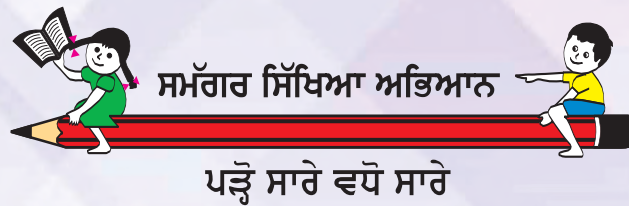


# *Welcome Life*

*(For 5th class)*



**Punjab School Education Board**  
**Sahibzada Ajit Singh Nagar**

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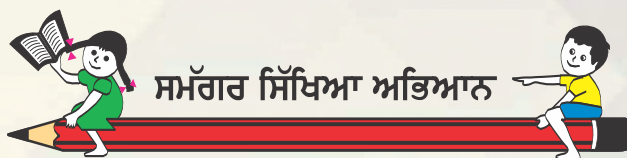
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ਇਹ ਪੁਸਤਕ ਵਿਕਰੀ ਲਈ ਨਹੀਂ ਹੈ।

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## Foreword

Punjab Curriculum Framework (PCF 2013) which is based on National Curriculum Framework (NCF) 2005 recommends that the child's knowledge must be connected to their life outside the school. It indicates the departure from the legacy of bookish learning and ensures that learning is shifted from rote methods to an activity based curriculum and should provide an opportunity for the holistic development of the students.

Under the leadership of Sh. Krishan Kumar (IAS), Secretary, Department of School Education (Punjab) a new progressive spirit has been infused in the entire system of school education in the state of Punjab. In due course of time, it has been realised that the inculcation of moral values through a specific subject can bring a major transition in the overall development of our students.

The present education system is indeed enabling students to compete worldwide in the modern times of growing economic and materialistic attitude that it is only the values of life that can transform them into real human beings. Therefore, focusing upon this prime objective of education, the Department of School Education, Punjab, in collaboration with Punjab School Education Board has introduced a new subject '**Welcome Life**' which is based on human values. It will be implemented in classes I to XII from Academic Session 2020-2021.

The main objective of this practical and thought provoking curriculum is to provide insight to the students in such a way that they will be able to realize their full potential and become well balanced and responsible individuals and dignified assets to the society. We believe that this new subject '**Welcome Life**' will undoubtedly prove beneficial in transforming the students into highly civilized individuals and sensitive to the diversity of human life. This textbook is an outcome of hard work and sincere efforts of 'Text book development committee', who have contributed immensely by their conscious efforts to nurture an over-riding identity of students through this Subject.

Punjab School Education Board welcomes suggestions and feedback from the stakeholders for the improvement of subsequent editions of the textbook.

**Chairman**

Punjab School Education Board

## Preface

The aim of modern education is not only to impart bookish knowledge, but also to teach the skills of living a good life to the student. It ultimately leads to the holistic development of his personality. An educated student must know the best standard of living and for that Punjab School Education Board has decided to make the year 2020-21 more effective by including a new subject 'Welcome Life' in its school curriculum to fulfill the objectives.

The responsibility for the basic planning of the curriculum and for presenting it in book form at the grass root level was very clear and the team of expert teachers in their subject was given this responsibility. They carried out this task with great diligence, seriousness and originality. The intellectual content of the children and their various scientific needs have been taken into consideration while preparing the content of this book. The entire book is illustrated and activity based. Children will learn from this book, not like a traditional book but through actions.

Punjab School Education Board would like to thank the composition committee which has made a precious gift for the students by compiling their valuable experience in the form of this book.

**Dr. Davinder Singh Boha**

State Coordinator

Parho Punjab, Parhao Punjab

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# LESSON 1

## Health and Cleanliness

### (a) Germs and Diseases



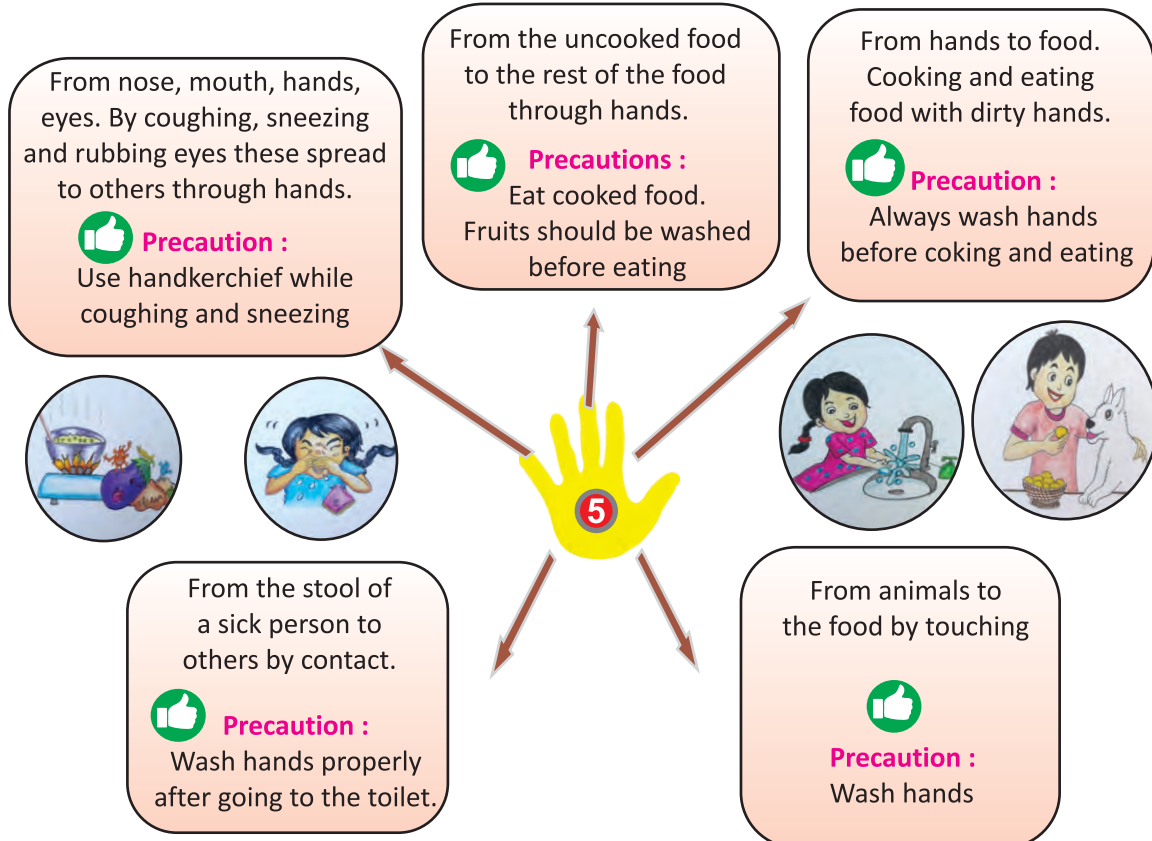
**Oh! So many germs  
What will happen  
now??**

Children you often write in your sick leave applications that you cannot come to school as you are suffering from fever. Can you tell how do we get fever? Children we catch fever, cold and cough through germs.

Children, not only do we get fever, cough and cold by germs but also other diseases like Typhoid, Cholera, Dysentery, Measles etc. Germs reach our hands and nails from the filth (garbage) of our surroundings.

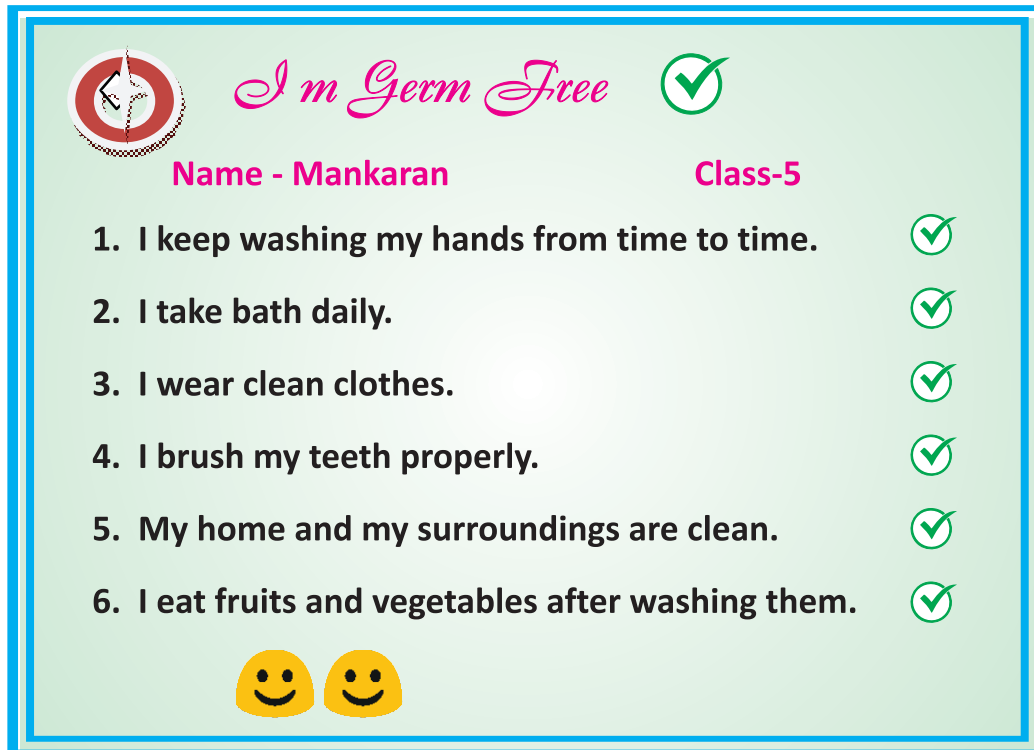
#### Let's understand how?

#### Germs generally spread through hands





- Mankaran has got this certificate as he has completed all the tasks. Do you also want to get this certificate ?



### Activity - 1

### Shake Hands

Make all the students of the class stand in a circle .Put talcom powder on the hand of one student.Tell that student to shake his hand with the next child.In this way let this process go on till all the students have done the hand shake. Now tell them to hold their book ,pen pencil etc. with that hand.Explain to the students that as the talcom powder reached all the students by hand shake and then to the things they touched. Similarly the germs spread from one person to the other through hands.

