LESSON 1
Hero of the Village - Aitaman

Learning outcomes:
• To demonstrate virtuous character
• To act or behave according to the positive effect of a virtuous character
• To develop human norms and values like truthfulness, morality, peace, love and non-violence which results from character development

Be more concerned with your character than your reputation, because your character is what you really are, while your reputation is merely what others think you are. —John Wooden

Expected Behaviours:
• To express good thoughts and act accordingly
• To be a role model (exemplary character) in family, community, and society
• To build self-confidence
• To be motivated to do virtuous deeds
• To engage and encourage to join social welfare
• To show neutrality in work
In a far off village called Salpokhari, there lives a boy named Aitaman. He studies in a local community school. His parents are poor farmers without land, so, they work in the fields of rich landlords. Aitaman cannot study as much as he wants and as much as his parents wish. His parents cannot help him in his studies but they want him to study well.

Aitaman is not that interested in playing games and hanging around with other kids for fun and enjoyment. Unlike his friends, he was matured enough to think that he probably wouldn't be able to continue his studies because of how poor his family is. He couldn’t decide exactly if he should continue to study or help his parents to add income in the family.

Once, when Aitaman was going to the school. He had to pass through a narrow foot-trail in a farm. As he was passing through the foot trail, he noticed a dung beetle. It is an insect which rolls a dung bigger than its body. It was trying to climb the steep wall from the farm floor toward the foot-trail. The insect tried to climb but it always fell back. But the insect did not give up. Aitaman saw that it grabbed the dung again but this time, the insect was able to climb the wall successfully after two unsuccessful attempts. The insect successfully went into a hole with the dung.
The incident that Aitaman witnessed was ordinary yet it had a deep impact on him which turned his life forever. He thought, “If an ordinary insect can overcome all the challenges to achieve its goal in life, then why can’t I? I am a human being with the power of knowledge, skill and strength. I can make use of these talents or resources and succeed in life with continued efforts.” That day he learned a great lesson from the insect. He concluded that we can achieve any dreams or goals in our lives if we make continuous efforts. After what he saw in the farm, he believed that he should never give up in his studies.

Aitaman told about the incident and how it changed his thoughts to his friends and moral values subject teacher. His teacher was very happy with Aitaman’s story and he explained the incident and showed its connection to the other students, “Children, there are three types of people in this world. The first type of people are those who do not want to initiate or take responsibility when it comes to work. The second type of people are those who give up their work when they face problems or obstacles. But the third type of people who belong to the highest grade complete their work against all odds. We should always try to be a person of highest grade in our lives.”

Aitaman is now a changed person. He is motivated to accomplish or finish new tasks. He has found new energy within himself to do something good for the family and the community. But during the monsoon season the rain had worsened the condition of the trails in his village. It was difficult to move from one place to another in their community because of the muddy tracks. Aitaman had an idea and he collected pebbles and stones from the farms and gardens of the villagers and paved on the muddy trails. When his friends saw him, they helped and they all worked together after school and on holidays. This effort of the students not only improved the condition of the village trails, but also improved the farms and gardens as pebbles and stones were removed. Later, the villagers realized Aitaman’s noble help to the community and they also joined him in improving the village trails.

But as Salpokhari village was a very far place from town, belief in superstition and ignorance is rampant. There was also lack of health awareness which led to different types of communicable disease and also malnutrition. Communicable diseases mean sickness that can be transferred from one person to another like cough, cold etc. Malnutrition is a condition
that results from eating a diet which is not enough with nutrients and it causes health problems. Aitaman learned about personal health and environmental sanitation from his health book. So, he knows how to take care of the body to be healthy and how to take care of the environment so diseases can be prevented. People in Salpokhari did not build latrines or toilets for disposing human faeces. The people in his village excrete their body waste in areas convenient for them. The villagers from Salpokhari also get water for their daily needs from a nearby spring which was polluted with waste. Then one day the people of the village started to get sick and they didn’t know the cause of their diseases. Aitaman set a campaign to build latrine or toilet for each house and also for the source of water which was the spring to be cleaned. Aitaman, with his friends, began awareness about environmental sanitation in the village. He and his friends made the people of Salpokhari know the importance of a clean house, compound, farm and surrounding. Then for hygiene, the villagers learned to wash hands with soap and water after using the toilet, wash their hands before they eat and boil water before they drink it. Slowly, the villagers got rid of the infectious diseases and Salpokhari changed into a beautiful model village.

One day, Aitaman and his younger brother were going to school. As they were entering through the school’s main gate. Aitaman’s brother threw a piece of paper on the ground. The gatekeeper, without scolding or correcting the little boy, tried to pick up the piece of paper. When Aitaman saw that, he stopped the gatepeeker and told him, “My brother should correct his mistake.”

“My little brother, you should learn that throwing rubbish everywhere is not correct as it would make our surroundings dirty. We should always use rubbish bins. In this way other people will do the same thing and the environment will always remain clean.” said Aitman. His brother picked up the paper and promised not to repeat it again and he also told Aitaman that he will tell his friends what he had learned.

Winter vacation came and all the schools are closed. During this time, Aitaman’s father had to go to the district headquarters for a particular
work. Aitaman told his father he wanted to go with him and they both went to town. When his father was busy meeting with the officials, Aitaman stayed in the library. He started to read a book which had the biographies of great people. He found it very interesting that when he went back to the school after the vacation he told his friends about these great people. He said, “I learned that, character development is possible with one’s own effort in maintaining self-discipline rather than the guidance of elders. Though our elders always guide us, yet the best way to develop character is by self-realization of discipline.” His friends observed the importance of benevolence or kindness, discipline, peace and respect. They realized that they could be a great person by following the path of dignity, tolerance and endurance. As for Aitaman, because of his sincere commitment to his studies, he improved and started to stand first in his class.

Lastly, Aitaman turned out to be a revolutionary icon of Salpokhari village and his school. His parents were very happy with the changes in his studies and his character. There was a huge difference between how Aitaman used to be and the present Aitaman who changed for the better. All the villagers were happy with the vision or dream of Aitama for himself and for the village. They were grateful to Aitaman for making Salpokhari an ideal village. The village proudly remarked, “The Hero of Salpokhari Village – Aitaman”.

![Children cleaning up their neighborhood](image-url)
Summary

Building character development is more challenging and is not simply learning some information. You cannot have character development by reading a book or by being told about it, without doing it yourself. Different characters of our community, great personalities or moral stories influence us to develop good character. Self-realization and self-motivation towards correct thoughts, emotions, and actions leads to character development. It is one important factor of a moral person which is possible through self-confidence, virtue and dedication. Self-motivation and continuous endeavors make people successful and iconic. Pious thoughts and behavior help to build an exemplary character.

Read the sentences and answer.

1. Explain why it is important in character development to volunteer and care for the environment.
2. Identify and explain a campaign that you believe should be done in your community.
3. Explain how obedience contributes to character development.
4. What types of things can you do to help the school/community without expecting any reward?
5. How can you help others less fortunate than you?

Give short answers:

1. What character traits are most important in developing a person’s character?
2. List ways you can be respectful.
3. Are all character traits positive? Explain.
4. Describe the meaning of a revolutionary icon in your own words.
5. Describe a time when you showed self-discipline.
6. List ways you’ve demonstrated courage.
7. What does it mean to be motivated?

Collect the names of the people who have contributed a great deal to your community. Make a list of their works by asking your neighbors.

Perform these project works:
1. Make a list of works done by Aitaman and paste them in a chart-paper.
2. Make a list of works you can do with the help of your friends that will contribute to the betterment of your community.
3. In your opinion, what kind of person is a person of good character. Write down by giving examples.

Explain the following picture in ten sentence.
How can you help your younger brother or sister to be a good person?
Identify and make a list by writing your personal weaknesses.
How can a person become a national hero? Write your opinion.
Write down any three works that you can do to improve the situation of your community just the way Aitaman did for his village.
List out any four good projects that are being done in your community and list out any four projects that need to be done in the future to improved your community.
LESSON 2
Be Good Exemplars

You can teach better by your example than with by your words. – Reed Markham

Expected Behaviours:
• To serve and help
• To make an impact on people and society
• To do good work based from good character
• To be inspired by nature and local personalities to do good work
• To be always active in social and communal work
• To develop one’s personality and be exemplary

Anil, Lopila, Kapil, Lakhanlal, Dorje and Rejina are classmates as well as neighbours. They always play and work together as a group because they know it is more fun to do things together and any task is easier to complete. Once they were playing in the field after school, they were discussing about team-work.

They had a science project about vegetation, which needed each other’s help. They talked with each other before deciding what to do. Anil proposed
to make records of the plants in the village. Dorje agreed to Anil's proposal. Lakhanlal then suggested to his friends to go to the mango orchard in the village. At the end of their discussion, all the friends decided to go to the orchard.

The six friends went to the mango orchard on a Saturday. It was the season where the mango trees were flowering and they were amazed to see the beautiful surrounding. Sweet fragrance from the flowers made the environment more captivating. Weeds and shrubs on the ground had decorated the scene. Because of the budding flowers, the weeds and shrubs looked as if they were also spreading the sweet smell. This lovely atmosphere in the mango orchard was certainly magical.

As they were talking about the magical environment of the orchard, they saw a man passing by the woods. They went nearer to him to know who the person is and they immediately folded their hands to greet him “Namaskar”. He was their former teacher, Mr. Jyotiraj. They told him the reason of their visit to the orchard. The friends asked Mr. Jyotiraj to explain the reason behind the captivating beauty of the orchard. He explained:

“Children, we must learn a lesson from the things around us by observing rather than just enjoying or entertaining ourselves from them. Though the mango trees are spreading sweet fragrance yet it looks as if the weeds, shrubs and everything in the orchard are also giving off the spellbinding smell. Other ordinary trees and herbs also appear to be beautiful on the company of the budding mango trees. Because of the sweet fragrance and beautiful flowers of the mango trees, the whole orchard looks tempting
and attractive. Even the ugly weeds and shrubs look good because of the sweet smelling flowers. We too, my children, should be like these sweet and beautiful budding flowers. If we develop good character, it will have deep positive impact on our family. In turn, the family will have an effect on other people. Then a society full of good people will have good impact and an evil person cannot survive in a civilized and virtuous society. Good people are like these sweet flowers which convert an evil person into a noble one.

