

Teacher's Manual

GK & Reasoning with Moral and Yoga



1. Love For All

A. Answer the following questions :

- Ans. 1.** The temperaments of King Vikram and King Uday were very different.
- King Vikram was peace-loving and happy. He ruled his part of the kingdom with the same love and peace. He made fair policies for his subjects. He ensured that he listened to them, that they were involved in policy making, and that they had a good, fair life.
 - King Uday, was the opposite of his brother. He was strict and ambitious. He waged wars against many other kingdoms and conquered them. Their riches increased because of the wealth he plundered, but the people were not happy because young men were routinely drafted into the army, and he ruled with an iron fist.
2. King Vikram believed in the principles of universal love, fairness, and generosity. Some of the key principles he followed were :
- (i) He ruled his kingdom with love and ensured fair policies for his subjects.
 - (ii) He involved his people in policymaking and listened to their concerns.
 - (iii) He never waged war on any kingdom and believed in maintaining diplomatic ties.
 - (iv) He believed in giving to receive, which led to a prosperous and united kingdom.
 - (v) He used the kingdom's wealth for the benefit of the people, improving education, healthcare, and public services.

- (vi) He taught his brother that peace and mutual respect lead to a strong and happy kingdom.
3. When King Uday was attacked by a mightier King Pratap, he asked his brother for help. King Vikram, known as Vikram the Generous, agreed to support him. His subjects, who loved and respected him, immediately stood by him. The other kings with whom he had signed diplomatic ties also allied together to ensure King Uday would be supported. With this new formidable force, they had more artillery, manpower, and tactics, which led to the defeat of King Pratap. King Uday was surprised to see that the subjects of his brother's kingdom were pitching in to help out so much. They held camps for blood donation, there were community kitchens helping out with food, and rebuilding efforts. King Vikram explained that his kingdom was based on universal love, and they believed in giving to receive. Because of this, his kingdom prospered, and the people remained united. These principles ensured that in times of crisis, Vikram had the support of his people and allies, leading to his success.
4. King Vikram ensured that his subjects were involved in policymaking and that they had a good, fair life. His belief in universal love made his people trust and support him. When King Uday's kingdom was attacked, Vikram immediately agreed to help him. His people and allied kingdoms willingly came forward to assist because they respected him and believed in his leadership. His subjects organised blood donation camps, community kitchens, and rebuilding efforts, showing the strong sense of unity and kindness he had nurtured in his kingdom. King Vikram had also formed diplomatic ties with other kingdoms, and they stood by him in times of need. His kingdom prospered because of his fair trade policies, increased wealth, and strong alliances. Instead of forcing people to follow his ways, he led by

example, proving that love and kindness create a strong and peaceful kingdom.

5. King Uday promised to learn the principles of universal love and wise leadership from his brother, King Vikram.

After witnessing how Vikram's kindness and fair rule helped his kingdom prosper and gain strong allies, Uday realised his mistakes. He understood that ruling with strictness and ambition alone was not enough; instead, love, generosity, and unity made a kingdom truly strong.

B. Say True or False :

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

C. Do it yourself

D. Do it yourself

- E. Harmony** – Universal love promotes unity and understanding among people, creating harmony in society.
- Peace** – Love encourages peaceful relationships and prevents conflicts. King Vikram's rule was based on peace, which made his kingdom strong.
- Positive energy** – When people practise universal love, they spread kindness and positivity, leading to a happier world.
- Prosperity** – A society built on love and cooperation flourishes, just like King Vikram's kingdom prospered due to his fair and generous leadership.
- Respect** – Universal love teaches us to respect and value others, regardless of differences.

2. Keep Life Simple

A. Answer the following questions :

- Ans.** 1. Simple living means to be satisfied with what we have. Once we find happiness and satisfaction with the amount of things we already own, we feel gratitude for the abundance that we have. Simple living focuses on simplifying your life, so that you can pursue your passion and ambition. It lets you focus on the things you really want to have time for. It also saves money because when you are happy with what you have, you don't keep buying new things. Simple living gives you a lot of respect as others value your opinions. It makes you more creative and helps in reducing materialism. It also helps in building great habits by making you more organised.
2. Start by practicing gratitude daily and thanking God for everything you have. Declutter your surroundings and remove unnecessary things to appreciate what you already own. Avoid negative people and try to stay positive and calm in every situation. Focus on developing your skills rather than running after unnecessary desires. Read about great personalities who lived a simple life and take inspiration from them. Spend your time on meaningful activities instead of materialistic wants. Save money by being happy with what you have and avoiding unnecessary purchases. Reduce materialism, which also helps in protecting the environment. Develop good habits like staying organized, taking care of your things, and maintaining them well. Eliminate the unnecessary so that you can focus on what truly matters in life.
3. The difference between wants and needs is that a need is something essential for survival, while a want is something we desire but can live without. Needs are basic, like food, water, oxygen, and clothes to survive. Wants, on the other

