

Consciousness Development Value Education



Class 2
English Textbook

Based on Chetna Vikas Mulya Shiksha and NCERT
recommendations

Aegis and Guidance

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Prayer

Invocation to them,
invocation to them with gratitude
Who are guides of the righteous path
Together we bow to them
Together we bow to them

Admiration for them,
admiration for them with deep regards
Who are kind gracious and compassionate
Together we bow to them
Together we bow to them

Salutation to them,
salutation to them with high esteem
Who are engaged in universal goodness
Together we bow to them
Together we bow to them

Veneration for them,
veneration for them with dignity
Who educate and inspire humankind
Together we bow to them
Together we bow to them

Devotion to them,
devotion to them with reverence
Who help in development of consciousness
Together we bow to them
Together we bow to them

-Chani R.Chawda

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Lesson 1.**Human Goal**

I am a human child.

I want to be happy.

Every human wants to be happy.

I want to understand.

By understanding I become happy.

I want to understand my body.

I want to understand my potential.

I want to understand things around me.

Every human has the same desire.

Humans are called wise only when they have understood.

I desire to be a wise human.

I desire that every human becomes wise.

Only with understanding can every human live with continuous happiness.

This is every human's basic desire.

This is a human goal.

New Words to Remember

S.No.	New word	Pronunciation	Hindi word (s)
1.	happy	हैप्पी	सुख / सुखी
2.	human	ह्यूमन	मानव
3.	child	चाइल्ड	संतान
4.	every	एवरी	हर
5.	want	वॉन्ट	चाहना/ चाहता/ चाहती/ चाहते
6.	desire	डिज़ायर	चाहत
7.	goal	गोल	लक्ष्य
8.	become	बिकम	बनना
9.	understand	अन्डस्टैन्ड	समझना
10.	body	बौडी	शरीर
11.	things	थिंग्स	वस्तु
12.	around	अराउंड	आस-पास
13.	wise	वाइज़	समझदार
14.	potential	पोटेन्शल	क्षमता
15.	same	सेम	ऐसा ही
16.	basic	बेसिक	मूल
17.	continuous	कन्टिन्यूअस	निरंतर

Lesson 2.

Existence



To be, to exist is called existence.

Many things exist around me.

I can see the sky above me.

Many stars are visible in the sky at night.

We are unable to count the number of stars in the sky, there are so many of them!

The sky is unbounded. It does not have any boundaries.

The sky does not have any border or any limit.

We also call this limitless. We call this unending.

As we travel ahead in the sky, we only see the sky all around us.

The sun, moon and many stars are in the sky.

The sun seems to rise in the east and set in the west.

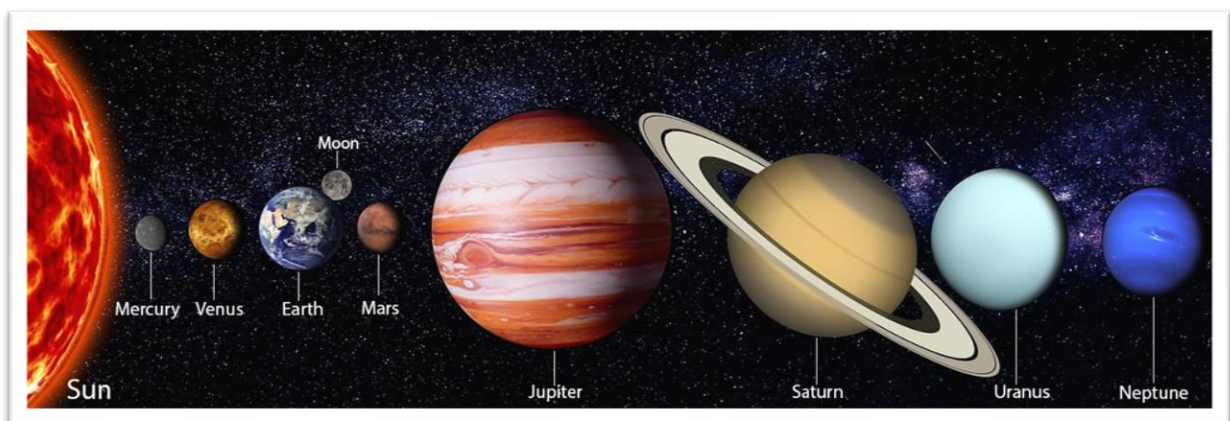
This occurs every day. This is a law.

A law never changes.

The sun is seen with other planets in the sky.

Among these are Mercury, Venus, Earth, Mars, Jupiter, Saturn, Uranus and Neptune.

We call the sun and the planets together as the solar family (Solar System).



We live on Earth.

There are oceans, mountains, rivers, canals, forests and fields on Earth.

We find human beings, animals, birds, plants, trees, soil, stones, wind and water, all together on this earth.

Being together is called co-existence.

