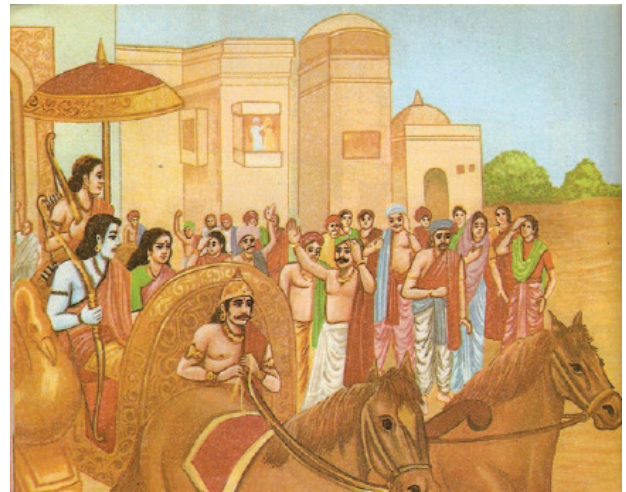
“Yes, my dear son! Deepavali was the day of his return after years of exile and marked a day of grand celebration, which continues till date”, said ajji.

Ajji looked at the clock. It is about 5:30 P.M.

“Oh! It is getting late. It is time for my meditation session. I wanted to discuss with you a few other aspects about Deepavali as well. Let us sit down again after dinner”, remarked ajji.

“Sure ajji. If you don’t mind, I would also join you for the evening meditation.”

Ajji explained the basics of meditation to Rakshit. Both spent some time meditating and then Rakshit went out to play with his friends.



Question time

1. What are the ways by which you can celebrate a green and clean Deepavali?
2. Think about what you can change about yourself for the better. Make a plan. Discuss with your teacher/parents.

Let's do these exercises



a. Tick the correct answers:

1. Darkness refers to the (**ignorance** / **intolerance**) within us.
2. Wealth should be acquired by the (**right** / **wrong**) means and (**by cheating** / **by not cheating**) anyone.
3. Lighting the lamp is symbolic of dispelling (**darkness** / **sorrow**).
4. We should / shouldn't burst crackers as it (**pollutes** / **cleans**) our environment.

b. Fill in the blanks:

1. तमसो मा ज्योतिर्गमय means _____.
2. Deepavali was the day when _____ came back to Ayodhya after many years of _____.
3. We should take a resolve during Deepavali that we should dispel all our _____ and become better _____.
4. Even though we know that we should always say the _____, sometimes at the spur of the moment we blurt out a _____. This shows how _____ we are.

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

1. Deepavali is called 'the festival of light'.
2. We should not put in effort to acquire prosperity. Mere praying yields good results.
3. Lighting lamps is a custom followed to celebrate Deepavali.
4. We pray to the Almighty only to shower us with wealth and prosperity.

Facts From Around The World

Did you know that Deepavali is celebrated almost all over Malaysia except in Sarawak and Federal Territory of Labuan?

South Africa celebrates Deepavali every year. The year 2017, was the 110th year of celebration. Find out the details of the celebrations.

Activity

Colour the picture that symbolises "Lead us from darkness to light".

तमसो मा ज्योतिर्गमय



8

IT IS ALL IN THE HEART!

Expected learning outcomes

Students

- understand the joy of sharing and caring.
- encourage the habit of sharing our things with others.

Glossary

heavily	- in large amounts
pleaded	- to ask somebody for something in a very strong and serious way
dripping	- to fall in small drops
humble	- not proud
eager	- full of interest



Story time

Sanjeeb was visiting his **peusi** (father's sister in Odiya) at Berhampur, a small town in Odisha. He sat with his peusi for a story about a woodcutter...

Peusi – This is a story about a poor woodcutter, who stayed in a small hut within the forest, with his two children. One night, it started raining very heavily. The family of four was sleeping in their hut, where there was not much space for them. Suddenly, they heard a knock



on the door. “Who is it?” the woodcutter asked.

A man standing outside pleaded, “It is raining very heavily. Kindly allow me to come inside.”

The woodcutter’s wife looked at him thinking aloud – “We have no space. Where will we sleep then?” But the woodcutter said – “Never mind. We can somehow manage. This man will otherwise suffer in this rain. There could also be dangerous snakes around.”



They let him in. Somehow all five of them managed to lie down, almost squeezed in the small hut.

