

Moral Science

Class-9



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Chapter - 1

A Small Act, A Big Impact

Ravi was a 15-year-old boy who lived in a small village in India. He was known for his intelligence and hard work, but he often struggled to understand the feelings of others. His parents and teachers often reminded him to be kind and empathetic, but Ravi was more focused on his studies and personal goals.

One hot afternoon, as Ravi was walking home from school, he noticed an old beggar sitting under a tree. The man looked frail, his clothes were torn, and his face was covered with dust. Ravi had seen him many times before but had always walked past without a second thought. That day, however, something made him pause.

The beggar looked up and smiled weakly at Ravi. "Do you have any food, son?" he asked in a hoarse voice. Ravi hesitated. He had a small packet of biscuits in his bag, which he had saved for himself. He thought about ignoring the man and walking away, but something inside him stirred.

Instead of leaving, Ravi sat down next to the beggar. He opened his bag, took out the packet of biscuits, and handed it to the man. The beggar's eyes lit up with gratitude as he accepted the food. "Thank you, my child. May God bless you," he said.

As the beggar ate, Ravi noticed how his hands trembled and how thin he was. He felt a pang of guilt for never stopping to help him before. "What's your name, uncle?" Ravi asked.

"My name is Rameshwar," the beggar replied. "I used to be a farmer, but I lost everything when the floods destroyed my land. Now, I have no family and no home."

Ravi listened intently as Rameshwar shared his story. He realized that Rameshwar was not just a beggar but a person with a past, dreams, and struggles. For the first time, Ravi felt a deep sense of empathy. He understood that everyone has a story, and that kindness can make a big difference in someone's life.

From that day on, Ravi made it a habit to stop and talk to Rameshwar whenever he saw him. He started sharing his lunch and even saved a portion of his pocket money to buy food for the old man. Over time, Ravi noticed that Rameshwar's health improved, and he seemed happier.

One day, Ravi's teacher noticed him sharing his lunch with Rameshwar. She called him aside and said, "Ravi, what you're doing is wonderful. Empathy is one of the greatest moral

values a person can have. It means putting yourself in someone else's shoes and understanding their pain. You're making a real difference in Rameshwar's life."

Ravi smiled and nodded. He realized that empathy wasn't just about feeling sorry for someone; it was about taking action to help them. He felt proud of himself but also humbled by the experience.

As the months passed, Ravi's act of kindness inspired his classmates to also help those in need. They started a small initiative to provide food and clothing to the poor in their village. Ravi learned that empathy could create a ripple effect, spreading kindness and compassion throughout the community.

Years later, when Ravi became a successful engineer, he never forgot the lesson he learned from Rameshwar. He continued to practice empathy in his personal and professional life, always remembering that everyone has a story and that a little kindness can go a long way.

Moral of the Story:

Empathy is the ability to understand and share the feelings of others. It teaches us to be kind, compassionate, and considerate. By practicing empathy, we can make the world a better place, one small act of kindness at a time.

❖ Questions

1. Who is the main character of the story, and what was he known for?
2. Why did Ravi initially ignore the old beggar?
3. What motivated Ravi to help Rameshwar? What changed his behavior?
4. What did Ravi learn about the beggar's past?
5. How did Ravi's actions change Rameshwar's life?
6. What lesson did Ravi learn from his teacher about empathy?
7. How did Ravi's actions impact on the community, beyond just Rameshwar?

❖ Insight Questions

1. What lesson did Ravi learn from his experience with Rameshwar?
2. What character traits did Ravi exhibit before and after meeting Rameshwar?
3. What message do you think the author is trying to convey through Ravi's story?
4. What would you do if you were Ravi? Would you have reacted differently?

Chapter - 2

The Sunshine of Appreciation

Once upon a time, in a small village nestled between lush green hills, there was a school named *Gyanodaya Public School*. The school was known for its bright and talented students. Among them was a boy named Rohan. Rohan was a hardworking student, but he often felt unnoticed and unappreciated. No matter how much effort he put into his studies or extracurricular activities, it seemed like no one ever acknowledged his achievements. Over time, Rohan began to lose motivation and started doubting his abilities.

One day, a new teacher, Mr. Sharma, joined the school. He was known for his kind heart and his ability to inspire students. During his first week, Mr. Sharma noticed Rohan sitting alone during lunch, looking disheartened. Curiously, he decided to talk to him.

"Rohan, why do you look so sad?" Mr. Sharma asked gently.

Rohan hesitated but finally opened. "Sir, I work so hard, but no one ever notices. It feels like whatever I do is good enough."

Mr. Sharma listened carefully and smiled. "Rohan, sometimes the world doesn't see our efforts, but that doesn't mean they don't matter. Let me tell you an incident."

He began, "There was once a gardener who planted a beautiful garden full of colorful flowers. Every day, he watered the plants, removed the weeds, and cared for them with love. But no one ever thanked him or complimented his garden. One day, a traveller passing by stopped and admired the garden. He said to the gardener, 'Your hard work has created something truly magical. Thank you for sharing this beauty with the world.' Those few words of appreciation filled the gardener's heart with joy and renewed his passion for his work."

Rohan listened intently as Mr. Sharma continued, "Appreciation is like sunlight for the soul. It helps us grow and thrive. But remember, even if others do not appreciate you, you must learn to appreciate yourself. Celebrate your efforts and achievements, no matter how small they seem."