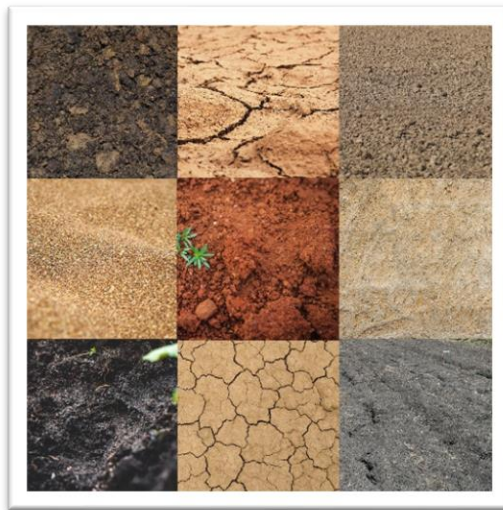
New Words to Remember

S. No.	New words	Pronunciation	Hindi word (s)
1.	existence	एगिज़िस्टन्स	अस्तित्व
2.	see	सी	देखना
3.	sky	स्काइ	आकाश
4.	above	अबव	ऊपर
5.	many	मेनी	बहुत सारे
6.	stars	सटार्ज	तारे
7.	visible	विज़िबल	दिखाई देना
8.	night	नाइट	रात्रि
9.	unable	अनेबल	नहीं कर पाना
10.	count	काउन्ट	गिनना
11.	unbounded	अन्बाउन्डिड	असीम
12.	boundaries	बाउन्ड्रीज़	ओर-छोर
13.	border	बॉर्डर	किनारा
14.	limit	लिमिट	सीमा
15.	limitless	लिमिट्लिस	सीमा ना होना
16.	direction	डिरेक्शन	दिशा
17.	east	ईस्ट	पूर्व
18.	west	वैस्ट	पश्चिम
19.	occurs	अक़र्ज	होता है
20.	everyday	एव्रीडे	प्रति दिन
21.	planets	प्लैनेट्स	ग्रहों
22.	solar system	सोलर सिस्टम	सौर परिवार
23.	law	लॉ	नियम
24.	earth	अर्थ	पृथ्वी
25.	co-existence	को-एगिज़िस्टन्स	सह-अस्तित्व

Lesson 3.

Material Order

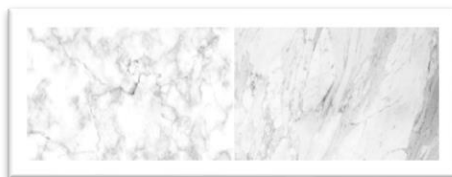
We find air, water, soil, stones, animals, birds, plants, trees and human beings on earth. **We call soil, stones, air and water the material order.** We find soil, stones and water on the surface of the earth. We find air above the surface of the earth. There are many types of soil such as black, red, yellow, white, etc. The stones also are of many varieties such as limestone, rock, marble, granite, etc.



soil



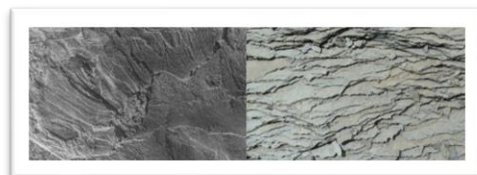
limestone



marble



sandstone



slate

We find two types of water on Earth - sweet water and salt water. We use sweet water for drinking. We find sweet water in rivers and ponds. Oceans have saline water (salty water). Salt is made from this water. We do not use this water for drinking.

Very high lands with peaks on the surface of the earth are called mountains. Rivers flow down the slopes of mountains and join the oceans. Water always flows towards slopes. **All liquids flow towards slopes. This is a law. A law never changes and always remains the same.**

New Words to Remember

S.No.	New Word	Pronunciation (oral)	Hindi word (s)
1.	find	फ़ाइंड	पाते हैं
2.	soil	सॉइल	मिट्टी
3.	stone	स्टोन	पत्थर
4.	material order	मटीरियल	पदार्थ अवस्था
5.	surface	सरफ़ेस	सतह
6.	type	टाइप	प्रकार
7.	varieties	वरायटी	प्रकार
8.	sweet	स्वीट	मीठा
9.	salty	सॉल्टी	खारा
10.	for drinking	फॉर ड्रिंकिंग	पीने के लिए
11.	river	रिवर	नदी
12.	pond	पॉण्ड	तालाब
13.	ocean	ओशन	समुद्र
14.	high	हाय	ऊंचे
15.	peak	पीक	चोटी
16.	mountain	माउंटन	पहाड़
17.	come	कम	आते हैं
18.	flow	फ़्लो	बहते हैं
19.	join	जॉइन	जुड़ जाते हैं
20.	toward	टूवर्ड	की ओर
21.	liquid	लिक्विड	तरल पदार्थ
22.	change	चेंज	परिवर्तन

Lesson 4.

Bio-Order

We call plants and trees the bio-order. **We also call plants and trees as vegetation.** There are many types of vegetation - trees, shrubs, creepers or climbers, grasses and herbs.

Some plants grow very tall and big, we call these trees. Some trees live for very long such as mango, neem, banyan, peepal, gooseberry and jackfruit.



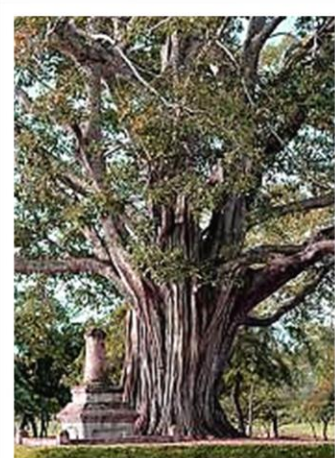
Mango Tree



Neem Tree



Banyan Tree



Peepal Tree

Plants that are smaller than trees are called shrubs. Lemon, hibiscus, rose etc are shrubs.



Lemon Shrub



Rose Shrub

The plants that grow taking the support of other plants or trees are called **creepers or climbers** such as bottle gourd, pumpkin, some beans, bitter gourd etc.



Bottle Gourd



Long Yard Beans

Very small plants are called **herbs**, such as mustard, mint, spinach, fenugreek, coriander, etc.