Almost an hour later, they heard one more knock. Both the wife and the children once again looked at the woodcutter, wondering what he will do now!

Sanjeeb – Did he once again open the door?

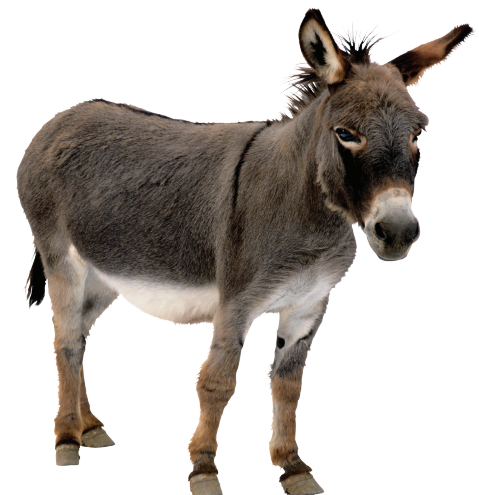
Peusi – Yes. He did. He let one more person in. There was just no space to lie down now. So, they decided to sit and spend the night. They started talking and telling stories to each other.

The rain continued to pour. They could also hear the loud sound of thunder. Just then there was one more knock on the door.

The woodcutter realized that this knock was from his donkey. He requested – “In this world, he is my true friend. I carry my wood on this donkey every day. He generally remains outside, but it is raining heavily tonight. Let us open the door.”

“But where will the donkey sit?” the others asked.

The woodcutter replied – “It is already past 3:00 a.m. now. It is a matter of another couple of hours. The rain should also stop by then. Let us have the donkey come inside. Probably all of us can just stand!”



Sanjeeb (laughingly) – So, did they open the door for the wet donkey to also come in?

Peusi – Yes, they did. The donkey came in with water dripping from his body. He thankfully nodded to his master.

The night passed by. The rain finally stopped. The guests thanked the woodcutter and remarked – “My dear friend! You have such a large heart; you gave room to all of us putting yourself and your family into great trouble. We salute you for your kindness. May God bless you!”

The woodcutter humbly remarked – “This is my Dharma!”

Both the guests and the donkey left the small hut. The woodcutter and his family decided to lie down for sometime before starting their work for the day.

Sanjeeb – What a helpful family!

Peusi – Yes, this woodcutter is rich in the true sense. Indeed, many a times we notice that it is the poor who are more eager to share than the rich who are more concerned about their own comfort.

Question time

1. What do you learn from this story?

Let's do these exercises

a. Fill in the blanks:

1. A man wanted to stay inside the hut because it was _____ outside.
2. To accommodate the second person into the hut the woodcutter decided _____ and spend the night.
3. The woodcutter carries _____ on his donkey every day.
4. When the donkey came into the hut, the woodcutter decided that everyone would _____ and spend few hours.



b. Discuss and pen down.

1. One day at school you come to know your friend has not had breakfast nor has he brought his lunch. You have had a heavy breakfast and also have a packed lunch of your choice. What would you do? Discuss.
2. At home your mother wants you to share your favourite toy with the house maid's child. What will be your response? Discuss.



9

CLEANLINESS

Expected learning outcome

Students

- understand the importance of maintaining clean surroundings and personal hygiene.
- develop the habit of maintaining a clean and healthy environment.

Glossary

surrounding	- that is near or around
munch	- to bite and eat something noisily
hesitate	- to not want to do something
resolution	- make a promise
noble	- honest / care for others



Story time

Dadi entered Anil's room and was not happy to see how messy everything was. Anil's books, toys, and clothes were scattered around the room...

[Dadi – grandmother in Punjabi]

Dadi – Anil, I see your room is quite untidy. It looks like there was an earthquake in this room!



Anil (feeling embarrassed) – No, dadi. I shall set it right now.

Dadi – Please do that Anil. One should always be well organised, and keep the room tidy.

Anil – Yes dadi. My teachers also insists on keeping our classrooms and surroundings clean.



Dadi – Cleanliness starts with personal hygiene like brushing your teeth and having a bath regularly. It also includes keeping your house clean and tidy. “A place for everything and everything in it’s place is important”.

Anil – Why should we spend so much time on cleanliness? It is so boring.

Dadi – If you maintain personal hygiene, you can avoid infections. You will be healthy.

Also, you feel good when a place is clean. When things are kept in an orderly way, You feel peaceful, happy and want to spend time there.

