

Teacher's Manual

GK & Reasoning with Moral and Yoga



GK & Reasoning
with Moral and Yoga - 7

1. Obey Your Conscience

A. Tick (✓) mark the correct action :

Ans. 1. (a) 2. (b) 3. (c) 4. (d)

B. Fill in the blanks :

Ans. 1. true guide 2. hanging 3. pardon, repeat 4. courage
5. Nation 6. courageous 7. thrashing
8. honestly, courage

C. Match the following columns :

1. d, 2. c 3. e, 4 b, 5. a

D. Answer the following questions :

- Ans.** 1. A conscience is a sense of what is right and what is wrong. Conscience is a feeling of guilt because you know you have done something is wrong. It is our true guide because it tells us what is right and what is wrong. Conscience is a term that describes an aspect of a human being's self awareness. The conscience produces feeling of joy when good is done. Always listen to your inner voice. It is always right. Your conscience is the measure of the honesty of your selfishness.
2. Conscience is our true guide. It is our inner voice that is hidden in our heart and tells us what is right and what is wrong. What should be done and what is to be avoided. It is the voice of God Himself. Our conscience is our guide at the time of distress and hardship as it fills us with a sense of responsibility and duty.
3. Mohan was a little boy. He was in need of some money but he dared not ask his father for it. He saw his coat hanging in the almirah, so he tried to steal some money from the

pocket of his father's coat and he did steal some money.

4. Mohan's father came in the evening. He found the money missing. He asked everyone in the house about it but it was of no avail. Mohan also lied. But when the night fell and everybody had gone to sleep, his conscience pricked him. He was uneasy. He could not sleep.
5. At last he gathered courage. He took out a piece of paper and wrote, "Father, I am your unworthy son. I have stolen the money from your pocket on my brother's inciting. I am highly ashamed of my behaviour. Kindly pardon me. I promise never to repeat a sin like this."
6. Next morning, Mohan's father found the letter on his table. He called Mohan and taking him in his arms loved him very much. He praised him instead of scolding him. Everyone praised Mohan for his courage.
7. There was a little boy named Jawahar. He was the son of a leading advocate of India. One day he saw two nice and expensive fountain pens on his father's table. He felt tempted to take one of them. So he took one of them. When his father returned from his office, he found one pen missing. He asked everyone in the house but the pen was not found. When he asked Jawahar, he told a lie and denied taking the pen, out of fear.
His conscience too forced him to reveal the truth but little Jawahar was not as courageous as Mohan. So he did not confess.
8. Sanjay could not steal money because he believed that someone was always watching him. When questioned, he explained that he had learned from his teacher that God is omnipresent and watches everything. This belief in God's presence and his conscience prohibited him from stealing.

E. Do it yourself

2. Master Your Moods

A. Tick (3) mark the correct action :

Ans. 1. (d) 2. (a) 3. (c)

B. Fill in the blanks :

Ans. 1. difficult 2. depends 3. miserable 4. correct
5. innocent

C. Tick (3) mark the for good and cross (7) the for bad qualities :

1. Depressed	7	2. Optimistic	3
3. Unhappy	7	4. Amiable	3
5. Gloomy	7	6. Cheerful	3
7. Despondent	7	8. Pessimistic	7
9. Discouraged	7	10. Sour	7
11. Sullen	7	12. Unkind	7

D. Do it yourself

E. Answer the following questions :

1. A man who is at the mercy of his moods can never be a leader, a power among men. One never knows how to deal with a moody person because his state of mind depends upon his moods. If he is in good humour, he will be optimistic, amiable, and cheerful. He will readily agree to any new plans, he will be bubbling with energy, and he will be ready to help anyone. But when he is in one of his bad moods, he becomes pessimistic, sullen, sour, unkind, and discourteous. He infects others with his gloom so that people try to avoid him.
2. A person who is over-sensitive is very prone to moods. They feel that whatever they do, wherever they go, and whatever they say, they are the center of everyone's interest. They are self-conscious about their appearance, manner of speech, and behavior. They imagine that others are criticizing them, poking fun at them, and making jeering remarks, even when

people may not be aware of their presence. As a result, they become moody, dejected, and disheartened. They fail to realize that others are too busy with their own lives to focus so much on them.

