

Moral Science

Class-7



Moral Education Syllabus of Class 7

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Lesson 1 A Student's prayer

"Prayer is raising of one's mind and heart to God or requesting of good things from God."

Prayer is a universal practice that transcends cultures and faiths. As students, prayer can be a powerful tool to cultivate focus, clarity, and inner peace. In this lesson, we will explore the importance of a student's prayer and how it can benefit their academic and personal life.

Benefits of Prayer

1. Reduces Stress and Anxiety

Prayer can help calm the mind and reduce stress and anxiety related to academic pressures.

2. Improves Focus and Concentration

Prayer can help students develop a sense of purpose and direction, leading to improved focus and concentration in studies.

3. Enhances Self-Discipline

Prayer requires discipline and regularity, which can translate to other areas of life, such as studies and personal habits.

4. Fosters Gratitude and Positivity

Prayer can help students cultivate a sense of gratitude and positivity, leading to a more optimistic outlook on life.

Swami Vivekananda, one of India's most revered spiritual leaders, was a shining example of the power of prayer. Born as Narendranath Datta in 1863, Vivekananda was a brilliant student who struggled with doubts and questions about the meaning of life.

One day, while praying at the Dakshineswar Kali Temple in Kolkata, Vivekananda had a profound spiritual experience. He felt a deep sense of connection with the divine and received guidance on his life's purpose.

From that day on, Vivekananda dedicated his life to spiritual pursuits, eventually becoming a disciple of Sri Ramakrishna Paramahansa. Through his prayers and meditation, Vivekananda developed a deep understanding of the scriptures and became a powerful orator, spreading the message of Vedanta philosophy to the world.

Vivekananda's story is a testament to the transformative power of prayer. By cultivating a deep connection with the divine, he was able to overcome his doubts and uncertainties, and fulfil his life's purpose.

How to practice prayer

1. Find a quiet and comfortable space: -

Identify a quiet and comfortable space where you can pray without distractions.

2. Set a regular time: -

Establish a regular time for prayer, such as first thing in the morning or before bed.

3. Be sincere and authentic: -

Pray from the heart and be sincere in your intentions.

4. Use a prayer journal: -

Consider using a prayer journal to record your thoughts, feelings, and reflections.

Here's a sample prayer you can use as a guide:

"Dear God,

I come before you today as a student, seeking your guidance and wisdom. Help me to stay focused and motivated in my studies, and grant me the ability to retain and apply what I learn.

Give me a sense of purpose and direction, and help me to use my knowledge and skills to make a positive impact in the world.

Thank you for your love and support. I pray in your name".

Prayer is a powerful tool that can positively impact a student's life. By incorporating prayer into daily life, students can reduce stress and anxiety, improve focus and concentration, enhance self-discipline, and foster gratitude and positivity.

"Prayer is nothing else than being on terms of friendship with God."

Points to Remember

- Prayer is a powerful tool that can positively impact a student's life.
- Prayer makes us humble and polite.
- Always remember, when we pray to God, he responds and guides us.

Exercises

Fill in the blanks

1. Prayer can help students develop a sense of _____ and direction.
2. Regular prayer can help reduce _____ and anxiety.
3. Prayer requires _____ and regularity.
4. Prayer can help students cultivate a sense of _____ and positivity.
5. Swami Vivekananda was a shining example of the power of _____.

Answer these questions

1. What are some benefits of prayer for students?
2. How can prayer help reduce stress and anxiety?
3. What is the importance of finding a quiet and comfortable space for prayer?
4. How can prayer help students develop self-discipline?
5. What is the story of Swami Vivekananda's transformative experience through prayer?

Activity

Encourage students to share their experiences and benefits of prayer in small groups or as a whole class.

Lesson 2 The Old Fisherman and the Storm

“The weak can never forgive. Forgiveness is the attribute of the strong.”

– Mahatma Gandhi

In a small coastal village where the sea whispered secrets to the weathered rocks, lived an old fisherman named Elias. His life was a tapestry woven with the rhythm of the tides; his hands calloused from years of battling the ocean's capricious nature. But beneath the surface of his stoic exterior, a deep wound festered, a scar etched by the betrayal of his once closest friend, Lucas.

Years ago, when a treacherous storm had threatened their livelihoods, Lucas had abandoned Elias, leaving him alone to face the tempestuous waves. Elias, barely surviving the ordeal, had vowed never to forgive the act of cowardice that had nearly cost him his life. The memory of that storm, the chilling isolation, haunted his dreams, keeping him tethered to a bitter past.

One morning, as the first rays of dawn painted the sky in hues of gold and crimson, Elias set out on his usual fishing expedition. The sea was calm, a deceptive stillness that mirrored the turmoil within him. As he cast his net, a distant figure appeared on the horizon, a small boat struggling against the rising tide. It was Lucas, his weathered face etched with fear, his boat battered and broken.

Elias watched, his heart pounding in his chest, the old wounds reopening like fresh cuts. The storm was approaching, and Lucas, once again, seemed to be at the mercy of the ocean. A battle raged within him, the urge to turn away and let fate play its course clashing with a flicker of compassion.

He steered his boat towards Lucas, the decision etched on his face like the lines of a weathered map. When he reached Lucas, he found the man weakened, his eyes filled with a desperate plea for help. Elias, with a heavy heart, pulled Lucas aboard, the unspoken question hanging heavy in the air.

Lucas, humbled by his own actions, confessed his fear, the shame evident in his voice. The spoke of the storm that had caught him unaware of how his own panic had driven him to abandon his friend. As the storm raged around them, Elias listened, his heart slowly softening, realizing that the storm raging outside was a reflection of the tempest within him.

With each passing hour, Elias found himself tending to Lucas's injuries, sharing his food, and even offering a place to stay once they reached the shore. The shared struggle against the elements, the sight of Lucas's vulnerability, chipped away at the wall Elias had built around his heart.