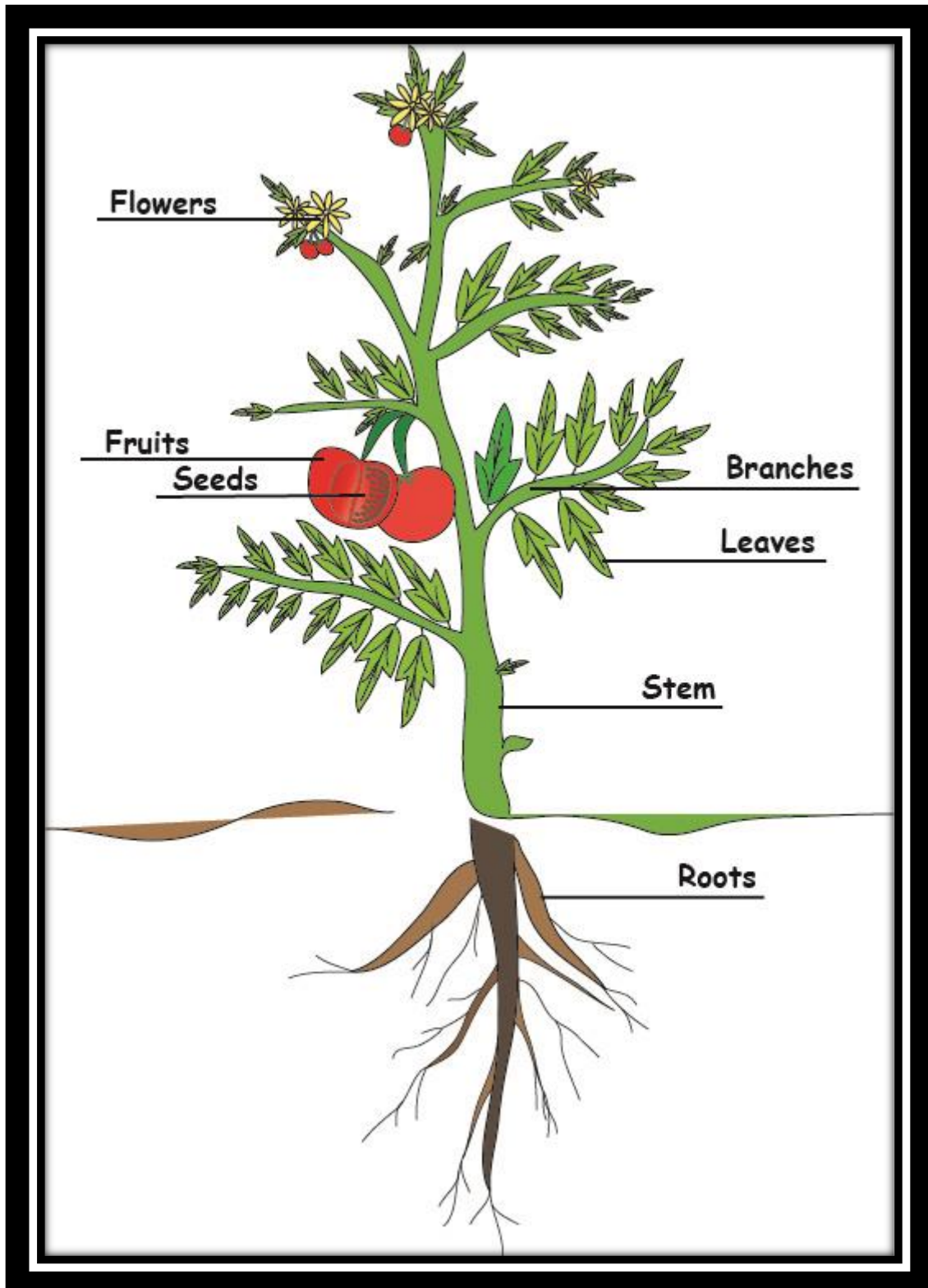
Coriander



Fenugreek

Root, stem, branch, leaf, flower, fruit and seed- these are seven parts of a plant. Plants grow from the seed.

Parts of a Plant



The neem tree produces seeds, and from these seeds only a neem tree will grow. A mango tree will never grow from a neem seed. From a lemon seed a lemon tree will grow. From a pumpkin seed, only a pumpkin creeper will grow. This is definite. This is called **orderliness (vyavastha)**.

In the springtime, flowers bloom on a mango tree. By summer the mango fruit is ripe. This happens every year. This conduct of the mango tree is definite. Similarly, **every tree's conduct is definite. Every plant or tree is in orderliness.**

New Words to Remember

S.No.	New Word	Pronunciation (oral)	Hindi Word (s)
1.	plant	प्लांट	पौधा
2.	shrub	श्रब	झाड़ी
3.	herb	हर्ब	शाक / जड़ी-बूटी
4.	grass	ग्रास	घास
5.	creeper	क्रीपर	बेल
6.	seed	सीड	बीज
7.	vegetation	वेजिटेशन	वनस्पति
8.	support	सपोर्ट	सहारा
9.	grow	ग्रो	उगते हैं
10.	root	रूट	जड़
11.	stem	स्टैम	तना
12.	branch	ब्रांच	शाखा
13.	leaves	लीव्स	पत्ते
14.	flower	फ़्लावर	फूल
15.	fruits	फ्रूट	फल
16.	ripe	राइप	फल का पकना
17.	year	यर्	वर्ष
18.	time	टाइम	समय
19.	definite	डेफ़िनिट	निश्चित
20.	conduct	कॉन्डक्ट	आचरण
21.	orderliness	ऑर्डरलिनेस	व्यवस्था

Lesson 5.