hand, are things that add comfort or luxury, such as having many shirts, fancy gadgets, or the latest branded watch. In the story, Namrata needed a watch, but she wanted the latest model instead of appreciating the sentimental value of the one her mother gave her. Simple living teaches us to focus on needs rather than unnecessary wants.

4. Steve Jobs managed to simplify one aspect of his life by wearing the same type of clothes daily—a black turtleneck pullover and blue jeans. By doing this, he avoided wasting time deciding what to wear each day and instead focused on his work. Simplifying his daily dressing habit allowed him to dedicate more energy and creativity to developing new ideas and innovations.
5. Mark Zuckerberg wears the same kind of clothes daily, usually a grey t-shirt with a black hoodie and jeans. This habit helps him save time and mental energy by avoiding unnecessary decisions about what to wear. Instead of focusing on small choices, he directs his energy toward more important tasks, such as developing and managing his business.
6. Simple living helps you save money by making you satisfied with what you already have, reducing unnecessary spending. When you focus on needs rather than wants, you avoid buying things you do not require. By decluttering and using only essential items, you stop wasting money on luxury or excessive possessions. Simple living also teaches you to take care of your belongings, making them last longer and reducing the need for frequent replacements. This habit allows you to save more and use your money wisely for important things like education, health, or future needs.
7. Living a simple life helps you become better organised because you own fewer things, making it easier to manage them. When you declutter unnecessary items, your space remains clean and tidy. You develop the habit of taking care

of your belongings, keeping them in the right place, and maintaining them well. Simple living also helps you focus on important tasks, reducing distractions and making your daily routine more structured. By prioritizing essential activities, you save time and work more efficiently, leading to a more organised and peaceful life.

8. Bill Gates set certain rules for his children to ensure they lived a disciplined and simple life. He did not allow them to use mobile phones until they turned 14. He also limited their screen time, ensuring they did not overuse technology. Despite being one of the richest people in the world, he did not spoil his children with luxuries. Instead, he taught them the value of hard work, discipline, and simple living, ensuring they understood the importance of earning and managing money wisely.

B. Say True or False :

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

C. Do it yourself

D. Do it yourself

E. Classify the following as wants or needs.

Wants	Needs
1. A new set of pens before the new school year begins when you already have many pens at home. 4. A new game that everyone has. 5. Extra school bag. 6. More pocket money than last year. 7. Eating out in the canteen. 8. Movie night every week. 11. Latest laptop for your personal use.	2. Textbooks for the new school year. 3. A set of uniforms. 9. Daily tiffin in school. 11. A set of notebooks.

3. The Path to Good Habits

A. Answer the following questions :

- Ans.** 1. Abstinence is to control yourself from temptations and restrain yourself from addictions. The passage talks about abstaining from watching too much TV, spending too much time on social media, and playing online games. It also mentions abstinence from gambling and online shopping. Addiction to substances like smoking, drinking, and drugs can cause serious problems. Religious abstinence includes fasting or avoiding certain foods. Abstinence helps to keep a person safe, happy, and in control.
2. The passage mentions different kinds of abstinence. It talks about abstinence from watching too much TV, spending excessive time on social media, and playing online games, as these can waste time and affect progress. It also mentions abstinence from gambling and online shopping, which can lead to financial losses and even fraud. Abstinence from substance abuse, such as smoking, drinking, and drugs, is also discussed, as these can cause serious mental and physical health problems. The passage highlights religious abstinence, where some religions require fasting during certain times of the year or avoiding certain foods. Abstinence helps people stay safe, happy, and in control of their actions.
3. The passage mentions religious abstinence in the form of fasting during specific religious days. It states that certain religions require fasting during certain months of the year or at specific times of the month or day. Additionally, some religions require abstaining from certain types of food, such as meats or specific vegetables.
4. When young children are exposed to too much mobile phone usage, it can lead to several harmful effects. They may develop physical problems like back pain, spinal issues, and

hand or limb problems. Constantly checking and re-checking their phones for updates can cause anxiety. Children may also become addicted to gaining likes and comments on social media, turning it into a competition. Some dangerous online games even encourage harmful activities, including suicide, which has led to real-life incidents. Additionally, small children may unknowingly install malicious apps that can steal data and hack bank accounts, posing security risks.