Anil – I agree, dadi. My mother sometimes cleans up my room. It’s a nice feeling to be in a clean room.

Dadi – We should also maintain cleanliness in public spaces.

Anil – What do you mean by public spaces, dadi?

Dadi – Places that are common to all of us like streets, roads, parks, beaches, railway stations, airports, bus stops, shopping malls etc are called public places. It is sad that many of us keep our homes clean, but litter the public spaces as it does not affect us directly. We feel that it is someone else’s job to clean it.

Now think. We buy a packet of chips. We quickly munch it and carelessly throw the wrapper out in the open. Have you ever wondered who will finally pick it up from there to make our streets clean?

Anil (feeling guilty) – I also do this sometimes dadi.

Dadi – You should always find a dustbin and throw the wrapper in it.

Anil – What if there is no dustbin nearby?



Dadi – Fold it and keep it in your pocket or in a bag, till you find a dustbin to throw it in or till you reach home.

Anil – Yes dadi, I will do it.

Dadi – Infact, if someone has thrown litter outside the dustbin you should not hesitate to pick it up and put it in the dustbin nearby.

Anil – That is very difficult, dadi.

Dadi – No Anil. It is possible. There is no shame in doing so. If we take a resolution to keep our country clean, we can do it!

Dadi – Indeed, the Government of India launched an important project called ‘Swachh Bharat’ (Clean India) aiming to motivate the entire country to begin the work of cleaning up our country. It inspired millions of children across the country to clean up public spaces.

Dadi – Also, I must add that there is yet another type of cleanliness – ‘Internal cleanliness’.

Anil – What is that dadi?

Dadi – We should have a clean mind. We have different kinds of thoughts in our mind – both good and bad. Many a times, we have evil thoughts, like feeling jealous, thinking about stealing something etc. We should instead try to have a pure mind with noble thoughts like ‘I will always speak the truth; I will try to help others etc.’



Anil – I understand dadi. It is interesting to know that ‘Cleanliness’ has so many different meanings.

Let's do these exercises



a. Tick the correct answers:

1. A hygienic person (**will** / **will not**) fall sick very often.
2. We should throw garbage (**in dustbins** / **on road sides**).
3. We should not have (**evil** / **noble**) thoughts in our mind.

b. Fill in the blanks:

1. Cleanliness starts with _____.
2. We feel _____ when our surroundings are neat and clean.
3. Streets, roads, parks, beaches, etc. are called _____.
4. Our Prime Minister has launched the project called _____ to clean up India.
5. When we don't find a dustbin we should keep the wrapper in our _____.

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

1. We should keep our belongings in an orderly manner.
2. We should keep our houses clean but litter the public spaces.
3. If someone throws wrapper on the road we should not hesitate to pick it up and throw it in the dustbin.
4. We should always speak the truth.

Activity

1. Colour the picture in which cleanliness is followed.



2. Place a checkmark (' ✓ ') next to the things you do every day, and place a (' x ') next to the things that you do not do every day.

	ACTION	x or ✓
1	I take bath everyday	
2	I brush my teeth twice a day	
3	I put back toys in the basket	
4	I put back my books on the shelf	
5	I leave my shoes properly in the shoe stand	
6	I hang my clean clothes	
7	I make my bed everyday	
8	I wash my hands before eating	
9	I keep my room clean	
10	I throw litter in the trash bin	
11	I keep my surroundings clean	

Ponder

1. What do you do when you have to throw a biscuit wrapper/banana peel but do not find dustbin. Why?

VISIT TO THE PLANETARIUM

Expected learning outcomes

Students

- know about the celestial (heavenly) bodies in the universe.
- understand and feel the presence of God everywhere.

Glossary

excited	- very happy
amazed	- surprised
gigantic	- very large
invisible	- not able to be seen



Story time

*During the summer holidays, Arvind had gone to Chennai to visit his **paatti** (grandmother in **Tamil**). One weekend, paatti decided to take him to the planetarium...*

Paatti – Shall we go to the planetarium today afternoon?

Arvind – Planetarium...? What is that paatti?

Paatti – A planetarium is a special theatre for presenting educational shows about astronomy and the night sky. You will be able to know more about other planets, stars and galaxies.



Arvind got very excited to visit the Planetarium. After coming out of the half an hour show, Arvind exclaimed...