Animal Order

We find different types of animals and plants on Earth. **We call animals and birds the animal order.**

We call animals that live on land **terrestrial animals**, such as cow, horse, dog, cat, deer, tiger, lion, bear and monkey etc.



Bear



Elephant

The birds that fly in the sky are called **aerial animals** such as parrot, crow, sparrow, eagle, vulture and owl etc.



Vulture



Crow

The animals that live in water are called **aquatic animals**, such as fish, crab, octopus and dolphin.

**DOLPHIN****FISH****CRAB****OCTOPUS**

Humans tame and take care of some animals. We call such animals **domestic animals**, for example: cow, horse, donkey, camel, sheep etc.



Many animals live in the forest, such as lion, tiger, elephant, deer, wolf, hyena etc. We call such animals **Wild animals**.



Cows eat grass. Horses also eat grass. Animals that eat grass and plants are called **herbivores**. For example- cow, horse, donkey, buffalo, deer, rabbit etc.

Animals that eat meat are called **carnivores**. For example - tiger, lion, wild dog, fox etc.

A cow always eats grass. A tiger always eats meat. Cows and all other herbivorous animals drink water with their lips. Tigers, cheetahs, lions and all other carnivorous animals drink water by licking (lapping) with their tongue.

Every animal's food is definite and does not change. **Every animal's conduct is definite.**

New Words to Remember

S.No.	New Word	Pronunciation (oral)	Hindi Word (s)
1.	find	फ़ाइंड	पाते हैं
2.	animal	ऐनिमल	पशु
3.	birds	बर्ड	पक्षी
4.	live	लिव	जीना /रहना
5.	terrestrial	टरेस्ट्रीयल	भू-चर
6.	aerial	एरिअल	नभ-चर
7.	aquatic	अक्वेटिक	जलचर
8.	tame	टेम	पालना
9.	take care	टेक केर	देख-रेख करना
10.	domestic	डोमेस्टिक	पालतू
11.	wild	वाइल्ड	जंगली/ क्रूर
12.	forest	फ़ॉरेस्ट	जंगल
13.	herbivores	हर्बीवॉर्ज़	शाकाहारी
14.	carnivores	कार्निवॉर्ज़	मांसाहारी

Lesson 6.

Knowledge Order



In the previous lessons we have understood the material order, the bio-order and animal order. Now we will understand the knowledge order.

A human being is a unit of the knowledge order. Every human wants to be happy. Every human becomes happy by understanding. Every human's goal is to be happy. **Every human's goal is the same.**

Every healthy human being's body has two legs, two hands, two eyes, two ears, one mouth, one nose and one head. Every healthy human being's body has five sense organs and five motor organs. **Every human being's formation is the same.**

Every human imagines. We all imagine playing with our friends. We all imagine staying and travelling with our family. When we hear the word 'cow', we imagine an animal. When we hear the word 'player', we imagine a person playing a game. When we hear the word 'classmate' we imagine studying together.

We all imagine. We are all able to imagine as much as we want. All humans are able to do this. We imagine the act of writing and then write with our hands. We imagine the act of talking and then talk using our mouth. We bring our imagination to action through our body. **All humans bring their imagination to action through their body.**

New Words to Remember

S.No.	New Word	Pronunciation (oral)	Hindi Word (s)
1.	understood	अंडरस्टूड	समझा था
2.	belong to	बिलोंग टु	में आता है
3.	knowledge	नॉलिज	ज्ञान, समझदारी
4.	understanding	अंडरस्टैन्डिंग	समझदारी
7.	body	बॉडी	शरीर
8.	healthy	हेलथी	स्वस्थ
9.	sense organs	सेन्स ऑर्गन्स	ज्ञानेंद्रियाँ
10.	motor organs	मोटर ऑर्गन्स	कर्मेंद्रियाँ
11.	formation	फॉर्मेशन	रचना
12.	imagination	इमैजिनेशन	कल्पना
13.	word	वर्ड	शब्द
14.	hear	हियर	सुनकर
15.	player	प्लेयर	खिलाड़ी
16.	traveling	ट्रैवलिंग	घूमने
17.	staying	स्टेइंग	रहने
18.	studying	स्टडीइंग	पढ़ाई करना
19.	bring imagination to action	-	कल्पना को साकार करते हैं
20.	through	थ्रू	के द्वारा

Lesson 7.

Family



We live in a family. In a family mother, father, brothers, sisters, grandparents, aunts and uncles, all live together. We learn to walk, sit, eat etc. in a family. We all learn a language while living in a family.

In the family, father, mother and all elders take care of us. In a family, everyone helps each other. Mother and father take good care of and serve the elders well. They take good care of the younger people too. If anybody in the family is unwell, they take care of them too.

In a family, younger children listen to elder children and follow the advice of the elders. We live with elders and learn to serve and be helpful to others.

Mother, father and all the elders take care of the requirements of food, clothing and shelter for the entire family. Everybody's meal is cooked in the family.

I like living in a family. In a family we all live together.