From that day on, Mr. Sharma made it a point to appreciate Rohan's hard work. He praised his dedication in class, acknowledged his improvements, and encouraged him to keep going. Slowly, Rohan's confidence began to grow. He started participating more actively in class, and his grades improved significantly.

One day, the school announced an inter-school science competition. Rohan decided to participate and worked tirelessly on his project. With Mr. Sharma's guidance and

encouragement, he created an innovative model that impressed everyone. On the day of the competition, Rohan won the first prize. The entire school applauded him, and for the first time, he felt genuinely appreciated.

After the event, Rohan went to Mr. Sharma and said, "Thank you, sir. Your words of appreciation changed everything for me. I now understand the power of encouragement."

Mr. Sharma smiled and replied, "Remember Rohan, appreciation is a gift you can give to others too. When you appreciate someone, you inspire them to be their best. Never underestimate the power of a kind word."

From that day forward, Rohan made it a habit to appreciate others. He thanked his friends for their support, praised his classmates for their efforts, and even encouraged those who were struggling. The atmosphere in the school began to change, and students started supporting and uplifting one another.

Moral of the Story:

Appreciation has the power to transform lives. A simple word of encouragement can inspire someone to achieve greatness. Never hesitate to appreciate others and always remember to appreciate yourself for your efforts and achievements. Like sunlight helps flowers bloom, appreciation helps people grow and shine.

❖ Questions

1. Why was Rohan feeling disheartened at the beginning of the story?
2. How did Mr. Sharma help Rohan?
3. What lesson did Rohan learn from Mr. Sharma's story about the gardener?
4. How did Rohan's life change after Mr. Sharma's encouragement?
5. What is the moral of the story?
6. How did Rohan's behavior change toward others after the science competition?
7. What role did self-appreciation play in Rohan's transformation?

❖ Insight Questions

1. Why do you think Rohan felt unnoticed despite his hard work? Have you ever felt the same way? How did you manage it?
2. Why do you think people sometimes forget to appreciate others? How can we make appreciation a regular part of our lives?
3. In the story, Rohan's confidence grew after he was appreciated. How does appreciation help build confidence and motivation?
4. The story compares appreciation to sunlight. Do you agree with this comparison? Can you think of another metaphor to describe appreciation?

Chapter - 3

"The Unstoppable Genius"

Stephen Hawking was born on January 8, 1942, in Oxford, England, to Frank and Isobel Hawking. His father was a biologist, and his mother was a medical research worker. Their home had piles of books and intellectual discussions. Hawking's curiosity and love for learning was evident from an early age.

Hawking attended St. Albans School in Hertfordshire, where he was an average student but showed a keen interest in Mathematics and Physics. He then went on to study physics at the University of Oxford, where he graduated with a first-class honors degree.

During his graduate studies at the University of Cambridge, Hawking was diagnosed with Amyotrophic Lateral sclerosis (ALS), a progressive motor neuron disease. The diagnosis was devastating, and Hawking was given only a few years to live. Hawking defied the situation and lived for more than 50 years with the disease.

Despite the diagnosis, Hawking refused to give up. Though he used a wheelchair, he adjusted to his new circumstances, learning to communicate through a speech-generating device and relying on his intellect and wit. He refused to let his physical limitations hold him back.

Hawking's academic career began as a research fellow at the University of Cambridge, where he earned his Ph.D. in cosmology. He then became a professor of mathematics at Cambridge.

Hawking's passion for learning and discovery drove him to make groundbreaking contributions. Hawking's determination and resilience inspired those around him.

Few of his remarkable achievements were "The Theory of Black Holes" and his Book "A Brief History of Time," which sold over 10 million copies worldwide.

Hawking passed away on March 14, 2018, at the age of 76, leaving behind a legacy of inspiration and discovery to inspire people around the world to pursue their dreams, regardless of the challenges they may face.

Stephen Hawking's life is a testament to the power of human resilience and determination. Despite the challenges he faced, Hawking remained committed to his passions throughout his lifespan and made pioneering contributions to our understanding of the universe.

Resilience is the capacity to withstand, recover, and adapt in the face of adversity, trauma, or significant stress. It involves the ability to absorb and manage difficult emotions, thoughts, and experiences, and to emerge stronger, wiser, and more resourceful. Resilient individuals possess a growth mindset, can reframe challenges as opportunities, and have developed effective coping strategies, such as self-awareness, self-regulation, and social support. By cultivating resilience, we can better navigate life's inevitable difficulties, build confidence and self-esteem, and develop the strength and agility needed to thrive in an ever-changing world.

Determination is an unwavering commitment to achieving a goal or aspiration, despite obstacles, setbacks, or challenges. It involves a strong will and persistence, driving individuals to stay focused, motivated, and dedicated to their objectives. Determined individuals possess a sharp vision, a growth mindset, and a willingness to learn from failures and mistakes. By cultivating determination, individuals can unlock their potential, build confidence, and achieve success in various aspects of their lives, from academics and careers to personal growth and relationships.

Resilience and determination together form an unbreakable bond, empowering individuals to overcome obstacles, learn from catastrophes and emerge stronger, wiser, and more determined than ever.

❖ Questions

1. What was the title of Stephen Hawking's bestselling book and his major contribution to physics?
2. What was Stephen Hawking's greatest strength despite his physical limitations?
3. What did Stephen Hawking use to communicate?
4. What was Stephen Hawking's passion besides physics?
5. Describe Stephen Hawking's early life and education. How did his diagnosis with ALS at the age of 21 affect his life and career?

