

Chapter 1

Importance of Family

Family is the greatest gift of nature. It is the first learning place. The child learns everything by watching and imitating the family members. It may be how to speak, walk and behave. The child also learns to overcome challenges, solve problems and make decisions. It is important that the grown up members of the family practice the values and actions that they want their children to learn. The interaction among the family members develops close bonds of love and affection that continue throughout life.

Do You Know?



All human beings live in groups. Family is the most important group.



Joint Family



Nuclear Family

Family System

The family system works like a chain. The elders help the child to grow up into a good human being. In turn the children provide support to elders in times of need. They also follow the family values and traditions. Mutual affection, love, trust and sharing of responsibilities strengthen the relationships in a family.

Family Traditions

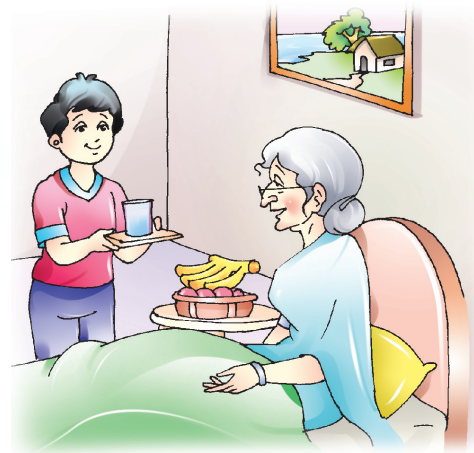
Each family follows certain customs and traditions. They are the activities that occur regularly and hold special meaning for that family. They are an excellent way of teaching values like respect for our elders, caring and sharing, helping others and passing the family heritage to the future generations.

Every year on Baisakhi Lokesh's family visits a *gurudwara* and have *langar* (community feast) there. The elders sit and listen to *kirtan* while the children help at *langar*, cleaning the compound and organising visitors in proper queues for *darshan*.



Care and Appreciation

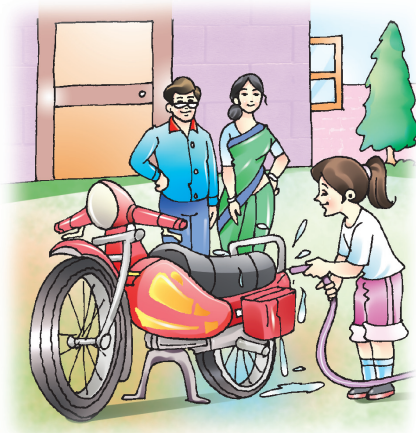
The care and appreciation for one another are the real strengths of a family. It is important that the family members spend time together. It builds strong bonds among family members. The interaction gives them opportunities to remain in close contact, develop harmony and understanding. The parents and grandparents take care of the children with a lot of love and patience. Similarly, the children also look after the elders. Every member of the family has different responsibilities. These responsibilities must be shared and the wishes of others must be respected.



Family Likes and Dislikes

In each family, the members have their own likes and dislikes. It may be a special dish, colour, dress, music or television channel. The members also have

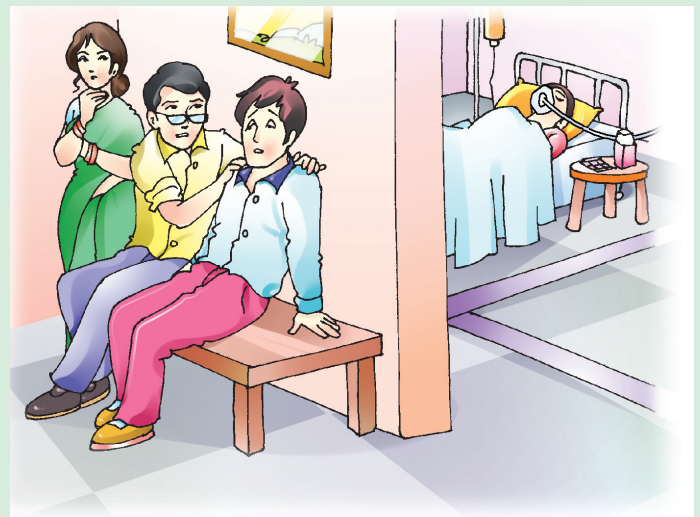
preferences as far household chores are concerned. They may or may not like washing clothes, buying groceries, paying bills or watering plants. But all household chores are necessary. Hence, it is important to share the responsibility.