When Lucas finally recovered, he looked at Elias, his eyes brimming with gratitude. "I know I don't deserve it, Elias, but I am truly sorry for what I did."

Elias, gazing out at the calm sea after the storm, finally let go of the anger that had burdened him for so long. "Lucas," he said, his voice soft, "I forgive you."

The words were a balm to his soul, a release from the chains of resentment. He realized that forgiveness was not about forgetting the past, but about choosing to move forward, unburdened by the weight of his old wounds.

From that day forward, Elias and Lucas rekindled their friendship, their bond strengthened by the shared experience of the storm and the transformative power of forgiveness. The old fisherman, once haunted by the memory of betrayal, found peace in the act of letting go, realizing that true freedom lay in the ability to forgive, not just others, but also himself.

Forgiveness is the process of letting go of negative emotions and feelings associated with a past hurt or betrayal. It involves releasing the need for revenge, retribution, or restitution, and instead choosing to move forward with compassion, empathy, and understanding.

“Forgiveness is your own peace of mind”.

Points to Remember

- Forgiveness is a process that takes time and effort.
- Letting go of resentment can bring peace and freedom.
- Compassion and empathy are essential for healing and rebuilding relationships

Exercises

Fill in the Blanks

1. The story of Elias and Lucas highlights the importance of _____ in healing emotional wounds.
2. Lucas's confession and apology offer him a chance for _____.
3. Elias's journey shows how forgiveness can lead to _____ and self-awareness.
4. The storm in the story represents the _____ and chaos that can arise from unresolved conflicts.
5. Showing _____ and empathy towards others can help to heal wounds and rebuild relationships.

True or False

1. Elias immediately forgave Lucas when he encountered him again.
2. Lucas's confession played a significant role in Elias's forgiveness.
3. Forgiveness means forgetting the past and moving on.
4. Elias's decision to forgive Lucas brought him peace and freedom.

Answer these questions

1. What was the main reason for Elias's hurt and resentment?
2. What helped Elias to forgive Lucas?
3. What was the outcome of Elias's decision to forgive Lucas?
4. What is forgiveness?

Activity- What are some ways you can practice forgiveness in your daily life? Write it in your notebook.

Lesson 3 The Spark that Ignited a Dream

“Teaching is a very noble profession that shapes the character, calibre, and future of an individual. If people remember me as a good teacher, that will be the biggest honour for me.”
–A.P. J. Abdul Kalam

A.P.J. Abdul Kalam, the 11th President of India, was a man of humble beginnings. Born in Rameswaram, Tamil Nadu, Kalam's early life was marked by financial struggles. However, despite the challenges, Kalam's parents and teachers instilled in him a love for learning that would stay with him throughout his life.

One teacher, in particular, played a significant role in shaping Kalam's future: Iyadurai Solomon, his high school science teacher.

Kalam met Solomon at the Schwartz Higher Secondary School in Rameswaram. Solomon was a strict teacher who demanded discipline and hard work from his students. Initially, Kalam found Solomon's teaching style intimidating, but soon, he began to appreciate the teacher's passion for science.

Solomon saw something in Kalam that no one else did – potential. He recognized that Kalam was curious, eager to learn, and had a natural aptitude for science. Solomon began to mentor Kalam, encouraging him to ask questions, explore, and innovate.

One day, Solomon assigned Kalam a project to build a model of an aeroplane. Kalam was thrilled and threw himself into the project. However, as he worked on the model, he encountered numerous challenges. Frustrated and on the verge of giving up, Kalam sought Solomon's guidance.

Solomon listened patiently, then asked Kalam a simple yet profound question: "What is the purpose of the aeroplane?" Kalam replied, "To fly." Solomon smiled and said, "Then, why are you worried about the model? Focus on making it fly!"

Kalam's eyes widened as he grasped the essence of Solomon's words. He realized that the project was not just about building a model, but about understanding the principles of flight. This epiphany marked a turning point in Kalam's life.

Kalam never forgot Solomon's lessons, both in and out of the classroom. He credited Solomon with instilling in him a love for science, a passion for learning, and a confidence that would stay with him throughout his life.

Years later, when Kalam became the President of India, he invited Solomon to the Rashtrapati Bhavan, the Presidential Palace. Kalam honoured Solomon, saying, "You ignited a fire in me, a fire that has driven me to achieve my dreams. I am forever grateful to you, sir."

Solomon's legacy extends far beyond Kalam's story. He inspired countless students, shaping their minds and futures. His selfless dedication to teaching and mentoring serves as a reminder of the profound impact educators can have on their students' lives.

Kalam's story highlights the significance of respecting and honouring our teachers. Teachers like Solomon play a vital role in shaping our minds, nurturing our talents, and guiding us towards our goals. They selflessly dedicate themselves to our education, often going beyond their duties to ensure our success.

Respecting our teachers means:

- Valuing their time, effort, and expertise
- Being grateful for their guidance and support
- Recognizing their impact on our lives and careers
- Honouring their legacy and contributions to our growth

By respecting our teachers, we not only show our appreciation for their hard work but also acknowledge the profound influence they have on our lives.

“There is no substitute to a good teacher”

Points to Remember:

- Dedicated teachers can have a profound impact on our lives.
- Respecting our teachers is essential for our growth and success.
- Teachers like Iyadurai Solomon inspire us to reach our full potential.
- We should always be grateful for the guidance and support of our teachers.

Exercises

Fill in the Blanks

1. A.P.J. Abdul Kalam was the _____ President of India.
2. Iyadurai Solomon was Kalam's _____ teacher.
3. Kalam's project to build a model of an _____ marked a turning point in his life.
4. Respecting our teachers means valuing their _____, effort, and expertise.

