

Fostering Vedic Values

Rig Veda
Yajur Veda
Sama Veda
Atharva Veda

FOSTERING VEDIC VALUES



Fostering Vedic Values

Fifth Edition published in 2024

You are free to copy and redistribute the material in any format or medium. You must give appropriate credit and should not use the material for commercial purposes without the permission of the author. If you remix, transform, or build upon the material, you may not distribute the modified material.

You can write to ‘Tamilnadu Arya Samaj Educational Society’ 212–213, Avvai Shanmugam Salai, Gopalapuram, Chennai – 600086 or email to publications@davchennai.org to seek permission to print all or only certain chapters of the book.

The Author of this book is solely responsible and liable for its content including but not limited to the views, representations, descriptions, statements, information, opinions and references.

200/-



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

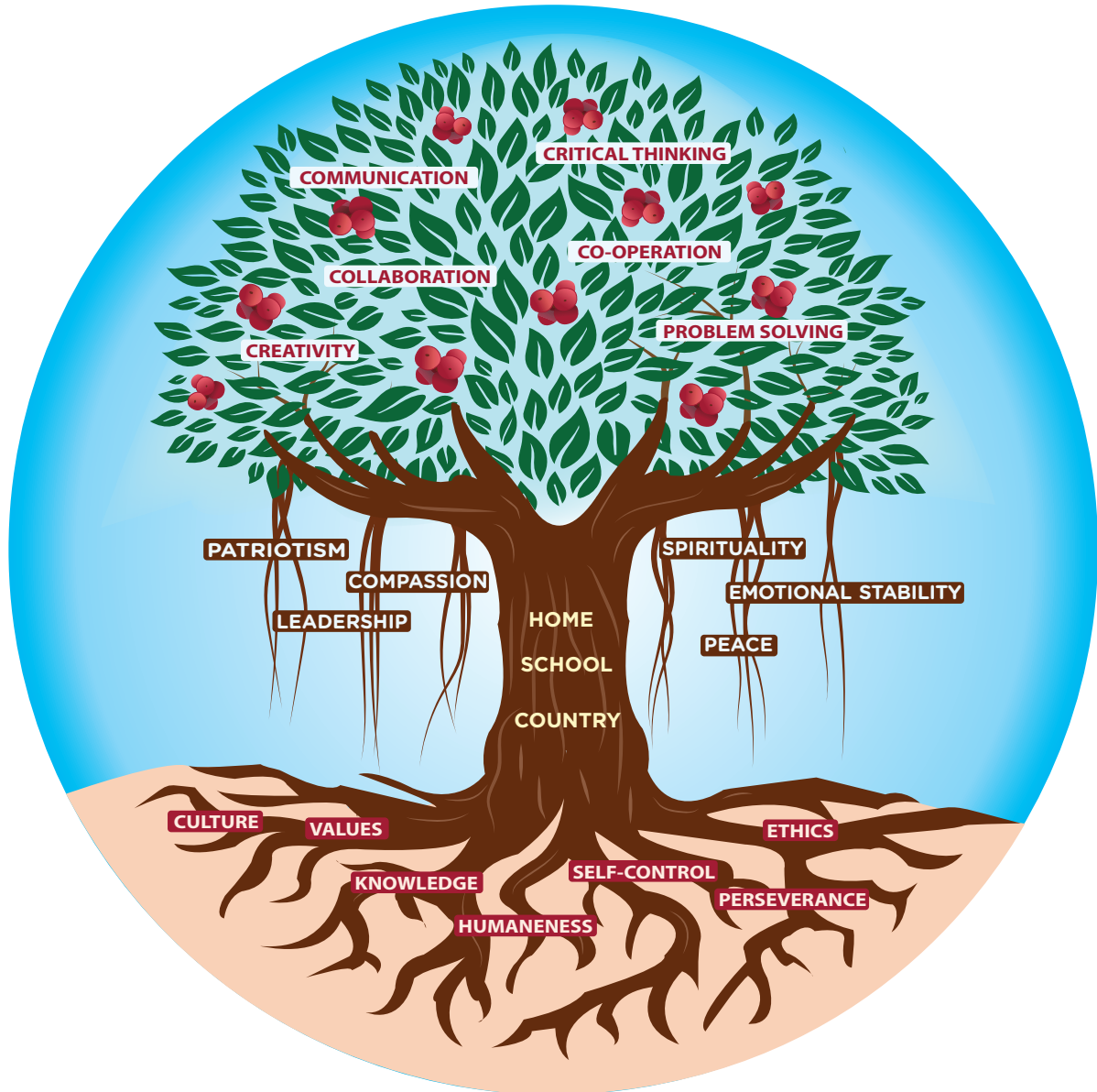


CONTENTS

1. Dharma	1
2. One Lie Leads to Another...	6
3. Brave Ruchitha	11
4. Devataa	15
5. Contentment	19
6. Dr. Abdul Kalam	23
7. Prayer – Imbibe What is Good!	29
8. The Richest Man	33
9. The 10 Minute Mantra!	37
10. Walk the Talk !	42
11. Sharing	46
12. The Creator	51
13. Harvest Festivals of India	56
14. Indian Army	61
Activity Corner	65
Inspirational Poster	66



The Learning Tree



1

DHARMA

Expected learning outcome

Students understand the benefits of following Dharma in daily life

Glossary

deeds	- activity
beneficial	- helpful/useful
aspects	- detail
contented	- satisfied
disciples	- followers
subsequently	- afterwards
evolved	- developed
effort	- try



Story time

Eshan's *jejebapa* (grandfather in Odia) wanted to tell him about the true meaning of Dharma...

Jejebapa – Eshan, have you heard about this term – ‘Dharma’ in Sanskrit?

Eshan – No, jejebapa. What does it mean?

Jejebapa – The simplest definition of ‘Dharma’ is what you do for your own good; what you do to protect yourself; what you practice in everyday life.

Let me give you an example. Should you wash your hands before eating?



Eshan – Yes, jehebapa. We should. Washing our hands with soap removes the germs from our hands. This helps prevent infections.

Jehebapa – Very good Eshan. Now, do you follow this every day in your life?

Eshan – Yes, jehebapa. I do wash my hands before food almost every time.

Jehebapa – Good Eshan. This simple practice is one form of ‘Dharma’ as you have adopted it in your everyday life.

Eshan – So, all good things that we do is Dharma?

Jehebapa – Yes, Eshan. This is because doing good deeds protects you. It makes you a better person.

Eshan – So, sleeping early, waking up early, obeying elders, speaking truth – Are all these Dharma?

Jehebapa – Absolutely! All the above aspects are beneficial to you for leading a healthy, happy and a balanced life. Helping someone is also Dharma. It is good for you and gives you happiness.

Eshan – So, how do we know what is good for us? Are there any rules that we should follow in our lives?

Jehebapa – The Almighty (Ishvar) has laid down rules for living a contented and happy life. We should also take care of animals and environment around us.

Jehebapa – When Ishvar created this Universe, He also gave us the message of what is good for us (Dharma) and what is not good for us (Adharma). Rishis (scholars) who meditated deeply, received His message.

Eshan – What happened then?



Jehebapa – The Rishis learnt how to live a happy and a contented life. They also passed on the message to their followers (Shishyas).

Eshan – Oh! Where did the Rishis write down Ishvar’s messages?

Jehebapa – In those days, there was no paper or ink. So the Rishis did not write down the messages but they taught their disciples orally and passed on their knowledge. The Rishis also arranged their knowledge into four segments and these were called the four Vedas. Vedas in Sanskrit means “Knowledge”.

Eshan – So, what are these four Vedas?

Jehebapa – The four Vedas are known as **Rig-Veda**, **Sama-Veda**, **Yajur-Veda** and **Atharva – Veda**. The Vedas were subsequently written down and are now available as books. Vedas are indeed the oldest books in the library of humans.

Eshan – Are the Vedas written in Sanskrit?

Jehebapa – Yes, they are. Sanskrit is the most ancient language. Indeed, many of the modern languages evolved from Sanskrit.

Eshan – Can I learn the Vedas?

Jehebapa – Yes Eshan, you should make an effort to learn the Vedas.



Question time

1. List a few Dharmas that you follow. Also share the benefits that you have experienced because of this practise.



Let's do these exercises



a. Tick the correct answers:

1. Rishis passed on the message of the Vedas (**in writing** / **orally**).
2. Adharma means (**good** / **evil**) actions.
3. The oldest books in the library of humans are the (**Vedas** / **Puranas**).
4. Ishvar (**has not** / **has**) laid down the rules for living a contented and happy life.
5. The modern languages have evolved from (**Sanskrit** / **English**).

b. Fill in the blanks:

1. The four Vedas are _____, _____, _____ and _____.
2. Sleeping early, waking up early, obeying elders, speaking truth, etc. are examples of _____.
3. Washing our hands with soap removes _____ and prevents us from _____.
4. Helping others is a form of Dharma because it is _____ for you as well as it gives you _____.

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

1. Dharma means what one does for one's own good, what one does to protect oneself and what one practises in everyday life.
2. An act of Dharma makes us happy.
3. The Rishis realized Ishvar's message and arranged this knowledge into four parts called Vedas.
4. Disturbing the animals and environment is a form of Dharma.



Activity

In the checklist given below, tick the habits that you follow every day and cross the ones that you don't. Try to follow all the good habits.

MY GOOD BEHAVIOUR CHART

- Am nice to siblings and pets.
- Quiet while mom is on phone.
- Keep neat and clean.
- Use kind words.
- Exhibit good sportsmanship.
- Eat what I am served.
- Go to bed on time.
- Speak pleasantly.
- Make good choices all day.



2

ONE LIE LEADS TO ANOTHER..

Expected learning outcomes

Students:

- understand the harmful effects of telling a lie.
- resolve to speak the truth at all times.

Glossary

attractively - in a pleasing manner

burden - load

entire - complete/full

defend - protect

accept - take

apologise - say sorry



Story time

*On a Sunday, Nivaan was talking to his **nanaji** (maternal grandfather in Hindi). He narrated to him a story about Arun...*

Nanaji – Nivaan, there was a kind and sweet-natured boy called Arun.

Nivaan (naughtily) – Just like me, isn't it?

Nanaji – Oh! Yes. Do you know what he did one day?

Nivaan – What did he do nanaji ?

Nanaji – As usual, Arun got ready for school and his mother helped him pack his bag. He left for school happily. On that day, one of his friends had brought a bunch of new colour



pencils to school. He had kept them on his desk. They looked quite attractive. When no one was watching, Arun picked up one pencil and put it into his bag.

Nivaan – His friend must have started searching for it!

