

Moral Education

Class - 8

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Preface

The curriculum and curricular materials have been developed and revised on a regular basis with the aim of making education purposeful, practical, relevant and job-oriented. It is necessary to instill the feeling of nationalism, national integrity and democratic spirit in students and equip them with morality, discipline and self-reliance so as to develop in them social and personal skills as well as the basic competencies of language, science, occupation, information and communication technology, environment and health, and life skills. It is also necessary to enable them to appreciate, preserve and promote arts and aesthetics, social norms and values and ideals. Moreover, in order to develop an equitable society, it is necessary to inculcate students with respect for ethnicity, gender, disabilities, languages, religions, cultures and regional diversity. Likewise, education should also help them to be well-informed of human rights and social norms and values so as to make them capable of playing the role of responsible citizens. This textbook has been developed in this form based on the Basic Education Curriculum, 2069 (Grade 8), incorporating the feedback obtained from various schools, workshops and seminars and interaction programmes attained by the teachers, students and parents.

This textbook was translated and edited by Janardan Ghimire, Romkanta Pokharel, Bhogerdra Lamichhane, Phanindra Prasad Niraula and Hemraj Khatiwada. In bringing out this text book in this form, the contribution of the Executive Director of CDC Mr. Diwakar Dhungel, Deputy Director Baburam Gautam, Usha Dikshit, Chintamani Yogi, Keshav Prasad Neupane, Sanu Amatya, Ekaratna Sharma Acharya, is highly commendable.

Language of this book was edited by Nabin Kumar Khadka. Typing was done by Abhaya Shrestha. The layout design of the book was done by Jayaram Kuikel and Bhawana Sharma. The illustration of the book was done by Sunil Ranjit and Gautam Manandhar. CDC extends sincere thanks to all those who have contributed in the development and revision of this text book.

Textbook is considered as an important tool of learning. Experienced teachers and curious students can use various learning resources and tools to achieve the competencies targeted by the curriculum. An attempt is made to make this textbook activity oriented and interested as far as possible. The teachers, students and other stakeholders are expected to make constructive comments and suggestions to make this book a more useful learning material.

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UNIT ONE

Character Development



Learning Outcomes

Demonstrate good characteristic behavior.

Internalize the impact of good character in human life and behave accordingly.

Implement the human values and assumptions like truth, virtue, Peace, love and non-violence for the development of good character.

Lesson

1

Aaitaman: Pride of the Village

Expected Behaviors

- To be inspired for well behavior from everyone.
- To work being confident.
- To express good notion and behave accordingly.
- To be ready for social welfare and motivate others too.
- To demonstrate fairness.
- To be role model in family and community.

Aaitaman's house is in Salpokhari village. It is located in rural area. He studies in a local school. His parents work hard for living. They didn't get opportunity for the study in their childhood. So, they are not well aware of Aaitaman's study. They wanted him to be very good at his study but his study had not been very good.

Though his age was of studying and playing with friends, his nature was earnest. Because of poverty and weakness in study, he used to think about discontinuation of his study. He was in dilemma.

One day, he was going to school. He had to walk on the terrace of field. He was walking on the terrace. He saw a small round insect carrying food and climbing up the terrace. When the insect was about to reach the top of terrace, it fell down. But the insect didn't give up. It again tried to climb

Instructional Suggestions:

- Get your students to discuss on the aspects required to behave on the path of good character and encourage implementing them.
- Ask them to prepare and present the list of characteristics of role model in family and society.

up. It was again about to reach the top, it again fell down as the first time. It was still not discouraged So it tried for third attempt and was able to reach the top carrying the food and it took into the hole where it used to live.

Though the incident was minor, it had a great impact on Aaitaman. He thought 'Even such small insect reaches its goal by overcoming all the obstacles; I am a human, What is the use of knowledge and wisdom for me ?" Aaitaman realized that if we keep on trying, we can solve the problem and get success. He gave up his thought of discontinuation of his study.

Aaitaman shared this to his friends and teachers. The teacher told 'listen! Those who do not start the task, are low level human beings and the ones who start the task but leave due to obstacles are middle level human beings. Those who never give up the task initiated instead keep on fighting with the obstacles and finally accomplish are supreme level humans. We should be supreme level human beings.



Aaitaman's mind and behavior started to be changed. He became enthusiastic for the initiation of new task. In rainy season, Salpokhari village would be muddy. It would be very difficult to move from one house to another. Aaitaman thought of picking the pebbles from field and pave the way.

As a result, the field became fertile and it was possible to grow lots of corns. At the same time, the road became easier to walk on. Aaitaman also encouraged his friends for doing the job on holidays. His friends agreed to it and later other villagers also started to support him.

Public awareness on health was lacking in Salpokhari village. Villagers would be suffered from different types of diseases. Aaitaman utilized the knowledge that he studied in health education and started a campaign to construct a toilet in every house and keep the sources of water clean. He mobilized the villagers on personal health and hygiene and also the sanitation of surroundings. Because of his effort, the village became healthy and beautiful. He also progressed in his study. He started to become the first in his class. His teachers also encouraged him for good work.

Aaitaman's younger brother also studied in the same school in a lower grade. One day his brother threw a piece of paper near the school gate. Aaitaman and school gatekeeper saw it. The school gatekeeper was about to pick the paper without scolding his brother but Aaitaman stopped him. He said, "Human beings only become well when they correct their mistake themselves. I will ask my brother to pick it up. If he does so, he will not repeat it and his friends will also know that they shouldn't throw the garbage everywhere". Aaitaman made his brother pick the piece of paper and his brother also promised not to throw the garbage everywhere.

There was winter vacation in the school. Aaitaman's father had to go to the district head quarter due to his personal business. Aaitaman also went along with his father. There was a library in one room in the office. Aaitaman finished reading a book on biography of famous person until his father completed his official work. When the school was opened, he shared about those biographies with his friends. He said, "Good character will not be developed by listening to others rather it will be developed by behaving in disciplined way". His friends also discussed on benevolence, discipline, peace and mutual respect. They also discussed that a person could be good and great by being propriety, passionate and hard working.

Now a days Aaitaman has become an ideal person in school and Salpokhari village. His parents are also very happy on his success. There is a vast difference between previous and present Aaitaman. Now villagers say, "Pride of Salpokhari is Aaitaman."

Summary

Character development is not the matter of speaking but it is the matter of demonstration in behavior. Good character can be developed through self confidence, courtesy and devotion. For that even a small person or incident can be inspirational. The persons who are motivated by them and continuously keeps on working will be able to grab the praise and success in their life. Positive thoughts and behavior make human character a role model.

Exercise

1. Evaluate Yourself

- I. I will..... all works self-confidently.
 - a) do
 - b) do not do
- II. If I face any disturbance in my good work, I will.....
 - a) give up
 - b) complete at any cost
- III. By correcting my own mistake, I will.....
 - a) not show my weakness
 - b) improve myself
- IV. In my leisure time, I..... motivational books.
 - a) read
 - b) do not read
- V. with my work, I try to my family.
 - a) satisfy
 - b) dissatisfy

2. Answer the following questions.

- a) Which incident inspired Aaitaman?
- b) What types of people fall under the supreme class?
- c) How was the problem of muddy road solved?
- d) What was the mistake of Aaitaman's brother?
- e) What was discussed after Aaitaman shared his reading on biography to his friends?
- f) What should we do to be a role model?

3. In your community, there might be some people who have been congratulated due to their praiseworthy tasks. What are these tasks? Explain the tasks asking some of the community people.

4. Do the following:

- List out the good works of Aaitaman and paste it in your classroom.
- What are the things that you can do with your friends in your community on holiday? Explain them.
- What kind of people do you consider as a people of the good character? Explain with examples.

5. Describe the following picture in ten sentences.



- What can you do to identify your weakness and get rid of them? Write.
- Go to your nearest health post in your preferable time. Observe the different daily tasks carried out and make a list of what that you can do. Work in the health post as a volunteer after getting permission from your parents.
- What role do you play to make your brothers and sisters good human beings?
- How can a person be a pride of a nation? Write your opinion.

Let's be a Good Example

Expected Behavior

- To do good works being inspired by good character.
- To be inspired by local people and nature for good works.
- To be active in social and community work.
- To help and serve people.
- To demonstrate positive effect on individual and community.
- To develop ideal personality.

Anil, Kapil, Kopila, Dorje, Lakhanlal and Rejina are classmates. One evening, they were playing on the lawn of the village. They formed groups while playing the game. They had heard that success on anything could be achieved through collaboration. They also felt that working collaboratively would entertain them well. They discussed that they could do something collaboratively on holidays.

Anil proposed to gather information about the plants that are found in the village. Dorje agreed to it thinking that it would support in science. There was a mango garden near the village. Lakhanlal suggested visiting the garden and everybody agreed to this.

Everybody went to the mango garden on a holiday. The mango garden was full of its new sprouts. The mango trees seemed as if they were blooming very beautifully. The garden and its surroundings were full of fragrance of mango sprout. The brambles under the mango trees also seemed beautiful.

Instructional suggestions:

- Get your students to discuss on how the subjects like moral, social and cultural values and assumptions, and good behavior have been helping for the development of good character.
- Ask your students what they want to be and also ask them to present making a list of desired duties of such person for the development of good character.

They could feel a pleasant smellout of the sprouts. They were very glad to see such beautiful scenery. The fragrance spread all round delight them.



In the mean time, they saw a man walking near by the garden. He was a former teacher of the school and his name was Jyotiraj. Everybody greeted him and they also asked him why he was in the garden. They also asked him for the reason of beauty and fragrance of the garden. They wanted to know how it was possible to happen. Jyotiraj said that all the family members worked together in the garden. He also shared what he had learnt. After that he suggested the students in the following way.

“Everyone listen, we should not only be happy from the beauty and fragrance of the garden for a moment, we should also learn lesson from it in our life. The sprout of a mango tree has also made other trees fragrant. Those non- blooming trees are also looking as if they are blooming. The mango’s sprouts are spreading the fragrance so the small brambles beneath the mango tree have also become fragranted. Here, good things have been affecting the bad things. As a result, bad thing have also become good. In the same way we should be good and fragrant like mango’s sprout in our community. If an individual becomes good, the individual’s good effect appears in society and good society also affects an individual. Then there will not be any evil in society and even if there are, they will be keeping on changing into good”.

Jyotiraj added. “You might have read in science or listened somewhere. There is an aromatic plant called sandalwood.

Due to the influence of sandalwood, other non-aromatic plants also become aromatic. This example is also applicable to human society. If plants which don’t have knowledge and intuition also have nature of taking good from others, why cannot human receive? Be like mango’s sprout and sandalwood, your society also becomes so”.

The students liked Jyotiraj’s thought very much. They also requested him to share similar example where a person influences the society. Jyotiraj understood the interest of students and told a short story.

Long time ago, there was a famous saint. His gentlemanliness was exemplary. He was devoted to social welfare rather than his personal one. He had received various awards for his selfless service. Once he went abroad during the course of service. The country was very rich. The saint did not use to have anything begging to others. He did not have money to buy foods. If somebody gave him food, he used to eat. If nobody gave him food, he never used to beg. But, he used to be devoting to others without eating anything. He did not use to like to be famous through advertisement.

One day, he was walking on footpath. He hadn’t eaten anything for several days. He fell down on footpath because of hunger. A fruit seller saw him. He ran near to the saint and asked him the reason of falling down. The saint said that the reason of falling down was hunger but didn’t ask him for anything to eat. The fruit seller was layman. He hadn’t earn much from his business. He knew that the saint fell down due to hunger. He gave some fruits to the saint. He said, “We want nobody remained hungry in our country. You became hungry being such a great saint. So, I want to apologize for this on behalf of my country.”

The saint was impressed by listening to the statement of the fruit seller. He felt proud toward the feeling and behavior of the citizen of the country. Even a layman impressed a great saint. The incident made him understand about the society of the country. The saint shared the incident to several people after returning to his own country.

The students became very happy by listening to Jyotiraj. Then, they promised that they would work well and impress others. They also promised that they would do the same in their family and society. Though the students had gone to know about the plants and have fun, they returned to their home receiving essential knowledge and motivation for driving their life too.

Summary

Even an individual's good action influences positively. Other people and society get inspired with such actions. An individual influences the vice-versa. Even layman and ordinary incidents sometimes have long-term importance. So, each individual's action should be motivational, effective and exemplary.

Exercise

1. Fill in the blanks with appropriate words.

- a. We learn..... from a good person. (good work/ bad work)
- b. A good person's impact is.....(positive/ negative)
- c. We can learn positive things.....(only by going very far/ around ourselves)
- d. Nature also provides us(knowledge/ respect)
- e. Good examples should be set by.....(ourselves/ somebody else)

2. Answer the questions briefly.

- a. Why was the garden beautiful?
- b. Who was the person walking near to the garden?
- c. What are the ways of changing the bad one into good?
- d. How was the nature of the saint?
- e. What was the good aspect of the fruit seller?
- f. How can a person affect the society?
- g. What did the students learn while returning to their home?

3. What are the positive aspects that can be learnt from the following person and society? Tick (✓) of the true option.

- a. From cooperation, we learn to be.....
 - i) selfish
 - ii) lazy
 - iii) helpful

- b. We learn.....from civilized society.
 - i) culture of society ii) civilization iii) entertainment
- c. Saints teach us to.....
 - i) take fasting ii) be rich iii) be honest
- d. The unified society teaches us to.....
 - i) live in harmony ii) promote conflict iii) go abroad
- e. We can learn from patriotic person.
 - i) to beg ii) to love the nation iii) to run business

4. Do the following.

- a. Tell positive impact you have from one of your good guardians and from one of your friends in your class.
- b. Prepare a list of positive work and good behavior that you and your family have learnt from your 'tole' and community and present in the classroom.
- c. Read the following text and discuss with your friends on 'who is impressed by whom?' and present its learning in the class room.

Sallichaur village is very beautiful. People having different nature live there. There is steep field above the village. There was a landslide last year in the rainy season. It covered much fertile land of the village. The villagers became so sad. There was also a teacher in the village. He discussed with villagers about removing the soil and stones of landslide. He also contacted with concerned offices and requested them to help. In his leadership, the students and the villagers started to remove the stones and soil. They could clear most of the things. Then the villagers decided to work collaboratively during natural disaster. Finally, they removed everything. After that, they planted trees in the area, they farmed in their field. The villagers admired the people who were active to remove the soil and stones. Now, the Sallichaur village is green enough. They are happy to be able to get rid of disaster with their own effort.

