



**Help-Kit
6-8**

Irish
**HUMAN
Values**

A Book with Moral Values & Skills



Irish BOOKS

Moral Values-6

Chapter-1

- A.** 1. Guru Nanak founded Sikhism in the fifteenth century.
2. The priest woke Guru Nanak up because he slept with his feet pointing towards his place of worship.
3. The priest was wonderstruck because the place of worship moved in the direction of Guru Nanak's feet.
4. The priest understood that God is present everywhere.
5. Guru Nanak preached that God is not at any particular place. He is always in our hearts. His presence is like a guiding light. He is omnipresent.
- B.** 1. mystry, 2. priest, 3. Guru Nanak's message, 4. presence
- C.** 1. The place of worship moved in the direction of Guru Nanak's feet as he himself a God. And of course God is present everywhere.
2. No, it is not necessary to go to a place of worship to offer prayers because God is everywhere. He could be remembered anytime and anywhere.
3. It is a great relief to know that God is there watching us, guiding us and taking care of us. Under his guidance, we tend to be just, polite and truthful.
- D.** God is universally present all time. He is the super power and is present in each and every atom. He is the beginning and the end. He is supreme.

Chapter-2

- A.** 1. Nature gives us everything we need to survive on the earth including food to eat, water to drink and air to breathe.
2. An ecological disaster is a catastrophic event regarding the environment due to human activity. We are solely responsible for it because it is due to our lack of foresight.
3. Fossil fuels lead to emission of polluting gases which in turn are the causes of global warming, acid rain, climatic change, loss of cultivable land, famines and poverty. This problem of pollution is a global phenomenon requiring proper awareness

and relentless endeavour for its reduction.

4. We can be environment conscious at our age by not becoming selfish and careless. We can try to keep our surroundings clean. We can ensure that water does not stagnate around our dwellings. We can thus reduce the number of mosquitoes and insects. We can prevent the piling of garbage in our neighbourhood.
- B.** 1. Nature, 2. fresh air, 3. extremes, 4. ecological disaster, 5. Pollution
- C.** 1. True, 2. True, 3. False, 4. True, 5. False, 6. True
- D.** Do yourself.

Chapter-3

- A.** 1. Two kingdoms were at war. They were convinced that the army on the other side was the enemy.
2. The leaders of both armies were making preparations to care of their wounded soldiers where they had fallen to spears and arrows.
3. A water-carrier becomes very important at that times as he gives the life-saving water to the soldiers.
4. Kishan was the fastest runner water carrier. He was ordered to give fresh water to drink to all the wounded soldiers.
5. All were surprised with Kishan's act because he was providing water to the soldiers on the other side of the field also.
6. The General called him because he wanted to scold Kishan as he was providing water to the enemies also.
7. He looked confused and puzzled because he was unable to understand who was enemy there.
8. The General declared an end to that war and decided that they should make peace with the people they had fought with for so long.
- B.** 1. wrong, 2. wounded, 3. shocked, 4. more surprised, 5. scold, 6. General
- C.** No one is enemy, it is our own thought of mind. Every one needed water and it must be provided to each and everyone. There is God in every living being.
- D.** 1. True, 2. False, 3. False, 4. True, 5. True

Chapter-4

- A.** 1. Della was sad because she was unable to gift her husband what she wanted as she didn't have enough money.
2. Jim was Della's husband.
3. Their two possessions were Della's hair and Jim's gold watch.
4. Della went to a Hair salon because she wanted to sell her hair to get some money.
5. Della bought a platinum chain for Jim's gold watch.
6. Jim bought the set of combs made of pure tortoise shell with jeweled rims for Della.
7. He sold his watch to get money to buy something special for Della.
- B.** 1. Della, 2. thought, window, 3. clutched, 4. school boy, 5. Christmas
- C.** 1. Jim and Della loved each other truly as they sacrificed their most loving things to give a perfect gift.
2. No, it is not right to say whose live was greater, as they both sacrificed their prized possessions.
3. Love and being loved is everything while all the possessions have no worth.
4. Love is priceless. Its precious.
- D.** Do yourself.

Chapter-5

- A.** 1. Our body is nature's precious gift because it is the abode of the mind, heart and soul.
2. Our responsibility is to keep ourself healthy and fit.
3. Tarun was a young boy who was fond of eating fast food. His teachers noticed that he always ate junk food from the school canteen.
4. He used to get various nick names which were more embarrassing to him.
5. Tarun decided to do something about his compulsive eating.
6. Do yourself.
- B.** 1. Tucking, 2. healthy body, 3. exercise, right eating, 4. regularly, 5. Exercise, 6. regularly
- C.** Do yourself.
- D.** 1. True, 2. False, 3. True, 4. True, 5. True

Chapter-6

- A.** 1. Genghis Khan rode out into the woods to have a day's sport.
2. A hawk was his pet. They were trained in those days to hunt.
3. While going back, Genghis Khan went by a longer road though a valley between two mountains. The hawk flew away to be sure to find its way home.
4. He took out his cup and filled it up from the slowly falling drops to quench his thirst.
5. The hawk knocked down the cup from his hands.
6. The king killed the hawk because it was not letting him to drink water.
7. He forgot his thirst because he saw a dead snake in the pond of water.
8. The king said that the hawk saved his life because it did not want its owner to drink the poisonous water so it spilled the water every time.
9. He learnt never to do anything in anger.
10. He could have laid the bird in his hunting bag as he came to know that the hawk wanted to save his life.
- B.** 1. great king, warrior, 2. woods, 3. hawk, 4. mountains brooks, 5. spilled, 6. poisonous
- C.** Genghis Khan said that he had learned a sad lesson that one should never do anything in anger. As firstly he should have found out the truth about spilling the water again and again rather than killing it.
- D.** 1. True, 2. True, 3. False, 4. False, 5. False, 6. False

Chapter-7

- A.** 1. National treasure could be a piece of architecture, a building of historical significance, document, landscape or some artifact that is considered to be national heritage.
2. Arnav had come to Delhi for the first time with his parents.
3. The guide saw the empty packet and picked up it and threw it in a dustbin.
4. The guide tried to make Arnav understand that historical monuments are important so we must conserve them.
5. Arnav realized that had these monuments not

been there, he would never have known of the history and rich cultural heritage of his country.