Mr. Jyotiraj added, “Children, you must have heard, seen or read about sandalwood tree (Shrikhanda). Sandalwood tree is a famous aromatic vegetation. Chandan is prepared from sandalwood – an offering made to Lord Shiva. The whole forest gives off sweet smell due to the presence of sandalwood. The same as the Mango tree, this example of Sandalwood tree can be compared to the human society as well. We are human beings the most intelligent creature on the planet, which gives us the power of thinking of what is right and wrong. If we want, we can correct our mistakes, develop good behaviors and spread our goodness in the family and the society just like the fragrance of the sandalwood which spreads in the forest. So, you should be like budding flowers of mango and sandalwood. If you develop good character, the society will eventually turn to be good like you.”

The children were listening with keen interest to Mr. Jyotiraj. They even requested him to tell them more about a person's impact on the society with other examples. Understanding the interest of the students, Mr. Jyotiraj told them a short story:
Long ago, there was a famous sage who preached about humanity, morality and discipline. He was an exemplary person because of his self-respect, simplicity and noble behavior. Unlike normal people, he was dedicated to the welfare of mankind and society rather than being self-centered. He was honoured because of his selfless services. Once, he had no money with him and he went to a prosperous neighbouring country. Though he was a sage, he never begged alms for his needs. He had the habit of eating when others offered him otherwise he would stay hungry. Even if he had some difficulties this did not stop him from doing social service. In his country, many people knew him because of his noble service to the society. But nobody recognized him in this prosperous country.

One day, the sage was walking on the pavement. He hadn’t eaten anything for the past few days. He was weak and his condition was pitiful. He fell down on the ground due to starvation. An ordinary fruit-seller, who sell fruits on the roadside, ran to the poor sage and asked him about his condition. In a feeble voice, the sage said that he was hungry and had not had any food for some days. But the sage didn’t ask for any food from the fruit-seller. The fruit-seller didn’t have enough money from his business but he quickly ran to his basket to bring some fruits. The fruit-seller realized that the sage had collapsed on the ground because of starvation. Giving fruits to the sage, the vendor said, “We do not want anyone to remain hungry and needy in our country. A great sage like you had to remain hungry for several days in our country. I ask forgiveness on behalf of my country.”

The sage was happy to hear what the fruit-seller said. He was pleased and
proud of the citizens of that country as they were very emphatic and helpful. Even an ordinary person influenced a great sage like him with their behavior and mindset. The sage had the opportunity of understanding the people, their feelings and their behavior towards others. The sage understood how the country’s prosperity can influence the thinking and attitude of everyone. Economic prosperity is not possible without moral values. Kindness, sympathy, co-operation and benevolence are the virtues of human character. The sage told his experience to the people of his own country when he returned.

As Mr. Jyotiraj finished telling his story, all the students were pleased to learn about its moral values. They also promised to develop good character among themselves for them to have good impact on others. They added that they will try their best to continue to practice moral values and help needy people in the society. The children had visited the orchard to gain knowledge about vegetation for their science project, but they got valuable life lessons about developing moral values which will inspire people in the society.

Summary
We should practice good behavior in our daily life. The society always remember and gets inspired by a model person who has a good character and behavior. A single person can have positive impact on others with his good work and good behavior. Just like a single person can make an impact on the society, the society can also have an effect on a particular person. A person or an incident can change the attitude and behavior of anyone. So, we should exhibit exemplary behaviours to inspire and change others positively.

Fill in the blanks with appropriate words.
1. Role models have ___________ impact on people. (positive/negative)
2. We learn ___________ behavior from people with good moral character. (good/bad)
3. Nature is a source of ___________. (knowledge/ respect)
4. We can also learn good lessons _____________. (by travelling to far places/ from our surrounding)
5. ________________ should be exemplars. (We /Some others)
What can we learn from the following people? Tick the correct one:

1. From a co-operative person
   a. to be selfish  
   b. to be lazy  
   c. to help others

2. From a civilized society
   a. lifestyle  
   b. civilization  
   c. to enjoy

3. From a sage
   a. to remain hungry  
   b. to be rich  
   c. to be noble

4. From an integrated society
   a. to fight  
   b. to live in harmony  
   c. to go abroad

5. From a patriot
   a. to beg alms  
   b. to do business  
   c. to love a nation

Give answers to the following:

1. What sorts of events can inspire people?
2. List out any three of your weaknesses and write the ways to improve each weaknesses.
3. How does an individual affect a society?
4. How did the orchard look beautiful?
5. Who was passing by the orchard?
6. How can we correct our mistakes?
7. Describe the character of the sage.
8. What is a positive characteristic of the fruit seller?
9. What did the children learn from Mr. Jyotiraj?

Perform these project works:

1. You must have been inspired by your relative, a member of your family or a friend. Explain what did you learn from them?
2. What did you and your family learn from your community? Make a list of the behaviors that you all learned and share it in your class.
3. What have you learnt from the history of our country? Write your opinion.
4. Analyze the thoughts of Mr. Jyotiraj. Explain what did he expect the students to be in the future?
5. Read the following passage and write what did you learn:

Mainapokhari is a place in Dolakha district. It is a place in the hilly region of our country. There are steep hills and farms. Last year, because of the monsoon rain a devastating landslide damaged the farms and houses of many people. The villagers were sad to lose their property. There was a social worker in the village. He discussed with the villagers and they decided to remove the mud and debris. He wrote a letter on behalf of the villagers and sought help from the local rural municipality. All the concerned people decided to complete the work by participating on it. They all joined effort to remove the debris. They also got financial help from local authorities and soon they accomplished their task. After the removal of debris, all the villagers planted saplings on the steep slope and protected their land from being destroyed again. They built terraces and started to conduct their farming activities. These days, Manipokhari is a green and beautiful place. The villagers helped themselves to get rid of the difficult situation. They are also thankful to the social worker for his inspiration and support.

6. What are the benefits of plants and vegetation? Make a list of the benefits and present them in class.
7. Write down your opinion when the fruit seller said that nobody should remain hungry in his country. Also mention your thoughts on the fruit seller who apologized to the sage on behalf of his country because the sage had to remain hungry in his country.
8. Write down an essay on “Methods to make our country beautiful” based on the chapter.
Patriotism is your conviction that this country is superior to all others because you were born in it. —George Bernard Shaw

Expected Behaviours:
• To be a role model in the society
• To follow the right and virtuous path
• To stop ourselves from engaging in wrong activities
• To develop international brotherhood
• To follow only the positive influence of the nation and of other countries

Namita and Raju are siblings and they study in the same school. An essay competition is going to take place during the school’s annual function. The title of the essay competition is “Influence of National and International Activities on People.” The essay must be written in the classroom without the help of any books or documents. Raju has decided to participate in the competition. He wanted a little help from his elder sister. Here is a dialogue between the two:
Raju: Sister, I am going to participate in the essay competition which is about “Influence of National and International Activities on People”. Can you give me some ideas on how to write a good essay?

Namita: Influence of National and International Activities on People is a difficult issue my brother. This topic can be understood from different angles. I will try to explain to you in the simplest possible way.

Raju: Thank you, sister. I will write, read and participate in the competition according to your explanation.

Namita: There are many countries in the world. The people in a country has rights, they also need to follow the country’s law and do their duties for the country. They are called citizens. The citizens of a country are influenced by the nation or the country’s decisions on various issues. A person can have deep influence on the society by his deeds and similarly, a person is influenced by the society in different ways. Each country has its own national values which influence and affect the citizens.

Raju: Sister, I think that the statesmen, administrators and the heads of the states should work with full determination towards meeting national objectives. If they work properly, the citizens would also be influenced as they will look at them as role models.
Namita: Yes, my dear! The high officials and the government should all work together and this will lead to strong and capable citizens. The leaders should show the right path to the citizens so that the country takes the right direction towards development. Therefore, the administrators, statesmen and the high officials should always try to give the right message to the citizens through their work.

Raju: But sister, is that enough? Isn't it the duty of the citizens to follow and do the right thing as well?

Namita: Absolutely right brother. The citizens have an equal role with the administrators, statesmen and the high officials. The citizens are to abide by all the rules and regulations of the country. A citizen should have these qualities: morally upright, honest, civilized and co-operative. These help to develop a nation and increases its international goodwill. If a country gets high recognition in the international forum, the citizens are also honored everywhere they go.

Raju: I feel the nation has a deep influence on its citizen and vice versa. Am I right, sister?

Namita: Right brother! If the citizens behave properly, develop moral values and abide by all the rules and regulations, the nation will be influenced positively. Similarly, relevant codes, equality, hard work and dedicated government bring positive influence on the citizens.

Raju: Sister, can you please explain the influence of a nation on people with the help of an example? I am still a little bit unclear about it.

Namita: There are many examples to show that the national norms and values have huge influence on the citizens. For example, if the national policies and programmes promote peace and non-violence, people will follow the same footsteps. Similarly, if the nation takes strict action against corruption and
crime, there will be similar situation all around the country. The citizens will be influenced and also have to support the nation.

**Raju:** Now I have understood one of the part. But sister, how do citizens influence a nation?

**Namita:** If the citizens of a country are honest, hardworking and patriotic, a nation will face all-round development. These qualities help to boost a country socially, economically and politically. There would be lesser crimes, lesser homeless people and lesser unemployment. If the citizens are hard working, the nation achieves success in totality.

**Raju:** Now, I am clear about the national influence on citizen and vice versa. What about worldwide influence on people and vice versa?

**Namita:** The influence of a nation or its citizen on another nation or its people is called worldwide influence.

**Raju:** How does it work?

**Namita:** These days, the whole world has turned into a small global house. It is because of the advancement of science and technology. Communication is a strong medium which connects people all around the world in a very short time. The inventions and discoveries have developed modern equipment, devices, gadgets and computers. The use of these tools and devices are made worldwide though they were first invented in particular countries. Therefore, there is a huge influence of a nation or its citizens on other nations and the people worldwide.

