



# INTEGRITY CLUB MANUAL



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# **INTEGRITY CLUB**

**A Pilot Initiative to Rekindle Values  
in School Children**

at

**Kendriya Vidyalaya, Rangpuri,  
New Delhi**

by



**Airports Authority of India**  
**Corporate Vigilance Department**  
**(ISO 9001 : 2000 Certified)**

**17<sup>th</sup> April, 2009**

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प्रत्यूष सिन्हा  
Pratyush Sinha



सत्यमेव जयते

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March 12, 2009

## FOREWORD

I am very happy to learn that Shri D. S. Mishra, Chief Vigilance Officer, Airports Authority of India and other Vigilance Officers in his team have voluntarily worked on a pilot initiative to conceive and implement Integrity Club in Kendriya Vidyalaya, Rangpuri. This is a novel experiment in making children learn distinct human values playfully as a game and become 'Champions of Ethics' through regular practice in real life.

2. The decline in moral values is reflected by the increasing crime and corruption in modern times. One of the approaches to address this problem is to focus on the children who are more vulnerable to negative values. This would be an investment for a future corruption free society.

3. I appreciate the thoughtful work undertaken by Shri Mishra and his team along with Principal, teachers and children of Kendriya Vidyalaya, Rangpuri to conceive and implement the extra-curricular activity of 'Integrity Club'. It is interesting to note that the members have been named 'Young Champions of Ethics' with motto of 'Living Values'. I am sure by assuming such an identity, children will be motivated to become epitome of human values.

4. I urge upon Department of School Education & Literacy, Kendriya Vidyalaya Sangathan, Navodaya Vidyalaya Society and educational set-ups of States and private organizations to adopt this model of extra-curricular activity. This playful activity over a period will help them to rekindle human values in school children.

5. I wish all the very best to Shri Mishra, his team and Principal, staff & children of Kendriya Vidyalaya, Rangpuri in this endeavour.

( PRATYUSH SINHA )  
Central Vigilance Commissioner



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## PREFACE

It brings me great pride that Corporate Vigilance Department, under stewardship of Shri D.S.Mishra CVO, has successfully piloted an initiative 'Integrity Club', to instill and strengthen human values in the school children of Kendriya Vidyalaya, Rangpuri. This is another feather in cap in his resolve to create corruption free delivery system.

In the last few years we have seen considerable decline in human values leading to increase in crime, corruption and frauds in the society. The recent fall of Satyam Infosystem because of greed and deceit, is a glaring example of how lack of values can corrode even the top business empire.

The children are the future of our nation. The values inculcated will stay for life and help them in becoming responsible citizens of the country. I am happy to know that Kendriya Vidyalaya, Rangpuri has been selected for this initiative. Nearly 40% students in this school are wards of AAI employees. That means sensitization of children on human values will indirectly benefit the Authority in improving ethical work culture. Therefore, I would like to take this activity further to all the schools run by Airports Authority so that it impacts larger section across the country in strengthening the values and cultivating ethical practices in their respective areas of work.

I urge upon all organizations responsible for school education to adopt this scheme to inculcate, imbibe and strengthen values in children and through them in their families and all others with whom they come in contact with, to promote a culture of honesty and ethical living in the society at large.

I congratulate Shri Mishra and his team of Vigilance Officers, Shri N.C.Kochar, Principal, teacher and children of Kendriya Vidyalaya, Rangpuri who were associated in the pilot initiative for their pioneering efforts, which has given birth to this innovative scheme. I hope that it will be adopted by other schools to become movement in rekindling and strengthening human values across the country.

(V.P.Agrawal)  
Chairman, AAI

## INTRODUCTION

While carrying out various functions during Vigilance Awareness Week to promote ethical practices in the organization for the last two years as Chief Vigilance Officer (CVO), I had been wondering as to why and how corruption has not ceased from the public offices inspite of various measures taken by Governments following Santhanam Committee's Report in 1964. The concern for growing graph of crime and various types of injuries to humanity bother and force me to think about possible causes and remedies. It has been rightly said by Gerald E. Caiden in his book 'Where Corruption Lives' that "as long as the underlying causes persist, corruption *and crime* (italics mine) are unlikely to be eliminated altogether". I discussed my concerns with Shri Pratyush Sinha, Central Vigilance Commissioner and sought his blessings to work on a pilot initiative to motivate young children about human values. His encouragement helped me to discuss this with the Vigilance Officers in Airports Authority of India in launching this initiative on the lines of National Cadet Corps (NCC), National Service Scheme (NSS) and Scouts. I feel that young minds are quite tender and can be moulded in any ways – ethical or unethical. Thus the idea of IC was conceived.

2. Due to modern days' work exigencies, bed time stories loaded with preachings in human values from grandparents or parents have become matters of the past. The joint family environment helped in learning, nurturing and reinforcing values under the watchful eyes of elders and relatives. Now with the nuclear family system and pressures of urbanized living, even in semi-urban areas, one does not have time for the children or for himself/ herself to contemplate on values, which are so much essential for health of the society. To add to this the electronic media, internet and cell phones have further provided enough opportunity to the children to get exposed to things which spoil their moral bearings and be frustrated/ depressed even at young age.

3. Ultimately, the children are going to grow and become responsible members of the society contributing to various activities in nation building. If the raw material itself is ill-influenced, how can adults show great sense of responsibility and patriotism? The growing crime, corruption and terrorist activities are results of the declining values in the society from the childhood itself. As a result people are ready to compromise their conscience for short term or temporary gains.

4. While designing the program, we thought that children enjoy sports and like to be champions in whatever activities they undertake. Therefore, **Integrity Club** with their members christened as **Young Champions of Ethics (YCEs)** came up as a pilot initiative. While working with children of Class VI to IX in Kendriya Vidyalaya, Rangpuri, our this thesis was proved right. I learnt during Landmark Education Curriculum that one becomes what he/she declares. Hence, when the children declared themselves as champions of ethics, the concept manifested through their action in families as well as school environment. Together with Principal and school teachers, some of the Vigilance Officers and I worked with these children over few months to let them understand the importance of values in their lives and concentrated on specific values which would cause difference to them.

5. Various activities were discussed and planned so as to develop children's ethical muscles and reinforce them through continuous practice in real life so that children's being become the values themselves. Twelve specific values viz. Integrity, Patriotism, Tolerance, Secularism, Simplicity, Honesty, Love, Compassion, Responsibility, Respect, Non-violence and Unity were taken up for this exercise. In few months time, children started recognizing these values in their living situations, whether in school, family or outside.

6. Exercises like identifying the values with known personalities, objects in nature/ surroundings, stories, anecdotes, poems, slogans, popular quotes etc. and preparing collage, painting, sketches or illustrations through specific incidences helped children understand the values and their consequences in depth. Children showed their creativity in conceiving and displaying values through skits, one act plays, drama, narration etc.

7. One cannot drop the unethical habits unless one becomes present to values. Transformation does not require giving but forgiving and that is possible only if one starts observing himself or herself where he/ she is going wrong. The playful exercises helped children developing confidence and express themselves before the audience consisting of their own colleagues, Principal, teachers and Vigilance Officers, who were outsiders. Initial hitches in sharings were broken and children started enjoying playing the games of ethics, with ease.

8. A lesson plan for the year has been prepared on the basis of our experience of this pilot and it is hoped that if such an exercise is carried out over a period of four years by the same set of children, it will not only improve their bearings on human values but also help them to sow the seeds of these values among other children in the school, members of their families and the friends in the neighborhood. Ultimately, one day when they become adults, their moral strength and ethical muscles will help them negotiate all kinds of pressure without compromising their integrity and dignity.

9. Based on the pilot experience, we have developed this **Manual**, which can be further improved upon, to make this a co-curricular activity in all the schools to rekindle values in young children. I hope our efforts will bear fruits one day and Integrity Club will be incorporated in the schools like NCC, NSS, Scouts etc. to become an important instrument/ activity for developing value oriented future citizenry in our country, which is proud to have very rich cultural heritage.

10. Needless to say that this co-curricular activity aims to make Young Champions of Ethics as role models in the society. However, young children are learning a great deal from their parents and teachers. Hence, it is essential that they become role models for ethical conduct for these children. For this purpose, a brief introduction/ orientation of all concerned in the beginning of academic session is highly recommended.

11. I request Kendriya Vidyalaya Sangathan, Navodaya Vidyalaya Society, States' Basic Education Departments and private institutions running schools to adopt this scheme in their school activity. I sincerely appeal Department of School Education & Literacy, Ministry of Human Resource Development (MHRD), Govt. of India to own this scheme for promoting in school education at National level. I feel that dividends paid by the scheme may be far more than the investments in terms of commitments on time and funds on meeting some small expenses. Moreover, it is high time we show our commitment to institute a value-based society to address various aberrations being observed through declining values.

12. Suggestions to improve this Manual are solicited at [dsmishra10@yahoo.com](mailto:dsmishra10@yahoo.com)



(D.S. MISHRA)  
IAS  
CVO, AAI

## ACKNOWLEDGEMENT

At the outset, I would like to express my deep gratitude to Shri Pratyush Sinha, Central Vigilance Commissioner, who encouraged me to carry out this pilot initiative with school children to instill and reinforce human values in them. I would like to thank Shri V.P. Agrawal, Chairman, Airports Authority of India (AAI) and Dr. K. Ramalingam, ex-Chairman, AAI, whose positive vibes on discussing this pilot initiative with them, helped me in going ahead. I am thankful to all officers in the Vigilance set-up at CHQ and Northern Region, who worked with me voluntarily on this project.

2. I would like to express my sincere appreciation to Shri N.C. Kochhar, Principal and teachers Mrs. P. Chawla and Mrs. Kiran Yadav in Kendriya Vidyalaya, Rangpuri, who not only allowed me to carry out this idea in the school as human laboratory but also actively participated and contributed towards conceiving, experimenting and precipitating concepts to make the pilot give birth to a futuristic institution. My special thanks are due to Mrs. P. Goel, the then General Manager (Admn) in CHQ of AAI and Chairman of Kendriya Vidyalaya, Rangpuri, who had been actively participating in all the activities of the pilot initiative even after her retirement. I am greatly thankful to Shri Ranglal Jamuda, IAS, Commissioner, Kendriya Vidyalaya Sangathan, who not only readily agreed to chair the function for launching of this project in Kendriya Vidyalaya, Rangpuri by Central Vigilance Commissioner but also agreed to take this initiative forward to other schools of Kendriya Vidyalaya Sangathan.

3. I would like to appreciate contributions of Mrs. Poorva Khurana, faculty member of National Institute of Fashion Technology (NIFT), New Delhi and Mrs. Monika Garg, Director of this Institute in collaborating with us for preparing Integrity Club's logo and scarf for 'Young Champions of Ethics' (YCEs) free of cost.

4. I am grateful to the Landmark Education, which has given me framework for carrying out such exercises in any community for their betterment. I am thankful to Shri M. K. Kaw, IAS (Retd), Dean, Shri Satya Sai International Centre for Human Values, Lodhi Road, New Delhi and the book published by this institution on 'Education on Human Values: A Course Book for Training of Master Trainers' and IC Centre for Governance, Panchgani, which gave me food for thought for carrying out this exercise in rekindling human values among school children and through them in the larger society.

5. All the children in Kendriya Vidyalaya, Rangpuri who volunteered to be YCEs as pioneer in the pilot exercise deserve my special appreciation for allowing us to work with them in conceptualizing this co-curricular activity, which has potential to institute value-based living among children and society at large. I learnt a great deal from their enthusiasm and keen observations during this project.

6. I would like to acknowledge sincere feedbacks and guidance provided by my wife Meera and two children, Nupur and Atal during discussions on the concepts at home and being support to me when I had been encroaching upon their time in family to work on this project. They provided me extended environment for testing the hypothesis for the pilot initiative.

7. At the end, I would like to thank my personal staff, Shri Anil Wadhwa, Shri Sachin Lamba and Shri Jaipal Rawat and would specially like to mention names of few Vigilance Officers like Capt. Deepak Shastri, Shri Kuldeep Singh, Shri N.B. Goel, Shri Rajesh Grover and Mrs. V. Saraswathi, who have put in lot of hard work in bringing out this Integrity Club Manual.

A handwritten signature in black ink, appearing to read 'D. S. Mishra', written in a cursive style and underlined.

**(D. S. MISHRA)**  
**IAS**  
**CVO, AAI**

## **ABBREVIATIONS**

AAI	-	Airports Authority of India
CHQ	-	Corporate Headquarter
CVC	-	Central Vigilance Commission
CVO	-	Chief Vigilance Officer
IC	-	Integrity Club
GL	-	Group Leader
ICMCS	-	Integrity Club Management Committee of School
KV	-	Kendriya Vidyalaya
KVS	-	Kendriya Vidyalaya Sangathan
MHRD	-	Ministry of Human Resource Development
NCC	-	National Cadet Corps
NIFT	-	National Institute of Fashion Technology
NSS	-	National Service Scheme
YCEs	-	Young Champions of Ethics



# 1

## Why Integrity Club (IC)?

### 1.1 Declining Values

- 1.1.1 India is a country with rich cultural heritage and strong moral values. However, it is being observed that human values in our society are declining day-by-day. This may possibly be due to, the excessive influence of electronic media, internet and mobile phone facilities, disintegration of joint family system, increasing practice of nuclear family system, lack of role models and rapidly growing urbanization. The fast and contingent life style accepted by the individuals to fulfill their greed, and considering that as need, has also aggravated the decline.
- 1.1.2 Before the advent of electronic media and Internet etc. one had enough time to spend with the colleagues and family that enabled him/ her to exchange thoughts and learn from each other. In the joint family, elders guided every child appropriate path in life. Children were brought up with love & affection and with value based moral bed time stories carrying logical explanations and ethical messages. They were promptly & strictly reminded by seniors to follow values like respect, tolerance, love, responsibility etc. with the quality of caring and sharing. These learnings are totally missing in nuclear families. Instead the children get more time to stick into electronic and multimedia, which have easy access to both good and bad things. Children having raw and tender mind are worst affected by this trend which influence them to become self centered. They are left unguided to choose their path without knowing the pros and cons. On success, they feel happy but become overconfident and failures demoralize/ frustrate them. Some times, few end their lives for small failures like examination results or rifts in friendship etc.
- 1.1.3 Adverse impact of decline in values may be realized from the growing level of crime and conflicts reported within family and in the society. The recent cruel incidents of sexual harassment of girls at home/ schools/ police stations etc., ragging leading to death, communal violence, terrorist attacks, gang rapes and chain snatching by the students make this conclusion self evident. The 26/11 incident at Mumbai by the miscreants is an ultimate example of deterioration in living values in our society. How could a handful of foreign terrorists enter in our country and influence many to receive various services and create havoc in the metropolis which kept the whole country standstill for almost 3 days by killing and injuring many? Plenty of accomplices would have helped them perpetrating the heinous crime.

### 1.2 Need for Rekindling

- 1.2.1 It is high time to remember and realize the golden words by father of our nation, Shri M. K. Gandhi, that ***“On this earth there is enough for everyone’s need but not for their greed”***. As the greed, in a person, dominates the human values become the first causality. One always expects to benefit by every action of his/ her. Even after being suitably rewarded he/ she is not satisfied. Similarly losses makes him/ her go berserk and he/ she goes to any extent to succeed, without any concern for the human values or to limitations of the society and nature.





## 2

### What is IC?

#### 2.1 A Community Group for Human Values

- 2.1.1 Childhood is the most appropriate time to inculcate the human values. Integrity Club is framed for the children in the age group of 11-16 years. IC is designed as a 'community group' for cultivating the human values in the school children, in line with other co-curricular activities like NSS, NCC, Scouts etc. With IC setups in the schools, the children will learn distinct values through various activities and games **involuntarily** so that **their beings incorporate these values inherently and manifest through ethical conduct and behavior automatically**.
- 2.1.2 The members of IC are named as **Young Champions of Ethics (YCE)**. The word champion itself motivates the children to become masters in application of these values in real life. Through various IC activities and continuous practice over the years, the ethical muscles of YCEs are developed so that they do not succumb to inducements or challenges encountered in real life. The **motto** of the club is '**Living Values**' so that every member becomes a role model in human values. This helps them becoming the '**Value Messengers**' or '**Value Catalysts**' in the society. These children impact their classmates and friends in the school, members of the family, friends in neighbourhood and other segments of society they interact with, as living examples of ethical conduct and behaviour.

#### 2.2 Vision, Mission and Strategy

- 2.2.1 Accordingly, the conceptualization of IC incorporates the above features in its' Vision, Mission and Motto statements. Strategy to achieve the objective is to engage the children in such activities which are best liked by them i.e. games & sports. Thus, children learn values not as curriculum but as extra-curricular activity playfully and willingly gaining skills to turn into champions of ethics.
- 2.2.2 The salient features of the IC are shown in Box 2.1.



## Box 2.1 Integrity Club : At a Glance

1	नाम/NAME	:	इंटीग्रिटी क्लब INTEGRITY CLUB(IC)
2	सदस्य/MEMBERS	:	किशोर नीतिवान विजेता YOUNG CHAMPIONS OF ETHICS (YCEs)
3	आदर्श वाक्य/MOTTO	:	जीवंत मूल्य LIVING VALUES
4	ध्येय/VISION	:	किशोर नीतिवान विजेता समाज में मूल्यों का पुनर्जागरण करेंगे । Values in the society will be rekindled by Young Champions of Ethics.
5	उद्देश्य/MISSION	:	किशोर नीतिवान विजेता नैतिक जीवन जीकर अपने परिवार, आस-पड़ोस, स्कूल समुदाय तथा बृहत समाज में मानवीय मूल्यों का प्रसार करते हुए देश में मूल्यपरक संस्कृति सुदृढ़ करेंगे । Living ethically Young Champions of Ethics propagate 'human values' in their families, neighborhood, school community and society at large to strengthen value based culture in the country.
6	रणनीति/STRATEGY	:	विभिन्न मूल्यों को खेल की तरह सीखते हुए बच्चे वास्तविक जीवन में उनका निरन्तर अभ्यास करके अपनी नैतिक मांसपेशियों को विकसित कर किशोर नीतिवान विजेता बनेंगे । Children learn distinct values playfully as a game and become Champions of Ethics by developing their ethical muscles through regular practice in real life.



## 3

### How is IC Organized?

#### 3.1 Students for IC

- 3.1.1 IC is set up in the school as a 'community group' consisting of students from class 6 to 9 in age group of 11-16 years. Boys and girls as mixed group in co-education schools or only boys or girls in their respective schools, join the club voluntarily at the beginning of academic session. Twelve basic human values as shown in Box 3.1 are taken up as IC values for inculcating and strengthening the muscles of YCEs through activities and regular practice.

#### Box 3.1 IC Values

❖ Integrity	❖ Love
❖ Patriotism	❖ Compassion
❖ Tolerance	❖ Responsibility
❖ Secularism	❖ Respect
❖ Simplicity	❖ Non-violence
❖ Honesty	❖ Unity

#### 3.2 Administrative Setup

- 3.2.1 The **administrative setup** of IC in the school constitutes the **Principal as Chairperson** and two **teacher representatives** nominated by the Chairperson per model set up of IC to run the Club. These teacher representatives are called **IC Managers**. In case there are more than one set up in a school, every set up will have two separate IC Managers. Together they constitute **IC Management Committee of School (ICMCS)**. All IC activities are documented and accounted for by ICMCS.

#### 3.3 Functional Responsibilities of ICMCS

- 3.3.1 ICMCS is responsible for effective management of IC in the school in furthering its objectives. The committee is empowered for selecting the members for IC and conducting day-to-day activities of the club. While selecting YCEs, care must be taken to ensure that the club has mixed group of students. At the beginning of each academic session, committee fills up vacant membership of IC created due to successful completion of YCEs getting promoted to class 10. Committee meets at least once a month to plan and finalize the activities of IC in school which spreads over the whole of academic year. Committee estimates the yearly fund requirement to manage IC and seeks approval and allotment from whosoever is responsible for the same in the school.



Committee maintains the documents and accounts of IC in a manner which could be audited any time as desired by school management.

### 3.4 Eligibility to Join IC

- 3.4.1 Very young children are innocent, pure, simple and truthful. They start firming up their individual attributes during teens. Therefore, the age of 11-16 years is quite crucial. So, in line with the Mission of IC, the children studying in class 6 to 9 are identified as most suitable to become YCEs. The details regarding IC membership are shown in the Box 3.2.

#### Box 3.2 IC Membership

##### **MEMBERSHIP:**

- a. Students of class 6 to 9, who volunteer themselves to become YCEs;
- b. IC membership is valid upto 4 academic years or till class 9; and
- c. Membership is free.

##### **CESSATION OF MEMBERSHIP:**

The Membership shall cease;

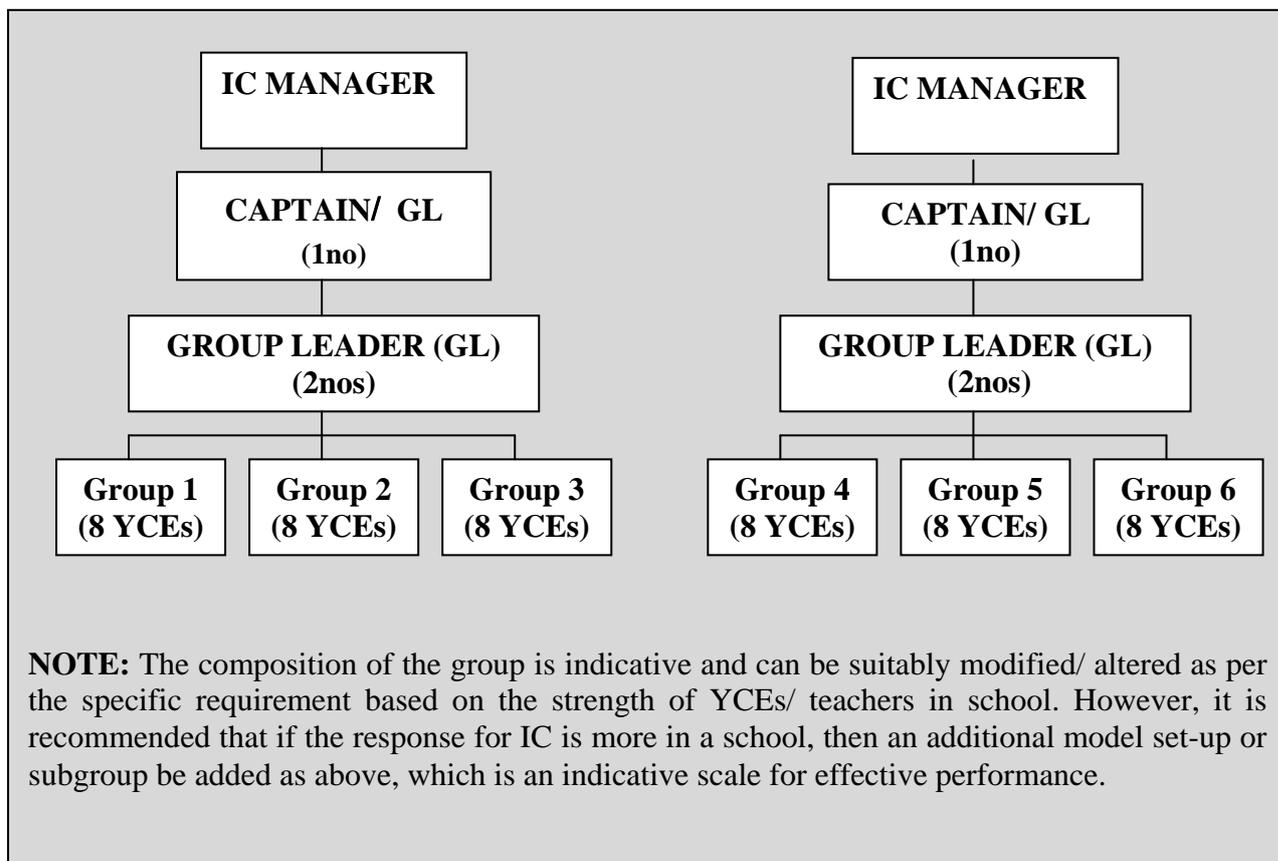
- a. On receipt of written resignation from YCE;
- b. On transfer/ discontinuation of YCE from the school;
- c. On successful completion of 4 years or moving to class 10 or on attaining the age of 16 years; and
- d. On disciplinary ground at the discretion of ICMCS.

### 3.5 Model setup of IC

- 3.5.1 IC in a school has at least **one model setup** as shown in the Box 3.3. Every model setup of IC consists of **54 YCEs** under the supervision of two IC managers of school. As per this set up, the 54 YCEs are divided into **6 equal groups** with 9 YCEs in each group and with one among them designated as group leader (GL). A combination of 3 groups forms a **sub-group of IC with 27 YCEs and each sub-group is supervised by an IC Manager**. One among 3 group leaders of a sub-group, is designated as **captain**. Hence, there are 2 such captains; also they are group leaders for their respective groups. This setup enables the YCEs to have good and effective interactions for sharing/ discussing their doubts and ideas about the values in and around them and also to identify the substantial loss of particular value from the recent real life happenings at home/ school/ neighbourhood/ society. In the process the ethical muscles of YCEs are strengthened automatically. This may enable them in rekindling human values in the society with exemplary living.



### **Box 3.3 Model Set-up of IC**





## 4

### What are the Specific Identities of IC?

#### 4.1 IC Logo

4.1.1 In line with the aims, objectives and strategy of IC a logo has been designed in collaboration with NIFT, Delhi as symbol for this club. The IC logo and the message being conveyed through this are shown in Box 4.1.