5. Data stealers install malicious software on mobile phones or other devices to steal personal information. They can hack bank accounts, steal financial details, and misuse sensitive data. Sometimes, young children unknowingly download harmful apps or click on dangerous links, allowing hackers to access important information. This can lead to fraud, identity theft, and financial losses for the users.
6. People who are addicted to mobile phones face several physical ailments. They may suffer from back pain and spinal issues due to poor posture while using their phones for long hours. Constant typing and scrolling can lead to pain in the fingers, wrists, and arms. Excessive screen time can strain the eyes, causing dryness, irritation, and headaches. Some people also experience sleep disturbances because of prolonged mobile phone use, especially before bedtime.
7. People who are addicted to substances face several physical ailments. Smoking can cause lung diseases, breathing problems, and even cancer. Drinking alcohol in excess can damage the liver, leading to conditions like liver cirrhosis. Drug addiction can weaken the immune system, making the body prone to infections. It can also harm the brain, leading to memory loss, poor coordination, and difficulty in decision-making. Substance abuse may also result in heart diseases, high blood pressure, and digestive problems. Over time, these health issues can become severe and even life-threatening.

8. Yes, too much online gaming is a bad thing. Excessive gaming can lead to addiction, where players spend long hours in front of screens, neglecting their studies, work, and personal responsibilities. It can cause physical problems like eye strain, headaches, back pain, and poor posture due to prolonged sitting. Mental health can also be affected, leading to stress, anxiety, and irritability when not playing. Some online games encourage competition and aggression, which can make players more impatient and short-tempered in real life. Gaming addiction can also result in a lack of sleep, causing tiredness and difficulty concentrating. In extreme cases, some games promote harmful challenges that may put players' safety at risk. Therefore, while gaming can be entertaining, too much of it can have negative effects on health and daily life.

B. Choose the right answer :

- | | | | | |
|--------|--------|--------|--------|--------|
| 1. (b) | 2. (a) | 3. (b) | 4. (c) | 5. (b) |
| 6. (a) | 7. (b) | | | |

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

4. Keeping up the Work

A. Answer the following questions :

- Ans.** 1. Self-study is the art of studying by oneself using tools such as books, CDs, internet videos, and other available materials. It helps students become independent and stay on top of their work. Self-study increases confidence, improves understanding, and reduces last-minute stress. It also allows individuals to explore their interests, develop research skills, and take control of their learning, which can shape their future careers.
2. Self-study increases confidence as it helps you understand subjects better. It makes you independent by allowing you to do your own research and find answers yourself. Managing time becomes easier, and it reduces the stress of last-minute studying. Learning at your own pace improves memory and understanding of topics.
3. Self-study helps you in the future by making you independent and confident in your learning. It improves your ability to research and find solutions on your own, which is an important skill for higher education and careers. By managing your time well and developing a habit of continuous learning, you can stay ahead in any field. Self-study also helps you explore your interests, which can shape your career choices. It prepares you to handle challenges without relying on others and builds discipline, making you more successful in both academic and professional life.
4. Writing notes during class helps you remember and understand the topic better. When you write things down, it becomes easier to recall them later. Notes also help when you revise, as you can quickly go through important points. Many teachers give hints about the questions that may come in exams, and writing them down ensures you don't miss them. Organising notes in your own words makes learning simple and effective.

5. Teachers sometimes give important pointers such as key topics that might appear in exams, important definitions, and formulas. They may also highlight common mistakes students should avoid. Sometimes, teachers explain shortcuts or simpler methods to solve problems. They might give hints about the structure of exam questions or the areas to focus on while studying. Paying attention to these pointers helps in preparing well and understanding subjects better.
6. Tools for self-study include practise tests, flashcards, quizzes, and mind maps. These tools help in understanding and revising topics better. Online research is also useful, as websites, infographics, and videos provide more information in an easy way. Some students also upload their presentations on the internet, which can give a different perspective on a topic. Using notes and study materials properly makes learning simple and effective.
7. Self-study increases confidence by helping you understand topics on your own without depending on others. When you study by yourself, you learn how to solve problems and find answers, which makes you feel more prepared for exams and class discussions. Practicing and revising regularly helps you become sure of what you know. It also allows you to learn at your own speed, which reduces stress and makes you feel in control of your studies.