**Raju:** Sister, I think people being connected all around the world is a positive influence. But is there a negative influences too?
Namita: Sure, my brother! There are negative influences as well. But we must always avoid the negative influence of people, nature and artificial devices.

Raju: Please explain to me with some examples, sister.

Namita: Nature is the source of oxygen, water, food, clothes, shelter etc. These things are necessary for our survival and have positive effect or influence on us. At the same time, natural calamities, storm, cold wave, have negative effect or influence on us. We must protect ourselves from these negative conditions for our safety. Just like that, the gadgets and devices like mobile, TV, computer, etc. are invented and developed in some countries. But these things are used worldwide as various means of communication. But their misuse leads to the path of destruction and character loss. We should choose things that interest us carefully on the basis of its positive or negative influence. We take balanced diet including fruits, vegetables, and cereals etc. which have positive influence on our body and avoid things like stale food, polluted water and junk foods. We should not blindly imitate the things that others do.

Raju: We should be careful while imitating others. If we imitate people who conducts wrong activities, we could not reach our goal or we might go into the path of destruction.

Namita: That’s right brother! Now I think you have understood. That’s what I will repeat again; we should always be rational or think very well on deciding what is right and what is wrong.

Raju: Yes, sister. But to be clearer, can you give more examples?

Namita: You must have seen a duck. The water-bird engulfs mud and sludge along with insects. But it swallows only the insects (its food) and throws away...
the mud. Similarly, it is said that the swan has an ability to take only milk from the mixture of water and milk. So, just like the duck who removes only the insect and the swan which removes the milk then we should have the ability to distinguish between the right and the wrong. We should remove the bad from the good and only leave the good to stay with us. A paper or plastic flower may look as attractive as the real flower but the sweet smell and nectar can be given only by a real flower. Bees or butterflies easily distinguish between the real and fake flowers. If common birds and insects like duck, swan, bees or butterflies can take away what is necessary and they can discard what is not needed. Then we can easily identify between the right from the wrong because we are intellectual beings. ‘Everything that glitters is not gold’ is an English proverb that makes a similar sense. All the worldwide influences may not have positive influence on us and our nation. We must consider only those which help to build our nation and our personality for the better.

Raju: That means we shouldn’t hesitate to abandon bad habits and only imitate good habits from others.

Namita: Good! You are right, brother. If there is cancer in your body, you should cut it off before it destroys your whole body. Similarly, good habits must be followed by us no matter who influences us.

Raju: Now the concept is clear, sister. Now, I believe I can write the essay properly. Thank you for your valuable help.

Namita: You are welcome, my dear!
Instructional Suggestion

Conduct interaction among the children on the topic: Influence on society and nation by the character of citizens.

Arrange a discussion in the class on the following topics: moral character, hard-work, tolerance, patriotism, benevolence, self-reliance, honesty, creativity and selfless service.

Conduct an orientation class based on the practical approach to character development rather than theoretical approach.

Teach the national and international values and norms to the children so that they know what they need to follow for an integrated social, national and international development.

Summary

Citizens and nations compliment each other. These two factors are inseparable as citizens influence the nation and vice versa. Citizens should develop good characters like honesty, hard-work, dedication to positively influence their nation. Similarly, the country should develop good policies and programmes related to peace, non-violence, anti-corruption to positively influence the citizens. At present, we all are highly influenced by worldwide activities. The influence of science and technology has brought positive as well as negative consequences. We need to follow the influence which helps to build our personality and our country for the betterment. Blind imitation could bring negative result in us and the society. We should remember that positive influence from people, nature and country is always beneficial.
Exercise

1. Fill in the blanks with appropriate words.
   a) Title of the essay is ‘____________________________________’.
   b) People with definite rights and duties are called __________________
   c) A country can influence its citizens and _________________________
   d) We should not blindly __________________ the things others do.
   e) I should find out the __________________________ between right and wrong.

2. Write answers to the following questions.
   a) Give examples to prove that citizens have influence on a nation.
   b) How does a nation influence the citizens?
   c) How do the citizens help to increase national glory?
   d) If you see someone throwing waste in public place, what will you do?
   e) The world is a common house for all. Justify this statement with example.
   f) How are citizens and nations complementary to each other?
   g) Write few international values.
   h) What roles do you play to make our country good?
   i) Write down any three civic behaviours.
   j) What should one abandon and take from others?
   k) Justify: All that glitters is not gold.

3. Match the following:

   **Column – A**
   National influence
   Worldwide influence
   The whole world
   Citizens should

   **Column – B**
   is like a single house
   help to increase national glory
   on citizens is inevitable
   should be selected and applied
4. Below are a few classes of people you know. What can you learn or have you learnt from these people?
   a) Relatives  
   b) Teachers  
   c) Parents  
   d) Neighbours  
   e) Friends  

5. Do the following project works:
   a) Take the view of your parents on the notion, ‘There is national influence on citizens and vice versa’ and write down important things to share in your class.
   b) What are the wrong things taking place in your community? How can you improve the condition? Write down genuine opinions.
   c) Write down 4/4 positive and negative international influences on you and your friends.

6. Write down what you did to understand from the following part of the lesson in two paragraphs.

   If common birds and insects like duck, swan, bees or butterflies can take the right thing and discard the wrong one, we can easily identify between the right from the wrong because we are intellectual beings. ‘Everything that glitters is not gold’ is an English proverb that makes a similar sense.
Learning outcomes:
• To identify human values (national) and contribution
• To identify and understand the human values (international) and follow accordingly
• To have virtuous thoughts on people, society and country

Patience is not the ability to wait, but the ability to keep a good attitude while waiting.  
—Joyce Meyer

Expected Behaviours:
• To preserve and develop spiritual values
• To develop the habit of being patient
• To develop good values to maintain peace and prosperity
• To walk in the path of truthfulness and encourage others
• To maintain good health

This inspiring story is taken from the life of Lord Buddha. Once, Lord Buddha was going somewhere with one of his prominent disciple, Ananda. Both of them were tired and they decided to take a rest for a while. They
sat beneath a huge tree. Lord Buddha was feeling thirsty. He told Ananda to bring some water. Ananda searched around the place. Soon he came across a brook but returned without water. He explained to Lord Buddha, “A cart has just passed across the brook it made the water muddy. I will bring some water from the river.” Though the river was a little far, Ananda was ready to get some water from it when Lord Buddha stopped him. He told him, “Ananda, bring some water from the brook.” Ananda returned to the brook but he couldn’t bring some water because the water was still not clear. He hurriedly came back and asked Lord Buddha with his palms joined together, “My Lord, I will run quickly and bring some water from the river. Why should you drink dirty water?”

Lord Buddha replied, “No, Ananda! You must bring water from the brook.” When Lord Buddha ordered him to go and get water from the brook, Ananda had no choice but to obey. Ananda returned to the brook to fetch water. This time, he was surprised to see that the water was crystal clear. The dirt, leaves and sand particles which made the brook muddy earlier are now gone. Ananda thought that the water is now drinkable compared to its state earlier. He filled his pot with water and brought it to Lord Buddha with a satisfied smile.

After drinking some water, Lord Buddha said something very important to Ananda. “Patience is the most important value. We get the desired result if we are patient. The importance of patience has been explained in our myths and has been described in our religious texts. Patience is a spiritual value as well. We should always practice the virtue of patience.” Ananda understood what Lord Buddha was trying to explain from the incident. He realized that he didn’t show any patience in waiting for the water to get clear in the brook. His concern was to get some water and he even wanted to get it from the river which was too far away. Ananda realized his foolish mistake. He promised to develop the virtue of patience.
There is a great moral lesson in this story. The value of patience cannot be measured in terms of money. It is a trait which makes a person priceless. In a materialistic world, all objects has a definite value.

People buy and purchase things to satisfy their needs and wants. People are ready to pay more for those things which are deemed to be valuable. Iron is not so rare and has ordinary value. Gold is rare and has high monetary value. The value of objects is determined on the basis of their usefulness and rareness.

However, people are not like objects to have monetary values. People are not sold and purchased like common objects. But despite the fact that people are not sold and purchased, human beings have values. Human value is determined on the basis of character which is associated with one’s soul. These characters are called spiritual values. There is a connection between a person’s soul with others. These spiritual values cannot be purchased, bought, exchanged or borrowed.

Spiritual values are those feelings, attitudes and objectives which are oriented towards the welfare of everyone. Truth, benevolence, self-satisfaction, social welfare, peace, love, non-violence, etc. are the virtues which have great human value. These qualities increase the value of an individual. Truth leads to power and a well-directed power can lead to success. Other qualities to increase human value are honesty, discipline and kind-heartedness. However, people who lack good behaviour face difficulties in their life.

People with spiritual values have great roles in social development. Social development is necessary for national development. Peace and tolerance are required values for a peaceful co-existence in society, nation and the world. There is no love without peace. Likewise, without love there is no feeling of non-violence. All of us have friends. But not all of them lead us to the right path. There are friends who can mislead us and destroy our future. We can compare these misleading friends with poisonous snakes. We must choose good friends who show us the path of progress and humanity.
Just as we need good friends physically, we require friends for our soul as well. We need to have good friends like love, peace, honesty, discipline, benevolence, truth, etc. in company with our soul. These qualities are the true soul mates which lead us to the path of righteousness. When we are in the company of these soul mates, we will never treat others in a wrong way. We will develop good behaviour and obtain a golden heart. These true soul mates in real sense are called spiritual values. Anger, jealousy, hatred, violence, dishonesty, lie, etc. are the misleading elements of our soul. Misleading elements should be discarded and replaced with true soul mates to purify our heart. From the story, we can conclude that patience is also one of our true soul mates. Patience kills anxiety and it helps to get the desired result.