6. The day was important for Arnav as it had taught him to appreciate the importance of conservation.

- B. 1. ancient monuments, 2. threw, 3. bored, 4. scribble, 5. monuments, culture, 6. conservation
- C. Do yourself.
- D. Do yourself.

Chapter-8

- A. 1. The man was fascinated with a cocoon.
2. The cocoon had survived undamaged when the twig had been knocked from the tree. The boy gently protected the cocoon and carried it home.
3. The man decided to help the butterfly because he thought that the cocoon had gotten as far as it could and could go no further.
4. The man expected that at any moment, the wings would enlarge and expand to be able to support the body.
5. The butterfly could not fly because the man in his kindness helped it but he did not understand that the struggle required for the butterfly to get through the tiny opening were God's way of forcing fluid from the body of the butterfly into its wings so that it would be ready for flight once it achieved its freedom from the cocoon.
6. The actual process of transformation of a cocoon to a butterfly is that it had to struggle on its own. The fluid which is produced while struggling from the body of the butterfly goes into its wings which help it to fly.
7. The man learnt from the incident that struggles are exactly what we need in our life. If God allowed us to go through life without any obstacles, it would cripple us. We would not be so strong as what we could have been.
- B. 1. butterflies, 2. protected, 3. progress, 4. wing, out stretched, 5. swollen, small, shrivelled, 6. Struggles
- C. No, the man's help didn't actually help the butterfly. In fact the butterfly spent the rest of her life crawling around with a swollen body and shrivelled wings. It never was able to fly.
- D. 1. False, 2. False, 3. False, 4. True, 5. True, 6. True

Chapter-9

- A. 1. Bassanio asked Antonio for loan in order to travel to Belmont to meet Portia.
2. Shylock acted agreeably and offered to lend Bassanio three thousand ducats with no interest. And Shylock added that in case Bassanio could not pay the loan, Antonio would have to give a pound of his own flesh.
3. Shylock insisted on getting Antonio's pound of flesh.
4. Portia tried to convince Shylock that he should take money instead of taking the flesh of Antonio.
5. Bassanio was ready to give Shylock ten times the sum he had taken as loan.
6. Portia put a condition in front of Shylock that he might cut the flesh from Antonio's body but he could not take even a single drop of blood from his body because it was clearly written in the bond that if he failed he would take only one pound of flesh from his body.
7. Shylock was scared because Portia reminded him that according to the law of any alien, directly or indirectly, seeks the life of any citizen and if it was proved, half of his goods were donated to the victim and the other half went to the state.
8. He was ashamed when he came to know the importance of mercy and how one can show his mightiness by forgiving others.
- B. 1. Venice, 2. enmity, 3. flesh, 4. pleas, 5. mercy, 6. pardon
- C. Mercy is the greatest quality of man. It cannot be forced. It is spontaneous. It is gifted by God. God loves the one who has mercy. Feeling of mercy make a man different from others. To forgive sometime, one needs a lot of power in heart so only strong people possess this quality.
- D. 1. True, 2. True, 3. True, 4. True, 5. True

Chapter-10

- A. 1. Chanakya united Bharat under the rule of Chandragupta Maurya. He was fearless, not afraid of death and never became disappointed by defeat. He was compassionate to the poor and evil to deceit.
2. He helped Chandragupta Maurya to access the

throne.

3. Chanakya started adding small amount of poison in Chandragupta's food so that he would get used to it. The aim of this was to prevent the Emperor from being poisoned by enemies.

4. Chandragupta Maurya's son was named Bindusara because a drop of poison had passed to his head when he was in his mother's womb and so Chanakya named him Bindusara.

B. 1. Alexander, army, 2. compassionate, evil, 3. Taxila University, 4. Bindusara, 5. Radhagupta

C. Chanakya said that we must not waste time. We should use it and learn sometime every day. We must learn a verse a day and if its not possible then learn half a verse a day and if this is also not possible than learn one fourth of it and if this is also not possible somehow then learn a letter of it surely. Means do something surely. We should be attached to charity and to other pious activities and must be good learners.

D. Cause

2. Numerous petty kings were looking after their own interests.

4. Because he, himself could not be the king.

5. The modern India pay tribute to Chanakya.

Effect

1. The atmosphere was full of frustration and depression.

3. He organized a fresh national resistance.

Chapter-11

A. 1. Good health does not mean only a disease-free body. A healthy body is that which disease-free, active and strong. A very fat boy or a very lean and thin boy cannot be called a healthy boy.

2. Without good health we cannot enjoy our lives.

Healthy body is required for a positive and constructive mind.

It has also been seen that only healthy students perform better in their studies.

A good healthy body is required not only to do better in studies but it is also required to do better in games and sports.

A good health is also required to lead a happy life. A sick person remains sad and depressed.

3. There are certain things and activities which help us in maintaining good health and there are other which spoil our health or prove slowly harmful. We should : 1. Develop Good food habits, 2. Exercise daily, 3. Give importance to Entertainment and rest, 4. Adopt Cleanliness, 5. Follow Safety rules

4. Recreation is the best brain tonic. After doing a certain kind of work for long hours, we get tired. At this moment we need some mental refreshment. There are so many ways through which we get refreshment. It may include playing games, drawing pictures, meeting with friends, watching television, etc.