B. Say True or False :

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

C. Do it yourself

D. Do it yourself

E. Skill Zone :

- YSLEFDTUS → STUDYSELF
- GLWONEEKD → KNOWLEDGE
- CCNNIDEOF → CONFIDENCE
- NOTITTENA → ATTENTION

- RETINOU → ROUTINE
 - RCRAEE → CAREER
 - **Studyself** : You should study hard to achieve your goals.
 - **Knowledge** : Reading books helps in gaining knowledge.
 - **Confidence** : Confidence is the key to success in life.
 - **Attention** : Pay attention to your teacher while studying.
 - **Routine** : Following a healthy routine keeps you active.
 - **Career** : She is working hard to build a successful career.
- F. Do it yourself.

5. The Malicious Gossip

A. Answer the following questions :

- Ans.** 1. Dina heard that Sahil was transferred to their school because he had a learning disability and couldn't study properly. She got this information from her cousin, who heard it from someone in Sahil's old school. However, this was not true.
2. Gossip is when people talk about others. It often happens behind their backs. People do not know if the information is true or not. It can be about someone's personal life. It can be about their actions. It can be rumors that spread from one person to another. Gossip can sometimes hurt others. It can cause misunderstandings.
3. Miss Seema confronted the girls because she noticed that they were constantly giggling and pointing at Sahil. She saw that Sahil was looking sad and uncomfortable. She wanted to understand why the girls were behaving this way. She also wanted to stop any wrongdoing. She asked them to explain their actions. She warned them that she would take the matter to the Principal if they did not tell the truth.
4. Miss Seema explained to Dina and her friends that spreading gossip is wrong. She told them that Sahil had no learning disability and was absolutely fine. She said that spreading such rumors could hurt his confidence. She also told them that gossiping without knowing the truth is mean. She made them realise that making fun of someone with a learning disability is not right. It is not a disease but a challenge that people can overcome. Instead of supporting Sahil, they were making him feel isolated. Miss Seema also warned them about the dangers of gossip. She said that rumors can harm people, cause them to lose self-respect, and even make them leave their jobs or hurt themselves. She advised them to never repeat rumors and to think before speaking about others.

5. No, Dina had not verified the information she received about Sahil. She heard it from her cousin, who got it from someone at Sahil's old school. Without thinking about whether it was true or how harmful it could be, she repeated it to others.
6. No, Dina did not mean to cause a problem or harm Sahil. She did not realise the impact of her words. When Miss Seema explained the consequences of gossip, Dina felt ashamed and started crying. She said, "Ma'am, I didn't know that I could have caused so much harm. I didn't mean to."

B. Say True or False :

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

C. Do it yourself

D. Do it yourself

E. Do it yourself

F. Do it yourself

6. A Great Teacher

A. Choose the right answer :

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

B. Answer the following questions :

- Ans.** 1. Ishwar Chandra Vidyasagar was a humble and wise social reformer. He believed in leading by example. He was born on 26th September 1820 in a village of West Bengal. Despite extreme poverty, he pursued education and earned the title "Vidyasagar," meaning "Ocean of Knowledge." He worked as a teacher, professor, and later became the Principal of Sanskrit College. He improved the education system. He believed in self-reliance and practiced what he preached. This was shown in an incident where he carried a young man's luggage and later revealed himself as the college principal.
2. Ishwar Chandra was awarded the title "Vidyasagar," which means "Ocean of Knowledge," because of his deep knowledge and excellence in Sanskrit and other subjects. He received this title from Sanskrit College, Calcutta, after passing the Hindu Law examination in 1839.
3. Ishwar Chandra Vidyasagar quit Sanskrit College in 1846 because he faced stiff opposition from the management. He wanted to improve the teaching system in the college but was not supported. Due to this, he left his job and rejoined Fort William College.
4. Ishwar Chandra Vidyasagar was a great teacher. He believed in practising what he preached. He wanted to improve the education system. He worked to redesign it. His wisdom, humility, and dedication to education made him a great teacher.
5. The man who carried the luggage did not want money. He only asked the young man to become self-reliant and carry his own luggage in the future.

