

Consciousness Development Value Education



Class 3

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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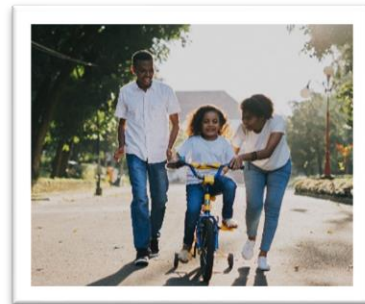
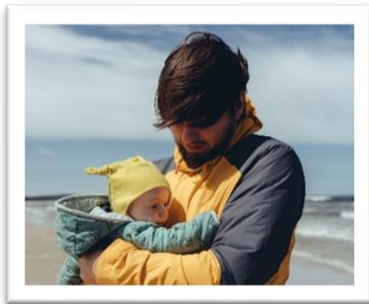
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Lesson 1

Human Goal

I am a human child. I want continuous happiness. I understand and by understanding I become happy. Every human wants continuous happiness. **A human can be happy only by understanding.**

My parents and teachers strive to make me a good and wise person. I understand and accept this, hence I obey them and emulate their work.



My parents take care of my requirements. They fulfill my requirements for food, clothing, health and education in a definite way. I trust my parents, brothers, sisters, friends, uncles, aunts, teachers and relatives and they trust me too. In school, everyone trusts each other.

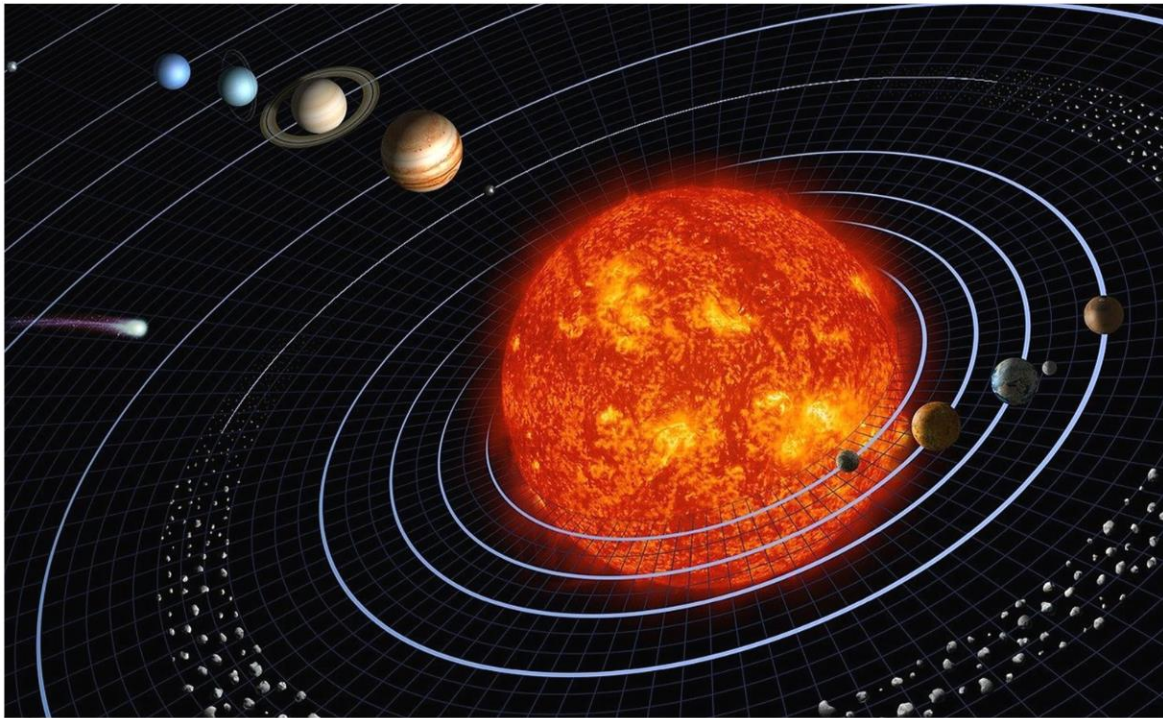
I go to school to become a wise person and to be able to live well with everyone. **To become wise and to live well with everyone is the human goal.**

New Words to Remember

S.No.	New Word	Pronunciation	Hindi word
1.	continuous	कन्टिन्यूअस	निरंतर
2.	happiness	हैप्पीनेस	सुख
3.	be	बी	होना
4.	obey	ओबे	आज्ञापालन
5.	accept	ऐक्सेप्ट	स्वीकारना
6.	imitate	इमिटेट	अनुकरण
7.	fulfil	फुलफिल	पूरा करना
8.	requirement	रिक्वायर्मन्ट	आवश्यकता
9.	behave	बिहेव	व्यवहार
10.	trust	ट्रस्ट	विश्वास

Lesson 2

Existence

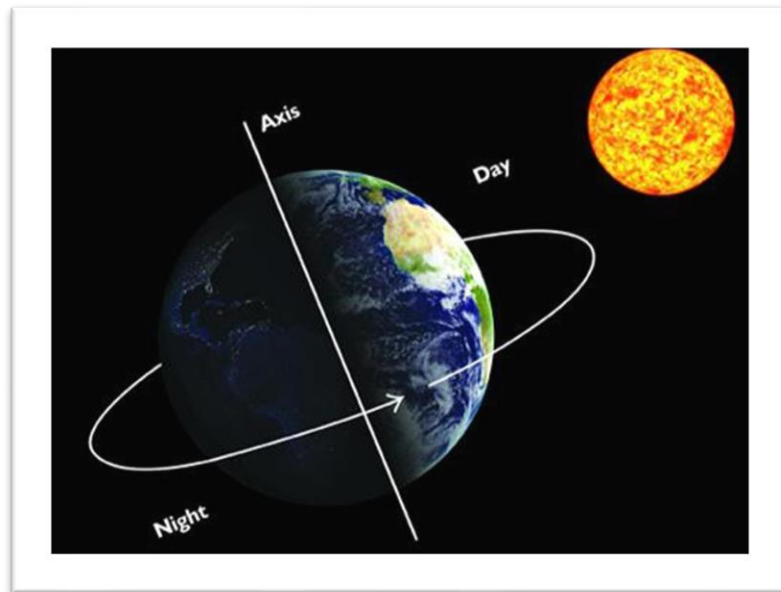


Sky, sun, moon, stars, earth, other planets and satellites are together called existence.

