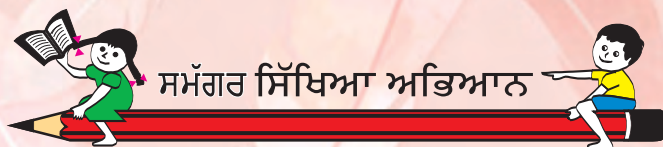


Welcome Life

(For Class – VIII)



ਪੜ੍ਹੋ ਸਾਰੇ ਵਧੋ ਸਾਰੇ

ਸਿੱਖਿਆ ਅਤੇ ਭਲਾਈ ਵਿਭਾਗ, ਪੰਜਾਬ ਦਾ ਸਾਂਝਾ ਉਪਰਾਲਾ



Punjab School Education Board

Sahibzada Ajit Singh Nagar

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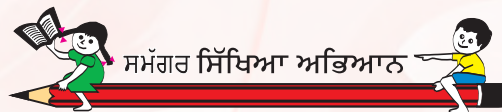
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ਪੜ੍ਹੋ ਸਾਰੇ ਵਧੋ ਸਾਰੇ

ਸਿੱਖਿਆ ਅਤੇ ਭਲਾਈ ਵਿਭਾਗ, ਪੰਜਾਬ ਦਾ ਸਾਂਝਾ ਉਪਰਾਲਾ

ਇਹ ਪੁਸਤਕ ਵਿਕਰੀ ਲਈ ਨਹੀਂ ਹੈ।

Published by : Secretary, Punjab School Education Board, Vidya Bhavan Phase-8 Sahibzada Ajit Singh Nagar-I60062 & Printed by : Universal Offsets, Noida

FOREWORD

Punjab Curriculum Framework (PCF-2013) which is based on National Curriculum Framework (NCF-2005) recommends that the child's knowledge must be connected to their life outside the school. It indicates the departure from the legacy of bookish learning and ensures that learning is shifted from rote methods to an activity based curriculum and should provide an opportunity for the holistic development of the students.

Under the leadership of Sh. Krishan Kumar, I.A.S., Secretary, Department of School Education (Punjab), a new progressive spirit has been infused in the entire system of school education in the state of Punjab. In due course of time, it has been realised that the inculcation of moral values through a specific subject can bring a major transition in the overall development of our students.

The present education system is indeed enabling students to compete worldwide in the modern times of growing economic and materialistic attitude but it is only the values of life that can transform them into real human beings. Therefore, focusing upon this prime objective of education, the Department of School Education, Punjab, in collaboration with Punjab School Education Board has introduced a new subject '**Welcome Life**' which is based on human values. It will be implemented in class I to XII from Academic Session 2020-2021.

The main objective of this practical and thought-provoking curriculum is to provide insight to the students in such a way that they will be able to realize their full potential and become well balanced and responsible individuals and dignified assets to the society. We believe that this new subject '**Welcome Life**' will undoubtedly prove beneficial in transforming the students into highly civilized individuals and sensitive to the diversity and human life. This text-book is an outcome of hard work and sincere efforts of 'Text-book Development Committee', who have contributed immensely by their conscious efforts to nurture an over-riding identity of students through this subject.

Punjab School Education Board welcomes suggestions and feedback from the stakeholders for the improvement of subsequent editions of the text-book.

Chairman

Punjab School Education Board

Acknowledgement and Gratitude

The Department of School Education, Punjab is indebted to the eminent teachers who thought positively and worked dedicatedly and tirelessly, to prepare the books under the guidance of Hon'ble Secretary, School Education, Punjab and following the directions of Director, SCERT, Punjab and Sate Coordinator Padho Punjab Padhao Punjab, to inculcate moral values in students. The following teachers prepared the book of class 8th and gave it the final outline. The Department shall always be grateful to these teachers and the experts of the Punjab School Education Board who corrected the entire textbook from the psychological and language point of view.

Text Book Development Committee

Writers

1. Aditi Bansal, Coordinator, Head Teacher. Govt. Primary School, Manana, S.A.S. Nagar.
2. Mrs. Asha Rani, Rtd. Principal, Govt. Girls Senior Sec. School, Goniana Mandi, Bathinda.
3. Dr. Karanbir Kaur, Science Mistress, Govt. High School, Motemajra comp. G.S.S.S. Gigemajra, S.A.S. Nagar (Mohali).
4. Mrs. Joginder Kaur, Social Studies Mistress, Ajitsar Govt. Girls Senior Sec. School, Raikot, Ludhiana.
5. Mrs. Jagjit, English Lecturer, Govt. Senior Sec. School (Boys), Bhagha Purana, Moga.

Language Expert (English)

1. Mrs. Kamaljit Kaur, English Mistress, Govt. High School Saidpur, S.A.S. Nagar.
2. Mrs. Manupreet, English Mistress, Govt. High School, Bhagoo Majra, S.A.S. Nagar.

Graphics

1. Mr. Sukhwinder Singh, Art and Craft Teacher, Govt. Senior Sec. School, Kadian Wali, Jalandhar.
2. Mrs. Suneeta Singh, English Mistress, Govt. High School, Mansoorwaldona, Kapurthala.
3. Mrs. Baljit Kaur, Art and Craft Teacher, Govt. High School, Bulle, Jalandhar.

Computer Faculty

1. Mr. Gagandeep Singh Chawla, Computer Faculty, Govt. Senior Sec. School, Bhunerheri, Patiala.

Board Members

1. Mrs. Amarjit Kaur Dalam, Deputy Secretary, Academic, Punjab School Education Board.
2. Mrs. Parminder Kaur, Subject Expert, Punjab School Education Board.
3. Mrs. Upneet Kaur, Subject Expert, Punjab School Education Board.
4. Dr. Shruti Shukla, Subject Expert, Punjab School Education Board.
5. Mr. Rajnish Kumar, Asstt. Publication Officer, Punjab School Education Board.

Project Coordinator

Mrs. Nirmal

A.S.P.D. (Quality)

State Project Coordinator (Mathematics)

Department of School Education, Punjab

Note : The psychological questionnaires/ tools used in this book are prepared by the teachers and shall not be used for research purposes.

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My Photograph

My Identity

- **My Name** _____
- **My Father's Name** _____
- **My Mother's Name** _____
- **My Paternal Grandfather's Name** _____
- **My Paternal Grandmother's Name** _____
- **My Maternal Grandfather's Name** _____
- **My Maternal Grandmother's Name** _____
- **My Special Characteristic** _____
- **The Aim of My Life** _____



Take care of your body. It's the only place you have to live.

Jim Rohn



1.1 Let's check how aware we are about our body hygiene:-

Sr. No.	Body hygiene	Always	Sometimes	Never
1	I carry a handkerchief with me.			
2.	I wash my hands before and after meal with soap.			
3.	I wear clean and dry clothes.			
4.	I cover my mouth while sneezing and coughing.			
5.	I cut my nails weekly.			
6.	I brush my teeth twice a day.			
7.	I avoid eating unhygienic or uncovered food items being sold on the roadsides.			
8.	I take a bath every day.			
9.	I keep my hair clean.			
	Total score			

Scoring :- Always – 3, Sometimes- 2, Never-1

My score in body hygiene is _____. To increase my score in body hygiene, I will do the following tasks daily.

- _____
- _____
- _____
- _____
- _____

Dear students, Good health can be obtained by keeping our body hygienic. It is a way to protect ourselves and other members of society from many diseases. For this, we need to inculcate the following habits:

1. **Taking a bath daily :** We must take a bath daily with soap and water.
2. **Keeping your hair clean :** Short hair should be washed every day, while the long hair must be cleaned at least once a week with shampoo and should be dried properly.
3. **Brushing and cleaning teeth :-** We must brush and clean our teeth twice a day. It will keep our teeth and gums clean and strong.
4. **Washing hands with soap :** Hands must be washed properly with soap and water especially after going to the toilet, before and after taking a meal, after playing, gardening or any other activity which makes our hands dirty. When we eat with dirty hands, many germs and disease-causing viruses directly enter our stomach and we fall ill.
5. **Wearing clean clothes :** We must wear clothes that are washed properly with soap and dried thoroughly in the sun.
6. **Separate towel and comb :** Every person in a family should use a separate towel and comb.
7. **Covering mouth and nose :** We should cover our mouth and nose with a handkerchief while coughing and sneezing. It will prevent the liquid droplets containing germs from entering the body of others. It can make them sick.
8. We must keep our nails clean and trim them weekly.
9. An outfit must be exposed to sunlight if we want to wear it again.
10. We must avoid eating uncovered food sold on roadside. Such food is very harmful for our health.
11. We must stay away from drugs to keep our body healthy as abuse of drugs ruins our body.



