

FOSTERING UNIVERSAL VALUES



Fostering Universal Values

Third Edition published in 2025

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PREFACE

Students of today are the leaders of tomorrow. Hence, we as teachers and as educational institutions shoulder a great responsibility to inculcate in children, values like perseverance, resilience, dedication, mutual respect, rootedness in one's culture, spirituality, patriotism, etc.

This book 'Fostering Universal Values', is an attempt to build in children the values important for their lives, in a narrative, story format. The lessons proceed as conversations or stories, where children are exposed to ideas and situations that demand moral decision making. This learning that is dormant comes to the fore to choose the righteous path in real life.

We have highlighted in our books the importance of personal values like, sharing, caring, choosing the right company, being truthful, grateful etc.

The stories are narrated by a family member. We have consciously used Indian ways of addressing relationships in as many Indian languages as possible to help children understand the values of family and the linguistic diversity of the country.

The book places emphasis on children knowing about ordinary men, who have worked for the cause of the nation, selflessly, so that they understand that individuals can change societies, if they desire to.

The valour and selflessness of our men who guard us at the borders, is highlighted to help students become true patriots, and get inspired to be a part of the Armed Forces, to bring honour and glory to our motherland.

Most of the questions in the exercises have been consciously kept extrapolative, to help the students think and come up with answers that they deem appropriate, rather than directly from the text, as morality, like cognition grows when challenged.



The core content of the book comes from our ancient texts. We are thankful to the host of teachers from D A V Group of Schools, for carefully editing the content derived out of it and placing them in the right places, suitable to the age of the child.

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This version of the book could have not only omissions, but also areas of improvements. We request the reader to excuse us for them, 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.

Wise and good people use their knowledge for being compassionate and kind to all of God's creations, for protecting those who need to be and for spreading awareness where ever they can. Let us strive to make our students wise and good citizens of Bharat.

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

ACHARYA VIKAS ARYA

Chief Editor

Chennai | May 2025

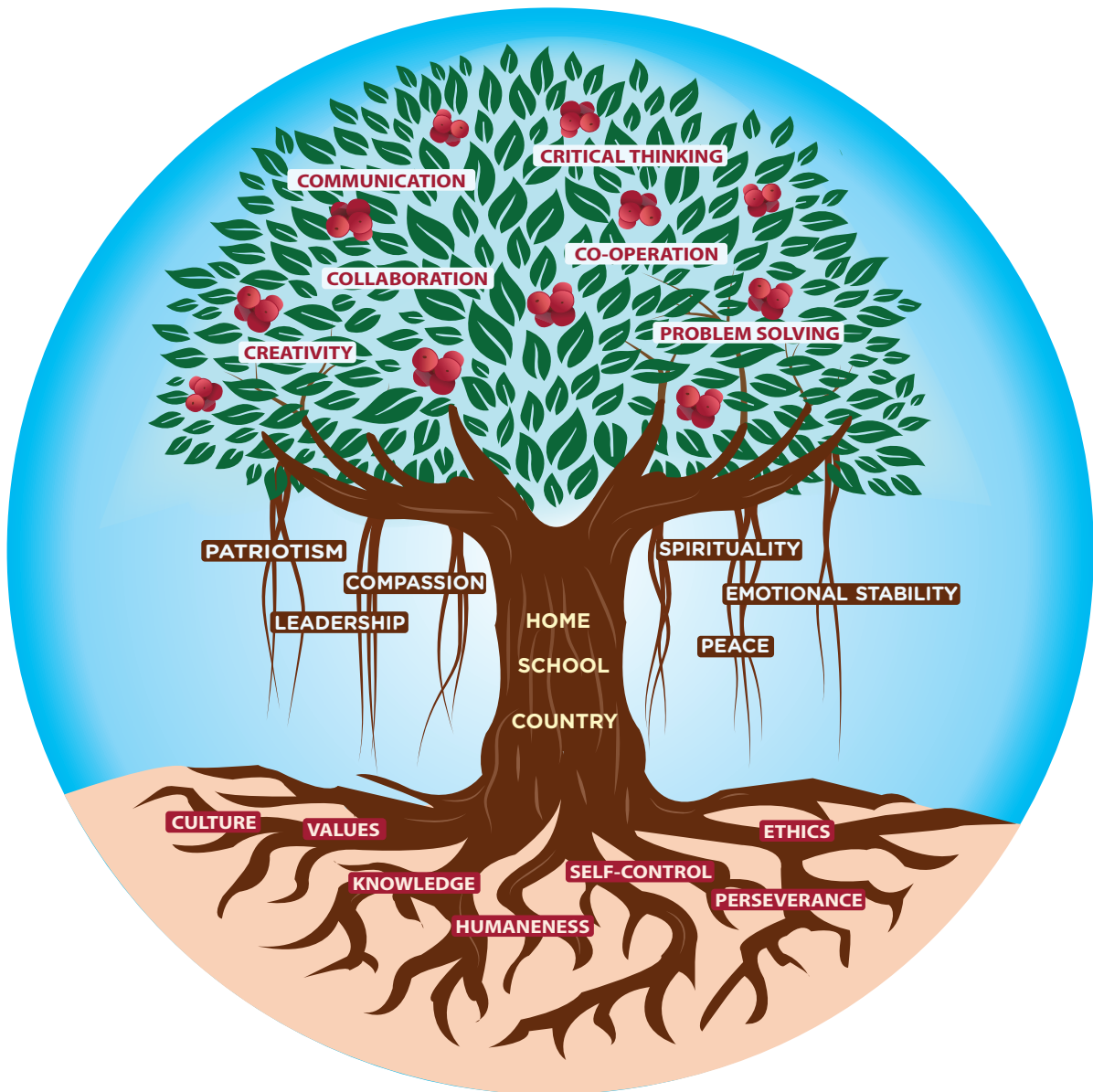


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The Learning Tree



1

DEFINING GOD

Expected learning outcome

Students understand the definition of God

Baa (grandmother in Gujarati) had recently returned from a 5-day spiritual camp. Jigna was inquisitive to know about her experiences there...

Jigna – What exactly did you do there?

Baa – We followed an ideal lifestyle - getting up early, meditating, performing yogasanas, having saatvik food and learning philosophy during the daily classes.

Jigna – What did they teach in those classes?

Baa – Oh, we learnt so many interesting aspects. For instance, we got to know about the definition of God.

Jigna – Definition of God? That sounds very interesting.

Baa – God is that special being who has no relationship or is not affected by the following four things – (i) Sorrow; (ii) Actions; (iii) Results of our Actions; (iv) ‘Impressions’ that are formed due to our actions.

Jigna – What do we mean by sorrow?

Baa – Sorrow has a very deep meaning in the philosophical context. In simple terms, it means any happening or aspect that disturbs our peace of mind. Thus, anything that bothers us, or our mind getting agitated can be termed as ‘sorrow’.

Jigna – Can you give me a few examples?

Baa – Sure.



- You have a fight with your friend at school. You do not feel good about it subsequently and your mind is disturbed. This is sorrow.
- You are very hungry – You feel uncomfortable and your mind is disturbed until you have food. This is sorrow.
- You get hurt or fall ill. There is both physical and mental agony. This is sorrow.
- You have junk food for dinner. You develop acidity and have a disturbed sleep. You are not fresh in the morning and are not feeling good. This is sorrow.
- Your examinations are coming up and you feel very nervous. Your mind is yearning for the exams to get over so that you can enjoy yourself later. This is sorrow.
- You got up very late and you are hurrying up to get ready and reach school on time. You are not at peace the whole morning. This is sorrow.
- You miss your classes and keep playing on cell-phone for a long time. You start feeling tired and guilty of what you have done. You do not feel good about it internally. This is sorrow.
- You want to buy a costly dress or may be an electronic gadget. Your parents do not allow it. You feel very dejected. This is sorrow.
- Your friend does much better than you in exams or any other extra-curricular activity. You feel jealous and disturbed. This is sorrow.
- Someone talks ill about you, or may be directly insults you. You are very disappointed and angry. This is sorrow.

Jigna – Oh, I keep facing these situations all the time.

Baa - So, now hopefully you can internalise the implication – God is not affected by sorrow, though we human beings are affected by it many times, each and every day.

Jigna – So baa, Is God also devoid of actions? How can we say that? He is the one who created the Universe and all living beings. He constantly operates this universe, also delivering justice to all.

Baa – Very good observation! But remember, actions can be of two different types – actions with expectations (Sakaama Karma) and actions without expectations (Nishkaama Karma).



We human beings typically engage in Sakaama Karma. There is some sort of expectation that all of us have. We study hard because we want to be successful in life. We go for a job because we expect a salary. Even the act of eating or drinking is Sakaama karma as we do so to satisfy our hunger or quench our thirst. Even when we help someone, most of us have the expectation that the other person will also help us when we are in need.

However, the Almighty never engages in any Sakaama Karma. He has everything and is complete with bliss. He is not affected by sorrow and has absolutely no expectations from anyone.

Thus, God is devoid of all Sakaama Karma.

Jigna – Can human beings never perform Nishkaama karma (actions without expectations)?

Baa – A few acts possibly performed by great noble souls can be completely without any kind of expectation and may be classified as ‘Nishkaama karma’, but 99% of all our actions are invariably Sakaama karma.

Jigna – But does God not expect us to pray to Him and thank Him? Isn't there an expectation there?

Baa – No Jigna. God does not want us to keep thanking Him so that He will feel happy about it. Tell me, do your parents expect you to explicitly thank them every day for all that they have provided you with?

Jigna – Not really.

Baa – God also has no such expectations.

Jigna – Then, why should we pray?

Baa – We definitely should pray. Prayers help us improve our intellect and decision making capabilities. It also makes us mentally strong and also helps us to retain a sense of humility. We should pray because doing so will help us in our everyday lives and we will be more peaceful.

Jigna – I understand this now.

Baa – Also, God does not face any result of His actions. There is absolutely no one over and above the Almighty to give Him any reward. He cannot be rewarded for any of His actions.

Jigna – I agree. It is we humans who are governed by the rules stipulated by the Almighty. He ensures justice for all and rewards us based on our actions.



Baa – He is also not affected by ‘impressions’ from His Actions.

Jigna – What does ‘impressions’ exactly mean?

Baa – Let us take an example of a 1-year old kid who has never touched a mobile phone. He will not be specifically attracted towards it. One day, the parent shows him a cartoon on it. The kid simply loves it and an impression is immediately formed in his sub-conscious mind. Next time, when he sees the mobile phone, he will want to take it as he remembers the happiness he derived during his previous experience. This is ‘impression’ from his past action.

Remember, every time we commit any act, an impression is formed in our mind. It gets further reinforced, as we keep doing it again and again.

Jigna – So, God is someone who is devoid of sorrow, sakaama karma, result of actions, and impressions formed due to actions. This is indeed a very precise definition of God.

Baa – Absolutely true.

Jigna – So, can a human being ever be God?

Baa – Considering the above definition, the answer will be ‘No’. Anyone who is a human being would definitely have some element of sorrow (agitation of the mind); most of his actions will be Sakaama Karma; he will have to face the result of his actions and impressions will also be formed based on his actions.

As God is present everywhere, He knows everything that is presently happening in any part of this Universe. He constantly knows what we think, speak and do. The moment we raise a thought, the Almighty knows about it. However, He does not know whether we will actually commit the act, based on the thought raised by us. But the moment we commit the act, He will know it.

Jigna – In a way, this is quite logical as it ensures that we have complete independence in our actions but are constantly accountable to the Almighty.

Baa - God is the ultimate teacher. Let me ask you a question – Who teaches you?

Jigna – My teacher in school.

Baa – Who teaches your teacher?

Jigna – She probably learnt from her teacher.

Baa – What about your teacher’s teacher?



Jigna – Well, I realise this puzzle can go on. But what if I learn from a book?

Baa – The book is written by an author, who in a way is the teacher.

Jigna – Got it.

Baa – Human beings cannot learn everything on their own. They definitely need a teacher, to acquire basic knowledge from, based on which they can make further inferences and then make new discoveries.

The source of all basic knowledge is God.

Let's do these exercises

a. Tick the correct answers:

1. Disappointment due to direct or indirect insult is a form of (**action** / **sorrow**).
2. God is devoid of all (**Sakaama Karma** / **Nishkaama Karma**).
3. Every time we commit an act, (**impressions** / **images**) gets formed in our mind.
4. God (**knows** / **does not know**) the future happenings.

b. Fill in the blanks :

1. Prayers help us improve our _____ and _____.
2. One's mind gets _____ after having a bitter fight with a friend leading to _____.
3. God knows what we constantly _____, _____ and _____ but does not know whether we will commit the act based on the thought that arose giving us the _____ in our actions.
4. God is the _____ of the Universe who constantly _____ it and delivers _____ to all.

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

1. Sorrow disturbs our peace of mind and leads to agitation.
2. Praying to God regularly make us more peaceful and mentally stronger.
3. All occurrences in the world are pre-determined and are bound to happen.



4. God does face the result of His Actions as rules are applicable to all.

Let's talk about these

1. How is God defined? Justify the definition.
2. Differentiate between Nishkaama karma and Sakaama karma with example.
3. What prevents humans from being God?
4. Whom do you think is the Ultimate Guru and why?

Let's think

1. Categorise these situations into Sorrow, Action, Result of actions and Impressions.

Strong desire to eat ice-cream , donating your books to the needy, getting tensed before an examination, a soldier rewarded for his bravery, a child being scolded for breaking a flower vase, contributing towards flood relief camp, getting addicted to a video game, falling ill frequently, a terrorist being punished.

Sorrow	Action

Result of Action	Impressions formed due to actions

2. Has prayer helped you to overcome a difficult situation. Elaborate.



Expected learning outcome

Students get inspired to succeed despite difficult circumstances

Shyam's *peddamma (mother's elder sister in Telugu)* was visiting them from Delhi. Shyam was very fond of her and asked her to narrate a story.

Shyam – Peddamma, will you narrate a story tonight?

Peddamma – Sure Shyam. Before that let me ask you a question. What is your career goal in life?

Shyam – Hmm....not yet decided. I keep changing my goal every few months. May be I would like to join the Indian Civil Services – IAS or IPS.