#### Box. 4.1 IC Logo



#### MESSAGES BEING CONVEYED THROUGH THIS LOGO

- Circular shape represents wholesomeness i.e. Integrity;
- Seven colours of rainbow represent completeness i.e. Integrity;
- Tree represents growth and together with bird represents nature, which conveys the purest form of all values including integrity;
- Boy and girl are showing their joy of becoming champions of ethics;
- Tricolor of Indian flag in 'Integrity Club' conveys patriotism;
- 'तमसो मा ज्योतिर्गमय' is the prayer for 'journey from darkness to light' conveying the objective of the Club initiating journey towards value based living.



## 4.2 Allocation of Values and Colour

4.2.1 YCEs under various groups of IC are allocated different colours and names to have distinct identity in reference to the values allotted to them for intensive activities as shown in Box 4.2.

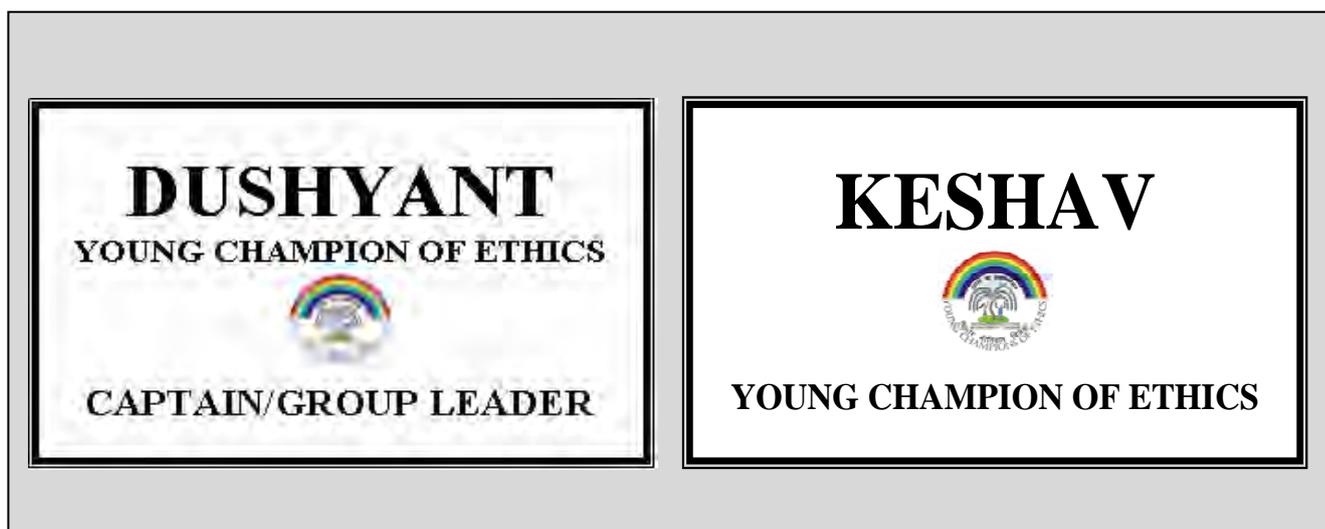
### Box. 4.2 Group Values and Colours

<u>Group</u>	<u>Group Names</u>	<u>Group Colours</u>	<u>Allotted Values</u>
1	Patriotism	Orange colour	Integrity and Patriotism
2	Secularism	Sky blue colour	Tolerance and Secularism
3	Honesty	Purple colour	Simplicity and Honesty
4	Compassion	White colour	Love and Compassion
5	Respect	Green colour	Responsibility and Respect
6	Unity	Golden yellow colour	Non-Violence and Unity

## 4.3 Identity Badge

4.3.1 Apart from identifying the groups of IC through different colours and names, an identity badge is issued to YCEs on joining the club as shown in Box 4.3. Colour of the badge is colour of the Group.

### Box. 4.3 IC Badges





4.3.2 For motivating YCEs and keeping their full involvement during subsequent years one star (★) be added in their badges after completion of each year as shown in Box 4.4.

**Box 4.4 IC Badges for subsequent years**

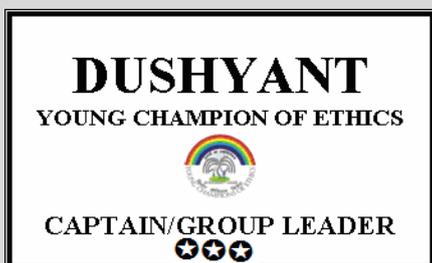
(i) **Badge after completion of 1 year**



(ii) **Badge after completion of 2 years**



(iii) **Badge after completion of 3 years**





#### 4.4 Acknowledgement of YCEs Commitment

4.4.1 As a recognition to the **hard and accomplished** work rendered by the members of IC in rekindling the human values in the society by becoming **Value messengers/ Value Catalysts**, a certificate for **participating voluntarily** in the activities of Integrity Club and successfully completing this value education program is proposed to be awarded to the YCEs. The period of their association/ contribution in achieving the mission through IC is to be clearly indicated in the certificate as shown in Box 4.5. This certificate may be issued to YCEs during the annual function of IC.

#### 4.5 IC Scarf

4.5.1 A unique scarf for YCEs is designed to give them distinct identity along with their school uniform. These scarves are printed on Satan cloth of triangular shape measuring 36" X 18" in the design as shown in Box 4.6 and are tied in a pattern as given in Box 4.7

#### Box 4.5 IC Certificate to YCEs



***Kendriya Vidyalaya, Rangpuri  
Integrity Club***

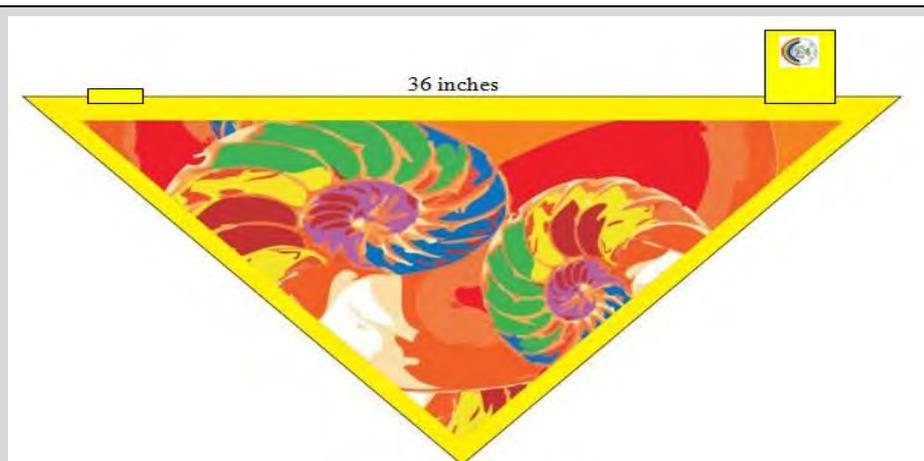
***Awards this certificate on \_\_\_\_\_ to***

*Master/Ms \_\_\_\_\_, of class \_\_\_\_\_,  
the Young Champion of Ethics for his/ her participation and  
successful completion of \_\_\_\_\_ year(s) in Club activities towards  
living ethically and being catalyst to rekindle human value in the  
society.*

<i>( Ms. K Yadav ) Teacher, KV, Rangpuri IC Manager</i>	<i>(Ms. P Chawla ) Teacher, KV, Rangpuri IC Manager</i>	<i>( Mr. NCKochar ) Principal, KV, Rangpuri Chairperson, ICMCS</i>
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### **Box 4.6 IC Scarf Design**



#### **MESSAGES BEING CONVEYED THROUGH THIS SCARF**

- The design contains two sea shells, which provide nature's safety to the life. Similarly, YCEs will get safety from all negativities through this value based learning.
- The colour scheme used in the scarf is taken from the rainbow, representing nature's beauty. YCEs, through regular practice in Integrity Club, will develop ethical muscles in such a way that their conduct and behaviour become pure and simple like nature.
- The colourful design represents joy and celebration and that is how members of the Club will rejoice and become Champions of Ethics.
- The logo attached with the scarf will remind them of their commitment to the Integrity Club values.
- The 'V' shape of the scarf represents victory i.e. it wishes YCEs success through

### **Box 4.7 IC Scarf Tying Pattern**





# 5

## What are the Activities of IC?

### 5.1 IC Sessions

5.1.1 A model activity plan of IC for the year has been shown in **Annex - I**. This covers 25 sessions of around 1 hour each. The following activities are planned during these sessions:

- (i) Enrollment of YCEs;
- (ii) Registration of YCEs by introducing objectives, activities etc., and distributing identity badges, scarves, specific values etc., for group exercises/ activities;
- (iii) Orientation/ sensitization of all teachers/ staffs/ parents of YCEs regarding IC;
- (iv) Narration of stories, songs, poems and anecdotes related to specific values;
- (v) Presentation on symbols from nature and surroundings representing specific values;
- (vi) Identifying prominent/ known personalities with specific values;
- (vii) Preparation of paintings, drawings, collage etc. on specific/ group values;
- (viii) Creative activities like skit, drama, one act play, elocution related to values;
- (ix) Quizzes/ games on specific/ group of values, eg. games of 'Colour to Learn' as shown in Box 5.1 and 'Target the Values' as shown in Box 5.2;
- (x) Identifying specific incidents from real life experiences substantiating values or loss thereof and consequences there from;
- (xi) Sharing experiences regarding propagating values in the community through self examples;
- (xii) Presentation by School Principal/ Guest from outside/ IC Managers who sensitize children regarding importance of values and consequences of decline in values on the society;
- (xiii) Any other exercises to inculcate/ reinforce values among children; and
- (xiv) Annual function of YCEs before rest of school/ parents regarding IC.

5.1.2 ICMCS should discuss the lesson plan in the beginning of academic session and keep reviewing that based on progress through monthly meetings. Only 25 sessions for the year have been planned to take care of long vacations, holidays, examinations and other contingencies etc. These many sessions would be adequate during the year and that makes total of 100 sessions during 4 years for a child who is joining the IC in Class 6<sup>th</sup>.

5.1.3 Lesson plan remains the same during subsequent years. It is expected that children will become more acquainted with various living values in every passing year. That will strengthen the YCE's faith in application of ethical behaviour in living situations. Better understanding will help them in propagating these values in the community through living examples. Quality of sharing and confidence in narration of incidents will also grow in them with experience.



## **Box 5.1 Colour to Learn**

Get two chart papers. Keep water colours in front of one chart paper and sketch pens/ colour pencils against the other. YCEs have to come one by one and draw any picture/ figure/ painting/ sketch etc on these chart papers using the paint media kept in front of them.

After all the YCEs have completed this task on both chart papers, it will be found that the following results which could be related with values have come up. Discuss these with YCEs.

<b>S.No.</b>	<b>Work done with Sketch pens</b>	<b>Work done with water colours</b>
1	<b>Honesty</b> of work done	<b>Unity</b> in drawing
2	<b>Respect</b> towards each other's work	<b>Love</b> by mixing colours
3	<b>Simplicity</b> of the work done	<b>Tolerance</b> by allowing others to be the best
4	<b>Responsibility</b> to do best drawing	<b>Secularism</b> by using all the shades and colours

## **5.2 Annual Camps**

5.2.1 At the end of the year an annual camp will be planned to exchange ideas and experiences learnt during the year. Such camps can be for one day exclusively devoted to values and be organized in school or outside where children can have safe night stay.

## **5.3 Value Excursions**

5.3.1 Principal/ IC Managers may plan and execute tour of some places during the year so that YCEs may learn various values through demonstration on ground. Few such places in Delhi are Gandhi Smriti, Raj Ghat, Vijay Ghat, Shantivan, India Gate, Lal Qila etc., where children can learn many values from the life of distinguished/ prominent personalities of our nation. Similarly various other monuments representing the values of IC in and around the city may also be visited where IC Managers may narrate story/ anecdotes to substantiate learning of values/ ethical living.

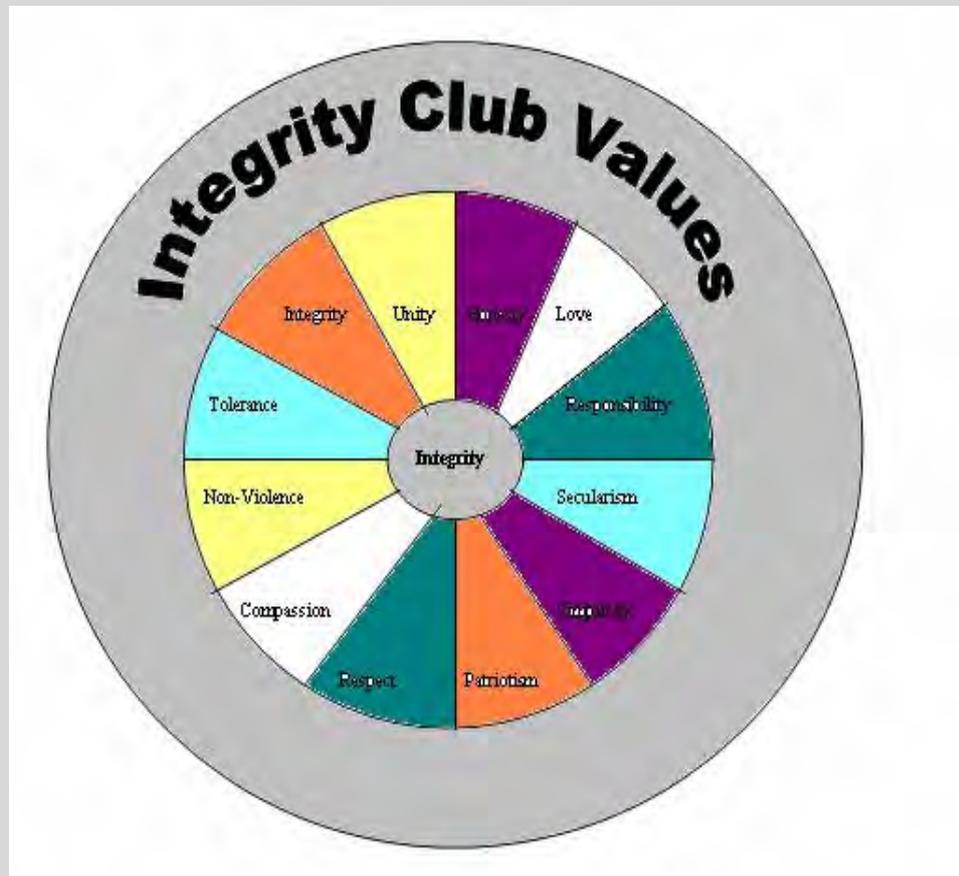
## **5.4 IC Session Plan**

5.4.1 Every session of IC will start with IC pledge which is prepared in line with the Vision and Mission statements of the Club as shown in Box 5.3. This will be followed by the IC theme song as shown in Box 5.4 and IC group song as shown in Box 5.5. The activities/ sessions of IC will invariably be concluded with National Anthem which will help in imbibing the value of patriotism in YCEs. Apart from the above, any other songs which represent specific values or the school songs may be included in the sessions by IC Manager.



### **Box 5.2 Target the Values**

A game regarding 'targeting the values' is designed on a hand-made chart paper. Drawing a big circle on the chart paper, it is divided into twelve equal segments as parts. Each segment is assigned one value and a symbol /prominent personality representing the value is pasted on that part.



The game is played with a gun containing tennis balls. The YCEs are required to target any value from a distance. They have to speak about the value/narrate short stories/symbols etc which is hit by the ball.

By participating in this game, the YCEs inculcate the values by practice and prompt narration of various incidents about distinct human values.



### **Box 5.3 Integrity Pledge**

#### **प्रतिज्ञा**

हम भारत के किशोर नीतिवान विजेता / सत्यनिष्ठा से प्रतिज्ञा करते हैं कि / हम नैतिक मूल्यों के प्रति सर्वदा कटिबद्ध रहेंगे / हम अपने परिवार / आस-पड़ोस/विद्यालय समुदाय / तथा वृहत समाज में / नैतिक मूल्यों का प्रसार करते हुए / पुनर्जागरण के लिए प्रतिबद्ध रहेंगे / हम अपने कार्यों द्वारा समाज में / ईमानदारी / धर्मनिरपेक्षता / भाईचारा / एकता / सहिष्णुता / सम्मान और सहयोग बनाए रखने के लिए / निरंतर प्रयत्नशील रहेंगे / हम अपने सामूहिक प्रयासों द्वारा / अपने संगठन को गौरवशाली बनाएंगे / तथा अपने देश और देशवासियों के प्रति / अपने उत्तरदायित्वों का निष्ठा से पालन करेंगे ।

**जयहिन्द !**

#### **PLEDGE**

We, the Young Champions of Ethics / do hereby solemnly pledge that / we will remain committed to / moral values. / We will rekindle the values / in our family / neighborhood / school community / and society at large / by being the living messengers of / these values. / By our deeds / we will continuously strive to / impart the values of / Honesty, / Secularism, / Brotherhood, / Unity, / Tolerance, / Respect / and Co-operation / in the society. / By our integrated efforts / we will strengthen / our organization / and sincerely / become responsible / towards our country and countrymen./

**Jai Hind!**

## **5.5 Sharing of Values**

- 5.5.1 IC managers should ensure that every activity included in the sessions conveys the messages under various values, which will help developing the ethical muscles of YCEs. The YCEs are encouraged to share their learning from IC with their friends, parents and other relatives. Similarly, they are motivated by IC managers to narrate their experiences from recent incidents from their own life or from the lives of people around them or noticed from reports of newspaper, television etc., related to declining values in the society.
- 5.5.2 The problems encountered by YCEs regarding the values in real life are discussed in the sessions under the guidance of IC Managers. This enables the children to understand and realize the merit of situation which may make them more courageous and develop stronger commitment to moral values.



### Box 5.4 IC Theme Song

#### इंटीग्रिटी क्लब थीम सॉंग/INTEGRITY CLUB THEME SONG

जगती के प्रांगण में अब, व्यापक जीवन अभियान हो,  
नैतिकता का सम्मान हो ।

बौद्धिकता के समरांगण में, मानवता का मान हो,  
नैतिकता का सम्मान हो - 2

जगती के प्रांगण में .....

मूल्यों का विकास धरा पर, हर मानव का ध्येय बने,  
सहिष्णु, सह अस्तित्व, समन्वय, मानव का उद्देश्य बने,  
मूल्यपरक शिक्षा के द्वारा, जन-जन का निर्माण हो ।

नैतिकता का सम्मान हो - 2

जगती के प्रांगण में .....

नैतिकता का सम्मान हो - 2

प्रेम, एकता, भाईचारा, देशभक्ति के बंध प्रभु,  
पग-पग पर गाए जन-जीवन, शांति के नूतन छंद प्रभु,  
जाति-धर्म से मुक्त धरा पर, मानव का कल्याण हो ।

नैतिकता का सम्मान हो - 2

जगती के प्रांगण में .....

अहिंसा और अनुशासन का हम, सबको पाठ पढ़ाएँ,  
सत्यनिष्ठ हम भूमंडल पर, शांतिदूत बन जाएँ,  
पुण्यधरा पर नीतिवान ही, विजयी- विश्व महान हो ।

नैतिकता का सम्मान हो - 2

जगती के प्रांगण में .....

Smt. K.Yadav, KV, Rangpuri



### Box 5.5 IC Group Song

#### इंटीग्रिटी क्लब ग्रुप साँग/INTEGRITY CLUB GROUP SONG

##### हम को मन की शक्ति देना

हम को मन की शक्ति देना, मन विजय करें  
दूसरों की जय से पहले, खुद को जय करें  
हमको मन की शक्ति देना, मन विजय करें  
दूसरों की जय से पहले, खुद को जय करें  
हमको मन की शक्ति देना

भेदभाव अपने दिल से साफ कर सकें  
दोस्तों से भूल हो तो माफ कर सकें  
झूठ से बचे रहें, सच का दम भरें  
दूसरों की जय से पहले, खुद को जय करें  
हमको मन की शक्ति देना

मुश्किलें पड़ें तो हम पे इतना करम कर  
साथ दें तो धर्म का, चलें तो धर्म पर  
खुद पे हौसला रहे, बदी से ना डरें  
दूसरों की जय से पहले, खुद को जय करें

हमको मन की शक्ति देना, मन विजय करें  
दूसरों की जय से पहले, खुद को जय करें  
हमको मन की शक्ति देना

- 5.5.3 Through various sessions, the YCEs are guided as to how to address/ manage the decline in values in and around them (i.e. in the family, neighbourhood, school and society) in time with specific examples and explanations in a polite, determined and courageous manner for making others to realize the need for reinstating the human values in the society.
- 5.5.4 Such sharings and narrations improve confidence in self expression and inculcate leadership qualities among YCEs.



## 6

### How is IC Managed and Funded?

#### 6.1 Ownership and Source of Funding

- 6.1.1 The ownership of IC may be with Kendriya Vidyalaya Sangathan (KVS) and Navodaya Vidyalaya Society in the Central Government, Departments of Basic Education of State Governments or Managements of Private School Organizations, which manage various types of schools. The fund for running IC may be allotted by the owner as budgeted plan. The public schools interested in promoting value based education may set up IC as per this Manual.
- 6.1.2 Overall, Department of Education & Literacy, Ministry of Human Resource Development (MHRD), Govt. of India may take up this co-curricular activity as their scheme on the same line as NCC is an activity under Ministry of Defence and NSS is under Ministry of Youth Affairs & Sports. This scheme will help MHRD to pursue the goal of value education in the schools.



# 7

## How is Scheme of IC Reviewed?

### 7.1 Reviews

- 7.1.1 Scheme may be reviewed by organizing annual workshop wherein Principals/ IC Managers may be invited to seek feedbacks through interactive sessions. Sharing of ideas may lead to cross fertilization and thereby innovative approaches to achieve the objectives of IC may emerge. Such ideas should be shared widely with all schools implementing IC.

### 7.2 Training

- 7.2.1 Concept of IC may be included in the ongoing/ newly planned trainings of Principals/ school teachers by various organizations. The module should incorporate maximum of 2 hours orientation/ sensitization of all IC. Thereafter the concerned may learn from the IC Manual itself.
- 7.2.2 Principals/ teachers of schools carrying out the scheme should be encouraged to share their experiences/ observations in such trainings or other fora. Such sharing may motivate other to adopt the scheme and may result into a chain to develop value based society in the country.

### 7.3 Amendments in Manual

- 7.3.1 The owner with the feedbacks from ICMCSs may amend this Manual to enable them to achieve the Vision/ Mission of IC. Such amendments may be affected uniformly to all the schools carrying out IC as co-curricular activity under that ownership.



## 8

### What are IC Values?

#### 8.1 Background

8.1.1 **‘Values’ means ‘the being’ i.e. what you are or what you stand for. ‘Ethics’ means ‘the doing’ i.e. what you do as against the values you stand for.** Everyone is expected to have values to lead their life ethically. When someone does not adhere to his/ her values, apart from him the society/ community suffers. It is like rules on the road; if people do not follow the rules, accidents leading to damages and loss of lives are eminent. The human values have been set up over ages and have been transferred as legacy to the future generations for peaceful and pleasant co-existence of human beings.

#### 8.2 Specific Values

8.2.1 Twelve specific values were selected during the pilot initiative. Through discussion, they were found to be more pertinent and important for children. A brief description of these values in English are given in Box 8.1a and Box 8.1b in Hindi. For developing clear understanding, specific chapters have been prepared on each value as in Annex – II, which contains the following:

- (i) What does Value means?
- (ii) Specific examples to illustrate Values;
- (iii) Brief description;
- (iv) Prominent personalities representing specific values;
- (v) Anecdotes;
- (vi) Short stories;
- (vii) Poems & Songs;
- (viii) Games and Quizzes ; and
- (ix) Quotes.

#### 8.3 Additional Values

8.3.1 More values may be added to this list and similar exercise can be done to prepare their description, and other details. However, it is adequate to carry out activities/ exercises/ games based on only 12 values. Once properly oriented children may learn more of them on their own, or they may add more material to identified values. Such activities may be encouraged as long as they are in line with Vision/ Mission of IC. Moreover, focus needs to be maintained throughout.