ACTIVITY

Perform this activity with the help of your teacher.

Material required : One potato and one potato peeler.

The teacher will peel one potato in front of the students and give the potato to one student. The student will pass the potato to another student. In this way, the potato should pass from the hands of all students. In the end, the potato should be returned to the teacher.

How is the potato looking now? _____

Can we cook it without washing? Why? _____

Dear students, the fruits and vegetables that we bring from the market are passed from numerous hands and have plenty of germs stuck to them. These germs can cause many life-threatening infections on entering our stomach. So the fruits and vegetables should be _____ properly before eating.

★ 1.3

Let's make our daily schedule, to keep ourselves healthy:

After getting up in the morning, we shall perform the following tasks to keep our body clean and healthy for the whole day. (Help can be taken from the following word box.)

Word-Box

Brushing, Going to a toilet, Washing hands with soap, Bathing, Wearing clean and dried clothes, Removing the food stuck between teeth with the help of a thread, Getting food in clean utensils, Rinsing mouth properly, Changing uniform, Combing hair, Drying hands with a clean cloth, Washing face.

What will I do to keep my body hygienic?

Why I will do it?

Morning (After getting up)

- I) _____
- ii) _____
- iii) _____
- iv) _____
- v) _____
- vi) _____

- i) _____
- ii) _____
- iii) _____
- iv) _____
- v) _____
- vi) _____

What will I do to keep my body hygienic?

Why I will do it?

Breakfast, lunch and dinner time:

i) _____

i) _____

ii) _____

ii) _____

iii) _____

iii) _____

iv) _____

iv) _____

v) _____

v) _____

After returning from school:

i) _____

i) _____

ii) _____

ii) _____

iii) _____

iii) _____

After returning from play:

i) _____

i) _____

ii) _____

ii) _____

iii) _____

iii) _____

Before going to bed:

i) _____

i) _____

Discuss the above schedule with the teacher and other students in the class. If you feel that you have missed any good habit, write it in the box given below:-



HOME WORK

Collect pictures of healthy habits related to body hygiene.



1.4 Think and Write

1. After reading this chapter, what changes you brought in yourself?

2. Let's write down the advantages of keeping our body clean:

- i) _____
- ii) _____
- iii) _____
- iv) _____
- v) _____

3. Paste the pictures depicting the good habits you inculcated to keep your body clean in the space provided.

Special suggestions from the teacher to the student



2

LESSON

Self - Control

To be successful in life, you have to fight the biggest struggle within yourself.



2.1 Introduction

Dear students, self-control is an essential quality that allows us to control our emotions, behaviour, choices and preferences for the accomplishment of our set goals. With self-restraint, we can move towards our destination, our performance in school gets improved, our interpersonal relationship ties get strengthened, our self-confidence boosts up, our physical and mental health also improves. Once we set a limit for each of our tasks according to our ability, we will surely succeed in reaching our destination and it will not matter how slow our progress is or how many times we have failed in our endeavours along the way.

If you want to be in charge of your habits and desires by controlling yourself, here are some tips:-

Identify your shortcomings as well as strengths.

Keep a positive and optimistic thinking.

Set your goals and make plans for achieving your goals.

Apply self-discipline.

Make efforts to improve your habits.

Forgive your mistakes and move on.

Reward yourself for your accomplishments.

Have the courage to follow your unique interests and express your independent ideas.

Self-belief and Self-control

ACTIVITY

Dear students, Let us perform an activity to see how we can boost up our performance through self-belief and self-control. To carry out this activity, take a sheet of paper and a small book. Is it possible for a thin sheet of paper to hold a book? No, that is not possible. What could be the reason for this? The sheet of paper is so weak that it cannot support the weight of the book because it itself is not strong enough. Will this be possible if the thin sheet of paper becomes powerful? Now try to roll this thin sheet of paper like a tubular structure.

Try placing a small book on this pipe-shaped sheet of paper. You will notice that the thin sheet of paper will now successfully hold the book over it. As the sheet of paper became stronger, it gained the ability to hold a book heavier than it. Similarly, we can also enhance our self-confidence through repetitive practice and self-control that will ultimately improve our abilities. If we boost up our self-confidence and be able to control our emotions, anger, jealousy etc. and overcome our weaknesses, then we will definitely accomplish success.



★ 2.2 Most influential team of the day???

Dear students, divide your classmates in two teams/groups.

- One student from the first team will ask a question and then a student from the second team will put another question instead of answering.
- When the second student from the first team will ask one more question, then the second student from the second team will also raise a question.
- The third student from the first team will put up a question and the third student from the second team will ask one more question.
- Each time when a member of the team will put up a question in response to a question, a star would be added to that team's account.
- This activity will continue as long as a member of the opposing team answers instead of asking a further question.

- In this way, the team with more stars will win the title of “The most influential team” as the students in that team have won by demonstrating self-control.
- Questions to be asked can be as simple as:

- What is your name?
- Tell the name of your district.
- In which school do you study?
- In which state do you live?
- Who is your favourite teacher?
- Name your favourite sport/game.
- Which is your favourite colour?
- Who is your best friend?
- In which country do you live in?
- Tell the name of your village/town/city.
- Name the Prime Minister of your country.
- Which is your favourite subject?
- Which is your favourite food?
- Which festival do you like the most?

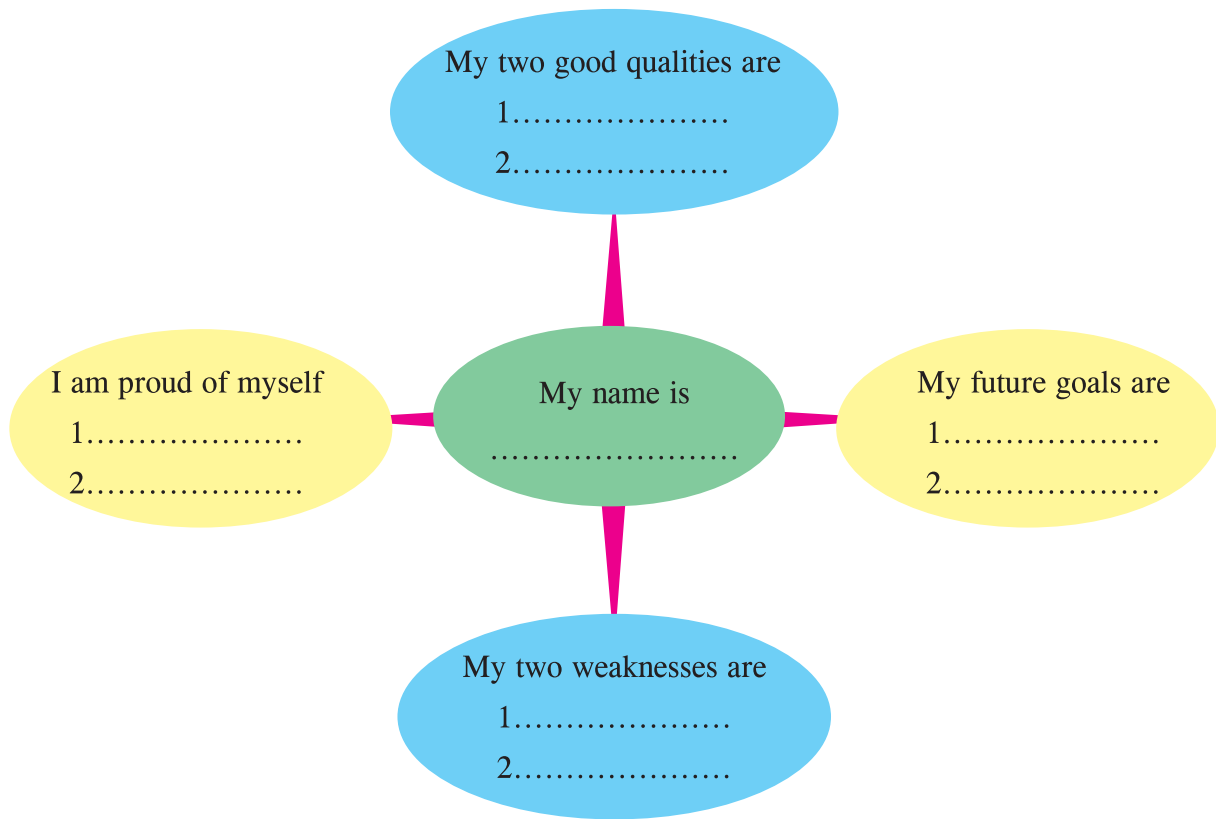
Student	Team 1	Team 2
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
★		

Dear students, now divide your classmates in five teams.

