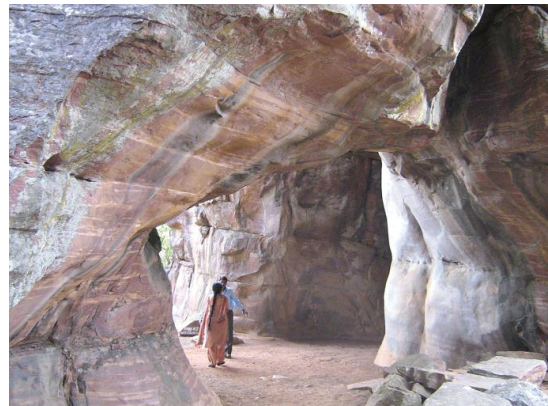


Look at the pictures of the Bhimbetka rocks shelters of Madhya Pradesh. They are the ancient stone age rock shelters with paintings. These permanent settlements are over 9000 years old. They are 700 in number and have around 400 paintings. They give us a lot of information about the life, tools and implements of the early man. The discovery of these caves has linked us to the pre-historic man. Isn't it amazing!



History of Houses

Caves were the earliest form of shelter for man. When the early man gave up hunting and food gathering, he became a food producer. This was the beginning of agriculture. It brought a great change in his life and the type of dwellings. Now he started living a settled life close to the water bodies as he needed water for his crops and other domestic activities. He started building **huts** with branches and leaves of trees. Later on the early man discovered that the walls of the huts could be made with mud. These types of huts are still found in villages.

We have come a long way from the times when huts were the only type of shelter. Today we have different types, sizes and designs of houses in different parts of India. This regional variation in houses arises from differences in

landforms, climate, materials available, for building a house and of course, money that one wants to spend on land and construction.

Types of Shelters on the Basis of Landforms

In **Hilly areas** houses are built with **sloping roofs**. It helps the snow and rain to slide off easily without damaging the roofs. Such houses are found in Srinagar and Shimla. The houses here are mainly made of cement, bricks and wood.



House with sloping roof

In **Plains** houses are built with thick walls and high, flat roofs to keep them cool in summers. The materials of construction are mainly cement and bricks. Many people sleep on the flat roofs in regions of high temperature like Rajasthan. In cities **High-rise apartment buildings/flats** are common because of limited land and large population.



People sleeping on the roof



High-rise Apartments

In **Coastal areas** and on **Islands** people build **stilt houses**. In the flood prone areas houses are made a few feet above the ground level to keep them dry. One has to climb 5-7 stairs to step inside the house. They keep the inhabitants safe from wild animals. The flood water easily drains out from in between the stilts without damaging the house. Stilt houses are made of bamboo, wood and coconut shaft.



Stilt house



Do You Know?

Houses in **earthquake prone areas** in Japan are built with bamboo and wood to minimise the damage to life and property. Rebuilding of such houses is not very difficult.



We live in a society because we are dependent on others for the fulfillment of our needs. Community living teaches us to care for others and share facilities like water, electricity, roads, markets, etc.



Do You Know?

Most houses are built close together as people like to live in the company of others.

We need help in case of any disaster or trauma of losing a home or getting injured. A neighbourhood police station provides help and security. We also need services of hospital, ambulance and doctor to provide first aid.

Sharing Space with Neighbours

There was a farmer who grew the best quality corn. Every year he won many prizes. Once a newspaper reporter interviewed him and learnt something very interesting. The farmer shared his corn seeds with his neighbours.

‘How can you afford to share your corn seeds with your neighbours? They are also entering the same competition with you,’ the reporter asked.

‘Sir,’ said the farmer, ‘the wind picks up pollen from the ripening corn and swirls it from field to field. Hence, I share my corn seeds with all my neighbours so that we all grow good quality corn.’ How true!

You cannot improve the quality of your life unless your neighbour’s life improves. Those who want happiness must help others to find happiness. The welfare of each and every member of the society is necessary. The story highlights the importance of our responsibility and teaches us community living. Create a happy, safe and comfortable neighbourhood.

Do You Know?



The police encourages people to follow the Neighbourhood Watch Plan. Any suspicious character or activity in the locality must be reported by neighbours. It is a wonderful way of crime prevention and ensuring safety of residents, especially the elderly members and children.



Caring for Neighbours

Most people keep their own homes neat and tidy from inside but do not hesitate to throw the garbage on the street. Imagine the condition of streets if everyone acted in this manner. We must keep the same cleanliness standard for the surroundings that we keep for our house. A clean neighbourhood does not have garbage heaps, flies, mosquitoes and unpleasant smells.

As a good neighbour, we have some responsibilities. We should keep the volume of radio and television low, especially at night. We should not use noisy equipments at night like washing machine or vacuum cleaner. We must inform our neighbours in advance if we are having a party. We can also organise a car-pool with neighbours and share the parking space peacefully. Always be ready to help your neighbours in case of an emergency.

Do You Know?



Like human beings ants and bees also live in colonies. They work collectively as a social unit. They divide their work between female and male workers and the Queen.



SOMETHING TO KNOW

A. Tick (✓) the correct option:

1. The number of Bhimbetka rock shelters is—
(a) 700 (b) 900 (c) 7000
2. Bamboo and wooden houses are found in—
(a) Plains (b) Desert (c) Earthquake prone areas
3. The earliest form of shelter for man were—
(a) Huts (b) Caves (c) Water bodies
4. Flat roof houses are found in regions of—
(a) High temperature (b) Low temperature (c) Polar region
5. The volume of radio/television at night should be kept—
(a) Low (b) High (c) None of these

B. Fill in the blanks:

Help Box

inhabitants, limited, dependent, car, sloping

1. We live in society because we are _____ on others for fulfillment of our needs.
2. Houses in hilly areas have _____ roofs.
3. Stilt houses protect the _____ from wild animals.
4. You can organise _____ -pool with neighbours.
5. In cities, flats are common because of _____ land and many people.

C. State whether True or False:

1. Huts were the earliest form of man-made shelter. _____
2. Bhimbetka rock shelters are 9000 years old. _____
3. The houses in the hilly areas have flat roof. _____
4. We must never help our neighbours in case of emergency. _____
5. Most people do not hesitate to throw garbage on street. _____

D. Answer briefly:

1. What was the earliest form of shelter?
2. What are the walls of huts made of in villages?
3. Why are some houses built with thick walls and flat roofs?
4. Give two advantages of high-rise apartments.
5. What is the advantage of Neighbourhood Watch Plan?

E. Answer the following questions:

1. What information do we get from Bhimbetka rock shelters?
2. List the changes that occurred in the life of man when he became a food producer.
3. Give three reasons for regional variation in houses.
4. What are the responsibilities of a good neighbour?
5. Complete the table below:

LANDFORMS	TYPES OF ROOFS	MATERIAL USED	STATE
Hilly			
Plains			
Coastal and Islands			
Earthquake prone areas			



How will you initiate a Neighborhood Watch Plan in your society? What steps are necessary to encourage the people to participate and follow this plan? List two qualities that you would require to make the project a great success.