### **Box 8.1a Brief on IC Values**

- ❖ **Integrity** : Integrity as a **value** means **being a person who does what he/she says and says what he/she does.**
- ❖ **Patriotism** : Patriotism as a **value** means **being a person who keeps country's interest before his/her own i.e. country first./**
- ❖ **Tolerance** : Tolerance as a **value** means **being a person who accepts opinions and behaviour of others even if he/she is not agreeing.**
- ❖ **Secularism** : Secularism as a **value** means **being a person who respects all religions, faiths, beliefs as diverse ways to attain the ultimate goal in human life.**
- ❖ **Simplicity** : Simplicity as a **value** means **being a person who lives a life limiting his needs to minimum and gives maximum to the society.**
- ❖ **Honesty** : Honesty as a **value** means **being a person who is truthful in all his activities/commitments and does not steal from others.**
- ❖ **Love** : Love as a **value** means **being a person who gives or accepts other persons/circumstances unconditionally;** in other words, a person who creates and sustains human relations with dignity and strength.
- ❖ **Compassion** : Compassion as a **value** means **being a person who feels and understands the pains and joys of others, as if it is his/her and takes action accordingly.**
- ❖ **Responsibility** : Responsibility as a **value** means **being a person who delivers his/her commitments, faithfully.**
- ❖ **Respect**: Respect as a **value** means **being a person who is grateful and shows regards to others.**
- ❖ **Non-violence** : Non-violence as a **value** means **being a person who does not use or reacts by using brute force to put forth his/her point of views.**
- ❖ **Unity** : Unity as a **value** means **being a person who gets the result by synergizing his efforts with those of friends, partner or family members.**



### Box 8.1b चयनित मूल्यों का संक्षिप्त अर्थ

- ❖ **सत्यनिष्ठा (Integrity)** : सत्यनिष्ठा व्यक्ति में निहित वह मूल्य है जिससे वह जो कहता है वह करता है एवं जो करता है, वही कहता है अर्थात् कथनी और करनी में समानता ।
- ❖ **देशभक्ति (Patriotism)** : देशभक्ति व्यक्ति में निहित वह मूल्य है जो देश हित को, निज हित से ऊपर समझता है ।
- ❖ **सहनशीलता (Tolerance)** : सहनशीलता व्यक्ति में निहित वह मूल्य है जो दूसरों के विचारों और व्यवहारों को, उससे असहमत होते हुए भी, उसे स्वीकार करता है, अर्थात् भिन्नता को स्वीकार करना ।
- ❖ **धर्मनिरपेक्षता (Secularism)** : धर्मनिरपेक्षता व्यक्ति में निहित वह मूल्य है जो सभी धर्मों, आस्थाओं का सम्मान करता है और उसका विश्वास है कि ये सब जीवन के अंतिम लक्ष्य (ईश्वर प्राप्ति) की प्राप्ति के लिए विभिन्न मार्ग हैं ।
- ❖ **सादगी (Simplicity)** : सदाशयता व्यक्ति में निहित वह मूल्य है जो अपनी आवश्यकताओं को सीमित करके समाज को अधिकतम प्रदान करता है ।
- ❖ **ईमानदारी (Honesty)** : ईमानदारी व्यक्ति में निहित वह मूल्य है जिससे व्यक्ति अपने वचनों और कर्मों के प्रति सत्यनिष्ठ हो, तथा दूसरों से छिपाता न हो ।
- ❖ **प्रेम (Love)** : प्रेम व्यक्ति में निहित वह मूल्य है जो दूसरे को बिना शर्त के निःस्वार्थ भाव से स्वीकार करता है ।
- ❖ **सदभाव (Compassion)** : सदभाव व्यक्ति में निहित वह मूल्य है जो दूसरों के दुख-सुख को स्वयं में अनुभव करता है, उसे समझता है और तदनुसार कार्य करता है ।
- ❖ **जिम्मेदारी (Responsibility)** : जिम्मेदारी व्यक्ति में निहित वह मूल्य है जिसमें व्यक्ति उसके लिए निर्धारित कार्य को मन, कर्म और वचन से निष्ठापूर्वक निर्वहन करता है ।
- ❖ **सम्मान (Respect)** : सम्मान व्यक्ति में निहित वह मूल्य है जो व्यक्ति दूसरों के प्रति कृतज्ञता एवं आदर का भाव दर्शाता है ।
- ❖ **अहिंसा (Non-Violence)** : अहिंसा व्यक्ति में निहित वह मूल्य है जो अपने विचारों को शांति-पूर्वक व्यक्त करता है ।
- ❖ **एकता (Unity)** : एकता व्यक्ति में निहित वह मूल्य है जो वह अपने मित्रों, सहयोगियों और पारिवारिक सदस्यों के सामूहिक प्रयास से उत्तम परिणाम प्राप्त करता है ।



# **ANNEX - I**



## Annex - I

### LESSON PLAN FOR THE YEAR

<u>Session</u>	<u>Activity</u>
1	Meeting of Principal with IC managers to form/add fresh members for Integrity Club(s) in the school and plan activities for the year as have been suggested in IC Manual.
2	Enrollment of Young Champions of Ethics (YCEs), by conveying vision, mission, strategy, motto, objectives and brief on activities of IC by Principal/ IC Managers.
3.	Registration of YCEs, distribution of identity badges, formation of groups, identification of group leaders and captains, distribution of identity badges and colours.
4	Discussions on Integrity Club values, and allotment of values for intensive work/ exercise to different groups.
5/6	Narration of stories, poems and anecdotes related to all twelve values of Integrity Club by YCEs and IC managers.
7	Narration of stories, poems and anecdotes continues. Discussion about prominent personalities representing the specific values.
8/9	Quiz competition to assess understanding of values by YCEs. Group to start work on collection of stories, poems, anecdotes, quotes, collage etc., on the value allotted to them. IC Manager to give few examples to lead this work.
10	Sharing of stories, poems, anecdotes, quotes, slogans, collage etc. related to various values of IC. Instructions to YCEs by IC Managers to come with specific items from nature/surrounding symbolizing the specific values for sharing in next session.
11	Group discussion for sharing the message from symbols/collage brought by YCEs with reasoning as to why they represents specific value. YCEs to show creativity in conceiving value through music, song, skit, drama, one act play, painting etc.
12	Discussion/Interactive sessions on the creative inputs regarding the values presented by individual YCE.
13	Discussion with YCEs on need for instituting value based system for development of self and society. Sharing some of recent incidents and their co-relation with declining values through group discussions.



- 14 Sensitizing the YCEs regarding values of club by Principal/Invited Guests with focus on current state of affair and future if that is allowed to go on.
- 15 Quiz competition/ 'Colour to Learn' game for YCEs to evaluate their understanding about values.
- 16/17 YCEs presentation with specific example from objects of nature or surroundings, representing distinct values.
- 18/19 Activities to develop self commitment and pledge through quiz/ games etc. to reinforce human values among YCEs. Showing commitments to propagate these values in the community
- 20/21 Feed back on activities taken up by YCE to propagate values around them. Group discussion to overcome the difficulties including blame games or becoming victims (self/circumstances).
- 22 Quiz competition/playing 'Target the Values' game to evaluate their understanding about the values.
- 23 Sharing real life experiences which substantiate/ show loss of specific values and their consequences by IC Managers, for annual show through skits, drama, songs, collage, paintings, real life stories etc. on IC values.
- 24 Sharing of real life experience continues and preparation for annual show begins.
- 25 Annual Show of IC demonstrating their understanding and commitment to specific values.



## **ANNEX - II**

# सत्यनिष्ठा INTEGRITY

## WHAT DOES THE VALUE MEAN?

Integrity as a **value** means **being a person who does what he/she says and says what he/she does.**

## EXAMPLES

- I commit to meet somebody at some place at 10 AM. While reaching I realize that I will be late by 10 minutes. If I inform that I will be late by 10 minutes, I shall be seen a man of Integrity.
- The nature around us, e.g. the solar system, seasons, environment, plants or the rivers etc. always deliver the facilities expected from them in other words they always deliver their promises to us.

*Integrity is doing the right thing,  
even if nobody is watching.*

## BRIEF DESCRIPTION

Let us understand Integrity by answering following questions:

- Would you like to take treatment by a doctor who passed medical examination by unfair means?
- Would you feel safe on a bridge, which is designed by an engineer who cheated in engineering college?
- Would you entrust your tax returns to an accountant who copied his exam answers from his neighbor?

Most probable answer to above questions is 'NO'. **Why?** Because, we do not trust '*integrity*' of above persons.

Integrity not only involves what we have said to do, but also **what is expected of us**. For example, it is expected of a player that he will play with his utmost capacity and skills to ensure his team to win the game. It is expected of school children that they will do their

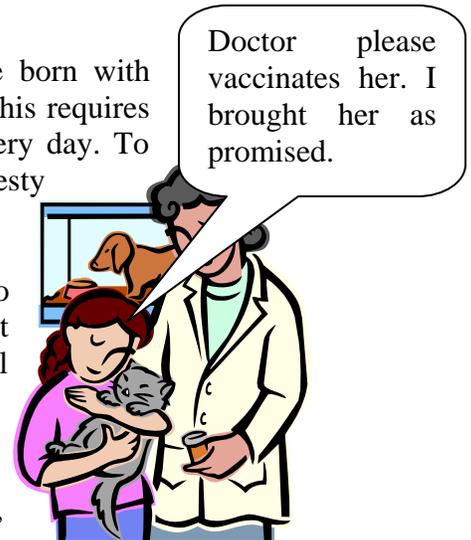
best in academics, and other co-curricular activities. Value of integrity will ensure one to fulfil these expectations, even if one has not said so in words.

**Significance:** Integrity is important in studies as much as in any areas of life. If we find it possible to justify cheating in things that do not seem important, how will we resist doing the same in areas which really do matter?

*People either have Integrity or do not have.  
It is like a lady is either pregnant, or not.  
There is no in between.*

**How to achieve:** Personal integrity is not a quality we are born with naturally. It is a quality of character we need to nurture, and this requires practice; we can be a person of integrity if we practice it every day. To maintain integrity, we must remember to refer to truth and honesty in all decisions, thoughts, actions and reactions.

**Need:** Every boss wants absolute integrity in their employees so that he/she can rely on them. Similarly, followers expect absolute integrity in their leader to have trust in them. We all want our partners to have absolute integrity so that we can have full confidence in them. But, how many of us earnestly work on becoming persons of absolute integrity ourselves? If everyone does not work on perfecting his / her own integrity, how can we find it in people around us?



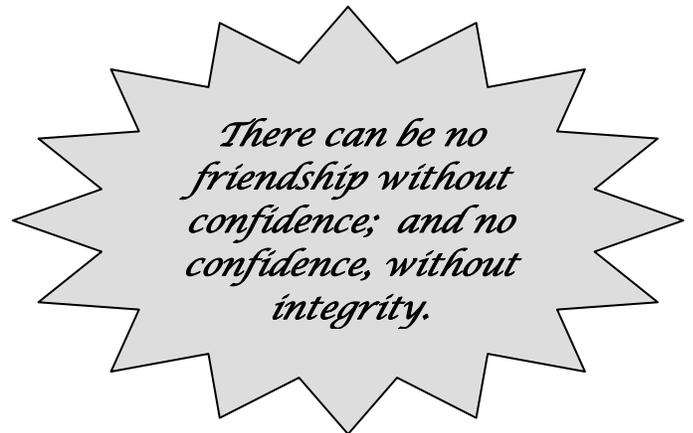
Having integrity and not displaying it does not provide any recognition for the work we do. If we have integrity it should be prominently displayed through our actions and words. We must take our responsibilities seriously if we expect to get ahead in today's environment.

**Advantages:** Integrity brings self-confidence and self-assurance. By practicing Integrity we can bring transparency in our behavior and actions. A person with integrity has no moral fears. Integrity always benefits a person; however, the benefits may not always be immediately recognizable. One who lacks integrity has failed to mature socially and morally. He or she has not fully learn the benefits of integrity and the long- term negative consequences of acting without it.

*Whenever, you have a question regarding how to act in a given situation, let integrity be the guide to show "the right way."*

## **PROMINENT PERSONALITIES**

- Mohan Das Karam Chand Gandhi
- Sardar Vallabhai Patel
- Lal Bahadur Shastri
- APJ Abdul Kalam
- E. Shreedharan



## **ANECDOTES**

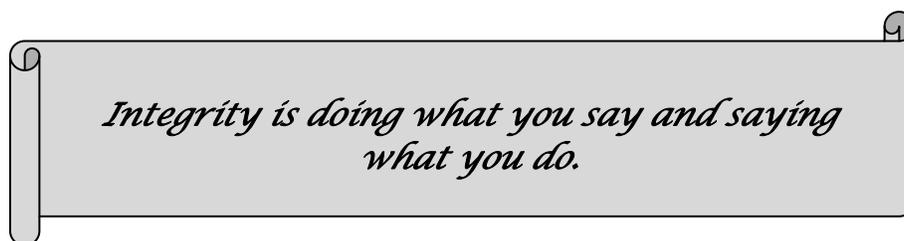
### **GANDHI JI - AN ANECDOTE**

A mother once brought her child to Gandhiji, asking him to tell the young boy not to eat sugar, because it was not good for his diet or his developing teeth. Gandhiji replied, "I cannot tell him that. But you may bring him back in a month." The mother was angry but left for her home.

One month later she returned, not knowing what to expect. Gandhiji took the small child's hands into his own, knelt before him, and tenderly communicated, "Do not eat sugar, my child. It is not good for you." Then he embraced him and returned the boy to his mother. The mother, grateful but perplexed, queried, "Why didn't you say that a month ago?" "Well," said Gandhiji, "a month ago, I was still eating sugar".

What a powerful message of Integrity is in this example!

This rare kind of integrity has great power. Imagine what the world would be like if all present day leaders of nations had that kind of integrity. What if we could depend on their words in any situation? What if trust and confidence were the foundation of every business relationship? Because of his integrity, millions trusted Gandhiji; millions learned from him and counted themselves as his followers. Collectively, they became a force strong enough to gain political independence for India. True leaders demonstrate Integrity by their own examples.



## SHASTRIJI - AN ANECDOTE

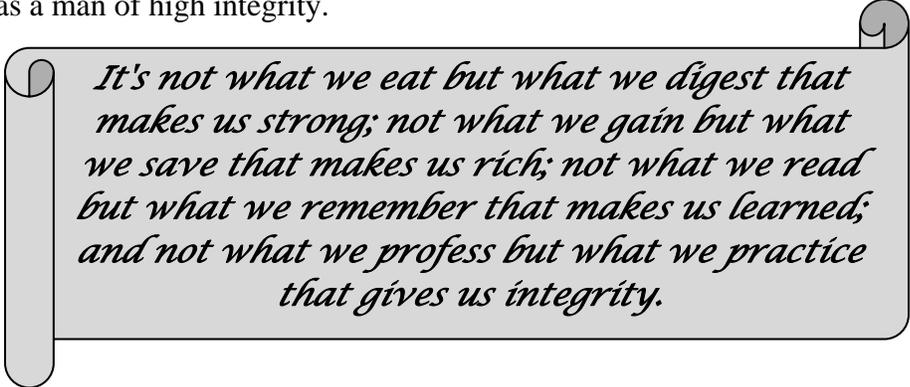
The greatness of Lal Bahadur was that he maintained his self-respect 'even in prison. Once when he was in prison, one of his daughters fell seriously ill. The officers agreed to let him out for a short time but on condition that he should agree in writing not to take part in the freedom movement during this period. Lal Bahadur did not wish to participate in the freedom movement during his temporary release from prison, but he said that he would not give it in writing. He thought that it was against his self-respect to give it in writing. The officers knew that he was truthful. Therefore they did not insist. Lal Bahadur was released for fifteen days.

But his daughter died before he reached home. After performing the obsequies he returned to his prison even before the expiry of the period.

A year passed. His son was laid up with influenza this time. Lal Bahadur was permitted unconditionally to go home for a week. But the fever did not come down in a week. Lal Bahadur got ready to go back to prison. The boy pleaded dumbly with his tearful eyes. In a weak voice he urged his father to stay.

For a moment the father's mind was shaken. Tears rolled down from his eyes. But the next moment his decision was made. He said good bye to all and left his home for prison. His son survived.

Shastriji was a man of high integrity.



*It's not what we eat but what we digest that makes us strong; not what we gain but what we save that makes us rich; not what we read but what we remember that makes us learned; and not what we profess but what we practice that gives us integrity.*

## SHORT STORIES

### INTEGRITY IN A GAME - A SHORT STORY

This is about Reuben Gonzolas, who was in the final match of his first professional racquet ball tournament. He was playing the perennial championship for his first shot at a victory on the pro circuit. At match point in fifth and final game, Gonzolas made a super "kill shot" in to the front corner to win the tournament. The referee called it good, and one of the linemen confirmed the shot was a winner.

But, after a moment's hesitation, Gonzolas turned and declared that his shot had skipped into the wall, hitting the floor first. As a result, the serve went to his opponent, who went on to win the match.

Reuben Gonzolas walked off the court, every one was stunned.

When asked why he did it, Gonzolas replied, "it was the only thing I could do to maintain my integrity".

### **PEACEFUL SLEEP - A SHORT STORY**

A boy and a girl were playing together. The boy had a collection of marbles. The girl had some sweets with her. The boy told the girl that he will give her all his marbles in exchange for her sweets. The girl agreed. The boy kept the biggest and the most beautiful marble aside and gave the rest to the girl. The girl gave him all her sweets as she had promised. That night, the girl slept peacefully. But the boy couldn't sleep as he kept wondering if the girl had hidden some sweets from him the way he had hidden his best marble.

Moral of the story: If you don't give your hundred percent in a relationship, you'll always keep doubting if the other person has given his/her hundred percent. This is applicable for any relationship like love, friendship, employer-employee relationship etc., Give your hundred percent to everything you do and sleep peacefully.

### **POEM**

*You struggle and struggle  
For integrity  
Yet  
You have no integrity,  
You say.  
I tell you,  
You don't have to cry  
For integrity!*

*Integrity will run  
to embrace you  
If you just request  
Your heart-friend  
to look after it.*

*Just speak to your heart-friend.  
Lo, all integrity is yours.*

(source: [www.srichinmoypoetry.com](http://www.srichinmoypoetry.com))

*Nature around us have very high level of  
integrity.*

## GAMES

Let us play a Quiz to check our Integrity

NO.	QUESTION	ANSWER
1	We can maintain our integrity in the course of trouble.	True / False
2	Integrity can guide us.	True / False
3	God knows our integrity.	True / False
4	Integrity begins with our actions.	True / False
5	God judges integrity.	True / False
6	Those without integrity shall walk with God.	True / False
7	Integrity can preserve us.	True / False
8	Those without integrity shall not stay with God.	True / False
9	Those with integrity will be helped in time of trouble.	True / False
10	Those with integrity are filled with mischief.	True / False
11	Our integrity only blesses ourselves.	True / False
12	The marks of integrity begin in childhood.	True / False
13	Our integrity must be faithful only on important matters.	True / False
14	Integrity is to give evil for evil and good for good.	True / False
15	Integrity is displayed through our faithful management.	True / False
16	Integrity (truth) being able to speak the truth in love.	True / False
17	We can show integrity to our neighbors by telling the truth.	True / False
18	We must only show integrity to please others.	True / False

**Answer:** Highlighted option is correct.

(source: [www.christianet.com/bible](http://www.christianet.com/bible))

## QUOTES

- *Real Integrity is doing the right thing,  
Knowing that nobody is going to know  
Whether you did it or not.*
- *Integrity is not a conditional word,  
It does not blow in the wind or change with the weather.  
It is your inner image of yourself,  
If you look in there and see a man who would not cheat.*
- *Have the courage to say no.  
Have the courage to face the truth.  
Do the right thing because it is right.  
These are the magic keys to living your life with integrity.*

## राम और श्याम - एक सत्यनिष्ठा नाटिका

### भाग-1

- [राम और श्याम दो दोस्त हैं। वे दोनों एक ही कक्षा में पढ़ते हैं। एक बार जेम्स बांड की नई फिल्म लगती है।]

राम: जेम्स बांड की नई फिल्म आई है, चलो आज स्कूल टाइम में फिल्म देखने चलते हैं।

श्याम: नहीं-नहीं, मैं नहीं जाऊँगा, पेपर नजदीक आ रहे हैं और मम्मी-पापा या अध्यापक को पता चल गया तो बहुत डाँट पड़ेगी।

राम: छोड़ ना यार, कुछ नहीं होगा। तुम्हें याद है हम पिछले महीने भी फिल्म देखने गए थे और किसी को पता भी नहीं चला था। इस बार भी किसी को नहीं पता चलेगा। चल ना यार, सुना है, बहुत अच्छी फिल्म है और मेरे पास पैसे भी हैं।

श्याम: Show कितने बजे का है। क्या हम स्कूल टाइम तक वापस आ जाएँगे [2.30 बजे तक]।

राम: हाँ, हम सही टाइम पर घर पहुँच जाएँगे। चलो अब चलते हैं नहीं तो फिल्म शुरू हो जाएगी।

श्याम: ठीक है।

[दोनों फिल्म देखने जाने के लिए तैयार हो जाते हैं]

[दोनों फिल्म देखने चले जाते हैं। भाग्यवश किसी को कुछ पता नहीं चलता और दोनों मजे से फिल्म देखकर आ जाते हैं। वे स्कूल का काम भी दोस्तों से नकल कर लेते हैं, तथा स्कूल में भी बच जाते हैं। इस तरह उनको स्कूल से भागने की व झूठ बोलने की आदत पड़ जाती है।]

- कुछ दिन बाद उनके शहर में मेला लगता है।

राम: श्याम, क्या तुझे पता है कि कनाट प्लेस में मेला लगा है?

श्याम: अच्छा !

राम: वहाँ बहुत अच्छे-अच्छे झूले भी हैं । मेरा तो बहुत मन कर रहा है मेला देखने जाने का ।

श्याम: हाँ यार, मैंने भी कभी मेला नहीं देखा और मन तो मेरा भी कर रहा है लेकिन मम्मी-पापा जाने नहीं देंगे ।

राम: हाँ यार, मैंने भी कल अपने पापा से पूछा था पर उन्होंने मना कर दिया । लेकिन यार मुझे तो मेला देखना ही है ।

श्याम: पर अब कैसे जायेंगे ?

राम: वैसे ही जैसे फिल्म देखने गए थे ।

[और इस बार वो पहले की तरह मेला भी देखने जाते हैं । उसके बाद उनका डर भी खत्म हो जाता है । वे आए दिन स्कूल की छुट्टी करके कहीं न कहीं चले जाते हैं । थोड़े ही दिन में परीक्षाएँ शुरू हो जाती हैं और वे फेल हो जाते हैं ।]

[उनके मम्मी-पापा और अध्यापक उन्हें खूब डाँट लगाते हैं । सबको पता चल जाता है कि वे बिगड़े हुए बच्चे हैं । आस-पड़ोस में भी दूसरे बच्चों के माता-पिता, अपने बच्चों को उनसे बात करने और खेलने से मना कर देते हैं । स्कूल में उन्हें जूनियर बच्चों के साथ बैठना पड़ता है । अध्यापक अब उनकी तरफ इतना ध्यान नहीं देते हैं । सभी उन्हें अनदेखा करते हैं ।]

**[यहाँ राम और श्याम दोनों ही अपनी पढ़ाई के प्रति ईमानदार [Honest] और जिम्मेदार [Responsible] नहीं थे । साथ ही उन्होने अपने माता-पिता तथा अध्यापकों का आदर [Respect] भी नहीं किया ]**

## भाग-II

राम: यार श्याम, अब तो कक्षा में कोई हमारी परवाह नहीं करता । हम कुछ भी करें  
किसी को कोई मतलब नहीं है ।

श्याम: हाँ यार, तुम ठीक कह रहे हो ।

राम: तो कल से हम स्कूल नहीं जाएँगे । रोज कहीं ना कहीं घूमने चलेगें ।

श्याम: ठीक है ।

[अगले कुछ दिनों में वे स्कूल टाइम पर 'मुन्ना भाई एम.बी.बी.एस.' और 'तारे जमीन  
पर' फिल्म देखकर आते हैं । दोनो फिल्में देखकर वे दोनो बहुत प्रभावित होते हैं । ]

श्याम: यार, मुझे तो दोनो फिल्में बहुत अच्छी लगी । तुझे कैसी लगी ।

राम: हाँ यार, मुझे भी बहुत अच्छी लगी ।

श्याम: यार, फिल्म में मुन्ना भाई एक गुंडा होता है । सब उससे डरते हैं । हमारी तरह कोई  
भी उससे बात नहीं करता था । और तो और उसके माता-पिता भी उसे छोड़कर चले  
जाते हैं । लेकिन अंत में जब वो एक अच्छा इंसान बन जाता है । तो सब उसे कितना  
चाहने लगते हैं । सब उसी की बातें करते हैं । उसके माता-पिता को उस पर कितना  
गर्व होता है ।

राम: और तारे जमीन पर में उस लड़के की चित्रकारी कितनी अच्छी होती है ।

श्याम: हाँ यार । लेकिन हमें कोई नहीं चाहता । न ही हम में कुछ अच्छा है ।

राम: यार, श्याम क्या ऐसा नहीं हो सकता कि मुन्ना भाई की तरह हमें भी सब चाहें, सब  
हमारी बातें करे, हमारी इज्जत करें और हमारे काम की सब तारीफ करें ।

श्याम: हाँ यार, हमें भी कुछ ऐसा करना चाहिए । क्यों न हम अपने आप को ही बदल लें ।

राम: हाँ यार ।

श्याम: ठीक है, हम भी अब सबको अच्छा बनकर दिखाएंगें ।

राम: ऐसा बनने के लिए हमें क्या करना पड़ेगा ?