### Fill in the blanks :

1. Germs often spread through ..... (eyes / hands)
2. Use .....while coughing and sneezing. (hands / handkerchief)
3. Wash your hands properly with..... after toilet. (soap / soil)
4. Germs spread from animals to food by ..... (touching/eating)

Sukhdeep has kept a dog at home. He plays with the dog everyday. Suddenly he fell ill and went to the doctor. The doctor told him the cause of his sickness. Choose the correct cause of his sickness:

- |  |                          |
|--|--------------------------|
| • Keeping a dog at home                        | <input type="checkbox"/> |
| • Playing with the dog                         | <input type="checkbox"/> |
| • Not washing hands after playing with the dog | <input type="checkbox"/> |
| • None of the above                            | <input type="checkbox"/> |

### Let's test understanding :

- How do germs spread ?
  - by touching
  - by coughing and sneezing
  - by air
  - by all of these
- What is the prime cure to save ourselves from the germs?
  - not going outside
  - to cover the nose
  - not to go close to anyone
  - cleanliness
- Which of these diseases is not caused by germs?
  - diarrohea
  - cold
  - nightblindness
  - T.B.
- Where do the germs live ?
  - in the air
  - in the water
  - in the soil
  - everywhere

## (b) Air, Water, Food and Health

### (Story)

Once air and water were sharing their joys and sorrows with each other. Brother water, "What happened? Why are you looking sad ?" Water kept silent as if he could not find words to share his grief." "What can he do, poor fellow. His grief is big ", said the food lying in the plate nearby. "Man has made it dirty and poisonous with garbage and chemicals". Really, sister air, "I have lost my quality. I used to be clean and holy, cold and tasty also. Recall how vast my body was! It has contracted due to unnecessary flow." " True", said the air, "My condition is the same as yours. My purity has also been lost due to the smoke of

vehicles and factories. I am worried about man's future. For how long will I be able to fill freshness in his lungs. The element that supports the humans breath has become much lesser in me the before." "It's true, sister air," said the food. Even my condition is not too good. My taste and nutrients are also decreasing due to toxicity and insecticides in water. I am worried that man is falling prey to terrible diseases after consuming me. I don't know why man is not getting it? He is himself falling prey due to his negligence and greedy thinking towards us. He has forgotten that Health is Treasure."



### Activity 1

Role play of the story

### Activity 2

Air, water and food are much worried about their deteriorated condition. Can you suggest any solution?



Air

.....

.....

.....

.....

Water

.....

.....

.....

.....

Food

.....

.....

.....

.....

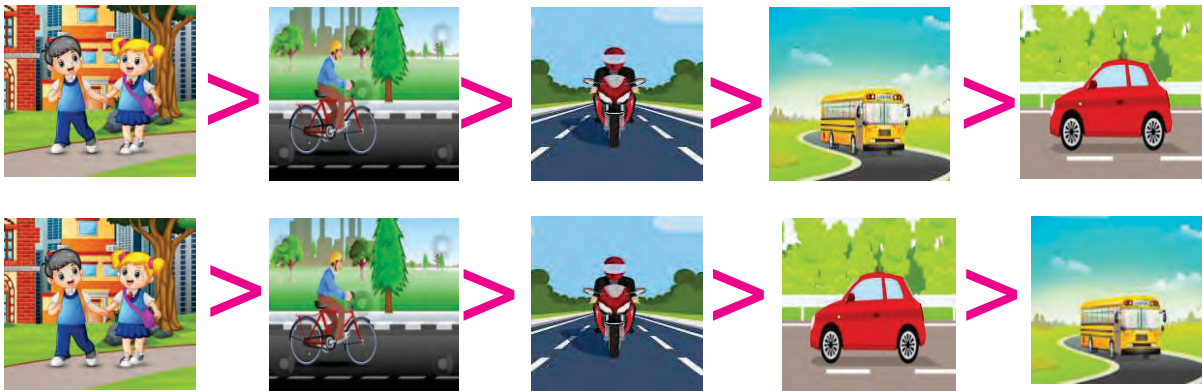
### Activity 3

Let's prepare- Banners and slogans for organising an awareness rally regarding air and water pollution.

- Explain On the basis of the story explain which content has increased and which has decreased in food due to it's deteriorated condition.



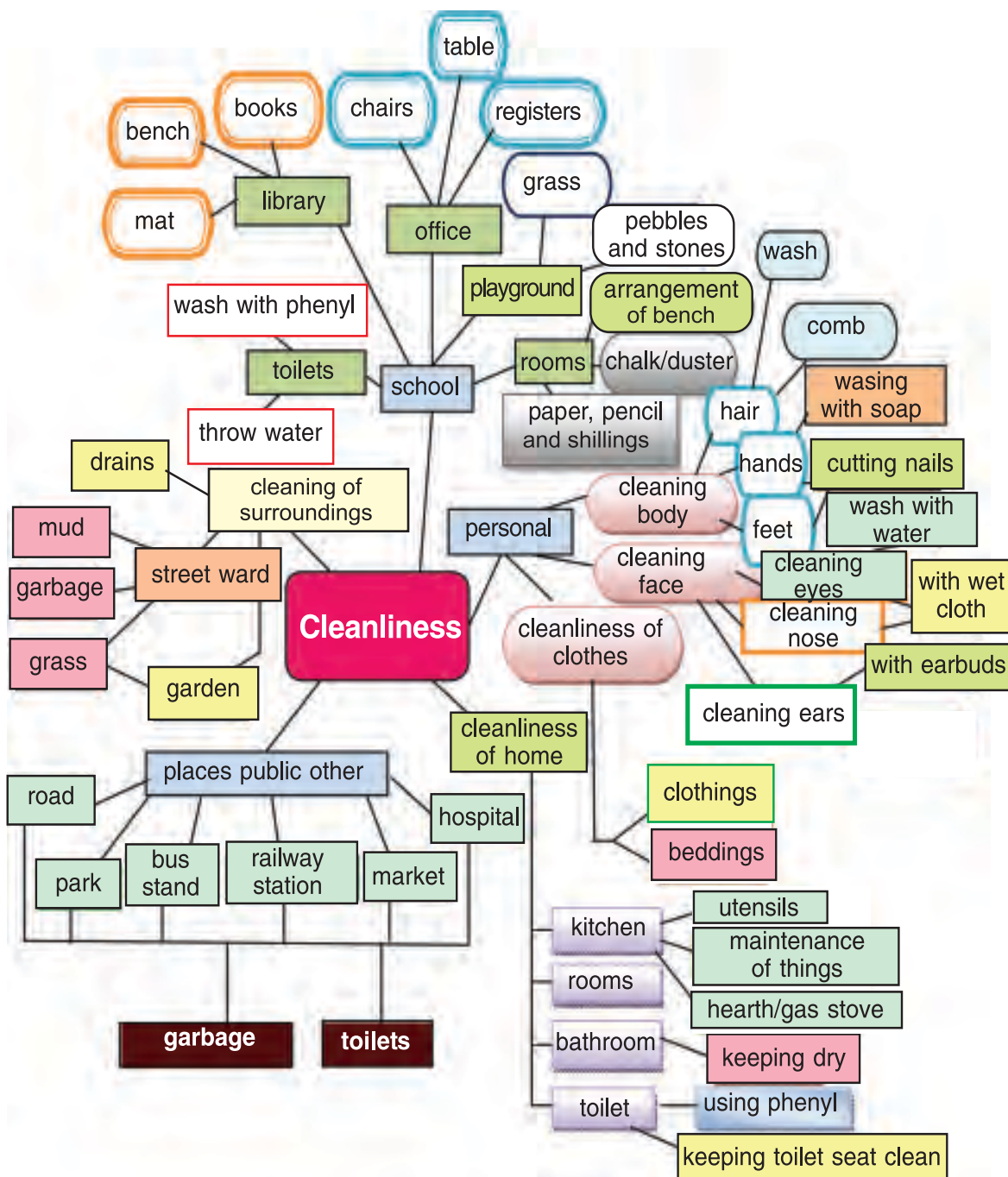
★ To reduce air pollution which option is correct?



#### Let's Evaluate :

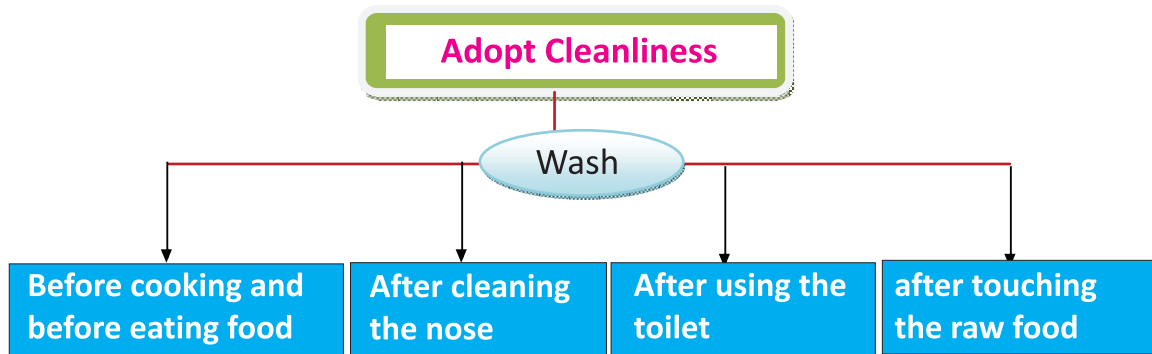
1. Pollution of which thing causes a worst effect on human body?
  - a) air
  - b) water
  - c) food
  - d) all of these
2. What is damaged by the polluted (poisonous) air ?
  - a) nutrients of food
  - b) lungs
  - c) factories
  - d) water

## (c) Cleanliness



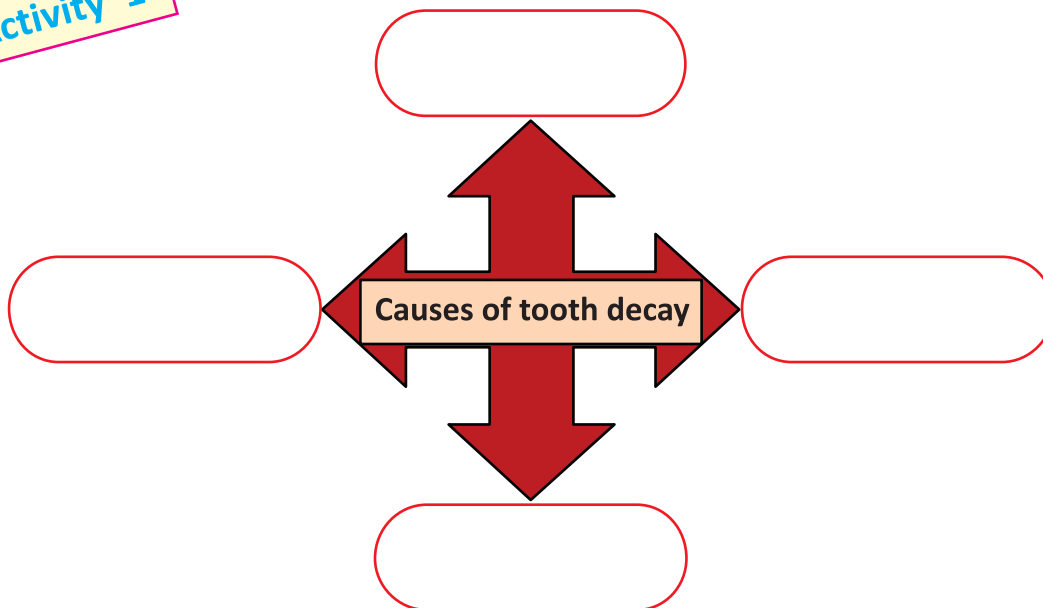
**For the teacher :** On the basis of this mind map, different areas of cleanliness are to be discussed with the students for the better understanding of the relation between good health and cleanliness and inspire them to keep the cleanliness.





