

Consciousness Development Value Education



Class 4
English Textbook

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



The goal of human beings is to become wise. On becoming wise our inquisitiveness is fulfilled and we get happiness. Humans, with their efforts, have understood many things.

We are able to see many things with our eyes. We recognize them and understand them. Many things are *visible* to our eyes but we are not able to *understand* them entirely just by seeing them. For example, the moon is visible to us. Although we see the moon, we are not able to see that the moon is revolving around the Earth. Similarly, we are able to see the occurrence of day and night too. When we try to *understand* the reason for this, we understand that it is due to the motion of the Earth that day and night occurs. Day and night are caused due to the spinning of the earth on its axis.

We can *understand* the cause for certain events or work. **The cause does not change. This always remains the same.** We cannot understand the cause with the help of our senses. We can understand only by thinking, analysing and studying. **The understanding of the cause is called resolution.**



It is only when we have resolution that we are able to determine our needs, **determine the means of fulfilling our needs and are also able to fulfil them in living. This is called prosperity.**



We also become fearless when we have resolution because with resolution, we are aware of various means of protecting ourselves from predatory and poisonous animals. With resolution, we behave well with each other; we understand each other and help each other. This helps in having trust in each other. **We live with trust among our teachers and friends at school. All of us are happy together. We call this fearlessness.**



In addition to living with humans, we also live with air, water, soil, vegetation and animals. No human can live without these. We all live together. **Living together is called co-existence.**

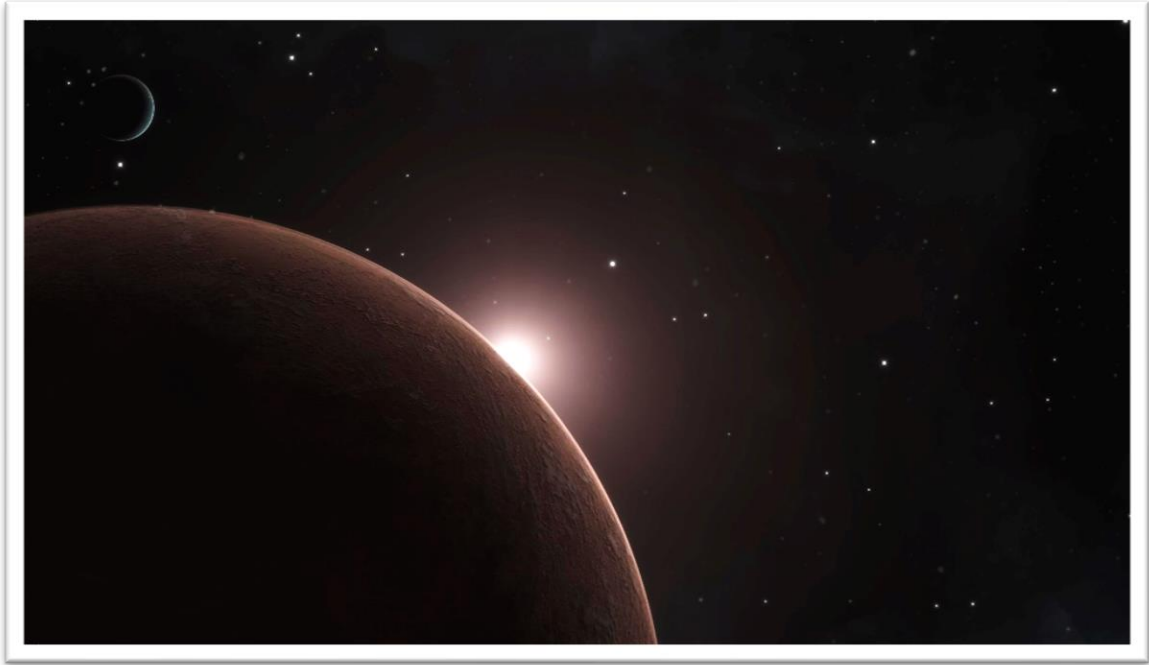
Hence, **human goals are resolution, prosperity, fearlessness and co- existence.**

New Words to Remember

S.No.	New Word	Pronunciation	Hindi Word
1.	fulfilled	फुलफिल्ड	पूरा होना
2.	inquisitiveness	इनक्विज़ीटिवनेस	जिज्ञासा
3.	recognizing	रेकगनाइज़िंग	पहचानना
4.	resolution	रेज़ल्यूशन	समाधान
5.	prosperity	प्रोस्पेरिटी	समृद्धि
6.	fearlessness	फ़ियरलसनस	अभय
7.	coexistence	कोएग्ज़िस्टेंस	सहा-अस्तित्व
8.	predatory	प्रिडेटरी	हिंसक
9.	poisonous	पॉइज़नस	विषैली
10.	analysing	ऐनलाइज़िंग	विश्लेषण
11.	cause	कॉज़	कारण
12.	determine	डिटर्मिन	निश्चय करना
13.	motion	मोशन	गति
14.	spinning	स्पिनिंग	घूर्णन
15.	axis	ऐक्सिस	अक्ष
16.	occurrence	ऑकरन्स	होना
17.	senses	सेन्सिज़	ज्ञानेन्द्रिया

Lesson 2

Existence



When we look up to the sky, we see many stars, planets and satellites. Together they are a part of existence. **The meaning of existence is to exist or to be.**

Stars, planets and satellites exist in the sky. Hence, we call this existence. These stars, planets and satellites exist *together in the sky*. Hence, we call this coexistence.

The sky is also called space. We call it empty space or empty place too. All the stars, planets and satellites are active in the sky. Hence, the sky is their *abode*. Therefore, we call it 'space' or '*empty space*'.

Space does not have any boundaries. So, we call it boundless. Boundless means that which is not bound by anything; without any boundaries. The expanse of space is in all directions. It has no limits and hence **we call it *all-pervasive***. Space is all-pervasive (*vyapak*). **Space is also *transparent*.**

A mud wall looks solid, but when we add drops of water on the wall they get absorbed into the wall. By this we understand that there are gaps in the mud wall; there is empty space.

We cannot see this space but we can understand it. A cement wall looks much more solid and it is stronger than a mud wall but even this has empty space in-between.

If we dissolve a teaspoon of salt or sugar in a glass of water and stir it, the salt or sugar will dissolve and disappear. From this we understand that there is space in water too. Space or place is *inside* every unit.

All the planets, satellites and stars revolve in space. There is empty space *around* every planet. We cannot separate or remove any star or planet from space. Hence, in existence, all units are always *immersed* in space.

Every unit in existence is active but space itself is not active.

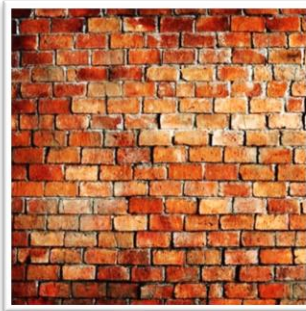
New Words to Remember

S.No.	New Word	Pronunciation	Hindi Word
1.	active	ऐक्टिव	गतिशील
2.	abode	अबोड	आवास स्थल
3.	boundless	बॉउन्डलस	असीम
4.	expanse	ऐक्सपैन्स	विस्तार
5.	limit	लिमिट	सीमित
6.	all-pervasive	ऑल - पेरवेसिव	व्यापक
7.	transparent	ट्रान्सपेरन्ट	पारदर्शी
8.	absorbed	अबज़ोर्ब	समा जाना
9.	gap	गैप	खली जगह
10.	dissolve	डिज़ोल्व	घुल जाना
11.	disappear	डिसअपियर	अदृश्य
12.	revolve	रिवॉल्व	परिक्रमा करना
13.	separate	सेपरेट	अलग करना
14.	remove	रिमूव	हटाना
15.	immerse	इमर्स	डूबा

Lesson 3

Material Order

We have learnt so far that soil, stones, metals and gems are together called Material Order.



Houses made of mud, stone, cement etc. are also part of the Material Order. Once these houses are built, they stay the same for many years. Similarly, when bricks, earthen vessels, lamps, etc. are made, they remain in the shape that they are given. This is one *conduct* of materials. This conduct of materials is always the same and does not change. Based on this, we are able to make use of these materials.



Hence, **we understand that the conduct of materials is *definite*. We call this *orderliness*.** Iron, gold, silver, and copper are some metals. They belong to the Material Order too. Their conduct is also definite.

Different types of *activities* occur in materials. Humans identify these materials by these activities. For example, iron gets attracted to a magnet and gets attached to a magnet. When this happens, we say that iron sticks to a magnet. They do not separate on their own. They can be separated only by the use of some force.



Whenever we need to identify a material as iron, we use a magnet. If that material gets attached to the magnet, then we identify it as iron. An iron and a magnet recognize each other and also fulfil each other. **This recognition and fulfilment never change. Hence, there is continuity and definiteness in this conduct.**

Humans have made many instruments based on the definite conduct of materials. For example, when we observe a mountain, we see slopes. We see slopes in fields and lands too. We *recognize* slopes with the help of our eyes, just by seeing. But we are unable to recognize a slope that is very small, like in the floor of our room. To *identify* this, we pour water and observe it. The direction of the flow of water indicates a slope.



Based on this conduct of water, an instrument has been designed to identify a slope. This is called a **spirit level**. In this instrument, a glass channel is filled with water with a small amount of space left. This air in that space is visible as a bubble. When this instrument is kept on the floor, the water in the channel moves towards the slope and the air bubble moves upwards. In this way we identify slopes.

Recognizing and fulfilling are activities of Material Order. These activities remain the same all the time. The conduct of all materials is definite and they are in orderliness.