6. The young man was shocked to see the principal of the college. He realised that the man who had carried his luggage was Ishwar Chandra Vidyasagar himself. He had thought he was an ordinary porter. Vidyasagar's humility and simplicity taught him a lesson about self-reliance and the dignity of labour.
7. The young man learned the lesson of self-reliance and the dignity of labour. He realised that no work is small. He understood that one should not depend on others for simple tasks. Ishwar Chandra Vidyasagar's humility and actions taught him the importance of hard work and independence.

C. Fill in the blanks :

- | | | |
|-------------|---------------|---------|
| 1. Calcutta | 2. milestones | 3. 1829 |
| 4. 1851 | 5. ourselves | |

D. Do it yourself

E. Here are some memorable moments of Ishwar Chandra Vidyasagar given. Match them.

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

F. Do it yourself

7. United We Stand

A. Answer the following questions :

- Ans.** 1. A common cause is when a group of people come together to work for the betterment of a community, a city, or even all of humanity. It means standing together to help others in need, whether by participating in a goodwill march, volunteering for a cause, or supporting people facing challenges. In this story, the children and Sohail's father worked together to help the community fight against forced relocation, demonstrating the true meaning of a common cause.
2. Sohail's father, being a lawyer, played a crucial role in solving the land problem. When Sohail informed him about the issue, he decided to investigate the legal ownership of the land. After checking the legal records, he found that the land legally belonged to the community, not the mall builders. He assured the people that they could take legal action to stop the demolition. Sohail's father then prepared the necessary legal documents and planned to approach the mall builders with the evidence to prevent them from forcibly evicting the colony residents.
3. Falguni didi, who was usually cheerful and friendly, appeared sad and withdrawn, which concerned the children. When Ameesha and her friends noticed this, they discussed it and realized that something was wrong. Later, when they visited Falguni didi's locality, they discovered the reason for her sadness. The mall builders had decided to demolish their colony to build a parking lot. This meant that Falguni didi, her family, and many others would be forced to leave their homes and move 10 kilometers away, making it difficult for them to continue their jobs and education. The uncertainty and fear of losing their homes deeply troubled her.

4. The people from the colony were being forced to relocate to a place 10 kilometers away from their current location. This was a major problem for them because their livelihoods, schools, and daily activities were all centered around their present homes. Moving so far away would disrupt their education and employment, making life very difficult for them.
5. The children were initially excited about the new mall that was being constructed in their locality. The mall promised a variety of attractions, including a pizza parlor, a designer clothes store, electronic showrooms, and, most excitingly, a gaming arcade. They imagined having a lot of fun there, especially during the rainy season when they wouldn't have to stay indoors. The idea of new shops, games, and entertainment made them eagerly look forward to its opening.
6. The gaming arcade was one of the most thrilling aspects of the new mall for the children. They looked forward to playing many games there and enjoying the experience with their friends. Ekta mentioned that instead of staying indoors or exchanging books when it rained, they could go to the arcade and have fun. Sohail's elder brother also told them that the arcade would feature a dashing cars game, allowing fifteen people to play together. There was also a rumor that a small roller coaster would be included, making the arcade even more exciting.
7. The mall builder had proposed demolishing the colony to create space for a parking lot for the mall. This meant that the residents of the colony, including Falguni didi and her family, would be forced to leave their homes and move far away. The residents were deeply troubled by this

proposal, as it threatened their way of life, their jobs, and their children's education. The decision was made without considering the impact on the people living in the colony.

8. The colony residents were extremely worried about the forced relocation. If they moved 10 kilometers away, they would lose access to their jobs, schools, and colleges. Many of them worked in the town and relied on their current location for their daily lives. Moving to a distant place would make it difficult for them to earn a livelihood and provide education for their children. The uncertainty of their future made them anxious and distressed. They felt helpless until Sohail's father intervened and provided them with legal assistance to protect their homes and rights.

