

Teacher's Manual

GK & Reasoning with Moral and Yoga



1. National Unity

A. Answer the following questions :

Ans. 1. Bharat has 28 states and 8 union territories. There are 22 official languages, and a number of other dialects. There are around 900 languages spoken in the country.

2. In Bharat, various harvest festivals are celebrated across different states with different names. Some of the major harvest festivals are :

Makar Sankranti / Uttarayan – Celebrated in Maharashtra, Gujarat, Rajasthan, and Andhra Pradesh. It is known as a festival of kites.

Lohri – Celebrated in Punjab, marking the end of winter and the harvesting of rabi crops.

Pongal – Celebrated in Tamil Nadu, it is a four-day festival dedicated to the Sun God and the harvest.

Bihu – Celebrated in Assam, marking the Assamese New Year and the harvesting of crops.

Onam – Celebrated in Kerala, it is a festival of joy and prosperity, marking the harvest season.

3. Once Abdul Kalam was asked to light a lamp. He took a candle and lit the lamp and said, "I am a Muslim. I lit a Hindu's lamp using a Christian's candle." This is a great example of how the leaders in Bharat have also kept the unity in the nation strong.
4. Festivals are special days that people celebrate to remember important events, traditions, and beliefs. They bring happiness and bring people together.

Harvest Festivals – These celebrate the harvesting of crops. Examples: Pongal, Makar Sankranti, Baisakhi, Lohri, and Onam.

Religious Festivals – These are related to gods, goddesses, and religious beliefs. Examples: Diwali, Eid, Christmas, Holi, and Navratri.

National Festivals – These mark important events in a country's history. Examples: Independence Day, Republic Day, and Gandhi Jayanti.

Cultural and Social Festivals – These celebrate love, relationships, and traditions. Examples: Raksha Bandhan (bond between siblings) and Karva Chauth (love between husband and wife).

5. India is a land of many religions, languages, and cultures, yet its people live together with love and harmony. This is called "Unity in Diversity." Hindus, Muslims, Sikhs, Christians, Buddhists, and Jains follow different faiths but respect each other and celebrate festivals together. India has 22 official languages and over 900 spoken languages, yet people communicate with respect and understanding. Every state has its unique traditions, food, and clothing, but all Indians take pride in their rich heritage. Indians stand together during national festivals and difficult times, showing unity and love for the country. This unity among diversity makes India a strong and peaceful nation, where people live together as one big family.

B. Say True or False :

1.T

2.F

3.T

4.T

5.T

C. Do it yourself

D. Do it yourself

E. Do it yourself

2. Respect For The Environment

A. Answer the following questions :

Ans. 1. There are several types of pollution, each affecting the environment in different ways :

Air Pollution : Happens due to smoke from factories, vehicles, and burning fuels. It causes breathing problems and harms the environment. Using clean energy and reducing smoke can help.

Water Pollution : Caused by waste from factories, plastics, and sewage in rivers and lakes. It makes water unsafe for drinking and harms fish and plants. Keeping water clean and reducing waste can prevent it.

Land Pollution : Happens when people dump garbage, cut too many trees, or use too many chemicals. It makes the land dirty and less useful for farming. Recycling and planting trees can help keep the land clean.

2. Causes of Land Pollution :

Industrial waste and improper disposal of hazardous materials contaminate the soil. Excessive use of chemical fertilizers and pesticides depletes soil fertility. Deforestation leads to soil erosion and land degradation. Plastic waste accumulation makes land infertile and non-biodegradable materials pollute the environment. Poor waste management, including open dumping and landfill overflow, contributes to land pollution.

Causes of Water Pollution :

Industrial discharge and chemical waste contaminate rivers and oceans. Agricultural runoff, including pesticides and fertilizers, pollutes water bodies. Plastic waste and oil spills harm marine ecosystems. Untreated sewage and wastewater from households and industries lead to

contamination. Overuse of groundwater and deforestation disrupt natural water cycles, worsening pollution levels.

3. Land pollution can be controlled through various measures, including reducing waste generation, promoting recycling, and properly disposing of hazardous materials. Sustainable agricultural practises, such as using organic fertilizers and crop rotation, help maintain soil health and prevent contamination. Industrial regulations should enforce responsible waste disposal and encourage eco-friendly production methods. Planting trees and restoring degraded land can reduce erosion and improve soil quality. Public awareness campaigns and government policies play a crucial role in encouraging responsible waste management and reducing the use of plastic. Adopting these measures collectively helps in minimizing land pollution and preserving the environment.
4. Causes of air pollution include burning of fossil fuels, large factories spewing out smoke, and vehicle emissions. Air pollution affects every single living thing in the world. The cars on the road contribute to 75 percent of pollution, according to studies conducted in the U.S. Due to air pollution, global warming is increasing. This, in turn disrupts the balance of the ecosystem causing severe drought like conditions during summer, flooding during monsoons and extreme conditions during winter.