5. Rest is also very important. Our body is like a machine. It also needs rest. So we should take an eight hour sound sleep everyday. It will give your body and mind a complete rest so that you could join your work again with full efficiency.

6. Cleanliness is next to Godliness. Cleanliness is another important factor that influences our health. Germs grow at dirty places that can cause various kinds of diseases. So, we should avoid germs by keeping our body, our belongings, house, school, etc. neat and clean.

7. To avoid deficiency diseases we should take a balanced diet which comprises all the nutrients like vitamins, proteins, minerals, carbohydrates, fats etc. in a definite proportion.

B. 1. Stamina, 2. sad, depressed, 3. Obesity, 4. Games, sports, 5. Recreation, 6. hurry

C. 1. Only good health brings success. A healthy body is the foremost requirement of a student. If a student does not have a healthy body, how can he perform better in studies and get success.

2. Our body is like a machine. It works continuously. It also needs rest. A sound sleep will give you body and mind a complete rest.

D. Wealth is valuable but not as much as good health. Wealth can be regained with the help of good health. With a good health we can do everything our life becomes meaningful. Health is the gateway to success.

Chapter-12

A. 1. Arjuna was the of third Pandava brothers. He was trained by Dronacharya.

2. Guru Drona wanted to test his students in the skill of archery.
 3. The replies of other students were that they could see a tree, its branches, leaves, flowers and the sky beyond it.
 4. Guru Drona was pleased with Arjuna because he could only see the bird's eye which was his target.
 5. Bhim's mind was focused on the food. He ate undeterred even when there was no light. This inspired Arjuna, to train himself to aim even when there was no light. Arjuna used the power of concentration to succeed in archery.
 6. He was known as 'maharathi'.
 7. Draupadi's father announced that whosoever could pierce the eye of this fish by looking only at the reflection of the fish in a vessel full of oil placed below, would get Draupadi's hand in marriage.
- B.** 1. skill of archery, 2. shoot, step, 3. unturned, 4. Bhim, 5. concentration, 6. Arjuna
- C.** 1. Arjuna was known as Maharathi only because of his power of concentration. Only this quality of concentration made him better and different from others. He was focused and determined.
2. Do yourself.
- D.** 1. True, 2. False, 3. False, 4. True, 5. True

Chapter-13

- A.** 1. Vishal thought about how he was going to sing at the school assembly later in the morning.
2. Vishal's problem was that his mind was not disciplined. While he was in a particular place, his mind was usually somewhere else.
3. The teacher called another child to sing at the assembly instead of Vishal. Because she noticed his unwashed face and his uniform without the tie. His happened to him because he was absentminded.
4. Yes, meditation could have helped him a lot.
5. Disciplined mind is the first step in preparing for meditation.
6. Meditation means 'a cessation of the thought process'. The observer realizes that all the activities of the mind are reduced to one.
- B.** 1. elsewhere, 2. discipline, 3. enjoy, excel, 4. Meditation, 5. observer
- C.** Meditation is a very effective therapy. It is a safe and simple way to balance a person's physical, emotional and mental states. Meditation is like giving a hug to ourselves. We get in touch with that awesome reality in us. While meditating we feel a deep sense of intimacy with God, a love that is inexplicable.
- D.** 1. False, 2. True, 3. True, 4. True, 5. False

Moral Values-7

Chapter-1

- A.** Do yourself.
- B.** Do yourself.

Chapter-2

- A.** 1. Rolf Funk was a skiing champion. He had met with an accident. He hit a large bump in the snow which sent him flying out of the skis headlong into the snow.
2. He prayed to God to send someone to save his life.
3. Doctors said that his neck was broken. They were not sure if the surgery would be successful because 95 per cent of patients with such an injury are

confined to a wheelchair for life.

4. Funk told Blair that he could feel a healing taking place. He was confident that he would fully recover because he has faith in God.
5. Funk thought inspire of the doctor's examination that he would walk out of the hospital in a week.
6. None of the doctors could believe their eyes when they saw him walk out of the hospital with eight days.
7. 14 months after the accident, he competed in the Masters Ski Championships. He could just manage to raise his left arm. There was no sensation in that arm but he could just hold it in the right position for ski racing. He did not win any of the races but

participating itself was like victory for him.

8. He once said in a press conference, "I could never have made that recovery without Nora's unconditional love and support and without my strong faith in God."
- B.** With strong will power and deep faith in God. Funk participated in the Masters Ski Championships, 14 months after the dreadful accident. Though he didn't win any medal but he made a come back with a bang. His confidence, patience and faith in God did wonders.
- C.** 1. faith, 2. God, 3. strong, 4. confident, 5. Nora, 6. amazing recovery
- D.** 1. True, 2. True, 3. True, 4. False, 5. True
- E.** Do yourself.

Chapter-3

- A.**
1. Krishna and Sudama were friends since the days they were students at Guru Sandipani's ashram.
 2. Krishna married princess Rukmini.
 3. Sudama's wife could not bear that they did not even have enough to protect their children from the cold or to give them sufficient food.
 4. Sudama went to meet Krishna because his wife insisted him to ask for help from Krishna as she believed that he could surely help them to give their children a better life.
 5. Sudama was surprised to see that Krishna came running towards him and hugged him. Sudama's happiness knew no bound.
 6. Sudama hesitated to give Krishna a handful of flattened rice because he thought that it was not an appropriate gift to be given to Krishna who was now a king.
 7. Sudama understood that all the riches and the mansion were gifted by Krishna. He had not said anything but still he understood his plight.
- B.** 1. Dwarka, 2. austere, 3. monetary, 4. bounds, 5. lush trees, fields
- C.**
1. Sudama was content as he left Dwarka because he recalled the love that was showered upon him by Krishna. He was content after meeting Krishna.
 2. The reason of Sudama's happiness when he reached the mansion was that even though he did not say anything then also Krishna understood his

plight and quietly gave him more than his needs.