True or False

1. A.P.J. Abdul Kalam was born into a wealthy family.
2. Iyadurai Solomon was Kalam's mathematics teacher.
3. Kalam never forgot Solomon's lessons and credited him with instilling a love for science.
4. Respecting our teachers is not essential for our growth and success.

Answer these questions

1. Describe A.P.J. Abdul Kalam's early life.
2. Which qualities of Kalam impressed his teacher?
3. How did Kalam build a model of an aeroplane?
4. How his teacher encouraged him to make the project?
5. Who ignited fire in Kalam's life?

Multiple Choice Questions

1. Who was A.P.J. Abdul Kalam's high school science teacher?
 - a) Iyadurai Solomon
 - b) Erin Gruwell
 - c) Ron Clark
 - d) Marva Collins
2. What project did Solomon assign to Kalam that marked a turning point in his life?
 - a) Building a model rocket
 - b) Building a model aeroplane
 - c) Conducting a science experiment
 - d) Writing a research paper
3. What did Kalam credit Solomon with instilling in him?
 - a) A love for mathematics
 - b) A love for science
 - c) A love for literature
 - d) A love for history

Activity

Cut out a picture of a great teacher and paste it in your notebook. Write below: -

“I shall always love and respect those who take God's place in my school.”

Lesson 4 The Ungrateful Sparrow

“Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow.”
- Melody Beattie

Once upon a time, in a dense forest, lived a group of sparrows. Among them was a young sparrow who was always grumpy and dissatisfied. He was never content with what he had and always wished for more. He would often complain about the food, the nest, and the weather, no matter how comfortable and cozy they were. His ungrateful attitude had made him an outcast among his peers. One day, the young sparrow flew far away from his flock in search of better food and a nicer place to live. He flew for miles until he reached a lush green garden filled with fruits and flowers. The young sparrow was delighted to have found such a beautiful place, and he decided to make it his new home.

He made himself a nest in the branches of a tall tree and started to gorge on the delicious fruits in the garden. He felt happy and content for a while, but soon his greedy nature took over, and he wanted more. He started to demand more fruits from the trees, and when they didn't give him enough, he became angry and started to peck at them.

The gardener noticed the damage the young sparrow was causing and decided to get rid of him. He set a trap for the bird and caught him in a cage. The young sparrow was trapped and helpless, and he regretted his behaviour. He wished he had been grateful for the comforts he had before and had never left his flock.

Days passed, and the young sparrow was still trapped in the cage. He had lost his freedom and his will to live. He realized the true value of freedom and the importance of gratitude. He understood that he should have been happy with what he had and not wished for more.

One day, a wise old sparrow flew by the garden and saw the young sparrow trapped in the cage. The old sparrow asked him what had happened, and the young sparrow explained his story. The wise old sparrow listened carefully, saying, “Be grateful for what you have, and you will always have more. But if you are ungrateful, you will lose what you have.”

The young sparrow realized the truth in the old sparrow's words and promised never to be ungrateful again. The wise old sparrow then flew to the gardener and asked him to release the young sparrow. The gardener agreed and set the bird free.

The young sparrow flew back to his flock, where he was welcomed with open wings. He apologized to his peers for his behaviour and promised to be a better sparrow from then on. The other sparrows forgave him and welcomed him back into the flock.

From that day on, the young sparrow became a different bird. He was always grateful for what he had and appreciated the comforts of his nest, the food, and the company of his fellow sparrows. He realized that happiness came from within and that material possessions did not bring lasting joy.

The wise old sparrow's words had changed him forever. He had learned that the greatest gift of all was the gift of gratitude, and he had gained it through his painful experience.

So, the moral of the story is to be grateful for what you have, and you will always have more. But if you are ungrateful, you will lose what you have.

“Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos into order, and confusion into clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend.”

“Gratitude turns what we have, into enough.”

Points to Remember:

- Gratitude is a choice: We can choose to be grateful for what we have, no matter how small it may seem.
- Gratitude brings happiness: Being grateful for what we have can bring us joy and appreciation for the good things in our lives.

Exercises

Fill in the Blanks

1. The young sparrow in the story learned that _____ is the greatest gift of all.
2. Being grateful for what we have can bring us _____.
3. The young sparrow's experience taught him the importance of being _____ for what he had.
4. Gratitude can turn what we have into _____.

True or False

1. The young sparrow in the story was always grateful for what he had.
2. Being ungrateful can lead to losing what we have.
3. Gratitude is only important for adults.
4. The young sparrow learned a valuable lesson about gratitude from his experience.

Answer these questions

1. What did the young sparrow learn from his experience?
2. Why is it important to be grateful for what we have?
3. Can you think of a time when you were ungrateful for something? What did you learn from the experience?
4. “Gratitude unlocks the fullness of life.” Explain how?

Activity

Gratitude Scavenger Hunt: Create a list of things a student can find in the classroom or at home that they are grateful for.

Lesson 5 Friendship is Forever

“A friend is someone who knows all about you and still loves you.”

— Elbert Hubbard

The story of Krishna and Sudama is a famous tale from the Hindu mythology that highlights the importance of friendship, gratitude, and humility.

Sudama was a poor Brahmin who lived in a small village. He was a childhood friend of Krishna and had studied together under the same guru. Despite their different backgrounds and circumstances, they remained close friends.

As Sudama grew older, he struggled to make ends meet. He lived in poverty with his wife and children, often going hungry. Despite his difficulties, Sudama never forgot his friendship with Krishna and would often think of him fondly.

One day, Sudama's wife suggested that he should visit Krishna, who had become the king of Dwarka, and ask for his help. Sudama was hesitant at first, but his wife convinced him to go. She packed a small bag of flattened rice, which was all they could afford, and Sudama set off for Dwarka.

When Sudama arrived at Krishna's palace, he was amazed by its opulence and grandeur. Krishna, however, was overjoyed to see his old friend and welcomed him with open arms. He treated Sudama like royalty, washing his feet and offering him food.