❖ Insight Questions

1. What were some of Stephen Hawking's major contributions?
2. Despite his physical limitations, Stephen Hawking remained a prolific author and public speaker. What motivated him to continue working and sharing his ideas with the world? How did his determination and resilience inspire others?
3. What lessons can we learn from his life and legacy? How can we apply these lessons to our own lives and challenges?

Chapter - 4

"Against All Odds "

Nick Vujicic was born in 1982 in Melbourne, Australia, without arms or legs. He actually was born with a rare congenital disorder known as tetra-amelia syndrome which made everyday tasks a challenge. Growing up, Nick faced numerous challenges, from simple tasks like eating and dressing to more complex ones like playing sports and interacting with his peers. With the help of his family and caregivers, he gradually learned to acclimate to his circumstances and develop new skills.

When Nick was 10 years old, he attempted to take his own life due to feelings of hopelessness and worthlessness. However, he survived and soon realized that he wanted to live a life of purpose and inspire others. He decided that he will set himself as an example of an individual who can stand high against all odds.

Nick began to focus on the things he was grateful for, such as his family, friends, and the ability to inspire others. He learned to appreciate the small joys in life, like taking a shower or eating a meal.

One fine day, Nick decided he wanted to learn how to surf. Yes, you read that right - surf! Despite having no arms or legs, Nick was determined to catch some waves.

With the help of his friends and a specialized surfboard, Nick learned to adapt his body to the demands of surfing. He used his mouth to hold onto the board, and his chest to steer it.

It was not easy, of course. Nick wiped out many times, and there were moments when he wanted to give up. But he refused to let his physical limitations hold him back.

Through sheer strength of mind and adaptability, Nick learned to surf. In fact, he became quite good at it!

He founded the non-profit organization "Life Without Limbs," which provides support and encouragement to people with disabilities. He is now a motivational speaker, author, and evangelist. Nick's mission is to inspire and motivate others to overcome their own challenges, which is a true example of the power of adaptability. Nick's strong faith and trust in God helped him to overcome his challenges and find purpose in life. Nick encourages us to focus on what we have, rather than what we do not have, and to cultivate a spirit of gratitude.

Nick's can-do attitude and gratefulness for life led him to achieve incredible things. Nick's life teaches us valuable lessons -

- ✓ **Adaptability:** Despite his physical limitations, Nick adapted to his circumstances and found ways to overcome them.
- ✓ **Faith:** Nick's strong faith and trust in God helped him to overcome his challenges and find purpose in life.
- ✓ **Gratitude:** Nick's story encourages us to focus on what we have, rather than what we don't have, and to cultivate a spirit of gratitude.
- ✓ **Purpose:** Nick's life shows us that everyone has a purpose, regardless of their circumstances, and that we can find meaning and fulfillment in life despite our challenges.
- ✓ **Inspiration:** Nick's story inspires us to look beyond our own limitations and to see the possibilities that exist in our lives

❖ **Questions**

1. What was the name of the organization founded by Nick Vujicic?
2. What was the turning point in Nick Vujicic's life?
3. What did Nick Vujicic learn to do despite his physical limitations?
4. How did Nick Vujicic's parents contribute to his positive attitude?
5. What is the name of the syndrome that Nick Vujicic was born with?
6. What is Nick Vujicic's profession?
7. What is Nick Vujicic's message to people around the world?

❖ **Insight Questions**

1. What are some challenges you're facing right now? How can you adapt to overcome them?
2. What are some new skills or activities you've been wanting to try? What's holding you back?
3. How can you apply Nick's principles of adaptability to your own life?
4. What are some ways you can persevere through challenges and stay motivated?
5. What are some things you appreciate in your life?

Chapter - 5

Unlocking the Power of Self-Knowledge

According to Socrates most people live an unexamined life, driven by external expectations, habits, and desires. They rarely stop thinking about their values, goals, and motivations. This can lead to a life of confusion, dissatisfaction, and disorientation.

Socrates believed that the key to true wisdom and happiness lies in knowing oneself. He famously said, "Know thyself," which became a guiding principle for his philosophical teachings. This concept emphasizes the importance of self-reflection, introspection, and self-awareness.

Socrates' wisdom reminds us that knowing ourselves is essential for living a happy, fulfilling, and meaningful life. By embracing self-reflection, introspection, and self-awareness, we can gain a deeper understanding of ourselves and make choices that align with our values and goals.

Self-knowledge refers to the understanding and awareness of one's own thoughts, feelings, values, strengths, and weaknesses. It involves having a clear and honest perception of oneself, including one's motivations, desires, and limitations.

Self-knowledge is essential for personal growth, development, and success. Here are some reasons why:

- ✓ **Informed Decision-Making:** Self-knowledge helps you make informed decisions that align with your values, goals, and aspirations.
- ✓ **Emotional Intelligence:** Self-knowledge is a key component of emotional intelligence, which enables you to understand and manage your emotions, as well as empathize with others.
- ✓ **Personal Growth:** Self-knowledge helps you identify areas for improvement, develop new skills, and build on your strengths.
- ✓ **Career Success:** Self-knowledge helps you identify your passions, values, and strengths, leading to a more fulfilling and successful career.

Developing self-knowledge requires effort, reflection, and a willingness to learn and grow. Here are some strategies to help you develop self-knowledge:

- ✓ **Mindful Reflection:** Regularly take time to reflect on your thoughts, feelings, and experiences.