3. A true friend is one who is the most difficult to find and keep. Krishna and Sudama's financial status did not make any difference in their friendship. They lost touch for several years but then also their love did not lessen. Sudama had nothing to offer and yet he did not beg for anything. Krishna too knew very well that true, selfless love and friendship such as Sudama would only give and never take. Their friendship was divine.
- D.** 1. True, 2. False, 3. True, 4. True, 5. True

Chapter-4

- A.**
1. The one who is actually being cruel to his body when he thinks that he is kind to it falls ill frequently. They do not take sufficient sleep, proper food and neglect their body.
 2. We are cruel to our stomach when knowing that our stomach is full, we go for more servings and stuff our stomach beyond its capacity.
 3. We are different from birds and animals in matter of laziness as they wake up with sunrise, work the whole day to find food and at sunset they settle down to sleep. They do not use an elevator while we do. It is me humans who feel lethargic and tired because of lack of rest.
 4. We can show respect to our body by not eating that extra helping of food, not treating our selves to night parties or movies and unwanted luxuries.
 5. Physical intelligence is not about what we should be eating or should not be eating. It is also not about how many glasses of water we should drink or why we need regular exercise and good sleep. It is about how we treat ourself. Our body gives us signals all the time. Learning to listen to these signals and respond wisely is being physical intelligent.
 6. Our body talk to us by screaming, heart attacks and brain hemorrhage. But mostly is only whispers through sneezing, stiff necks, pain, discomfort or even weight gain or weight loss. If we ignore the whisper and mute the pain with a pain killer your body will find a way to force us to take time off and attend to it.
- 7. Few ways of balanced eating :**

- To strengthen the body and the immune system, eat more whole grains, vegetables, fruits and low fat protein.

- Opt for lean meat, when you eat meat.

- Eat sparingly or avoid food high in saturated fat or high in sugar e.g. fast food/processed food.

- Stop eating when you are satisfied. Don't let yourself be uncomfortably full.

- Drink a lot of water : 6-10 glasses a day. It goes a long way to maintain fitness.

- At all times avoid over-eating, extreme dieting and mindlessly eating junk food.

8. To deal with stress :

- Exercise, eat wisely, and get enough rest.

- Think positively at all times.

- Lead a balanced life.

- Talk to the right people and seek help.

- Set reasonable goals for yourself.

- Learn to say "no"! Don't take responsibilities for everyone and everything; you will end up getting frustrated.

- Be surrounded by positive people.

- Do not compare yourself with others. Remember you are unique, so respect yourself as you respect others.

9. We can get regular exercise :

- Start in small way that you can continue/sustain.

- Do something at least 3 to 5 times a week.

- Choose something you enjoy, something that suits your condition.

- Vary the kinds of exercises so that you are not bored and so that different parts of the body are strengthened.

10. Positive impact of stress :

- During a test or exam if you are stressed, it could improve your efficiency and performance.

- Control your response to stress. This can help you do better and feel more encouraged.

Negative effects :

- If you view stress as bad, your energy gets lost due to unproductive anxiety.

It could be dangerous both physically and

psychologically. Physically, it can make a person illness prone and depressed whereas it is psychologically dangerous as it can lead to lack of concentration and depression.

B. 1. considerate, opposite, 2. comfort, human, 3. treat, 4. attention, 5. eating, 6. compare, 7. stamina, 8. positively, 9. positive, 10. wisely, distressing

C. 1. True, 2. True, 3. False, 4. True, 5. True, 6. False, 7. True, 8. True, 9. True, 10. True

D. Do yourself.

Chapter-5

A. 1. A water bearer carried pots one on each end of a pole on his shoulders and used them to deliver water from the stream to his master's house.

2. The perfect pot was proud of itself because it always delivered a full pot of water.

3. The cracked pot was ashamed as it felt that because of its flaws, the water bearer had to work hard. The water used to leak through the crack.

4. The water bearer told the pot that he has utilised its flaws in a productive way. He had planted flower seeds on its side. The cracked pot unknowingly watered those seeds and as a result beautiful flowers bloomed.

5. Its flaw was its positive point because of which the water bearer was able to get flowers to decorate his master's table.

B. 1. water bearer, 2. crack, 3. half full, 4. cracked pot, 5. flower seeds

C. 1. True, 2. True, 3. False, 4. True, 5. True, 6. True, 7. True

D. 1. If I were the perfect pot, I would have made the cracked pot understand about its positives to be energized.

2. If I were the cracked pot, I wouldn't have felt guilty of my flaw. Because I know that God has made us all different. I am unique in myself.

3. Differences are a part of life and nature. Differences are good. We are constantly being made aware of the glorious diversity that is written into the structure of the universe we inhabit. We are taught to celebrate our differences.

4. Our negatives can become our positives. Firstly we should not think that we have any negative.

Because we are different from others in many ways. We are matchless. We should work on our negatives and then turn them into positives by working hard. Don't wait the hot iron to strike. Keep striking the iron, make it hot and then strike it.