Arvind – Wow! What an experience! The entire universe is so gigantic!

Paatti – Yes, it is indeed.

Arvind – I always thought that this Earth is huge but was amazed to find out that it is a very small part of the entire Solar system and the Universe.



Paatti – Yes, there are millions and millions of celestial bodies in the universe.

Arvind – The Earth looked so tiny in the show, surrounded by other stars and planets that are much larger. Imagine the size of the whole universe!

Arvind – But, I have a doubt paatti. We always point towards the sky when we talk about Ishvar who made us, the Earth and everything else. But I did not see Ishvar anywhere in the show. If Ishvar made the Earth, then who made the other stars? Are there a lot of Ishvars to have made such a big solar system and the universe?

Paatti – That is a great question, my child. But remember, there is only one Ishvar who has made the whole Universe. He made humans, animals, plants, and all other things. Ishvar made the stars, and all the planets, as well.

Arvind – But, where is Ishvar then? Where does He live?

Paatti – He is present here, there, everywhere – in every small particle.

Arvind – One Ishvar, and He is present everywhere in this universe at the same time! He must be very busy!

Paatti – Yes, that is true.

Arvind – But then why couldn't we see Him during the show?

Paatti – Because, He is invisible!

Arvind – Invisible? How can that be?



Paatti – There are many other things around us, which definitely exist but we cannot see them. Can you think of a few of them?

Arvind (thinking) – Hmm... Air!

Paatti – That is true. We all breathe air but just cannot see it.

Arvind – What about cell phone signal, paatti?

Paatti – That is also a great example. You cannot see the signals directly. You can just check the signal, from the bars on your phone.

One another example from our everyday lives is electricity. The bulb glows, when we switch it on, though we do not observe electricity flowing through the wire.

Paatti – Remember, Ishvar is everywhere, but we cannot see. We cannot hear or feel Ishvar with our hands. But, we can feel his presence, like how we feel the presence of electricity.

Let's do these exercises

a. Tick the correct answers:

1. There are (**millions of** / **few**) stars in the sky.
2. The entire universe is (**tiny** / **gigantic**).
3. We (**can** / **cannot**) see Ishvar.
4. Air is (**visible** / **invisible**) but we can feel.

b. Fill in the blanks:

1. A planetarium is a special theatre for presenting educational shows about _____ and _____.
2. Ishvar is present _____.
3. When a fan is switched on _____ flows through the wires to enable the fan to function.
4. The _____ on a cellphone helps us to identify the presence of the signals.



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

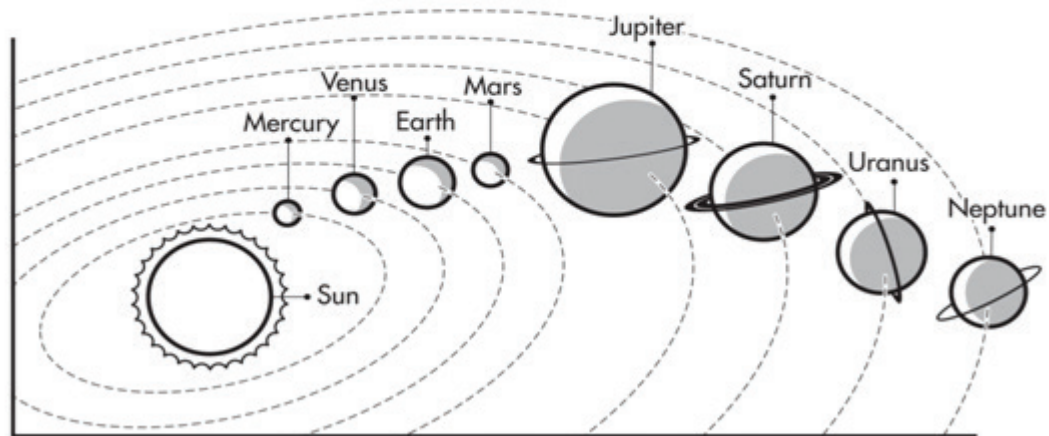
1. Ishvar made humans, animals, plants, stars, planets, etc.
2. Ishvar is visible to all human beings.
3. We cannot see the flow of electricity.
4. The Earth is a part of the Solar system.
5. There is only one Ishvar in this Universe.

d. List a few experiences of yours, which made you feel the presence of Ishvar:

Activity

Our Solar System

A planet is a large round object that travels around the sun. Our solar system has eight planets. Study the diagram below. Then answer the questions.