Peddamma – Let me then tell you about this true story of a young boy called Govind Jaiswal, who went on to become an IAS officer in 2006.

Shyam – Sure, peddamma. What was special about him?

Peddamma – Govind was the youngest in his family. He had three elder sisters. His father was a rickshaw puller and mother was a homemaker. They were very poor and lived in a 12x8 sq ft rented room in the small by-lanes of Varanasi.

Shyam – 12x8 sq ft? How much space is this?

Peddamma – This is less than 100 sq ft. i.e. size of one small room in a house.

Shyam – Six of them lived in just one small room?

Peddamma – Yes Shyam. Life was tough for them with his father being the only breadwinner.

Shyam – Did Govind go to school?



Peddamma – Yes, he did go to a nearby Government school. He was a smart kid. When he was about 11 years old, an incident occurred which deeply affected him.

Shyam – What happened?

Peddamma - He had gone to a friend's place who was rich. His friend's father started enquiring about Govind's family. When he got to know that Govind was the son of a rickshaw puller, he did not let his son to continue as his friend. He immediately ordered Govind to leave the house.

Shyam – That's very sad.

Peddamma – Yes, this insult left a deep scar in Govind's mind. He went home. He asked his uncle – “How do I gain respect?” His uncle helped him understand that a person gains true respect only when he achieves something by his hardwork. The profession or educational qualification of his or her parents is absolutely immaterial.

His uncle's words rang in his ears. The only big, respectable, most desirable and prestigious profession that came to his mind was the Civil Services. His goal in life was to be an IAS officer from then on!

Shyam – Wow!

Peddamma - In most cases, inspiration lasts only for a short period. But, Govind was a very determined boy. He started thinking deeply about his goal. Meanwhile, life got even tougher for him. He lost his mother to a disease.

Shyam – Oh my God! He must have been completely shaken.

Peddamma – Yes, he was. Things got tougher at home. Govind started working part-time in a shop, selling shoes, along with pursuing his studies. He drew a meagre salary of Rs. 300 per month. Somehow, he managed to complete his schooling and then enrolled for his graduation in a nearby college. His resolve to make it big in life grew stronger day by day.

During those days, the neighbouring localities faced 14 hour long power cuts every day. The nearby households used generators as power backup which led to unbearable noise. However, this did not deter Govind. He says -

“I used to shut all the windows and put cotton balls in my ears so as to reduce the noise of generators running all around in the locality.”



After finishing his graduation, Govind decided to first share a room with his friend in Varanasi to prepare for civil services, but this idea didn't work. On looking at the difficulties of his son, Govind's father Narayan Jaiswal decided to send him to New Delhi for coaching.

Peddamma - Narayan sold his small piece of land and gave his son Rs. 40,000 for his coaching expenses in Delhi. For the next three years, Narayan reduced his own monthly expenses and sent Govind Rs 2,500 every month so that he could pursue his dream of becoming an IAS officer.



Shyam – His father sacrificed so much for him.

Peddamma – Yes Shyam. His entire family supported him in different ways.

After the written round of the Civil Services exam, Govind got a call for an interview with the panel. However, he did not have a set of formal clothes to wear. He borrowed shoes and a tie from a friend, but could not find a pair of shirt and trouser that would fit him. His sister promptly offered him Rs. 1500/- which she had set aside for her own pregnancy related medical expenses.

Govind's interview went well and he was finally selected. He was ranked 48th in the UPSC exam at the All India level, in his very first attempt. Remembering the day when the results were out, Govind says

“For first few minutes, I was shocked and shivering as my hands were not in my command when I tried to give this news to my father. He had sleepless nights for about 10 days before the result came out.”

Peddamma – It is also interesting that all through this period, Govind and the other child (whose father had sent Govind away) remained very good friends. Indeed, after Govind was selected for IAS, the friend's father congratulated him and also apologised for his past action.

Shyam – What a struggle!

Peddamma – Yes. Remember, it is the struggles and failures in life that shape up a person and prepare him for success.

Govind is not a one-off case. There are numerous such stories of people who have made it big in their lives based on sheer determination and hard work. In 2013, Prema Jayakumar, a young girl, daughter of an auto-driver in Mumbai, topped the entire country in the All India C.A. Final examinations. Once again - similar background, similar struggles but similar determination.

Shyam – Thank you peddamma. This was really a wonderful story.

(Acknowledgement – Articles available electronically on Iaspaper.net;

Yourstory.com; marujala.com)

Let's do these exercises



a. Fill in the blanks:

1. A person gains true respect when _____.
2. Govind aspired to become _____ and worked towards achieving it with _____ and _____.
3. Govind's family was so poor that they could afford _____ room in the small by-lanes of _____.
4. Govind's father sold his small piece of land to meet _____.
5. During the early days of struggle, Govind worked in _____ and drew a meagre salary of _____.

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

1. A successful person is one who has never tasted failure and struggles in life.
2. The UPSC examination consists of two stages –written round and an interview.
3. Govind's friend's father did not want his son to mingle with Govind due to class inequality.
4. An individual can succeed without support from anyone, in life.
5. One can gain respect in the society by getting educated.



Let's talk about these

1. List out the qualities in Govind that made him unique.
2. “Dream is not that which you see while sleeping. It is something that does not let you sleep”, how far does Govind justify this?
3. Why is Civil services exam considered a prestigious one?
4. Substantiate the proverb, “Where there is a will, there is a way”, with Govind’s life as an example.
5. What qualities of Govind, would you like to imbibe?
6. Govind had many reasons to give up on his dream. What made Govind have his dream inspite of the challenges.

Let's have fun

Test Your Knowledge!!!

1. Who was the first Indian to join the Indian Civil Service in 1864?
2. Who was the first woman IAS Officer?
3. Who was the first woman IPS Officer?
4. Who had the vision that the civil services would unify the entire country after independence?
5. Which is the highest position for an IAS Officer?

3

MIND, INTELLECT AND INSTINCT

Expected learning outcome

Students identify the difference between mind, intellect and instinct

*It was the first death anniversary of Darsh's **ajji (grandmother in Kannada)**. Darsh's inquisitiveness had grown further. He was keen to know more about the body, soul and related aspects. After performing Agnihotra in memory of his ajji, he sat down with his **ajja (grandfather in Kannada)** and had a talk.*

Darsh – Ajja, you explained the difference between the body and the soul. The body comprises of five elements (Earth, Water, Fire, Air and Space). Is it right to say that the soul controls the body?

Ajja – Yes, precisely. The soul is the final master. But there is an additional concept you need to appreciate.

Ajja – Imagine a long train with numerous bogies. It is a machine similar to a car. This train cannot move on its own, can it? It definitely needs a driver to move the train.

Darsh – Yes, absolutely. Even a car cannot move on its own. It will need a driver.

Ajja – Now, a driver is a living being. All living beings have a soul. So, a driver will be able to drive the train or the car. Are you with me?

Darsh – Yes, ajja, I am with you.

Ajja – Now, can a driver pull all the bogies of the train by himself? The train weighs thousands of tonnes.



Darsh – Obviously, he cannot.

Ajja – The driver uses an ‘Engine’ to pull all the bogies. You can extend this example to a car as well. A car also weighs over 600 kilos. It is impossible for a driver to drive the car without an engine fitted to it.

Darsh – I agree, ajja.

Ajja – Similarly, this soul (also known as ‘consciousness’) needs an engine to drive this body. This engine which exists in our body is called the ‘Mind’.

Darsh – This sounds quite interesting. So, does this engine, the mind, have consciousness?

Ajja – No Darsh. The mind by itself is a non-living thing. It does not have consciousness of its own. A car engine also does not have consciousness of its own. It is like another specialised smaller machine, which helps us to control the main machine, which is the body. Thus, Train : Engine :: Body : Mind.

Darsh – Got it! Is it right to say that animals also have a body, soul and mind?

Ajja – Oh yes! They too have a body, soul and mind. Their bodies are complicated machines like ours, controlled by the soul with the help of the mind.



Darsh – Then what exactly makes us human beings different from the animals? I understand the physical difference. But apart from that, we human beings have a far more refined thought process.

Ajja – Yes, that is true. We have the ‘intellect’. This is a powerful tool which helps in analysis and decisions making. This intellect is developed by knowledge.

Darsh – Do animals not have any intellect at all?

Ajja – They do not have intellect, but yes, they have ‘instinct.’

Take, for example, a one-day-old calf. If the calf finds itself in a pond, it will start swimming. It will not drown. However, if it is a human baby, it is sure to sink.

The Almighty provides animals with ‘instinct’ right from birth, and it stays with them throughout their life. There is very little additional learning in their lives.



However, as far as humans are concerned, we have very minimal natural instinct. We need to be taught clearly. Hence, we all go to schools and colleges.

As I mentioned earlier, this intellect is developed by knowledge. If we do not gain knowledge, we will not be able to use our intellect for analytical and logical thinking.

If you were to raise a human baby in a forest right from birth and not provide absolutely any kind of education, he would not be able to learn anything.

Let us take another example - Your little sister Mahima, is just 10 months old now. She also technically has intellect. But she does not presently have the knowledge to use the intellect. Now, if she tears your book, you will not get angry as you know that she is a baby who does not understand what she is doing.

Darsh – I agree, ajja. Now I understand that knowledge is required to develop our intellect.

To be continued...

Let's understand

1. Give 3 examples of scenarios where you would apply your mind, intellect and instinct.
2. Knowledge is important to develop our intellect. Explain.
3. Have you come across a situation where an instinctive action helped you overcome a challenge. Elaborate.

Let's do these exercises

a. Tick the correct answers:

1. Our soul needs an engine to drive the body which is called (**mind** / **instinct**).
2. The mind (**does** / **does not**) have consciousness.
3. The powerful tool which helps in analysing and making decisions is the (**instinct** / **intellect**).

b. Fill in the blanks:

1. Our body is a complex machine which is controlled by_____ with the help of _____.
2. Apart from the body, mind and soul, we humans have_____whereas animals have_____.
3. Intellect is developed by_____.
4. Humans have to go to schools and colleges for learning because we have minimal_____.

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

1. The instinct that animals have been endowed with, by the Almighty keeps growing exponentially.
2. Animals are well equipped to face problems as they have a refined thought process.

Let's have fun

1. You meet a cousin of yours who is 7 years old. Explain to him/her about mind, intellect and instinct.
2. The highly intelligent human beings play a vital role in maintaining ecological balance. Make a poster to support your answer.



4

LAL BAHADUR SHASTRI

Expected learning outcome

Students get inspired by the simplicity and honesty of
Lal Bahadur Shastri

*It was Oct 2nd, a national holiday. Chirag's **mausi (mother's elder sister in Hindi)** was visiting them from Kohima. Chirag was very fond of her and sat beside her for a conversation.*

Mausi – Today is a holiday Chirag, isn't it?

Chirag – Yes mausi – it is Gandhi Jayanthi.

Mausi – Apart from this, what else is special about this day – Oct 2nd?

Chirag (quite confused) – Nothing else that I can remember.

Mausi – There is another very important leader of this country who shares his birthday with Gandhiji.

Chirag – I have no idea about it, mausi.

Mausi – It is Lal Bahadur Shastri, the second Prime Minister of India.

Chirag – I have heard his name, but do not know much about him.

Mausi – Yes Chirag. It is rather sad that we have almost forgotten a great son of the soil, a very simple and honest man – Lal Bahadur Shastri. Our school history books also do not discuss much about him.

Chirag – Can you tell me more?

Mausi – Sure Chirag.

Mausi – Lal Bahadur was born on Oct 2nd, 1904 at Varanasi, Uttar Pradesh to Sharada Prasad Shrivastava and Ramdulari Devi. Prasad Shrivastava was a clerk in the Revenue Office



of Allahabad but died when Lal Bahadur was barely two years old. He was raised along with his two sisters by his mother. Coming from a very poor family, he sometimes used to swim across the river Ganges to save money, as the boatman charged 2 paise in those days for a one-way ride.

Chirag – Wasn't he afraid of being swept away?

Mausi – He was very brave and determined. Remember, when faced with challenges, the human spirit can lift itself to great heights.

Lal Bahadur Shrivastav plunged into the freedom struggle at a very young age of 16. He actively participated in the Non-Cooperation movement led by Mahatma Gandhi. In 1921, he was arrested by the British but was released as he was still a 'minor' then.

Also, disappointed with the prevalent caste system and discrimination in the country, Lal Bahadur Shrivastav decided to drop his surname 'Shrivastav'.

Chirag – That is quite interesting. Then why is he called Lal Bahadur 'Shastri'?

Mausi - The title 'Shastri' (rather a degree) was awarded after the completion of his graduation at Kashi Vidyapeeth, Varanasi in 1925. 'Shastri' refers to a scholar who is adept in the scriptures. In 1928, he got married to Lalita Devi.

Shastriji continued participating in the Independence movement and was imprisoned for being part of the Salt Satyagraha and Quit India movement. He spent about seven years in jail during the freedom struggle.

Post-Independence, Shastriji served in different ministries in the State and Central government before being elected as the Prime Minister of India in 1964, post the demise of Jawahar Lal Nehru.

Chirag – It is amazing that a poor boy who grew up in poverty, lost his father at a very early age, went on to become the Prime Minister of the country.

Mausi – Yes Chirag. That's true. However, this was a very difficult period for India as we had suffered a humiliating defeat in the 1962 war with China. The morale of the Indian defence forces was low. India was facing severe food shortage with food grains being imported from the US. We were indeed staring at the possibility of a large scale famine. Pakistan took advantage of the situation and attacked India in 1965.

Chirag – Sounds quite a scary situation to be in.

Mausi – But Shastriji was a very focussed and decisive man. Not to be cowed down, he granted complete liberty to the security forces to retaliate. He remarked - “Force will be met with force”. He went for the offensive against Pakistan and rather unexpectedly authorised the Indian armed forces to expand the scope of the war beyond Jammu and Kashmir across the international border with Pakistan. This was a brilliant step and our Army was soon ready to aim at Lahore and Sialkot – key cities of Pakistan. This surprised Pakistan and forced them to go on the defensive.