- The students of the first team will form a circle and start counting the numbers from 1-20. One student will start counting by speaking one.
- But remember, the next number can be spoken by any one of the students of the team. If a number is spoken by two or more students together, that team will be considered out of the activity.
- Similarly students from other teams will also perform the activity. The team whose participants exercise the most self-control will complete the count and will win the title of “The most effective team of the day.”



2.3 Own "Self-check up"



What should be done?

Situation	What do I do? (Tick)	What should I do?
My good habits include:- 1..... 2.....	<ul style="list-style-type: none"> • I never noticed. • I always get compliments for these. • These make me proud of myself. • No one ever noticed. 	<ul style="list-style-type: none"> • I will pay more attention. • I will hone my talent through self-control. • I will further boost up my self-confidence through regular practice.
My bad habits include:- 1..... 2.....	<ul style="list-style-type: none"> • I never paid attention. • I always get scolded for these. • These make me feel ashamed of myself. 	<ul style="list-style-type: none"> • I will focus more attention. • I will make efforts to further improve myself through self-control. • I will build up my self-confidence through constant practice.

Situation	What do I do? (Tick)	What should I do?
When someone scolds me.....	<ul style="list-style-type: none"> • I start arguing further. • I start weeping. • I get irritated. • I further commit mistakes deliberately. • I endure in silence. 	<ul style="list-style-type: none"> • I apologize for the mistake. • I promise never to repeat the mistake again. • When his/her anger dips down, I explain my position.
When I am jealous of someone....	<ul style="list-style-type: none"> • I intensify him/her to carry out something wrong. • I try to harm him/her. • I try to defame his/her image. 	<ul style="list-style-type: none"> • I try to improve myself by imitating his/her good habits. • I can consult my teacher or parents.
When someone's misconduct makes me angry.....	<ul style="list-style-type: none"> • My conflict commences with him/her. • I start rebuking him/her. • I try to vent out my anger on him/her. • I stop interacting with him/her. 	<ul style="list-style-type: none"> • I humbly try to alter his/her attitude. • I try to find out the reason for his/her misconduct. • I discuss with an elder.
When I am not ready to study and I am forced to do so.....	<ul style="list-style-type: none"> • I make efforts to disrupt the class discipline. • I exaggerate my classmates to join me. • I start to argue with the teacher. • I discontinue the assigned work and fabricate fake excuses. 	<ul style="list-style-type: none"> • I try to overpower myself by self-control to focus on my studies. • I try to give up my tendency of making false excuses. • I set my life goals and aim at working diligently for their accomplishment.



2.4 Think and answer

1. Make a list of your unique abilities and strengths.

2. Write five lines about “I am proud of myself because

3. Write a letter to yourself outlining your strengths, flaws, fears and your future plans to overcome these.

4. Explain how self-control in difficult situations leads towards a successful life.

Special suggestions from the teacher to the student



3

LESSON

Gratitude and Love Towards Elders

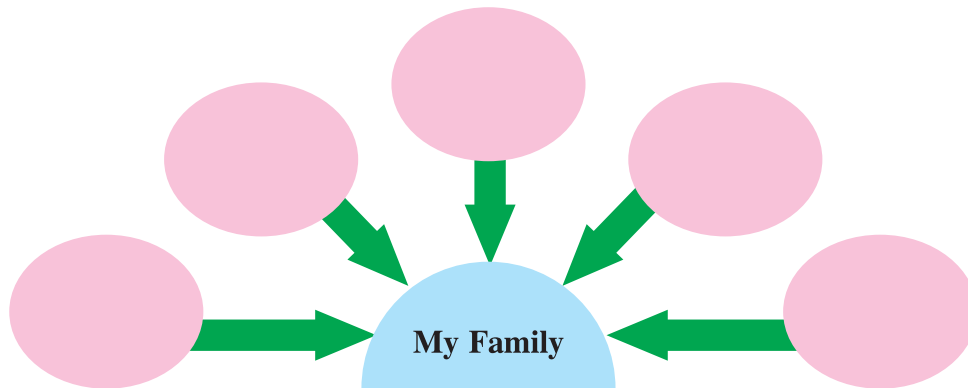
*“For Elders have great respect,
As they love us a lot,
Look after us day and night.
So to follow them, try to be nice.
To have some great advice,
Because they make us very wise.
Always they teach us good manners and pathway,
And express their love in a unique way,
By sharing knowledge and telling stories every day.
Elders have ornaments of wisdom,
that we forget to wear seldom,
We should learn great experiences from,
As Elders are glory of our home.”
Always remember:
“Behave respectfully,
Talk thankfully,
Listen carefully,
to your elders.”*



3.1 Introduction

Dear students, to show respect towards our elders and to be grateful to them is an excellent virtue. We should always respect our elders, our grandparents and parents. We should always keep in mind their experiences, hard work, their efforts, sacrifices, struggles and the hardships faced by them. We should always be thankful to them for the tireless efforts they make for our wellbeing. We can express our respect towards them through our feelings, kind words and our expressions full of love and warmth.

Dear students, write down the names of your family members and paste their pictures in the spaces provided below.



★
3.2

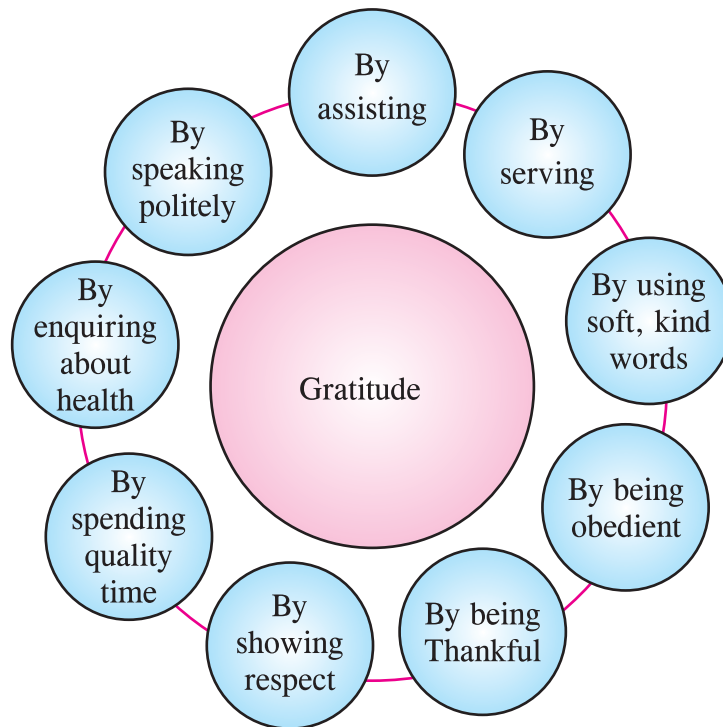
Gratitude : How could we show our gratitude towards our elders?

Dear students, we should always be thankful to our grandparents, parents and other elders in the family because of their continuous efforts for the betterment of the family. We must express our selfless love and gratitude towards them for their tireless efforts and struggle.

How do you show your love and respect towards your parents, grandparents and other elder relatives?

We should spend quality time with our elders and listen to stories as well as their memorable childhood incidences and their valuable experiences of life.

Dear children, shown below are the ways to thank our grandparents, our parents and other elders in the family.



3.3 Points to remeber

Dear students, always remember the following essential points while respecting your grandparents, parents, uncles, aunts and other elders in the family. Read out the following statements, put a ✓ sign against the statements that are correct for you:

Sr. No.	Statement	Always	Sometimes	Never
1	I respect my elders.			
2	I speak politely with my elders.			
3	I carefully listen to my elders.			
4	I obey my elders.			
5	I often use words like 'Thank You', 'Sorry' and 'Please' while talking to my elders.			
6.	I help my family in household chores.			
7.	I spend quality time with my elders.			
8.	I inquire about the health of my elders.			
9.	I share my knowledge about health and hygiene with my elders.			
10.	I discuss issues like conservation of the environment with my elders.			

Sr. No.	Statement	Always	Sometimes	Never
11	Whenever my mother cooks food for me, I express my gratitude.			
12	I present hand-made cards and gifts to my elders on special occasions.			
13	I discuss my problems and take the advice of my elders.			
14	I happily thank my elders whenever they gift me something.			
15	I am fond of the affectionate blessings of my elders.			