श्याम: हम भी अब रोज स्कूल जाएंगे । स्कूल का काम समय पर करेंगे तथा खेलों में भी रुचि लेंगे ।

राम: अध्यापकों का सम्मान करेंगे । उनकी हर बात मानेंगे ।

श्याम: मम्मी-पापा की भी हर बात मानेंगे और सबका आदर करेंगे ।

[उस दिन के बाद दोनों बिल्कुल बदल जाते हैं । दोनों कक्षा में मन लगाकर पढ़ाई करते हैं । अध्यापकों की बात बड़े ध्यान से सुनते हैं । मम्मी-पापा की भी हर बात मानते हैं । बड़ों का आदर करते हैं । सभी उनके इस बदलाव को देखकर बहुत हैरान होते हैं । लेकिन खुश भी होते हैं । अध्यापक भी उन्हें अब रुचि लेकर पढ़ाते हैं । उनके मम्मी-पापा भी उनके इस बदलाव को देखकर बहुत खुश होते हैं । अब सभी का बर्ताव उनके प्रति बदल जाता है । अब वे टेस्ट में अच्छे नम्बर लाते हैं । राम बड़ा होकर फुटबाल का बहुत अच्छा प्लेयर बन जाता है और श्याम बड़ा होकर डॉक्टर बन जाता है । दोनों अपने देश का नाम रोशन करते हैं । वे लोगो के लिए एक मिसाल बन जाते हैं ।]

[जब राम और श्याम ने अपना कर्तव्य जिम्मेदारी [Responsibility] और ईमानदारी [Honesty] से निभाया, तो सभी उन्हें प्यार [Love] और सम्मान से देखने लगे उन्होंने मेहनत करते समय कई चीजों को सहनशीलता [Tolerance] से किया और बड़े आदमी बन गए अब उन की सम्यनिष्ठा [Integrity] पर कोई संदेह नहीं करता ।]

ऋतु ग़ोवर

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# देश भक्ति PATRIOTISM



## मूल्य का अर्थ :

Patriotism as a **value** means **being a person who keeps country's interest before his/her own i.e. country first** / देशभक्ति व्यक्ति में निहित वह मूल्य है जो देशहित को, निज हित से ऊपर समझता है ।

*Patriotism means placing country before self.*

## उदाहरण :

- नाक में चोट आने के बावजूद क्रिकेट खिलाड़ी अनिल कुम्बले द्वारा खेल जारी रख आस्ट्रेलिया से टेस्ट श्रृंखला जीतना ।



- प्रथम IPS महिला श्रीमती किरण बेदी द्वारा जेल में बंद कैदियों को अच्छा इंसान बनाने में विशेष योगदान देना ।

- शतरंज खिलाड़ी विश्वनाथन आनंद द्वारा शतरंज में अपने देश का नाम विश्व स्तर पर ऊँचा करना ।



देशभक्ति किसी क्षेत्र में उत्कृष्टता प्राप्त कर प्रदर्शित की जा सकती है ।

## वर्णन :

- अपने हित से पहले देश के प्रति किया गया योगदान 'देशभक्ति' कहलाता है। एक ऐसा व्यक्ति जो अपनी इच्छाओं के परे देश की उन्नति में सदा संलग्न रहता है, वही सच्चा देशभक्त कहलाता है।
- किसी देश की पहचान वहाँ की धरती, नदी, पहाड़ों आदि से नहीं बल्कि उस देश के जन-जन से होती है। बच्चों में निपुणता एवं देश के प्रति प्रेम भावना उनके माता-पिता व गुरुजनों द्वारा प्रदान किये गए ज्ञान से आती है। जीवन के सैद्धांतिक मूल्यों का परिपालन करते हुए वे देश को नयी दिशा देने में सहयोगी हो सकते हैं।
- आज विश्व में नयी पीढ़ी के छात्र विभिन्न क्षेत्रों में अपना योगदान प्रदान कर रहे हैं। बहुत से मेधावी छात्र तरह-तरह की प्रतिस्पर्धाओं व खेलों में स्वर्ण पदक प्राप्त कर देश का नाम ऊँचा करते हैं। जिस प्रकार हाल ही में अभिनव बिंद्रा ने ओलम्पिक खेलों में स्वर्ण पदक जीत कर अपने देश का नाम ऊँचा किया। अपने निर्दिष्ट कार्य को समय पर समाप्त करने की मिसाल देकर दिल्ली मेट्रो रेल कार्पोरेशन के सर्वोच्च अधिकारी श्री ई. श्रीधरन बच्चों के लिए प्रेरणा के स्रोत बने हैं। उनके द्वारा किए गए कार्य उनकी देशभक्ति का प्रमाण है।
- बच्चों को चाहिए की वे अपनी रुचि अनुसार किसी भी कार्यक्षेत्र में निपुणता हासिल करें - चाहे वह कला का क्षेत्र हो, विद्या का या खेलकूद का। उनके द्वारा उज्ज्वल भारत के भविष्य के निर्माण में सहयोग देकर देशभक्ति प्रदर्शित की जा सकती है।

**देशभक्ति का तात्पर्य अन्य देशों के प्रति घृणा कदापि नहीं है।  
अन्य को भी सम्मान दें - वसुधैव कुटुम्बकम्**

## विशिष्ट देश भक्त

- समाज सेविका - मदर टेरेसा।
- महान लोकनायक और वीर पुरुष - महाराणा प्रताप।
- अडिग वीर मराठा - क्षत्रपति शिवाजी।
- प्रथम स्वतंत्रता संग्राम की वीरांगना - झॉसी की रानी लक्ष्मी बाई।
- आजाद हिन्द फौज के निर्माता - सुभाष चन्द्र बोस।
- भारत रत्न विजेता वैज्ञानिक - डॉ. ए.पी.जे. अब्दुल कलाम।
- दिल्ली मेट्रो रेल कार्पो. के सर्वोच्च आधिकारी - श्री ई. श्रीधरन।



## **कथानक**

### **देशभक्ति की मिसाल - महाराणा प्रताप का एक कथानक**

भारतवर्ष की पावन धरती पर अनेक वीरों ने जन्म लिया। देशभक्ति की पराकाष्ठा जिस महावीर में विद्यमान थी उसका नाम है - महाराणा प्रताप। प्रताप के मन में आम आदमी के प्रति अथाह प्रेम था। वे राजमहलों से दूर रहना पसंद करते थे तथा वनवासियों के साथ बहुतायत समय व्यतीत किया करते थे। उनके इसी स्वभाव के कारण वे चौहान व भीलों को अत्यंत लोकप्रिय थे। वे किसी सम्प्रदाय आदि में नहीं अपितु धरती पुत्रों के मन में बसते थे।



उनके पिता महाराणा उदयसिंह चित्तौड़गढ़ के राजा थे। उस समय बादशाह अकबर की नजर मेवाड़ पर जमी हुई थी। आपसी फूट के कारण मुगल सम्राट को मेवाड़ के नजदीकी राजाओं का सहयोग प्राप्त था। उसने चित्तौड़गढ़ पर अचानक आक्रमण कर दिया। इस युद्ध में तीस हजार नागरिक व आठ हजार सैनिक अपनी जान गँवा चुके थे। उदयसिंह को मेवाड़ से पलायन करना पड़ा तथा चार वर्ष तक वे चित्तौड़गढ़ से दूर रहने को मजबूर हुए। परंतु मुगलों की पराधीनता स्वीकार नहीं की। लंबी बीमारी के कारण उनकी मृत्यु हो गई तथा शासन की जिम्मेदारी कुँवर प्रताप को सौंप दी गई।

मुगल शासक ने मानसिंह को पांच हजार सैनिकों की सेना के साथ मेवाड़ पर पुनः आक्रमण करने के लिए भेजा। महाराणा प्रताप के जमावड़े में राजपूतों की बलवान सेना थी। अतः मानसिंह भा अधिक समय तक टिक नहीं पाया। उसके पश्चात सम्राट अकबर प्रताप से आगबबूला हो उठे। अनेको बार युद्ध करने पर भी वह मेवाड़ पर विजय प्राप्त न कर सके तो उसने महाराणा से संधि का प्रस्ताव रखा। लेकिन प्रताप उसकी चाल को जानते थे। वे वनों में भटकते रहे, घास की रोटियां खाईं, किन्तु पराधीनता स्वीकार नहीं की। अन्ततः अकबर दस वर्षों तक लगातार कोशिश करने के बावजूद विफल साबित हुआ। महाराणा प्रताप के अडिग विश्वास व देशप्रेम के समक्ष सम्राट अकबर को घुटने टेकने पड़े।

महाराणा प्रताप द्वारा देश एवं आत्म सम्मान की रक्षा करना देशभक्ति की एक मिसाल है, जो हमें इस कथा से प्राप्त होती है।

- श्यामसुंदर भट्ट की पुस्तक  
"चेतक घोड़े का सवार" से साभार

### **INDRAJI - AN ANECDOTE**

During her childhood our former Prime Minister Smt. Indira Gandhi used to play with imported dolls. One day a visitor came to Anand Bhawan and wanted to gift a beautiful imported dress to Indira. Her mother Kamla Nehru, told the visitor

that Indu has boycotted foreign clothes. The visitor asked Indira “if you do not wear the foreign clothes, then why do you play with foreign dolls.”

Indira felt extremely hurt because that imported doll was very dear to her. But, from that day onwards she decided not play with the imported dolls too.

## कहानी

### टाइगर हिल पर विजय - एक कहानी

करगिल के द्रास क्षेत्र में टाइगर हिल सबसे महत्वपूर्ण पहाड़ी चोटी है। इससे आकर्षित होकर पड़ोसी देश पाकिस्तान ने इसपर मजबूती से कब्जा कर रखा था। इस इलाके से दुश्मनों को शीघ्र खदेड़ना बहुत ही आवश्यक था।

3 जुलाई 1999 को रात साढ़े आठ बजे भारत की ओर से टाइगर हिल पर हमला प्रारंभ हुआ। आक्रमण के पहले चरण में **ग्रेनेडियर योगेंद्र सिंह यादव** की कमांडो पलटन को जिम्मेदारी दी गई कि वह तीन बंकरों पर कब्जा करे। इस इलाके तक पहुँचनेवाला रास्ता सीधी चढ़ाई का था और उसपर बर्फ भी जमी हुई थी। ग्रेनेडियर यादव ने इस आक्रमण का नेतृत्व करने के लिए अपने आपको समर्पित किया और चट्टानों पर रस्सी फँसाकर ऊपर चढ़ना प्रारंभ किया। जब वे आधी ऊँचाई पर पहुँचे तो दुश्मनों के बंकर से मशीनगनों से गोलियों की बौछार शुरू कर दी। इससे उनकी प्लाटून का कमांडर और दो साथी मारे गए। खतरनाक परिस्थिति को भाँपते हुए यादव बिना रुके ऊपर चढ़ते चले गए। दुश्मन की लगातार गोलाबारी जारी रही और यादव को तीन गोलियाँ लग चुकी थीं, पर वह फिर भी साहस के साथ चढ़ते चले गए। अंतिम 60 फीट चढ़ने में उन्हें किसी तरह की कोई मदद नहीं मिली। आखिर वह दुश्मन के बंकर में घिसटते हुए पहुँच गए और ग्रेनेड फेंककर बंकर में मौजूद दुश्मन के चार सैनिकों को मार डाला। अपने जख्मों की परवाह न करते हुए उन्होंने अपने दो साथियों के साथ दूसरे बंकर में प्रवेश किया और बाकी दुश्मन सैनिकों को मार डाला।

उनके असाधारण साहस ने शेष साथियों को इतना प्रेरित किया कि वे तेजी से आगे बढ़े और टाइगर हिल के शेष बचे इलाकों पर भीषण लड़ाई करते हुए कब्जा करते चले गए। 11 जुलाई 1999 को 18 ग्रेनेडियर्स के दल ने टाइगर हिल पर कब्जा कर लिया।

ग्रेनेडियर योगेंद्र सिंह यादव द्वारा विपरीत परिस्थितियों में असाधारण जीत तथा देशप्रेम के लिए भारत सरकार ने उन्हें परमवीर चक्र से सम्मानित किया।

इस सच्चे संस्करण से हमें यह प्रेरणा मिलती है कि अपनी मातृभूमि की रक्षा करना हर सैनिक का एकमात्र परम कर्तव्य है। यही उनके द्वारा की गई सच्ची देशभक्ति का सबूत है।

जननी जन्म भूमि,  
स्वर्ग के समान है।

- मे0 जनरल इयान कारडोजो की पुस्तक "परमवीर चक्र" से साभार.

## कविता

### नीतिमान विजेता



हम हैं नीतिमान विजेता,  
देश, राष्ट्र के नव-निर्माता ।  
नन्हें आज, बड़े कल होंगे,  
हम भारत के भाग्य विधाता ॥

छोटा समझ, न हमें भुलाओ,  
मन में दृढ़ संकल्प बड़ा है ।  
इन छोटे हाथों के करतब,  
पर सम्पूर्ण भविष्य खड़ा है ॥

पूर्ण निष्ठा की शपथ दिलाकर,  
हमें बनाना सबको भार्ता ।  
हम हैं नीतिमान विजेता,  
देश, राष्ट्र के नव-निर्माता ॥

आदर और सम्मान करें हम,  
नहीं किसी को लड़ने देंगे ।  
अहिंसा का पाठ पढ़ा के,  
नैतिक मूल्यवान बनेंगे ॥



जाति -पाति के भेद-भाव सब,  
भुला पढ़े हम प्रेम की गाथा ।  
हम हैं नीतिमान विजेता,  
देश, राष्ट्र के नव-निर्माता ॥

करुणावान बने जग सारा,  
खुद का उत्तरदायित्व निभायें ।  
ज्ञानवान संपूर्ण कला में,  
अशिक्षा को दूर भगायें ॥

नव-निर्माण करें भारत का,  
आदर्शों के हम ही दाता ।  
हम हैं नीतिमान विजेता,  
देश, राष्ट्र के नव-निर्माता ॥

- राजेन्द्र ग्रेवर

निजहित से ऊपर राष्ट्रहित - सच्ची देशभक्ति है ।

## प्रश्नोत्तरी -

- (i) भारत-चीन युद्ध किस वर्ष में लड़ा गया था ?  
अ) 1971      ब) 1965      स) 1962
- (ii) निम्न में भारतीय राष्ट्रगीत कौन-सा है ?  
अ) वन्दे मातरम् ।  
ब) जन-गण-मन ।  
स) सारे जहाँ से अच्छा ।
- (iii) स्वतंत्र भारत के प्रथम राष्ट्रपति कौन थे ?  
अ) जवाहर लाल नेहरू ।  
ब) डॉ. राजेन्द्र प्रसाद ।  
स) सरदार वल्लभ भाई पटेल ।
- (iv) मुमताज महल की याद में ताजमहल का निर्माण किसने किया ?  
अ) शाहजहाँ ।  
ब) जहाँगीर ।  
स) अकबर ।
- (v) भारत स्तम्भ अशोकचक्र में कितनी तिल्लियाँ होती हैं ?  
अ) 24  
ब) 16  
स) 8
- (vi) देशभक्त सूबेदार जोगेन्द्र सिंह को किस सम्मान से सम्मानित किया गया था ?  
अ) परमवीर चक्र ।  
ब) भारत रत्न ।  
स) ज्ञानपीठ पुरस्कार ।
- (vii) निम्न में से किस तिथि को भारत देश स्वतंत्र हुआ ?  
अ) 26 जनवरी 1950 ।  
ब) 15 अगस्त 1947 ।  
स) 26 नवंबर 1949 ।

- (viii) अभिनव बिंद्रा को ओलम्पिक-2008 में किस खेल के लिए स्वर्ण पदक प्राप्त हुआ ?  
 अ) तीरंदाजी ।  
 ब) शूटिंग ।  
 स) टेनिस ।
- (ix) विश्वविख्यात पुस्तक "My country my life" के लेखक कौन है ?  
 अ) वसन्त साठे ।  
 ब) लाल कृष्ण आडवाणी ।  
 स) जवाहर लाल नेहरू ।
- (x) उस्ताद बिसमिल्ला खाँ को किस कला में भारत रत्न पुरस्कार से सम्मानित किया गया ?  
 अ) शहनाई ।  
 ब) सितार वादन ।  
 स) गायकी ।
- (xi) विश्व सुन्दरी का खिताब किन भारतीय सुन्दरियों को प्राप्त है ?  
 अ) युक्ता मुखी ।  
 ब) केटरीना कैफ ।  
 स) ऐश्वर्या राय ।  
 द) प्रियंका चोपडा ।
- (xii) भारत के राज चिन्ह के मूल स्तंभ मे शीर्ष पर कितने सिंह स्थापित है ?  
 अ) 8  
 ब) 3  
 स) 4  
 द) 2

उत्तर (i) स (ii) अ (iii) ब (iv) अ (v) अ (vi) अ  
 (vii) ब (viii) ब (ix) ब (x) अ (xi) अ, स, द (xii) स

भरा नहीं जो भावों से, बहती जिसमें रसधार नहीं ।  
 हृदय नहीं वह पत्थर है, जिसमें स्वदेश प्रति प्यार नहीं ॥