New Words to Remember

S.No.	New Word	Pronunciation	Hindi Word
1.	gems	जेम्ज़	मणि
2.	metal	मेटल	धातु
3.	brick	ब्रिक	ईंट
4.	earthen vessel	अर्दन वेसल	मिट्टी के बर्तन
5.	conduct	कॉन्डक्ट	आचरण
6.	gold	गोल्ड	सोना
7.	silver	सिल्वर	चांदी
8.	iron	आयर्न	लोहा
9.	copper	कॉपर	तांबा
10.	magnet	मैग्निट	चुम्बक
11.	orderliness	ऑर्डरलीनस	व्यवस्था
12.	definite conduct	डेफिनिट कॉन्डक्ट	निश्चित आचरण
13.	activity	एक्टिविटी	क्रिया
14.	instruments	इन्स्ट्रूमेंट्स	उपकरण
15.	identify	इडेंटिफ़ाय	पहचानना
16.	based on	बेस्ड ऑन	के आधार पर
17.	recognition	रेकगनिशन	पहचानना
18.	fulfilment	फुलफिलमेंट	निर्वाह करना
19.	continuity	कन्टिन्यूइटी	निरंतरता
20.	gets attracted	गेट्स अट्रेक्टिड	आकर्षित होना
21.	gets attached	गेट्स अटैच्ड	सट जाना / चिपक जाना
22.	on their own	ऑन देर ओन	अपने आप
23.	whenever	हवेनेवर	जब भी
24.	never	नेवर	कभी नहीं
25.	force	फ़ोर्स	बल
26.	indicates	इन्डिकेट	दिखाता है
27.	has been designed	हेज़ बिन डिज़ाइन्ड	बनाया गया है
28.	glass channel	ग्लास चैनल	कांच की नली
29.	small amount	स्मॉल अमाउन्ट	थोड़ी मात्रा

Lesson 4

Bio Order



We have learnt in our previous class that we call plants and trees vegetation. These are identified as the Bio Order. There are many different types of plants and trees. **Every species of Bio Order has a *definite conduct*.**

Trees, shrubs, creepers or climbers and grass or herbs are the different types of vegetation. In this class, we will learn the difference between Bio Order and the Material Order.

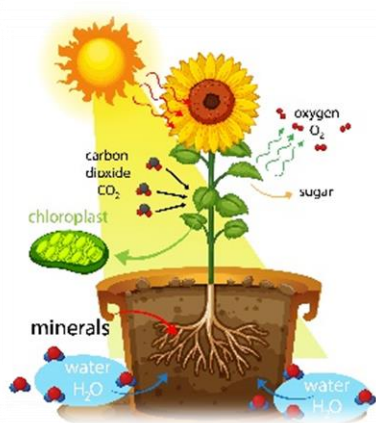


There is ***growth*** in the units (plants and trees) of the Bio Order. A small plant steadily grows up to be a big tree. There is growth even in plants such as wheat and rice. Similarly, there is growth in shrubs, creepers and climbers too.

However, there is no growth in the units of the Material Order. They remain as big as they already are. For example, there is no growth in the

building that we live in. The vessels that we keep at home also do not grow. This is one difference between the Material Order and the Bio-Order.

We can observe and understand another distinguishing feature in the Bio Order. When we sow a seed, it grows into a plant with flowers, fruits and seeds. On planting the seeds again, many plants sprout from them. In this manner in a few years one plant can be seen along with many other plants. In other words, there is an *increase in the number* of plants. All these plants are similar. This process does not occur in the Material Order. If we observe some of the things that we use at home made of iron, copper, brass etc., we can see that there is no increase in the number of these things. This is the second difference between Bio Order and Material Order.



There is one more difference between Bio Order and Material Order. Plants and trees *breathe*. We call this *respiration*. Respiration does not occur in the Material Order.

In this manner, we can see that there are three important differences between Bio Order and Material Order.

There is one similarity between Material Order and Bio Order and they are the activities of *recognizing* and *fulfilling*.

An example for the activity of *recognizing* and *fulfilling* in the Material Order is the flow of water towards a slope and iron getting attracted to a magnet. Similarly, this activity of *recognizing* and *fulfilling* happens in the Bio Order too. The roots under a plant grow down towards water. The stem and leaves of a plant grow up towards sunlight. If we plant sugarcane, tamarind, chilli and bitter gourd on the same soil, each of these plants will absorb what they need from the soil. Each plant's taste is unique. This does not change; it is always the same.

Hence, we understand that **the conduct of the Bio Order is definite. It is in orderliness**

New Words to Remember

S.No.	New Word	Pronunciation	Hindi Word
1.	vegetation	वेजिटेशन	वनस्पति
2.	are identified as	आर आइडेंटिफाइड एज़	पहचाने जाते हैं
3.	shrub	श्रब	झाड़ी
4.	creepers	क्रीपर	लता
5.	climbers	क्लाइम्बर	बेल
6.	herbs	हर्ब्स	शाक
7.	difference between	डिफरन्स बिटवीन	उनमें अंतर
8.	growth	ग्रोथ	वृद्धि
9.	steadily grows	स्टेडिली ग्रोज़	धीरे धीरे बड़ा होना
10.	wheat	व्हीट	गेहूँ
11.	however	हौएवर	परन्तु
12.	remain	रिमेन	बने रहना
13.	occur	अकर	होना
14.	process	प्रोसेस	प्रक्रिया
15.	similarly	सिमिलरली	इस में भी / इसी तरह
16.	keep	कीप	रखना
17.	in a few years	इन अ फ्वु यरस	कुछ वर्षों में
18.	along with	अलॉग विद	के साथ
19.	observe	ऑबसर्व	ध्यान से देखना
20.	on planting seeds	ऑन प्लान्टिंग	बीज लगाने पर
21.	in this manner	इन दिस मैनर	इस प्रकार
22.	can be seen	कैन बी सीन	देखा जा सकता है
23.	increased	इंक्रीड	बढ़ता है
24.	breathe	ब्रीथ	सांस लेना
25.	respiration	रेस्पिरेशन	श्वसन क्रिया
26.	similarity	सिमिलैरिटी	समानता
27.	tamarind	टैमरिंड	इमली

Lesson 5

Animal Order

We have studied about the Animal Order in the previous class too. We recognized both herbivorous (plant-eating) and carnivorous (animal-eating) animals in the Animal Order. Their food and their conduct are *definite*.



In this class, we will understand the difference between the Animal Order and the Bio Order.

We have already **recognized three important differences between the Material Order and the Bio Order:**

1. **growth**
2. **increase in numbers, and**
3. **respiration**

In other words, these three activities do not occur in the Material Order but they do occur in the Bio Order.

In the Animal Order, young animals *grow* to become adult animals and they *increase* in numbers too. *Respiration* activity occurs in the Animal Order too.

All animals *recognize* their habitat and their food and utilise them. Thus, we can see that **the activity of recognizing and fulfilling occurs in the Animal Order too, just like in the Bio Order and the Material Order.**

But in addition, there is a special characteristic (लक्षण) that occurs in the Animal Order that does not happen in the Material Order or the Bio Order. Consider an example. If we give a name to a cow and call it regularly by its name, then we see that only that cow will start responding to that name and come to you. Other cows will not respond to this sound. We can observe this characteristic even in dogs, horses and a few other animals. Therefore, dogs, horses and cows **have a tendency to follow / accept the directions given by humans. This activity is called “assuming”.**

So, we can see that these three activities - **assuming, recognizing and fulfilling occur in the Animal Order.** Based on these activities we understand the conduct of an animal. **This conduct is continuous. Based on this conduct, animals display orderliness.**

New Words to Remember

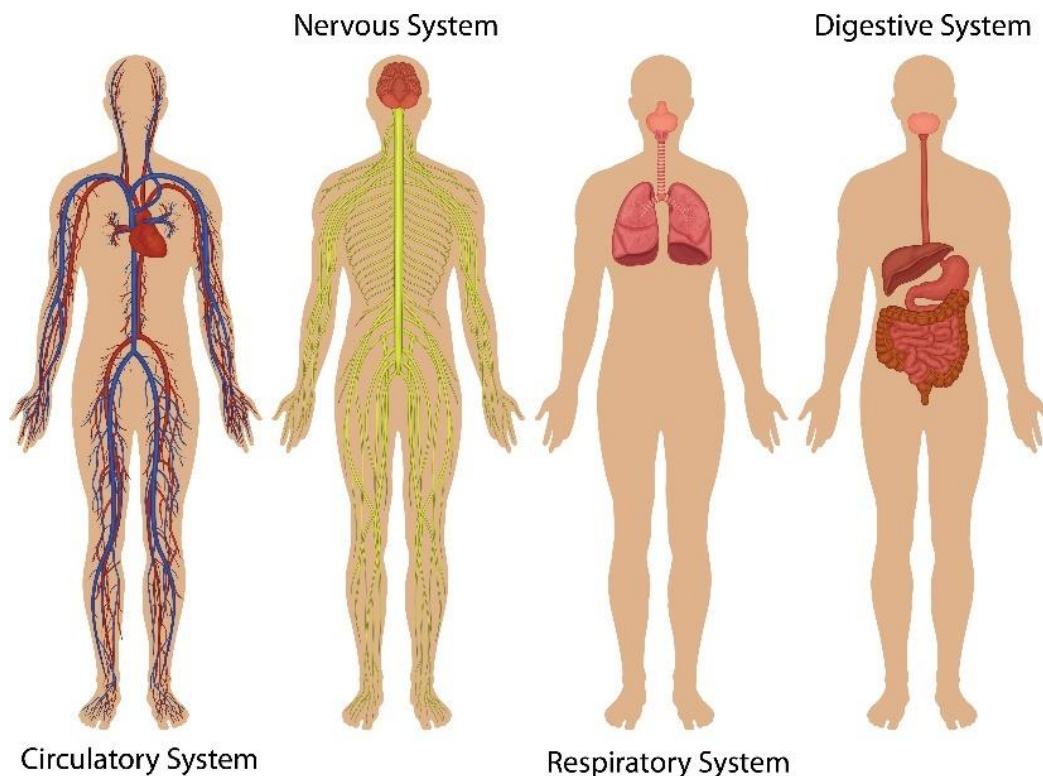
S.No.	New Word	Pronunciation	Hindi Word
1.	in other words	इन अदर वर्ड्स	दूसरे शब्दों में
2.	characteristic	कैरेक्टरिस्टिक	लक्षण
3.	respond	रेसपॉन्ड	जवाब देना / प्रतिक्रिया करना (प्रभावित होकर)
4.	adult	अडल्ट	बड़े / वयस्क
5.	a few	अ फ्यू	कुछ
6.	assuming	असयूमिंग	मानना
7.	follow directions	फॉलो डिरेक्शन्ज़	संकेत को मानना

Lesson 6

Knowledge Order

We have understood in the previous classes that the human being belongs to the knowledge order. All human beings have the same body formation and goal. **Every human has imagination and freedom of action. On this basis too, all humans are the same.**

In this lesson, we will understand more about human beings and the similarities among them. We will now study ourselves and in this study, we will evaluate our activities.