Never = 1

Sometimes = 2

Always = 3

Now count your points = _____

Would you like to improve your score? _____

What efforts would you make to enhance your score? _____

Calendar of Gratitude

Dear students, although, we should always be grateful to our elders, yet we can prepare our special calendar of thankfulness to express our sincere thanks and gratitude towards our parents as well as elders as suggested below:-

Day	Grateful to whom	Why	How
Monday	My Mother		
Tuesday	My Father		
Wednesday	My Grandfather/Dada ji		
Thursday	My Grandmother/Dadi ji		
Friday	My maternal Grandfather/Nana Ji		
Saturday	My maternal Grandmother/Nani Ji		
Sunday	My other Elders		

1. Write down any story that you have heard from your elders.

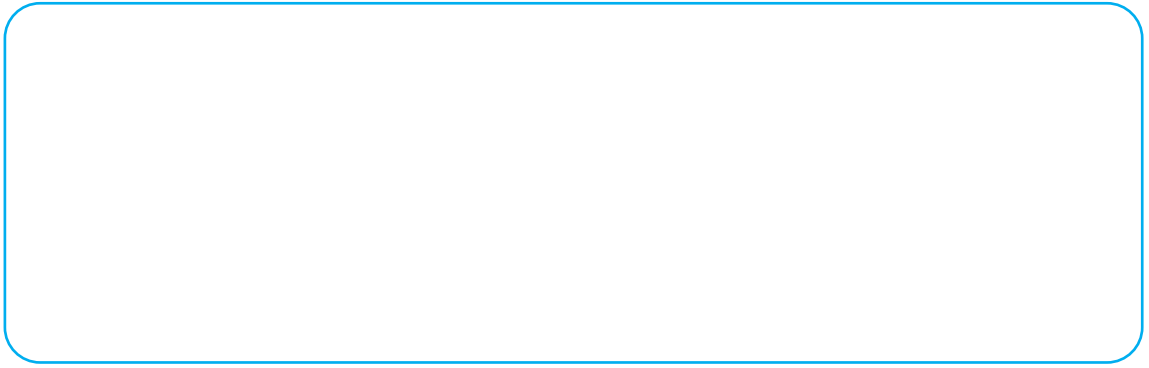
2. Write down any incidence your elders told you about their childhood.

3. Note down few activities that you enjoy with your elders.

**Activities that I enjoy with
my parents**

**Activities that I enjoy with
my grandparents**

4. Make a beautiful card of thankfulness to express gratitude towards your elders.



Special suggestions from the teacher to the student



4

Safety of Our Precious Life (Abiding Traffic Rules)

LESSON

Alert today, alive tomorrow- Anonymous

★ 4.1

Introduction

What is the relation between our precious life and traffic rules? Why the safety of our precious life related to abiding traffic rules? Why do we need to save our life? Who can make harm to us on the road?

Dear students, human life is a precious gift given by nature. We spend most of the time of our valuable life on roads. In our daily life while going to school, school to home, home to friends or relative's house, etc., in this way we spend much of our time on the road. We all hear news of the people losing their lives in road accidents every day. A minute carelessness on road can take our priceless life, that is why it is said, 'Cautious today, alive tomorrow'.

Think and Write

Solemnly, think about the various mistakes that a pedestrian or a driver commits due to which accidents on the road take place. Write down the ways to prevent or correct these mistakes.

Causes of accidents	Ways to prevent accidents
1	1
2	2
3	3
4	4
5	5

Our life is very precious, a small mistake or negligence on the road can take it.



4.2

These are some important rules that can save our life while travelling on the road.

1. Use zebra-crossing while crossing a road. We all have heard about it many times. But, how to cross the road if no zebra-crossing is there?

Dear children, always be alert while crossing the road. Pay full attention to the speed of the vehicle approaching you. If the vehicle is speeding or is close to you, don't cross the road until it passes by, even if there is a zebra crossing available. Your slightest carelessness can take your valuable life. Your life is very precious to you, your family, society and the nation. Your safety is in your hands.

2. Follow traffic signals.
3. Do's and Don'ts to save our life on the road:

Do's	Don'ts
i) Play close to your house, away from the roads.	I) Playing on the roadside, footpaths or on the road.
ii) Wait for the vehicles to pass or stop.	ii) Crossing the road while a vehicle is approaching you.
iii) Be alert and vigilant till you are on the road.	iii) Running across the road.
	iv) Crossing between two stationary or moving vehicles.
	v) Use of mobile phone or headphones while travelling on the road.

4. While moving on the road at night, wear brightly coloured outfits that are visible from a distance, like pink, white, orange, yellow, golden, etc. It will enable the driver to see you from far and can avoid any accident to happen.
5. Be patient and careful while crossing a road. As the other person may be careless while driving.
6. While riding a bicycle, take care of the following:
 - i) Keep your bicycle in good condition. Do not take it on the road if its condition is not good.
 - ii) Use bicycle lanes. Drive near the footpath on the left side or sidewalk, in the absence of bicycle lanes. Be alert and pay attention to the sounds of the vehicle approaching you.
 - iii) Avoid riding a bicycle at night.
 - iv) Avoid using mobile phone or headphones while riding a bicycle.

- With the help of your teacher, spot and encircle the people committing mistakes in the given picture,



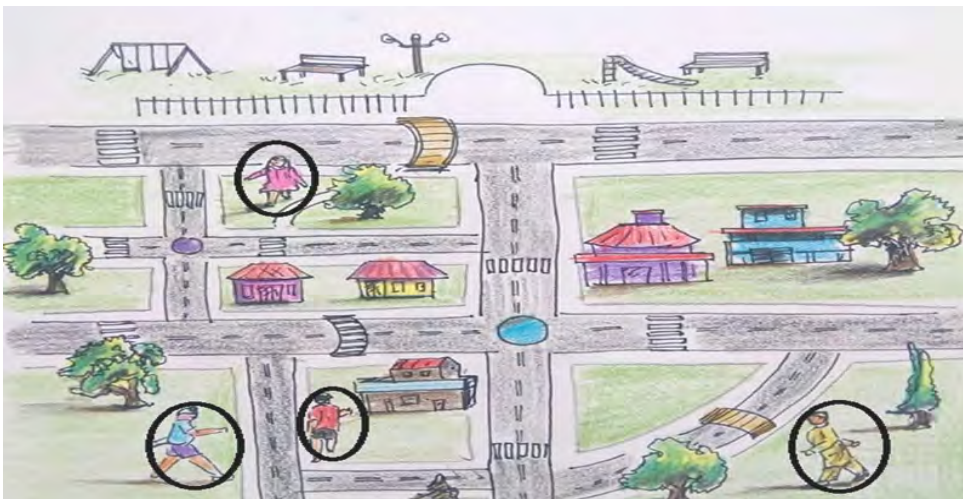
In the above picture which mistakes are being committed by the people that will not be repeated by you to save your precious life:

- _____
- _____
- _____
- _____
- _____

- Take all the four children (shown in the picture) to the park with the help of a pencil, following the road safety rules.

Word-Box

White areas on the sides of the road are the footpaths. (Zebra crossing, Footpath, Overbridge)



Which things you kept in mind while drawing path for the encircled children, to reach the park-

i) _____

ii) _____

iii) _____

iv) _____

Discuss your answers with your teacher and identify your mistakes:

i) _____

ii) _____



4.4 Think and Write

1. Identify as safe and unsafe from the following:-

i) Playing on the road. _____

ii) Playing in a park away from the road. _____

iii) Crossing road on zebra lines carelessly. _____

iv) Crossing road attentively. _____

v) Getting in a moving bus. _____

vi) Walking on a footpath. _____

vii) Wearing a helmet while driving. _____


viii) Following traffic signals on the road. _____

ix) Using phone or head-phones while travelling on the road or riding a bicycle. _____

2. A small promise to self for the safety of others and our life while travelling on the road.

Life is very precious ...

3. Write three new slogans to aware the people about road safety.



Special suggestions from the teacher to the student



5

LESSON

Animal Ethics

The greatness of a nation and its moral progress can be judged by the way its animals are treated.

Mahatma Gandhi



★ 5.1 The companionship of man and animal

Dear children, the relationship between human and animal is very old. From the very beginning of civilization, animals have always been available for human life in the form of protectors, co-workers and sometimes as their best friends.

Name some of the animals that are old companions of man and also tell how man used them in ancient times.