Nanaji – Yes, that's right. He asked Arun – “Hey, did you take my purple coloured pencil?” He paused for a second and said “No No, I did not.” Now, this was his FIRST LIE.



Nivaan – What happened then?

Nanaji – Arun came back home. In the evening, when his mother was arranging his bag for the next day, she found the purple coloured pencil. She asked – “Arun, where did this pencil come from?”

Nanaji – Arun did not know what to do. But he quickly replied “Maa, my friend gave it to me for his birthday”

Nivaan – So, this was his SECOND LIE.

Nanaji – Arun's mother could feel something was not right. She asked him again – “Arun, did you steal this pencil?” Arun confidently said – “No Maa.”

Nivaan – Now, this was his THIRD LIE.

Nanaji – The evening was not easy for Arun, as he carried the burden of telling lies repeatedly. He felt unhappy. His mother could make out that something was wrong. Just before he went to bed, she softly asked him why he was upset. She asked him to speak out and promised that she will not scold him. Arun also wanted to come out of the trap of lies. He finally told her the truth. Arun's Maa advised Arun to return the pencil to his friend and say sorry to him.

Nivaan – Did he do that the next day?

Nanaji – Back in school, he felt that if he told his friend the truth, his entire class will make fun of him. Arun simply told his friend that he had found the pencil on the floor after school and gave it back to him. His friend thanked Arun.

Nivaan – So, now this is once again a lie – FOURTH LIE?



Nanaji – Yes, Nivaan. Arun’s Maa already had a doubt about Arun telling the truth to his friend while returning the pencil. So she asked him when he came back home. Arun could not lie to his mother. He told her how he had returned the pencil to his friend.

Nanaji – His Maa felt that it is important for Arun to learn from his mistake. She told him that, to defend a wrong action we tell a lie. And then to defend the previous lie, we start telling many other lies. So, it becomes a complex knot.



It is best not to commit a wrong act in the first place. In case we do, it is best to accept it. Otherwise it will lead to a knot of lies. She urged Arun to go back the next day and meet his friend separately and apologize to him.

Nivaan – Did he do that the following day?

Nanaji – Yes Nivaan. He did this the next morning. His friend also forgave him. Arun felt very relieved. At last, Arun felt that he had untied the knot of lies. He felt at ease now.

Nanaji – Nivaan, what did you learn from this story?

Nivaan – Nanaji, I understand that one lie leads to another and this chain never stops. It is better to always speak the truth.



Nanaji – And also when someone speaks the truth and accepts his mistakes, we should simply forgive and not make fun of him.

Nanaji – Remember, *Satyameva Jayate* (सत्यमेव जयते) **Truth always prevails** (wins).

Let's do these exercises

a. Tick the correct answers:

1. When a person accepts his mistake, we should (**make fun of** / **forgive**) him.
2. Truth always (**fails** / **prevails**).
3. We should always speak the (**truth** / **untruth**).
4. We feel (**happy** / **guilty**) when we lie.
5. The chain of lies, becomes a (**complex knot** / **simple knot**).

b. Fill in the blanks:

1. When we commit a wrong act, we should _____ it so that it does not lead to a _____.
2. We sometimes lie because we feel that our friends would make _____ of us, if we speak the truth.
3. Honesty is the _____ policy.

c. To do:

1. Remember an instance where you were honest though you could have lied . Share how happy and relieved you were on that occasion.
2. Sometimes we make a mistake and feel bad about it. Share one such incident.



Activity

Honesty

Draw to show:

a) How you felt when you did not lie



Honest individuals tell the truth!



3

BRAVE RUCHITHA

Expected learning outcome

Students understand the need to be brave during difficult times and act with presence of mind

Glossary

encouraging	-	motivating
alerted	-	warned
including	-	together with
crash	-	hit
remarked	-	mentioned



Story time

Adhidev went to the park with his **thakurda** (*grandfather in Bengali*). While they were walking around the park Adhidev's thakurda decided to tell him a story about a brave young girl.

Thakurda – I was reading the newspaper yesterday. I came across this story of a brave little girl from the state of Telangana. Would you like to listen to it?

Adhidev – Yes, thakurda.

Thakurda – Ruchitha was an eight year old girl. She lived in a small village called Masaipet in Telangana. It was a bright sunny day on July 24, 2014, a Thursday. Ruchitha was going to school with about 25 other children in her



school bus. There was a railway crossing that the bus passed by each day to reach the school.

Thakurda – Have you ever seen a railway crossing?

Adhidev – Yes, thakurda. I remember. We did cross one, when we went to our village last year.

Thakurda – That’s right. So the school bus was passing by the railway crossing as usual. However, on that day, there was a heavy traffic ahead and somehow the driver carelessly stopped the bus right on the railway track.

Adhidev – What happened after that?

Thakurda – Just then, Ruchitha who was seated near the window saw a train coming towards the bus. She quickly alerted the driver and requested him to move the bus away from the tracks immediately. But sadly, at that moment the vehicle did not start.

Adhidev – Oh Ishvar!

Thakurda – As the train sped towards the bus, Ruchitha soon realized that the train was definitely going to crash into the bus. She had an excellent presence of mind. She immediately pushed two of her friends – Mahipal Reddy and Sadhbhavan Das, who were seated near the window, on to the road away from the railway track. Just before the train could hit the bus, Ruchitha too jumped out of the window.

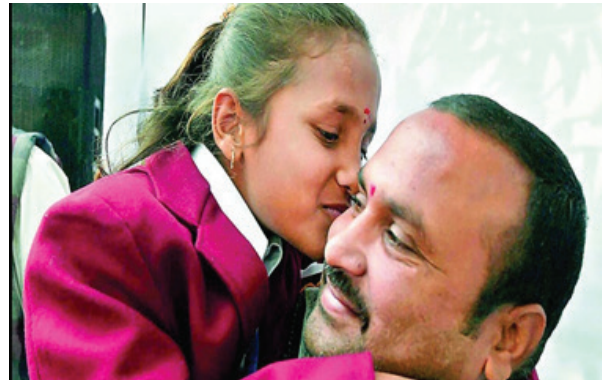
Adhidev – What happened to others, thakurda?

Thakurda – Sadly, many of the other passengers in the bus, including the children, driver and the conductor were killed, as the train hit the bus with great speed. Some of them were seriously injured.

Thakurda – But, brave Ruchitha ended up saving not only herself but also two of her friends.

Adhidev – Wow! What an act of bravery!

Thakurda – Then, an ambulance arrived at the accident site. Ruchitha was brave enough to give her father’s contact number to the medical staff. Ishvar gave her all the strength to deal with the entire situation with intelligence.



Thakurda – Ruchitha however was left with a sense of sadness after the accident. Her younger sister and brother were also sitting in the same bus. She had called out to her sister who was sitting in the first row. But, Ruchitha could not save her sister, as she was unable to quickly come towards the window. Her younger brother, who was also on the bus, suffered injuries in the accident.

Thakurda – For this brave act of hers, Ruchitha was given the **National Bravery Award** by our beloved Prime Minister, Shri Narendra Modi on January 24, 2016.

Thakurda – She was very happy to receive the bravery award. After the award ceremony, she remarked “I wish I was also able to save my sister, as we all miss her every day.”

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

Question time

a. Tick the correct answers:

1. Ruchitha lived in a small village called Masaipet in (**Telangana / Karnataka**).
2. Ruchitha was a (**brave / timid**) girl.
3. Ruchitha was awarded in the year (**2008 / 2016**) for her act of bravery.
4. We need to be (**careful / careless**) when we drive a bus or a van.

b. Fill in the blanks:

1. Ruchitha was awarded the _____ by _____.
2. The bus had to cross a _____ each day to reach the school.
3. After the accident, she was brave enough to give her _____ to the medical staff.
4. Ruchitha was not able to save her younger sister because her sister was sitting in the first _____ and she was unable to _____.

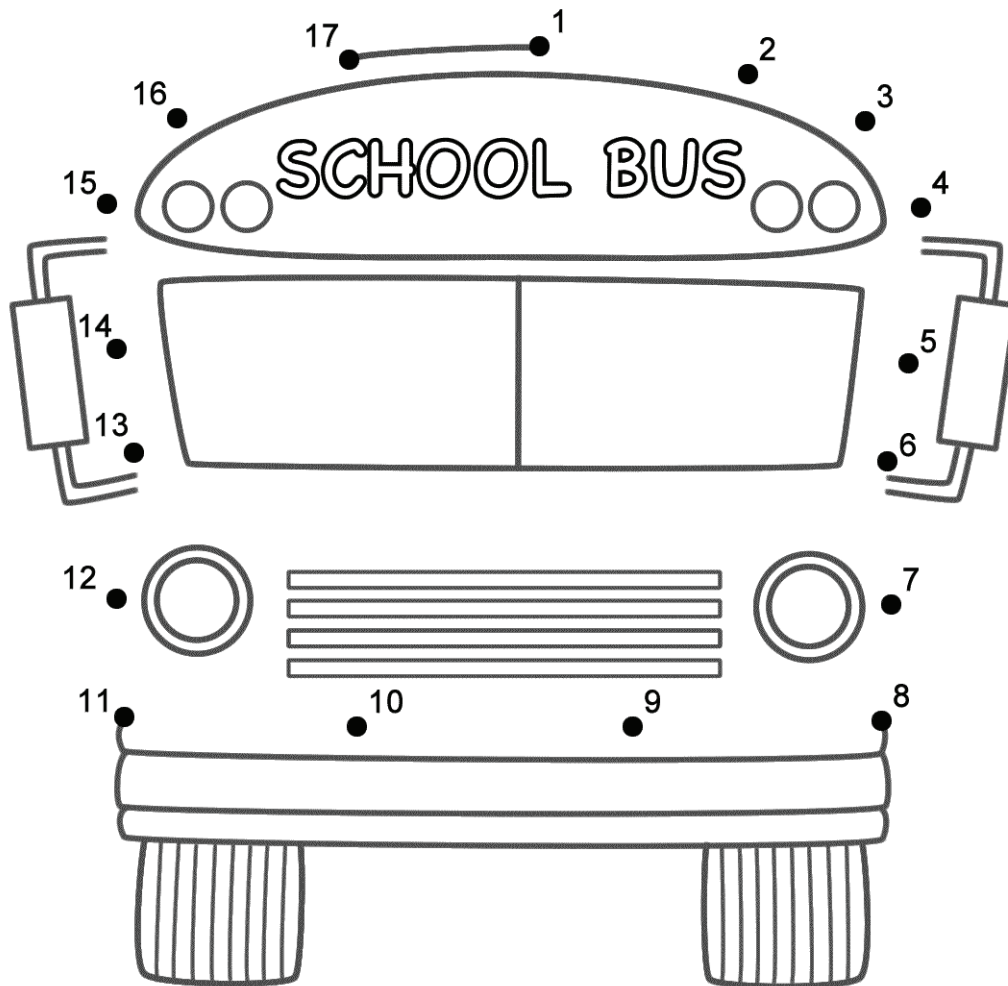
c. Write ‘T’ For true And ‘F’ For false:

1. Ruchitha noticed a train coming towards the bus and alerted the driver.
2. She saved her life as well as of other two friends who were seated nearby by pushing them out of the window.
3. Her younger brother suffered injuries in the accident and recovered later.