Sky is also called empty space or emptiness.

All planets, satellites and stars are found only in space. There is empty space around every planet. There is empty space all around every star too.

Space is boundless. Space does not have any boundary. Space does not have any border. The farther ahead we go in space, we continue to find more space ahead of us. **Space is transparent.** Hence, we can see all the planets and stars in it.



We observe night and day regularly. The earth rotates on its axis. Due to this night and day occurs on earth. The earth rotates continuously on its axis. There is never any change in this and this always happens in the same way. This is the law. Just like the earth, the moon also rotates on its axis.

The earth also goes around the sun and hence different seasons occur. **The earth continuously goes around the sun. This is the law.**

New Words to Remember

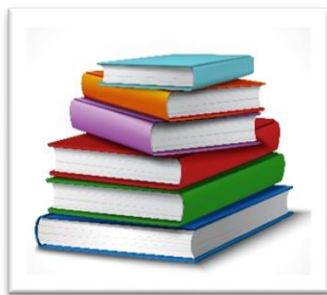
S.No.	New Word	Pronunciation	Hindi Word
1.	existence	इग्जिस्टन्स	अस्तित्व
2.	sky	स्काय	आकाश
3.	sun	सन	सूर्य
4.	moon	मून	चंद्रमा
5.	stars	स्टार्ज	तारें
6.	planet	प्लैनेट	गृह
7.	satellites	सैटलाइट	उपग्रह
8.	emptiness	एम्प्टीनस	शून्य
9.	empty space	एम्प्टी स्पेस	खाली स्थान
10.	boundless	बाउंडलस	असीम
11.	boundary	बाउंडरी	सीमा
12.	farther	फादर	आगे
13.	transparent	ट्रान्स्पैरन्ट	पारदर्शी
14.	observe	ऑबसर्व	देखते हैं
15.	night	नाईट	रात
16.	day	डे	दिन
17.	axis	ऐक्सिस	धूरी
18.	rotate	रोटेट	घूर्णन
19.	season	सीज़न	ऋतु
20.	regularly	रेग्युलरी	नियमित रूप से
21.	space	स्पेस	आकाश

Lesson 3

Material Order

In the previous class we got a brief introduction to the material order. We call soil, stones, water and air the material order.

We find three forms of materials - **solid, liquid and gas.**



Solids

The shape of solid materials remains the same such as stones, soil, pen, pencil, book, building, etc.



Liquids

The shape of liquids can change. They take the shape of (mould into) the vessel that they are put into. For example, when we pour water into a pot it takes the shape of the pot. When we put water into a bucket it takes the shape of the bucket. Similarly, you can fill it into many bottles; the water will take the shape of the bottles. Water, milk, oil etc are liquids. All liquids flow towards a slope.



Gases

Air is a gaseous material (gas). **Gas can spread to long distances.** Its shape keeps changing too. For example, if we light an incense stick in a room, its perfume spreads to the whole room. Usually, gases travel upward.



Water is a liquid, ice is a solid and steam is a gas. When you heat ice it melts and becomes water. When you heat water it boils and evaporates into steam. When you cool steam it condenses into water and when you cool water it freezes into ice. Every time you boil, condense or freeze you get the same effect. This is a cyclic process. This is a law.

New Words to Remember

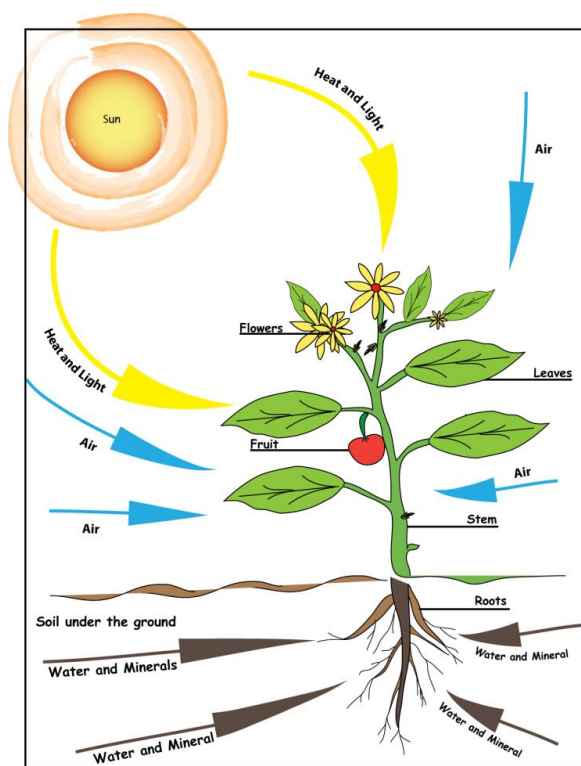
S.No.	New Word	Pronunciation	Hindi Word
1.	solid	सॉलिड	ठोस
2.	liquid	लिक्विड	तरल
3.	gas	गैस	विरल
4.	shape	शेप	आकार
5.	mold	मोल्ड	ढल जाना
6.	slope	स्लोप	ढाल
7.	distance	डिस्टन्स	दूरी
8.	towards	टुवर्ड्स	की तरफ
9.	upwards	अप्वर्ड्स	ऊपर की तरफ
10.	gaseous	गैसीयस	गैसीय
11.	melts	मेल्ट्स	पिघलना
12.	boils	बोइल्स	उबलना
13.	evaporate	इवैपरेट	भाप बनना
14.	steam	स्टीम	गरम वाष्प
15.	condense	कन्डेन्स	घनीभूत होना
16.	cyclic process	साइक्लिक प्रोसेस	चक्रीय क्रम
17.	incense stick	इनसेंस स्टिक	अगरबत्ती