Chapter-6

- A.** 1. The trader told his men that while passing through the forest, they should not eat the fruit, flower, leaf, etc. of any plant or tree that they did not know. Because those could be poisonous.
2. Most of the men decided to eat the fruits and satisfy their hunger.
3. The men who ate fruits soon died.
4. The trader refused to eat fruits because they were fruits of a whatnot tree. They looked similar to mango trees but they were poisonous.
5. Trader's intelligence and keen observation things saved many people in the caravan from certain death.
- B.** 1. fifty, 2. forest, 3. disagreed, 4. poisonous, 5. commonsense, wisdom, power of keen observation.
- C.** 1. If I were the man in the caravan, I would have followed trader's words as he advised not to eat anything after observing a lot.
2. The trader acted by being prudent only. He did not know about the fruit at first. He only observed something and then ordered.
- D.** 1. True, 2. True, 3. False, 4. False, 5. True, 6. True

Chapter-7

- A.** 1. The princes were passing a forest on their way to the king Virata's kingdom. Yudhishtira asked Nakula to climb the tree to see if there was a lake or a pool where they could get some water to drink.
2. Yudhishtira's brothers felt dizzy and passed away after drinking the water from the pool.
3. A demigod told Yudhishtira before he could drink water that he could drink from his pool only after he had answered his questions.
4. The last question was, "Now I shall bring one of your brothers back to life. Whom do you want?"

5. The replay of Yudhishtira was, "My father, King Pandu had two wives-Kunti and Madri,". "If one son of Queen Kunti is alive, it is but fair that one son of Queen Madri be alive too."

6. The God of death was pleased with Yudhishtira because Yudhishtira was truly noble.

- B.** 1. parched, dry, 2. brothers, 3. froze, 4. hundred, 5. Pandavas
- C.** Do yourself.
- D.** 1. True, 2. True, 3. False, 4. True, 5. False, 6. False
- E.** Do yourself.

Chapter-8

- A.** 1. The components of culture include fine arts, architecture, humanities, beliefs and practices.
2. Indian architecture is a living testimony to our rich cultural heritage. We are influenced by the different people who came and stayed in India for some time and other who made India as their home. In this manner India's architecture has many influences like Dravidian, Jain, Mughal and Colonial. This is the reason that our monuments are vastly different as you travel from one part of India to another.
3. The Dravidian influence can be seen by the various kingdoms that ruled in different periods then. The characteristic feature of these is step-pyramid, shaped temples in intricate carved stone of numerous deities and warriors. Some famous one are like the Meenakshi Temple at Madurai, in Tamil Nadu, the Dodda Bassappa Temple at Dambal in Karnataka, the Shore Temple near Mahabalipuram which is also a UNESCO World Heritage Site and the famous Thanjavur Temple in Tamil Nadu.
4. We see different types of architecture in India because of the influence different cultures and traditions it has seen.
5. A classical language is that which is ancient, has independent traditions and has arisen on its own; not as a derivative of another language.
- B.** 1. distinct, 2. monuments, 3. Buddha, idol, 4. influenced, classical, 5. Language, ancient texts, 6. English
- C.** 1. True, 2. False, 3. True, 4. True, 5. False, 6. True

- D.** India's rich cultural heritage is for us to see how our past was how our ancestors used to live to understand their lives and to enjoy them their works. It is our duty to preserve their heritage.

Chapter-9

- A.** 1. The Old testament clearly states that the Earth is the creation of 'the Lord's... He has founded it on the seas and established it on the rivers'.
2. Gobi desert is growing bigger every year because trees have been cut down and ground water has been overused.
3. The people of Alwar decided to do something to solve the problem. With the help of a voluntary agency, they built earthen check-dams called johads, to trap the water during the monsoon rains.
4. Earthen check dams were called johads. The slogan was "johad banao, paani bachao (build johads, save water)".
5. The Koran teaches, "He it is who has appointed you as the Khulafa (viceroy) of the Earth."
- B.** 1. watery planet, 2. Water, 3. Alwar district, 4. Aravalli, 5. waste, 6. desert
- C.** 1. True, 2. True, 3. False, 4. True, 5. False, 6. True
- D.** 1. The Earth is a paradise for all living beings because it is the only planet where life exists.
2. Every part of the Earth is linked with the other. They make up a complete system. If land is polluted, water will also be polluted and so will be the air.
3. If we poison our rivers, we poison the oceans because river water flows into the oceans and pollute them too.
4. Polluting the air over our cities pollutes the air everywhere as air travels and makes other places polluted too.

Chapter-10

- A.** 1. The teacher placed a big glass jar and an assortment of big stones, medium sized stones, some small pebbles and a heap of sand on the table.
2. He asked the students to find the best way of fitting

in all the stones and sand into the glass jar.

3. The big stones are considered as high priority ideas.
4. The sand is considered as small ideas. Yes, it took place in seemingly full jar.
5. The students understood that it's not possible to make time for bigger work when the mind is occupied with small things! So it is better to first pay attention to your important thoughts like studying the day's lesson on time.
- B.** 1. priority, 2. sand, full jar, 3. first priority ideas, 4. impossible, mind
- C.** 1. When you fill the jar with sand at first then there would not be any place to put other things in the jar.
2. We must know how to tackle our priorities otherwise, useless things like sand will take all the space of jar leaving no time to do other precious things.
- D.** 1. If we are willing to do something and we do it with full concentration and faith then nothing is difficult to achieve.
2. Nothing is impossible in this world. It is only our mind which says it is possible or impossible. Doing every work with full determination results in success.

Chapter-11

- A.** 1. Meenakshi was a part of a girl group at school. She started feeling that her friends were becoming fashionable.
2. Meenakshi felt great when her friend Rita bought her a dress.
3. Meenakshi could have felt unhappy on her return from the discotheque because she went there after telling lie to her parents.
4. She didn't want to go to see the movie with her friends because she did not like the pressure of living in their style and was uncomfortable.
5. Meenakshi felt her heart sank because her friends were trying to smoke to become cool.
6. Meenakshi felt scared because her friends asked her to smoke too, otherwise they would not be friends.