When we observe ourselves, we can see that there are two types of activities in us. One type of activity is **called *involuntary* activity. This activity happens by itself such as breathing, digestion of the food that we have eaten, sweating due to heat, the flow of blood in our body and many others.** These activities occur by themselves. We don't put any effort into making them happen.



The second type of activity is called **voluntary activity**, such as walking, reading, writing, riding a bicycle, cleaning our teeth, travelling, bathing and many others. We put effort into these activities. These do not happen by themselves; we take responsibility for them. For example, if we are asked the question, “Who is cleaning his/her teeth?” Then we answer “I am cleaning my teeth”. **We use the word ‘I’ to indicate our responsibility. In this way we can see that there is an entity that takes responsibility. The name of the entity that takes responsibility is ‘I’.**

The first type of activity that we discussed above happens by itself. We do not take responsibility for these activities. If we have a stomach ache then we visit a doctor and tell him that “I have a stomach ache”. We do not tell him “I am causing an ache in my stomach”. We say “It is aching”. The entity in which involuntary activities occur is called the body. **The entity responsible for voluntary activity is called “I” or “Self”. “I” (Self) is also called ‘Jeevan’.**

Every human being is the combination of these two types of activities, involuntary activities and voluntary activities or body and Jeevan. Thus, every human being is the combined form of bodily activities and Jeevan activities. **This is the same in all human beings.**

Previously, we have seen that the activities of recognizing, fulfilling and assuming are there in the animal order. **In human beings, along with the activities of recognizing, fulfilling and assuming, the activity of *knowing* is also there.**

Let us see the activities of recognizing, fulfilling and assuming in human beings. For example, we are able to sense hot and cold weather. This is the activity of recognizing. We also recognize hunger, thirst and sleep. After recognizing this, we do something about it. This is called fulfilling. On recognizing cold weather, we fulfil it by wearing something warm and protecting our body. Similarly, on recognizing hunger, eating food is to fulfil the hunger. But in order to recognise nutritious food humans also assume that it is suitable food.

What do we mean by assuming? We assume many things. For example, we assume our name. We assume our parents' names. We assume the names of many things that we use. There are some things that we assume but don't know. For example, the fact that the earth revolves around the sun, we have assumed this. When we are asked the question "How does this happen" we may not be able to explain this. But, on knowing this we are able to understand it and also make others understand it.

Knowing is itself understanding. We go to school to know things. The most important work for humans is to know and to understand. We are able to do the right kind of work only with 'knowing' and hence we become happy.

New Words to Remember

S.No.	New Word	Pronunciation	Hindi Word
1.	formation	फॉर्मेशन	रचना
2.	imagination	इमैजिनेशन	कल्पनाशीलता
3.	similarities	सिमिलैरिटी	समानताओं
4.	will evaluate	विल ईवैल्यूएट	जांचेंगे
5.	observe	ऑबसर्व	ध्यान से देखना
6.	activities	ऐक्टिविटी	क्रियाएं
7.	take responsibility	टेक रीस्पॉन्सबिलिटी	ज़िम्मेदारी लेना
8.	above	अबव	ऊपर / उपरोक्त
9.	by itself/by themselves	बाय इटसेल्फ़	अपने आप
10.	stomach ache	स्टमक एक	पेट दर्द
11.	sense	सेंस	पता चलना / पहचानना
12.	wear	वेर	पहनना
13.	suitable (foods)	सूटबल	उचित आहार / भोजन
14.	combination	कॉम्बीनेशन	संयुक्त रूप
15.	most important	मोस्ट इम्पोर्टेंट	मुख्य

Lesson 7

Family

Every human lives in a family. Every human spends most of his/her time with the family. **Family is the most important place for a human.**

Every person is taken care of in the family. Every person in the family takes care of every other person in the family. In this manner, everyone stays together in the family, thinking about each other's happiness and of ways to fulfil them. This is the most important part about living in a family. All the elders in the family are adept in living well. The younger members of the family understand, learn and practise this. After several years of study and practice we become adept in living in the family.

When we become adept in living well in the family, we become happy and we also become a source of happiness for others. This also means that we are able to make everyone happy. **The family is the smallest unit of the society. So, only when we become capable of living well in the family, can we become adept at living in the larger unit, which is the society.**



To live with happiness in the family, humans do several different types of work and behaviour.

1. **Values:** The fulfilment of values such as trust, respect etc.
2. **Service:** cooking, serving, taking care of the ill and ailing, service to elders and children.
3. **Cleaning:** keeping the house and its surroundings clean, washing clothes, cleaning vessels and many more activities.
4. **Education:** sending children to school, paying attention to many aspects of their progress at home and creating an environment suitable for education at home.
5. **Production:** participating in production activities to fulfil the needs of the family such as agriculture for food, dairy farming for milk, stitching clothes and many more such activities.
6. **Hospitality:** taking care of friends and relatives who visit home, conversing with them and fulfilling their needs while they stay at home.

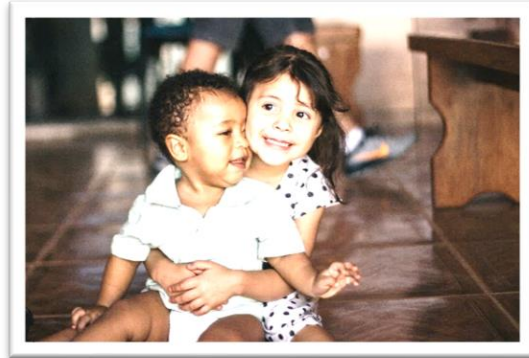
These different types of work and behaviour are a part of every home. This is done by all the elders in the family. The children in the family co- operate with the elders and learn to live in the same way.

New Words to Remember

S.No.	New Word	Pronunciation	Hindi Word
1.	spend time	स्पेन्ड टाइम	बिताना
2.	adept	अडेप्ट	पारंगत होना
3.	practise	प्रैक्टिस	अभ्यास करना
4.	several	सेवरल	कई
5.	smallest unit	स्मॉलस्ट	सबसे छोटी इकाई
6.	larger unit	लार्जर यूनिट	बड़ी इकाई
7.	service	सर्विस	सेवा
8.	ailing	एलिङ्ग	बीमार
9.	surrounding	सराउन्डिंग	आस-पास
10.	aspect	ऐस्पेक्ट	पहलू / आयाम
11.	progress	प्रोग्रेस	उन्नति
12.	creating	क्रियेटिंग	बनाना
13.	environment	एनवायरनमेंट	वातावरण
14.	production	प्रोडक्शन	उत्पादन
15.	education	एजुकेशन	शिक्षा
16.	hospitality	हॉस्पिटैलिटी	अतिथि सत्कार
17.	agriculture	ऐग्रिकल्चर	अन्न उपजाना / कृषि
18.	dairy farming	डेरी फ़ार्मिंग	गो पालन
19.	stitching	स्टिचिंग	सिलाई
20.	conversing	कॉन्वर्सिंग	वार्तालाप करना

Lesson 8**Human Relationships**

All of us live in families. There are relationships such as mother-father, husband-wife, brother-sister etc in the family. In this class, we will understand the relationship between brother and sister.



Brothers and sisters live together in the family. They help each other. They play together, study together and also do their necessary work at home together. When one sibling finds it difficult to do any particular kind of work, then he or she expects the other siblings to help him or her. Brothers and sisters help each other to complete their work successfully. In this manner, they help each other in activities of play, study and household work.

Brothers and sisters call each other '*bhaiji*' and '*bahanji*' or '*didiji*'. When we address each other as '*bhaiji*' and '*bahanji*' then we are able to recognise the relationship of brother and sister.

We recognize all the people that live with us as being related to us in different ways and we address them accordingly. For example, at home we address our relations as '*mataji*' (*mammaji*), '*pitaji*' (*papaji*), '*bhaiji*', '*didiji*', '*dadaji*', '*dadiji*' etc. We address our mother's sisters as '*masiji*' and our father's sisters as '*buaji*'. We address our mother's brothers as '*mamaji*' and our father's brothers as '*Tauji/kakaji/chachaji*'.

Similarly, we have relationships outside the family too, which we will discuss later.

New Words to Remember

S.No.	New Word	Pronunciation	Hindi Word
1.	sibling	सिबलिंग	सहोदर भाई या बहन
2.	particular	पटिक्यूलर	किसी
3.	expect	इक्स्पेक्ट	चाहता है
4.	successfully	सकसेसफुली	सफलता पूर्वक
5.	household work	हाउसहोल्ड वर्क	गृह कार्य
6.	address	अड्रेस	संबोधन करना
7.	later	लेटर	बाद में

Lesson 9

Human Society

All humans living on this earth are together called human society. Every human child or human being lives in a family. Hence, all the families of the earth are together called *human society*. We are all a unit of this human society. The source of all our understanding and our work is society. For example, the language that we speak is learned in our family. In fact, we learn language, maths and science at school too. Similarly, we also learn to eat, to wear clothes, to read and to write from society.