Family Support

What happens when a family member faces a problem? Do we stand by him/her? Of course! All families give support in times of emergency. It helps the sufferer to overcome the difficulties.

Sonia's mother met with an accident. She was taken to a hospital and immediately put on oxygen. She had lost a lot of blood. The doctors instructed the family to arrange for three units of blood to save her life. Sonia's cousins readily donated blood, her aunt looked after their home and her uncle stayed in the hospital to help her father. The family support and care helped Sonia's mother to recover quickly.



What type of support is needed in case an elderly member of a family is ill?

Whom would you telephone/call in case of an emergency at home?

Participation in Family Activities

All family members participate in family activities like cooking, eating, writing poetry or singing. Some of them are good at one activity while the others are excellent at another. Family nurtures the special talents of the members. The encouragement helps the members to excel.

Aadit was a shy child. His parents and teachers encouraged him but he was scared of going on the stage. His class teacher made him participate in a group song. Now he has gained confidence and participates in dramatics, singing, debate, compering, news reading, etc. He also sings at family and neighbourhood functions. Everybody enjoys listening to his melodious voice. His parents and the other children also love to sing with him.



What is your special talent? _____

Who is the best singer in your family? _____

Who is the best cook in your family? _____

Our Role Models

Family members tell the children about great personalities, their deeds and messages. It may be in the form of story narration, gifting books to children or visiting monuments, museums, etc.

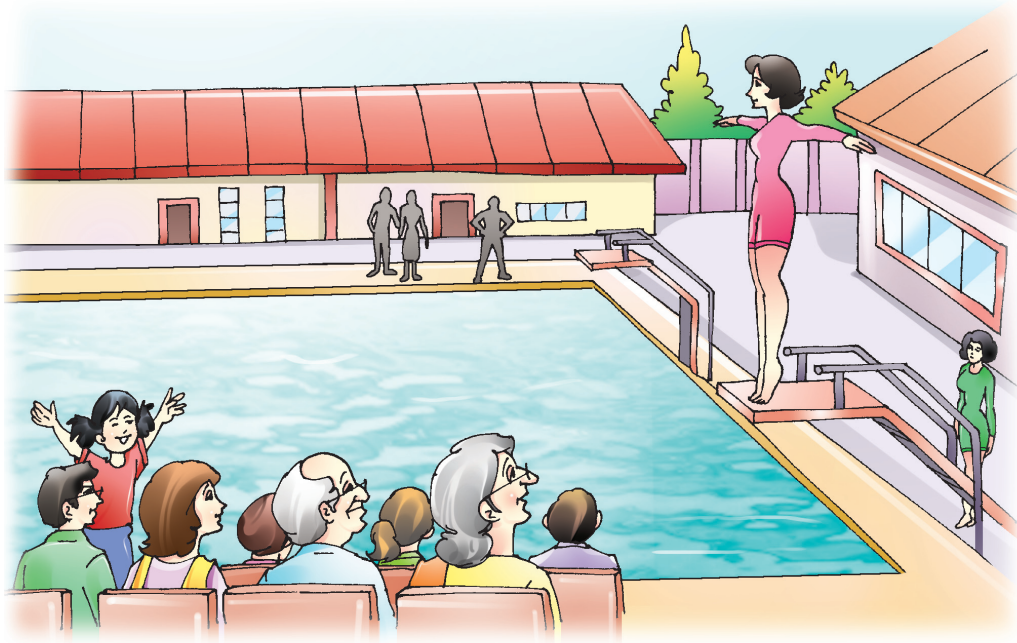


Do You Know?