5. **Air Pollution**

- Avoid usage of cars and take public transport when necessary.
- Avoid burning leaves and wood. Instead recycle it for compost.
- Keep planting trees and plants. Small green zones help to create green pockets of air that are really needed in today's age.

6. Cape Town, one of the major cities in South Africa has dangerously low levels of water. The city had imposed water rationing with per person receiving a set amount of water per day.

B. Say True or False :

1. F 2. T 3. T 4. F 5. F

C. Do it yourself

D. Do it yourself

E. Do it yourself

F. Do it yourself

3. Peace

A. Answer the following questions :

- Ans.** 1. The girl in the picture is scared because she has grown up in an environment filled with war, weapons, and violence. When she saw the photographer Osman Sagirli pointing a camera at her, she mistook it for a weapon. Due to her experiences with conflict, she believed she was in danger and instinctively raised her hands in surrender, thinking the photographer was about to shoot her. This reaction highlights the deep fear and trauma experienced by children living in war zones.
2. War affects everyone involved, but the ones who suffer the most are often innocent civilians, especially children, women, and the elderly. Children lose their homes, families, and education. Many grow up in constant fear, suffering from trauma, hunger, and lack of medical care. Some are even forced to become child soldiers. Women in war zones often face violence, displacement, and the burden of caring for their families alone. Many also become victims of abuse. The elderly and disabled struggle to escape from conflict zones and often lack access to food, medicine, and shelter. Refugees are forced to flee their homes, living in camps or foreign countries with an uncertain future. Soldiers and fighters also suffer physically and mentally, with many losing their lives or returning with PTSD (Post-Traumatic Stress Disorder).
3. When there is a war in a country, it causes destruction and suffering for everyone. People lose their homes, and many are forced to leave their country to stay safe. Innocent civilians, including children and the elderly, suffer the most. There is a shortage of food, water, and medical care, making life even harder. Schools and hospitals stop working, and children cannot study. Many people lose their jobs, and the

country's economy becomes weak. Fear and sadness take over as families get separated, and people live in constant danger. War also destroys buildings, roads, and important places, making it difficult for a country to recover. Even when the war ends, its effects remain for a long time.

4. Gandhiji said, "An eye for an eye will only end up making the whole world blind." He believed that war and violence do not solve problems but only bring more pain and suffering. Instead of fighting, people should choose peace, love, and understanding to make the world a better place.
5. Normally, when children see a camera, they are shy and either run away or smile because they know they are the subject of a picture. They enjoy posing and feel happy when someone takes their photo. However, in war-affected areas, children who have seen violence and conflict may react with fear instead of joy, as they associate objects pointed at them with danger.
6. Peace in the world can be achieved when people live in harmony, free from conflict and violence. Education plays a key role in spreading awareness about kindness, understanding, and respect for others. When people are educated, they choose to believe in peace instead of hatred. Governments should work together to solve problems through discussions instead of war. Equal opportunities, justice, and fairness for everyone can reduce anger and fights. Helping those in need and treating others with love and care also bring peace. When people overcome the love of power with the power of love, the world will know true peace.

B. Complete the following :

1. The best way to work towards peace is to be kind to others, understand their feelings, and solve problems by talking instead of fighting.

2. The Syrian conflict is one of the most painful and long-lasting wars, bringing great suffering to many people.
 3. An eye for an eye will only end up making the whole world blind.
 4. When the power of love overcomes the love of power, the world will know peace.
 5. During a war, children and the innocent suffer the most, losing their homes, families, and safety.
- C.** Do it yourself
- D.** Do it yourself
- E.** Do it yourself
- F.** Do it yourself