- 5. What are the benefits that human beings and animals get from plants? Prepare a list and paste it in your classroom.**

6. Do the following:

- a. Read the following paragraph and write an article on ‘ways of making a country beautiful’.

The mango sprouts are spreading the fragrant so the small brambles beneath the mango tree have also become fragrant. Here good things have been affecting the bad things. As a result, bad things have also become good. In the same way, we should be good and fragrance like mango sprouts in our community. If an individual becomes good, the individual good effect appears in the society and the good society also influences an individual. Then there will not be any evils in society.

- b. “We want nobody remained hungry in our country.” Think the statement of the fruitseller. How contextual and specific the statement is in our country? Write your opinion in one paragraph.

7. What sorts of students does the former teacher Jyotiraj wish to see? Write a paragraph analyzing his notion.

Lesson: 3

Think positively , Learn and Do

Expected behavior

To receive desired impact from various areas of national lives

To be the role model in society through positive work

To imitate positive work

To be aware of negative work

To develop the feeling of global courtesy

Namita is Raju's elder sister. They study in the same school. An essay writing competition is going to be conducted on the occasion of school's anniversary. The title of the essay is "National and Global Effect on People". It is informed that the essay should be written inside the class. Raju is also going to take part in the essay writing competition. He is talking with his elder sister to learn something about the topic.

Raju: I'm also going to take part in essay writing competition. The title of the essay is "National and Global Effect on People". So please tell me something about the topic.

Namita: Listen, this is a vast subject. It can be explained in various ways. I will tell you the gist.

Raju: Ok. Then I will read and write in my own way.

Instructional suggestions:

Carry out activities incorporating desired knowledge, skills and attitudes to motivate the students on practical use of character development rather than its theoretical aspect.

Get your students to discuss on the topic like development of moral character and virtue, trust on labor and self-reliance, honesty, creative conduct and feeling of welfare in the class.

Make your students interact on 'impact of individual's character on society and nation.

Namita: Everybody in this world has their own nation. While living in nation, obviously there is an impact of nation to citizens. An individual affects society and society also affects an individual. In the same way there is an impact of nation to its citizen.

Raju: If so, influence of leaders of a nation should be good, shouldn't it?

Namita: Yes, people learn from leaders So, they should teach positive behaviors.

Raju: People also should do positive work, shouldn't they?

Namita: Yes, there is also role of citizens to spread positive impact of the nation to other nations. People's morality, honesty, civilization and cooperation raise prestige of a nation. Citizens are also respected.

Raju: From your statement, I realize that nation influences people and people also influence nation. am I right?

Namita : Yes, people are influenced by the nation and nation is influenced by people. These two are inseparable to each others.



Raju : Will you please give some examples to clarify impacts of nation over its people, sister?

Namita : If a nation adopts path of peace, people also follow the same. If nation takes its strict step against corruption, people do not dare to corrupt. There are so many examples like this.

Raju : If people are hard working, how does it affect to nation?

Namita : Obviously, it affects. Nation becomes prosperous due to hard work. If people are hard working, it helps the nation and motivates people, too. It means the nation is also hard working. Now, don't you think that there will be impact of nation everywhere?

Raju: And what is global impact?

Namita : If a nation and its people's impact appears in other nations and their people, it is the global impact.

Raju: How does it happen?

Namita : Now, the whole world has become a house. It is because of development of communication. So it is natural to diffuse the impact of one place and an individual to another place and other individuals. Who can remain untouched of the impact of others?

Raju : There might be both negative and positive impacts? How to distinguish them?

Namita: Yes, impact can be both negative and positive. We should follow positive impacts and be aware of negative ones.

Raju : Please explain with examples.

Namita : We need air ,water and food for living. But we escape from storm and very cold air. We only take the air which is clean and favorable to us. We don't use muddy, stinking and dirty water. We only use clean water which is beneficial to our body. Similarly, we only eat fresh, beneficial and invigorating foods. We do not eat stale and rotten food. In the same way, we should be able to receive positive impact from the world through rigorous selection. We should not copy the same thing from whatever is available.

Raju : We have to be careful while copying from other, don't we?

- Namita : Yes, Only now you understood. We need to be careful while distinguishing which one is right and which one is wrong, which one to take and which one to leave.
- Raju : I would understand clearly if you explained with another example.
- Namita: You might have seen floral shop. There might be paper and plastic flower and the real flower too. All the flowers are seemed to be beautiful but the paper and plastic flower do not give fragrance. Bees never visit such paper and plastic flowers. For fragrance and honey, real flowers are necessary. If a small insect like bees can distinguish what is right and what is wrong, we human being should distinguish right and wrong using our intuition. We should not accept all the global impacts but try to copy good, useful and suitable to our national culture.
- Raju : Do you mean ‘we should give up our own bad thing and learn good things from others as well’?
- Namita : Well done. Exactly, we have to leave the disease even if that is our own and medicine should be taken from other too. Understand others impact in this way.
- Raju: I understood clearly. Now I will write memorizing and considering whatever you said. I will suggest my friends ‘think positively, learn and do.’

Summary:

People and nation are inevitable to each other. Nation influences its people and the work of people also influences the nation. For the better result, both of them should favor each other. This is the time of global impact. The activities and thoughts which help to make personal and national life prosperous should be copied. There might be many things which are seen but learnable thing might be very few. It gives good result if we learn good thing from an individual, nation and the world.

Exercise

1. Fill in the blanks.

- a. I.....to the nation by doing good work.
- b. I..... other's good work.
- c. I.....differentiate right and wrong.
- d. I.....which respects to the citizen of my country.
- e. I.....people learn my positive work.

2. Give short answers to the following questions.

- a. Who does a nation influence to?
- b. How can we raise prestige of a nation?
- c. How has the whole world become like a house?
- d. What are the things which we should be careful of ?
- e. What are the things we should give up and what we should receive from others?
- f. Why are nation and its people inseparable?

3. Match the following.

Part A

- a. Impact of nation
- b. Now the whole world
- c. The impact of the world
- d. People

Part B

- a. do only the positive work.
- b. should raise prestige of nation.
- c. lies on its citizen.
- d. has become like a house.
- e. should be taken by choosing.

4. Different classes of people you are familiar with are given below. Write one thing that you have learnt and can learn from each of them in the blank space.

Guardian.....

Teacher.....

Friend.....

Neighbor.....

Leader.....

5. Do the following:

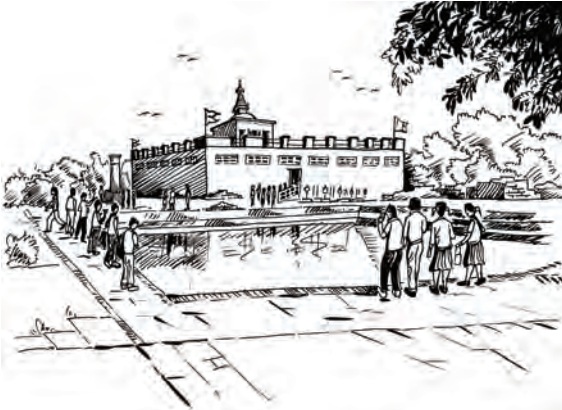
- a. 'Nation influences its people and the work of people also influences the nation'. Ask your guardians how they have understood the theme of the sentence, make a list of points and share in the class.
- b. What sorts of works do your neighbors think negatively? What strategies do they follow to escape from such negative works? Interact with them and list down their strategies.
- c. What are the things you should do to make your nation better? Present your written opinion in the classroom.

6. Read the following paragraph. Then, write what you teach to your juniors.

If a small insect like a bee can distinguish what is right and what is wrong, we human being should distinguish right and wrong using our intuition. We should not accept all the global impacts but try to copy good, useful and suitable to our national culture.

Unit Two

Human Values



General Objective

1. Identify the human value and have a positive view to contribute the nation.
2. State the global human value and act accordingly.

Lesson 1

True Soul Mates

Expected behaviour

- To develop and preserve spiritual value.
- To speak truth and inspire others to do the same.
- To inculcate a good conduct and help restore peace.
- To learn to have patience.
- To learn to maintain good health.

Once Lord Buddha was on the way to somewhere with his disciple, Ananda. A prolonged walk made them feel tired and they sat under a gigantic tree. As Buddha was thirsty, he asked Ananda to fetch some water.

Ananda obeyed him and vanished into the gurgling stream nearby. But, he returned soon without water. He said, "Sorry, I didn't bring the water because it was filthy- I found a cart has crossed the stream recently. By the way, I'll fetch pure water from the river which flows a little farther."

"No", said Buddha, "Why don't you bring it from the same stream, please do it". Ananda went to the river again. But, the water was still the same-filthy. He returned bare handed and said stressfully, "No matter how far the river lies, I'll fetch water in no time. I'll run to the river. You had better not drink that filthy water. Buddha however, insisted on him to cup some water from the stream again. He said, "Please do what I say."

Ananda could do nothing against Buddha's persistent order. It was the third time when Ananda went to the stream. He could not believe his eyes as

Instructions to the teacher/Teaching strategies:

- Explain the importance of spiritual value and ask the students to innumerate the activities pertaining to spiritual value done in their family and society. Also, involve them in a group discussion on anyone they like most.
- Have them say the people who have been following the spiritual activities and ask them whether they are taking their help. Reinforce them with the spiritual values they will be undergoing.

he looked into the flowing water- The water had turned crystal clear, the pollutants were set on the bed. It looked drinkable. Happy Ananda came back with water and stood before Buddha.

“Ananda”, said Buddha, “Patience is very important for man. It grants us a desired outcome and thus is a spiritual value. We should never get away from it.” Ananda was highly impressed with what Buddha said and vowed to have patience even in the adverse situation.



The very tale of Buddha and Ananda exerts a good moral teaching. It incepts the fact that patience is an inseparable part of spiritual value.

Everything in the world tags a price and customers pay the price and buy the things according to their needs. It's a legacy to make life go. But price varies on the basis of the quality, size etc., it's usual in trade and commerce.

As a commodity costs, so does human but human is not a salable in market. His size, shape, color and weight does not count. But what counts most is his virtue, which is precisely, called spiritual value. It is not the value that can be sold, bought, and exchanged. Spiritual value is what inspires a man to think of good to others.

Truth is also a spiritual value. It is power, for there live many triumphant people who had achieved that glory by following the path of truth. Truth facilitates the way which leads the virtues like self-satisfaction, good conduct, love and non- violence. Good conduct is a means to discipline the self and act accordingly. It turns the hell to the heaven So, we should have a good conduct for the sake of better human life.

Peace plays a pivotal role to inculcate the spiritual heritage in human and peace is not only important for an individual but for a nation as well as for the world. Love without peace is impossible and it's love again without which there comes no sense of non-violence. Love facilitates friendship

and the world goes round. Friendship with ill motive paves a wrong path. Let's tie a friendship that is made out of truth.

Our soul too requires a friend and he or she should be good. Good friends in this context are truthful, self-contentment, good conduct, peace, love and non-violence that generally lead us to the right path- as a result we do a noble work and stay pure solely. These virtues in other words are spiritual values. In this sense, patience can also be regarded as a good friend of our soul because it purifies soul.

Humans strive for good health. Health is our invaluable asset whereas ailment is a disaster. There are several ways to stay healthy but two of them are both easy and affordable, they are yoga and meditation. Yoga means the unison of body and soul. It becomes yoga when we succeed to relate them with each other. Besides, yoga also means to work efficiently. A professional practice of yoga is yogism. It can, therefore, be kept under spiritual value, for it equally goes to both body and soul.

Meditation on the other hand is a firm concentration of mind. Such act of concentration helps pave the path of success. Concentration through meditation purifies our soul and makes our mind crisp.

We cannot value the depth of service, which can also be defined as the selfless service to the needy. It is indeed very difficult to offer a non-profitable ideal service. It too becomes a friend of soul if we feel a need of selfless soul. A good quality in us activates our functional organs and thereby results a noble work.

Summary

Each individual varies in terms of his value. However, the spiritual value counts the best. The spiritual values in this context are truth, self-satisfaction, noble character, love, non-violence, patience, peace and co-operation. These are the human virtues that attribute the human as the best creation of God. One can be free from mental tension and health hazards if he/she puts these virtues into practice regularly. Everything remains peaceful thereafter and human life feels significant.

Exercise

1. Fill in the gaps with a correct word chosen from the brackets:

- a) Virtuous souls are the human..... (values/objects)
- b) Human soul needs a (profit/friend)
- c) abodes spiritual values. (human soul/human body)
- d) We require..... to solve a problem. (power/patience)
- e) is a selfless service. (yoga/co-operation)

2. Answer the following questions in brief:

- a) What is the determinant of human value?
- b) What are the spiritual values?
- c) Why does the human soul need a good friend?
- d) What did Buddha want to teach Ananda?
- e) What are the two ways to keep us fit and healthy?

3. Given below is the list of quality that our soul may consist of. Now categorize them in the right columns given below:

Non-violence, anger, patience, worry, violence, co-operation, enmity, good character, generosity, empathy/pity, revenge, pardon, swindle, demeanor, respect, truth, amiability, avariciousness/greed, generosity

Good friend	Bad friend

4. Discuss the advantages of virtuous soul and disadvantages of vicious soul. Then, prepare a list of both and paste them on the wall in your class.

5. Do as instructed:

Read the following story and answer the questions given below:

Once there lived a farmer in a village. He was hard working. He had five grown up sons but they did not work hard as their father would do and neither did they study properly.

The farmer had an orchard where he had planted many guava seedlings. Some of them had survived while others were still struggling to survive. The farmer used to go to the garden to tend them regularly.

One day when the farmer visited the garden, he stood horror-struck to see the seedlings uprooted, broken and crushed. He could not make out who could have done that mischief. Then he summoned all his sons and asked them. He began from the eldest and finished with the youngest. Nobody accepted. His youngest son, when asked, confessed. He said, “Yes, we did, baba. It happened as we were playing in the garden yesterday. We all are equally responsible for the mischief. I deserve the punishment whatever...” His four elder brothers began to tremble with fear when he confessed the crime. Then, spoke the farmer, “Yes, you spoiled the things but confessed. You spoke the truth. So, I forgive you. You won’t suffer any punishment. But your brothers committed two crimes- they did destroy the seedling and told lies. Now they deserve punishment that is, to replant them in the way they had been standing. Unless it is done, they can’t enjoy playing any sort of games. And it’s you who are to supervise them.