4. There were 30 students in the school bus along with Ruchitha.
5. Ruchitha regrets for not being able to save her sister.

Activity

Join the dots and colour the picture.



4

DEVATAA

Expected learning outcome

Students understand the real meaning of the “Devataa”

Glossary

alert	- aware
context	- situation
expect	- await
selfless	- kind
ideally	- perfectly



Story time

Aaruni looked forward to sitting with her **aaji (grandmother in Marathi)** every evening and talking to her. Aaruni was reading a book earlier in the evening about how nature provides us warmth, water, air etc. She had a few queries...

Aaruni – Aaji, the other day I remember you telling me that Sun is a ‘Devataa’. But Devataas are Gods. Is Sun a Ishvar too?

Aaji – You are pretty alert, Aaruni. I am glad you asked this question. First of all, the word ‘Devataa’ is confusing in this context.



You should not mix it up with the 'God' (Almighty) who created this universe and is present everywhere. I prefer to call Sun as Devataa - Surya Devataa.

Aaruni – Who or What exactly is Devataa?

Aaji – Devataa is one who gives us something but does not expect anything in return. Sun is a Devataa because it gives us light and heat without receiving anything in return from us. Wind is also a Devataa as it helps us breathe. We cannot live without air even for a few minutes. Water is again a Devataa, useful to us in so many different ways. Indeed the nature around us - Earth, rivers, mountains, metals, minerals, plants, trees giving fruits, vegetables and flowers are all Devataas. They serve us selflessly.

Aaruni – I have heard *aai and baba (mother and father in Marathi)* are also Devataas.

Aaji – That is true. Parents provide everything for their children, so they are Devataas too. Do they expect anything in return from their children?

Aaruni – Not really.

Aaji – You can also be a Devataa, if you 'Give' something to a needy person.

Aaruni – I understand from what you say that Devataa does not expect anything in return. If I help my friend today and expect that she will help me tomorrow, then am I a Devataa or not?

Aaji – No, you are not a Devataa in the true sense because, you are expecting something in return. However, the fact that you still helped is definitely a positive action.

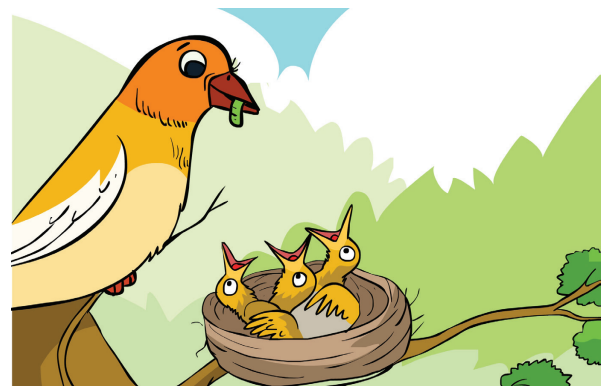
Aaruni – So, ideally, does it mean that a Devataa should not be selfish?

Aaji – That is right.

Aaruni – So then aaji, is a mother bird that provides food for her chicks a Devataa for them?

Aaji – That is a great observation. Absolutely true – the mother bird is a Devataa for her kids.

Aaji – Devataas can be broadly grouped into two types – *Non-living* and *Living*. The Sun, Water, Air, Earth etc. are Non-Living who have been created by Ishvar, i.e. the Almighty for the benefit of all living beings. These Devataas carry out their duties day and night selflessly.



Living beings created by the Ishvar is the other kind of Devataa. We humans have a conscience. We know what is right and wrong. Thus, we have the choice to be a Devataa or not. We become Devataas only when we give selflessly.

Aaji – Have you heard about this shloka from the Upanishad?

मातृ देवो भव । पितृ देवो भव ।
आचार्य देवो भव । अतिथि देवो भव ॥

Maatru Devo Bhava. Pitru Devo Bhava.

Aacharya Devo Bhava. Athithi Devo Bhava.

“Mother is a Deva; Father is a Deva; Aacharya (a teacher, a scholar) is a Deva; Athithi (Guest) is also a Deva.”

Deva here refers to Devataa. Teachers and scholarly guests, who provide us with knowledge and share their valuable life experience with us, are also Devataas.

Aaruni – So, what is our duty towards the Devataas?

Aaji – We should live in harmony with the Non- living Devataas such as sun, air, water etc by preventing pollution. Today there is air pollution, water pollution, soil pollution, noise pollution etc. on a very large scale. We should not exploit Nature to satisfy our never ending needs.

Aaruni – And what about Living Devataas?

Aaji – We should respect Living Devataas like parents and teachers etc. We should respect and obey their words.

Aaruni – Thank you aaji. You are also a Devataa for me!

Let's do these exercises

a. Tick the correct answers:

1. Wind is a Devataa as without it we (**can** / **cannot**) survive even for few minutes.
2. One who has a (**selfish** / **selfless**) motive is Devataa.
3. The Non-Living and Living Devataas are created by (**the Almighty** / **human beings**).
4. We (**should** / **should not**) exploit nature to satisfy our greed.



b. Fill in the blanks:

1. Teachers and scholarly guests are considered as Devataas because they provide us with _____ and share their life experience with us.
2. We should live in _____ with the Non-living Devataas of nature by preventing _____.
3. Devataa is someone who gives us something but does not _____.
4. Ishvar has given the humans _____ and _____ to decide whether to be a Devataa or not.
5. _____ and _____ Devataas whose words we should _____ and _____.

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

1. The sun, water, air, Earth, etc. are Devataas created by Ishvar which operate day after day in a systematic way for the benefit of all.
2. Sun is a Devataa because it gives us light and energy without expecting anything in return.
3. If a person helps his friend, expecting him to help in future, he is considered a Devataa.

Activity

Complete the sentences with (**should** / **shouldn't**) to save the environment:

1. We _____ cut trees.
2. We _____ litter the streets.
3. We _____ walk or ride a bicycle to school.
4. We _____ recycle waste paper, cans and bottles.
5. We _____ leave the tap running while brushing our teeth.
6. We _____ turn off the lights and fans when not in use.
7. We _____ carry cloth or jute bags to the market.
8. We _____ use LED bulbs instead of those consuming more energy.



5

CONTENTMENT

Expected learning outcomes

Students:

- realise that contentment gives us the highest level of happiness.
- set high goals and work hard towards achieving them.

Glossary

disappointment	- sadness
overcome	- get over
inquisitive	- curious
console	- comfort
attitude	- point of view
contented	- satisfied
emotions	- feelings
explore	- to find out
effort	- try
achieve	- reach



Story time

Vedaant was a very good athlete, who practised everyday. He was excited that he was selected to represent his school in the Inter-school sports meet. He trained even harder the last two weeks, waking up at 5 A.M. However, on the day of the event, he fell sick. He was lying on his bed, almost sobbing. His **ajja (grandfather in Kannada)** sat beside him...

Ajja – Why are you crying Vedaant?

Vedaant – Ajja, I trained so hard for this sports meet. Why did I have to fall sick today?

Ajja – Vedaant, it is ok. All of us face disappointments during different occasions in life. Remember, life is not always rosy! You must not get upset. The only way to be happy in life is to be contented.

Vedaant – I am just not able to overcome this. I was very hopeful of winning a medal for my school.

Ajja – I understand. But, now that you are unable to participate in the event, there are only two things that you can do.

The first is, you continue to be very upset about not being able to participate. You blame God and say “Oh, why did this have to happen today?” or “Why did this have to happen only to me?”

Vedaant (inquisitively) – And the second is...?

Ajja – You can console yourself thinking that things could have always been worse. What if you had hurt yourself and suffered a fracture? You would not have been able to even walk properly for the next few months! Luckily, you have only a fever which will go away in couple of days and you will be fit again. Similar competitions keep happening round the year. You can prepare well and take part in the next one.

Vedaant – I now understand the right path ajja. I should accept events as they happen.

Ajja – Yes Vedaant. In the first situation, you were unable to control your emotions. You ended up losing mental peace and wasting a lot of your time. Your physical condition is not going to change today.

However, in the second situation, you develop the right attitude, you will be peaceful and contented. You will relax and will try to explore other ways of making use of your time properly, perhaps by reading books.

Vedaant – As we talk about satisfaction, I have a query. Does this mean we should not try to achieve more in life? If all of us are satisfied with what we have, then why would anyone make the effort?



Ajja – That is a brilliant question.

Ajja – Well, we should all definitely aim high and work hard towards achieving our goals. Being lazy without making an effort and saying that you are satisfied, is foolishness. The Vedas advise us to work very hard. We come from different kinds of families and have different talents. Irrespective of success or failure, we need to put in our best efforts and not worry about the results.

Ajja – Remember, one must enjoy the journey of life. You should be satisfied during the journey even as you work hard to achieve bigger things in life.

Ajja – Indeed, the ‘Yog Darshan’ written by Maharshi Patanjali advises -

संतोषाद् अनुत्तमः सुखलाभः

Santoshaad Anuthamaha Sukha-laabhaha

i.e. *One gains the highest level of happiness from contentment.*

Question time

1. If you were not able to participate in a school program for some reason after intense practice sessions, how would you feel? What path would you choose?
2. Do you feel discontented with anything in your life? If yes, have your thoughts changed now? Share.
3. List out a few synonyms for contentment.
4. You prepare well for your examination. Suppose you are not able to take it up because you are unwell that day how would you feel?

Let's do these exercises

a. Tick the correct answers:

1. (**Mental peace** / **Jealousy**) is achieved when we are contented.
2. The highest level of happiness is attained by being (**discontented** / **contented**).



b. Fill in the blanks:

1. We should aim high and work _____ towards achieving our goals.
2. Being _____ and not making any reasonable effort on the pretext of being satisfied is _____.
3. Vedas advise us to _____, put in _____ and then be satisfied with _____.

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

1. We should be contented with what we have.
2. Contentment gives the highest level of happiness in life.
3. When we don't control our emotions, we lose mental peace and also waste our time.
4. It's fine to be lazy, as we may get disappointed, if we do not achieve our goals.