B. Fill in the blanks :

- | | | |
|--------------|-----------------|------------|
| 1. Community | 2. games arcade | 3. Colony |
| 4. Worried | 5. Hopeful | 6. support |

C. Say True or False :

- | | | | |
|----------|----------|----------|---------|
| 1. False | 2. False | 3. False | 4. True |
| 5. False | 6. True | | |

D. Do it yourself

E. Do it yourself

F. Do it yourself

G. Do it yourself

8. How to be a Gentleman

A. Answer the following questions :

- Ans.** 1. A person becomes a gentleman by displaying qualities such as kindness, humility, honesty, respect, and good manners. A true gentleman treats everyone with dignity and behaves in a considerate manner.
2. Gentlemanly behaviour includes being polite, respectful, and kind to others. It involves speaking in a courteous manner, helping those in need, and maintaining self-discipline. A gentleman does not act arrogantly or rudely.
3. In the story, Shyam Singh is a gentleman. He treats everyone with respect and kindness, even when others are rude to him. His behaviour reflects humility and good character.
4. Henry is not a gentleman because he is rude, arrogant, and disrespectful. He does not treat others with kindness and looks down upon people based on their appearance. His behaviour lacks politeness and humility.
5. Shyam Singh did not say anything to the receptionist or Henry about their earlier behaviour because he was humble and forgiving. He believed in treating people with kindness rather than holding grudges or embarrassing them for their past mistakes.
6. Shyam Singh became a partner in the company because of his hard work, honesty, and good behaviour. His sincerity and dedication impressed the boss. The boss recognised his true potential and rewarded him with the partnership.
7. Shyam Singh's behaviour had a positive impact on his life. His honesty, kindness, and humility earned him respect and success. People admired him for his gentlemanly qualities. His behaviour helped him achieve great opportunities in his career.

8. Shyam Singh and the boss were both hardworking and successful individuals. However, Shyam Singh was humble, kind, and forgiving. The boss was strict and authoritative. While both were dedicated to their work, Shyam Singh treated people with more warmth and understanding.

B. Complete the following :

1. Shyam Singh can be called a true gentleman because he was humble, kind, and respectful to everyone. He did not judge people based on their appearance and treated everyone with dignity. Even when others were rude to him, he remained polite and forgiving. His honesty, hard work, and good character earned him success and respect.
2. The main reason that Shyam Singh didn't ever scold or say anything to Henry or the receptionist was that he was humble and forgiving. He did not believe in holding grudges or embarrassing others for their past mistakes. Instead, he chose to treat everyone with kindness and respect, showing his true gentlemanly nature.
3. Shyam Singh's character was of a humble, kind, and respectful gentleman. He displayed honesty, patience, and forgiveness, treating everyone with dignity regardless of how they treated him.
4. The receptionist didn't pay any heed to Shyam Singh and Reena because she judged them based on their simple appearance. She assumed they were not important and treated them with disregard and rudeness.
5. Shyam Singh could become a partner in the machinery company because of his hard work, honesty, and humble nature. His dedication and sincerity impressed the boss, who recognised his true potential and rewarded him with the partnership.

6. The company's boss is a true gentleman because he valued hard work, honesty, and good character over appearance. He recognised Shyam Singh's sincerity and dedication and rewarded him based on merit rather than judging him superficially.
7. A gentleman need not be the best dressed but needs to be well-mannered, kind, respectful, honest, and humble. His character and behaviour define him more than his outward appearance.
- C. Do it yourself
- D. Do it yourself
- E. Do it yourself

9. The Loyal Soldier

A. Answer the following questions :

Ans. 1. Pheidippides was a loyal and brave Athenian soldier who lived around 490 BC, during the war between the Athenians and the Persians. He showed great dedication to his duty when he ran from Athens to Sparta—covering nearly 240 km—to ask for help. Even though the journey was long and filled with hardships like rocky terrain and extreme weather, he did not give up.

Later, after the Battle of Marathon, he ran again—this time about 40 km from Marathon to Athens—to deliver the message of victory. The moment he reached Athens, he announced, “Rejoice, we have won!” and collapsed. It is in his honor that the modern Olympic marathon race was introduced.

2. Pheidippides served as a soldier and messenger for the Athenian army. His main responsibility was to deliver important messages across long distances, even under difficult conditions.
3. Pheidippides was a brave messenger in ancient Greece with a very important job. One day, he ran all the way from Athens to Sparta—a journey of about 240 kilometers—to ask the Spartans for help against an invading army. Later, after a fierce battle at Marathon, he made another long run of about 40 kilometers from the battlefield back to Athens to announce the good news that the Greeks had won. His amazing journeys are remembered even today and inspired the modern marathon race.
4. The Battle of Marathon took place in 490 BC.
5. Pheidippides managed to fulfill his duties through extraordinary physical endurance and unwavering dedication. Trained as a soldier, he was well-prepared to handle long and grueling journeys on foot. His rigorous training and deep sense of duty enabled him to overcome extreme distances and harsh conditions.