- मैथिलीशरण गुप्त

## उद्धरण

- देश की सेवा करने से जो आत्म अनुभूति होती है, वह किसी और कार्य से प्राप्त नहीं होती ।
- सत्ताधीशों की सत्ता उनकी मृत्यु के साथ ही समाप्त हो जाती है, जबकि महान देशभक्तों के मरने के बाद भी लोग उनके जीवन का अनुकरण करते हैं ।
- मनुष्य जैसा चिन्तन करता है वह वैसा ही बन जाता है । उसमें जिस प्रकार की भावना होती है, उसे उस प्रकार की सिद्धि प्राप्त होती है ।
- नैतिक मूल्यों से परिपूर्ण बच्चे, उन्नत भारत का निर्माण करते हैं ।



~~~~~ O ~~~~~

# सहनशीलता TOLERANCE

## WHAT DOES THE VALUE MEAN?

Tolerance as a **value** means **being a person who accepts opinions and behaviour of others even if he/she is not agreeable.**

## EXAMPLES

- In schools, students with different castes, complexions, heights, backgrounds etc. study together. Mutual tolerance ensures harmony.
- In a garden, there are different kinds of flowers; in a jungle different kinds of animals, flora and fauna live together, that means 'tolerance' is inherent nature of nature.



*Nature tolerates differences.*



- Earth is a good example of tolerance like mother. People dig the earth for making buildings and bury dead bodies and other waste/garbage. Mother earth tolerates every thing and provides sustainability and protection to our lives.
- In Delhi people from all states of country having different castes, religions, languages and social background etc. are coming for search of livelihood. They all live in harmony and peaceful coexistence with each other working for development of this city.
- In India people speak different languages and follow different ideologies and religions and even then they live together with peace and harmony. Our country is the best example of "UNITY IN DIVERSITY", which is possible only if we imbibe the value of tolerance.



## **BRIEF DESCRIPTION**

Living in a plural society with multi-racial, multi-lingual and multi-religious environment require that we exercise tolerance for understanding our differences that are bound to crop up amongst us. This does not mean that we are required to accept, remain silent or neutral about what we perceive to be evil. Tolerance is respect through mutual understanding which is an essential factor for peace in family, community, country and finally in the world. In nutshell, tolerance inspires peaceful co-existence for all round well being and development of our society. On the contrary, if we tolerate evils and wrongful deeds, it is termed as cowardice and, therefore, there is a need to understand the true meaning of tolerance as a value.

## **PROMINENT PERSONALITIES**

➤ **Mahatma Gandhi**

A man who preached tolerance as a tool to remove religious and social bias from the society. He displayed his commitment both by his words and deeds.



➤ **Akbar**

A king known for his respect and tolerance for all religions. He started 'Deen-e-Elahi' a faith, which imbibed best practices of our religions.



➤ **Jawahar Lal Nehru**

He propagated the message of peace and tolerance. He gave the concept of Panchsheel.



➤ **Ashoka**

The colossal loss of life and property in Kalinga war turned this great king to a messenger of tolerance and non-violence.



## **ANECDOTES**

### **BADSHAH AKBAR - AN ANECDOTE**

Mughal Emperor Akbar can be quoted as an example of tolerance. Due to this very quality, Akbar established his rule over India for a long time and he remained favourite ruler of Muslims and Hindus both. Akbar was tolerant of religions other than Islam. In fact, not only did he tolerate them, he encouraged debate on religious issues. This led to creation of the Ibadat Khana (House of Worship) at Fatehpur Sikri. From the discussions he led there in 1575, Akbar concluded that no single religion could claim the monopoly of truth. This inspired him to create the "Deen-e-Elahi" in 1581 by mixing all the religions, which does not recognize gods or prophets. In his 'Darbar', there were Hindu Ministers who were among his "Navratanas". In spite of his being a Muslim ruler, he solemnized marriage with a Hindu princess named Jodhabai.

## MOTHER TERESA - AN ANECDOTE

Everyone knows that Mother Teresa was a great friend of the sick, destitute and poverty stricken people. An incident happened when she was not too well known. While trying to raise some funds for the children in her ashram, she spread her palm to a businessman in Kolkata asking for donation. The businessman got annoyed and spat on her hand. Mother Teresa calmly said "You have given my share, now please give me something for my children who are starving." He was moved by her reaction and cried bitterly.

Later, that businessman donated a big amount, became admirer of Mother Teresa and supported her projects.

## गांधी जी - एक कथानक

एक बार की बात है गांधी जी अपने शिष्य के साथ नदी में नहा रहे थे । नहाते - नहाते उन्होंने देखा एक बिच्छू पानी में तेजी से चला जा रहा था । अगर थोड़ी देर और पानी में बहता तो मर जाता । गांधी जी ने देखा और उसे अपने हाथ में उठा लिया । उस बिच्छू ने उन्हें काट लिया और हाथ से गिर गया । गांधी जी ने उसे फिर उठा लिया । उसने फिर काट लिया । इस तरह कई बार हुआ । उनके शिष्य ने कहा आप उस बिच्छू को क्यों बचा रहे हैं, इसे पानी में ही छोड़ दीजिए । गांधी जी ने कहा मैं एक इन्सान हूँ और इस बिच्छू को बचाना मेरा कर्तव्य है। जब यह विच्छू एक छोटा सा जीव हो कर अपनी आदत नहीं छोड़ रहा है, तब मैं एक इन्सान होकर अपनी आदत कैसे छोड़ सकता हूँ ।

## कहानी

### बीरबल की सहनशीलता - एक कहानी

एक दिन अकबर बादशाह को पता चला कि बीरबल को बैंगन बिल्कुल पसंद नहीं हैं । उन्होंने बीरबल को सबक सिखाने के लिए अपने बावर्ची को आदेश दिया कि आज से रोज़ाना खाने में बैंगन की ही सब्जी बनेगी व बीरबल भी उनके साथ ही खाना खायेंगे । उसके बाद 4-5 दिनों तक लगातार बैंगन की सब्जी बनती रही व अकबर बादशाह बीरबल के साथ खाना खाते रहे व बैंगन की सब्जी की खूबियों का बखान करते रहे



व बीरबल भी उनकी हां में हां मिलाते रहे । जब अकबर बादशाह रोज़ाना बैंगन की सब्जी से ऊब गए तो उन्होंने बैंगन की सब्जी बनवाना बंद कर दिया और दूसरी सब्जी बनवाने लगे और उन्होंने बीरबल से कहा कि उन्हें रोज़ बैंगन की सब्जी खाना अच्छा नहीं लग रहा है । इस पर बीरबल ने बैंगन की बुराई करनी शुरू कर दी जिस पर अकबर बादशाह बहुत नाराज़ हुए और उन्होंने बीरबल से कहा कि यह बातें

बीरबल ने पहले उन्हें क्यों नहीं बताईं । इस पर बीरबल ने कहा कि वह अकबर बादशाह की नौकरी करते हैं, बेंगन की नहीं । यह बीरबल की सहनशीलता (tolerance) का एक अच्छा उदाहरण है ।

**प्रेरणा :** इस कहानी से हम यह भी समझते हैं कि एक अच्छे सहयोगी का होना सुशासन में कितना प्रभावकारी होता है ।

*Celebrate differences, be tolerant.*

## POEMS

### Tolerance

*Is a secret and sacred way  
To enrich our human life.*

≈

*Strength and tolerance  
Must be eternal partners  
To be victorious in life.*

≈

*India is not Hindu, Muslim or Buddhist,  
India is India  
Its tolerance is more than ready  
To free house all religions.*

*Tolerance makes peaceful coexistence possible in plural  
society.*

≈

*Tolerance is not peace  
But from tolerance,  
In the near or distant future,  
Peace may blossom.*

≈

*If I cannot have compassion-power  
Let me have forgiveness power  
If I cannot have forgiveness power,  
Let me have tolerance-power,*

*If I cannot have tolerance-power  
Let me at least delay My Judgement-power*

Source : [www.poetseer.org/SriChinmoy/poems-tolerance](http://www.poetseer.org/SriChinmoy/poems-tolerance)

*Tolerance requires courage, strength and  
understanding.*

## **GAMES**

A. Form three groups of 8-10 students each and give them following questions on tolerance to be answered:

### **Questions**

- Q.1 What is the aim of tolerance?
- Q.2 What is difference between tolerance and patience in our life?
- Q.3 Is this the real time for war against Pakistan?
- Q.4 While driving a vehicle, if driver of vehicle coming behind you, sound horn for overtaking your vehicle, whether you become annoyed or give way to that vehicle?
- Q.5 Whether the aim of tolerance is to keep silent and tolerate injustice and unfairness?
- Q6. Identify whether the following statements are true or false:
- (i) Tolerance means to keep silent even if you see pick-pocketing incident going on in a running bus?



True / False

- (ii) Tolerance means not to feel jealous if some students in your class secure more marks?

True / False

- (iii) Teasing students in a class who are weak in study is a normal thing?

True / False

(iv) If a driver of a car behind your bike blow horn for overtaking, you should give way and do not become furious.

True / False

(v) Tolerance and acceptance of other people's religion which is different from our own is a good trait.

True / False

B. Now evaluate the answers given by the groups. The group which answers similar to given answers will win the game.

### Answers

Ans.1 The aim of tolerance is peaceful coexistence.

Ans.2 Patience usually is that in you which in some way care to help someone. Tolerance is putting up with a situation even if you hate it.

Ans.3 No way, there is very little chances for attacking Pakistan. Efforts on international level should be made to make other countries understand what Pakistan is doing.

Ans.4 Try to give way to vehicle behind you.

Ans.5 No. Such a situation should be dealt with patience and by proper means.

Ans. 6 (i) to (v) Highlighted option is correct.

### QUOTES

- "Tolerance is the oil which takes friction out of life".

- Wilbert E. Scheer

*Tolerance removes friction from our lives.*

- "Anger and intolerance are the twin enemies of correct understanding".

- Mahatma Gandhi

*Tolerance is opposite of anger.*

- "The test of courage comes when we are in the minority. The test of tolerance comes when we are in the majority".

- Rulph W. Sockman

# धर्मनिर्पेक्षता SECULARISM

## WHAT DOES THE VALUE MEAN?

**Secularism as a value means being a person who respects all religions, faiths and beliefs as diverse ways to attain the ultimate goal in human life.**



हिन्दू मुस्लिम सिख ईसाई आपस में सब भाई - भाई

## EXAMPLES

**As a secular person, one is free to practice any religion according to his/her choice/belief, but he/she is expected to respect all other religions.** It also means that, one does not enforce his/her beliefs on anybody else claiming it as better in any activity be it social, educational or in any other form. Various examples of this value around us are as below:

- Nature and its creations like trees, rivers, mountains and oceans are classic examples of secularism, it rejoices the differences and celebrates this artifact as beauty created by god.
- The sun, moon, earth, clouds and wind are secular as they impartially serve all creatures. When temperature rises, the melted water from Glaciers flows down to join rivers through different rivulets/tributaries and further carried away till sea by the rivers. Along the



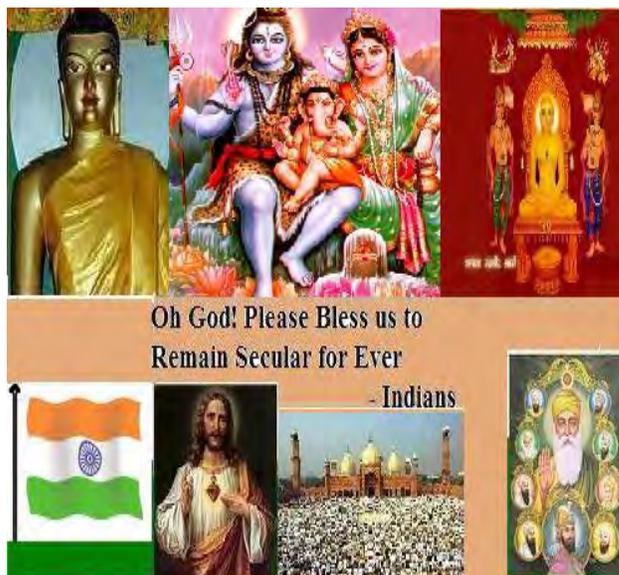
way it caters to the need of all living bodies like trees, animals, human beings etc., without prejudice.

- A child befriends others irrespective of their religion, status, talent or personality, which is a secular act.
- Professionals like teachers, soldiers, doctors, scientists, lawyers, engineers, architect etc., are approached by the people for their expertise irrespective of their religion, faith or belief. This action of clients and the professionals is secular because their interaction is purely on matter of concern and is free from any bias.
- A sick person needs medicine, a hungry person needs food, a tired person needs rest and a thirsty person needs water. These needs are irrespective of whatever religion/status one belongs to. We all are created as one at being level and this unity in diversity is secularism.
- Our blood is red irrespective of religion or any other differences. A person with one group of blood can always donate to the other person with same blood group at any time to save his life. **So, human beings are inherently secular.**

जाति – धर्म भेद का ये तूफान समाज का कर रहा है अपमान,  
जो चमन था हमेशा हँसता, वहाँ है अब हर तरफ मचा कोहराम ।  
धर्मनिर्पेक्षता अपनाएंगे । भारत को गौरवशाली बनाएंगे ।

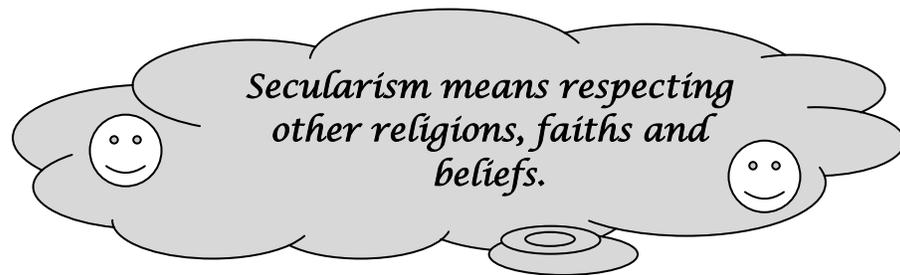
### BRIEF DESCRIPTION

- Secularism is the only way of life in a multi-religious society for peaceful coexistence and harmony.
- Religion is organized system of belief which binds to build a close knit community comprising of people having similar religious beliefs and such communities of different religious beliefs together form a society.
- Secularism asserts a person to freely practice his/her belief as per own wish. It also restrict him to claim his faith/religious beliefs as superior to those of others, because such feelings breed bitterness and will lead to communal



violence in the society, defeating the spirit of secularism.

- As a secular person we should realize that, we all are similar as human beings and our religious belief only provides us the diverse ways to attain God or ultimate aim of human life.
- Secularism asserts the freedom of practicing religion or freedom to be irreligious. Ultimately, as a citizen all are responsible to contribute towards the growth and welfare of the society.
- **Secularism enables men to accept and adopt all possible ways to succeed in his endeavour, thus leads to success of scientific and technological development which further benefits the entire community.**



## SECULARISM IN INDIA

Constitution makers chose our nation to pursue 'secularism' as an important aspect for good governance in our society with multi-religious/racial/linguistic differences. Following provisions were made:

- People belonging to different religious faith and sections of society are equal before the law; and
- Mixing of religion in politics is not allowed.

*India is a  
secular  
country*

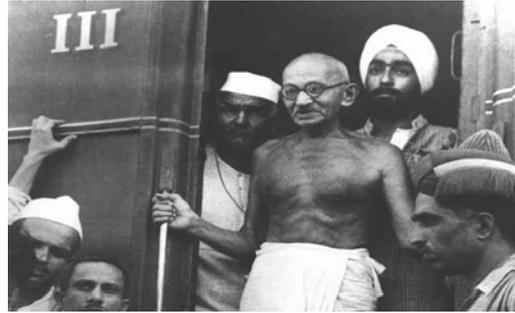
While every individual is free to practice any religion according to one's choice, forcing it on public is not permitted. It is our constitutional responsibility to abide by the principle of 'secularism'; thereby meaning that while we practice our religion, we should ensure that no disrespect is shown to any other religion.

*Different religions are diverse ways of pursuing  
ultimate goal in human life, like the way all rivers  
flow towards sea.*

## PROMINENT PERSONALITIES

- **Mahatma Gandhi**  
His secular prayer is quite popular

*“Raghupati Raghavraja Ram,  
Pati ta Pawan Sita Ram,  
Ishwar Allah tero naam,  
Sabko sanmati de Bhagwan”*



- **Dr. A.P.J. Abdul Kalam**  
Being a follower of Islam, he has mastered “*Bhagwat Geeta*” and uses its teachings as a guiding principle for life which made him a determined personality for his self and our country’s development.
- **Badshah Akbar**  
Akbar was the founder of new religion Deen-e-Elahi, with inputs from all religions which is a fit example of his secular thoughts and deeds. History is the witness that this trait above of the great king brought prosperity to the nation, with all round growth in all aspects of humanity besides strengthening the Mughal rule to all time high.
- **Mother Teresa**  
Being a foreigner and a nun of Christian Missionary, she devoted herself to work for the betterment of poorest of the poor in the slums of Kolkata, without the prejudice of caste, colour and creed and is the great example of her secular thoughts with focus of serving the humanity.
- **Shah Rukh Khan**  
A balanced contemporary celebrity, who is the best role model of secularism both in his personal and private life.

## ANECDOTES



### **SANT KABIR – AN ANECDOTE**

The popular legend, Sant Kabir’s death is even taught in schools that, after his death his Muslim and Hindu devotees fought over his proper burial rites. The problem arose since Muslim custom called for the burial of their dead, whereas Hindus cremated their dead. The scene is depicted as two groups fighting around his coffin one claiming that Kabir was a Hindu, and the other claiming that Kabir was a Muslim.

*God is one, who is present in all. So, respect all as representatives of God.*

However, when they finally open Kabir's coffin, they found the body missing. Instead there was a bunch of his favourite flowers, which goes on to state that the fighting between Hindus and Muslims was resolved, and both groups looked upon the miracle as an act of divine intervention. In Maghar, Sant Kabir's tomb or Dargah and Samādhi Mandir still stand side by side which is being visited by all religious people to seek his blessings.

### **BHARAT RATNA DR. A.P.J ABDUL KALAM – AN ANECDOTE**

Shri Avul Pakir Jainulabdeen during his primary education at the Rameswaran Elementary School once had a very bitter experience. As a fifth standard student he was sitting with his classmate, Shri Ramanadha Sastry, son of a Hindu priest in the front row.

A new teacher of that school could not take it in the right spirit, when he saw Avul Pakir sitting with Sastry breaking the norms of social ranking which did not suit the teacher's conservativeness. He then asked



Avul Pakir to shift to the last row of the class. The same was simply accepted by Avul Pakir even though it pinched him a lot.

Later, when the incident was reported by Shri Ramanandha Sastry to his father regarding the ill-treatment given to his friend Avul Pakir the teacher was summoned by the father of Ramandha Sastry. He also warned the teacher not to spread the poison of social inequality and communal intolerance in the minds of innocent children.

As if this was not enough, he asked the teacher to either apologize for his behavior to Avul Pakir or quit the school and the island. The above incident left a lasting impression on the mind of **Avul Pakir Jainulabdeen Abdul Kalam and awakened the feelings of secularism in him.**

*God is Truth, so Truth is God, thus respect and follow the truth*

## SHORT STORIES

### **AN INTELLECTUAL PRAYER - A SHORT STORY**

Sukhpur was a beautiful small village in India. This village was having mixed population of all the religions like Hindu, Muslims, Sikh and Christians. There was generally good unity among the people of every religion at all occasions.

Even though the life at Sukhpur was good to its people in general, at times the same used to be a hell even for small issues/deviations/disputes with respect to the religion. Because, everybody in that village considered their own religion as superior and used to behave immaturely with people of other religion.

Champi was one among the street dogs of that village but favorite of all children. He was fed and brought up warmly by people of all religions. One day suddenly there was some difference of opinion among the people of that village regarding the volume of amplifier being played during early morning prayer. One group felt the volume should be minimum but, the other group was defending that it should be more than the first group so that the same could be audible to entire village. As nobody wanted to give up their stand there was a quarrel among the groups which resulted into splitting/grouping and misunderstanding among the people.

With passage of time the rift on religion widened the gap between the people of that village. Hence, this time they decided to celebrate the harvest festival within their religious groups unlike previous years. But children of that village were not happy about that decision as they used to enjoy the same with children of all religions every year.

As Champi was favorite of all children so he could not tolerate the sorrow faces of the children who were upset to celebrate the festival in small groups . So he went and prayed to God that,



*Please bless human to mutually respect all religions for his sustainable development & peace.*

“Oh God! When you created human specially with sixth sense unlike other living entities **why are they making differences among themselves in the name of religion?**” Please bless them to mutually respect all religions.

*Beauty lies in unity with variety.*

### **STRENGTH OF SECULARISM - A SHORT STORY**

The citizens of a country were quarreling among themselves based on various religious beliefs for propagating their own religion as superior. Hence, there was no unity among the citizens of the country due to increased communal disharmony.

When the citizens failed to maintain harmony in the name of God too, the king of that country determined and decided to give them a practical illustration of the evils of disunion, be it for any reason. For this purpose one day he called a representative from every religion and asked them to fight with his Jawans individually (one by one). Every time his Jawans defeated the religious representatives individually. This way all representatives were defeated by the Jawans one by one.



Next day, the king called the same representatives of every religion and ask them to fight with his Jawans collectively (as a team). This time the Jawans were defeated by the team/group of representative from various religions.

The King then addressed his citizens with these words: "My dear citizens, if you are of one mind, and unite to assist each other with mutual respect and love to all religion, you will not be defeated by any enemy under any circumstances. Also, you will be successful in any attempt you make; but if you remain divided among yourselves in the name of religion, region etc., you are bound to face failure and nobody can save you."

*Unity in diversity is the ultimate strength.*

## POEMS

### कोई बोले राम-राम कोई खुदाई

कोई बोले राम राम कोई खुदाए ॥  
कोई सेवाए गुसाईं कोई अल्लाए ॥1॥

कारन करने करीम ॥  
कृपा धार रहीम ॥2॥

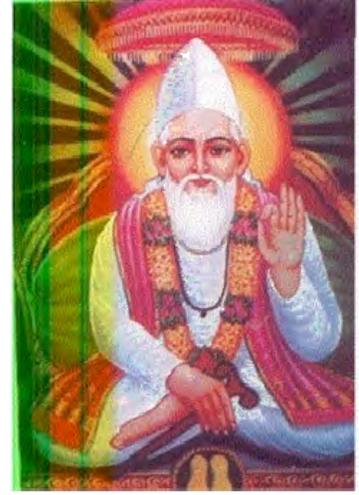
कोई नवाए तीरथ कोई हज जाए ॥  
कोई कराए पूजा कोई सिर नवाए ॥3॥

कोई पराई भेद कोई कथायब ॥  
कोई औड़ाई नील कोई सुपायथ ॥4॥

कोई कहाई तुर्क कोई कहाई हिन्दू ॥  
कोई बाशाई भीषत कोई सुरागीन्दु ॥5॥

काहू नानक जिन हुकम पशाथा ॥  
परब साहिब का थिन बहायत जाथा ॥6॥

गुरु गोविन्द दोठ झड़े, काके लागुं पायं ।  
बलिहारी गुरु आपनो, गोविन्द कियो बताय ॥



सांभ नयबर तप नहीं झूठ बरानबर पाए ।  
जाके हुदय सांभ है ताके हुदय जाए ॥

दोष दायणा देखकर, यमन ह्यंत-प्रांत ।  
अपने कियत र आपड, आपनो जाति र मन्त ॥

साई इतना दीजिये, जामें सुदुम्ब सयाय ।  
मैं भी भूखा र रहूँ, साधु र भूखा जाय ॥

॥ कबीर दास ॥

*Secularism promotes peaceful coexistence, despite the differences.*

नफरत या मोहब्बत

हिन्दू या मुसलमान के बीच की ये नफरते मिटा दे

अमन और शांति को अपना के मोहब्बते जगादे

मिल जायें जो ये दो ताकतें

तो हवाओ का रुख मोड़ दे

दुनियाँ को झुका के दिखादे

जो जुदा और खफा रहे तो

जलते हुए घरोंदे पायेंगे

बर्बादी के मंज़र पायेंगे

काले धुए से उठती आहें पायेंगे

इन्सानियत को मरता हुआ पायेंगे

मोहब्बत के दुश्मन ना रहे ये

चाहे रक़ीब बनकर साथ निभाये

तो हँसी गूँजेगी इन हसीन वादियों में

बहारे फिर लौट आयेंगी बंजर ज़मीनो पे

वक्रत थम जायेगा और चलेगा इनके इशारों पे

खुदा भी हो जायेगा फ़ना इनकी चाहतों में

*My Oxygen,  
Fruits, Flowers,  
Medicine, Wood  
and Shadow are  
for all irrespective  
of religions, cast &  
creed.*



- By Alisha on [www.whereincity.com](http://www.whereincity.com)

## आखिर कौन है ऊंचा ?

जाति धर्म पर फैला है जो विषाद  
आखिर कौन है ऊंचा  
और कौन है निषाद

जाति धर्म और क्षेत्रवाद  
बना दंगों का है आधार,  
धरती मां को बांट रहे हम  
देखो बेटों का ये प्यार

मानव के खून का मानव प्यासा  
प्रेम की समझे कौन परिभाषा,  
आखिर कब तक चलेगा ये सब  
छाई है चहुं ओर निराशा

रक्त सभी का लाल है प्यारे  
फिर हुए सब एक समान,  
जात पात के भेद भुला के  
बन जाओ केवल इंसान



जात-पात के आधार पर  
ना करो आपस में लड़ाई,  
क्यों हिन्दू खुद को कहें हम  
क्यों सिख, और क्यों कहें ईसाई

छोड़ो ये सब तुम प्यारे  
बर्बादी का है ये रास्ता,  
अपनी-अपनी पड़ी है सबको  
नहीं किसी को किसी से वास्ता

कौन हिन्दू, कौन मुस्लिम कहलाता है  
आखिर भाई भाई का अपना नाता है  
बचो खुद भी, बचाओ राष्ट्र को प्यारे  
यही सुशील आखिर में बतलाता है

- सुशील कुमार

## SECULAR SONG

1. "Raghupati Raghav Raja Ram, Patit pavan Sita Ram  
Ishwar Allah Tero nam Sab ko snmati de bhagwan" .....
2. "**Hind desh ke nivasi** sabhi jan ek hain,  
Rang roop, vesh bhusha chahe anek hai....."

## QUIZ

Chose the right answer for following questions:

- Q1. Who is a secularist in India?  
A. (a) A Hindu (b) A Muslim (c) A Sikh (d) A Christian (e) All Indians
- Q2. Which is the secular festival of a state?  
A. (a) Diwali (b) Eid (c) Good Friday (d) Mahavir Jayanti (e) Harvest festival
- Q3. Citizen of Secular state are free to practice any religion Yes / No
- Q4. In a secular country religious festivals/rituals can not be practiced by the citizens according to their own religious beliefs. Yes / No
- Q5. Is secularism as a value is advantageous for unity of people? Yes / No
- Q6. Which one of the following is a secular Monument in Delhi?  
A. (a) Birla Mandir (b) Jama Masjid (c) India Gate
- Q7. Which one of the following is a secular event?  
A. (a) Good Friday (b) Janmashtmi (c) Guru Govin Singh's Birthday (d) New Year Day
- Q8. Write the most beautiful secular monument of India.
- Q9. Write the secular places to be visited in Amritsar.
- Q10. Secular Dargahs in India

## ANSWERS:

1. (e)
2. (e)
3. Yes
4. No
5. Yes
6. (c)
7. (d)
8. Tajmahal at Agra
9. Jallian wala bagh & Wagha border
10. '**Dargah Sharif**' in Ajmer (Rajasthan) and in **Nagoor** (Tamilnadu)

## QUOTES

- *Hindu Muslim Sikhi Isayee aapas mein sab hain bhai bhai.*
- *Sarv dharma samabhav hi sadhbhav hai.*
- Religion alone cannot be the basis of civilized society but secularism is the sure short guarantee for it.
- जाति – धर्म भेद का ये तूफान समाज का कर रहा है अपमान, जो चमन हमेशा हँसता था वहां है अब हर तरफ मचा कोहराम ।
- Nature celebrates differences that adds to its beauty.
- Secularism promotes and communalism demotes the development of a country.



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# सादगी SIMPLICITY

## WHAT DOES THE VALUE MEAN?

Simplicity as a **value** means **being a person who lives a life limiting his needs to the minimum and gives the maximum to the society.**

*There is enough on Earth for our needs but not for our greed.*

- M.K.Gandhi

## EXAMPLES

- People like Mahatama Gandhi, Shri Lal Bahadur Shastri, Shri Rabindranath Tagore, Acharya Vinobha Bhave, Mother Teresa, etc. who practiced '**Simple living, high thinking**' have always been given high regards in the Indian society.
- Nature, on which we are very much dependent for our existence, is very simple. A tree takes very little in the form of sunlight, water, air, soil, etc. for its survival and growth whereas gives a lot like shadow, fruits, wood, timber, oxygen, etc. It shows that practicing simplicity is natural way of living.
- Simple living is not about rejecting the luxuries in life, but living lightly with fewer distractions.
- Simple life involves the following:
  - ❖ Limiting material possession to what is genuinely needed and/or liked.
  - ❖ Thinking and working towards welfare of society.
  - ❖ Meaningful work, beneficial to all.

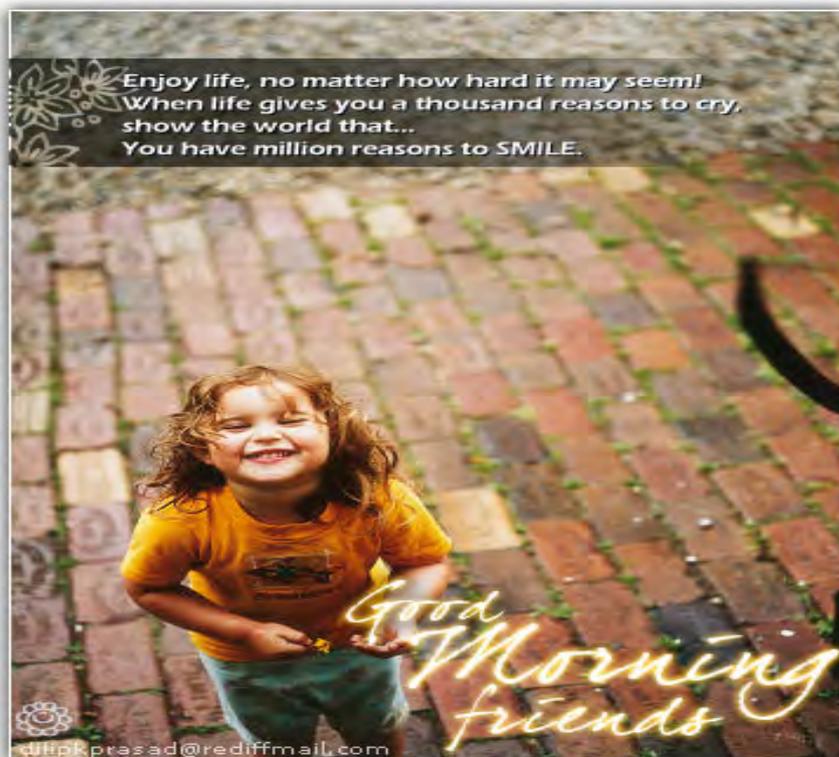


*Simplicity means to remove the unnecessary so that necessary gets due importance.*

## BRIEF DESCRIPTION

*Simplicity brings out the best in humanity.*

- Simplicity enhances quality of life and enriches it with feelings of immense joy, inner peace, fulfillment, real happiness and satisfaction of doing something for the society.
- It gifts good health and sound sleep; makes life tension free and increases quality time for family and friends.
- Simple life helps in preserving our environment and reduces the gap between the rich and the poor.
- Simple life allows one to focus on one's real job and, therefore, leads to success.
- It makes one's life transparent which wins trust of others.



*Life is really simple, if we do not insist on making it complicated.*

*We struggle with the complexities and avoid the simplicities.*

## **PROMINENT PERSONALITIES**

- **Mahatma Gandhi**  
His greatness lies in his simplicity.
- **Lal Bahadur Shastri**  
Foundation of his firmness was his simple way of life.
- **Mother Teresa**  
Her simplicity made her extraordinary.
- **A.P.J Abdul Kalam**  
Key to his success and popularity is in his simplicity.

*Anything Simple always interests everyone.*

## **ANECDOTE**

### **DR. APJ ABDUL KALAM - AN ANECDOTE**

- Dr. Kalam, born in a poor family in a village in Rameshwaram, was very studious and continued his studies despite all kinds of difficulties.
- During his college days, he cherished a dream of India developing powerful missiles indigenously. After completion of education, he joined DRDO to realize his dream.
- His simple life style helped him to focus on his goal and get success in leading India towards development of many powerful missiles including Agni. It won him the title of 'Missile Man of India'.
- Later, he served the nation as the President. Dr. Kalam, a bachelor, maintained a very simple life style. Despite being President of the country, he readily mixed-up with the ordinary people. Playing Veena is one of his leisure activities. He writes poetry in Tamil.
- His simplicity and self-less service made him most admired personality. He is also known as "**People's President**". The life journey of Dr. Kalam shows that how a simple and dedicated person can rise to such heights.



साईं इतना दीजिए जा में कुटुम्ब समाए ;  
में भी भूखा ना रहूं साधू ना भूखा जाए.

## कविता

### सादा जीवन



सादा जीवन है खुशियों का उपवन  
देता स्वस्थ तन व खिला - खिला मन

सादगी में छुपा है सच्चे सुखों का राज  
जीवन में संतोष व पूर्णता का अहसास

खत्म न होती कभी भौतिक सुविधाओं की दौड़.  
सुख से जीने नहीं देती व्यर्थ की होड़.

आडम्बरों से जो मुक्त हो जायें  
अनुपम आनंद से जीवन भर जाये

सादा जीवन उच्च विचार  
सारे दुःखों का करें उपचार

सादा जीवन क्यों न बिताएं हम  
सुखद भविष्य को बढ़ाएं कदम



- सनमुख जुगानी

*Simplicity means the achievement of maximum effect with minimum means.*

## QUIZ

(A) Short essay type questions :

1. What changes would you like to bring in your life to make it simple?
2. What in simplicity appeals you the most?

(B) Explain in brief as to how simplicity in your views makes the following possible-

1. Enhancement in quality of life.
2. Feeling of immense joy in life.
3. Feeling of fulfillment in life.
4. Happiness in life.
5. Reduces the rich-poor gap.
6. Preserves our environment.

(C) Identify whether the following statements are true or false:

- |    |                                                            |                    |
|----|------------------------------------------------------------|--------------------|
| 1  | Simplicity means rejecting all luxuries in life.           | True/ <b>False</b> |
| 2  | Simplicity always makes life harder.                       | True/ <b>False</b> |
| 3  | Simplicity will preserve resources for future generations. | <b>True</b> /False |
| 4  | Simplicity means no entertainment/ leisure activities.     | True/ <b>False</b> |
| 5  | Simplicity involves eating only vegetarian items.          | True/ <b>False</b> |
| 6  | Simplicity involves wearing minimal necessary cloths.      | True/ <b>False</b> |
| 7  | Simplicity involves purchasing cheapest articles.          | True/ <b>False</b> |
| 8  | Simplicity benefits individuals only.                      | True/ <b>False</b> |
| 9  | Simplicity may solve environmental and social problems.    | <b>True</b> /False |
| 10 | Simplicity in life is good for poor only.                  | True/ <b>False</b> |

**Answers:** (C) Highlighted options.

*Nature of nature is simple, why complicate it?*

## GAMES

1. Prepare a list of values we should try to nurture and give examples of prominent personalities who practice / practiced those values.
2. List priority-wise any ten areas in which you would like our country to progress faster. Also, bring out values you feel the most important to be nurtured for each of these areas.

| AREA                              | VALUES          |                 |                 |                 |                 |
|-----------------------------------|-----------------|-----------------|-----------------|-----------------|-----------------|
|                                   | 1 <sup>st</sup> | 2 <sup>nd</sup> | 3 <sup>rd</sup> | 4 <sup>th</sup> | 5 <sup>th</sup> |
| Example – Freedom from corruption | Integrity       | Honesty         | Patriotism      | Responsibility  | Simplicity      |
| 1.                                |                 |                 |                 |                 |                 |
| 2.                                |                 |                 |                 |                 |                 |

3. List all your classmates and write down the qualities of each of them, you like the most.
4. List priority-wise any three professions you would like to choose for yourself and write down the important values to be nurtured for being successful in each of them.

| Profession Values | Example – Doctor | 1 <sup>st</sup> | 2 <sup>nd</sup> | 3 <sup>rd</sup> |
|-------------------|------------------|-----------------|-----------------|-----------------|
|                   | Listening        |                 |                 |                 |
|                   | Understanding    |                 |                 |                 |
|                   | Self-confidence  |                 |                 |                 |
|                   | Dedication       |                 |                 |                 |
|                   | Health           |                 |                 |                 |
|                   | Compassion       |                 |                 |                 |
|                   | Tolerance        |                 |                 |                 |
|                   | Duty             |                 |                 |                 |
|                   | Love             |                 |                 |                 |
|                   | Simplicity       |                 |                 |                 |

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## WHAT DOES THE VALUE MEAN?

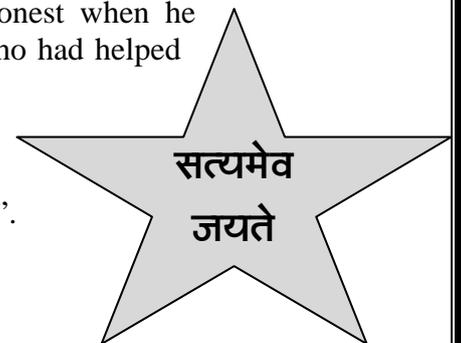
'Honesty' as a **value** means being a **person who is truthful in all his activities/ commitments and does not steal from others.**

## EXAMPLES

- If a teacher has given more marks in an examination, then telling the truth to the teacher, is honesty of character.
- If a shopkeeper has given more money by mistake, then returning the excess amount, is honesty.
- If you have found anybody's purse, then calling that person and returning his purse with money intact, is honesty.
- If you owe somebody, you should repay, is honesty of word.
- Even when you have a fair chance of cheating in a game of chess, ludo, carom etc. you play honestly and loose the game, is honesty of integrity.
- Your parents have given you Rs. 500/- as pocket money and instructed you to spend for certain things. Then spending your money as per parent's advice, is your honesty.
- You are 12-13 years old (eldest among your brothers/ sisters) and your parents had to leave you and your young brothers/ sisters alone for one day. Then caring your siblings, is honesty in your commitment.

## BRIEF DESCRIPTION

- Honesty means that you should be sincere and fair in doing all the activity of life with utmost dedication; it may be in sports, studies, music, dance etc. An honest person always stands by his words/ commitments.
- A thief who has stolen valuables will also said to be honest when he distributes the stolen goods among all in the given ratio who had helped him in stealing the goods.
- Truthfulness; sincerity; *is all honesty.*
- Honesty is "to be fair, sincere and upright in all the dealings".
- Honesty is "parity in thoughts, words, or action".
- Honesty is "simply, stating the facts".
- Honesty is "not to mislead anybody".



## **PROMINENT PERSONALITIES**

- **Raja Harishchandra**  
Raja Harishchandra who never uttered a lie in his life.
- **Gandhiji**  
Gandhiji who has elaborated in his 'Experiments with truth'.
- **Eklavya**  
Eklavya who honestly gave his thumb to Guru Dronacharya.
- **G. R. Vishwanath**  
G. R. Vishwanath who used to walk away from the crease without waiting for Umpire's decision, if he knew that he was out.
- **Shah Rukh Khan**  
Shah Rukh Khan who is honest in his family and professional life.



## **ANECDOTE**

### **NEHRU JI - AN ANECDOTE**

Following is an extract from Pt. Jawaharlal Nehru's writings:

"I must have been about five or six. I noticed one day two fountain pens on my father's office table and I looked at them with greed. I argued with myself that father could not require both at the same time and so I helped myself to one of them. Later, I found that a mighty search was being made for the lost pen and I grew frightened at what I had done, but I did not confess. The pen was discovered and my guilt was proclaimed to the world. Father was very angry and he gave me a tremendous thrashing. Almost blind with pain and mortification at my disgrace I rushed to mother, and for several days various creams and ointments were applied to my aching and quivering little body.

From then, I never said any lie".

### **नेहरू जी - एक कथानक**

एक बार की बात है जब नेहरू जी की उम्र पाँच साल थी। वे अपने मित्र सुरेश के साथ जंगल से लौट रहे थे, अचानक उन्हें रवीन्द्र अंकल का घर दिखा, उनका बगीचा बहुत सुंदर था। फूल खिले हुए थे। दोनों दोस्त बगीचे में घुस गए। गुलाब के फूल देख उनके दोस्त का दिल ललचा गया। उसने झट फूल तोड़ लिया। अचानक से रवीन्द्र जी ने दरवाजा खोल दिया लेकिन उन्होंने सुरेश को फूल तोड़ते हुए नहीं देखा। सुरेश ने झट फूल नेहरू जी के हाथ में पकड़ा दिया और वहां से भाग निकला। रवीन्द्र जी ने कहा "तुमने यह फूल क्यों तोड़ा"? नेहरू जी ने कहा कि यह फूल उनके दोस्त ने तोड़ा है। यदि वह यह फूल तोड़ते तो

वहाँ से भाग न जाते । रवीन्द्र जी को यह बात सच लगी । उन्होंने नेहरू जी को तीन फूलों के साथ वहाँ से जाने को कहा ।

इससे यह साबित होता है कि सच एवं ईमानदारी का फल मीठा होता है ।

## **SHORT STORIES**

### **HARI AND THE FAIRY - A SHORT STORY**

Hari was woodcutter. One morning he went to the forest. There was a big lake in the forest. He was cutting wood near it. Suddenly his axe slipped from his hands and fell into the lake. Hari was very sad for loss of his axe. He couldn't buy a new axe as he was not rich. Sh... Sh... Sh... A beautiful angel came out of the lake and stood before him. 'Why are you looking so sad? she asked.

'My axe has fallen into the lake and I can't cut the wood,' said Hari. 'Don't worry,' said the angel, 'I'll help you.' She put her hand into the water and took out a brand new silver axe. 'Is this the axe you lost?' she asked Hari.

'No', said the woodcutter and shook his head sadly. 'Don't be upset,' said the angel, 'I'll try again.' She put her hand into the water and this time she took out a shining golden axe. 'Is this your axe?' she asked Hari. The woodcutter again shook his head in denial, 'No it's not mine'.

'I'll try again,' said the angel. This time she took out Hari's axe from the lake. Hari jumped with joy. 'That's my axe,' he cried happily.

'You're an honest man,' said the angel. 'You take your axe and cut wood with it. But you also take these silver and gold axes as gifts from me.' Saying this the angel disappeared.

*Moral: Honesty is always rewarded.*

### **ईमानदारी का पुरस्कार - एक कहानी**

एक राजा था । वह बूढ़ा हो गया था परन्तु उसके पुत्र इतने कुशल नहीं थे कि उसका सिंहासन संभाल सकें । अतः राजा ने घोषणा की कि वह राज्य के किसी ईमानदार व्यक्ति को ही अपना राजपाट सौंपेगा । घोषणा सुनकर बहुत से व्यक्ति राजा के दरबार में पहुँचते हैं जहाँ राजा सबको एक-एक बीज देता है और कहता है कि जो भी व्यक्ति इस बीज की पूरी ईमानदारी से देखभाल करेगा वह उसे राजा बना देगा, और सबको तीन महीने के बाद आने को कह देता है ।

**भरत** नाम का एक युवक भी राजा के दरबार से अपना बीज लाकर पूरी ईमानदारी से उसकी देखभाल करता है परन्तु तीन महीने पूरे होने पर भी उसका पौधा बिलकुल भी नहीं उगता । तीन महीने बाद सभी अपना-अपना पौधा लेकर राजा के दरबार में पहुँच जाते हैं । भरत भी अपना गमला लेकर वहाँ पहुँचता है जहाँ उसका गमला देखकर सभी उसपर हसँते हैं । राजा सभी के गमलो को देखता है और कहता है कि वह व्यक्ति जिसके गमले में पौधा बिलकुल भी नहीं उगा है उसे मेरे सामने लाया जाए । भरत डरते-डरते राजा के सामने आता है परन्तु राजा उसकी पीठ थपथपाता है और कहता है कि वही इस राज्य का राजा बनने के लायक है । क्योंकि राजा ने जो बीज सबको दिए थे वे उबले हुए थे और उबले हुए बीज में से पौधा नहीं उगता । भरत के अलावा सभी ने अपने बीज बदल दिए थे, अर्थात् वे सभी झूठे हैं । परन्तु भरत ने अपनी ईमानदारी को नहीं छोड़ा ।

**भरत की ईमानदारी से प्रभावित होकर, राजा उसे राजपाट सौंप देता है ।**

**शिक्षा : ईमानदारी के साथ किया गया कार्य हमें हमेशा सफल देता है चाहे उस कार्य में हमें शुरुआत में असफलता ही क्यों न हाथ लगी हो ।**

## POEMS

*I am honest,  
I am true.  
When I'm not,  
I am blue.*



***“No legacy is as rich as honesty.”***

*- William Shakespeare.*

## ईमानदारी

ईमानदारी मेरे पास है ।  
न धन है न संपत्ति है ।  
पर ईमानदारी मेरे पास है॥

मुझे किसी का डर नहीं है।  
मुझे किसी का भय नहीं है।  
क्योंकि ईमानदारी मेरे पास है॥

मैं आत्मनिर्भर हूँ।  
मैं आत्मसक्षम हूँ।  
क्योंकि ईमानदारी मेरे पास है॥

मैं अडिग हूँ।  
मैं स्थिर हूँ।  
क्योंकि ईमानदारी मेरे पास है॥

मेरी ताकत मेरी ईमानदारी।  
मेरी हिम्मत मेरी ईमानदारी॥

ऋतु गोवर

छवि गोवर

*"If you tell the truth you don't have to remember anything."*

## GAMES

### A. ईमानदारी - प्रश्नोत्तरी

चलिए अब हम अपनी ईमानदारी को आँकते हैं :

- 1 यदि हमें पता है कि हमारा दोस्त परीक्षा में हमारी नकल कर रहा है तो क्या हमे उसे अपनी नकल करने देनी चाहिए ? हाँ / नही
- 2 अगर परीक्षा में हमारे अंक कम आए तो हमे अपनी अंकतालिका पर खुद हस्ताक्षर कर देने चाहिए । हाँ / नही
- 3 छुट्टी होने पर यदि हम सबसे अंत में घर जाएँ तो हमे लाइटें और पंखे बंद करके जाना चाहिए । हाँ / नही
- 4 यदि हमे किसी बच्चे का पेंसिल बाक्स अच्छा लगे तो हमे उसे चुरा लेना चाहिए । हाँ / नही
- 5 यदि हमारे दोस्त से कोई लड़ाई करे तो हमे उसे मारना चाहिए । हाँ / नही
- 6 यदि हमारे दोस्त की किसी से लड़ाई हो जाए तो हमे बीच-बचाव करना चाहिए । हाँ / नही
- 7 माता-पिता की अनुपस्थिति मे हमे अपना गृहकार्य करने के समय पर टी.वी. देखना चाहिए । हाँ / नही
- 8 क्या हमे अपने मित्र के किए हुए कार्य मे से बिना उसकी अनुमति के कुछ विषयो की जानकारी ले लेनी चाहिए ? हाँ / नही
- 9 क्या हमे स्कूल का गृहकार्य ना करने के लिए झूठा बहाना बनाना चाहिए ? हाँ / नही
- 10 क्या हमे स्कूल की छुट्टी करने के लिए झूठा बहाना बनाना चाहिए ? हाँ / नही
- 11 जब एक अध्यापक ने सामूहिक कार्य दिया है तो क्या आप उसमें बराबर की हिस्सेदारी देगें? हाँ / नही
- 12 मेरे द्वारा किए हुए परीक्षण कम्प्यूटर प्रयोगशाला मे गलत हो गए । क्या मुझे अपने मित्र के आँकड़े लेकर अपना काम पूरा कर लेना चाहिए ? हाँ / नही

*“Honesty is the best policy.”*

*-William Shakespeare.*

- B. A teacher asked the students, to relate club values with their surroundings. One of the students co-related these club values as under:

| मेरा परिवार                  |                            |
|------------------------------|----------------------------|
| क्लब मूल्य (Club value)      | वर्णन करना (Related to)    |
| सत्यनिष्ठा (Integrity)       | भारत देश (India)           |
| ज़िम्मेदारी (Responsibility) | पिता (Father)              |
| सहनशीलता (Tolerance)         | माता (Mother)              |
| सदभाव (Compassion)           | बड़ा भाई (Elder brother)   |
| प्यार (Love)                 | छोटा भाई (Younger brother) |
| एकता (Unity)                 | मित्र (Friend)             |
| अहिंसा (Non-violence)        | पत्नी (Wife)               |
| देश-भक्ति (Patriotism)       | अध्यापक (Teacher)          |
| सम्मान (Respect)             | अधीनस्थ (Subordinates)     |
| धर्मनिरपेक्ष (Secularism)    | बॉस (Boss)                 |
| ईमानदारी /सत्यता (Honesty)   | बच्चे (Children)           |
| सरलता (Simplicity)           | विद्यार्थी (Student)       |

These may be discussed with students. Also, they may come up with other relatedness.

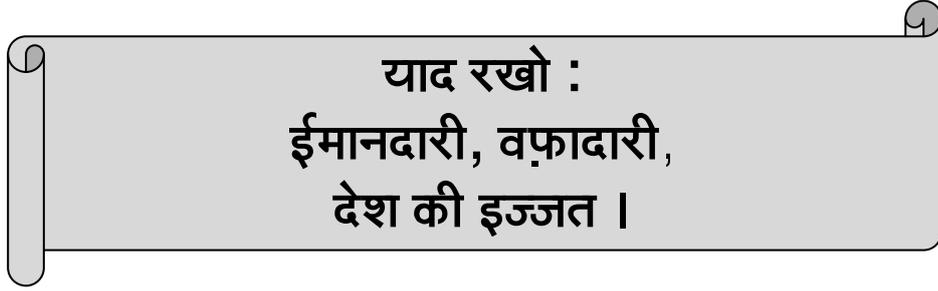
- C. In line with the above exercise, students may be asked to give examples from nature or their surroundings representing different values as under:

| Value          | Nature/ Surroundings                 |
|----------------|--------------------------------------|
| Integrity      | Solar System, Earth, Human Body      |
| Responsibility | Parents, Teachers                    |
| Tolerance      | Mother Earth, Cow                    |
| Unity          | Honey bee hive, fist, $1 + 1 = 11$   |
| Love           | Pet animals, Fruiting Trees, Flowers |

## QUOTES

- “Honesty is the first chapter in the book of wisdom.”-Thomas Jefferson
- “Honesty is the best policy.” -William Shakespeare
- “Honest hearts produce honest actions.” -Brigham Young
- “No legacy is as rich as honesty.” - William Shakespeare
- “Honesty: The best of all the lost arts.” -Mark Twain
- “An honest man’s word is as good as his bond.” -Miguel de Cervantes Saavedra
- “If you tell the truth you don’t have to remember anything.”-Mark Twain

- “Who lies for you, will lie against you.” -Bosnian Proverb
- “A lie may take care of the present, but it has no future.” -Author Unknown
- “Truth fears no questions.” - Unknown
- “The truth needs so little rehearsal.” -Barbara Kingsolver
- “When I feel honest, I feel clear inside.” - Unknown.
- “Honesty is truth, truth is honesty.” - Unknown.
- “Truth alone Triumphs”. - Unknown.
- “सत्यमेव जयते”. - Unknown.