4. Endurance

A. Answer the following questions :

- Ans.**
1. Milkha Singh was born in Lyallpur (now Faisalabad, Pakistan) in 1935 during undivided Bharat.
 2. Milkha Singh could easily run cross country because he grew up in a small village. He was used to running 10 kilometers daily to and from his school. This regular running in his childhood built his stamina and endurance. It made it easier for him to handle cross-country runs later in life.
 3. Milkha Singh trained in very challenging conditions. He had no special training, no special diet, and not even proper running gear or shoes. He would train in hilly terrain to build his stamina. He often ran barefoot or in simple canvas shoes. He replenished himself with only water. Despite these hardships, he became one of the best athletes Bharat has ever produced.
 4. Milkha Singh first participated in the National Games of Bharat in 1958, where he set records. In the same year, he competed in the Asian Games and won gold medals. He then took part in the Commonwealth Games in 1958, where he won gold, and his record remained unbroken until 2014. In 1960, he raced in Pakistan against Abdul Khaliq, won the race, set a world record, and was given the title "The Flying Sikh" by General Ayub Khan. From 1956 to 1964, he participated in three Olympic Games.
 5. Milkha Singh went back to Pakistan in 1960 because Jawaharlal Nehru persuaded him to participate in a race there. At that time, Pakistan had a celebrated sprinter. Abdul Khaliq who had won many races. The race between Milkha Singh and Abdul Khaliq was expected to be a tough and exciting competition. Milkha Singh won the race and even set a world record. It was during this event that General Ayub Khan gave him the title "The Flying Sikh" a name that stayed with him throughout his career.

B. Say True or False :

Ans. 1. F 2. T 3.T 4.F 5.T 6.F 7.F

C. Fill in the blanks :

Ans. 1. Lyallpur (now Faisalabad , Pakistan)
2. 10 3. natural 4. three 5. Abdul Khaliq

D. Do it yourself

E. Do it yourself

F. Do it yourself

G. Do it yourself

5. Self Help

A. Answer the following questions :

- Ans.** 1. Rashi was nervous because she had moved to a new town and had to adjust to a new school where different languages were taught. On her first day at school, she was both nervous and excited. She was unsure about her new timetable and how she would adapt to the new environment. Additionally, she was worried about making new friends and whether they would help her with her studies.
2. Rashi's friends, Aakriti and Sayonee, helped her in several ways. They assisted her with her homework and explained her doubts patiently. Whenever Rashi had a query, she would immediately call them, and they would help her understand the concepts. They studied together, especially focusing on subjects like Mathematics, Geography, and Science. Over time, they became best friends as well as study partners. Their support made Rashi dependent on them for her studies.
3. Rashi depended on Aakriti and Sayonee because they always helped her with her studies. They patiently explained her doubts and assisted her with homework. Whenever she had a query, she would call them, and they would clarify her concepts. They studied together, focusing on subjects like Mathematics, Geography, and Science. Over time, Rashi became reliant on their support, as she found it easier to understand topics with their help.
4. When Sayonee and Aakriti had to move away, Rashi felt lost and helpless. She had always depended on them for her studies, and their absence made her feel unsure about managing on her own. Without their support, she struggled with her subjects and lacked confidence in her abilities. This situation forced Rashi to find new ways to study independently and overcome her dependence on her friends.

5. Rashi initially depended on her friends Aakriti and Sayonee for help in various tasks. However, when they had to move away, Rashi faced difficulties managing things on her own. Over time, she realized that she could not always rely on others and had to take responsibility for her own work. Through her experiences, she learned that self-reliance is important and that "self-help is the best help." This understanding made her more independent and confident in handling her own tasks.

B. Choose the right answer :

1. a 2. b 3. a

C. Do it yourself

D. Do it yourself

E. Do it yourself

F. Do it yourself

6. Team Spirit

A. Answer the following questions :

1. Team spirit means working together as a team to complete a task. It is about helping each other, sharing responsibilities, and making the work easier. Just like in the story of Noah's Ark, where all the animals and birds worked together to save the Ark, team spirit helps in solving problems faster and better.
2. The animals and birds on Noah's Ark showed team spirit by working together to solve a problem. When a woodpecker accidentally made a hole in the Ark, water started filling in, and everyone tried to block the hole, but nothing worked. The bees then suggested that instead of working separately, they should all work as a team.

All the animals and birds began using their strengths to help. The elephants pulled water out of the Ark with their trunks, the birds picked it up and tried to lift it higher, and other animals ran around gathering supplies to block the hole. When they realized their efforts were not enough, they asked the fish for help. At first, the smaller fish tried to swim underneath the hole, but they got tired. Then, a strong whale came forward, pressed its belly against the hole, and provided support.

With everyone's combined efforts, the hole was patched, and the Ark was saved.
3. The birds helped by picking up the Ark and flying higher, hoping to lift it up a bit more. They also gathered supplies to help block the hole, showing teamwork and cooperation.
4. The bees on board suggested the idea of working in a team. They told everyone that they always worked together and encouraged the animals and birds to do the same.
5. The smaller fish first tried to swim underneath the hole to help, but they got tired. Then, a strong whale came

forward, attached its belly to the hole, and swam strongly underneath to provide support. This helped stop the water from entering the Ark, allowing the animals to patch the hole and save the Ark.