3. Anupama was an over-sensitive and an imaginative girl. She used to brood over what others said and analyse every simple remarks. She made herself miserable by imagining that she had many enemies. She sank into her depressed moods thinking about what others would think and say when they saw her pimples. She became unhappy, gloomy and irritable. Her class-mates did not even try to be friendly with her for fear of hurting her feelings. They stayed away from her because she exhausted their patience but asking them what they meant by certain expressions, looks and gestures. She made others feel as miserable as she was. She had very few friends, indeed.
4. The teacher advised Anupama to think less of herself and more of others. She told her not to take offence so quickly and to stop thinking that others were bent upon hurting her feelings. The wise teacher encouraged Anupama to master her moods. By following this advice in the correct spirit, Anupama gradually overcame her moodiness.
5. The next time you are in trouble, or feel discouraged and think that you are a failure, resolve that you are going to be happy. Seek some innocent amusement that will cheer you up, go and see your friends, think of pleasant things, read something humorous. Avoid anger or negativity. Learn to dominate your moods. The world has little use for a person who is a slave to his moods.

F. Complete the sentences with an adjective choosing from the box :



The teacher was **angry** because the children did not study.



When I was a child I was **afraid of** the darkness.



I was so **hungry** that my mother made me a big sandwich.



After the exam I was so **tired** that I went to bed early.



I am really **surprised** that he remembered my birthday.

3. Temper Control

A. Tick (3) the correct option :

Ans. 1. (d) 2. (c) 3. (a) 4. (b)

B. Fill in the blanks :

Ans. 1. nails, hammer 2. talented, creative, handsome, bright
3. wound, bad 4. temper, driving
5. People, valuable 6. Pulling, fence

C. Give reasons for the following :

Ans. 1. The father gave nails and a hammer to his son to help him learn self-control. He wanted to show that anger leaves lasting scars, just like nails leave holes in a fence.
2. Pulling out the nails from the fence symbolized that the boy had learned to control his temper. However, the holes left behind showed that hurtful words and actions leave lasting scars, even after an apology. This taught him the importance of treating others with kindness and respect.

D. Answer the following questions :

1. The father asked his son to strike nails into the fence whenever he lost his temper. This was meant to teach him a lesson about controlling his anger. The difficulty of hammering nails into the tough fence boards helped the boy realise that it was easier to control his temper than to drive nails. Later, when he removed the nails after improving his behaviour, he saw the holes left behind. This symbolised that hurtful words and actions leave lasting scars, even if one apologizes.
2. The boy was talented, creative, handsome, and extremely bright. He was a natural leader—the kind of person everyone would normally have wanted in his team or project. But he was also self-centred and had a very bad temper. When he got angry, he usually said and often did, some very hurtful things. In fact, he seemed to have little regard for those around him, even for friends. So naturally, he had few friends. But, he told himself that just shows how stupid most people are!

3. Saying or doing hurtful things in anger produces the same kind of result. There will always be a scar. It won't matter how many times you say you're sorry, or how many years pass, the scar will still be there. And a verbal wound is as bad as a physical one. People are much more valuable than an old fence. They make us smile. They help us succeed. Some will even become friends who share our joys, and support us through bad times. And, if they trust us, they will also open their hearts to us. That means we need to treat everyone with love and respect. We need to prevent as many of those scars as we can.
4. The boy gained control over his bad temper through a lesson his father taught him. Whenever he lost his temper, his father asked him to hammer a nail into the fence. At first, he drove many nails into the fence because he often got angry. Over time, he realized that holding his temper was easier than hammering the nails. As he improved, his father allowed him to remove one nail each day he did not lose his temper. Eventually, he removed all the nails, but the holes remained, teaching him that anger leaves lasting scars. This lesson helped him understand the importance of controlling his temper.
5. Holding his temper proved to be easier than driving nails into the fence.
6. People are much more valuable than an old fence. They make us smile. They help us succeed. Some will even become friends who share our joys, and support us through bad times. And, if they trust us, they will also open their hearts to us. That means we need to treat everyone with love and respect.
7. The real test for us is not how we deal with good, happy times, but how we deal with the bad ones, how we hold our temper when things go wrong.