1. Name the largest planet. _____
2. Half of the planets have rings. True or False? _____
3. List the planets that have rings. _____
4. Which planet is the closest to the sun? _____



11

YUDHISTIRA AND DURYODHANA

Expected learning outcome

Students realize that to be happy we need to appreciate the good qualities and ignore the faults in others.

Glossary

satisfied	- pleased
disappointed	- sad
appreciate	- understand fully
ignore	- not pay attention



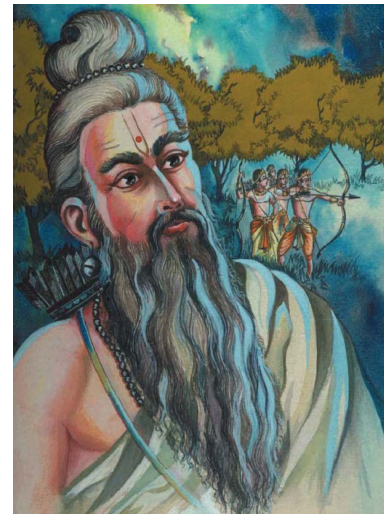
Story time

Giri's *thathayya* (grandfather in Telugu), who is a Vedic scholar, told him a story from Mahabharata.

Thathayya – Have you heard about the great epic, Mahabharata?

Giri – Yes hathayya. There was a war that took place between the Pandavas and Kauravas.

Thathayya – That is true. Let me tell you about something that happened during their childhood.



Both the Pandavas and Kaurava brothers went to the same Gurukula. Gurukulas were residential schools, situated away from the main cities. Dronacharya was their guru (teacher). Yudhistira was the oldest of Pandavas. He was always happy and kind. Duryodhana was the oldest of Kauravas. He was never satisfied and happy.

One day the Guru called Yudhistira and told him, “Go into the town and meet as many people as you can. When you come back, tell me about the worst person you met.”

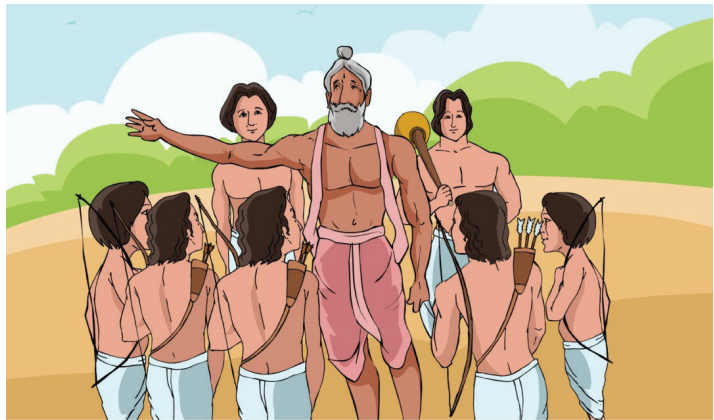
He then called Duryodhana and said, “Go into the town and meet as many people as you can. When you come back, tell me about the best person you met.”

Giri – What happened then?

Thathayya – Obeying the order of their Guru, Yudhistira and Duryodhana set out to do their assignment. They met many people, young and old, rich and poor.

They went to their Guru to give him the answer to his question.

Yudhistira said, “Gurudev, I met many people. They all had something special about them. I need to learn a lot from these people. Some were good singers; some were good athletes; some were very good painters; and some were very caring. I am so happy to have met them all.” The Guru was also very happy to hear this. He told Yudhistira that if you look for good qualities in others, you will be happy and will have many friends.



Giri – What did Duryodhana have to say?

Thathayya – Duryodhana came back and said, “Gurudev, I met many people. I did not like anybody. Some of them were too fat; some did not know how to use bow and arrow; some could not run as fast as I could, some were wearing torn clothes. I am far better than all of them.” The Guru was disappointed to hear this.

Thathayya – What do you learn from this Giri?

Giri – Finding faults with others is easy but it does not help you make friends nor does it keep you happy.

Thathayya – Absolutely. Yudhistira was a very kind and positive person. He found something good in everyone. He ignored the bad qualities in other people. He did not make fun of them.

Duryodhana, on the other hand, only picked at the faults of others. Nobody liked him for that. In turn, he was also never satisfied and happy.

Question time

1. “Finding faults with others is a negative aspect of one’s behaviour” - how should one control this habit?