Globally, this was the period of the ‘Cold War’ between the then two world powers – USA and USSR (Soviet Union). They wanted to exert a strong influence over other countries in the world. As the war progressed in India’s favour, the then US President Lyndon B Johnson sent a tough missive demanding that India stop the war and a warning that if India did not relent, then the US would stop providing wheat to the country. Undeterred by the US warning, Shastriji adopted a different strategy.

He decided to motivate his countrymen to go without one meal at least once a week, thus reducing our food grain consumption. He first started with his own household. Next day he addressed the public on All India Radio (AIR) helping them understand the critical situation and the dire need of the hour. Nation’s newspapers also carried out full page advertisements saying “Today is a Dinnerless day” i.e. asking people to skip that day’s dinner. Even all eateries abided by his words for next few weeks.

Shastriji also gave this slogan - “*Jai Jawan, Jai Kisan*”. He gave immense importance to farmers because they were the real soldiers of the country who could fight against food shortage which had become India’s biggest enemy. He encouraged the start of both the ‘Green revolution’ and the ‘White revolution’.

Lt Gen. Harbaksh Singh, a senior army officer in-charge of the war, describing Shastriji’s fearlessness, said “...tallest decision taken by the shortest leader of the country...”

Chirag (laughingly) – Oh this was because he was very short?

Mausi – Yes Chirag. He was just about 5 feet, 1 inch.

Food For India

ALTHOUGH the United States has come in for abuse in India for trying to put a damper on the Indian-Pakistani conflict over Kashmir, the Indian government confidently as ever looks for the U.S. Government to help feed its starving people. Last year, the U.S. shipped India 6.7 million tons of surplus wheat. In 1966, New Delhi expects, we will send 10 to 15 million tons of grain

Indeed, in the face of a threatened Indian famine, the United States already has been sending in grain on an emergency basis - 20,000 tons daily pouring into India's ports. The Indian foreign exchange situation is so bad that the country's food minister says it cannot even pay the freight on these emergency shipments.

An article in a leading US newspaper on Jan 7, 1966

Chirag - What finally happened in the war?

Mausi – Pakistan sensing defeat approached the United Nations requesting their intervention. There was once again intense pressure from both US and USSR (Soviet Union). Pakistan withdrew its forces. Ceasefire was declared and it was agreed that India and Pakistan would meet in Tashkent in January 1966, to sign a peace agreement, with USSR (Soviet Union) as a mediator.

Chirag – Where is Tashkent?

Mausi – Tashkent is the capital of Uzbekistan which is now an independent country. However during those days, it was a part of the Soviet Union.

Chirag – So, did Shastriji go to Tashkent?

Mausi – Yes. He did and they inked an agreement on January 10, 1966.



Lal Bahadur Shastri with Pakistan President Ayub Khan at Tashkent on January 10, 1966

Mausi – A very unfortunate incident took place the same night. Shastriji died around 2:00 a.m. on January 11, 1966, under mysterious circumstances. Official reports say he died of multiple cardiac arrests, however, others suggest that he was poisoned since his body was found blue (suggesting poisoning) and was full of cuts. Very strangely, no post-mortem was done either in India or in Russia.

Mausi – His death still remains a mystery. You may want to watch this film – ‘Taskent Files’. It is widely believed that he was murdered at Tashkent by one of the secret agents of CIA (Central Intelligence Agency) of US or the KGB (Komitet Gosudarstvennoi Bezopanosti) of Soviet Union.

Chirag – But why would they do that mausi?

Mausi – As I mentioned earlier, both US and Soviet Union were attempting to keep various countries under check, to prove their own global supremacy. They were influencing Indian media, key senior appointments and indeed the entire political situation of the



country by doling out money to many of our politicians and bureaucrats. Indeed it is very sad to note that KGB (Russian secret agency) later remarked in one of its official documents – “It seemed like the entire country (India) was for sale”. They also wanted to contain India’s advancement in the nuclear technology. They probably felt that Lal Bahadur Shastriji was a very upright and honest person, who would not toe their line. He would act only in the best interests of his country.



Mausi – Call it co-incidence or conspiracy – India’s prominent nuclear scientist Dr. Homi Bhabha was killed in an air crash just 13 days later on Jan 24th, 1966. He was heading a team of scientists who had developed the capability of making a nuclear bomb.

Chirag – Oh my God! This is quite sinister. India lost a wonderful leader and a great scientist at the same time.

Mausi – Yes, that is true. Shastriji was a leader widely known for his ethics and morality. Even after becoming the Prime Minister, Shastriji did not own a car though the family members had been requesting him for one. He wanted his secretary to find out how much a Fiat car would cost. The price was found to be Rs 12,000, but he had only Rs 7,000 in the bank. He applied to a bank for a loan, which was sanctioned in one and a half hours. Shastriji promptly summoned the bank officer who had sanctioned the loan to his office to inquire if the bank was as quick in sanctioning loans to other people as well. He advised the officer to be prompt in meeting the requirement of the bank’s customers.

The loan obviously hadn’t been repaid at the time of his death. Post his demise the Indian government offered to write off his loan. However, his wife Lalita Shastriji insisted that she would like to repay the remaining amount to the bank in instalments. And she diligently did so from the pension money received by her.

Also, once Shastriji’s son was given an undue promotion at a department. The moment Shastriji got to know about it, he ensured that the same was reversed immediately.

Chirag – He was truly an ethical soul. There is also a memorial in his name, right?

Mausi – Yes - a memorial was built in New Delhi at the place where Shastriji was cremated. It is aptly named ‘Vijay Ghat’ signifying the victory he led India to in the 1965 war against Pakistan. Shastriji was also posthumously awarded the India’s highest civilian award, Bharat Ratna.



Let's do these exercises



a. Tick the correct answers:

1. Tashkent is the capital of (**Armenia** / **Uzbekistan**) which was the part of Soviet (**USSR** / **U.S.A**).
2. The title awarded to a student after completion of graduation at Kashi Vidyapeeth is ('**Shastri**'/'**Shrivastav**').
3. A team of scientists headed by (**Dr. Homi Bhabha** / **Prof. Raja Ramanna**) developed the capability of making nuclear bombs in 1966.

b. Fill in the blanks:

1. The Cold War between _____ and _____ developed as these two world powers wanted _____.
2. In order to reduce the consumption of food grain in India due to crisis, Shastriji adopted the policy of _____.
3. It is suspected that Shastriji was murdered at Tashkent by either _____ or _____.
4. Lal Bahadur Shastri became the _____ Prime minister of India in 1964, after the demise of _____.
5. A memorial was built for Shastriji at _____ and is known as _____.

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

1. India was defensive against Pakistan and the Indian forces were unauthorised to expand the scope of war beyond the LoC.
2. The shortest leader of the country took one of the tallest decisions by not succumbing to the threats given by the then US President Lyndon Johnson.
3. Shastriji advised the bank officer to be equally prompt in sanctioning loans to bank's customers as they were to him.
4. Shastriji's wife wanted the bank officials to waive the loan.

Let's talk about these

1. Enumerate the incidents in the life of Shastriji that shows his courage, determination and boldness in making decision.
2. How did Lal Bahadur Shastri contribute towards the freedom struggle of India?
3. Why did Shastriji go to Tashkent?
4. Shastriji regarded farmers as equivalent to soldiers. Why?
5. Which traits in Lal Bahadur Shastri fascinate you the most?

Let's have fun

DECODING:

A - 4	B -13	C -6	D -21	E -25	F -1	G -3	H -7	I - 18
J - 2	K- 23	L -26	M -11	N -15	O -5	P -14	Q -17	R -8
S -9	T -10	U -12	V -16	W -19	X -20	Y -22	Z -24	

9 7 4 9 10 8 18 / 2 18 / 18 9 / 4 15 / 25 14 18 10 5 11 25 / 5 1 / 9 18 11 14 26 18

6 18 10 22 / 9 4 6 8 18 1 18 6 25 / 4 15 21 / 25 20 25 11 14 26 4 8 22 /

26 25 4 21 25 8 9 7 18 14.

Activity

- 1) Make an album of the various facts of the life of Shastriji.
- 2) Read to find out more about the mystery behind his death.



Expected learning outcome

Students identify the difference between knowledge and wisdom

Darsh continued his conversation with ajja. He now had a basic understanding of the soul, body, mind and intellect. In case of animals, there is no intellect, but they have a strong instinct.

Ajja – Remember that humans are no match for the strong instinct that different animals have. A dog, for instance, possesses a stronger capability of picking up a scent than us, humans. Many animals like rats, snakes can sense earthquakes in advance while human beings cannot, even though we have developed many complicated machines.

On the other hand, birds build their nest the same way as they did thousands of years back. Humans have vastly improved the knowledge of different building materials and styles.



Darsh – We human beings have four aspects - body, mind, soul and intellect. Two children study in the same class, but they are very different in multiple ways such as studies, behaviour etc. Why is it so?

Ajja – Good point. There is one additional aspect apart from these four, which is ‘Wisdom.’

Darsh – What does ‘Wisdom’ mean?

Ajja – Wisdom is the practical implementation of knowledge in the right direction. It is the ability to use our intellect to take right decisions.

Ajja – For instance, we all have the knowledge that we should speak the truth and the truth alone. But in real life, people are guided by this principle to varying degrees. Imagine two

children. The first one is always truthful whereas the second one does not always speak the truth. In this case, both have equal knowledge, but the first child has higher level of wisdom than the second one.

Ajja – Let me give you another practical example in this context. A thief or a fraudster also has great knowledge, doesn't he? He is able to carefully plan and execute a robbery. It requires immense application of knowledge. But this will not qualify as wisdom since knowledge is not being used in the right direction.

Ajja - This concept can also be beautifully understood in the context of the Mahabharata.

Arjuna is the 'soul' who makes the final decision whether to fight the war or not. The chariot is his body. Shri Krishna is the Intellect and Wisdom which helps Arjuna make the right decision.

Darsh – Ajja, in Mahabharata, was Arjuna the final decision maker or was it, Shri Krishna?

Ajja – My dear son! It was always Arjuna. Shri Krishna counselled Arjuna to stay on the right path and fight the war. He was like the intellect that helped Arjuna adopt the right strategy. But it is incorrect to say that Shri Krishna took the final decision. Thus, to summarise, soul is the final master, the decision maker.

Ajja – Indeed, we misunderstand this concept many times in our everyday life. It is quite common for many of us to remark, "My mind does not concentrate on studies." Remember, it is the soul that is the final decision maker. You, as the soul, lack the conviction to control the mind and make it work in the right direction. The mind is a small entity which needs to be controlled by you.

Darsh – Thank you ajja. My soul feels internally satisfied, now that I know the subtle differences between soul, body, mind, intellect, instinct, and wisdom.

Let's talk about these

1. Imagine an animal that could experience (The soul, body, mind, intellect, instinct, and wisdom) all of these. What would it do or say?
2. Animals can sense the changes in environment before humans.
 - a. How are they able to do it?
 - b. How do they protect themselves from danger?

3. "Wisdom is the practical implementation of the knowledge in the right direction."
Give any 3 instances where you used your wisdom and where you did not.

Yes! I have used my wisdom	No! I have not used my wisdom
1.	
2.	
3.	

4. Wisdom is cultivated or inherent? Debate.

Let's do these exercises

a. Tick the correct answers:

1. Final decision maker is the (Soul / Intellect).
2. A person who (knows facts / applies knowledge) is wise.
3. Our mind is controlled by the (Soul / Intellect).

b. Fill in the blanks:

1. Wisdom is the _____ of the Knowledge in the _____ direction.
2. Shri Krishna is the _____ and _____ who helps Arjuna take the right decision but the final decision maker is _____.
3. We all have the _____ to speak the truth but a person with greater _____ will practise it in life.

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

1. Knowledge that is put into practice for good or bad is called wisdom.
2. Soul controls the mind and intellect to make it work in the right direction.
3. We need to be wise to put our knowledge into action in real life.

Let's have fun

1. Draw images that best represent Soul, Body, Mind, Intellect, Instinct, and Wisdom.



Expected learning outcomes

Students

- understand the importance of respecting guests
- understand the importance of taking care of birds and animals

Nani (maternal grandmother in Hindi) was explaining Meditation, Respecting elders. The next one is...

Agasti – What is the next one, nani?

Nani – Offering to and devotion towards ‘guests.’ ‘Tithi’ both in Sanskrit and Hindi means a particular date and time. “A-tithi” means, one who does not have any date and time, i.e. one who comes without prior intimation, though in our everyday lives, the word Atithi is extended to mean all guests – with or without prior intimation. Treating an atithi with respect is an integral part of our culture all over India.

Agasti – What do we gain by doing this? At least in the case of respect for our parents, grandparents etc, they do so much for us.

Nani – Remember, the Taittiriya Upanishad advises: ‘**Atithi Devo Bhava.**’

Agasti – Does this mean that Atithi is Deva, i.e. God? How can that be?

Nani – The word ‘Deva’ does not necessarily mean ‘God.’



Agasti – That is an intriguing puzzle!

Nani – Deva essentially means anyone who ‘Gives’ something good to us. God, the Supreme Force, is the Ultimate Giver. He has also created various aspects of this Universe: Sun, Moon, Rivers, Wind, Oceans, Trees etc. who also ‘Give’ us in different ways and hence are also referred to as ‘Devas.’



Agasti – So, when we say, ‘Atithi Devo Bhava,’ we mean that the ‘Guest is a Giver.’

Nani – Absolutely. By referring to ‘Deva’ here, it only highlights the qualities of a ‘Giver.’

Agasti – But then, how can the guest be considered a giver? It is the host who serves the guest with water, food, place to stay etc.

Nani – I am glad you are thinking, Agasti. But remember, ‘Athithi,’ often brings knowledge to our doorstep. There is always something to learn from scholarly guests. During conversations, we learn about new ideas or perspectives. A homely environment is a great opportunity for us to interact and learn from their life experiences. It also forges and deepens relationships.

Nani – Indeed, it is an age-old custom to periodically visit relatives, friends and neighbours during festivals and other occasions. We also generally visit if someone is sick or a family member has passed away. It is these social aspects that keep a society bound together. It is rather sad that today everyone is so engrossed in their own lives, families have shrunk, relationships are transient. Often, people do not even know who is staying next door.

Nani – Do you like guests coming home?