These four sons then obeyed his father. They replanted the guava saplings, watered the plants and tended them and the youngest son strictly supervised them. Soon the seedlings survived, the garden looked lustrous again. All the five brothers promised that they would never indulge into any mischief, never tell a lie and would always do hard work. The farmer became happy with them and let them go to play in their leisure time.

- a) Which son among five was better? why?
 - b) What do's and dont's did you learn from the story given above?
 - c) Access the source to find a parallel story to the story you have read in the text and tell your classmates.
6. What kind of virtues do you find in your soul? What kind of personality do you want to develop in you? Explain.
 7. Jot down some points how you inspire a bad friend to be a good one.
 8. Define patience and write a paragraph on it.

Lesson 2

My Real Identity

General objectives

- To enhance patriotism
- To learn to preserve national heritage
- To learn to exhibit national identity
- To demonstrate team spirit
- To activate oneself in a creative work

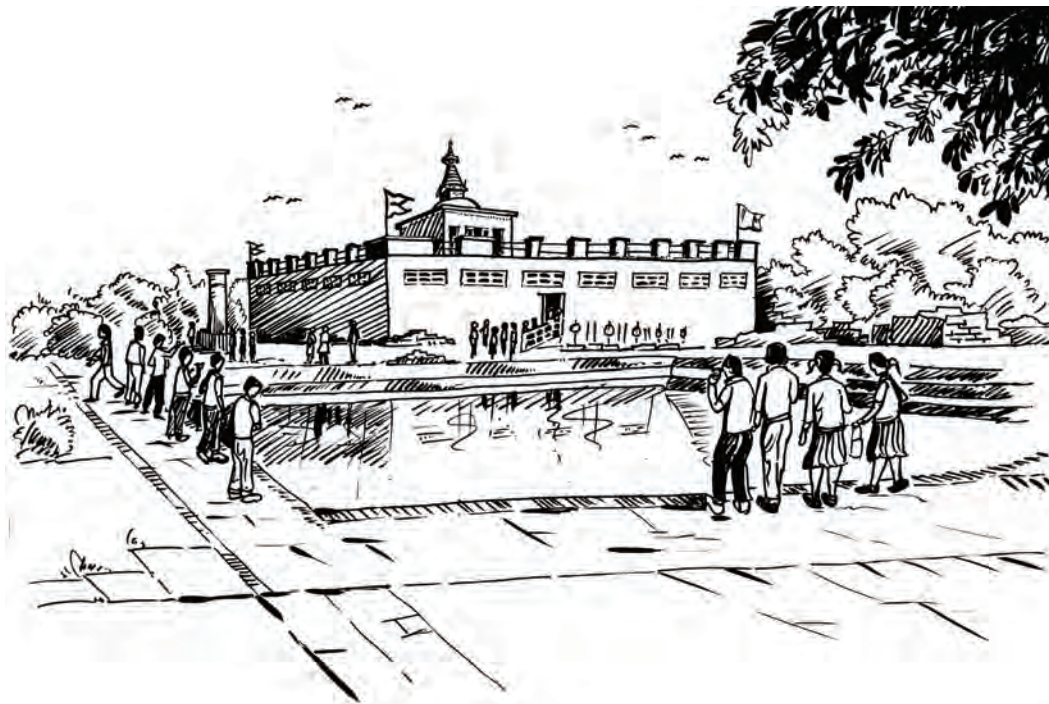
Last year, I chanced to visit my neighboring village with my grandmother. There was a religious gathering where there was a sermon. The attendants were heeding the preaching. My grandmother was also plunging into it. I accompanied her and lent my ear to the fluent preacher. I couldn't get into its depth. However, I still remember some striking points. The preacher highlighted four major points, which make a man clear as well as intelligent if one executes them properly. Then, I mused what these four points could precisely be for, I was not an exception to other human who want to be clever and intelligent. He said, "One can be both clever and wise by travelling far and wide, by making friendship with a wise man, by participating in seminars and conferences, and by reading literature." His points inscribed in my mind really, because I love travelling. I grew more enthusiastic in travelling.

Our annual exam finished and we all gathered in the school premises to discuss the plan. Everyone opined differently. Some friends suggested going for excursion and the teachers too approved it. Lumbini was selected as a better place to visit. All agreed and so did I. The preaching that I had heard, my interest and the excursion all came to the same floor coincidentally, I became very happy.

Teaching strategies

- *Take your students to a locate site, ask them to gather information they have collected from the visit and involve them in a group discussion.*
- *Have them discuss on nation, nationality and national unity.*

Our annual exam for the session got over and we all boarded bus to take a trip to Lumbini. One of our teachers accompanied us to guide. He was supposed to be all as our guardian a guide and patron. We felt secured. Moreover, I felt as secured as I did in my house. His accompaniment reassured me.



The bus purred and lurched and in no time caught the speed. Then there began gossiping, Some started singing and others budged up to dance. I viewed the landscape outside and saw rivers flowing, lustrous forest, wide-stretch green lea and patchy villages. I could not express my happiness on seeing such diverse landscape within a few minutes' bus ride. My country, as I felt, is very beautiful. No other place as kaleidoscopic as Nepal could be found anywhere in the world. For me, each glimpse along the way was equally majestic and regal, I got so spellbound with the views that I could not make out where we had arrived actually. Hearsay that a man who does not love his native land has nothing else to love proved true. I truly felt like arresting those luring glimpses into my eyes, with those passing views we licked our destination- Lumbini, which is widely known for its piety.

We got off the bus and lined up as instructed by the teacher. Limbini was like a wide-stretched sacred garden- I came to know it instantly. It was far more than what I had heard, and read before. I became so happy that I began to flutter like a butterfly.

Our first and foremost visit was of the Ashoka Pillar which the Indian emperor Ashoka had put up. The pillar, therefore, named after him, our teacher briefed it to us. I found it was a national emblem of our country. Besides, it had been standing as a mast for all the Buddhists who would like to have a sacred visit to a great religious pilgrimage. Many people have strong faith and reverence to Buddha. They respect every Nepali who visits their country. They do so thinking that he/she is from the place where Buddha was born. My neighboring brother who had visited a foreign country used to share his experience. I recalled him and his experience. I noticed the Ashoka Pillar had some cracks on it. It was therefore tightened with some slender iron strips for its repair. I realized that the historical and cultural heritages that make Nepal known to the entire world, should be preserved by all the concerned Nepalese. At the same time, I felt proud of having them listed in the world cultural heritage.

We also visited Mayadevi Temple and had a look of the exact birth place of Buddha and the pond in which Mayadevi used to have a sacred bath which were preserved with extra care. Thousands of tourists visit there annually and feel proud of having a chance to visit it. They regard Nepal as a country of Buddha, a country of numerous valiant knights, the country of Mount Everest, the country of Sita or a country of rhododendron. We Nepalese are highly dignified because of Buddha being born in Nepal, because of his teachings and of his fame. I, hereby, promise to preserve it.

There were gumbas, monasteries and emblems that represented the originality of various Buddhist countries in the world. There live numerous bhantes. I used to think that Lumbini was one of the famous places before I visited but I was wrong. It was not only a big tourist spot but also an international pilgrimage. It is our prime duty to protect it, to standardize and to publicize it. They are indeed the real identities to make Nepal known to the world; I realized it during our trip.

We visited each place of religious importance within the premises under the teacher's guidance. These places reflected the life of Buddha. The teacher told us about other places which too, identify Nepal and advised us to visit in the days to come. He asserted that the thing learnt by observing is more concrete than the thing done by reading or listening. He said that the place of religious importance inculcate a sense of nationality and patriotism. I like his idea.

As we were planning to return, we caught a sight of construction; we stormed to the site and soon came to know that a grand assembly house

was being constructed there. It would then specify the place for Buddhists over the world so that they could floor their opinions on the importance of Buddhism and its extension. Hundreds of people were working voluntarily. Our teacher encouraged us to volunteer the work and we set for the same. All the people irrespective of age and gender were involved in labor donation. Even bhantes were doing the work enthusiastically. We were inspired by the teamwork undergoing and assumed that our country could be developed over a night if all the Nepalese had a team spirit. 'Development is not a magic that appears with a magical wand but it's a team work,' reminded the teacher.

As we finished our excursion, we got back to the shelter where the teacher said, "Are you ready to listen to what I am going to say?" and we nodded. Then he revealed the fact that our school required a library and that every student was required to volunteer one day. We agreed and constructed the library soon after we had returned from the excursion. Then I believed in teamwork and its result that can equally contribute to the development of the nation.

It was when I discovered my real identity and came to know that national heritage is both means and medium to identify a citizen of the nation. To preserve our national glory is to secure our own identity. One should recognize one's own country if one wants to recognize the self in real sense. I further understood that teamwork could contribute to a nation-building mission. The sermon that I had listened before echoed in my ear, he said that tours and travels make a man wise and intelligent, he was right.

SUMMARY

An individual is expected to have a sense of patriotism, which reminds him of his duty and responsibility. Similarly, he/she should be equally conscious of his or her own identity. Besides this, the places of historical and cultural importance are his or her identities because they are the identities of this nation. They should, therefore, be preserved for the sake of one's own identity. Patriotism, preservation of national heritages and teamwork are the essence of development.
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EXERCISE

1. Tick the one that you like and cross that you dislike:

- a. Listening to others good deeds
- b. Criticizing others
- c. Staying idle
- d. Visiting the place of interest
- e. Exhibiting respect to the country
- f. Taking care of the country
- g. Neglecting the national assets
- h. Preserving the national assets
- i. Participating in teamwork
- j. Staying mute

2. Fill in the blanks with the correct words given in the brackets:

- a.increases by traveling. (Intelligence and wisdom/Greed and laziness)
- b. The one who loves his or her country..... others too. (hates/loves)
- c. Lumbini givesidentity of Nepal. (rural/international)
- d. It is our to preserve the historical assets. (duty/identity)
- e. A teamwork contributes to the..... (development of the country/ destruction of the country)

3. Answer the following questions in brief:

- a. Write any four clues to make us both clever and intelligent.
- b. What kind of place is Lumbini?
- c. What makes Nepal known to the world?
- d. What makes learning permanent?
- e. What inspires us to have patriotic feeling?
- f. What are the advantages of teamwork?

- g. What is our common responsibility?
- h. What did the teacher suggest us to do?
- i. What sort of values do you think it to preserve historical places?

4. Write a short summary of the given chapter.

5. Do the following:

- a. Collect the information about the resources located in your village or community and prepare a list. Then enlist the ways to preserve them. Take help of the elderly people if necessary.
- b. State some creative works that are undertaken in your community and describe anyone of them that you are involved in.
- c. Read the following passage and identify the problems and give out the appropriate solution to them.

Shailesh and Bibek were friends. One day they took a trip to a city nearby. In the city they came across a dilapidated pavilion in front of which were tiny idols crafted out of stone. They had some cracks and were in the verge of collapse. Some children were playing with them.

The wall of the pavilion was made up of stone on which something was engraved in a language unknown. The inscription was too difficult to decipher because it seemed to have been scratched with a sharp pointed iron nail. The pavilion had a leaky roof under which there stood several images of gods and goddesses. Its surrounding too, was much squalid giving off a foul smell.

A few tourists with a guide were busy clicking the photograph of the place where as pedestrians were passing by, talking. One of them remarked, "This house is said to have been the oldest of among all the other houses built so far but.... see the condition!"

Shailesh and Bibek, on hearing them, got utterly confused.

- d. Describe a positive influence you have had from your trip.
 - e. Describe a place, which you think is in dire need of preservation.
6. Conduct a sanitation camp for your school premises in the initiation of the children's club of the school.
7. What sort of citizen do you want to be? Write in a paragraph.

Lesson 3

Universal Relationship

General objectives

- To keep a good faith on individual, society and nation
- To keep friendly relationship with others
- To learn to cooperate with others
- To keep concern with others' being
- To work for the national glory
- To remain dutiful in ones work

Almost all the people become happy when they are victorious and get disheartened when they get defeated. But they never try to seek the reason why they achieve victory or why they get defeated. Nature can defeat a person but never can other person if he or she acts wisely, An appropriate behavior of a man helps him get victory over others. Thus, human behavior breeds both friend and foe. Live and let live is the essence of humanity. Then there will be an assembly of friends when we follow the principle of universal brotherhood. We should therefore regard this world as our home where our kith and kin dwell. It is also the idea to extend universal brotherhood as well as the common human value. No one in the present situation can live isolated. We need an organization or association to get the thing done. It's again the organizations that strengthen an individual as well as a unit of the organization. The era, 21st century, itself believes in unity that harbors strength. So, there exist many national and international organizations in the world now and one of them is United Nations Organization which has

Instructions to teachers

Prepare a list of international human values and norms and paste it on the bulletin board. Then have the students discuss on them.

Ask your students how they treat stranger, jot down their response and add more if necessary so that you can inculcate in them the concept of universal brotherhood.

proved more beneficial to the world since its establishment. The prime motto of the UNO is to restore peace in the world.

Organizations are the rule-governing bodies that govern people with certain rules and regulations. Small communities or neighborhoods, in this connection, are also the forms of organization, which have some regulations to live harmoniously with each other. Such rules help them tie up a good relationship. They also grant peace and harmony in the society.



International organizations are more rule bound than any other organizations and thus require more rules and regulations. Besides this, rules are equally essential for each nation to protect its territory, to exercise its power and to regulate its independence. One state should respect others' territorial integrity, power, sovereignty and independence to keep a friendly relation.

The countries in the world are not equal in all respects- some are rich and powerful whereas others are poor and helpless but each one is equally recognized. According to the international law, a powerful country cannot threaten, overrule and attack over a small country. If vice-versa is exercised, there will be the dominance of power and the rule of law will be over. So, the international organizations like the UNO have shown their keen interest in the existence and security of all the nations in the world.

Every country in the world is different in respect of their governance that may vary due to their own account. They, however should acknowledge other's existence, They should not harm others' territory, governing system, religion, culture and social norms and values. This is also a key principle to extend the universal brotherhood.

Cooperation is inevitable between the countries and individuals. A country needs help to develop itself, to face natural calamity or to control crime because no country can suffice everything it needs. Therefore, cooperation is necessary to fulfill its need and to get it fulfilled. Mutual respect, tolerance, friendly relation and cooperation strengthen international relation among the countries and are similar in many ways to Panchasil Principles, which play a vital role in maintaining harmony in the world. There lies the contribution of an individual as well as nations. Therefore mutual respect, security and cooperation are the international values.

Our country, Nepal too, has contributed a lot in the peacekeeping mission in the war prone countries. The citizens of those countries seem to be highly indebted with us and thus, glorify our country. Similarly, some Nepalese have received international awards by doing the work of an international value, This is also one of the ways to maintain international relationship.