Our physical covering, like our body is kept healthy by adopting different methods. We take balanced diet, perform exercise, involve in ourselves in games and sports to make ourselves fit and fine. If we do not take care of our body, we suffer from diseases. To prevent diseases, there are two methods which are easy and cheap aside from the methods above, these are- Yoga and meditation. Yoga is the integration of body and soul. In Yoga, we establish relation between body and soul by keeping them static. There are eight folds (also known as Astanga Yoga) of Yoga practice – Yama, Niyam, Aasan, Pranayam, Pratyahar, Dharana, Dhyan and Samadhi. Yoga practice (also known as Yogsaadhana) is categorized as a spiritual value since it controls the body and soul by keeping them into the path of righteousness.

Meditation is an activity to control and concentrate our mind. Concentration is a required quality to gain success. Meditation helps us to obtain the power to concentrate on our work. Regular meditation purifies our heart and prevents us from doing anything wrong. Capacity to realize rationally will increase through meditation. Service is a great virtue in itself which cannot be measured by quantity. Selfless help provided to the destitute is a blissful act. We should have the feeling of selfless help; in other words, service is another true soul mate. If we keep true soul mate in our heart, our voluntary organs will never take wrong steps. We should perform good work not only by our hands and voice but also by our heart.
Summary
People follow physical values, socio-cultural values and spiritual values. Spiritual values have their own importance in the development of human character. Spiritual values are the true soul mates which keep an individual in the path of righteousness. True soul mates are the friends of our soul which do not let us do anything wrong. Truth, self-satisfaction, honesty, benevolence, love, peace, patience, service, Yoga, meditation, etc. are the spiritual values. The practice of these spiritual values will free our body and mind from diseases and problems. These mediums help us pave the path of peace and non-violence. Human life will be successful and meaningful with these true soul mates.
LESSON 2
National and International Influence

Thousands of candles can be lit from a single candle, and the life of the candle will not be shortened. Happiness never decreases by being shared.
– Lord Buddha

Expected Behaviours:
• To demonstrate the feeling of patriotism
• To preserve national heritages
• To demonstrate national culture and identity
• To participate in social work
• To be active and motivated in creative tasks

Last year, I went with my grandmother to a programme in a nearby village. The preacher who was the speaker of the programme was giving a lecture on ‘how to become a clever person.’ There were many people listening to the mesmerizing lecture. My grandmother and I were also listening to the lecture attentively. Though I could not understand everything, I could understand a few basic things which impressed me very well. The preacher suggested to apply four things in life to be clever and intelligent. I still remember those four easy and magical ways to help our wit and intellectuality. These four things were visiting places, companionship with scholars; involving in assemblies or occasions and reading good books.
I especially liked the view of the preacher because I love visiting new places and meeting people. Visiting new places widens our perception and clears our misconceptions. The speech made me more interested to visit a new place. After the annual examinations, I discussed with my friends to use our free-time in a better way during vacation. Though different ideas came from friends, we decided to set out for an educational tour. We were all very excited. Our teacher was also to accompany us on the educational tour.

We all discussed to finalize the destination, and came to a similar conclusion to visit Lumbini, the birthplace of Lord Buddha. As the destination was decided, I could not control my feelings. I was very happy because I could explore a new place by participating in the educational tour.

I imagined how Lumbini would look like as I stepped into the bus. Our teacher accompanied us to guide and protect us during the educational trip. Aside from her being a guardian during the trip, she was also to answer our questions.

After all the students were on board, the bus started running. Some of the students were chatting and others started singing songs. I was
enjoying the moment but at the same time admired the changing scenery outside the bus window. Passing through woods, rivers, ponds, meadows, villages and many more, I thought those rivers; villages, lakes and every object belonged to me and had a deep connection with my soul. I didn’t know the name of the places we passed on the way but I realized that I admired these places. I started to feel a connection and felt lucky to have such natural beauty in my country. I thought about the saying that I had heard, that any person who doesn’t love his country doesn’t love anything in this world. When we finally reached Lumbini – the birthplace of Lord Buddha. It is a world heritage site and a famous religious site of Nepal. We got down from the bus and arranged ourselves in a queue according to the instruction of our teacher. We started to walk through the main gate and entered into the garden of Lumbini. I had seen Lumbini in pictures, documentaries and also heard from my parents but to see it with my own eyes was something special.

We walked towards the ‘Ashoka Pillar’. Ashoka was an Emperor of India and a true follower of Lord Gautam Budha. He had erected the ‘Pillar’ in the garden which was named after him. As our teacher was explaining about the garden, I realized that places like Lumbini describes the glory of our country to the whole world. Lumbini is a famous pilgrimage site for all the Buddhists around the world. There are many people who believe and respect Lord Buddha and I also believe the world knows Nepalese as lovers of peace and non-violence just like him. Lord Buddha, is an icon of peace and non-violence, he is the founder of Buddhism, he inspired a lot of people and taught morality.

As I was closely watching the pillar, I could see some cracks in it. Though it stood against time and climate, it needed immediate renovation. I think that the cultural, religious and historical sites that are associated to our country Nepal, should be preserved by all of us. UNESCO has enlisted Lumbini as the world heritage site from the year 1997 AD.

Mayadevi’s Temple is the main attraction of Lumbini. The birthplace of Lord Buddha is preserved within the temple. Mayadevi’s pond, where the mother of Lord Buddha used to take bath, is also preserved in front of the temple. Thousands of tourists and pilgrims around the globe visit this magnificent heritage site with devotion.
Tourists recognize our country as the country of Mount Everest, birthplace of Goddess Sita, home of the brave Gorkhas, land of with beautiful sceneries and hospitable people. Of course, Lumbini is another place that tourists associate with Nepal. I felt proud to have seen such a spectacular place and also promised to myself to keep the glory of this place.

As we toured, we saw many monasteries, buildings and monuments constructed by different countries in the compound of Lumbini park. We can also look and admire the excellent display of art and architecture of different monasteries. Each of these monasteries are with a unique design. Many Buddhist monks live and receive education in these places. Before I visited Lumbini, I had the genuine feeling that Lumbini is just a religious place but now I came to know that Lumbini is an international religious site which has been recognized by the global society. This makes Lumbini more important than ever. It is our common duty and responsibility to conserve, develop and make others aware of this world heritage site. Thus, we can identify Lumbini as an asset of our country.

Our teacher took us to the important places within Lumbini. All these places were connected with the life of Lord Buddha.
Finally, it was time to leave this remarkable place. As we were leaving, we saw a group of people engaged in construction. Our curiosity took us to the place of construction. We could see the construction of a large assembly hall in progress. The hall was being constructed for the purpose of expanding Lumbini Park. Many Buddhists from around the globe were participating. Many people were providing their voluntary services, even children and elderly people. Our teacher encouraged us to do volunteer work as well. Just for a while, I thought, if we could join our hands together to develop our country, it would be a far better place than what is right now. Development is possible with joint efforts and dedication from all. After contributing our service, we departed from the place, and took rest in a local hotel.

After having our dinner, we discussed about the importance of this visit. Our teacher encouraged us to visit other places in Nepal which is connected to our history and culture in the future. He had the same opinion as the preacher that we can acquire more knowledge by visiting places rather than by reading or writing. He also said that the feeling of patriotism will be infused in us if we visit such historical and cultural sites. We should preserve our own culture, language, customs, rituals and traditions in order to sustain our originality.

Our teacher remarked that joint effort and participation make anything possible. During the discussion, he proposed to build a library in our school. As there was a critical requirement of a library in the school, we all agreed to build a library with the joint effort of grade eight students. A library would help a great deal to all the students in their studies. Our teacher suggested that we can do volunteer service during school holidays. After we returned, we started building a library room for the school. Little efforts from many people can help to accomplish big tasks. As we were able to construct the library room for the school, we started to have faith in team work that in team work the development of our nation is possible.

The educational tour taught many things and changed my perception. Citizens are identified by national heritages. Preservation of the national heritages is to preserve our own identity. Following our own culture, language, tradition, norms and values give identification to our
originality. We can learn more by visiting places rather than by reading or writing. Joint effort and participation can break any obstacle and meet any objective. Development of the nation is possible only with public participation. At last, I realized that we can become clever and intelligent by visiting places.

**Instructional Suggestion**
Arrange a group discussion among students after taking them to an educational tour to a local place.

Arrange a group discussion among students about nation, nationality and preservation of national unity.

Engage students in a programme like sanitation and tell the importance of joint effort.

**Summary**
Patriotism is a national value which all the citizens should possess. One who loves his country will be a faithful and devoted person in nation development. People can become clever and intelligent by visiting different
places. Visiting and experiencing different places provide long-lasting education rather than reading or writing. People are identified by their names, address, family name, profession, etc. but the national identity of an individual is reflected by the culture, tradition, norms, values and the national heritage. The identity of a nation is reflected by the historical, cultural, religious and natural heritages. The preservation of one’s culture, tradition and heritages is the preservation of his own identity. Preservation of the national heritages comes under national values. Public participation, preservation of the national heritages and feeling of patriotism are the essential factors of development works.

**Exercise**

1. Fill in the blanks with appropriate words.
   a) It is our duty to conserve cultural, historical and religious ___________.
   b) One who loves his country __________ others as well.
   c) ___________ participation helps to develop our community and nation.
   d) Lumbini is an ___________ religious site.
   e) Visiting places helps us to be _______________ and intelligent.

2. Give answers to the following questions.
   a) Mention any four ways to make people clever and intelligent.
   b) How can we protect and promote the nation, nationality and national unity?
   c) How can you help to increase the goodwill of your country?
   d) Where is Lumbini located?
   e) What are the responsibilities of every citizen?
   f) What type of citizen would you like to be called as? Write a paragraph.
   g) Mention the advantages of teamwork based on your recent activity.
   h) Write any three advantages of teamwork.
i) How can you preserve the national/public heritages?

j) What are the benefits of preserving national heritages?

k) What are the factors that introduce Nepal to the world?

l) How can we make a nation strong and powerful?

m) What type of knowledge is perfect?

n) What helps to increase the feeling of patriotism?

o) What is our common duty?

p) What suggestion did the teacher give after the tour was complete?

q) Preservation of historical heritages comes under which value?