New Words to Remember

S.No.	English Word	Pronunciation	Hindi Word (s)
1.	live	लिव	रहते हैं
2.	brother	ब्रदर	भाईजी
3.	sister	सिस्टर	बहनजी
4.	grandparents	ग्रैंड पेरेंट्स	दादाजी - दादीजी ; नानाजी - नानीजी
5.	aunty	आंटी	मम्मी जी या पापाजी के बहनजी
6.	uncle	अंकल	मम्मी जी और पापा जी के भाई जी
7.	all	ऑल	सभी
8.	together	टुगेदर	मिलकर
9.	learn	लर्न	सीखना
10.	language	लैंग्वेज	भाषा
11.	each other	ईच अदर	एक दूसरे को
12.	take care	टेक केयर	पालन पोषण करना , देखभाल करना
13.	younger	यंगर	छोटे (भाई बहन)
14.	elder	एल्डर	बड़े
15.	listen	लिसन	कहना मानते हैं
16.	follow advice	फॉलो अड्वाइस	कहने के अनुसार चलते हैं

Lesson 8.

Human Relationships

All of us live in a family. In a family we have relations such as brother, sister, mother, father etc. Now we are going to understand our relationship with our mother.



My mother, you are good, my mother, you are true

By nature, you are good, by nature you are true.

You wake up every morning and serve all day

You cook and feed me with love every day

You give the right advice and make things right.

You teach us to work with all our might

From you, I wish to learn to read and write

From you I wish to learn things right.

I wish to learn the right way to live

I wish to follow the advice you give.

My mother, you are good, my mother, you are true

By nature, you are good, by nature you are true.

New Words to Remember

S. No.	New words	Pronunciation	Hindi word (s)
1.	relationship	रीलेशन्शिप	सम्बन्ध
2.	true	ट्रू	ईमानदार (सच्ची)
3.	wake up	वेक अप	उठना
4.	serve	सर्व	सेवा करना
5.	cook	कुक	भोजन पकाना
6.	feed	फीड	खिलाना
7.	right	राईट	सही (नेक)
8.	follow	फॉलो	कहना मानना
9.	advice	ऐड्वाइस	सलाह
10.	teach	टीच	सिखाना
11.	work	वर्क	काम करना
12.	nature	नेचर	स्वभाव

Lesson 9.

Human Society



All of us live in families. We all live with our parents, brothers, sisters, aunts, uncles and grandparents in our family.

We also live with a lot of people other than our family. We call them society. **All the people of the world together are called society.**

We study at school. **School is a part of society. Students come from many families to study at school.** People from different families come together to build the school building. They ensure the maintenance, repair and cleanliness of the place.

At school, teachers also come from many families. The teachers teach the students to read and to write and help them understand. They also teach children games, dance and exercise. We have celebrations at school from time to time. Teachers and students participate in the celebrations together. They express their happiness and make everybody happy.

New Words to Remember

S. No.	New words	Pronunciation	Hindi word (s)
1.	society	सोसाइटी	समाज
2.	people	पीपल	लोग
3.	world	वर्ल्ड	संसार
4.	study	स्टडी	पढ़ना
5.	part	पार्ट	भाग
6.	different	डिफ़रेंट	अलग
7.	families	फैमलीज़	कई परिवार
8.	build	बिल्ड	निर्माण
9.	cleanliness	क्लैनेलिनस	साफ़-सफाई
10.	repair	रिपेर	ठीक करना
11.	maintenance	मेन्टेनन्स	रख-रखाव
12.	read	रीड	पढ़ना
13.	write	राइट	लिखना
14.	celebration	सेलब्रेशन	उत्सव
15.	games	गैम्ज़	खेल कूद
16.	exercise	एक्सर्साइज़	व्यायाम
17.	participate	पार्टिसिपेट	भागीदारी
18.	express	एक्स्प्रेस	व्यक्त

Lesson 10.

My School



There is a school close to where I live. I go to school regularly. **I go to school to study and to gain knowledge.** There are many classrooms and many teachers in the school.

We students address the male teachers as '*adhyapakji*' and address the lady teachers as '*adhyapikaji*'. We address each other as '*bhaiji*' or '*bahanji*'.

All students of the school help each other in reading, writing, learning and understanding.

Our parents take care of us at home and our teachers take care of us at school. **Our parents are our guardians at home and our teachers are our guardians at school.**

New Words to Remember

S. No.	New words	Pronunciation	Hindi word (s)
1.	regularly	रेग्युलर्ली	नियमित
2.	gain	गेन	प्राप्त करना
3.	knowledge	नॉलेज	ज्ञान
4.	classroom	क्लासरूम	कक्षा
5.	student	स्टूडन्ट	विद्यार्थी
6.	address	अड्रेस	संबोधन
7.	male	मेल	पुरुष
8.	lady	लेडी	महिला
9.	help	हैल्प	सहयोग
10.	learning	लर्निंग	सीखना
11.	understanding	अन्डरस्टैंडिंग	समझना

Lesson 11.

Teacher-Student Relationship



We go to school to study and to understand. The teacher teaches us and helps us understand. We are the teacher's students. We understand and learn from the teacher.

We want to know reality. Our teacher teaches us about reality.

The teacher tells us about air, water, land, plants, trees, animals, birds and human beings and helps us understand them.

The teacher teaches us how to pronounce words. The teacher also teaches us how to draw pictures, write and form sentences.

Teacher teaches us how to take care of our body and its hygiene.

The teacher tells us the right way of living.

We obey our teacher. We want to be wise like our teacher.