Despite Krishna's lavish hospitality, Sudama remained humble and refused to ask for anything. Krishna, sensing his friend's hesitation, asked him what he had brought as a gift. Sudama was embarrassed to offer the flattened rice, but Krishna was delighted and ate the rice with relish.

As Sudama prepared to leave, Krishna walked him to the door and blessed him with wealth and prosperity. When Sudama returned home, he found that his humble hut had been transformed into a grand palace, and his family was now wealthy and happy.

The story of Krishna and Sudama teaches us several valuable lessons:

1. **The power of friendship:** Krishna's love and affection for Sudama remained unchanged despite their different circumstances.
2. **Gratitude and humility:** Sudama's humility and gratitude towards Krishna were rewarded with blessings and prosperity.
3. **The importance of relationships:** The story highlights the importance of nurturing relationships and friendships, even if they are from different walks of life.

“Friends are the family we choose for ourselves.”

Points to Remember:

- True friendship knows no boundaries.
- Gratitude can bring blessings.
- Humility is a virtue.

Exercises

Fill in the Blanks

1. Sudama was a poor _____ who lived in a small village.
2. Krishna treated Sudama like _____, washing his feet and offering him food.
3. Sudama's humility and gratitude towards Krishna were rewarded with _____ and prosperity.
4. The story of Krishna and Sudama teaches us the importance of _____, gratitude, humility, and nurturing relationships

True or False

1. Sudama was a wealthy merchant who lived in a grand palace.
2. Krishna and Sudama were childhood friends who studied together under the same guru.
3. Sudama refused to accept Krishna's hospitality and blessings.
4. Krishna's blessings brought wealth and prosperity to Sudama and his family.

Answer these questions

1. What was the gift that Sudama brought for Krishna?
2. How did Krishna treat Sudama when he visited his palace?
3. What lessons can we learn from the story of Krishna and Sudama?
4. What are the most important qualities of a friend?
5. Why do we need friends?

Activity

Share an incident when your friend had helped you in an adverse situation.

Lesson 6 Manners Matter

“A man's manners are a mirror in which he shows his portrait.”

- Johann Wolfgang von Goethe

Manners and etiquette are essential life skills that help us interact with others in a respectful and polite way. Good manners and etiquette can make a great impression, build strong relationships, and show respect for others.

What are Manners and Etiquette?

Manners refer to the way we behave towards others, including our words, actions, and body language. Etiquette refers to the rules of behaviour that govern our interactions with others in different social situations.

Why are Manners and Etiquette Important?

Good manners and etiquette are important because they:

1. **Show respect:** Good manners and etiquette show that we respect and value others.
2. **Build relationships:** Good manners and etiquette can help us build strong, positive relationships with others.
3. **Make a good impression:** Good manners and etiquette can make a great impression and show that we are responsible, respectful, and considerate.
4. **Avoid offense:** Good manners and etiquette can help us avoid offending others and causing misunderstandings.

Basic Manners and Etiquette Rules

Here are some basic manners and etiquette rules to remember:

1. **Say ‘Please’ and ‘Thank You’:** Use polite language to show appreciation and respect.
2. **Use good table manners:** Keep your elbows off the table, don't talk with your mouth full, and don't burp at the table.
3. **Respect elders and authority figures:** Show respect and deference to those in positions of authority.
4. **Be kind and considerate:** Treat others with kindness, respect, and consideration.
5. **Use good body language:** Make eye contact, smile, and use open and confident body language.

Manners and Etiquette in Different Situations

Good manners and etiquette can vary depending on the situation. Here are some tips for different situations:

1. **Meeting someone new:** Make eye contact, smile, and use a firm but friendly handshake.

2. **Eating at a restaurant:** Use good table manners, be respectful to the server, and don't use your phone at the table.
3. **Visiting someone's home:** Be respectful of their space, use good manners, and offer to help with tasks.
4. **Using technology:** Be respectful of others when using technology, avoid distractions, and use good etiquette when communicating online.

Once upon a time, in a far-off kingdom, there lived a prince named Rohan. Prince Rohan was known throughout the kingdom for his good manners and etiquette. He always said 'Please' and 'Thank You', used good table manners and respected his elders.

One day, Prince Rohan was invited to a grand feast at a neighbouring kingdom. He was excited to meet the King and Queen, but he was also nervous about making a good impression.

At the feast, Prince Rohan used his good manners and etiquette to impress the King and Queen. He made eye contact, smiled, and used polite language. He also helped the server by passing dishes and offering to refill glasses.

The King and Queen were so impressed with Prince Rohan's good manners and etiquette that they invited him to stay for a week. Prince Rohan's polite behaviour had made a great impression, and he had built strong relationships with the King and Queen.

Good manners and etiquette are essential life skills that can help us build strong relationships, make a good impression, and show respect for others. By following basic manners and etiquette rules and being mindful of different situations, we can become more confident, respectful, and considerate individuals.

"Etiquette means behaving yourself a little better than is absolutely essential."

Points to Remember:

- **Good manners and etiquette are important:** They show respect, build relationships, make a good impression, and avoid offense.
- **Basic manners and etiquette rules:** Say 'Please' and 'Thank You', use good table manners, respect elders and authority figures, be kind and considerate, and use good body language.
- **Manners and etiquette in different situations:** Meeting someone new, eating at a restaurant, visiting someone's home, and using technology.

Exercises

Fill in the Blanks

1. Good manners and etiquette refer to the way we _____ towards others.
2. Saying 'Please' and 'Thank You' is an example of using _____ language.

3. Good table manners include keeping your _____ off the table and not talking with your mouth full.
4. Respecting elders and authority figures are an important part of good _____.
5. Using good body language includes making eye contact, smiling, and using open and confident _____.

True or False

1. Good manners and etiquette are only important for special occasions.
2. Saying 'Please' and 'Thank You' is an example of good manners.