E. Do it yourself

F. Do it yourself

4. Patience

A. Tick (3) the correct option :

Ans. 1. (b) 2. (c) 3. (a) 4. (b)

B. Fill in the blanks :

- | | | | |
|--------------|-----------|----------------|----------|
| 1. the Ganga | 2. spat | 3. seven | |
| 4. character | 5. virtue | 6. err, divine | 7. grass |

C. Say 'Yes' or 'No' for the following statements :

- | | | | | |
|-------|--------|-------|--------|--------|
| 1. No | 2. Yes | 3. No | 4. Yes | 5. Yes |
|-------|--------|-------|--------|--------|

D. Match the following columns :

- | | | | | |
|------|------|------|------|------|
| 1. e | 2. c | 3. d | 4. b | 5. a |
|------|------|------|------|------|

E. Answer the following questions :

1. Patience is not the ability to wait but the ability to keep a good attitude while waiting. It is a great virtue. Patience is reflected through calmness, tolerance, and strength in difficult circumstances. People who are good and have patience with others are loved and respected by one and all.
2. Patience develops calmness, helping a person to stay composed in difficult situations. It builds tolerance, allowing individuals to accept others' mistakes and differences. A patient person has self-control and does not get annoyed. It teaches perseverance, helping one to continue efforts despite challenges. Patience gives wisdom to make thoughtful and balanced decisions. It earns respect as people who have patience are loved and admired by all. It helps in forgiveness, allowing a person to let go of anger. Patience also gives strength, making a person strong and self-controlled to face difficulties with determination.
3. Eknath did not get annoyed with the wicked man because he had great patience and self-control. He remained calm and did not utter a word when the man spat on him. Instead of getting angry or reacting, he smiled and went back to take a dip in the Ganga. Eknath's patience and tolerance allowed him to face the situation without frustration. He

believed in forgiveness and did not seek revenge, which ultimately made the wicked man realise his mistake and ask for forgiveness.

4. When people asked Eknath to take revenge on the person who had spat on him, he replied, "He is a pure soul. It was by virtue of his good deeds that he got an opportunity to take a bath in the holy river so many times."
5. Maharana Pratap did not submit himself to Akbar because he was a true Rajput who valued honour and self-respect more than anything else. He did not want to surrender to the Mughal Empire and preferred to fight for the freedom of his kingdom. Despite facing hardships, including living in the forest and eating chapatis made of grass, his patience and determination kept him strong. It was only due to his patience and perseverance that he later succeeded in winning back most parts of his kingdom from the Mughals.
6. Maharana Pratap had to run away from the battlefield because Akbar's army, led by Raja Man Singh, was very large and powerful. The Rajput soldiers fought bravely, but they were fewer in number. Some Rajput warriors told Maharana Pratap to leave the battlefield so that he could stay alive and continue fighting for his kingdom. Even after this, Maharana Pratap did not lose hope. With patience, courage, and determination, he later won back most parts of his kingdom.

F. Do it yourself

5. Intelligent Birbal

A. Tick (3) the correct option :

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

B. Fill in the blanks :

1. Fatehpur Sikri 2. palace
3. down in front of King Akbar 4. minds 5. long life

C. Say 'Yes' or 'No' for the following statements :

1. No 2. No 3. Yes 4. Yes 5. No

D. Who said this to whom?

1. jealous courtier to King Akbar
2. jealous courtier to King Akbar
3. Birbal to King Akbar
4. Birbal to the courtiers
5. The courtiers to King Akbar
6. King Akbar to Birbal

E. Answer the following questions :

1. The most intelligent courtier of King Akbar was Birbal. He was known for his wit, wisdom, and clever problem-solving skills, which often helped him outsmart jealous courtiers and impress the emperor.
2. The new capital of King Akbar was Fatehpur Sikri.
3. The courtiers were very jealous of Birbal because he was given a house close to the palace, while most of the courtiers had to build their own houses in the village. They discussed amongst themselves, "Why is Birbal treated so differently?"
4. The most jealous courtier said to King Akbar, "Your Honour, isn't Birbal very clever? He knows the answers to all the questions; in fact, he claims to read the thoughts of others. How is it possible?"
5. The courtiers anxiously waited for the king to question Birbal. All the courtiers wanted Birbal to leave King Akbar. They desperately wanted Birbal to be at loss.

6. When King Akbar asked Birbal if he could read minds, Birbal cleverly replied, "Each of your courtiers who have gathered here are all thinking the same. They are wishing that—May our King have a long life and that he is able to rule us forever and achieve great success in his life!"

This intelligent response put the courtiers in a difficult position, as they could not deny it without going against the king.