As students grow up, they are taught various kinds of work and skills. They are taught ways of living well and living with happiness too. By learning and understanding, every student participates in various tasks of the family and the society.



In a society, human beings live in different groups. The smallest group is called a family. A group of families living close together is called a community. A larger group of families living together is called a village.

Often, the members of the village get together to build a school for students, a hospital for the ailing, roads to travel and facilities for safe drinking water. The important occupations of a village are agriculture, dairy farming and cottage industries.

A group of families, larger than the village, is called a town or city. In a city, a number of families live close to each other. The population of a city is higher than that of the village. There are a lot of wards (neighbourhoods) in the city. The wards of a city are usually as big as a village.

A large number of people live in the city. Therefore, the roads to reach such places are bigger than that of the village. The people of the city live together just like the people of the village. They get together in places such as the playground or the community hall. These are usually bigger than the ones in the village. In the city, the schools, hospitals, roads, water supply, electricity supply, etc. are taken care of by the people of the city themselves.



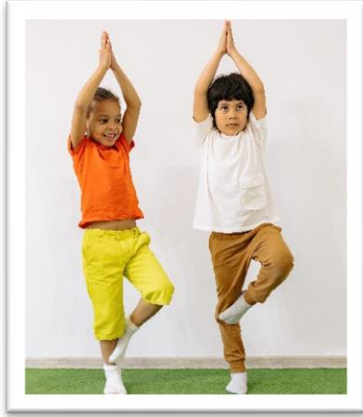
The important occupation of the people in the city is industry. In these industries, production is carried out on a large scale. The city is connected to neighbouring villages and other cities through roads on all sides of the city. Hence the activity of exchange is carried out efficiently.

The supply of food and milk to the city is from the villages. And things such as iron, machines and computers that are manufactured in the city, are transported to the villages for their use. Hence, in human society villages and cities are complementary to each other.

New Words to Remember

S.No.	New Word	Pronunciation	Hindi Word
1.	grow up	ग्रो अप	बड़े होना
2.	taught	टॉट	सिखाना
3.	community	कम्यूनिटी	टोला
4.	skill	स्किल	कलाएँ
5.	often	ऑफ़न	अक्सर
6.	facilities	फ़सिलिटी	सुविधायें
7.	cottage industry	कॉटिज इंडस्ट्री	कुटीर उद्योग
8.	population	पॉपयुलेशन	जन-संख्या
9.	ward	वॉर्ड	मोहल्ला / पारा
10.	neighbourhood	नेबरहुड	अड़ोस-पड़ोस
11.	usually	यूशूअली	सामान्यतः
12.	reach	रीच	पहुंचना
13.	community hall	कम्यूनिटी हॉल	सांस्कृतिक भवन
14.	water supply	वॉटर सप्लाय	पानी का प्रबंध
15.	electricity supply	इलेक्ट्रिसिटी सप्लाय	विद्युत सेवा
16.	carried out	केरिड आउट	किया जाता है
17.	large scale	लार्ज स्केल	बड़े पैमाने
18.	exchange	एक्सचेंज	विनिमय
19.	efficiently	एफिशिएंटली	अच्छी तरह से
20.	are manufactured	आर मेन्यूफैक्चर्ड	उत्पादित होता है
21.	are transported	आर ट्रांसपोर्टेड	पहुंचाया जाता है
22.	complementary	कॉम्पलेमेन्टरी	पूरक

Lesson 10

Activities of the Self (Jeevan) and the body

I am the Self (Jeevan). I control the body and the body acts according to me. I am the one who voluntarily makes decisions. The body acts according to my decisions, for example I decide to sit, stand or walk. I have full control over my body; I regulate the body.

I am continuously active. The body is continuously active too. **My (Jeevan's) activities are of a specific kind, whereas the activities of the body are of a different kind.**

The activities of thinking and knowing occur in the Self (Jeevan), whereas the activities of respiration, hunger, blood circulation and digestion, occur in the body.



If we pay attention to our Self (Jeevan), we observe that we are thinking continuously. Our attention is always focused somewhere. This happens every second. When we are healthy, we are able to focus more on our surroundings and when we are unhealthy, we focus more on our body. But, in both these conditions we continue to think. The activity of thinking is continuous. The subject of our thought keeps changing but thoughts are continuous. This activity never stops. It is continuous even in our sleep. This is why we see dreams. When we are asleep and a familiar person calls out our name, we immediately wake up. If a mosquito bites us when we are asleep, we try to swat it away. We also change our sleeping positions. All these activities are happening by the Self (Jeevan).

The activities of digestion, movement of intestines, blood circulation, the movement of legs and arms and other muscle movements happen repeatedly. Respiration also happens repeatedly.

Thus, we can see that the activity of the Self (Jeevan) is continuous while the activities of the body are repeated. The strength (*shakti*) of the Self (Jeevan) is never ending, while the strength of the body reduces, the body gets tired and we feel the need for rest. The body is energised after the consumption of food. **The strength of the body increases and decreases whereas the strength of the Self (Jeevan) is inexhaustible.**

New Words to Remember

S.No.	New Word	Pronunciation	Hindi Word
1.	control	कंट्रोल	नियंत्रण/चलाना
2.	acts	ऐक्ट	करना/चलना
3.	according to	अकॉर्डिंग टु	अनुसार
4.	voluntarily	वॉलन्टेरली	जान बूझकर
5.	decision	डिसिशन	निर्णय
6.	decide	डिसाइड	निर्णय लेना
7.	regulate	रेग्युलेट	नियंत्रण
8.	specific	स्पसिफ़िक	निश्चित/एक प्रकार के
9.	hunger	हंगर	भूक
10.	blood circulation	ब्लड सरक्युलेशन	रक्त संचलन
11.	digestion	डिजेशन	भोजन पचना / पाचन क्रिया
12.	pay attention	पे अटेन्शन	ध्यान देना
13.	focus	फोकस	अधिक ध्यान देना
14.	familiar	फ़मिलियर	परिचित
15.	call out	कॉल आउट	पुकारना
16.	immediately	इमीडीयटली	तुरंत
17.	swat it away	स्वॉट इट अवे	मारकर भगाना
18.	position	पज़िशन	स्थिति
19.	intestine	इंटस्टाइन	आंत
20.	muscle	मसल	मांसपेशी
21.	repeatedly	रेपीटेडली	बार-बार
22.	strength	स्ट्रेंथ	शक्ति
23.	reduces	रेड्यूस	कम होना
24.	gets tired	गेट्स टायरड	थक जाता है
25.	is energised	इज़ एनरजाइज़ड	शक्ति पाता है
26.	consumption	कंज़ंपशन	सेवन
27.	decrease	डिक्रीज़	घटना
28.	inexhaustible	इनएग्ज़ॉस्टिबल	अक्षय

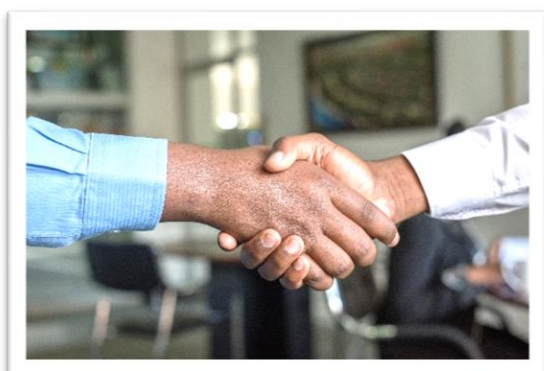
Lesson 11

Knowing, Assuming, Recognizing and Fulfilling

Understanding things that always exist, is called knowing. For example, water flows towards the slope. This always happens. This is a law. When we understand this law, then we **know** it.



To **assume** means – to accept. We may assume anything whether it is **changeable** or is **continuous**. For example, sitting on the floor and eating was preferred until a decade ago but today sitting at a table and eating is preferred. These are **assumptions and they keep changing according to time and place**. Similarly, the way to express our respect keeps changing based on the region. Depending on the region, we may express our respect by either touching people's feet or by shaking hands or by just hugging each other when we meet. There is no similarity here in the way we express respect; it changes from region to region but we assume these actions according to time and place. We also assume things that remain continuous, such as the feeling of respect between humans.



To recognize means to identify something using any one or more of our sense organs, like when we recognize a mango tree. First, there is an acceptance that there are many types of trees on this planet, then out of those we recognize the mango tree. The effort that one puts with this mango tree, like watering, taking care, plucking the fruit etc. from the mango tree, is called the activity of **fulfilment**.



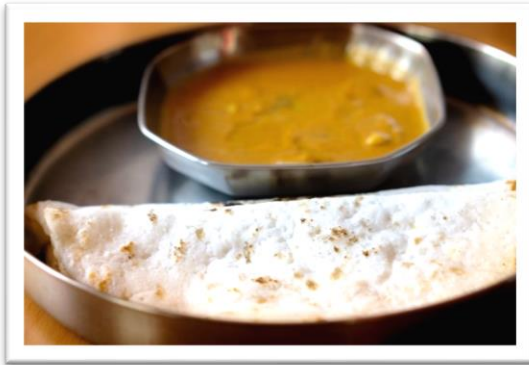
Thus, we can see that **in humans there are four kinds of activities: knowing, assuming, recognizing and fulfilling.**

New Words to Remember

S.No.	New Word	Pronunciation	Hindi Word
1.	accept	एक्सेप्ट	स्वीकार करना
2.	changeable	चेंजबल	बदल सकता है
3.	was preferred	वॉज़ प्रिफ़र्ड	वरीय मानना / श्रेष्ठ मानना
4.	a decade ago	अ डेकेड अगो	एक दशक पहले
5.	region	रीजन	स्थान
6.	depending on	डिपेनडिड ऑन	पर निर्भर
7.	acceptance	एक्सेप्टन्स	स्वीकार्य रहना
8.	plucking	प्लकिंग	तोड़ना
9.	watering	वॉटरिंग	सींचना
10.	knowing	नोइंग	जानना

Lesson 12**Needs**

Human beings are a combined form of Self and the body. The activities of the body are involuntary and the activities of self are voluntary.