An individual equally shares a grain of world peace, recognition and fraternity irrespective of age, gender and status. It is because his duty bears result that too contributes to the international norms and values.

Summary

Every individual should exhibit polite behavior to strengthen universal brotherhood. It also helps bring peace in the world. Besides, a country should make a policy that comprises of mutual respect, security and sovereignty of the other country. The principle of coexistence is the key to establishing a cooperative environment. So, everyone in the world should do the duty and bear the responsibility to meet the common goals of the nations.

EXERCISE

1. Tick the correct answer:

- a. I consider everyone.....
 - (i) as a friend
 - (ii) as an enemy
- b. I extend universal brotherhood through.....
 - (i) polite behavior
 - (ii) rude behavior
- c. I.....in mutual help.
 - (i) believe
 - (ii) disbelieve
- d. I rules.
 - (i) prefer
 - (ii) do not prefer
- e. I also..... a role to establish peace in the world.
 - (i) play
 - (ii) do not play

2. Answer the following questions briefly:

- a. How can we keep a good friendship?
- b. How can we win the heart of others?
- c. How do you recognize universal brotherhood?
- d. What can be done to keep a friendly relation between or among the countries in the world?
- e. Why is mutual help necessary between the countries?
- f. What are the international values?
- g. What way has Nepal contributed to establish universal brotherhood?
- h. What are the advantages of doing the duty sincerely?

3. Correct the statements which you think are wrong:

- a. Humans are created to keep enmity with each other.
- b. Human being can get defeated with nature.
- c. Our behavior only ties up friendship.

- d. An organization strengthens only an individual.
- e. Many international organizations have been established in the world.
- f. All the nations in the world are not equally recognized.
- g. A nation should not underestimate other.
- h. A student does not have any role to establish international norms and value.

4. Write a short paragraph using the clues given in the table below:

Spiritual Value: truth, good behavior, good virtue, non-violence, patience, meditation.

National Value: patriotism, sense of national glory, preservation of nationality and culture, participation of national development

International Value: universal brotherhood, non-intervention, sense of coexistence, mutual help/cooperation, non- aggression

5. Do the following:

- a. Divide yourselves into two groups and collect the points on each topic given below. Then discuss between the groups:
 - Universal brotherhood
 - Five-points principles (Panchshil)
- b. Which one among the works done in your community has helped in facilitating universal brotherhood? Mention them with the help of your guardians and present in your class.

6. Read the following paragraphs and find what the given people did for the national glory. Then present in your class:

- a. Abhu lives in a remote village where he reads in a local school. He is both talent and hardworking. Therefore, he generally participates in various competitions and receives prizes. Once when everyone talked of his intelligence and hard work, One of the good schools in Kathmandu granted him free ship. Since then, he has been studying in the same school and stands first in academics as well as co scholastic activities. He has got love, cooperation and inspiration from his friends, teachers and his guardians.

- b. One day when it was holiday at school, Abhu's auntie prepared going out, he came to know it and told her that he also wanted to go with her. she gave in and took him to a grand building. An international conference was being held in the hall. There was a big crowd outside. The front façade was bordered with a row of pillars draped with the flags of the participating countries. Abhu became happy to see those flags of various shapes and emblems painted on them. They were flaring just in front of the main entrance. There was an exhibition of the maps of different countries. Each map was accompanied by a group of people in the respective national uniform of the country. Abhu felt strange to see them because they were speaking their own national language. Abhu became happy to have an opportunity to see their strange flags, maps, people, uniform and languages.
- c. Abhu entered the conference hall with his aunt. Soon there came the head of the states and the head of government. The attendants welcomed them by standing from their respective seats. After that the national anthem of the participant countries were played serially. All the people in the hall paid respect by standing from their seat again. Then, each representative of a country addressed the assembly in turn, the hall burst with a loud applaud. Lastly, a manifesto was declared as well as endorsed by the representatives. Everyone shared the experience informally- some greeted while others shook their hands.

Abhu came back home with his aunt. It was an entirely new feeling Abhu had ever had.

- 7. How do you serve your locality? List the ways and paste them on the display board in the class.**
- 8. List out the features of our national flag and present them in your class**
- 9. Explain the following:**

The earth is our common home.

Unit Three

The Civic Duties and Responsibility



General objectives:

To learn and abide by the state rules

To learn to become economical in consuming the resources

To help in social and cultural transformation

Lesson 1

The Civic Duties and Responsibility

General Objectives:

- To state the need and importance of law
- To respect the law and obey it
- To be aware of fundamental laws
- To pay the tax sincerely
- To be aware of election and voting to take part in it enthusiastically
- To take care of public property
- To contribute to the nation in restoring peace and good governance

Salleri,
Solukhumbu
2070/09/09

Dear Anjana,

I am fine here and hope you are also fine over there. It is very cold here, so cold that we don't feel like going out unless we have an urgent work. It sometimes, feels that a promising heat in Nepalgunj is rather tolerable than the chilling cold here. However, nothing can be done against the whim of nature.

I am glad to receive your letter that you have written to me after a long gap. I read and reread it because you have detailed everything you have achieved. You said you had stood first in regional elocution competition.

Teaching strategies

- *Innumerate the advantages one gets when he/she follows law and disadvantages when he/she defies it. Refer any local incident that is related to them to inspire your students to obey law.*
- *Ask your students how far they are aware of law. If not, explain the importance of the knowledge of fundamental laws.*

Your dedication, your teachers' guidance and the inspiring environment of the school are what made it possible.

I know you grumble why you did not get the amount that was mentioned in the announcement. It is natural for the one who is not fully aware of rules and regulations of the country. Many people like you have stranded in the same condition.

Remember, what you did not get was the tax, and the cash in hand was yours. It is the citizen's duty to pay tax. Taxation is almost a universal system in which a certain amount from the given income is paid to the government of the country. It results a benefit to us as well as to the state- the state invests the collected amount in its development work, which cannot be imagined if we don't pay the tax to the nation. However, you are too small to understand all this.

The nature also teaches us why we should pay the tax. Water in the sea evaporates and goes up to the sky to become cloud. Then, it condenses into the water and comes back to the same sea. There would have been no rain if the sea had not evaporated and no sea or ocean would have been possible. Same is the process of paying tax that ultimately benefits us. So, you don't forget the fact that we will have to pay the tax for the income that you make in the days to come. It is, therefore, a legal responsibility of a citizen to pay the tax. You had better not to grumble on what you have paid, and think instead that you have done two good jobs- one, you perform a legal responsibility and the other, you contribute for the betterment of the country itself.

A country cannot run without laws. Therefore, it has to pass law and enforce it for good governance. Like a house, which does not run without certain rules and regulations, the country obviously cannot run without laws. We feel secured with their protection. A law keeps dual power- it confines us if we defy it and gives us freedom, if we follow the path, it has directed to us. Remember that the law never misleads us.

Laws vary according to the situation of a country. The variation depends upon the behavioral pattern of the people living in a country and it depends upon the government system. For example, a country undergoing conflict may require relatively strict law. Therefore, it will be beneficial for a citizen to be aware of the fundamental law of his or her country. It will also grant his or her rights. Law is considered as an organ of the state. The state goes lame if it has a deficient organ or has no organ at all. That is why, a country must have law. Fellow citizens must be aware of it and should implement it.

A country undergoes periodical elections that nominate candidates. It is our vote that determines their victory or their defeat- if we vote for the right candidate, we will do good to everyone but our wrong choice will cost to everyone adversely. Law has given us the right to choose the right candidate. We want a true representative to be in the decision-making body, be it in the local level or in the central level. If so, we must cast the vote. It is a self-evaluation to be able to choose a right person as our representative.



To stay passive doesn't mean that you are abiding by the law or doing your duty, it is also our duty to take care of the public property scattering around the country, it is our duty to protect and preserve the historical as well as religious places in and around our locality. Sometimes, there can be a crime in the society and a criminal can take shelter there. In this case, we should inform the concerned authority about the crime and the criminal- it is our legal responsibility.

Constitutional body consists of the representatives whom we have chosen through voting, They propose and pass the law and it is the law that should be obeyed by everyone. If everyone obeys it sincerely, the country can be strong, and it is what we all want. You too, can build a strong nation if you pay the tax, exercise the right to vote, and help in good governance.

Chhori, tell your classmates what I have written to you, for sharing becomes fruitful to both- speaker and listener. I will explain to you more about it when you come home on the vacation. By the way, excel your academics and keep on writing to me.

Hoping to get a reply.

Your loving father,

Vishal

SUMMARY

A state needs various laws for its good governance and thus formulates a code of laws and enforces them. It is the citizens' duty to respect them and to follow them, too. Laws grant the rights and security to the citizens and empower the state. Similarly, our duty comprises of paying tax, exercising the right to vote and assisting the government to maintain social security and peace. If we perform our duty sincerely, we can have a strong nation that equally means to have strong citizens.

EXERCISE

1. Fill in the blanks:

- a. A country needs.....to govern its citizens. (law, conflict)
- b. The tax we have paid.....us. (benefits, costs)
- c. The law grants us.....if we obey it. (security, punishment)
- d. Law is.....of a country. (organ, duty)
- e. We wish to have a right..... (result, representative)
- f. We should.....our nation. (empower, weaken)
- g. It is our sobriety to get serviced by..... (waiting for our turn, overtaking others)

2. Answer the following questions briefly:

- a. Why do you think was the sum from the prize deducted?
- b. Who is indirectly benefitted by the tax we have paid?
- c. What does law do to us?
- d. What sort of representative do we wish to have?
- e. Why should we cast vote?
- f. What kinds of places deserve preservation?
- g. What should we do to empower the nation?
- h. What kind of things should be informed to the concerned authority?

3. Read the followings and tick the one that help the nation and cross the one that harm it:

- a. To obey the law
- b. To destroy forests
- c. To plant trees
- d. To remain active in development work
- e. To help criminals
- f. To inform the government about anti social activities
- g. To be in active in eliminating illiteracy
- h. To participate in voting
- i. To pay tax and encourage others to pay it
- j. To intrude in public property
- k. To participate in sanitary campaign

4. Do the following:

- a. Which of the following strategies will be more appropriate if you have to select a representative from your class to participate in inter-school co-curricular activities?
 - (i) Through common consent (ii) Through voting
 - (iii) Through internal competition (iv) Through teachers; opinion and support
 - (v) Through random selection
 - b. Suppose that your locality is unaware of a proper management of sewage and garbage. What step will you suggest to keep it clean? Prepare a list and present in the class.
 - c. What do you do if you witness someone cutting down trees illegally? Tell your friends and the teacher.
 - d. What can you do to protect public property such as rivers, pastures, parks, etc.
 - e. Prepare a list of benefits you get from the tax you have paid.
5. Pretend that you are Anjana and you have gone through your father's letter. Now write a reply to your father stating what you have understood.

Lesson 2

My Duty

General objectives

- To be ready to do and carry out team work
- To learn to be economical for well being of the family
- To grasp the opportunity for the good work
- To cooperate the family in an adverse situation
- To be a good member of the family
- To learn to get inspired by the elders and relatives

Binita and Bibek are siblings. They study in the same school. Binita is an early riser who finishes all the work in time whereas Bibek gets up a bit late. Because of his delayed rising, they become late for school, sometimes. Therefore Binita tries to wake him early.

Binita: Hey, Bibek, haven't you got up yet? It's late again. I don't know when you will be time conscious.

Bibek: Yeah, I am up, Didi! (getting up) It's just seven. How hasty you are to go to school!

Binita: To rise early doesn't only mean to go to school. Many things can be done at home, too. Besides, you can study, though little, you know. Why don't you understand the importance of the morning time, huh?

Bibek: Morning time? What do you mean? What is its importance actually, Didi?

Teaching techniques:

Involve your students in a group discussion on family, family members and their responsibilities.

How do your students bear the familial responsibilities? Ask them to prepare a list of the ways and reinforce them if required.

Binita: An early rise makes us mentally fresh and physically healthy that makes us enthusiastic to work. It makes us prepared to work and we become successful ultimately.

Bibek: Do we kids even have to think of duty? It's the elders' headache, I think, isn't it?

Binita: Not exactly. We too have certain duties that require to be done by means of both labor and intellect. Listen, our parents have brought us up and educate us- that means they have fulfilled their responsibility. Now, it is our duty to cooperate them in a way we can. And it is what we call our responsibility towards the family.

Bibek: What more are our responsibilities towards the family, Didi?



Binita: We should have a team spirit with all the family members. You know, our body does not function if a particular organ stops functioning. Similarly, our family too, can't run if a member does not work. So, we all should work together and that is called coordination.

Bibek: Yes, I like it, truly. Please, Didi, tell me some more.

Binita: Yes, we should also think of the betterment of our family. We have been granted the security by our family and we in return have to do something for them.

Bibek: If so, we should help them as much as we can let alone our studies, shouldn't we, didi?

- Binita: Yes, we should. It's why, I insist on you to rise early, you know. We owe our parents who have invested the money they have earned. We should repay what they have done for us.
- Bibek: I think we should not be extravagant, it is also a kind of help to save money, isn't it, Didi?
- Binita: Of course, it is a great help if we stop wasting money on nonsense. Economical is the one who expenses money on right particular- you must have this idea, mustn't you?
- Bibek: You mean we should utilize the money we earn in the future, don't you?
- Binita: Exactly, the money accumulated by the family members should be invested only for the well-being of the family itself. It is basically invested on food, cloth, shelter, health education, social work and recreation. If we invest in joint venture, even a risky project turns out to be easy.
- Bibek: We should share happiness and sorrow, shouldn't we?
- Binita: Obviously, man is, therefore, a social animal that gets ever ready to share both happiness and sorrow a family generally undergo. It is useless to stay together if there is no sharing of happiness and sorrow.
- Bibek: It means we should move according to time and situation, shouldn't we?
- Binita: Yes, we should. We should be able to grasp opportunities and utilize them in proper way. This is how, we can contribute to our family. We should be cultured in all the respects, excessive use of mobile phone and TV can ruin us.
- Bibek: Didi, I like what you have told. You are great, didi. Now, onwards , I'll get up early and follow what you have suggested me to. I hereby commit to carry out the duty and responsibility towards my family

SUMMARY

Family is one of the smallest unit of the society. Each member of the family has his or her own duty and responsibility. An ideal family is expected when each member does his or her duty and shoulders the responsibility happily. It means its members should remain active for its prosperity. A family life turns out to be happy when there go coordination, economical

activities and equal participation side by side.