6

DR. ABDUL KALAM

Expected learning outcome

Students draw inspiration from experiences of Dr. A.P.J. Abdul Kalam during his childhood.

Glossary

Eminent	- Famous	anecdotes	- short story
dedicated	- faithful	fabulous	- fantastic
achievements	- success	flung	- throw
diverse	- many	sincerity	- honesty
encouraging	- cheering	humility	- being humble
attempt	- try	beneficial	- helpful
desire	- wish	bestowed	- granted



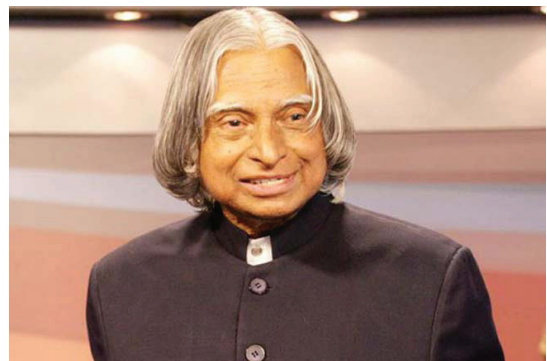
Story time

Mohit asked his **bapuji** (*father in Gujarati*) about some of India's great personalities and his Bapuji told him about Dr. A.P.J. Abdul Kalam.

Bapuji – Have you heard about Dr. A.P.J. Abdul Kalam, an eminent scientist who was also the 11th President of India?

Mohit – Yes bapuji. Indeed, I remember dressing up as Kalam Sir in a fancy dress competition when I was in kindergarten.

Bapuji – He was not only a great scientist but also a dedicated teacher, a fine statesman and above all



a fantastic human being. He was known as the ‘Missile Man of India’. He played a significant role in developing satellites and missiles to protect our nation. He also received the highest civilian honour of our country, the Bharath Ratna (Jewel of India).
Mohit – Why do we consider him a great human being?



Bapuji – He was very honest and humble, in spite of his achievements. He was so simple that he did not own even a refrigerator or a television. He loved to spend time with children, encouraging them to think and dream. He also shared his experiences with them. He loved animals, birds and was a vegetarian. He had such diverse interests, that he could play the Veena.



Mohit – Bapuji, did he want to become a scientist from when he was a boy?

Bapuji – No! Dr. Kalam’s dream was to become a fighter pilot in Indian Air Force (IAF). He wrote an examination to become one. He scored the ninth position but sadly there were only eight vacancies in the IAF. So, he lost his chance to become a fighter pilot. He was not disappointed He then joined the Defence Research and Development Organization (DRDO). He put his heart and soul into it and thus became a leading scientist. He truly believed “If you fail, never give up because FAIL means First Attempt in Learning.”

Bapuji – Would you like to know more about his childhood?

Mohit – Yes bapuji. That would be wonderful!

Bapuji – He was born on October 15, 1931 in this small sleepy coastal town called Rameswaram in Southern Tamilnadu. His father Jainulabdeen operated a ferry boat. It took people back and forth between the islands of Rameswaram and Dhanushkodi in the Bay of Bengal. These islands were 22 kilometers apart. His mother Ashiamma was a homemaker. Abdul Kalam was the youngest of the four brothers and one sister in his family.



Mohit – So, Kalam sir was staying near the sea?

Bapuji – Yes. Sea was an important part of his life. As a child, Kalam also helped his father build a boat to ferry passengers. Watching the boat come to life from pieces of wood and metal was very exciting for Kalam. He soon became interested in engineering.

Mohit – How was he in studies?

Bapuji – His marks in school were average. He was not the most brilliant in the class. But his teachers described him as a very hard-working boy, with a desire to learn.

But, Kalam was very good at Mathematics. Hence his father arranged for extra classes, so that he could become the best. He was about eight years old then. However, his teacher laid out one condition.

Mohit – What was that bapuji?

Bapuji – He wanted Kalam and four other students whom he had accepted to teach, to get up early in the morning, have a bath and reach his home by 4:00 a.m.!

Mohit (shocked) – At 4:00 a.m.?? Oh my God! so early ??!

Bapuji – Yes Mohit, and that too after having a bath. Kalam's mother would wake him up early in the morning. Anything is possible, once you are determined.

Bapuji – Dr. Kalam would study for an hour and return home before dawn.

Mohit – What would he do after that?

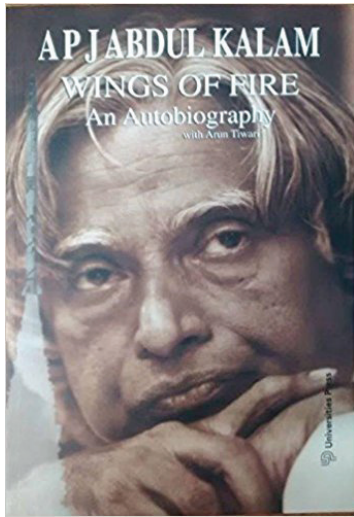
Bapuji – He had another responsibility before going to school. His cousin Samsuddin was running a newspaper agency and Kalam used to help him in distributing the newspapers to various households in Rameswaram. Unlike today the only source of information those days was newspapers.

Mohit: Did Kalam do that at that young age?

Bapuji – Yes Mohit. His father had limited income and this was a great way for young Kalam to help his family.

Bapuji – Can you guess where he picked up the newspapers from?





Mohit – Hmm...no bapuji.

Bapuji – The newspapers were published in Chennai (previously known as Madras) and were delivered at Rameswaram by a train that passed by every morning. The train would not stop at Rameswaram. As the train passed through the station, the newspapers would be flung out on to the platform. Kalam would wait at the platform. As the train rushed away, Kalam's job would begin. Kalam would pick up the bundles and divided them into batches. He would then go into the neighborhood and distribute the newspapers. For about an hour, he would go around Rameswaram, delivering the newspapers. Soon, he was able to identify the people by the newspapers they read - English or Tamil. Many people would indeed wait to receive their paper from a cheerful eight-year old boy.

He would then go back home, have his breakfast and go to school. In the evening, he collected the money from his customers and also completed his homework.

Dr. Kalam recalled - *“I learnt that as a working person, I had to be up and ready to face the day. Homework, tuition, prayers, all carried on, but the Madras-Dhanushkodi Mail would not wait for me—I had to be present at the station at the correct time and at the correct point to catch the bundles as they came flying in. It was my first brush with taking up a responsibility and seeing to it that I kept my word, no matter what.”*

Mohit – Wow, what a fabulous person he was!

Bapuji – Yes Mohit. And remember, he was not academically the brightest in the school; but he had the core values of sincerity, humility, dedication and hard-work. Dr. Kalam wrote 12 books and inspired millions of children across the country. There is also a very good movie called 'I am Kalam' in which a hard working poor child gets inspired by Dr. Abdul Kalam. He changes his name to Kalam and dreams to meet this great man one day. You should watch this movie!

Mohit (almost getting emotional) – “Bapuji I am also Kalam!” Bapuji hugs Mohit and blesses him.

Acknowledgement - Adapted from the book 'A.P.J. Abdul Kalam My Journey: Transforming Dreams into Actions.'



Let's do these exercises

a. Fill in the blanks:

2. Dr. Kalam wanted to become a _____ .
3. A.P.J. Abdul Kalam is known as the _____.
4. India's highest civilian honour is _____.
5. Dr.Kalam's father, _____, operated a _____ which took people back and forth between the islands of Rameshwaram and _____.
6. Dr.Kalam liked to spend time with _____ , loved _____ and _____ and was a vegetarian.
7. DRDO stands for _____.
8. FAIL according to Dr. Kalam is _____.
9. Dr.Kalam was the _____ President of India
- 10.Kalam's punctuality shows his _____ towards the work.
- 11.The most famous book of Kalam is _____.
- 12.During those days, the only source of information about the outside world was _____.
13. _____ is a movie wherein a hardworking poor child gets inspired by Dr.Kalam..

b. Write "T" for or "F" for false

1. Dr.Abdul Kalam was a simple, humble and an honest man.
2. Dr.Kalam helped our country to take giant steps in building war ships.
3. Dr.Kalam helped his father in boat making which became his first introduction to the complex world of engineering.
4. Dr.Kalam's desire for maths was so intense that he was ready to wake up early in the morning, have bath and reach his teacher's home by 4 a.m.
5. Kalam engaged only in academics and did not do any other work.



6. It was easy for Kalam to collect the newspaper that were printed in Rameshwaram and distributed
7. Kalam distributed newspapers to supplement his family income.

Let's have fun

Write any 5 quotes by A.P.J. Abdul Kalam that motivate you.

What are the qualities of Dr.Kalam that made him rise to become the President of India? Do you want them to be a part of you? How would you get the them?

Colour the picture

Activity



7

PRAYER – IMBIBE WHAT IS GOOD!

Expected learning outcome

Students realise that sincere prayers provide the mental strength to get rid of all bad qualities

Glossary

hesitation	-	unsure
motivation	-	encouragement
trustworthy	-	honest
intellect	-	mind



Story time

Aarushi's *paatti* (grandmother in Tamil) used to pray every evening at home. Aarushi won't sit with her paatti but play with her friends outside in the evening. Her paatti wanted to talk to her about Prayer...

Paatti – Aarushi, let us today talk about a simple prayer.

Aarushi – Paatti, Prayer is very boring. I do not understand anything.

Paatti – It is quite simple. I will also explain it to you with meaning. I am sure you will like it.

Aarushi agreed with hesitation.

Paatti – This prayer is from the Yajur Veda.



Aarushi – Oh Vedas? There are four Vedas, Aren't they? – Rig Veda, Yajur Veda, Sama Veda and Atharva Veda

Paatti – Excellent Aarushi. Like the many chapters in your book, Yajur Veda also has many chapters. The third mantra in the 30th chapter is as follows.

ओ३म् विश्वानि देव सवितर्दुरितानि परा सुव ॥
यद् भद्रं तन्न आ सुव ॥

**Om Vishwaani Dev Savitarduritaani Paraa Suva |
Yad Bhadram Tanna Aasuva ||**

Aarushi – What does it mean, paatti?

Paatti – So, let us understand it word by word.