Agasti – If I just don’t know them, I keep away. Unless I am specifically called out, I tend to stay in my room until they leave.

Nani – As per the ancient Indian custom, we should interact with them and extend our hospitality. Generally, hospitality comprises of offering the guest a seat, greeting with a ‘Namaste’, offering something to eat or drink, discussing issues of interest, particularly what can elevate your intellectual, moral and spiritual stature, and then seeing them off when they leave.

Agasti – Nani, I now understand the true meaning of ‘Atithi Devo Bhava’.

Nani – Let me also explain to you the fifth Yajnya – **Balivaishvadev Yajnya**. This is related to protecting the animals around us.

Agasti – How can we practise this on a daily basis?

Nani – There are two aspects to it. Firstly, we should stop harming them. We tend to torture and cruelly treat animals in more ways than one.



- Using animal skin, fur etc. for clothing or fashion accessories.
- Exploiting them for our entertainment.
- Experimenting on animals to test new consumer products.
- Inadvertently exploiting animals, whom we want as our companions.
- Sacrificing animals in the name of religion.

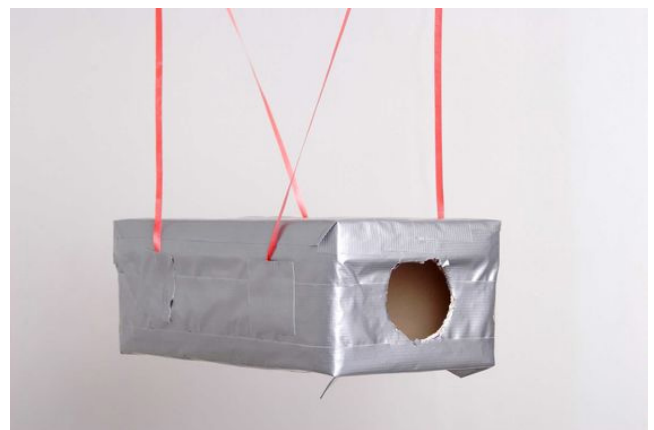
Agasti – I will try my best to avoid all these kinds of exploitation. What is the second aspect, nani?

Nani – The other is to help them in small possible ways in our daily life. Can you think of any?

Agasti – Oh yes! I can probably keep water for birds on my terrace.

Nani – Absolutely! You can also make it a habit to offer grains, slice of bread or a chappati to birds. The birds generally return to the same place each time they feel the need for food, water and shelter. They will come back to the place where someone cares for them.

Nani – Once again, it has been an age-old custom to keep aside some food from our plate before every meal, to feed various living creatures including insects, ants and birds.



Homemade Bird Feed

Nani – You can also probably build a home for small birds like sparrows and hang it somewhere on the terrace.

Agasti – How can I do that? It sounds exciting.

Nani – It is very simple. Take a shoe box and make a small hole for the sparrows to get in. You can also be an animal activist by opposing cruelty towards animals. These mute creatures need a voice! Age does not matter. If you see someone treating animals cruelly, gather the courage to approach them and gently highlight the suffering of the animal. Even if they ignore you, it is fine. It will definitely make them a little more sensitive. They will at least realise that people around are watching. Some may even realise their mistake. Most importantly, you will have the satisfaction of having done your part.

Agasti – I will definitely take care of animals atleast in a small way, every day!

Nani – Agasti, if you recollect, we had earlier discussed four parameters to evaluate various beliefs. Let us now evaluate these traditions with relevance to each parameter to see if they hold true.

		<i>Meditation</i>	<i>Respecting Elders</i>	<i>Respecting Guests</i>	<i>Protecting Animals</i>
1	‘Universally applicable’ 7.5 billion people on Earth can practise it every day.	✓	✓	✓	✓
2	‘Simple’ One does not require spending much money, and it is not complicated.	✓	✓	✓	✓

3	'Equality' There is no differentiation between people based on gender, caste or economic wealth.	✓	✓	✓	✓
4	'No conflict of interest' It does not materially benefit any particular individual.	✓	✓	✓	✓

Agasti – This is indeed wonderful! It is all so logical and following these traditional practises will indeed help us create a utopian society.

Let's talk about these

1. How do you usually behave when someone comes to your house?
2. Do you visit your relatives. Why/Why not?
3. Introspect on whether you need to change your behaviour based on your understanding of "Athithi Devo Bhava". List the changes that you think you should adopt. Justify why you need not change, if you think so.

Let's do these exercises



a. Fill in the blanks:

1. Atithi often brings _____ to our doorstep.
2. We can make a guest feel comfortable in our house by _____.
3. Deva essentially means _____.
4. _____ Yajnya means protecting the animals around us.

b. Answer the following:

1. List the ways by which we torture and treat the animals cruelly. Discuss why and how it could be avoided, for any one way.
2. Apart from feeding the other living creatures, are there any other ways by which you can contribute to helping birds and animals? Suggest some steps which you can or are already taking to help birds and animals.
3. Are animals in the forest also are ill treated by humans? Justify.

c. Projects:

1. Prepare a poster on "Stop Cruelty to Animals."



2. Enact a conversation between a host and a guest.

d. Unscramble the words:

1. REGVI
2. EMNATAS
3. TTIIAHH



RESPECTING TEACHERS

Expected learning outcome

Students understand and realise the importance of teachers in one's life

*Keshav just received his class X Board exam results. He had scored very well and was planning to opt for Commerce group in Class XI. However, he would be moving to a new school as his father recently got transferred to Kolkata. His friends in the building had come home in the evening to play a game of carrom. Keshav's **paatti** (grandmother in Tamil) was at home...*

Keshav - Paatti, today we got our results and I scored very good marks.

Paatti - I'm proud of you Keshav. Did you get your teachers' blessings on this happy occasion?

Keshav - No paatti. I will be leaving the school now. None of my present teachers will be teaching me further.

Paatti - Keshav, teachers are always to be respected irrespective of whether they handle your classes or not. Remember, that you are what you are, not only because of your efforts but also because of the efforts and blessings of your parents and teachers and not to forget the blessings of Almighty.

Varun - But paatti, nobody does that nowadays. It's weird. *(Other children giggle along)*

Paatti - Varun, right and wrong is not decided by who does it or how many people do it. You must be aware of the famous verse, which goes as follows:

मातृ देवो भव	Maatru Devo Bhava		पितृ देवो भव	Pitru Devo Bhava
आचार्य देवो भव	Aacharya Devo Bhava		अतिथि देवो भव	Athithi Devo Bhava



Varun - Oh yes, It means look upon your mother, father, teacher and the enlightened, scholarly guests as Devas.

Paatti - Varun, although your understanding is correct to an extent and is the common meaning known to all, there are some subtle corrections, which I would like to highlight.

Paatti - Someone who gives unconditionally, with no expectations in return is called a Deva. In that sense, your mother is a Deva because, since your time of birth till date, your mother does everything for you but expects nothing in return. The same goes to your father too. Your parents love you irrespective of your academic performance or any other aspect for that matter. Such source of pure, unadulterated and benevolent love is received from a Deva.

Keeping that in mind, we can say that sources of nature like the sun, wind, water, trees and earth can also be called Deva because they give us, expecting nothing in return. The Sun with its energy, the rivers with pure and fresh water, the trees bearing fruits and the Earth which holds us, are all Devas who have been giving since time immemorial.

Paatti - God is the creator of the entire Universe. He is present everywhere including our heart and knows each one of us very well. He, thus, is able to provide justice to everyone, at all times. He knows everything and has the infinite potential to create and sustain everything.

Now, God blesses us in various ways and does not expect anything in return, thus making Him a Deva. Now, look at the other examples of Deva given by me. Can your parents, teachers or the sources of nature be present everywhere at all times? Can they provide justice to one and all alike? They cannot, so they cannot be considered as God. That's why there is a subtle difference in the meaning of the verse.

मातृ देवो भव	<i>May you realise that your Mother is a Deva</i>
पितृ देवो भव	<i>May you realise that your Father is a Deva</i>
आचार्य देवो भव	<i>May you realise that your Guru or Acharya is a Deva</i>
अतिथि देवो भव	<i>May you realise that the enlightened Scholars who visit your home are Devas too as they selflessly give you the wealth of knowledge and enrich you with the wisdom that they possess.</i>

Varun - Paatti, this has such a deep meaning to it.

Paatti - Yes Varun. That's why in ancient times, things were not learnt by the students on their own, like kids of these days, surfing through the internet. They were rather taught by a teacher or Guru in a controlled environment called the Gurukul system. This brings me to the original reason why I brought this topic up.

“आचार्य देवो भव (Aacharya Devo Bhava)” - Who is an Aacharya? Can anybody tell me?

Vashisht - Well, Aacharya means a teacher.

Paatti - Almost there Vashisht. A teacher can be called a Guru or an Aacharya. In Sanskrit, Guru means one who dispels darkness. 'Gu' stands for darkness and 'ru' stands for remover. Hence Guru is someone who removes darkness from our mind and life. Darkness here does not mean the exterior darkness which arises due to lack of light but the darkness in the form of ignorance, fear, anger, hatred and jealousy.



Another synonym of Guru is **देशिक (Desika)** - one who shows us the path of righteousness, one who guides us in the right path.

One who knows the right conduct, one who not only has the knowledge but also the wisdom to implement the knowledge, one who does not keep the treasure of knowledge hidden to oneself but rather distributes it to his students, like a candle that enlightens a dark room, like the rain that befalls on all alike, is regarded as an Aacharya. One who selflessly gives away the wealth of knowledge to his or her students is an **Aacharya**. That is why a teacher or an Aacharya is treated equal to one's own father, mother and other Devas.

Anybody who understands the importance of a teacher would not belittle the relentless and selfless hard work put in by them, for the benefit of the students. You should realise that a Guru must be treated with respect. The blessings of your teacher is an umbrella of moral support that helps you cross tough times just like Almighty's blessings.

Keshav - I understand the importance of a Guru paatti , but do you say that I should remember and greet teachers who taught me years before?

Paatti - Absolutely Keshav! It is very important to greet your earlier teachers as they were the ladder who helped you reach your current position. They provided you the foundation to reach greater heights.

Keshav - I agree paatti.

Paatti - Let me cite a few examples of people you all know. Tell me, what's the similarity between Sachin Tendulkar, Saina Nehwal and M.S. Dhoni?

The boys together - They're famous personalities!

Paatti - And?

Vashisht - They're successful !!

Paatti - And...??

Keshav - And?? What else?

Paatti - They're humble people who did not let the success get into their heads. They remembered and thanked their teachers at the peak of their success. They were grounded and knew their roots.

Sachin Tendulkar and his relationship with his cricket coach Ramakant Achrekar is well known to all his fans across the globe. The coach was tough and sometimes even dominating to his protégé. But if it wasn't for the coach, the cricket world wouldn't have probably witnessed the maestro in play.

The takeaway here is that the tough coaching was for the benefit of the young lad. Sachin realised that the coach was hard on him because he wanted him to succeed. When the teacher is tough on a student, it's only because he or she wants to bring the best out of him/her. Remember, ***a chunk of coal needs to go through extreme pressure and heat to turn into a priceless diamond !***

Achrekar played a pivotal role in grooming the young Sachin and the latter credits him for all his success. After his coach passed away, an emotional Sachin took part in the final procession to the crematorium. Such should be the relationship between a teacher and a student.



Sachin Tendulkar seeking blessings from his coach Ramakant Achrekar

Indian badminton champion Saina Nehwal, didn't fail to thank her coach Vimal Kumar after winning the silver medal in the World Badminton Championship. She credited him for helping her pass through the rough patch in her gaming career. Saina remarked - *“Vimal Sir's influence is the biggest change. I really want to thank him for spending so much time with me in the court and making me believe every day that I am a champion, I can be number One. He really made a difference in my game.”*

Lastly, M.S Dhoni, visits his first coach in cricket, every time he visits his native town. His cricket coach Keshav Ranjan Banerjee, was instrumental in him pursuing the sport seriously. Stardom does not prevent Dhoni from touching Banerjee's feet whenever they meet. *“He is like the same old Mahi for me. He has not changed a bit.”*, says the proud coach.



You should understand why I have been taking successful celebrities as examples. All of them remembered to thank their coach and people responsible for their success and never took success to their head or failure to their heart. Rather than looking in awe at their stardom, you must appreciate the hard work, passion and perseverance they possess to reach such heights.

Keshav- Not to forget, their humility and gratitude towards their teachers.

Paatti - Absolutely Keshav.

Varun - You're right paatti. We promise to stay grateful to all those who have carved our path and have been instrumental in our growth so far and also in future. We also celebrate Teachers' day in our school to thank our teachers for their selfless and tireless work.

Paatti - Oh! That's interesting. Do you know why the teachers' day is celebrated on September 5th?



**Dhoni's cricket coach
Keshav Ranjan Banerjee**

Keshav - It is Dr. Sarvepalli Radhakrishnan's birthday.

Paatti - Agreed. But why is it that his birthday, out of many scholars and academicians that India has produced, is celebrated as Teachers' day? Let me tell you why.

Beginning his career as a philosophy teacher, he went on to be one of the distinguished teachers on 'Comparative study of Philosophy and Religion'. The brutal and uninformed western criticism on the Indian beliefs made him study Indian culture further and publish various books and thesis supporting and appreciating the Indian way of life. He was the recipient of various awards and honours including the Bharat Ratna in 1954.



After Dr. Radhakrishnan became the President of India, some of his students wanted to honour him by celebrating his birthday across the nation as Radhakrishnan Jayanti. But Dr. Radhakrishnan humbly turned down the proposal and requested the students to honour the teachers of the nation on his birthday as that would be the greatest privilege.

An exemplary teacher, philosopher, scholar, and a successful politician, Dr. Radhakrishnan believed that - *"The teachers should be the best minds in the society"* and *"A teacher should empower the students to think for themselves"*.



Vashisht - This is so inspiring paatti. We promise to be more considerate and respectful towards all our teachers and other elders.

Paatti - I'm glad you kids are taking home a good value for the day. Good luck for your new academic year.