- ✓ **Seek Feedback:** Ask for feedback from trusted friends, family, or mentors to gain new perspectives on yourself.
- ✓ **Practice Self-Awareness:** Pay attention to your thoughts, feelings, and physical sensations in the present moment.
- ✓ **Challenge Assumptions:** Question your assumptions and biases to gain a more accurate understanding of yourself and the world around you.

Developing self-knowledge can have numerous benefits, including:

- ✓ **Improved Relationships:** Self-knowledge can help you communicate more effectively, empathize with others, and build stronger relationships.
- ✓ **Personal Growth:** Self-knowledge can help you identify areas for improvement, develop new skills, and build on your strengths.
- ✓ **Career Success:** Self-knowledge can help you identify your passions, values, and strengths, leading to a more fulfilling and successful career.
- ✓ **Increased Resilience:** Self-knowledge can help you develop coping strategies, manage stress, and bounce back from adversity.

❖ Questions

1. What was the famous phrase coined by Socrates? What did Socrates mean by "the unexamined life"?
2. What is the importance of self-reflection according to Socrates?
3. How can knowing oneself benefit an individual?
4. What is the significance of Socrates' philosophy in everyday life?
5. What is the relationship between self-awareness and decision-making?
6. How can individuals cultivate self-awareness?
7. What is the role of self-acceptance in Socrates' philosophy?

❖ Insight questions

1. List down your values, goals, strengths and weaknesses and also mention what you can do to work on yourself.
2. How do you make decisions, and what factors influence your choices?
3. What are some areas where you'd like to improve or grow?
4. How can you cultivate self-awareness and self-acceptance in your daily life?
5. The importance of self-knowledge in personal and professional development.
6. List the strategies for maintaining a growth mindset and continuing to develop self-knowledge over time.

Chapter - 6

"The Unbreakable Bond"

Oprah Winfrey, the renowned media executive, actress, talk show host, and philanthropist, has often spoken about the significant role her family has played in her life. Despite facing numerous challenges and hardships, Oprah's family has been a source of strength, support, and inspiration.

Oprah Gail Winfrey was born on January 29, 1954, in Kosciusko, Mississippi, to Vernita Lee and Vernon Winfrey. Oprah grew up in a poor household with her grandmother, Hattie Mae Lee. Oprah's grandmother taught her to read and write before she started school and instilled in her a love for learning. Her grandmother's early lessons and encouragement helped Oprah develop a love for learning and a strong work ethic along with speaking confidently in front of people.

Oprah's mother, Vernita, was just 18 years old when Oprah was born. Vernita left Oprah with her grandmother, Hattie Mae or with relatives, while she moved to Milwaukee to find work. Oprah's mother was struggling to make ends meet. Oprah's father, Vernon, was a soldier in the US Army and was largely absent from her life. Despite the difficulties Vernita instilled in Oprah a sense of self-worth and encouraged her to pursue her dreams.

Oprah's father, Vernon Winfrey, although absent for much of her childhood, later became a source of support and guidance. He encouraged Oprah to pursue her dreams and provided her with a sense of stability and security.

Though Oprah's sister Patricia Llyod though separated for many years, she frequently spoke about the importance of reconnecting with her and the bond they shared.

Hattie Mae, Oprah's grandmother, was a considerable influence on her early life. She taught Oprah to read, write, and speak, and encouraged her love of learning. Oprah has often credited her grandmother with instilling in her the values of hard work, self-discipline, and self-respect.

Notwithstanding the challenges she faced, Oprah's family played a crucial role in her success by providing emotional support and encouragement. Her family had been a constant source of comfort and strength, helping her navigate life's challenges.

Oprah's career in media began at the age of 17, when she won a beauty pageant and landed a job as a television anchor, a successful talk show host, actress, and media executive with the of "The Oprah Winfrey Show", in 1986. Lately, in 2007, she was able to establish Oprah

Winfrey Leadership Academy for Girls in South Africa. In 2011, Oprah launched the Oprah Winfrey Network (OWN), a cable television network that features programming on topics like personal growth, relationships, and social justice showing the importance of family in all phases of life.

Her father, Vernon, has been involved in various charitable initiatives, including the Oprah Winfrey Leadership Academy. Oprah has spoken publicly about the complicated relationship she had with her mother, who struggled with addiction and poverty throughout her life. Oprah has spoken about the importance of family and the role that her grandmother, Hattie Mae, played in shaping her values and ambitions.

A family encompasses a sense of belonging, support, love and commitment, providing a foundation for personal growth, identity, and well-being. The family members have shared experiences and memories, emotional connection, mutual respect, and trust. A family always encourages us to pursue our dreams by motivation and the confidence to succeed.

A family also helps develop pliability and a strong work ethic. A strong family unit helps shape character. It teaches children important life skills, such as communication, conflict resolution, and responsibility. A family also offers a safety net, providing comfort, security, and protection during adverse times. Moreover, a supportive family environment fosters self-esteem and confidence, enabling individuals to reach their full potential and make meaningful contributions to society. A loving and supportive family is the cornerstone of a happy, healthy, and fulfilling life.

❖ Questions

1. Where was Oprah Winfrey born and who taught her to read and write before she started school?
2. What challenges did Oprah face in her childhood?
3. How did Oprah's family support her in achieving her dreams?
4. What values did Oprah learn from her family that contributed to her success?
5. Discuss few achievements of Oprah.
6. What lessons can you learn from Oprah's story about the importance of family?