Let’s do these exercises

a. Tick the correct answers:

1. The guru of the Pandavas and Kauravas was (**Dronacharya** / **Parshuram**).
2. Yudhistira found that the people in the town had (**good** / **bad**) qualities and each one was (**unique** / **ordinary**).
3. (**Yudhistira** / **Duryodhana**) was the eldest of the Pandavas and was always (**happy** / **sad**).
4. We (**should** / **should not**) find faults in others and should always try to (**appreciate** / **criticize**) others.

b. Fill in the blanks:

1. Yudhistira was a _____ person who found _____ in others and ignored the _____ qualities.
2. The war of Mahabharata took place between the _____ and _____ brothers.
3. If we look for good qualities in others we will be _____.
4. In ancient times, schools were known as _____.

5. Duryodhana found _____ in others; he felt that some people were _____; some did not _____; some did not _____ and he considered himself to be _____.

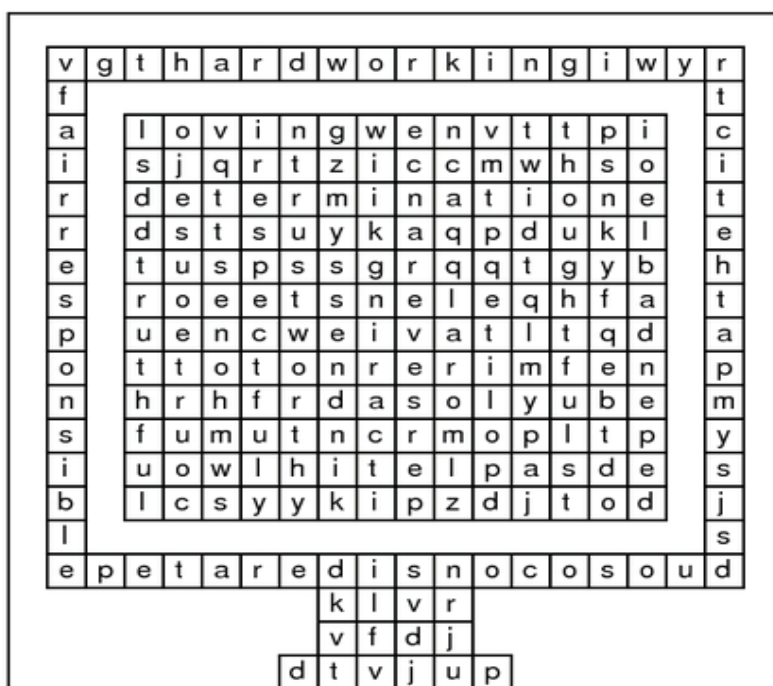
c. Write 'T' for true and 'F' for false:

1. Yudhistira was given the task of meeting the nicest person in the town and share his experience.
2. Duryodhana being the youngest of the Kauravas was never happy or satisfied.
3. Nobody liked Duryodhana because he always made fun of others.
4. A person who finds faults in others can never make friends and enjoy a happy life.

Activity

Yudhistira found good qualities in the people he met. Find those words.

Word Search: Character Counts



Identify the following qualities in the grid:

truthful	kindness	perseverance	determination	trustworthy
caring	fair	honest	responsible	dependable
sympathetic	courteous	loving	polite	considerate
moral	respectful	thoughtful	hard working	

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TORTOISE AND THE BIRD

Expected learning outcomes

Students

- avoid boasting about the things they have.
- understand that humility and hard work are essential to achieve success.

Glossary

boast	- self-praise
expensive	- costing a lot of money
shabby	- in bad condition
twig	- a small thin branch of a tree or bush
victorious	- winning
pause	- to stop for a while
accommodate	- to have enough space for somebody / something
effort	- to try



Story time

Gangotri is studying in Class 2, She was asking her parents for expensive colour pencils like the ones her friend had, though she had a few. Seeing this, Gangotri's **ajji (grandmother in Kannada)** thought that she should tell her a story about a bird and the tortoise...

Ajji – On a hot sunny day in a forest, there was a tortoise who woke up after a short nap. He noticed a bird sitting on the branch, near her nest.



The tortoise spoke to the bird teasingly, “What a shabby home you have! It is made of broken twigs; it has no roof, and looks ugly.

Look at my shell. It is so strong. It is so difficult for anyone to destroy it.