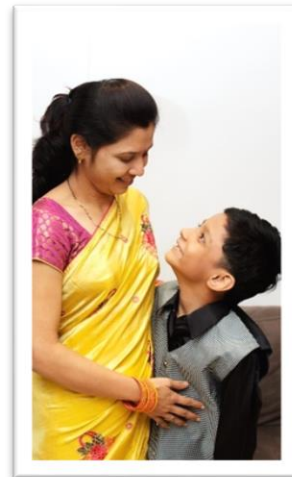
I want to study about myself as it is essential for me. When we study ourselves, we are able to recognize our needs properly and then we fulfil them. Our needs are of two kinds. Food, clothing, shelter, medicine, chair, table, cycle, car etc.- These are one kind of need. The body gets hungry - we need food to satisfy the hunger. The body gets hot or cold and clothes protect us. Shelter also protects the body. To keep the body healthy, we plan and ensure these things. When we are unwell, we need medicines. To work with the body, we need things like chairs, tables, bicycles etc. With these things we can do our work easily. If I need to go to a village nearby, then a cycle is sufficient, but if I have to go to a village which is very far then I need a motor- cycle, bus or train and if I have to travel to another country, then I may need to travel by aeroplane or ship.

In this way, understanding the limitations of the body, we use various instruments. To put a nail in the wall or wood we use a hammer. If we try doing it with our hands, we won't be able to do it, instead our hand will get injured. With the use of instruments, we save our time and energy and we can do more work.

Many kinds of work are beyond the capacity of the human body. For example, if we want to see something extremely small, we need to use the microscope. To see something which is very far we need to use an instrument like the television and internet. To listen to sounds from a distance we need to use telecommunication instruments like phone, mobile etc. With the help of these instruments, it becomes easier to work and interact.



There are many things that we need in order to fulfil the needs of our body and to make our work easier. Are these our only needs? Or do we have other needs besides these? All these are needs which are related to our body. The needs of Self (*Jeevan*) are different.



When someone loves me, takes care of me, talks nicely to me, then I feel good. When I understand something, I feel good. These too are my needs. This is the second kind of need. **The needs of Self (Jeevan) are fulfilled by understanding and feelings. The need of Self (Jeevan) is to be happy.** However, the needs of the body are different. When my mother feeds me, my stomach gets full and I (Jeevan) feel satisfied with the love that she gives me.

The needs of the body are periodic. What we need now, may not be needed at a later time. For example, when we are hungry, we need food, but once our stomach is full, we don't need food anymore. Or, we need woollen clothes in winters, but not in summer. We need a vehicle only when we travel but the need for everyone to love me is continuous and it is also the same for everyone.

Therefore, it is clear that the needs of the Self (Jeevan) are continuous and the needs of the body are periodic (sometimes). If someone asks us 'How many chapatis will you eat - one, two or four?' We reply with a number depending on how hungry we are. This answer can be measured and counted. Similarly, with clothes and shelter, these are countable too. But if someone says 'How much love do we need - one kilo or two kilos?' It sounds funny to hear this. We cannot measure the needs of the Self (Jeevan).

So, we can conclude that the needs of the body are periodic and measurable. And the needs of the Self (Jeevan) are continuous and qualitative (They cannot be measured). These can be fulfilled only with understanding and feelings.

New Words to Remember

S.No.	New Word	Pronunciation	Hindi Word
1.	combined form	कम्बाइन्ड फॉर्म	संयुक्त रूप
2.	voluntary	वॉलन्टरी	ऐच्छिक
3.	involuntary	इनवॉलन्टरी	स्वतः
4.	essential	इसेन्शल	आवश्यक
5.	properly	प्रॉपरली	ठीक से
6.	satisfy	सेटिसफ़ाय	तृप्त करना
7.	ensure	इन्शुर	सुनिश्चित करना
8.	unwell	अनवेल	बीमार
9.	sufficient	सफ़िशंट	पर्याप्त
10.	limitation	लिमिटेशन	सीमा
11.	hammer	हैमर	हथौड़े
12.	nail	नेल	कील
13.	instead	इनस्टेड	बदले में
14.	injured	इनजर्ड	घायल होना
15.	beyond	बियॉण्ड	से बाहर
16.	capacity	कपैसिटी	क्षमता
17.	Extremely small	इक्स्ट्रीमली स्मॉल	बहुत सूक्ष्म
18.	microscope	माइक्रोस्कोप	सूक्ष्म दर्शी
19.	telecommunication	टेली कॉम्युनिकेशन	दूर भाषा यन्त्र
20.	easier	ईज़ीयर	ज़्यादा सरल
21.	interact	इंटरैक्ट	बातचीत करना
22.	besides	बिसाइड्स	के अलावा
23.	related	रिलेटड	जुड़े हुए
24.	nicely	नाइसली	अच्छी तरह से
25.	periodic	पीरियॉडिक	सामयिक (कभी-कभी)
26.	vehicle	वीहकल	वाहन
27.	measurable	मेज़रअबल	नाप सकते हैं
28.	are countable	आर काउन्टअबल	गिने जा सकते हैं
29.	conclude	कनक्लूड	निष्कर्ष पर आना
30.	qualitative	क्वालिटेटिव	गुणात्मक

Lesson 13

Understanding and Seeing



We see things with our eyes. For example, when we see a mango tree, we can see its length, breadth and height. We also see its colour, leaves, flowers and fruits. We see all this with our eyes. This is its **form**.

We also know that the mango is either sweet or sour. This we cannot see with our eyes. We cannot say if the mango is sweet or sour just by looking at it. The only way to know if it is sweet or sour is by tasting it with our tongue. These are its **properties**.

Form includes shape and volume. Whether a mango is sweet or sour can't be said just by looking at its form. **Form** and **properties** can be recognized with our sense organs. Eyes, nose, ears, tongue and skin are our sense organs.



On the other hand, we have a feeling of gratitude towards our parents and guardians. We have a feeling of gratitude towards our teachers. We have a feeling of respect for our elder brothers and sisters. Feelings cannot be understood with our eyes.

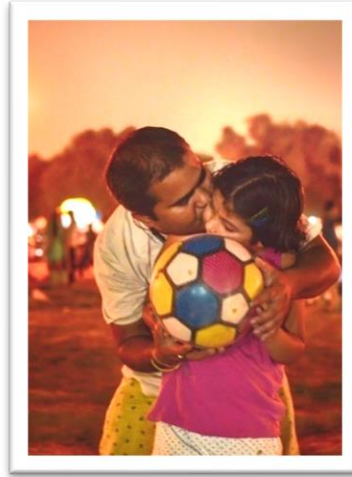
Similarly, there are many things which we cannot see with our eyes but we still understand them. From this it is clear that **understanding is more than what we see with our eyes. Understanding is also much more than what we can recognize with all our sense organs. Hence, seeing and understanding are two different activities, one that we do with our eyes and the other that happens in the Self (Jeevan).**

New Words to Remember

S.No.	New Word	Pronunciation	Hindi Word
1.	length	लेंथ	लम्बाई
2.	breadth	ब्रेथ	चौड़ाई
3.	height	हाइट	ऊंचाई
4.	form	फॉर्म	रूप
5.	properties	प्रॉपर्टीज़	गुण
6.	includes	इनक्लूड्स	सम्मिलित करना
7.	shape	शेप	आकार
8.	volume	वॉल्यूम	आयतन
9.	feelings	फीलिंग्स्	भाव
10.	gratitude	ग्रेटिट्यूड	कृतज्ञता

Lesson 14

Expectation of Justice



Every child is born in a family and he/she grows under the protection of the family. Children recognize their relationship with their mother first and foremost, and trust their mother. The mother takes care of the child with generosity; she eats only after feeding the child and she goes to sleep only after putting the child to sleep. The mother is sensitive and alert to all the child's needs. The mother's care introduces the child to relationships. With this kind of fulfilment in a relationship, both the mother and the child get happiness. **This is justice in a mother-child relationship.**

Mother and father nurture and protect their child, for which they provide the child with all essential things. They make arrangements for a good education for the child. They teach the child household work and other essential work. They involve the child in various functions of the family and society. They are a source of inspiration to the child to study, work and serve. With this kind of fulfilment there is mutual happiness. **This is justice in a parent-child relationship.**

Children expect justice and co-operation from every member of the family. If they make a mistake, they expect the elders to help them rectify it. When children are in physical discomfort or pain, they expect to be consoled and cared for. If they desire to learn an activity, they expect the elders to teach them. This kind of expectation is called the expectation

of justice. This is seen in every child from birth. Which is why we say that every child **demands justice** from the time of birth.

Children demand justice but do not know what justice is. Which is why their behaviour may be correct or incorrect. In the company of their parents and their teachers, they understand what justice is and are capable of living with justice.

The basic wish of every human being in nurturing and bringing up a child is that he or she will be able to understand justice and as an adult, will also be able to do justice with every human being. This is the reason guardians, elder brothers and sisters, and teachers in the school teach children about justice.

To understand human-human relationship and to behave in accordance with the relationship, is called **justice**.