❖ Insight Questions

1. What role did Oprah's grandmother play in her early life, and how did she influence Oprah's future success?
2. What role does family play in providing early lessons and values?
3. How can family support us through adversity?

Chapter - 7

The Unwavering Commitment

In ancient India, there lived a king named Rantideva, who was known for his justice and fairness. He ruled his kingdom with compassion and equality, and his subjects loved and respected him.

One day, the sage Durvasa, who was known for his wisdom and magical powers, decided to test Rantideva's commitment to justice. Durvasa disguised himself as a Brahmin and came to Rantideva's court, asking for a favour.

The Brahmin told Rantideva that he was on a pilgrimage and had lost all his belongings. He asked Rantideva to give him a place to stay and some food to eat. Rantideva, being a just and compassionate king, immediately agreed to help the Brahmin.

However, the Brahmin had an ulterior motive. He wanted to test Rantideva's commitment to justice. The Brahmin asked Rantideva to give him his most precious possession, his royal elephant. Rantideva, being a man of his word, agreed to give away his elephant.

But just as Rantideva was about to hand over the elephant, a poor man came to the court and begged Rantideva to save his life. The poor man had been accused of stealing, and the punishment was death. Rantideva, being a just king, decided to investigate the matter further.

After investigating, Rantideva found that the poor man was innocent and had been falsely accused. Rantideva then turned to the Brahmin and said, "I will give you my elephant, but first, I must uphold justice and clear the name of this innocent man."

The Brahmin was impressed by Rantideva's commitment to justice and revealed his identity as the sage Durvasa. Durvasa told Rantideva that he had passed the test of justice and that his kingdom would prosper under his rule.

Justice is the foundation stone of a fair and equitable society, ensuring that individuals receive what they deserve based on their actions and circumstances. It involves the fair and impartial application of laws and rules, protecting the rights and dignity of all individuals, regardless of their background, social status, or position of power.

Justice promotes accountability, responsibility, and moral integrity, helping to maintain social order, prevent abuse of power, and uphold human rights. By providing a framework for resolving disputes and addressing grievances, justice helps to promote peace, stability, and reconciliation, allowing individuals and communities to heal, grow, and thrive.

Ultimately, justice is essential for building trust, legitimacy, and confidence in institutions, fostering a sense of community and social cohesion, and promoting a more just and harmonious society.

Moral of the Story:

Commitment to justice: Rantideva's commitment to justice was unwavering, even when it was difficult.

Fairness and equality: Rantideva ruled his kingdom with fairness and equality, and his subjects loved and respected.

❖ Questions

1. Who was Rantideva?
2. What did Rantideva do when the poor man was falsely accused of stealing?
3. What was the outcome of Rantideva's decision to uphold justice?
4. What value did Rantideva demonstrate in his decision-making?
5. How did Rantideva's commitment to justice affect his subjects?
6. What message does Rantideva's story convey about justice?
7. What does Rantideva's decision to investigate the poor man's case reveal about his character?

❖ Insight Questions

1. How does Rantideva's commitment to justice impact on his relationships with his subjects?
2. What message do you think the story of Rantideva conveys about the importance of fairness and equality in leadership?
3. What lessons can we learn from Rantideva's story about the importance of upholding justice in our own lives?
4. How can we apply the principles of justice and fairness demonstrated by Rantideva to our own relationships and communities?

Chapter - 8

Finding Inner Peace and Potential

In today's fast-paced world, stress and anxiety have become an integral part of our lives. With the pressure to perform well academically, socially, and professionally, it's easy to feel overwhelmed and lost. However, there is a powerful tool that can help us navigate these challenges and unlock our inner peace and potential: meditation.

Meditation is a simple yet profound practice that involves training our mind to focus, relax, and become more aware of our thoughts, emotions, and bodily sensations. By doing so, we can calm our minds, soothe our emotions, and rejuvenate our bodies.

There are numerous types of meditation practices, each with its unique techniques and benefits. Here are some of the most popular types of meditation:

- **Mindfulness Meditation:** Focusses on being present in the moment, observing thoughts and emotions without judgement.
- **Loving-Kindness Meditation:** Cultivates feelings of love, compassion, and kindness towards oneself and others.
- **Transcendental Meditation:** Uses a mantra to quiet the mind and access a deeper state of consciousness.
- **Guided Meditation:** Follows a guided audio or visual narrative to lead the meditation practice.
- **Movement Meditation:** Combines physical movement, such as yoga or tai chi, with a meditative state.
- **Zen Meditation:** Emphasizes posture, breathing, and mental focus to achieve a state of calm and clarity.
- **Chakra Meditation:** Focuses on the different energy centers in the body, using visualization and breathwork to balance and align the chakras.

Meditation has numerous benefits that can transform our lives in meaningful ways. It reduces stress and anxiety by reducing the production of stress hormones like cortisol. It improves focus and concentration by training the mind to stay calm and aware. It enhances emotional regulation, making us more aware of our emotions. It also boosts self-esteem and confidence by cultivating a positive and compassionate mindset. Last but not the least it improves sleep and physical health by maintaining blood pressure, leading to a stronger immune system.

Starting a meditation practice is simple and accessible. Here are some steps to get you started:

- **Find a Quiet and Comfortable Space:** Identify a quiet, comfortable, and distraction-free space where you can meditate.
- **Set Aside Regular Time:** Commit to a regular meditation practice, ideally at the same time each day.
- **Start with Short Sessions:** Begin with short meditation sessions (5-10 minutes) and gradually increase the duration as you become more comfortable with the practice.
- **Focus on Your Breath:** Bring your attention to your breath, noticing the sensation of the air entering and leaving your nostrils.
- **Be Patient and Consistent:** Remember that meditation is a practice that takes time to develop. Be patient with yourself and commit to regular practice.