Let's do these exercises



a. Complete the statements:

1. Forces of nature can be called as _____ as they give unconditionally.
2. The one who shows the right path is called a _____.
3. A teacher can be compared to a _____ as he/she helps us climb up in our life.
4. In Sanskrit, Gu stands for _____ and ru stands for _____ .

b. Answer the following questions:

1. What does word 'Acharya' mean?
2. How do you express your gratitude to your teachers?
3. Sachin Tendulkar, Saina Nehwal and M.S. Dhoni were grateful to their teachers, and expressed it even when they attained fame. How would you do that when you grow up to be a person of eminence?

Let's talk about this



1. Even a random person who does something good for others without expectations of anything in return becomes a Deva. Do you agree with this statement? Have you ever met someone who fits this description of a Deva in your life? Write a description of him/her. (It could be your family member or an outsider too).
2. Why is Dr. Sarvepalli Radhakrishnan's birthday celebrated as Teacher's day?

Let's have some fun!!



1. Reach out to your teachers and people whom you admire, get their signatures, request them to write a line or two about you. Write what you like the most about them. Stick their pictures if you can. Create a collage and present it proudly in your class to your teachers and friends.
2. What is the significance of Guru Purnima? Analyse how significant the role of Guru was in the Indian culture and belief system for ages. Pen down yours thoughts and share it in the class.



DESIRES – 3

Expected learning outcome

Students understand the nuances of various desires

*Kavya was having an interesting conversation with her **thakurda** (grandfather in Bengali) on desires. She was convinced that chasing desires is a never ending futile exercise. However, she had further queries...*

Kavya – Thakurda, should we not work hard and earn wealth?

Thakurda – Oh! Yes. You should be prosperous. As per ancient Indian tradition, a person should definitely earn wealth.

वयं स्याम पतयो रयीणाम्

“Vayam Syaam patayo rayeenaam”

“May we all be prosperous and wealthy.”

There are however two aspects that one must bear in mind:

- We should work hard to ensure that we earn wealth in the right way. We should adopt an ethical approach with the highest level of integrity.
- We should use the wealth we have earned with a sense of humility and detachment.

Though we have earned our wealth due to our hard work, we directly or indirectly receive cooperation from various human beings. Also, whatever we have acquired, in a way belongs to the Almighty. We can buy a large piece of land in a prime location and feel proud to be the owner. But remember the entire Earth, including this particular piece of land was actually created by the Almighty.

There is another beautiful verse which means.



Everything within the universe is controlled and owned by the Almighty. Enjoy the wealth, which is righteously yours. Don't covet or grab the wealth that belongs to others.

Thakurda – All of us should give away part of our wealth to help others.

Kavya – How much should it be?

Thakurda – There is no absolute amount, Kavya. It depends on the earnings of the family. It is advised that, 10% of your net earnings should be given away for helping others. Thus, the rich should give away more than the poor in absolute terms but proportionately it is the same 10% for all.

Kavya – Thakurda, I promise to donate 10% of the pocket money that I receive from my parents, henceforth.

Thakurda – That will be great, Kavya.

Kavya – You spoke about three different kinds of desires - wealth, relationship and fame. Of the three, which is the most challenging to renounce?

Thakurda – It is the desire for fame. One can with intense introspection and a strong sense of detachment, renounce the desires related to both wealth and relationships. However, the desire for fame engulfs each of us including many sages.

Thakurda – Let's consider the following example. A man donates Rs. 1 lakh to an orphanage. It is definitely a good deed. The man is giving away his wealth for the welfare of others. Also, it is a significant amount of money which he could have utilised in many other ways for himself. However, while doing so, he has a thought that his donation should be known to everyone around him. They should praise his act of benevolence. There is clearly a desire for recognition and fame.

Kavya – But what is wrong if he wants others to know that he has donated Rs.1 lakh?

Thakurda – It is not wrong. But this desire will take away his mental peace. He will feel shortchanged and miserable in case he does not receive the publicity he expects. The key point is that he should not expect publicity. If the orphanage, however, announces it in a magazine or in a forum to motivate others, it's fine.

Thakurda – 'Fame' is often considered a sweet poison.

Kavya – Why is it called 'sweet poison'?



Thakurda – You may find this counter-intuitive. But philosophically it is quite true. Fame tends to blind people. It puts you in a comfort zone, wherein you keep yearning for more. Your desires increase manifold. During the process, you lose objectivity and become arrogant which can then lead to your downfall.

Kavya – I agree. I recently read an article about Boris Becker. He was one of the greatest tennis stars, the youngest-ever Wimbledon champion at the age of 17. He won six grand slams in the 1980s and 90s. He became ultra-rich due to the huge prize money and also the endorsements. He also became extremely popular. This fame was like sweet poison. He was a spend thirft. His fame made him take reckless decisions. This led him to declare bankruptcy. He also had to face numerous embarrassing situation. The article concluded that he was “destroyed by his celebrity status”.

Kavya – You mentioned that excess wealth leads to a decline in happiness. Then are the ultra-rich people are less happy than many others?

Thakurda – From a layman’s perspective, more wealth implies greater happiness. But, remember a rich person in many cases lives under constant tension. He is always worried about securing his wealth from others. He tries to ensure that he does not give away a part of his wealth as taxes to the government.



Striving to protect and increase one’s wealth is philosophically a form of Unhappiness.

Kavya – I read recently that there was an income tax raid on the premises across the city of a wealthy, successful businessman by the income tax officials. Rs. 10 crores in cash and 3 kg of gold were seized from his residence.

Thakurda – That’s true. Before the income tax raid, he must have taken so many precautions to keep this large amount of money in his house safely. And imagine the trauma, due to the fear of losing it during the raid. He had to undergo there because of the huge wealth that he possessed

Kavya – Yes, they mentioned that money was recovered from hidden cavities in furniture, from under the bed and in restrooms too. Some amount was also hidden in shoe boxes kept in the shoe rack. I can imagine he must have lived under tension that this money should not be stolen by any other worker at home.

Thakurda – Also, think about it- a wealthy person utilises only a small portion of his own wealth during his lifetime. He leaves a major percentage of his wealth for his family members to enjoy. After the person passes away, many times, we notice that children just recklessly blow up the wealth. Not only that, excess wealth puts them in a comfort zone. Born with a silver spoon, they may not take their studies seriously and may adopt bad, unwanted habits.

Kavya – Should we not desire relationships?

Thakurda – You should cultivate and nurture relationships. However, once again philosophically it is the attachment which is the hurdle. We assist others but build huge expectations in return. We should desist from doing so. We should perform our duties, love our near and dear ones without expecting anything back.

Kavya – I understand. It happens to me all the time. I feel that I do so much for my friends, but some of them do not reciprocate. I feel so bad. Sometimes I also pick up a fight with them.

Thakurda – All this is due to the different kinds of desires that we harbour. Our attachment towards wealth, relationships and fame is the cause of our unhappiness. Move away from it to attain mental peace.

Let's talk about this

Does wealth alone lead to ultimate happiness? How should you try to be grateful and humble when God bestows you with everything you want?

Let's do these exercises

a. Tick the correct answers:

1. Boris Becker was the youngest tennis player to win the (**Davis Cup** / **Wimbledon Championship**) at the age of (**17** / **21**).
2. It is said that, (**10%** / **25%**) of one's net earnings should be given away for helping others.



3. A rich person in many cases has (**no tension** / **great tension**) as he is concerned about (**protecting** / **uncovering**) his wealth.
4. Expectations are the greatest (**hurdle** / **assistance**) in one's life.

b. Fill in the blanks:

1. We should work hard to earn wealth in the _____ way and use the wealth with a sense of _____ and _____.
2. The desire for fame will take away the _____ of a person because he will feel miserable in case he does not receive the publicity he expects.
3. Our attachment towards _____, _____, and _____ is the cause of our unhappiness.
4. When a wealthy person leaves behind all his wealth for posterity, their children may _____ the money, adopting _____ habit.
5. Fame leads to one's downfall as the desires _____, one loses objectivity and the person becomes _____.

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

1. We should cultivate and nurture relationships but should not expect anything in return.
2. Though we have earned wealth through hard work and cooperation from many people, in a way, all the wealth belongs to the Almighty.
3. For Boris Becker, fame was like a sweet poison as he took many reckless decisions and overspent, leading to bankruptcy and thus he was "destroyed by his celebrity status."
4. The person in whose house there was an income tax raid, would have had no tension in safeguarding his money in the hidden cavities of his house.

d. Answer the following

1. What are the kinds of desires?
2. Name the desire that is considered a sweet poison? Why is it called so?
3. "It is not the man who has too little but the man who craves more...". Write a passage, beginning with the above phrase, in not more than 150 words.

Try this out



- 1) Make a list of things which you can do to help somebody in need.
- 2) Each of us have different desires. Why?
- 3) How do desires impact our lives?

9

THE BALAKOT SURGICAL STRIKE

Expected learning outcomes

Students

- understand the background of “Balakot Surgical Strikes”
- become more patriotic and proud of the Nation
- get inspired by the strategic strike of the Indian Army

February 14, 2019 was a very sad day for the Indian defence forces. On that fateful day, a convoy of vehicles carrying security personnel on the Jammu Srinagar National Highway (Pulwama district) was attacked by a vehicle-borne suicide bomber. The attack resulted in the deaths of 40 Central Reserve Police Force (CRPF) personnel. The responsibility for the attack was claimed by the Pakistan-based Islamist militant group Jaish-e-Mohammed (JeM). It was the deadliest terror attack on India's state security personnel in Kashmir since 1989.



Aftermath of the Pulwama attack | Feb 14, 2019

As the country mourned the death of its brave soldiers, the Indian defence establishment was determined to take a decisive step towards preventing such attacks in the future. ‘*Bleed India with a thousand cuts*’ is a military doctrine followed by Pakistan against India. It has been constantly sponsoring terrorism from across the border.

India strategically decided to attack the terrorist camps in Pakistan where they train misguided youths, provide them with arms and ammunition before launching them across the border.

Despite massive efforts, India has been unable to completely stop infiltration considering that we share a 3,323 km long border with Pakistan, beginning from the state of Gujarat, right up to Kashmir.

Indian intelligence had gathered that JeM was operating three large camps in Pakistan. It decided to attack the one in Balakot, deep inside mainland Pakistan. Spread over six acres, the camp had 10 major buildings or complexes devoted to various kinds of activities. Intense preparations started. India decided to launch an air strike in the last week of February 2019. It would be the first time that India would conduct an air strike in mainland Pakistan since the 1971 war.

Countdown begins - To strike Balakot, the IAF would have to employ deception, ensure surprise and speed while hitting the chosen targets. So, as a part of the plan, they increased the routine night-flying sorties in Jammu and Srinagar to avoid Pakistan detecting any unusual movement of aircraft.



The plan was simple but brilliant. The strikes would be carried out by a dozen Mirage 2000 aircraft equipped with Israeli-built SPICE (Smart Precise Impact and Cost Effective) 2000 bombs that could hit with pinpoint precision, thanks to their robust guidance system that uses onboard GPS and an optical camera to navigate it to an intended target 60 km away.

The Mirages were reportedly accompanied by four Sukhoi-30s to provide air cover. Two surveillance aircraft, the Israeli Phalcon Airborne Warning and Control System (AWACS) and the indigenous Netra Airborne Early Warning and Control (AEW&C) system, were deployed as were two IL-76s for mid-air refueling. Mid-air fuelling is the process of transferring aviation fuel from one military aircraft (tanker) to another (the receiver) during the flight. This would help extend the flying range of our Mirage 2000 if required.

To avoid alerting Pakistan air defence, these aircrafts took off from the Agra and Bareilly bases at about 3 a.m. in the morning, on Feb 26, 2019. It was otherwise logical for the aircrafts to take off from other bases in J&K, Punjab or Haryana, which are closer to Pakistan. But India felt that if a large number of aircrafts took off from those bases, Pakistan would be alerted sooner.

As these aircraft approached Pakistani air space, they flew in formation with one lot seemingly headed to Bahawalpur (headquarters of JeM in Pakistan). Thinking that the IAF intended to strike the JeM headquarters, Pakistan scrambled its fighters to take on the oncoming Indian jets.



That distraction allowed the accompanying low-flying formation of Mirage 2000s to head in the direction of Balakot. By the time they showed up on Pakistani radars, they were 150 km away from the jets that had scrambled to stop them.

The Mirages quickly reached Balakot, focused on the target, and dropped the SPICE bombs they were carrying. Five bombs struck the targets, three hitting the large complex housing many recruits, one the main U-shaped complex and the fifth hit the building that had the master trainers. One target they could not strike was an abandoned school where a few other senior terrorists resided. That's because the aircraft chosen to strike it was unable to lock onto the target to release the bomb in the tight window of opportunity. All the aircraft returned safely to their bases by 4 a.m.

These strikes were a huge embarrassment for Pakistan. They stoutly refuted India's claims. It became a joke globally, when the Pakistani establishment declared that the only casualty in the Balakot air-strike was that of a crow. A day after the airstrike, reporting from ground zero of Balakot, a prominent Pakistani journalist tweeted – "I visited mountain area of Jabba 25 km away from Balakot today where Indian Air Force dropped bombs yesterday. I found one dead body at the spot and it was a crow"

As if to avenge the death of a crow, Pakistan sent a fleet of 24 fighter jets (including 10 US made F-16 Fighting Falcons) the very next day to strike Indian targets. Here is minute-by-minute account of what ensued.

9:52 AM: Indian Air Force's Netra surveillance aircraft detects 10 F-16s taking off from three airbases in Pakistan. The F-16s fly in three separate formations. They then merge into a single formation before trying to enter Indian air space.

9:54 AM: Indian Air Force swings into action. IAF's MiG 21 Bisons, Sukhoi Su-30MKIs and Mirage 2000s are scrambled to intercept the incoming Pakistani fighter jets.

9.58 AM: India sounds an alert and sends out a message to the Pakistani fighters asking them to go back.

9.59 AM: As per protocol, India sounds second alert and sends another message asking the Pakistani jets to go back.

10:00 AM: The Pakistan Air Force fighter jets enter Indian airspace.

10:01 AM: Indian Air Force jets respond with full force and engage the F-16s. The F-16s are also targeted by surface-to-air missiles (SAMs). The response forces nine PAF F-16s to return after intruding just a kilometre into the Indian Territory.