EXERCISE

1. Write T for true and F for the false statements given below:

- a. Rising early is an idle work.
- b. Children also have some duties.
- c. A family may have to face difficulties due to the lack of coordination.
- d. Extravagance results familial prosperity.
- e. It is useless to stay together if there is no sharing of happiness and sorrow.
- f. Binita oriented Bibek with a good concept.
- g. I also want to be a useful member of my family.
- h. I want to be a cultured man.

2. Answer the following questions briefly:

- a. Why should we get up early in the morning?
- b. How can we shoulder the family responsibility?
- c. What is economical behavior?
- d. How can our family be prosperous?
- e. What commitment does Bibek make?

3. Read the below mentioned duties and responsibilities and tick the ones that you can bear for the well being of your family:

- Following guardians' instructions.
- Managing the entire expenses of the family.
- Helping youngsters in academics.
- Helping the elders in sanitary work.
- Managing shelter for the family.
- Security of the family property.
- Making important decision for the family.
- Identification and proper utilization of opportunities for well being of the family.

4. Two of you participate in role play and listen to how others react.

5. Do the following.

- a. List some duties and responsibilities you can do for your family and discuss with your friends. Then, paste on the display board in the class. The list should be based on the given chapter.
- b. Write a short description of the work done in collaboration with your family member and present it in your class.
- c. Read the following passage and answer the questions that follow.

Bimala and Kamala are two sisters. Kamala is ten years old while Bimala is twelve. Once, when it was holiday at school, they went to their maternal house. With love, everyone gifted them money there. Now they had four hundred rupees each. Kamala, while getting back home, bought some more expensive food items, which she gave a little of it to her sister and more she ate by herself. Besides, she had bought a doll with which she began to play at home. While playing, it fell off and broke into pieces. She too, didn't feel well because of the food she had eaten. The following day, both went to school again. Then, Bimala bought a dictionary and a couple of pens. Now a days, both of them look up the dictionary when necessary and do homework. It has helped them a lot in their studies.

- I. Who do you think is more economical between Bimala and Kamala?
 - II. Who utilized the money properly? What should we do to utilize money properly?
 - III. How are they both benefitted?
 - IV. What will you do if you get as much money as Kamala and Bimala got?
 - V. What difference do you find between Kamala and Bimala behaviorally?
- d. What behavioral patterns do you have to have if you want to be good? Note them down and present in the class.
 - e. What similarities and differences do you find in Binita's, Bibek's and your behavior? Write how you correct your bad behaviors if any.

Lesson 3

Misrilal: A True Social Worker

General objectives

- To be aware of social responsibility.
- To be involved in team work.
- To encourage others in social work.
- To play the role in positive transformation.
- To eliminate discrimination and antisocial activities.
- To promote social unity, coordination and cooperation.

Kisanpur Village looks different today. All the villagers are working enthusiastically because Misrilal Chaudhari, one of the renowned person in the village is going to be honored. They are decorating the stage. Even his backbiters are striving to honor him today. It looks as if there is a great festival in the village.

There didn't use to be any school when Misrilal was supposed to go to school and he had outgrown by the time the school was established. He has, however, contributed much for those who wanted to study. He gave away a piece of land for a school, for a health clinic and for orphanage and offered labor donation to materialize those infrastructures. That was how, he became octogenarian. Now, the villagers bow before his contributions and regard him as an ideal man of the village. They cannot imagine how the village would have looked in the absence of Misrilal. He was habituated to carry on a social work even in adverse situation. He did not care whether others support him or not. Therefore, he deserves thank.

There is a big pond in the middle of Kisanpur Village. People used to bathe, wash and swim in the pond. It was the same pond where cattle used to drink water. Some people used to dump carcass into it. Anyway, the villagers had used it as a dumping site.

Teaching strategies

- Narrate a biography of a social worker to motivate the students towards the given lesson.
- Prepare a list of social works and read it out to them so that they can get involved in them.

It looked filthy. Some people used to squat on its dam defecating. All these inhuman acts had resulted a negative impact on the aquatic animals like fish, turtle, frog etc., they were dying one after another.

Misrilal was much grieved to see the deplorable condition of the pond. Then, he went to the pond an early morning and began to clean from its edge. People began to buzz to see his work. Some wondered why the old man was initiating the work that was quite impossible and other made a fun upon him saying that he was going to commit suicide drowning, they laughed at what he was doing. Misrilal, however, did not give up easily, he requested so called leaders of the village to participate them in the sanitary work instead but nobody heeded him.

Nevertheless, Misrilal used to go to the pond every day and used to clean it. He tried to stop the ones who were dumping the garbage into it again. Some would ignore him and throw the garbage claiming that it was not his private property whereas some others would listen to him and would get back obediently.

Misrilal's indefatigable efforts eventually brought about a positive result, the pond appeared emerald green. The villagers realized later that they had become unjust to Misrilal not helping him, and mocking instead. Since then, all the villagers became unanimous to make a promise that they would be cooperative to him in the work of all sorts. Soon, they began to work with Misrilal to keep the pond clean. At least, one from each house participated in the work daily. Gradually, the pond looked clear.

The villagers surrounded a little space beside the pond and channeled a flow of water for washing, cleaning and drinking especially for cattle, they managed to make a separate drainage so that the filthy water would not drain into the pond. They planted trees on the edge of the pond, which looked as beautiful as an emerald green lake in the Himalayas.

Misrilal's sanitary campaign became a success. Nowadays, the visitors to

Kisanpur dream of making a pond similar to it in their own village. The natives too, believe that they themselves should take initiative to build the society.

The denizens of Kisanpur give a full support to what Misrilal had proposed to do. To them, he has become a source



of inspiration that has promoted awareness in the village.

One day, Misrilal asked the villagers why they were helping him without understanding. They would believe that all the work that Misrilal used to do would turn out to be good for society. They said, “Whatever you veteran think is always right, we should not bother to think over it any longer.”

Misrilal suggested them not to believe him blindly but the right thing he had done. Since then, he enthused himself to work more though he was aged.

Misrilal did not amass as much money as a so-called social worker does, But he had a plenty of inherited property. He donated his own piece of land to established a school as there was no land elsewhere. The children of Kisanpur now go to the school where they obtain education for life. It was he again who donated a piece of land to established a hospital for the villagers. Now, no one meets a sudden death, nor pregnant woman suffers a labor pain any longer. Besides, he donated labor in the construction of the building. It has relieved its initiators now.

A few years ago, a rivulet called Dudhia Khola by the village over flooded and swept away the paddy fields. Many people drowned leaving their children orphan behind. Panic Misrilal could not stand it, he wanted to do some good to them. Then, he again came forth to donate one more piece of land to construct an orphanage. He boarded the children in the orphan home and managed to educate them. Initially, he launched a bowl donation campaign for their food. In addition, Misrilal founded an old-age home for aging people in the village.

Now there live multi religious, multi caste and multi ethnic people of Kisanpur. They have unity, cooperation and coordination among them. They celebrate social as well cultural functions jointly. Few years ago, people used to accuse a woman of being witch, They used to castigate her and exile her but Misrilal unveiled the villagers from this evil thinking.

Some other women used to be victim of the evil system, dowry that used to torture them or kill them mercilessly. Against it, Misrilal made a home visit. He made the villagers aware of it and abolished it eventually. He invoked the fact that a true satisfaction lies where there lies one’s own effort. Misrilal who was uneducated could easily win the heart of a well-educated person. Child marriage, witchcraft, dowry system, etc. considered the burning issues in present Nepal have become as old as a myth at Kyashapur.

All the villagers are proud of Misrilal, a multi dimensional personality who is going to be honoured today. The entire village seems to be in a festive mood. Children are exposed to a belief that a noble work deserves thanks.

SUMMARY

Since a man is a social animal, he should be responsible to the society. A true social work means to offer a selfless service for the well-being of the community people. In order to serve the society, one does not require a high degree of education. Everyone will be impressed if one works with a selfless motive and thinks of the well-being of others. It also brings about a positive change in a person. As a result, the worker gets rewarded, and we are not exception to it, too- We will be rewarded if we show our active involvement in the social work.

EXERCISE

1. Evaluate yourselves

- a. I.....aware of my social responsibility.
 - (i) am
 - (ii) am not
- b. I..... in sanitary campaign.
 - (i) participate
 - (ii) do not participate
- c. Iinitiative to do good to others by myself.
 - (i) take
 - (ii) do not take
- d. I.....a social worker.
 - (i) follow
 - (ii) do not follow
- e. I..... evil practices in the society.
 - (i) go for
 - (ii) go against

2. Match the following:

Column A

Column B

- | | |
|-------------------------------------|--------------------------------------|
| a. Misrilal's effort | - realized their mistake |
| b. The villagers | - deserves respect |
| c. The pond looked | - were deprived of education |
| d. The children of Kisanpur | - made the pond clean |
| e. A noble work | - regarded a true leader |
| f. For Kisanpur people Misrilal was | - like a green lake of the Himalayas |

3. From the list given below, find the work that Misrilal had executed and write them in your copy:

- | | |
|--|-------------------------|
| Uniting the villagers | Cleaning the pond |
| Establishing industries | Inspiring the villagers |
| Donating land for a school | Constructing a stadium |
| Launching a bowl donation campaign | |
| Abolishing evil witchcraft and dowry system | |
| Labor donation | |
| Thanking people who dumped garbage in the pond | |

4. Give short answers to the following questions:

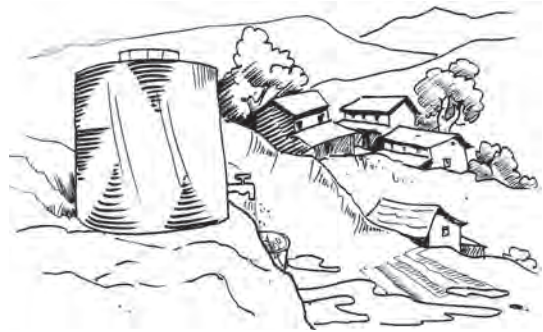
- Why was Misrilal deprived of education?
- What sort of nightmare frightens villagers?
- How did Misrilal clean the pond in the village?
- Why did the villagers help Misrilal?
- What kind of facilities did Misrilal provide to the ageing people and the orphans in the village?
- What changes could be seen at Kisanpur ultimately?
- What sort of work deserves respect?

5. Do the following:

- Draft a model of how you can contribute to the school's annual function, and submit it to the principal.
 - Write a short description of a person or a group who had had a leading role in the social work you had participated or witnessed.
 - Write a paragraph about the importance of a community work in which you want to be involved in.
- Plan a sanitation program for a religious site near your community and do the work with the help of your teachers.
 - What did you learn from this lesson? Write a short paragraph.
 - What do you do when you witness someone throwing waste in a public place?
 - In your community too, there must be a person who deserves honor. Say something about him or her.

Unit Four

Community Life Style and Diversity



Learning Achievements:

To maintain peace, harmony, and friendly behavior with everyone.

To support in continuation of community activities that are aimed at promoting moral development.

To work in group taking leadership.

Lesson 1

Peace and Friendship

Expected Behavior:

internalize and practice peace
maintain peace and harmony in family
be proactive to maintain peace and harmony in society
protect nature and the surrounding
behave friendly

Rakshya Singh studies in grade eight in Sharada Secondary School. She is selected from her school as a participant in a national elocution competition that is going to be held in near future. She is taking her study and preparing for the programme simultaneously. She is pretty sure that only the knowledge about subject matter is not enough for elocution, She has to have speaking skills, too. Moreover, she knows that this skill can be attained through a continuous practice. She is supported by her parents, teachers and friends. She practises speaking at home in her leisure time. She has a habit of utilizing every moment of time. This is why, everyone is optimistic to Rakshya.

Today is Friday. After the regular classes, Rakshya is presenting her elocution among the teachers and friends for further improvement. The topic of the elocution is "Peace and Friendship". She is expecting the feedback from her audiences so that she can improve further. She thinks that one can't see his/her own faults and weaknesses. She is given five minutes time to speak. She starts:

Instructional Suggestions:

Ask your students to sit silently for a minute by closing their eyes; Ask them to concentrate only in the rhythm of their breathing. Take feedback how did they feel.

What could be the role of students to maintain mutual friendship and harmony? Make them tell and come up with possible solutions.

Ask them to make a list about how can we maintain peace in classroom.

Respected Chairperson,

Teachers and my dear friends!

I am going to speak on the topic, "Peace and Friendship," with an aim of participating in national level elocution competition. At present, 'peace and friendship' has become a matter of concern at the global level. Peace is essential to all living beings.

Peace can be defined as a state of well-being and happiness in mind and body. It is hard to achieve both at once. Patience, tolerance, giving up enviousness, satisfaction, and the sense of helping attitudes may help in directing peace within us. Peace is not something that we can get by saying or demanding from others. Peace is the special state of bliss that we get by concentrating our mind and body. Every living being needs this type of bliss. The peace in mind (internal peace) and the peace in the surrounding (external peace) are the real state of peace. Our values, thoughts, and actions contribute to internalize peace. We have to put a great effort for eternal peace-peace for all and peace forever.

Peace in mind of a person (individual peace) is primarily important to maintain and extend peace in outer world. A person with persevering mind and body can transfer peace in others. Only individual peace is not enough, peace in family is equally important. Peace in a family contributes to the peace in an individual and vice-versa. There is a saying "Peaceful family is the foundation of a happy family" (peaceful family, happy family). This proves that a peaceful family can maintain happiness and comfort.

Peace cannot be limited in an individual and a family. It is equally important in a society. Social peace is the identity marker of our thoughts and civilization. A society is formed by the individuals and families. We can learn many things from a family and society and equally teach many things to them. An individual learns and shares it to the family and the society. This is why, peace is inextricably linked from an individual to a society.

The scope of peace is very broad. The universe is governed by the law of nature. In ancient times, philosophers who wanted the welfare of all living beings and the world, used to wish for peace and harmony. They used to chant holy verses for peace in the earth, the heaven, and the universe. We should not ignore them by saying that they are primitive ideas. In those sayings and verses, it was highlighted that peace is important from individual to the universe. We have seen or experienced different examples of suffering in our life when nature is not in peace (every living creature has

to suffer when natural disasters occur). I think we have to put our entire efforts for maintaining peace. We should not do anything that hinders peace and brings violence. We have already experienced the result of violence in our own country. Individual, society, and the nation need peace. Everyone wants Nepal to be a beautiful and peaceful country. We all must endeavor collectively for this.