Answer these questions

1. What are good manners and etiquette?
2. Why are good manners and etiquette important?
3. What are some basic manners and etiquette rules?
4. Name the quality for which prince Rohan was famous.

Activity

"Manners Charades"

Divide the class into two teams. Write down different social situations (e.g. meeting someone new, eating at a restaurant, visiting someone's home) on slips of paper and put them in a hat. Each student takes a turn drawing a slip of paper and acting out the social situation without speaking. Their teammates have to guess the situation and how to behave in it using good manners and etiquette.

Lesson 7 Hanuman's Promise

“We must not promise what we ought not, lest we be called on to perform what we cannot”.
-Abraham Lincoln

Hanuman, the devoted monkey god, was a loyal servant of Lord Rama. During the battle between Rama and Ravana, Hanuman was tasked with finding Rama's wife, Sita, who had been kidnapped by Ravana.

Hanuman promised Rama that he would find Sita and bring back news of her whereabouts. Hanuman flew to Lanka, braved many dangers, and finally found Sita in Ravana's palace.

However, instead of returning to Rama immediately, Hanuman decided to wait and observe Sita's situation. He wanted to make sure that Sita was safe and that he could bring back accurate information to Rama.

While Hanuman was waiting, he was spotted by Ravana's guards. They attacked him, but Hanuman fought back bravely. Despite being outnumbered, Hanuman managed to defeat the guards and escape.

During his escape from Ravana's palace, Hanuman's tail was set on fire by Ravana's guards. Despite the pain and danger, Hanuman did not panic. Instead, he used his tail to set fire to the surrounding buildings, causing chaos and destruction in Ravana's kingdom.

Later, during the battle, Rama's brother Lakshmana was fatally wounded. Rama was devastated and asked Hanuman to bring the Sanjeevani herb, which had the power to heal any wound. Hanuman flew to the Himalayas, but couldn't find the herb. Instead, he brought back the entire mountain, carrying it on his shoulders.

The Sanjeevani herb was found on the mountain, and it was used to heal Lakshmana's wound. Hanuman's bravery and strength had saved Lakshmana's life.

Moral

- Keeping promises is a sign of loyalty and dedication.
- Fulfilling one's promises builds trust and respect.
- Even in difficult situations, it's essential to keep one's word.
- Bravery and quick thinking can help overcome challenges and dangers.
- Selfless acts of kindness and devotion can lead to great rewards.

“Don't make promises you can't keep.”

Points to Remember

1. Keep your promises.
2. Be brave and determined.
3. Think quickly and creatively.
4. Put others before yourself.
5. Never give up.

Exercises

Fill in the Blanks

1. Hanuman was tasked with finding Rama's wife, _____, who had been kidnapped by Ravana.
2. Hanuman flew to _____ to find Sita.
3. Hanuman's tail was set on fire by _____.
4. Hanuman brought back the entire _____ to find the Sanjeevani herb.
5. Hanuman's promise to Rama shows the importance of keeping one's _____.

True or False

1. Hanuman wasn't a loyal servant of Lord Ravana.
2. Hanuman flew to the Himalayas to bring back the Sanjeevani herb.
3. Hanuman's clothes were set on fire by Ravana's guards.
4. Hanuman brought back the entire mountain to find the Sanjeevani herb.
5. Hanuman's promise to Rama was to bring back Sita.

Answer these questions

1. What promise did Hanuman make to Rama?
2. Why did Hanuman decide to wait and observe Sita's situation?
3. What does Hanuman's promise and actions show about his character?
4. Can you think of a time when you made a promise and had to work hard to keep it?
5. How did Hanuman's bravery and quick thinking help him escape from Ravana's palace?
6. What did Hanuman do to save Lakshmana's life?

Activity

"The Broken Promise"

- Divide students into small groups and give each group a scenario where someone broke a promise.
- Ask them to discuss and come up with a plan to repair the relationship and rebuild trust.

Lesson 8 Leading with Impact: Essential Skills and Strategies for Success

"A genuine leader is not a searcher for consensus but a molder of consensus."

-Martin Luther King Jr.

Leadership is the process of influencing, motivating, and guiding individuals or teams to achieve a common goal or vision. A leader is someone who has the ability to inspire and empower others to work together towards a shared objective.

Key Characteristics of a Leader

1. **Vision:** A leader has a clear understanding of what they want to achieve and is able to communicate this vision to others.
2. **Communication:** A leader is able to effectively communicate their vision, goals, and expectations to their team.
3. **Influence:** A leader has the ability to influence others to work towards a common goal.
4. **Motivation:** A leader is able to motivate and inspire their team to achieve their best.
5. **Empowerment:** A leader gives their team the autonomy to make decisions and take ownership of their work.
6. **Accountability:** A leader takes responsibility for their actions and decisions.
7. **Integrity:** A leader operates with integrity, honesty, and ethics.

Types of Leadership

1. **Autocratic Leadership:** A leader who makes decisions without consulting their team.
2. **Democratic Leadership:** A leader who involves their team in decision-making.
3. **Transformational Leadership:** A leader who inspires and empowers their team to achieve a common goal.
4. **Transactional Leadership:** A leader who focuses on exchanging rewards for desired behaviour.

Leadership Styles

1. **Directive:** A leader who gives clear instructions and expectations.
2. **Supportive:** A leader who provides guidance and support to their team.
3. **Participative:** A leader who involves their team in decision-making.
4. **Achievement-Oriented:** A leader who sets high standards and expects excellence.

Effective Leadership Skills

1. **Strategic Thinking:** The ability to think critically and make informed decisions.
2. **Problem-Solving:** The ability to analyse problems and develop effective solutions.
3. **Communication:** The ability to effectively communicate with team members.
4. **Collaboration:** The ability to work effectively with others.
5. **Adaptability:** The ability to adapt to changing circumstances.