~~~~~ O ~~~~~



## WHAT DOES THE VALUE MEAN?

Love as a **value** means **being a person who gives or accepts other persons/circumstances unconditionally**; in other words, a person who creates and sustains human relations with dignity and strength.

*Fundamental nature of nature is love.*

## EXAMPLE

Mother's love is unconditional, endless and beyond words. Her deep parental kindness in bringing us up and the hardships she has gone through can never be repaid as they are priceless. Her love is unselfish and boundless.

*Love is caring, love is sharing.*

## BRIEF DESCRIPTION

- It may be easy to look around our world today and see the appearance of chaos, difficulties and conflicts. This planet does not need desperation, fear, doubt and hate - it requires an abundance of love, especially unconditional love, to heal and restore the beauty contained in every moment.
- When we bring unconditional love back into our personal, professional, community and family lives, we begin the journey of restoring wholeness and happiness to our planet.
- When love is combined with faith, it creates a strong foundation for initiative and action. Love is the catalyst for change, development, and achievement.
- In love, we say- I will care for you. In love we promise total faithfulness. In love, we promise that we will sacrifice our comfort to make others comfortable. In love we also promise for never hurting others.



- Love is not simply a desire, a passion, an intense feeling for one person or object, but an awareness which is at once selfless and self-fulfilling. Love can be for one's country, for a cherished aim, for truth, for justice, for ethics, for people, for nature, for service, or for God. Love flows from truth that is knowledge. Love based on knowledge is real love, not blind love.

*Nature shows unconditional and abundant love to us.*

- A mother spends time and energy to nurture her child from the time the child is born, throughout the periods of childhood, teenage and adulthood. After facing many hardships in nurturing the child, she only wishes to see her child mature into adult who is gifted with decency and valuable conduct. When her child falls sick, she would be so worried that she forgets to eat and drink. No words can describe her deep concern for her child. When a child undergoes sufferings, the mother prays throughout the day, wishing that she is the one who should suffer! Such kindness is indeed very deep and great.



## **PROMINENT PERSONALITIES**

- **Sri Krishna**
- **Gautam Buddha**
- **Shri Ramkrishan Pramhans**
- **Mother Teresa**
- **Swami Vivekanand**
- **Gandhiji**

## **ANECDOTES**

### **BUDDHA – AN ANECDOTE**

One day, Siddhartha was playing with his friends in the palace garden. One of the boys was his cousin, Prince Devadatta. While Siddhartha was gentle and kind, Devadatta was by nature cruel



*God is full of love; love to become godly.*

and liked to kill other creatures. While they were playing, Devadatta shot a swan with his bow and arrow. It was badly wounded. But Siddhartha took care of the swan until its wounds healed. When the swan was well again, he let it go free.

Prince Siddhartha was kind to everyone. He was gentle with his horse and other animals. Because he was a prince his life was very easy, and he could have chosen to ignore the problems of others. But he felt sympathy for others. He knew that all creatures, including people, animals and all other living beings, like to be happy and don't like suffering and pain.



## **SHORT STORY**

### **A CRY FOR HELP - A SHORT STORY**

Once upon a time, there was an island where all the feelings lived: Happiness, Sadness, and all of the others, including Love.

One day it was announced to the feelings that the island would sink, so all repaired their boats and left.

Love was the only one who stayed. Love wanted to persevere until the last possible moment.

When the island was almost sinking, Love decided to ask for help.

*In a better world,  
the natural law is love,  
and in a better person,  
the natural nature is  
loving.*

*Love is giving and rendering.*

*Listen carefully to express love.*

Richness was passing by Love in a grand boat. Love said, "Richness, can you take me with you?" Richness answered, "No I can't..There is a lot of gold and silver in my boat. There is no place for you here."

Love decided to ask Vanity, who was also passing by in a beautiful vessel, "Vanity, please help me!" "I can't help you Love. You are all wet and might damage my boat," Vanity answered.

Sadness was close by so Love asked for help, "Sadness let me go with you." "Oh...Love, I am so sad that I need to be by myself!"

Happiness passed by Love too, but she was so happy that she did not even hear when Love called her!

Suddenly, there was a voice, "Come Love, I will take you." It was an elder. Love felt so blessed and overjoyed that he even forgot to ask the elder her name.

When they arrived at dry land, the elder went her own way. Love, realizing how much he owed the elder, asked Knowledge, another elder, "Who helped me?"

"It was Time", Knowledge answered.

"Time?" asked Love. "But why did Time help me?"

Knowledge smiled with deep wisdom and answered, "Because only Time is capable of understanding how great Love is".

*Avoid judging, just love.*

## POEMS

पोथी पढ़-पढ़ जग मुआ, पंडित भया न कोय ।  
ढाई आखर प्रेम का, पढ़े सो पंडित होय

- Kabir

*[Meaning: Reading books everyone died, none became any wise  
One who reads the words of love, only becomes wise]*

अकथ कहानी प्रेम की, कुछ कही ना जाय  
गूंगे केरी सरकरा, बैठे मुस्काय

- Kabir

*[Meaning: Inexpressible is the story of love  
It cannot be revealed by words  
Like the dumb eating sugar,  
Only smiles, the sweetness he cannot tell]*

रहिमन धागा प्रेम का, मत तोड़ो चटकाय।  
टूटे से फिर ना जुड़े, जुड़े गाँठ परि जाय॥

- Rahim

*[Meaning: Do not ever snap the thread of love,  
once broken it does not joins  
, and even if it is joined it leaves knot for ever.]*

## GAMES

### IMAGINING A LOVING WORLD

"Use your mind to imagine. Think about someone who is loving and kind. It can be a real person in your life now, or a person who helped you before, or it can be a person that you have seen in the movies. Think about that person's attitude . . . Picture that person helping  
.....                      .....                      .....                      Now,                      I                      want  
you to imagine that everyone in the world was that loving and kind . . . What would the world be like? . . . Now, step into your imaginary plane of the mind, go up into the blue sky, and fly! . . . Picture leaders of different nations and how they would treat each other . . . How would they be with the citizens of their countries? . . . Picture friends playing . . . See the students on a playground and in the neighborhood . . . Fly the plane over your own neighborhood . . . and now over this school . . . Imagine what would be happening . . . Now the plane circles and lands, and you are relaxed and in your place here again."

- a. **Share:** Talk about what you pictured and experienced when you used your mind to imagine.
- b. **Discuss:**
  - In a loving world, what would everyone want for his or her family?
  - In a loving world, what would the rulers/leaders want for their citizens?
  - If all the leaders of countries were like this, would they start wars?
  - In a loving world, would anybody be interested in war? Why or why not?
- c. **Artistically Express:** Draw a symbol or picture of a loving world or make up a poem.

*Love thy neighbour.*

-Bible

## **LOVE IS CARING, LOVE IS KINDNESS**

Discuss the following Reflection Point. 'Love is caring, love is sharing'. What are little things people can do that are kind and that mean a lot? Select something to do.

Do little things that are kind - make cards for your mother, father, grandparents or caregivers on special days, make cards for a child who has moved, share a dessert, help someone. Several students who are friends could befriend a new student in their class, showing the student around, introducing him or her and playing with him or her at break. The class or club may wish to select a Secret Friend for the remainder of the week as described below.

Secret Friend: Have each student write his or her name on a small piece of paper and put it in a box. Allow each student to choose one name from the box, being careful not to select their own name. During the week, each student is to note down positive things about the student whose name they have chosen, and noting his or her qualities.

At the end of the week, each one can make a card (students may wish to make a picture of the other student) and write down some of his or her positive observations. If a respectful atmosphere already exists within the class, allow each student to share what is written and the students in the class can guess for whom it is written.

*Love breeds love.*

## **QUOTES**

- Do not ever snap the thread of love, once broken it does not unite and if it does, knots remains forever.
- Every time you smile at someone, it is an action of love, a gift to that person, a beautiful thing.
- If you judge people, you have no time to love them.
- Love begins at home, and it is not how much we do... but how much love we put in that action.
- Spread love everywhere you go. Let no one ever come to you without leaving happier.