### Activity 1

Fill in the blanks:-



### Activity 2

a)



### Germ Race

To make the children understand that when we step out of our clean surroundings, we come in the grip of germs and germs spread very fast. The teacher should prepare a flash card with the cooperation of students with the word germs written on it. The teacher will take all the students to the playground.

A circle will be made with the word clean written in it. Out of the whole class, 2 students will be separated and flash cards with the word germs written will be put around their necks. Those two students will become germs and the rest of the class will become hands. Students, who have become hands will be made to stand in the clean circle. When the game starts, the students who have become hands will come out of the circle and start running and then the teacher will ask the students, who have become germs to hold hands and run to catch the students who have become hands. The students, who would be caught by the germ students will start running with them, while holding their hands. In this way the number of germs will increase and the number of hands will decrease. In the end all the hands will be caught by the germs.



### Break the germs circle

**Activity :** Make a list of the areas in your school and home which need to be cleaned and also suggest the ways to clean

Area	Suggestions

### ★ Explain

What all comes under personal hygiene ?

.....

.....

**Activity:** I am Cleanliness. I want to live everywhere but I will stay there only where you want to keep me. Where do you want to keep me? And tell about those places where I am and where I am not?

Place	I am	I am not
	✓	✗
..... .....		

★ True ✓ / false ✗

- It is the responsibility of the government to keep cleanliness. ☐
- It is easy to keep cleanliness than to do it . ☐
- we remain healthy by keeping cleanliness . ☐

### Let's test understanding :

- From where should cleanliness begin ?
  - from our home
  - from our neighbourhood
  - from our surroundings
  - from our self
- Why should we do cleaning ?
  - for beauty and cleanliness
  - to remain healthy
  - to get rid of dirt.
  - all of the above



## (d) Preeti is very sensible

(Poem)



Preeti is very sensible as  
she knows how important it is  
to brush and bathe everyday.  
If there is tooth decay,  
it will be difficult to chew the  
corn and sugarcane.



Preeti is very sensible as  
she knows, how important it is  
to wear clean clothes after bathing.  
If we fall sick with sweat, smell and germs  
then we will have to eat bitter medicine  
and get the injections.



Preeti is very sensible as  
she knows how important it is  
to make the house clean and beautiful.  
If the garbage is not put in the bin,  
flies will spread cholera and mosquito  
will spread malaria.



Preeti is very sensible as  
she knows how important it is  
to sweep the street.  
If the surroundings are not kept clean  
then the whole garbage will re-enter  
the house with feet.



Preeti is very sensible as she knows how important it is to adopt good habits of eating. If we kept on eating uncovered food with dirty hands, health will be spoilt and we will have to regret.



Preeti is very sensible as she knows how important it is to eat fruits, salad and green vegetables. By eating outside and having cold drink, the eyesight will become weak and we will have to wear spectacles.



Preeti is very sensible as she remembers what her grandmother had told "Think about the things timely, As time once passed cannot be recalled."



### Activity 1

**Discussion:** Is Preeti really sensible? if yes then why?

---

---

---

### Activity 2

Make a list of Preeti's good habits

---

---

---



### Activity 3

Preeti has to prepare a speech on good healthy habits.  
Help her in writing the speech.

### Let's test understanding

1. Why is Preeti sensible?
  - a) Her age is more
  - b) She drinks milk
  - c) She is beautiful
  - d) She has the knowledge of good habits
2. What happens by wearing dirty clothes?
  - a) It stinks
  - b) germs spread
  - c) we get disease
  - d) all of these



## (a) On Class Level :-

Dear students today we will talk about the topic communal harmony. We all know that one student does not make a class. A class has many students like your class has. From our house , class , school , village to our country, we cannot live alone. We build relations with other people because we have a lot of needs . Our needs lead to communal harmony. Communal harmony is the mutual trust , love , sharing and dedication among people .

**Let us do a group activity :-** Instructions given by teacher : students prepare a chart together in which you write slogans , giving good directions to society. We will paste it on our school wall . I will give some other work to rest of the students.

(For this work , Students advise each other how to do this work )



- |                |  |
|----------------|--|
| Gurleen        | :- I have a beautiful pink chart . I will give it to you.                              |
| Shivam         | :- I have colours. We will use colours on this chart . I will help you with colouring. |
| Karanvir Singh | :- I can paint and write beautifully.  |
| Balkar Singh : | - Take this pencil, ruler, sharpener and eraser.                                       |
| Gagandeep      | :- But we don't have the slogans that we have to write on this chart                   |

Sharanjit Kaur :- I and Jaspreet have a lot of slogans. Our headmaster sir speaks them in the morning assembly. we have written those in our notebooks.

Jaspreet Singh :- Yes! Yes! I also have them. My elder brother made me write them.

Harsimran and Navjot :- Let's make it ! We will give you cello tape and gum.

(All students sit on the floor to prepare the chart . They start with the work by placing the chart in the middle. Karanbir draws line on the chart and prepares to write. Other kids are very excited. Sharanjit Kaur is standing with the notebook of her great ideas )



Sharanjit Kaur :- Write:-  
Education is a priceless jewel  
One who reads will wear it.  
(Karanbir starts writing)

Sharanjit Kaur :- (stops for a while) This Idea is very good. our sir Speaks it.  
Save girl child, water and trees  
To make a natural equilibrium

Gagandeep Singh :- Sister Sharan, please write it neatly on the rough notebook and give. Karan can't write it quickly.

Karanbir Singh :- Yes ! Write and give it to me  
(Sharanjeet Kaur writes it on her notebook)  
Our Gurus have taught us  
Earn by working with your hands.

We don't fight over caste creed colour or religion  
We are like brothers No one is our enemy

Jaspreet Singh :- Sister , write this idea.

There is no such problem  
that does not have a solution

(Sharanjit Kaur writes and all the children make the chart together)



**For teacher:-** The above activity will be explained. And meaning of communal harmony will be told. We can do greater things with collective harmony.

### List of things to be done in the class :-

- 1) Decorate the room.
- 2) Cover the notebook.
- 3) Celebrate the child's birthday.
- 4) Celebrate some special day.

### Give your ideas:

- Q.1. What is said about education in the first slogan ?
- Q.2. Which things are said to be saved in the second slogan and why ?
- Q.3. Why should we work hard with our own hands?
- Q.4. How should we live together?
- Q.5. What does the fifth slogan mean?

## (b) On school level :-

### To prepare a handwritten magazine

Note :- Headmaster sir has told us to prepare a handwritten magazine which has poems, stories and paintings written by us.



(Students, sitting in the free period are thinking how to prepare a handwritten magazine)

Gurvinder ,Gurleen

and Deepjot :- Our handwriting is very beautiful . we have learnt it from Jasmeet Singh sir. We will write the compositions beautifully.

Farida and Simran :- We will read poems and stories and make pictures of them, which will make our magazine very beautiful.

Gursewak :- I will make the title page very beautiful.

Tanya and Arun :- We have composed a few poems ourselves on mother , military uncle, ice cream , butterfly. We will give those.

Sahil :- I have written stories about home and school. Vishnu and Harpreet also have written stories. We will also put those in the magazine.

Khushi :- My grandmother asks me puzzles. I have written those on my notebook. I will write them down.

Anil :- I have written thoughts of the day on my notebook. Our teacher used to make us write. You can have them.

Preeti :- I have a big register and colours. Take them. I have pencil, ruler, gum, everything. Let us start the work.





(Students prepare the handwritten magazine together. Everyone works very hard. A few days later , they go to their teacher.)

Students

:- Mam, we have prepared the magazine.

Teacher

:- (looking at the magazine) very good children ! You all have done a great job. You have done so much work in such a short time. Wow !

(Stops for a while) Now we will paste the pictures of our national flag, Martyrs, holy Gurus, prophets, sportsmen , writers in it. We will also paste all your and pictures of our promising students in it .

Students

:- Yes madam. We will definitely do that.

Teacher

:- Finish it completely. Next week, we will get this magazine released from our headmaster sir.

Students

:- Yes madam .

Teacher

:- But students ! What have you kept the name of this magazine?

Tanya

:- We have kept it "spread unity"

Teacher

:- This name is not suitable. We should name it " Little stars . " You all are stars. we love you.

Next week scene



### Q/ Ans :-

- Q.1. What is the name of your school's handwritten magazine?
- Q.2. Has any of your writings published in school magazine? If yes, then name it and recite it?
- Q.3. If any student knows a puzzle, then ask it? The rest of the students will solve it .
- Q.4. Name the teacher, who taught good handwriting to students?
- Q.5. Name some children's magazines.



### (c) On village level :-

#### (i) To carry out a rally :-

(The teacher will tell that students of 10th to 12th class are carrying out a rally with their teachers and wise villagers for the development of the village. They will carry cardboards , attached to wooden sticks with slogans written on them. Every student will have a cardboard and they will go shouting slogans The slogans about human values ,education ,water conservation , pure air, saving trees , quitting drugs , sports , cleanliness , etc. Will be mentioned on cardboards.)

**Specifically :** cardboards will be made of chart prepared by students in activity - 1 , in which they had written the slogans



### New slogans :-

1. Save girl - Educate girl
2. Government school gives admission free  
Teach every child without fee.
3. Every child has taken a swear. They will  
keep their village clear
4. Let's have a medical camp for our good  
health
5. Quit drugs today. Live tomorrow.