Map Skill

On a political map of India locate, label and colour the following:

- Two states where houseboats are used.
- One group of islands of Indian Union.
- State where Bhimbetka caves are located.
- One hilly state.
- One state situated along the Arabian sea.

SOMETHING TO DO

1. Suppose you live in a houseboat. How will you fulfill your requirement of going to school, buying vegetables, meeting your friends, etc.
2. You must have seen huts in slums. What basic amenities are missing from such areas?
3. Observe your colony/village and write down the types of houses and materials used to make them.
4. There is shortage of water in your neighbour's house. How will you help them?

Chapter 4

Sensitivity towards Others

In Class-IV, you read about caring for older members of the family. You know that visually impaired and hearing impaired are special children. Now let us learn how a little care and love can make a great difference in the lives of **physically challenged** and **socially deprived** children.

Physically Challenged Children

Young Saloni suffers from cerebral palsy. It is the condition where a person's muscles do not respond normally. Her right side is weaker than the left. Her right arm is rigid. She has a brace for the right leg and she walks in a bumpy way. She cannot run and her speech is unclear. She finds it difficult to hold a pencil and write. She has to undergo speech and occupational therapy. She remains quiet and does not interact with other children. The only time she smiles is when her teacher switches on the music. Her body sways to the rhythm of the music!



In earlier times most physically challenged children were not given any special education and training. The parents were unaware about the help and training that could make their life happy

and comfortable. But in recent times a lot of progress has been made in this field. Now many specially trained teachers and therapists provide guidance to these

Do You Know?



The physically challenged children need **Adaptive Devices** and **Therapeutic Services** for mobility as well as the activities like sitting, eating and using toilet independently.

special children. Their families are also trained to deal with them. Progress in the field of science and technology have made the physically challenged children more mobile and independent. They can use special machines for exercise and greater movement.

Physically challenged children require special skills to eat, read, move around, express themselves and use the toilet. These skills make them confident and less dependent on other people. The teachers dealing with these children also require special training. This training helps the teachers to create a suitable environment where special children learn new skills faster. The teachers need patience, kindness and a sympathetic attitude.



Special skills are being taught to physically challenged children

The school as well as the family plays an important role in the life of the special children. It is important that the parents remain in close contact with the teachers for guidance. If a special child likes to dance or play, he/she should be provided the opportunity. This will make the child happy and confident.

Inclusive Education

Experts dealing with physically challenged children advise that these children must be integrated with other children. This is known as **inclusive education**. They should be sent to a normal school. When they interact with other children, they develop confidence and understanding. It automatically enhances their learning abilities. They overcome hurdles, like shyness and hesitation, when they join normal schools. Children with physical



Experts dealing with physically challenged children

challenges have difficulty in forming relationships with others because of their physical limitations. Inclusive education will automatically help them to form relations with other students, teachers, staff members, etc.

Inclusive education also benefits other students. They not only develop an understanding of needs of special children but also develop a caring and sympathetic attitude towards them. This brings a great change in the society. Everyone realises the problems that special children face and work towards making their life happier.

Physically challenged children can function at par with the normal children.

They just need.....

- a positive attitude of the people around them,
- suitable infrastructure taking care of needs of special children,
- therapist to help and guide them,
- and lots of love and care.



Do You Know?

Disabled does not mean unable!



Do You Know?

Helen Keller is a symbol of courage for all of us. She was the first deaf-blind person to get a Bachelor of Arts degree. She wrote over 12 books and many articles. Her famous books are *The Story of My Life*, *The World I Live In*, *Light in My Darkness*, etc. She worked hard to make the life of people like her better. This world famous author also became a political activist, lecturer and humanitarian.



Socially Deprived Children

They are the children who are deprived of the right to live a decent life. They spend their lives either on the streets or in the slums. They do not have the opportunity of education or a life of dignity. Most of them are miserable, neglected and need help.

Rajni is 12 years old. She moves around in filthy clothes in crowded market areas with a big gunny bag. She picks up waste papers, bottles, boxes or anything that can be recycled. She sells the contents of her bag to the *raddiwala* every evening. Rajni longs to go to school, dressed in a neat uniform and carrying her books. Can she fulfill her dream? How?



This is the story of thousands of socially deprived children. They belong to homes where the parents are unable to earn enough money due to illness, unemployment, poverty or illiteracy. Many such parents want to send their children to school. But their inability forces the children to earn money by rag picking, carrying loads, cleaning utensils in *dhabas* or by begging. They have to feed themselves and their families.

Our constitution has special provisions to ensure that each and every child gets education and achieves a decent standard of living. Our government has made efforts by giving them free education, books, uniform and stipends. But these children and their parents need to be guided. They should encourage their children to go regularly to school, study hard to make a better future for themselves and the whole society.

Do You Know?



Government has introduced mid-day meal scheme to encourage enrolment of the socially deprived children into schools.





Do You Know?

A society can develop only when everyone is able to enjoy the basic needs of food, shelter and clothing.

Kailash Satyarthi is a Child Rights Activist. He was awarded the Nobel Peace Prize in 2014 for his great contribution in making the lives of socially deprived children better. He founded the *Bachpan Bachao Andolan* (Save the Childhood Movement) in 1980. He has worked tirelessly in the sphere of child labour, regulating placement agencies, tracking and rescuing missing children.



Let us all join hands to improve the destiny of the physically challenged and the underprivileged children. We must help to improve their lives to build a stronger and equal society. It is our responsibility to bring a smile on their faces. Teachers, parents and society, all must have one goal—to enable each child to become a creative, aware, warm, friendly and eager young person.



SOMETHING TO KNOW

A. Tick (✓) the correct option:

1. Special skills can make the physically challenged children—
(a) Dependent (b) Confident (c) Sympathetic
2. Children with physical challenges have difficulty in forming relationships with others due to—
(a) Physical limitations (b) Less confidence (c) Shyness
3. Physically challenged children should be given education which is—
(a) Exclusive (b) Inclusive (c) Special
4. The condition of socially deprived children can be improved through—
(a) Employment (b) Money (c) Education

B. Fill in the blanks:

Help Box

inclusive, constitution, physically, guidance, socially, relationships

1. A little care and love can make a great difference in the lives of _____ challenged and _____ deprived children.
2. Specially trained teachers and therapists provide _____ to special children.
3. Physically challenged children face difficulties in forming _____.
4. Our _____ has special provisions to ensure that each and every child gets education.
5. _____ education also benefits all students.

C. Correct the following statements:

1. In earlier times parents were aware about the help and training given to physically challenged children.

2. Special child should not be provided with opportunities.

3. Physically challenged children should be sent to special schools only.

4. School has no role in the life of special children.

5. Socially deprived children belong to homes where the parents are able to earn enough money.

D. Answer briefly:

1. Which facility in school can make physically challenged children more mobile?
2. Which important quality do parents and teachers of physically challenged children need?
3. Name one thing that is essential for physically challenged children.
4. What do socially deprived children miss?
5. What do you do with your old books, clothes and toys?