Children enjoy listening to stories about great personalities like Maharana Pratap, Shivaji, Yashoda, Rani Jhansi, Swami Vivekanand, Dayanand Saraswati, etc. Many parents read out news items related to the life of great people or talk about current affairs. These conversations and discussions deepen the bonds among family members.

There may be some family members whom you admire for their personality, special talent, contribution to society or affectionate nature. The special member may be a tall uncle, a cousin who paints, your father, who is a runner, a grandmother who writes stories or an aunt with long, silky hair. It may be a member who makes everyone laugh with his jokes or mimicry. You want to be like them. They are your role models. Whosoever your role model may be, try to imbibe his/her positive qualities.



Name one family member whom you admire the most.

How is he/she related to you?

Name two qualities that you admire him/her for.

Always utilise your time and energy in improving yourself. Your good qualities make you happy, confident and popular with others. Share your feelings, hopes, dreams, fears, joys, sorrows and experiences with your parents, teachers, friends and family members. They will guide you to grow up into a great human being.

SOMETHING TO KNOW

A. Tick (✓) the correct option:

1. A type of family that includes only parents and their children is a—
(a) Joint Family (b) Nuclear Family (c) Extended Family
2. To develop close bonds among family members we must share—
(a) Love and affection (b) Jealousy (c) Hatred
3. To motivate the younger members to excel, family should—
(a) Encourage (b) Appreciate (c) Both of them
4. The most important group of human beings is—
(a) Family (b) Country (c) Union
5. The first learning place for a child is—
(a) School (b) Family (c) Neighborhood

B. Fill in the blanks:

Help Box

support, share, activities, traditions, love, care

1. Family _____ helps the sufferer to overcome difficulties.
2. All family members must participate in family _____.
3. The _____ and _____ for one another is the real strength of a family.
4. Every member of the family must _____ the different responsibilities.
5. Each family follows certain customs and _____.

C. State whether True or False:

1. Interaction develops strong bonds in a family. _____
2. The children cannot help the elder. _____
3. Each family follows same customs. _____
4. Care and appreciation are real strengths of a family. _____
5. Every person has a talent. _____

D. Answer briefly:

1. List two qualities that you admire in your mother/father.
2. List the qualities that make your mother/father the most special person in the world.
3. Why does praise by family members make you happy?
4. You have a family member who always criticises you. How is that person related to you? Give one reason for his/her criticism.
5. Describe your reactions when your mother/father checks you for your behaviour.

E. Answer the following questions:

1. What is the importance of a family?
2. "The family systems work like a chain." Explain it with an example.
3. What do you mean by "family traditions"? What is the importance of family traditions in your life?
4. What steps can the family members take to build strong bonds?
5. Why is it important to have good communication with your parents?



Parents have many responsibilities towards their children. List five responsibilities that children have towards their family. Are your responsibilities dependent on scoldings and frequent reminders? Explain with two examples.

SOMETHING TO DO

1. Why it is important to share responsibilities at home? How do you share responsibility for household chores?
2. Who is your role model? Mention the qualities which you admire in him/her and would like to imbibe.
3. Write one value each that you would like to imbibe from your—

Grandfather _____ Grandmother _____

Father _____ Mother _____

Uncle (Maternal) _____ Uncle (Paternal) _____

Aunt (Maternal) _____ Aunt (Paternal) _____

4. The goal of spending quality family time is to love, understand and have wonderful relationship with family members. Mention three activities that your family engages in making ‘family time’ memorable and enjoyable.
 - (a) Sport— Street cricket, badminton, football, cycling, etc.
 - (b) _____ .
 - (c) _____ .
 - (d) _____ .
5. You like to eat *bhel-puri* but your friend wants to eat burger all the time. How will you and your parents decide what to cook for him when he comes to your home? Keep in mind — “Junk Food is Unhealthy”.