ओ३म्	Om	<i>The primary name of 'Ishvar'</i>
विश्वानि देव	Vishwaani Dev	<i>Supreme Force of entire Universe</i>
सवित	Savita	<i>Creator of Universe, Giver of true happiness</i>
दुरितानि	Duritaani	<i>Bad habits and vices</i>
परासुव	Paraasuva	<i>Remove</i>
यद् भद्रं	Yad Bhadram	<i>What is beneficial (all good qualities)</i>
तन्न आ सुव	Tanna Aasuva	<i>May be bestowed (imbibed) within me</i>

Paatti – So, the complete meaning is – ‘Oh Ishvar, Supreme Force, Creator of the Universe, and Giver of true happiness! We pray to You to remove all our faults and bad qualities. May You give us all good qualities.’

Aarushi – So, will just prayers remove all our bad qualities?

Paatti – Ishvar continuously guides us within our mind. We all have an inner voice that helps us know the right from wrong. When you pray sincerely, you become strong to listen to your inner voice. This helps us to do what is good, and keep away from all that is evil.

Paatti – Thus, prayer should be supported by sincere efforts. Prayer will thus give you the inner motivation.



Paatti – Let us take an example. We know that we should speak only the truth. How many of us speak the truth always? We lie during difficult times.

Aarushi – Yes paatti. I do it too during such times.

Aarushi – Now, if you pray truly to the Almighty, you will get the mental strength and courage to speak the truth always. You may for instance be scolded in a particular situation wherein you spoke the truth, but it will make you trustworthy in the long term.

Paatti – Similarly all of us know that we should go to bed early and wake up early in the morning. How many of us really follow this habit every day? How many of us share our belongings with others?

Paatti – In this mantra, we pray to the Ishvar to remove all our bad qualities and our faults. One should not pray to the Ishvar for material things. Instead, one should pray for good intellect and good qualities.

Paatti – Only when we are able to let go of our bad qualities and absorb the good qualities, our life will be beautiful. We will be loved by all. We will have many friends and our parents will be happy with us. Relatives will also have good things to say about us. But above all this, we will feel happy, peaceful and satisfied.

Question time

1. Write any 2 ways by which you can make your parents feel happy about you.
2. Which are the 2 bad qualities that you would like to quit?

Let's do these exercises

a. Tick the correct answers:

1. The mantra 'Vishwaani Dev' is from (**Yajur / Rig**) Veda, chapter (**30 / 25**).
2. Om is the primary name of (**Ishvar / Nature**).
3. On absorbing good qualities in our life, we feel (**dissatisfied / satisfied**).
4. We pray to Ishvar to remove all the (**bad qualities / good qualities**) in our life.

b. Fill in the blanks:

1. We should pray to Ishvar to remove all _____ and bestow us with _____.



2. We have an _____ which helps to differentiate between the right and wrong and helps to gain _____ to listen to it.
3. Prayer provides us _____.
4. Prayer supported with _____ helps to remove all bad qualities from us.
5. When we pray, we should ask for _____ and _____ from Ishvar.

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

1. We should apply the knowledge gained, in our day to day life
2. Ishvar is the creator of the Universe and the giver of true happiness.
3. Sincere prayer helps us to gain the courage to stand up and tell the truth.
4. We should pray to Ishvar for material things.

Activity

The words of the mantra have been jumbled. Now, number the boxes, which carry each part of the mantra, in the correct order.

No. <input type="text"/> 	No. <input type="text"/> 	No. <input type="text"/> 
No. <input type="text"/> 	No. <input type="text"/> 	No. <input type="text"/> 

8

THE RICHEST MAN

Expected learning outcome

Students get motivated to serve the needy

Glossary

expenses - money spent on something



Story time

Sakthi always wondered who was the richest person in the world. When his **chithi** (*mother's younger sister in Tamil*) visited he asked her the same question. She told him about the richest man in the world...

Chithi – Sakthi, let me tell to you about Mr.Kalyana Sundaram, one of the richest in India.

Sakthi – He must be living in a huge palace with latest cars, isn't it?

Chithi – No Sakthi! He is over 78 years old now. He worked as a librarian in a college, and lives in a very simple place even today. He doesn't own any house or car.



Sakthi – I just do not understand, chithi. How can such a person be one of the richest in the world?

Chithi – Simply because he has a heart full of love for people who are suffering.

He worked as a librarian for 35 years in a college. He donated every rupee of his salary, month after month, for the poor and the needy at the orphanages. He has paid for the education expenses of thousands of children.

Sakthi – Then, what about his own expenses?

Chithi – He did extra work as a waiter in a restaurant to earn additional money for his own needs.

Sakthi – Wow! That is great. Tell me more about him, chithi.

Chithi – He was born in Tirunelveli district of Tamil Nadu. He lost his father at a very young age. It was his mother, who inspired him to serve the poor.

Mr.Kalyanasundaram recalls – “The place where I lived was a tiny village with no roads, buses, schools, and electricity. I had to walk 10 kilometers to school everyday and walking all that way alone was quite difficult. Hence, I had this thought that if I could motivate most of the children to come with me to school it would be nice.”

Kalyanasundaram says with a twinkle in his eye. “In those days, children could not afford to pay school fees which were around Rs. 5. I offered to pay their school fees, got them books and clothes as well.”

Sakthi – He walked 10 kilometers to school to study every day?

Chithi – Yes, Sakthi. All of you are so lucky. You have scooters, cars, vans and buses to drop you to school today. You have all other possible comforts as well. But this was not the situation way back.

Chithi – He has been serving people right from his childhood. He has donated about Rs. 30 crores over the last 65 years! A will to serve humanity has been his guiding principle throughout life.

Chithi – He has also received many awards over the years for his excellent service – ‘**Noblest of the World**’; ‘**Man of the Millennium Award**’; ‘**Life Time of Service Award**’. The United Nations considered him as ‘One of the Most Outstanding people of the Century’.

Sakthi – His mother must be really proud of him!



Chithi – Oh yes!

Chithi – He has truly lived a life in accordance with the following shloka.

परोपकाराय फलन्ति वृक्षाःपरोपकाराय वहन्ति नद्यः।
परोपकाराय दुहन्ति गावःपरोपकारार्थमिदं शरीरम्॥

Paropkaraya Phalanti Vrikshah Paropkaraya Vahanthi Nadyah|

Paropkaraya Duhanti Gaavah Paropkarartham idam shareeram||

Trees bear fruit only to benefit others; Rivers flow to help others,

It is only to benefit others that cows yield milk; our body too is meant to serve others.

Sakthi – I salute him, chithi!

Let's do these exercises

a. Tick the correct answers:

1. Mr. Kalyanasundaram worked as (**professor** / **librarian**) in a college for 35 years.
2. Mr. Kalyanasundaram was born in Tirunelveli district of (**Tamilnadu** / **Kerala**).
3. The school fees in those days were around (**Rs. 5000** / **Rs. 5**).

b. Fill in the blanks:

1. Trees bear _____ for the benefit of others, rivers flow to _____ and cow yields _____ for the benefit of others.
2. Mr. Kalyanasundaram donated every rupee of his salary for _____ people and helped fund _____ expenses of thousands of children.
3. Mr. Kalyanasundaram did extra work as a _____ in a restaurant to earn additional income to meet his _____.
4. A will to _____ has been Mr. Kalyanasundaram's guiding principle throughout life.

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

1. Mr. Kalyanasundaram has a heart full of unconditional love for the people who are suffering.
2. Mr. Kalyanasundaram lives in a bungalow and owns a car.
3. Mr. Kalyanasundaram helped those children who were not able to pay fees and buy books.
4. The United Nations adjudged him as 'One of the Most Outstanding people of the Century'.
5. Our body is meant to enjoy worldly luxuries.

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

- | | | |
|--------------|---|------------|
| 1. Vrikshah | - | body () |
| 2. Nadyah | - | cows () |
| 3. Gaavah | - | trees () |
| 4. Shareeram | - | rivers () |

e. Discuss:

Mr. Kalyanasundaram is the richest man in India. Discuss.

9

THE 10 MINUTES MANTRA!

Expected learning outcomes

- Students:
- understand the importance of using time wisely in everyday life.
- understand the benefits of doing small focussed tasks/ activities.

Glossary

utterly	- completely
amazed	- surprised
focussed	- concentrated
realistic	- practical
relevant	- to the point



Story time

Meera's *valliachan* (father's elder brother in Malayalam) once told her: "You can apply the 10 minutes mantra to change your life in a huge way." She did not understand initially...

Meera – Valliachan, What is the big deal in 10 minutes? What can happen in such a short span of time?

Valliachan – Well 10 minutes may seem short, but believe me, it can create an amazing difference in our lives.

Meera – Please elaborate valliachan.

Valliachan – I’ll tell you. But first, you’ve to wake up tomorrow at 6:00 A.M.

Meera readily agreed. Next day, valliachan went to her room in the morning and woke her up. She got off the bed immediately.

Valliachan – Good Meera, what time is it in the clock now?

Meera – It is 6:00 A.M.

Valliachan – Okay, so before you can follow the 10 minutes mantra, you have to follow the art of being aware of the clock.

Meera – Aware of the clock? What does that mean?

Valliachan – Look at the clock. It is 6:00 A.M. now. Within next 10 minutes I want you to do the following - Arrange your bed; drink a glass of water, wash your face and brush your teeth. But keep looking at your clock while completing these activities. That’s it.

Meera wondered why valliachan was asking her to do it. However, she followed the instructions. All the time, she kept glancing at the clock. Finally after 10 minutes (or 15 seconds earlier to be exact) she had finished all of it.

Valliachan – Well done, my girl! You have turned around your life!

Meera was utterly confused.

Meera – What do you mean valliachan?

Valliachan – Meera, please recollect how your previous day started off? Even after you got up, you were sitting on the sofa with your thoughts running in different directions. You wanted to lie down for a few more minutes. Your mother constantly kept asking you to get up, brush your teeth and have water. Before you were aware, the clock showed 7.00 a.m. Isn’t it? Meera nodded her head in complete agreement.

Valliachan – And today it is just 6:10 A.M.

“Yes”, Meera exclaimed now starting to understand.

Valliachan – So, what made you do it? Think. It is not because I told you. Your mother too keeps reminding you all the time, but it was of no use.



Meera – Got it valliacha. It is the art of being aware about the clock! Isn't it?

Valliachan – Absolutely. It is the magic of the 10 minutes! By setting your eyes on the clock and thinking about 10 minutes, your mind got focussed in that *span of 10 minutes*. It was just like a deadline or a due date. The '10 minutes' deadline kept your mind in the present; in the 'now' and prevented you from dreaming away.



Meera was amazed. Just a short span of 10 minutes had such a mighty effect! She had completed all those routine activities on time. Now, she felt she had so much time ahead (as compared to 7.00 A.M., it was just 6.10 A.M.!) to finish her other work.

Meera suddenly had a doubt.