E. Answer the following questions:

1. Who are special children? What can make a difference in their lives?
2. Distinguish between the training of physically challenged children in earlier times and present times.
3. List the areas where physically challenged children require special skills. How are these skills useful to them?
4. What is Inclusive Education? How does it benefit other students?
5. Who are socially deprived children? Where can you commonly find them?
6. What steps should be taken to improve the condition of socially deprived children?
7. Do you think socially deprived children should be given money? Give two reasons in support of your answer.

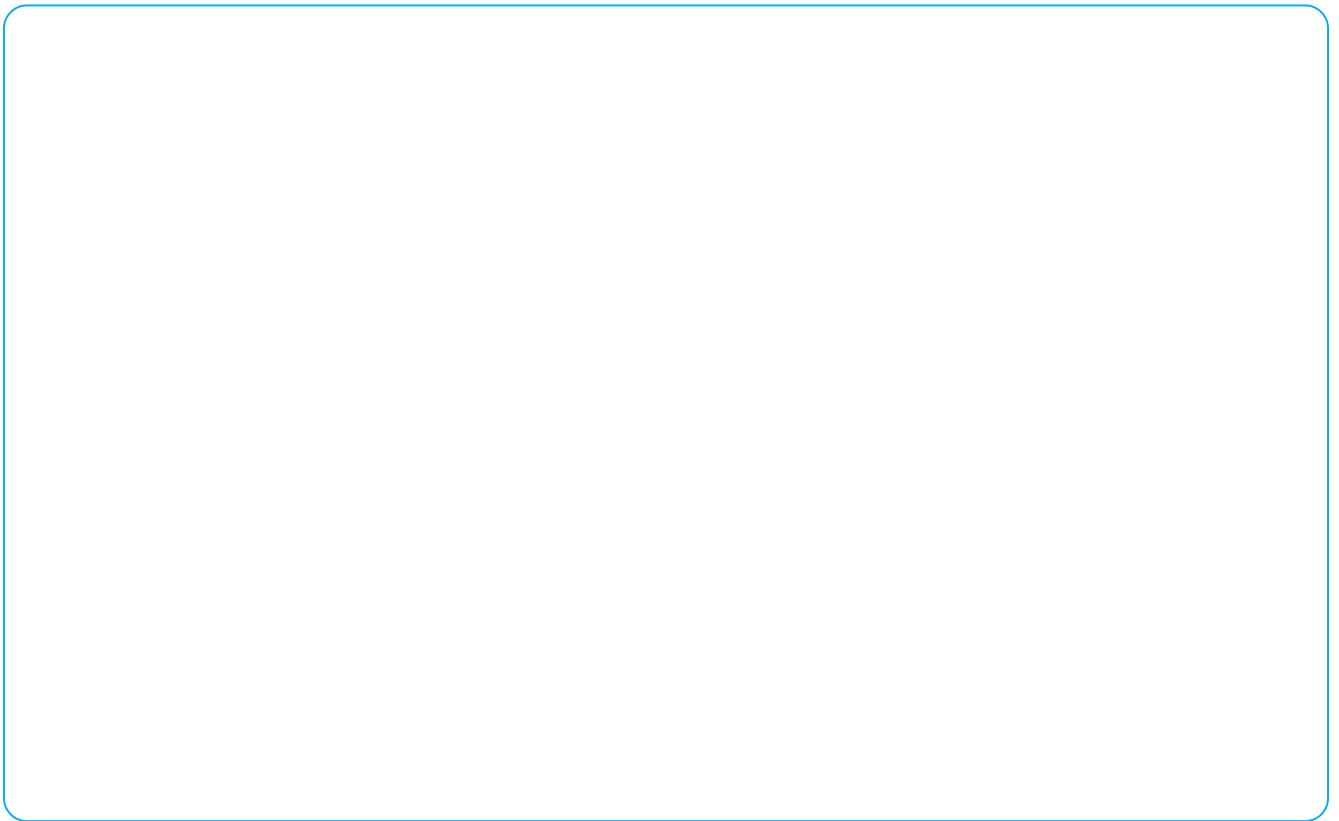


1. How can you help the socially deprived children?
2. Which five qualities would you need if you were studying in an inclusive school?
3. Your domestic help is only 12 years old. How would you convince his/her parents and your parents to send the child to school?

SOMETHING TO DO

1. Name a few organisations that work for the socially deprived children.

2. Paste pictures of facilities, like wheel chair, crutches, ramp, Braille books, etc., that physically challenged children require in school.



3. Kailash Satyarthi has received Nobel Peace prize of 2014 for working hard in the sphere of child labour. Find information of any such person who has contributed in improving the condition of socially deprived children of India.

For the Teacher: Discuss the characters of 'Chakor' in *Udaan* and 'Dadi Sa' from *Balika Vadhu* television serials in a story narration form. Sensitise the children about the situations dealt by them like Right of Education and Child Marriage.

Chapter 5

Community Services

Human beings are social animals. They live together in the company of their fellow-beings in villages, towns or cities. The members of a community live in harmony and work for the benefit of one another. They also provide support to each other in times of emergency. Community living helps in building a peaceful society.

Community Service is the help or assistance that benefits the community. It may be assisting the elderly, participating in Neighbourhood Watch Programme, beautification of the locality, etc. Many people contribute to the community service programmes by donating money or their services. It gives them pleasure and satisfaction.



School children doing community service as a part of Swachh Bharat Abhiyan

Community Service in Olden Times

Community service has always been an important part of Indian history and culture. People helped the poor with money, clothes, food, shelter, or looked after the sick.



Do You Know?

Many people give money and food to beggars. This is not a good practice. It is important to train them for some work/craft so that they can work to earn the money like making coir fans, toys, paper bags, etc.

In earlier times the kings/emperors took up many projects for the benefit of the common people like helping the travellers, planting trees, digging wells, etc.

Comfort of Travellers

In olden times most travellers were pilgrims, messengers, soldiers or merchants. They had to face many hardships on their journeys as there were no shelters, roads, means of transport or arrangement of food or water. The kings constructed *dharamshalas/sarais* (rest houses) for their comfort. They provided shelter and safety from rough weather and wild animals.