Healthy Food Options

Human Migration



Migration is the systematic (regular) movement of people from one place to another. Mankind and migration have been linked to each other since ancient times. Human beings would not have continued to exist without migration. They moved from one place to another in search of food and shelter. The settled life began only after the man became a food producer. He started growing crops on a piece of land till the soil was fertile. Then he would abandon it and move to a new piece of land. This type of practice of growing crops was known as **Shifting Agriculture**.

Do You Know?



In reference to animals, migration implies their movement from one region or habitat, to another to breed, grow, find food or avoid cold/hot weather.

Migration in Olden Times

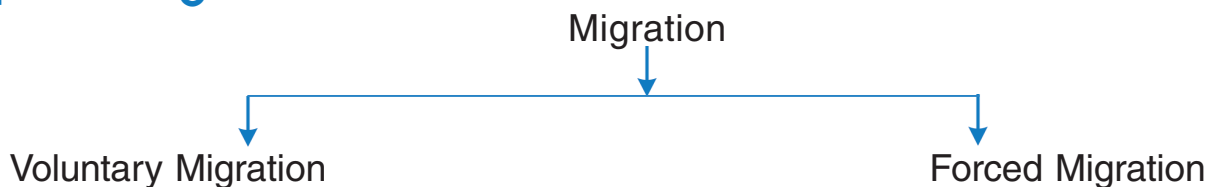
In earlier times the migration was carried out within a limited area as there were no means of transport. People had to walk or carry their goods. They were scared to travel to far away places due to difficulties, many myths and superstitions. This type of orthodox thinking underwent a great change with education, logical thinking and contact with other countries. During the British period, Indians were encouraged to migrate, settle or work in the colonies under the British control. Many Indians signed agreements to go abroad for a fixed time. They had the choice to come back or permanently settle in foreign lands.

Do You Know?



The orthodox people believed that if you travel across a sea you will lose your caste as according to mythology Ocean is a resting place of Gods and hence, should not be disturbed.

Types of Migration



Voluntary Migration is when people move to another place on their own wish/choice. It may be for better job, educational opportunities or to be close to their family or friends in another village, town, city, state or country.

The Anand couple was not happy when their son, Hiten was transferred/posted to Bengaluru. They missed the grandchildren and were lonely in Patiala. Hiten and his wife Avnee also missed the companionship and help of their parents. Their two children were upset as they were used to having the grandparents at home when they came back from school. So the Anand couple happily migrated to Bengaluru to be with their children.



Look at the picture. Shankar and his friends are going to Punjab. They work as extra labour during the sowing and harvesting season. This is known as **Seasonal Employment**.



Shankar with his friends
going to Punjab

Do You Know?



The *Gujjars* of Jammu and Kashmir and *Dhangers* of Maharashtra are nomads. They keep moving from one place to another in search of food, water and grazing grounds for their herds of sheep, goats, etc.

Forced Migration is the movement of a person, family or large groups of people due to a **natural disaster** like flood, earthquake, tsunami, etc. Sometimes people are forced to migrate due to **man-made disasters** like fire, drought, or terrorist activities. It results in the loss of homes and jobs for many people.

Do You Know?



Some people are forced to migrate due to demolition of illegal colonies.

Story of Shyam

Shyam, a blacksmith of Chandusi in Uttar Pradesh, earned money by making tools for the farmers. His village was hit by a drought. The farmers lost their crops. There was no work for Shyam. He was forced to migrate to Lucknow to earn money to feed his family of five members. He carries loads, works in *dhabas* or on construction sites.

In September 2014 the Kashmir valley was flooded. The floods were caused by heavy rains and overflowing of River Jhelum. It was mainly a man-made disaster. The mountains have become weak due to heavy construction. Thousands of people lost their homes, shops, businesses, etc. The Indian military and local authorities helped the victims. Thousands of people took shelter in relief



camps in mosques and *gurudwaras*. They were given food, medicines, clothes, etc.