Moral Values-8

Chapter-1

- A.** 1. The poet dreamt of himself walking along the beach with the Lord.
2. The poet noticed two sets of footprints in the sand.
3. The poet was really bothered to find that God was not there with him in very lowest and saddest time.
4. There was only one set of footprints in the sand during the times of trial and suffering because the Lord had carried the poet, so the footprints were of God only.
- B.** The reality is that we all go through ups and downs in our lives. Sometimes God walks beside us and other times He must carry us. The truth is that He is with you all along, even when you are sad. When we need help, God carries us like a father carries his child. God is with us everywhere, even in hardships He is more conscious towards us.
- C.** Do yourself.
- D.** 1. T, 2. T, 3. T, 4. T, 5. T

Chapter-2

- A.** 1. Akbar had discussions with Birbal.
2. Akbar asked Birbal "Birbal, the Muslims worship only one God, that is Allah. Likewise, the Christians worship Jesus Christ. But I do not understand why the Hindus worship so many Gods like Brahma, Vishnu, Shiva, etc. Do they believe in one God or more than one God?"
3. Akbar wanted Birbal to prove how God could have many names, and yet only be one.
4. Birbal proved that God is one by showing the different ways of tying a turban.
5. God is called by different names by Hindus according to the different kinds of deeds He performs. He is one and supreme.
- B.** 1. religious, 2. immediately, 3. Birbal, 4. Akbar
- C.** God is only one who is the creator of the universe. He is the only one who has made us all. It is we who have divided Him according to our religions and customs. We have only imagined Him like Krishna, Allah, Jesus and Nanak. Even after dividing also all the religions

preach only one thing in different ways and languages. They all preach only Goodness.

- D.** 1. T, 2. T, 3. F, 4. T, 5. F

Chapter-3

- A.** 1. The pencil maker took the pencil aside to tell it five things.
2. The pencil maker tried to make the pencil understand that.
a. It could do wonders only when others hold it in their hands.
b. It will get pain while sharpening but after that it will become better.
c. It can correct all the mistakes it does.
d. The best thing of it is inside it, with which we write.
e. It must leave the mark what ever it is does. Irrespective of the condition but it must continue to write.
3. The pencil promised to remember all what it was taught.
4. We can be the best person and do wonders when we allow ourselves to be held in God's hands. We'll go through various problems but they will make us stronger. We will be able to correct any mistakes we make. The most important part of us will always be what's inside us, that is our purity. And on every surface we walk through, we must leave our mark. No matter what the situation, we must continue to do our duties.
5. Yes, all these things actually help us to proceed with our life.
- B.** 1. pencil maker, 2. sharpening, 3. inside, 4. correct, 5. the Earth
- C.** 1. T, 2. T, 3. F, 4. T, 5. F
- D.** All are living but living for a good deed or with a good deed is important. To learn is necessary for our growth while our ways will be different like our bodies are different. We should continue to grow as we continue to live.

Chapter-4

- A.**
1. Education is very important for progress and development of a country.
 2. After independence, the government took great measures to eradicate illiteracy from India. The money spent on education has increased, the number of students has very greatly increased, so also the number of institutions. Primary education has become free in all states and some states have free education till the university level. Primary education has been made compulsory almost in every state.
 3. The Indian government realized that without mass education and encouraging people to learn, it will be difficult to solve the problems and pace the development of the country.
 4. The single factor most responsible for lack of education is the faster growth of population. It has resulted in an increase in the number of illiterates in our country.
 5. To make India literate, the literacy campaign must be a mass movement—a people campaign. All organizations, university and high school students are to be pressed into work. If we follow the dictum 'Each one teach one', soon India will be a literate country and will march ahead.
- B.**
1. Ignorant, 2. Primary education, 3. Kerala, 4. fund allocation, 5. mass movement
- C.**
- Each one teach one is a motivation for the educated class to understand their moral and social responsibility to teach at least one illiterate person, making a big difference in society. It is our social responsibility to share our wealth of knowledge and learning with the least privileged section of society. The contribution of each individual can bring a significant positive change in the current state of illiteracy.
- D.**
- Literary is about acquiring the skills and learning while education is about applying these skills and learning for benefit of other people. Society or county write but also has the ability to think in broader terms and analyse the things rationally. Every literate person cannot be called an educated person.

Chapter-5

- A.**
1. The bird's business was music, and right well did he do his lovely part.
 2. God made light. Yes, it is loved by the people.
 3. Bird and worm cannot be friends because birds eat worms and can't be on friendly terms.
 4. India can give Palaces, temples, beautiful shawls and carpets, and the holy hymns of the Brahmins.
 5. Because of having peace all should bring their good gifts to the help of the world and thank each other as friends and neighbours should.
 6. We can bring peace in the society by providing peace for another.
- B.**
1. music, 2. People, 3. gift, 4. nightingale, 5. constructive, destructive
- C.**
1. T, 2. F, 3. T, 4. T, 5. T
- D.**
- Living in peace is about living harmoniously with yourself, others and all beings around you. Strive for more peaceful relationships, create a peaceful environment for yourself and encourage peace in your community. With persistence and patience, you can enjoy the peaceful life that you are seeking.