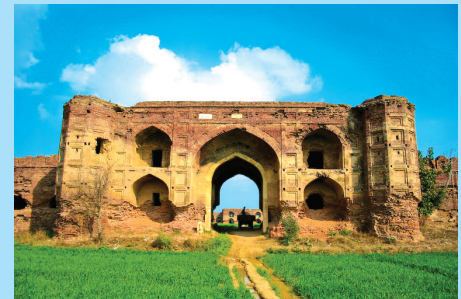


Pilgrims



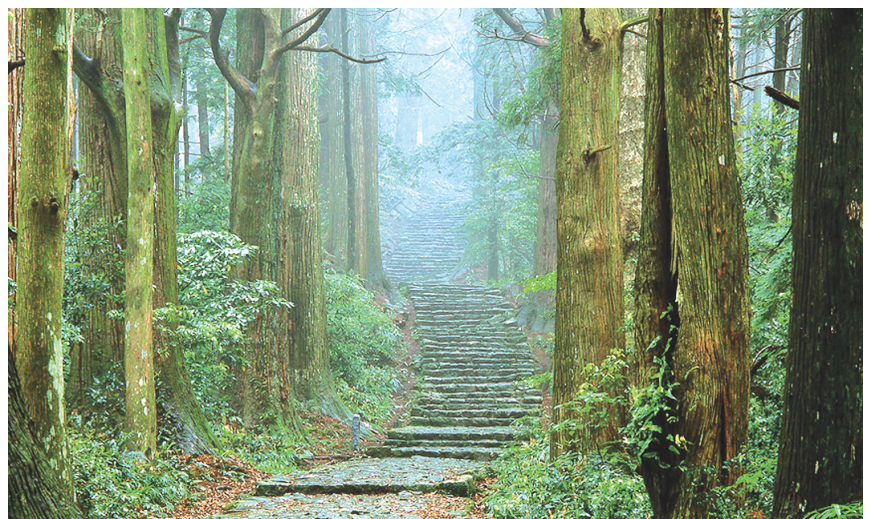
Do You Know?

Dohara Sarai, twenty kilometres from Ludhiana, is situated at Grand Trunk Road. It was built by Sher Shah Suri for travellers.



Trees on Roadsides

Ashoka, a great ruler, understood the importance of good roads for the progress of trade as well as pilgrims. He arranged to construct rest houses, dig wells and plant trees on the roadsides for the comfort of the travellers.



Trees on roadsides

Water for Quenching the Thirst

In olden times, most *dharamshalas/sarais* settlements were constructed close to water bodies, rivers, lakes or ponds. The resting places that were far away from water, fulfilled their requirement of water from wells, steps wells, *kunds* and *sisandras*.

Wells were the main source of water for drinking and other purposes. In some areas **step wells** were constructed to harvest the rainwater and provide water to people and the palaces during the dry months. Some step wells found in Gujarat and Rajasthan are five to seven storeys deep. Step wells are called **Water Temples of India**.



Do You Know?

Step wells are also known as **Vav**, **Vavadi**, **Bawdi**, **Bawri**, **Baoli** and **Babadi**.



Step well

A **Kund** is a well that looks like a saucer with a cup at the center. It is an underwater storage system to harvest rainwater in the dry regions of Gujarat and Rajasthan.



Surajkund at Faridabad, Haryana

A **Sisandra**, a tub-like structure, was built in Karnataka on important road crossings for the comfort of travellers. Smaller *sisandras* were built for animals.



Sisandra

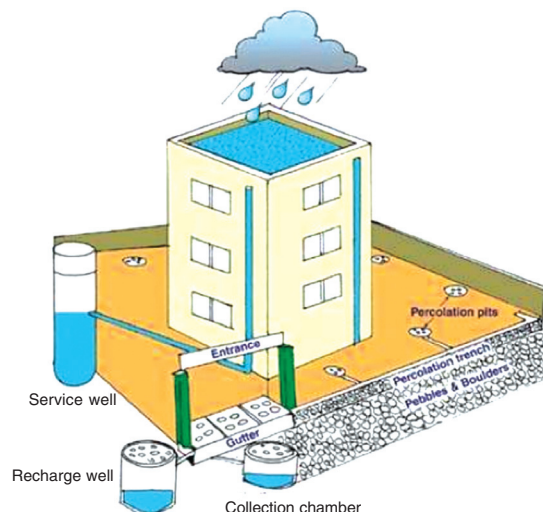
Water Harvesting in Olden Times

Water harvesting is the technique of collecting, storing and using rainwater for irrigation, drinking and other purposes. In olden times, India had a well-developed system of water harvesting. Each village saved rainwater to fulfill its requirement in the dry months. There was no shortage of water!

Many of the traditional water sources exist even today; unfortunately most of them are in ruins due to neglect and poor maintenance.



In recent times efforts have been made to revive the old water bodies and to popularise water harvesting. It saves rainwater from getting drained and wasted. It solves the problem of water scarcity.



Water harvesting plant in a modern building

Community Service in Modern Times

Community living requires organisation, co-ordination and tolerance. Instead of kings, now the government and its agencies look after the community services. Each neighbourhood requires essential services like water and electric supply, hospitals, schools, roads, markets, sanitation, etc. Here, we are going to discuss the changes that have occurred in travelling, water and trees in modern times.

Travelling

Travelling has undergone a great change in recent times. Today, different means of transport are available for the convenience of the people. Many guest houses, restaurants, night shelters, motels and hotels provide comfort and safety to the travellers. Better roads, bridges and flyovers ensure the smooth movement of vehicles. Faster and more comfortable means of transport make travelling a pleasure. They may be cars, buses, trains, aeroplanes or ships.



Means of Transport in Modern Times



Do You Know?

Bicycle riding is popular all over the world. It makes our body fit, saves fuel and is environment friendly!

Water

Water is supplied through pipelines in most parts of our country. Some areas are still dependent on wells, springs, rivers or lakes. Tube wells provide water for irrigation and other purposes in areas that are far away from rivers, canals and streams. Even today in some parts of India women have to fetch water from distant places in pitchers.



Water pollution has become a major concern in all parts of India. It is mainly caused by dumping of household and industrial waste.



Do You Know?

We must all vow to stop the immersion of idols, garlands and other waste into water bodies.

Trees

Trees provide a green cover to our earth. They are our best and most valuable friends. Life is not possible without trees. They give us innumerable gifts like wood, flowers, fruits, vegetables, medicines, spices and shade. The most important gift of trees is that they clean the atmosphere by converting carbon dioxide into oxygen!



Do You Know?

A wise man was asked what he would do if he knew that he had only one more day to live? He promptly replied—I would plant a tree!

In recent times forests have been cleared for agriculture, building houses, hotels, hospitals, transport system, resorts, etc. The cutting of trees has disturbed the balance of nature. It has created air pollution, lowered the level of underground water and reduced the number and species of animals, birds and plants.

Now people are becoming aware of the importance of saving natural resources like water, forests, wildlife, etc. They are planting trees so that the roots absorb the water and raise the underground water level. This will also save our wildlife—animals, birds and insects. Natural resources are the gifts of nature to mankind. It is our responsibility to handover this heritage to our future generations. Our government has banned cutting of trees. Many projects have been started to plant more and more trees—*Van Mahotsava*, Each One Plant One Tree, etc.

Do You Know?



Chipko movement created awareness that trees are important for life. *Van Mahotsava* is celebrated by planting trees in the first week of July every year. It is a festival of tree planting.