Meditation is a powerful tool that can help us navigate the challenges of modern life. By incorporating meditation into our daily routine, we can reduce stress and anxiety, improve focus and concentration, and unlock our inner peace and potential. Whether you're a beginner or an experienced meditator, there's a type of meditation practice that's right for you. So, take a few minutes each day to sit, breathe, and discover the transformative power of meditation.

❖ Questions

1. What is meditation, and how does it help?
2. What are the different types of meditation practices?
3. How does meditation reduce stress and anxiety?
4. How can meditation improve focus and concentration?
5. What are the benefits of regular meditation practice?
6. How can I start meditation practice?

❖ Insight Questions

1. What is the importance of patience and consistency in meditation practice?
2. Can meditation be practiced by anyone, regardless of age or background?

Chapter – 9

"The Jewel of Diversity"

In the 16th century, Mughal Emperor Akbar ruled India with wisdom and compassion. He believed in the importance of diversity and inclusiveness, and his court reflected this commitment.

Akbar's Navaratnas, or "Nine Jewels," were a group of nine scholars, poets, and advisors from diverse backgrounds and faiths. They included Hindus, Muslims, Christians, and Parsis, each bringing their unique perspectives and expertise to the court.

One of the Navaratnas was Birbal, a Hindu poet and advisor. Birbal was known for his wit and wisdom and was often called upon to settle disputes and offer advice. Another Navaratna was Abul Fazl, a Muslim historian and scholar. Abul Fazl was responsible for writing the Akbarnama, a comprehensive history of Akbar's reign.

Other notable Navaratnas included Tansen, a Hindu musician and composer; Raja Todar Mal, a Hindu finance minister; and Fakir Aziao-Din, a Muslim mystic and advisor.

Despite their differences, the Navaratnas worked together, sharing their knowledge and ideas to create a vibrant and inclusive community. They would often gather in the imperial court, engaging in lively debates and discussions on assorted topics, from philosophy and literature to science and politics.

Akbar encouraged this diversity, recognizing that it was the key to his empire's strength and prosperity. He celebrated different festivals and traditions and promoted dialogue and understanding between people of different faiths and backgrounds.

The Navaratnas became a symbol of Akbar's commitment to diversity and inclusivity. They showed that people from divergent backgrounds could come together, share their ideas and perspectives, and create something truly special.

The commitment to diversity is a value to be learned in today's scenario where people are not willing to come together and take our country to the epitome of success:

- **Diversity is strength:** Akbar's Navaratnas showed that diversity can lead to creativity, innovation, and progress.
- **Inclusivity is key:** By promoting inclusivity, Akbar created a community where everyone felt valued and respected.
- **Respect for differences:** The Navaratnas demonstrated that people from diverse backgrounds and faiths could work together and learn from each other.

- **Open-mindedness:** Akbar's commitment to diversity required him to be open-minded and willing to listen to different perspectives.

The Navaratnas had a profound impact on Indian history and culture. They helped to:

- **Promote cultural exchange:** The Navaratnas facilitated cultural exchange between different communities, leading to a rich and vibrant cultural heritage.
- **Foster tolerance and understanding:** By working together and sharing their ideas, the Navaratnas promoted tolerance and understanding between people of different faiths and backgrounds.
- **Advance knowledge and learning:** The Navaratnas were instrumental in advancing knowledge and learning in various fields, from science and philosophy to literature and music.

Moral of the Story

The story of Akbar's Navaratnas teaches us the importance of commitment to diversity and inclusivity. By embracing diversity, we can create vibrant and inclusive communities that celebrate different perspectives and backgrounds.

❖ Questions

1. Who were Akbar's Navaratnas?
2. What was the significance of Akbar's Navaratnas?
3. What were some of the key qualities of Akbar's Navaratnas?
4. How did Akbar's Navaratnas contribute to Indian history and culture?
5. What can we learn from the example of Akbar's Navaratnas?
6. What was the Akbarnama, and who wrote it?

❖ Insight Questions

1. How can we promote diversity and inclusivity in our own communities?
2. What are some benefits of embracing diversity and inclusivity?
3. How can we learn from the example of Akbar's Navaratnas in our own lives?

Chapter – 10

A Path to Emotional Liberation

Once upon a time, there lived two brothers, Rohan and Aryan, who were extremely close. They shared a room, played together, and even shared their deepest secrets. However, as they grew older, their relationship began to deteriorate. They started arguing over trivial things, and their fights became more frequent. One day, their argument turned ugly, and they said some hurtful things to each other. The fight ended with Rohan storming out of the house, leaving Aryan feeling guilty and regretful.

Days turned into weeks, and the brothers barely spoke to each other. Their parents tried to intervene, but the brothers were too proud to apologize. As time passed, the tension between them grew thicker. They started avoiding each other, and their relationship became strained.

One day, their grandfather, a wise and kind man, visited their home. He noticed the tension between the brothers and decided to intercede.

He called them both to his room and narrated them an incident. "When I was a young boy, I had a friend who wronged me. I was so angry and hurt that I stopped speaking to him. Years went by, and I realized that holding onto that grudge was only hurting me. I forgave my friend, and we reconciled. From that day on, I made a promise to myself to always forgive and forget."