Lesson 4

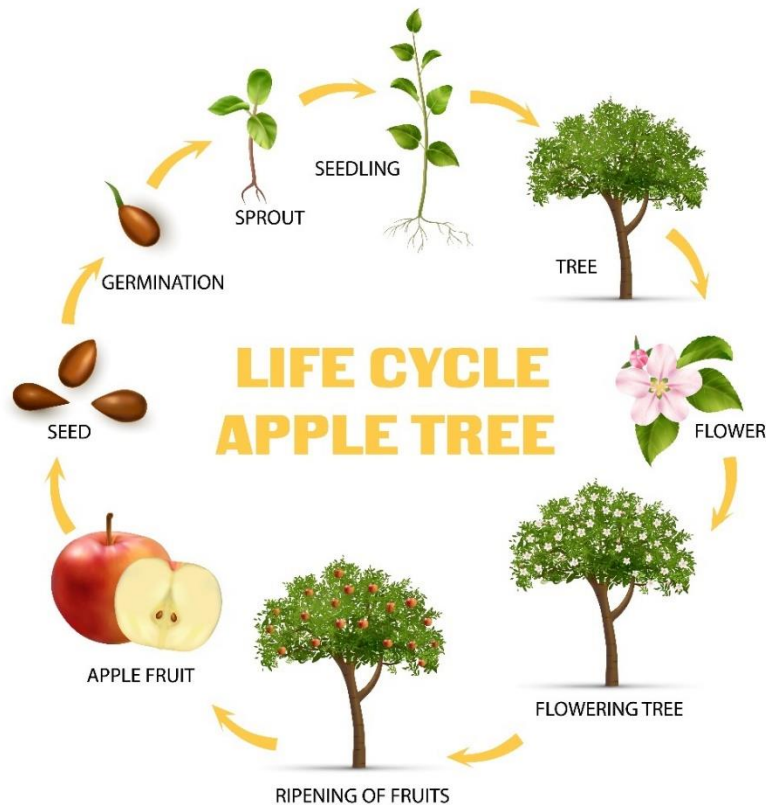
Bio order

In the previous class we learnt that **plants and trees belong to the bio order**. We recognize four types of plants - trees, shrubs, climbers or creepers and herbs or grasses.

All the greenery on earth is vegetation. Humans recognize vegetation. **We recognize vegetation as a source of our food, medicine and shelter.**



All plants and trees absorb the sun's heat from their leaves. They absorb water and other nutrients from the soil through their roots and prepare their food. Hence, they grow and develop. We can see flowers appearing on plants and trees at a definite time. **Fruits and seeds are formed from flowers. Flowers, fruits and seeds are again formed from the seeds of plants and trees. This is a cyclic process. This is the law. This is orderliness.**



There is a definite time for the sprouting of every plant. For example, mango, neem and rice sprout during the monsoon. Wheat, Bengal gram and peas sprout at the onset of winter. Similarly, in every plant or tree the time of flowering and fruiting is definite. For example, in rice plants, flowers appear at the end of the monsoon and the seeds are ready at the beginning of winter. In the wheat plant, flowers appear during spring (*vasant*) and the seeds are ready in summer (*grishma*)

In this way we understand that for each and every plant the sprouting, flowering and fruiting time is definite. This is orderliness.

The height of a plant or tree is definite. For example, mango trees are tall. Plants such as wheat and rice are short. Even after you provide them with manure and water they will not grow as tall as the mango tree.

In every species (type) of plant or tree, their height is definite. This is called regulation in the bio order. Regulation is orderliness.

New Words to Remember

S.No.	New Word	Pronunciation	Hindi Word
1.	plant	प्लांट	पौधा
2.	tree	ट्री	पेड़
3.	food	फूड	आहार
4.	medicine	मेडिसिन	औषधि
5.	leaf	लीफ़	पत्ती
6.	root	रूट	जड़
7.	absorb	अब्सोर्ब	ग्रहण करते हैं
8.	recognize	रेकग्नाइज़	पहचानते हैं
9.	nutrient	न्यूट्रीएन्ट	पोषक तत्व
10.	prepare	प्रीपेर	तैयार करते हैं
11.	flower	फ़लावर	फूल
12.	fruit	फ्रूट	फल
13.	seed	सीड	बीज
14.	orderliness	ऑर्डरलीनस	व्यवस्था
15.	definite	डेफ़िनिट	निश्चित
16.	time	टाइम	समय
17.	sprouting	स्प्राउटिंग	उगने
18.	flowering	फ़लावरिंग	फूलने
19.	fruiting	फ्रूटिंग	फलने
20.	manure	मन्युर	खाद
21.	species	स्पीशीज़	प्रजाति
22.	regulation	रिस्ट्रेंट	नियंत्रण
23.	shrub	श्रब	झाड़ी
24.	herb	हर्ब	शाक
25.	climber	क्लाइम्बर	बेल
26.	creeper	क्रीपर	लता

Lesson 5

Animal Order

In the previous class we learnt that animals and birds belong to the animal order. By their habitat, they are classified as terrestrial, aquatic and aerial animals. By their food habits, the animals are classified as mainly herbivorous animals and carnivorous animals.



Human beings domesticate many types of animals. We take care of them by protecting them and providing them with food and in turn we obtain useful materials such as milk, wool etc from them.

Every animal's food is definite. They do not make any change in their food habits. For example, a cow eats many types of leaves and plants and does not eat certain types of plants. Cows do not eat the *dhatu* plant. The young one of a cow (calf) also has the same food habits.



A cow feeds its calf milk and protects it. All animals take care and protect their young ones. **The way of living (habit) of every animal is definite. Animals live in orderliness.**

New Words to Remember

S.No.	New Word	Pronunciation	Hindi Word
1.	classified	क्लासिफ़ाइड	बांटे जाते हैं
2.	bird	बर्ड	पक्षी
3.	animal	ऐनिमल	पशु
4.	aquatic	अक्वेटिक	जलचर
5.	terrestrial	टरेस्ट्रीयल	भूचर
6.	aerial	एरियल	नभचर
7.	herbivorous	हर्बिवरस	शाकाहारी
8.	obtain	औबटेन	प्राप्त करते हैं
9.	feeds	फीड्स	पिलाती है
10.	young one	यंग वन	संतान
11.	carnivorous	कार्निवरस	मांसाहारी

Lesson 6

Knowledge order

We have learnt in the previous class that human beings belong to the knowledge order. Every human being's formation is the same. Every human's goal is the same.

Every human imagines and actualizes their imagination through the body. We have also understood that we can imagine as much as we want. Our ability to imagine does not reduce or decrease.

When we are unhealthy or ill, we will not be able to do certain types of physical work, but we will still be able to imagine. For example, when we have a fever we are not able to play but we are still able to imagine playing. We can imagine playing as much as we want. **This ability to imagine remains the same always. This does not reduce.**



We all live in houses. These houses are made by humans. **We can see many types of houses. Seeing this we are able to understand that humans have varied imagination.** They are able to bring their imagination into action and we call this freedom of action. Every human has freedom of action.

Birds also make their own houses. We call these nests. The nest of one species of bird looks the same, whereas the house of every human being looks different. Even the clothes that we wear are different. The ability to imagine and the freedom of action is there in all of us. This is what gives us an identity that is different from animals.