New Words to Remember

S.No.	New Word	Pronunciation	Hindi Word
1.	foremost	फोर्मोस्ट	प्रथम
2.	generosity	जेनरोसिटी	उदारता
3.	feeding	फीडिंग	खिलाना
4.	sensitive	सेन्सिटिव	संवेदनशील
5.	alert	अलर्ट	सजग रहना
6.	introduces	इन्ट्रोड्यूसिज़	पहचान कराना
7.	justice	जस्टिस	न्याय
8.	nurture	नर्चर	पोषण
9.	arrangement	अरेंजमेंट	प्रबंध करना
10.	involve	इनवॉल्व	साथ रखना
11.	function	फ़ंगशन	कार्यक्रम
12.	source	सोर्स	स्रोत
13.	inspiration	इन्स्पिरेशन	प्रेरणा
14.	mutual happiness	म्यूचुअल हैपीनिस	उभय सुख
15.	expectation	एक्सपेक्टेशन	अपेक्षा
16.	mistake	मिसटेक	भूल होना
17.	rectify	रेक्टफाय	सुधार
18.	physical discomfort	फिज़िकल डिसकमफ़र्ट	शारीरिक कष्ट
19.	consoled	कॉन्सोल्ड	सांत्वना
20.	Demands justice	डिमांड्स जस्टिस	न्याय का याचक
21.	correct	करेक्ट	अच्छा / सही
22.	incorrect	इनकरेक्ट	गलत
23.	accordance	अकॉर्डन्स	अनुसार

Lesson 15

Obedience



Order means a direction or an instruction that is given by someone. **To obey means to listen *and* understand and do according to the direction or instruction.** Hence, **obedience means to accept or believe a direction or an instruction and to do accordingly.** For example, when a mother asks the child to brush his or her teeth, the child listens to the mother and brushes his or her teeth. The child obeys the mother's instruction; this is obedience.

Parents and teachers have understood and learnt to work well and to behave well. They give directions to children to enable them to understand and learn what they themselves have understood and learnt. Children understand and learn by obeying their parents and teachers. Parents and teachers understand that good work and behaviour are essential. Hence, they give directions and children learn by obeying.

Younger children, who are not yet capable of speaking properly and not yet capable of understanding language completely, learn only by obeying. It is essential for every child to obey their parents and for every student to obey their teachers.

New Words to Remember

S.No.	New Word	Pronunciation	Hindi Word
1.	direction	डिरेक्शन	आदेश
2.	instruction	इनस्ट्रक्शन	निर्देश
3.	accordingly	अकॉर्डिंगली	अनुसार
4.	obedience	ओबीडियन्स	आज्ञापालन
5.	enable	इनेबल	योग्य बनाना
6.	capable	केपबल	सक्षम

Lesson 16

Education



There are three parts of education- to understand, to learn and to do.

1. To understand: To know the realities that always exist and are continuous, is called understanding. For example, the relationship between one human and another; the relationship between humans and the rest of nature and the laws of existence.

Every human has a relationship with every other human. When children understand this, they understand their relationship with their parents and teachers and accept it, hence they grow up to become wise.

The relationship between human beings and the rest of nature always remains the same too. For example, as human beings we use air to breathe. We use vegetation and water to nourish the body. The relationship between things in the rest of nature never changes. It always remains the same. We call this *law*. For example, water always

flows towards the slope and we can see the sun rising from the east every day.

- 2. To learn:** There are a number of activities for us to learn. **We learn them with practice.** For example, reading, writing, speaking a language, riding a cycle, singing a song, playing a musical instrument, driving a car and operating a computer. To learn an activity, we first and foremost observe how it is done, and then we try and practise it. People, who have already learnt an activity, help us to learn it. For example, parents or an elder brother or sister, help a child learn how to cycle.
- 3. To do:** There are many types of work that we do in human society. These activities for work need to be done with practice. For example, ploughing the field is an important part of farming. The first time that we try to plough a field we might be successful in ploughing a small part of it or for a short duration, but not all of it or not for a long duration. With due practice we become successful in ploughing the field for a substantial duration.

There are many types of occupations in human society. Through occupation, the needs of the body gets fulfilled. Hence, every human learns an occupation. Cooking, growing rice, building a house, repairing and maintaining machinery, all these are different types of work that can be a person's occupation.

It is necessary for humans to understand, learn and do. Hence, children need education from a very young age.

New Words to Remember

S.No.	New Word	Pronunciation	Hindi Word
1.	realities	रियैलिटीज़	वास्तविकताओं
2.	nourish	नरिश	पोषण
3.	operating	ऑपरेटिंग	चलाना
4.	practise	प्रैक्टिस	अभ्यास
5.	plough	प्लाओ	खोदना
6.	short duration	शॉर्ट ड्यूरेशन	कम समय
7.	long duration	लॉंग ड्यूरेशन	अधिक समय
8.	substantial duration	सबस्टैन्शाल ड्यूरेशन	काफ़ी समय
9.	entire	एनटायर	पूरा
10.	repairing machinery	रिपेरींग मशीनरी	यन्त्र सुधारना
11.	maintaining	मेनटेनिंग	रख रखाव करना

Lesson 17

Method



Method means a way of being and doing something. In nature, water is of a particular type and everywhere it is of the same type and behaves similarly. A neem tree grows and behaves in a particular manner. Tigers and other animals also live in a particular way. They don't need to be taught anything. They always live and behave in a particular way. Their behaviour is definite. They are in orderliness.

But this is not the same with humans. From childhood, a child is taught the right way to live. Humans cannot live happily without understanding and learning. When all humans aim to live together happily, then we design the right way of living. This is called the right *method* of living.

Humans understand the *right method* of living and then live accordingly, because humans belong to the Knowledge Order. Humans have the need as well as the possibility to understand. Stones, plants and animals do not have the need to go to school. Only humans have the need to go to school.

While living in a family, we do not work for just one person- we work towards the happiness of every member. Every member is able to be

happy by living in orderliness. The way in which we live in orderliness is '*method*'.

There are two main aspects to living in orderliness:

1. The right way to live in Human-Human relationships. This is also called '*justice*'.

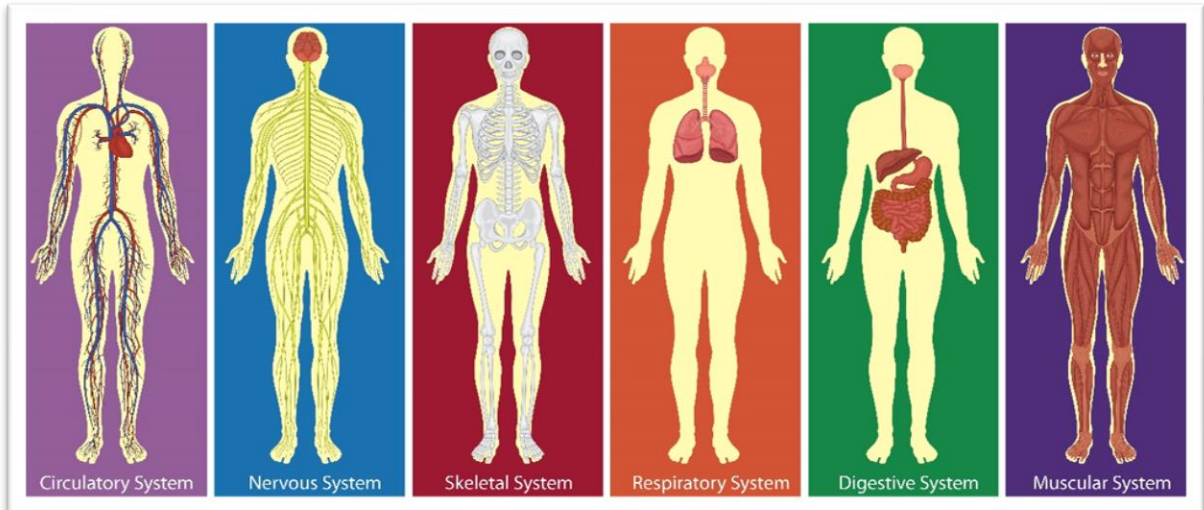
2. The right way to live in Human-Nature relationships. This is called '*natural law*'.

In other words, the right method of living in a family and society is *justice*. Also, humans live and interact with nature for production. And humans can be happy only if all production work is done according to the *natural laws*.

Understanding the right method (justice and natural laws) and living accordingly is always a celebration for humans.

New Words to Remember

S.No.	New Word	Pronunciation	Hindi Word
1.	method	मेथड	विधि
2.	found	फाउंड	मिलता है
3.	possibility	पॉसबिलिटी	संभावना
4.	natural law	नेचरल लॉ	प्राकृतिक नियमों
5.	celebration	सेलब्रेशन	उत्सव

Lesson 18**The Human Body**

Our body is mainly a framework of bones. The entire length of the body is due to bones. Arms, legs, head and torso are all made of bones. The bones are covered by flesh and the flesh is covered by skin. Skin is the outermost covering of the body and it also acts as a protective shield.

Our body also has blood. When we get hurt, the skin gets bruised and we start bleeding. If the wound is big, there is more bleeding.

When we put our hand on the left side of our chest, we can hear a lub- dub sound. This is the heart-beat. This beating organ is called the heart. When the heart beats, the blood is pumped throughout the body. The blood is pumped from the heart to all the parts of the body through narrow channels. These are called arteries. After reaching all the parts of the body, the blood returns to the heart. The vessels through which the blood returns to the heart are called veins. The heart beats continuously and the blood also flows continuously in our body.

We all breathe. We breathe in air through our nose. When we breathe in, our chest expands. When we breathe out, our chest contracts. We can see this in any healthy person. This organ that helps in breathing in and out is called the lung. There are two lungs. When we breathe in, the lungs get filled with air and they inflate. When we breathe out, the air flows

out and the lungs deflate. Breathing through the lungs happens continuously. When we work hard or run, breathing increases.

The food we eat is carried to our stomach through a pipe called the food pipe. After reaching the stomach, the food is digested. The useful part of the food stays in the body. The rest is removed from the body through a tube. This remaining undigested part is called stool.

The water we drink is also carried to the stomach by the food pipe. Water is needed for digestion. Some of the water is used by the body; the rest is removed from the body through a separate tube. This is called urine. Also, some of the water is eliminated as sweat.