What’s worse is that you have to build it yourself. I have my nest since birth. I do not have to do anything for it.”

Gangotri – The bird must have been quite angry at being teased like this.

Ajji – No, Gangotri. The bird was very calm. She replied – “Yes, it is made of broken sticks, looks shabby and has no roof . It is ugly, but I built it, and I like it.

Brother, I have a sense of satisfaction that I have put in great effort and built this small little place.”

The tortoise once again teasingly said – “Oh come on! It is like the story of the fox that could not get the grapes and hence declared them to be sour. I know you are jealous of me.”

Gangotri (angrily) – If I were in the bird’s place, I would have attacked the tortoise.

Ajji – No Gangotri. We should not get angry. If we get angry at being teased, the other person who is teasing will indeed feel victorious.

Gangotri – So, what did the bird do?

Ajji – The bird said – “My dear brother. Do you realize that your shell can protect only you? It cannot accommodate anyone other than you. But, my wonderful nest can protect my entire family, and also my friends.



After a pause, she added – “Maybe you have a better house. But I have a better home.”

Gangotri – What did this mean?

Ajji – She meant that – It is always nice to stay with our extended family including parents, grandparents, uncles and aunts together, even if it is a small place. This is better compared to staying in a large house with very few people living in it.



A crowded hut is better than a lonely palace.

Gangotri – How did the tortoise respond?

Ajji – The tortoise was now feeling ashamed. He indeed started realizing his mistake.

The bird continued “Also, one should not boast on what one has got in life by birth. We can be proud of what we achieve in life based on our own effort.”

Ajji – What do you understand from this?

Gangotri – I am not very sure, ajji.

Ajji – Listen, children in your class may come from different backgrounds and different families. You should not boast about what you have got from your parents, because you have just been lucky to get it. Also, you should not look down upon anyone just because he may come from a relatively poor background. What is important is, what we ourselves achieve based on our own effort.

Gangotri – I understand, ajji. We should all be humble and work hard to achieve success in life.

Question time

1. Why do we boast about our belongings? Is it right? Why/why not?



Let's do these exercises

a. Fill in the blanks:

1. The nest of a bird is made of _____.
2. We should be humble and _____ to achieve success in life
3. The nest of a bird can accommodate _____ while the shell of a tortoise can accommodate only _____.

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

1. A tortoise has a shell by birth which is very weak.
2. Teasing hurts the person being teased.
3. We should not boast based on what we have got in life by birth.
4. The shell of a tortoise can accommodate many creatures.
5. We should not look down upon those children who may come from a relatively poor background.
6. It is easy to destroy the nest of a bird.

c. Narrate the story "Fox and the grapes":

Activity

Where do these animals live?

Match the images on the left with their corresponding images on the right.

Frog



Stable

Pig



Pond

Dog



Nest

Horse



Shed

Bird



Pigsty

Hen



Kennel

Cow



Coop

LOVE YOUR COUNTRY!

Expected learning outcome

Students

- appreciate the richness of our country.
- get ready to work for the country.
- strive to be a good citizen.

GLOSSARY

defend	- protect from harm or danger
diversity	- the wide variety of something
merit	- a good quality of somebody / something



STORY TIME

Chirag was excited when he came to know from his mother that his **kaka (father's younger brother in Odiya)** who lives in the USA was soon coming to India for summer vacation. He talked to his **jejema (grandmother in Odiya)** about this.

Chirag – Jejema, is kaka coming to India for vacation?

Jejema – Yes, he is coming, Chirag.



Chirag – I am very excited to meet him. He would bring me a lot of gifts. After all he is coming from the USA!

Jejema – What do you know about the USA?

Chirag – I have heard that the USA is very beautiful. There are very tall buildings; people are rich; surroundings are very clean. I wish I grew up there.



Jejema – Chirag, each country is very different. We should always be proud of our own country. Yes, the USA has made progress in a few areas compared to India. We need to definitely improve on those fronts. However, in many other ways, we are better than countries like the USA. India is truly a special country.

Chirag – What is special about India?

Jejema – We Indians have a rich culture. India is a country blessed with different languages, dance styles, food items, clothes, festivals, etc. ‘Unity in diversity’ is the strength and power of India.

India is a peace-loving country. We have never attacked any other country in our long history. But yes, we have defended ourselves bravely when attacked by others.

Chirag – Very interesting, jejema.