10:02 AM: One F-16 however manages to enter deep inside Indian territory. The jet targets an oil depot and an ammunition point in a military zone and tries to attack an Indian Army brigade headquarters.

10:03 AM: One Indian Air Force Sukhoi Su-30 and one MiG-21 Bison engage this F-16 in a dogfight manoeuvre called '*defensive split*'. The two Indian jets trap the Pakistani jet in between them -- the MiG 21 flies in front while the Su-30 chases the F-16 from behind, firing at it. The F-16 is forced to flee using a dog fight manoeuvre called '*wingover*'.

10:04 AM: The Su-30 stops chasing the F-16 and hovers around the oil field in order to guard it. The MiG-21 Bison, being flown by Wing Commander Abhinandan Varthaman, gives the F-16 a chase. The F-16 is flying out of territory and Wing Commander Abhinandan 'locks' F-16 with an R-73 air-to-air missile.

10:08 AM: Wing Commander Abhinandan fires his R73 missile and successfully hits the F-16, bringing it down. Abhinandan performs a dangerous manoeuvre called '*high-g barrel roll*'. He is in the range of Pakistani surface to air artillery and surface to air missiles (SAM). Either SAM or air artillery hits the MiG-21. Abhinandan ejects.

It was a historical dogfight (a term that came into vogue during World War I & II



Wing Commander Abhinanthan Varthaman, flying a MiG - 21 Bison, shot down a Pakistani F-16 with an R73 air-to-air missile

referring to aerial battle between fighter aircrafts conducted at close range) in the military aviation space. India was proud of the fact that its old generation MiG-21 Bison (Russian built) managed to shoot down a far more sophisticated F-16 (American built) being flown by the Pakistan air force.

However, unfortunately, as Abhinandan landed using his parachute, he discovered that he was on the other side of the Line of Control, i.e. in PoK (Pakistan Occupied Kashmir). Post the war in 1947-48, Pakistan had managed to illegally gain control over one-third of Kashmir which is today known as PoK. The Line of Control separates Kashmir from the part that is illegally controlled by Pakistan and the other part which is with India.

Abhinandan was captured by Pakistan. As the news spread, the entire country was in despair.

The Indian government immediately swung into action, activating its diplomatic channels. Pakistan was issued a stern warning that India would not hesitate in further stepping up the attacks if Abhinandan was not returned immediately. India also reminded Pakistan about the Geneva Convention, under which all Prisoners of Wars (PoWs) should be treated humanely and released without delay after the cessation of active hostilities.

Also, globally, all major countries were backing India considering that Pakistan is known to be a failed state that actively sponsors terrorism.

India managed to secure the release of Abhinandan 48 hours later – clearly a very significant diplomatic victory for India.

Both the countries continue to keep their armed forces in a state of high alert. However, what is not under doubt is that by striking Balakot, India has sent a clear message that it would make it unaffordable for Pakistan to continue fostering terror. Jai Hind!



**Wing Commander Abhinandan
being handed over to India at the
Wagah border | March 1 , 2019**

*(Acknowledgement – Various news articles available electronically on
Indiatoday.in; thewire.in; timesofindia.com)*

Let's do these exercises



a Tick the correct answers :

1. The Mirage 2000 aircrafts were accompanied by (**Sukhoi-30s** / **HAL Tejas**) to provide air cover.
2. The responsibility for the Pulwama attack was claimed by the (**ISIS** / **Jaish-e-Mohammed**).
3. MiG-21 Bison, (**Russian** / **American**) built, managed to shoot down (**primitive** / **sophisticated F-16**).
4. Wing Commander Abhinandan was handed over to India at the (**Monabao** / **Wagah border**).

b. Fill In The Blanks :

1. India strategically decided to attack _____ where they train _____.
2. Among the five bombs that struck the target, three hit _____, one _____ and the fifth _____.
3. To strike Balakot, the IAF required to _____, _____, _____ and increase _____.
4. According to the Geneva Convention, all PoW should be treated _____ and released _____.

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

1. To avoid alerting the Pakistan air defence, Indian aircrafts took off from Punjab and Haryana, which are closer to Pakistan.
2. The plan was to strike the terrorist base camps with a dozen Mirage 2000 aircraft equipped with Israeli-built SPICE 2000 bombs that could hit with pinpoint precision.
3. Indian Air Force's Netra surveillance aircraft detected 10 F-16s taking off three airbases in Pakistan.
4. Pakistani media accepted the heavy casualty caused to the terrorist camps in Balakot.
5. The LoC separates Kashmir from the part that is illegally controlled by Pakistan and the other part which is with India.



Let's talk about these

1. Explain the events that led to the Balakot air strikes?
2. What is air fuelling? How could it be useful?
3. "Indian Air Force was well prepared for the air strikes in Balakot". substantiate the statement.
4. Describe the efforts taken by Wing Commander Abhinandan in the historical dogfight.
5. What do you understand by the term 'dogfight'? What is its historical significance?
6. What was one powerful message that Balakot strikes gave the world? Does it make you proud as an Indian?
7. Try to find out more about Agnipath scheme.

Let's have fun

Find out the features of the following Indian aircrafts:

HAL TEJAS
• _____
• _____
• _____
• _____
• _____

DASSAULT RAFALE
• _____
• _____
• _____
• _____
• _____

SEPECAT JAGUAR
• _____
• _____
• _____
• _____
• _____

BOEING C-17 GLOBEMASTER III
• _____
• _____
• _____
• _____
• _____

LIVING WITH ANIMALS - 3

Expected learning outcome

Students develop empathy for animals

Charan's *nanamma* (grandmother in Telugu) was explaining to him different reasons for exploitation of animals like clothing, experimentation and entertainment. There is one another reason as well.

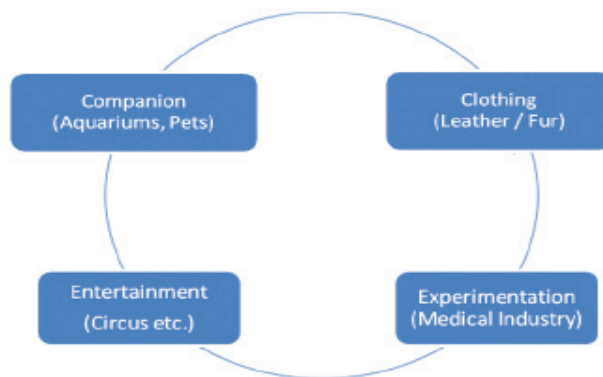
Nanamma – Animals like dogs, cats etc. are great companions, and can promote psychological and physical well being in their owners. However, we should be careful about not exploiting the animals in the process.

Charan – Dogs have a great time with their owners, isn't it?

Nanamma – But where do you think owners pick up their pets from?

Charan – Mostly from pet shops. There are numerous online websites as well, from where we can adopt these dogs.

Nanamma – And you pay quite a price for it, in lakhs of rupees! Remember, there is immense cruelty meted out to these animals by most pet shops. The dogs are bred and treated very cruelly before they are ready to be displayed for customers to buy them. Also known as puppy mills, these are large-scale commercial dog breeding operations wherein profit is given priority over the well-being of the dogs. Dogs are housed in overcrowded and unsanitary conditions without adequate veterinary care, food, water or socialization.



It is best to adopt dogs from various animal shelters where stray, lost, abandoned or surrendered animals, sometimes sick or wounded, are kept and rehabilitated. It does not cost you anything to adopt a dog from there.



But the irony is that most pet owners are only looking to 'buy' a dog that serves as a 'status symbol'. It isn't the connection that you make with a living being that matters to them, but it is the physical appearance and price tag attached to the dog.

Sometimes people adopt pets out of enthusiasm but soon realise that they are a burden to be taken care of. There are numerous instances of dogs being abandoned and left to die inside vacant buildings or apartments. Dogs are left howling or barking for several hours and days.

Charan – Nanamma, is keeping fish in aquariums also cruel?

Nanamma – What is your thought? Do you like to be in the same room always.

Charan – If I were a creature, I wouldn't want to spend my entire life locked up in just one house or a room.

Nanamma – That is right. Robbed of their natural habitats (ocean, river, lake, pond etc.) they are denied their right to travel freely. They must swim around endlessly in the same few cubic inches of water. The tanks are often barren, containing no sand, no rocks and no plants - nothing that remotely resembles anything in the animals' natural homes. They are also subjected to the constant glare of artificial lights and the droning of pump motors. They fail to recognize the glass that holds them in is a barrier, and often sustain facial injuries after swimming into it.



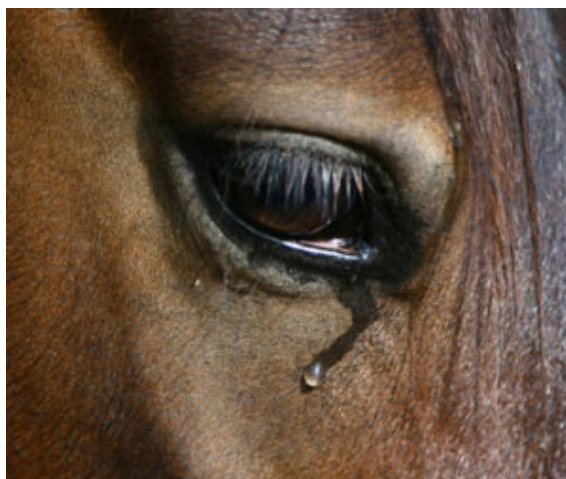
Animals in cages have been known to become frustrated, banging their heads and going insane. Freedom is not a human need alone. I don't know how a fish exactly feels, but the kind of lives they have in aquariums is definitely not pleasant.

Charan – Why do we still keep aquariums?

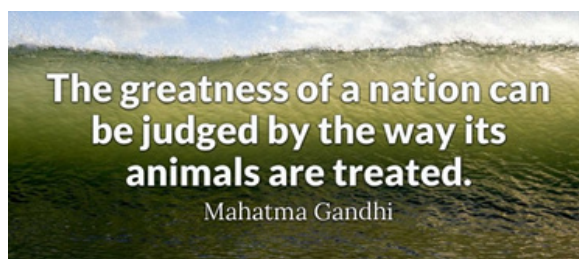
Nanamma – In most cases, it is ignorance. They mistakenly believe that fish is in a secured environment, with food being provided to them regularly and they are away from predators. However, as we discussed, there is a huge value for freedom. Even if we are offered the best of comforts, we will not want to be restricted to a single room for our entire life.

Charan – I completely agree nanamma. I was feeling so frustrated during the *Coronavirus* lockdown as I could not go out. My movement was restricted within my small home. It was like being imprisoned, though we had access to all basic necessities.

Nanamma – That is so true, Charan. The *Coronavirus* lockdown gave us humans a glimpse of how animals feel when caged, though we may have provided them enough food and water.



Our scriptures teach us compassion for animals. We, human beings have been endowed with superior intelligence. It is the moral responsibility of human race to take care of animals who are not as intelligent and powerful as we are, but have the same emotions of love, happiness, sorrow and pain. Sometimes we can see animals, shed tears like us. Indeed, Mahatma Gandhi, who always stood for non-violence, remarked - *'The greatness of a nation can be judged by the way its animals are treated'*.



Charan – This sounds too idealistic.

Nanamma – No Charan, this is indeed a very profound statement. He meant to give us the message that a nation wherein people treat even the powerless, mute creatures around them with compassion, would never ever think of killing or ill-treating their fellow beings. They will thus follow the path of true dharma.

Charan – What about animal sacrifice? I heard a friend say that our ancestors promoted animal sacrifice on specific occasions.

Nanamma – Absolutely not. Some texts have been misinterpreted by certain so-called scholars who have not understood the context of our scriptures. Our culture strongly promotes a symbiotic relationship of care and love towards all animals.

It is rather sad that out of ignorance, animal sacrifice is practised in some places even today. One such glaring example is the Gadhimai festival, held once every five years, at the temple in Bariyarpur in Nepal which sees tens of thousands of animals being sacrificed.

Charan – But how did it all start?

Nanamma – It is believed that the Hindu Goddess Gadhimai, appeared in the dream of a priest, who held a prisoner, that blood shed by animals would please her and help him be

freed. The practise of Gandhimai festival started thus 250 years ago. About 200,000 animals were brutally killed during the last Gadhimai festival held in 2015.

Both humans and animals are children of the same God. Will Almighty want us to kill an animal just to please Him?

Charan – Absolutely not!

Nanamamma – There is some flicker of hope now, as people have started realising that some of their beliefs have been superstitions. Many desire to end such gruesome practices.

Nanamamma – Most countries have laws against animal cruelty, including India. It is a positive development that the Indian courts are now taking up this issue more seriously. For instance, recently a man was arrested for tying a monkey upside down and mercilessly thrashing it to death with a stick.

However, the awareness on animal rights continues to be abysmally low. People do not even report inflicting of cruelty to the police. We need numerous animal activists, who can speak for these mute creatures. Even children can play this role very well and inspire adults not to engage in any form of animal cruelty.

These words penned below very aptly epitomize the pain, the suffering that millions of animals endure at the hand of humans every single day.

*“Unseen they suffer, unheard they cry,
In Agony they linger, in loneliness, they die,
Does it mean anything to you or anyone who passes by?”*

Acknowledgement–Adapted partially from www.petaindia.com

Let's talk about these

1. Do you agree that animals too have feelings? How can we help these innocent creatures lead a more comfortable life?
2. Write a note on Puppy Mills.
3. Animals do not belong to the 'thing' category. Explain.
4. Write slogans that call for prevention of cruelty to animals and put it up in the auditorium, quadrangle of your school.

Let's do these exercises



a. Fill in the blanks:

1. The best way to adopt dogs is from various _____ where stray, _____, _____ are kept and _____.
2. Sometimes people adopt pets out of _____ but soon they realise that they are a burden and they _____ them.
3. Fishes living in aquarium are subjected to _____ and _____.
4. Humans are endowed with _____ and it is the moral responsibility of humans to _____ of animals.
5. Animals are great _____ and can promote _____ and _____ benefits in their owners.
6. Gandhimai festival is held at a temple in _____.