New Words to Remember

S.No.	New Word	Pronunciation	Hindi Word
1.	mainly	मेनली	मुख्य
2.	framework	फ्रेमवर्क	ढांचा
3.	torso	टॉर्सो	धड़
4.	flesh	फ़्लेश	मांस
5.	skin	स्किन	चमड़ी
6.	outermost covering	आउटर कवरिंग	बाहरी आवरण
7.	protective shield	प्रोटेक्टिव शील्ड	रक्षा कवच
8.	blood	ब्लड	रक्त
9.	bruised	ब्रूज्ड	क्षतिग्रस्त
10.	bleeding	ब्लीडिंग	रक्तस्राव, खून का बहना
11.	heart beat	हार्ट बीट	हृदय की धड़कन
12.	pump	पंप	पंप
13.	throughout	थ्रूआउट	पूरे
14.	narrow channels	नारो चानलज़	पतली नलियाँ
15.	arteries	आर्टरीस	धमनियाँ (धमनी)
16.	returns	रिटर्न्स	लौटना
17.	vessels	वेज़ल्स	नलियाँ
18.	veins	वेंस	शिराएँ (शिरा)
19.	flows	फ़्लोज़	बहता है
20.	expands	एक्सपैंड्स	फैल जाते हैं
21.	contracts	कॉन्ट्रैक्ट्स	सिकुड़ जाते हैं
22.	lungs	लंग्स	फेफड़े
23.	inflate	इनफ़्लेट	फूल जाते हैं
24.	deflate	डीफ़्लेट	हवा निकल जाता है
25.	is carried	इज़ कैरिड	ले जाया जाता है
26.	food pipe	फूड पाइप	आहार नली
27.	digested	डायजेस्टिड	पचाया जाता है
28.	useful	यूस्फुल	उपयोगी
29.	remove	रिमूव	निकालना

S.No.	New Word	Pronunciation	Hindi Word
30.	undigested	अंन डायजेस्टिड	पचाया नहीं
31.	remaining, rest	रिमेनिंग , रेस्ट	शेष
32.	normal	नॉर्मल	साधारण / ठीक से
33.	stool	स्टूल	मल
34.	urine	यूरिन	मूत्र
35.	eliminated	एलिमिनेटिड	हटाया जाता है
36.	sweat	स्वेट	पसीना
37.	consider	कंसिडर	मानना
38.	disturbance	डिस्टर्बेंस	व्यतिरेक
39.	illness	इलनेस	रोग
40.	tube	ट्यूब	नली

Lesson 19

Exercise

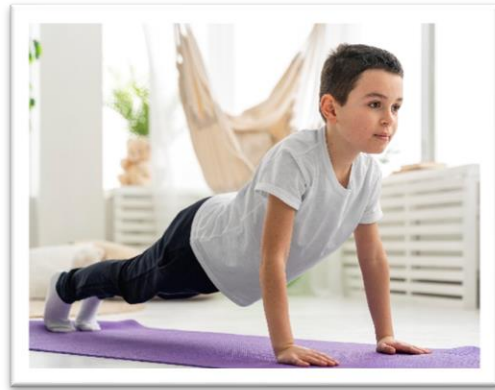


To keep our body healthy, we must have correct food, hygiene, exercise and rest.

Moving the different parts of the body in a controlled manner is called exercise. Walking is one kind of exercise. Running, bending forward and backward is also exercise. There are many kinds of exercise.

When we do physical work or exercise, we get tired. When the body gets tired, we rest. After resting for some time, we can again do physical work or exercise. When we do this regularly, our body becomes strong. Our body is able to do more work. For example, when we run around the school playground for the first time, we are only able to run once. When we continue doing this for a month, our body becomes stronger. Then we can run around the playground twice. **When we continue this for several months, our body becomes stronger and our stamina increases.** Now, we can run around the ground much more and still not get tired. This is how all players increase their body strength.

When we exercise, breathing increases. The body gets more nourished. When breathing increases, the body also gets cleansed due to better circulation. With exercise, the heart beats faster and blood flows faster through the body. In this way all the organs get more blood supply and are nourished.



When we exercise, the body temperature rises and the body sweats more. Hence, the body is cleaned. When we sweat, the body temperature falls. In this way, we are able to tolerate cold and hot weather easily. We don't fall sick when the weather changes.

If we exercise after eating or drinking water, our digestion is disturbed. We might get a stomach-ache. Hence, it is better not to exercise till 2 to 3 hours after eating. If we have eaten a lot, then it is better to exercise only after 4 hours.

In this way, exercise makes our body healthy and strong. It helps improve our immunity; our chances of falling ill reduces. As we reach adulthood, our body becomes strong enough to do more work, serve and care for others.

New Words to Remember

S.No.	New Word	Pronunciation	Hindi Word
1.	hygiene	हायजीन	स्वच्छता
2.	controlled manner	कण्ट्रोल्ड मैनर	निश्चित प्रकार
3.	forward	फॉरवर्ड	आगे / सामने
4.	backward	बैकवर्ड	पीछे
5.	bending	बेंडिंग	झुकना
6.	regularly	रेग्युलर्ली	लगातार
7.	stronger	स्ट्रॉगर	शक्ति बढ़ना
8.	stamina	स्टैमिना	क्षमता बढ़ना
9.	cleanse	क्लेन्ज	सफाई
10.	temperature	टेम्परेचर	तापमान
11.	tolerate	टोलरेट	सहना
12.	immunity	इम्युनिटी	रोग प्रतिरोधक क्षमता
13.	reduce	रिड्यूस	कम होना
14.	adulthood	अडल्टहुड	प्रौढ़ता

Lesson 20

Cleaning the Bowels



Digestion is a very important function of the body. The body gets nourishment from digesting the food in the body. The body gets strength, the body grows, and the body stays healthy.

We eat food from the mouth. This reaches the stomach, where it is fully digested. The useful part of the digested food stays in the body. The unused part is excreted from the body in the form of urine and stool.

We chew the food in our mouth into smaller bits. These bits reach the stomach. Here, they are mixed with digestive juices, with the help of which the food gets digested.

The juices that are necessary for digestion and aid in digestion are called digestive juices. These juices are made by the body itself. Eating certain foods help in producing these digestive juices. They are called digestive foods or spices. Among these fennel, cumin, coriander, fenugreek, ginger, garlic, carom and asafoetida are the important ones.

After digestion, the part of the food that is not useful leaves the body as urine and stool. There are many things in our food that help in this excretion process. Leafy vegetables and the skin of wheat and dal that are rich in fibre, are some of them. When our diet is deficient in these foods, then the bowels do not get cleaned properly. If the bowels are not cleaned well, then with time, the process of digestion becomes weak. So, to remain healthy, cleaning the bowels is very important.

If the unusable parts, left over after digestion, stay in the body for too long, it can cause many diseases. So, we pay great attention to keeping our bowels clean.

Drinking water early in the morning, immediately after waking, helps to keep our bowels clean.



Using fenugreek in the food helps in cleaning the bowels well. Taking a little bit of *triphala* at night also helps to keep the bowels clean. *Triphala* is a mixture of three fruits, which are *harra* (*myrobalan*), *baheda* (*beleric*) and *amla* (*gooseberry*). These trees are found nearly all over India.

Hence, a good diet rich in fibre and inclusive of digestive foods helps in keeping the bowels clean.

New Words to Remember

S.No.	New Word	Pronunciation	Hindi Word
1.	bowels	बोवल	आँतें
2.	unused	अन्यूज़्ड	उपयोग न किया हो
3.	smaller bits	स्मॉलर बिट्स	छोटे टुकड़े
4.	digestive juices	डायजेस्टिव जूसज़	पाचक रस
5.	digestive foods	डायजेस्टिव फूड्स	पाचक वस्तु
6.	spices	स्पाईसज़	मसालें
7.	fennel	फ़ेनेल	सौंफ
8.	cumin	क्युमिन	जीरा
9.	coriander	कोरियेंडर	धनिया
10.	fenugreek	फ़ेनुग्रीक	मेथी
11.	ginger	जिनजर	अदरक
12.	garlic	गार्लिक	लहसून
13.	carom	कैरम	अजवाइन
14.	asafoetida	ऐसफ़टीडा	हींग
15.	excretion process	एक्स्क्रिशन	निष्कासन क्रिया
16.	leafy vegetables	लीफी वेजटेबल्ज़	पत्ते वाली भाजी
17.	fibre	फ़ाइबर	रेशा
18.	diet	डायट	भोजन
19.	deficient	डेफ़िशन्ट	कमी होना
20.	weak	वीक	मंद
21.	left over	लेफ़्ट ओवर	बचा हुआ
22.	disease	डिज़ीज़	रोग
23.	pay great attention	पे ग्रेट अटेंशन	विशेष ध्यान देना

Lesson 21

Travel



Humans have always moved from one place to another. At first, they used to travel on foot and could cover long distances just on foot. Whereas, animals like elephants, horses, ox, buffaloes, camels, etc. were much stronger and moved around much faster in the forest.

So, sometime later, when humans began to domesticate some animals to get milk, wool and hide, they also sat on the backs of these animals to travel. Because the animals moved faster, humans could also travel faster. They could travel more than double the distance in a single day. The main animals for travelling were horses, elephants and camels. In deserts, the most useful animal was the camel. Since then, these animals have been used as a means of transport for long distances.



When humans invented the wheel, travelling became easier. A cart was designed and 2-4 animals were used to pull it. An entire family could travel in the cart. The cart could carry heavy loads from one place to another.

After the wheel, the cycle was invented. One person could ride it, seating one or two people and they could all travel at a faster speed.

And then an incident occurred. The engine was invented. The engine used fuel to produce energy. This energy was used to rotate the wheel. The wheel that used to rotate by animal or human energy now used fuel to move. Several kinds of wood, vegetable oils and mineral oils are used as fuel. Later, very big engines were made. These big engines were used to transport 5-10 people in a small vehicle or a thousand in a train. The speed of transport also increased. It became 40 to 50 times faster than walking on foot. A truck can carry much more load than a human can carry.