## (ii) prize distribution ceremony of village

(There is a function in the village. Many people have come. Sarpanch of the village S.Prem Singh, headmaster, teachers and other well known people of the village are standing on the stage in a position to distribute prizes.)

Teacher:- Today we will honour those students and young men, Who have contributed a lot in order to illuminate the name of their village. Balraj and his ten friends planted more than hundred trees and took care of them, watered them. Now those trees have grown. They also contributed to the cleanliness of the village .

11 students carried out rally in the village and inspired the entire village with good values and noble works . One team set up a medical camp where suffering patients of the village were checked and treated.

15 students, who gave free education to illiterate people , elderly and weak students of the village will also be honoured.



Teacher :- Now, I would request the sarpanch of the village to come up on the stage and share his ideas with us.

Sarpanch:- Respected elders of the village, brothers and sisters, respected teachers and dear students. I am very glad that these young men and students of our village have made it very beautiful, neat and clean, healthy and happy. It is because of these young men that our village has Stood on the first position. Give them a big round of applause ! Thanks a lot to all of you.

(Loud applause echoes)



Teacher :- Thank you sir. On this happy occasion, now I present before you , a fifth class student sharanjeet Kaur, who is going to sing a beautiful song, dedicated to communal unity in her melodious voice.

### Sharanjit sings her song :-

What lies in fighting with each other  
We will work for our unity  
We will leave all bad rituals  
And keep on moving ahead

We have to save our earth  
air and water  
We need to save the girl child  
We don't listen to dirty songs  
we will sing our song of unity  
We will together , drive away  
the damn caste and creed .

Let us pray together  
May our Punjab be happy  
Happiness be in everything  
May it smells like a rose  
And be far away from drugs.  
And we only eat our rightful bread.

( Applause )



## Questionnaire (i)

### Scenes of Communal Unity



## Questionnaire (ii)





The teacher will discuss that communal unity is shown in which pictures.



## (a) How much do you know:

(Teacher will ask brief questions to link them with the topic)

- (i) Is it important to live with family?
- (ii) What do we acquire from family?
- (iii) Should we obey our parents?
- (iv) How should we do the work given by parents?

(Teacher will elaborate last question in detail and will introduce the main topic.)

## (b) How to know and understand The Responsibility?

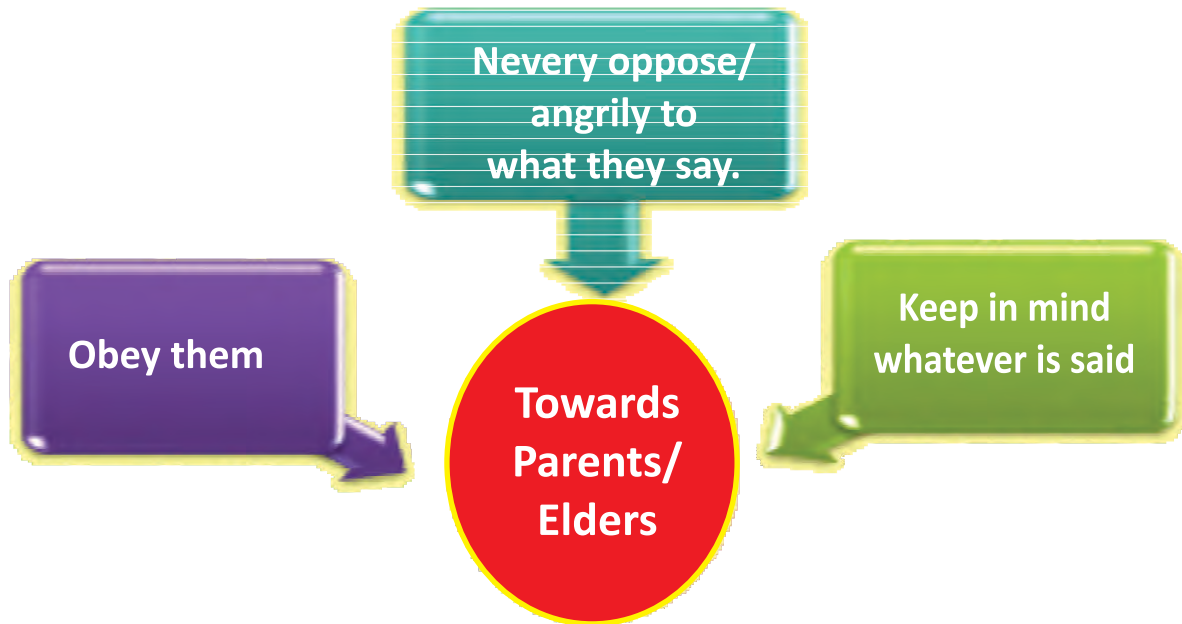


Responsibility is doing a work honestly, diligently and timely.

### (c) Area of Responsibility:

Children can become responsible by living with family. They can be responsible for more than one aspects.

(i)



(ii)



#### **(d) Lets Accept Responsibility**



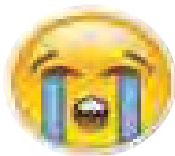


## (1) True or False and Why?

1. Cleanliness is good. ☐ Why? \_\_\_\_\_
2. One Shouldn't take bath. ☐ Why? \_\_\_\_\_
3. Nails should be cut timely. ☐ Why? \_\_\_\_\_
4. Washing hair, once in a month. ☐ Why? \_\_\_\_\_
5. Yellow teeth look beautiful. ☐ Why? \_\_\_\_\_

## (2) Children, what do you do for physical cleanliness?

Not True	True	Average	Good	Very good
1-2	3-4	5-6	7-8	9-10



1. I work after taking bath in the morning.
2. I brush my teeth daily.
3. I wash hair twice a week.
4. I keep hair combed.
5. I cut nails on time.
6. I wash hands before taking a meal.
7. I wash hands after taking a meal.
8. I wear clean clothes.
9. I change clothes daily.
10. I keep handkerchief.

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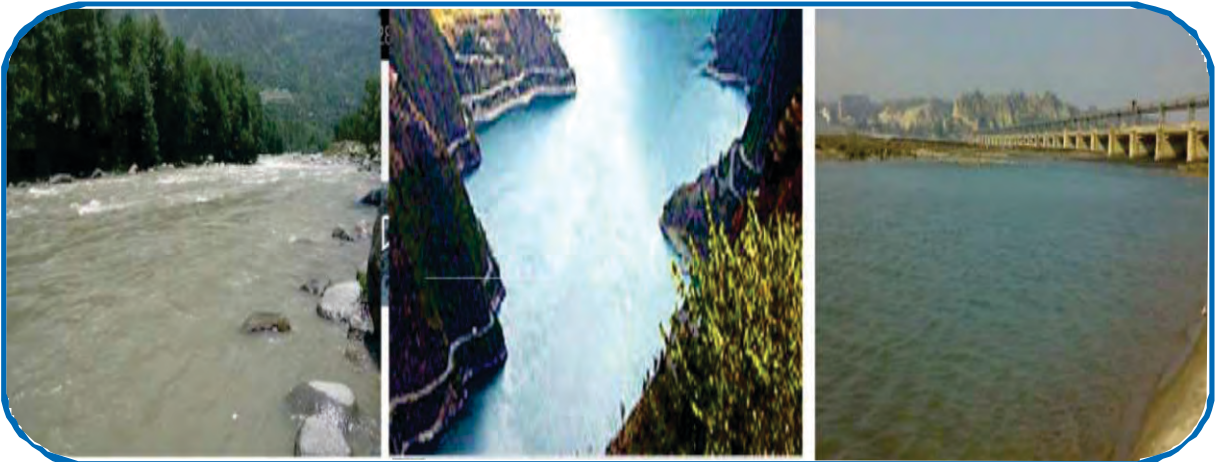
Total → 
 Total Marks → 
 Grading

**(At the end, Students can be motivated for physical cleanliness on the basis of grading.)**

**(a) Information about our state:**

Our Punjab is a colorful place. It is like a Rose among other flowers. Here people never lose hope and dream new every day.

We are the natives of Punjab. Punjab is a famous state of India. Punjab has a special recognition across the world. Punjab was named after five rivers-Satluj, Beas, Raavi, Chenab and Jhelum. But two rivers- Chenab and Jhelum became the part of Pakistan at the time of Partition of India in 1947. Now, three rivers- Satluj, Beas and Raavi flow here.



Punjab is a border state. It has been facing many battles because of that. People living here have no fear of enemy. Their culture is full of bravery. Punjabis have a great contribution in the struggle of freedom for the country. These people are famous for their bravery across the world.



ਸ਼ਹੀਦ ਭਗਤ ਸਿੰਘ



ਸ਼ਹੀਦ ਊਧਮ ਸਿੰਘ



ਕਰਤਾਰ ਸਿੰਘ ਸਰਾਭਾ

Punjabi is the language of Punjab. Punjabi speaking people can be found even far away from Punjab. It is the 10th-11th language of the world on spoken based. Our Gurus, Suffis, Saints, Poets and singers adopted this language to raise its status. Today, Punjabi is known as a rich language.



ਬਾਬਾ ਫ਼ਰੀਦ



ਬੁੱਲ੍ਹੇ ਸ਼ਾਹ



ਅੰਮ੍ਰਿਤਾ ਪ੍ਰੀਤਮ



ਪੂਰਨ ਸ਼ਾਹ ਕੌਰੀ

Bhangra and Gidha is the folk dance of Punjab. Bhangra is the dance of men and Gidha is the dance of women. These dances are performed on the occasion of happiness. Singing and dancing is the food of Punjabi's soul.



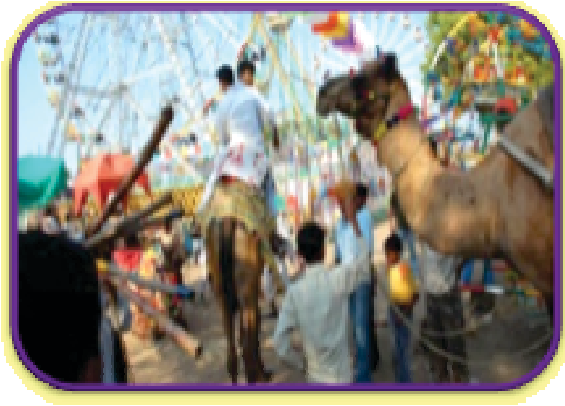
(ਭੰਗੜਾ ਪਾਉਂਦੇ ਗੱਭਰੂਆਂ ਦੀ ਤਸਵੀਰ, ਗਿੱਧਾ ਪਾਉਂਦੀਆਂ ਮੁਟਿਆਰਾਂ ਦੀ ਤਸਵੀਰ)

Punjab is very famous for agriculture. Its land is very fertile. There are bumper crops of wheat, rice, maize and sugarcane here. Punjab provides major share in Food store of India in spite of having less area. Animal husbandry is another main occupation here.