Friendship is another important aspect devoted to the feeling and extension of peace. Peace and Friendship mutually help to promote and extend each other. Some people think that arm force (weapon) is the only means to defeat the enemies but if we think in depth, these are the momentary tools. The most effective and sweet medicine to defeat enemies forever is- friendship. We cannot abolish darkness by fighting with great weapons but if we light a candle, the darkness goes away automatically. Because of this fact, friendship is the light of our heart to defeat our enmities. So, it is up to us, whether to use great weapons or the light to end enmities. We can always enjoy peace if we give up anger, arrogance, jealousy, and sense of revenge. We can be the friends of all.



At present, if we see in international context, different efforts are being put to maintain peace and friendship between and among the nations. There are many organizations founded to maintain peace and friendship. Different campaigns/movements are run. It is all about perception of the people. The whole world can be changed into a peaceful garden if everyone maintains peace and mutual understanding. As a result, peace and friendship act like our two hands and help in developing peace as the invisible hands of

our heart. In this context, we need an active role of these two hands of our heart. Finally, I would like to conclude myself by saying that 'peace and friendship' is the only way for the permanent protection of an individual, family, society, and the whole world.

Thank you. (the bell goes)

Summary:

Peace is an important trait of human being. It is essential for the overall development of a person. Peace is needed to every individual, animal, bird, plants, and to the whole world. To internalize and extend peace, friendship is equally necessary. Global peace can easily be achieved if these two components (peace and friendship) act like two hands of our heart. Peace and friendship are complementary aspects for the safeguard of the world. We must be proactive to establish and extend peace and friendship.

Exercise:

1. Fill up the gaps and write a paragraph about yourself based on the points.

- a) I..... the subject matter and also.....how to speak. (know/don't know)
- b) I..... at home to improve my competence. (practise/don't practise)
- c) I my weaknesses as indicated by others. (correct/don't correct)
- d) There is in my family. (peace /violence)
- e) There is no..... because of me. (violence/protest)
- f) I always the good ideas even if they are old. (follow/object)
- g) I wish everybody would be..... of mine. (friends/enemies)
- h) I want to defeat enemies with (friendship/weapons)
- i) Peace and friendship are the two of my heart. (hands/weapons)
- j) I think if there is no peace there is no (comfort/hardship)

2. Write short answers:

- a) How can elocution (art of speaking) be refined?
- b) What is peace?
- c) How is peace transferred/communicated?
- d) How is a society formed?
- e) What is meant by social peace?
- f) What is highlighted in the ancient sayings?
- g) What types of tools are considered as the momentary tools?
- h) How can we be in peace forever?
- i) What should we do to make the world a peaceful garden?
- j) Why are peace and friendship called the two hands of our heart?

3. Read the following story and answer the questions that follow:

There was a small village. The name of the village was Pakhapani. A small stream used to flow from the lower belt of that village. The villagers used to call it Syaulekhola. Syaule kholawas very clean. Plenty of fishes were found there. The villagers used to supply the fishes from there for food. One day, two youths decided to go for fishing in Syaulekhola. One of them was Kalu and the next was Jokhu. Both of them were preparing for fishing on the bank of the stream. Suddenly, they saw a big fish in the stream. Both of them jumped to the stream. Kalu blocked the fish from the lower side and Jokhu gently caught the fish from upper side. Both of them came out of the stream with the fish.

After seeing the big fish on their hand both of them became greedy to get that fish. Kalu claimed that he should get the fish because if he had not blocked the fish that would have run away. Jokhu claimed that he caught the fish so he was supposed into get the fish. There was a big debate. They came to the village but did not stop claiming for the fish. The whole village divided into two groups and started arguing regarding the ownership of the fish and who was supposed to eat. The fish was kept in a small pot half drowned. As they were quarreling,an eagle swoop and took the fish away. Kalu said "the eagle took my fish" and Jokhu said that was not Kalu's fish that was his.

It was almost evening. A guest came in the village. He asked the cause of their quarrel. He was surprised to hear the villagers. He said that it was good if they had divided the fish into two halves or they might have

prepared in a same place and eaten together. The guest told them about the pointlessness of arguing about the fish as the fish was already taken away by an eagle. After hearing the guest, Kalu and Jokhu realized their mistakes. The villagers also regretted for quarreling on so minor issues. Nowadays, Kalu and Jokhu go for fishing together and divide themselves in equal share. There is no dispute among the villagers, too. Kalu and Jokhu are good friends now. There is peace, comfort, and happiness in every family and in the whole society.

- a) What did Kalu and Jokhu decide?
- b) What is the cause behind the dispute between Kalu and Jokhu?
- c) How was the dispute ended regarding the ownership of fish?
- d) What did the guest say?
- e) What were the changes that took place in Pakhapani?
- f) What is the moral of the story?

4. Do the following activities:

- a) With the help of your teacher, conduct an elocution competition in your class on the topic "Role of Students in Establishing Social Peace". Make judges for two of the students .
- b) Write about one of the personalities of your locality who has a great contribution to maintain friendly environment, peace and good culture in your community and present in classroom.
- c) Make a list of activities that you can do to maintain peace in the nature and surrounding and paste on the wall of your classroom.

5. What are the qualities of a good friend? Write down in your exercise book and show to your teacher.

6. What are the efforts that one has to make develop peace and friendship? Illustrate.

7. Read the following passage. Based on you understanding and analysis write a short paragraph.

The most effective and sweet medicine to end the enmity forever is 'friendship'. We cannot abolish darkness by fighting with great weapons but if we light a candle it goes away automatically. This is why, friendship is a light of our heart to defeat the enmities. So, it is up to us whether to use great weapons or the light to end enmities.

Lesson 2

Ganga's Effort

Expected Behaviors:

to be proactive in the local activities that help in the moral development
to help others with positive attitude for their well-being.

to encourage the local community for the wellbeing of the community

to identify local problems and solve them.

to utilize time and resources

It was very difficult to get water in Suntale village. Not only for irrigation but it was also difficult for drinking water. The villagers used to fetch water from remote place named Chhange khola . The villagers used to be gathered early in the morning and go to fetch water making noise and waking up each other. They had to spend almost whole morning to fetch water. The children always used to be late to school due to the same problem. People of other villages used to hesitate for marital relation with the people of Suntale village because of the problem of water.

Not only the people but also the animals of that village used to go to the same stream to quench their thirst. To bathe and wash clothes, the villagers used to go there, too. The animals were killed by the leopard that came from the jungle. The villagers even thought to migrate from the village because of the problem of water. After a long discussion, they concluded that one should not leave their birth place as far as possible. So, they gave up the idea of migrating.

In the village, there lived a dalit family. Ganga was one of the members of that family. She was a teacher of a primary school in that village. One day,

To the teacher/Instructional Suggestions:

- *Tell a moral story about an example of social work and develop interest about this lesson.*
- *Observe your students whether they develop some kind of interest in moral behavior and social service after reading this story or not and inspire them about their contribution in such works.*

Ganga was just sitting at home. There was a trail (road) in front of her house that linked the other villages. There came two pedestrians and asked Ganga for a little water to drink. Ganga went inside to bring water but there was not a single drop of water to drink. One of the pedestrians looked like sick. They went their way without drinking water. Ganga felt very sad for not being able to provide them water to drink.

She had read in her childhood that no matter how poor a family is, if a family provides a good hospitality to the guests, provides space to take rest, and water to drink that family is considered to be a well-cultured family. She felt very bad and restless for what she had to experience. She even felt the misery of being a human being.

Ganga could not sleep that night. "There are so many people in the village. Many of them are senior and respectable to me. However, no one thinks about the solution of drinking water problem." she went on thinking like this.

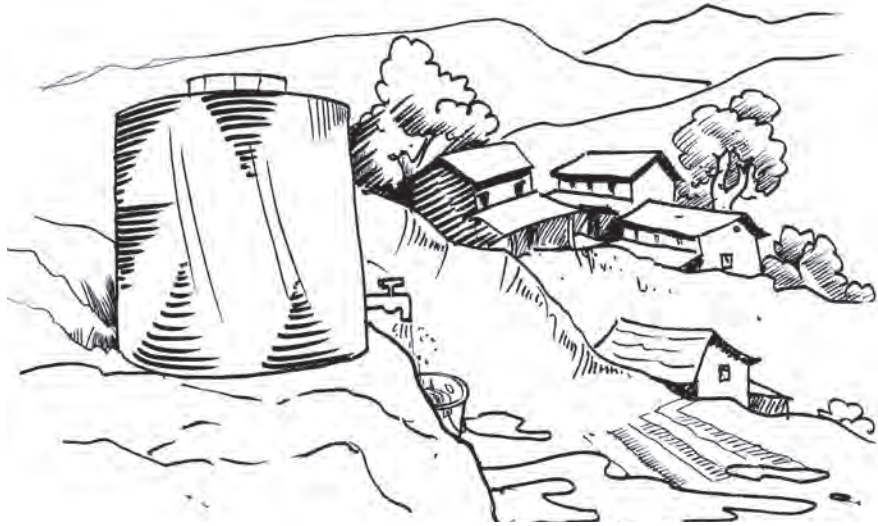
She had saved a little money. She had not planned what to do with that money yet. She knows that one has to utilize her money, earned by hard work, to help the people in need. She thought herself of doing something new.

After a few days, the winter vacation began in her school. She went to the Village Development Committee (VDC) office requesting them to manage to bring the water of Chhange Khola to their village. The VDC responded that there was no sufficient budget in VDC for the project. VDC also said that it could buy the pipeline under the limitation of their budget but it was difficult for them to build a reservoir tank. Ganga proposed that she will manage other resources if the VDC can manage for pipeline. VDC agreed to manage pipeline upto the village from Chhange Khola.

The VDC started laying the pipe line to bring the water of Chhange Khola to the village. Ganga started building reservoir tank in the village on her personal expense. She completed building water tank before the pipeline work was completed. The villagers were very happy with this project. People proposed that since Ganga built the water tank with her own expense the tank should be named after her. But Ganga denied that proposal. She said that 'I did not work for my name; I worked for the welfare of others'. She requested the villagers not to dirt the surrounding. She also erected a fence around the water tank in her own expense in order to protect the tank. Trees were planted all around and a *Chautaro* was made nearby.

From the day, the tank was filled with water, the villagers were in rest. There is peace everywhere now. The major problem of water has been solved now.

Their time saved. Animals are not being killed by the leopards. They have quenched their thirst properly. The villagers have utilized the extra water in vegetable farming. They have made a routine to use water in their farm. The pedestrians walking for a long distance say, "If we reach to Suntale village, we can get plenty of water to drink". The neighboring villages praise Suntale village saying - 'a village should be like Suntale village'. Everyone in the village respects Ganga and say that she was blessed by the god of water (jaldevata). She is going to be honored by the VDC for her social work.



Summary:

People can set an example in a society by doing moral deeds under their own level and circumstances. For good works, action is better than words. With full determination and proactive nature, we can do something good for the welfare of the society. The good works of good people help to change the whole society. If there is a will, there is a way. And it gives a positive outcome.

Exercise:

1. Put a (✓) for the statement that you think are right and a (✗) for these you think are wrong.

- a) We have to participate in collective good works to develop ethics . ()
- (b) It is better to migrate from birth place (village) rather than solving problems of the village. ()

- (c) It is not good to provide drinking water to the guest at our home. ()
- (d) We need to spend certain portion of our earning in the social work. ()
- (e) There must be our name in the work that we have done our personal expense. ()
- (f) One must make his/her community/neighborhood exemplary. ()
- (g) We must be proactive by ourselves for positive work. ()

2. Fill in the blanks:

- (a) There was a in Suntale village about water. (problem/dispute)
- (b) The villagers thought of (migrating/settling down).
- (c) Ganga provide water to the pedestrians for drink. (could/could not)
- (d) A family that provides good hospitality to the guest is a family. (rich/good)
- (e) Ganga had saved some (money/water)
- (f) The VDC Ganga's project. (rejected/helped)
- (g) There is in Ganga's heart after construction of the water tank. (peace/restless)
- (h) We have for moral practice from Suntale village. (inspiration/delay)

3. Match the followings:

Group A

Group B

- | | |
|--|---|
| a) Children | a) did not like to migrate |
| b) The villagers | b) Ganga became sad |
| c) For not being able to give water to guest | c) for drinking water |
| d) The true earning | d) for her name |
| e) Ganga's effort | e) could not reach school on time |
| f) Ganga requested to the VDC | f) helps like mother in need |
| g) Ganga had not worked | g) made drinking water available in Suntale village |

4. Write short answers:

- a) Why can't children reach school on time?
- b) Why didn't the villagers like to migrate?
- c) What had Ganga heard in her childhood?
- d) What did Ganga plan with the money she had saved?
- e) Which proposal of the villagers did Ganga deny?
- f) How is the water tank protected?
- g) How do the villagers respect Ganga?

5. Do the following activities:

- a) You have read about Ganga's social work which gives us a good moral. Make a sample of a 'letter of thank' that the villagers are going to provide Ganga collectively.
- b) Read the following passage about a village. Divide your class into two groups. One of the groups tells the problems of the village and the next group gives their solutions.

There is a beautiful village. The village is surrounded by a paddy field. Since the village is in the middle of the field, people call it Majhgaun (village in the middle). The villagers have made an irrigation channel from a nearby river to irrigate their field. There is good provision of water in the channel. A group of people claim that they had put more effort while making the channel. So, they are supposed to get more water and another group claims that their tools are used while digging the channel so they should get more water. Some say that they should get more water being the senior citizen of the village. Everyday, they keep on arguing about the consumption of water until evening. Some of them go at night and use the channel to irrigate their field violating others' turn. Again in the morning, they argue about the distribution of water. The village (majhgaun) looks beautiful but is getting ugly because of these activities.

- c) Visit any three hardworking and dedicated members of three different families. Ask them what they are planning to do with the money they have saved. Prepare a table as given below and present in the class:

Name of the neighbour: _____
Plans made to do with the saved money: _____ _____
In your opinion that plan is: a) Excellent () c) Very good () b) Good () d) Average () c) General () f) Wrong/Bad ()
Reason: _____ _____

- 6. Is there any problem of drinking water in your village, community or neighborhood? If yes, what can be done to solve that problem? Give your ideas.**
- 7. In the future, how will you spend your saved money? Write with reasons.**
- 8. Write a dialogue on "Proper Use of Water".**

Lesson 3

A Story of Five Brothers

Expected Behavior:

- to work in a group (collectively) for success.
- to work with collective feelings.
- to be proactive in social works.
- to inspire others in social works.