Chapter-6

- A.**
1. Rohit is a student of class IXth. He is admired because he always comes second or third in the class. He is sincere and hardworking. He is obedient and always eager to help others.
 2. He is inspired a lot by Miss Mamta, his teacher because she teaches and sings very well. She is always ready to help her students. She likes to read books in the library too.
 3. Miss Mamta told Rohit that reading is a wonderful thing. It is a source of infinite joy, peace, adventure and exploration. It is delightful just enjoying a good story.
 4. Yes, books can be a source of inspiration. Reading books is one of the best source of refreshment one can give to their minds, reading and writing has also proven essential for the upliftment of intellectual power to understand things. We like to acquire knowledge about different things and unknown truth or facts which we do not come across till date.

5. Books benefit us immensely. Reading is wholesome, healthy and good for the mind as well as the body.

If your main concern is educating yourself and improving our chances of succeeding in our career by reading various books then certainly we should do that.

6. Rohit is an all rounder, has keen desire to know more and more things. He is every helpful, respectful and sincere. He also wants to make an avid reader reading books a habit to become.

- B.** 1. ready, 2. books, 3. essential, 4. interest, 5. Immerse, world, 6. 10-20 minutes
- C.** Books are our best friends because they always inspire us to do great things in life and it helps us to overcome our failures. We learn a lot from books just like a good friend. Books can be good or bad, but it is our responsibility to choose them wisely.
- D.** 1. T, 2. T, 3. F, 4. T, 5. F, 6. T

Chapter-7

- A.** 1. Bobby was filled with fury because his parents had been fighting all night over his poor marks and blaming each other.
2. Bobby needed to vent his anger next day.
3. Bobby made Seema to cry because he wanted to take out all his frustration.
4. Bobby was in confused surprise because Amita had come to know that he was having a bad day.
5. They smiled at each other because Bobby felt lighter due to Amita's kindness.
6. To deal with a person's anger, firstly one should control oneself and then he should try to make the other understand the situation.
- B.** 1. fury, 2. frightening, 3. hurt, satisfy, 4. thought, 5. school counsellor
- C.** 1. If we are patient at the time of anger then we are free from regret a hundred days. Because we say something in anger which we should not. Which we may regret later. So we must try to control our anger. Anger hinders our concentration and ability to focus.
- D.** 1. T, 2. T, 3. F, 4. T, 5. F, 6. T
- E.** Do yourself.

Chapter-8

- A.** 1. A disaster is a sudden, calamitous event causing great damage, loss, destruction and devastation of life and property. Disaster Management (or emergency management) is the discipline of dealing with the avoiding risks.
2. Disasters can broadly be classified into two categories:
1. Natural 2. Man-made
- Natural disasters** occur due to unpredictable changes in nature that are beyond human control They include earthquake, landslide, flood, drought, cyclone, tsunami, etc.
- Man-made disasters** are the ones that are caused due to the deliberate actions of individuals, groups or organisations. Example : rail, road or air accidents.
3. Prevention of disasters is the best way to eliminate or reduce the incidence of severity and emergency. Preventive measures undertaken consists of proper land use, reducing habitation in risk zone, construction of disaster structures like cyclone shelters or embankments and community awareness and education.
4. a. Earthquake
1. When indoors, do not rush outside. Get your family into doorways, under the tables and beds.
2. Keep away from windows and chimneys.
3. When outdoors, keep clear of buildings, high walls of dangling electric wires.
4. Put out all domestic fires and turn off heaters.
5. Save water, fill in all emergency containers.
6. Free pets and domestic animals.
7. Avoid the use of lifts.
8. Do not sit inside a vehicles.
- b. Tsunami
1. First, protect yourself from an Earthquake.
2. Get to high ground as far as possible.
3. Be alert to the signs of a tsunami.
4. Listen to emergency information and alerts.
5. Do not wait for others.
- c. To save from volcanic eruption, one should–

1. Listen for emergency information.
2. Follow shelter orders.
3. Avoid areas downstream of the eruption.
4. Protect yourself from falling ash.
5. Do not drive in heavy ash fall.

d. Flood

1. Listen to the radio for advance information and advice.
2. Disconnect all electrical appliances and move all valuable, personal and household goods and clothing out of reach of flood water, if you are warned or if you suspect that flood water may reach the house.
3. Move vehicles, farm animals and moveable goods to the highest ground nearby.
4. Prevent pollution—move all insecticides away from the water.
5. Turn off electricity and gas if you have to leave the house.
6. Lock all outside doors and windows if you have to leave the house.
7. Do not enter flood waters on foot or in a car, if you can avoid it.

B. 1. Disaster Management, 2. Natural disasters, 3. Recovery, 4. landslides, 5. Tilting, cracking, 6. United States of America, 7. causes, adverse

C. Do yourself.

D. Prevention is defined as those activities taken to prevent a natural phenomenon or potential hazard from having harmful effects on either people or economic assets. Delayed actions drain the economy and the resources for emergency response within a region.

E. Natural disasters leave people, animals, islands, and countries devastated by the forces of land, air and water. Save the children in mobilizing teams and supplies to reach children and families. Help to provide safe water and sanitation. Provide life saving efforts for animals in disasters. Donate to global giving. Donate to a Local Co Fund Me Campaign. Donate to the Local Barbuda Red Cross. Donate the save animal lives. Donate blood. Donate your time. Donate to a company Matching all donations.