SOMETHING TO KNOW

A. Tick (✓) the correct option:

1. Who constructed the *saraïs* in olden times?
(a) Kings (b) Ministers (c) Pilgrims
2. What is the technique of collecting, storing and using rainwater known as?
(a) Water harvesting (b) Agriculture (c) Irrigation
3. Where are *kunds* commonly found?
(a) Assam (b) Tamil Nadu (c) Gujarat
4. In our country, water is mainly supplied through—
(a) Wells (b) Pipelines (c) Tube wells

B. Fill in the blanks:

Help Box

rest, Karnataka, history, rain, culture, Ashoka

1. Step wells harvest _____ water.
2. Community service has always been an important part of Indian _____ and _____.
3. _____, a great ruler, understood the importance of good roads for the progress of trade.
4. *Sisandras* were built in _____.
5. A *sarai* is a _____ house.

C. State whether True or False:

1. Step wells are not common in Gujarat and Rajasthan. _____
2. People are unaware about the benefits of tree plantation. _____
3. Government and its agencies look after community service in modern times. _____
4. Water pollution has become a major concern in all parts of India. _____
5. Water harvesting is a modern technique. _____

D. Answer briefly:

1. What is community service?
2. What type of community service can you volunteer for?
3. What is the importance of Van Mahotsava?
4. How do trees clean the atmosphere?
5. Name two qualities for community living.

E. Answer the following questions:

1. How did community service play an important role in olden times?
2. Mention the steps that Ashoka took for the development of trade.
3. What do you mean by water harvesting? What are its advantages?
4. List the changes that have improved the travelling in modern times.
5. Mention five benefits of planting trees.

F. Find out 10 words related to the Chapter on Community Services from the grid. One is done for you.

V	E	P	I	L	G	R	I	M	P	W	X
A	S	S	I	S	T	A	N	C	E	E	V
N	I	K	Q	N	W	A	T	E	R	L	X
M	S	I	S	A	N	D	R	A	S	L	X
A	E	N	P	O	L	L	U	T	I	O	N
H	R	G	N	R	H	O	T	E	L	Q	P
O	V	S	H	E	L	T	E	R	R	L	U
T	I	K	U	N	D	Q	G	M	C	V	S
S	C	T	R	A	V	E	L	L	I	N	G
A	E	B	T	F	O	R	E	S	T	I	E
V	G	U	J	A	R	A	T	R	O	A	D
A	T	O	L	E	R	A	N	C	E	X	B



Imagine walking down a hot, dusty and treeless road on a summer day to meet your friend. You are sweating and breathing heavily due to the heat. Your friend reaches the spot looking cool and calm as he had walked down a street lined with trees.

1. Which street would you prefer to walk down?
2. Do you think protection of environment is the responsibility of the community?
3. How can you contribute to make your neighbourhood clean and green?



Map Skill

On a political map of India, mark, label and colour the following:

- State where Surajkund is located.
- A pilgrimage centre where floods and landslides occurred in the year 2013.
- State where “Garden City of India” is located.
- A state which is known as “God’s Own Country”.
- A state which receives the highest rainfall.

SOMETHING TO DO

1. Each person should volunteer for community service. Give reasons:
 - (a) It saves natural resources like trees, soil, water, etc.
 - (b) It brings people close together.
 - (c) _____
 - (d) _____ .
2. Be the change you wish to see in the world. List any two changes that you wish to bring in the world.
3. Mention the work of any one NGO in improving community life.
4. Gandhi ji said, “The best way to find yourself is to lose yourself in the service of others.” Enlist some ways that Gandhi ji suggested to create a cleaner and greener India.
5. Discuss with your peers and list four points— Why community service should be an important part of our education?

Fun or recreation is essential after work. We need time to relax our bodies and refresh our mind. We follow different leisure time activities that give pleasure and keep us busy.

Leisure or Free Time is the time spent away from work for entertainment and relaxation.

Leisure time activities are not new. The evidences from the excavations of ancient towns of Mohan-jo-daro and Harappa tell us that man has enjoyed different types of leisure activities. In earlier times man played marbles, ball and dice games for recreation.

Leisure Activities—Traditional and Modern

Traditional leisure time activities followed in India were dancing, visiting fairs, painting and music. Martial arts, hunting, swimming, chariot racing and wrestling were also popular. Most of these activities are still followed in modern times except hunting, which has been banned by law. Many popular leisure time activities today are—watching television and cinema, video games, working out in gymnasium, badminton, tennis, polo, etc.

Board Games

Different types of board games have entertained many generations of Indians. Some board games, like *Shatranj* and *Chauker*, have been a part of Indian history and mythology. They are still played in different parts of our country along with many new board games like Chess, Ludo, Scrabble and Pictionary.



Ludo

Adu Huli Aata—the Tiger and Goat game of Karnataka helps to develop strategy and team work. One player controls three tigers while the other controls the flock of fifteen goats.

Alugulimane or Pallanguli is played in Tamil Nadu. It improves the skills of mental calculations and concentration.



Adu Huli Aata

Do You Know?



All board games stimulate the mind, teach patience and concentration. They are inexpensive and easily available. Moreover, they are ideal for group activities.



Alugulimane

Boat Races

In olden times man had to be a skillful boatman to cross over water bodies. He was also an expert fisherman. He used canoe or rafts and later sail boats. Even today boats are a common mode of transport for people and goods. They are used for fishing as well as pleasure. In recent times motorised boats and faster ships have made water transport very popular. River rafting, sailing and water skiing are popular sports today.



Traditional canoe and raft



Modern boat and ship



Do You Know?

Snake Boat Race of Kerala, during Onam festival, attracts thousands of visitors from India and abroad.



Martial Art

Physical strength and agility (quick movement) were necessary for the ancient man in hunting, clearing forests and protecting himself from danger. His thrill at winning over an opponent was the beginning of Martial Art as a sport.

Martial Art is the practice of combat (fight) or self-defense. It needs physical strength, skill and coordination.

Different martial art forms have been a part of India's culture and traditional games. The Indian wrestling—*Kushti* is a traditional form of martial art. Now martial arts of Judo, Karate, *Tae Kwon Do* and *Kung Fu* are popular sports in India and the world.



Judo



Do You Know?

Following are some popular forms of martial art of India—



Thang Ta is the Manipuri martial art. This martial art uses graceful movement, swords and spears.



Kalarippayattu, the oldest fighting art, is practiced in Kerala. It includes strikes, kicks and some weapons.

Yoga—Asanas and Pranayam

Physical and mental stress makes us sick and tired. *Yoga* helps us to lead a healthy and stress free life. It also guides us to adopt right eating habits. *Yoga* is a part of ancient Indian culture. In recent times it has become very popular in India and all over the world.

Yoga teaches various *Asanas* (postures) to build energy, tone our muscles and keep our body fit. *Yoga* does not require any expensive equipment or venue. It can be practiced anywhere, at any time of the day.

Pranayam regulates breathing and relaxes our body as well as mind. It also cures breath related problems and stress related disorders like anxiety and depression.