It was a tiffin break in the school. Saroj, Rajan, Hina, Jayanti and Hiralal were talking to each other. Saroj said that he was bored after reading for a long time. Rajan proposed to play for a while. Hina cracked some jokes that made all laugh. Jayanti decided to go to the library. Hiralal proposed to tell a story but there was no time for that. It was almost time for bell to the class. Finally, they decided that they would have a story told by their teacher. All of them agreed on that they would request their teacher of last period to tell a story. The bell rang and everybody went to the classroom.

The teacher came to the class in the last period. As per their decision, Hiralal requested him to tell a story. The teacher accepted student's request. As a result, all the students became happy. The teacher put a condition that he will ask some questions after telling the story and students are supposed to answer them. All of the students agreed to answer the questions. The teacher started as:

Long-long years ago, there lived a father named palm (Hatkelo) and his five sons as five fingers. All the time, father used to complain about the poor performance of his sons. All five sons were much worried of their father's complaint. They also admitted that they were weak. One day, they

To the teacher/ Instructional Suggestions:

Tell an inspirational story about any group work and its strength. Observe the students attitude and behaviors the students have developed in them after listening to the story.

Ask them to tell any work that they had done in the group and also ask them to clarify what they learned from such works

decided to ask about the reason behind their father's complaint. First of all, the thumb (budhi) finger asked for the reason why he was not good. Father answered "you are old, you can't do anything". The thumb finger was convinced that he was really old.

After that the second (chor) finger asked for the reason why he was not good. Father answered "your name is 'chor' thief. itself how can you be good?" Next comes the turn of third (majhi) finger, he also requested his father to tell him the reason for not being good. Father replied "You are too tall. It is not good to be too tall. You look so ugly because of your height". After his father's answer he remained quiet.

After a while, the fourth (sahili) finger got his turn to ask the question. He also asked for the reason for not being good as his elder brothers. "You are called anamika, anamika means having no names. How can you be good when you don't have your name?", answered father. He was convinced with his father's answer. Finally, it is the turn of the fifth (kanchi) finger. He was expecting that he would get more love from his father as he was the youngest one. He asked in a pampered voice: "Father, I am not as bad as my elder brothers, am I? Father replied: "You are small and short. How can you be good?" You don't know your own ground. So, all five fingers remained quiet after their father showed their weaknesses.

One day, suddenly a golden bird (a bird made up of gold) came and sat on the palm. After seeing the golden bird, palm became greedy and ordered all his five son's to bend themselves and make a fist to hold the golden bird. All five fingers trapped the bird. The bird was very strong so it was very difficult to the fingers to retain it there. The eldest finger said "I am old, I can't keep doing this." But the palm said "no! no! you are not old, keep on holding it. The second (chor) finger said I am a chor (thief). A thief can't do this type of work. Again the palm said" no !no! you are not thief, please continue. The bird may fly away".

Why did you call me tall and ugly? I can't do this", said the third finger. "No, you are not tall and ugly. Sometimes it is good to be tall as well. Please keep on trapping the bird", responded the palm immediately. So did the fourth finger "There is not any role of mine as I don't have even name. Let the bird go away, I am not going to continue this". Father pleaded- Please don't say so. It will be too bad if the bird flies away. I will never say so again. You are the son with a name". Finally, the youngest finger said: "I am small and short and I am groundless, how can I do all this? I will remain isolated". Hearing the youngest son, father horridly replied. "Don't say so, my dear son! If you remain isolated the bird will fly away from that corner of the

fist. How can we get such bird back again?" As per the request of the palm all the fingers tightly kept the bird trapped with them. Father could sell the bird in good money because of their support.

From that day on, the palm and all fingers started living together with harmony. If anything had to be trapped on the palm, all five fingers used to come together to make a fist. They were successful in working in mutual cooperation. They learnt lesson from each other. After this, they could maintain an intimate relation among themselves. The palm started to love the fingers and the fingers also respected the palm.

After telling the story, the teacher asked his students if they liked the story. All the students replied that the story was very good. Teacher asked to tell the moral that they learnt from the story turn by turn. The students responded as:



- Saroj: Like our different body organs that work collectively and make a body perfectly functional, if all the members of the community work collectively, we get success. One should not only point out the weaknesses of others, his/her strengths also should be identified. And that strength should be properly utilized to get the work done.
- Rajan: Varieties of people live in a society. They should not be discriminated on the ground of appearance, color, size and other. Even if people are different, there lies strength in unity. We must take this fact into consideration while carrying out some task.
- Heena: Although the five fingers are compared with five sons in the story it teaches us that even daughters have to do any task collectively. It does not say that only the male have to work collectively in a society and female should not make a group. We can get inspiration from the story and even we girls can work collectively and get success in our work.

Jayanti: I think there should be equal role and leadership in a family, group, and society. The story is beautiful and it has given us a deep thought. One who is taking leadership should not take the entire credit by himself/herself. In a collective work, credits and blames have to be faced collectively.

Hiralal: The fingers of our hand are different in size but they have equal value. Similarly, in a society there may be different types of people but they are equally responsible in the collective success. We can get success if we work in a group and collective leadership. This is the moral of this story.

Teacher: You all are right. This story teaches us that collective feeling and behavior are the secret of success.

Summary:

Collective voice and effort is more powerful than of an individual. If we work in a group with a feeling of collective welfare, we get success. In a group work, there never comes a situation that one has to bear the consequence of the work. The collective effort helps us in our personality development. This is a need at present.

Exercise:

1. Evaluate Yourself.

- a) I to work in a group.
 - i) like
 - ii) dislike
- b) I others to work in a group.
 - i) inspire
 - ii) don't inspire
- c) I that there is strength in unity.
 - i) believe
 - ii) don't believe
- d) I credit to others also in the success of group work.
 - i) give
 - ii) don't give
- e) I leadership to take the group ahead.
 - i) take
 - ii) don't take

2. Correct the following wrong statements and read the corrected ones a loud.

- a) It is easy to work in a group.
- b) We don't get success in a group work.
- c) It is better to take the credit of the success in group work.
- d) The group will be benefitted if all to work in a group.
- e) There is strength in a group.
- f) The story doesn't inspire us to do work in a group.

3. Write short answers to the followings:

- a) How was the relation between the palm and fingers?
- b) What did the five fingers decide?
- c) What did the palm order the fingers to do?
- d) How did the palm and fingers maintain good relation?
- e) How should we work to get success?
- f) What is the moral of the story?

4. Do the followings

- a) There must be students of different interest and background in your class. Make a group based on their interest and work in group. You can use the following table as a sample:

Group	Number of Students	Work done
a) Literature		
b) Fine Art		
c) Sports		

- b) In your community there could be some clubs as given below. Make a report of any work carried out by the club and their success then present it in your class.
 - i) Literary Club ii) Sports Club iii) Art Club
 - iv) Cultural Club v) Musical Club vi) Mother's Club
 - vii) Religious Club viii) Youth Club ix) Village Development Club
- c) Write an article on "Benefits of Group Work" and show it to your teacher.

Unit Five

Discipline and Positive Thinking



Learning Achievement:

to develop an attitude of positive thinking

to implement the aspects of positive thinking in practice

to apply the self-reliant skills through positive thinking.

Lesson

1

Regret

Expected Behavior:

- to identify the potential of one's self.
- to work selflessly with full devotion.
- to give up the sense of vanity.
- to be polite, forbearing, and trustful person.
- to control anger and be patient.
- to transfer positive thinking and behavior.

Two hours have already elapsed, I could not sleep. In other days by this time, I used to be in a deep sleep. I would have already fallen asleep, if the incident had not taken place during the day. (Nabindra changes his side) Actually, I was partly wrong in that case. It is quite common that there can be some faults and disputes while playing with friends. I should have tolerated even if others quarrelled. Everyone used to tell me I was tolerant. What would they say from tomorrow?

When we play a game, it is obvious that somebody wins and somebody loses. Why should we play games if we can't accept the result? Moreover, we were not playing a big game. It was simply a football competition in our own school. We were there to play football not to fight. We wasted our energy in fighting that we were supposed to use in games. I had heard that one who cannot identify his/her own potential or misuses the potential, never gets a good result. Today's incident proved this.

To the teacher/ Instructional Suggestions:

Inspire the students to develop a positive attitude by asking them to play a role of some incidents.

At the end of the story, evaluate the students whether they could achieve as mentioned in expected outcomes, learning achievements of the lesson and give them feedback.

I should not have gone to fight just because our opponent friends cheated to get higher score. I should have pointed out their faults and started to play again. I should not have kicked them that way. I was also beaten up by them. There was a quarrelling. Some friends of my team ran away later on. They should not have been so selfish and opportunist. They were saying sorry later on, that was entirely meaningless. They even didn't know that one can be a social being only if he/she gives up selfishness. No one can be benefitted if we act selfishly. I forgot that if we do not do something with full devotion, it can't be accomplished properly. Those who ran away from the ground thinking that they will be defeated or will be beaten up then they are entirely selfish creatures. How can we say that they are devoted towards their duty? They forgot their duty and devotion. Devotion in any work can be reflected if there is perseverance. Neither there was devotion to the work in our opponent team who tried to win the game by cheating nor in ours. Yes, it is true. If we are not devoted to any work it is better not to begin that. (he changes his side again)



Our referee, Amrit brother tried to stop us from fighting. I was impulsive at that time and said something bad to him. Of course, I had heard that educated people must be polite. I have seen such examples but I forgot all these things while fighting. If we cannot practice what we have learnt, how can we say that our learning is good/successful? How can we say that he/she is well educated if he/she fights with his or her friends? I had some kind of vanity that I was strong/powerful while fighting with friends. Otherwise, why would I be ready to beat others? I had heard a story of a frog that died as his stomach burst while claiming and swelling it up for being great. I could not learn the lesson from this story too. Those who do not take lesson from reading, seeing, or hearing have to suffer.

Recalling the day's incident, I find myself a perfect fool. Why should I have been envious even if the opponent team had won the match? What would I lose so much? They would shout the slogans of their victory, and I should have been quiet. Those who are envious to others' success, they can never do any progress. It's over now. I would not be envious. I would rather take inspiration and do something good. Some of the friends of opponent team

beat me. I can take revenge of that. Oh! That is very bad habit. If I start working with the sense of revenge, everyone will be my enemy. I will never do such things. I would follow the path of forgiveness and eventually they will follow the same path. One who drinks, Amrit should never get the result of hemlock (poison). I will share these things tomorrow at school to my friends. I will tell all of them to be reconciled by forgetting whatever happened last day and continue our study and games together. I will even tell them that I could not sleep because of this incident and there is a negative effect of anger and jealousy on our health, too.

Actually today's incident is the outcome of anger. I had heard that anger and fire cause devastating effects even if they are small in size. It is true. Anger is not something to suppress or control. It is a thing that should not be allowed to be generated in us. If there was no anger, that incident would not take place and I would not be thinking so lot of things till now. One who learns from mistakes and corrects them is a great person. Of course, I learnt so many things from this incident today. This is what we call one learns from experience. I will share all these things to my friends tomorrow so that they will get chance to improve themselves.

Summary:

One must identify his/her own potential and work with full devotion. Selfishness, jealousy, and vanity take people towards a perilous path whereas forgiveness, trust, and politeness take them towards the progress. Anger is another factor that destroys people. One who is equal-minded in either situation- victory and lose can be a happy person in real life. If we extend good knowledge, it helps to improve others and make everyone happy.

Exercise:

1. Match the followings and make sentences.

Group A

a) Among the friends

b) People

c) Those who have no devotion

Group B

a) better not begin the work.

b) tell everyone

c) there was a football match

- d) Good things
- e) Those who do not improve themselves
- f) should be selfish
- d) have to suffer
- e) should not be selfish

2. Copy down the right sentences as they are and rewrite the wrong sentences by correcting them.

- a) Friends were gathered to play a football match.
- b) If we work with selfish attitude, it helps for others' welfare.
- c) We should not implement what we have learnt.
- d) We have to take inspiration from others and act accordingly.
- e) We should not tell good things to others.
- f) One who learns from the mistakes and improves himself is a wise person.

3. Answer the following questions in short.

- a) What was the reason behind the quarrel among friends?
- b) What should one not do if he/she has no devotion to work?
- c) What kind of person has to suffer?
- d) With what attitude/feeling should one not work?
- e) What should we do to become wise?

4. Do the followings:

- a) If you were in place of Amrit brother in the story, what would you do? Make a short report of your role.
- b) What types of games do you play among the friends? What can you do to adopt positive thinking and disciplinary rule? Make a list and present in your classroom.
- c) Read the following story-

There was a village. There lived a family in that village. All the members of that family used to go to work. The youngest son used to go to school. He used to argue with the parents for not giving him to eat in the plate he liked most. He used to push his friends while

coming out of the class after the bell. He used to arrive school late and fight with other students for not getting chance to sit on the place he preferred. He used to play during the tiffin time and whenever he lost the game, he used to fight. He used to come out at first by pushing others after school bell. If he did not get such chance, he used to either cry or fight with others. By seeing his activities, other friends used to be surprised. Because of such activities, ultimately, he became alone.

Prepare a list of suggestion to the friend mentioned in the story to be given by following groups:

- a) Suggestions to be given by parents:
 - b) Suggestions to be given by friends:
 - c) Suggestions to be given by teachers:
5. What is the ultimate conclusion of Nabindra? What would you do if you were in place of Nabindra? Discuss in class and make a list of ways out to control anger and present to your teacher.
 6. Conduct an elocution competition on the topic "Discipline is the foundation of any game". Also manage some encouragement awards/prizes for those who stand the first, second, and the third students.

Lesson 2

Inner Eyes

Expected Behavior:

- to identify one's potential ability and capacity.
- to develop positive thinking.
- to adopt the positive activities.
- to maintain uniformity between thoughts and action.
- to inspire others by doing positive/good works.

Kailash returned home on time. He has just completed his homework. He is about to go to play. His grandmother is processing rice grains. He goes near to grandmother for permission to go to play. Grandmother is separating husk, stone, and other inedible particles from rice grains.

Kailash: Grandmother! Why are you working on such dirty rice grains? Why don't you throw it away and buy new one? At least you will be free from this headache.

Grandmother: What do you mean? Why to throw it away? Should we throw whole rice grains if there are some inedible substances?

Kailash: Yes. I am right grandmother. It is better to buy new rather than working so hard to separate stones and inedible materials from it.

Grandmother: You are absolutely wrong, dear grandson. We should not

To the teacher:

Tell your students that everyone has potentiality of positive thinking and growth and ask them what they can do. Also advise them how their potentiality can be utilized in optimum way.