Nelson Mandela, the former President of South Africa, is a shining example of great leadership. After spending 27 years in prison for fighting against apartheid, Mandela could have sought revenge and retribution. Instead, he chose to forgive and work towards healing the nation.

Mandela's leadership style was characterized by his ability to listen, empathize, and bring people together. He worked tirelessly to promote reconciliation and forgiveness, and his efforts paid off. South Africa began to heal, and Mandela's leadership inspired a new generation of leaders.

Mandela's leadership qualities, such as his vision, communication skills, and ability to empower others, made him a great leader. He demonstrated that leadership is not about personal gain or power, but about serving others and making a positive impact.

Benefits of Effective Leadership

1. **Increased Productivity:** Effective leadership can lead to increased productivity and efficiency.
2. **Improved Morale:** Effective leadership can lead to improved morale and job satisfaction.
3. **Better Decision-Making:** Effective leadership can lead to better decision-making and problem-solving.
4. **Increased Employee Engagement:** Effective leadership can lead to increased employee engagement and motivation.
5. **Competitive Advantage:** Effective leadership can lead to a competitive advantage in the marketplace.

“Leadership is the art of giving people a platform for spreading ideas that work.”

Points to Remember

- **Leadership is about serving others:** A great leader puts the needs of their team and organization before their own.
- **Effective communication is key:** A leader must be able to communicate their vision, goals, and expectations clearly and effectively.
- **Empower your team:** Give your team the autonomy to make decisions and take ownership of their work.
- **Lead by example:** Demonstrate the behaviours and values you expect from your team.
- **Be adaptable:** Be willing to adjust your approach as circumstances change.
- **Take responsibility:** Take ownership of your actions and decisions.
- **Operate with integrity:** Lead with honesty, ethics, and transparency.

Exercises

Fill in the Blanks

1. Leadership is the process of influencing, motivating, and guiding individuals or teams to achieve a common _____.
2. A leader must be able to communicate their vision, goals, and expectations clearly and _____.
3. A leader gives their team the autonomy to make decisions and take ownership of their _____.
4. Effective leadership can lead to increased _____ and efficiency.
5. A leader must be able to adapt to changing _____.

True or False

1. A leader is someone who has the ability to inspire and empower others to work together towards a shared objective.
2. Autocratic leadership involves consulting with team members before making decisions.
3. Transformational leadership focuses on exchanging rewards for desired behaviour.

Answer these questions

1. What are the key characteristics of a leader?
2. Describe the different types of leadership styles.
3. What are the benefits of effective leadership?
4. How can a leader empower their team?
5. What is the importance of integrity in leadership?
6. Describe the leadership style of Nelson Mandela.

Activity

"The Leadership Journey"

- Ask students to create a visual representation of their leadership journey (e.g., a timeline, a mind map).
- Encourage reflection on their leadership experiences, successes, and setbacks.
- Discuss how to apply lessons learned to future leadership challenges.

Lesson 9 Thomas Alva Edison: The Man Who Lit the Way

“Perseverance is the hard work you do after you get tired of doing the hard work you already did.”
–Newt Gingrich

Thomas A. Edison was born on February 11, 1847, in Milan, Ohio. He was the seventh and last child of Samuel and Nancy Edison. Edison's early life was marked by curiosity and a passion for learning. He spent much of his childhood reading and experimenting with various devices.

Edison's journey to success was not an easy one. He faced numerous setbacks and failures along the way. One of his earliest failures was his attempt to create a machine that could rapidly send telegraph messages. Despite his failure, Edison persevered and continued to work on his inventions.

Edison's most famous invention, the light bulb, was the result of years of experimentation and perseverance. Edison began working on the light bulb in 1878, and it took him over 1,000 attempts to get it right. During this time, Edison faced numerous setbacks, including a fire that destroyed his laboratory and many of his experiments.

It was during this time that Edison made his famous statement, "I have not failed. I've just found 10,000 ways that won't work." This quote captures Edison's spirit of perseverance and determination.

Edison's hard work and perseverance finally paid off in 1879, when he developed a light bulb that could burn for hours using a carbon filament. The light bulb was a groundbreaking invention that revolutionized the world.

Edison went on to invent many other devices, including the phonograph, the motion picture camera, and the alkaline battery. He also established the first central power station, which provided electricity to a square mile of downtown Manhattan.

Thomas Edison's legacy is one of perseverance, determination, and innovation. He is widely regarded as one of the most prolific inventors in history, and his inventions have had a profound impact on the world. Edison's story serves as a reminder that success rarely happens overnight, and that perseverance and determination are essential for achieving our goals.

“Fall seven times and stand up eight.”

Points to Remember

- Perseverance is key.
- Failure is not the end.
- Innovation and creativity can lead to success.

Exercises

Fill in the Blanks

1. Thomas Edison was born on February 11, _____.
2. Edison's most famous invention, the light bulb, was the result of years of experimentation and _____.
3. Edison began working on the light bulb in _____.
4. Edison's famous statement, "I have not failed. I've just found 10,000 ways that won't work," captures his spirit of _____.
5. Edison's hard work and perseverance finally paid off in _____, when he developed a light bulb that could burn for hours using a carbon filament.

True or False

1. Thomas Edison was born in New York City.
2. Edison's first invention was the light bulb.
3. Edison developed the light bulb in just a few months.
4. Edison's famous statement, "I have not failed. I've just found 10,000 ways that won't work," was made after he developed the light bulb.
5. Edison established the first central power station in Chicago.

Answer these questions

1. What was Thomas Edison's early life like?
2. What were some of the setbacks and failures that Edison faced?
3. What is the significance of Edison's quote, "I have not failed. I've just found 10,000 ways that won't work"?
4. What were some of Edison's notable inventions and achievements?

Activity

- Invite participants to share personal stories of overcoming challenges and persevering.
- Encourage active listening and empathy.
- Discuss how perseverance helps them achieve success.