Breathing plays an important role in our physical and mental health. When we inhale,



Tad asana



Bhujang asana



Tricone asana



Padma asana

the breath helps our body to absorb oxygen. The harmful carbon dioxide is removed from our body when we exhale. Take a long, deep breath. You will immediately feel mentally and physically relaxed.

Run fast for two minutes. What do you notice about your breathing?

Blow hot, Blow cold

A woodcutter was feeling cold in a deep forest and blew on his hands. Mian Balishtiya was curious. He asked the woodcutter the reason for doing so. “I blow on them to make them warm,” explained the woodcutter. A little later, the woodcutter boiled a potato. He started blowing on it also! Mian Balishtiya was confused. He said, “The potato is already hot, why do you want to make it hotter?” The woodcutter replied, “I am blowing on it to cool it down!”

“Blow hot, blow cold? What is it?” Mian Balishtiya was confused!

When you blow a narrow stream of air, it feels cold and when you breathe with wide open mouth, it feels warm. We blow on cold things to make them warm and on hot things to cool them. Try it!

Theatre

Theatre has been an important source of entertainment for people since olden times, when *Nautanki* and *Jatra* were popular. They took up themes from mythology and everyday life to entertain the masses. The dramatisation of *Ramleela* and *Krishanleela* attracts thousands of people in both rural and urban areas even today.

In modern times theatre (drama) has developed into a wonderful art. It creates awareness about the challenges faced by our society/country. It also imparts education, ideas, values and information in an effective and creative way. Theatre is very popular as it establishes a direct contact between the actors and the audience.



Theatre



Do You Know?

Nukkad Nataks spread awareness and campaign for important issues like pollution, illiteracy, corruption, rights of women, etc.

Story telling

A story is called *Katha* in Sanskrit and *Kathai* in Tamil Nadu. Story telling is an ancient art that involves narrating a story orally. The stories expose the listeners to the richness of different themes, cultures and languages.

Listening to stories has always been a favourite activity for children as well as grown ups. The grandparents, parents and teachers narrate stories to give information, expand knowledge and imagination. They help the children to develop imagination. The stories may be from our great epics—*Ramayana* and *Mahabharata*, or about historical events and famous personalities. The narrators use a variety of expressions, voice modulations (change in volume) and themes to make the stories interesting and entertaining. They may use puppets, songs, music or lights.



Do You Know?

R.K. Narayan is the most loved story teller of India. Children love to read his famous stories—*Malgudi Days* and *Swami and His Friends*, etc. They have also been adapted as TV serials.

Reading

Books are our best friends. They entertain, give important information about any topic and are easily available. Reading is a leisure time activity that is quite popular among children as well as elders. It enhances knowledge and awareness.



Do You Know?

Reading is to mind, what exercise is to body.

A person is never alone if he/she is in the company of books. Reading also helps to develop imagination, expression and vocabulary.

Popular Leisure Time Venues

***Chaupal*—A meeting place of villagers**

Since olden times a favourite leisure time activity in the villages has been to sit at a *chaupal* and chat. The village elders and the *panchas* sit there to solve disputes or to discuss the issues related to the welfare of the village. *Chaupal* is the meeting place where people sit to read newspaper, watch television, share their joys and sorrows, celebrate festivals, etc.

During the freezing winter months the Ladakhis celebrate many religious festivals and other events of entertainment in the open spaces. The Buddhists hold dance, music and various other competitions. In the summers the Ladakhis eagerly look forward to polo and archery.



Urban Venues

In cities and towns most people get together at parks, banquet halls, market places, libraries, coffee houses, restaurants, community centres, etc. The important occasions for meetings are weddings, festival celebrations, kitty parties, lectures, workshops, exhibitions, political meetings or just get-togethers of friends and family.

Most of the traditional leisure time activities are still followed in different parts of India. Many new activities have also become popular. They are—playing squash, volleyball, basketball, cricket, hockey, aerobics, visiting art galleries or listening to music or Karoke!

Sports as Entertainment

Cricket, hockey, football, volleyball, polo, badminton, archery, boxing, weightlifting are leisure time activities for both boys and girls. They are fun to play, watch or even listen to the commentary. Some of them are individual games whereas others are team games/sports. In recent times they have become career

options for those who have a keen interest in sports and games. A sports person needs to have enthusiasm, self-motivation, discipline, physical stamina, mental alertness and confidence to face challenges. Team games teach discipline, harmony and team spirit.

We have many sports personalities who have earned name and fame for themselves as well as for the country. They are Virat Kohli, Sanya Mirza, Jaspal Rana, Mary Kom, Saina Nehwal, Mahindra Singh Dhoni, M.R. Poovamma, to name a few. They have inspired many others to pursue sports as a career.

Identify and write names of famous Indian sports persons in the blank spaces.



SOMETHING TO KNOW

A. Tick (✓) the correct option:

1. Snake Boat Race is held in—
(a) Tamil Nadu (b) Kerala (c) Gujarat
2. A popular medium which establishes a direct contact between the actors and audience is—
(a) Theatre (b) *Yoga* (c) Martial art
3. A game played by Ladakhis during summer is—
(a) Wrestling (b) Boxing (c) Polo
4. Saina Nehwal plays—
(a) Tennis (b) Badminton (c) Cricket
5. A board game which was a part of Indian history and mythology was—
(a) *Chaupar* (b) Scrabble (c) Ludo

B. Fill in the blanks:

Help Box

leisure, *kushti*, relax, *pranayam*, *Adu Huli Aata*

1. We all need time to _____ our bodies.
2. _____ is a traditional Martial Art of India.
3. The time spent away from work for entertainment and relaxation is called _____ time.
4. _____ —the Tiger and Goat game of Karnataka helps to develop strategy and team work.
5. _____ regulates breathing and relaxes our body as well as mind.

C. Match the following:

- | | |
|----------------------|--------------------------|
| 1. <i>Shatranj</i> | (a) <i>Yoga</i> |
| 2. <i>Meditation</i> | (b) <i>Theatre</i> |
| 3. <i>Karate</i> | (c) <i>Story Telling</i> |
| 4. <i>Nautanki</i> | (d) <i>Martial Art</i> |
| 5. <i>Kathai</i> | (e) <i>Board game</i> |

D. Answer briefly:

1. Which two qualities are required for a martial art practitioner?
2. Mention two advantages of reading.
3. Name your favourite board game.
4. Mention two qualities of a sports person.
5. Name three water sports.

E. Answer the following questions:

1. Define Martial Art.
2. Why is story telling called an art? How can a story teach us values? Give examples.
3. How does breathing play an important role in improving our physical and mental health?
4. What is the importance of *Chaupal* in the life of villagers?
5. How do outdoor games score over indoor games?



Nukkad Natak is an important means of spreading awareness on important issues. Mention some issues for which you would like to campaign through a *Nukkad Natak*. How would you ensure that your *Nukkad Natak* is successful in attaining its objective?