Meera – Valliacha, why only 10 minutes?. Why can't we divide our activities into one hour slots?

Valliachan – Good question, my little girl. We can. But shorter the time, more focussed and effective you will be. Imagine, if I told you to do those routine activities in an hour? Your mind will make your actions slower because you'll think that you have enough time to do it. Let us say an activity takes an hour's time, we can in fact divide it into 10 minute slots!.

Meera – Give an example, valliachan.

Valliachan – Let us say, you take one hour to get ready for school. This can be broken down into: Brush your teeth – 10 minutes, Answering nature's call– 10 minutes, Bath – 10 minutes, Prayer – 10 minutes, Breakfast – 10 minutes, Arranging your bag – 10 minutes! If I had given you the same task without breaking it up into these 10 minute slots, you would not have been as focussed.

Meera – Really amazing. This 10 minute mantra is a great idea. Instead of doing several tasks slowly over a long period of time, one can benefit greatly by doing small focussed tasks quickly.

Valliachan – Yes. It is indeed a key to success. You can also make it 15 minute or 20 minute but not longer than that.

Meera thanked valliachan for teaching her a valuable life lesson.

Acknowledgement - Adapted from an article written by Saurav Somani.



Let's do these exercises



a. Tick the correct answers:

1. It is good to divide one's work into tasks of (**10 minutes / 40 minutes**).
2. We are more focussed when we (**plan / do not plan**) our work.
3. Dividing our time into smaller parts make our work more (**haphazard / organised**).

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

1. Instead of delaying an activity, one can benefit from short quick focussed actions.
2. Due to laziness, we are unable to complete the task in the allotted time period.
3. An activity that takes one hour should be divided into 30 minutes slot and not less than that.
4. We are able to complete our work, when we fix a deadline because we are able to concentrate better.

c. Plan:

1. Divide the work that you have to complete after your school hours into 15 minute slots and share your plan. Implement the plan for a week. Were you able to complete your work with ease. Discuss.



Activity

“SMART GOALS”- Complete the table and make use of this table to accomplish your goals.

S

Specific (What, exactly, in detail, do you want to achieve?)

M

Measurable (How will you know when you have reached your goal? Explain it!)

A

Achievable (What resources are needed? Do you have them...including time?)

R

Realistic and Relevant (What is the benefit you are expecting?)

T

Timed (Break into steps. When will each step be completed?)

10

WALK THE TALK !

Expected learning outcome

Students cultivate the habit of practising the lessons taught, rather than just memorizing it

Glossary

gradually - slowly
amazed - surprise



Story time

Giri looked forward to sitting with his **thathayya** (*grandfather in Telugu*) to listen to stories from the Mahabharatha.

Thathayya – Let me tell you an interesting incident from the life of Yudhistira - the eldest amongst the Pandavas.

Giri (attentively) – Yes thathayya!

Thathayya – One day, Guru Dronacharya taught all his disciples including the Kauravas and Pandavas - “Always speak the truth. Never tell a lie.” Next day, he asked each disciple to explain what they had learnt.

One by one every student stood up and more or less repeated the lesson learnt - “One should always speak the truth. Never tell a lie.” It was finally the turn of Yudhistira.

Giri – He must have given a long explanation on the topic, as he was very intelligent.



Thathayya – No Giri. Very surprisingly, Yudhistira said - “I am sorry respected Guru! I have not been able to learn the lesson.”

Thathayya – Everybody was quite surprised to hear Yudhistira. Guru Drona replied, “No problems my dear Yudhistira, you memorize the lesson today. I will give you another chance tomorrow.”

Everybody started discussing after the class was over - “What happened to Yudhistira? He is such a bright and sincere student. He learns his lessons very easily. But, today he could not memorize one simple sentence ??! That is surprising indeed!!”

Prince Duryodhana made fun of Yudhistira and said, “Today, the truth about Yudhistira is out. He is not able to learn, even the simplest of the lessons!!”

The next day, Guru Drona again asked Yudhistira, “Dear Yudhistira! Did you learn the lesson that I taught you regarding Truth?” Yudhistira replied, “I am sorry Guru, but I have still not been able to learn it.”

Giri – The other students would have once again made fun of Yudhistira.

Thathayya – Absolutely. Everybody was puzzled seeing the intelligent Prince unable to learn a simple lesson. This continued for one whole week!

Giri (unable to hold back his inquisitiveness) – What happened then, thathayya?

Thathayya – Well, Guru Drona once again asked the same question – “Dear Yudhistira! Did you learn the lesson that I taught you regarding Truth?”

Yudhistira was quite confident now and replied, “Respected Guru! I have now learnt the lesson. The lesson is always speak the truth. Never tell a lie.” Hearing the answer, Duryodhana once again started making fun of Yudhistira and said, “Brilliant answer Prince Yudhistira! Finally you learnt this simple sentence in one week. It is almost like one word per day!”

Giri – I am sure all the children must have burst into laughter.

Thathayya – Yes. But then Yudhistira replied - “Yes, you are right my dear brother. It took me a whole week to completely get out of the trap of lies. I was trying to make sure that even the thought of telling a lie does not arise in my mind.



On the first day, I actually told a lie on five different occasions. But, I was determined to change. It gradually reduced to one lie on the third day. By the fourth day, the thought of telling a lie did come up in my mind, But, somehow, I stopped it.

Finally, in the last 2 days, even a single thought of telling a lie did not cross my mind. Therefore, I feel that now I have learnt the lesson and will follow it in my life.”

Giri – Wow! All students must have been amazed.

Thathayya – Yes. Guru Dronacharya was extremely happy with Yudhistira and blessed him. What did you learn from this story, Giri?

Giri – One should follow whatever good we learn in our life.

Thathayya – Absolutely. Learning the moral values (speaking truth, being honest, eating healthy food, being calm etc.) by heart and not practising them in our daily life will not make us a better person. We should walk the talk!

Let's do these exercises



a. Tick the correct answers:

1. We should (**only learn** / **learn and follow**) the values in life.
2. Yudhistira was an (**honest** / **dishonest**) prince.
3. Guru (**Dronacharya** / **Parasuram**) taught the brothers the lesson on truth.
4. Yudhistira learnt the lesson in (**one day** / **one week**).

b. Fill in the blanks:

1. Drona wanted his students to learn that we should never tell a _____.
2. It took such a long time for Yudhistira to learn the lesson because he was ensuring that his mind does not even _____.
3. Yudhistira was a _____ and _____ student who could learn lessons very easily.

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

1. We have learnt our lessons well only when we practice them.



2. Yudhistira was not able to learn the lesson on the first day as he was trying to overcome the trap of lies.
3. The teacher waited for Yudhistira to learn the lesson.

d. Answer the following:

1. Write about any one good habit that you have. Write a note on why you always follow it.

Activity

Arun had borrowed a book from the school library. When he left it down to attend a phone call, his sister playfully tore it. Help arun explain this to a librarian.



Expected learning outcomes

Students:

- understand the value of sharing
- become ready to share a huge part of the best things they have.

Glossary

noble	-	good
anticipate	-	expect
generous	-	plenty
appropriate	-	suitable
sibling	-	brother/sister
inculcate	-	introduce
remarked	-	comment
invaluable	-	important
stingy	-	miserly



Story time

*Shruti loved to chat with her **bhuvaji (father's sister in Hindi)** in the evenings. Bhuvaji would sometimes discuss core life values with her. Shruti would listen with great attention. Today, bhuvaji wanted to talk to her about the value of sharing ...*

Bhuvaji – Shruti, what do you understand by the term ‘Sharing’?

Shruti – Bhuvaji... it would mean to jointly enjoy or share something with others.

Bhuvaji – Yes, that is right. Now I have a question for you.

Shruti – Sure, bhuvaji!

Bhuvaji – Let us imagine - there is a poor child begging on the road. Gayatri, a young student, is returning home from school. She has a chocolate bar in her pocket. On seeing this poor child, she takes out the bar which had 12 pieces. She breaks one piece from it and gives it to the poor child. She definitely did a noble deed. Didn't she?



“Yes, bhuvaji,” Shruti remarked eagerly trying to anticipate the final question.

Bhuvaji – Bina, who was Gayatri's classmate, was also walking down the same road. On seeing the same poor child, she reached out into her pocket as well. She had only one small toffee. She broke it immediately into two pieces and gave one half to the poor child.

Shruti – So, each of them gave a small piece of chocolate to the child.

Bhuvaji – Yes, that is true. It was nice of them to share the chocolate with the poor child. But, of the two, who did you think was more generous? Was it Gayatri or Bina?

Shruti – Bhuvaji, both of them probably gave the same size of chocolate to this poor child. Both seems almost equal.

Bhuvaji – No Shruti, there is a big difference. Gayatri gave *only one out of the twelve pieces of chocolate she had*. But, Bina gave *one out of the two pieces she had*. Clearly, Bina had a better sense of sharing when compared to Gayatri.



Shruti – Now, I get it bhuvaji. So, the real sense of sharing also depends on how much one keeps with himself and how much he gives away.

Bhuvaji – Yes Shruti. A donation of Rs. 50 by a person who earns Rs. 100 in a day is far more valuable than a donation of even Rs. 200 by a person who earns Rs. 5,000 in a day!

Bhuvaji – Let us discuss another situation. I would like to gift you and Sumeet (Shruti's younger brother) a pencil box each.

Bhuvaji pulled out two pencil boxes from her drawer and gave it to Shruti. The pencil boxes were not similar. Shruti eagerly opened the pencil boxes – one of them was clearly more colourful and stylish than the other.

Bhuvaji – Now, I am going to ask you to give any one of the two pencil boxes to your brother. It is your choice. Which one would you give to him?

Shruti was confused. The immediate desire was to keep the colourful and stylish one for herself and give the other one to her brother, Sumeet. But, she also realized that bhuvaji was watching her carefully. The answer would not be a simple one.

Seeing her think deeply, bhuvaji remarked – “Shruti, I know what is going on in your mind. One part of your brain tells you to pick up the best box but then you are not sure if it is the most appropriate thing to do.”

Shruti – Yes bhuvaji. Logically, I would keep the best box but then I know that this is not the right answer.

Bhuvaji – Yes my child! Remember, this is the fine aspect of sharing. You were given the choice of keeping one pencil box for yourself and giving the other to your brother. Dharma is to give the better one to him and keep the less attractive one for yourself.

Bhuvaji – Remember, if both of you develop this feeling for each other, where you would want your sibling to enjoy the better share, your relationship will be good natured and a friendly one. Your fights will stop!

Shruti sincerely appreciated bhuvaji’s invaluable words of wisdom.