Lesson 10 Mahatma Gandhi: A Master of Time Management

"Wisdom is knowing when to have rest, when to have activity, and how much of each to have."
- Sri Sri Ravi Shankar

Mahatma Gandhi, one of the most iconic leaders of the 20th century, was a master of time management. Despite his incredibly busy schedule, Gandhi was able to manage his time effectively, prioritize his tasks, and achieve his goals.

Gandhi's time management principles were simple yet effective. Here are a few:

1. **Early Rising:** Gandhi believed in rising early, often before dawn. This allowed him to get a head start on his day, meditate, and plan his tasks.
2. **Prioritization:** Gandhi prioritized his tasks, focusing on the most important ones first. He believed in tackling the toughest tasks first, when he was most energized.
3. **Simple Living:** Gandhi believed in living simply and avoiding unnecessary distractions. He wore simple clothes, ate simple food, and avoided luxuries.
4. **Time Blocking:** Gandhi blocked out specific times for specific tasks. For example, he would dedicate specific times for meditation, writing, and meetings.
5. **Self-Discipline:** Gandhi was a firm believer in self-discipline. He believed in sticking to his schedule and avoiding procrastination.

One incident that showcases Gandhi's time management skills is the famous "Salt March" of 1930. Gandhi had planned a 24-day march from Ahmedabad to Dandi, a small village on the coast of Gujarat, to protest the British salt tax. The march was a huge success, with thousands of people joining Gandhi along the way.

Gandhi's time management skills were put to the test during the march. He had to manage his time carefully, ensuring that the march stayed on schedule and that he had time for rest, meditation, and meetings with his colleagues.

Despite the challenges, Gandhi's time management skills helped him to stay focused and achieve his goals. The Salt March was a major success, and it helped to galvanize the Indian independence movement.

Gandhi's time management principles offer valuable lessons for us today:

1. **Discipline is key:** Gandhi's disciplined approach to time management helped him achieve his goals.
2. **Prioritize tasks:** Gandhi's prioritization of tasks helped him focus on what was truly important.
3. **Avoid distractions:** Gandhi's simple living and avoidance of distractions helped him stay focused.
4. **Take breaks:** Gandhi's regular breaks helped him recharge and stay energized.

"If you love life, don't waste time, for time is what life is made of."

Points to Remember: -

- **Start your day early:** Wake up early to get a head start on your day.
- **Prioritize your tasks:** Focus on the most important tasks first.
- **Avoid distractions:** Minimize distractions and stay focused on your tasks.
- **Take breaks:** Take regular breaks to recharge and stay energized.
- **Stay disciplined:** Stick to your schedule and avoid procrastination.
- **Use your time wisely:** Make the most of your time and avoid wasting it on non-essential tasks.
- **Review and adjust:** Regularly review your time management strategy and make adjustments as needed.

Exercises

Fill in the Blanks

1. Gandhi believed in rising _____ to get a head start on his day.
2. Gandhi prioritized his tasks, focusing on the most _____ ones first.
3. Gandhi blocked out specific times for specific _____.
4. Gandhi was a firm believer in _____.
5. Gandhi's disciplined approach to time management helped him achieve his _____.

True or False

1. Gandhi was a morning person.
2. Gandhi believed in procrastination.
3. Gandhi's time management principles were complex and difficult to follow.
4. Gandhi's Salt March was a failure.
5. Gandhi's time management skills helped him to stay focused and achieve his goals.

Answer these questions

1. What were Gandhi's time management principles?
2. What incident from Gandhi's life showcases his time management skills?
3. What lessons can we learn from Gandhi's time management?
4. Why time management is important?

Activity

- Provide students with a blank schedule template.
- Ask them to schedule tasks and allocate time slots for each task.
- Encourage them to consider time-blocking, breaks, and self-care.

Lesson11 The Fish Who Wanted to Dance with the Stars

“A dream doesn't become reality through magic; it takes sweat, determination and hard work.” ---Colin Powell

Once upon a time, in a vast ocean, there lived a fish named Finley. Finley was a curious and ambitious fish who loved to explore the ocean and dreamt of doing great things.

One day, while swimming near the surface, Finley saw the stars twinkling in the night sky. He was mesmerized by their beauty and elegance. Finley had an idea - he wanted to dance with the stars.

Finley's friends and family thought he was crazy. "Fish can't dance with stars!" they said. But Finley was determined. He practiced his dance moves every day, twirling and spinning through the water.

"I will dance with the stars," Finley said to himself. "I will show everyone that it's possible."

Finley's determination and perseverance paid off. He began to notice that the stars seemed to be moving in time with his movements. Finley felt a connection to the stars, as if they were dancing together.

Encouraged by this discovery, Finley continued to dance with the stars every night. He even started to compose his own music, using the sounds of the ocean to create a magical melody.

As the days passed, Finley's dancing improved, and the stars seemed to shine brighter in response. Finley felt like he was a part of something bigger than himself, something magical and wonderful.

One night, a wise old octopus named Ollie approached Finley. "Finley, my young friend," Ollie said, "you have discovered the secret of the universe. The stars are not just balls of hot, glowing gas - they are also dancers, moving to the rhythm of the cosmos."

Finley was amazed. He had never thought of the stars as dancers before. But now, he understood. The stars were dancing with him, and he was dancing with the stars.

From that day on, Finley danced with the stars every night, feeling the magic of the universe flowing through him. And as he danced, he knew that he was a part of something much bigger than himself, something that connected all living things.

Moral

1. **Determination is key:** Finley's determination and perseverance helped him achieve his goal of dancing with the stars.
2. **Believe in yourself:** Finley believed in himself and his ability to dance with the stars, even when others doubted him.
3. **Connection to the universe:** Finley's story shows us that we are all connected to the universe and its rhythms.

4. **Magic and wonder:** Finley's story reminds us to appreciate the magic and wonder of the world around us.