F. Match the following columns :

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

G. Do it yourself

H. Do it yourself

6. The Winner

A. Answer the following questions :

Ans. 1. (c) 2. (b) 3. (c)

B. Fill in the blanks :

Ans. 1. ability, intelligence 2. Nana, Manu, similar
3. a top, rode off 4. Moropant Tambe's
5. innumerable, achievements

C. Say 'Yes' or 'No' for the following statements :

1. Yes 2. Yes 3. No 4. No

D. Answer the following questions :

1. Nana challenged Manu to a race because he believed that, as a girl, Manu could not ride a horse better than him. He teased her, saying, "Manu, you are a girl. You can never ride a horse better than me." Manu accepted the challenge to prove him wrong.
2. Two qualities that Manu had were courage and bravery. She accepted Nana's challenge confidently and proved her ability in horse riding.
3. Nana fell down from the horse while trying to ride even faster.
4. Manu was Manikarnika Tambe, who later became Rani Laxmibai, the brave ruler of Jhansi. She was the daughter of Moropant Tambe and played a significant role in India's First War of Independence in 1857.
5. Manu's story teaches us that boys and girls are equal in ability and intelligence. It challenges gender stereotypes and shows that courage, determination, and skill are not limited by gender. The story also emphasizes the importance of respecting women and recognising their achievements.

Additionally, it highlights the values of sportsmanship, kindness, and learning from one another.

E. Write the names of these great Indian women :



Indira Gandhi



Kalpana Chawla



Kiran Bedi

7. The old man and the Donkey

A. Tick (3) the correct option :

Ans. 1. (b) 2. (a) 3. (b) 4. (b)

B. Say 'Yes' or 'No' for the following statements :

1. Yes 2. Yes 3. No 4. No 5. Yes

C. What did the old man do after he heard these comments?

1. The old man did not like being laughed at. So, he made his son sit on the donkey and they continued on their way.
2. The old man did not want his son to feel sorry for riding the donkey. So, he told his son to get down and then he himself sat on the donkey.
3. The old man did not like it. So, he decided that both he and his son would sit together on the donkey and ride it.
4. The old man felt bad. So, he and his son got off the donkey and decided to carry the donkey instead.

D. Answer the following questions :

1. The old man was going to the market with his little son and their donkey.
2. The old man, his son, and the donkey all fell into the water under the bridge.
3. Common sense is a personal judgment based on simple reasoning and practical experience. It helps people make good decisions and behave in a sensible way in everyday situations. The story teaches that blindly trying to please everyone can lead to foolish outcomes, highlighting the importance of using common sense.
4. The old man did not want his young son to feel sorry for riding the donkey.

E. Use your common sense and tick (3) the word that complete each sentence. Write the word on the line :

1. pretty 2. old 3. highest 4. smallest 5. sweet

8. Value your Time

A. Answer the following questions :

- Ans.** 1. Proper utilization of time means managing time effectively by planning tasks wisely and prioritizing important activities. It involves focusing on studies or work when the mind is fresh, reducing distractions, and completing tasks step by step. Making a to-do list, setting time limits for each task, and taking short breaks help in maintaining concentration and productivity. Planning ahead and organizing tasks in a proper way ensures that everything is completed on time without any last-minute stress. When time is used wisely, work becomes easier, and there is enough time for studies, play, and relaxation.
2. To use time wisely, it is important to focus on important and urgent tasks first. Writing tasks in a to-do list helps in organizing and remembering them. Studying or working in the morning is beneficial as the brain is fresh and active. Allocating time for each task prevents wasting time and ensures that everything is completed on time. Taking short breaks helps in refreshing the mind and improving focus. Planning tasks in advance and breaking big tasks into smaller steps make them easier to complete. Avoiding distractions and staying focused help in completing work smoothly and efficiently.
3. Using time well is important because it helps in completing work on time without stress. Proper time management allows enough time for studies, play, and rest. It improves concentration and makes learning easier. When tasks are planned ahead, there is no last-minute rush, and everything can be done in an organized way. It also helps in avoiding unnecessary distractions and wasting time. By managing time properly, daily activities become easier, and work can

be completed smoothly, leading to better results and a balanced life.