Bhuvaji continued – “Shruti, the Vedic message for humanity is”

शतहस्त समाहर सहस्रहस्त संकिर

(Shatahasta Samaahara, Sahasrahasta Sankira)

“Earn with hundred hands, Share with thousand hands.”



This essentially conveys the message that ‘Share’ with a large heart! Do not be stingy. Ishvar has given us everything. It is our duty to share it with everyone. One derives great satisfaction from sharing with others. Remember this proverb – **‘A Joy that’s shared is a joy made double!’**

Question time

1. What are the various things that you can share as a student?
2. What is the difference between ‘Giving’ and ‘Sharing’?
3. Which do you think is more valuable: giving away 6 colour pencils when you have 12 colour pencils with you or giving away 6 colour pencils when you have 24 colour pencils?

Let’s do these exercises

a. Fill in the blanks:

1. The Vedic message for humanity is _____.
2. If both the siblings develop a feeling wherein one wants the other to enjoy the _____ share, then their relationship will become more _____.
3. ‘A Joy that’s shared is a joy made double!’ - this quote reflects upon values like _____.

c. Write ‘T’ for true and ‘F’ for false:

1. We should develop the habit of helping the other person have the best.
2. We are happier when we share, than when we have everything for ourselves.
3. We should not share everything we have with others because what we have will become less.
4. A donation of Rs. 50 by a person who earns Rs. 100 in a day is far more valuable than a donation of even Rs. 200 by a person who earns Rs. 5,000 in a day.

Activity

WORD SEARCH

GOOD CHARACTER WORD SEARCH

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

RESPECT CARING RESPONSIBILITY

FAIRNESS HONESTY PERSEVERANCE

CITIZENSHIP SELF-DISCIPLINE COURAGE

FRIENDSHIP TRUSTWORTHINESS



Expected learning outcome

Students appreciate the presence of the Almighty through His creation

Glossary

appreciate - admire
 soothing - calm
 majestically - in a dignified way



Story time

*It was Sunday evening. Both Baldev and Bindu were looking forward to visit the beach along with their grandparents. It was a weekly affair and both of them enjoyed their time there. There was a lovely breeze. Baldev and Bindu enjoyed a game of Frisbee on the sand, along with **nanaji (grandfather in Hindi)** who also liked to play with the kids. After sometime, all of them got tired. They sat down near nanaji who had brought tasty home-made snacks for all of them.*

As they were having the snacks, nanaji asked Baldev –

“Baldev, have you ever wondered who created this vast ocean that stands majestically in front of us? It is so vast that we just cannot even see the end of it.”

Baldev was confused. He did not really know. Even as he wondered, Bindu answered – “Nanaji, it must be someone who is very very big! Only then, he could create something like this. Isn't it?”

Baldev – Nanaji, one more question comes up. Who created the Sun, the Moon and the Stars? Is it the same person who created this ocean?

Nanaji – Nice questions, Baldev and Bindu. There is one Supreme Force who created this universe. He has created this Ocean, Sun, Moon and Stars.



Both Baldev and Bindu were listening to nanaji very carefully.

Bindu – Nanaji, see how the waves keep coming one after another? Do these waves ever stop?

Nanaji – No Bindu, these waves keep coming all the time - 24 hours a day. They never stop. Also, have you noticed that they all have defined boundaries? The waves always stop just until there and do not come any further. Otherwise, we just would not feel safe sitting out here. Do you feel the nice breeze now? It is so soothing. Who created this breeze?

Bindu – Hmm... I think it should be the same Supreme Force that you were mentioning about.

Baldev – Nanaji, but this breeze cannot even be seen. We can only feel it.

Nanaji – Yes absolutely! So, it is the Supreme Force who created both this large ocean which we can see and the air which we just cannot see.

As Bindu bit into the last bit of the ‘Murukku’ (a crunchy savoury snack popular in South India) she asked – “Nanaji, who made this tasty snack? Can we safely say it is nani who made it? I did see her preparing this yesterday.

Nanaji – Very interesting question Bindu. The answer is both Yes and No.

Baldev – That’s confusing, nanaji.

Nanaji – Have you wondered what is murukku made up of? It is made of rice and urad dal. If there was no rice and urad dal, Nani would not have been able to make this murukku in the kitchen. So, the next logical question is – Who made this rice and urad dal?



Bindu – Nanaji, my teacher told me that it is the farmer who grows foodgrains. Hence, he must have made both rice and urad dal.

Nanaji – Bindu, but have you thought about how he grow the foodgrains? He sows the seeds in the field, provides water and after some time he can see a bright green colour plant coming out of the ground and he gets the rice. So the question is, who created this system wherein if you sow the right seeds, you get foodgrains?

Baldev (excitedly) – Nanaji, it must be the same Supreme Force that you were mentioning a while ago. The same force that created this ocean and the breeze!

Nanaji was pleased and he remarked – Excellent Baldev! Yes, it is the Supreme Force!

Bindu – Nanaji, does this Supreme Force have any name?

Nanaji – Bindu, this Supreme Force is known by different names! However, as per the Vedas, his primary name is ‘Om’.

As Baldev was about to ask the next question is started drizzling, nanaji said – “Let us go home now. If it starts raining heavily, we will get stuck here. We will continue our conversation next week”.

Let’s do these exercises



a. Tick the correct answers:

1. The creator of the sun, moon, stars, ocean is the (**Supreme Force** / **Nature**).
2. The waves that keep coming at the bank of the oceans have (**undefined** / **well defined**) boundaries.
3. Farmers sow the seeds and provide it with nourishment, but that which makes it grow is the (**Supreme Force** / **Soil**).

b. Fill in the blanks:

1. According to the Vedas, the Supreme Force is known as _____.
2. The farmer _____ the seeds in the field, provides _____ and after few days he can see _____ coming out of the ground as rice crop.

3. There is only _____ Supreme Force who has created _____.

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

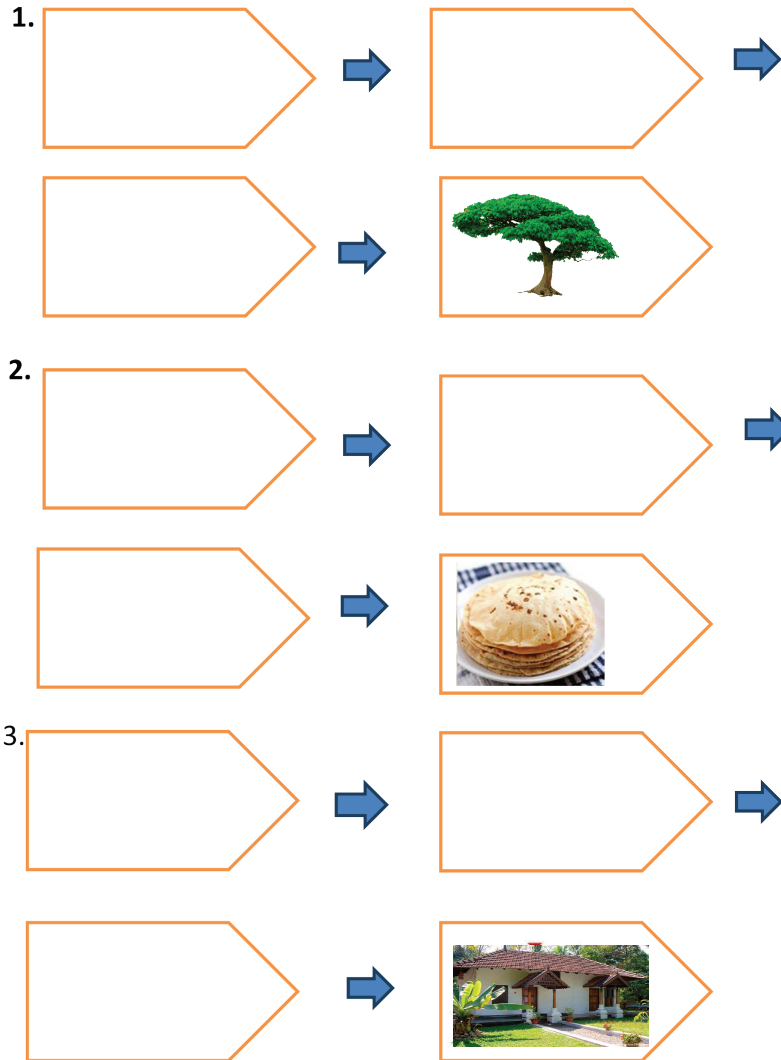
1. Murukku cannot be made without rice and urad dal.
2. The universe was created by itself.
3. Om is the only name of the Supreme Force.
4. Ishvar has made such a unique creation wherein on one hand, we have the large oceans which we can see and on the other hand we can feel the blowing breeze but cannot see.
5. The vast Oceans, Sun, Moon etc. were created by someone who has a form.

d. Think:

1. Your parents provide you with good food. Would they be able to do it without food grains or pulses? Should we thank the Almighty for it? Discuss.
2. Ishvar's creation are varied. You can see the mighty oceans while you cannot see the air around. List a few of the creations and how you enjoy them.

Activity

Complete the flowchart by filling in the boxes. Given below are 3 end products, write down the steps involved in making them.



13

HARVEST FESTIVALS OF INDIA

Expected learning outcomes

Students:

- realise the importance of agriculture in our lives.
- know about the different harvest festivals celebrated in India.

Glossary

immense	- huge
toils	- works hard
gratitude	- thankful
nurtures	- takes care of
selflessly	- unselfish
abundance	- plenty
fascinating	- interesting



Story time

Illakiya asked her **athai** (*father's sister in Tamil*) about agriculture. Athai decided to tell her about various Harvest Festivals.

Athai – You love food, don't you?

Illakiya – Yes, I really look forward to yummy food!



Athai – Have you ever wondered where we get the food grains from?

Illakiya – It is grown by the farmers in villages.

Athai – What, if you do not get food for a few days?

Illakiya – Few days?? I find it difficult to sleep if I don't have food even for a evening!

Athai (laughingly) – I hope you realize the immense importance of agriculture, in our lives. We often take food for granted. But remember, we can live without our mobile phones and video games, but not without food!

Athai – While the farmer toils hard in the field, it is the Nature (Earth, Sun, Wind, Water etc.), created by Ishvar, which provides us with different kinds of food grains, fruits and vegetables. It nurtures the seeds sown and provides the nutrition for the plant to grow. Isn't it simply amazing how a tiny seed grows into a big plant or a huge tree?