3. Perform these project works:

   a) Make a sanitation plan to clean the nearest holy place in your community.

   b) Take help from the children's club of your school and your teacher to run a sanitation campaign in your school.

   c) Have you ever gone on an educational tour? Write down what have you learnt from the tour in a paragraph.

   d) Make a list of the cultural, historical and religious heritages of your locality and write down the preservation plan for each of them. Prepare a project work and submit to your subject teacher.

   e) What kind of creative tasks are taking place in your community? Explain any one task in which you have been involved.
Binita and Anita are twin sisters studying in the same school in grade eight. One morning, during their winter vacation, they were walking in the old streets of their town. They came across many old houses, shops, public water spouts and similar other structures. They were chatting about the cultural sites of their locality and their condition. After some time, they happened to pass by a stone water spout. The tap was artistically carved and there were stone walls around the tap. But the tap was dry and no water was coming out. The walls were cracked and weeds were growing all over the place. People have even started to throw rubbish in the area.

The walls had the engraved images of gods, goddesses and animals. The tip of the tap was made of brass but it looked dull and discoloured. People had written and vandalized the walls of the site. The site was giving off a very foul smell too. People were covering their mouth and nose as they passed by the site. A few tourists were taking snaps of the site. When the tourists asked about the degraded condition of the site to their guide, he was speechless.

What were along the streets of the old town?

What were the twins chatting about?

Describe the structure of the stone water tap.

What is the present condition of the tap?

How do you suggest to preserve the site?
What can you do to promote world peace?
Go home and love your family.
—Mother Teresa

Expected Behaviours:
- To have good feeling on people, society and the nation
- To develop the feeling of mutual co-operation
- To be dutiful
- To develop mutual friendship
- To increase the goodwill of the country
- To protect and respect the existence of others

People always compete with one another. They use their skills, knowledge and strength to defeat others. So, there always lies the question- who wins or who loses? But there is an alternative and the best way to defeat others, and that is good behavior.

Nature is the greatest force against which human beings have no answer and nature is the mother of all human beings. All human beings are our siblings (i.e. brothers and sisters). Feeling of brotherhood and good behavior establishes mutual respect, harmony and peaceful co-existence. Treating everyone as our own brothers and sisters without discrimination is the feeling of global brotherhood. There is a saying in Sanskrit ‘Vasudhaiva
Kutumbaka’, meaning that the whole world is a family and all the people are our own relatives. The feeling of global brotherhood is a common international value of everyone all around the world.

There is an interrelationship between the nations and the people of the world. Nations and people from different countries have no choice but to interact with each other. The ongoing importance of international trade, employment, inventions and explorations and in addition, there are communication, transportation and other facilities have enhanced the relations among different nations and people. The interaction with different nations or countries lead to a requirement of having an organization which will help to accomplish tasks with different nations with the feeling of global brotherhood. ‘Unity is strength’ is the motto behind the working principles of the organization.

United Nations Organization is an international organization which is established with the motto of unity and global fraternity. It was established on 24th of October, 1945. The most important objective is to establish peace and fraternity in the world. With the establishment and leadership of UNO (United Nations and Organization), the nations around the world benefit with each nations joint effort to fight challenges.

In a country or nation, people live with harmony and mutual understanding in a society despite their differences. We can compare the world to our community. Our community may contain people of different caste, religion,
language, prosperity, etc. There is mutual existence only if we respect each other’s existence. The world is also a similar place with nations having different backgrounds. There are social norms and values which help to establish peace, order and protection in communities while UNO reminds each nation and supports the need to respect cultural, economic, historical and natural heritages of all nations without discrimination. Each nation has its boundary, sentiment and sovereignty which must be respected by all which. There must be a mutual respect among nations on these subjects for their good relationship. International protocols, policies and programmes integrate the feeling of global brotherhood.

There are unique socio-cultural, historical, religious and political backgrounds of all nations. Each nation should respect the circumstances of the other through mutual understanding. One country should not intentionally hurt the socio-cultural, national and political norms and values of the other countries. This is one of the ways to increase the feeling of global brotherhood.

All nations have their own authority to administer their own country despite the fact that they are different in terms of size, power and prosperity. All the nations have their equal existence in this world. There are international protocols which establish brotherhood among the nations. A powerful nation cannot threaten, interfere or attack weaker nations. Otherwise the powerful nations can easily capture weaker ones and the world will be a place suitable for only the powerful ones. Just like in a family, a big brother should not attack, humiliate or threaten a small brother especially in the presence of the parents both brothers would be in their best behavior. Just like that, organization like the UNO is like the parent which has given importance to the protection and existence of all the nations of the world.
Just like there is mutual co-operation among people, there exists mutual co-operation among nations as well. Prosperous nations help the poorer ones by providing financial and technical support. The landlocked countries get help from the neighbouring countries by giving them access to the port. There is mutual help among the nations to catch international criminals, combat natural disasters and conduct sectored development. European Union, SAARC, OPEC, etc. are some group of countries which established these organizations to obtain regional co-operation. These organizations provide mutual help by establishing trust, respect, tolerance and friendship among the member nations thus increasing international relations. These nations should follow the ‘Panchasheel’ pact which highlights the following norms:

a) Mutual respect for each other’s territorial integrity and sovereignty
b) Mutual non-aggression
c) Mutual non-interference in each other’s internal affairs
d) Equality and co-operation for mutual benefit
e) Peaceful co-existence

These principles help to increase international relationship and brotherhood in the world. Citizens can play an important role in maintaining peaceful co-existence. Therefore, respect, protection and co-operation are the international values in terms of global brotherhood.

Nepal has extended a hand for peace and co-operation and to promote global brotherhood by respecting the appeal made by the UNO, Nepali soldiers are deployed in different parts of the world for establishing peace and co-operation. Different places where terrorism, war or calamities devastate the life of citizens, Nepali soldiers (known as peace soldiers) extend assistance to normalize the situation. Nepal is recognized by the governments of different countries and international organizations for its contribution to establish peace. Nepal and its citizens, on many occasions, have received prestigious international awards.

Though nations have a bigger role in establishing global brotherhood, the people’s effort also cannot be neglected. We follow social, national and international norms and values at the same time to signify that we are
helping to form not only a civilized society and a powerful country but also a world where people have the feeling of brotherhood and peaceful co-existence. People of all age, caste, nationality, gender, creed, etc. can make an impact on global brotherhood through their work. The world is fighting against global warming, hunting and poaching of rare and endangered species, environmental pollution, diseases, crime etc. Individuals can contribute a lot from their side to combat these issues which still leads to establishing global brotherhood. Each person, by fulfilling his/her duties and responsibilities, can help to establish and maintain global brotherhood in future.

**Instructional Suggestion**

List human values that can be applied at an international level and discuss on these values and beliefs.

The teacher should ask a student on ‘How to treat a stranger?’ then suggest to him/her the methods to improve global brotherhood.

**Summary**

Global brotherhood starts from an individual and expands to the society, country and the whole world. So, it is not possible without the contribution of each individual. People should have the sense of respect and tolerance which increases the possibility of global brotherhood. Mutual co-operation and friendship are the keys to maintain peaceful co-existence. All the nations should follow the pact of Panchasheel to promote global brotherhood. All the nations have equal right of existence in the world irrespective of their size, prosperity, religion, race, etc. Promotion of safe environment, law and order, mutual co-operation and respect are the required international values for global brotherhood. Peaceful co-existence helps to develop the feeling of co-operation. All of us must fulfill our duties to maintain and establish global brotherhood just like we maintain and establish a civilized society and a powerful nation.
Exercise

1. Fill in the blanks with appropriate words.
   a) All the countries should follow the principles of ___________________.
   b) ________________ helps to develop the feeling of co-operation among nations.
   c) Our country and our citizens have received many ________________ awards.
   d) ________________ is the strongest force against which humans have no answer.
   e) Religious tolerance helps to build the feeling of mutual respect for all ________________

2. Give answers to the following questions.
   a) What do you mean by peaceful co-existence?
   b) How Nepal has helped to maintain global brotherhood?
   c) How can we introduce the feeling of global brotherhood?
   d) Write down any three works to strengthen peace and friendship.
   e) Write down any one international value.
   f) Why global brotherhood is necessary?
   g) What are international values?
   h) How can we make good friends?
   i) The world is a common house of all. Justify with examples.
   j) How can we win the hearts of people?
   k) What should be done to increase the good relation between nations?
   l) Why co-operation is needed among nations?
   m) What are the benefits of completing our duty?
   n) What are the five principles of ‘Panchasheel’?
   o) What is the world fighting for?
   p) What does ‘Vasudhaiva Kutumbakam’ mean?
3. Write a paragraph on the basis of the following table.

<table>
<thead>
<tr>
<th>Spiritual Values</th>
<th>National values</th>
<th>International values</th>
</tr>
</thead>
<tbody>
<tr>
<td>Meditation</td>
<td>• Patriotism</td>
<td>• Global brotherhood</td>
</tr>
<tr>
<td>Patience</td>
<td>• Participation on nation development</td>
<td>• No interference on internal matter</td>
</tr>
<tr>
<td>Non-violence</td>
<td>• Preservation of national culture and nationality</td>
<td>• Peaceful co-existence</td>
</tr>
<tr>
<td>Truth</td>
<td>• Feeling of national glory</td>
<td>• Non-aggressive</td>
</tr>
<tr>
<td>Good behavior</td>
<td>• Following national code of conduct</td>
<td>• Co-operation and equality</td>
</tr>
<tr>
<td>Good feeling</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
4. State whether the following are true or false. Also, correct the wrong statements.
a) People use their skills, knowledge and power to defeat others.
b) Mutual co-operation increases the sense of competition among nations.
c) A powerful nation should help the weaker ones by providing financial and technical aid.
d) UNO was established on 24th of October, 1945.
e) Global brotherhood leads to conflicts and aggression among nations.

5. Perform these projects.
   a) Divide the whole class into two groups. One group should write down the points of global brotherhood and the other should write down the points of Panchasheel. Now compare and discuss the points in the class.
   b) How does the feeling of global brotherhood start from an individual and spreads through societies and nations of the world? Express your views in few paragraphs with examples.
   c) Observe the activities of your community and point out those which reflect the feeling of global brotherhood. Take help from the teacher and write down your result.