4. You can prioritize tasks by identifying the most important and urgent ones first. Start by making a list of all tasks and organizing them based on deadlines and importance. Focus on completing tasks that are due soon or have a big impact on studies or work. Using colour coding can help in quickly recognising high-priority tasks. Breaking larger tasks into smaller steps makes them easier to manage and complete on time. Avoiding distractions and setting a specific time for each task ensures that work is done efficiently. Planning ahead and following a proper schedule help in staying organized and making the best use of time.
5. Taking breaks is important because it helps refresh the mind and improve focus. Continuous work or study can lead to tiredness and reduced concentration, making it harder to understand and remember things. Short breaks give the brain time to relax, which increases productivity and makes learning easier. They also help in reducing stress and preventing burnout. A small walk, stretching, or simply resting for a few minutes can make a big difference in maintaining energy levels. By taking breaks at the right time, work can be done more efficiently and with better results.
6. Making a to-do list has many benefits as it helps in organizing tasks and completing them on time. It ensures that no important work is forgotten and provides a clear plan for the day. A to-do list helps in prioritizing tasks, so the most important and urgent ones are completed first. It also reduces stress by breaking down large tasks into smaller, manageable steps. Checking off completed tasks gives a sense of achievement and keeps motivation high. By

following a to-do list, time can be used efficiently, and work can be done in a systematic and organized manner.

7. To make tasks simpler, they should be divided into smaller and easier steps. First, identify the main task and then break it into small actions that can be completed one by one. Instead of trying to finish everything at once, focus on one step at a time. Setting a time limit for each step helps in staying on track and completing work on time. Using a checklist makes it easy to follow progress and stay organized. When big tasks are divided into smaller parts, they become less stressful and can be completed smoothly and efficiently.
8. To summarize, we can say that proper utilization of time is not just an option but also the necessity of our life and times. It is imperative to learn how to multi-task and do it well. Time is precious and it is required that everyone should use it wisely. It can make us more productive everyday and help us achieve our goals in life.

B. Tick (3) the correct option :

1. (a) 2. (b) 3. (a) 4. (a) 5. (d)

- C. Do it yourself
- D. Do it yourself
- E. Do it yourself
- F. Do it yourself

9. A Path to health and well being

A. Tick (3) the correct option :

Ans. 1. (b) 2. (a) 3. (b) 4. (c)

B. Fill in the blanks :

- | | | |
|-----------------|-----------------|-----------|
| 1. Bhujangasana | 2. Pranayama | |
| 3. Anulom Vilom | 4. Bhujangasana | 5. Energy |

C. Say 'Yes' or 'No' for the following statements :

- | | | | | |
|-------|--------|--------|-------|--------|
| 1. No | 2. Yes | 3. Yes | 4. No | 5. Yes |
|-------|--------|--------|-------|--------|

D. Match the following columns :

- | | | | | |
|--------|--------|--------|--------|--------|
| 1. (a) | 2. (e) | 3. (c) | 4. (d) | 5. (b) |
|--------|--------|--------|--------|--------|

E. Answer the following questions :

1. The main components of yoga are :
 - (i) **Physical Postures (Asanas)** : Yoga postures stretch and strengthen muscles, improving flexibility, strength, and posture.
 - (ii) **Breathing Techniques** : Breathing techniques and meditation in yoga help reduce stress and calm the mind.
 - (iii) **Meditation and Mindfulness** : Practicing yoga increases concentration and mental clarity.
 - (iv) **Balance and Coordination** : Yoga postures improve balance and coordination of the body.
 - (v) **Relaxation and Stress Reduction** : Regular yoga practise strengthens the immune system, making the body more resistant to illness and preventing back pain.
2. Yoga helps in reducing stress and anxiety through breathing exercises (pranayama), meditation, and relaxation techniques. These practices calm the mind, regulate the nervous system, and promote emotional well-being.
3. Regular yoga practice improves flexibility, strengthens muscles, reduces stress, enhances focus, promotes balance, boosts immunity, and improves posture.

4. Meditation is an important aspect of yoga as it helps in mental clarity, reduces stress, improves focus, and enhances emotional stability. It promotes self-awareness and inner peace.

5. Tadasana (Mountain Pose)

To perform Tadasana, stand tall with your feet together and arms by your sides. Inhale and raise both arms overhead, keeping them straight. Stand on your toes and stretch your body upwards as if reaching for the sky. Hold the position for a few seconds and breathe deeply.

Benefits : Improves posture, stretches the body, and strengthens the legs and back.