Sr. No.	Animals	Usage
1		
2		
3		
4		
5		

Children, the reason for this association of human being and animals is not just the benefits we get from the animals as these speechless creatures have not only divided our work but they have also been our companions in our pleasures and pains. Do you know that animals are just like us in many ways?

Let's try to find out the similarities between the human and animal world by filling the blanks given below.

1. Animals _____ in the way of human beings.
2. They feel _____ just like human beings.
3. They get _____ just like us.
4. Animals also _____ when they are in pain.



Word-Box

Pain, Family, Love,
Breathe, Happy,
Cherish, Cry

5. They have a _____ like human beings.
6. They _____ and _____ others just like us.

We came to know that animals are just like us in many ways. They too have emotions, memory and the ability to learn to some extent but we are not completely alike. Nature has provided some qualities more to us and some to the animal world. Can you tell that:-

1. In what ways are animals inferior to us?

2. Which qualities do animals have more than us ?

Children, the earth is not just our planet, nature has made it common to humans, flora, fauna, birds and many other kinds of living beings. As man is the best creation of nature because of his mental power, it is his duty to respect and take care of all the living beings on earth.

★
5.2 Every creature is special

Dear children, in older times man lived very close to nature but the development of civilization and the race of modernity have taken us far away from the rest of the living beings on earth and the natural environment.

1. While discussing in class, look for the animals and creatures you see around you.
2. Out of the creatures you see around you, write down the animals you like or dislike stating the reasons behind it.

Animals/Creatures I like	Reason	Animals/Creatures I dislike	Reason
1			
2			
3			
4			
5			

Children, we like or dislike most of the animals or creatures because of their appearance or certain qualities which is not correct. If we look in-depth, every creature or object has an important role in nature. Try to find at least one quality or benefit of the animals/creatures you disliked and note it down in the following space.

Discuss in the class if you still have the same thoughts about the animals/creatures that you disliked for some reason.

★ 5.3 Human purpose versus animal

Dear children, this is the age of machines. Today machines do the work for which we used to depend directly on animals in the past. But our dependence on animals has not completely disappeared. Can you tell for which purposes animals are used these days?

What do you take from animals?

Sr. No.	Obtained item	Is it right to get that thing?

Animals have always been used for human purposes. There are so many things which we can get without harming them but many things can't be obtained harmlessly. We must find another alternative to such things. If it is very important then we must be careful to minimize harm to them. We must remember that animals are living beings just like us, not the machines to give us products. They feel happiness and sorrow. They also love their children and feel as much grief as we do, on getting separated from their families. Like us, animals also have a strong desire to live.

Answer the following questions keeping in view the inconvenience caused to animals by human activities and their relationship with human beings:-

Q.1. Have the animals being benefitted or harmed with their usage by humans? Give arguments for your answer.

Q.2. What right does man have to use animals for human purposes?

Q.3. Should animals have the right to live in their natural environment?

Q.4. Explain the damage done to animals due to human development and modernization.

World Health Day is celebrated on October 4 every year to raise the status of animals in our society.

There are many organizations working for the welfare and protection of animals. Try to find out some of these organizations working in India and the work they do.

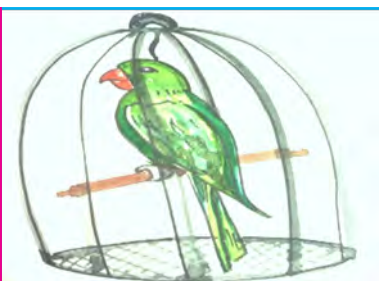


5.4 Responsibility towards animals and their safety

Dear children, the major difference between human beings and animals is that animals are not selfish. They do not harm us unless they feel threatened by us, but the human being is so selfish that without understanding the feelings of the animals he uses them, imprisons them and even kills them many times.

1. Read the following sentences and explain what is going wrong with that animal or bird and how it can be stopped.

1. Parrot imprisoned in a cage



2. Animals wandering/roaming on the roads



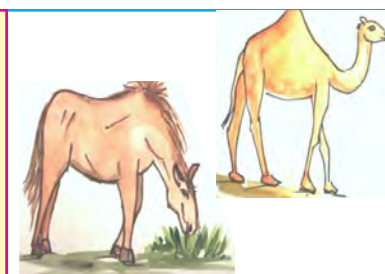
3. Testing of medicines on rats, rabbits etc.



4. Injured birds with kite strings



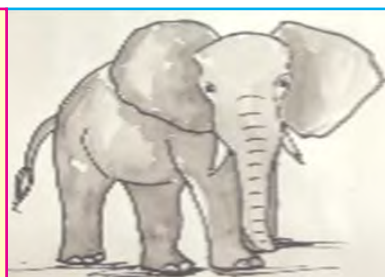
5. Mules, camels and other animals carrying heavy loads.



6. Poultry raised for meat and eggs.



8. Animals used in circus.



Children, it is our fundamental duty under the constitution to have compassion for all living beings. In addition to this India has enacted laws for the protection of animals, such as the Prevention of Cruelty to Animals Act, 1960 and the Wildlife Protection Act, 1972, which make cruelty to animals a punishable offence.

2. Read the following sentences and complete the story according to you.

Mayank was taking a walk with his friend Kirat. Suddenly he heard a puppy crying on the road. He saw some naughty children teasing a puppy. The puppy was injured.

★ **Share your story with other students in the class.**

Special suggestions from the teacher to the student



6

LESSON

Decision Making

Choices are the hinges of destiny- Edwin Markham



6.1 Introduction

Dear students, decision making is an ability of an individual to make a choice among all the possible alternatives. It is not just a random choice making, but it is based on rational thinking about each alternative.

Let's check our decision making ability with the help of the following statements.

Sr. No.	Whenever I make a decision . . .	Always	Sometimes	Never
1	I analyse the problem before taking an action.			
2	I search for various solutions to solve the problem.			
3	I look for all the positive and negative aspects of all the solutions.			
4	I discuss about the choices/solutions with my parents and friends.			
5	I try to gather thorough information about each choice/solution.			
6	I compare all the solutions/choices before finalising it.			
7	I think about the results of the previous decisions before making a new decision.			
8	I change my decision on the basis of the negative results of the previous decisions.			
	Total Scores			

Scoring

Way to find my level in decision making:

Let's find our level: Never-1, Sometimes-2, Always-3

Sr. No.	Score	Level of decision making ability	Tick your level
1	8-12	Lower decision making ability	
2	13-19	Medium decision making ability	
3	20-24	Higher decision making ability	

I scored _____ marks in decision making ability. From the above serial number 1 to 8, I need to take care of the following points while making a decision.

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

Dear students, discuss with your teacher about the need and importance of good decision making in everyday life.



6.2 Activity Time

You all are going for a school picnic in the summer vacation. The bus stops in a forest and doesn't start. The bus conductor tells that the bus is out of order and you all have to cross the forest on foot. The forest is very dense and you all have to walk a lot to cross it. You have ten minutes to choose any four items amongst all. Give reasons for your choice.

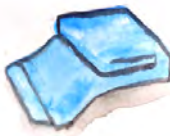
Pictures of the items



Water Bottle



Match Box



Blanket



Mosquito Repellent



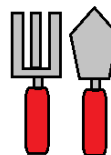
Compass



Toffees



Knife



Gardening instruments



Watering pipe

Selected items and its reason:

- i) _____

- ii) _____

- iii) _____

- iv) _____

Introspection and Self- Analysis

Discuss your choices with other students in the class and find out whether your decisions are correct or not. If you find your decisions incorrect, write down what mistakes you committed while making a choice and how can it be corrected?

Mistakes	How can you correct your mistakes?
1	1
2	2
3	3
4	4

★ 6.3 Read the situation

During recess, you saw your best friend taking something from Ravi's bag. Your friend didn't notice that you have seen him/her. After lunch, the teacher announces in the class that someone has stolen money from Ravi's bag. What will you do?