On a political map of India, locate, label and colour the following:

- State known for *Adi Huli Aata*.
- State famous for *Pallanguli*.
- State famous for Snake Boat Races.
- A state known for *Kushti* today.
- State where Eden Garden Cricket Ground is located.

SOMETHING TO DO

1. Find out the names of five world famous Indian players who play your favourite game.
2. Hardwork and dedication are very important to achieve success in any field. How do you plan your play and study time to achieve success.
3. Have a debate in the class on the topic—Girls should be given equal opportunities to excel in games/sports. List four steps that can ensure it.
4. Why do we breathe faster after any strenuous exercise? Note down the following readings—
 - (a) Number of times you breathe in a minute when you are—
 - (i) sitting still. _____
 - (ii) just after a run. _____
 - (b) How much does your chest expand after breathing? _____
 - (c) Which exercise affects your breathing the most? Why?
5. Our breath contains moisture. That is why tiny droplets appear when you blow on a glass.

What do you see when you blow into the air on a cold, winter morning?

Changing Trends in Occupation



The main occupation of most villagers in Odisha is agriculture. Many of them are also engaged in non-agricultural activities like animal husbandry, industries like mining, minerals, cement, paper, sugar, fertiliser, iron and steel; handloom, art and crafts. The unique handicrafts, like *patta chitra*, sand art, metal work, silver filigree, stone carving, puppets and masks, are in great demand by tourists and hence, the artisans are able to earn a decent living.

Occupations of Villagers

In olden times most Indian villagers were self-sufficient. The farmers depended on agriculture and animal husbandry. They were involved in other activities when they had spare time, once the harvesting and sowing were over, like basket making, mat weaving, handicraft, etc. Many other occupations depended on farming like the blacksmith and the carpenter. But the dependence of many farmer families on a single piece of land, low productivity and low earnings forced many farmers to give up farming. The opportunities of earning from non-agricultural occupations like pottery, blacksmithry and weaving, also decreased.

Migration of Farmers to Cities and Town

As the opportunities of employment in rural areas decreased, many villagers started moving towards cities and towns in search of other occupations. Most of them lacked the skill and training for taking up jobs in factories, offices, etc. Hence, they had to work as labour on construction sites, in *dhabas* or as *rickshaw*-pullers. Sadly some of them even had to resort to begging.

Mechanisation of Agriculture

The use of machines in agriculture brought a great change in occupations. A single machine replaced the labour of many workers. Many farm labourers lost their source of income. However, machines and electricity in villages also created some new occupations like tube well diggers, tractor drivers, salesmen, mechanics, etc.



Harvester cutting crops



Do You Know?

Green Revolution increased agricultural production with the use of machines, good quality seeds, use of fertilisers, etc.

Operation Flood—White Revolution

In earlier times the farmer and his family looked after the milk giving animals on their farm. The quality of animals and their feed were not very good. As a result the production of milk was low. Moreover, poor supply system created a scarcity of milk in both the rural and urban areas.



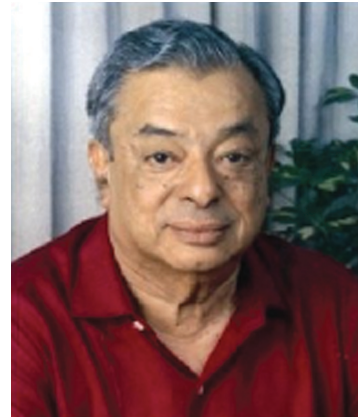
The White Revolution

Doctor Verghese Kurien was the father of **White Revolution** or **Operation Flood** in dairy farming at Anand in Gujarat. It was related to milk production, processing, marketing, export and distribution of by-products of milk like butter, cheese, ghee, skimmed milk powder, baby food, ice cream, condensed milk,

yogurt, curd and *lassie*. The cooperatives worked so efficiently that soon India, a milk deficient country, became the largest producer of milk in the world!

Dr. Kurien created a national milk grid that linked all milk producers with consumers in over 700 towns and cities. It reduced seasonal and regional price variations. The co-operatives were given the responsibility of collection and supply of milk and milk products.

The success of White Revolution involved many **professionals** like veterinarians, scientists, dairy farming machinery manufacturers and dairy cooperative consultants. It also involved the services of many **non-professionals** like dairy farmers, truck drivers, record keepers, etc.



Dr. Verghese Kurien—The Father of White Revolution

Do You Know?



The White Revolution is the achievement of Kaira district (Gujarat) milk producers and co-operative union which owns and operates the Amul (meaning priceless) dairy.



Changes in Occupations

Let us have a look at the occupations in olden times. The king's palace provided occupation to *darbans* (guards), clerks, masons, tailors, dyers, weavers, soldiers, singers, cooks, etc. The farmers provided grain, vegetables and fruits. The king had many other people to help him in administration and maintenance of law.

Now the occupation scenario is entirely different. Many new occupations have become popular in cities. They are related to industries, trade, transport, communication, education, health services, fashion, insurance, banking, etc. The demand for **professionals** like scientists, engineers, doctors, teachers, designers, architects, film-makers and marketing experts has increased manifolds.

The cities and town also need the services of **non-professional**. They are—

- (a) **Skilled labour**—tailors, carpenters, plumbers
- (b) **Semi-skilled** people like bakers, cleaners, washermen
- (c) **Unskilled labour**—workers at construction sites, *coolies* (porters) at railway station, etc.

List five different types of work people do for you—

1. _____
2. _____
3. _____
4. _____
5. _____

Dignity of Labour

All types of works (jobs) are necessary in a society. We must respect all of them. No work is superior or inferior. Work is work. It is absolutely wrong to consider any work as good or bad. The work itself is a dignity. Father of the Nation, Mahatma Gandhi, used to do all types of work on his own, even cleaning the toilet.



Do You Know?

All work is the same whether done with head (intellectual work) or hands (manual work)!

Gender Discrimination

It is the wrong attitude of men against women that has existed in India. Girls and women are not given equal opportunities in education, careers and political system. But it is changing slowly and women are claiming their rightful place in the society.

An important aspect of the changing trends in occupation is increase in the participation of women in various occupations. When the rural men started

migrating to cities in search of occupations, the women took over the responsibility of farming and related activities. But their work is not respected and they are not given the same wages that are given to men. Though women form 50 per cent of Indian population, yet they do not get an equal share in occupations, education, health facilities or parliament. Many women suffer due to this unequal treatment known as **Gender Discrimination**.

Now many women are taking up occupations that were so far labeled as “male occupations”. There are many women engineers, doctors, teachers, architects, scientists, consultants and pilots in cities. In rural areas women are working in spice, match box and *agarbatti* factories. They have also taken up jobs as health workers, teachers and in *panchayats*. They are making an important contribution in the development of our country.



Women in various occupations

Do You Know?



Researches show that a majority of women workers in rural areas are illiterate or semi-literate. They are getting education and taking up different occupations. Many urban professional women have taken up highly paid and responsible jobs!