Hardships Faced by Migrants

The migrants face many problems as they have to move away from their homes and families to other areas. The labourers move to cities for jobs and better wages (salaries). They have to live without basic amenities like shelter, sanitation or safe drinking water. The condition is worse when they migrate with their families. The women have to work hard. The children do not get education. Many migrants do not get any work and hence, start begging.



Joy of Migration

Migration is like a chain. If the first person who migrates sends “Happily Settled” information to the loved ones, the others also migrate to the same country.

Migration brings happiness to many people. They see new places, experience climate that suits them, learn about new customs, traditions, cuisines, dresses, dances, music, etc.

Animal Migration

Animals migrate with change in seasons. They migrate to find warmer weather, better food supply or safe place to give birth to their young. Animals do not follow a map or GPS. They know which direction to follow. They learn this from their parents and have a special sense! Caribou live in snow-covered areas. They migrate to warmer areas. Wildebeests of Africa migrate in search of green pastures, crossing many crocodile filled rivers. This great migration is known as one of the “Seven Wonders of the Natural World”.



Migration of Wildebeests

SOMETHING TO KNOW

A. Tick (✓) the correct option:

1. What is regular movement of people from one place to another known as?
(a) Migration (b) Travelling (c) Movement
2. People were scared to travel abroad in olden times due to—
(a) Myths (b) Lack of money (c) Lack of transportation
3. What is migration due to natural disaster known as?
(a) Forced migration (b) Voluntary migration
(c) Seasonal migration
4. Growing crops on a new piece of land once the fertility gets exhausted is—
(a) Seasonal agriculture (b) Shifting agriculture
(c) Commercial agriculture

B. Fill in the blanks:

Help Box

voluntary, chain, limited, mankind, Kashmir

1. _____ and migration have been linked to each other since ancient times.
2. _____ migration is when people move to another place on their own wish.
3. In September 2014 _____ Valley saw devastating floods.
4. Migration is like a _____.
5. In earlier times migration was carried out within a _____ area.

C. State whether True or False:

1. The settled life began only when the man became a food producer. _____
2. People were scared to travel to far away places in olden times. _____
3. The labourers move to cities for jobs and better wages. _____
4. Migration brings happiness to many people. _____
5. Migrants are never happy. _____

D. Answer briefly:

1. What do you mean by the term 'migration'?
2. What is shifting agriculture?
3. Name the two types of forced migration.
4. Name the river which caused floods in Kashmir in the year 2014.
5. Name two things that changed the orthodox thinking of people.

E. Answer the following questions:

1. Briefly highlight the three types of migration.
2. List three hardships that the migrants face.
3. 'Migration brings happiness to many people.' Explain with two examples.
4. Suppose you have to migrate to another city. List two preparations that you will make.
5. What facilities are needed by people in case of a disaster?

F. Solve the grid:

Circle 10 words related with the Chapter—Human Migration and list them down. One is done for you.

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

(a) Agriculture

(f) _____

(b) _____

(g) _____

(c) _____

(h) _____

(d) _____

(i) _____

(e) _____

(j) _____



Heavy rains and floods caused a disaster in Meghalaya where your best friend lives. After listening to the NEWS you want to help his family and the people, who lost everything in the disaster. What kind of help can you offer in their hour of need?



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

- A northern state which witnessed floods in 2014.
- A state which witnessed Hud Hud floods.
- A state which supplies labour to agricultural states.
- A city that attracts migrants from rural areas.

SOMETHING TO DO

1. Interview a *rickshaw*–puller in your city and find out the place that he belongs to. List the hardships that he had to face when he migrated to the city.
2. Find out the names of some organisations that help the victims of natural calamities.
3. Suppose one of your family members has to move away to a distant place, what are things that he or she would be worried about?
4. Find out the difference between an immigrant and an emigrant.
5. About 4,000 species of birds are regular migrants. It is about 40 per cent of the total number of birds in the world! Birds that migrate across oceans spend up to 100 hours or more in the air at a single time until they come to land!

Find out the names of three animals and three birds who travel long distances to migrate and then go back to their original homelands.