6. The Ark was finally repaired when all the animals and birds worked together as a team. The elephants pulled out water, the birds tried to lift the Ark, and other animals gathered supplies. When they needed more help, the fish tried to block the hole, but they got tired. Finally, a strong whale swam underneath the hole and provided support, allowing the animals to patch it up completely and save the Ark.

B. Say True or False :

1. F 2. F 3. T 4. T 5. F 6. T

C. Choose the right answer :

1. b 2. a 3. b 4. a

D. Do it yourself

E. Do it yourself

F. Do it yourself

7. Equality

A. Answer the following questions :

- Ans.** 1. Lakshmi was counting money when Brinda entered the kitchen. She had saved some money, and her employer had also given her some that day. Later, it was revealed that she was saving money to buy gifts for her son, Raju, on his birthday and to enroll him in coaching classes. However, she did not plan the same for her daughter, Radhika, as she believed investing in her son's education was more important.
2. Brinda felt upset after her conversation with Lakshmi because she noticed that Lakshmi was treating her son and daughter unequally. While Lakshmi was excited to buy gifts for Raju and enroll him in coaching classes, she did not make similar plans for Radhika. When Brinda asked about Radhika's birthday celebration, Lakshmi casually mentioned that she would just give her some bangles. This unfair treatment disturbed Brinda, as she realized that Radhika was not getting the same opportunities as her brother. It made her question why Lakshmi was discriminating against her own children based on gender.
3. Brinda's mother explained to Lakshmi that both boys and girls should be given equal opportunities. She told Lakshmi that she had two daughters, and she wanted both of them to be well-educated so that they could support their own children in the future. She emphasized that there is nothing Radhika cannot do that Raju can and in fact, Radhika could even do better. Brinda's mother assured Lakshmi that they would pay for Radhika's education and insisted that Radhika deserved an equal chance.
4. Lakshmi favoured Raju over Radhika because she believed that boys are more important than girls. She thought that Raju would take care of her in the future, while Radhika

would get married and leave the house. Because of this belief, she gave more attention, love, and resources to Raju, while ignoring Radhika's needs.

5. Lakshmi planned to celebrate her children's birthday in a way that showed her preferences. She gave more importance to Raju's birthday, making grand arrangements like a special feast and inviting guests. However, she did not pay much attention to Radhika's birthday, celebrating it in a simple or less significant way. This showed that she favoured Raju more than Radhika. Brinda and her mother noticed this difference, which might have led to a conversation with Lakshmi about being fair to both children.
6. Lakshmi realised her mistake when she noticed the disappointment and hurt feelings of Radhika. She saw how her favouritism towards Raju was affecting Radhika emotionally. Perhaps, through a conversation with Brinda or her mother, she understood that both children deserved equal love and attention. This realisation made her reflect on her actions and change her behaviour towards Radhika.

B. Say True or False:

1. F 2. T 3. T 4. F 5. T

C. Do it yourself

D. Do it yourself

E. Do it yourself

F. Do it yourself

8. Integrity

A. Answer the following questions :

- Ans.** 1. The emperor called the children to the palace because he wanted to choose an heir to the kingdom. Since he had no heir of his own, he decided to test the children of the country to find one with integrity and honesty. He distributed seeds to all the children and instructed them to plant and nurture them, asking them to return in a year with the results. This was a test to find the most honest child, as the seeds given were boiled and would not grow.
2. Ling's seed did not grow at all. Despite planting it with care, giving it proper sunlight and water, his pot remained barren. Ling was disappointed as he saw other children's plants grow into beautiful flowers. However, he remained honest and brought his empty pot to the palace. In the end, the emperor revealed that the seeds he had given were boiled and could never sprout. Since Ling was the only one who did not replace his seed with another, he proved his honesty and integrity, and the emperor chose him as his successor.
3. The other seeds given by the emperor did not sprout because they were boiled, making them incapable of growing. However, most of the children, wanting to impress the emperor, replaced their original seeds with new ones that could grow into beautiful plants and flowers. This meant they had been dishonest in the test. Only Ling remained truthful, bringing his barren pot, which showed that he had followed the emperor's instructions honestly.
4. The emperor chose Ling to be his heir because Ling was the only child who showed honesty and integrity. The emperor had given all the children boiled seeds that could never grow, but while others replaced their seeds with new ones to impress the emperor, Ling remained truthful and brought his barren pot. His honesty proved that he was trustworthy

and had the qualities of a just and courageous ruler. Seeing this, the emperor declared Ling as his successor.