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

1. For some pet owners their dog is a 'status symbol.'
2. Animals do not require freedom as they do not have predators in manmade habitats.
3. Animals have the same emotions of love, happiness, sorrow and pain as we humans have.
4. Recently a man was arrested, for tying a monkey upside down and mercilessly thrashing it to death with a stick. This shows that we have started taking us animal cruelty issues, seriously.

Expected learning outcome

Students realise the supreme sacrifice made by our Indian Defence forces and get inspired by the life of Grenadier Yogender Singh Yadav

*Saaransh was eager to listen stories from his **aajoba (grandfather in Marathi)** every weekend. Today, he had requested his aajoba to narrate a thriller story. Aajoba felt that nothing could be more thrilling than the story of a living legend – a Param Vir Chakra Awardee.*

Aajoba – Saaransh, have I ever told you about Grenadier Yogender Singh Yadav? His story is indeed a real-life thriller.

Saaransh – No, aajoba. I haven't heard about him. What happened?

Aajoba – This is a tale of unparalleled courage and sacrifice. Yogender Singh Yadav, born on 10th May 1980 in a village in Uttar Pradesh, went on to become a living legend of the Indian Army.

Saaransh – Really? What did he do?

Aajoba – Picturize this in your min. A jawan injured by a grenade attack and fifteen bullets pumped into his body, he still vows not to die. This was during the Kargil Conflict of 1999 – Yogendra Singh Yadav, the jawan, played a pivotal role in 'Operation Vijay,' capturing a strategic location, the Tiger Hill.

Saaransh – That sounds impossible. Born in 1980, he must have been just 19 years old in 1999!



Aajoba – Yes absolutely. He indeed went on to become the youngest recipient of the Param Vir Chakra, the highest gallantry award, on January 26, 2000. His bust is also installed at the National War Memorial, New Delhi.

Saaransh – When did he join the Indian army? What was his motivation?

Aajoba – Well, Yadav's father was a soldier himself, who served in the India-Pakistan Wars of 1965 and 1971. Growing up listening to tales of valor, Yadav and his brothers dreamt of joining the Army. Destiny led him to the Grenadiers Regiment at the age of 16 years, 5 months.



Yadav's statue at *Param Yodha Sthal*, National War Memorial, New Delhi

Saaransh – Remarkable! Tell me more.

Aajoba – During the Kargil Conflict, Pakistani intruders occupied Tiger Hill, a crucial post overlooking the Srinagar-Leh National Highway. The Indian Army needed to evict the enemy from this well-fortified mountain after recapturing the adjacent Tololing peak.



Saaransh – Aajoba, dislodging the enemy positioned on top of a mountain above, must have been very difficult.

Aajoba – Indeed, Saaransh. According to Yadav's own account, scaling these peaks that are at 17,000 feet, with very low levels of oxygen, and facing armed enemies was a huge challenge. On July 4, 1999, Yogendra Yadav along with his commando platoon started climbing the inaccessible high peak. When Yogendra Yadav with his battalion had just climbed a short distance, Pakistani soldiers sensed their movement on the mountains. Heavy firing followed. Many Indian soldiers were seriously injured, which compelled the brave soldiers of the Indian Army to retreat.

Saaransh – Very disheartening.

Aajoba – It indeed was. After the attack, advancing on the same path was not appropriate. The Commanding Officer decided on a 'Plan B' - scaling a steep cliff that was almost 90 degrees inclined to reach Tiger Hill. The task was assigned to the Ghatak platoon comprising of 21 daring soldiers. It was a risky task where death was almost certain but was also the only way by which the Pakistanis could be dislodged.

Saaransh – That sounds very scary.

Aajoba – On the following night, they discreetly started the ascent once again in pitch darkness and crept up as quietly as possible. It was freezing cold with temperature touching minus 20 degrees.



Saaransh – Temperature at Minus 20 degrees; pitch darkness; climbing a steep cliff with an incline of 90 degrees; possibility of being killed at any moment, unbelievable! What happened next?

Aajoba – They managed to reach close to the first enemy bunker on the cliff when they were noticed and came under heavy firing. Close range combat followed. The enemy bunker was destroyed. However, 14 of Indian soldiers were martyred. Only 7 of the 21 who began the ascent, now remained. They stayed low to keep their location discreet, and soon, the firing stopped.

Aajoba – Realizing something was amiss, a group of 10-12 Pakistani jawans from the base bunker on top of the cliff, came towards the first bunker. However, firing from Indian jawans resulted in killing all the Pakistani soldiers except one.

Saaransh – So, the enemy wasn't giving up.

Aajoba – No, the surviving Pakistani soldier informed others about Yadav's platoon's location, leading to another major attack. Amid heavy firing, Yadav got hit by a mortar, losing a part of his nose and bleeding profusely.

Saaransh – That must have been terrifying.



Aajoba – It was. Of the seven, remaining six Indian soldiers were now martyred. Only Yadav remained alive but was severely wounded. Pakistani soldiers were given the orders to confirm that all the Indian soldiers were dead. As is generally the protocol, they came much closer and fired repeatedly at the already dead Indian soldiers to confirm that none

was alive. Yadav pretended to be dead as Pakistani soldiers approached. He was fired on his legs and shoulder – he endured the bullet injuries without absolutely any movement or sound. He was also shot on the chest!

Saaransh – What a brave man ! He did not even flinch while being shot multiple times on his legs and shoulder. I am afraid of even taking one injection. But, aajoba, how could he have survived a bullet shot on the chest?



Aajoba – Fate played its part. Yadav had kept his wallet in his shirt pocket with a few five-rupee coins. These coins reduced the impact of the bullets that had directly hit his chest. He lay there severely injured but with a strong will power to stay alive and fight back.

Saaransh – What did he do?

Aajoba – In his final act, as the Pakistani soldiers turned towards the other side, Yogendra removed the pin of a grenade kept in his pocket and threw it at the Pakistani soldiers. With a loud explosion, many of them were instantly killed. Meanwhile, Yogendra with all his remaining strength also managed to pick up a rifle lying around him and started firing indiscriminately. The remaining Pakistani soldiers were utterly confused. They thought that they had killed all the Indian soldiers! They now felt that there were tricked and there was a large contingent of Indian soldiers out there ready to counter attack. The Pakistanis felt greatly outnumbered and quickly retreated to their base bunker.

Saaransh – Incredible! What happened next?

Aajoba – Yogendra had lost a lot of blood. He was feeling very weak. He sat for some time near the mortal remains of his fellow soldiers, whom he had seen being killed in front of his own eyes, with whom he had shared many meals. He cried profusely.

He then wondered what to do next. How does he go down and contact his unit? Unable to walk, he decided to drag himself into a nearby water stream. He was swept down by the flowing water and managed to reach the lower part of the cliff (500 feet below) where other Indian soldiers spotted him.

Saaransh – That's unbelievable! Being swept down a stream in the mountains – must have caused him further injury.

Aajoba – Yes it did. But Yadav was made of steel! On reaching down, he quickly passed on critical information about the depleted enemy numbers to his Commanding Officer. While he was shifted to the hospital for medical treatment, Indian troops moved up swiftly and captured the Tiger Hill without any further casualty and unfurled the tricolor.

Saaransh – What a hero! Did Yadav fully recover?

Aajoba – Yes, he did. He did take a long time though, spending 16 months in the military hospital. He thereafter rejoined the Indian army.

Saaransh – 16 months in a hospital? I can understand. He had sustained deep injuries all over his body. An incredible story, aajoba. I can't believe the courage and determination of Grenadier Yogender Singh Yadav.



Aajoba – Yes Saaransh. It is indeed a spine-chilling story. Recalling his experience, Yadav recognizes that Ishvar, the Supreme Force guided him to take those critical decisions at every step on that fateful night. Remember -धर्मो रक्षति रक्षितः। Dharma protects those, who protect Dharma.

Saaransh – I agree with you aajoba.

Aajoba – The story of Yogender Singh exemplifies his wholehearted dedication for the motherland. Saaransh, remember, the key unifying factor for all of us is that we belong to this one nation. We may have different cultures, speak different languages, follow different religions – but we all belong to one nation, one India, one Bharat maata!

Saaransh – Yes aajoba, Nation comes first. Jai Hind!

Let's talk about these

1. What motivated Yogender Singh to join the Indian Army?
2. What obstacles did he face during the critical operation to capture the Tiger Hill?
3. At one end he was losing his platoon members and at the other, he was facing the enemies with sheer grit and determination. What kept him going?

Let's do these exercises



a. Tick the correct answers:

1. Yogender Singh is the (**youngest** / **oldest**) recipient of the Param Vir Chakra at the age of (**19** / **45**).
2. He belonged to (**Grenadiers Regiment** / **Kumaon Regiment**).
3. Operation Vijay aimed at capturing a strategic point (**Tiger Hill** / **Magar Hill**).

b. Fill in the blanks:

1. Though a bullet was shot at Yogender's chest, _____ in his pocket helped him to reduce the impact.
2. When Plan A was not fruitful, Plan B was to traverse a steep cliff at an incline of _____ with the surrounding temperature being _____.
3. Yogender's father served the Indian Army during the wars of _____ & _____.
4. He sustained _____ all over his body for which he had to remain in the hospital for _____.
5. Yogender Singh exemplified _____ & _____ during the Kargil war.

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

1. When the enemies came close to check if he was dead, instead of pretending to be dead, he fired upon them.
2. Even after being severely injured, Yogender dragged himself 500 feet down the cliff to pass on crucial information to the Commanding Officer.
3. Yogender Singh is one among the very few living recipients of Param Vir Chakra.
4. Of the 21 brave soldiers involved in capturing Tiger Hill, 14 were martyred. Remaining 7 were injured but returned safely.

Let's have fun



Hints:

- 1) Conducted by the Indian Forces in 1987 in Sri Lanka
- 2) Performed in the state of Manipur in 1987.
- 3) The operation that resulted in Goa's liberation
- 4) It ended the Nizam's rule and made Hyderabad a part of India.

A LITTLE POLAND IN INDIA

Expected learning outcome

Students become aware of 'Atithi Yajna' practiced in real life by Maharaja Digvijaysinh

*Sarthak's **dadaji (grandfather in Hindi)** was keen on sharing interesting anecdotes of Vedic culture and tradition. One evening, dadaji was reminded of a remarkable story of the Maharaja of Nawanagar...*

Dadaji - Sarthak, have you ever heard about Maharaja Digvijaysinhji Ranjitsinhji Jadeja of Nawanagar, also known as Maharaja Jam Saheb? He performed a true 'Atithi Yajna' that remains a great source of inspiration for all of us.

Sarthak - No, dadaji, I haven't. Who is he?

Dadaji - He was the Maharaja of this princely state located on the southern shores of the Gulf of Kutch (Gujarat) with its capital city now known as Jamnagar.

Sarthak - Hmm.... I know something special about Jamnagar. It is known as the 'Oil City' as it has the world's largest oil refineries. Coming back, what was special about the Maharaja?

Dadaji - Maharaja Jam Saheb set up a home, away from home, for about 650 refugee women and children from Poland during World War II. A Little Poland in India, they called it.

Sarthak - Really? I had no idea. Please, tell me more about this.

Dadaji - When Hitler invaded Poland during World War II, Polish soldiers left about 450 women and 200 children in a ship and set sail in the sea. They instructed the captain to take them to any country where they could find shelter. The ship, filled with refugees, reached the harbor port of Iran, Seychelles, and Aden, but no country allowed them to land. They finally turned towards the Indian subcontinent and requested to land at Mumbai.

Sarthak - That sounds scary! But, we were ruled by the Britishers then.

Dadaji - Yes absolutely. The British Governor also declined. Now, while most of India was directly under the British rule, there were a few princely states ruled by Indian kings wherein

they had some amount of freedom. Once such state was 'Nawanagar' ruled by Maharaja Jam Saheb.

When Polish refugees faced rejection from the British governor, the Maharaja, exerted pressure on the British government to permit them to disembark in his province. Eventually, the ship reached the coast of Jamnagar in Gujarat, where the Maharaja generously provided shelter.

Sarthak - That's remarkable. What did he do next?

Dadaji - He welcomed them warmly, saying, "You are now Nawnagaris, and I am Bapu, father of all the people of Nawanagar, so also yours." He built a camp near his summer palace at Balachadi, to provide a safe haven for more than 640 women and children.

Sarthak - That's incredible kindness. But why did he take such risks, especially when facing objections from the British government?

Dadaji - The concept of "Atithi Yajna" - hospitality and kindness towards guests is deeply rooted in our culture. Remember, there are five Yajnas (Pancha Maha Yajna) that we all should universally practice on an everyday basis.



This philosophy extends not just at the family level but to the entire world.

'Vasudhaiva Kutumbakam' (Entire world is one family). This was indeed also the theme during India's hugely successful G-20 Presidency in 2023, under the leadership of Honorable Prime Minister Narendra Modi.

Dadaji - Very interesting. Truly proud of the Vedic culture. By the way, did the refugees face any challenges at the camp?

Dadaji - Yes, but the Maharaja addressed them personally. For instance, when the children didn't like the spicy food, he brought in cooks from Goa. He was attentive to their needs, even ordering the cooks not to make spinach when the kids went on a "spinach strike." Going beyond the basics, he also focused on their education, transforming a guest house into a school where Polish teachers taught the children in their native language.



Sarthak - It's heartwarming to hear about such care. Did the refugees have any lasting connections with India?

Dadaji - Absolutely. Many survivors have fond memories of the camp and the Maharaja. In September 2018, to mark the centenary of Polish independence, the Embassy of Poland in India arranged a trip for some of the survivors to Balachadi for a commemorative event.



Survivors with Ambassador and Jam Saheb's generations

One of them expressed his gratitude, saying, "If not for the Maharaja, we would have been in trouble. I still do not understand that in spite of being a true patriotic Polish, one part of my soul still misses India and thus does not make me fully comfortable in Poland, as I feel that India is still my home too."

Sarthak - Did his actions have a broader impact?

Dadaji - Yes, indeed. Maharaja Digvijay Singhji's generosity inspired others worldwide to open their hearts and homes to innocent victims of World War II. In Poland, he was posthumously awarded the Commander's Cross of the Order of Merit. In 2013, the Government of Poland inaugurated the 'Good Maharaja Square' in Warsaw. A school was also named after the Maharaja. In addition, a documentary titled "Little Poland in India" was made in collaboration by both Indian and Polish governments, to honour the efforts of Maharaja Jam Saheb.