6. According to legend, after running from Marathon to Athens to announce the Greek victory, Pheidippides collapsed and died from exhaustion.
7. The modern Olympic marathon was introduced to honour the legendary run of Pheidippides. According to the story, after the Greeks won the battle at Marathon, Pheidippides ran from the battlefield to Athens to announce the victory. His incredible journey of endurance and determination inspired the Olympic organizers to include the marathon as a tribute to his heroic feat.
8. Students have several important duties towards their school. They are expected to attend classes regularly, be punctual, and come prepared to learn. They must show respect to their teachers and fellow students by listening attentively and communicating politely. Students are also responsible for following school rules, maintaining discipline, and upholding academic integrity by completing assignments honestly. In addition, they should help keep the school clean by taking care of classrooms and school property. They can fulfill these duties by organising their study routines, actively participating in class discussions, helping peers, and contributing to a positive and safe learning environment.
9. Children have several important duties towards their parents. They should show respect by listening to their guidance and following the rules set at home. They can express gratitude for the care, love, and sacrifices their parents make by being kind, helpful, and considerate. Additionally, children are encouraged to support their parents in both daily tasks and during challenging times. By doing so, they not only build a strong, trusting relationship but also contribute to a nurturing and harmonious family environment.

B. Fill in the blanks :

- | | | | |
|------------|-------------|--------------|-------------|
| 1. Sparta | 2. Persians | 3. Strategic | 4. Carneian |
| 5. 240 | 6. Loyal | 7. Duty | 8. School |
| 9. Loyalty | | | |

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

10. Mudras for Health and Healing

A. Choose the right answer :

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

B. Fill in the blanks :

1. Gyan 2. Surya 3. Apan 4. Vayu
5. Prana 6. Body's health, spirit

C. Say True or False :

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

D. Match the following columns :

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

E. Answer the following questions :

1. Mudras are powerful hand gestures used in yoga and meditation that channel energy and improve the body's well-being. The word 'Mudra' means 'seal' or 'gesture' in the Sanskrit language, symbolising the connection between the body, mind, and spirit. By performing them, we balance the flow of energy within the body, stimulate the brain, and promote mental clarity and physical healing. These hand gestures can be practised anytime, anywhere, making them an accessible tool for achieving health and peace.
2. Gyan Mudra, also known as the Mudra of Knowledge, helps enhance mental clarity. It improves concentration and memory. It also calms the mind to reduce anxiety. By simply touching the tip of the index finger to the tip of the thumb and keeping the spine straight while seated, you can experience a more focused and relaxed state of mind.
3. Prana Mudra is known as the mudra that activates the body's life force. It is performed by touching the tips of the ring finger and little finger to the tip of the thumb. This gesture is believed to stimulate the flow of prana, or vital energy, throughout the body. By enhancing the circulation

- of energy, it supports improved physical strength and endurance. Regular practise of Prana Mudra is said to boost the immune system and reduce fatigue. It helps in balancing the body's energy channels and increasing overall vitality.
4. Apan Mudra is a hand gesture that activates the downward energy in the body. It is performed by joining the tips of the thumb, middle finger, ring finger, and little finger. This gesture stimulates the body's natural detoxification process. It helps remove toxins and waste from the body. Regular practise of Apan Mudra can support kidney function. It promotes improved digestion and elimination.
 5. Shunya Mudra is a hand gesture that represents emptiness and space. It is performed by bending the middle finger and gently pressing it with the thumb. This gesture is believed to balance the space element within the body. It is traditionally used to help relieve ear-related issues. Shunya Mudra may alleviate ear pain and reduce symptoms such as tinnitus and vertigo. It can also promote improved circulation and energy flow in the ear region. Regular practice of Shunya Mudra may support overall ear health.
 6. Surya Mudra is a hand gesture that activates the body's inner fire. It is performed by bending the ring finger and touching its tip to the base of the thumb. This gesture stimulates the digestive system. It increases the body's metabolic rate. The activation of inner heat aids in breaking down food more efficiently. It improves the process of digestion. Regular practise of Surya Mudra may result in better nutrient absorption and weight management. It supports overall digestive health.