“Victory is the child of preparation and determination.”

Points to Remember

- **Set clear goals:**
- **Practice and perseverance:**
- **Believe in the impossible:**
- **Appreciate the magic of the world:**

Exercises

Fill in the Blanks

1. Finley was a curious and ambitious _____ who loved to explore the ocean.
2. Finley's friends and family thought he was _____ when he said he wanted to dance with the stars.
3. Finley practiced his dance moves every day, twirling and spinning through the _____.
4. Finley felt a connection to the _____, as if they were dancing together.
5. Finley's story teaches us to appreciate the _____ and wonder of the world around us.

True or False

1. Finley was a fish who lived in the ocean.
2. Finley's goal was to dance with the stars.
3. Finley's friends and family supported his goal of dancing with the stars.
4. Finley practiced his dance moves every day.
5. Finley's story teaches us to appreciate the magic and wonder of the world.

Answer these questions

1. What was Finley's goal, and how did he achieve it?
2. What did Finley learn from his experience of dancing with the stars?
3. What lessons can we learn from Finley's story?
4. Explain how determination help us in achieving our goals?

Activity :- "The Determination Interview"

- Invite students to interview someone they admire for their determination (e.g., a family member, mentor, or public figure).
- Ask them to share the inspiring stories and lessons learned from the interview.

Lesson 12 The Heart of a Patriot: Courage, Sacrifice, and Loyalty

“Every citizen of India must remember that he is an Indian and he has every right in this country but with certain duties.”
- Sardar Vallabhbhai Patel.

Patriotism refers to the passionate love one has for their country. This virtue pushes to citizens of a country to work for their country selflessly and make it better. A truly developed country is made up of true patriots. In other words, patriotism means keeping the country's interest first and then thinking about oneself. Patriotism can be specifically seen during times of war. Moreover, it helps in building the nation stronger. There are other significances of patriotism as well.

Usually, we refer to our country as our motherland. This further proves that we must have the same love for our country as we have for our mother. After all, our country is no less than a mother; it nurtures us and helps us grow. Everyone must possess the virtue of patriotism as it makes it better.

In addition, it also enhances the life quality of the citizens. It does that by making people work for the collective interest of the country. When everyone works for the betterment of the country, there would be no conflict of interest. Thus, a happier environment will prevail.

After that, peace and harmony will be maintained through patriotism. When the citizens have the spirit of brotherhood, they will support one another. Hence, it will make the country more harmonious.

In short, patriotism does have great importance in developing the country. It eliminates any selfish and harmful motives which in turn lessens corruption. Similarly, when the government becomes free of corruption, the country will develop faster.

India has had a fair share of patriots from the very beginning. The struggle for independence gave birth to various patriots. These patriots have made a lot of sacrifices for the country to flourish and prosper. Their names have gone down in history and are still taken with respect and admiration. Some of the greatest patriots of India were Rani Lakshmi Bai, Shaheed Bhagat Singh, and Maulana Azad.

Rani Lakshmi Bai was one of the most famous patriots of the country. Her courage and bravery are still talked about. Her name always comes up in the revolt of 1857. She revolted against the British rule and to fight for independence. She gave her life fighting on the battlefield for our country.

Shaheed Bhagat Singh is another name that is synonymous with patriotism. He was determined to free India from the clutches of the British rule. He was a part of several freedom struggles. Similarly, he also started a revolution for the same. He dedicated his life to this mission and died as a martyr for the love of his country.

Maulana Azad was a true patriot. The first education minister of India played a great role in the freedom struggle. He travelled through cities and created awareness of the injustices by the British. He united people through his activism and led India to freedom.

In conclusion, these are just a few who were patriots of the country. They lived for their country and did not hesitate before devoting their lives to it. These names are shining examples for the generations to come. We must possess patriotism and work for our motherland to see it succeed.

“Patriotism is collective responsibility.”

Points to Remember:

- Patriotism is a virtue: Patriotism is a moral virtue that inspires individuals to work for the betterment of their country.
- Love for the country: Patriotism is about having a deep love and affection for one's country and its people.
- Selfless service: Patriots are willing to make sacrifices and serve their country selflessly.
- National unity: Patriotism promotes national unity and cohesion by bringing people together.
- Respect for national symbols: Patriots show respect for national symbols such as the flag, anthem, and constitution.

Exercises

Fill in the Blanks

1. Patriotism refers to the _____ love one has for their country.
2. A truly developed country is made up of true _____.
3. Patriotism can be specifically seen during times of _____.
4. Rani Lakshmi Bai was a brave and courageous patriot who fought against the _____ rule in India.
5. Shaheed Bhagat Singh was determined to free India from the clutches of the ____rule.

True or False

1. Patriotism is only important during times of war.
2. Rani Lakshmi Bai was a patriot who fought for India's freedom.
3. Shaheed Bhagat Singh was a British loyalist.
4. Patriotism promotes national pride and unity.
5. Maulana Azad was a famous patriot who played a key role in India's freedom struggle.

Answer these questions

1. What is patriotism?
2. Why is patriotism important?
3. Who are some famous patriots of India?
4. What are your duties as a patriot towards your nation?
5. How can you serve your country?

Long Answer Questions

1. Explain the role of patriotism in building a stronger nation.
2. Describe the contributions of Rani Lakshmi Bai to India's freedom struggle.

Multiple Choice Questions

1. What is the opposite of patriotism?
A) Nationalism
B) Loyalty
C) Treason
D) Selfishness
2. Which of the following is a characteristic of patriotism?
A) Selfishness
B) Loyalty
C) Dishonesty
D) Cowardice

Activity

1. Divide students into small groups.
2. Assign each group one of the following tasks:
 - Create a poster about the importance of patriotism.
 - Write a short essay about a famous patriot.
 - Create a skit about a patriotic event or figure.