Punjabis are very fond of fairs. Many fairs are celebrated in the Punjab. Vaisakhi fair, chappar fair, Jarg fair, Hola mahala, Maghi fair and Prof. Pooran Singh fair are very famous among them.



Punjabis are very open-hearted, happy-go-lucky and helpful people. They have nature of helping other people and arranging Langer for needy ones.



### Oral Questions:

1. How many rivers were there in ancient Punjab?
2. Which rivers are there in Punjab these days?
3. Which language is spoken in Punjab?
4. Which crops are cultivated in Punjab?
5. Which are the major occupations of Punjabis?
6. Which are main fairs of Punjab?
7. How is the nature of Punjabis?
8. What is your viewpoint about Punjab?

## (b) Love with Mother-Tongue:



Teacher: Children, today we'll discuss about mother-tongue.

Ankur: Sir, What is mother-tongue?

Teacher: Children, Mother-tongue is that which is acquired by a child from his/her parents or his/her family from the very beginning.

Baljit: Sir, if a child learns from parents or family, then why is it called mother-tongue?

Teacher: Yes Baljit, you asked a very good question. In reality, a child lives with his/her mother most of the time from early days. May be that's why it is named as mother-tongue.

Chandan: Sir, there is a song by Harbhajan Maan- 'Mainu iyon na mano visaar ve main teri maa boli ha'.

(Don't forget me from your heart, I'm your mother-tongue.)

Teacher: Well done, you reminded me a very good song.

Baljit: Sir, Satinder Sartaj also has a song- 'Main Gurmukhi da Beta'.

Teacher: Yes son, it is also a very good song. You listen to very good songs. Son, both these songs highlighted the importance of mother-tongue. They give the message to love mother-tongue.

Savita: Sir, Is Punjabi our mother-tongue?

Teacher: Yes, Punjabi is our mother-tongue.

Savita: Sir, What is Gurmukhi then?



Teacher: Daughter, Gurumukhi is a script of Punjabi language. The signs that are used for writing Punjabi language is called a script. Like a A e ishwrI, ibhwrl, ibMdl, it pl ... The group of signs that are used to write is called a script. Gurumukhi script is used for writing Punjabi.

Savita: Sir, Why do many Hindi movies have Punjabi songs?

Teacher: Children, Punjabi is a very famous language. By the numbers of speakers, this language is on 10th/11th position among the world. Punjabi people have reached in more than 160 countries of the world. Whenever there is a Punjabi song in a Hindi movie, many Punjabis like to watch that movie. Many times, Hindi film makers add a Punjabi song in their movie to make it more popular .

Bharti : Sir, all the members in my house speak in Hindi. Our Real house is in U.P. Our relatives also speak in Hindi.

Teacher : Child, Then your mother-tongue is Hindi. No problem, Hindi and Punjabi our like sisters. Every human being must love his/her own mother-tongue. Mother-tongue has a deep and loveable relationship with our heart and mind. Whatever is listened and read in mother-tongue is easily understood.

Baljit : Yes Sir, That's right.

Teacher : But children, it doesn't mean that we needn't learn other languages. Just keep in mind that other languages are not learnt by forgetting mother-tongue. Harbhajan Maan is also saying that- 'Mainu iyon na mano visar.....'

Baljit : Sir, There is a song of Manmohan Waris in my father's phone- 'Mawan tin hundiyan ne'. (Mothers are three....)

Teacher : Baljit, your father has a good taste of music. I have also listened to that song- Mothers are three- one is Mother Earth, second is mother-tongue and third is the mother who gave us birth. Really children, these three nurture us. Their debt can't be repaid.

Savita : Sir, my uncle reads Punjabi books.

Teacher : Yes children, Books of many famous writers like Gurdial Singh, Shiv Kumar, Surjit Patar and Narinder Kapoor are read in Punjabi.

Ankur : Sir, My brother reads Punjabi newspaper on computer.

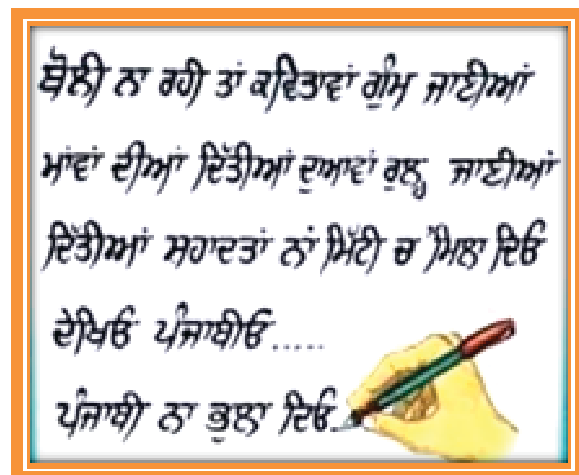
Teacher : Yes children, many things in Punjabi are there on computer. I also read three Punjabi newspapers early in the morning- Punjabi Tribune, Nawan Jamana (The New World) and Ajit.

Children let's stop this conversation here. What did you learn today?

Bharti : Sir, today we learnt that we should never forget our mother-tongue ever.

Teacher : Let's finish this talk with lines of a Pakistani Poet :

ਮੈਨੂੰ ਕਈਆਂ ਨੇ ਆਖਿਆ ਕਈ ਵਾਰੀ  
ਤੂੰ ਲੈਣਾ ਪੰਜਾਬੀ ਦਾ ਨਾਂ ਛੱਡ ਦੇ।  
ਜਿੰਦੀ ਗੋਦੀ 'ਚ ਪਲ ਕੇ ਜਵਾਨ ਹੋਇਓਂ  
ਉਹ ਮਾਂ ਛੱਡ ਦੇ ਤੇ ਗਰਾਂ ਛੱਡ ਦੇ।  
ਜੇ ਪੰਜਾਬੀ-ਪੰਜਾਬੀ ਈ ਕੂਕਣਾ ਈ  
ਜਿੱਥੇ ਖਲਾ ਖਲੋਤਾ ਉਹ ਥਾਂ ਛੱਡ ਦੇ।  
ਮੈਨੂੰ ਇੰਝ ਲੱਗਦਾ ਲੋਕੀਂ ਆਖਦੇ ਨੇ  
ਤੂੰ ਪੁੱਤਰਾ ਆਪਣੀ ਮਾਂ ਛੱਡ ਦੇ।



(Many people have asked me to stop using the name of Punjabi just as a child loves his mother and native place after growing up in the lap of his mother.)

### Oral Questions:

- (i) Which are three mothers of a human being?
- (ii) Which language is the mother-tongue of Punjab?
- (iii) Can Punjabi be read or written on computer?
- (iv) What did we learn from today's talk?

### (C) On other Languages of the country:

Other people have their mother-tongues just as Punjabi is our mother-tongue. They also love their mother-tongue as we do. Everyone has a right to love his/her own mother-tongue. Everyone must love his/her mother-tongue. Hundreds of languages and dialects are spoken in India. More spoken languages among them hold a place in the constitution.

You must have seen any Indian rupee-note. The amount of rupee can be found written on this in seventeen languages including Punjabi, Hindi and English. In Reality, India is a multi language country. India is a bouquet of language flowers. That's why Indian government gives the deserved right to every language. We must love our mother-tongue but we shouldn't condemn others' mother-tongue. Mother-tongue is as loveable to anyone as we love ours.



We must learn as well as speak our mother-tongue very well but other languages also. It is impossible to live without learning Hindi and English. If we have to live in any other state for a longer period, then we should learn their language also. Our many problems will get solved after learning this otherwise also, if we learn as many languages as we can, many doors to knowledge will get open for us. Bangla, Assami, Marathi, Kashmiri, Bodo, Kannad, Malyalam, Gujrati, Dogri, Urdu and Tamil are other languages spoken in India.



Do you know that Munshi Premchand is a well known writer in Hindi? You must have heard the name of Rabindranath Tagore. Tagore was from Bengal. He wrote in Bangali Language. Indian National Anthem 'JANA GANA MANA' is written by him. So It is very important to understand the Importance of other languages.

ਦੇਸ ਮੇਰੇ ਦੀਆਂ ਸਭ ਬੋਲੀਆਂ ਨਿਆਰੀਆਂ।

ਦੇਸ ਦੀ ਅਮੀਰੀ ਇਹ ਦਿਖਾਉਣ ਸਾਰੀਆਂ।

ਗਿਆਨ ਦੀਆਂ ਓਨੀਆਂ ਖੁੱਲ੍ਹਣ ਬਾਰੀਆਂ।

## Oral Questions:

**(d) Love with people of the country:**



Any citizen irrespective of his state, religion, caste or language, is a part of the country. Any kind of partiality must not be done with him. We should not have any feelings of superiority or inferiority. Every citizen should be helpful to others. Nobody should think about other's loss. Nobody should cheat anyone. This is the love for the people of the country.