All humans are similar as we have the ability to imagine and the freedom of action.

New Words to Remember

S.No.	New Word	Pronunciation	Hindi Word
1.	formation	फॉर्मेशन	रचना
2.	imagination	इमैजिनेशन	कल्पनाशीलता
3.	actualize	ऐक्चवलाइज़	साकार करना
4.	ability	अबिलिटी	क्षमता
5.	decrease	डिक्रीज़	कम होता है
6.	reduce	रिड्यूस	कम होता है
7.	unhealthy	अनहेल्दी	अस्वस्थ
8.	fever	फीवर	ज्वर
9.	varied	वेरिड	अनेक प्रकार
10.	freedom	फ्रीडम	स्वतंत्रता
11.	nest	नेस्ट	घोंसला
12.	similar	सिमिलर	समान
13.	different	डिफरेंट	अलग
14.	identity	आइडेंटिटी	पहचान

Lesson 7

Family



We live in a family. **We understand relationships between humans by living in a family.**

Mother, father and all the elders together take care of us and nurture us. We obey them and learn the right way to live. We want to live in the protective care of our parents. We trust our parents and every member of our family and they trust us too. Brothers and sisters stay together, play together and help each other. In our family, mother-father, uncle-aunty, grandfather-grandmother, all stay together and inspire us to live together.

Elders in the family do all the work at home. They fulfill all the needs of the family. When we have guests at home the elders in the family welcome them and take good care of them. Children observe their elders and learn to live and work like them. We look at our elders and learn good behaviour from them too. The work of education and *Sanskar* begins in the family. Elders in the family send us to school to learn and to understand. They pay attention to our education and progress.

New Words to Remember

S.No.	New Word	Pronunciation	Hindi Word
1.	family	फेमिली	परिवार
2.	relationship	रिलेशनशिप	संबंध
3.	elders	एल्डर्ज़	परिवार के बड़े
4.	nurture	नर्चर	पालन-पोषण
5.	protective	प्रोटेक्टिव	संरक्षण
6.	education	एजुकेशन	शिक्षा
7.	guest	गेस्ट	अतिथि
8.	attention	अटेन्शन	ध्यान
9.	inspire	इन्स्पायर	प्रेरणा
10.	progress	प्रोग्रेस	प्रगति

Lesson 8

Human Relationship



Human beings live with human beings. **We feel happy by living with each other.** Babies feel happy when they are always with their parents. As young children, they like to play and roam around with their brothers and sisters. This makes them happy. When they grow up into older children their parents send them to school to get education. All children who go to school are called students. Other students are called classmates. There are '*adhyapak* jis and '*adhyapika* jis' in the school. Our relationship with them is one of teacher-student.

A teacher himself or herself is a wise person. The teacher helps students understand many things that are useful for living and also teach them necessary skills.

All students want to understand and learn good things and good skills. **The desire to know and to understand is called as 'inquisitiveness' (eagerness for knowledge).** Parents and teachers satisfy our inquisitiveness.

Students become wise by obeying, imitating and by understanding everything that the teachers teach them.

New Words to Remember

S.No.	New Word	Pronunciation	Hindi Word
1.	roam	रोम	घूमना
2.	classmate	क्लासमेट	सहपाठी
3.	wise	वाईज	समझदार
4.	baby	बेबी	शिशु
5.	toddler	टॉडलर	छोटा बच्चा
7.	inquisitiveness	इनक्विज़ीटिवनेस	जिज्ञासा
8.	imitating	इमीटेटिंग	अनुसरण

Lesson 9

Human Society

All the families of the world together are called a society. In this way, society is the name given to all of humankind. **Every child and every human being is a unit of this undivided society.**

Village, town, district, state, country – all these are names for small groups of human society. A village is a very small group. There are many families in a village. All the families have some occupation to fulfil their needs.



Every village has a school for the boys and girls of that village. The work of education and *sanskar* happens at school. Students study at school and teachers do the work of teaching.

There is a health centre in every village to take care of the health requirements of all the people in the village. At this *Swasthya Sanyam kendra* (health centre) there are people who are knowledgeable about health and they teach all the villagers to be healthy. If anybody falls ill, they provide treatment for them too.

Agriculture and dairy farming (cattle rearing) are the main occupations in the village. Agriculture produces grains, pulses, fruits, vegetables, oil seeds and spices. Animal rearing produces milk, wool, manure and many other things. Different types of industries are also found in the village such as making vessels from clay (pottery), carpentry or woodwork (making chairs, tables, plough, and bullock cart), making instruments from iron etc.



Just like in a family, all the people of the village live together. They help each other. The village council meets from time to time, everyone gives suggestions for improving the orderliness of the village and everybody discusses these suggestions. There is a small exchange and distribution centre (*vinimay kendra*) in the village. People bring their produce and in exchange take other material that they require. This is also called a market.

New Words to Remember

S.No.	New Word	Pronunciation	Hindi Word
1.	society	सोसाइटी	समाज
2.	humankind	हयुमनकाइंड	मानव समुदाय
3.	undivided	अनडिवाइडेड	अखंड
4.	group	ग्रूप	समूह
5.	treatment	ट्रीटमेंट	उपचार
6.	village	विलिज	ग्राम
7.	town	टाउन	नगर
8.	district	डिस्ट्रिक्ट	जिला
9.	state	स्टेट	प्रदेश
10.	country	कंट्री	देश
11.	agriculture	एग्रीकलचर	कृषि
12.	dairy farming	डेरी फार्मिंग	गौपालन
13.	industries	इंडस्ट्रीज़	उद्योग
14.	village council	विलेज काउन्सिल	ग्राम सभा
15.	suggestion	सजेशन	सुझाव
16.	orderliness	ऑर्डरलीनस	व्यवस्था
17.	discuss	डिस्कस	चर्चा
18.	exchange and distribution centre	एक्सचेंज एंड डिस्ट्रीब्यूशन सेंटर	विनिमय केंद्र
19.	health centre	हेल्थ सेंटर	स्वास्थ्य केंद्र
20.	knowledgeable	नॉलिजबल	जानकार लोग
21.	grain	ग्रेन	अनाज
22.	pulses	पल्सिस	दाले
23.	pottery	पॉटरी	मिट्टी के बर्तन बनाना
24.	carpentry/woodwork	कारपेंट्री / वुडवर्क	लकड़ी के कार्य

Lesson 10

Mutually fulfilling



Rushing rivers and gushing springs, quench the thirst of all
Fruit from trees and food from farms, relieves the hunger of all
Food from fields, milk from cows makes us strong and healthy
Mother's care, teacher's glory makes everyone happy.
Mutually fulfilling and loving, this is what they make me,
Be wise and live humanely, this is what they teach me.