- The success of love is in the loving - it is not in the result of loving. Of course it is natural in love to want the best for the other person, but whether it turns out that way or not does not determine the value of what we have done.
- In a better world, the natural law is love, and in a better person, the natural nature is loving.

~~~~~ O ~~~~~

# सदभाव COMPASSION

## WHAT DOES THE VALUE MEAN?

‘Compassion’ as a value means being a person who feels and understands the pains and joys of others as if it is his/her own and takes action accordingly.



*Mother and child is most compassionate relationships - She feels the joy and pain of the child instantly.*

## EXAMPLES

- If a person, who has met with an accident, is lying on the road and bleeding profusely, we should help him in taking to hospital and inform his family members immediately.
- One should be compassionate to others by not inflicting any harm to them. Love the humanity like a mother loves her children.

## BRIEF DESCRIPTION

- Compassion towards living beings leads to non-violence i.e. ahimsa.
- Compassion results into care for all beings, protecting and serving them.
- Compassion promotes universal friendliness, forgiveness and fearlessness.
- Compassion to nature motivates conservation and sustainability.

*Compassion leads to meaningful action as one would do to oneself.*

## PROMINENT PERSONALITIES

### ➤ Mahatma Gandhi

Showed compassion towards down trodden/ oppressed people of society for their up-liftment.

महात्मा गांधी अपने सभी कार्य स्वयं करते थे । जब वह बैरिस्टर बनकर अफ्रीका गए तो प्रतिदिन एक कोढ़ी को घर ला, उसकी अपने हाथ से सेवा करते थे ।



### ➤ Netaji Subhash Chandra Bose

Portrayed compassion for his country by calling 'You give me blood, I shall give you independence'. जब नेताजी सुभाष चन्द्र बोस 12 वर्ष की आयु के थे तो एक



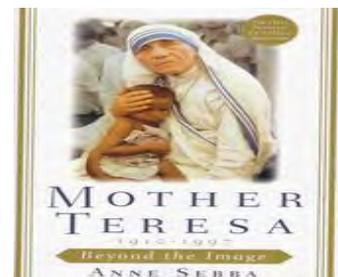
बार नगर में हैजे का रोग खूब फैल रहा था और लोग धड़ाधड़ मर रहे थे । इन्होंने अपने साथियों की एक टोली बनाई और नगर की निर्धन बस्ती में जाकर लोगों की सेवा करने लगे । इन बालकों ने सेवा में दिन-रात एक कर दिया । अपने पास से औषधि देते और कहानियां सुनाकर उन्हें प्रसन्न रखते ।

इस बस्ती में कुछ लोगों ने इनका विरोध किया और कहा कि ये धनी लोगों के बालक हमारा अपमान करने आते हैं । पर इन बालकों ने किसी बात की ओर ध्यान न दिया और सेवा करते रहे । इस बस्ती का सबसे बड़ा गुंडा और इनका विरोधी हैदर खां था । इसका घर भी इस भयंकर रोग से न बच सका । इसने बहुत से हाथ-पांव मारे कि कोई डाक्टर या वैद्य मिल जाए, पर कोई प्रबन्ध न हुआ । इतने में क्या देखता है कि उन्हीं सेवाव्रती बालकों का झुंड उसके टूटे-फूटे गंदे मकान में घुसकर रोगियों की सेवा में जुट गया । मकान को साफ किया गया, रोगियों को औषधि दी गई और उनकी उचित सेवा की गई । इन बालकों ने कई दिन तक उस परिवार की सेवा की और अन्त में घर के सब प्राणी निरोगी हो गए।

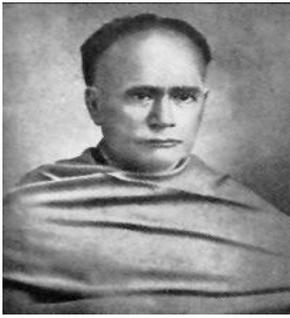
### ➤ Mother Teresa

Epitome of love and compassion for poor and incapacitated. मदर टैरेसा ने अपना पूरा जीवन दूसरों की

सेवा में बिताया । भारत में उन्होंने सबसे पहले 'निर्मल हृदय' के नाम से एक संस्था बनाई जो कि असहायजनों की सहायता के लिए थी । इसके लिए उन्हें Saint of Gutter के नाम से पुकारा गया । उन्होंने अनाथ बच्चों के लिए एक शिशु भवन खोला तथा कुष्ठ रोगियों के लिए एक सेंटर खोला ।



➤ **EESHWAR CHANDRA VIDYA SAGAR**



**Represented compassion for social reform.** ईश्वरचन्द्र विद्यासागर पढाई में बहुत होशियार थे तथा सदा छात्रवृत्ति प्राप्त करते थे । वह अपनी छात्रवृत्ति से सदा गरीब छात्रों की सहायता करते थे, उन्हें रोगी होने पर अपने पास से दवाई आदि देते थे ।

वह गरीब रोगियों को होम्योपैथिक औषधियाँ बांटा करते थे । एक बार एक मेहतर रोता हुआ उनके पास आया और बोला मेहतरानी को हैजा हो गया है, आप कृपा करें । वे उसके घर गए । दिन भर वहीं रहकर इलाज किया और सायंकाल रोगी को ठीक करके ही घर आए । जिस तरह सूर्य, चांद, वर्षा और वायु ऊंच-नीच का विचार किए बिना सबको एक सा फल देते हैं, उसी तरह ईश्वरचन्द्र विद्यासागर भी सबके साथ एक सा बर्ताव करते थे ।

➤ **Guru Nanak Dev**

**Preached compassion for people.** एक बार जब गुरु नानक देव बचपन में अपनी बहन के साथ खेल रहे थे, तभी एक भिखारी लड़का आ गया । नानक ने उससे पूछा कि यहाँ क्या कर रहे हो ? उसने बताया पेट के लिए भीख माँग रहा हूँ । नानक ने तुरंत अपनी कमीज उतार कर उसे दे दी ।



## **ANECDOTES**

### **KARAMBIR SINGH KANG - AN ANECDOTE**

What does Karambir mean? It means a person who excels in his profession. One such Karambir did justice to his name during the greyish night of 26/11/08. We are talking about Taj Group General Manager Karambir Singh Kang. During that night he showed heart warming compassion. He overcame the biggest loss of his life (death of his wife and sons) with unparalleled dignity just to make sure that nobody else suffers the same loss. Acting as a human shield between the terrorists bullets and the guests he worked steadily throughout that anguished night to shepherd his frightened guests to safety. Irony of the fate was such that he couldn't mourn over for a second at the death of his wife and sons.

**We salute this brave and gold-hearted person who is an epitome of compassion**

*Compassion completes relationships.*

## NETAJI - AN ANECDOTE

Netaji Subash Chander Bose was studying in a college at Kolkata. One day, when he had left for college, his mother started cleaning his room. When she opened the cup-board, she was shocked to find one chapati under the clothes. When Netaji returned home, her mother rebuked him for not eating the chapati.

Netaji clarified that he used to take one chapati daily for a poor lady suffering from leprosy. But yesterday the lady was not there and therefore he could not give the chapatti to her and kept it in the cupboard and forget. On hearing this, the mother was pleased about his kindness and compassion.

## SHORT STORIES

### THE ULTIMATE COMPASSION - A STORY

Once a king called Ranti Deva went to jungle for hunting with his family members. After few days stay in jungle their reserve stock of food and water got finished and only a little remained.

They were just going to take the food, when a Brahmana guest came in and asked for food as he was hungry. Ranti Deva was very pleased to give the food to serve him first.

After eating food the Brahmana went away, and then Ranti Deva divided the remaining food in equal portions. Just as he was going to eat his portion a Shudra came in and asked for some food. Ranti Deva gave him some, although he had not yet had any himself; so the Shudra also had some food and went away.

There was not much left, but before Ranti Deva could take any, a man came in with a dog, and he also wanted food. The King gave all that remained of the food to the man and the dog, and all that left was only one cup of water.

The man and the dog also went away, and Ranti Deva was just to drink water, as he was very thirsty. Just at that moment a poor beggar came up and cried out "I am so thirsty, so thirsty, I pray you give me water". He was only an outcaste but he was tired and miserable. The loving King took the cup of water that he was going to drink, and gave it to that poor beggar. While helping the poor man in drinking water, Ranti Deva felt full of love and said: "I no longer feel the pain of hunger and thirst. All I ask to God is to let me bear the pain and sorrow of others, so that I may help them and take away their miseries".

Ranti Deva showed us how we may be kind to all, whether Brahmanas or Shudras, outcastes or beggars. *We cannot give away all our food, as this King did, but we may often be able to give some to those who are hungry. Even little children can help to those who are ill or in trouble. We must feel love for all, no matter whether they are of our own family or strangers, whether they are rich or poor, Brahmanas or outcastes. If anyone needs our help, we should treat him as our brother.*

*Moral: When you see the sufferings of the others, your own disappears if you help others in over those.*

## जरूरत - एक कहानी

“चलो पीछे करों भाई इन सब को, दरवाजे पर भीड़ क्यों इकट्ठा कर रखी है।” मरीजों को देखते हुए डॉ. प्रशांत ने अपने कम्पाउंडर से कहा। उसने डॉ. का इशारा पाते ही मरीजों को सरकारी डिस्पेंसरी के दरवाजे से बाहर धकेल दिया। उनमें से एक मरीज को डॉ. प्रशांत के पास लाते हुए वह बोला, “सर, इसका इलाज तत्काल करना पड़ेगा। यह बहुत ही सीरियस है। यदि कहीं यह इलाज के बिना मर गया तो गांव की राजनीति को एक नया मुद्दा मिल जायेगा साथ ही आपकी बड़ी फजीहत होगी। अतः इसे जरूर देख लें।” “ठीक है, बुलाओ उसे। मैं देख लेता हूँ।” कम्पाउंडर ने मरीज को डिस्पेंसरी के अंदर ठेल दिया।

“क्या नाम है तुम्हारा?”

“जी रामू, रामू बल्द घिस्सू।”

“हं, क्या तकलीफ है ?”

“डागदर साब, कब्ज बनी रहवे है।”

“अच्छा, कल शाम को क्या खाया था?”

“जी, कुछ नहीं।”

“कल सुबह?”

“जी कुछ नहीं।”

“परसों दोनो टाईम?”

“जी कुछ नहीं।”

डॉ. प्रशांत ने गर्मी और भारी उमस में पसीना पौछते हुए कहा, “क्या करते हो?”

“जी कुछ नहीं।”

डॉ. ने आश्चर्य से प्रतिप्रश्न किया, “गुजारा कैसे होता है?”

“साब, बहुत गरीब आदमी हूँ। जब से फसल कटाई के लिए मशीनें आई हैं, भूखे मरने की नौबत आ गई है।”

डॉ. प्रशांत ने उसका मर्ज जात कर लिया था। उन्होंने कम्पाउंडर को पचास रुपये का नोट देते हुए कहा, “इसे ले जाओ भरपेट खाना खिलाओ, इसे दवा की नहीं भोजन की जरूरत है।”

इस कथा से यह स्पष्ट होता है कि मनुष्य की वेदना ही उसकी बीमारी का कारण होता है।

*Compassion promotes harmony, love and peaceful co-existence.*

## GAMES

### A. EXPERIENCING INNER JOY OF COMPASSION

#### Step 1:

- Sit silently and let your body relax. Be perfectly still and composed
- Close your eyes and sit comfortably
- Let your mind calm down. When your mind is well-composed and silent, wish "May I be happy", "May I be healthy", "May I be free from suffering". As you repeat the wishes mentally, develop love towards yourself. Imagine you are being healed.

#### Step 2:

Now think of your parents and loved ones and wish in the same way: "May they be happy", "May they be healthy", "May they be free from suffering." As you repeat the wishes mentally, develop love towards them. Imagine that your love heals them and they become happier and healthier.

#### Step 3:

Extend your compassion towards all beings on earth and wish " May all beings be happy", "May all beings be healthy", "May all beings be free from suffering", "Let no one hate another," Let no one frighten or threaten another," "May all live in harmony and peace." As you repeat the wishes mentally, imagine and feel that your compassion extend towards all and it brings peace on earth.

### B. QUIZ

Q1. Write the word "Compassion" on your notebook. What thoughts and feelings come to your mind when you hear the word? Write them down.

Q2. Identify at least ten personal benefits and results of being compassionate.

- e.g. \* People begin to like you.  
\* You will get more friends.

Q3. How does a mother practise compassion to her children? Discuss.

Q4. Tell some compassionate acts you have seen in people.

Q5. How are you going to practise compassion in your daily life?

Q6. Name some prominent personalities on Compassion.

Q7. Narrate one instance of compassion which occurred in your life.

Q8. What are opposites of compassion?

## QUOTES

- "The poor do not need our sympathy or pity. The **poor need our love and compassion.**"

- Mother Teresa

- "Man may dismiss compassion from his heart, but God never will."

- William Cowper

- "Our heart should be full of compassion and free from negative qualities like hatred, hostility and jealousy"

- Atharva Veda

- "Have compassion for all beings, rich and poor alike; each has their suffering. Some suffer too much, others too little."

- Buddha

- "If you want others to be happy, practice compassion. If you want to be happy, practice compassion."

- Dalai Lama



*Compassion is a priceless quality.*

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# ज़िम्मेदारी RESPONSIBILITY

## WHAT DOES THE VALUE MEAN?

Responsibility as a **value** means **being a person who delivers his/her commitments faithfully.**

*Relationships become stronger if one takes responsibility.*

## EXAMPLES

- Coming back home in time.
- Reaching school on time and not missing school transport.
- Calling your parents when you are late.
- Keeping your promise even if it is hard.
- Returning library books on time and in proper condition.
- Respecting elders, parents, seniors and teachers.
- Completing your homework without being reminded.
- Eating good food, doing exercise and taking good care of yourself.
- Taking good care of personal possession.
- Cleaning the area after having the lunch.

## BRIEF DESCRIPTION

Responsibility can be explained as taking care of duties in response to ones accountability and thereby improving trustworthiness. It can be divided into different types as below:

- MORAL RESPONSIBILITY to other people, animals and the earth means caring, defending, helping, building, protecting, preserving and sustaining. You are accountable for treating other people justly and fairly, for respecting existence of other living things, and for being environmentally aware.



*When you raise finger on others, three of them point out at you. Be responsible for own deeds.*

- LEGAL RESPONSIBILITY to the laws and regulations of your community, state and country. If there is a law you believe is outdated, discriminatory or unfair, you can work to change, improve, or eliminate it. You cannot simply decide to disobey it.



*Leaders praise team for achievements and take responsibility for adverse results.*

- FAMILY RESPONSIBILITY means treating your parents, siblings, and other relatives with love and respect, following your parents' directions and doing your duties at home.
- COMMUNITY RESPONSIBILITY means being part of a community, you are responsible for treating others as you want to be treated, for participating in community activities and decisions, and for being an active contributing citizens. Pickup trash to keep the community clean. Read local and community newspapers to stay informed. Vote in elections when you become eligible.



*You reap what you sow.*

- RESPONSIBILITY TO CUSTOMS, TRADITIONS, BELIEFS, AND RULES: This might come from your family, your community, your heritage or your faith. Learn what they are and do your best to respect and follow them.
- PERSONAL RESPONSIBILITY: It is up to you to become a person of good character. Your parents, teachers, religious teachers and other caring adults will guide you, but only you can determine the kind of person you are and would ultimately become. So get organized, be punctual, and honor your commitments.



*Nature takes responsibility to sustain us without asking for any rights.*

## PROMINENT PERSONALITIES

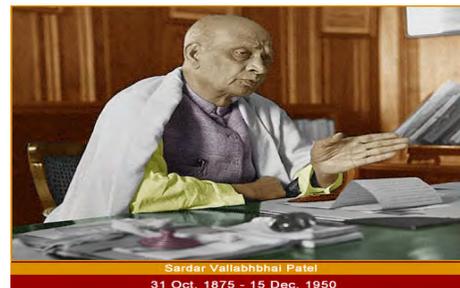
- **Shri Rajiv Gandhi**  
Shri Rajiv Gandhi took the responsibility for **bringing Information Technology** in India.
- **Dr. Manmohan Singh**  
Dr. Manmohan Singh took the responsibility for **Economic and Banking reforms** in India.
- **Dr. A.P.J Abdul Kalam**  
Dr. A.P.J Abdul Kalam took the responsibility for **bringing/developing missile technology** for Indian Army.
- **Dr. M.S.Swaminathan**  
Dr. M.S.Swaminathan took the responsibility for **Green Revolution**.
- **Dr. Kurien**  
Dr. Kurien took the responsibility for **White Revolution**.
- **Dr. Bhim Rao Ambedkar**  
Dr. Bhim Rao Ambedkar took the responsibility for **drafting constitution of India** and for **uplifting of downtrodden socially and politically** and bring them to the level of the others in the Indian society.
- **Mr. Sam Pitroda**  
Mr. Sam Pitroda took the responsibility for **bringing changes/revolution in telecommunication** sector in India.



## ANECDOTE

### SARDAR VALLABH BHAI PATEL - AN ANECDOTE

Sardar Vallabh Bhai Patel is known as the 'Iron Man of India'. When India attained independence in the year 1947, he as a first Home Minister of India took the responsibility of uniting diverse regions of India. He was responsible for writing princely states into India.



*The only person responsible for your state, good or bad, is you.*

## POEMS

- I. *Something I'm learning, something that I know is true.  
The only person responsible for your actions is you.  
What goes around comes around, as you may have heard.  
You give and take, you receive what you deserve.  
As much as I may not want to admit,  
this mess that I'm in, I got myself into it.  
What I've done, I've done a couple of times.  
They say you live and learn, well why didn't I?  
So I'm dealing with the pain, and taking on the ache  
I have to lie in the bed I didn't mean to make,  
so instead of looking up to heaven and asking God for help  
I'll take a look in the mirror, a good look at myself.  
I have to realize and accept what I've done wrong,  
learning lessons is tough but not if you're strong.*

*Miles journey begins with fast steps - take the foot  
forward for responsibility.*

## RESPONSIBILITY

- II. *There was a most important job that needed to be done,  
And no reason not to do it, there was absolutely none.*
- But in vital matters such as this, the thing you have to ask  
Is who exactly will it be who'll carry out the task?*
- Anybody could have told you that everybody knew  
That this was something somebody would surely have to do.*
- Nobody was unwilling; anybody had the ability.  
But nobody believed that it was their responsibility.*
- It seemed to be a job that anybody could have done,  
If anybody thought he was supposed to be the one.*
- But since everybody recognised that anybody could,  
Everybody took for granted that somebody would.*

*But nobody told anybody that we are aware of,  
That he would be in charge of seeing it was taken care of.  
And nobody took it on himself to follow through,  
And do what everybody thought that somebody would do.  
When what everybody needed so did not get done at all,  
Everybody was complaining that somebody dropped the ball.  
Anybody then could see it was an awful crying shame,  
And everybody looked around for somebody to blame.  
Somebody should have done the job  
And Everybody should have,  
But in the end Nobody did  
What Anybody could have.*

*-By Charles Osgood*

## **QUIZ**

(Tick (✓) mark the right answer for following questions)

A. Who is responsible for bringing discipline in the School?

- i. Principal    ii. Teachers    iii. Students    iv. All of them

B. Who is responsible for providing Electrical Supply in Delhi?

- i. MCD    ii. NDMC    iii. DVB    iv. None of them

C. Who is responsible for supply of drinking water in Delhi?

- i. MCD    ii. NDMC    iii. DJB.    iv. Bisleri company

D. Who has the responsibility of providing city transport in Delhi?

- i. Blue Line bus    ii. DTC    iii. Delhi Metro    iv. All of them

E. Who is responsible for maintaining parks/gardens in Delhi?

- i. NDMC    ii. MCD    iii. Houseowners    iv. None

F. Who is responsible for maintaining Law and Order in Delhi?

- i. Group 4    ii. Army    iii. Home Guard    iv. Delhi Police

G. Who is responsible for guarding the National boarders?

- i. BSF      ii. ITBP      iii. SSB      iv. All of them

H. For winning a cricket match responsibility lies with them?

- i. Captain      ii. Bowlers      iii. Batsman      iv. Team effort

I. Class monitor has the responsibility of keeping the classroom in order and he acts as a link between students and teacher.

True/False

**Answers:** A(iv); B(iii); C(iii); D(iv); E(ii); F(iv); G(iv); H(iv); I(True)

### **QUOTES**

- Never trouble another for what you can do for yourself.
- The price of greatness is responsibility.
- You can not escape the responsibility of tomorrow by evading it today.
- Rank does not confer privilege or give power; it imposes responsibility
- Friendship is always a sweet responsibility; never an opportunity.
- Failure is nature's plan to prepare you for greater responsibility.
- Good people do not need law to tell them to act responsibly, while bad people will find a way around the laws.
- I believe that every right implies a responsibility; every opportunity an obligation; every possession a duty.
- Liberty means responsibility that is most men dread it.
- If you want children to keep their feet on ground, put some responsibility on their shoulders.
- We have bill of right what we need is a bill of responsibility.

(www.coolquotes.com)

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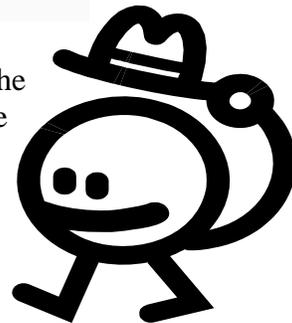


## WHAT DOES THE VALUE MEAN?

Respect as a **value** means **being a person who is grateful and shows regards to others.**

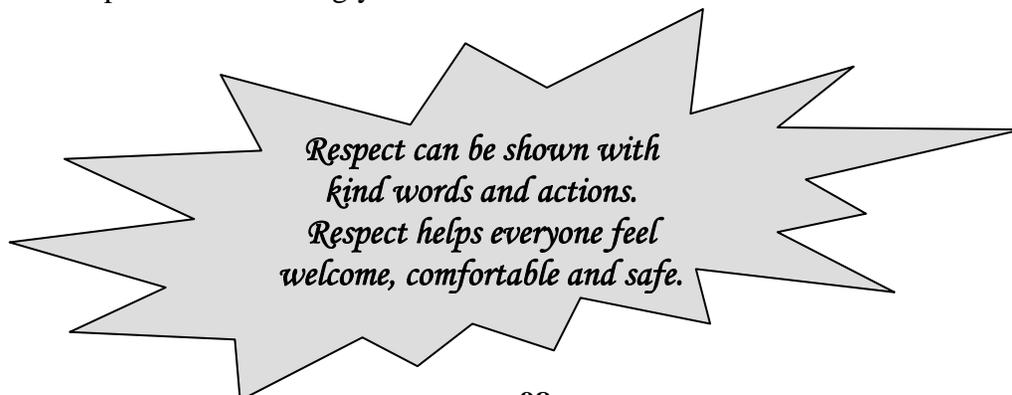
## EXAMPLES

- A child wants to play outside. Her mother is talking on the phone. Child waits for her mother to finish talking before taking permission to go outside. Child has shown respect by not interrupting her mother during the conversation.
- Salutation of teachers and elders.



## BRIEF DESCRIPTION

- Respect involves being thoughtful and helpful. There are many ways children in school can help each other. If someone in school is carrying lot of books, you might be able to help him by requesting, “can I help you carry those books?”
- Respect is a very important part of life. If a person is respected, it makes him feel good and in return, he/she respects you. One earns respect by respecting others. Respect has reciprocal relationship. Respect is essential because if a person does not respect any one, then over time, he would grow up to be a rude and inconsiderate person.
- Respect is not the same as obedience. If respect is present in assigned tasks then person obeys the task knowing fully, what is expected of him/her and best efforts are put forth accordingly.



- ‘Respect’ as value in Indian context represents the esteem and regard we have for our elders, seniors and other members of the society. By showing respect towards elders, and others, we get blessings / affections from them.
- Treating people with respect makes world a nicer place to live in, whether it is at home, at school or in society. It is easy- all you have to do is to treat people the way you like them to treat you. Here are few ideas:

- ❖ Don’t insult people or make fun of them.
- ❖ Listen to other when they speak.
- ❖ Value other people’s opinion.
- ❖ Be considerate of people’s likes and dislikes.
- ❖ Don’t mock or tease people.
- ❖ Don’t talk about people behind their backs.
- ❖ Be sensitive to other people’s feelings.
- ❖ Don’t pressurize someone to do something he/she doesn’t want to do.
- ❖ Be polite- use “please” and “thank you”.
- ❖ Be honest- if you do something wrong, admit it and apologize.



*Respect is using kind words  
with a gentle voice,  
often with a smile, too!*

We can respect people who are different from us by:

- ❖ Trying to learn something from them.
- ❖ Never stereotyping them.
- ❖ Showing interest and appreciation for their culture and background.
- ❖ Don’t go along with prejudice and racist attitude.



Parents teach their children to respect their elders by touching their feet to get blessings and well wishes.

The first value that a child learns from his or her family is respect for the mother. This concept is extended to other natural phenomena which provide sustenance for life. For

example rivers are worshipped as mother. The cow, provider of milk, is worshipped as mother. Similarly the earth is treated as mother and is respected.

## **PROMINENT PERSONALITIES**

- **Lord Ram**  
He respected his parent's wish and left for forest by renouncing the throne of Ayodhya for 14 years
- **Mahatma Gandhi**  
He invoked respect for neglected persons of society by naming them 'Harijan'.
- **Lal Bahadur Shastri**  
He resigned as a Minister of Railways, taking moral responsibilities of a train accident and showed respect for values in public office.

*Respect begets respect.*

## **ANECDOTE**

### **KRISHNA & SUDAMA - AN ANECDOTE**

God Krishna had in his student days a classmate, who was very poor. His name was Sudhama. Later, Krishna became king of Dwaraka. Sudhama remained a poor householder. He had many children. He was, however, a good-loving man.

One day Sudhama's wife said to him: "Why don't you meet Krishna? You were at school together. He will surely help us!"

Sudhama had wanted to see his friend Krishna, not for money, but for the joy of meeting a beloved friend. Sudhama took small package of beaten rice, as a gift for his friend Krishna.



When he reached Krishna's palace, and informed the security person, Krishna rushed out and met Sudhama at the gate. He gave him a great welcome. He embraced him. He washed Sudhama's feet. Sudhama had never seen such a beautiful palace of such riches.

No one had ever treated him so nicely before. Sudama was very happy to receive the respect given by Lord Krishna.

Sudhama was ashamed to take out the package of beaten rice. But Krishna saw the bag and pulled it out. Taking a handful from and putting it in his mouth, he said: "How nice of your wife to have sent this to me?" Then he ate two more handfuls.

When Sudhama reached back to his home, a great miracle waited for him there.

His old home was replaced by a grand palace. Many servants were doing all kinds of work. His wife stood before him and said "It all happened by the grace of Krishna."

This story shows the love and respect shown to a friend by Lord Krishna.

## **SHORT STORY**

### **A PRIVATE CONVERSATION - A SHORT STORY**

*Respect nature for all that it gives you without asking.*

When Swati was home visiting her parents she called her grandmother. While they were talking, the father came in and heard who she was talking to. He pushed the speaker button on the telephone so he and his wife could hear the whole conversation. Swati pushed the button back off. She wanted to have a private conversation with her grandmother. Later she asked her father to please not do that while she was talking. The father got defensive and said things like, "But we are all part of the same family. Everything should be open within the family. There should be no need to hide anything. If you don't want others to hear what grandmother is saying then you must have something to hide." Swati told her father that she didn't have anything to hide, but that she felt a little disrespected when he simply pushed the button without asking her first. Her father got even more defensive and said, "That has nothing to do with respect. There is no reason for you to feel disrespected. Of course I respect you."