6. Make a programme of a social service that you can provide with the help of your friends. Prepare a project report on the basis of the following facts.
   • Necessity of the programme
   • Problems faced by the people in the absence of the programme
   • How the programme is going to be conducted?
   • Provision of manpower, money and resources.
   • Conclusion
7. Study Nepal’s flag. Write down the special features of the national flag taking help from different sources.

8. Read the following story and perform the activities.

**The Great Sacrifice**

Once, a king got the news that his neighbouring country was planning an attack on his country. In his kingdom, there lived an old lady who, on hearing the news, went to the royal palace. She met the king and said that she wanted her only son to take part in the battle. The king was impressed to see the patriotism of the woman. He gave the permission. A vicious battle took place.

The old lady’s son sacrificed his life for the motherland. When the old lady went to the palace weeping, the king tried to console her. She said, “I am not crying because my son died, but because I had only one son. Now I won’t be able to give any help to the kingdom in the time of crisis.”

Answer the following questions.

Why did the woman meet the king?

Why did the woman weep in front of the king?

What was the moral of the story?
LESSON 1
Duties of Citizens

Learning outcomes:
• To be informed about the fundamental laws of the nation and follow them accordingly
• To economically utilize the resources in daily activities
• To help in the transformation of social and cultural values

In any civilized society, it is every citizen’s responsibility to obey just laws. But at the same time, it is every citizen’s responsibility to disobey unjust laws.
–Martin Luther King

Expected Behaviours:
• To preserve public assets
• To get knowledge of fundamental laws
• To pay and understand the importance of tax
• To co-operate with the state in maintaining peace and good governance
• To know the importance of voting and election
• To participate in election
• To respect and abide by the law
A nation stands firm on the pillars of democracy, sovereignty, governance and justice. Every country has its own set of laws and policies formulated for the benefit of the citizens. The chief function of the government is to facilitate the citizens by offering services and facilities. The nation tries to provide rights, opportunities, facilities and services for the prosperity and happiness of the citizens without any discrimination. Just like the roles and responsibilities of a nation, the citizens have their duties and responsibilities. An ideal citizen abides by all the fundamental laws and helps the nation to maintain peace and prosperity. This chapter is going to discuss the duties of citizens.

One of the duties of a citizen is to pay tax on time. Whatever one receives in the form of income, profit, prize money, etc., a certain percent of the amount is taken away by the nation as tax. All the countries around the world have a system of imposing tax on their citizens. The tax raised by the nation is utilized in the developmental activities and provision of facilities to the people of the nation. The tax is raised from individuals and organizations. The amount is deposited in the national treasury. The tax amount is a big source of fund for the nation. If citizens do not pay tax to the nation, economic development is reduced. Paying tax is actually adding more to the available fund of the country. Development is needed more in the rural areas. Facilities like education, health, transport, communication, electricity are usually lacking and to make these facilities available a huge amount of money is necessary. If people do not pay tax on time, the government will find it difficult to implement development.

Similarly, it is also the duty and responsibility of the government to use the tax funds paid by the citizens in ethically and morally right activities. The government must always be transparent, impartial and answerable while implementing projects, addressing the citizen first attitude and should always be ready to be at the service of it’s citizens.
On the other hand, the benefit of tax can be understood from a regular natural phenomenon. In water cycle, seas and oceans provide vapour to form clouds. Eventually, clouds get bigger and heavier to fall back on the earth as rain. If oceans and seas do not contribute vapour, there is no rain. If there is no rain, seas and oceans will have no water in the end. The benefit of tax goes to the citizens or tax payers through different facilities or programs provided by the government. As a citizen we should not hesitate to pay tax because eventually the citizens and the nation will benefit from it at the end. Moreover, paying tax is not only a duty of the citizens but also a lawful responsibility.

Likewise, the government on it's part will and must also create a transparent and ethical environment to allocate the taxes; and use the tax prudently in developing the country as a service to its people.

There are rules and regulations in all organizations. Society is an organization of people who follow the socio-cultural norms and values. Similarly, we can find appropriate rules and regulations in schools, hospitals, offices, banks, etc. These rules and regulations are the boundaries which keep the people disciplined and work under a certain limit. Nation is a big organization which cannot function without rules and regulations. The rules and regulations of the country which keep the citizens responsible, devoted and disciplined are fundamental laws. The laws control us as well as provide freedom. All the citizens including the leaders and people in the government are expected and obliged to follow the law of the country as the constitution of the nation prevails all other laws and has the binding power over its citizens including the legislative branch, administrative branch and the judiciary of any nation. As, the constitution of the country is an acceptable rule and norm which guides and tells what is right and wrong and how a country should run. If we break the law or not follow and respect it, we will have to face a certain consequence to that action. The path shown by the law never leads its citizen to a wrong destination.

Laws are formulated by a nation to maintain peace, security, freedom and prosperity. Countries under military
rule have strict provisions. Similarly, countries facing civil war, terrorism, famine, etc. have strict laws. Type of government, behavior of the citizens and traditions play important roles in the formation and execution of the law. To know what exactly to do and what not to do, every citizen should know the fundamental laws. As mentioned above, depending on the law, citizens enjoy their rights as well as perform their duties. We can take law as an organ of the nation. Laws help citizens to develop the feeling of mutual respect, duty and discipline. So, every country should formulate and execute the laws without any discrimination.

As a citizen it is our legal responsibility to inform the concerned authorities about the crime or the criminals, if we know about them. There are various forms of crime. There are heinous ones such as murder and rape. While there are others which are even grave such as sedition, terrorism, bribe and corruption which are all enemies of the state. Such criminal activities may take place anywhere. It is harmful to remain silent even after knowing a crime that is committed or the location of a criminal. It is believed that silence is the cure of many problems but not on all conditions.

The representatives of the people are elected by the people to form a government through election. Election is a provision in democracy where the representatives of the people handle the governance of the nation. Elections are of different types depending on the provision of law. Many candidates participate in the election. We elect the candidates through our valuable vote. On the basis of votes they get, they are elected as representatives. The votes of citizens determine their victory or defeat. Citizens should select the right candidate in order to expect good governance. If a wrong person is elected through voting, nobody is benefitted; neither the people, nor the country. Voting is a fundamental right of a citizen. Every citizen wants to
elect the right person in wards, rural municipalities, municipalities and the parliaments. Just as voting is a right offered by the nation to the citizen, it is also a duty of the citizens to elect the right person. Therefore, all the citizens must vote as a right and as a duty.

Duties and rights are co-related with each other. We perform our duties by enjoying our rights. Similarly, we enjoy our rights by performing our duties. But while enjoying our rights, we must ensure not to forfeit others’ rights. It is a duty to raise our voice against exploitation, discrimination and injustice. It is our duty to preserve religious, cultural and historical heritages. Similarly, there are public properties like vehicles, offices, machineries, poles, lamps, etc. It is a citizen’s duty not only to preserve public assets but also to save them from their misuse or overuse.

Bills are passed in the parliament to formulate laws. The bills are discussed among the representatives and decided whether or not to be accepted as laws. Once the laws are formulated, they must be obeyed by all the citizens of the country. We can build a strong nation if we abide by all the laws. We must use our voting rights, pay tax in time and co-operate in maintaining peace and order in the nation. Besides preserving the rights of the others, enjoying our own rights is also essential. We must engage in preserving the national heritages and prevent them from being overexploited. These are the ways by which we can strengthen the political condition of our country.

**Instructional Suggestion**

Encourage the students to become law abiding citizens in the future by telling true events that explains the advantages of following laws and disadvantages of not following them.

Ask the students whether they know about the citizens’ duties or not. If they are not aware of citizens’ duties, encourage them to know about them.

Tell the students about the co-relation between rights and duties so that they understand the limits and freedom of citizens.
Summary
Rules and regulations are formulated and executed at home, society and organizations. Similarly, a nation paves the path of development, peace, prosperity and discipline with the help of love. It is the duty of all the citizens to abide by and respect all the laws of the nation. Laws are the basis of safety, freedom and rights. Payment of tax in time helps to provide facilities, services and opportunities to the needy people. Every citizen must use the power of his vote to elect the right candidate for the development of all the areas in a country. It is our duty to co-operate with the government for maintaining peace and security in the nation. Preservation of national heritages helps to increase the glory of a nation. Preventing the misuse or overuse of the national resources help to strengthen the economic condition of the country. If legal responsibilities are fulfilled by a citizen, it helps to build a strong nation. Just like healthy soul resides in a healthy body, capable citizens reside in a strong nation.

Exercise
1. Fill in the blanks with appropriate words.
   a) The state should not .......... the citizens while providing rights.
   b) The .......... raised by a country is used in the development activities.
   c) Laws are formulated by nations to maintain .................
   d) We must co-operate to make our country .................
   e) Law is an ............... of the country.
   f) Bills are passed in the ............... to formulate laws.
   g) Duties and ................. are co-related with each other.

2. Give answers to the following questions.
   a) Write any four effects of not following the laws by citizens.
   b) Write down the advantages of paying tax.
   c) Write any one social responsibility of a citizen.
   d) Who will be benefitted with the tax we pay? How?
   e) Why should we vote?
f) What should we do to make the country strong?
g) What are the factors to be considered while utilizing public assets?
h) What is tax?
i) What is law?
j) What kind of candidate should we vote?
k) What kind of places should be preserved?
l) Justify, ‘Silence is not the cure of all the problems.’

3. State whether the following statements are true or false. Correct the sentences if they are wrong.
a) We must abide by all the laws of the nation.
b) Citizens should hide the criminals without informing the authority.
c) We must pay tax in time.
d) Preservation of national heritage is the responsibility of the nation only.
e) We can seize the public property.
f) We may involve in deforestation.
g) Participating in election helps to preserve our voting rights.
h) Socio-cultural norms and values can be broken secretly.

4. Prepare a project report on each of the following.
a) Conduct an election in your class with the help of your teacher and prepare the project report explaining the procedure of election.
b) Prepare a project report on 'Management of wastage in our community' based on the following topics.
   i. Type of waste thrown
   ii. Effects of the exposed waste
   iii. Your efforts on the management of the waste
   iv. Conclusion
5. If you see someone throwing waste in public place, what will you do? Write down any there works.