New Words to Remember

S. No.	New words	Pronunciation	Hindi word (s)
1.	draw	ड्रॉ	चित्र बनाना
2.	picture	पिक्चर	चित्र
3.	tell	टैल	बताना
4.	obey	ओबे	आज्ञापालन
5.	reality	रीऐलटी	वास्तविकता
6.	pronounce	प्रनाउन्स	उच्चारण
7.	form	फॉर्म	रचना
8.	sentence	सेन्टन्स	वाक्य
9.	care	केयर	ध्यान रखना
10.	wise	वाइज़	समझदार
11.	hygiene	हाइजीन	सफाई

Lesson 12.

Our Needs

We all live in families and in society. To fulfill our living in family and in society we need many things.

We need food to satisfy our hunger. We need water to satisfy our thirst. We need clothes to protect ourselves from the cold. We need an umbrella or a raincoat to protect ourselves from the rain. We protect ourselves from storms, rain, cold, heat and wild animals by living inside a house. Hence, we understand that our body is protected by food, clothing and shelter.



If we need to go somewhere far, then we use a cycle. If many of us need to travel together, then we use a rickshaw, horse-cart or bullock cart. To travel long distances, we use a bus, a car or a train. To travel by water we use a boat or a ship. To travel by air we use aeroplanes or helicopters.



To hear voices from far we use the radio. To talk to our relatives who live far away we use a telephone or a mobile phone. To see moving images of other places we use a television.



To fulfill our living in the society we use transport, television and telecommunication (means of 'distant-travel', 'distant-viewing' and 'distant-hearing').

New Words to Remember

S. No.	New words	Pronunciation	Hindi word (s)
1.	need	नीड	आवश्यकता
2.	fulfil	फुलफ़िल	निर्वाह
3.	hunger	हंगर	भूक
4.	thirst	थर्स्ट	प्यास
5.	protect	प्रोटेक्ट	सुरक्षा
6.	satisfy	सैटिसफ़ाय	तृप्त करना
7.	cold	कोल्ड	ठंड
8.	clothes	क्लोद्ज़	कपड़े
9.	rain	रेन	बारिश
10.	umbrella	अम्ब्रेला	छाता
11.	raincoat	रेन्कोट	बरसाती
12.	storm	स्टॉर्म	आंधी
13.	heat	हीट	गर्मी
14.	neighbourhood	नेबरहुड	पड़ोस
15.	travel	ट्रैवल	यात्रा
16.	distance	डिस्टन्स	दूर
17.	transport	ट्रांसपोर्ट	दूरगमन
18.	television	टेलीविशन	दूरदर्शन
19.	telecommunication	टेलिकम्यूनिकेशन	दूरश्रवण

Lesson 13.

Knowing



I want to know myself. When I see things around me, I have a desire to know about them. I desire to know about soil, stones, plants, trees, animals, birds, the sky and the planets.

I feel happy knowing about them. I want to know the good qualities of the people I live with. Others too want to know my good qualities. We feel happy by knowing each other's good qualities.

I want to know my potential. I also want to know how to become happy.

Every human desires to know, as every human is a part of the knowledge order.

New Words to Remember

S. No.	New words	Pronunciation	Hindi word (s)
1.	know	नो	जानना
2.	around	अराउंड	चारों ओर
3.	desire	डिज़ायर	चाहना
4.	good qualities	गुड क्वालिटी	अच्छाईयों
5.	become	बिकम	होना
6.	potential	पटेंशल	क्षमता
7.	knowledge	नॉलेज	ज्ञान
8.	order	ऑर्डर	व्यवस्था

Lesson 14.**Celebration**

Happiness within is called celebration
I want to live in continuous celebration
The sun rises and brings celebration
The full moon too brings celebration
After the cold winter, comes the celebration of warm spring
There is celebration in the heat that summers bring
Enjoy the showers of rain with cheer
Celebration when the crop ripens every year
Parents, teachers and all my relations
Living together is also a celebration

New Words to Remember

S. No.	New words	Pronunciation	Hindi word (s)
1.	within	विदिन	के अन्दर
2.	continuous	कन्टिन्यूअस	निरंतर
3.	rises	राईज़िज़	उदय होना
4.	brings	ब्रिंगज़	लाता
5.	full moon	फुल मून	पूर्ण चंद्र
6.	celebration	सेलिब्रेशन	उत्सव
7.	warm	वॉर्म	तोडा गरम
8.	heat	हीट	गर्मी
9.	shower	शॉवर	बरसना
10.	cheer	चियर	प्रसन्न / खुश / हर्ष
11.	ripen	राइपन	पकना
12.	crop	क्रॉप	फ़सल
13.	enjoy	एन्जॉय	मज़ा लेना

Lesson 15.

Occupation

We live in families and society and we have specific needs to fulfil our living. Most of these things that we need are made by us. For example, we make chairs, we build houses, we cook food. We call such work occupation.



Hard work or effort is needed for all occupations. There are different types of occupations. Agriculture (growing food), dairy (taking care of cows, milking etc) making and stitching clothes, construction (building houses, shops, bridges etc), building machinery, making medicines, iron and steel making, making vessels, making paper, creating telecommunication, making television, these are names of different occupations. Cleaning and repairing things are also occupations. An occupation is necessary for every family and human society.

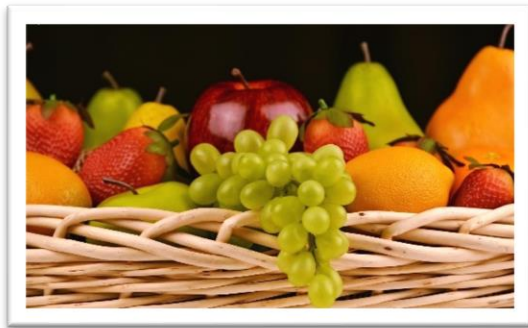
Every human becomes happy by participating in an occupation.