Jejema – India is also very spiritually developed. Many Yogis and great Rishis of India have shown the people of the world that happiness and peace can be got by meditation and sincere prayers.

In India people of all religions live together peacefully.

In India people do all kinds of work and live happily. Over here, a person selling tea can become the Prime Minister of the country, based on his own merit. People from very humble backgrounds can also rise to be the Prime minister and President of this country.

Jejema – Can you guess whom am I referring to?

Chirag (instantly) – Our beloved PM, Shri Narendra Modi. I know he was selling tea. Dr. A P J Abdul Kalam, the missile man, who became the President was also from a humble background.

Jejema – That's right.

Jejema – At the same time, we have to improve in many ways. We need to ensure better quality roads, hospitals, schools etc. But I am sure, with talented people in our country we can achieve this goal. The young people of India can bring about a big change in our society. Every Indian should do something good for the country

Chirag – What can I do for my country?

Jejema – You can do a lot. First, respect your country; use your knowledge for country's development, work sincerely and value our rich culture. There is a famous saying that,

“Ask not what your country can do for you; ask what you can do for your country”.

Chirag – What does this mean jejema?

Jejema – It means that we should not expect the country to provide us with everything. We should not keep complaining about what we lack. Instead, it is our collective responsibility to serve our motherland and see it becoming better. The country needs our services.

Chirag – Sure, jejema. Your words have made me realize how great India is.

Jejema – Chirag, also always remember that - जननी जन्मभूमिः च स्वर्गादपि गरीयसी (*Janani Janmabhoomish cha Swargaadapi Gariyasi*), that is 'Mother and 'Motherland are superior to even heaven'.

Chirag (raising his fist) – jejema, Vande Mataram!

Let's do these exercises



a. Tick the correct answers:

1. We should always feel (**proud** / **ashamed**) of our country.
2. India is a (**peace** / **conflict**) loving country.
3. Mother and Motherland are superior to even (**heaven** / **home**).
4. All countries are (**different** / **alike**).

b. Fill in the blanks:

1. We should always be _____ of our own country.
2. We Indians have a rich _____ and _____.
3. Through _____ and _____ the yogis and rishis have shown the path to achieve mental peace and happiness.
4. We should respect our country and use our knowledge for _____.

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

1. India has positively influenced the people across the world, with her spiritual knowledge.
2. People in our country do not live peacefully because we follow different religions.
3. We have talented people, who can work towards the betterment of our country.
4. We should preserve our country's culture.

Activity

Cities of India

Find the names of the following Indian cities in the word search puzzle.

A	N	U	C	J	M	S	L	K	A	J	K	U	L	C	R	P	D	M	X
A	T	A	G	R	A	K	I	P	M	R	R	K	O	X	E	I	A	Y	D
V	G	N	N	C	L	U	Q	U	O	Q	G	I	N	D	X	M	B	S	G
E	A	B	W	H	T	H	J	N	L	T	H	B	E	A	U	U	J	V	T
N	L	I	X	E	C	B	K	E	M	E	Y	N	W	N	A	M	O	G	O
Y	P	K	B	N	P	D	M	X	Y	S	D	J	D	B	A	B	K	J	R
M	S	Z	N	N	O	Q	G	T	K	Z	E	P	E	I	J	A	N	I	D
A	L	O	J	A	I	P	U	R	O	Y	R	Z	L	K	J	I	S	M	K
R	P	W	P	I	H	K	T	N	L	N	A	I	H	T	T	K	O	X	E
D	H	H	Z	U	A	R	A	X	K	I	B	P	I	K	L	W	X	U	N
A	S	T	O	A	O	E	N	D	A	J	A	F	D	S	Y	F	D	S	Y
B	H	O	P	A	L	X	P	F	T	B	D	O	L	S	P	M	R	D	G
D	L	K	A	J	K	U	L	R	A	B	E	N	G	A	L	U	R	U	P
Q	H	N	L	J	L	Y	J	C	X	Y	L	I	T	P	P	A	E	A	H
Y	U	L	P	T	Q	H	C	I	X	V	P	P	I	O	F	D	S	Y	S

Agra
Jaipur

Bengaluru
Kolkata

Bhopal
Mumbai

Chennai
New Delhi

Hyderabad
Pune

FOSTERING VEDIC VALUES -2

INSPIRATIONAL POSTER



Coin a caption _____



Coin a caption _____



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.

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.