The most important thing is to think about the rights of poor people in the country. We should try to make poor people's life prosper. They should be helped in education. A nation can prosper only, if all the people are happy and have essential facilities for life. A Real courtesy is to take weak people along with us. Let's read a poem:

ਆਓ, ਸਾਰੇ ਲੋਕਾਂ ਨੂੰ ਪਿਆਰ ਕਰੀਏ,  
ਦਿਲਾਂ 'ਚ ਕਦੇ ਨਾ ਨਫਰਤ ਭਰੀਏ।  
ਸਾਰੇ ਹੀ ਨੇ ਆਪਣੇ, ਬੇਗਾਨਾ ਕੋਈ ਨਾ,  
ਪਿਆਰ ਜਿਹਾ ਜੱਗ 'ਚ ਤਰਾਨਾ ਕੋਈ ਨਾ।  
ਸੱਚੇ-ਸੁੱਚੇ ਦਿਲ 'ਚ ਵਿਚਾਰ ਰੱਖੀਏ,  
ਦਿਲ 'ਚ ਨਾ ਕਦੇ ਹੰਕਾਰ ਰੱਖੀਏ।  
ਵੰਡੀਆਂ ਦਿਲਾਂ ਦੇ ਵਿੱਚ ਆਉਣ ਦੇਈਏ ਨਾ,  
ਝਗੜਾ ਕਿਸੇ ਨੂੰ ਕਦੇ ਪਾਉਣ ਦੇਈਏ ਨਾ।

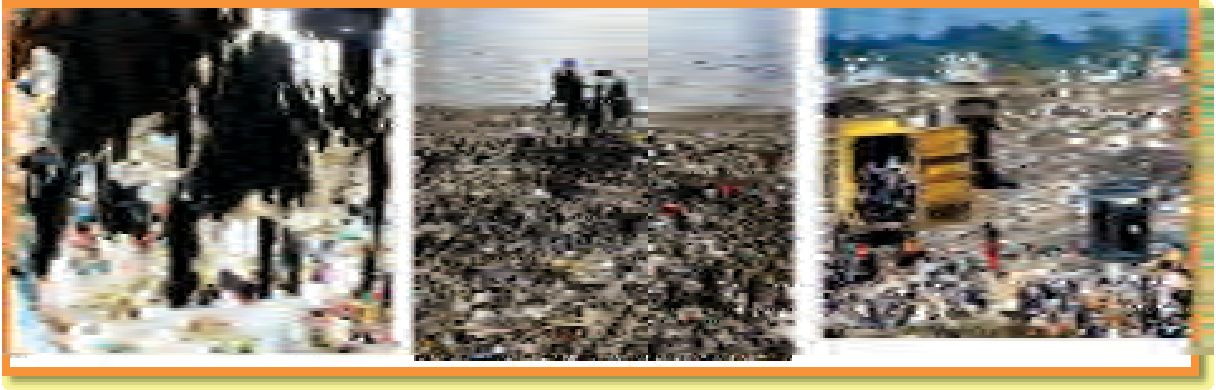


(Let us love all the people and never have feeling of hatred in our hearts. All are ours, nobody is strange and nothing is more beautiful song than love in the world. We should keep good and pure thoughts in our hearts in place of pride. We should restrict people to make divisions and stop fighting.)

### Oral Questions :

1. Are we all Indians united?
2. Should we help others or harm others?
3. What are the benefits of living with love?
4. The country is also a big family. True or False?
5. Do all human being's blood similar or different?
6. Is it a good thing to fight on the basis of religion, caste or region?
7. After growing up would you teach people to live with love?



**(a) Avoid using Plastic Bags:****Story/ Master with Bag**

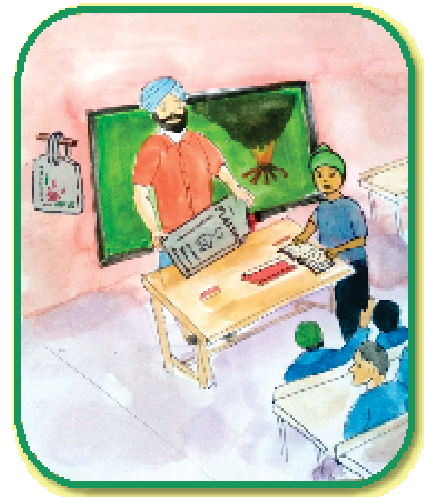
Children had been whispering mutually for three days. They were curious to know that why did the new teacher carry his diary and tiffin in a cloth bag? They have given him the name 'Master with a Bag'. Today, Rana asked hesitantly, "Sir, how beautiful the plastic bags are ! but you only bring a cloth bag?"

The Master smiled a little. All students were looking at him carefully. The master started speaking politely, "Dear children, I had guessed from your mutual whispers that you wanted to ask something, but were not asking. I will tell this story but first of all, always keep in mind that never ever hesitate to ask anyone a question. The students who ask questions are the smartest students and they get all kind of knowledge."

"Yes .....Sir", all students speak loudly.

"Well done! You are all very wise, innocent too..." the master continued, "If I want to sum up the talk of cloth bag in one sentence, then I can say that it's my habit. I keep cloth bag with myself if I have to buy something from market and I never ever take a plastic bag....."

"Why, Sir? plastic bags are much beneficial, use and throw away...." asked Sukha while standing.



"Children, These plastic bags are very dangerous...!"

"How?" asked Rani kaur.

"There is not only one but many side effects of these plastic bags...." The master began to tell. All students listened in amazement. The master continued the talk, "As Sukha Singh said, use and throw away, first listen to the disadvantages of this thing. They are blown away by the wind and get trapped in the drains. The drainage of water stops. The water stagnates in the street and flies and mosquitoes breed, and this way we get sick....."

"You're right Sir, many days ago there was water in our street like this and the same plastic bags were stuck in the drain..." said Hargun.

"Absolutely! Listen, these bags are sometimes swallowed by animals when we throw away the peels of vegetables and unleavened bread in these bags...."

"What would happen to the animals if they ate them?" Gurleen stood up and asked.

"These are indigestible son, how many animals have died just by eating them. Throwing them in canals and drains kill aquatic creatures..."

"Really!" all were amazed.

"Sir, they should be set on fire then?" advised Pardeep. Once everyone liked his point.

"But children, when we set it on fire, it emits a lot of dangerous gases, which pollute the environment..."

"Then yes, they should be buried in the soil. Then they will not fly away and block the drains again Also the animals will not get killed by eating these and bad gasses will not be emitted on burning," said Seerat Kaur.

"You're right, Seerat! But now listen to the thing about burying these. They do not rot for thousands of years. They remain lying in the soil.....In this way the fertility of the soil will decrease....our crops will stop growing. These flowers will not grow"

"Oh yes, then you're right, we will stop using these bags from today..." said several children together.

"Very Good! Very good students! Then tell, how will you bring vegetables, sugar and tea from the shop...?"

"In the cloth bags..." said all together.

"In the cloth bags..." said all together.

"So students! You understand that plastic bags and plastic items including food and drink cup-plates, water bottles etc.....they pollute our natural resources."

"Yes, air, water, soil, sunshine are our natural resources and they spoil them" said Giandeep.

"That's right! You'll no longer use these dangerous plastic items yourself and will urge your parents and neighbors not to use it...."

"Yes...." said all the children loudly.

"Sir, listening to your words, I just made a couplet sitting.....may I recite?" asked Rane politely.

"Tell me, son."

" ਸਾਢੇ...ਸਾਢੇ...ਸਾਢੇ  
ਮਿੱਤਰੇ ਅਸੀਂ ਨਹੀਂ ਵਰਤਣੇ  
ਮੋਮਜਾਮੇ ਦੇ ਲਿਫ਼ਾਫ਼ੇ..."

("Clean.....clean.....clean  
Friends we'll never use  
Plastic polythene.....")



All the students applauded.

### Oral Question-Answers:

1. Why did the teacher use cloth bag?
2. What are the disadvantages of plastic bags?
3. Should vegetable peels, unleavened bread and kneaded flour be thrown away in plastic bags?
4. Why should we not take plastic items?
5. Which talks of teacher did you like in this story?
6. How can we survive from plastic bags?
7. Plastic bags increase the fertility of soil or decrease?
8. Using plastic improves our health or makes us sick?
9. Drainage, ditches and sewerage drainage are properly working with plastic envelopes or not?
10. What did we understand from the above story?

### Activity for Teacher:

The teacher can do it as a novella or role-play. It will become interesting in this way and all students will be included. Few oral questions can be asked on the basis of this story.

The teacher will assign work to the students that they will aware their parents and neighbors about the disadvantages of plastic bags and motivate them not use it. Whatever is told and how it is told, they will bring it in written form.

Students can do a meeting with their grand-parents to know that how did they bring things from the shop? Did they use these plastic bags?

LESSON  
6

# Equal Respect for All

## (a) Social Relationships

### Pictures of Folk Artisans



1

One who makes things of **Iron** : **Blacksmith**



2

One who makes **Pots** : **Potter**



3

One who grows **Crops** : **Farmer**



4

One who roasts **Grains** : **Grain roaster**



5

One who makes **Jewellery** : **Goldsmith**



6

One who mends **Shoes** : **Cobbler**





7

One who works with **Wood** : **Carpenter**

### Exercise : 1

Match The column

One who works with wood

One who makes shoes

One who makes gold or silver articles

One who makes things of iron

One who grows crops

One who roasts grains

Blacksmith

Farmer

Grain roaster

Carpenter

Cobbler

Goldsmith

### Exercise : 2

Teacher will tell the students how different occupations have been born. How all these occupations have been born out of social needs. No occupation is good or bad. All occupations have a close relationship with each other. Public artisans are also folk artists. Every folk occupation has some basic material. Thousands of new occupations have come into the human society as per the new requirements and are still coming.

### Exercise : 3

Every occupation has some basic material. Teacher will ask the students basic questions about the basic material and ask to fill the blanks

Folk- occupation	Material
Carpentrywork	Wood
Goldsmith work	.....
Blacksmith work	.....
Cobbler work	.....

### (b) We all are equal

#### Journey of human being: from jungle to society

Man took billions of years to become a social animal from an animal. In the beginning, there were forests all around. Human beings used to live in small tribes. They lived in caves and on the trees. They had no permanent settlement. They changed their habitats with the changing seasons. They had no cloths to wear. They hunted the animals with weapons of stones, ate their flesh and dried their skin to cover their body





Whenever the forests caught fire with the thunder lightening, they got very afraid. The fire was very frightful and an uncontrolled thing for them. One day while making the weapons with stones, suddenly, the fire spark came out with the friction of stones. A thought came out from man's mind that this spark can be used (desirably). Thus the fire was invented. This invention had changed the life style of human being. He started to eat cooked meat on fire. He started cleaning forests by using fire and started farming on that clean areas.

After the invention of fire, he invented wheel. With the invention of wheel, he started travelling. The man improved his thinking slowly. Earlier, he used symbols and gestures to express his thoughts. Then he started to give name to everything. This great achievement marked the beginning of the language.



Firstly, it was needed for a human being to be strong, then a desire arose in his mind to look beautiful. He started making natural objects to adorn his body. For centuries he used snails for his adornment, from sepia to bones. This desire to look beautiful led him to silver and gold jewellery after centuries.

Transforming from the forest to the society, man has created a lot. Slowly, he started weaving cloth. Iron tools and weapons began to be made. Wood was carved and various things were made. Clay vessels were made to store water and grain. For centuries man had travelled barefoot. Then he started making leather shoes from dead animals



With the passage of time, man's wandering began to come to an end. He preferred to stay at one place. Instead of caves and trees, he started building huts out of grass and straw. After this, man first built mud bricks and then roasted bricks and started building permanent or pucca houses. After a journey of millions of years, today's human being is reaching the peaks of scientific progress.



**Conclusion :** After reading the story of human being development, we have come to the conclusion that the human race has reached its present stage after a hard journey of millions of years. It should be remembered that every human being has contributed for humanity to reach today's stage. So, all human beings are equal.