5. Ling proved his integrity by being honest. Even though his seed did not sprout, he did not replace it with another seed like the other children. He brought his barren pot to the emperor, showing that he had followed the instructions truthfully. This act of honesty and courage proved his integrity, and the emperor rewarded him by making him his successor.
6. Yes, the other children likely cheated, even if they did not intend to. The emperor had given them boiled seeds, which could not grow into plants. However, all the other children brought flourishing plants, which means they must have secretly replaced the original seed with a new one. This showed dishonesty, as they wanted to impress the emperor instead of being truthful. Ling, on the other hand, remained honest, proving his integrity.
7. The emperor appreciated Ling's integrity because he remained honest even when faced with failure. The emperor had given all the children boiled seeds, which could never grow. While others replaced their seeds to impress the emperor, Ling stayed truthful and brought his barren pot. This showed that he had the honesty and courage to stand by the truth, even when it was difficult. The emperor wanted a successor who valued integrity, as a good ruler must be honest and just.

B. Say True or False :

1. T 2. F 3. T 4. T 5. F 6. F

C. Do it yourself

D. Do it yourself

E. Do it yourself

F. Do it yourself

9. Sympathy

A. Answer the following questions :

- Ans.** 1. Pari felt sympathy for children who could not afford school supplies. To help them, she decided to reuse her school bag from the previous year. She asked her parents to donate the money they would have spent on a new one. This way, a house help could buy necessary school supplies for his son.
2. Raju learned about the troubles of physically challenged people when he fractured his leg and couldn't move for a month. After his cast was removed, he had to use crutches and struggled with mobility. He found it difficult to climb stairs and frequently needed help. This experience made him realise how tough life was for people who had to use wheelchairs or crutches permanently.
3. Aahana and Saina saw some small children in the garden who were looking at their ice creams. They felt sorry for them and decided to give their ice creams to the children, making them very happy.
4. Imaad bought a large quantity of fruits from the vendors. This made them happy as they found a good customer. While carrying the fruits, he saw the vendor's children running around. He felt sympathy for them. He gave the fruits to them as he understood the pain of hunger. He wanted to see them smile.
5. Raju felt sympathy for physically challenged people. He campaigned with his father to set up ramps in public places. His experience of using crutches helped him understand their struggles. He took action to improve accessibility for them.
6. Pari read about the rising cost of school goods in the newspaper. She realised she was being extravagant. She

thought about children who could not afford school supplies. She decided to reuse her school bag. She donated the money to help a house help buy supplies for his son.

B. Choose the right answer :

1. b 2. b 3. a 4. b 5. a

C. Do it yourself

D. Do it yourself

E. Do it yourself

10. The Wonderful World of Yoga

A. Read and answer verbally :

Ans. 1. The term 'Yoga' is derived from the Sanskrit word 'Yuj,' signifying the union of individual consciousness or soul with the universal consciousness or spirit. Yoga is an ancient Indian practise that dates back 5000 years. It includes various physical, mental, and spiritual practises and disciplines.

Types of Yoga

The term 'Yoga' includes different practises and methods, such as :

- (i) Gyan Yoga - The Path of Philosophical Wisdom
 - (ii) Bhakti Yoga - The Path of Devotional Bliss
 - (iii) Karma Yoga - The Path of Blissful Action
2. In yoga, an asana refers to a seated posture. Asanas can also be performed as physical exercises, sometimes known as yoga positions. Some asanas are specifically designed for promoting physical health.
 3. Pranayama involves the control of enhanced 'life force' resulting from various breathing techniques rather than the exercises themselves.
 4. Surya Namaskara is a widely practised sequence in most forms of yoga. Originally evolved as a form of worship to Surya (the sun), this practise involves linking together twelve asanas in a dynamically expressed series.
 5. Tadasana, also known as the mountain pose, is one of the most beneficial yoga asanas. Practising this pose regularly in the morning provides numerous benefits for the hands, back, spine, and the entire body.

B. Choose the right answer :

1. b 2. c 3. c 4. c 5. a

C. Fill in the blanks :

1. Yuj 2. path 3. Asana 4. Pranayama
5. Surya Namaskara

D. Say True or False :

1. T 2. F 3. F 4. T 5. T

E. Do it yourself

F. Do it yourself

G. Do it yourself