6. If you see someone cutting trees from a nearby forest, what will you do?

7. Write a letter to your friend highlighting the importance of paying tax, voting right and preservation of heritage.
LESSON 2
My Moral Values

The mind acts like an enemy for those who do not know how to control it.
- The Bhagavad Gita

Expected Behaviours:
• To be a good family member
• To learn good things from friends and relatives
• To help and co-operate in the time of distress
• To be economical and work for the family welfare
• To be dutiful and involve in mutual co-operation
• To involve rationality in grabbing opportunities

Binita and Bibek are siblings studying in the same school but in different classes. There is a big difference in their morning habits. Binita wakes up early in the morning and completes her work on time whereas Bibek wakes up late in the morning. Due to this bad habit, he is not able to complete his work on time. The two often reach their school late because of Bibek. This is also one reason why Bibik is weaker in studies. Though Binita tried many times to wake him up to be early, Bibek would not listen to her. But Binita has not given up.
Binita: Hey brother! Haven’t you got up yet? Again, we will be late for school today. Can’t you try waking up early?

Bibek: (Getting up lazily) I got up sister, look at me! It’s just seven o’clock in the morning. The school starts at 10. I will be ready for school in no time.

Binita: I had enough of your logic, you lazy-bone! There are many things to be done in the morning. It is good to wake up early in the morning. Besides washing face, brushing teeth and doing regular exercise, it is always beneficial to read and practice your lessons. You don’t realize the importance of the time you waste in sleeping.

Bibek: Really sister? What is the importance of time in the morning?

Binita: Haven’t you heard of an English proverb? ‘Early to bed and early to rise, makes a man healthy, wealthy and wise’. We can purify our body and soul by getting up early in the morning. Our body becomes fit and healthy. We get enough energy to work for the whole day. We can best utilize this time in reading and writing for our bright future. Do you know that our mind is free from stress and tension during morning and things we read is easily grasped? People become successful and ready to perform their duties if they finish their work on time. This is possible only if you get up early; did you understand my brother?

Bibek: But sister, we are too small for all this. After all, what duties do we have to perform? Being successful takes a long time and I have a lot of time to be successful.

Binita: No my dear! You should never think that way. There are duties for us as well. According to our age and condition, we must all perform our duties. Just
like our parents are fulfilling their duties by providing us basic and additional needs, we should also perform our duties by doing things within our capacity. And brother, success does not come overnight. Hard work and dedication is required right from the beginning. For this, you need to wake up on time and show your dedication. This is also our responsibility towards our family.

**Bibek:** Of course sister, now I have begun to realize. What else are our responsibilities?

**Binita:** You can compare your body to your family and the different organs as the members of the family. If an organ doesn’t work properly, our life will be in danger. Just like that, if a single family member doesn’t do his duty, how can the family prosper and develop? All the family members should have the spirit of co-operation and teamwork. The impact of such families will spread in the communities. Thus we can expect the formation of a strong society and a nation.

**Bibek:** That’s true sister. Now I realize my fault. Please tell me something more about our duties.

**Binita:** We have a great role in the welfare of our family. Just like we expect our parents to fulfill our desires, our parents also expect us to do our duties. We must obey them for the welfare of our family. As growing children, we must show our dedication in studies, be disciplined and career oriented. We must do our work and try to be independent as far as possible.

**Bibek:** Does that mean we should work according to our capacity besides focusing on our career?

**Binita:** Yes, my dear! That is why I have been telling you to get up on time and be ready for school. Our parents have invested a lot of money in our studies. We should never let that money go to waste, my brother. Therefore, we should work hard and perform our duties according to our limits. The investment of our parents will be worthwhile if we study properly and achieve success in our life. It will be a great contribution from our side to the family and the nation.

**Bibek:** Then, I think we shouldn’t even spend much on our necessities. We
can help them by buying only those things which are necessary. Being economical is a way to help our parents. Isn’t it, sister?

**Binita:** Yes, brother. We should never be extravagant. We should be economical while purchasing things for us. It helps to save more. Saving can be used to fulfill other needs that give us more satisfaction.

**Bibek:** We should spend our money properly and rationally. In the future, when we will have a job, we must utilize our money in the right way. Now I realize the importance of using our money in a proper way.

**Binita:** Yes, the income of the family should be used in the welfare of the family. The family income is used in food, clothes, shelter, education, health, entertainment, social work, etc. The family head uses the income necessarily. Children should not demand unnecessarily with their parents to give them extra burden. All the family members should spend the money rationally to strengthen the financial condition of the family.

**Bibek:** All the family members should understand the feelings of each other. We should develop mutual help in all the aspect of life; whether they are in happiness or in distress.

**Binita:** It is because we are intelligent social beings. Otherwise, we would have never come out of the jungle. We are in a family because we share happiness and grief.

**Bibek:** We need to perform our duties according to the need of time and situation, isn’t it, sister?

**Binita:** Yes, brother. Time is changing and we need to adapt to the changing conditions. A century ago, there were no electronic gadgets like TV, mobile, laptop, etc. But misuse of these things can spoil us in many ways at present. I am not telling that these things only spoil us but the right use of these things helps us in many ways. Besides, the long established social norms and
values have their own importance. We should follow these for obtaining a moral character.

**Bibek:** Thank you sister, for your useful tips. I have learnt a great deal today with your help. I promise that I will wake up early from tomorrow. I will perform my duties for the welfare of the family. I will fulfill all my responsibilities to strengthen the condition of my family.

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**Instructional Suggestion**

Hold a discussion in the class regarding the personal and social responsibilities in family life.

Ask students whether they are fulfilling their responsibilities with respect to the family welfare. Instruct them to make a list of their responsibilities and discuss them in the class.

Encourage students to be economical and spend rationally. Ask them about their needs and wants and suggest way(s) they can be economical.

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**Summary**

Family is regarded as the smallest unit of a society. Just like any other organizations, family members have their designated roles and responsibilities. We can help to form an ideal family if all the family members fulfill their duties and responsibilities. For this, all the family members should contribute their efforts and be active right from the beginning. All the family members should best utilize the available resources to get the maximum benefit. Family members should be laborious, dedicated, economical, co-operative and participative in order to have a successful family life.
Exercise

1. Fill in the blanks with appropriate words.
   a) We should ______________ wake up early in the morning.
   b) Being ______________ helps to strengthen the financial condition of the family.
   c) We should perform our ______________ whether we are big or small.
   d) I will develop the feeling of mutual ______________ in family.
   e) We should be ______________ for being successful in future.

2. Give answers to the following questions.
   a) List out the advantages of fulfilling duties and responsibilities.
   b) How can we be economical?
   c) Write down any three of your weaknesses. How can you improve them?
   d) How can we be a good member of the family? Write in brief.
   e) Write any three duties and responsibilities which you have to fulfill in your family.
   f) How can we develop the feeling of co-operation?
   g) If you earned a lot of money, how would you spend it rationally?
   h) Make a list of three good deeds and behaviours that you have learnt.
   i) What is our common duty?
   j) Why should we wake up early in the morning?
   k) How can we contribute to the welfare of our family?
   l) Justify the statement, ‘Early to bed and early to rise makes a man healthy, wealthy and wise’.
   m) What did Bibek learn from his sister?

3. Perform the dialogue between Binita and Bibek in the classroom.
4. Below are a few things that need to be performed in a family. Which of the following things can you follow?

<table>
<thead>
<tr>
<th>Manage the expenditure of the whole family</th>
<th>Help in cleaning the house both inside and outside</th>
<th>Help in protecting the property of family</th>
</tr>
</thead>
<tbody>
<tr>
<td>Follow the instructions of your parents</td>
<td>Provide food, clothes and shelter to all the family members</td>
<td>Take decisions regarding family conflicts and issues</td>
</tr>
<tr>
<td>Formulate the plans and policies of the family</td>
<td>Help younger brothers and sisters in their studies</td>
<td>Help to be economical</td>
</tr>
<tr>
<td>Manage school fees</td>
<td>Help parents to manage domestic works</td>
<td>Help to make and arrange things appropriately in rooms</td>
</tr>
</tbody>
</table>

5. Perform these project works.
   a) Make a list of your duties and responsibilities in your home and school separately. Write them in separate chart papers and paste in your classroom board or wall.
   b) You must have assisted a family member to do a particular work recently. Write it down in a paragraph and share it in your classroom.
   c) Make a list of good habits that we need to follow for to be a successful person in the future. Discuss your points in the classroom.
6. Read the following passage and answer the questions that follow.

Aakash and Aman are twin brothers. In ‘Deusi-Bhailo’ programme, they earned Rs. 500 each. They were happy to receive the amount. On their last day of vacation, they visited the zoo and spent their time. On their way back, they still had Rs. 400 each. Aman started to purchase different things like snacks, junk foods and a small toy. Then while they were playing, the toy he bought broke and didn’t work anymore. Since Aman had eaten the roadside food, he caught diarrhea the next morning. On their way back, Aakash purchased a pocket dictionary, an atlas and a colour box. These things have helped in their studies.

a. Who is economical between Aman and Aakash?
b. Who has made the best utilization of money? How?
c. How were the things bought by Aakash helpful?
d. What will you do if you got the same amount of money?
e. What is the difference between the behaviors of Aman and Aakash?

7. Write a paragraph on ‘It is our responsibility to follow the path of truth.’
Unity is strength ..... When there is teamwork and collaboration, wonderful things can be achieved.
-Mattie Stepanek (a child poet)

Expected Behaviours:
- To uproot all types of discrimination and evil practices
- To be conscious of social responsibility
- To motivate others in social work
- To be active in social work
- To play an important role in virtuous work
- To increase social integrity and mutual co-operation

Mishrilal Chaudhary is a respected icon in the field of social welfare in Kishanpur village. Today, there is a hustle and bustle everywhere in the village where many villagers are actively participating in the decoration of their place. The villagers are maintaining the cleanliness of the surrounding and also their houses, they are building a stage with the help of everyone and they are decorating it with flowers and colourful festoons . The villagers have organized a programme today which will formally recognize and honour, Mr. Mishrilal. The villagers are busy and enthusiastic as if there is a great festival in the village.
Mishrilal didn’t earn much in his life but he had enough parental property. Once a land was required to build a school and hospital building. He came forward and offered his land by donating it for the school and hospital building. The children of Kishanpur are literate because of Mishrilal. Moreover, at present, the villagers are getting easy medical services in Kishanpur because there is now a hospital for proper treatment.