Chapter-9

- A.**
1. James Watt was the great inventor of steam engine, born in Green Ock, Scotland, on January 19, 1736. He early manifested a taste for mathematics, mechanics, studied, botany, chemistry, mineralogy, natural philosophy and at fourteen constructed an electrical machine.
 2. He was sent to Glasgow to learn to make mathematical instruments, but for some reason he went to London the same year, engaging with one Morgan, working at the same trade.
 3. He had to eke out his living by repairing fiddles, which he was able to do, though he had no ear for music.
 4. By attaching a glass tube to the nose of the tea-kettle he conducted the steam into a glass of water, and by the time the water came to the boiling point, he found its volume had increased nearly a sixth part; that is, one measure of water in the form of steam can raise about six measures of water to the own heat.
 5. He was disappointed in the workings of his own machines because his success came very slow and discouraging channels.
 6. Matthew Boulton showed belief in James Watt's capabilities. No, James Watt did not let him down. He discerned the great improvement over all engines then in use.
 7. James Watt was the first to conceive the idea of warming buildings by steam. He was the first to make a copying-press; he also contrived a flexible iron pipe with ball and socket joints, to adapt it to the irregular riverbed, for carrying water across the Clyde.
 8. It tells us that he was a man of patience and had only goodness for others in his heart. He was not only kind and affectionate but generous and considerate of the feelings of all around him.
 9. The purpose of an engine is to provide power. They have been used to power the first trains, ships, factories and even cars. It is a heat engine that performs mechanical work using steam.
 10. His grave is in Westminster Abbey because of his great works and marvellous character. Even when he was not born there. The epitaph says, "Not to perpetuate a name which must endure while the

peaceful arts flourish, But to show that mankind have learned to honour those who best deserve their gratitude". It suggests that for the purpose of perpetuating the fame of revered patriots and renounced warriors, almost every action has been accustomed to hold anniversary ceremonies.

- B.** 1. mathematical instruments, 2. repairing fiddles, 3. slow, discouraging, 4. Boulton, 5. steam, 6. learning, science
- C.** 1. T, 2. T, 3. F, 4. T, 5. T
- D.** It means that when we fall down we must get up and try to walk may be step by step. We fall but to learn to rise up is another step so we must keep trying to rise up even after falling. Falling down makes us learn to do better. One who never falls, never learns.
- E.** Do yourself.

Chapter-10

- A.** 1. The boy was willing to make new friends.
2. The boy was ready to meet his new group of friends at the back of school because he wanted to be a friend with them.
3. The boy began to frown because his so called friends were smoking and wanted him to do the same.
4. The boy said, 'No' because it could spoil his sporting career and he knew how to manage peer pressure.
5. His coach told him that he could get college scholarship for softball.
- B.** 1. friends, 2. weird, disgusting, 3. future dream, health, 4. influence
- C.** Sometimes our courage of facing seemingly small actions make us large and teach us to deal with greatness to achieve our aim.
- D.** 1. T, 2. T, 3. F, 4. T, 5. T, 6. T

Chapter-11

- A.** 1. Nature provides us all the basic resources that we need to live such as air, water and food. It also provides us various other things that we use to make our life more comfortable and progressive.
2. Nature is compared with a mother. Because it gives us everything that we need like our mother.

3. Nature has a great importance in our lives.

Nature has given us air, water and food which are our basic requirements. We cannot live without air, water and food.

Nature gives us raw materials to make clothes such as cotton, jute, linen, wool, silk, leather etc. Clothes are also our basic requirement that save us from heat and cold.

Nature has provided us with various kinds of medicinal plants like neem, tulsi that we use to prepare medicines for the treatment of various diseases.

Nature has also provided us with various sources of energy such as coal, petrol, diesel, firewood, natural gas, etc.

4. We get a lot of things that we need to live and to make our life more comfortable. But it is very unfortunate that our careless attitude towards nature has resulted in destruction of nature, natural resources and natural beauty.
5. Due to loss of forests the total rainfall has also reduced in many parts of India.

Excessive use of fossil fuels like coal, petrol, fire wood, etc. cause air pollution. Pollution has brought about a great threat for the atmosphere. Global warming or the change of weather, depletion of ozone layer are some consequences of air pollution. Acid rain is also caused due to air pollution.

Only about two per cent of the total available water is potable which we get from rivers, ponds, lakes or in the form of underground water. Most of the water is present in seas and oceans which is salty and useless.

Excessive use of minerals has caused their depletion.

6. We can contribute a lot in conservation and protection of environment in many ways.

Firstly, we should try to conserve forest.

Everyone should participate in plant regeneration programmes such as social forestry.

To control air pollution we should reduce our dependency on fossil fuels. We should use alternate sources of energy such as solar energy, wind energy and flowing water energy, tidal energy, etc.

Reuse and recycling are some other methods to conserve natural resources, as well as to check pollution. We should try to use waste products in other ways. You can use old clothes in making wall hangings, mats, flowers, etc.

People should separate the wastes generated in their houses in separate dustbins. They should also empty their dustbins in concerned public dustbins.

- B.** 1. Nature, 2. Animals, 3. Natural beauty, 4. component, 5. Pollution, 6. depletion, 7. separate
- C.** We are not so much conscious as we must be like when a child holds an unpinned hand grenade. Which can spoil each and every things. So we must be alert and do our duty to save our nature besides being unconscious.
- D.** 1. T, 2. F, 3. T, 4. T, 5. F, 6. T, 7. T, 8. F, 9. F, 10. T

Chapter-12

- A.** 1. Ishimure Michiko raised her voice because a

chemical factory was not just polluting the waters of the Minamata Bay which not only adversely affected the marine life but also the cats, crows and other animals that ate the fish.

- 2. Cats begun to behave strangely. Crows fell from the sky as if they could no longer fly. Fish, crabs and octopuses too were commonly seen dead floating on the bay because of pollution in Minamata Bay.
 - 3. The doctors confirmed that the symptoms were due to chemical poisoning.
 - 4. Ishimure began writing articles about how the Minamata Bay was pure before Chisso started to dump its effluents into it.
 - 5. Minamata was a bay which converted into a diseased water because of pollution.
- B.** 1. Minamata Bay, 2. sensation, 3. Ishimure, 4. Chisso Corporation, 5. victims