Athai – Man is aware of the importance of agriculture in his life. It supplies him with food required for his survival. He also knows that it is the kindness of Ishvar that makes this possible. So in order to express his gratitude and thanks to Ishvar harvest festivals have been celebrated, for a very long time. Not only that, these festivals announce the arrival of the harvest season. Therefore, world over, human beings celebrate the arrival of the harvest season. However, the festival is celebrated at different times of the year, depending upon the region, climate, and crop grown over there.

Illakiya – What exactly is harvesting?

Athai – When a crop has grown fully, the farmer harvests the crop, gathers the produce and stores it. This process is called harvesting. So, in a way it is the result of the effort put in by the farmer over last few months.

Illakiya – So, in India as well, the same festival is celebrated at different times of the year?

Athai – Yes, that is right. It is also known by different names.

Athai – The most important harvest festival is celebrated on Jan 14 -15th every year. This is widely known as 'Makar Sankranti' in Northern India; 'Lohri' in Punjab; 'Pongal' in Tamilnadu (the word 'Pongu' in Tamil stands for abundance and prosperity). It is known as 'Uttarayan' in Gujarat, where people happily fly kites. On this occasion, all of us must thank



Ishvar for creating these Devataas, (Sun, Earth, Water, etc.) who selflessly give us their gifts and help us all lead a healthy life.



Athai – Another harvest season is celebrated around April 14th in Punjab and Haryana. It is called Baisakhi. About the same time a similar festival called “Rongali Bihu” is celebrated in Assam. The purpose of these celebrations is to thank the Almighty for the kindness showered on us.



Other important harvest festivals of India include –

- i. Nuakhai (‘Nua’ means new and ‘Khai’ means food) celebrated in Odisha during August / September;
- ii. Onam celebrated in Kerala in August / September;
- iii. Hareli (derived from the Hindi word ‘Haryaali’ meaning ‘greenery’) celebrated in Chhattisgarh in July / August; Wangala celebrated in North-East (Meghalaya and Assam) in November.

Illakiya – This is so fascinating! I now understand the importance behind these festivals.

Athai – Yes, these festivals have a far greater meaning behind them, than just good food and holidays. Therefore, let us thank Ishvar, the Devataas and our farmers not on these special days alone but everyday.

Let's do these exercises

a. Tick the correct answers:

1. The harvest festival of Kerala is (**Onam / Pongal**) .
2. Food grains are grown by (**farmers / merchants**) in villages.
3. We (**can / cannot**) live our lives without food.
4. The seed sown by farmers have to be nourished by (**Nature / Fertilizers**).
5. Human beings celebrate the (**arrival / departure**) of the harvest season.

b. Fill in the blanks:

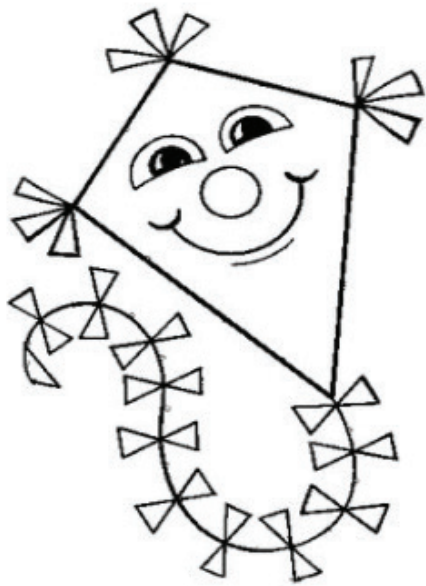
1. Harvest festivals are celebrated across the country depending upon factors like _____, _____ and _____.
2. Grains are the result of _____ by the formers.
3. Harvesting involves gathering and _____ produce.
4. The word 'Pongu' (from Pongal) means _____ and _____.
5. The harvest festival celebrated in Odisha in the month of August is _____.

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

1. Harvest festivals are celebrated to thank the Almighty for creating the various Devatas who help to sustain healthy life.
2. Makar Sankranti is the key harvest festival celebrated in Northern India.
3. Bihu and Uttarayan are the harvest festivals celebrated in Gujarat and Assam respectively.
4. Wangala is celebrated in the North-east, while Hareli is celebrated in Chhattisgarh.
5. Most of the harvest festivals are celebrated in the first week of November every year.

Activity

Farmers provide us with food grains which is essential for human beings to survive. We should be thankful to them as well as to the Almighty. Write a message to the farmers to thank them for the effort that they put in growing the crops which keep us healthy and fit.



Expected learning outcomes

Students:

- understand the significance of Indian Armed Forces.
- experience the feeling of patriotism.

Glossary

instill	-	establish
destroy	-	break up



Story time

Raghavan's father was in the Army. He was told that his father will be leaving for work the following evening and will be back only after six months. Raghavan was upset. He came back from school and was keen to speak to him...

Raghavan – *Nanna (father in Telugu)*, where are you going tomorrow?

Nanna – I have my next posting in Baramulla district of Jammu and Kashmir. I have to go there tomorrow and will be staying there for next six months.

Raghavan – What will you be doing there?

Nanna – I will be guarding our country.



Raghavan (quite surprised) – From whom will you be guarding our country, nanna?

Nanna – There are some evil people who want to destroy our country - India, our motherland.

Raghavan – Nanna, will you be doing it alone, or will there be others like you?

Nanna – Oh! No! I am not alone dear boy. There are many like me. India has a very large Armed force of nearly 14 lakh soldiers.

Nanna – We are divided into three teams – each one of us protecting our nation on three fronts.

Raghavan – Three teams!

Nanna – Yes, the first team protects our ‘Land’ – this team is known as Indian Army.

The second team protects our ‘Skies’ – this team is known as Indian Air Force.

The third team protects our ‘Oceans’ – this team is known as Indian Navy.

Raghavan – Which team are you a part of, nanna?

Nanna – I am proud to be a part of the Indian Army.



Ranks in the Indian Army

Raghavan – When did you join the Army?

Nanna – I joined the Army 16 years back.



Logo of Indian Army

Raghavan – What is that badge you wear on your uniform?

Nanna – The badge represents our ‘Rank’ in the Army. My rank is ‘Major’.



General Manoj Pande

Raghavan – And, which is the highest rank?

Nanna – It is the ‘General’. He is the Chief of the Indian Army.

Raghavan – Who is our present ‘General’?

Nanna – It is General Manoj Pande. However, the overall Supreme Commander of the Indian Armed Forces (Army, Air Force and Navy) is the President of India.



Raghavan – What is the logo of the Army?

Nanna – It is two swords kept crossed with India’s national emblem placed on top of it. Our motto is ‘**Service before Self**’.

Nanna – Indian Army day is celebrated, with great pride every year on the 15th of January in New Delhi. It is marked by Parades and Military shows.

Raghavan – Will you take me to Delhi to witness the Military shows?

Nanna – Sure. I will do that, may be next year.

Raghavan – Can you also tell me more about the other two teams of the Indian Armed Forces - Air force and Navy?

Nanna – Raghavan, sure I would love to. It is getting late for dinner. Why don’t we sit down and talk about them after we have our dinner?

Raghavan – Fine, nanna.

Question time

1. If you were to join the defence forces of India, which branch would you like to join? Why?

Let's do these exercises



a. Tick the correct answers:

1. Indian armed forces has (**two** / **three**) teams.
2. The Supreme Commander of the Indian Armed Forces is the (**President** / **Prime Minister**) of India
3. The team that protects our oceans is called (**Indian Air Force** / **Indian Navy**).

b. Fill in the blanks:

1. The three teams of the defence forces in India are _____, _____ and _____.
2. The present Chief of the Indian Army is _____.
3. The highest rank in the Indian Army is _____.
4. The motto of Indian Army is _____.

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

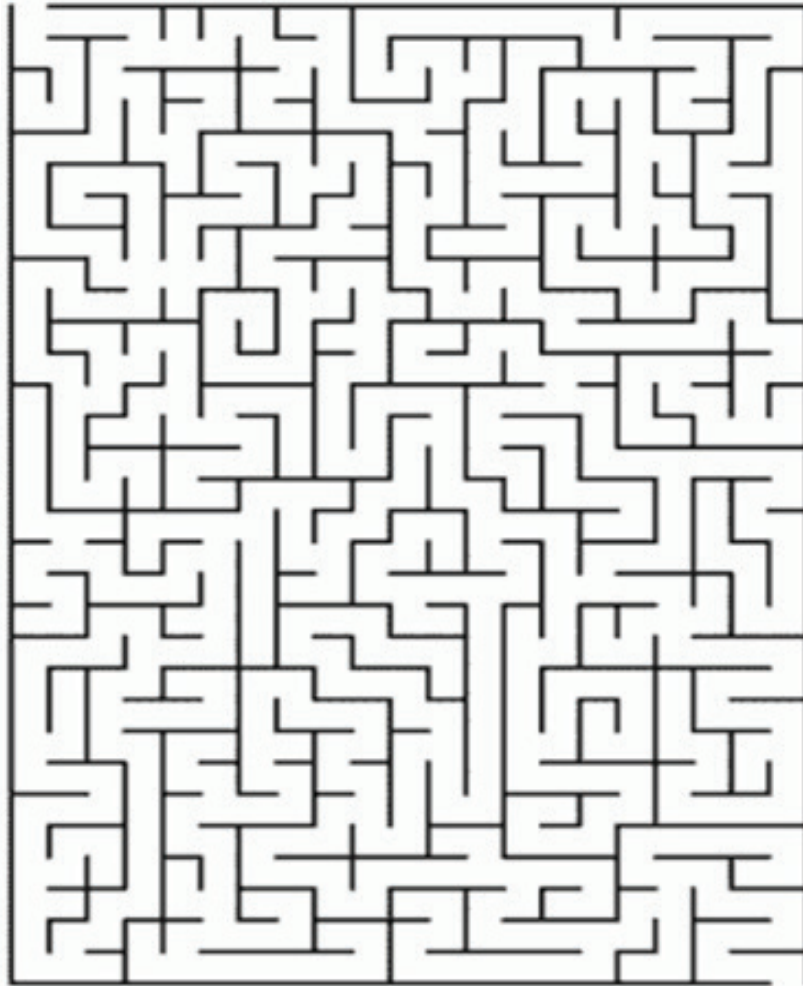
1. India has a very large 'Armed Force' comprising of 21 lakh soldiers.
2. The badge that a soldier wears on his uniform represents the 'Rank' in the army.
3. The logo of the army has two swords kept crossed with India's national emblem placed on top of it.
4. Indian Army Day is celebrated with great pride every year on the 15th of December in Delhi in the form of parades and other Military shows.

Activity

This soldier has lost his way to the base camp. Help him find his way back to the base camp.



start here



end here



FOSTERING VEDIC VALUES -3

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.