This engine was also used in boats. This is called a motorboat. Travelling by water became faster.

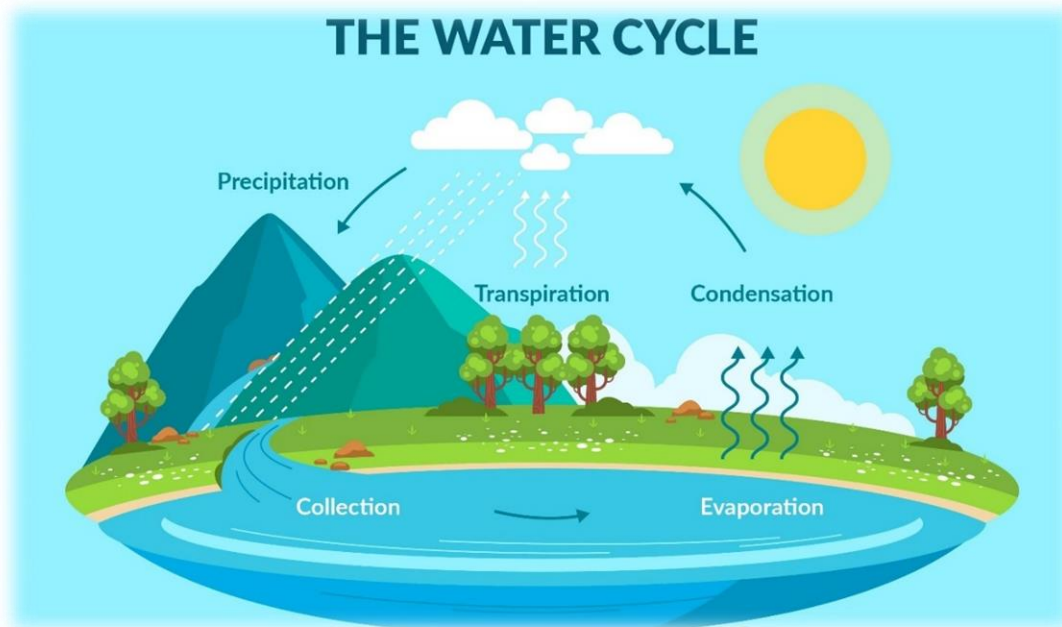
Travel became faster after the invention of the aeroplane. Today, air travel is 100 to 200 times faster than a human can walk.

For travelling on land, there are different kinds of roads - mud roads, tarred roads, cemented roads and even railway tracks. To travel by air or by water, the paths or routes of travel are mapped and decided. For this, several kinds of compasses are used.

In this way, **humans have always been travelling, starting from only on foot, to using various means of transport.**

New Words to Remember

S.No.	New Word	Pronunciation	Hindi Word
1.	domesticate	डोमेस्टिकेट	पालना
2.	wool	वुल	ऊन
3.	hide	हाइड	चमड़ा
4.	double	डबल	दो-गुना
5.	desert	डेज़र्ट	मरु भूमि
6.	invent	इन्वेन्ट	आविष्कार
7.	designed	डिज़ाइनड	बनाया गया
8.	cart	कार्ट	गाड़ी
9.	heavy loads	हेवी लोड्स	भारी सामान
10.	ride	राइड	चलाना
11.	seating	सीटिंग	बैठाना
12.	speed	स्पीड	तीव्र
13.	incident	इन्सिडन्ट	घटना
14.	fuel	फ़्यूल	ईंधन
15.	produce	प्रोड्यूस	उत्पन्न करना
16.	energy	एनर्जी	शक्ति
17.	vegetable oil	वेजीटेबल ऑइल	वनस्पति तेल
18.	mineral oil	मिनरल ऑइल	खनिज तेल
19.	track	ट्रैक	पटरियाँ
20.	mud road	मड रोड	मिट्टी की सड़क
21.	tarred road	टार्ड	कोल तार की सड़क
22.	path	पाथ	मार्ग
23.	route	रूट	यात्रा मार्ग
24.	are mapped	आर मैप्ड	मार्ग निर्धारित किया जाता है
25.	compass	कम्पस	दिशा सूचक यंत्र

Lesson 22**Cyclical process**

Sea water evaporates as vapour and forms clouds. Clouds condense into water and fall to the earth as rain. The rainwater collects and finally flows into the river via several small channels. Thus, the rainwater returns to the sea. This complete process is repetitive and is a cyclical process.

We can understand that in this cyclical process water does not get destroyed. The amount of water remains the same and passes through several places and stages.

Similarly, plants absorb minerals, salts and water from the earth; they obtain the necessary gases from the atmosphere. Minerals, salts, water and gases are all part of the Material Order. Plants and trees are nourished by these materials. This helps the trees and plants grow and flourish. After some time, the leaves, branches and stem start to dry and fall to the earth. These decompose and mix with the soil to act as a fertiliser. That is, it is transformed back to the Material Order. This shows

that Material Order gets transformed to Bio Order and the Bio Order gets transformed to the Material Order. This is also a cyclical process.



Cyclical process means for something to happen again and again or to do something again and again. For example, once we have learned to walk, we repeat it again and again. Also, after understanding and learning something good, we want to do it again and again.

Thus, we can see that **the cyclical process is a natural process in existence.**

New Words to Remember

S.No.	New Word	Pronunciation	Hindi Word
1.	evaporate	इवैपोरेट	वाष्पीकरण होता है
2.	vapour	वेपर	भाप
3.	condense	कॉन्डेंस	संघनन
4.	repetitive	रेपेटिटिव	बार बार होने वाला
5.	cyclical process	सायक्लिकल प्रोसेस	आवर्तनशील क्रिया
6.	not destroyed	नॉट डिस्ट्रोइड	नष्ट नहीं होता
7.	stages	स्टेजिज़	स्तर
8.	mineral	मिनरल	खनिज
9.	obtain	ऑबटेन	अवशोषित
10.	necessary	नेससेरी	आवश्यक
11.	atmosphere	एटमोसफ़ियर	वायु मंडल
12.	flourish	फ़्लोरिश	पुष्ट होना
13.	decompose	डिकम्पोज़	सड़ना
14.	fertiliser	फर्टिलाइज़र	खाद
15.	transform	ट्रांसफॉर्म	परिवर्तित
16.	salt	सॉल्ट	लवण

Lesson 23

Fuel



After the discovery of fire, its use increased in the lives of humans. Fire was used every day for cooking and protection from cold. Today it is an essential part of our life.

After the discovery of fire, man continued to look for new ways to produce fire. The easiest materials to produce fire were wood and dried leaves. Dried fruits and seeds of many trees and plants were also found useful. The dung of animals was dried and also used. Materials that are used to produce or generate fire and heat are called *fuel*. Humans have been using these materials for many years.

As time went by, humans found out that certain dried fruits and seeds give more heat and for a longer duration of time. These seeds were crushed and a liquid was prepared. It was observed that this liquid had a greater property to burn. This was called vegetable oil. Subsequently, an oil-like substance from the milk of domestic animals such as cows, buffaloes, goats and sheep was obtained. This was called ghee (clarified butter) or '*ghrit*'.

In this manner, for many years humans were fulfilling their fuel needs primarily through the use of vegetation. Secondly, there was fuel from animal products. At that time our earth was rich with dense forests

and the wood from one tree could be used for many months. There is one disadvantage in using wood as fuel and that is smoke. Humans tried various ways to avoid this problem and finally succeeded.

It was observed that there is maximum smoke when the wood starts to burn and it slowly reduces. There is no smoke in the embers. These burning embers were put out with the help of water or mud. These turned to a black coloured material. This was called coal. This used to give out very little smoke. This coal caught fire quickly and lasted longer too. Due to this successful discovery, humans started to look for better fuels.



During the process of digging the earth, a black material was obtained that looked like coal from wood. This was burnt and tested. This material ignited quickly, providing a lot of heat and for a longer duration. Since this was obtained by digging the earth, it was named *fossil fuel*.



Subsequently, humans focused on obtaining different fossil fuels from inside the earth. In this process, oil and uranium was obtained.

Today, man's maximum source of fuel is from fossils. We also know that this fossil fuel is available in limited quantities and it is being

consumed very fast. By the use of these fossil fuels our environment is also getting polluted and this in turn is causing a lot of diseases.



Alternatively, heat from the sun is being used as a fuel (solar energy). This is believed to be a continuous source of energy and many experiments are being conducted on its usage.

New Words to Remember

S.No.	New Word	Pronunciation	Hindi Word
1.	discovery	डिस्कवरी	खोज
2.	dung	डंग	गोबर
3.	generate	जेनरेट	उत्पन्न करना
4.	crushed	क्रशड	पीसा हुआ
5.	subsequently	सबसिकुएंटली	इसके पश्चात
6.	primarily	प्राइमेरली	मुख्यतः
7.	dense	डेन्स	घने
8.	disadvantage	डिसअडवांटिज	हानि, असुविधा
9.	succeeded	सकसीडिड	सफल हुए
10.	maximum	मैक्सिमम	अधिकतम
11.	ember	एम्बर	अंगार
12.	tested	टैस्टिड	जांचा गया
13.	ignited	इग्नाईटेड	जलाकर
14.	fossil fuel	फॉसिल फ़्यूल	खनिज ईंधन
15.	uranium	यूरेनियम	एक प्रकार का धातु
16.	limited quantity	लिमिटेड क्वान्टिटी	सीमित मात्रा
17.	polluted	पोल्यूटेड	दूषित, प्रदूषित
18.	solar energy	सोलर एनर्जी	सौर ऊर्जा
19.	experiment	एक्सपेरिमेंट	प्रयोग
20.	conducted	कन्डक्टिड	किये गए हैं
21.	usage	यूसिज	उपयोग

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