New Words to Remember

S. No.	New words	Pronunciation	Hindi word (s)
1.	specific	स्पेसिफ़िक	विशिष्ट
2.	made	मेड	बनाया
3.	hard work	हार्ड वर्क	मेहनत
4.	effort	एफर्ट	श्रम
5.	agriculture	ऐग्रिकल्चर	कृषि
6.	dairy	डेरी / डेयरी	पशुपालन
7.	stitching	स्टिचिंग	वस्त्र निर्माण
8.	construction	कन्स्ट्रक्शन	भवन निर्माण
9.	medicines	मेडिसिन्ज़	औषधि
10.	vessels	वेसल्ज़	बर्तन
11.	paper	पेपर	कागज़
12.	creating	क्रिएटिंग	निर्माण करना

Lesson 16.**Seasons**

*Every year the seasons come
One after the other.
In a definite order they come
Six seasons all together
Each season stays for two months
Giving us definite fruits to gather*



*End of sharp winter
And grapes to eat
Ah! the spring (vasant) is here*

*Long hot days and short hot nights
And lots of melons to cool your body
Oh! the summer (grishma) is here*



*Rain drops from the clouds
Bringing water to earth and mangoes to eat;
Wah! The monsoon (varsha) is here*



*Clear fresh skies
Guava, papaya, custard apple to eat
Ah! the autumn (sharad) season is here*



*A little chill in the air
Sweet lime and pomegranate to eat
Oh! The season of hemant is here*



*Short days and long cold nights
Oranges, kinnu and chikoo to eat
Wah! The winter (shishir) is here*

New Words to Remember

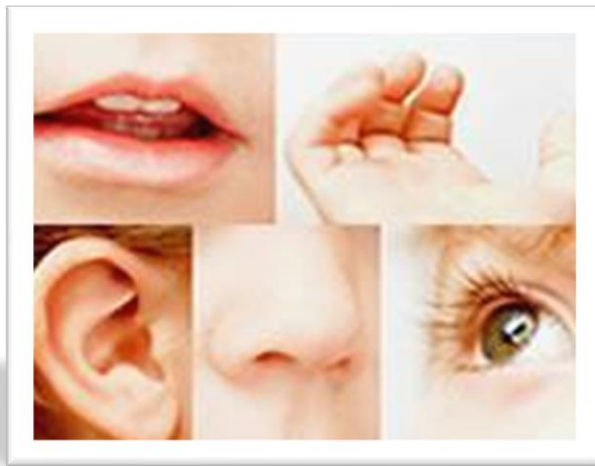
S. No.	New words	Pronunciation	Hindi word (s)
1.	seasons	सीज़न्ज़	ऋतुएँ
2.	year	यर	वर्ष
3.	month	मंथ	मास (महिना)
4.	definite	डेफ़िनिट	निश्चित
5.	gather	गैदर	इक्कट्ठा करना
6.	after	आफ़्टर	बाद में
7.	stays	स्टेज़	रहता है
8.	sharp winter	शार्प विंटर	तीखी सर्दी
9.	cloud	क्लाउड	बादल
10.	raindrop	रेनड्रॉप	बारिश की बूंद
11.	fresh	फ़ेश	ताज़ा
12.	clear	क्लियर	निर्मल
13.	chill	चिल	ठंडक

Lesson 17.

BODY

I bring my imagination into action with the help of my body. Head, ears, nose, legs, hands, etc. are parts of the body.

The body has five sense organs – ears, nose, eyes, tongue and skin.



We recognize smell through our nose; we hear sounds and words through our ears. We recognize form and colour with our eyes, taste with our tongue and touch with our skin.

The body has five motor organs – mouth, hands, legs, urinary organ and anus.



We talk and eat with our mouth, work with our hands and walk with our legs. Waste is discarded from our body by the excretory organs.

We eat with the mouth. Food chewed in the mouth goes into the stomach. The food gets digested in the stomach. We get strength from the digested food. Material that is left over after digestion is discarded by the body as waste.

The water that we drink with food gets used up in the body and excess water is discarded from the body as urine. When we drink more water we discard more urine.

Eating food on time, drinking a lot of water, exercising regularly and getting enough rest keeps the body healthy. **If we stay healthy, then we are able to help and work well with others. This makes us happy.**

New Words to Remember

S. No.	New words	Pronunciation	Hindi word (s)
1.	head	हेड	सिर
2.	sense organs	सेंस ऑर्गनज़	ज्ञानेंद्रियाँ
3.	eye	आय	आँख
4.	ear	इयर	कान
5.	nose	नोज़	नाक
6.	mouth	माउथ	मुँह
7.	tongue	टंग	जीभ
8.	hear	हियर	सुनना
9.	smell	स्मेल	गंध
10.	taste	टेस्ट	स्वाद
11.	form	फॉर्म	रूप
12.	colour	कलर	रंग
13.	touch	टच	स्पर्श
14.	motor organ	मोटर ऑर्गन	कर्मेंद्रिया
15.	leg	लेग	पैर
16.	hand	हैन्ड	हाथ
17.	mouth	माउथ	मुँह
18.	urinary organ	यूरिनरी ऑर्गन	मूत्रेन्द्रिय
19.	anus	एनस	गुदा
20.	excretory organ	एक्सक्रीटरी ऑर्गन	उत्सर्जन अंग
21.	waste	वेस्ट	मल
22.	discard	डिसकार्ड	त्याग
23.	chew	चू	चबाना
24.	stomach	स्टमक	पेट
25.	strength	स्ट्रेंथ	शक्ति
26.	digestion	डाइजेशन	पाचन
27.	rest	रेस्ट	विश्राम

Lesson 18.