1. What is the problem?

2. What choices do you have?

3. What are the consequences of each choice?

4. Which choice has more weightage and why?

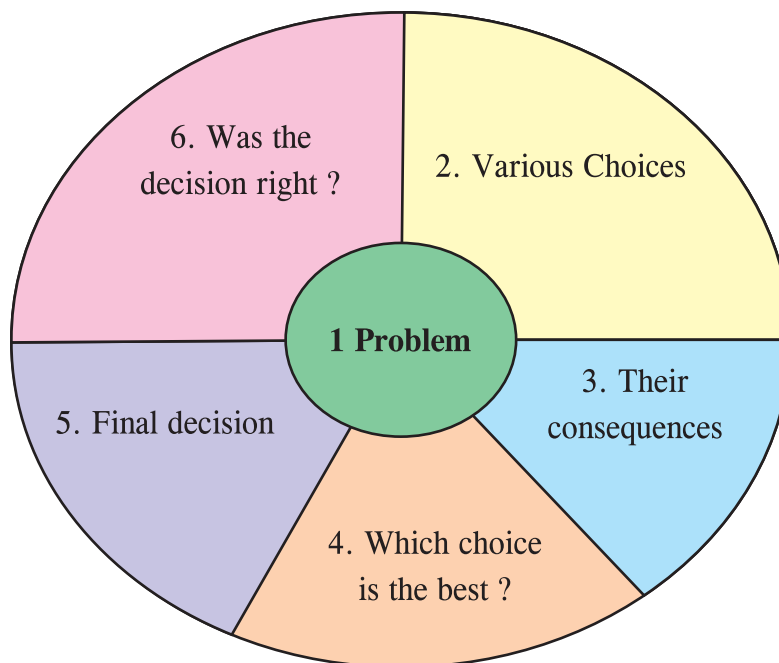
5. What is your decision?

6. Do you think you made a correct decision? Why?

Circle of decision making

Imagine in another situation, you and your friend are alone at your friend's house. Your friend goes to his/her parent's room and takes a cigarette out of his/her father's almirah and start smoking. He/she offers you a cigarette. What will you do?

To solve this problem, fill the circle of decision making. It will help you to make good decisions in your life. Whenever you have to make some important decision or you are confused between right and wrong, fill all the six regions of the circle, and you will reach the right decision.



1. Write down the importance or need of making good decisions in everyday life
 - i) _____
 - ii) _____
 - iii) _____
 - iv) _____
 - v) _____
2. Rearrange the given steps, to be followed while making a good decision.

i) Review the decision.	a) _____
ii) Analysis of the problem.	b) _____
iii) Weighing all the solutions or choices.	c) _____
iv) Identify all the solutions or choices.	d) _____
v) Take action.	e) _____
vi) Gather information.	f) _____
vii) Choose among the solutions or choices.	g) _____

Self-Determination

Enlist the ways in which you can improve your decision making skills.

- i) _____
- ii) _____
- iii) _____
- iv) _____
- v) _____

Special suggestions from the teacher to the student



7

LESSON

Sportsmanship

It is your response to winning and losing that makes you a winner or a loser.

Harry Sheehy



7.1 Introduction

Dear children, good sportsmanship is an invaluable quality to be learned during student life. It is the lesson which we learn on the playground but guides us in every area of life. Let's understand this important feature of the playground through a story.

Part – I

Jasmeet was a gifted student. He excelled in his studies as well as in football. He had become accustomed to winning. He always wanted to be first. He did not like defeat at all.

One day during the recess, a football match was going on between Jasmeet's class and the co-class. The team of other class students was winning by two goals. Jasmeet was in immense anger. He was repeatedly using abusive language to his friends. Then suddenly the other team scored another goal. Jasmeet got very angry. While pushing the goalkeeper Ravi, he said, "Can't you stop one goal? Where is your attention?"

Ravi felled on the ground. Silence spread all around. The whole team gathered around them. Jasmeet's friend Harsh said to make him understand, "Improve your behaviour Jasmeet! Winning or losing do not matter much. It's just a game."

"I do not like defeat at all. I can't be defeated," Jasmeet shouted. His friends were already aware of his nature but everyone was upset to see his behaviour that day and all the students left the game in-between. Jasmeet was left alone in the field.

You have seen how Jasmeet is overwhelmed with passion to win. Answer the following questions keeping this part of story in mind.

Sr. No.	Questions	Answer
1	Did Jasmeet show good sportsmanship?	
2	What should we do to show good sportsmanship? Give three examples.	
3	How do you take a defeat?	
4	How do you express your feelings after losing?	

Part – 2

The recess was over. All the students came and sat in the classroom silently. Sir Daljit Singh came into the classroom. He was surprised to see everyone sitting quietly and he enquired the students about the reason for their silence. Ravi narrated the whole incidence of recess in front of him. Daljeet sir called Jasmeet and explained him lovingly, “Look Jasmeet, you are a good player but you should remember that winner is the one who knows how to lose. The one who plays cooperatively with his team, honestly following the rules, with full dedication is the real winner. If he wins, he doesn’t glorify the victory, but respects the efforts and game of the other team. If he loses, he thanks his teammates for their good play and congratulates the winning team on the victory.”

Jasmeet was listening silently. By now he had realized his mistake. Daljit sir said while addressing all children, “Remember children! The winner is the one who knows how to lose, otherwise you lose even on winning.”

Jasmeet was ashamed of his mistake and he apologized to the whole class, especially Ravi, for his behaviour and promised to follow the rules of a good sport in the future.

Children, we have learned through this story how important sportsmanship is for a good sportsman but the truth is that this sportsmanship is essential for us to win and lose with dignity in every sphere of life and in every competition. We are always winners if we know how to lose.

On that day, Jasmeet not only made some promises to the class but also to himself. Complete the following sentences and find out what he said to himself.

Fill in the blanks

1. I will become a good _____.
2. I will not _____ with anyone.
3. I will play _____.
4. I will obey the _____.
5. I will keep _____ with my friends.
6. I will _____ the opposing team.
7. I will not show _____ on my victory.
8. I will _____ my defeat.



Word-Box

Honestly, Harmony,
Arrogance,
Sportsman, Accept,
Rules, Misbehave,
Respect.



7.2 Activity Time

Dear children, losing with dignity and winning with humility is the focal point of sportsmanship. Good sportsmanship makes us restrained and disciplined by controlling our behaviour. A good player neither makes various excuses for his failure nor does he brag out his victory. He is affectionate and respectful towards his own and opposing team. He sets an example for others by abiding the rules.

Based on given criteria write down the actions or tasks that indicate a person's bad sport in column 1 and note those actions or tasks which express his good sport in column 3 while working in groups.

Good And Bad Sport

1 BAD SPORT	2 CRITERIA	3 GOOD SPORT
	Honesty	
	Language	
	Following instructions	
	Behaviour with opposite team	
	Behaviour with teammates	
	Behaviour with referee or coach	
	Response on defeat	
	Response on victory	

Children, by classroom discussion, look for the activities which show good and bad sport according to the rest of the students.

★ 7.3

Dear children, let's try to find out sportsmanship qualities hidden in you through a questionnaire

The Player inside Me

Sr. No.	Questions	Yes	Sometimes	No
1	Do you congratulate the winning team when you lose?			
2	Do you make fun of the losing team when you win?			
3	Do you honestly follow all the rules of the game?			
4	Do you use the wrong ways to win?			
5	Do you cry out loud after losing?			
6	Do other children like to play with you?			
7	Do you fight with other players or use abusive language while playing?			
8	Do you obey the coach or the teacher?			

Sr. No.	Questions	Yes	Sometimes	No
9	Do you finish the game even when the defeat is certain?			
10	Do you fight with the referee on being disagree with him?			

Score yourself as follows:

Question no.	Yes	Some times	No
1	3	2	1
2	1	2	3
3	3	2	1
4	1	2	3
5	1	2	3
6	3	2	1
7	1	2	3
8	3	2	1
9	3	2	1
10	1	2	3

Obtained Marks _____ (Maximum marks- 30, Minimum marks- 10)

High score reflects your good sportsmanship. Keeping in mind the questions in which you have scored low, write down what you will do to improve your sportsmanship.

Children, a good player is the one who adheres to the rules of the game. Let's learn about these rules:

- Not to make excuses for losing.
- Not to be arrogant about winning.

- Get back to the game after learning from your mistakes.
- Always give your best.
- Reassure by staying calm instead of criticizing someone's mistake.
- Respect both your and opponent team.

While keeping the above in mind, divide the following words into good and bad sportsmanship.

Honesty, Make fun, Congratulations, Fight, Cry, Shake hands, Cheer, Cheat, Make noise, Humility, Respect, Peace, Argument, Boast, Follow instructions, Criticism

Good sportsmanship	Bad sportsmanship

7.4

Dear children, let's learn about our inner sportsmanship through an activity. Read the following situation.

Situation : You are a cricketer. In inter-school sports competitions your team's final match is going on. It is the last ball of the match. Your coach has to send a player to the field but showing not much confidence in you, he sent another player. If your teammate is able to get four runs then you will win. But he got out and your team lost the match. Reflecting your feelings and circumstances, tell what you will say to the following persons.