New Words to Remember

S.No.	New Word	Pronunciation	Hindi Word
1.	rushing	रशिंग	तेज़ी से बहना
2.	gushing	गशिंग	निकल पड़ना
3.	spring	स्प्रिंग	झरना
4.	thirst	थर्स्ट	प्यास
5.	quench	क्वेंच	बुझना
6.	relieves hunger	रिलीव	भूक मिटाता है
7.	care	केर	ममता
8.	glory	ग्लोरी	गौरव
9.	mutually fulfilling	म्युचली फुलफ़िलिंग	पूरक
10.	humanely	ह्यूमेनली	मानवीय
11.	field	फील्ड	खेत
12.	strong	स्ट्रॉङ्ग	बली

Lesson 11

Protection



We are all familiar with how to protect our body. To protect our body from heat and cold, we wear clothes and live in houses. These help protect our body. Similarly, shoes help protect our feet. Right from a young age parents teach us many ways of protecting our body such as keeping our teeth clean by brushing, keeping our body clean by bathing, etc.

We protect the things that are useful to us. For example, we cover our books with thick paper to protect them. We keep our pencil, pen, and eraser in a box to protect them.



To protect our clothes we wash and dry them regularly. We air out our bed spreads, bed sheets and pillow covers in the sun to protect them. To protect clothes from bugs we use insect repellents such as *neem* leaves etc.

We protect our grains for a long period of time since many of our grains grow only once a year but are used throughout the year. To keep our grains protected for a long period of time we keep them in a dry place and keep them closed in boxes. We also add insect repellents like dried *neem* leaves etc in the boxes.



Have you ever thought about how we protect cooked food? How long can we keep cooked food protected? Cooked food cannot be kept protected for a long time. The best way to protect cooked food is to make good use of it. Eating cooked food is its right utilisation because it provides nutrition to the person eating it. This is also the purpose of cooking food. In this manner, **right utilisation is in itself protection.**

Similarly, if we buy new clothes and keep it protected for 2-3 years without using them, then after three years do you think they will fit you? No, they will be small for you. After a certain period of time clothes start to tear. Therefore, we should make good use of them.

All kinds of machines also need to be rightly used. If we don't, they start to rust. If we build a new house and do not live in it for a long time, then insects and bugs will make their home there. The house will start to crack and break in certain places. Hence, we understand that **by right utilisation there is protection.**

It will need repair, whitewashing or painting. Even while living in a house we keep it clean and paint it from time to time. When there are cracks or leaks, we keep repairing it. **Protection is necessary for right utilisation.**

It is necessary to make the right use of our body too. Any work that we learn, if we do not use it rightly, then we start to forget it. If we do it or use it correctly then there is a grace to it. The effort we put into learning is rewarded.

New Words to Remember

S.No.	New Word	Pronunciation	Hindi Word
1.	protection	प्रोटेक्शन	सुरक्षा
2.	familiar	फ़मिलियर	परिचित
3.	similarly	सिमिलर्ली	इसी प्रकार
4.	regularly	रेगुलर्ली	नियमित रूप से
5.	insect repellent	इन्सेक्ट रपेलेंट	कीट विकर्षक
6.	throughout the year	थ्रूआउट द यर	वर्ष भर
7.	therefore	देरफॉर	इसलिए
8.	right utilisation	राइट यूटिलाईज़ेशन	सदुपयोग
9.	tear	टैर	फटना
10.	repair	रिपेर	सुधार
11.	whitewashing	व्हाइटवॉशिंग	लिपाई पोताई
12.	painting	पेंटिंग	रंग करना

Lesson 12

I Desire to Become Good



I keep myself clean and neat
My language nice and sweet

Together with everyone I play
Choosing the right things to say

I listen to good advice
Do my work, in a trice

Forever and always, I would
I desire to become good.

With full attention, I learn and write
Think and do what is right

Doing my work on time
Keeping all my things tidy and fine

Walking on the right path, I would
Desire to become good.

New Words to Remember

S.No.	New Word	Pronunciation	Hindi Word
1.	desire	डिज़ायर	चाहना
2.	language	लैंगविज	भाषा
3.	listen	लिसन	मानना
4.	learn	लर्न	सीखना
5.	sweet	स्वीट	मीठी
6.	nice	नाईस	अच्छा
7.	path	पाथ	मार्ग
8.	advice	अड्वाइस	सलाह
9.	attention	अटेंशन	ध्यान देना
10.	neat	नीट	साफ़
11.	choosing	चूज़िंग	चुनना
12.	in a trice	इन अ ट्राईस	तुरंत करना
13.	tidy	टाइडी	सुव्यवस्थित

Lesson 13

Celebration



To express happiness and pleasure is called celebration. When we are pleased, we tell our mother, father, brother, sister and our teachers about it. They too become happy when they hear us expressing our happiness. Many people living together happily and expressing their happiness is called celebration.

There are many opportunities to be pleased and to feel happy. When our relatives visit our home, such as uncle, aunt, grandfather, grandmother, everyone feels happy. Everyone stays together throughout the day and shares about the good plans and the good work that they are doing. Everyone is pleased to hear about the good work. All of us prepare the food together and enjoy it together. We may also go for an outing together. All activities are done together. Thus, **staying together is itself a celebration.**

Even in society, beyond our family, we have many celebrations. One such celebration is the annual function of our school. On this day, the whole school, all the teachers and students join together to celebrate. We prepare for these many days ahead. Important people in the society are cordially invited. Parents, guardians and other relatives of the students are cordially invited. The whole school joins together in welcoming them. Everyone sits together and discusses the progress of the students. They discuss students' skills in sports, singing, playing instruments, dance, speech, art

and their helpful behaviour. They express their pleasure about the students' good behaviour and obedience.



Invitees and guardians give their guidance and blessing for the students' progress. They wish everyone a prosperous future. The teachers thank the invitees and the guardians for coming and for being with the children to encourage them.