SOMETHING TO KNOW

A. Tick (✓) the correct option:

1. The opportunities of employment in rural areas have—
(a) Increased (b) Decreased (c) Disappeared
2. Scarcity of milk developed due to—
(a) Low production of milk (b) Increased population
(c) Decrease in demand
3. The White Revolution is related to—
(a) Food grain (b) Fisheries (c) Dairy farming
4. An important aspect of changing trends in occupation is—
(a) Participation of women (b) Gender discrimination
(c) Industrialisation

B. Fill in the blanks:

Help Box

women, machines, Dr. Kurien, professionals, tailor

1. The use of _____ in agriculture brought a great change in occupations.
2. _____ created a National Milk Grid that linked all milk producers with consumers.
3. Many _____ suffer due to unequal treatment known as Gender Discrimination.
4. White Revolution involved many _____ and non-professionals.
5. A _____ requires skill to stitch garments.

C. State whether True or False:

1. A blacksmith supplies tools to the farmer. _____
2. Many farmers gave up farming due to low returns. _____
3. Low quality feed given to milk giving animals created scarcity of milk. _____
4. Tube well diggers are in great demand in villages. _____
5. A *rickshaw*-puller is a professional. _____

D. Answer briefly:

1. Mention two non-agricultural occupations of rural areas.
2. Name two occupations that are common in urban areas.
3. Give one reason of low production of milk.
4. Name four milk products that you like.
5. Do you consider any work inferior? Give one reason.

E. Answer the following questions:

1. How has mechanisation brought a change in agriculture sector?
2. Define White Revolution. How did it bring changes in dairy farming?
3. Explain changing trends in occupation in the present times with examples.
4. What is Dignity of Labour? Give an example.
5. Define Gender Discrimination. In what ways do the women suffer due to gender discrimination?

VALUE Based Questions:

1. The Cleanliness Drive Campaign has been launched under *Swachh Bharat Abhiyan* in India to clean dirty streets and remove overflowing garbage bins.

How can you contribute towards this campaign?

2. You want to live in a clean and healthy environment. Which values do you need to create suitable conditions for fulfilling your dream?



Map Skill

On a political map of India, locate, label and colour the following places:

- A state famous for Sand Art and *Patta Chitra*.
- A state where White Revolution originated.
- A state where Green Revolution increased the agricultural production.
- A state with highest women's literacy rate.

SOMETHING TO DO

1. What would happen if there was nobody to clean your streets and home? List five problems that you will face.
2. Why are celebrities involved in creating awareness about girl education, cleanliness, health and hygiene campaigns.
3. The trends of occupation have undergone a great change even in the urban areas. Why? List some new urban occupations.
4. Name the occupations that women have successfully taken up now that were so far labeled as "Male dominated occupations".

5. Look at the pictures. Who are they? Name the occupation and write one sentence about it.











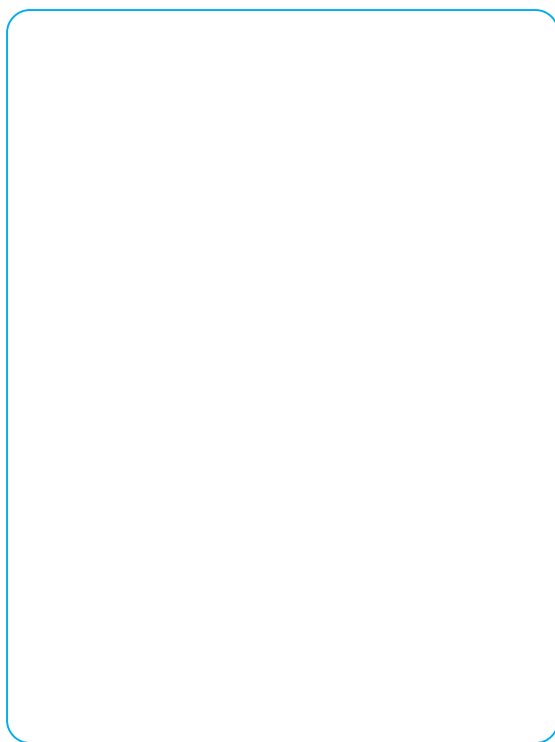




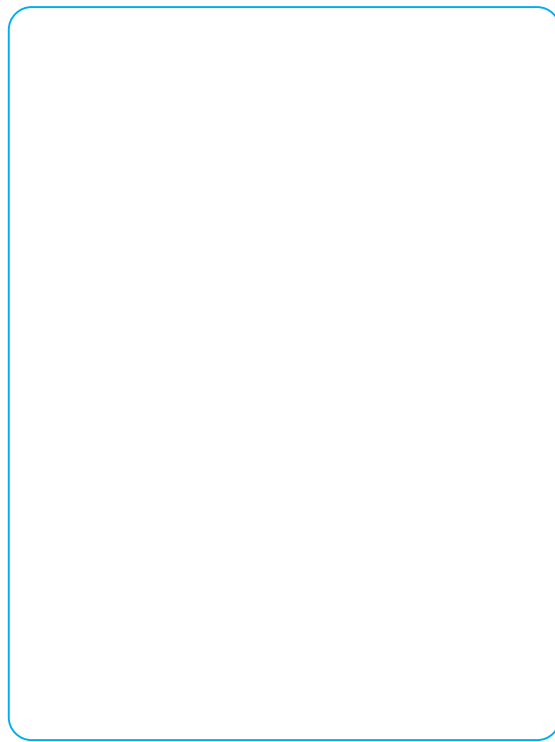


6. Draw/Paste pictures and label any four occupations that you admire the most!

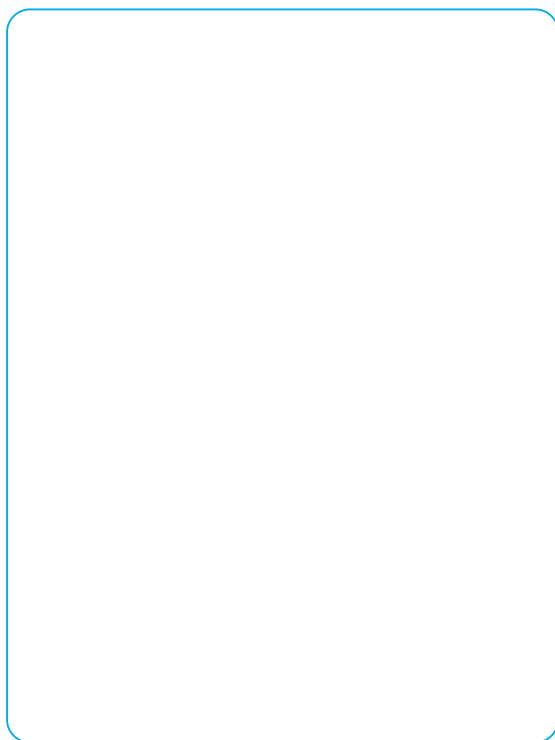
(a)



(b)



(c)



(d)