Dialogue Writing

1.	Your teammate	
2.	Coach	
3.	The captain of the winning team	
4.	Your friends	
5.	Parents	

Note : Find out while discussing in class whether you have demonstrated good sportsmanship. Children, a good player always accepts his defeat with ease. He not only remains calm on losing in the playground but also in every area of life. The truth is that everyone loses at some point. This defeat can happen in any area of life but a good player learns from his failure and moves on.

We will now take a look at our lives and try to learn about our failures and the lessons to be learned from them through an activity.

Every failure teaches a lesson..

1. Take a square paper.



2. By folding it in half, divide into two equal parts.



3. Write 'failure' on the left column and 'lesson' on the right column.

Failure	Lesson
---------	--------

4. In the left column write down the failures of your life that had made you sad.
5. In the right column write down the lessons you have learnt from these failures. (One failure = One lesson)
6. Every student will share one lesson in the class that he/she has learned from his / her failures.
7. Students will tear the sheet into two parts to separate failures and lessons.
8. Students will tear the paper with failures and throw it in the trash and keep the teachings with them.
9. Note down the teachings in the following space so that they will remain with you forever.

Dear children, through this action we understood that every failure or defeat teaches us a lesson for sure. To reach that lesson, we must review the reasons for defeat and like these papers, we should get rid of the failures from our minds and adopt the lessons learned from them forever.

Special suggestions from the teacher to the student



8

LESSON

Respect for School and Public Property

Let us help public property in helping us.



8.1 Introduction

School and other public property like hospitals, libraries, banks, railways, buses, parks, etc. are significant assets of the society. They are built with great efforts. A huge amount of money is invested in their making and maintenance. Since these properties run on the taxes collected from people, hence are called Public Property. So, it is the prime duty of all, to preserve and maintain these properties. They are for everyone's use. If someone uses and ruins them, it creates a big problem for us, when we need them.

Dear students, hope you all have understood about the public property. Today, we shall perform some activities related to it.

GUESS !!!



Who am I !!!

1. I have many cabinets full of books. There are many chairs, tables and newspapers.

2. I have many beautiful flowers and plants. I have lovely lawns also.
-
-
3. You come and take education here. I am a very big building with many rooms, laboratories, library, playgrounds, and kitchen shed.
-
-
4. I am a huge building. Sick people come to me and get their treatment.
-
-
5. I have many wheels and seats. People sit on seats and go from one place to another.
-
-
- Now you are aware that these five are the parts of the public property. Do you know why are these called public property?
-
-
- Now we will discuss what will be the result if we don't take care of these assets?
-
-
-

★
8.2

ACTIVITY TIME

Dear children, today we will do an activity in which you have to give the following details.

Different Areas of Your School

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

Where the care is required

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

ACTIVITY

Now we have a table in which numbers are written from 1-20. It is a very interesting game that we are going to play.

1	2	3	4	5
6	7	8	9	10
11	12	13	14	15
16	17	18	19	20

One student will prepare slips, numbered, 1-20. Come one-by-one and pick a slip. For the number on the slip, write a way in which you can contribute to make your school beautiful and to maintain the school property, in the space provided in the table. If the slip is repeated, add another point to the same number.

All the suggestions obtained, are to be noted down by all.



8.3 ACTIVITY

Dear students, till now we have learnt, how public property belongs to all. Let's see, do you care for the different entities of your school?

Sr. No.	Questions	Always	Sometimes	Never
1	I maintain silence while sitting in library.			
2.	I write on the school walls.			
3.	I tear pages from the library books.			
4.	I pluck flowers from the school garden/park.			
5.	I throw waste papers and spread food crumbs in the school ground during recess.			
6.	I write names on the school benches with blade/pen.			
7.	I break the window panes.			
8.	I play with chalk.			
9.	I never care whether the fans in the classroom or corridors are switched on or off.			
10.	I usually spit here and there in the school.			

Now, see your answers and analyze your behaviour according to the answer key.

Statement No.	Always	Sometimes	Never
1	3	2	1
2	1	2	3
3	1	2	3
4	1	2	3
5	1	2	3
6	1	2	3
7	1	2	3
8	1	2	3
9	1	2	3
10	1	2	3

Now, find your total score and check your level.

High : 25-30

Medium : 16-24

Low : 10-15

Now you have come to know about your level. Try to upgrade your level. How will you do this?

You have to motivate others also, to do the same.

★ 8.4

Think And Write

Dear students, we have seen public property is very important for us. It plays a very significant role in our life. Now answer the following questions in this concern:

1. We cannot imagine our lives without public property. How?

2. How some people damage public property?

3. Damaging public property is our own loss. How ?

4. How will you take care of your school property and how will you motivate others to do so?

Special suggestions from the teacher to the student

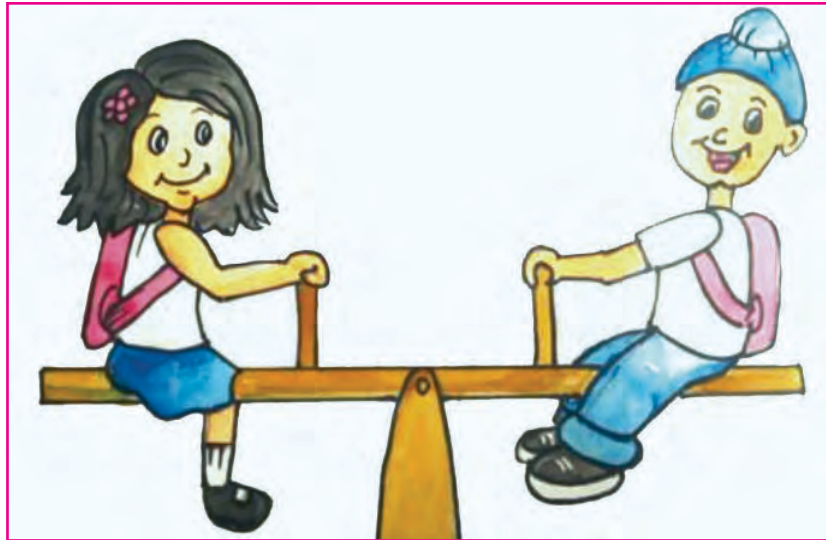


9

LESSON

Gender Equality

Equal rights, equal respect



★ 9.1 Discrimination or Fairness???

“When Rupi was born, her parents rejoiced over her birth. Her family was the first to lead the way in the village to distribute sweets and celebrate Lohri on the birth of a baby girl. Some people even ridiculed by saying that daughters have to go to new families after marriage, they do not belong to us, why to celebrate their birth? Rupi’s parents never prejudiced or discriminated between their daughter or son and always treated them equally. Rupi considered herself to be very fortunate and was always busy in her studies. She always stood first in her class and brought laurels to her family. After scoring good marks in the matriculation examination, her father got her enrolled in the best college in the city because his beloved daughter wanted to study medical science. She was the first girl from her village to attend a college in a city, several kilometres away from her village. Rupi’s parents encouraged her to be self-dependent. She also brought laurels to them. The day Rupi received her Ph.D. degree, her parents felt proud to be the parents of a doctorate daughter. On the other hand, the parents of the boys who mocked at the celebrations of Rupi’s birth, look down when they saw their idle sons wandering around or taking drugs.”

What do you learn from this story ?

Is it correct to discriminate between a boy and a girl ?

If it is right to discriminate between a boy and a girl, then why ?

If it is wrong to discriminate between a boy and a girl, then why ?

9.2 Contest

Dear students, divide all the students in your class into two teams. Odd roll numbers will form the team-1 and even roll numbers team-2. Assign one mark for each correct answer to the respective team and write on the chalkboard of your class.

Team-1 Odd Roll Numbers	Team-2 Even Roll Numbers
<ul style="list-style-type: none">• How many boys and how many girls are there in your class ?• Name the jobs that only boys can do ?• Name some traditional jobs of boys that girls also join nowadays ?• Name some of the things in your classroom that eliminate gender discrimination ?	<ul style="list-style-type: none">• How many male and how many female teachers are there in your school ?• Name the jobs that only girls can do ?• Name some traditional jobs of girls that boys also perform nowadays ?• Name some of the things in your home that eliminate gender prejudices ?

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____

Now calculate the points scored by each team in this contest. Encourage the winning team. It will be even more interesting if both the teams score equal points as the competition is about equality and we are advocating fairness and unbiasedness among male and female children.