The grandfather looked at the brothers and said, "Rohan and Aryan, you both are hurting because of your pride. Forgiveness is not about the other person; it's about you. When you forgive, you free yourself from the burden of anger and resentment."

Rohan and Aryan realized, and for the first time in weeks, they saw the pain and regret in each other's eyes. They apologized to each other, hugged, and promised to never let their pride come between them again.

From that day on, the brothers made a conscious effort to forgive and forget. They learned to communicate effectively, respect each other's feelings, and resolve their conflicts in a healthy manner.

Forgiveness is a powerful tool for healing and growth. When we forgive, we release the negative emotions associated with a painful experience, allowing us to move forward with greater ease and peace. It reduces stress and anxiety and helps to alleviate these negative emotions. It Promotes emotional healing by allowing us to process and release painful emotions, facilitating emotional healing and growth. Maintaining relationships becomes easy. To build trust amongst loved ones, the value of forgiving and forgetting is the best.

Moral of the Story

The story of Rohan and Aryan teaches us the importance of forgiveness and forgetting. Holding onto grudges and past hurts can only lead to more pain and suffering.

Forgiveness is not always easy, but it's necessary for our emotional and mental well-being. When we forgive, we free ourselves from the burden of anger and resentment.

❖ Questions

1. What was the main conflict between Rohan and Aryan?
2. How did their grandfather help them resolve their conflict?
3. What did grandfather mean by "Forgiveness is not about the other person; it's about you"?
4. What did Rohan and Aryan learn from their experience? How did it change their approach to their relationship?
5. What role did pride play in the brothers' conflict? How did letting go of pride help them reconcile?

❖ Insight Questions

1. Can you think of a time when you held onto a grudge or past hurt? How did it affect you?
2. How did forgiveness impact Rohan and Aryan's emotional well-being and relationship?
3. What character traits did Rohan and Aryan exhibit during their conflict? How did these traits contribute to the rift between them?
4. What message do you think the story conveys about the importance of communication in relationships?
5. How can you practice forgiveness and empathy in your daily life?

Chapter - 11

"From Rejection to Recognition"

Dr. A.P.J. Abdul Kalam was born on October 15, 1931, in Rameswaram, Tamil Nadu, India. He was the youngest of five children to Jainulabdeen and Ashiamma. Kalam's father was a boat owner and a devout Muslim, and his mother was a stay-at-home parent.

Kalam's interest in science and mathematics began at an early age. He attended the Schwartz Higher Secondary School in Ramanathapuram and later enrolled in the Madras Institute of Technology (MIT) to study aeronautical engineering.

After graduating from MIT, Kalam applied to join the Indian Air Force (IAF) as a fighter pilot. However, he was rejected due to a lack of openings. This rejection was a major setback for Kalam, but he didn't give up.

Kalam joined the Defence Research and Development Organisation (DRDO) in 1958. He worked on various projects, including the development of India's first satellite launch vehicle, the SLV-3.

Kalam faced numerous challenges and setbacks during his career. His first rocket launch failed, and he was criticized by his peers. However, Kalam did not let failure discourage him. He learned from his mistakes and continued to work tirelessly.

Kalam's perseverance and determination eventually paid off. He became a renowned scientist and played a crucial role in India's missile development program. He was awarded the Padma Bhushan in 1981 and the Padma Vibhushan in 1990.

Kalam was elected as the 11th President of India in 2002. He served from 2002 to 2007 and was known as the "People's President."

Lessons from Kalam's Life

- **Importance of Hard Work and Perseverance:** Dr. Kalam's life is a testament to the power of hard work and perseverance. Despite facing numerous challenges and setbacks, he never gave up on his dreams.
- **Value of Education:** Dr. Kalam was a strong believer in the importance of education. He believed that education was the key to unlocking one's potential and making a positive impact on society.
- **Power of Positive Thinking:** Dr. Kalam was known for his positive attitude and his ability to inspire others. He believed that a positive mindset was essential for achieving success and overcoming challenges.

- **Value of Failure:** Dr. Kalam believed that failure was an essential part of the learning process. He encouraged people to take risks and view failure as an opportunity to gain experience and grow.
- **Value of Mentorship:** Dr. Kalam was a strong believer in the importance of mentorship. He believed that mentors could play a crucial role in helping individuals achieve their goals and realize their potential.
- **Importance of Giving Back:** Dr. Kalam was a strong believer in the importance of giving back to society. He believed that individuals had a responsibility to use their skills and talents to make a positive impact on society.
- **Value of Discipline and Time Management:** Dr. Kalam was known for his discipline and time management skills. He believed that these qualities were essential for achieving success and making a positive impact on society.
- **Importance of Following One's Passion:** Dr. Kalam was a strong believer in the importance of following one's passion. He believed that individuals should pursue their passions and interests, and that this would lead to a more fulfilling and successful life.

By learning from Dr. Kalam's life and experiences, individuals can gain valuable insights and lessons that can help them achieve their goals and make a positive impact on society.

An individual should not take failure personally as failure is not a reflection of your worth as a person. A person should always learn from mistakes. He should reflect on what went wrong and how you can improve next time. Never ever give up. For this keep trying, and do not be afraid to ask for help. Always focus on the process, not just the outcome.

❖ Questions

1. What does Kalam's story teach us about handling failure?
2. How can we apply Kalam's lessons to our own lives?
3. What are some common mistakes people make when handling failure?
4. How can we develop a growth mindset and learn from our failures?