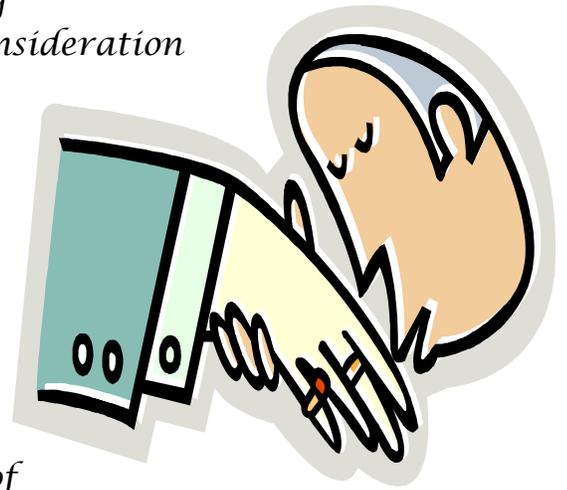
Does Swati's father Respect her?

Were Swati's actions correct?



## POEMS

*Respect is ... listening without interrupting*  
*Respect is ... taking others feelings in to consideration*  
*Respect is ... keeping an open mind*  
*Respect is ... agreeing to disagree*  
*Respect is ... trying to understand others  
viewpoint*  
*Respect is ... loving yourself*  
*Respect is ... trust and honesty*  
*Respect is ... giving each other space*  
*Respect is ... nonviolence*  
*Respect is ... direct communication*  
*Respect is ... building a person up instead of  
tearing them down*  
*Respect is ... friendship*  
*Respect is ... not pressuring the other person*



*Respect builds bonding and compatibility.*

## GAMES

1. What does it mean to treat other people with respect? Get the class brainstorm a list of do's and don'ts for treating people with respect. Ask for specific examples of each behavior they identify. Hang the list on the wall as a reminder.

*Respect yourself to respect others.*

2. Get the class identify as many differences as they can among their members. This should include national, racial and cultural differences as well as different talents, disabilities, etc. What do they feel about all these diversities?

3. Organize a multi-cultural appreciation week. Have kids representing different groups put together, presentations, design to help other kids understand and appreciate the special characteristic of that group. Include such things as history, customs, values, cultures, anything that might contribute to breaking down the barriers that prevent people of different cultures from getting along.

*Respect others feelings.*

*Respect earns respect.*

4. Have the kids role play the following situation:

Four good friends are planning to spend a day at an amusement park. Two of them went to invite another kid who is new in school. The other don't want to include this person because he / she is different in some way. After the role play have a class discussion. Then, have four others do another role play changing what it is that is different about the new kid. Repeat this process changing the difference each time.

### QUOTES

- *Respect for ourselves guides our morals;  
Respect for others guides our manners.*
- *Respect commands itself and it can neither be given nor withheld when it is due.*
- *Respect yourself if you would have others respect you.*
- *Self respect is one to the most important forms of respect.  
Once we respect ourselves, it is easier to respect others.*

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## WHAT DOES THE VALUE MEAN?

**Non-violence as a value means being a person who does not use or reacts by using brute force to put forth his/her point of views.**

*Value of 'non-violence' leads to, love, respect, kindness, harmony, peaceful coexistence.*

## EXAMPLES

- Gandhiji's 'Satyagraha' is a good example of successful application of non-violence as a value. During the independence movement, Hindus and Muslims in many parts of India particularly in Calcutta, Delhi and Punjab fought among themselves. When the large scale riots continued unabated, Gandhiji began his campaign for restoring peace. Ignoring his old age, he resorted to an indefinite fast unto death. He succeeded in bringing peace at Calcutta and the city leaders from both the communities handed him over a signed pledge that the people of Calcutta would refrain from further violence. After that, he rushed back to Delhi and restored peace in riot-torn Delhi and Punjab through his non-violent efforts. Gandhiji believed in offering the other cheek, when someone slaps on one of them, because he believed that by doing this, the anger of the person will melt down and help him realize his mistake.
- King Ashoka was an Indian Emperor of Maurya Dynasty. He conquered many areas which consisted of the present day Pakistan, Afghanistan, Iran, Bangladesh and India through war. During the Kalinga war, many lives were destroyed. Seeing the disaster, after the war, he understood the ill effects of war and bloodshed. He felt ashamed to cause the brutal killings and turned to be a preacher of non-violence, love, truth and tolerance by embracing Buddhism. Thereafter he propagated these human values to different parts of the world and never waged any war on anybody.

## BRIEF DESCRIPTION

- The practice of non-violence is based on the edifice of love and compassion. It promotes peace in the society. It creates friends and helps in achieving success without hurting anybody. The principle of 'Love your enemy' emphasizes non-violence and when put to practice turn foe to a friend.

*Value of 'non-violence' not only restricts use of/or reacting by use of brute force against fellow-beings, but it also inspires not to harm nature by one's action/inaction.*

- In our day-to-day life, ‘non-violence’ as a value will make us tolerant under adverse circumstances with ourselves and allow us to be at peace. It will also allow us to accept the good or bad as offered by mother nature and all living beings to lead a contented life. One can live with his/her point of views and at the same time allow others to have their own without prejudice. Accepting that we are all created by nature, will empower us to forgive and forget and not carry anger or ill-feelings. A non-violent person would not only refrain from impairing any kinds of physical harm to his fellow-beings or any organ of nature but also will not indulge in activities causing psychological damage to anyone. It will allow one to lead a life of peaceful co-existence and provide love and care to others. It makes one strong and brave in the face of tough circumstances and become unconditionally acceptable to others and accept them as such.

*‘Non-violence’ is common factor among all religions.*

- Value of ‘non-violence’ inspires one to respect the nature and not indulge in activities which will damage or harm environment. He/she believes in conservation and uses the gifts of nature to satisfy his/her need judiciously by proper control of the insatiable greed. Such persons believe in harmony, peace and happiness all around them and help in passing on better legacy to their future generations. Our sages loved that kind of life and at present that indeed is the need of the hour, when our physical requirements are growing out of proportion, disturbing the balance of nature endangering the very existence of our earth.

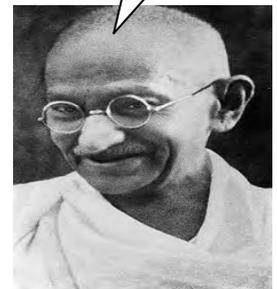
*Value of ‘non-violence’ promotes balance and conservation in nature.*

Non violence leads to ultimate solution

## **PROMINENT PERSONALITIES**

### ➤ **Mahatma Gandhi**

Gandhiji was committed towards leading a meaningful life. He helped the poor and deprived of the society. Ghandiji preached and practiced value of non-violence in all his actions to fight against the British Empire for attaining India’s freedom. He organized peaceful ‘Satyagrah’ and spread the message of love and brotherhood among the people of India, besides generating mass awareness of freedom amongst people.



### ➤ **Ashoka, The Great**

King Ashoka was the Emperor who was devoted to the cause of non-violence. Even though in his earlier life, he conquered many regions/countries through bloodshed, he became an ambassador of peace and non-violence after the battle of Kalinga, when he saw the devastation, this war has caused to life and humanity.

*Basic nature of nature is ‘Non-violence’.*

➤ **Nelson Mandela**

Nelson Mandela became the first President of South Africa after its independence through a democratic election. Just before that, he was imprisoned by the South African Colonial authorities. He led a non-violent movement against apartheid policies of South African Govt. During his conviction of 27 years in prison, he remained relentless in his campaigns but never supported violence to achieve his objectives. Finally, he helped towards leading a multi-racial democracy in South Africa. He did not carry any ill will against the British for their wrong policies even after becoming President of independent South Africa. He continued excellent relationship with the country which had colonized and oppressed his country. He encouraged white population to continue and participate in growth of resurgent nation under his leadership. He promoted the messages of peace, love, non-violence and peaceful co-existence. His policies bore fruits and he was conferred upon Nobel Prize in recognition for his values of non-violence and peace.



➤ **Aung San Suu Kyi**

Aung San Suu Kyi is a leader of National League for Democracy in Myanmar. She started non-violent struggle against the Military ruled Government of Myanmar. She is presently under house arrest even though she won elections and declared Primer Minister on the basis of results of the 1990 general elections. She, inspite of being under house arrest, does not propagate hatred and violence. Instead she stands by peace, non-violence and prosperity of her nation. She wants people to cooperate to achieve aspirations of her nation. She was conferred upon Nobel Peace Prize in 1991 and Jawaharlal Nehru Peace Prize in 1992 for her relentless and non-violent struggle for her country's freedom from the Junta rule.



## **ANECDOTE**

### **अहिंसक क्रांति - एक कथानक**

गांधीजी ने अहिंसा की केवल नई व्याख्या ही नहीं की, बल्कि अहिंसक समाज परिवर्तन का नवीन विचार भी रखा। इस तरह उन्होंने क्रांति की कल्पना में ही क्रांति उपस्थित की। क्रांति जो आज तक हिंसा और हत्या, क्रूरता और नृशंसता का पर्यायवाची समझी जाती रही है, उसे गांधी ने क्रांति मानने से इन्कार कर दिया। उनका कहना था कि क्रांति का अर्थ यदि मान्यता, आकांक्षा और जीवन के मूल्यों में आधारभूत परिवर्तन करना है, तो यहाँ बलप्रयोग का स्थान ही नहीं है। इसलिए जितना ही अधिक बल प्रयोग या जोर जबरदस्ती होगी, उतनी ही अधिक विपरीत प्रतिक्रिया होगी और फिर हमारी मान्यता परिवर्तित तो होगी ही नहीं। मान्यता विचार से बदलती है, बन्दूक से नहीं। बन्दूक से सिर को फोड़ सकते हैं, सिर को फेर नहीं सकते।

## **SHORT STORY**

### **A MODEL VILLAGE - A SHORT STORY**

Gopal and Ravi were captains of cricket teams of their respective classes. While playing, there was a dispute regarding the decision made by the Umpire. Soon all the children began taking sides and situation grew out of control and violence was about to start.

The Head Master on hearing the noise called both the Captains to his chamber. He patiently heard both the sides. Thereafter, he explained to them the need for maintaining discipline and violence-free environment in the School, irrespective of the dispute in any form whether in life or playground. He asked both to resolve the issue without violence and continue the game.

The Captains understood the values of non-violence and solved their differences and continued the game in its true spirit thus avoiding eminent violence between the two teams. Thereafter, Gopal and Ravi became good friends and took initiatives so that such incidents do not recur. This incident helped Gopal and Ravi to propagate the value of 'non-violence' further to the whole village, which as a result became a model village for peace, harmony, growth and prosperity.

## **POEM**

**Practice of non-violence leads to peace.** The value of peace is illustrated in the following prayer:

### **The Peace**

*Give me peace, O Lord, I pray,  
In my work and in my play,  
And inside my heart and mind,  
Lord, give me peace in words and kind,  
To the world give peace, I pray,  
Let all quarrels cease today,  
May we spread your light and love,  
Keeping peace and truth always above,  
Give me peace, O Lord, I pray,  
In my work and in my play*

Inspired by the prayer from Mary Joseph

If we **accept the differences** we can not change, we remain **serene and peaceful** and do not resort to violence. This is expressed in following prayer:

**Serenity Prayer**

*God, grant me the serenity  
 To accept the things,  
 I cannot change,  
 The courage to change  
 The things I can,  
 And  
 The wisdom to know  
 The difference.*

- Unknown

**GAME**

**CROSS WORD PUZZLE**

|     |     |     |     |     |   |   |   |   |   |   |   |
|-----|-----|-----|-----|-----|---|---|---|---|---|---|---|
| 1 C |     |     | 1 P | A   |   |   |   |   | N |   |   |
|     | 2 O | B   |     | D   | I |   |   | C |   |   |   |
|     |     | 3 P |     | T   | R |   |   | T |   | S | M |
|     |     |     | C   | 2 H |   |   |   |   |   |   |   |
|     |     |     | E   |     |   |   |   |   |   |   |   |
|     | 3 L |     |     | M   |   |   |   |   |   |   |   |
| 4 N |     | N   | V   |     | O | L |   |   | C | E |   |
|     | V   |     |     | L   |   |   |   |   |   |   |   |
|     |     |     |     |     |   |   |   |   |   |   |   |
|     |     |     |     | 5 T | R |   |   | H |   |   |   |
|     | 6 S |     |     | Y   | A | G | R |   |   | A |   |

**ACROSS**

1. We should have this value towards all fellow beings/animals/nature (10)
2. Value to be practiced in our behaviour to parents and teachers (9)
3. Value to be practiced towards one's own country (10)
4. Gandhiji pursued this value throughout his life (11)
5. First and fore-most value to be practiced by all (5)
6. A weapon of peaceful protest (10)

**DOWN**

1. Being gentle/calm (5)
2. Value with polite behaviour (8)
3. Another word for affection (4)

## QUOTES

- For me the only certain means of knowing God is non-violence, ahimsa and love.

- Gandhiji

- Non-violence is not a weapon of the weak. It is a weapon of the strongest and the bravest.

- Gandhiji

- Violence can gain you territory not prosperity but non-violence can gain you both.

- Unknown

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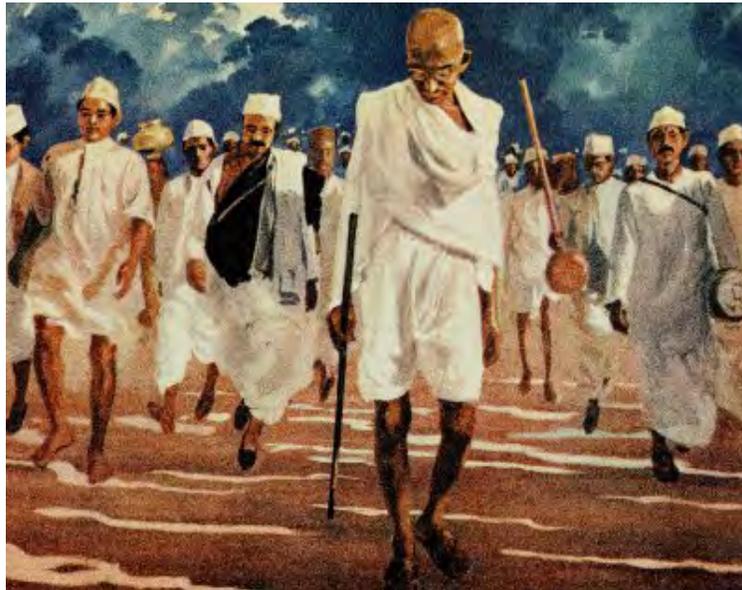
# एकता UNITY

## WHAT DOES THE VALUE MEAN?

Unity as a **value** means **being a person who gets the best result by synergizing his efforts with those of friends, partners or family members.**

## EXAMPLES

- Five-six ants can pull a piece of eatable which is more than hundred times heavier than their weight, that shows the strength of Unity.
- Our freedom struggle is a good example of unity. Under the leadership of Mahatma Gandhi, various political parties, religious and social groups got united to fight against the British rule. Unity gave them strength to fight against the most powerful kingdom and ultimately gain independence.

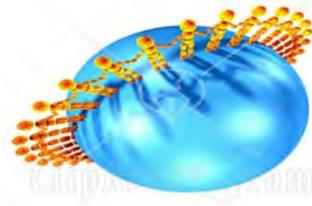


- The unity of honey bees is highly inspiring. Bees collectively bring nectar from the flowers and make honey. On tasting honey, one can appreciate how sweet is the efforts of their Unity.

*Ants role over food, hundreds times of their weight by united effort.*

## BRIEF DESCRIPTION

- **At individual's level :** To be happy and contented, one has to organize oneself with the unity of many habits viz. be healthy, active in the sports, sincere in the job, punctual, friendly, foresighted and responsible etc .
- **At family level :** Unity has a great role in the happy family. The dreams of the family i.e. educational achievement for the children and self reliance in all aspects of the life can only be realized if all the family members are united.
- **At group level :** In any cohesive group or community, be it neighborhood, classmates, special interest group, clubs etc., unity brings strength. That is, joining hands with the colleagues, friends or family members we can do any difficult task or achieve any thing which may not be possible for a single person.
- **At society level :** The progressive society needs unity among all its people. They should be united for common purposes and good causes of the society. The unity of society will reflect on the reputation of its schools in producing good students, cooperation in the neighborhoods, environmental activities to keep the surroundings neat and clean, infrastructures ( i.e. development and maintenance of roads, children parks, sanitation, water supply, communication, entertainments etc.) and welfare of all.
- **At national level:** The unity in diversity brings strength to the nation, and is paramount to have peace and harmony among the people. National unity impacts our strength to fight against terrorism, poverty, corruption, lawlessness, social imbalances, favoritisms and regionalism etc. Our rich culture and heritage reminds us to be united specially under difficult times.



*United we excel, divided we fall.*

## PROMINENT PERSONALITIES

### ➤ Sardar Vallabh Bhai Patel

He was first Home Minister of independent India. Britisher divided our country into two parts namely India and Pakistan and asked Princely States to choose either of them. Sardar showed courage and persuasive power to get more than 600 Princely States join in Indian Sovereignty. He had a very tough time but he gave us united Bharat. Today he is remembered in India as figure of unity.

➤ **Lal Bahadur Shastri**

The second prime minister of India is famous for his inspiring slogan of **Jai Jawan, Jai Kisan** which represented the unity among military and farmers for their best contribution in Indo-Pak war in 1965 and producing more grain to remove starvation respectively. India won the war in 1965 against Pakistan due to his courageous contribution and able guidance. He boosted the national unity in every walk of life in India.



*Strong structures are made of individual rows  
and Columns.*

➤ **Smt. Indira Gandhi**

She was the first women Prime Minister of India. She won the war against Pakistan in 1971 and contributed to national integration and unity among our countrymen. She took stern action in 1984 against terrorists in Punjab who were playing in the hands of Pakistan and threatening the unity of India. She lost her life for her action against them. She is remembered for her courage to uphold the national unity and integrity.



➤ **Lokmanya Bal Gangadhar Tilak**

He was great freedom fighter who gave us a slogan that **“Freedom is my birth right”**. He started Ganesh Puja in public in Maharashtra. This way, he intelligently got people united for religious cause and inspired them to achieve freedom through unity.



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## SHORT STORY

### UNION IS STRENGTH - A SHORT STORY

Once upon a time in a village, there lived a father and his eight sons. They worked in their field from early morning till late evening, very hard and lived happily in prosperity.

But the father was very sad about a particular habit of his children, they perpetually quarreled among themselves always; even for silliest causes. The father advised the children and asked them to live in love but the sons could not keep their promise for long and they used to end up in quarrel the next moment.

One day the clever father, decided to teach the sons the lesson of unity, called everyone near to him.

He had in his hand a bundle of sticks. Then he called the eldest son and asked him take one stick from the bundle and break it.

He took a stick and could easily break it. Then the father asked him to take two sticks and asked the son to break them together. He could do that easily. And the next time he could break even three sticks together. Now the father asked the son to take the entire bundle of sticks and break it holding together. But this time it was a hard task and one by one all the eight sons tried their hands; but no one could break it.

Now the father asked the children "Did you understand the lesson behind this"?

No explanation was needed for them as all of them understood what their father wanted them to learn that:

## UNITY HAS POWER

Courtesy : <http://livingvalues.net>



*Nature is best example of unity and cohesion.*

## POEM

### एकता का प्रतीक तिरंगा



एकता का प्रतीक तिरंगा ऊँचा रहे हमारा,  
हर पल यह लहराता,  
एकता के गीत सुनाता,  
जन जन में उल्लास लाता,  
सोये को जगाता तिरंगा प्यारा,  
एकता का प्रतीक तिरंगा ऊँचा रहे हमारा,

तिरंगे का संदेश सुनो,  
सब भेद-भाव मिटा एक बनो,  
समस्या ना बन समस्या का हल बनो,  
आतंक और भय को दबा कर निडर बनो,  
आत्म विजयी तिरंगा हमारा,  
एकता का प्रतीक तिरंगा ऊँचा रहे हमारा,

एक-एक बूँद से तालाब बनता,  
छोटी-छोटी धाराओं से नदी रूप बनता  
अक्षरों से शब्द, शब्द से समाचार बनता,  
जन-जन संकेत से जनादेश बनता  
हर संदेश का भंडार तिरंगा हमारा,  
एकता का प्रतीक तिरंगा ऊँचा रहे हमारा,

- कुलदीप सिंह

## GAMES

### A. Unity in Diversity

Ms. Fox was really disappointed by her students. They were all beautiful, brave and capable. But each one was so much proud of his or her achievements that they did not care about the others. Everyday they would come to Jungledom, the best school in the district, and wreak havoc. Rabbit was proud of his quick speed, Nightingale was proud of her sweet voice, Tiger was proud of his sharp claws, Snake was proud of his poisonous fangs and so on. Ms. Fox was upset with this attitude of theirs. She tried to teach them that every person had a place and a purpose in life and only if they worked together would the world be a happy place. But in vain.



Then one day while they were deep in the forest, fighting amongst themselves, they fell into a hunter's trap. All except Rabbit.

### B. How will they escape now? Complete the story from your view point.

#### Typical Answer:

(.....One of end of this story can be as below ....  
Rabbit with his lightning speed, raced to tell Ms Fox the bad news, which she spread all over the area. Many creatures came to help the animals, until finally, they were freed. The others were very thankful to Rabbit, and congratulated him for his speed and quickness in finding help. In the end, Unity prevailed and all the animals thought about the other creatures around them and were all very pleased with themselves.)

(Courtesy internet site Living Values)

*Unity overcomes weakness and brings strength.*

*Synergy makes 1 + 1 = 3 or more.*

## QUIZ

Q. 1 Union is strength. Do you agree?

- A) Yes      B) No      C) Sometimes      D) None of the above

Q.2 Will you show unity in your family if there is some essential work to be done for the prestige of the family?

- A) No      B) Always Yes      C) Sometimes if I have mood      D) Unity is painful



Q. 3 You are captain of your school football team, and in one of the game you are losing, What will you do?

- A) Carry on playing and leave the result on luck.  
B) Take a time out and make strategy with your team mates  
C) Shout on players for putting goal by hook or crook.  
D) Play helplessly

Q. 4 Sometimes you may face a situation that one of your classmates got threatened by miscreants. Will you give a call to your classmates to help your threatened classmate?

- A) No, because I don't want any trouble for me.  
B) If my threatened classmate put a request to me then only.  
C) Yes, I will rise to the occasion to get my whole class united  
D) None of the above

Q. 5 In your neighborhood there is a crisis of water, what will you do?

- A) You will advise your parents not to cooperate with the people because it is their creation.
- B) You will advise your parents to be away from such crisis, people are wise enough to decide themselves.
- C) You will advise your parents to hold a meeting so that water crisis can be sorted out
- D) You will advise your parents to leave this place.



Q. 6 There is a flood in a part of Bihar state, what you should do?

- A) I should not think about flood in Bihar because it is a separate state.
- B) It is the duty of union government to help them.
- C) I will contribute to send some relief material to flood affected people because they are my fellow countrymen.
- D) I will not only contribute but also ask other people to be united to send relief materials to show the solidarity with fellow citizens.

Q. 7 There is small country in Africa continent, it has been invaded by neighboring powerful country. India should react in which of the following manners.

- A) India should be neutral because it is the duty of other powerful country to help it out.
- B) India should show unity with other United Nation countries to get it liberated.
- C) We should never interfere with two countries specially far off countries in the world
- D) None of the above.

Q. 8 Whole world is facing environmental crisis like global warming. India as a country should react to this problem as,

- A) Should not interfere as it is an international problem.
- B) Should get united with other countries to mitigate this crisis
- C) Should have its separate solution
- D) None of the above

Q. 9 Your teacher has taken a responsibility to arrange some events in the annual day function, what will be your reaction?

- A) I will join with the class to show unity for making the events successful.
- B) I will not give special care because Annual day function is the responsibility of whole school.
- C) No, I don't want to waste my time as I have to devote more time on my studies.
- D) There are so many students in the class, so I need not to bother about it.

Q. 10 Suppose there is a terrorist attack in your school, the responsibility of the school is

- A) to ask all children to run away from the school
- B) to ask all children and teachers to be united and follow the instructions of the principal till police comes.
- C) that Principal and teachers should hide themselves without caring the safety of the children
- D) that Principal should hand over few students to terrorists to spare rest of the school.

*Unity in diversity brings strength.*

**Answers:** 1(A), 2(A), 3(B), 4(C), 5(C), 6(D), 7(B), 8(B), 9(A), 10(B)

## QUOTES

- A house divided against itself cannot stand.”  
- Anonymous
- “Unity to be real must stand the severest strain without breaking.”  
- Mahatma Gandhi
- “Unity without verity is no better than conspiracy.”  
- John Trapp
- “He whose ranks are united in purpose will be victorious.”  
- Sun Tzu
- "Even the weak become strong when they are united."  
- Anonymous
- "United we stand, divided we fall."  
- George Pope Morris
- "When spider webs unite they can tie up a lion."  
- An African Proverb

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