New Words to Remember

S.No.	New Word	Pronunciation	Hindi Word
1.	happiness	हैपीनस	सुख
2.	pleasure	प्लेशर	प्रसन्नता
3.	celebration	सेलब्रेशन	उत्सव
4.	expressing	एक्सप्रेसिंग	व्यक्त करना
5.	opportunities	ऑपरचुनिटीज़	अवसर
6.	together	टुगेदर	साथ -साथ
7.	annual function	ऐन्यूअल फ़ंक्शन	वार्षिक उत्सव
8.	prepare	प्रिपेर	तैयारी
9.	invited	इन्वाइटड	आमंत्रित करना
10.	discuss	डिस्कस	चर्चा करना
11.	skills	स्किल्ज़	कौशल
12.	behaviour	बिहेवियर	आचरण
13.	obedience	ओबीडियन्स	आज्ञापालन
14.	guardian	गार्डियन	अभिभावक
15.	guidance	गाइडन्स	मार्गदर्शन
16.	blessing	बलेसिंग	आशीर्वाद
17.	prosperous future	प्रोस्परस फ़्यूचर	उज्ज्वल भविष्य
18.	encourage	एनकरिज	उत्साहवर्धन
19.	cordially	कॉर्डियली	आदर पूर्वक
20.	progress	प्रोग्रेस	उन्नति

Lesson 14

Four Dimensions of a Human Being



Every human has four dimensions of living. Dimension means, aspect of living, for example if I do some work then this becomes an aspect of my living. We call this a dimension. There are four dimensions to human living, (1) Occupation (Work); (2) Behaviour (3) Thought and (4) Realization.

Occupation: This is one dimension of human living. The effort or work that we do with nature or natural materials is called occupation. For example, we work in the fields, plough and irrigate our fields, manufacture textiles, build dams to stop the flow of water, build and repair machines and computers. We fulfill the needs of our family, such as food, clothing, shelter, telecommunication and travel by having an occupation. When we have more than our needs then we are satisfied.

Behaviour: This is the second dimension of our living. The effort or work that one human being does with the other is called behaviour. For example, brothers and sisters live together and help each other. Parents take care of their children. Children obey their parents. Students obey their teachers. Through behaviour we want to have trust, respect and affection amongst us.

Thought: This is another dimension of human living. Thinking, taking decisions is a part of this dimension. Thinking about the way to do any work, understanding good behaviour and thinking about behaving well are also part of this dimension. Every human thinks in order to understand and help others understand.

Realization: To understand and to become happy and to make everyone happy is called realization.

By living correctly in all three dimensions of thought, occupation and behaviour humans become happy.

New Words to Remember

S.No.	New Word	Pronunciation	Hindi Word
1.	dimension	डायमेंशन	आयाम
2.	state	स्टेट	स्तर
3.	behaviour	बिहेवियर	व्यवहार
4.	thought	थॉट	विचार
5.	realization	रियलाइज़ेशन	अनुभव
6.	effort	एफ़र्ट	श्रम
7.	work	वर्क	कार्य
8.	occupation	ऑक्यूपेशन	व्यवसाय
9.	plough	प्लाओ	खेत जोतना
10.	irrigate	इरीगेट	सिंचाई करना
11.	manufacture	मैन्युफ़ैक्चर	निर्माण करना
12.	decision	डिसिशन	निर्णय

Lesson 15

Occupation

To fulfil the needs of our body we need many facilities – such as food, clothing and shelter. We have other needs too to fulfil our living in the society, for which we require some facilities – such as television, radio, cycle, railways, etc.

We obtain all these facilities through occupation. Some of these are obtained by agriculture, such as cereals, pulses, vegetables and fruits. The process of obtaining things by means of effort is called production.

Similarly, to build a house we need things such as bricks, tiles, stones, limestone, cement, wooden doors, iron rods etc. Even these items are produced. Clothes, machines, engines, coal, vehicles, etc are also obtained through production. The production of these materials happens at different places.



Salt is a necessary part of our food. We find salt in seawater. On the sea coast, sea water is dried to make salt. In some places salt is also obtained by digging underground. Salt is then transported from these places to other places for use.



On this earth we find different kinds of metals in different places. These are collected, cleaned and then used. This is also an occupation.

Firewood, wood for buildings and herbs are obtained from places where there are dense forests. All work/occupation is done through effort. With practice we become capable of putting in effort.

With occupation we fulfill our needs. This is a very important and necessary part of our living.

New Words to Remember

S.No.	New Word	Pronunciation	Hindi Word
1.	fulfill	फुलफ़िल	पूरा करना
2.	production	प्रोडक्शन	उत्पादन
3.	agriculture	ऐग्रिकल्चर	कृषि
4.	firewood	फ़ायरवुड	जलाऊ लकड़ी
5.	bricks	ब्रिक्स	ईंट
6.	tiles	टाइल्ज़	फर्शी
7.	iron rod	आयरन रॉड	लोहे की छड़
8.	sea water	सी वॉटर	समुद्र का पानी
9.	facilities	फ़सिलिटीज़	आवश्यकताओं

Lesson 16

Exchange

The give and take of goods between humans is called exchange. We exchange materials because all the needs of a family cannot be produced by the family alone. For example, one family grows grains and another family produces clothing. By taking clothing in exchange for grains, a family satisfies both needs. Similarly, the other family's needs are also satisfied. In this way, many different things are exchanged in society.



Historically, humans have been exchanging goods. After some time, they started using metals as symbols for goods. For example, if someone needed a sack of grains then they gave gold coins in exchange for grains. Such coins are called money or token money. Similarly, other metals such as silver, copper, brass and iron as coins also came into use as symbols for the goods. Along with this, we got coins in exchange for work and we used those coins to get things that we needed.

In this manner, things that we need as well as work were given in exchange for money.

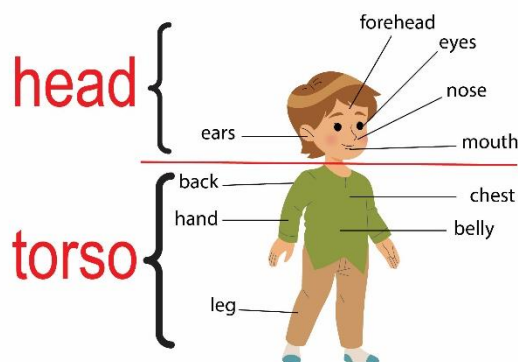
We exchange things or work. The aim of exchange is to obtain things or work in exchange for other things or work.