Few years back, there was a fierce flood in the Dudhiya river near the village. Many villagers lost their lives, land and property. Many children were turned orphans within few hours. The whole village was in grief. Mishrilal was shocked by this disaster and decided to do something good in this time of sorrow and distress. He was much concerned about the condition of the orphans as there was no one to take care of them. He donated a piece of land for an orphanage to be built. He made arrangements to keep these children in the orphanage and their studies in the school. At the request of Mishrilal, the villagers donated food for the orphans regularly. The list of social works of Mishrilal is endless. He made substantial effort to open an elderly home in the village as well.

There is a big pond in Kishanpur village. People went there to clean their utensils, wash clothes and take bath. The cattle would drink water from the same pond, the villagers would also throw their waste in there and some would even defecate at the edge of the pond. In time, the pond, looked ugly, gave off a bad smell and the water in the pond was getting dirty. The aquatic animals like fish, frog and tortoise were dying and this made Mishrilal anxious. One day, immediately after sunrise, he went to the pond and started to clean the surrounding.

However, the villagers started to make fun of him. Some said that he did not have the ability to clean the pond all by himself as he is an old man. Some
others laughed at him saying that he was just trying to sacrifice his life for nothing as it is impossible to clean the pond. While the people were making bitter comments on his efforts, he asked them to help him clean the pond but his requests were turned down.

Mishrilal was not discouraged by the negative comments from the villagers. As he went there every morning to clean the pond, he asked everyone not to throw garbage or defecate near the edge of the pond. Very few villagers supported and agreed not to throw the waste into the pond but most of the people didn’t listen to his plea.

They said, “Is this pond your private property?” After months of his personal attempt, the pond started looking cleaner and beautiful. The villagers also witnessed the change brought by the single effort of Mishrilal. Slowly they realized that they were wrong in making fun of Mishrilal. They decided that they would co-operate and support his effort. When Mishrilal heard the changed attitude of the villagers, he was very happy. The villagers stopped polluting the water in the pond. Thereafter, at least one member from each house supported Mishrilal’s advocacy to clean the pond on a daily basis. After a few days, the crystal clear water in the pond attracted the attention of all the villager.

The villagers built a small wall at one of the edges of the pond as a divider. The water from the pond was segregated for the purpose of washing clothes, cleaning utensils and feeding water to the cattle. This was done to save the water from getting polluted. The dirty water was thus diverted elsewhere to protect the pond water. Mishrilal encouraged the villagers to plant trees at the edges of the pond. This made the pond look even more beautiful just like a pond in the remote mountains. The pond has now become an attraction not only for the villagers but also for the people who visits Kishanpur. Mostly, the villagers have begun to realize that if there is a joint effort, there is nothing which cannot be accomplished in this
world. They are always thankful to Mishrilal for making them realize the importance of social work. Thus the villagers respect Mishrilal as a leader who taught them the lesson of mutual help and co-operation.

During those struggling times, Mishrilal did not get enough support from the villagers. But the situation has changed these days. The people of Krishanpur support him by actively participating in all social works. These days, Mishrilal gets enough assistance from the villagers whenever he initiates any social work. All the villagers follow his leadership and are ready to help him. The condition of the village has changed because of the joint efforts. The villagers are fully aware that social welfare is possible only with effort and participation.

Mishrilal was happy to see motivation and receive the support from the villagers. Now, the villagers provide assistance in all his work without him requesting for help. The voluntary service of the villagers has helped to change Kishanpur into an ideal village with good facilities, greenery and also in its cleanliness. Once, Mishrilal asked the villagers, “Why do you support my work voluntarily?” The villagers thought about his question before they answer. They replied, “A person who had seen and experience a lot in life must have a lot of knowledge to share to everyone just like you. Thinking about the project and advocacy you have done for the village without asking anything in return made us realize that your desire is for the betterment of Krishanpur and its occupants. We are always thankful for the benefits that we are experiencing because of you and us supporting your work is the only way for us to show our appreciation.”

Mishrilal, the legendary icon of the village, is eighty years old now. He had a difficult childhood. There was no school in the village when he was young. By the time a school was established in the village, he was already too old to learn to read and write. Although, he could not read and write, he has established a school for those who want to be educated. Mishrilal has
dedicated his whole life in social work for building a school, a hospital and an orphanage. He has contributed a great deal by donating his time and effort in physical work. Mishrilal is the pride of Kishanpur village because of his unparalleled contribution. Mishrilal was a pioneer in the field of social work in Kishanpur as he didn’t mind to work all by himself whether he got the support from anyone or not. Though some people may have disliked him but over the years they have realized that even they couldn’t have done what Mishrilal had done for their village. Mishrilal is a virtuous character who had won the hearts of even his enemies through his tireless efforts by sacrificing his personal desires.

Now, Kishanpur village is an exemplary place of socio-economic diversity. People of different castes, religions and economic level live here. The best example of unity in diversity can be observed in Kishanpur village. Though there is difference in their socio-cultural and economic level, all the villagers live in unity and mutual tolerance. They participate in the socio-cultural occasions of each other showing mutual respect. But Kishanpur had lots of superstitious values in the past. Conservative and ignorant society of Kishanpur had social evils like dowry, witch-craft and child marriage.

Previously, a woman would be socially discarded by accusing her as a witch. A newly-wed bride would be physically and mentally tortured for the reason of dowry. They were even murdered just for dowry. Social crime and human cruelty was too much.

Yet again, Mishrilal raised his voice against these social evils. He raised awareness campaigns by making the villagers understand that these social evils are nothing but obstacles in the path of social development. He visited all the houses one by one and convinced all the people to uproot these evils. He faced many problems while raising awareness. He said to the villagers that we should remain happy with what we have rather than expecting anything from others. Satisfaction comes from whatever we earn from our hard work. Though Mishrilal was not educated, his opinions and reasons were strong and rational enough that it satisfy even the educated people. These days, Kishanpur is free from social evils like dowry, child marriage and witchcraft.

There are many things to be learnt from the life of Mishrilal. Mishrilal is
an exemplary person with great philosophy characterized by humanity, tolerance and benevolence. A social leader is going to be formally recognized on today’s auspicious occasion. Children of Kishanpur regard Mishrilal as an exemplary icon from whom they have learnt that - A person may earn a lot of money from his hard work but may not earn self-satisfaction. But the respect and satisfaction a person earns from social work or helping others and the society is many times greater than the respect and satisfaction that can be earned from money.

**Instructional Suggestion**

The life history that explains the social contributions of a local social worker can be narrated in the classroom to encourage the children.

Make a list of social work and encourage the children in the direction of social work.

**Summary**

Human beings are social animals. It is selfish to fulfill only our personal desires. As a social animal, it is the responsibility of an individual to engage in social work. Working voluntarily for no economic gain is social work. A person with a pure heart who can help others for social welfare can involve in social work without any academic qualification. We help not just others but also ourselves if we involve in result-oriented social service. Social work should be free from discrimination, exploitation and bias. Social works help to earn self-respect and satisfaction which brings positive change in human beings. Not only big organizations can involve in social works but even children can also contribute with their little effort. Children can get high recognition if they can make positive change through social work.
Exercise

1. Fill in the blanks with appropriate words:
   a) Mishrilal is a _____________ worker.
   b) The pond was _____________ in the beginning.
   c) Dowry, child-marriage and witchcraft are social _____________
   d) Social workers earn _____________ and _____________
   e) Children can also participate in _____________ works.

2. Give answers to the following questions:
   a) List out any four good facilities in your community and four things that need to be improved.
   b) If you see someone throwing waste in public place, what will you do? Write down any three works.
   c) What are the evil practices prevalent in your society? How can you uproot such practices from your society?
   d) How do you suggest to someone who is throwing garbage everywhere a different way of managing his garbage? Write down any three suggestions.
   e) Why did Mishrilal clean the pond? Write reasons according to the lesson.
   f) Write any three advantages of working together.
   g) Make a sanitation plan to clean the nearest holy place in your community.
   h) What should be done to gain respect?
   i) Why Mishrilal couldn’t study?
   j) How did Mishrilal clean the pond?
   k) Why did the villagers eventually help Mishrilal?
   l) How did Mishrilal help the orphans and elderly people?
   m) What is the present condition of Kishanpur?
   n) What did you learn from the story? Write a paragraph.
3. Perform these project works.

   a) How will you co-operate in the annual sports week of your school? Discuss with your friends and prepare a report for your practical marks.

   b) You must have witnessed some social works in your community. Describe the persons or the organizations which are involved in such social works. You can also describe the process of the social works.

   c) Perform an extensive cleanliness program on the occasion of world environment day. Make play-cards and demonstrate in the school. Send different groups of your friends to different parts of the school and classrooms. Prepare a project report based on your activity.

4. Select the works performed by Mishrilal in Kishanpur village.

<table>
<thead>
<tr>
<th>Clean the pond</th>
<th>Support child-marriage</th>
<th>Develop the feeling of unity in diversity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Donate land to build a school</td>
<td>Helped to build a stadium</td>
<td>Encouraged villagers to donate food for orphanage</td>
</tr>
<tr>
<td>Uproot social evils like dowry and witch craft</td>
<td>Praising people who threw garbage on the pond</td>
<td>Started transportation service in the village</td>
</tr>
</tbody>
</table>

5. Identify a social figure in your community and write down a paragraph on his contributions.
6. Differentiate between the condition of Kishanpur at the past and present in five points.

7. Write down the story of Mishrilal in your own words.

8. Write the good characters of Mishrilal and analyze them.

9. What social message did you learn from the lesson? Write your opinions.