9.3 Two sides of the same coin

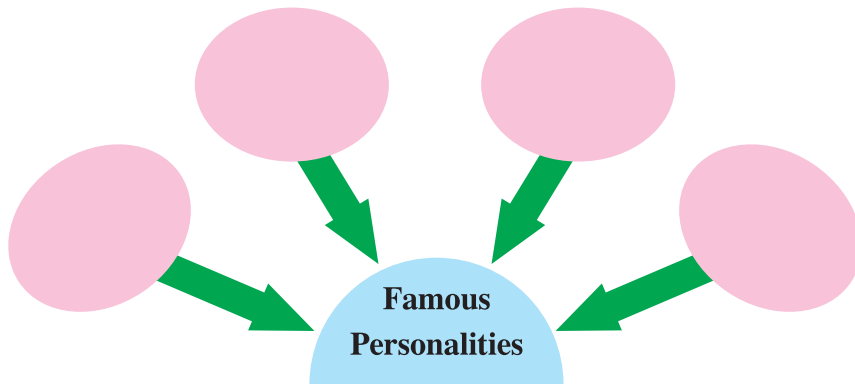
Dear children, look at a coin. It has two sides. Both sides have the same value. Similarly, both males and females are two equally important aspects of society. But a stereotyped misconception prevails in our society that some tasks can be done only by boys and some other duties are to be performed only by girls. It is not fair. Think about the following situations, mark whether you agree or disagree with them. Discuss the reasons for your choice.

Sr. No.	Statement	Agree	Disagree
1	Boys should not contribute in the cleanliness of the house.		
2	Girls should not participate in sports activities.		
3	Boys should have no interest in cooking or other kitchen chores.		
4	Girls cannot be involved in farming and agricultural practices.		
5	It does not seem good for boys to cry.		
6	Driving and mechanical jobs are beyond the reach of girls.		
7	Girls do not need nutritious food.		
8	Boys cannot do works like sewing or embroidery with perfection.		
9	Boys should not speak out against their exploitation by girls.		
10	Girls should not disclose about the misbehaviour by boys.		

I agree because

I disagree because

Note down the names and paste pictures of two of your favourite famous male and female personalities.



Get to know more about these famous personalities, write down their field and reason for their popularity.

1. _____

2. _____

3. _____

4. _____

★ 9.4 Equality

Dear students, you have seen bicycle, bullock-cart or a scooter. How Many wheels do they have ? Which of these tyres is significantly essential for the smooth running of the conveyance? Both of the tyres are equally important and indispensable for the proper functioning of the vehicle. Just think what if any one of these wheels is missing or gets punctured? Similarly, our society is dependent upon two wheels, namely male and female, for the proper working. Both are equally significant and have unique roles to play, neither is inferior or superior. That is why the issue of gender equality has been discussed repeatedly.

In some societies, discrimination between a boy or a girl child initiates from birth. But just think, have you ever noticed plants, animals, birds or insects making such biases? Your answer would be “No” as plants, animals, birds or insects never discriminate among their progenies as male or female. Only human race is known to have discriminatory behaviour towards the off-springs. The only reason for this unfair attitude is narrow mindedness that considers girls as weak and asset of others. Such stereotypes are also fading away through education. Gender equality is very essential for the progress of society. Boys and girls should be provided with equal opportunities for advancement, as they have equal rights as well as responsibilities towards society. So, any kind of discrimination or inequity is not reasonable.

Fill in the blanks with the help of words from the box and complete the following sentences:-

1. Boys and girls should be provided equal _____
2. _____ should not be there with anyone.
3. Males and females act like two _____ wheels for society.
4. Boys and girls should be given _____ equal chances for progress.
5. Boys and girls should share _____ equally towards society.
6. No one is inferior to the _____



Word-Box

indispensable,
responsibilities,
other, opportunities,
discrimination,
fairly

Now you think and answer:-

1. Is there any discrimination in your surroundings, home/family, village/city or society?
Write in your own words.

2. What would you do if you ever face any such prejudice?

3. Write down a message for those who follow such prejudices between male and female genders?

Special suggestions from the teacher to the student



What I learnt from this book

Chapter 1

Chapter 2

Chapter 3

Chapter 4

Chapter 5

Chapter 6

Chapter 7

Chapter 8

Chapter 9



Writings from the experience...

- Patience is bitter, but its fruit is sweet.

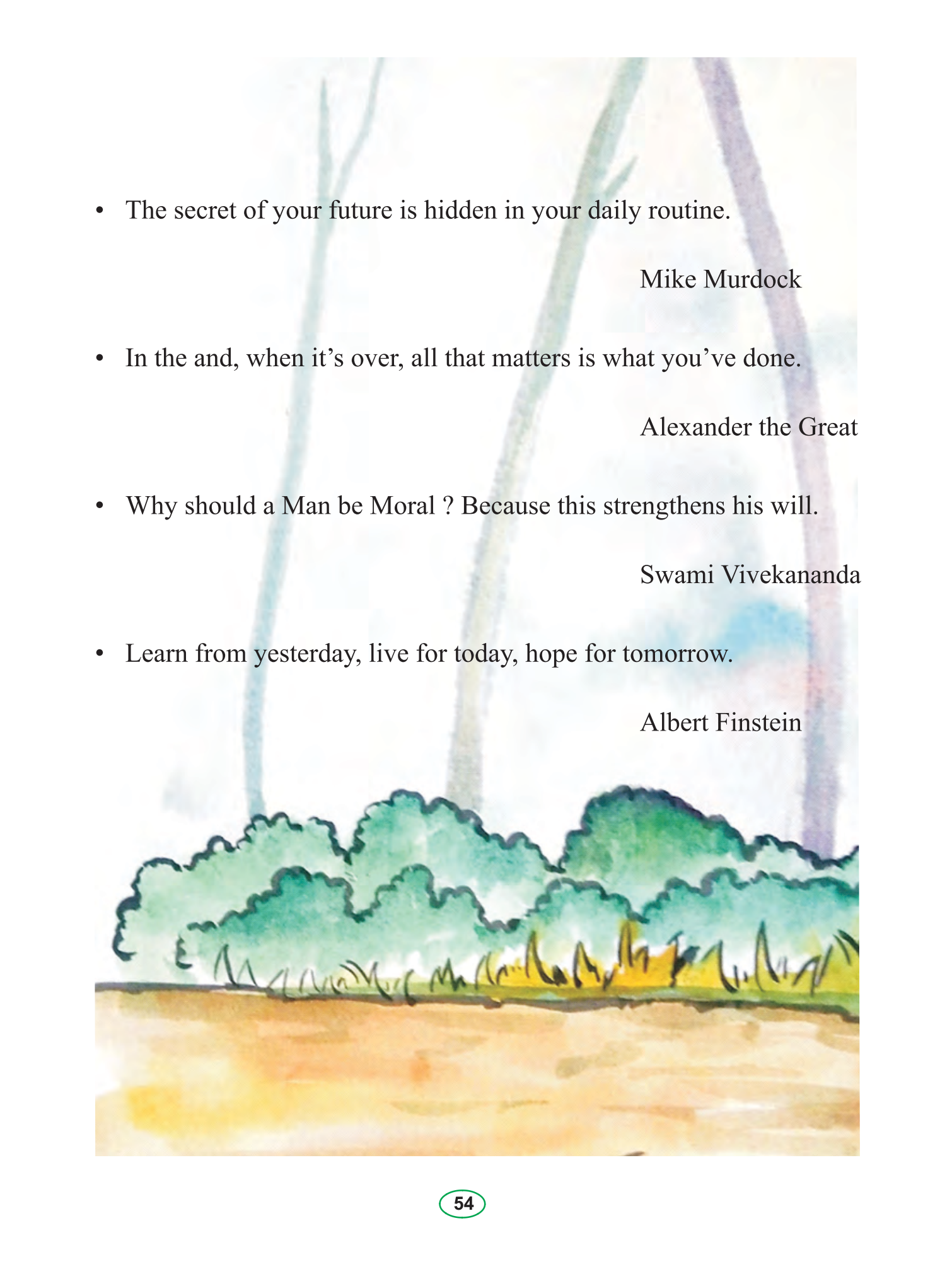
Rousseau

- Adopting the right attitude can convert a negative stress into a positive one.

Hans Selye

- Your mind is a powerful thing. When you filter it with positive thoughts, your life will start to change.

Gautama Buddha

- 
- The secret of your future is hidden in your daily routine.

Mike Murdock

- In the end, when it's over, all that matters is what you've done.

Alexander the Great

- Why should a Man be Moral ? Because this strengthens his will.

Swami Vivekananda

- Learn from yesterday, live for today, hope for tomorrow.

Albert Einstein