New Words to Remember

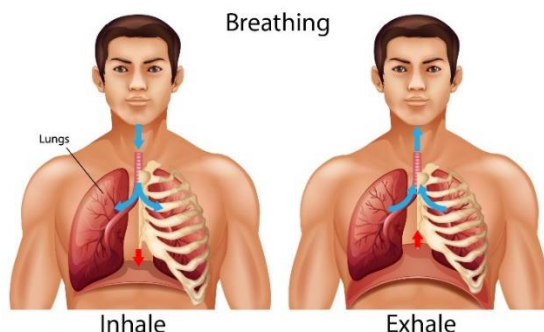
S.No.	New Word	Pronunciation	Hindi Word
1.	exchange	एक्सचेंज	विनिमय
2.	give and take	गिव एंड टेक	आदान प्रदान
3.	goods	गुड्स	वस्तुओं
4.	symbols	सिंबल्ज़	प्रतीक
5.	aim	एम्ज़	उद्देश्य
6.	obtain	ऑबटेन	प्राप्त करना
7.	produced	प्रोड्यूस्ड	उत्पादन
8.	satisfied	सैटिसफाइड	पूरा होना
9.	sack	सैक	बोरा
10.	silver	सिल्वर	चांदी
11.	copper	कॉपर	ताम्बा
12.	brass	ब्रास	पीतल
13.	gold	गोल्ड	सोना
14.	metal	मेटल	धातु

Lesson 17

Body Formation



Our body has mainly two parts - head and torso. Head has eyes, ears, nose, mouth and forehead. Torso has hands, legs, belly, chest and back. The frame of our body is made up of bones. There are muscles on the bones and skin on the muscles. There is blood in the body. When we get hurt or have a cut, we bleed.



All humans breathe in and breathe out. When we breathe in (inhale) we take in pure air and when we breathe out (exhale) we throw out impure air. When we breathe in, pure air reaches our lungs and mixes with our blood. In turn, our blood gets pure and this pure blood goes to our entire body.

When we breathe out, some impurities and waste are thrown out of the body. In this manner, our body stays healthy and strong.

We can stop our breathing for some time. But we feel suffocated if we try to stop breathing for a longer time.

Maintaining a healthy body is our responsibility.

New Words to Remember

S.No.	New Word	Pronunciation	Hindi Word
1.	body	बॉडी	शरीर
2.	torso	टॉर्सो	धड़
3.	structure	स्ट्रक्चर	ढांचा
4.	muscles	मांसपेशियाँ	मांस
5.	bones	बोन्ज़	हड्डियां
6.	skin	स्किन	चमड़ी
7.	breathe	ब्रीद	श्वास
8.	pure	प्योर	शुद्ध
9.	inhale	इन्हेल	श्वास लेना
10.	exhale	एग्ज़हेल	श्वास छोड़ना
11.	impurity	इम्प्युरिटी	अशुद्धि
12.	suffocate	सफ़केट	घुटन
13.	in this manner	इन दिस मैनर	इस तरह से

Lesson 18

Food

To keep our body healthy, we eat food. A major part of our food comes from plant sources. We use all the parts of plants or trees such as roots, stems, fruits, leaves, flowers and seeds, as food.

Roots such as carrot, radish, turnip and beetroot are used.



Stems, especially the tender ones of red amaranth (*lal bhaji*), wild amaranth (*jari bhaji/ kheda bhaji*), amaranth (*chola*) and malabar spinach (*poi*) are used.



Leaves such as drumstick leaves (*munga*), fenugreek leaves (*methi*), coriander (*dhaniya*) leaves, spinach leaves (*palak*), radish leaves (*mooli*), onion (*pyaaj*) and garlic (*lahsun*) are used.



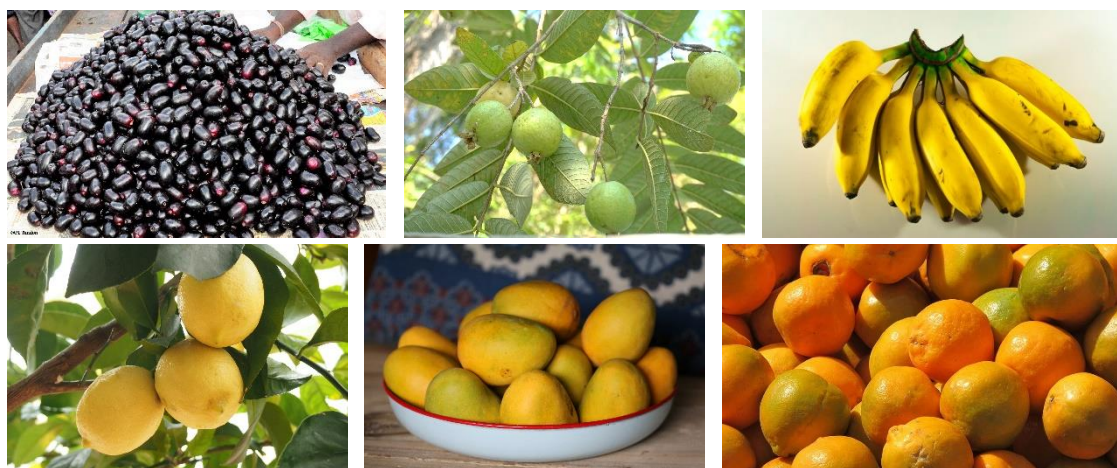
In **flowers**, rose petals (*gulab*) are used to make *gulkand*. Similarly, we use cauliflower (*phoolgobhi*), drumstick flower (*munga ka phool*), pumpkin flowers (*kumhada ka phool*) in our food.



Raw fruits (vegetables) such as bottle gourd (*lauki*), cucumber (*kheera*), raw banana (*kacha kela*), raw papaya (*kacha papita*), ridge gourd (*turai*), round gourd (*tinda*) etc are used as food.



Ripe fruits such as lemon (*nimbu*), banana (*kela*), orange (*santra*), apple (*seb*), sweet lime (*mosambi*), mango (*aam*), guava (*amrud*), watermelon (*tarbuj*), muskmelon (*kharbuja*), jambu plums (*jamun*) etc are used.



In **seeds**, many types of **grains, pulses and oil seeds** are used. Grains such as rice (*chawal*), wheat (*gehun*), sorghum (*jowar*), pearl millet (*bajra*) corn (*makka*), barley (*jau*) are used. Pulses such as green gram dal (*mung*), peas (*matar*), red lentil (*masoor*), black gram dal (*urad*), bengal gram dal (*chana*)

dal) and beans are used. Oilseeds such as sesame (*til*), mustard (*sarson*), peanuts (*moongphali*), safflower (*kusum/kardi*) and flaxseed (*alsi*) are used.