Food



Our body gets strength from food. If we chew well before swallowing, the food is digested well. After having food and till digestion is complete, we don't feel hungry. So, we don't eat food. This helps in good digestion. Hence, at home, we have our food at regular intervals like in the morning, afternoon, evening and night.

The major part of human being's food is vegetation (plants and trees). Vegetation belongs to the bio-order. We use parts of plants and trees as food, such as roots, stems, leaves, flowers, fruits and seeds. We eat food in raw and cooked form.

Milk is also part of our food. Curd, buttermilk, butter, clarified butter (ghee) and many types of sweets are prepared from milk. **We domesticate cows and get milk from them. Cows belong to the animal order.**

We use salt and water while cooking food. Salt and water belong to the material order.

New Words to Remember

S. No.	New words	Pronunciation	Hindi word (s)
1.	swallowing	स्वोलोइंग	निगलना
2.	morning	मॉर्निंग	सुबह
3.	afternoon	आफ़्टरनून	दोपहर
4.	evening	ईवनिंग	शाम
5.	night	नाइट	रात्री
6.	vegetation	वेजीटेशन	वनस्पती
7.	raw	रॉ	कच्चा
8.	cooked	कुक्कड	पका हुआ
9.	milk	मिल्क	दूध
10.	curd	कर्ड	दही
11.	buttermilk	बटर मिल्क	छास
12.	butter	बटर	मक्खन
13.	clarified butter	क्लैरिफ़ाइड बटर	घी
14.	salt	सॉल्ट	नमक

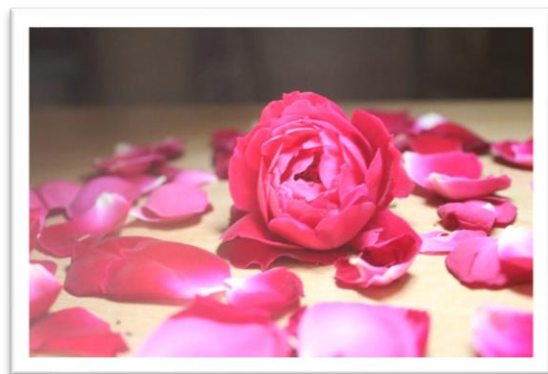
Lesson 19.

Medicine

The body stays healthy with the right kind of food, good water, exercise, rest and hygiene.

When we do not take the right kind of food, we become ill. When we are ill, the body requires proper food, care and medicine. We get knowledge about the right kind of food from our parents and teachers.

Various materials are used as medicine such as holy basil, neem, turmeric, rose petals, gooseberry and lemon.



The juice of tulsi leaves is used as medicine for cold and cough. The paste of neem leaves is applied on the skin for any skin problems. Rose water is used as medicine for the eyes. Gooseberry and lemon are used to treat stomach problems.

Some spices such as coriander, fenugreek, carom, and black pepper are also used as medicines. Common household items such as alum, lime and salt, are also used as medicine. Medicines are always taken in small quantities.



Eating medicine in large quantities can harm the body. Parents, teachers and doctors know how to make good use of medicines.

New Words to Remember

S. No.	New words	Pronunciation	Hindi word (s)
1.	healthy	हेल्दी	स्वस्थ
2.	ill	इल	अस्वस्थ
3.	medicine	मेडिसिन	औषधि
4.	holy basil	होली बैज़ल	तुलसी
5.	turmeric	टर्मरिक	हल्दी
6.	rose petals	रोज़ पेटल्स	गुलाब की पत्ति
7.	indian gooseberry	गूज़बरी	आँवला
8.	lemon	लेमन	निम्बू
9.	juice	जूस	रस
10.	paste	पेस्ट	लेप
11.	applied	अप्लाइड	लगाना
12.	spices	स्पाइसिज़	मसालें
13.	coriander	कोरीऐन्डर	धनिया
14.	fenugreek	फेनुग्रीक	मेथी
15.	carom	कैरम	अजवाइन
16.	black pepper	ब्लैक पेपर	कलिमिर्च
17.	alum	ऐलम	फिटकरी
18.	lime	लाइम	चूना
19.	quantity	क्वानटिटी	मात्र
20.	cold	कोल्ड	सर्दी
21.	cough	कॉफ	खासी
22.	treat	ट्रीट	उपचार
23.	proper	प्रोपर	उचित
24.	rose water	रोज़ वाटर	गुलाब जल
25.	household	हाउस होल्ड	घरेलू

What am I? How am I? What do I want?

I am a human being.

I bring my imagination into action. I live with the expectation of a healthy mind. My healthy mind is evidenced in my living.

I am a unit of the knowledge order.

I am a combined form of the Self (*Jeevan*) and the body.

I, the Self (*Jeevan*), in natural form, have activities of knowing, assuming, recognizing and fulfilling.

I am self-organized with humaneness.

I want to be equipped with intellectual resolution and physical prosperity.

I, the self (*Jeevan*), want to be with complete awakening and its continuity and be free of ignorance, fear and problems.

I want to be an authority in participating in undivided society and universal order and want to be self-organized. I also want to see every human being become the same.

A. Nagraj