### Exercise : 1

#### Questionnaire

- Q.1. Earlier human being lived in a \_\_\_\_\_. (cave, hut)
- Q.2. Earlier human being wore \_\_\_\_\_. (clothes, skin)
- Q.3. Fill in the blank:  
After the invention of \_\_\_\_\_ human being started eating roasted meat.
- Q.4. Human being used snails for his adornment, from sepia to bones. (True/False)
- Q.5. Fill in the blanks:  
Human being started \_\_\_\_\_, after cleaning \_\_\_\_\_ (farming, forests).

### Exercise : 2

**Students will learn about the inventions and results during different stages of human development.**



## a ) Help and be good :-



**Story :-** once a father told his two sons that he wants to see, which one of them is good. "I give you one year for this work. During this year you have to do good deeds. After one year , I will see which work you did. Those works will reveal your goodness'. He said .

Following their father's orders, both of them left to do their works .

The elder son thought that, " I will earn a lot of money . Father will get very happy after looking at my earned money and he will award me of being a better son."

He opened a small shop in the village and kept on selling cheap products at high rates . He made good money in one year.

The younger son left for the woods, empty-handed. He kept on walking till evening. He met an old man and woman on the way. Both of them were crying.

The younger boy asked old men and women with love, " Babaji why are you crying ?"

"Our young son died of a poisonous snake bite. He was our only support. Now we will die hungry." The old man started crying very loudly.

"Babaji , please don't cry. Consider me as your Son only. I will help you." The boy took the old man and woman to their house. He looked after their farm and crop for the entire year. When the crop ripened , he left the grains at their house. He remembered that he had to meet his father after one year. He left for his village, after telling the old man and woman that he will come back before the time of planting the next crop.

The father called both the boys together, in the evening and asked about the works done by them. The elder son said, "I had opened a shop and now I have earned a lot of money."

The younger son said, "Father I have not earned any money. I found an old man and woman crying on the way. They looked like my own parents to me. But by saving their lives I do have earned their blessings."

The father was very happy with the younger son. He said, "son, everybody is earning money in the world but our real earning is our goodness. By doing a good deed, the fame earned by you is far better than any income in the world and is priceless. In this way the younger brother has more goodness than the elder one. He is good."

Then, putting his hand over elder brother's head, father said, "Son, you also have to do good deeds like your younger brother and be good like him."

### Q/Ans :-

- Q.1. What test did the father want to take of his sons ?
- Q.2. What work did the elder son do ?
- Q.3. What work did the younger son do ?
- Q.4. Which son's work did the father like and why ?
- Q.5. What did the father explain to both the sons ?

**Note:-** The teacher will make the students do the following activities.  
More of such activities can be done depending on the time :-

### Activity :

- a) Elder children can be made to cover the books and notebooks of younger children
- b) Elder children can teach the younger children.

### b) How to help?

**(The teacher can share some incident, related to 'helping out' from his or from someone's life or can narrate the following incident orally )**

It had been 2-3 days of my teaching in the primary school. Winter season was coming to a close. One day, it rained a lot and it got cold again. We raised the children not wearing the sweaters and send them home to come back, wearing one. Two girls were still standing.

" Girls, you also go home and come back after wearing sweater ."

" we don't have them sir"

"Never mind if you don't have one of your uniform , wear any other sweater." I said again.

" we don't have any sweater." One of the two girls said.

" Girls, you kept coming like this all year !"

They used to wrap shawls around them in such a way that it was not visible whether they were wearing a sweater below it or not . Both the girls did not speak a word.

I asked them again, " children you spent the entire year like this . Why did you not tell earlier.? I felt very sad.

Next day I brought two most beautiful sweaters for them. I called the girls to office and said, " Take this girls, I have brought the most beautiful sweaters for you and now in return you both try to fetch good marks for me , yourself and your family."

When the result of examination was declared . Both the girls came at first and second position.

### Q/Ans:-

Q.1. Have you ever helped anybody ?

Q.2. Tell about any help that you did of anybody?

### C) How to co-operate





## Poem

Mother cooks food  
 I serve it.  
 Papa come home from work  
 I take water for him  
 Papa feels happy  
 And carries me on his shoulder.  
 This is how I co-operate

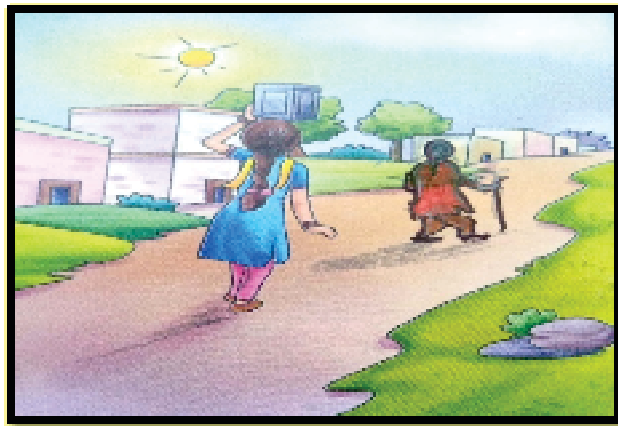
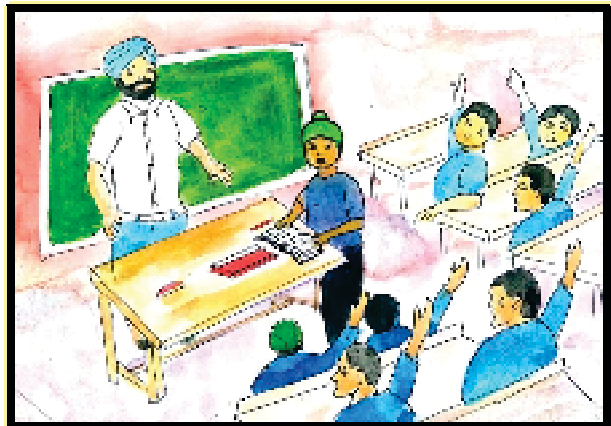


If my grandpa has to go somewhere  
 Or needs to oil his hair  
 Or he needs to wear a new suit  
 I get his things for him.  
 This is how I co-operate





If the teacher has to teach something  
Or to put us to study  
Needs to check our notebooks  
Or requires someone to read the lesson  
I read it loudly  
This is how I co-operate



### Q/Ans :-

- Q.1. How does the child co-operate at home ?
- Q.2. How does the child co-operate at school?
- Q.3. How does he serve his grandfather?
- Q.4. Does he co-operate with his family or with everybody ?

**Note :-** Teacher will tell the students that you also have to co-operate with everybody and tell me who all you cooperated with and how ...

## LESSON 8

# Self-Defence

### (a) Through the game of Karate

Self-defence means protection of oneself. If anybody attacks you how will you defend yourself from that attack?

Children, do you know, in last few days girls were given training of Karate in the school? It was given so that girls can defend themselves after learning Karate. Never depend on anybody.



#### Oral questions:-

- (1) What is self-defence?
- (2) Have you seen a game of Karate?
- (3) Why Karate is needed?

**Teacher will encourage other children for self-defence by action of some girls.**

### (b) Through the game of Fencing

Fencing is a very traditional game of the world. In old days many battles were won on the basis of swordsmanship. This game needs very hard work to be perfect. The ground of fencing is called "piste". This game is also played on indoor ground or outdoor ground. Both the swordsmen attack each other and use shield for their defence.

You must have watched the skill/art of fencing in the serials like "The Ramayana` and The Mahabharata on T.V.



### Oral Questions:-

- (1) What is called the ground of fencing?
- (2) Where did you see fencing?
- (3) Which thing is used to defend attack of fencing?

### (c) Through the game of "Gatka`/stick fighting

With the help of a poster, Teacher will tell the students how you can defend yourself during the game of Gatka and swordsmanship, It will be told to the students in simple way.

Teacher will tell that for sports where you require sportsmanship, you also need self -confidence and these achievements can not be attained without self-confidence.

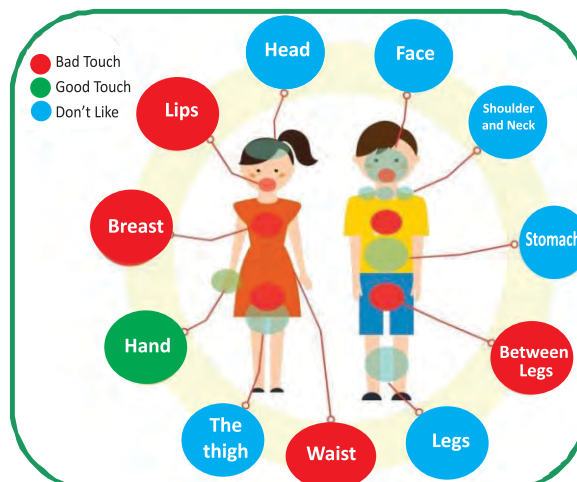
(Gatka is the art of war of Punjabis in which it is art of fighting against enemy during cease fire. Any male/female can take its training. Nihang Sikhs are perfect in this art. Art of weapon is one of the unlimited arts. Gatka is the one of these styles which is played in Punjab and many parts of Northern India. Highlights of this can be seen on HolaMohalla at Anandpur Sahib. Game of Gatka is a game of self-defence as similar to Japan`s game Karate. A Small shield and 3.5 palm long stick is used in Gatka (stick-fighting).



### Oral Question:-

- (1) Where have you seen the game of Gatka or stick-fighting?
- (2) Who can play the game of Gatka or stick-fighting?

### (d) GOOD TOUCH, BAD TOUCH



Teacher will give information to the students about good-bad touch with the help of the poster of body parts.



### Oral Questions :

- (1) How do you feel when anybody touches you?
- (2) What will you do when anybody touches you?
- (3) How do you deal in the market/fairs?

### (e) CONVERSATION

Teacher:- "Do you go to the market ,fairs or festivals and religious places?

Girls:- "Yes, madam.

Teacher:- "You must collide with each other at such places?

Girls:- "There is a lot of scrimmage while watching glimpses.

Teacher:- "There are molesters at such places who tease or molest girls, young girls or women.

Girls:- (They are listening quietly while looking at teacher's face).

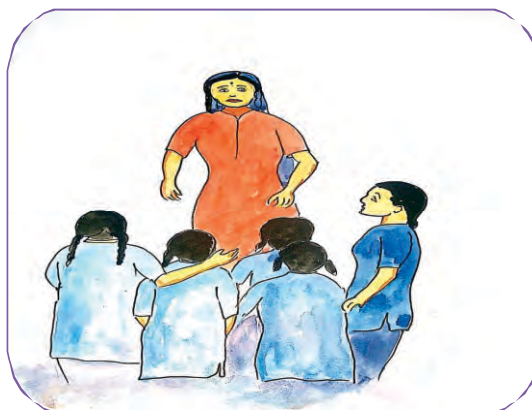
Teacher:- "If someone touches you except your parents, how do you feel?