We eat our food either raw or in the cooked form. Foods that can be eaten raw are cucumber, radish, carrot, beetroot etc. Foods that ripen on the tree and don't need to be cooked such as mango, guava, orange, sweet lime etc. are called fruits. Foods that we need to cook before eating such as okra, potatoes, brinjals, pointed gourds, bitter gourds etc. are called vegetables.

In this manner, **a major part of our food is from bio order. It helps us keep our body healthy.**

New Words to Remember

S.No.	New Word	Pronunciation	Hindi Word
1.	tender	टेन्डर	नरम
2.	oilseed	ऑइल सीड	तिलहन
3.	grains	ग्रेन्ज़	अनाज
4.	root	रूट	जड़
5.	stem	स्टेम	तना
6.	leaf	लीफ़	पट्टी
7.	ripe	राइप	पेड़ पर पका हुआ
7.	is eaten	इज़ ईटन	खाया जाता है
8.	cook	कुक	आग पर पका हुआ
9.	major	मेजर	मुख्यतः

Lesson 19

Medicine

To keep our body healthy, pure air, pure water, pure and nutritious food, exercise and rest are necessary. When there is a lack of any of these, our body becomes unwell. Many times, our body can also become unwell due to some kind of wounds, insect bites, animal or bird attacks.

To make an unhealthy body healthy again, we require food that is suitable to the body, pure water, pure air and also medicines.

When we get wounded, we start to bleed. To stop the bleeding, we apply certain medicines. On applying alum '*phitkari*', the blood stops flowing. Similarly, applying slaked lime powder can also stop the bleeding.



alum



black pepper



tulsi



giloy



turmeric



betel leaf

When we have a cold, we have warm milk with turmeric in it. This helps cure the cold. Leaves of tulsi also help to cure colds and coughs. Eating black pepper also helps to cure cold and cough.

When our body temperature increases, we call this fever. To reduce fever, we use many different medicines such as *giloy*, betel leaves, *tulsi*, *chirayta*, spices etc.

So, we see that in addition to pure air, pure water, nutritious food, exercise and rest, we also need medicines to make an unhealthy body healthy again. We get these medicines from the bio order as well as material order.

New Words to Remember

S.No.	New Word	Pronunciation	Hindi Word
1.	physical effort	फ़िज़िकल एफ़र्ट	श्रम
2.	unwell	अनवेल	बीमार, अस्वस्थ
3.	nutritious	न्यूट्रिशस	पौष्टिक
4.	due to	इयू टू	के कारण
5.	wound	वूँड	घाव
6.	bite	बाइट	काटना
7.	imbalance	इम्बैलन्स	असंतुलन
7.	apply	अप्लाय	मल्लम लगाना
8.	certain medicines	सर्टन मेडिसिन्ज़	निश्चित औषधि
9.	similarly	सिमिलरली	उसी तरह
10.	bleed	ब्लीड	खून बहना
11.	alum	ऐलम	फिटकरी
12.	turmeric	टरमरिक	हल्दी
13.	black pepper	ब्लैक पेपर	काली मिर्च
14.	added	ऐडिड	साथ
15.	cure	क्योर	इलाज
16.	cough	कॉफ़	खांसी
17.	temperature	टेमपरेचर	तापमान
18.	increases	इन्क्रीज़ज़	बढ़ता है

Lesson 20

Body Hygiene



To keep healthy, we keep our body clean. We eat with our hands. So, we wash our hands well before we eat food.

Our body sweats. Waste material is removed from our body through sweat. We have a bath regularly to remove this waste material. Being outside, working and playing the full day, we get dust on our body. We have a bath everyday to scrub and wash away this dirt too. During summer, we even have a bath twice a day.

Bathing reduces the temperature of our body and keeps our body cool. Bathing also helps to relieve the tiredness in the body.

Resting also helps to relieve tiredness from the body and we become fresh again and get ready to do our work.

Our nails grow every day. Dirt gets deposited in our nails, which goes with the food we eat into our stomach and can cause illness. To avoid this, **we**

cut our nails regularly. Similarly, our hair grows too. Dust gets stuck to our hair and we also sweat from our scalp. If we have long hair then it takes a lot of effort to keep it clean and tidy. Hence, it is easier to manage our hair if we keep it short.

Our hands, legs and face remain exposed. These places come more in contact with dust, smoke and mud. Hence **we wash our hands, legs and face many times in a day.**

When we eat food, some particles of it remain in our mouth, which later start to decay. Hence, **we rinse our mouth well after we eat food.** This helps our gums and teeth to remain healthy.

When we wake up in the morning, we get a bad smell from our mouth. From this we can make out that some food particles have decayed in our mouth. **To remove the particles that are stuck between our teeth we clean with a datun or a soft brush. We also clean our tongue with a tongue cleaner.** In this way, we keep our mouth clean.

Similarly, waste is removed from the body through our eyes, nose and ears. We keep these parts of our body clean too.

In this way **it is essential to keep all the parts of our body clean to remain healthy.**

New Words to Remember

S.No.	New Word	Pronunciation	Hindi Word
1.	hygiene	हाइजीन	स्वच्छता
2.	wash	वॉश	धोना
3.	scrub	स्क्रब	रगड़ना
4.	waste material	वेस्ट मटेरियल	शरीर की गन्दगी
5.	illness	इलनस	रोग
6.	exposed	इक्स्पोज़्ड	खुला रहता है
7.	rinse	रिन्स	कुल्ला
8.	gets deposited	गेट्स डिपोज़िटड	इकट्ठा हो जाता है
9.	contact	कॉन्टेक्ट	संपर्क में आना
10.	remain	रिमेन	रह जाते हैं
11.	decay	डिके	सड़ जाते हैं
12.	sweat	स्वेट	पसीना
13.	through	थू	के द्वारा
14.	dust	डस्ट	धूल
15.	twice	ट्वाइस	दो बार
16.	take away	टेक अवे	ले जाता है
17.	tiredness	टायर्डनस	थकान
18.	fresh	फ्रेश	ताज़ा
19.	are stuck	आर स्टक	चिपक जाते हैं
20.	scalp	स्कैल्प	सिर की खाल
21.	gums	गम्ज़	मसूड़े
22.	food particle	फूड पार्टिकल	भोजन के टुकड़े

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