Sarthak - That's quite a legacy. It's amazing how, in the midst of war and India's own challenges, the Maharaja extended such a helping hand.

Dadaji - Absolutely, Sarthak. It shows the power of compassion and the ability of individuals to make a difference, even in the darkest times.



Sarthak - I'm truly inspired by this story, dadaji. It's a testament to the goodness that can emerge, even in the face of adversity.

Dadaji - Indeed, Sarthak. And you know, this story doesn't end there. Fast forward to recent times, during the Russia-Ukraine crisis in 2022, Poland opened its doors to Indian students fleeing Ukraine, continuing the legacy of compassion.

Sarthak - So, the connection between India and Poland that started with Maharaja Jadeja's kindness is still alive today?

Dadaji - Exactly. It shows that acts of kindness can create bonds that last for generations. History has a way of connecting people and nations in unexpected ways.

Sarthak - I love hearing these stories, dadaji. It makes me proud of the values we uphold.

Dadaji - That's the spirit, Sarthak. Our history is rich with such stories of 'Yajna', embodying compassion and resilience. It's essential to cherish and share them.

Let's talk about this

1. Which quality of Maharaja of Nawanagar inspired you?
2. Was the decision of the Maharaja to accept the refugees justified, keeping in mind India's own challenges at that point of time? Elaborate your answer.
3. In what ways did the Polish people acknowledge the efforts of the Maharaja?

Let's do these exercises



a. Tick the correct answers:

1. World War 2 took place during the period of (1914 – 1918 / 1939 – 1945).
2. The summer palace of the Maharaja was located at (Warsaw / Balachandi).
3. 2018 marked the (centenary / bicentenary) year of Polish independence.
4. Jamnagar is known as the (Oil City / Silk) City.
5. Children did not like the (spicy / sweet) food due to which the Maharaja had to bring in cooks from Goa.

b. Fill in the blanks:

1. The meaning of Atithi Yajna is _____.
2. The ship filled with refugees were turned down by countries like _____, _____ & _____.
3. The theme of 2023 G-20 Summit was _____
4. A documentary titled _____ was made to honor the efforts of the Maharaja.
5. During _____ crisis in 2022, Poland opened its doors to Indian students fleeing from Ukraine.

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

1. Atithi Yajna is applicable only to guests and scholars who visit one's home.
2. Maharaja heeded to the basics needs of the children and provided them food, shelter and education.
3. Maharaja Jam Saheb addressed the refugees as Nawnagaris and himself the Bapu of all the people of Nawanagar.
4. Despite war and India's own challenges, the Maharaja extended helping hands to the refugees of Poland.



Let's have some fun!!

Given below are the flags of countries that participated in the G20 Summit hosted by India in 2023. Identify the country (names mentioned in the box) with their respective flags.



USA, EU, UK, Germany, China, Russia, Argentina, Canada, Brazil, Australia, Indonesia, India, South Africa, South Korea, Italy, Japan, France, Turkey, Mexico, Saudi Arabia

Sukha does arise due to lack of Dukha. However, Sukha also has its own independent existence. And therefore, Sukha or Happiness must be consciously cultivated. Sukha arises from positive experiences, fulfilling relationships, or personal achievements.

Consciously cultivating Sukha

Our mental and emotional wellbeing demands short term and long term Sukha which can be broadly be bucketed into **I) Life's pleasures II) Relationships III) Daily work and engagement IV) Life-meaning and purpose.**

I) Life Pleasures: Simple everyday pleasures form an essential part of Sukha, providing moments of joy and comfort that enrich our daily lives. Tasty food, comfortable house, apparel, footwear, jewels, opportunities to travel and enjoy a vacation, and the blessing of good health—all these do contribute to our happiness and there is no harm in enjoying them, provided it is in **moderation**. Appreciating these simple joys responsibly helps us stay grateful and balanced.

II) Relationships can broadly be categorized into **three types: family ties, friends and community, and professional connections.**

Family ties form the most foundational layer of relationships, encompassing bonds with parents, siblings, spouses, and extended family such as uncles and aunts. These relationships are often rooted in unconditional love, companionship, shared history, and a sense of belonging. Families provide a support system, guiding individuals through life's challenges and celebrating successes, making them irreplaceable in nurturing emotional security and joy.

The second type, **friends and community**, includes friendships formed in school, college, or through mutual acquaintances, as well as relationships with broader social contacts such as family friends, neighbours, or even daily service providers like the vegetable vendor, provision store clerk, or delivery person. While these relationships may vary in depth, they contribute significantly to one's social fabric. Friends act as confidants and companions, while community relationships instil a sense of belonging.



The third category, **professional relationships**, comprises connections with work colleagues, clients, and suppliers. These relationships are built on mutual respect and shared goals. While they are often task-oriented and may seem less important, healthy professional relationships can enhance collaboration, trust, and mutual growth, making work environments more harmonious and productive.

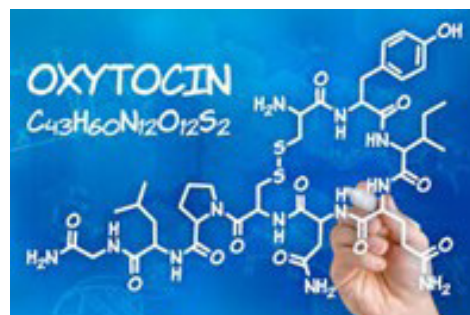
The emotional depth of all our relationships is supported by the biological release of oxytocin, often called the “love hormone.” **Oxytocin** is released during meaningful interactions like a physical hug, heartfelt conversations, and shared experiences. It plays a crucial role in reinforcing trust and emotional closeness, making individuals feel secure and valued within the relationship.

In contrast, **social media relationships** often lack the depth and authenticity of in-person connections. While they may offer momentary gratification, they are akin to junk food—superficially satisfying but lacking the nourishment needed for genuine fulfilment.

Unfortunately, many of us today are overly focused on gaining the highest number of followers on social media platforms like Facebook and Instagram, as well as chasing the validation that comes from accumulating ‘likes’ and other metrics of online approval. Over-reliance on these digital interactions can lead to feelings of loneliness and superficiality, leaving an emotional void that only true human connections can fill.

Managing Relationships

Building relationships require dedicated effort, trust, and mutual respect. At the heart of meaningful connections lies the concept of **spending quality time**, as such interactions create **lasting memories** and deepen intimacy. A key element of nurturing relationships across all these categories is **listening actively**, with undivided attention and **maintaining eye contact**. This act conveys empathy, understanding, and the value placed on the other person’s thoughts and emotions. Conflicts, disputes and misunderstandings are inevitable in relationships. The art is to listen, understanding both perspectives and innovatively explore **win-win solutions**. Equally important is the **ability to forgive** - a powerful act that allows individuals to move past hurt and prioritize the relationship over the dispute.



Another cornerstone of strong relationships is **being present during both joy and sorrow**. Life is a mix of triumphs and challenges, and being there for someone through both enhances trust and connection.

Sukha – Collective concept

Sukha is not merely an individual experience but a **collective and universal concept**. True happiness cannot be isolated from the well-being of those around us.

The successful farmer

There was a farmer who consistently grew top-quality corn, winning the award for the best corn year after year. Curious about his secret, a newspaper reporter decided to interview him. During their conversation, the reporter discovered something surprising: the farmer shared his best seed corn with his neighbours.

“Why would you share your best seed corn with your neighbours, knowing they also compete against you in the same competition?” the reporter asked.



The farmer smiled and replied, “Don’t you know? The wind carries pollen from the ripening corn, spreading it from field to field. If my neighbours grow inferior corn, the cross-pollination will gradually reduce the quality of my own corn. To grow good corn, I must ensure my neighbours also grow good corn.”

This simple yet profound lesson applies to our lives as well. If we desire happiness, we must help others find happiness, for our welfare is interconnected with the welfare of those around us.

III) Daily Work or Engagement Our daily work or engagement is a great source of happiness, especially when it aligns with our sense of purpose.

When **passion becomes our work**, we no longer perceive it as a chore or burden. Instead, it transforms into an engaging and enjoyable activity that we look forward to each day. . The result is a sense of satisfaction and contentment, as we are not merely working for survival or financial reward but contributing meaningfully to our own lives and the world around us.

In such a state, fatigue diminishes, not because the effort required is less but because the emotional and mental fulfilment gained outweighs the physical exertion. Challenges, instead of being sources of stress, become opportunities for growth and creativity.

“I Am A Mother”

At the driving license counter, the officer asked a woman, “What is your occupation?” The woman hesitated, seemingly puzzled. Trying to clarify, the officer asked, “Are you employed? Do you run your own business, or...?”

The woman smiled and replied, “Oh, yes! I have a full-time occupation. I am a mother.”

The officer, somewhat dismissively, responded, “We don’t have ‘Mother’ as an option for occupation. I’ll write it down as ‘Housewife.’ That should cover it.”

This conversation happened long ago and was soon forgotten.

Years later, I found myself in a similar situation while renewing my license. The Public Relations Officer, a stern and authoritative woman, asked me, “Your occupation?”

Suddenly inspired, I confidently replied, “I am a researcher in the field of child development, nutrition, and interpersonal relationships.”

The officer paused, visibly intrigued. “Could you repeat that?” she asked. I did so, with a calm demeanour, and she meticulously wrote it down. Then, unable to suppress her curiosity, she asked politely, “What exactly do you do in your profession, ma’am?”

Feeling proud, I explained, “My research projects have been ongoing for several years—mothers never retire, after all! My work takes place both in the laboratory and in the field. I have two bosses: one is God, and the other is my entire family. I have received two honours in this field—my son and my daughter. My work deals with one of the most challenging areas of sociology, as any mother would agree. I work more than 14 hours a day, and sometimes even 24 hours isn’t enough. The challenges are immense, and the rewards are more about mental satisfaction than monetary compensation.”



The officer looked genuinely impressed. After completing the formalities, she walked me to the door and said goodbye with newfound respect.

That day, my perspective on motherhood changed. I was no longer just “a mother.” I realized I held a significant and prestigious role in a service vital to humanity—Motherhood.

When I returned home, my five-year-old research assistant greeted me at the door, while my latest project—my six-month-old baby—enthusiastically practiced her “music.” I smiled, proud of my role and the small victory I had achieved over societal perceptions.

IV) Life Meaning or Purpose

The concept of life’s **Meaning or Purpose** is a critical component of happiness, as it gives rise to the most enduring form of Sukha. This type of happiness primarily stems from **Ishvar**, the Supreme Force, and generally unfolds through one of the two paths:

- a. **Elevating oneself and Others** – By performing Nishkama Karma - selfless actions without attachment to their outcomes. This includes teaching and inspiring others on their spiritual paths and serving the sick and destitute selflessly.
- b. **Enduring & Overcoming Personal Pain and Suffering** - Another way to find purpose is by enduring and transcending life’s inevitable suffering, demonstrating resilience in the face of great adversity.

Purpose-driven individuals report higher levels of satisfaction because they feel connected to something greater than themselves—**Ishvar** .

Let's talk about these

1. What are the four broad sources of Sukha as discussed in the text, and how do they contribute to emotional well-being?
2. How does the story of the farmer illustrate the concept of collective Sukha?
3. According to the text, why are social media relationships compared to junk food?
4. How does a sense of life's meaning or purpose contribute to long-lasting Sukha?
5. In the story "I Am A Mother," how does the woman redefine her identity and what does it teach us about finding Sukha in our roles?

Let's do these exercises

a. Tick the correct answers:

1. What is the biological factor that supports emotional bonding in meaningful relationships?
(**Oxytocin/ Endorphin**)
2. Which of the following correctly explains Nishkama Karma?(**Actions that avoid responsibility/ Actions done without attachment to results**)
3. Why did the successful farmer share his best seed corn with his neighbours?(**To ensure quality pollination for everyone/To win their trust**)

b. Fill in the blanks:

1. According to the text, relationships built on _____ and mutual respect create emotional depth and lasting Sukha.
2. When our daily work aligns with our _____, it becomes a source of fulfilment and happiness.
3. In the context of the story "I Am A Mother," the woman describes herself as a _____ in the field of child development and family welfare.

c. True or False:

1. True Sukha can be achieved even in isolation, without considering others' well-being. - **True/False**
2. The love hormone oxytocin is released through deep and meaningful interactions, not through casual social media activity. - **True/False**
3. Fatigue disappears completely when you enjoy your work, because no energy is used. - **True/False**
4. Life purpose through serving others or enduring suffering is considered the deepest source of Sukha. - **True/False**
5. According to the text, digital validation like 'likes' and followers has the same long-term impact on happiness as in-person relationships. - **True/False**

Let's have fun



Circle of Sukha

To help students identify and reflect on the four key areas that contribute to lasting happiness.

Take a blank sheet, draw a circle and divide into 4 quadrants. Label them as:

1. Life's Pleasures

(Simple joys like food, music, nature, hobbies, etc.)

2. Relationships

(Family, friends, teachers, community — people who matter to you)

3. Daily Work/Engagement

(Studies, activities, hobbies, or responsibilities you enjoy doing)

4. Life's Purpose/Meaning

(What gives you a sense of meaning — helping others, faith, dreams, goals)

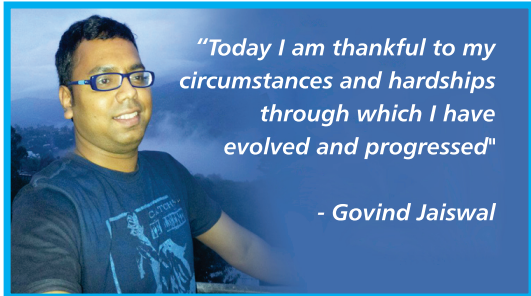
And also draw a small symbol or doodle that represents the feeling in each quadrant.

Pair up with your classmate and share one thing from your sheet, encouraging empathy and connection.



FOSTERING UNIVERSAL VALUES - 10

INSPIRATIONAL POSTER



Coin a caption _____



Coin a caption _____



Coin a caption _____



Coin a caption _____