Girls:- "(Answer collectively)" Very bad.

Teacher:- "Well done ! If you feel bad then that touch is not good then what should do?

Girls:- All Quiet.

Teacher:- "Never be frightened. Do not get nervous also. Tell your parents and start shouting. Do you understand my point?





### Oral Question:-

- (1) Do you go to see glimpses?
- (2) Should you trust on strangers?
- (3) What will you do if someone touches you ?

**Teacher will interact with girls in a friendly environment and guide how to protect oneself from bad touch of anybody.**

### (f) WELL DONE! MINNI

Mini reads in class 5. She is the monitor of the class. She is a good Kho-Kho player. In school, children play games like Kho-Kho and Kabaddi. Boys and girls play together in it.

It was Sunday. The Ramayana serial was going on. Mini was sitting quietly in front of the TV. Mother asked, "Mini is anything hurting?"

"No, Mom" while switching off the TV, Mini answered in a quiet voice.

"Then why is my butterfly sitting withered today?" Mother put her hand on her shoulder and said.

"Mom tell me !" After thinking for a while, Mini said, "Yes, say my love!" Mom said holding her hand lovingly!

"Now you put your hand on my shoulder then nothing happened." Mini was talking intermittently as if remembering something.



(Mummy was looking surprisingly at her face)

"Yesterday while playing, when a boy put his hand on my shoulder, I didn't like it. And after that I couldn't play." Minnie looked at her mother for answer.

This was the reason for your silence. The mother hugged Minnie and said, "My queen daughter, when I touch you, whether it is your shoulder, mouth or hand, nothing happens to you because I am your mother. You know this touch since your childhood. So you like it.

Oh mom! Minnie said hugging. "Dear Minnie! Do you feel bad when a stranger touches you at these places!" The mother asked by looking at Minnie.

"Too much!" Minnie made a bad face and said, "Yes, dear! That means that touch is not good, it's bad". Mom taught, "Dear Minnie, if any touch that doesn't feel good, makes you uncomfortable, is bad. If someone touches you in a bad way, tell your teacher, Father or me, but don't be silent.

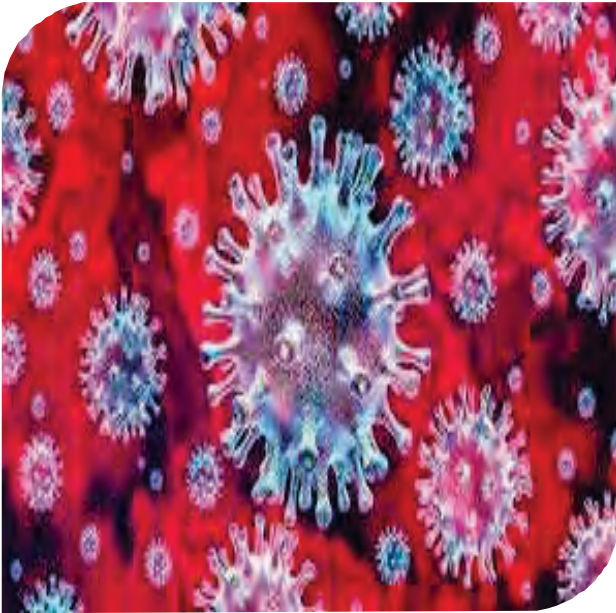
"Don't worry mother! Your Mini is not so weak to let go the wrong toucher. as I am a player" Mini said. She said laughingly while switching on T.V. "Well done Minnie!" The mother said taking Mini in her lap.

### **Oral questions :-**

- (1) Do you listen to stories from your elders?**
- (2) Which game do you play in the school?**
- (3) Do you support at home?**
- (4) Which serial do you watch on TV?**

(The teacher will inspire the girls with a story.)

## (G) Protection from Pandemic



Any disease that affects people from different countries all over the world is called pandemic .For example Plague, Chicken pox, Cholera and Corona etc. Nowadays, Corona has turned into a pandemic.

Teacher will tell the children about Corona virus its symptoms and remedies in detail.

★ Teacher will explain this disease by an activity. For example, make a circle of the children. The children will stand behind each other. The circle will be filled by children.

★ Teacher will ask a child to push. When the child will push another child then the child standing in the front will fall. Thus, all the students standing in the circle will fall down.

(Teacher will tell that Corona is a viral disease and spreads from person to person. Teacher will also tell about prevention of it.)



Teacher will tell the children again to stand in a circle and repeat the same activity. The child will push again. All the children standing in circle will fall down.

Teacher will pick out a child from the circle holding his/her arm. Now children will stop falling.

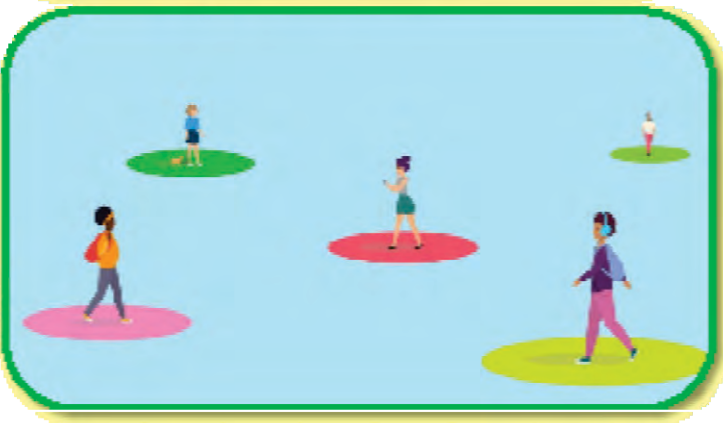
(Teacher will tell that in this disease social and physical distancing is a must otherwise, this chain will continue. Teacher will tell that in order to break this chain we should have distance from others, wear mask, cover mouth with cloth or handkerchief while sneezing, keep your surrounding clean and wash hands for atleast 20 seconds.)



Wear mask



Wash hands properly  
multiple times



Keep physical/  
social distancing

### Oral Question:-

- (1) Do you know about pandemic?
- (2) Tell me the name of any pandemic?
- (3) What can we do to be safe from COVID-19?



LESSON  
9

## Right Solution to a Problem

### (a) Let's fly a kite



Today I am reading to you an incident of Hon'ble Teacher Mr. Sandeep Singh Bahlvi, published in 'Bal Magazine' .....

You may have commonly seen flying kites. Many of you children will also be flying kites on holidays. During Childhood , I used to be like you. I also used to fly kites.

A day before spring, me and my friend Nima were flying kites. Other people were also flying kites on the roofs of the houses. We both were having fun.

Suddenly the string got entangled from Nimme. I wanted to leave more string but the string got entangled. All the fun was gritty. The kite could not be saved and got cut. I got very angry at Nimme. Nimme vented his anger on the wheel.

Now I think, that it was not of Nimme's fault. There was no fault of wheel either. The fault was of the entanglement in the string, of the confusion. So, if there was no entanglement then the kite would have kept flying in the sky.



### Oral Questions: -

- From where did the teacher read the story to the children?
- Who all were flying the kite?
- Why was the children's fun got spoiled?
- Whose fault was it?

The children were told that Problems are part of life.  
They are in every man's life. They are for me also but  
there is a solution to every problem



So let's sing

If the question is not understood, if the elder  
child threatens, if any worry disturbs  
Go to your teacher and get rid of the confusion  
Neither be scared nor scare anyone.

## (b) The solution to every problem

A picture of the Cabinet (Raj Darbar) will be displayed in front of the children. The faces shown in this picture will be anxious.

Five children will recite five verses

The first child - Let's look at this picture The sitting king, the standing minister.

The second child - The problem is really serious. Sisters and brothers all together.

The third child - The whole assembly is in trouble. The courtier is astonished/in wonder

The fourth child - All the gifted. Wise great scientists are welcome.

Fifth child - The solution to the problem will be found. Disaster will subside.



**So kids - from this poetry lesson we have come to the conclusion that:**

1. Even the greatest person can have a trouble / confusion.
2. In times of difficulty / confusion there is a need to discuss together.
3. Logic and Argument can solve complexities

Q.1. Write about one of your problems in two lines. .

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Q.2. What did you do to resolve your confusion?

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## (C) Teacher's note

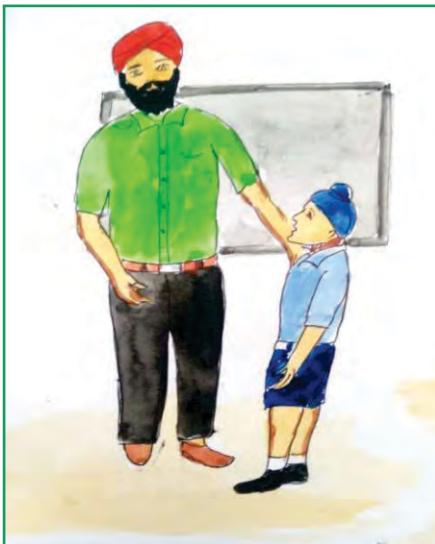
Savijot's is a bright student of class five. He has been frustrated for the last two months. His interest in studies has also decreased. His peers have also noticed his stress. He also remains absent from school.

Savijot's conversation with the teacher

Teacher: What's the matter, you are no longer interested in Reading Corner?

Savijot's : Sir I am short of time.

Teacher: How is that possible? At first, you were at the forefront reading every new book.



Savijot's : Earlier it was fine sir, now it has become difficult due to household work.

Teacher: But tell me the reason?

Savijot's : My father has been ill for the last three months.

Teacher: What happened?

Savijot's : Sir, TB has been detected from the test report.

Teacher: Don't be afraid, there is a cure for this disease. Patients get free medicine from government hospitals.

Savijot's : Yes sir, we have just started treatment from there.





Teacher : Both the treatment and precaution are important.

Savijot : OK sir.

Teacher : Don't worry about your studies. Your syllabus will be completed. Don't be afraid of anything. Let me know if there is any need. You are our wise student.

Precautions : TB is a contagious disease. When caring for a patient, you should put a mask on your face. The patient's clothes should be washed every day and the bed sheets should be changed. The patient should be given a balanced diet.

### Oral Questions: -

- Why was Savijot's upset?
- What was his father's ailment?
- What did the teacher tell her?
- Name two infectious diseases

**Write some lines about Savijot's in your diary**