Make a list of qualities needed for the development of positive thinking (eg. impartiality, optimism, no greed etc.) and paste in classroom, then inspire your students to follow this.

Inspire your students to make a list of personalities having positive thinking.

throw the good things away with bad. But, we have to separate good from bad. There is good and bad everywhere. It depends on our perception.

Kailash: Then, we have to eat the stones and husk considering them good? How can it be good?

Grandmother: Don't take it just as stones and husks. There is rice grain too. You can't say this is not rice grain just because it is mixed with stone and husk. You are thinking of throwing it away just because of your way of seeing is not good. We should not be negative, we should be positive.

Kailash: What do positive and negative mean grandmother?

Grandmother: Things like fault, weaknesses, pessimism, and criticism are found everywhere. If we see all these things negatively, and hate them, this is negative thought. If we think that there is something good, strength, optimistic things in them that are what we call positive thoughts. Our thoughts determine what we see.



Kailash: I think it is too hard to separate such things, isn't it grandmother?

Grandmother: Yes dear, it is hard to separate. There should not be impartiality in us. We have to recognize the value of others' labors. We should not be indulged in greed. We have to think that I have some weaknesses too, I may make mistakes. We

must know the details about the things before we take it negatively. If anyone has done something wrong we must identify the cause behind it at first. If it is done, we can develop positive thinking in us.

Kailash: I liked it grandmother. Please tell me something more.

Grandmother: It is not so easy to develop such kind of thinking. We have to use our inner eyes and potential to get this.

Kailash: Are there inner eyes and potentials in us? What are they?

Grandmother: Yes. But, we have to be able to perceive them. I don't mean that there are eyes like our two external eyes. The wisdom to identify good, bad, truth, false etc. is called the inner eyes. It helps us to know our inner potential. Everyone possesses such potential. They could not identify this fact and think that they are weak and failure. If one works with this inner potential he/she can't be cheated anywhere. A man is being cheated for not being able to identify his own potential. This is the main reason for being weak.

Kailash: If this is the case, do I have such inner eyes and potential in me, grandmother?

Grandmother: Of course, you have. I have heard that there is no single person in this world who is impotent and incapable. There is lack of a person to show his/her ability, capacity, and the potential. You might have seen a Sami tree. There is fire inside it but nothing is seen outside. If that inner fire is used, it can work with great energy. There is similar type of energy in every human; if we utilize them, we can do great works. The positive thinking and capacity is developed from this. Our way of seeing and behavior become positive.

Kailash: What I understood from your logic is- one has to select good from the bad. One should not criticize others but try to make him/her good, am I right grandmother?

Grandmother: Excellent. You are absolutely right. What you understood and said is the outcome of positive attitude. Sometimes, we talk about the negative things that are in a person, family, community, and the nation. In such situation, our way of seeing becomes one-sided. We think whatever we say is right. This is the result of our negative thought.

Kailash: I don't like some of my classmates. Is it the result of my negative thinking, grandmother?

Grandmother: Yes. You only thought negative about them and you saw them negative. It is like seeing only stones and husk in rice rather than seeing rice grain in it. Have you ever thought what they may think about you? This type of attitude has made you prejudiced and negative. It is written in your book that 'if there is half water in a glass, don't see it as half empty, see it as half filled. If you see the half empty, it is negative thinking. Similarly, if you see it half-filled it is positive thinking. Tell me yourself, how one should be seen? Can we see this way if we don't have inner eyes and potential?

Kailash: Yes grandmother. You really showed my inner eyes and potential today. Now, I will start seeing things with positive eyes and behave accordingly. I won't point out others' weaknesses and criticize them. I won't be pessimistic. It was good I didn't go to play and got a chance to learn so many things.

Summary:

People act negatively or positively as per their attitude. One becomes negative for not being able to recognize his/her own inner potential. One acts positively if he/she identifies that potential and becomes able to separate good from bad. Positive thought and action are essential for an individual as well as a nation to be good. We must be concerned about how others take us. If we can be impartial to every individual, work and events, we can bring positive change in our thought and action. Positive thought and action is needed everywhere.

Exercise:

1. Put (✓) mark for the right statement and (✗) for the wrong ones.

- a) We have to throw good with bad. ()
- b) Our thoughts are guided by our ways of seeing ()
- c) We have to think that we may have some weaknesses, too. ()
- d) Inner eyes help us to identify our inner potential. ()

(e) If we are unable to understand ourselves, we will be weak. ()

(f) Everyone should say, 'I am right'. ()

(g) Everyone should see everyone else positively. ()

2. Evaluate Yourself:

a) I ___ every individual, work and event positively.

i) see ii) don't see

b) I ___ others' good and bad with my inner eyes.

i) see ii) don't see

c) I _____ the habit of discriminating others.

i) have ii) don't have

d) I _____ to work making my inner potential active.

i) want ii) don't want

e) I ___ importance to others' good work.

i) give ii) don't give

f) I _____ my way of seeing and doing one-sided.

i) make ii) don't make

g) I ___ updated about the positive things that are going on in a family, society and nation.

i) remain ii) don't remain

h) I _____ criticize others by showing their weaknesses.

i) always ii) don't

3. Write Short Answers:

a) How do you define negative thinking?

b) What is positive thinking?

c) What type of thought is generated from discriminating nature?

d) How can the inner eyes be identified?

- e) What is the reason behind a man being cheated?
- f) What type of person is hard to find?
- g) In what case do our ways of seeing and speaking become one-sided?
- h) What should be done to eradicate pessimistic idea?
- i) What did you learn from Kailash's grandmother?

4. Summarize the lesson in your own words.

5. What is the essence of grandmother's teachings to her grandson?

6. Do the followings:

- a. Take a role play to read the lesson (one- grandmother and next: Kailash) and others listen carefully.
- b. Divide your class into two groups. One of the groups make a list of positive points and another negative points from the lesson present them in classroom.
- c. Write about any positive work done by a person of you family, locality or neighborhood. Write about good works that you can do by yourself.
- d. Give two suggestions for each of the following cases:
 - i) One who doesn't go to school and plays throughout the day.
 - 1) _____
 - 2) _____
 - ii) One who gives interest in others' work.
 - 1) _____
 - 2) _____
 - iii) One who shares a family's internal matter to others.
 - 1) _____
 - 2) _____
 - iv) One who always complains for not being able to do any work.
 - 1) _____
 - 2) _____
 - v) One who interrupts a busy person.
 - 1) _____
 - 2) _____

Lesson 3

Excess of Anything is Destructive

Expected Behavior:

- not to be greedy.
- control desires and over ambition.
- prioritise ones work and act accordingly.
- demonstrate good behavior without vanity.
- take inspiration from others' success.
- control anger.
- perform according to capacity.

Once, there was a fox in a jungle. He had not eaten anything for many days and hence was very hungry. Since he had not had anything to eat for so long, he was too lean and thin. One day, he reached to an orchard while wandering here and there. The orchard was fenced all around. Different types of fruit were ripening in the orchard. The branches were bending due to the load of ripe fruits. The fox was tempted by the fruits. He was moving around to find a way inside. The entrance gate was closed from the inside.

The fox was moving around the wall. Finally, he found a small hole in a broken part of the wall. Initially, he did not think that he would fit through the hole. But, his belly was quite thin because of the hunger. He began to try and squeeze through the hole thinking he wouldn't fit. He struggled very

Instructional Suggestions:

Tell short stories to the students about limiting our desires and make them feel that we should not desire the unnecessary things.

Ask them to tell short stories about an incident where they were held back by their arrogance and inspire them to be polite and humble.

hard and eventually entered the orchard. He was very happy to find all the ripe fruits in the orchard. It was night time, so there was complete stillness. The fox moved around the orchard and ate sweet fruits of his choice. He became full and sat under a tree. There was a forest near to the orchard. The fox woke up at midnight because of the sound of wild animals. He was not hungry. He thought "I don't get the chance to come here and enjoy these fruits all the time, so I had better eat some more".

He started eating again at midnight. As he was tired, he went under a tree and slept. He woke up at dusk. He decided to run away before anybody came to the orchard. "There is nothing to eat outside, so it is a idea good to eat more fruits", he thought and started eating even more fruits before he left.

He forcefully fed himself although he was full. His belly was swollen up by overeating. He could not even walk properly. It was already a bright morning. The farmer entered the orchard with a big stick. He closed the door from the inside. The fox was horrified at the sight of the man. He ran towards the hole from which he had entered the orchard previous day. He tried to squeeze through the hole but could not because of his big belly. The fox tried his best but could not get out. As a result, he was found and was beaten up by the farmer.

People have unlimited wants and desires even though all those wants and desires can't be fulfilled. One who desires as per their capacity and fulfills the fundamental needs can be happy. They never say that their desires are not fulfilled. Human desires are like fire, they keep on growing and glowing. Fire creates and destroys things. A man can be destroyed if he desires things that can't be fulfilled by any means. A man is led towards creative works, if his desires can be fulfilled by his capacity or hard work. As the desires never end and cannot be fulfilled, they are called 'a power that always remains young or never turns old' in the Nitisastra.

There is no living being that does not have any need. Moreover, there is no limit to human desires. There are different levels of need. At the first level ,there are some needs that can be fulfilled and should be fulfilled, where as, at the second level, there are some needs that can't be fulfilled and do not need to be fulfilled. An individual should be happy if they fulfill the first level of need and should not be sad if they are unable to fulfill the second level. We must classify the level of our needs. Our mind and desires keep on moving here and there. As our mind keeps on flying or moving at a high speed like a rath (chariot) we can use the term Manorath (chariot of our mind). We can control our desires by controlling that manorath so that

our mind can concentrate only on those needs that can be and need to be fulfilled. This is the only way to get pleasure happiness and satisfaction.

Uncontrolled desires and the greed for unattainable desires make people over ambitious. Those people have a very shallow and weak ambition, as weak as a house without foundation. If people get their desires out of control, the ambition will emerge in them. Even for a minor success, they need to put in great effort. If we are over ambitious or have an ambition that can never be achieved, then it may create a negative result. These results harm all of us. Proper and positive thoughts prevent people from being over ambitious. People can be free from tension. If there is no tension, we will become healthy and if we are healthy we will be happy and satisfied. Satisfaction is considered the greatest happiness. We have seen people digging well and erecting tall buildings. One who digs well goes downwards and one who erects tall buildings goes upwards. From this simple example we can learn that our progress or downfall is determined from our deeds. Hence, there is nothing but our bad qualities can take us towards down. Vanity is one of these bad qualities. Some people say 'me' and 'mine' is the quest of existence but saying only 'me' and 'mine' is a demonstration of vanity. Vanity leads people towards a perilous path. We can see in the history, even great people have fallen down due to their vanity. Arrogance is the first step of downfall. Arrogance is born when we lack knowledge, skills, sympathy, etc. It is hard to achieve success if you are arrogant.

Jealousy is like a poison of the human heart, it is a dangerous. Those who cannot bear others' progress and remain unhappy at others' success become jealous. Jealousy hinders the path of development. This is the outcome of negative thinking and seeing. Those who are jealous to others' success destroy themselves. Those who take inspiration from others' success become successful. Anger is another enemy of human being. This is also like a poison. Like desires, there are impulses that are generated in our mind.



They remain active all the time. They try to come out in different forms. If they are notchanneled, they will harm us. Anger is one such impulse. If we make cool down our anger we can prevent the harm it causes. One who can overcome anger, jealousy and arrogance, can become a successful and perfect person. One who has unnecessary jealousy will suffer in life. In any area, if the limitation is crossed it will result in trouble. If we act as per our capacity, such negative impulses can't be activated. Only after this, we can be a real human. We have to try to become a perfect human.

Summary:

All human needs can't be fulfilled easily. One should try to set limited desires that are possible to achieve. Unlimited desires and wants give birth to over ambition. This is the root cause of suffering. There are different mental impulses that are generated in us. If these impulses are active, they will give us trouble. If we act according to our capacity and limitations, we can control them to a great extent. We can get happiness from this. This is why, it is said "Lova Papasya Karanam" or greediness is the cause of sinful acts.

Exercise:**1. Evaluate Yourself:**

- a) I _____ my unlimited desires under control.
 - i) keep
 - ii) don't keep
- b) I _____ that the greed has brought trouble.
 - i) have seen
 - ii) have not seen
- c) I _____ to fulfill the basic needs.
 - i) try
 - ii) don't try
- d) I _____ very ambitious.
 - i) am
 - ii) am not
- e) I _____ vanity is a cause of destruction.
 - i) think
 - ii) don't think
- f) I _____ jealous by seeing others' success.

- i) become ii) don't become
g) Other people _____ me angry.
i) tell ii) never tell

2. Write short answers:

- a) Why did the fox enter the orchard?
b) Why could the fox not run away from the orchard?
c) What types of people are happy?
d) What are desires called in Nitibachan?
e) How does a man become over ambitious?
f) What should we do to become satisfied?
g) How is vanity exposed?
h) What types of people are jealous?
i) What type of people become good and successful?
j) What should we do to become a real human?

3. Correct the wrong statements and write down in your notebook.

- a) The fox was not so greedy.
b) Everyone says that the desires are fulfilled.
c) Our mind travels as fast as a chariot.
d) Overambitious people are not happy.
e) One's progress or degeneration is determined by his/her deeds.
f) Jealousy and anger are as bad as poison.
g) We have to be a real human.

4. Fill in the blanks:

- a) The fox ____ due to over greed. (could run away/ could not run away)
b) People have _____ desires. (two/unlimited)
c) There are _____ types of needs. (two/three)

- d) Overambitious people are (happy/unhappy)
- e) It is difficult the arrogant to get (success/failure)

5. Do the followings.

- a) Discuss the moral of the story and tell the conclusion to your teacher.
- b) Put a (✓) mark for the people you like and a (✗) mark to for those you don't like.
 - i. Those who are too greedy. []
 - ii. Having desires that can be fulfilled. []
 - iii. Try to meet the unlimited wants. []
 - iv. Try to go ahead by dominating others. []
 - v. Do not show arrogance. []
 - vi. Celebrate in others' success. []
 - vii. Short tempered. []
 - viii. Laugh at others' weakness. []
 - ix. Work as per their capacity.[]
 - x. Talk positive things. []
- c) Write about a person who has got success or downfall himself/herself due to his/her own deeds and present in your classroom.
- d) What do you do to score as expected in your examinations?
- e) What does the proverb: "Anger kills you whereas wisdom kills others" teach us? Discuss among your friends.