❖ Insight questions

1. Jot down some situations in your life when you find failure has ruined your life. What steps did you take to manage failure?
2. What is the importance of perseverance and determination in one's life?
3. How can you develop a growth mindset and learn from failures?

Chapter - 12

Learning from Feedback

Priyansh was a Class 9 student at Delhi Public School. He was an avid drama enthusiast and had always dreamed of playing the lead role in the school play. Aryan had been acting in school plays since he was in Class 6 and had gained a reputation as one of the best young actors in school.

Finally, the day arrived when the school announced auditions for the annual play. The play was going to be a musical adaptation of Shakespeare's "A Midsummer Night's Dream". Priyansh was determined to get the lead role of Oberon, the King of the Fairies.

Priyansh practiced his lines day and night, perfecting his diction, tone, and body language. He was confident that he would get the lead role. On the day of the auditions, Priyansh performed with all his heart and soul.

However, when the results were announced, Priyansh was shocked to find that he had been given the role of Puck, Oberon's mischievous fairy servant, instead of the lead role. Priyansh felt disappointed, frustrated, and even angry. He couldn't understand why he hadn't gotten the lead role.

Priyansh approached his drama teacher, Ms. Nalini, to ask why he hadn't gotten the lead role. Ms. Nalini explained that while Priyansh was a talented actor, his performance lacked the emotional depth and conviction required for the role of Oberon.

Ms. Nalini told Priyansh that he tended to overact and that his emotions did not seem genuine. She also pointed out that Aryan's diction and tone were not consistent throughout the audition.

Priyansh felt defensive and hurt by Ms. Nalini's criticism. He began to doubt his own abilities and wondered if he was good enough to be an actor. He even considered quitting the school play altogether.

However, the next day, Priyansh decided to take Ms. Nalini's criticism constructively. He asked her for specific feedback on how he could improve his performance. Ms. Nalini suggested that he develop his character's emotions and backstory.

Ms. Nalini also gave Priyansh some tips on how to improve his diction, tone, and body language. She encouraged Priyansh to watch videos of professional actors performing the role of Puck and to learn from them.

Priyansh took Ms. Nalini's advice to heart and began to work on his character development. He practiced his lines with greater emotional depth and conviction. He also worked on his diction, tone, and body language, making sure that he was consistent throughout.

On the day of the play, Priyansh's hard work paid off. His performance as Puck received a standing ovation, and he received praise from both the audience and his peers.

Priyansh realized that Ms. Nalini's criticism had been a blessing in disguise. It had pushed him to work harder and improve his craft. He learned that criticism, when taken constructively, can be a powerful tool for growth and self-improvement.

Priyansh also learned the importance of perseverance and determination. He realized that success does not come easily and that one must work hard to achieve it.

In the end, Priyansh was grateful to Ms. Nalini for her honest feedback and guidance. He knew that he had grown as an actor and as a person, and he was excited to take on new challenges in the future.

Constructive criticism is a specific type of feedback that aims to improve performance, skills, or behaviour. It is focused on providing actionable advice and suggestions for growth, rather than simply criticizing, or judging.

It also improves performance and helps individual identify areas for improvement and develop new skills. It boosts confidence and encourages individuals to take risks and try new approaches. It enhances learning and growth by providing feedback and guidance.

If criticism is made of any act, it will always be taken at a negative note. So, whenever you wish to give some corrections. Always start with positivity by acknowledging the strengths and accomplishments of the person. Always be specific focusing on specific behaviors or actions that need improvement. You should always use "I" statements to express your thoughts and feelings, rather than "you" statements. Offering actionable suggestions for improvement is always appreciated. The other person's perspective should be kept in mind while encouraging feedback. This can be very easily done by listening actively.

Receiving criticism is of course not an easy task. At the start it will always make a negative impact. But if criticism is thoughtfully managed, it can do wonders. If a few steps are followed things will become quite easy.

- Stay calm: Listen to the feedback without becoming defensive or emotional.
- Listen actively: Pay attention to the feedback and ask clarifying questions.

- Avoid taking it personally: Focus on the issue or behavior being addressed, rather than taking it as a personal attack.
- Be open-minded: Consider the feedback and be willing to make changes.
- Follow up: Check in with the person providing feedback to show that you are committed to
- making improvements.

By taking criticism constructively and persevering through challenges, we can achieve great things and grow as great individuals.

Moral of the Story

The story of Priyansh and the school play teaches us the importance of taking criticism constructively. It shows us that criticism can be a powerful tool for growth and self-improvement, if we are willing to listen and learn.

The story also teaches us the importance of perseverance and determination. It shows us that success doesn't come easily and that one must work hard to achieve it.

❖ Questions

1. What was Priyansh's dream role in the school play? Why didn't Priyansh get the lead role in the school play?
2. How did Priyansh initially react to Ms. Nalini's criticism?
3. What did Ms. Nalini suggested Priyansh do to improve his performance?
4. How did Priyansh handle the criticism?
5. What did Priyansh learn from the experience?

❖ Insight questions

1. Discuss the emotions of a person experiences when he receives criticism.
2. How does Priyansh's story relate to your own experiences with criticism or failure? What can you learn from his example?
3. What role do you think Ms. Nalini played in Priyansh's growth and development as an actor? How can mentors or teachers make a positive impact on our lives?
4. What do you think Priyansh learned about himself through this experience? How can we learn more about ourselves through our experiences and challenges?